

General

- It is compulsory to be present at the athletes briefing at 9:00 at the briefing area near the "Planet Planai".
- The completeness of the equipment is in the responsibility of the athletes. Checks can be made at any time by the organizers, missing items can lead to time penalties or disqualification.
- The equipment used at the Alpine Running and Skimountaineering part has to be given to the organization team in black plastic-bags. Those bags are provided to the participants at the athletes briefing. The bags together with skis and ski boots will be delivered to the 1st changing area (bike/run, "Türlwand") by the organization.
- The personal clothing must be appropriate to the parts of competition, the responsibility for this is on the athletes, the organizer can appoint compulsory clothing just before the start of any part of the competition.
- Equipment which must be available at the athletes briefing and can be appointed compulsory just at the briefing:
 - * Warming-layer
 - * Sunglasses
 - * Gloves
- No feeding areas but pure water is provided only at the changing areas; the athletes are responsible for their appropriate hydration and nutrition.
- External support outside of the changing areas is forbidden.
- The instructions of the organizers must be followed at any time. Racers may be excluded from the race of health or safety reasons at any time.

Alpine Biking

- Compulsory equipment:
 - * Mountainbike
 - * Helmet (biking or skimountaineering helmet)
- Only regular Mountainbikes – commercially available and with 2 independent working brakes - are allowed.
- The helmet must be worn during the whole race
- The starting number has to be attached on the handlebars with cable ties.
- During the whole race the Austrian road traffic regulations and the regulations of the Austrian Cycling Federation (MTB) are valid.

Alpine Running

- Compulsory equipment:
 - * None
- For single starters: All Compulsory equipment for Skimountaineering has to be carried in the backpack, skis have to be mounted on the backpack
- Ski boots or running shoes are allowed. In case of using running shoes, this shoes will be carried back from the skimountaineering changing area to the Türlwand hut without engagement.
- Ski poles may be used

Ski Running

- Compulsory equipment:
 - * Harness (UIAA label)
 - * Via Ferrata Set in Y-shape (UIAA label)
 - * Helmet (biking or skimountaineering helmet)
 - * Ski mountaineering skis with a length of 160 cm (male) and 150 cm (female) at least
 - * Ski mountaineering boots with 2 buckles
 - * Ski poles
 - * Backpack with ski carrying possibility
 - * A pair of climbing skins
 - * Gloves that cover all the hand
 - * Activated avalanche beacon, sending on 457 Mhz
 - * Safety blanket with min. 1,8 m²
- At passages with fixed ropes, both carabiners of the via ferrata set must be attached to the ropes and at fixing points, at least one carabiner must be attached. The skis have to be mounted on the backpack during those passages.
- During the whole part of ski running, both the harness and the helmet must be worn.

Competition Regulations v.1.3



6th of July 2013