

2nd Trofeo Mezzalama Jeunes – Breuil Cervinia, 21 April 2017

REGULATIONS

1 **INTRODUCTION**

The "Mezzalama Jeunes" is an international ski mountaineering race with classical equipment. It is part of the Grande Course calendar and is open to teams comprising two athletes, who may also be of different nationalities.

2 **GENERAL RULES**

2.1 *Conditions for participation*

Participation in the Mezzalama Jeunes is open to teams of 2 athletes, who must each have a 2017-2018 Grand Course Jeunes card.

Athletes must have a valid medical certificate stating their fitness to practise sport for the season in question.

The name given to the team may refer to the Skiing Club or the Sports Association the athletes belong to, as well as their sponsor or whatever else. In the event of team names being deemed inappropriate, the OC reserves the right to change the team name using the names of the two athletes.

2.2 *Registration*

The registration fee is € 100,00 for each team. Aside from safety and assistance during the event, the fee includes, for each athlete, one starter gift, lift facilities ticket to the start area and lunch on the day of the race. Hotel reservations must be done directly by the teams.

Accommodation is not included in the fee. A list of Hotels offering a special price to the teams will be available on the personal profile of each competitor.

INFO:

E-mail: mezzalama@trofeomezzalama.it
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REGISTRATION: from 25 March to 18 April 2017, EXCLUSIVELY THROUGH THE WEBSITE www.trofeomezzalama.it

2.3 *Categories*

Cadets M and F
Junior M and F

Mixed teams are accepted and they will fall under the male category

2.4 *Results*

The overall results and categories results will be published

2.5 *Prizes*

A participation prize is envisaged for all athletes.

Cadets M and F

gold medal + prize
silver medal + prize
bronze medal + prize

Junior M and F

gold medal + prize
silver medal + prize
bronze medal + prize

2.6 *Equipment*

Each athlete is directly responsible for all material used during the race. By registering, athletes guarantee the technical efficiency of said material and its compliance with the Regulations. For safety reasons, each individual athlete must carry his/her own material. Exceptions are skis and ski skins, which can be carried during stretches on foot by one of the athlete's team members. Skis must be fixed to the back of the rucksack (not at the front from shoulder to shoulder) using appropriate safety straps.

During the race, replacement of equipment is allowed only in the event of ascertained breakage. Such ascertainment shall be made by the nearest checkpoint. Any teams found to have committed irregularities will be disqualified immediately.

In case of doubts regarding equipment, athletes can have it checked on 20 April in Valtournenche during delivery of race breast labels and bags, from 5,00 pm to 7,00 pm.

2.7 *Obligatory individual equipment*

- skis: laminated for at least 90% of the total length. Minimum width: 80 mm in the front part, 60 mm under the boot and 70 mm in the rear part. Minimum height: 160 cm for men and 150 cm for women. For the above purposes, reference will be made to the manufacturer's product specifications.

- bindings: ski mountaineering type with the possibility to block the boot in the rear part during descent and have front and lateral safety release. They may be equipped with security straps at the discretion of the competitor. "Mixed" bindings, i.e. front and rear of different make, are not allowed. Minimum weight of the two skis including bindings: 1500 g for men and 1400 g for women

- poles: alpine or cross-country (carbon or other material) with a maximum diameter of 25 mm excluding padding. Metal baskets are not allowed.

- 3 ski skins: when not applied to the skis, these must be put away in the rucksack or ski suit. Use of adhesive tape or an equivalent system to enhance gliding is strictly forbidden for environmental reasons.

- boots: must entirely cover the ankles, have adequate thermal characteristics and allow rapid and safe attachment of crampons. Notched soles in Vibram or equivalent, covering 100% of the boot surface. The notching must have a minimum depth of 4 mm, 1 cm² per notch, at least 8 notches under the heel and 15 under the front part and at least 2 independent buckles on the shell and cuff. Adhesive and elastic tapes are not allowed; Velcro or lace closures are considered valid. Minimum weight for each pair of boots: 1000 g for men and 900 g for women.

- crampons: metal (UIAA 153 standard) with at least 10 spikes (of which two at the front) minimum length 3 cm, without any modifications, adjusted to fit the boot and with safety straps.

- Avalanche Transceiver device: set to the international frequency of 457 kHz, conforming to standard EN 300 718. It has to be equipped with 3 antennas, it must be worn in contact with the body and must not be visible.

- harness: UIAA 105 standard compliant.

- rucksack: with ski straps and sufficient capacity to hold all the equipment. Minimum capacity 20 litres.

- lower body clothing: three layers. Underwear, a pair of trousers or ski suit in the competitor's size and a pair of wind breaker over-trousers with thermal padding (minimum weight 250 g).

- upper body clothing: three long-sleeved layers in the competitor's size. Underwear, a long-sleeved ski suit or second layer and a wind breaker jacket with thermal padding (synthetic or down, minimum weight 300 g). One of the garments worn (second or third layer) must have a hood.

- gloves: must cover the entire hand up to the wrist and be worn for the entire duration of the race.

- a second pair of mittens

- UV-protection sunglasses

- 2 connectors with K type automatic locking devices (Klettersteige) UIAA 121 standard.

- 1 survival blanket with minimum dimensions of 1.00 x 1.80 metres;

- UIAA 106 standard helmet. It must be worn for the entire duration of the race.

- "Via ferrata" certified lanyard (UIAA standard 128) with energy absorbing system
- a snow shovel with minimum dimensions of the scoop of 20 cm x 20 cm and minimum length with handle inserted of 50 cm, UIAA approved without any modifications. The term "snow shovel" is defined by the manufacturer
- a snow probe of minimum length 2.40 m and minimum diameter 10 mm, without any modifications. The term "snow probe" is certified by the manufacturer.

2.8 *Postponement*

If on 21 April 2017 adverse weather conditions prevent the Trophy from being staged, the race may be scheduled on another date.

2.9 *Cancellation*

Should adverse weather conditions not permit the race to take place on the established day or on one of those foreseen as an alternative, the race will be cancelled and **registration fees will NOT be refunded.**

3 CONDUCT DURING THE RACE

3.1 *Start*

In the starting line-up.

Athletes must be at the start line at least one hour before the scheduled start time to have their equipment checked. In this phase the A.R.V.A. device must be turned on and worn in contact with the body.

3.2 *Route*

The competition takes place in the area between Cime Bianche Laghi (2800m START and FINISH) Colle del Theodulo and Plateau Rosa (3480m). There will be stretches to be covered on crampons. Maximum D+ for Cadets: 1000 m with max 6 changements of equipment.

Maximum D+ for Junior: 1400m with no more than 10 changements of equipment.

The route covered by the race may undergo variations during the competition depending on environmental conditions.

The decision regarding the route will be made irrevocably by the Race Organisers.

The track will be fully marked with coloured flags: stretches to be covered on foot or on crampons, will be properly indicated by the judges.

Athletes are required to strictly follow the signs on the route and all indications by the Event's Board, under penalty of disqualification.

The teams shall proceed and present themselves at the control stations as a joint unit.

Breast badges must be fully visible.

Personal materials will be checked at the finish and at any time during the race if this is deemed necessary by the judges.

3.4 *Abandoning the race*

In the event of being forced to abandon the race, teams must go to the nearest checkpoint and give notice: they will then be handed over to the rescue service.

Should 1 team member be obliged to abandon, the remaining member is absolutely forbidden from continuing the race even if not in the rankings.

3.5 *Accidents*

In the event of an accident, inform the nearest checkpoint or rescue service along the route.

3.6 *Complaints*

Complaints must be made in writing to the Organising Committee 15 min after the team has crossed the finishing line. Complaints must be duly justified and a processing fee of €50.00 will be payable. All decisions taken by the Jury will be final and irrevocable.

3.7 *Penalties and disqualification*

Loss of crampons or any other conduct that jeopardises the safety of the team or of the other competitors in the race will result in immediate disqualification.

Waste left along the route: 3 minutes.

For all aspects that are not covered by these Regulations, reference shall be made to the International Regulations.

3.8 *Extra supplies and external aid*

No type of technical assistance to athletes is allowed. Extra supplies are admitted in the areas designated for official checks.