



TRANS SOUALIGA – March 30, 2019

RULES AND REGULATION:

TRANS SOUALIGA: 50K

DEFI MOHO: 22K

LA CARETA: 15K

Preamble :

These rules and regulations will be the ones applied for the TRANS SOUALIGA RACES.

All competitors agree to submit to these regulations by the mere fact of their registration. They waive the responsibility of the organizers for any incident or accident that may occur during the event, if these rules and regulations are not applied to the letter.

Article 1: Context of Race

The TRANS SOUALIGA is a running race (type « off-road » trail) organized by DOTSMX association (Dream of Trail Saint Martin), association under the 1901 law, registered in the official gazette of 24/05/2014 under n ° 0021.

This timed-event will take place on Saturday, March 30, 2019, and will include 3 different distances/races:

1.1 TRANS SOUALIGA (TS): 50km / 2200D + approx. (Vertical drop).

This 50 K is a running free-pace race which has to be done in 11 hours maximum. It is carried out individually and is aimed at experienced trained runners, with good endurance and with a good sense of direction in mountain terrain or rainforest areas in tropical high temperatures. It is not a moderate hike, but a high-paced **technical difficult race**. Participation in this 50 K implies compliance with these rules and regulation and a certain experience of equal quality of difficulty. The level of this race is considered very difficult.

The departure will be given at Bellevue (entrance of "Rasta Garden") at 4:00 AM on Saturday March 30. The TRANS SOUALIGA includes a circuit in overgrown wooden areas, tracks and paths, with high vertical drop of 2200+, over a distance of approximately 50 km, while the arrival will be on the beach of Friar's Bay (North side or by the Friars Bay Beach Café - FBBC).

1.2 The MOHO CHALLENGE (MC): 22km / 1200 D + (Vertical drop)

The departure will be given at Bellevue (entrance of "Rasta Garden") at 6:00 AM. The MOHO CHALLENGE includes a circuit in overgrown wooden areas, tracks and paths, with high vertical drop of +1200, over a distance of approximately 22 K. The finish will be judged on the beach of Friar's Bay (same as TS). The 22 K represents exactly the first loop of the TS (50Km).

1.3 The CARETA (TC): 15K / 500 D +

The start of the 15 K will be given at 7:00 AM for from FRIAR'S BAY beach next to the Friars Bay Beach Café and the finish line will be at the same location.

Article 2: Conditions of participation

2.1 The race is open to all persons from the junior category for the Trans Soualiga and the Moho Challenge, woman or man without distinction on presentation of a medical certificate dated less than one year specifying that the competitor has no contraindication to running in competition. Medical certificate is not needed if competitor is licensed with the FFA (competition license only, leisure license not accepted) or with any other delegated federations (recognized and accepted by the FFA at this sporting level, and approved by experienced timekeeper). Licenses must be valid on race day March 30, 2019.

The Careta will be opened under the same conditions as the TS and the MC, but will be opened as well to young people born before 2003 (FFA "cadet category"), **WITH AGREEMENT and DISCHARGE from parents and a MEDICAL CERTIFICATE** not older than 1(one) year specifying the same specificities as for TS and MC

2.2: Payment of Registration fees:

50 € per person for the TS 50km,
25 € per person for the MC 22km and
15 € per person for the TC 15km.

2.3 Maximum number of runners per race:

TRANS SOUALIGA will host a maximum of 75 participants, the MOHO CHALLENGE 75 participants, THE CARETA 150 participants. Maximum numbers were chosen for logistics and security reasons.

Article 3: Spirit of the Event

3.1 The TS is not intended to be a race where participants have to run a given route within a time limit in terms of competition, and so it should not be considered as a competitive event classified to a Federation (for the moment) that could open rights or assign points for further competition. Therefore, it will not lead to an official FFA classification (or any other affiliated Federation), even if DOTSM is affiliated to the FFA (French Athletic Federation - League of Guadeloupe) and final results are published on FFA site.

3.2 The competitor who achieves the fastest time wins the event. In the event of a tie, the advantage will be given to the eldest competitor.

3.3. The Timekeeper of the organization is the only official reference for timing of races.

3.4 The Events take place in tropical conditions and in mountain areas over long distances, marked out as best as possible, and generally accessible at certain points by roads or paths for the committee.

3.5 The test is conducted in accordance with the Federal Environmental Charter.

3.6 Anti-doping controls may be carried out. Every competitor will have to submit to it if asked.

3.7 The organization's health and safety system is designed to help participants and members of the organization. That said, it cannot replace the vigilance and personal responsibility of participants and members of the organization.

Article 4: Nature of the event

4.1 The event is held in a mid-mountain area that may have mountain passes of easy to low difficulty ratings, requiring the use of handrails or fixed ropes already in place to help the competitors.

4.2 The routes have mandatory checkpoints **with a cut off time for the TS set at 9:30 AM for passing at Friars Bay.** Passage times will be checked at check point Pic Paradis and check point Hope Estate to avoid competitors to arrive too late (maximum 15 hours). Tolerances may be accepted by the committee and the timekeeper, and also following medical team's advice.

Article 5: Technical specificities of the event

5.1 The departure of competitors is given online.

5.2 Checkpoints and their closing times are clearly indicated in the road book or will be communicated at the briefing at the start each race.

5.3 Some controls points have a cut off time and must be passed within a maximum time limit, exceeding the time limit results in an immediate termination of the race for the competitor. The competitor will have to stop the race and will be brought back to the finish line. If the latter still decides to go ahead with race, he will no longer be able to claim the assistance provided by the organization, which declines all responsibility for the consequences that may result. Competitor will continue at his/her own risk and peril.

5.4 Competitors may only receive personal assistance at checkpoints; Competitors cannot have any assistance such as water carrier, escorts, mobility assistance, etc. outside checkpoints.

5.5 Termination: Any competitor wishing to stop the race must notify the organizing committee by calling 0690 623 216 or 0690 34 35 36 or 0690 411 707 or 0690 33 56 89.. He/she will have to return his bib. In case of physical inconvenience he/she will have to ask another competitor to alert the committee on his/her behalf.

5.6 The Race HQ will be set up at Friar's Bay, which is also the finish line for all events (location FBBC restaurant). The race officials dispatched along the route will be the only contact for runners for any problem encountered. In case of emergency, they will be responsible for alerting and coordinating public relief, to avoid causing more accident and/or disinformation. .

Article 6: Equipment.

6.1 Compulsory equipment per competitor:

- A pair of shoes suitable for speed walking or running in mountainterrain, type trail shoe.
- 1 backpack with a reservoir of at least 1.5 liters of water (" camelback " or bottle cage belt of the same capacity in total), in any case sufficient to hydrate between 2 supplypoints (5 supplypoints are provided on the courses of the TS, 3 on the DM and 2 on the LC)
- some snacks eventhough some supplies (fruits etc) are provided at check points.
- 1 whistle
- 1 survival blanket
- 1 first-aid kit with 'elastoplast' tape, bandages, antiseptic fluid,
- 1 fully charged mobile phone. If no network on the " P " point, send the SMS that will leave as soon as a network band is detected by the phone.
- 1 Headlamp for Trans Soualiga only (to be taken off at sunrise).

6.2 Recommended equipment:

- pair of gloves,
- cap (preferably covering the neck)

- Sunglasses

6.3. **Equipment bags will be checked** at the start and during the race. Any missing or non-compliant SECURITY equipment will result in a penalty, see immediate disqualification (see article 7.2). Unexpected controls will be frequent.

6.4 During the whole event, competitors must clearly wear their number legibly (front for example), and be equipped with mandatory equipment.

6.5 For the TS and MD races, a personal bag transfer is planned between the starting point of the races (Bellevue) and the finish (refueling also for the TS) at Friar's Bay.

Article 7: Rules and penalties

7.1 To get an official result, a competitor must have registered at each control location.

7.2 For missing or non-compliant equipment, penalties could go from 30 min added to finish time to disqualification of the competitor. The same is true for any other breach of the rules.

7.3 The medical team is entitled to disqualify any competitor deemed unfit to continue the event.

Article 8: Disqualifications and claims

8.1 There is immediate disqualification for:

No presentation to a control (missing a check point)

Clocking after the closing time at a checkpoint

Outside help outside the supply points

A missing backpack and/or water supply

The absence of bib

Refusal to submit to an anti-doping test

Refusal to be examined by a doctor

Not giving assistance to a competitor in difficulty

Insults or threats against members of the organization

Pollution or degradation of the environment

8.2 Complaints will be received on arrival but not later than 30 minutes after provisional results are displayed. The claim must be justified, true and sincere.

8.3 Subsequent disqualification in the event of a positive doping test result and a ban on running the following year.

Article 9: The race committee

9.1 The Committee consists of:

- ° The president, the 2 vice-presidents of the organizing club of the event and the timekeeper.
- ° The Race Route leader and his medical team.
- ° Any competent person whose presence is deemed useful.

9.2 The race committee has sole authority to rule on all disputes or disqualifications that occurred during the race. Disciplinary procedures are those contained in the Federal Discipline Regulations.

Article 10: Categories

10.1 The categories are as follows:

Categories, upon arrival will be as follow and according to these criteria: Men / Women, adults over the age of 20 for the TS and MC, and over 16 for the Careta, according to the age brackets below:

Cadet : 16 to 17 years (only on THE CARETA)

Junior: 18 to 19 years (only on THE CARETA)

Espoir : 20 to 22 years

Seniors: from 23 to 39 years old

Master 1: 40 to 49 years

Master 2: 50 to 59 years

Master 3: 60 to 69 years

Master 4: 70 years old and beyond

The age to be taken into account is the one reached during calendar year N and the categories take effect on November 1 of year N-1.

10.2 The classification will be established according to FFA categories (see above): for men & women. There will be a scratch winner for the TS as well (Man & Woman)

Article 11: Right to the image

11.1 Any competitor expressly waives the right to his image during the event, as he waives all recourse against the organization and its authorized partners for the use made of his image. Professionals must obtain their accreditation from the organizing club.

11.2 Any competitor authorizes the use of his/her personal image / videos, their indexing from their bib numbers and their availability for public research and publication on social media or public galleries online.

11.3 Information such as the competitor's results, name, bib number, race time and telephone number and e-mail address may be forwarded to any affiliated organization for the

purpose of publishing his / her photos / videos and results via social networks, email notifications or any other broadcast channel.

Article 12: Route modification

12.1 The organization reserves the right to modify the route of race without notice, and according to the climatic hazards or the authorities of the Collectivité or the State.

In this context, it is reiterated that almost all the paths on the route are on private land, and that by permission of the owners, they are open only on the day of the race. A race reconnaissance before the event is prohibited, as well as any reconnaissance post Trans Soualiga, and this for reasons of safety.

Article 13: Closing of Registration

13.1 Registrations are closed one week before the date of the event, subject to availability.

Article 14: Cancellation of an event

14.1 For reasons of safety, especially in case of bad weather conditions, the organizer reserves the right to stop the race or to change the route and the time barriers, postpone or even cancel the race without notice, and without the competitors being entitled to any compensation or reimbursement of registration fees, or any other expenses occurred for the race, by the organizing committee.

Article 15: Insurance

15.1 General Liability: The organizer takes out general liability insurance for the duration of the event. This general liability insurance guarantees the financial consequences of any incident under its liability, that of its committee and participants, within the policy limit, subject to sincere statements and, medical certificates of participants.

15.2 Individual accident Insurance: Each competitor must be in possession of a personal insurance. Such insurance can be taken out with any organization chosen by the competitor, and in particular with the French Athletics Federation via the subscription of a license.