

RULES OF THE RACE

1 ORGANISATION

The association “**Dénivelé positif**” has been officially established according to its articles of constitution which have been duly submitted.

2 RACES

We organize 1 long distance alpine trail-running races using official footpaths of Via Alpina Switzerland.

- 1) *CROSSING SWITZERLAND – SOLO* with start in Vaduz and finish in Montreux over approximately 380km
- 2) *CROSSING SWITZERLAND – DUO* with start in Vaduz and finish in Montreux over approximately 380km. The two-runner team must finished together in Montreux
- 3) *CROSSING SWITZERLAND – TRIO* with start in Vaduz and finish in Montreux over approximately 380km. At least two runners must finish together in Montreux to be classified.

3 INSCRIPTION CONDITIONS

The *different formulas* are opened to any person, male or female, having reached the age of 18.

The courses include sections at high altitude where harsh and extreme conditions may be encountered (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.

When inscribing the runner must:

- be conscious of the length and difficulty of the race.
- know how to deal with difficult outdoor weather conditions due to the altitude (darkness, wind, cold, fog, rain or snow)
- know how to deal with physical or mental problems due to extreme tiredness, digestive problems, muscle pain, small injuries...
- be in good health and not suffer from any condition that does not allow endurance sports.
- realize that the organization committee cannot guarantee absolute security during the race.

Participants are required to read and abide by the rules and ethics of the race. The jury’s decision is final.

4 CATEGORIES

- Espoirs : 2000 and younger
- Senior : 1983 to 1999
- Vétéran 1 : 1973 to 1982
- Vétéran 2 : 1963 to 1972
- Vétéran 3 : 1962 and older
- DUO
- TRIO

5 REFRESHMENT STATIONS & SEMI SELF-SUFFICIENCY

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

All official refreshment points are also checkpoints for runners. Runners must ensure they correctly register (manually or via the electronic chip) as they pass through refreshment points. Failure to register at a checkpoint may lead to disqualification of the runner.

Runners must follow the marked route through refreshment points, even if they are not intending to stop over. The organization reserves the right to carry out checks at unofficial checkpoints along the route.

The official refreshment points supply drinks and food strictly for runners only, which must be consumed on site. **Plastic drinking cups are not supplied.**

Before leaving a refreshment point, runners must ensure they have enough food and water to last them until the next one.

Some refreshment points have areas where runners may take a short rest, maximum 2 hours. If a runner is unable to resume the race after a maximum 2-hour stay at a refreshment point or refuge, the on-site volunteers will contact the race organizers to assess whether the runner should be withdrawn from the race. "Flying" checkpoints will be deployed by the organization at random locations without announcement.

6 SUBSCRIPTION

Subscriptions can only be made online and by means of a secured credit card payment. The number of participants to 200 for this "Limited Edition".

The rights of subscription comprise all services mentioned in the present rules.

7 SUBSCRIPTION CANCELLATION

Any participant can at the time of their registration subscribe to a cancellation guarantee as long as the payment is processed through Internet with a credit card, the sum is added to the inscription fee.

The goal of this guarantee 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:

- An accident, a serious illness, or the death of the runner himself;
- A serious illness needing hospitalization, or the death of the husband/wife or recognized partner, his or her parents or children, and this in the thirty days before the race. 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. Any other cause of cancellation must be proven by presenting a certificate delivered by the competent authority;
- Pregnancy or birth of a child within 30 days before or after the race.

There will be no reimbursement if the runner has not subscribed to the cancellation insurance.

Conditions of repayment: All requests of repayment must be sent with the adequate certificates within ten days following the races. The requests are treated within three months. The reimbursement requests should be sent to:

Dénivelé Positif
Rte de Pierre-Ozaire 2B
CH-1073 Savigny
Switzerland

In case a participant is not able to participate, he or she can hand over his/her number until June 23rd 2022. Beyond this deadline, no more modification will be possible.

Pandemic

If the regional or Federal guidelines at the time of the event, do not allow to organise the race, all registrations will be postponed without extra fee to 2023.

If a runner is not authorized to travel to/from Switzerland at the time of the race, the registration will be also postponed to the next edition.

8 EQUIPEMENT

All runners must carry with them for the entire race all the equipment they need to safely confront the challenges of weather, route and altitude. This equipment must be carried in a suitably-sized backpack.

Runners may only offload any equipment they are carrying into their personal bags at life bases where the bags are kept.

In particular circumstances (adverse weather conditions, difficult technical route, etc.), the race marshals may check the equipment that runners are carrying and report to the race organisers. After assessing the situation along with security officials and rescuers, the race organisers may take the decision at their sole discretion to stop a runner from completing the race.

Equipment	COMPULSORY
Stock of water minimum 1.5 litre	✓
Jacket, with a hood ²	✓
2 Torches with spare batteries	✓
Personal beaker	✓
2 survival blankets	✓
Whistle	✓
Food reserve	✓
Long running trousers ¹	✓
Mobile phone with option enabling its use in CH and organisation number configured	✓
Warm long-sleeved shirt	✓
Gloves	(✓)
Shoes of a category between A2 and A5 (intermediate-> trail)	(✓)
Long waterproof over-trousers	(✓)
Spare T-shirt	(✓)
Cap or bandana	(✓)
Sunglasses	(✓)
Sun cream	(✓)

✓ mandatory (✓) recommended

Remarks:

***important note regarding the SARS COV 2 pandemic (COVID 19)**

Due of the pandemic it is difficult to predict what the situation will be at the time of the event. Over the next few months we will be taking every possible measure to ensure Crossing Switzerland can go ahead, in accordance with the rules introduced periodically by Swiss and Liechtenstein authorities. The program will be updated accordingly, as necessary. Any substantial changes will be communicated via the newsletter which is published on the website and all official race channels.

Obligatory material may also be checked during the race. It is your responsibility to keep it all with you, throughout the entire race.

Based on weather conditions, the organisation team may announce a change with mandatory equipment.

If you decide to use poles, you must keep them throughout the whole of the race

¹ can be leggings or a combination of leggings and long socks which cover the legs completely

² The jacket must be capable of withstanding the bad mountain weather and made with a waterproof (minimum recommended: 10 000 Schmerber) and breathable (RET recommended less than 13) membrane.

9 CONSENT FORM AND MEDICAL CERTIFICATE

CONSENT FORM

All runners are required to sign a consent form declaring that they are aware of the difficulty of the endurance trial they are about to undertake and agreeing to carry with them all the equipment they need to complete the race safely.

The consent form will be provided when you pick up your number bib.

The organisation reserves the right to request additional certification depending on the requirements of any national and/or international regulations that may be issued to contain the SARS COV 2 pandemic (COVID-19).

MEDICAL CERTIFICATE

No medical certificate is required in Switzerland.

10 RACE NUMBERS, CHIPS AND GPS TRACKER

RACE NUMBERS

Race numbers are handed personally to runners on presentation of a photo ID.

Two race numbers will be issued: one to be worn in a visible position on the chest or stomach at all times, and one to be attached to the backpack. Race numbers allow runners free access to official transportation, refreshment areas, treatment rooms, rest rooms, showers, bags, etc.

CHIPS

Two chips will be issued: one to wear on the wrist and the other to attach to the backpack. Before the start of the race, all runners must pass through the entrance gates into the reserved starting area, so the chip can be registered. When passing through a checkpoint and arriving at the finishing line, runners must ensure the chip passes under the timer antenna and that it registers correctly.

GPS TRACKERS

Every runner is issued with a GPS tracker to be fixed on the outside of the backpack and returned after the race. A deposit of CHF 50 is required, which will be forfeited if the tracker is not returned. Only CHF 50 banknotes are accepted.

The tracker will not be activated at the moment of issue. It is the responsibility of the individual runner to check that the tracker is switched on and working properly before the start of the race, following the instructions provided by the organisation.

11 RUNNERS BAG

When runners collect their race numbers, they will be given a bag for the equipment they need to complete the race safely. These bags will be transferred between life bases by the organization. Runners are required to collect their bags in person on entering the life base, and return them in person to the bag collection volunteers when leaving.

Any runner who withdraws from the race should go to Montreux where his/her bag will be handed over. The bags will have to be withdrawn by Sunday, July 31st (Place du Marché) before 3 pm. Beyond this deadline the bags will be destroyed.

Bags will not be transported if anything is attached to the outside. Please do not put any fragile items or items of value in the bags. The organization accepts no responsibility for any items lost or damaged in transit.

12 SECURITY AND MEDICAL ASSISTANCE

There are rescue posts at various strategic locations. These posts are in direct phone contact with Race Control. Rescue posts are entitled to assist any person in danger with the appropriate and conventional medical measures as set out by the organization. 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.

Please note that the phone number of the emergency rescue service in Switzerland is 144.

For organizational and cost reasons, we strongly recommend to any participant to contact first our Security base in Montreux. The phone number will be printed on each bib.

13 MAXIMUM TIME ALLOWED AND CUT-OFF TIMES

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 the organization website.

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).

Any disqualified competitor wishing to continue the race can only do so after having returned his race number, at his own risk and in complete autonomy.

14 ABANDON 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. The runner keeps his cancelled race number because it is still his pass for shuttles, buses, meals, medical facilities...

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

In the case of unfavorable weather conditions justifying partial or total cancellation of the race, the organization ensures the repatriation of runners from the nearest control post.

15 ASSISTANCE DURING THE RACE

- Assistants are expected to observe the regulations, **on penalty of the runner being disqualified.**
- Aid Stations managers have the right to remove assistants who cause inconvenience to the competitors.
- Personal assistance is permitted only in the areas specially reserved for this purpose at refreshment points and life bases, and at the discretion of individual Aid Stations managers.
- Assistants are allowed bring spare clothing and shoes, food and/or supplements for runners.
- The showers, medical treatment rooms and appointed rest areas are for the exclusive use of runners. Access to these areas is prohibited for assistants.
- Assistance of any kind along the route is prohibited and will incur the disqualification of the runner. However a **special "Pacer section" between Gstaad and the finish line in Montreux** will be setup.
- Assistants and coaches must observe road transit restrictions. Any infringement of this rule will incur the disqualification of the runner.
- Assistance provided by camper van, car or any other means of transport is prohibited anywhere except at life bases. Any runner found sleeping, eating or receiving assistance outside the authorised points will be disqualified.
- Runners are prohibited from receiving coaching along the route, on penalty of disqualification.

16 PENALTY – DISQUALIFICATION

Any failure to comply with the following rules shall be duly sanctioned and participants may be disqualified:

- No bib
- Falsification bib
- Taking a considerable shortcut
- Delay at the start of a competition (case by case)
- Not passing through a control point;
- Pollution or degradation of sites
- Refusal to be examined by our sanitary team
- Not helping someone in difficulty
- Lacking any mandatory equipment

17 DRUG TEST

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.

18 RACE JURY

The Race Jury consists of:

- the Race Director
- the organization Vice-President
- the Technical Director
- the heads of the relevant control posts
- and relevant people deemed competent by

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.

19 MODIFICATIONS TO THE COURSE OR TO THE TIME ALLOWANCE; CANCELLATION OF THE RACE

The organization reserves the right to modify without warning and at any moment the course and the positioning of the rescue refreshment posts or to modify the time allowance. 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 or purely cancelled; no refund will be done in such a case.

20 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 insurance

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

ITRA (International Trail Running Association) has developed a special trail-running insurance policy to cover the needs of trail runners who experience difficulties during a race (click here for [details](#)).

NB: helicopter rescue services in Switzerland are not free of charge

21 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. No starting list will be shared with third-parties for advertising campaigns but such a list may be used to promote a new edition of the race.

In case of disagreement with any of the above conditions, the participant will notify the organization in writing no later than 10 days before the event.