
*FRED. OLSEN SANTA CRUZ EXTREME MOUNTAIN RACE 2023
REGULATION*

Article 1. ORGANIZATION. The sporting event Santa Cruz Extreme is promoted by the City Council of Santa Cruz de Tenerife with the collaboration of the Department of Citizen Safety and Environment and the Department of Sports. And it is launched by Fundación Canaria Santa Cruz Sostenible (Canarian Foundation Sustainable Santa Cruz).

Article 2. TEST AND MODALITIES. It is a mountain race that runs entirely through the municipality of Santa Cruz de Tenerife. The Fred. Olsen Santa Cruz Extreme will be disputed on October 13th and 14th of 2023 and has the following modalities and distances:

Modality	Distance	Elevation loss
ANAGA XTRM 60K	60.04 km	+ 5141 m
ANAGA XTRM 33K	34.03 km	+ 2572 m
ANAGA XTRM 19K	17.80 km	+ 1133 m
ANAGA XTRM 10K	10.00 km	+ 300 m
ANAGA XTVT 3K Las Mesas Vertical	3.0 km	+ 412 m
IV International Joëlette Mountain Race Championship (It has its own regulations)	10.41 km	+ 125 m
ANAGA XTRM 60K PAREJAS	60.04 km	+ 5141 m
ANAGA XTRM 33K PAREJAS	34.03 km	+ 2572 m
ANAGA XTRM 60K RELAYS		
Relay 1 (Start Location-Valle Brosque)	28.1 km	+ 2447 m
Relay 2 (Valle Brosque-Finish Location)	31.2 km	+ 2625 m

Article 3. ENVIRONMENTAL RESPONSIBILITY AND IMPLEMENTATION OF GOOD PRACTICES.

Santa Cruz Extreme races are disputed through the Rural Park of Anaga which is a Biosphere Reserve. One of the organization's objectives is the environmental conservation. Creating a minimum impact on the environment during the event using the network of trails and established paths, which participants must not leave, selectively collecting waste and scraps, as well as absolutely cleaning the route and respecting plant and animal wildlife.

The organizer assumes as its own all the principles of the 'Guide of good practices for the development of mountain races in protected natural areas' edited by FEDME. In turn, the Santa Cruz Extreme has as its guiding principle gender equality, avoiding any situation that could constitute direct or indirect discrimination.

Article 4. CONDITIONS OF PARTICIPATION: Races will depart from the starting line.

4.1 In general terms, all runners who have duly formalized their registration and have declared to know and accept the conditions of this Regulation have the right to participate in any of the modalities.

4.2. The age of the participants in each of the categories will be the one they have at 31 December of the year of the competition.

4.3. All participants must have an adequate level of physical fitness to face races of these characteristics. For that purpose, at the time of registration all participants must accept to provide an informed consent, where they can manifest knowledge of the regulations, the technical difficulties of the itinerary and the necessary physical condition of the participant.

Article 5. COURSES. The routes designed for each modality run along mountain trails, forest tracks and urban stretches, having all in common the arrival location at the center of the municipality of Santa Cruz de Tenerife.

The route for each modality will be published on the official website of the event: www.santacruzextreme.com. Any change or modification will be made public through this same means, in addition to its corresponding dissemination in the social media of the event.

5.1. It is a mountain race where first of all the runner must have the ability to orient itself and follow the marks that the organization will have placed along the course. In addition, staff from the organization and security members will be located at specific locations. Taking shortcuts or transiting off the trails and paths of the courses is prohibited.

Article 6. CHECKPOINTS. The organization will establish a series of checkpoints for each modality that will be made known to all competitors beforehand. The checkpoints will be announced on the event's website. This will be implemented without prejudice to the manual controls that may be established to guarantee safety.

6.1. In order to qualify, participants must complete the entire course and pass through all the checkpoints. It is the responsibility of each participant to follow the marked path. Failure to do so will result in penalty or disqualification.

All checkpoints will have a maximum time of passage which will be indicated on the official website of the [event www.santacruzextreme.com](http://www.santacruzextreme.com). Participants who reach a checkpoint after the established maximum time of passage will be automatically eliminated, having to return the bib number if required and not being able to continue. If they do continue, it will be under their strict responsibility, and they will be considered out of the competition.

For objective reasons (neutralization, weather conditions, etc.), Race Control may delay the closing time of the checkpoints. Being that the case, an absolute equality criterion will be applied, without benefit to any competitor or detriment of another.

Article 7. REFRESHMENT POINTS The organization will have refreshment points distributed along the course. Participants will be provided with solid and liquid food. The location and the distance between said points will be made known to all participants through the event's official website.

7.1. It is strictly forbidden to receive help or refreshments during the course of the race, except at the points arranged by the organization for that purpose and within a radius of about 100 meters (before and after) the established refreshment points.

7.2. Liquids will be provided only in the containers that each corridor carries for this purpose. Cups shall not be provided at refreshment points. Each

runner must carry and use their own bottle to consume the drinks.

7.3. The waste generated must be deposited in the containers located for this purpose in each of the points. Whenever the terrain or the environment allows it, there will be an indicator at the start and at the end of the refreshment point area. It will be considered waste any packaging material or garbage (nutritional products, tissues, wipes, broken sticks, etc.). Failure to comply with this regulation (throwing waste into the environment) will result in disqualification from the race.

7.4. According to the epidemiological situation applicable on the day of the event or for management reasons, the presence of companions or spectators may be prohibited or limited.

7.5. The refreshments management will comply with the specific instructions derived from Covid-19, both in the presentation of food and beverages and in the order that must exist to avoid crowds. The rules that are established will be mandatory and will be made public in the Covid-19 instructions, which may change, so the definitive ones will be announced publicly the days prior to the races and always in relation to the epidemiological situation.

Article 8. MEANS OF PROGRESSION IN THE COMPETITION. The only mean of progression in the competition is running by foot, authorizing the use of walking sticks, with the following limitations:

8.1. At the starting point, its use may be banned. In addition, we would like to remind you to be cautious when passing other runners others and in places where multiple runners come together.

Article 9. MANDATORY MATERIAL. Participants of the Anaga XTRM 60k and 33K modalities as well as Pairs and Relay modalities must carry throughout the entire course the following **mandatory material**:

- ⇒ Suitable clothing and shoes or minimalist and alternative footwear with their conditions of use, as indicated in the next section of this article.
- ⇒ Belt or backpack with enough capacity to carry all the obligatory material.
- ⇒ Usable water container of at least 1 liter of capacity.
- ⇒ Emergency thermal blanket (minimum measurements 1.20 x 2.10 cm).
- ⇒ Windbreaker. (When having adverse weather conditions the organization can substitute it for a raincoat, this fact would be communicated with sufficient notice)
- ⇒ Mobile phone that coincides with the number filled in on the registration.
- ⇒ Frontal and rear light. (Applicable to Extreme XTRM 60k and Relays only.)

9.1. The use of mountain running shoes will be mandatory, although runners may participate in the races with minimalist and alternative footwear under their sole and exclusive responsibility.

If when using minimalist or alternative footwear part of the foot is exposed (for example, sandals), it must be complemented by a specific protection for the foot when the weather forecast from the day of the race advises it or as per Race Committee's indications. Greater protection of the feet due to low temperatures and adverse conditions (neoprene boots, thermal socks or spare trail running shoes) must be carried in the backpack of the runner for safety reasons and may be reviewed by the competition referees in the material controls.

9.2. For the **ANAGA XTRM 19K and ANAGA XTRM 10K** modalities, the following mandatory material is established:

- ⇒ The appropriate clothing and footwear already established in the terms of the previous sections or minimalist footwear in accordance with the previous article.
- ⇒ Water container of at least 0.5 liters of capacity.
- ⇒ Mobile phone that coincides with the number filled in on the registration.

9.3. For the **ANAGA XTVT modality**, only the appropriate clothing and shoes are necessary, as established in these regulations.

9.4. The Joëlette modality will have its own regulations where the conditions of participation are established.

9.5. Gear checks. Before entering the start enclosure, the bib number and the material must be checked. All participants who do not comply with the requirements referred to in this article may be prevented from competing or sanctioned with additional time.

In all the gear checks, the material authorized by the organization may be supervised.

Article 10. CATEGORIES AND AWARDS. In addition to the absolute winners (female and male), the three first classified runners of each race, the following categories are established (male and female):

- CADETES. 15-16 years old (ANAGA XTRM 10K only)
- JUNIOR 17-22 years old



- SENIOR 23-39 years old
- MASTER 40. 40-49 years old
- MASTER 50. 50-59 years old
- MASTER 60. 60-69 years old
- MASTER 70. 70 years old and older

The ANAGA XTRM 60K PAIRS modality will reward the first three classified pairs that cross the line together. Different pair combinations: female, male and mixed (there is no age category in this modality).

The ANAGA XTRM 33K PAIRS modality, will reward the first three pairs classified that cross the line together. Different pair combinations: female, male and mixed. (There is no age category in this modality.)

The ANAGA XTRM 60K RELAYS modality, will reward the first three pairs of relays that cross the line together. Female, male and mixed relays. (There is no age category in this modality.)

Those who participate in COPA DE CANARIAS DE CxM EN LÍNEA 2023 must bear in mind the categories and regulations established by Federación Canaria de Montaña (Canarian Mountain Federation).

10.1 The age to be taken into consideration for the entire season will be the one that the participant has on December 31 of the year of the competition.

The official awards ceremony is the only event in which trophies and awards can be delivered to the corresponding participants, and it will be considered part of the sporting event.

Article 11. RACE MANAGEMENT AND JURY. The Race Comitee will be ultimately responsible for making decisions that affect the development of the competition, such as modification of time limits. In addition, it holds the power to suspend, shorten, neutralize, or stop the race, for safety or force majeure reasons.

The Competition Jury is responsible for applying the competition rules and ensuring the safety and equal conditions for all participants. Failure to comply with the instructions of a jury member or referee will result in the disqualification of the participant. In addition, it will be responsible for resolving any claims arising from the development of the competition, as well as any other issue not contemplated in this regulation. The Competition Jury will consist of



the race director, a representative of the organizing entity and the Chief Timekeeper.

Any claim has to be written and must be submitted to the organization half an hour before the award ceremony at the latest.

In terms of disciplinary procedures, FEDME Regulations will be applied as this event lacks its own.

Article 12. RACE NUMBERS AND TIME CONTROL SYSTEM. The use of the timing chip and bib number delivered by the organization is mandatory throughout the race. Participants must always wear their race bib number in a visible place, in such a way that they can facilitate the control work to the personnel of the organization. The running numbers must not be trimmed, folded, or modified. The manipulation or transfer of the running number may be a reason for immediate disqualification. The bib number will be printed together with the emergency contact number of the event.

The running numbers will be collected at the place and days designated by the organization after the presentation of the required official documents. The times and passage controls of each runner will be recorded electronically through the device that the participant will carry.

Article 13. GENERAL BEHAVIOR OF COMPETITORS. Every runner must provide relief to fellow competitors when finding someone in danger or injured, being obliged to notify it to the nearest control immediately. Not providing relief will be penalized with immediate disqualification.

13.1. It is the obligation of each competitor to respect the environment in which the races take place, having to collect their own waste, cans, papers, etc., and carry it until reaching the finish line or the places designated by the organization. During the competition, a broken cane may be delivered to a control point. The runner who does not deposit them correctly or that throws them in an unprepared area will be disqualified.

13.2. Every runner must follow the marked course established by the organization. Not respecting it or not going through any of the established controls, will be motive of penalization or disqualification.

13.3. While following the course, participants must always comply with the instructions of the race staff members.

13.4. Participants must undergo mandatory anti-doping controls when they are requested to do so.

13.5. Competitors must always maintain sportsmanship and be respectful of other athletes, referees, supervisors, controls, and members of the organization.

13.6. All participants must be aware of this regulation and aware of the supplementary application of the FEDME Competition Regulations, accepting the modifications that the Race Committee may adopt for reasons of force majeure beyond its control, before and/or during the competition.

13.7. A runner may withdraw from the race whenever he wishes, but he must do so in accordance with the following points: He must withdraw at a control point and deliver the bib. The competitor assumes all responsibility since he voluntarily abandons the race outside the channels established by the organization.

13.8. All runners are required to submit a health declaration on Covid-19. The runner will have to accept and sign a form that the organization will provide at the bib collection point.

13.9. The runners assume in its entirety the "Guide of Good Practices for the development of mountain races in protected natural areas" edited by the FEDME where, by way of illustration rather than limitation, it is mandatory both in the competition and in training periods to:

- ⇒ Respect the environment. Do not damage natural, geological, or cultural resources.
- ⇒ Respect the itinerary established and marked by the organization, not leaving it.
- ⇒ Avoid taking secondary trails to the main course.
- ⇒ No cross-country allowed.
- ⇒ Avoid reducing distance taking the inside of the curves.
- ⇒ Littering of any kind is prohibited (waste, wrappers, food or other materials) except in places designated by the organization.
- ⇒ Do not emit light signals or light flashes, except for the frontal lighting of the route, at night.

- ⇒ Report any negligent environmental conduct of other runners.
- ⇒ Label gels, bars, etc., with the running number.
- ⇒ Do not shout during the race. Maintain silence.
- ⇒ Avoid stepping inside humid areas: ponds, streams, peat bogs, etc.

ARTICLE 14. PENALTIES. Penalty or disqualification of a runner or a team.

14.1. The penalty or disqualification of a runner or a team will occur when incurring in any of the points indicated below:

- ⇒ Not respecting the itinerary or route marked to take a shortcut = 3 minutes penalization or disqualification.
- ⇒ To receive help or refreshments outside the permitted areas from anyone, competitor or not (except when needing to provide relief) = 3 minutes penalization or disqualification.
- ⇒ Refusing to wear or trimming the bib = disqualification.
- ⇒ To reject, remove or change the markings on the material put by the organization = disqualification.
- ⇒ A runner does a false start twice = disqualification.
- ⇒ Littering along the course = 3 minutes penalization or disqualification.
- ⇒ Preventing being overtaken or voluntarily hindering another runner = 3 minutes penalization or disqualification.
- ⇒ Failure to carry the compulsory material established by the organization at each control point = 3 minutes penalization or disqualification.
- ⇒ Disregard the indications of the organization members and referees = 3 minutes penalization or disqualification.
- ⇒ To get on the podium at the awards ceremony carrying a flag or a symbol = disqualification.
- ⇒ Serious non-compliance with the instructions received in order to prevent the spread of Covid-19 = disqualification.

14.2 It will be responsibility of the Race Committee to establish the penalties and the amount of these.

14.3. Disqualification with possible sanction

Incurring in the following will result in the immediate disqualification of the runner and could result in a disciplinary sanction for the competitor:

- ⇒ To not participate, without just cause, in the official awards ceremony.
- ⇒ Causing a sporting incident (aggression or insult) against a competitor, members of the organization, referees, or spectators.
- ⇒ To voluntarily cause an accident.
- ⇒ To participate under a false identity or by impersonating someone else.
- ⇒ To refuse to wear a mask or use it in places that the organization and health authorities have established.
- ⇒ The refusal or non-delivery of a health declaration on Covid-19 symptoms



(must be signed prior to the celebration of the event).

14.4 It will be the responsibility of the Race Committee to establish the penalties and the amount of these.

Article 15. CODE OF CONDUCT AND RIGHTS. Competitors must always observe and maintain their sporting behavior with other athletes and be respectful to volunteers, security staff, organization members, spectators and in general to everyone who take part in the event. They must also be mindful of the facilities prepared for the event.

15.2. All participants will be treated with the utmost respect and consideration. Your validated registration entitles you to participate in the event.

15.3. Compulsory Accident Insurance. The Santa Cruz Extreme will contract an insurance with all the guarantees established by the public authorities, that guarantees the health protection of the participant and covers the inherent risks of the competition, in accordance with Law 7/2011, of April 5, on classified activities and public shows of the Canary Islands.

Article 16. SECURITY. The organization provides all the required means to ensure a proper security to all participants, bearing in mind that the event runs along trails and mountain paths, of uneven terrain, rocks, etc. Therefore, participants must be aware of the intrinsic risk of the environment. The organization presents to the corresponding authorities a detailed safety plan where rescue protocols, road safety, ambulances, medical stations, etc., are guaranteed.

It should be considered that in some points the course runs through open to public traffic roads so participants must respect the road safety rules in towns and public highways.

The control staff is empowered to indicate the conduct that must be always followed by the participants in case of objective dangers, change of itinerary, accident or drop-out.

Article 17. INTERRUPTION OR SUSPENSION OF THE EVENT. In case of adverse weather conditions, for safety or force majeure reasons, the races may be postponed or interrupted, the route may be modified, or the time limits may vary. In case of neutralization of the races at some point, the classification shall be established according to the order of arrival of the contestants to that point or, failing that, at the location of the last control carried out.

Likewise, the organization reserves the right to suspend the race at any time prior to its celebration always for reasons beyond its control and under the orders of the competent authorities. Derived from declarations of alert for adverse weather events and especially by recommendation and orders of the Health Authorities in case Tenerife has certain rates of spread and contagion of Covid-19 that would prevent the event from taking place.

If at the time of neutralization there are runners who have passed the control and have a sufficiently good condition to continue competing: they will be neutralized in the next control point, ending the race in order of arrival at this last control point. The following in the rankings would be the runners of the previous control or of the point of neutralization.

17.1. In the event of cancellation of the race, if the weather conditions require it and if it is duly justified by public alerts or health instructions derived from the Covid-19 pandemic, an adequate date will be sought to carry out the event within the calendar year of the race. In case it cannot be held, the corresponding proportional amount will be refunded once the mandatory expenses incurred by the organization have been deducted.

Article 18. DOPING. The use of substances, pharmacological groups and methods aimed at artificially increasing the physical abilities of athletes is strictly prohibited, being applicable the Organic Law 3/2013, of June 20, on the protection of athletes' health and fight against doping in sport, the Regulation, and other provisions of the FEDME. Regarding doping, the Anti-Doping Committee of the FEDME follows the provisions of the Organic Law 3/2013, of June 20, on the protection of athletes' health and fight against doping in sport. Said Committee follows the guidelines of the Spanish Agency for Health Protection in Sport (AEPSAD) and will be responsible of working with the AEPSAD for the appropriate purposes.

The responsible organism on doping sanctioning based on the Organic Law 3/2013, of June 20, on the protection of athletes' health and fight against doping in sport, is the AEPSAD. Only when regarding officially qualified



international athletes or runners who participate in international competitions, the organism responsible will be the Spanish Federation for Mountain and Climbing Sports. In this case and in front of positive doping test, the Anti-Doping Committee of the FEDME will report its resolution to the Disciplinary Committee of the FEDME to make the final decision and establish the corresponding sanctions.

Article 19. IMAGE RIGHTS The registration in any of the modalities of the event implies the express consent of the participant to the use and reproduction of his personal image through any device and wearing the sports attire for the event, which will be owned by the organization. These personal images have as the sole purpose of promoting the Santa Cruz Extreme by disseminating information about it through social media, billboards, or any other means. This consent will be given expressly at the time of registration with the acceptance of these regulations.

You must be aware that the races run through public spaces and that your image may be captured by the public or other media, in both cases it will not be the organization's responsibility.

Article 20. PERSONAL DATA PROTECTION. 1. Personal data (name, ID, address, date of birth, telephone number and email) is incorporated into the database of the organizing body, Fundación Canaria Santa Cruz Sostenible, whose purpose is to manage the commercial relationship with the participant (contractual basis). In any case, the participant will have to expressly give its free will within the registration process, giving his spontaneous and informed consent and being at his disposal all the rights regarding data protection required by European regulations.

Basic information on data protection	
Person in charge	Fundación Canaria Santa Cruz Sostenible
Purpose	Manage the commercial relationship with the athlete of the sporting event and promote the event.
Legitimacy	Consent of the interested party/Contractual relationship
Recipients	The transfer of data is not foreseen, except for the communication of the identity of each participant for the Compulsory Accident Insurance and Civil Liability that applies to all registered participants.
Rights	To access, rectify and delete the data, as well as to the exercise of all rights established in the European and National Regulations, further explained in the additional information.
Additional Information	You can consult additional and detailed information on Data Protection at www.santacruzextreme/datospersonales

20. 1. You expressly authorize to receive commercial information (about sporting events of the same nature) by email. You may revoke your consent at any time by the same means.

Article 21. CLAIMS. Claims will have to be made in writing, must comply with a minimum format, and will have to include the following: Name of the person lodging the claim, ID Number (DNI), Name of the athlete(s) affected, Bib number and facts alleged.

21.1. Claims will be delivered to the Race Jury, who will then resolve it as appropriate.

21.2. Complaints regarding provisional classifications may be filed up to 10 minutes after their publication.

21.3. The rights that assist the claimant before the ordinary jurisdiction may be exercised against the resolutions adopted in the claims.

Article 22. FEES. The quota to participate in the event will be published on the event's website and registration platform.

22.1. Those runners who have paid their registration fees and who for personal reasons do not wish or cannot participate in the event must bear in mind the following: that once the registration is made there are costs to the organization (t-shirts orders, hiring services according to the number of registered people, maintenance of registration and payment platforms, etc.). Therefore, participants must bear in mind the following return policy:

- Applications up to two months before the race date (August 13): 80% refund of the amount paid.

- Applications up to one month before the race date (September 13): 50% refund of the amount paid.

- After September 14th the cancellation option will no longer be available. However, the registered runner who cannot participate in the event will have the option to assign their registration rights in favor of a new participant until the official closing of registrations. This fact must be communicated to the organization.

- The runner who for any reason cannot participate in the event and has not assigned his bib number to someone else, will be entitled to the runner's bag if he or a designated person came personally on the established bib delivery days.

- Any runner may change modalities as long as there are places in the chosen one. If the chosen one is a higher modality, the difference in the registration fees must be paid during the change management. The change to a lower modality, once registered, is a free and personal act that will not result in any refund. The difference applies to the administrative management expenses involved in the requested procedures.

ARTICLE 23. MODIFICATIONS. These rules may be amended, extended, or improved at any time by the organization. The fact of making the registration shows the conformity of the participant with these regulations.



First additional provision. Anything not contemplated in this regulation will follow the additional applicable law of the latest FEDME Mountain Racing Competition Regulations and the 'Guide of good practices for the development of mountain races in protected natural areas'.

Second additional provision. The instructions that the organization establishes to minimize the spread of Covid-19 pandemic will be mandatory. These instructions will be permanently available on the event's website. As well as the legal provisions established by the Health Authorities, that considering the behavior of the pandemic will change and adapt them depending on the epidemiological situation. The organization of the Santa Cruz Extreme will make them public and will strictly enforce them.