



# WMRA Mountain Running WORLD CUP 2020

(22nd edition)



## Regulations (7 February 2020)

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### 1. GENERAL

- 1.1. The World Mountain Running Association, referred hereafter as 'WMRA', stages an annual WMRA WORLD CUP
- 1.2. The full name of competition is "WMRA Mountain Running WORLD CUP YYYY" and hereafter, called 'WORLD CUP.' The name of any WORLD CUP title sponsor may also be included at the discretion of the WMRA.
- 1.3. The race organiser for each of the individual races may be also referred to hereafter as 'organiser' or the 'LOC'
- 1.4. WMRA Council are responsible for the organisation, regulations and application process for the WORLD CUP. Updated documents and results will be published on the WMRA website.
- 1.5. The WORLD CUP is for individuals, men and women only. There are no team or age-related competitions.

### 2. MEMBERSHIP, SELECTION CRITERIA AND PROCEDURE

- 2.1. Recognised and well organised international mountain running races are invited to submit applications to be part of the WORLD CUP.
- 2.2. To be considered for inclusion into the WORLD CUP the organiser must be able to demonstrate that the race is or will be at a suitable level of quality. They can demonstrate this by showing the level of media interest and/or quality of athletes and/or number of participating nations that are present in the top 25 finishing positions (if an existing race).
- 2.3. The WMRA will at its discretion register / allocate "WMRA Permit" and "WA Permit" to the races without further payment. Races may use the WMRA / World Athletics (referred hereafter as WA) Permit logos for promotion of that race but for only the edition of the race that is in the World Cup. (see 7.7).
- 2.4. Participating races must fully accept the WORLD CUP and WA Permit Regulations and must be organised in accordance to the national rules for international sport events including medical service, insurance and doping control.
- 2.5. Participating races must be sanctioned by their National Athletic Federations.
- 2.6. Applications for inclusion in the WORLD CUP must be sent to the WMRA secretary by 31st December in the preceding year, using the official application form (appendix 1), unless otherwise permitted.
- 2.7. A contract between WMRA, the selected WORLD CUP race LOC's and their National Federations will be signed when selection is confirmed (appendix 2).
- 2.8. Applications will be considered, and the race schedule selected by the WMRA Council as soon as practicably possible after the closing of applications. All bidding races will be notified of the result.
- 2.9. The races selected will be a mix of uphill only and up/down. A variety of different distances, types of terrain will be included to be decided by the WMRA Council according to bids received.
- 2.10. Courses must be safe and well-marked, so that all the participants have equal conditions.
- 2.11. Consideration will be given to races where the Organiser takes care for the environment when planning the course and that they remove all the debris from the course after the race. Consideration will also be made for the impact of their race to limit the amount of material that will

be discarded. Consideration should be made to use recyclable and recycled materials in race numbers, advertising, race packs, refreshment areas etc.

- 2.12. Races should demonstrate adequate levels of capability on race management, promotion and demonstrate adequate responsibility for the comfort and safety of all participants.
- 2.13. The WMRA will endeavour to include race variety in the WORLD CUP by bringing in at least one new race to those selected from the previous year.
- 2.14. The WMRA will give priority to the principle of having one race per country, as well as one event outside Europe when possible but will not be limited by this.

### 3. FINAL PRIZEGIVING CEREMONY

- 3.1. The final prize giving ceremony for the overall WORLD CUP result will be held at the last WORLD CUP race of the series. The LOC should organize a suitable ceremony using the standardised protocol (appendix 3) and bear the costs of the ceremony.
- 3.2. The best placed women and men will receive money prizes as stated in the WORLD CUP Rules. In addition, those in first places in the women's and men's competition will receive special WMRA awards.
- 3.3. Runners who are not present at the prize-giving ceremony must contact WMRA to receive their prize money. Any person who is authorised in writing by an absent prize winner may collect the prize money on his/her behalf. Any expenses connected with sending the money by other means will be deducted from the prize money. The runner who does not contact WMRA at latest by 1st Dec in the current year renounces the prize.
- 3.4. Final WORLD CUP prize money will be paid only after the results of all Doping Controls held at any of the races. If these results are not available before the 1st Dec. (prize money deadline), special allowance will be made by the WMRA for this to allow athletes to receive prizes.

### 4. SANCTIONS

- 4.1. Organisers who do not observe the WORLD CUP Rules and Regulations are liable to be omitted from future WORLD CUP series for up to three years.

### 5. RULES 2020

- 5.1. In 2020, there will be races in 3 categories (short, classic and long).
  - 5.1.1. Races may apply for race events in more than one category.
  - 5.1.2. Race categories will align themselves to the following parameters:
    - Short: 3 – 8km with 750m+ minimum elevation gain and 1000m+ maximum elevation gain. The course should be mainly uphill. (Guide: average elevation gain per km = 150 – 250m/km)
    - Classic: 9 – 21km. This can be uphill/downhill course or only uphill. (Guide: average elevation gain per km = 100 – 150m/km)
    - Long: 22km – 45km. This can be uphill/downhill course or only uphill. (Guide: average elevation gain per km = 80 – 120m/km)
- 5.2. There will be **12 Races** in the WORLD CUP 2020 held at **9 Event** locations. *(The final decision on number of countries, event venues and races in each category is made after reviewing and selection of suitable applicants.)*
- 5.3. **The overall WORLD CUP results** will be calculated from athletes' **best 6 race results**. Each race in each category counts equally to the overall World Cup result. *(NB: The final number of races needed to count for the final points total for an athlete will be determined based on the number of participant races that are included in the 2020 World Cup..)*
- 5.4. **The category WORLD CUP results** will be calculated from athletes' **best 3 race results in that single category**. Athletes may rank in more than one category providing they meet the criteria outlined in 5.5 for each category.

- 5.5. An athlete must score in at least **two races** to be included in the final overall World Cup classification. An athlete must score in at least **two races** of a single category to be included in a category classification.
- 5.6. If athletes have the same number of points, their final position will be determined by reference to their highest race positions. Therefore, athletes with equal points, but one has a 1st position and the other has not, the athlete with the 1st position takes priority. If both have a first position, the next superior position is compared and so until a priority is obtained. If this method does not resolve the final positions, the prize money for the final positions will be added together and divided by the number of athletes involved.

- 5.7. The points awarded for each race will be as follows (the same for men and women):

Place:	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.	13.	14.	15.	16.	17.	18.	19.	20.	21.	22.	23.	24.	25.
Points:	100	90	85	80	75	70	65	60	55	50	45	40	35	30	25	20	15	10	5	4	1	1	1	1	1

- 5.8. Bonuses: **The bonus points added apply to an athletes overall World Cup points tally and NOT to their Category points score.**

- a) Bonus participation at the final of each Category Race: Each scoring athlete receives a **10 points** bonus to add to their score: for 2020 these category final races will be:  
 Vertical Uphill (VU): 4. October, Ciavenna-Lagunc  
 Classic Mountain (CM): 12. September, Canfranc-Canfranc  
 Long Mountain (LM): 12. September, Canfranc-Canfranc
- b) There will be a bonus for participation for athletes that complete **5 races** (regardless of category) of **40 points** and a further **24 points** added for athletes that complete **8 races** (regardless of category).
- c) There will be a bonus Participation for an athlete completing in **at least one race in every category = 24 points.**
- d) Bonuses can be accrued together provided athletes meet the criteria.
- 5.9. In addition to the overall WORLD CUP classification, there will be also a WORLD CUP category classification (Male/Female).
- 5.10. There could be anti-doping testing at any of the World Cup events that will be decided in advance and communicated to the LOC in order for the LOC to notify the National Anti-Doping agency and arrange for the implementation of testing. On receiving this communication, the LOC will then be responsible for providing all necessary details as outlined in 7.14 and 7.15.
- 5.11. By accepting prize money for the overall ranking, the athlete also consents to the use of his/her contact email being sent to race organisers of next year's World Cup competition for invitation purposes unless the athlete explicitly requests this does not happen.

## 6. WMRA RESPONSIBILITIES

- 6.1. The total final prize fund will be not less than 10.700 EUR and is provided by the WMRA.
- 6.2. Prize money will be paid for the overall World Cup Champions. Prize money will be distributed as follows, same for women and men:

Place:	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
EUR:	1250	1000	800	600	450	350	300	250	200	150

- 6.3. Prize money / Awards for category classification will be at the discretion of the WMRA.
- 6.4. WMRA will publish the WORLD CUP Calendar and include a link to the race event as well as race related content and news on the WMRA / WA / partner media channels.
- 6.5. Race events will be entitled to use without cost WMRA created media and shared media content as long as acknowledgements and photo credits are published.
- 6.6. The WMRA will provide at no cost to the LOC a dedicated media team of people to work together with the organisation during the event to create media content for the event. LOC will be responsible for the accommodation (7.14.)

- 6.7. The participating race will automatically be entered into the WMRA Mountain World Ranking without further cost for the year of WORLD CUP participation as and when the World Ranking becomes available.
- 6.8. In 2020 the WMRA will pay a travel support of 600 euro per event for the top 3 ranked athletes in the World Ranking (M & F) = 100euro per athlete. This will revert to being paid to the top 3 ranked athletes in the World Cup 2019 for the first race in 2020 followed by the current 2020 World Cup classification before each event in the case that the World Ranking is not available. In the event that these runners are not available for the event this money will not be paid to the next ranked athletes. For event locations with 2 races held together there will be paid only the single amount.

## **7. RACE ORGANISERS RESPONSIBILITIES**

- 7.1. To take out and maintain adequate third-party liability insurance for the event.
- 7.2. Each race organiser must offer as a minimum free entry and full board accommodation for at least one night for the athletes (at least two nights for runners who require air travel):
  - a) who finished the 2019 WORLD CUP on the top 10 positions (Appendix 4),
  - b) The Senior and Junior Men/Women's winners from the previous year's World Mountain Running Championships (Classic) and winners of the previous year's World Long Distance Mountain Running Championships. (Appendix 4)
  - c) the best 10 athletes' women/men in the current World Ranking (as of 60 days before the competition, updated information available on WMRA web page). NB. The WMRA will confirm if this information is available before February 29, 2020. If this information is not available at that time then the LOC will not need to fulfill this criteria.
- 7.3. Race organizers shall provide equal prizes /prize money/ for men and women. This prize money should be paid to a minimum of first 3 runners (men & women) with a minimum amount of 4.000 euro distributed.
- 7.4. Any prize money can only be paid to a runner selected for a doping control after the negative results of that doping control.
- 7.5. Each WORLD CUP event Organiser will pay a fee as the WORLD CUP entry fee (this fee also includes the WA Permit fee).
  - a) The fee must be paid within one month after receipt of the invoice from the WMRA.
  - b) The fee will be based on the number of category races at each race event with the maximum being 2 races held at any one event in any of the following combinations: Short/Classic or Short/Long or Classic/Long. Each of the category races (short, classic, long) will have the same fee.
    - For one category race (short, classic, or long) 3.000 euro
    - For two category races (short/classic, short/long or classic/long) 5.000 euro
- 7.6. All additional race related expenses are at the cost of the race organisers.
- 7.7. Each race organizer / race / shall open its own web page with all the important information at least 6 months before the date of the race /Content: appendix 5/. It should be in the local plus at least English language. A link to the WMRA web page shall be included as well as the WMRA / WORLD CUP and WA Permit logos (if applicable) on the web page.
- 7.8. Race events will be entitled to have the WMRA and WA permit logos included on their publicity / race numbers for the event.
- 7.9. All branding and advertising material using the WMRA / WORLD CUP / WA permit logos must be approved by and agreed between all parties prior to use.
- 7.10. Race organisers will mention the WMRA WORLD CUP in news articles and Social Media posts in the build-up to the race day.
- 7.11. Race organisers will provide the rights for the WMRA to use, free of charge, video material, photos and journalistic content created during the event in order to help promote their race as a part of the WORLD CUP series.

- 7.12. WMRA provided banners and / or advertising material will be displayed in prominent and agreed locations including but not limited to start / finish gantry structures. Alternative LOC provided WMRA WORLD CUP branding may be used but this must be approved in advance. Items not returned to the WMRA following the event will incur a fee unless agreed in advance. The World Cup finish line mat must be used in a position underneath the finish line arch/gantry.
- 7.13. If a WMRA WORLD CUP series sponsor is a direct competitor to the race event sponsor a compromise agreement between the LOC and WMRA must be made in advance of the event. Where there is no direct competing race event sponsor the overall WORLD CUP series sponsor must be displayed as in 7.11.
- 7.14. Participating races will be responsible for hosting at least two WMRA Council members & four WMRA media team members during the event. The number of nights shall be 2 nights for central European races and 3 nights for other races that require international travel.
- 7.15. When necessary, a suitable room(s)/facilities for the anti-doping procedures to take place. The LOC will provide the required number of chaperones as well as arrange for the presence of certified testers via their National Anti-doping agency.
- 7.16. The cost of analysis for the doping control will be paid in full by the WMRA, but the LOC will be responsible for the costs of collection and transport of these samples and for liaising with their National Anti-doping agency.
- 7.17. Race results will be emailed to the WMRA within 24 hours of the race finish in an agreed excel database format with the official timer/race event LOC. Name and email address of the official time keeper must be supplied in the week before the event. See appendix 6.
- 7.18. Race results shall be available on line via the event's web page within 24 hours of the event.
- 7.19. The LOC will agree to co-operate with the WMRA to allow reasonable related e-news items to be sent to their race contacts database.

**Appendixes:**

Appendix 1: World Cup Application form

Appendix 2: World Cup Contract

Appendix 3: Prize giving ceremony – protocol

Appendix 4: World Cup 2019 results (top ten M/W); World Championships 2019 winners M/W

Appendix 5: Web page / Event Information Guidelines

Appendix 6: Results Formatting

Appendix 7: World Cup 2019 Calendar with Race Contact Information

Note: any details that are not defined yet are signed **yellow**