

# PARAGRAPH 1

## RULES FOR THE TRAILS

### GENERAL

The Volvic Volcanic Experience (VVX) event, which is to take place on 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup> and 20<sup>th</sup> May 2023, is organised by Volvic Volcanic, an association whose registered office is located at 5 Rue des Sources - Le Goulet, 63530 Volvic. The foot race part of the event complies with the rules for outdoor races.

### LOCATION

The event (reception, starting lines, finishing lines, changing rooms, podium, entertainment village) is based on the site of Volvic's spring (near the Volvic Information Centre) located at Rue des Sources – Le Goulet 63530 Volvic. However, there are no parking facilities in this area. Parking is available especially at the Champleboux sports complex located on avenue de la Liberté, 63530 Volvic, along with the other locations planned by Volvic city council (rue du Chancelas, Z.A. de Champloup, historic center parking, stadium parking, Dojo parking...). The event site can be accessed either on foot or via the free shuttle service.

### REGISTRATION, DEADLINE AND DOCUMENTS TO BE PROVIDED

**For all races, participants must register before 30<sup>th</sup> April 2023 by using the link on our website (<https://www.volvic-vvx.com/>) or [www.sportips.fr](http://www.sportips.fr) and is subject to availability.** No on-site registration except for the VVX Kids Trail, which are subject to availability.

- Registration must be paid by bank card only and before 30<sup>th</sup> April 2023. After this date, registration will be cancelled and non-refundable.

- The documents to be provided (licences or medical certificate) are to be downloaded onto your personal form before 30<sup>th</sup> April 2023. After this date, registration will be cancelled and is non-refundable. No payment will be accepted on site, nor will any document when the bibs are collected.

The registration file must be complete, paid for and documented no later than 30<sup>th</sup> April 2023. Otherwise, the registration will be cancelled and is non-refundable.

Supporting document: in accordance with Article II-A-4 of the rules on outdoor events and in reference to Article L231-2-1 of the French Sports Code, participation in our competition is subject to the presentation of:

- an Athlé Competition or Athlé Running licence or other Pass Running participation permit issued by the FFA, valid on the date of our event;

- or a sports licence, valid on the date of our event, issued by an approved federation only, on which must appear by any means a statement certifying that the holder may participate in competitive athletics, running or sports;
- or a medical certificate allowing the practice of sports in competition or athletics in competition or running in competition, dated less than one year (from the date of the event) or a copy thereof. Documents (medical certificate, licence, etc.) are to be sent in digital format to support@sportips.fr

## **SAFETY AND INSTRUCTIONS**

**All VVX participants undertake to run the distance and itinerary planned in the best sporting spirit. They undertake to comply with the French Highway Code. Volunteers will be positioned in places that present a danger and competitors will have to obey all their orders and instructions, particularly when crossing roads open to traffic. The organiser shall not be liable in the event of non-compliance with the entirety of these instructions.**

**Medical supervision is provided by a doctor and an association of first aid personnel at first aid stations at the strategic points specified on a display in the race's village. Runners who request assistance from a doctor or first aid provider agree to submit to their authority and accept their decisions. All participants are required to report any problems encountered along the route. Under no circumstances may the organisation be held responsible for physical or psychological health problems.**

**Participants agree to respect the organisers' decisions during an emergency situation or in relation to the event's organisational arrangements. Organisers also reserve the right to modify routes or cancel races or hikes in the event of poor weather conditions (e.g. rain, fog, etc.), war, epidemic or for any other significant reason, even at the last minute.**

**To protect the health of competitors, their entourage, volunteers and the public as best as possible, the organiser will scrupulously comply with all injunctions and instructions imposed by the administrative authority concerning the health crisis caused by the COVID-19 virus. These measures are now specified in the "Guide of Health Recommendations for the organisation of races and the fight against the spread of the COVID-19 virus" issued by the French Athletics Federation on 21 July 2020. Reference should be made to this document. It is specified that the protection measures concerned may result in significant changes in the organisation of events, to the route and timetable of races and hikes, in the number of participants, the procedures to be followed and may even result in the cancellation of said event. Each participant undertakes to comply unreservedly with these current administrative measures and those which may subsequently be taken. No reimbursement may be requested from the organiser as a result.**

**It is strictly forbidden to litter (tubes containing gels, paper, organic waste, plastic packaging, etc.) on the route. Waste bins are available at each refreshment station and must be used. Race officials carry out random checks on the routes.**

**All participants must keep waste and packaging until they are able to dispose of them in the bins made available at the refreshment stations. The organisation encourages runners to use a waste pouch to transport their waste until the next refreshment station. They must be used to collect soiled paper in the event of an urgent need near the trails. It is essential to follow the paths as they are marked, without shortcutting. In fact, shortcutting leads to damaging erosion of the site.**

**Some sections of the proposed routes include private roads which are only accessible on the day of the event. Therefore, recording the routes taken for any purpose that is not strictly personal by any means is prohibited. Sharing these routes either on- or offline is also therefore forbidden.**

The organisation may not be held responsible for any loss, theft or damage to equipment.

All runners must be equipped with the items described in the “Equipment” section.

The organisation reserves the right to introduce crossing times (cut-off times), to modify certain portions or all of the races if the weather conditions are likely to endanger the health or safety of the participants, and to stop, on medical advice, any runner presenting signs of physical impairment.

All runners formally declare they will not leave the starting line early, they will travel the full distance before crossing the finishing line and they will comply with the race rules.

### **BIBS**

The bibs for the trails and hikes are collected at the **Le Goulet site in the former Volvic factory (locater “5 rue des Sources, 63530 VOLVIC)**. The bib collection days and times are as follows:

**Thursday, 18<sup>th</sup> May 2023 from 11 am to 7 pm**

**Friday, 19<sup>th</sup> May 2022 from 2 am to 4:45 am and from 7am to 9:45 am**

### **BIB TRANSFERT**

Bibs may be transferred for the 110 km DUO upon presentation of a medical certificate proving a contraindication:

- before 30th April 2023, directly on the runner registration form (available in Sportips), “transfer option”
- on site, the day of event, upon presentation a copy of an identity card and certificate proving a contraindication (from the transferor) + a valid medical certificate (from the new runner)

Bibs may be transferred for solo races. They can be exchanged or transferred, only once directly on the runner registration form (available in Sportips). Beyonds, runners who do transfer their bibs are liable in the event their replacement suffers or causes an accident.

### **COURSE CHANGE**

Course may be changed before 30th April 2023, directly on the runner registration form (available in Sportips).

But:

→ transfer to a lower distance : you will not receive a refund for the difference. You can use it to book options, only to the time such change occurred.

→ transfer to a bigger distance : you will pay for the difference.

### **OPTIONS**

Runners can book options (meal or activity) until midnight of the proposed day.

Each bib is handed over individually to each runner upon presentation of:

- an identity document with a photo,
- your race bag and all the mandatory equipment.

The bib must be placed on the chest or stomach and must be permanently and fully visible throughout the race. It must therefore always be placed on top of any clothing and cannot under any circumstances be attached to the bag or a leg.

### **REFRESHMENTS**

The organisation provides solid and liquid refreshments along the entire route. The refreshment stations are stocked with drinks and food to be consumed on site. The organisation provides flat

water or an energy drink to fill water bags and mandatory individual cups. The runner must ensure that he/she has, when leaving each refreshment station, the amount of drink and food necessary to reach the following refreshment point.

## **EQUIPMENT**

### **Mandatory trail equipment according to FFA outdoor regulations:**

- A headlamp with a spare battery for the runners of the Chaîne des Puys-Limagne Fault Trail Experience (110 km) and the Terra Volcana Trail Experience (80 km), solo and duo/trio (for the first relay runners).
- A solid or liquid energy product (energy bar or gel)
- A whistle
- The bib issued to each individual player worn in a visible manner and in its entirety
- The computer chip specific to each bib and runner
- The safety sheet containing the emergency telephone number and the safety rules to be followed
- A water supply of at least 0.5 litre
- A survival blanket to protect oneself or another competitor in the event of injury
- A charged mobile phone for the 80 km and 110 km trails.
- An eco-cup for refreshments, no cup will be provided.

**Additional mandatory equipment may be required by the race director based on weather reports obtained from Météo France or for any other external factors.**

This will include:

- a rain jacket, long-sleeve waterproof windbreaker
- long or knee-length leggings + long socks
- a cap or beanie or buff to cover your head

**The list of mandatory additional equipment will be specified on the evening before the race starts in the reception area and on the dedicated social media pages.**

To be allowed to start the race, each competitor undertakes to be in possession of and carry this mandatory safety equipment and to present it in its entirety when the bib is collected. Checks will be carried out at the starting line, along the route and randomly at the finishing line.

### **Tips:**

- Check the weather on the days leading up to the race and adapt your equipment to suit the forecasts
- Relay runners: pack warm clothes to wear while waiting - always comply with the event instructions
- Each checkpoint must be passed through.

## **ACCOMPANYING PERSONS**

Any assistance from accompanying persons or spectators is prohibited and will lead to the disqualification of the participant.

Spectators are permitted along all routes except inside provisioning stations.

Dogs must be kept on leash for the safety of participants and are prohibited in refreshment areas.

## **TIMEKEEPING OF TRAILS, CHECKPOINTS AND CUT-OFF TIMES**

Timekeeping of the trails will be provided by an electronic device supplied by SPORTIPS.

Each competitor must put on their bib and electronic chip provided by the organisers as indicated in the “bibs” section and without making any modifications to this equipment.

**Electronic checkpoints will be set up along the route. Competitors who are not recorded at these checkpoints will be automatically disqualified.**

### **CUT-OFF TIMES**

Cut-off times are calculated to allow participants to reach the finishing line within the maximum time permitted whilst also accommodating any possible stops along the way (to refuel, etc.).

These cut-off times are as follows:

### **Chaîne des Puys-Limagne Fault Trail Experience (110 km) and Terra Volcana Trail Experience (80 km):**

- ▶ - **1<sup>st</sup>** – 110 & 80 km : **9:30 am** at the top of the Puy de Dôm (at km 29) for the 110 km trail and at **11:30 am** for 80 km trail (at km 29).
- ▶ - **2<sup>nd</sup>** – 110 km only : **2:30 pm** at the refreshment station on the access road to the Puy de Dôme, at the automatic barrier (departure of the 2nd runner for duo relays), km 60, access on foot from the car park of the Panoramic view of the Dômes in the direction of the Puy de Dôme.
- ▶ - **3<sup>rd</sup>** cut-off times 110 km / **2<sup>nd</sup>** cut-off times 80km : **7:15 pm** at the refreshment stations located near to the rail crossing number PN339 (Lambertèche hamlet – CHARBONNIÈRES LES VARENNES), km 99,5 for the 110 km trail and **6:15 pm** at km 60 for the 80 km trail.
- ▶ - **4<sup>th</sup>** cut-off times 110km / **3<sup>rd</sup>** cut-off times 80 : **9 pm** at the Facemenier village refreshment station at km 99 for the 110 km trail and **8 pm** at km 70 for 80 km trail.

In order to be allowed to continue the race, runners must leave the checkpoint before the cut-off time. The organisation reserves the right to remove from the race any competitor who is clearly not able to complete the race. The individuals taken out of the race will be repatriated by the volunteer teams to the event’s village.

Any runner who is taken out of the race and who wants to continue on his/her route will only be able to do so after returning his/her bib, under his/her own responsibility and completely autonomously, with the understanding that the race sweepers (*serre-files*) invalidate the bib number.

Runners must communicate any decision to forfeit the race to the organisation, which (except for apparent medical reasons) is possible at checkpoints only.

For the Ultra Trail Chaîne des Puys-Limagne Fault Experience relay races, all relay runners must have left by the cut-off time. However, if the expected relay runner has not yet arrived, he/she may finish his/her relay. The team will then be automatically ranked after the teams having complied with all cut-off times.

Information : Cut-off times may change in case of racetrack modifications. We also invite you to read again the cut-off times, done only a few days before departure.

### **Relay Trail Details (subject to change):**

**Relay runners must travel to the relay areas by their own means. No transportation services will be put in place by the organisation to drive relay runners to the relay areas.**

### **CHAINE DES PUYS-LIMAGNE FAULT EXPERIENCE DUO VERSION**

- **1<sup>st</sup> Relay: from the starting line to the Ancien Péage du Puy de Dôme refreshment station 60 km/2200 climb**
- **2<sup>nd</sup> Relay: from the Ancien Péage du Puy de Dôme refreshment station to the finishing line 50 km/1300 climb, access by foot from the car park of the panoramic view of the Dômes in the direction of the Puy de Dôme**  
GPS point: Lat.° Lon.° 45.77003N 2.97991 E

## **FORFEITING**

If a runner wishes to forfeit during the race, he/she must inform the manager of the nearest checkpoint and turn in his/her bib. The checkpoint manager permanently invalidates the runner's bib by retrieving it. Shuttles positioned at the checkpoints will be available to pick up the runners who have forfeited the race.

If a runner or hiker is being treated by first aid service providers, either conventional or from the organisation, he or she is under their authority and must interrupt their race if they consider it necessary.

## **AGE CATEGORIES**

**The accessible age categories for each route are as follows:**

- Lava Stone Trail Experience (15 km): Runners born before 2005 included (junior category)
- Volcanic Trail Experience (25 km): Runners born before 2003 included (*espoir* category)
- Volvic Impluvium Trail Experience (43 km): Runners born before 2003 included (*espoir* category)
- Terra Volcana Trail Experience (80 km): Runners born before 2003 included (*espoir* category)
- Chaîne des Puys-Limagne Fault Trail Experience (110 km): Runners born before 2003 included (*espoir* category)

## **RACE PENALTIES – DISQUALIFICATION**

By registering for one of the 6 trail races, the runners undertake:

- not to use a means of transportation
- to attend all checkpoints
- to wear the bib so that it is visible throughout the entire race
- to submit to an anti-doping test
- to assist all participants in difficulty
- to allow a doctor to examine him or her and to respect the doctor's decision
- to comply with these rules in their entirety

A runner's failure to comply with one of these rules leads to immediate disqualification without any possibility of appealing this penalty.

## **JUDGING PANEL**

It is composed of the organisation committee, the medical team for the race and the race director.

## **RANKINGS AND AWARDS**

With the primary objective of the event being to raise awareness of the treasures and preservation of an exceptional natural environment, the timekeeping and athletic performance aspect has been purposely given a back seat in order to offer a personal experience that values fun, exceeding one's limit and being at one with nature.

Therefore only the following people will be receive an award:

**The Volcanic Rock Trail Experience:** Awards for the first three Men and Women in the overall ranking and prizes for each 1<sup>st</sup> in the Men and Women categories for 1<sup>st</sup> junior, 1<sup>st</sup> *espoir*, 1<sup>st</sup> senior, 1<sup>st</sup> M0 (35-39 years old), 1<sup>st</sup> M1 (40-44 years old), 1<sup>st</sup> M2 (45-49 years old), 1<sup>st</sup> M3 (50-54 years old), 1<sup>st</sup> M4 (55-59 years old), 1<sup>st</sup> M5 (60-64 years old), 1<sup>st</sup> M6 (65-69 years old), etc., up to M10 (85-89 years old).

**The Volcanic Trail Experience:** Awards for the first three Men and Women in the overall ranking and prizes

for each 1<sup>st</sup> in the Men and Women categories for 1<sup>st</sup> junior, 1<sup>st</sup> *espoir*, 1<sup>st</sup> senior, 1<sup>st</sup> M0 (35-39 years old), 1<sup>st</sup> M1 (40-44 years old), 1<sup>st</sup> M2 (45-49 years old), 1<sup>st</sup> M3 (50-54 years old), 1<sup>st</sup> M4 (55-59 years old), 1<sup>st</sup> M5 (60-64 years old), 1<sup>st</sup> M6 (65-69 years old), etc., up to M10 (85-89 years old).

**The Volvic Impluvium Trail Experience:** Awards for the first three Men and Women in the overall ranking and prizes for each 1<sup>st</sup> in the Men and Women categories for 1<sup>st</sup> junior, 1<sup>st</sup> *espoir*, 1<sup>st</sup> senior, 1<sup>st</sup> M0 (35-39 years old), 1<sup>st</sup> M1 (40-44 years old), 1<sup>st</sup> M2 (45-49 years old), 1<sup>st</sup> M3 (50-54 years old), 1<sup>st</sup> M4 (55-59 years old), 1<sup>st</sup> M5 (60-64 years old), 1<sup>st</sup> M6 (65-69 years old), etc., up to M10 (85-89 years old).

**Terra Volcana Trail Experience:** Awards for the first three Men and Women in the overall ranking and prizes for each 1<sup>st</sup> in the Men and Women categories for 1<sup>st</sup> junior, 1<sup>st</sup> *espoir*, 1<sup>st</sup> senior, 1<sup>st</sup> M0 (35-39 years old), 1<sup>st</sup> M1 (40-44 years old), 1<sup>st</sup> M2 (45-49 years old), 1<sup>st</sup> M3 (50-54 years old), 1<sup>st</sup> M4 (55-59 years old), 1<sup>st</sup> M5 (60-64 years old), 1<sup>st</sup> M6 (65-69 years old), etc., up to M10 (85-89 years old).

**Chaîne des Puys-Limagne Fault Trail Experience Solo:** Awards for the first three Men and Women in the overall ranking and prizes for each

1<sup>st</sup> in the Men and Women categories for 1<sup>st</sup> junior, 1<sup>st</sup> *espoir*, 1<sup>st</sup> senior, 1<sup>st</sup> M0 (35-39 years old), 1<sup>st</sup> M1 (40-44 years old), 1<sup>st</sup> M2 (45-49 years old), 1<sup>st</sup> M3 (50-54 years old), 1<sup>st</sup> M4 (55-59 years old), 1<sup>st</sup> M5 (60-64 years old), 1<sup>st</sup> M6 (65-69 years old), etc., up to M10 (85-89 years old).

**Chaîne des Puys-Limagne Fault Trail Experience Duo:** Awards for the first team in the overall ranking and prizes for the 1<sup>st</sup> 100% women's team and the 1<sup>st</sup> mixed team.

Any competitor qualifying for two podium positions will receive only one award for the most prestigious of the titles.

**Only those competitors who are present at the prize ceremony will be able to collect their awards. Organisation does not deliver prize to home after event.**

There is no cash prize outside 110 km prize money .

The results will be posted on the event's website.

## **CANCELLING REGISTRATION**

### **INDIVIDUAL CANCELLATION GUARANTEE**

**At the time of your online registration on the Sportips.fr module, you can subscribe for an Individual Cancellation Guarantee, which will allow you to be reimbursed for the amount of your registration (except meal options, shuttle, etc.) on simple request made before midnight on 15<sup>th</sup> May 2023.**

**If you have not chosen this option, no refund will be made. As its name indicates, this guarantee is individual. In the event of a general cancellation or adjournment of the event, the rules of the event or the special conditions fixed by the organising team shall apply.**

**This individual cancellation guarantee is not transferable to the next edition.**

**Individual cancellation guarantee expires on 30<sup>th</sup> Avril in case of incomplete registration file ; and the registration will be cancelled and is non-refundable.**

## **CANCELLATION OF RACES OR HIKES**

In the event of force majeure, bad weather, a natural disaster or any other circumstance that would compromise participants' safety, the organisers reserve the right to modify the route or cancel the event. Should the event be cancelled due to an epidemic, bad weather or a natural disaster, no refunds will be provided (part of the registration fees may potentially be carried over to the following year).

## **INSURANCE/LIABILITY**

Liability insurance has been taken out by the organiser. Licensees benefit from the protections afforded by the insurance granted under their licence, and other runners and hikers must take out their own insurance. In addition, it is strongly recommended that runners and hikers purchase individual accident insurance to cover their own personal risks.

The organisation may not be held liable should a participant forfeit the race or be disqualified (by the organisation or medical team). The participation of competitors in the event shall be subject to their liability alone and they must waive any recourse against the organisers in case of damages or consequences suffered during or after the event.

## **IMAGE RIGHTS**

All participants in the VVX event expressly waive both their image rights during the event and all claims against the organiser and its official partners that may arise from the use of their image.

Only the organisation may pass this image right on to any media via an accreditation or an appropriate licence.

Any communication about the event or use of images of the event must respect the name of the event and the registered trademarks, and have the official agreement of the organisation.

## **DATA PROTECTION**

The organisation reserves the right to share the list of participants and their contact information with its partners.

In accordance with the French Data Protection Act of 06/01/1978, participants have the right to access, rectify and erase their personal information from this list by making a request in writing to the organisation and indicating their full name and bib number.

## **QUARTZ EVENT PROGRAMME**

The Volvic Volcanic Experience Organisation has decided to implement the QUARTZ Event programme to protect your health and contribute to a drug-free sport.

It is not intended to, nor is it qualified to, replace national and international anti-doping rules but is intended to strengthen medical surveillance before, during and after the competition.

The QUARTZ Event programme is conducted in collaboration with the ITRA (International Trail Running Association), the Athletes For Transparency (AFT) association and the Ultra-Sports Science Foundation (USS).

It is managed by a Medical Committee consisting only of doctors. This Medical Committee may seek advice from experts of its choice and is in particular responsible for giving an opinion to race management on the medical status of the participants.

This Medical Commission may suggest to race management the dismissal of a participant for health reasons prior to the competition ("no start") or that the participant is disqualified after the competition for non-compliance with procedures.

The QUARTZ Event program is applicable to each participant, who therefore undertakes to:

1. Report the following medical information to the Medical Commission:
  - Any medical history and/or health condition, particularly those that may increase the risks during the competition.
  - Use of regular treatments or medicines or food supplements at least 30 days before the start of the competition.
  - Any request for or use of a substance or method subject to a Therapeutic Usage Exemption (TUE).



The declaration of medical information to the Medical Committee is made through the ITRA health space, to which each participant has access after creating a runner account free of charge on the ITRA website: <http://www.itra.run>. Declared medical information can only be accessed by the Medical Committee's doctors, designated experts and the medical team providing any treatment during the race.

2. Accept all urinary and/or blood and/or hair and/or saliva tests and related analyses within 30 days of the start of the competition and up to 15 days after the competition, it being understood that the costs incurred in taking these samples and the related analyses shall be borne directly by the Organisation.

3. Not to participate in the competition in the event of the use of:

Within 60 days prior to the start of the competition and during the competition

- Infusion of iron by intravenous means

Within 7 days prior to the start of the competition and during the competition

- Intravenous Infusion

- Inhalation of a gas

- Substance subject to a Therapeutic Usage Exemption (TUE) in accordance with the list of prohibited substances published annually by the World Anti-Doping Agency (WADA)

- Glucocorticoids, regardless of the method of administration

- Synthetic thyroid hormones, except in the case of partial or total removal of thyroid or for hypothyroidism of medical origin.

Within 24 hours prior to the start of the competition and during the competition

- Beta-2 agonists, regardless of the method of administration

- Non-steroidal anti-inflammatory drugs (NSAID), regardless of the method of administration

The possible use of these different substances may be identified, notably, in the context of the tests carried out before and/or after the competition or any other means of investigation.

4. Agree to respond to any invitation from the Medical Committee on site or remotely (telephone or videoconferencing) so as to discuss the participant's aptitude for participation in the competition or his/her possible disqualification after the competition.
5. Send, in a legible format, any form regarding any anti-doping test performed within 30 days of the start of the competition and up to 15 days after the competition.
6. Accept the use, for research purposes only and strictly anonymously, of the participant's personal data. Each participant has the right to access, rectify and object concerning their data. The Medical Committee is the body the participant can turn to exercise this right.

Any unreasonable breach, refusal or transmission of inaccurate information in connection with the QUARTZ Event programme may result in the participant being taken out of the competition, prior to the start, or disqualification after the competition.

### **ACCEPTANCE OF THE RULES AND EVENT ETHICS**

By registering, participants confirm that they are aware of these rules and agree to follow all provisions therein unreservedly. Registering for one of the event races or hikes implies full and complete acceptance (i.e. without reservation) by participants of these rules, the event ethics and any instructions provided by the organisation to the participants.