



VIII VERTICAL KM OF THE FANAL

REGULATION

Art. 1.0 - Organization

The VIII KM Vertical do Fanal is organized by the Mountain Club of Funchal in close collaboration with the Federation of Camping and Mountaineering of Portugal. It also has the great support from the Porto Moniz City Council and other public and private institutions. The VIII KM Vertical of Fanal will be held on September 6, 2020, with the departure of the first participant scheduled for 9:00 am.

Art. 2.0 - Definition

Vertical Kilometer (Vertical Kilometer®) - It is a discipline of the Skyrunning modality, which consists of the ascent of 1000 meters with a significant slope that does not exceed 5 km of linear extension. The Vertical Kilometer is divided into three levels of altitude (variation of ± 200 meters), namely from 0- 1000 m, 1000-2000 and 2000 to 3000 meters, with a 5% tolerance.

Art. 3.0 - Description

The VIII KM Vertical do Fanal is a competition played on a predominantly uphill route, with a positive difference of 1,000 meters and an approximate distance of 3,980 meters between the departure and arrival.

It will start in Ribeira Funda, at an altitude of about 78m and end next to Lagoa do Fanal, at 1,078m altitude.

Art. 4.0 - National and Regional Circuits

The VIII KM Vertical of Fanal will score for the Madeira Cup - Vertical and for the Regional Trophy of Clubs.

Art. 5.0 - Classifications - Classes

Given the current pandemic situation, there will be no award ceremony, classifications will be assigned according to gender and respective levels:

Youth M / F (age between 16 and 17 years)

Juniors M / F (aged between 18 and 20)

Seniors M / F (age between 21 and 39 years)

Veterans M40 / F40 (aged 40 to 49)

Veterans M50 / F50 (aged 50-59)

Veterans M60 / F60 (aged 60 to 69 years)

Veterans M70 / F70 (from 70 years old)

According to the FCMP Skyrunning Competition Regulation

http://www.fcportugal.com/files/regulamentos/Regulamento_Skyrunning_2015.pdf), the echelons of athletes are determined by their year of birth and the calendar year of the season sporting. Thus, the age to be taken into account when calculating the competition level of each athlete, will be the one that the athlete has on December 31, 2020.

Art. 6.0 - Competitiveness and Respect for the Environment

The VIII KM Vertical do Fanal is celebrated in absolute respect for the environment. Will be disqualified participants who engage in violent or xenophobic behavior, harming competitors or throwing garbage anywhere on the route.

It is mandatory to respect the areas surrounding the route and private properties in general. The participants will be liable for any resulting damages that are charged to them.

Art. 7.0 - Registration, Requirements and Obligations of Participants

Art. 7.1 - Registration and payment:

Registrations are made only on the event's website, kmverticaldofanal.com and only are considered completed after payment of the defined registration fee;

Each participant must correctly fill in all their personal data;

For logistical reasons, the organization limits the number of participants to 200; The entity

The organizer also reserves 10 seats to fulfill its commitments. Registration fee: 10 €.

Art. 7.1.1 - Registration includes:

Personal accident insurance;

Transport from the concentration area to the departure area;

Participation kit (Chip and Breastplate);

Water and energy bar after the goal zone;

Art. 7.2 - Requirements for Participation

Be 16 years old on the date of the test;

Know and accept the conditions of this regulation; Make the registration correctly.

Art. 8.0 - Physical Condition

Participation in the event is the sole responsibility and risk of the participants. The participant making your registration declares that you are physically ready to complete the route.

Art. 9.0 - Cancellation or Transmission of Registration

After the payment of the registration fee, it is considered definitive, therefore, in the case of unable to participate, the registration fee will not be refunded. Entries are personal and non-transferable and cannot be used by anyone other than the one registered. In the case of, for



reason of force majeure, cannot participate and meet someone who wants to take his place, must contact the organization up to 8 days before the race date.

Art. 10.0 - Term of Responsibility

Participants registered in the VIII KM Vertical do Fanal, at the time of their registration, will have to tick who have read the respective regulation and agree with it without exception, in this way declare to participate voluntarily and under their own responsibility in the competition. Per therefore agree not to complain to the authorities, employees, sponsors and other participants of any responsibility and in everything that exceeds the coverage of the policy.

This act replaces the usual paper document. In the case of underage athletes at the date of proof, the paper term of responsibility will be made available, which must be completed and signed by a parent or guardian and delivered to the organization when the kit is collected participation.

Art. 11.0 - Image Rights

The organizer reserves the exclusive right to the image of the VIII KM Vertical do Fanal and exploration of audiovisual, photographic and journalistic events.

Any project or advertising medium must have prior consent from the organization.

Art. 12.0 - Secretariat

There will be no secretariat on the day and place of concentration; The delivery of the participation kit will be scheduled with a representative from each club, or with the athlete himself if individual, on the premises of the Funchal Mountain Club. Participants must be accompanied identification document and minors must submit the term of responsibility signed by your parent or guardian.

Art. 13.0 - Timing System and Control of Waypoints

The timing system of the Funchal Mountain Club, "CMoF Timing, will be used System "; there are no usual control points along the route. Only on the goal is recorded the time of arrival of the athlete.

Art. 14.0 - Departure

The clock starts counting at the set time, with or without the presence of the participants.

Participants who are not present within 15 minutes of their departure time will be disqualified. Participants start the test individually and with an interval of 60 seconds between themselves; The concentration of athletes at the start will not be allowed; There will be a runner before the start with the appropriate distance marked, where the athletes will queue for the exit order; Body temperature will be measured for all athletes before the match. After 50 athletes will be given an interval of 15 minutes, so that the number of athletes in the route is shorter; The use of the chest provided by the organization is mandatory during the entire time the participant is in the race.

Art. 15.0 - Means of Progression in the Competition

Walking is the only means of progression permitted throughout the route, and is prohibited any kind of help, other than your physique and sticks.

Participants must be sufficiently trained to perform physical activity along a route with a marked positive difference and have the capacity to recover smoothly after completing your test.

Art. 16.0 - Rules of Conduct and Safety

When participants perceive the approach of a faster athlete, they should facilitate their passage. Athletes who intend to overtake a slower athlete should, when close enough, warn you that they intend to do so.

For good communication between the fastest and slowest athletes, it is absolutely forbidden to use of headphones during the race.

Participants must help another participant who is in difficulty. In case of accident during the race, and in the situation of not being able to proceed, the participant must enter in immediate contact with the organization or ask someone to inform you of your situation, if otherwise you should try to reach the end where you will be rescued.

Art. 17.0 - Penalty or Disqualification

It will be subject to penalty or disqualification if the participant:

- Reach the goal beyond the time limit for the race (2:00 am) - declassification;
- Cause damage to the route - between 3 minutes and disqualification;
- Disrespect the general rules for the protection of the forest - declassification;
- Throwing garbage on the floor - disqualification;
- Infringing other rules established by the organization - between 3 minutes and disqualification;
- Do not help a participant who is in need of help - between 3 minutes and declassification;
- Request help unnecessarily - disqualification;
- Deliberately do not take the breastplate or it is not visible (placed in front) - declassification;
- Don't have the chip - disqualification;
- Do not respect the marked route - disqualification;
- Do not facilitate the passage of an athlete faster - between 3 minutes and disqualification;
- Receive personal assistance during the race - between 3 minutes and disqualification;
- Using Headphones (*headphones*) during the race - disqualification.

Art. 18.0 - Mandatory Material

The use of a mask is mandatory in all areas where there may be a concentration of people, including: inside transport buses to the departure area; after leaving buses in Ribeira Funda; The athlete can only remove the mask when in the starting box waiting for the countdown to your departure time; Athletes must take the mask with you during the competition and put it on

correctly after finishing the race; It is mandatory to carry the breastplate always visible and the chip provided by the organization; It is mandatory to use of footwear and minimum clothing appropriate for a mountain race.

Art. 19.0 - Supplies

There will be no supplies on the way. An individual bottle of water on arrival and an energy bar.

Art. 20.0 - Competition Jury

The competition Jury is made up of the Race Director and the referee judges, one of whom is the President of the Jury. The jury president and the referee judges are appointed by the Board of FCMP arbitration.

Article 21.0 - Proof Insurance

Participants in the VIII KM Vertical do Fanal will be covered by personal accident insurance with the following coverage:

- Death or Permanent Disability: € 28,043.00
- Funeral expenses: € 2,244.00
- Treatment and Repatriation Expenses: € 4,487.00 Deductible:
- Treatment and Repatriation Expenses: € 75.00 per claim.

In the event of an accident, the participant must first contact the organization, which arrange for your referral to the medical institution best suited to your condition together with a copy of the respective claim. Sometimes and, given the urgency / seriousness of some accidents, it becomes impossible to take care of filling out the participation in the claim. In these circumstances, the claim's claim may be dealt with after completing the first aid to the participant, in any case the participation of the accident should always pass through the organization, being responsible for sending it to the respective insurance company. The organization will not incur claims expenses, of which it has not taken timely knowledge to activate insurance.

Art. 22.0 - Data protection

The data of the participants indicated in the registration form will be registered by the entity organizer for the purposes of processing at the event namely, insurance company, list of subscribers, news and ranking. All participants can exercise their right of access, rectification or cancellation of your personal data by sending an email to geral@cmofunchal.pt. In case the participant is federated in FCMP - Federation of Camping and Mountaineering of Portugal, the act of registration presupposes the authorization for your data to be transmitted for the purpose of preparing the classification and ranking of the various cups, procedures of the responsibility of that Federation.

Art. 23.0 - Cancellation of the test

The race organization may suspend, reduce or stop the race for safety or security reasons. force majeure, beyond its control; The race will not be suspended if the intensity of the rain and / or wind is considered low or moderate and therefore does not present a significant risk.

Art. 24.0 - Complaints

Any complaint must be submitted in writing, using the model provided by the Jury of the Competition, accompanied by a security deposit of € 50.00 (which will not be refundable, if the claim rejected), and delivered to the President of the Jury within 15 minutes after the official publication of classifications.

The competition Jury, which will analyze the complaint, is composed of the President of the Jury, the Director the competition and the referee judges. The decisions made by the Jury can be claimed in accordance with Chapter 10 of the Skyrunning Competition Regulations.

Art. 25.0 - Missing Cases

Omissions in this regulation will be resolved by the competition Jury. Of these decisions there may be an appeal, in accordance with the provisions of Chapter 10 of the *Rules of Skyrunning competitions* of the Federation of Camping and Mountaineering of Portugal.

Art. 26.0 - Individual procedures for all participants in the face of the current pandemic

- Athletes who have suspicions or symptoms of illness, such as cough, fever, difficulty respiratory, sore throat, muscle pain, taste and / or smell must attend the test;
- All athletes must wear a mask before and after their race;
- Athletes must wear a mask during the competition, and place it correctly after finishing the race;
- Athletes must always maintain social distance;
- It is forbidden to spit or similar during the race and etiquette measures are advised breathing, such as covering your nose and mouth with a tissue or your arm when sneezing or to cough;
- Athletes must take into account the risk of contagion, even if all rules are applied by the organization, its participation being free will.