

MONTEROSASKIALP

monterosa ski



MONTEROSA
SKI



RULES

1) CLASSIC TECHNIQUE SKI MOUNTAINEERING RACE

Classic technique two person race.

The race will take place on Friday, March 8, 2024 at 18:00, arrival and departure in Gressoney-La-Trinité, Edelboden Place (start chairlift Punta Jolanda).

Categories

Men's (one category).

Women's (one category).

Rankings

Rankings will be decided on the basis of the time required by the two athletes to complete the route; both members of the team must proceed to the finishing line together otherwise a penalty will be incurred.

The following rankings have been defined:

Men's absolute ranking.

Women's absolute ranking.

Prizes

Men's absolute

1st ranked team	2.000,00 €
2nd ranked team	1.000,00 €
3rd ranked team	500,00 €
4th ranked team	300,00 €
5th ranked team	200,00 €

Women's absolute

1st ranked team	2.000,00 €
2nd ranked team	1.000,00 €
3rd ranked team	500,00 €
4th ranked team	300,00 €
5th ranked team	200,00 €

In addition, each of the athletes from the top five ranked teams will receive a basket of typical Aosta Valley products.

The awards ceremony will take place during dinner in the Monterosa SPA Multipurpose Hall in Gressoney-La-Trinité.

2) ROUTE

Route detail

<i>Location</i>	<i>Altitude [m]</i>	<i>Distance [km]</i>	
Gressoney-La-Trinité Chairlift Punta Jolanda		0,00	Departure
	+600	3,30	
Intersection slopes Moos/Alpe Ricka		3,30	Check point
	-440	2,60	
Staffal		5,90	Check point
	+280	1,50	
Pista Nera		7,40	Check point
	+160	0,45	
Sitten		7,85	Check point/ Refreshment
	+470	2,45	
Colle Bettaforca		10,30	Check point/ Refreshment Time gate 2:30 from Departure
	-750	4,20	
Alpe Ciarcerio		14,50	Check point/ Refreshment
	+475	2,60	
Mont Ross		17,10	Check point/ Refreshment
	-150	0,80	
Alpe Forca		17,90	Check point
	+375	1,60	
Colle Bettaforca		19,50	Check point
	-860	4,60	
Stafal		24,10	Check point
	+440	2,60	
Intersection slopes Moos/Alpe Ricka		26,70	Check point
	-600	3,30	
Gressoney-La-Trinité Chairlift Punta Jolanda		30,00	Arrival
Positive drop	2.800		
Negative drop	2.800		

Technical briefing

The briefing will take place at 17:00 in the multipurpose lounge of the municipality of Gressoney La Trinité in the locality Edelboden (race office, chairlift departure Punta Jolanda).

Refreshment points

There will be 4 refreshment points in the race at the sites shown in the route description. Hot tea and water will be available in these refreshment points.

Route signs

Small, green flags for the ascent (external right hand side), red for the descent (ground mounted on slope) and yellow for the stretches on foot with inserted reflectors; flares near the most demanding direction changes along the descent.

Changes, suspension, cancellation

In the event of conditions deemed dangerous to the athletes or organisers, the race route may be changed or the entire race suspended or even cancelled. In case of cancellation, the enrolment fee will not be refunded.

Time checkpoints

Passage to Colle Bettaforca within 2:30 hours of departure.

3) EQUIPMENT

Every athlete is aware and directly responsible for all the equipment he/she uses during the race. When enrolling, the athlete guarantees the technical effectiveness of his/her equipment, with no changes apart from those authorised by the manufacturer.

In the event of equipment breakages, replacement is allowed during the first metres from the start line in areas cordoned off by the organisation. When moving along the route replacements are only permitted at the checkpoints. The organisation will not supply spare equipment to the athletes.

Checks on equipment will be carried out by members belonging to the organisation at the end of the race in the closed-off area in the arrival zone. Functioning checks by ARTVA and bib checks are compulsory to access the starting line area; these will be carried out by members belonging to the organisation.

Individual equipment

A pair of Ski Mountaineering skis

Minimum length 160 cm. (measured from the end points along the entire surface length) for the men's category and 150 cm for the women's category fitted with metal blades over at least 90% of their length, limited sidecut, 80 mm tip, 60 mm middle ski width, 70 mm end point. The measurements stated by the manufacturer are deemed correct. The manufacturer assumes full responsibility for these measurements.

A pair of Ski Mountaineering boots

Boots must not be altered, they must be high enough to cover the ankles and ready for fast and secure crampon hooking/strapping. In addition they must be fitted with shell and cuff fastening devices and have flex blocking between the cuff and shell. All types of elastic bindings and adhesive tapes are not permitted. All ski mountaineering ski boot fastening systems and soles sold on the market by manufacturers are deemed to comply with the rules unless they have been altered.

Minimum requirements:

- The minimum exterior surfaces of the notches that come into contact with the ground is 1 cm
- The soles must be made in Vibram or similar type rubber material;
- The sole of each boot must be notched and cover at least 75% of the surface;
- The minimum number of notches per ski boot is 23 of which 15 must be in the front part and 8 in the heel part;
- The minimum height of the notches is 4 mm.

A pair of bindings

Ski mountaineering bindings must be used. They must be able to lock the boot at the back and front. Front and side unlocking is essential on the back part. The front part of the binding must have a lock and unlock position. Boots and bindings must be adjusted in accordance with the manufacturer's instructions so as to guarantee proper functioning of the unlocking systems. Mixed bindings (back part by one manufacturer and front part by a different manufacturer) are prohibited.

A pair of ski poles

Poles with metal ski baskets are forbidden

A 180 x 200 cm thermal sheet

An ARTVA in compliance with International Standards EN 300718 457 kHz

This must be transmitting throughout the race and is worn above the first layer of underwear, underneath the ski suit or in the pocket of the ski mountaineering suit. The transmitter alone is prohibited.

A snow shovel with a handle

The shovel assembled with the spoon must have a minimum length of 50 cm. the measurements of the spoon must be minimum 20x20 cm.

A snow probe

The snow probe must have a minimum length of 240 cm and a minimum diameter of 10 mm.

Crampons

Minimum 10 tips height 3 cm. They must be carried in the backpack toe to toe, must not be modified and must have the laces (no elastic bands) fastened during their use. Before the start, the Race Direction will communicate the need to have crampons in the backpack and to wear them in the walking section on the Gressoney Black Slope. During the competition, the Race Direction may change the need to wear them.

A rucksack with shoulder straps

Fitted with 2 ski holder straps and able to hold all the equipment prescribed in the rules.

Ski skins

3 ski skins. The use and application of tape or similar materials to improve the sliding effect of the ski skins is forbidden. Ski skins must cover at least 50% of the bottom of each ski and be half the length of each ski.

Clothing for the upper part of the body

Three layers, two with long sleeves in the competitor's size, one of which must be windproof. Depending on weather conditions the windproof layer may be substituted by a thermal layer with the following features: windproof jacket with hood in the competitor's size with min. 100 grams per square meter of thermal padding that guarantees minimum thermal protection equal to 2 CLO.

Clothing for the lower part of the body

Two layers. One pair of pants or a ski suit in the competitor's size and a pair of windproof pants in the competitor's size. Depending on weather conditions, the wind-breaker layer may be substituted by a thermal layer with the following features: min. 60 gram per square metre of thermal padding.

A helmet

A UIAA CE approved alpine or ski mountaineering helmet to be worn throughout the race (with a closing which is always fastened).

Gloves

A pair must be worn during the entire race.
A spare pair of mittens.

A cap, headband or ski suit hood.

A pair of goggles or visor with transparent lens.

Front light

1 lamp fixed to the helmet that is always ON and 1 spare lamp.

Mobile phone

Must be ON throughout the race. The number must be shown on the enrolment form.

Race number and control chip

Race numbers must be fixed to the right thigh and the rucksack and must be clearly legible. Control chips must be glued to the helmet.

4) RACE BEHAVIOUR

Distance between the athletes

The athletes must move in a team with a distance between them of no more than 20 metres.

Changing ski skins

Ski skins must be attached or removed in the cordoned off designated areas without external help. The changing areas are illuminated and cordoned off by nets that are positioned in order to restrict and impede overtaking in the changing point. During the time for changing ski skins, snow poles must be placed on the ground. Team members must leave the ski skin changing areas together.

Withdrawal

As soon as there is an opportunity, competitors withdrawing from the race whilst still on route are obliged to go to the nearest checkpoint and communicate their withdrawal ensuring that it is recorded. In case the withdrawal is not communicated, searches will be set up as a consequence and all costs relating to these will be charged to the competitors concerned.

Complaints

These must be submitted to the Jury, 15 minutes after the team has crossed the finishing line and must be pertinent, in writing and accompanied by the sum of €50,00. Every decision taken by the Jury will be final and not subject to appeal.

Collection of bibs and control chips

Bibs and control chips will be delivered with the race packages to the multipurpose fair of the municipality of Gressoney-La-Trinité in the locality Edelboden (departure chairlift Punta Jolanda) on March 8, 2024 from 2pm to 5.30pm when medical certificates, valid for the day of the race, that testify to the suitability of competitors to participate in competitive sports together with a payment receipt are submitted.

5) ENROLMENT

Modality

Online at monterosaski.eu/en by filling out the online form with credit card payment. Registration closes online on Thursday 07 March 2024 at 18:00.

It is possible to register directly on the day of the race at the competition office (multipurpose fair of the municipality of Gressoney-La-Trinité in the locality Edelboden, departure chairlift Punta Jolanda) with an additional € 20.00 per team. If the registration is already registered online, but not concluded (e.g. payment not made), it will be possible to complete it directly on the day of the race at the race office with an additional € 10.00 per team.

Enrolment fee

The enrolment fee is fixed at €120,00 per team and includes a race pack (guaranteed for the first 175 teams who enrol), refreshments in the arrival zone and dinner at the end of the race per athlete as well as the organisation, safety and assistance service provided during the event.

Change of athlete

You can send the form at monterosaski.eu/en or by going to the front office of the Monterosa s.p.a. until Thursday 07 March 2024 at 17:00, after which it will be possible to do so only the day of the competition at the competition office (multipurpose fair of the municipality of Gressoney-La-Trinité in Edelboden, departure chairlift Punta Jolanda) with a cost of € 10.00 per team.

6) INFORMAZIONI

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For anything which has not been included in these rules, please refer to the International and National Rules.



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