

RULES OF THE TRAIL VERBIER SAINT-BERNARD BY UTMB 2022

Only the French version is liable for justice.

ORGANISATION

UTMB International S.L. and the association "Trailers Verbier St-Bernard" organize the sport event "Trail Verbier St Bernard by UTMB®".

RACES

The Verbier Saint-Bernard Trail (TVSB) is comprised of the X-Alpine of approx. 140km; the X-Traversée is approx. 76km long, the Verbier Marathon is approx. 44km long and Verbier X-Plore of approx. 26km. The races are individual. Competitors go at their own pace but must complete the race within a set time.

The Verbier Marathon, which doesn't pass by the summit of Mt Rogneux, is a variant of the Verbier Marathon 4000. The runners can choose between both routes when they are in the Mille Check point.

UTMB WORLD SERIES EVENT

Every race, except the shorter Verbier Marathon, is part of the UTMB World Series Events and is thus qualifying for the UTMB WS finals in the following categories:

Category 100M	X-Alpine	4 Running stones
Category 100K	X-Traversée	3 Running stones
Category 50K	Verbier Marathon 4000	2 Running stones
Category 20K	Verbier X-Plore	1 Running stones

Finishing one of these races allow the runners to take part the draws for the next-year UTMB races. The subscription to the draws is not automatic and stays on the wish of the runner.

INSCRIPTION CONDITIONS

The races are open to any person, male or female, born in 2002 or before for the X-Alpine and any person born in 2004 or before for the X-Traversée and the Verbier Marathon. No age limit for the Verbier X-Plore but young runners below 18 must present an authorization from their legal parent. The races are open to licensed and non-licensed runners. The courses include sections at high altitude where harsh and extreme conditions may be encountered (nighttime, wind, cold temperatures, rain, snow). Succeeding in this great challenge requires very good training and a high level of fitness as well as self-sufficiency.

Particular conditions for X-Alpine:

X-Alpine is a very mountainous trail, for runners used to such terrains.

4 UTMB points are required to participate to the X-Alpine.

They must have been achieved within 3 years before your subscription in a maximum of 2 races. All races that used to be qualifying races for UTMB are valid. Other races can be considered on request.

When subscribing to any of the races, the runner must:

- accept to receive every newsletter with information on the TVSB event.
- be conscious of the length and difficulty of the race.
- take the responsibility to have a confirmation from a competent doctor that he/she is able and that they have no counter indication to take part to such a race
- know how to deal with difficult outdoor weather conditions due to the altitude (darkness, wind, cold, heat, fog, rain or snow)
- know how to deal with physical or mental problems due to extreme tiredness, digestive problems, muscle pain, small injuries... Moreover the runner is aware that it's not the event responsibility to help them cope with such problems.
- realise that the organisation committee cannot guarantee absolute security during the race. And that the delay for any rescue or due to a stop of the race might be up to several hours in some places.
- realise that the race is in the mountain and accept the linked risks.

Participants of the Verbier Saint-Bernard Trail are required to read and abide by the rules and ethics of the race.

CATEGORIES

Ages below are the ages of the person on the 31st December 2022

Ages Categories UTMB® World Series				
X-Alpine	X-Traversée	Verbier X-Plore	Verbier Marathon 4000	Verbier Marathon
H et F 20-34	H et F 18-34	H et F 34 et moins	H et F 18-34	H et F 18-34
H et F 35-39	H et F 35-39	H et F 35-39	H et F 35-39	H et F 35-39
H et F 40-44	H et F 40-44	H et F 40-44	H et F 40-44	H et F 40-44
H et F 45-49	H et F 45-49	H et F 45-49	H et F 45-49	H et F 45-49
H et F 50-54	H et F 50-54	H et F 50-54	H et F 50-54	H et F 50-54
H et F 55-59	H et F 55-59	H et F 55-59	H et F 55-59	H et F 55-59
H et F 60-64	H et F 60-64	H et F 60-64	H et F 60-64	H et F 60-64
H et F 65-69	H et F 65-69	H et F 65-69	H et F 65-69	H et F 65-69
H et F 70-74	H et F 70-74	H et F 70-74	H et F 70-74	H et F 70-74
H et F 75-79	H et F 75-79	H et F 75-79	H et F 75-79	H et F 75-79
H et F 80-84	H et F 80-84	H et F 80-84	H et F 80-84	H et F 80-84
H et F 85+	H et F 85+	H et F 85+	H et F 85+	H et F 85+

SEMI SELF-SUFFICIENCY

The course is regarded as an individual semi self-sufficient race. Drinks and food are provided at the control points and provisioning posts.

Still water, syrup and isotonic drinks are exclusively provided for refilling water bottles and bags (all other drinks are NOT permitted for refilling). It is each runner's responsibility to ensure that he or she carries enough supplies to last until the next control point.

PERSONAL ASSISTANCE

On every race, **Personal assistance is limited to official aid stations** and only within the area reserved for this purpose.

Runners must follow the official route and pass through the control point even if they do not require supplies.

It's not allowed to be with a dog or any other kind of animals.

SUBSCRIPTIONS

Subscriptions online only, on a secure credit card payment website :

	Up to 3 rd July 2022
X-Alpine	CHF 219.-
X-Traversée	CHF 127.-
Verbier Marathon + VM 4000	CHF 92.-
Verbier X-Plore	CHF 54.-

Trail Découverte (4-14 years old)	free
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No subscriptions are accepted on the venue (except for Trail Découverte for kids)

The rights of subscription comprise all services mentioned in the present rules. Changing your subscription to another run is only possible until the 3rd July 2022 within the limit of available places. **No modifications will be allowed after that date.**

There can be no reimbursement due to these changes. Every modification request must be done by e-mail on

organisation@trailvsb.com

Elite Runners:

In order to give fair recognition to high level athletes and to ensure a fair management of entry applications, we reserve places for elite athletes according to their Performance Index. Elite runners must register during the registration period. No registration will be accepted after the deadline.

Runners meeting the criteria may benefit from the registration conditions below

	Men			Women			
	50K	100K	100 M	50K	100K	100M	
Direct and free	850	820	800	710	690	650	
Direct and to pay	800	770	720	650	610	560	Or Top3 runners of their countries

CANCELLATION INSURANCE

A) Refund without insurance :

Date of cancelation	% refund
Until 4 months before the event	60%
Until 2 months before the event	50%
Until 1 month before the event	30%
Less than 1 month before the event	No refund

B) Registration cancellation insurance

Each person can at the time of their subscription inscribe to a cancellation insurance as long as the payment is processed through Internet with a credit card, the sum is added to the inscription fee. No reimbursement of any kind can be claimed without this insurance.

The goal of this insurance is to allow the reimbursement of fees due to inscription in the case of the runner wanting to cancel his inscription because of one of these factors:

- Serious illness, serious injury or death of the runner or of the husband/wife or recognized partner, their parents or children
- Pregnancy of the registered runner
- If the runner or a member of his direct family has been tested positive for Covid19 up to one month before the event.
- If the runner is denied boarding at the airport following a temperature test

In case of an accident or a serious illness of the runner, it is obligatory to present a **medical certificate** proving the impossibility to participate. All requests of repayment must be sent by e-mail to organization@trailvsb.com with the adequate certificates **within ten days following the races**. The requests are treated within two months.

In case of cancellation of the race or part of the race, any request of refund, within the cancellation insurance, received after the cancellation announcement won't be taken in account.

C) Exceptional conditions

If a race is cancelled or if the event needs to be organized differently (e.g. one or more races need to be cancelled), for any reason beyond the control of UTMB Group, more than 30 days before the start, runners will be partially refunded the entry fees. The amount of the refund will be decided as to allow the organization to deal with the irremediable expenses incurred as of the date of the cancellation. Runners will be refunded as follows:

	% remboursement
Until April 08th	60%
Until May 08th	50%
Untill June 08th	30%
From June 09th	No refund

The claim of refund will have to be requested to the organization before a certain date, which will be communicated after the cancellation.

If a race is cancelled **less than 30 days before the start** or if a race in progress is interrupted, for any reason beyond the control of UTMB INTERNATIONAL, entry fees will not be refunded.

BIB EXCHANGE:

Even without the cancellation insurance, as soon as a race is full, and before the 6th July at noon, it is possible to sell or to buy a bib number on "Swika" website (www.swika.co). The payment of this service is shared between the buyer and the seller. This transaction is submitted to the general conditions defined by Swika, online on their website.

No other form of exchange is possible and for security reasons, a very strict control will be done.

A strap permitting access to the starting line will be put on the runners' hand after presentation of an identity document, during the number withdrawal.

COMPULSORY EQUIPMENT

A) Basic Kit:

All clothing must be the correct size for the competitor and without having been modified in any way after leaving the factory. You carry this equipment in a pack which is not interchangeable during the race.

X-Alpine, X-Traversée and Verbier Marathons:

- Backpack destined to transport obligatory equipment throughout the race.
- Mobile phone
the runner must be reachable at any time before, during and after the race: keep the phone on, airplane mode is prohibited. We recommend to download the LiveRun application.
- Personal beaker 15 cl minimum (bottles or flasks with lids are not accepted).
- Minimum 1.l water reserve.
- 2 torches in good working order for X-Alpine and X-Traversée
- 1 torche in good working order for both Verbier Marathons
Recommendation: 200 lumens or more for the main torch.
- Survival blanket of 1.40m x 2m minimum.
- Whistler.
- Self-adhesive elasticated bandage which can serve as a bandage or strapping (minimum 100 cm x 6 cm).
- Food reserve. Recommendation: 800kcal (2 gels + 2 energizing bars each of 65g).
- Jacket with hood which will withstand bad weather in the mountains and made with a waterproof* and breathable** membrane (see description at the end of the chapter)
- Cap or bandana
- Additional warm second layer : a warm second layer top with long sleeves of a weight of a minimum of 180g (men's size medium (M)) OR the combination of a warm long sleeved underwear (first or second layer) of a minimum weight of 110g (men's size medium (M)) and a durable water repellent windproof jacket*.
- Waterproof over-trousers
- Identity card

If you choose to take poles with you, you must carry them throughout the whole race. It's forbidden to start without poles and take some afterwards.

Verbier X-Plore: (controls on the trail)

- Backpack destined to transport obligatory equipment throughout the race.
- Mobile phone: the runner must be reachable at any time before, during and after the race: Keep the phone on, airplane mode is prohibited. For smartphones: LiveRun application installed and activated.
- Personal beaker 15 cl minimum (bottles or flasks with lids are not accepted)
- Supply of water of 1 litre minimum
- Survival blanket of 1.40m x 2m minimum
- Whistle
- Jacket with hood which will withstand bad weather in the mountains and made with a waterproof* and breathable** membrane (eg. Outdry).
- Identity card

If you choose to take poles with you, you must carry them throughout the whole race. It's forbidden to start without poles and take some afterwards.

B) Cold Kit:

- Long-legged trousers or race leggings OR a combination of legging and socks which cover the legs completely
- One pair of warm gloves
- A long sleeved hotter sweater instead of the 180g sweater.

We will inform you on our website if you need to take the cold kit.

C) Other recommended equipment (non-exhaustive list)

- Spare warm clothing, indispensable in the case of cold or wet weather or in the case of injury.
- Poles in the case of rain or snow for your security on slippery ground.
- Vaseline or anti-heat cream.
- A 20 CHF note
- GPS watch.
- Knife or scissors for cutting elasticated bandage.
- Emergency sewing kit...

Race officials are entitled to check your backpack at any time during the race.

* Details about the waterproof jacket:

- Minimum waterproof recommended 10 000 Schmerber.
- Breathability index recommended inferior to 13.
- The jacket must, imperatively, be fitted with an integrated hood.
- the seams must be sealed.
- the jacket must not have sections of fabric which are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back), since they do not damage in any obvious way the impermeability, are accepted.

It is the runner's responsibility to judge, with these criteria, if their jacket fits the regulations stated and so bad weather in the mountains, but, during a check, the judgment is made by the person in charge of the check or the steward.

RACE NUMBERS

The bibs and an identification wristband are handed out personally to every runner upon presentation of an ID with a photo. **The race numbers are to be attached on the breast or the stomach.** The name and logo of our partners must not be modified or hidden.

Your race number must at all times be worn on top of all layers of clothing, it cannot be attached to the bag or to a leg. The partner logos are not to be modified or covered.

In case you refuse to comply with orders given by one of the chiefs of the race, your bib will be withdrawn and the organization has no more dues or responsibilities towards the runner.

TRANSPORT BAGS FOR RUNNERS AND LOST OBJECTS

X-Alpine: Every runner receives a transport bag for their personal effects along with the race number. This bag can be dropped off at the start in Verbier on Saturday morning, and will be transported to Bourg St-Pierre and later returned to Verbier. It's also possible to drop a bag that will stay in the starting area in Verbier during the race.

The organization ensures the repatriation of DNF's bags if the abandon had been signaled. The repatriation delay depends on logistic issues and can't be guaranteed before the complete repatriation of the bags at the end of the race at the latest.

X-Traversée, Verbier Marathon, VM 4000: Every competitor receives, along with the race number, a transport bag for their personal effects. These bags can be dropped off at the start in La Fouly or in Liddes on Saturday and will be transported to Verbier.

Pick-up of the transport bags in Verbier. The bags will be handed out to the competitor or to his/her friends or family only upon presentation of the race number. The bags will be handed out until 12.00 on Sunday. After this time, they can only be retrieved personally by the competitor, at his/her own expense, from the organization.

Contents of the transport bags are not checked. Therefore, no claims regarding their contents will be accepted. We recommend not to leave any valuables in the bags. The association is not liable for any items stolen or lost.

Any lost objects that has been found can be claimed during the event on the arrival area or the day after the event in Verbier. Nothing will be sent by mail.

SECURITY AND MEDICAL ASSISTANCE

There are rescue posts at various strategic locations.

Rescue posts are entitled to assist any person in danger with the appropriate and conventional medical measures as set out by the organization. Runners must be aware that rescuers might need some hours to reach you in certain places and thus they must have the necessary material to endure such a delay.

Rescuers and medical staff are empowered to disqualify any competitor incapable of finishing the course (by deactivating his/her race number). Competitors deemed to be at risk are evacuated at the discretion of the Rescue Staff. If deemed necessary, and for the sole interest of the safety of the rescued person, an official mountain rescue organization will be called upon which, from that moment on, will direct the operation and will put into action any suitable measures, e.g. a helicopter rescue. The cost arising from such an exceptional rescue operation will be borne by the rescued person who will also have to ensure his/her return trip from the place where he/she has been evacuated to. It is of the competitor's entire responsibility to constitute and present a dossier to his personal insurance within the given deadline. A competitor calling on a doctor or a rescuer submits himself to their authority and undertakes to accept their decisions.

In addition to the rescue system, medical care staff are present at certain posts to assist you in case of severe medical problems. Medical help provided in remote and alpine sections of the course is inevitably limited to severe problems. Help in case of harmless problems related to the nature of the race can be administered in lower located control posts according to availability of medical care staff.

Access to medical care and the type of care administered is at the discretion of the medical staff.

The organization is not supposed to give any small injury material like patches for blisters, sun cream...

CONTROL POINTS AND PROVISIONING POSTS

Only the runners carrying a visible and duly checked race number and their identification strap, as well as the X-Alpine pacers, have access to the refreshment posts.

A number of **mobile control posts** are set up in places other than the rescue and refreshment posts. Their position is not communicated by the organization.

MAXIMUM TIME ALLOWED AND CUT-OFF TIMES

The maximum time for the total distance of the course is fixed at:

- X-Alpine: 42 hours
- X-Traversée: 27 hours
- Verbier Marathon; 15 hours 15 min
- Verbier X-Plore: 7 hours 15 min

The cut-off times for leaving the main control posts will be defined at a later stage and communicated in the course guide and on www.trailvsb.com. These time limits are calculated to enable participants to reach the finish in the maximum time imposed, while having optional stops to rest, eat...in order to get authorization to continue the race, the competitors must set off again from the control post before the fixed time limit (whatever their arrival time at the control post). No runner can continue the route after the cut-off time.

WITHDRAWAL AND REPATRIATION

Except for injury, a runner must not retire anywhere else other than at a control point. He must therefore inform the person in charge of the post, who will definitively invalidate his race number.

Any runner who leaves the course without having informed the organizers will have to support any charge due to research into his disappearance.

Repatriation will be decided by the head of the control post, based on the following general rules :

- Buses are available, within the published timetable, from Champex, La Fouly, Gd St Bernard, Bourg St Pierre and Lourtier heading towards Verbier to repatriate runners who have abandoned the race. A last repatriation bus will occur 1 hour after

the closing time of the aid station (see busses timetable). Beyond that time, the organization is not due to repatriate the runners.

•The organization does not take in charge the repatriation of any runners who gives up in any other aid station.

•In the case of unfavorable weather conditions justifying partial or total cancellation of the race, the organisation ensures the repatriation as soon as possible of runners who have abandoned the control posts in Champex / La Fouly / Gd st Bernard/ Bourg St Pierre / Lourtier.

PENALTY - DISQUALIFICATION

Race officials present on the course, and those in charge of different control and refreshment posts are authorized to uphold the regulations and to immediately (*) impose a penalty for non-respect, based on the following chart :

X-Alpine and X-Traversée:

BREACH OF REGULATION	PENALTIES (*) – DISQUALIFICATION
Short-cutting the route	At the race director's discretion
Missing item(s) of the mandatory equipment checklist (no water supply of minimum 1 liter, no waterproof jacket, no torch, no survival blanket, no mobile phone)	Disqualification
Absence of other mandatory equipment items	1 hour penalty
Refusal to have mandatory equipment checked	Disqualification
Mobile phone turned off or in airplane mode	Disqualification
Discarding of rubbish (voluntary act) by a competitor or a member of their entourage	1 hour penalty
Lack of respect for others (organization or runners)	Disqualification
Not assisting a person in difficulty (in need of care)	Disqualification
Assistance out of the authorized zones	1 hour penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station.	15 minute penalty
Cheating (eg.: use of a means of transport, sharing a race-bib, ...)	Immediate disqualification for life
Lack of visible race-bib	15 minutes penalty
Wearing a non-conforming race-bib	15 minute penalty (during which time the runner places their race-bib in a manner which conforms to the rules)
Dangerous behavior (eg.: poles with unprotected points orientated towards runners or spectators)	15 minutes penalty
No electronic chip	According to the race directors' decision
No passage through a check point	According to the race directors' decision
Refusal to comply with an order from the race directors, race stewards, aid station's team leader, doctors or search and rescue staff.	Disqualification
Refusal of anti-doping control	The runner will be sanctioned in the same manner as they would be for drug taking
Departure from a check point after the time barrier	Disqualification
Use of poles not carried from the beginning of the race	1 hour penalty

(*) The time penalties are immediately applicable in situ, that's to say that the runner has to interrupt their race for the duration of the penalty time. Any other breach of the rules will be subject to a penalty decided by the Race Directors.

Verbier Marathons and Verbier X-Plore:

BREACH OF REGULATION	PENALTIES (*) – DISQUALIFICATION
Short-cutting the route	At the race director's discretion

Missing item(s) of the mandatory equipment checklist (no water supply minimum of 1 liter, no waterproof jacket, no torch (VM), no survival blanket, no mobile phone)	Immediate disqualification
Absence of other mandatory equipment items	30 minute penalty
Refusal to have mandatory equipment checked	Disqualification
Mobile phone turned off or in airplane mode	Disqualification
Discarding of rubbish (voluntary act) by a competitor or a member of their entourage	30 minute penalty
Lack of respect for others (organization or runners) Note: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized.	Disqualification
Not assisting a person in difficulty (in need of care)	Disqualification
Assistance outside of authorized zones	30 minute penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station.	10 minute penalty
Cheating (eg.: use of a means of transport, sharing a race-bib, ...)	Immediate disqualification for life
Lack of visible race-bib	10 minute penalty
Wearing a non-conforming race-bib	10 minute penalty (during which time the runner places their race-bib in a manner which conforms to the rules)
Dangerous behavior (eg. : poles with unprotected points orientated towards runners or spectators)	10 minute penalty
No electronic chip	According to the race directors' decision
No passage through a check point	According to the race directors' decision
Refusal to comply with an order from the race directors, race stewards, aid station's team leader, doctors or search and rescue staff.	Disqualification
Refusal of anti-doping control	The runner will be sanctioned in the same manner as they would be for drug taking
Departure from a check point after the time barrier	Disqualification
Use of poles not carried from the beginning of the race	30 minute penalty

(*) The time penalties are immediately applicable in situ, that's to say that the runner must interrupt their race for the duration of the penalty time.

Any other breach of the rules will be subject to a penalty decided by the Race Directors.

DRUG TEST

The Verbier St Bernard race is submitted to the 2016 doping status of Swiss Olympic. Anti doping controls might be done. By subscribing or participating, the runners are under the rules of Swiss Olympic and recon the only competence of the discipline Chamber for doping cases of Swiss Olympic and the Tribunal Arbitral du Sport in Lausanne, except all other ordinary court. They will have to assume the consequences (suspension, denunciation...)

Any competitor can be submitted to a drug test during or at the Finish of the event. If he/she refuses or abstains, the competitor is sanctioned as if found guilty of taking drugs.

QUARTZ PROGRAM

The organization decided to take part to the QUARTZ program event, designed to protect the runners' health and play a role for a clean sport.

COMPLAINTS

All objections must be submitted in writing up to 1 hour before the prize ceremony.

RACE JURY

The Race Jury consists of:
-the organization President

- the Race Director
 - the Technical Director
 - the heads of the relevant control posts
 - and relevant people deemed competent by the Presidents of the Organizing Committee
- The jury is authorized to give a ruling in the time compatible with the imperatives of the race on all the objections lodged during the event. The decisions will be without appeal.

MODIFICATIONS TO THE COURSE OR TIME ALLOWANCE

The organization reserves the right, because of bad weather conditions or for the safety of the runners, to stop or delay the race, to modify without warning and at any moment the course and the positioning of the rescue and refreshment posts. In the case of very unfavorable weather conditions (important amounts of rain and of snow at high altitude, strong risk of storms) the start can be delayed for a few hours.

INSURANCE

Liability (civil responsibility) :

The organizer has taken out a liability insurance for the duration of the event. This liability insurance guarantees the financial consequences of its responsibility, of that of its officials and of the participants.

Individual accident / sickness insurance

Each competitor must be in the possession of an individual insurance, valid in Switzerland, covering possible costs for search and rescue services. Such insurance can be taken with any organization of the competitor's choice.

The organization does not take in charge any costs due to an evacuation.

NB: rescue services in Switzerland are not free of charge

RANKINGS AND PRIZES

For every race, all runners are ranked and receive a gift.

For each race, the first threes of each category will receive a prize.

Moreover, in the general ranking, the first 5 men/women of the X-Alpine and X-Traversée will receive a special prize.

PICTURE COPYRIGHT

Every competitor gives up his/her copyright of all photos and images taken of him/her during the event. He/she also gives up the right to take action against any use the organizers or sponsors make of the photos or images.

Trail Verbier Saint-Bernard is a legal trademark. Any communication about the event or use of pictures of the event must be made with the official agreement of the event organization and respecting the name of the event and its trademark.