

3rd Mezzalama Jeunes Trophy – Gressoney-La-Trinité, 26 April 2019

REGULATIONS

1 **INTRODUCTION**

The Mezzalama Jeunes Trophy is an international ski mountaineering race using classic equipment. It is part of the Grande Course calendar and is open to teams of two male or female athletes, who may be of different nationalities.

2 **GENERAL RULES**

2.1 *Conditions for participation*

Participation in the Mezzalama Jeunes Trophy is specifically for teams of 2 athletes, each of whom must hold a 2018-2019 Grande 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, the Sports Association it belongs to, the 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 surnames of the two athletes.

2.2 *Registration*

The registration fee is €100.00 for each team. For each athlete, this includes 1 starter gift, the cable car ride up and lunch on the day of the race, in addition to organisation, safety and assistance during the event.

The registration fee does not include hotel accommodation, which should be organised first-hand by the athletes. In this regard, the Organising Committee shall provide a list of hotels at a special price that will be displayed on the profile of each athlete on registration.

INFO:

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REGISTRATION: from 26 March to 20 April 2019, EXCLUSIVELY VIA THE INTERNET at www.trofeomezzalama.it

2.3 *Categories*

Cadet Girls
Cadet Boys
Junior Girls
Junior Boys

Mixed couples are permitted and come under the boy's rankings in their category.

2.4 *Results*

A list of overall winners and a list of winners by category will be drawn up.

2.5 *Prizes*

A participation prize is envisaged for all athletes.

Cadet Boys and Girls

1st place with gold medal and prize in kind
2nd place with silver medal and prize in kind
3rd place with bronze medal and prize in kind

Junior Boys and Girls

1st place with gold medal and prize in kind
2nd place with silver medal and prize in kind
3rd place with bronze medal and prize in kind

2.6 *Equipment*

Each athlete is directly responsible for all material used during the race. By registration, the athlete guarantees its technical efficiency and compliance with these Regulations. For safety reasons, each individual athlete must carry his/her own material. Exceptions are skis and sealskins, which can be carried in stretches on foot, by one of his/her team members. Skis must be fixed to the back of the rucksack (not in front from shoulder to shoulder) with the 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 irregularities noted will signify immediate disqualification of the team.

If athletes have any doubts concerning their materials, they can have them checked at Gressoney-La-Trinité on 25 April during the handing over of race bibs and bags, which is scheduled to take place from 5 pm to 7 pm in the multi-purpose room next to the Punta Jolanda chairlift.

2.7 *Obligatory individual equipment*

- skis: laminated for at least 90% of their 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. The height and width declared by the manufacturer will be considered.
- 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 maximum diameter of 25 mm excluding padding. Metal baskets are not allowed.
- 3 sealskins: when not applied to the skis, they must be put away in the rucksack or ski suit. Use of adhesive tape or an equivalent system to enhance their 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, 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;
- skimo racing helmet, with dual certification: CE EN 12492 and EN 1077 class B. 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 20cm x 20cm 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 adverse weather prevents the race from being held as arranged on 26 April 2019, the Mezzalama Jeunes may be postponed to the next appropriate day

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 reimbursed.**

3 **CONDUCT DURING THE RACE**

3.1 *Start.*

Start lined up.

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

3.2 *Route*

The race takes place in the magnificent amphitheatre of mountains surrounding the Orestes Hütte at an altitude of 2600m.

It starts in the Gabiet basin (2300m), before climbing to the Zindre dam and Colle della Salza. Here, a stretch along an easy crest leads to a descent down a steep chimney.

Two different routes open up at this point, depending on which category the athletes belong to, both leading to the "Canale dell'aquila" descent. There will be one final uphill stretch to the Stolemberg mines for the junior boys category, and then everyone will return to Gabiet.

3.3 *Controls*

The teams must proceed and present themselves at the checkpoints as a joint unit. Race bibs 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 of the 2 team members be obliged to abandon, the remaining member is absolutely forbidden to continue the race, even outside the rankings.

3.5 *Accidents*

In the event of an accident, inform the nearest checkpoint or Ski Patrol Aid 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 behaviour that compromises the safety of the team or the other competitors in the race will lead to immediate disqualification.

Waste left along the route: 3 minutes.

For all aspects not covered by these Regulations, reference is made to the International Regulations.

3.8 *Extra supplies and external aid*

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

IMPORTANT: the race will take place on 26 April, i.e. the day before the 22nd Senior Mezzalama. Youngsters able to stay an extra night in Gressoney will have the chance to go on the race route accompanied by the Trophy's official mountain guides, who are placed at their service free of charge by the Organising Committee.