



Valsir Mountain Running World Cup 2023

(24th edition of the World Cup)

ATHLETE INFORMATION

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1. VALSIR MOUNTAIN RUNNING WORLD CUP ATHLETE INFORMATION 2023

- 1.1. There will be 2 levels of races: **Gold Label** and **Silver Label**.
- 1.2. There will be races in 3 categories (short uphill, classic mountain and long mountain).
- 1.3. Race categories will align themselves to the following parameters:
 - Short Uphill (SU): 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 Mountain (CM): 9 – 21km. This can be uphill/downhill course or only uphill. (Guide: average elevation gain per km = 100 – 150m/km)
 - Long Mountain (LM): 22km – 45km. This can be uphill/downhill course or only uphill. (Guide: average elevation gain per km = 80 – 120m/km)
- 1.4. The World Mountain and Trail Running Championships will take place from 6 – 11 June 2023 and World Cup races will not be possible during this time.
- 1.5. Invited and qualifying athletes will be eligible for hosting support, complimentary race entry and WMRA travel Support (see 6.10 - 6.12).
- 1.6. The 2023 calendar will include between 10 - 12 World Cup GOLD LABEL Races and a smaller number of World Cup SILVER LABEL Races (See Appendix 7 for specific WORLD CUP SILVER LABEL regulations).
- 1.7. An athlete must score in at least two races to be included in the final results
- 1.8. **The overall WORLD CUP results** will be calculated from athletes' **best 6 race results including World Cup SILVER LABEL race results**. Each World Cup race in each category counts equally to the overall World Cup result except where bonus points are allocated.
- 1.9. **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.
- 1.10. 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.
- 1.11. The points awarded for each race will be as follows (the same for men and women) using WMRA World Mountain Running Ranking - World Cup Category B classification for the World Cup. World Cup SILVER LABEL race points also included on the table below:

Place:	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.	13.	14.	15.
WCup gold label races Points:	50	40	30	25	20	18	16	14	12	10	8	6	4	2	1
WCup silver label races Points:	20	17	14	12	10	7	5	4	3	2	-	-	-	-	-

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

Bonus participation at each of the World Cup final races - Each points scoring athlete from the race receives a **5 points** bonus to add to their score. An athlete must arrive in the top 15 places at this race to score this bonus. There will be 3 race distances at the World Cup for 2023 and all three races will be eligible to receive the bonus points.

- 1.13. In addition to the overall WORLD CUP classification (Male/Female), there will be also a WORLD CUP category classification (Male/Female).
- 1.14. There can be anti-doping testing at any of the World Cup events.
- 1.15. By accepting prize money for the overall ranking, the athlete 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. In addition to this the athlete also consents to the use of her/his image in communications surrounding the World Cup for the current and following year.

2. WORLD CUP FINAL PRIZE MONEY

- 2.1. The final prize giving ceremony for the overall WORLD CUP result will be held at the last WORLD CUP race of the series.
- 2.2. The best placed women and men will receive prize money as stated in the WORLD CUP Rules plus other awards at the discretion of the WMRA.
- 2.3. Runners who are not present at the prize-giving ceremony will have **50% of their prize money deducted**. Any request for exceptions to this will need to be approved and notified in writing (ie force majeure) where it would be impossible for the athlete to attend due to a condition out of that athletes control.
- 2.4. 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.
- 2.5. If an athlete is selected for doping control, then Final WORLD CUP prize money will be paid only after the negative results of all Doping Controls held at any of the races. If these results are not available before the 1 Dec. (prize money deadline), special allowance will be made by the WMRA for this to allow athletes to receive prizes.
- 2.6. The total final prize fund will be 30.000 EUR and is provided by the WMRA.
- 2.7. 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.	11.	12.
EUR:	5000	3000	2000	1400	1000	700	500	400	300	300	200	200

- 2.8. WMRA medals/trophies will be awarded to the top 3 places in the overall standings as well as top 3 in the category standings Female/Male. Other prizes may also be provided by WMRA or a World Cup sponsor at the discretion of the WMRA.
- 2.9. Prize money / other awards for category classification will be at the discretion of the WMRA.

3. ATHLETE TRAVEL ASSISTANCE BY WMRA

- 3.1. In 2023 the WMRA will pay a travel support for World Cup gold label events only for the top ranked athletes in the current years World Cup classification (M/F). For the first race of the calendar the World Cup results from the preceding year will be used. In the event that these runners are not available for the event then this money will not be paid to the next ranked athletes. For event locations with 2 races held together there will be paid only one single amount.
- 3.2. The results of the World Mountain / Trail Running Championships and World ranking (M/F) may also be used <https://ranking.wmra.info> for providing this travel support at the discretion of the WMRA or World Cup Manager.
- 3.3. Travel support is only available for athletes competing outside of their home country.

4. RACE ORGANISER ATHLETE ASSISTANCE / PRIZES

- 4.1. Each race organiser must offer as a minimum free entry and full board accommodation for at least **two** nights for the athletes:
 - a) Who finished the 2022 WORLD CUP on the top 10 positions
 - b) World Mountain and Trail Running Championships 2022 & 2023:
Junior Women & Men's winners plus Senior Women & Men's winners (Classic up/down)
Senior Women & Men's winners (Uphill)
Senior Women & Men's winners (Short trail), (Appendix 3)
 - c) The best 10 athletes' women/men in the World Ranking (taken at 45 days prior to the competition date in order to manage travel and entry logistics for that athlete).
- 4.2. Race organizers shall provide equal prizes / prize money for men and women for their race event. This prize money should be paid to a minimum of first 5 runners (men & women) with a minimum amount of **5.000 euro** distributed at each Gold label race (3000 euro for each Silver Label race). Any prizes for intermediate times and records must also be equal for men and women and are additional and not to be included in this minimum amount. The prize money and awards must be published 30 days prior to the event and sent to the World Cup Manager.
- 4.3. Any prize money can only be paid to a runner selected for a doping control after the negative results of that doping control.