

22nd Mezzalama Trophy

27 April 2019 (alternative dates: 28 April or 4 and 5 May)

REGULATIONS

1 INTRODUCTION

The "Mezzalama Trophy" is an international ski mountaineering race with classic equipment. It is part of the Grande Course calendar and is open to teams composed of three athletes, who may be of different nationalities.

The race will take place along a high-altitude route in extreme environmental and weather conditions. The altitude will often exceed 4,000 metres and athletes will be faced with mountaineering-type difficulties.

The Mezzalama Trophy is strongly influenced by the general weather conditions and the conditions at high altitudes and may be postponed or, in extraordinary cases, cancelled (details in points 2.13 and 2.14)

On the basis of these characteristics, participation in the Mezzalama Trophy requires:

- a good knowledge of the terrain and dangers at high altitudes and the ability to handle any unforeseen circumstances, such as strong winds and very low temperatures
- a thorough physical and psychological preparation, team spirit and solidarity, unconditional acceptance of the following regulations and the decisions taken by the Race Organisers

2 GENERAL RULES

2.1 Conditions for participation

Participation in the Mezzalama Trophy is open to teams of 3 athletes, who must each be in possession of a 2019-2020 Grande Course card.

Athletes must have a valid Medical Certificate stating their fitness to practise sport for the season in question and must be at least 21 years old in 2019.

Each athlete must submit and sign, under his/her responsibility, a short ski mountaineering and mountaineering résumé, confirming details of races they have entered, as well as experience at and familiarity with high altitude.

The résumé of each athlete will be the exclusive basis for assessing a team's admission or exclusion of the teams: for this reason, applications in which athletes have not filled in this part will not be taken into consideration.

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 surnames of the three athletes.

2.2 Registration

300 TEAMS WILL BE ACCEPTED. This number may vary according to the mountain conditions and in any case will be determined at the sole discretion of the race organisers.

Teams with the best rankings in Grande Course circuit races and in the most prestigious ski mountaineering competitions will have precedence.

Athletes must submit their registration to the Mezzalama Trophy Organising Committee who will then confirm whether or not they can participate after having examined their credentials, subject to verification of medical fitness.

Once 300 teams have been confirmed, additional teams with suitable characteristics will be added to a waiting list and selected on a first-come basis in the event of other teams cancelling.

The registration fee for each team is € 960.00. The fee includes, for each athlete, organization, safety and assistance during the event, one starter gift offered by the technical sponsor, Dynafit, one day's half-board in hotels or apartments, lunch on the day of the race, snack at the arrival area and transport from Gressoney to Breuil-Cervinia at the end of the event. Hotel reservations will be made directly by the organisers.

The registration fee for teams not intending to take advantage of half-board in hotels (and who will therefore take care of their own reservations) is **€ 870.00**.

By registering, all athletes exonerate the organisers from all liability regarding damage to persons or property that may occur before, during or after the event or in any case in relation to the same.

INFO:

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REGISTRATION: from 1 February 2019 to 25 March 2019, EXCLUSIVELY THROUGH THE WEBSITE www.trofeomezzalama.it

**Payment of the registration fee must be made by 5 April 2019 after receipt of confirmation of admission from the Organising Committee.
Teams who do not pay the fee within the established date will automatically be eliminated from the list of participants and replaced by teams on the waiting list.**

2.3 *Hospitality*

Athletes who require hotel accommodation must indicate this clearly on the registration form. The Foundation will not pay for any rooms booked directly by the athletes or persons accompanying them.

The Organisation will provide one day's half-board (evening meal-overnight stay-breakfast) for each registered athlete, excluding any reserve athletes. Should the race be delayed or postponed due to adverse weather conditions or force majeure, the second night's stay will be at the expense of the athletes and the Foundation will agree a special price accordingly.

2.4 *Categories*

Female (single category)
Male (single category)

Mixed teams will fall under the male category.

2.5 *Results*

A list of winners in the men's and women's races will be drawn up.

2.6 *Prizes*

All athletes will receive a participation prize.

Top rankings - Men

1st place € 2,550 + gold medal
2nd place € 1,950 + silver medal
3rd place € 1,650 + bronze medal
4th place € 1,350
5th place € 750
6th place € 600
7th place € 600
8th place € 600
9th place € 600
10th place € 600

Top rankings - Women

1st place € 2,550 + gold medal
2nd place € 1,950 + silver medal
3rd place € 1,650 + bronze medal

2.7 Description of route

Breuil Cervinia	2,020 m.	start
Teodulo Pass	3,316 m.	checkpoint
Breithorn Pass	3,826 m.	1 st cut-off time checkpoint
Verra Pass	3,848 m.	checkpoint
Castore	4,226 m.	checkpoint
Felik Pass	4,068 m.	checkpoint
Quintino Sella Hut	3,585 m.	2 nd cut-off time checkpoint
Naso del Lyskamm West	3,900 m.	checkpoint
Naso del Lyskamm	4,272 m.	checkpoint
Naso del Lyskamm East	3,900 m.	checkpoint
Roccia della Scoperta	4,153 m.	checkpoint
Città di Mantova Hut	3,500 m.	checkpoint
Alpe Endre	2,609 m.	checkpoint
Alpe Gabiet	2,342 m.	checkpoint
Gressoney La Trinité	1,637 m.	finish
Overall approximate distance	45 km.	
Altitude differences	Uphill	3,272 m.
	downhill	3,655 m.

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 poles: stretches to be covered on foot, with ropes or on crampons, as per point 3.2 below, will be properly indicated by the judges.

Athletes are required to follow the course markings closely and abide by the indications of the Race Organisers imparted by race staff and course marshals, on pain of being disqualified.

For teams that are forced to withdraw or are beyond maximum time limits, two routes for returning downhill will be marked out in addition to return via the Breithorn Peak on Breuil Cervinia along the skiing pistes:

1 - Verra Pass (return to Valle d'Ayas) - Guide della Val d'Ayas Hut (3,425 m.)- Mezzalama Hut (3,036 m.)- Pian di Verra Sup. (2,380 m.) - Saint Jacques (1,689 m.)

2 - Quintino Sella Hut (3,585 m. - return to Gressoney Valley) Bettolina Pass (2,905 m.) - Bettaforca Pass (2,672 m.) - Stafal (1,825 m.)

2.8 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.

Personal and team materials will be checked at the start in Breuil-Cervinia, at the finish in Gressoney-La-Trinité, and at any time during the race if this is deemed necessary by the judges.

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 and stamped on 26 April in Valtournenche during delivery of race breast labels and bags.

2.9 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: with 6 front points in steel and 4 rear points in light alloy.

- 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

- 1 pair of ski goggles

- 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 that meets both CE EN 12492 and EN 1077 class B standards. 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.

- 1 ice axe: head min length 50 cm compliant with UIAA 152 standard.

2.10 *Obligatory team equipment*

- dynamic rope (UIAA 101 standard), approved as individual rope, min 8.5 mm diameter, length 20 m. Elastic supports are not allowed.

- 1 first aid kit containing: 1 elastic bandage, latex gloves, sterile gauze pad, plasters, disinfectant wipes and 1 whistle.

2.11 *Change of athletes*

During the months preceding the race and until 22 April 2019, teams registered for the Trophy and having paid may, at no additional cost, replace athletes in their team. Athletes replacing other previously selected and registered athletes must be in possession of a Grande Course card and suitable résumé.

2.12 *Withdrawal*

In the event of a team deciding to withdraw, registration fees will be reimbursed exclusively as follows:

- up to and including 28/02/19 an amount of € 105 will be retained from the registration fee (€ 90 in the event of the registration fee not including accommodation)
- between 1/03/19 and 25/03/19 an amount of € 300 will be retained from the registration fee (€ 270 in the event of the registration fee not including accommodation)
- from 26/03 to 05/04/19 an amount of € 480 will be retained from the registration fee (€ 435 in the event of the registration fee not including accommodation)
- From 6 April no reimbursements will be made

2.13 *Postponement*

If on 27 April 2019 adverse weather conditions prevent the Trophy from being staged, the race may be rescheduled on one of the following dates: 28 April or 4 and 5 May 2019.

2.14 *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

In the starting line-up before sunrise.

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 and changes in team grouping

From the start at Breuil Cervinia to the Teodulo Pass participants must proceed individually (no rope).

From the Breithorn Peak to the Città di Mantova Hut participants must proceed roped together.

From the Verra Pass to the Castore Summit to the Felik Pass and from the foot of the Lyskamm Ridge to the base of its eastern face the teams must proceed with crampons, as in all other situations indicated by the Event's Board.

Before reaching Gressoney La Trinité members of each team must regroup as teams, that are required to reach the finish as a joint unit.

3.3 Controls

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

Race bibs must be fully visible.

At some control stations there will be a medical check and the medical team may decide to forbid athletes who show clear and serious signs of fatigue or other ailments from continuing the race.

Maximum cut-off time at the Breithorn Pass is 3.00 hours from start (3.15 hours for female and mixed teams). Teams who are outside this time may not proceed and must return to Breuil Cervinia.

Maximum cut-off time at the Quintino Sella Hut is 6.00 hours from start (6.15 hours for female and mixed teams). Teams who are outside this time will have to abandon the race at the Q. Sella Hut. From there they will be accompanied downhill by the rescue service.

Personal and team 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 or 2 team members be obliged to abandon, the remaining members are absolutely forbidden from continuing the race even if they are 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, non-compliant use of the rope or any other conduct that jeopardises the safety of the roped 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.

3.9 *Doping*

Doping is strictly prohibited. Control procedures and sanctions comply with IOC and WADA recommendations. The official list of forbidden substances is the one established by WADA.