

International Skyrunning Federation

Sport Rules



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INTRODUCTION



1. INTRODUCTION

1.1. An international federation for skyrunning (running at altitude) was founded in 2008. The International Skyrunning Federation, hereinafter ISF, was created to promote, govern and administer the sport of skyrunning and similar multi-sports activities.

1.2. The ISF undertakes to diffuse the practice of skyrunning with respect for the environment, to promote private and public sports events, to develop training schemes and to foster the physical welfare of competitors. The ISF aims to administer the sport of skyrunning, competitions and events as an independent International Federation with its own legal entity.

1.3. The International Skyrunning Federation (ISF) is responsible for all aspects of international skyrunning and associated mountain multi-sports competitions at altitude. The principal purposes of the ISF are the direction, regulation, promotion, development and furtherance of the sport of skyrunning and high altitude multi-sports on a worldwide basis.

1.4. The ISF fosters links, networks and friendly relations among its members, their athletes and officials. The ISF is the final authority for all matters concerning skyrunning and similar mountain multi-sports competitions at altitude.

1.5. The ISF is a non-governmental international association with a non-profit-making purpose of international interest, having legal personality pursuant to Art. 60 ff. of the Swiss Civil Code. The ISF seat is in Switzerland.

1.6. These regulations aim to be the international reference for worldwide skyrunning competitions and to represent a guideline for national competition regulations. The purpose of these rules is to describe the obligations and rights of competitors who participate in the official ISF international skyrunning competitions and those that organise them.

1.7. The official language of the ISF is English.

1.8. The ISF official calendar is based on races organised by third parties who are financially solvent and have demonstrated the capacity to hold international standard events. The ISF has the task of coordinating the international race calendar and applying the official rules in these races.

1.9. Local race regulations must be consistent with the official ISF rules. In the event of conflict, the ISF rules and the decision of the ISF Referees will prevail.

2. DEFINITIONS



2.1. SKYRUNNER

An athlete who competes in skyrunning disciplines.

2.2. SKYRUNNING

Skyrunning is defined as the sport of running on mountain terrain on low, medium and high altitude with a steep incline. Hands and certain equipment may be used to aid progress according to specific rules. Technical sections are inherent to the sport, but the climbing difficulty must not exceed II° grade (UIAA). Events may be held year-round.

2.2.1. SKYRUNNING DISCIPLINES

Skyrunning disciplines are listed and defined in detail below. Courses must have a 6% minimum average incline over the total distance and at least 5% of the total distance must have an incline of 30% or more. The climbing difficulty must not exceed II° grade UIAA and the finishing time must be under 16 hours. Asphalt must be less than 15% of the total distance.

Races that reach over 4,000m altitude can except the usual parameters.

2.2.1.1. SKY

Races between 20 km and 45 km long. A tolerance of 5% in length is accepted.

2.2.1.1.1. YOUTH PARAMETERS – For Youth A and Youth B categories the SKY parameters are reduced:

- Distance: 8-14 km
- Vertical climb: from 600m to 1300m with minimum 6% average incline
- Whenever possible a peak must be reached

2.2.1.1.2. UPHILL ONLY RACES – Races that are only uphill must have an average incline of at least 12%

2.2.1.2. SKYULTRA

Races between 50 km and 80 km long. A tolerance of 5% in length is accepted.

2.2.1.3. VERTICAL

Uphill only races with minimum 800m vertical climb over variable terrain. The minimum average incline must be 20% and 5% of the total distance must be over 33% incline.

A tolerance of 5% in the minimum height is accepted.

2.2.1.4. SKYSPEED

Races with 100m vertical climb and a minimum of 33% incline. A tolerance of 5% in the vertical climb is accepted.

2.2.2. SKYSNOW

Races on snow (at least 70%) with the compulsory use of approved micro-crampons (see 30.1). Courses must have a 5% minimum average incline over



the total distance and at least 5% of the total distance has an incline of 15% or more. Two disciplines are defined:

2.2.2.1. SKYSNOW VERTICAL

Uphill only races between 500m and 1,000m vertical climb, not exceeding 5 km in length with a minimum 15% incline.

2.2.2.2. SKYSNOW CLASSIC

Races over 9 km length with a minimum average incline of 5%

2.2.3. STAIRCLIMBING

Vertical races with an incline over 45% on stairs indoors or outdoors. The minimum vertical climb is 100m. Different disciplines may be defined.

2.2.4. SKYBIKE

Duathlons consisting of a road bike or mountain bike race with a skyrunning competition.

2.2.5. SKYRAID

Skyrunning team races over long distances possibly combining other sports such as cycling, skiing, climbing etc.

2.3. SKYRUNNING TECHNICAL LEVELS

Additional factors such as average incline, altitude, moraine, ridges, snow fields, glaciers, etc, may be used to define the technical level of a course.

3. ABBREVIATIONS

The following abbreviations are used in the ISF Rules and Guidelines

3.1. ISF EVENTS

SWC: Skyrunning World Championships

YWC: Youth Skyrunning World Championships

MWC: Masters Skyrunning World Championships

SSWC: SkySnow World Championships

SCWC: Stairclimbing World Championships

SEC: Skyrunning European Championships

SAC: Skyrunning Asian Championships

SSAC: Skyrunning South American Championships

SNCAC: Skyrunning North & Central American Championships

SCAC: Skyrunning Central American Championships

SOC: Skyrunning Oceania Championships

SPAC: Skyrunning Pan-American Championships

SAPC: Skyrunning Asia-Pacific Championships

SSEC: SkySnow European Championships



SSAPC: SkySnow Asia-Pacific Championships

SWS: Skyrunner® World Series

SNS: Skyrunner® National Series

3.2. ISF BODIES

ISF: International Skyrunning Federation

MC: Management Committee

EB: Executive Board

GA: General Assembly

NM: National Member

3.3. OTHER BODIES AND ROLES

IOC: International Olympic Committee

NOC: National Olympic Committee

TAS-CAS: Tribunal Arbitral du Sport – Court of Arbitration for Sport

UIAA: Union Internationale des Associations d'Alpinisme (International Climbing and Mountaineering Federation)

LOC: Local Organising Committee

3.4. ANTI-DOPING

WADA: World Anti-Doping Agency

NADO: National Anti-Doping Organisation

DCO: Doping Control Officer

TUE: Therapeutic Use Exemption



COMPETITIONS



4. ISF CHAMPIONSHIPS

The ISF Championships are organised by the ISF in coordination with the LOC and the NM.

They award titles and medals to individuals and national teams. The races may be open or reserved only to official national teams. Only one team is allowed per nation.

4.1. NATIONAL TEAMS

Each NM can present a team in any ISF Championship. National teams from countries without ISF membership may participate at the discretion of the ISF Board. A registration fee set by the ISF is payable. The ISF rules and regulations must be strictly adhered to.

The following Championships are managed directly by the ISF:

4.2. SKYRUNNING WORLD CHAMPIONSHIPS

Competitions open only to official teams. These competitions are held every two even years.

4.2.1. RACES

At least three main disciplines are held: SKY, SKYULTRA and VERTICAL.

4.2.2. TITLES

The World Championship title in each discipline is awarded, as well as the Combined and National titles, as per 14.2 and following points.

4.3. YOUTH SKYRUNNING WORLD CHAMPIONSHIPS

These competitions are held annually and are open only to official national teams from ISF Member countries. Athletes must conform to the specific age categories: Youth A (15-16 years), Youth B (17-18 years), Youth C (19-20) U23 (21-23 years).

4.3.1. RACES

The SKY and VERTICAL disciplines are included.

4.3.2. TITLES

The Youth World Championship title in each age category is awarded in both disciplines, as well as the Combined and National titles.

4.3.3. TEAM TITLE

The team title is awarded based on the individual points accrued by the best three athletes (at least one per gender) of the SKY and the VERTICAL race, in



each age category. In case of a tie, the team with the highest number of finishers will be considered.

4.4. MASTERS SKYRUNNING WORLD CHAMPIONSHIPS

These competitions are held annually and are open. Athletes must conform to the specific age categories: O40 (40-44 years), O45 (45-49 years), O50 (50-54), O55 (55 years or older).

4.4.1. RACES

The SKY discipline must be included. SKYULTRA and VERTICAL may also be part of the event.

4.4.2. TITLES

The Masters World Championship title in each age category is awarded in all disciplines, as well as the National title.

4.4.3. TEAM TITLES

The team title is awarded based on the individual points accrued by the best four athletes (at least one per gender) in each discipline in each age category. In case of a tie, the team with the highest number of finishers will be considered.

4.5. SKYSNOW WORLD CHAMPIONSHIPS

These competitions are held every two years and are open only to official national teams.

4.5.1. RACES

At least two main disciplines will be held: VERTICAL and CLASSIC.

4.5.2. TITLES

The World Championship title in each discipline is awarded, as well as the Combined and National titles, as per 14.2 and following points

4.6. STAIRCLIMBING WORLD CHAMPIONSHIPS

These competitions may be held annually.

4.6.1. RACES

The discipline is STAIRCLIMBING.

The selected race must have the ISF Qualified Race Label.

4.6.2. TITLES

The World Championship title is awarded. National titles will be awarded as per 32.2 and following points.



4.7. SKYRUNNING CONTINENTAL CHAMPIONSHIPS

These competitions are held every two years, alternating with the Skyrunning World Championships, and are open only to official national teams. The event selected as Continental Championships may be valid for the Skyrunner® World Series ranking. The disciplines may be held in different countries of the same Continent.

4.7.1. RACES

The disciplines are SKY, SKYULTRA and VERTICAL. The SKY discipline must be included. The events must conform to international level in terms of athlete presence, notoriety, and organisation.

4.7.2. TITLES

The Continental Championship title in each of the disputed discipline is awarded. Combined and National titles will be awarded as per 14.2 and following points.

4.8. SKYSNOW CONTINENTAL CHAMPIONSHIPS

These competitions are held every two years, alternating with the SkySnow World Championships, and are open only to official national teams.

4.8.1. RACES

At least two main disciplines will be held: VERTICAL and CLASSIC.

4.8.2. TITLES

The Continental Championship title in each discipline is awarded, as well as the Combined and National titles, as per 14.2 and following points

4.9. YOUTH SKYRUNNING CONTINENTAL CHAMPIONSHIPS

These competitions may be held annually and are open only to official national teams from ISF Member countries. Athletes must conform to the specific age categories: A (15-16 years), B (17-18 years), C (19-20) U23 (21-23 years).

4.9.1. RACES

The SKY and VERTICAL disciplines are included.

4.9.2. TITLES

The Youth Continental Championship title in each age category is awarded in both disciplines, as well as the Combined and National titles.

4.9.3. TEAM TITLE

The team title is awarded based on the individual points accrued by the best three athletes (at least one per gender) of the SKY and the VERTICAL race, in



each age category. In case of a tie, the team with the highest number of finishers will be considered.

4.10. NATIONAL CHAMPIONSHIPS

National Championships based on the ISF rules must be organised in any discipline in each country by the relevant ISF Member, who is responsible for the organisation and managing of such event.

4.11. OTHER CHAMPIONSHIPS

4.11.1. PAN-AMERICAN CHAMPIONSHIPS

These Championships may be organised to include any skyrunning discipline. They are coordinated by the ISF, in agreement with the Pan-American Council.

4.11.2. ASIA-PACIFIC CHAMPIONSHIPS

These Championships may be organised to include any skyrunning discipline. They are coordinated by the ISF, in agreement with the Continental Councils for Asia and Oceania.

4.12. CIRCUITS

The ISF sanctions and/or directly manages a number of Circuits, which are open to individual skyrunners and sponsored teams with a specific ranking.

All races part of such Circuits must be included in the NM's race calendar and have the Certified Course Label (see ISF Organisers Rules).

4.12.1. SKYRUNNER® WORLD SERIES ("SWS")

Circuit of skyrunning races at global level sanctioned by the ISF and managed by a third party.

The races included must fall under the SKY or SKYULTRA parameters.

4.12.2. SKYRUNNER® NATIONAL SERIES ("SNS")

Circuit of skyrunning races at national level, derived from the SWS. They are managed by the ISF and contracted to NMs or third parties. In case the SNS is managed by a third party, the NM must recognise the SNS Organiser contracted by ISF, as the sole and exclusive organiser of the Skyrunner® National Series in that country and, as a consequence, feature all races chosen by the National Organiser on their national calendar.

The races included must fall under the SKY or SKYULTRA parameters. VERTICAL races are also accepted.

In case the country doesn't have the necessary terrain to design a course fitting the parameters described in 2.2, exceptions to the basic parameters can be evaluated case by case.



4.12.3. SKYSNOW CIRCUIT

Circuit of SkySnow races at global level.

4.12.4. VERTICAL KILOMETER CIRCUIT

Circuit of Vertical Kilometer® races at global level.

4.12.5. VERTICAL WORLD CIRCUIT® (“VWC”)

Circuit of Stairclimbing races at global level sanctioned by the ISF and managed by a third party

4.13. PARA-SKYRUNNING

The ISF aims to include future competitions designed to enable people with physical disabilities to compete.

4.14. OTHER COMPETITIONS

The ISF may hold other special events and/or Championships with specific cadence and may be open.



ATHLETES PARTICIPATION RULES



5. ATHLETES PARTICIPATION

5.1. AGE LIMITS

The official ISF competitions are open to athletes of 15 years of age or over, in possession of a medical certificate valid for the law of the country where the race is held. Competitors taking part in a competition on the ISF official calendar declare they have read and accept the rules and the general ISF rules.

For races with mountaineering difficulties and over 3,000m altitude, the minimum age limit is 18. Exceptions for high-altitude countries can be made.

The same age limits apply for the participation in any ISF Championship.

5.1.1. The age is calculated based on the birth year, taking into account the athlete's age on December 31.

5.2. NATIONAL JERSEY

Team members must wear a national jersey in competition. The clothing should clearly indicate the country the athletes are representing and can also sport sponsors.

Clothing items for men and women may differ, provided they're the same for all men and all women of the team.

5.3. AGE CATEGORIES

The reference date for the athletes' ages is the last day of the sports season, December 31 of the year in question. (Es. an athlete can participate in the MWC in the O40 category at the age of 39, as long as he turns 40 by December 31.)

5.3.1. YOUTH SKYRUNNING WORLD CHAMPIONSHIPS CATEGORIES

Category	Age range
Youth A	15-16 years
Youth B	17-18 years
Youth C	19-20 years
U23	21-23 years

5.3.2. MASTERS SKYRUNNING WORLD CHAMPIONSHIPS CATEGORIES

Category	Age range
Over 40	40-44 years
Over 45	45-49 years
Over 50	50-54 years
Over 55	55+ years



5.4. TEAM COMPOSITION

All team members must be of the nationality of the country they represent (see 7.1.1) and hold a valid ISF Licence for the relevant year.

5.5. QUOTAS PER NATION

Every NM can select a maximum of six participants for every discipline, maximum three athletes of the same gender.

5.5.1. QUOTAS PER NATION FOR YOUTH CHAMPIONSHIPS

Every NM can select a maximum of six participants for every age category, with a maximum of 18 participants per team.

Teams can present up to 6 athletes per age category, with maximum three athletes of the same gender.

6. ISF LICENCES

The ISF Licence is necessary to register athletes in the ISF Championships.

To obtain the ISF Licence for their athletes, NMs must create a team manager profile in the ISF system. The procedure to apply and purchase the ISF Licence is entirely managed via the ISF website.

The application process for the licence must start at least one week before the event registration deadline. If this timeframe is not adhered to, the validation of the Licence and the possibility to register athletes in the event is not guaranteed.

6.1. ISF LICENCE

The ISF Licence is dedicated to athletes belonging to national teams, who are selected to participate in an ISF Championship.

Following the NM purchasing the Licence, the athlete must complete the procedure with the Anti-Doping education and questionnaire to get the final validation.

The cost for the licence is established by the Management Committee.

6.2. ISF YOUTH LICENCE

The ISF Youth Licence is dedicated to U18 athletes belonging to national teams, who are selected to participate in an ISF Championship.

Following the NM purchasing the Licence, the athlete must complete the procedure with the Anti-Doping education and questionnaire to get the final validation.

The cost for the licence is established by the Management Committee.

6.3. FURTHER SPECIFICATIONS

Each NM must ensure that its athletes registered in the ISF events are:

- Holders of a public liability insurance and repatriation assistance policy covering any accidents involving athletes that may arise during journeys to and from the event and during the race



- Holders, if necessary, of an individual accident insurance
- Physically fit to take part in skyrunning races and holders, if necessary, of a medical certificate in compliance with the national rules
- Authorised to take part in races, especially in case the athletes are minors

7. REGISTRATION

7.1. GENERAL INFORMATION

7.1.1. NATIONALITY

NFs can only register athletes of the nation they represent.

Athletes with dual nationality must select one nationality to represent at the beginning of each season.

Athletes who have previously represented another country in World or Continental championships or in World or National Series recognised by the ISF, may represent their new country provided that at least three years have passed since they last represented their former country. This period may be reduced or cancelled, with the agreement of the ISF and the national federations concerned.

7.1.2. PARTICIPATION OF ISF AND LOC STAFF

LOC staff and ISF officials cannot participate in an ISF event in which they are officially involved.

7.2. ISF CHAMPIONSHIPS REGISTRATION

All athletes must be registered for the relevant ISF Championship by the respective NM via the ISF website at least one month before the event.

7.2.1. SUBSTITUTIONS

Changes in the team roster are accepted only until 10 days before the event in case of injury. Further changes after this deadline will not be accepted, except the LOC agrees with the substitution.

7.3. REGISTRATION FEES

The registration fee to the ISF Championships is decided together with the race organisers.

In case the ISF has a number of free entries to distribute to the teams, their distribution is entirely up to the ISF.

7.4. SERIES AND OTHER EVENTS

Athletes registration for Series and other events is done directly with the race LOC through their website. The entry fee is at the discretion of the LOC.



TECHNICAL RACE GUIDELINES



8. SPORT AND TECHNICAL ISSUES

8.1. THE ISF RACE JURY

8.1.1. COMPOSITION

The ISF Race Jury is composed of:

- LOC Race Director
- ISF Event Coordinator
- ISF Jury President
- ISF Referees

8.1.2. COMPETENCE

The ISF Race Jury has the competence to:

- Take decisions in respect of the requirements of the ISF Rules
- Take decisions concerning any issue for which the ISF Rules might seem incomplete or unclear

8.1.3. DECISIONS

Decisions are taken by the majority of members of the group. In the situation of a draw, the vote taken by the ISF Jury President prevails.

ISF Race Jury	Decisions
LOC Race director	Right to vote
ISF Event Coordinator	Right to vote
ISF Jury President	Right to vote
ISF Referees	Right to vote

Restricted voting rights are applied to decisions on behaviour and protest:

ISF Race Jury	Decisions
LOC Race director	NO
ISF Event Coordinator	NO
ISF Jury President	Right to vote
ISF Referees	Right to vote

In these cases, decisions are taken by the majority of the ISF Race Jury members having the right to vote. In case of a tie for decisions concerning offences and penalties, the vote taken by the ISF Jury President prevails. For decisions on protests, unanimity is required. If a protest involves one ISF Referee, this one loses the right to vote.

8.2. START AND FINISH AREAS

The start and finish areas contain technical installations necessary for the proper organisation and execution of the race. Both areas are of fundamental



importance for the management aspects and advertising right of the ISF and LOC: The start and finish areas must have restricted access and must be fenced by barriers.

Start and finish areas must comply with the following:

- Accreditation compulsory for access (for the athletes, bib is acceptable)
- Fences to separate it from other areas
- Toilets in the vicinity
- Medical assistance area
- Spectators zone outside the start/finish area

Start and finish areas consists of:

- Race bib and start list control area
- Compulsory material check area only for authorised staff (ISF Race Jury, ISF and National Referees and dedicated volunteers)
- System for timing
- In case of doping tests, chaperones to escort the athletes to the control area (see 20.3.2)

Start and finish areas must guarantee space for 20m banners with ISF branding to be placed close to the start/finish, 6 ISF flags to be placed in the first 15m after the start and the last before the finish line. A finish line mat with ISF branding is also compulsory. The placement of such branding will be decided together with the ISF

The placement of such branding will be decided in coordination with the:

- ISF Event Coordinator
- ISF Marketing and Media Coordinator
- Media and TV team responsible

8.3. MASS START

This is the usual start method for all disciplines. All athletes have the same start time given by the starter order.

VERTICAL and STAIRCLIMBING disciplines might have individual or wave start, depending on the race course.

8.4. INDIVIDUAL START

When the race course is not suitable for a mass or wave start, athletes can start one by one in a time trial type of race. The interval between the athletes can be between 30 seconds to one minute.

The set-up of the start includes a clock to show the timing to the athletes, with an ISF Referee giving the start order to each athlete at the exact start time.



8.5. TEAM RACES

When races are to be run in pairs, the team must cross the start and finish line together. Even if it is not necessary to be roped up, runners cannot be distant from one another.

Team members must share the bib number to identify the team.

The time of the team is taken when the second team member crosses the finish line.

8.6. CHANGES TO THE EVENT

8.6.1. COURSE CHANGE

Course changes are the responsibility of the LOC Race Director. The ISF Event Coordinator and the ISF Jury President must be informed immediately about such changes. Any changes to the course must be announced as soon as possible (via email, SMS, social media, etc) and before the start by the speaker.

If, due to safety reasons, the race course must be changed after the event started, such change must be communicated to the ISF Event Coordinator and the ISF Jury President immediately. The staff on the course must be advised accordingly to direct the athletes on the new course.

8.6.2. BAD WEATHER COURSE

All events must have a bad weather course to be put in place for safety reasons. Such courses should comply to the skyrunning parameters as detailed in 2.2, but can except the parameters if not possible.

The ISF must be informed of these alternative courses beforehand.

8.6.3. CUT-OFF TIMES CHANGE

The LOC Race Director can decide, after informing the ISF Event Coordinator and the ISF Jury President, for safety reason or to better accommodate the athletes, to modify the cut-off times, extending or reducing them when deemed necessary.

If this decision is taken before the competition, all athletes must be advised in the pre-start update.

If the decision is taken during the competition, the race staff must inform the athletes at the cut-off points and/or aid stations.

8.6.4. RACE DELAY OR CANCELLATION

Races may be delayed or cancelled due to extreme weather conditions, safety concerns or unforeseen technical problems. The decision to delay or cancel a race is taken by the ISF Race Jury.



During the maximum delay of 4 hours, athletes must have access to nutrition and waiting area. If the race does not start within the 4-hour time frame, the ISF Race Jury will officially cancel the race.

In case the race must be suspended or cancelled after the event started, the athletes must be advised by the race staff as soon as possible and directed to the exit routes to minimize the risks.

8.6.5. EVENT OR RACE RESCHEDULE

The possibility to reschedule an event or a race at a later date is decided by the ISF and the LOC who must be in full agreement. The new date must not cause problems with the ISF calendar.

In this case, the NMs, in consultation with the ISF should do everything in their power to ensure participation on the day selected for the rescheduling.

8.7. RESULTS

Results are to be produced according to the ISF requirements.

The LOC must take arrangements so that the ISF and the NMs are informed about the platform where the results are published online.

Timekeepers must send the final ranking immediately after it's approved by the ISF Jury President to the ISF Ranking Manager and the ISF office.

8.8. CHECK POINT

A check point is an area where the athletes' bibs are noted. It may coincide with an aid station or can be set up at significant points along the route: summits, passes, forks or junctions, etc.

Marshals must be equipped with radios or other communication devices and be able to communicate with race headquarters. Marshals must take note when competitors pass through their checkpoint and record their arrival order and time and register retirements. If the race is cancelled or stopped marshals must advise the runners and direct them to the nearest safe zone.

Marshals must immediately report any infractions of the rules or offences committed by competitors to race headquarters.

8.9. AID STATION

The LOC must set up aid station(s) along the course to provide sufficient supplies at the athletes. It is recommended to provide liquid supplies every 5 km for the SKY discipline and 10 km for SKYULTRA discipline or every 800 meters of vertical climb (whichever is first met). At least one aid station will provide solid food at the halfway point in the race. Near the finish line, a specific area for competitors will provide both solid food and liquids.



Between aid stations, athletes must be self-sufficient.

8.9.1. OUTSIDE ASSISTANCE AT AID STATIONS

Assistance to athletes by team officials is always permitted at aid stations and it can consist in giving food or beverages to the athletes. Team officials can also give or take materials, provided that the athlete has the compulsory equipment at all times. It is possible to leave or take poles, only if permitted by the race rules.

External assistance is permitted only in the 100m around the aid station area. If the space is enough, areas dedicated for each country, marked with national flags, can be set-up to give assistance to team members.

The organisers are responsible for removing litter around the aid stations, as well as all markings and signage relative to the aid station itself.

8.9.2. OTHER ASSISTANCE POINTS

In the event too few aid stations are available, other points of assistance to competitors may be agreed on between the LOC Race Director, the ISF Event Coordinator and ISF Jury President.

8.10. FURTHER DETAILS

- First medical assistance must arrive to any point of the course as soon as possible
- Courses should be marked at least one day before the event to let referees and/or athletes inspect the course.



SPORTING RULES



9. EQUIPMENT

The ISF Race Jury reserves the right to reject any equipment judged to be defective or inadequate.

Only equipment that has been designed for its intended purpose will be accepted. (i.e. plastic bags as containers for liquids or as a substitute for a waterproof or windproof jacket will not be accepted).

Infringement of these rules will be sanctioned by penalties, as described below.

Item	Skyrunning	SkySnow	Stairclimbing
Passport or ID card (a copy is acceptable)	Compulsory	Compulsory	Compulsory
Running shoes	Compulsory	Compulsory	Compulsory
Socks	Compulsory	Compulsory	Compulsory
Lower body clothing	Compulsory	Compulsory long pants/tights	Compulsory
Upper body clothing	Compulsory	Compulsory long sleeved	Compulsory
Micro-crampons	Optional	Compulsory	No
Snow-gaiters	Optional	Compulsory	No
Ski-mountaineering suit	Optional	Accepted	No
Gloves	Optional	Compulsory	No
Headwear	Optional	Compulsory	No
Eyewear	Optional	Compulsory during daylight	No
Re-usable glass or flask	Optional	Optional	No
Hydration pack	Optional	Optional	No
Headlamp with rear red light with spare batteries	Optional	Compulsory during darkness	No
Poles	Optional	Optional	No
Windproof jacket	Compulsory	Compulsory	No
Waterproof jacket	Optional	Compulsory	No
Thermal blanket	Compulsory	Compulsory	No
Mobile phone	Compulsory	Compulsory	No
Helmet EN 12492 standard	Optional	Optional	No
Harness UIAA standard 105	Optional	No	No
Via Ferrata kit UIAA standard 128 or belay lanyard UIAA standard 109	Optional	No	No
Rope	Optional	No	No
Earphones or device playing music or other sounds	Forbidden	Forbidden	Forbidden



9.1. SKYRUNNING DISCIPLINES EQUIPMENT

Depending on the course and the weather conditions and upon the LOC Race Director decision, some items may be compulsory.

When only a t-shirt is required, a tank top or women's top are also acceptable.

A long-sleeved shirt may be substituted by a t-shirt with separate sleeves. When long-sleeved top and long pants are required, a ski-mountaineering suit may substitute them.

For races on snow or glacier, micro-crampons may be compulsory. For details see 9.3.

9.2. SKYSNOW EQUIPMENT

SkySnow races require the long-sleeved shirt to be thermal. The windproof jacket can be sufficient if it is also waterproof.

9.3. MICRO-CRAMPONS

Micro-crampons allowed for skyrunning competitions must have at least 10 metal 8/10mm spikes distributed between toe and heel. Shoes with incorporated crampons are allowed provided they have at least 10 metal 8/10mm spikes.

9.4. POLES

The use of poles is regulated by each LOC either by allowing their use for the entire race, or in a specific section, or even prohibiting their use. The LOC can also allow to pick up or leave the poles in specific points of the course.

If using ski poles, it is compulsory to protect the points of poles during the start procedure. It is prohibited to use poles for the first 200m after the start; in this area poles must be kept in hand with the points headed down.

9.5. SPECIAL EQUIPMENT

Special equipment like helmet, via ferrata kit, rope and carabiners may be compulsory in certain races due to technical features of the course. The LOCs have the right to define the use of such equipment for the whole race or in specific sections.

9.6. PROHIBITED EQUIPMENT

It is forbidden to start a race without the correct equipment.

Only trail and skyrunning shoes are accepted. Any other type or shoe is forbidden, like road running shoes, athletic tartan spike shoes, football shoes, sandals, minimalist/barefoot shoes, etc.



For SkySnow races, only shoes with detachable micro-crampons or with integrated micro-crampons are accepted. Athletic tartan spike shoes, football shoes, as well as mountain crampons are prohibited.

It is forbidden to run with earphones (Internal or external, in one ear or both) or with any device playing music or other sounds.

Any mechanical or electrical assistance for propulsion other than the sole use of muscle power from the legs and arms (like the use of an exoskeleton or similar equipment) is prohibited.

9.7. ITEMS PROVIDED BY THE TIME-KEEPING COMPANY

The time-keeping company will provide the athletes with:

- Race bib (not to be folded or cut)
- Chip for time keeping (it may be embedded in the bib or separate to be worn on the wrist or ankle)
- GPS tracking device (to be carried in the backpack or waistband)
- A clock display to show the timing to the athletes, when the start is individual

9.8. EQUIPMENT CONTROL

Equipment is checked before the start by the ISF Referees and possibly a trained volunteer. Athletes without the compulsory equipment will not be admitted in the start area.

Equipment may be inspected at the finish or at any other point on the track during the race.

Athletes are entirely responsible for their equipment. If an athlete has doubts about the equipment, they can have it checked by the ISF Race Jury at the briefing.

10. RACE ORGANISATION

10.1. THE START

Any changes to the start schedule must be communicated in English to all athletes at the latest, by the speaker 30 minutes before the start.

10.2. THE FINISH

Every race can have only one winner in each category, identified with the athlete with the fastest time to cross the finish line.

Only races with individual or wave start may have a tie.

In case two or more athletes cross the finish line at the same time, an electronic system or photo-finish may be used to resolve the tie. In the event neither of the previous options are resolved, the final decision will be made by the ISF Race Jury.



10.3. ATHLETES' CONDUCT DURING THE RACE

Athletes must closely follow the course marking, moving from one sign to the next one. There is freedom of movement between two signs.

All dangerous and/or unsportsmanlike behaviour will be sanctioned.

10.3.1. RESPECT THE ENVIRONMENT

Athletes must respect the environment, leaving rubbish only in the trash bags at the aid stations. Penalties will be applied to athletes seen littering or abandoning equipment on the course or for any other poor environmental conduct.

10.3.2. ABANDON

Athletes having difficulties may give up on their own initiative or be forced to retire by the decision of the LOC Race Director or one of the doctors present. Abandon must take place at a check point or aid station, as explained in the pre-race briefing.

Athletes having withdrawn must inform the personnel on the course and/or the ISF Referee present at the finish line. Athletes having withdrawn may still be subject to doping control.

10.3.3. OFFENCES TO THE LOC, ISF OFFICIALS OR ISF IMAGE

Athletes and team officials must respect the LOC, the race officials and the image of skyrunning during the race and during all events. These behaviours will be analysed by the ISF Race Jury. In case of need, the ISF Disciplinary Committee will decide the sanction in less than a month.

10.3.4. NON-PRESENCE AT CEREMONIES

Athletes who do not attend any kind of official ceremonies related to ISF events, except for medical reasons or proof of travel issues, will be penalised.

The following ceremonies are concerned:

- Flower ceremony
- Award ceremony

The athlete or the team officials must inform the ISF Jury President if the athlete will not be present at one or more ceremonies. In the case the excuse is not accepted, the ISF Jury President will apply the penalty.

Prize money will be awarded in case of medical justified absence or cases of force majeure and if the ceremony takes place much later or before than scheduled.

In case the ISF Jury President decides that the prize money is not to be paid, the LOC can keep the corresponding amount until final confirmation by the ISF.



11. ESTABLISHMENT OF RESULTS

The organisers will provide competitors' lists in order of arrival time, and to referees whenever requested. Provisional results must be available in printed format as soon as the race is over. These results may not be considered official without the supervision and approval of the ISF Jury President.

The ranking is drafted by the ISF Ranking Manager, after the ISF Jury President confirms the results and the penalties incurred.

11.1. OFFENCES AND PENALTIES

For the infringements not specifically cited in the following tabs (B, C, D, E, F), the ISF Referee uses scale A

A. GENERAL					
#	Offences	Penalties			
		SkyUltra	Sky / SkySnow Classic	Vertical / SkySnow Vertical	SkySpeed / Stairclimbing
A.1	Cheating, unsportsmanlike or important safety fault	disqualification	disqualification	disqualification	disqualification
A.2	Behaviour that may intentionally hinder another participant	3 minutes	1 minute	30 seconds	10 seconds
A.3	Use of headphones	60 minutes	30 minutes	10 minutes	1 minute
A.4	Minor technical error, involuntary negligence	1 minute	30 seconds	10 seconds	3 seconds
A.5.	Refuse to undergo the anti-doping tests	Disqualification and ISF Disciplinary Committee judgement for further evaluation			

B. EQUIPMENT					
Any compulsory equipment required by the ISF Technical Jury replaced during the race or missing at a checkpoint or at the finish. Cumulative penalties are given for each piece of missing equipment.					
#	Offences	Penalties			
		SkyUltra	Sky / SkySnow Classic	Vertical / SkySnow Vertical	SkySpeed / Stairclimbing
B.1	Missing equipment or equipment not in compliance with the rules for these items:	Disqualification	Disqualification	Disqualification	Disqualification



	<ul style="list-style-type: none"> • Running shoes • Pants • Shirt For SkySnow races <ul style="list-style-type: none"> • Micro-crampons • Snow gaiters • Long pants/tights • Long sleeved top No penalty for equipment broken during the race.				
B.2	Missing equipment or equipment not in compliance with the rules for these items: <ul style="list-style-type: none"> • Head lamp (when compulsory) • Wind-proof jacket • Waterproof jacket • Thermal blanket • Mobile phone For SkySnow races <ul style="list-style-type: none"> • Eyewear • Headwear • Gloves No penalty for equipment broken during the race.	30 minutes	15 minutes	10 minutes	1 minute
B.3	Head lamp not switched on	10 minutes	5 minutes	3 minutes	1 minute
B.4	Missing poles in a race where it's compulsory to have poles from start to finish, (if athlete starts with poles)	Disqualification	30 minutes	10 minutes	N/A
B.5	Running without shirt	60 minutes	30 minutes	10 minutes	5 minutes
B.6	Tampering with bib	60 minutes	30 minutes	10 minutes	5 minutes

C. BEHAVIOUR

Ignoring correct racing technique required for a given section of the track, disrespect of marking and of track itinerary, any action considered to be dangerous or jeopardizing race safety or the proper running of the race, unsportsmanlike conduct.

		Penalties
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#	Offences	SkyUltra	Sky / SkySnow Classic	Vertical / SkySnow Vertical	SkySpeed / Stairclimbing
C.1	Missing checkpoints (voluntary or involuntary)	Disqualification	Disqualification	Disqualification	Disqualification
C.2	Not following the course	Disqualification	Disqualification	Disqualification	Disqualification
C.3	Disregarding instructions given by an official/marshal on the course	30 minutes	15 minutes	3 minutes	1 minute
C.4	Poles kept in an unsafe manner during the start	30 minutes	15 minutes	3 minutes	N/A
C.5	Use of poles in the first 200m of the race	30 minutes	15 minutes	3 minutes	N/A
C.6	Not using the mandatory equipment (harness, rope, via ferrata kit) or not using it in a correct way	Disqualification	Disqualification	Disqualification	N/A
C.7	Receiving external assistance outside of the aid stations	Disqualification	Disqualification	Disqualification	N/A
C.8	Disrespecting the environment	60 minutes	30 minutes	10 minutes	3 minutes
C.9	Disrespecting or insulting, in-competition or outside-competition, anyone participating in the event (ISF Jury, officials, athletes, organisers, spectators, etc.) or any behaviour that can damage the ISF and/or skyrunning.	Disqualification and ISF Disciplinary Committee judgement for further evaluation			
C.10	Absence from the ceremonies	No prize money	No prize money	No prize money	No prize money

D. TEAM OFFICIAL BEHAVIOUR



#	Offences	Penalties			
		SkyUltra	Sky / SkySnow Classic	Vertical / SkySnow Vertical	SkySpeed / Stairclimbing
D.1	Not respecting the designated area for external assistance or areas with limited access	The ISF Race Jury prepares a report for the ISF Disciplinary Committee, who will decide a possible sanction			
D.2	Not helping a person in distress or in danger				
D.3	Assisting the athletes where not permitted				
D.4	Disrespecting or insulting anyone participating in the event (ISF Race Jury, officials, athletes, organisers, spectators, etc.) and/or disrespecting a decision of the ISF Race Jury.				
D.5	Infringement of any other rule not cited above				

E. SPECIFIC OFFENCES & PENALTIES FOR COACHES & NATIONAL OFFICIALS BEHAVIOUR					
#	Offences	Penalties			
		SkyUltra	Sky / SkySnow Classic	Vertical / SkySnow Vertical	SkySpeed / Stairclimbing
E.1	Not respecting designated areas for coaches, or areas with limited access.	The ISF Race Jury prepares a report for the ISF Disciplinary Committee, who will decide a possible sanction			
E.2	Not rendering assistance to a person in distress or in danger				
E.3	Assisting own athletes				
E.4	Disrespecting or insulting anyone participating in the event (ISMF Event & Technical Jury, officials, athletes, organisers, spectators, etc.) and/or disrespecting a decision of the ISF Event & Technical Jury.				
E.5	Infringement of any other rules not cited above.				

11.2. RESULTS IN THE EVENT OF RACE STOPPAGE



In case the race is cancelled after the start, the ranking will be established according to times and orders at the last checkpoint passed by the athletes. Athletes who have not yet reached this checkpoint will be ranked according to their times and order at preceding checkpoints.

The ISF Race Jury will decide whether the results can be used for the event ranking.

11.3. PROTESTS

A protest is a formal complaint filed in a competition by eligible individuals within a specific time period and under the predefined requirements as outlined below.

Matters of a protest

Protests may be filed against the following:

- Penalties according to the Offenses and Penalties section (11.1)
- Provisional results in case of technical error (timing or ranking display)
- Conduct of an athlete and/or coach concerned offenses
- A technical error in the competition's official results

Eligibility to file a protest

Protests may be filed by accredited individuals at the event, referred to as the protester, as follows:

- Any National Official representing the ISF National Member
- The athletes (in absence of the first)

Requirements

Protests filed for consideration must meet, without excuse, the following formal requirements, otherwise it must not be considered for review:

- The protest form must be duly completed and filed to the ISF Race Jury within the designated time limit
- The protest must include a payment of € 60,00 payable in cash. The payment will only be refunded if the protest is accepted

Time limit

Protests must be filed within one hour following the provisional results publication.

Resolution

Upon the consideration of a protest, the ISF Race Jury should respond in writing within one hour of the protest filing, unless otherwise specified.

The ISF Race Jury will decide to either

- Accept the protest by revoking the penalty, or other applicable



- Reject the protest and confirm the original decision

The protest may be appealed if it meets the specified requirements

11.3.1. ACCEPTED PROOFS

Only audiovisual media (photos, videos, etc.) coming from the LOC, the Referees or official recordings, videos or photos of the event may be used for protests. Audiovisual media obtained by athletes, team members or the public cannot be accepted.

11.3.2. APPEAL

An appeal is a formal procedure to request the Jury of Appeal to review the decision upon the protest made by the ISF Race Jury provided it meets the following requirements:

Format

No specific format is required, however the document must include all the following points:

- Clear identification of the parties
- Inclusion of the protest filed and corresponding reply, with a clear indication of the date and time of its receipt
- A thorough and reasoned description of the relevant facts, substantiated by appropriate evidence
- A comprehensive explanation of the ISF Rules that have been affected
- A concise conclusion or plea summarising the appellant's position and the reasons for seeking a reconsideration of the decision

The appeal must be duly signed by the President (or their representative) of the respective ISF Member

Fee

Appeals must be accompanied by proof of a € 100,00 fee payment to the ISF, which will not be refunded if the appeal is rejected

Time limit

Appeals must be filed within 12 hours after receiving the reply to the protest delivery.

Filing

Only appeals that comply with all the previous requirements must be filed to the email address info@skyrunning.com

If an appeal does not comply with all the requirements it will be dismissed without exception.



11.3.3. JURY OF APPEAL

Purpose

The Jury of Appeal is established to provide fair and impartial authority or resolving appeals arising from decisions made upon protest

Composition

The Jury of Appeal shall be composed of an odd number of members, with a minimum of three and maximum of seven persons holding voting rights and up to two members without voting rights. These members will be officially appointed by the ISF Executive Board whenever necessary, upon the nomination of the ISF Referee Committee president. The ISF EB reserves the right to appoint additional members if deemed necessary.

Members with right to vote:

- Chair of the Jury – this individual will preside over the Jury of Appeal
- Vice-Chair of the Jury – an expert in the ISF Rules
- Other Jury Members – these individuals are expected to offer valuable insights and contribute to the decision-making process

Members with no right to vote:

- Secretary of the Jury – shall facilitate the proceedings and ensure that relevant documentation and information are properly maintained
- Advisors – provide their expertise in specific areas

Initial review of the Appeal

The Chair of the Jury shall review received appeals to ensure compliance with formal requirements and shall decide whether to admit or dismiss the Appeal. In the event the appeal fails to meet the stipulated requirements, the Jury must inform the concerned parties, thereby establishing the final decision (not subject to review by any other authority).

Scheduling the hearing

If the appeal is admitted, the Jury shall convene within 24 hours of its formation to schedule the date of the hearing. The parties concerned shall be duly notified of the chosen date via email.

If witness testimony is required, the parties shall bear the sole responsibility for communicating their witnesses to provide such testimony on the selected day and time for hearing.

Meeting format

The meeting format (in-person, virtual or hybrid) is determined by the Chair

Hearing procedure

Attendance and representation: the appellant and respondent ("parties") are entitled to attend the hearing. Failure to attend the hearing may result in the Jury of Appeal rendering a decision in their absence. Only under exceptional



circumstances, and subject to the Chair's approval, may the parties be substituted by an accredited representative. In the case of the attendance of witnesses, their presence is likewise subject to the Chair's approval, and they may be present solely to deliver their testimony.

Privacy of the hearing: the hearing will be conducted privately and will not be open to the public unless otherwise stated by the Chair.

Explanation of the hearing process and right: the Chair of the Jury of Appeal will explain the hearing process and the rights of all parties involved.

Assessment of appeal: the Chair will assess the appeal admissibility based on the formal ISF requirements received within the relevant timeline. At the Chair's discretion, the Jury may be instructed to read the appeal.

Presentation of evidence, parties' statements and expert opinion: the Vice-President of the Jury will present the submitted evidence to the rest of the attendees. The Jury of Appeal will hear from each party, allowing adequate time for the parties to provide their arguments. Then with permission from the Chair, the witness may speak briefly. After hearing all parties, the Jury of Appeal may elaborate questions as deemed necessary.

Decision making: the Jury of Appeal will consider all evidence and expert opinions and make decision by a simple majority vote. Following deliberation, the possible outcomes include:

- Appeal accepted: the original decision is revoked
- Appeal rejected: the original decision is confirmed
- Partial acceptance: aspects of the original decision may be modified while others are upheld

Communication

The decision will be communicated immediately to the parties present and provided in writing upon request. The decision of the Jury of Appeal is final and binding on all parties concerned and may not be challenged in any other forum.



RACE EQUIPMENT RULES



12. EQUIPMENT

12.1. EQUIPMENT DESCRIPTION FOR ALL ISF EVENTS

Item	Description
Passport or national ID card copy	Required to be stowed away in the backpack or race belt. All athletes must present an official ID document or a copy if required
Trail or skyrunning shoes	Shoes that have a marked outsole with good traction that fit the task of running on a variable terrain: trail, rocks, moraine, snow, glacier
Socks	Depending on the weather and the type of race, the accepted socks may be ankle-high or knee-high.
Upper body clothing	Depending on the weather and the type of race, the following clothing items are accepted: <ul style="list-style-type: none"> • T-shirt • Tank top • Women's top • Long sleeved shirt • T-shirt with separate sleeves • Ski-mountaineering suit is accepted
Lower body clothing	Depending on the weather and the type of race, the following clothing items are accepted: <ul style="list-style-type: none"> • Shorts • Long pants • Tights • Knee-length pants • Ski-mountaineering suit is accepted
Windproof jacket	Second layer to be worn when the weather demands it or when the LOC Race Director impose it. Compulsory to have in the backpack during the competition, but not worn.
Waterproof jacket	Second or third layer to be worn when the weather demands it or when the LOC Race Director impose it. Compulsory to have in the backpack during the competition, but not worn.
Thermal blanket	The minimum surface of 1.80m ² . Modifications subsequent to manufacture are not allowed. The item may be defined also "survival blanket" or "astro-foil"



Micro-crampons	Micro-crampons must have at least 10 metal 8/10mm spikes distributed between toe and heel.
Snow gaiters	They must cover the whole ankle and part of the calf
Headwear	It can be a hat, a headband, a ski cap or another headgear used to keep the head warm
Eyewear	Sunglasses with UV protection are recommended
Gloves	That cover the entire hand up to the wrist
Re-usable glass or flask	To be used at the aid stations where glasses aren't provided
Hydration pack	Fit to carry 1 litre of water or the amount required in the race rules
Backpack / waist band	With sufficient capacity to hold all the equipment required by the rules
Harness	Confirming to UIAA standard 105
Via Ferrata kit	With energy absorbing system, confirming to UIAA standard 128
Rope	Dynamic rope with features specified in the race rules
Helmet	Conforming to CE EN 12492 standards
Head lamp	Full working head lamp
Poles	Ski poles are accepted, as well as foldable poles in carbon or other material. In case of races on snow, the LOC may prohibit poles that aren't equipped with basket.
Crampons	Mountain crampons may be requested by some races. Specifications are detailed in the race rules.



RANKING RULES



13. DEFINITIONS

Race results: list of athletes based on the time of race or place order following the Sporting Rules, all categories merged

Category results: results for one age category

Ranking: list of athletes based on the ranking score

Ranking points: Accumulation of points obtained by one athlete during the ranking's period with all the races taken in account

Rank: Athlete's position in a ranking

Place: Athlete's position in a Category Results of a race

Team ranking: list of teams based on the ranking points accrued by a number of team members

Combined ranking: list of athletes based on the ranking points accrued in the VERTICAL and SKY discipline

Performance ranking: list of athletes based on their performance in a specific number of races

Ranking score: points attributed by an algorithm based on the athlete's performance in a specific number of races valid for the Performance ranking

14. RANKINGS

14.1. PLACE POINTS

Each race will assign points to both men and women based on the race results according to the following breakdown:

RANKING POINTS BREAKDOWN									
Place	Points	Place	Points	Place	Points	Place	Points	Place	Points
1	100	11	56	21	36	31	20	41	10
2	88	12	54	22	34	32	19	42	9
3	78	13	52	23	32	33	18	43	8
4	72	14	50	24	30	34	17	44	7
5	68	15	48	25	28	35	16	45	6
6	66	16	46	26	26	36	15	46	5
7	64	17	44	27	24	37	14	47	4
8	62	18	42	28	23	38	13	48	3
9	60	19	40	29	22	39	12	49	2



10	58	20	38	30	21	40	11	50	1
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14.2. TEAM RANKING

A team ranking system will be adopted based on the individual points accrued by maximum top two men and top two women in each discipline disputed in that Championship. In case of a tie, the team with the highest number of finishers will be considered. If this number is the same, wins the team with more first places, then second places and so on, until the tie is undone.

14.2.1. POINTS FOR ATHLETES FROM NON MEMBER COUNTRIES

Athletes from non-member countries do not score points for the team ranking. They can score points as individuals for the Combined title.

14.2.2. ISF CHAMPIONSHIPS TEAM RANKING

The maximum number of best results taken into account in each disputed discipline are detailed in the table below:

Event	Number of athletes	
	Men	Women
Skyrunning World Championships	2	2
SkySnow World Championships	2	2
Stairclimbing World Championships	2	2
Skyrunning Continental Championships	2	2
SkySnow Continental Championships	2	2

14.2.3. YOUTH CHAMPIONSHIPS TEAM RANKING

The team title is awarded based on the individual points accrued by the best three athletes (at least one per gender) of the SKY and the VERTICAL race, in each age category. In case of a tie, the team with the highest number of finishers will be considered. If this number is the same, wins the team with more first places, then second places and so on, until the tie is undone.

14.2.4. MASTERS SKYRUNNING WORLD CHAMPIONSHIPS TEAM RANKING

The team title is awarded based on the individual points accrued by the best three athletes (at least one per gender) of the SKY, SKYULTRA and the VERTICAL race, in each age category. In case of a tie, the team with the highest number of finishers will be considered. If this number is the same, wins the team with more first places, then second places and so on, until the tie is undone.

14.3. COMBINED RANKING



The Combined title is based on the results accrued by a runner in both the VERTICAL and SKY disciplines. The athlete with the highest cumulative points' sum will be declared the Combined Champion.

In case of a tie, the best position in the SKY discipline is considered.

14.4. CIRCUIT RANKING

Each circuit managed or sanctioned by the ISF may establish specific rules for the ranking. The ranking in each circuit will be determined each year according to the number of races.

Bonus points may be applied in selected races for all competitors.

In the event of a tie, specific rules may be designed to define the winner.

15. MEDALS

15.1. AWARDING MEDALS

Medals are awarded to the top three men and women in each discipline in each ISF Championship. Medals can be awarded only if there are at least five starters in a given category in a specific discipline.

If a race has less than five starters in a given category, no medals are awarded for said category.

15.2. MEDAL TABLE

A medal table is made for each ISF Championship. The order in said table is determined by:

- Number of gold medals
- Then number of silver medals
- Then number of bronze medals

16. PERFORMANCE RANKINGS

16.1. GENERAL PRINCIPLES

Performance based rankings are established to rate athletes' performances with an algorithm.

All athletes participating in at least two races that got the Certified Course Label are inserted in the rankings.

16.2. PERIOD

Two Performance ranking are established. The two-year ranking considers all the races disputed in the last two years preceding the current date, while the 365-days ranking only considers the races disputed in the last 365 days.



16.3. SCORE AND POINTS

The algorithm calculates the ranking of each athlete, comparing it with the ideal best performance (1,000 points) and assigns points based on the performance done by the athlete in that race.

The Two-year ranking calculates the average performance considering the best five performances accrued in the period.

The 365-days ranking calculates the average performance considering the best four performances accrued in the period.

Prizes may be awarded to the top ranked athletes at ISF discretion. Prizes may consist in money and/or products provided by the ISF sponsors.

17. RESULTS AND RANKING MANAGEMENT

The ISF Ranking Manager is responsible for establishing the ISF Championships results and ranking, as well as for other circuits directly managed by the ISF.

The ISF Ranking Manager is also responsible for updating the Performance rankings.

18. RANKING PROTEST

A Ranking Protest contests an athlete's rank and/or ranking score from an ISF ranking. This is not a process to claim against a race result.

The protest must be submitted in writing by the NM (or by the athlete, where no NM are present) to the ISF Head Office as soon as possible from the ranking publication.

In case of calculation error, the ISF Ranking Manager is allowed to fix the error and inform the protester.

If the Ranking Protest is not accepted, the ISF Ranking Manager will answer by writing to the protester.