

Art.1 Organization

The organizer of the "Lagorai Cima d'Asta Ski Alp" is the **Ski Team Lagorai Tesino A.S.D.** (Organizing Committee - C.O.) - Via Dante, 10 Castello Tesino (TN), 38053 - C.F. and P.I. 02427270224.

Art. 2 General information

Lagorai Cima d'Asta Ski Alp will take place on Sunday 12 March 2023 on the snows of the Cima d'Asta massif, in Lagorai (Trentino, IT).

The race foresees a positive difference in height of 3200 m and a development of about 30 km. It will take place on a purely mountaineering terrain.

The official reference site is www.cimadastaskialp.com and email: skiteamlagorai@gmail.com.

Art.3 Participation requirements

Participation is reserved for F.I.S.I. or, for foreign athletes, to their own winter sports federation.

The competition will take place in teams of two components, who must necessarily be well trained, with mountaineering experience and good practice of off-piste skiing.

Male, female and mixed (woman-man) teams will be admitted.

To participate, competitors must be born in 2002 or earlier (at least 21 years old) and be in possession of a certificate of fitness to practice competitive activity, issued by the sports medicine doctor valid on the date of the competition.

According to the national and provincial regulatory provisions in force on the day of the event, the possession of the Green-pass (negative COVID-19 buffer / recovery / vaccination) may be required.

Further information will be provided by the organization via social media, website and email to athletes.

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Art. 4 Registration

Registration is divided into two parts:

1. Free "La Grande Course" card request. To apply for it you must "buy" the LGC card directly on the website www.grandecourse.com, and provide the card number at the time of pre-registration for the competition.
2. Pre-registration on the competition website with relative payment of the participation fee (specified below);
3. Registration on the F.I.S.I. (only for Italian athletes): registration is considered valid only if, by the date of the event, the President of the company to which he belongs or his delegate has correctly sent the registration using the appropriate electronic form on the F.I.S.I. portal.

The participation fee for the team includes:

- € 110.00: from the opening of registrations until February 14, 2023;
- € 150.00: from February 15th 2023 to March 01th 2023;
- € 180.00: from 02 March 2023 to 10 March 2023;

The closure will be automatic when the maximum number is reached (150 couples), or on Saturday, March 11, 2023 at 2:00 p.m.

The fee includes, for each individual athlete:

- Safety service and technical assistance throughout the race course;
- Race bib;
- Timekeeping;
- Refreshments at the end of the race and along the route;
- Race pack with Montura technical gadget;
- Prize money in cash and technical material;
- Post-race lunch.

Acceptance of registrations after the closing date is reserved to the unquestionable decision of the Organizing Committee.

With the registration deed, the competitors release the organizers from any civil and criminal liability towards people and things for damages that may occur during and after the race in relation to it.

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Art. 5 - Waiver of participation and refunds

In case of impossibility to participate, the renunciation must be communicated exclusively via e-mail to iscrizionicimadasta@gmail.com

The following reimbursement methods are envisaged:

- Waiver by 14/02/2023: refund of 70% of the fee;
- Withdrawal by 01/03/2023: refund of 50% of the fee;
- Waiver after 01/03/2023: no refund.

In the event that the snow and weather conditions prevent the race from taking place, the competition will be canceled and the registration fees will be FULLY refunded (net of reimbursement management costs: max. € 5.00).

The same reimbursement method is also applied in the event that the competition does not take place due to restrictions due to the Covid-19 pandemic.

Art.6 Behavior during the match

During the competitions, competitors must abide by the following rules:

- The areas of the course marked with green flags must be covered with skis on and with skins adhering to the skis.
- The areas of the course marked with yellow flags must be traveled by competitors on foot and with skis securely fastened to their rucksacks.
- The areas of the course marked with red flags must be covered with skis on without skins mounted on skis.
- Boots and attacks must be locked in the descent position during all parts of the path marked with red flags.
- A competitor who is about to be overtaken must, leave track of the route and allow the contestant shouting 'free way' to pass.
- The competitor must always walk the ideal line of track or that runs from 2 flags
- A competitor who has objective or subjective difficulties may withdraw from the competition on his own initiative, or be forced to give up on the basis of a decision of the Jury or one of the doctors present on the way.
- In the event of a false start, the penalty will be imposed directly on the athlete when he has cut the finish line.
- The waiver by the athlete to continue the race voluntarily or imposed by the jury must take place in an exchange area or along a checkpoint, in accordance with the procedure agreed during the race briefing, except that there are extreme conditions that force the athlete to give up immediately.

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- Each withdrawn competitor must inform the President of the Jury (or his representative) upon arrival at the arrival area.
- Athletes must provide assistance to competitors in difficulty or subject to any kind of danger. The jury will take into account the time spent for assistance.
- Each competitor will have to carry their own backpack for the duration of the race, with all the necessary equipment.
- Competitors must house their skins either inside their ski suit or in their backpack. The skins can be visible but never hung outside the ski suit. The use of adhesive tape or an equivalent system to improve smoothness is strictly prohibited for reasons related to the environment.
- Skis must be attached to the backpack with 2 fastening straps designed for this purpose, skis cannot be carried otherwise.
- Competitors must perform the technical set change only in the change areas. It is forbidden to change the layout outside of them even if you are in close proximity to the area.
- Any violations of these safety rules will be penalized.
- While the competitor is in the process of changing the set-up, the ski poles must be placed on the ground, which can be held on when they are completed.
- The race director or a control chief, may force competitors, at any point on the route to wear windbreakers, caps or any other element of mandatory equipment.
- External assistance is only allowed in the case of a change of a broken stick or a broken ski. You can change a stick/ski anywhere and with anyone.
- Competitors must respect the environment. Specific sanctions will be applied to competitors who will get dirty along the way or for having little respect for the environment.
- Athletes must strictly comply with the reports during the race. All anti-sporting and dangerous behavior will be sanctioned

Art. 7 - Compulsory equipment

4. Skis: laminated for at least 90% of the total length. Minimum width: 80mm for the front, 60mm under the shoe and 70mm at the tail. Minimum height: 160cm for men and 150cm for women. The height and width declared by the manufacturer are considered.
5. Bindings: of the ski touring type, they must make it possible to lock the boot at the rear for descent and have front and side release. They can be equipped with safety straps at the competitor's discretion. "Mixed" bindings, ie front and rear of different brands,

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are not allowed. Minimum weight of the two skis including bindings: 1500g for men and 1400g for women.

6. Poles: alpine or cross-country ski poles (carbon or other material) with a maximum diameter of 25 mm excluding the padding. Metal washers are not allowed.
7. Sealskins: when not applied to skis, they must be stored in the backpack or suit. Out of respect for the environment, the use of devices such as adhesive tape or the like to facilitate sliding is prohibited.
8. Boots: they must completely cover the ankles, have adequate thermal characteristics and allow a quick and safe coupling of the crampons. Vibram or similar sculpted sole, which covers 100% of the base of the shoe. The groove must have a minimum depth of 4 mm, 1 cm² min for each gusset, at least 8 gussets under the heel and 15 under the front and at least two independent closures on the shell and cuff. Adhesive or elastic taping is not allowed, velcro and string closures are considered valid. Minimum weight for each pair of boots: 1000 gr for men; 900 gr for women.
9. Crampons: metal (UIAA 153 standard) minimum 10 points (2 of which are frontal) min. Length. 3 cm, without modifications, adjusted to the boot and equipped with safety laces. Depending on the mountain conditions, steel crampons may be required.
10. A.R.T.V.A. equipped with three antennas: on the international frequency 457 Khz, it must be worn in contact with the body and in no case must be visible.
11. Harness: compliant with UIAA 105 standard.
12. Backpack: with ski straps and suitable for containing all the material. Minimum capacity: 20 liters.
13. Lower body clothing: three layers. An underwear, a pair of trousers or overalls of the competitor's size and a pair of windproof trousers with thermal padding (minimum weight 300 g).
14. Garments for the upper body: three layers of long sleeves in the competitor's size. An underwear, a suit or a second layer with long sleeves and a windproof jacket with thermal padding (synthetic or down, minimum weight 400 gr). One of the garments worn (second or third layer) must have a hood.
15. Gloves: must cover the whole hand up to the wrist and must be worn for the entire duration of the competition.
16. A pair of filtering sunglasses.
17. A thermal blanket with a minimum size of 1.00 x 1.80 meters.
18. Helmet for ski mountaineers, with CE EN 12492 approval and EN 1077 class B approval. It must be worn for the entire duration of the race.
19. Double lanyard with dissipator certified for "via ferrata" (UIAA 128 standard)

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20. A shovel with minimum dimensions of the spoon cm. 20x20 cm and minimum length with handle inserted. 50, unmodified UIAA approved. The name "snow shovel" is given by the manufacturer.
21. A snow probe of min. 2.40 m, diameter min. 10 mm. without modifications. The wording "snow probe" is certified by the manufacturer.

The athlete is obliged to have the mandatory equipment listed above at the same time as the event.

Materials can be inspected at the finish line or at any other point in the race. If a competitor doubts his own equipment, he can have it checked by the Jury the day before the competition. The verification of the materials will be carried out by members belonging to the organization at the end of the race under the supervision of the Technical Delegate or the Technical Delegate himself. Any irregularities will be obligatorily and promptly communicated to the FISJ Technical Director, for the necessary checks.

The O.C., together with the DT FISJ, have the right to refuse the participation of competitors with materials and equipment deemed inefficient or inadequate for the competition.

Art. 9 Withdrawals

The competitor who will abandon the race must obligatorily communicate this to any control point, simultaneously showing the bib assigned. If the withdrawal does not require medical intervention, the athlete must return independently to the nearest exit point, pre-established by the Organization and promptly indicated, notifying the staff in charge who will be on site. From this moment the athlete becomes a normal ski mountaineer.

Art. 10 Disqualifications and penalties

On the course there will be staff members authorized to verify the compliance with the regulations by the participants.

The race judges have the right to sanction the immediate disqualification and communicate the infringements found to the race jury.

Irregularities ascertained by means of video images received by the organization even after the race, may cause disqualification.

The disqualifications and penalties provided for by the current F.I.S.I. regulations will be applied.

Art. 11 Course changes - cancellation of the race

In case of bad weather the competition can be carried out on an alternative route; the organization may decide, in the event of particularly difficult weather conditions, to

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suspend the race while it is in progress: in this case the ranking will be drawn up based on the steps taken at the last check.

The organization reserves the right to temporarily suspend, or interrupt, definitively the race for all or part of the competitors if there are situations that could seriously compromise the safety of the athletes or people present along the route (e.g. helicopter rescue operations, conditions prohibitive weather etc ..).

The organization reserves the right to change the route or the location of the rescue and refreshment points and the time gates at any time, without notice.

If necessary, the organization reserves the right to modify or eliminate some sections of the route.

Art. 14 Assistance of the staff of the O.C.

Staff members will be present along the route to ensure the smooth running of the competition, in particular it will be present on all intersections and in the most challenging and dangerous sections.

The organization will offer race assistance from all athletes in the competition, and in the event of injuries / malaise, the Provincial emergency system (NUE 112) will be referred to.

Art. 15 Refreshments

In addition to the refreshment points at the end of the race, there will be one or more refreshments along the race course, which will be reported at the pre-race briefing.

The athletes will still have to move in total food and water self-sufficiency

Art. 16 Image rights

By registering, competitors authorize the organization to use free, without territorial and time limits, of still and moving images that they portray during participation in the competition.

Art. 17 Anti-doping controls

As per F.I.S.I. and C.O.N.I. Checks are foreseen and possible during the race, for this reason the athletes must still have a valid identity document with them (starting area, arrival area, before and after the competition).

Art. 18 Final clauses

For anything not specified in this regulation, please refer to the rules of the F.I.S.I. 2023.

By registering, you fully accept what is reported in this document.

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The Organizing Committee declines all responsibility for any accidents due to the conduct of third parties who are on the race course for any reason or for anyone who runs out of the race, accompanying persons or spectators.

The Organizing Committee