



REGULATION

ULTRA MADEIRA 2024 (8th EDITION)

1. Presentation

- The AARAM – Associação de Atletismo da Região Autónoma da Madeira is the organizer of the so called “**ULTRA MADEIRA**” event, 8th edition, which will take place on **October 5th and 6th, 2024**, with absolute respect for the environment. This event will be the first competition of the *CIRCUITO TRAIL MADEIRA* circuit, season 2024-25.

- “**ULTRA MADEIRA**” is a trail running event, which takes place entirely on the island of Madeira and includes 5 events:

- **ULTRA MADEIRA** - 78km and 3610 meters of positive altitude gain (linear format)
- **ULTRA 50K** – 51km and 2051 meters of positive altitude gain (linear format)
- **TRAIL 30K** - 30 km and 1360 meters of positive altitude gain (linear format)
- **TRAIL 15K** - 15 km and 340 meters positive altitude gain (linear format)
- **MINI TRAIL** - 8 km and 290 meters positive altitude gain (linear format)

1.1. Minimum age of participation in the different races

- To participate in the event participants must be integrated in one of the following classes:

ULTRA MADEIRA - Seniors or Masters (≥20 years);

ULTRA 50K - Seniors or Masters (≥20 years);

TRAIL 30K– Seniors or Masters (≥20 years);

TRAIL 15K – Youth, Juniors, Seniors or Masters (≥16 years);

Mini Trail - Youth, Juniors, Seniors or Masters (≥16 years).

Note: Age limit for participation - 75 Years.

2. Races

2.1. Presentation of races / courses

- The **ULTRA MADEIRA** race courses run entirely on Madeira Island, with passes through the most emblematic points of it.



- The **ULTRA MADEIRA** route starts at Caniçal, goes to Ribeira de Natal, Pico do Facho, Forum Machico, Caminho Real 23; Caminho das Voltinhas, Santo da Serra; Cabeço da Madeira, Pico dos Porcos; Levada da Serra do Faial, Águas Mansas, Ribeiro Serrão, Rochão; Montado do Pereiro; Parque Ecológico do Funchal, Poço da Neve, Pico do Areeiro, Chão da Lagoa, Poiso, Lajedo, Lombo Comprido, Pico do Suna, Lamaceiros, Portela, Funduras, Boca do Risco, Cabeço das Covinhas and finishes in the Caniçal village center.

- For reasons of force majeure, routes and times may change.

2.2. Distance (categorization by distance) / altimetry (cumulative positive and negative gains) / difficulty categorization / maximum times

Races	Aprox. Distance (km)	Positive Gain (m)	Negative Gain (m)	Maximum Time (h)	Categorization	Difficulty level
ULTRA MADEIRA	78	3610	3603	21	ULTRA TRAIL	2
ULTRA 50K	51	2051	2751	16	ULTRA TRAIL	2
TRAIL 30K	30	1360	1360	10	LONG TRAIL	2
TRAIL 15K	15,4	340	920	5	SHORT TRAIL	1
MINI TRAIL	8	290	390	2	SHORT TRAIL	2

Note: The gpx files provided by the organization may have disparate distance and altitude gain values, depending on the equipment / software and user-operated adjustments.

2.3. Map / altimetry profile / course description

- **ULTRA MADEIRA's** courses are mostly dirt roads, tracks, levadas (irrigation channels), tunnels and small stretches of paved roads. The routes use public roads whether on or off road, cross sites and towns and use service accesses that pass through private properties. The courses will therefore not be open exclusively to the races, and in this sense, participants must take into account the fact that there are vehicles, people and possibly animals moving in both directions on the race courses.

- Race tracks, cross roads and often cross them perpendicularly, which should be given the utmost attention by participants.

- As there will be no road traffic cut, participants must comply with traffic rules on public cities and roads, as well as respect agricultural areas and private property, otherwise they will have to assume potential damages and compensations resulting from their non-compliance.

- The organization will make available the GPS tracks of the race courses. However, the indications of the elements affecting the organization and the signs placed on the terrain will always prevail.



2.4. Limit time

- **ULTRA MADEIRA** is an event that integrates 5 single stage races, with time limit of execution.
- Time barriers are calculated to allow participants to reach the finish line within the imposed time limit, taking into account possible stops (rest, fueling, etc.).
- To be allowed to continue in the race, participants must arrive and leave the checkpoint before it's closing time, otherwise they will be prevented from proceeding and will be disqualified.
- The Organization does not guarantee assistance beyond established checkpoint times and race completion times.
- Any participant excluded from the race and wishing to continue may do so only by delivering a part of the bib number, detachable for that purpose, continuing under his own responsibility and in complete autonomy.
- For reasons of force majeure (weather and / or safety), the organization reserves the right to change time barriers.
- The organization will disclose on the event website, a pass table and time barriers for all events.

3. Registration

3.1 Application process (web page, payment)

- Registration in **ULTRA MADEIRA** implies the understanding and acceptance without reserves of the rules and regulation of the race.
- Only entries made through the registration platform listed on the column "The Event", on <http://ultratrailmadeiraisland.com> website, will be accepted.
- Each participant must correctly fill in the registration form and pay the amount stipulated, being the participant responsible for the accuracy of their data.
- The organization is not responsible for any disclaimers of liability by third parties (including insurers), due to incorrect data on the participant's application form.
- The means of payment available are: ATM (for national territory only); Credit Card and PayPal. Proof of payment is not required (except when the name used in the transaction is different from the one used on the registration).
- Registrations will not be accepted from athletes found to be punished by their national federations for sanctions imposed following anti-doping.
- The payment of registration fee implies a place reservation, personal and non-transferable.
- Upon confirmation of payment, the participant's name will be in the updated registration list.
- Any additional clarification can be requested by email to geral@atletismomadeira.pt



3.2 Registration Fees and Fees

- **The registration period is between May 04st and September 15th, 2024.**
- The registration fees are as follows:

RACES	DEADLINE: 15/09/2024
ULTRA MADEIRA* **	€65,00
ULTRA 50K* **	€50,00
TRAIL 30K	€35,00
TRAIL 15K	€23,00
Mini Trail (8km)	€15,00

* Free registration for male and female athletes with ITRA performance index of 800 and 650 points or above, respectively.

** Free registration for previous editions winners.

- Until the registration deadline, the alteration of the race registration is allowed, whenever places are available.
- If the change is for a race with a higher registration fee, the differential should be paid. If it is for a race with lower entry fee, there will be no return of the difference between both entry fees.
- **After registration is closed, no changes are allowed.**

3.3. Conditions return of registration fee

- Reimbursement may be requested when a participant has been shown to be unable to take the race, provided that the participant is associated with an accident or illness diagnosed after registration.
- Cancellation must be requested by email to geral@atletismomadeira.pt. A medical certificate must be attached to this request.
- No cancellations will be accepted by phone.
- Amounts reimbursed to participants meeting the above conditions will vary according to the date on which reimbursement is requested.
- **The organization will not "block" entries.**
- Reimbursement of fees paid will be made under the following conditions:

Until 06/30/2024	50% of the fee will be reimbursed
From 07/01 to 15/08/2024	25% of the fee will be reimbursed
From 15/09/2024 onward	No reimbursement will be given

- If the event is canceled for reasons beyond the will of the organization, by the deadline for registration, a refund will be entitled to a certain percentage calculated by the organization, which will cover the expenses previously incurred with the event.



3.4. Materials and services included with registration

- Liability and personal accident insurance (for AARAM members, the insurance associated with their membership will be activated).
 - Personalized electronic registration bib number, including chip.
 - Bags for change of clothes and / or finish line (for participants of the ULTRA race).
 - Souvenir. (until July 30th, all registered participants are guaranteed a souvenir of the race).
 - Transfer to departure zones.
 - Supply of solids and liquids, while in competition, at designated checkpoints and in the finish line area.
 - First Aid, at designated checkpoints and in the finish line area.
 - Transport from the point most accessible to motor vehicles to the finish line area in case of abandonment or being prevented by the organization from continuing in the race.
 - Finisher souvenir for ALL participants.
 - Podium Awards (overall, age groups and teams) for ALL events.*
- *No teams prizes in the 17k race; no teams, nor age groups prizes in the 8k race.

3.5 Services provided (transportation, etc.)

3.5.1 - Services not included in registration

- Premium Technical T-shirt allusive to the event (can be purchased for an extra fee (€15) until 08/31/24).

3.6. Competition Secretariat (Check-In) / Times and Venues

3.6.1 - The Race Secretariat will run on the days and places defined in the Program (section 4.)

For **Check-In** participants must bring the following documents / material:

- ID Card or Passport.
- In the case of minors under 18 at the date of the race, present the authorization of parents or guardians.

Note: If the check-in is made by a third person, they need to present the above documentation.

Note 2: Items non collected by participants, will be eliminated after one week.

3.7. Physical conditions

- Participants must be aware of the distance and particularities of the race in which they will participate, be able to be autonomous between two fuelling stations and manage the problems caused by this type of race, particularly in terms of changing



weather conditions (night time, wind, cold, rain or fog) and are sufficiently trained to complete it.

- Participants will have to know how to deal with physical and mental problems resulting from extreme fatigue, digestive problems, joint and muscle pain, etc.
- Be aware that it is not the role of the organization to help a participant overcome these problems and that this depends mainly on his ability to adapt to the problematic situations arising from this type of event.

3.8. External Help / Personal Assistance

- Participants are allowed to receive personal assistance given only by an accredited person and only at checkpoints / fuelling stations previously defined by the organization (100 meters before and after the Checkpoint).
- Outside the area previously defined, any external help, such as professional assistance (coach, doctor, team, pacers, etc.) is strictly prohibited.

3.9. Bib number Placement

- The bib number must be permanently visible throughout the race, ie it should be positioned over the clothing, in the chest area, or abdomen, and cannot be fixed for any reason on the leg or back. Sponsors' names and logos cannot be modified or hidden.
- Only participants with visible bib number will have access to checkpoints / refueling. Failure to comply with these rules will result in the penalty provided for in Article 7.

3.10. Environmental and sporting conduct rules

- **ULTRA MADEIRA** is an event that promotes respect for the environment and favors, above all, fair play.
- Participants must respect and keep the environment clean. All containers and packaging of consumed products or other waste produced by athletes should be transported by them and / or placed in the adequate bins. Failure to comply with this rule, witnessed and recorded by any member of the race organization, implies immediate disqualification of the athlete.
- It is critical that participants help anyone in distress and alert the nearest checkpoint or contact the organization.
- The organizer reserves the right to exclude from the race, even before its start, any participant that, through their behavior, conditions the management and / or proper functioning of the event. Should this occur, the athlete will not be reimbursed.
- Unsportsmanlike conduct shall be sanctioned according to its degree of seriousness, as stipulated in Article 7.



3.11. Responsibilities to the athlete / participant

- Entrants registered in **ULTRA MADEIRA** accept to participate voluntarily and under their own responsibility in the competition. Accordingly, they agree not to claim or demand from the organization, employees, authorities, sponsors and other participants any liability to them and their heirs in any way that exceeds the coverage of their responsibilities, that of their employees and participants.

4. Schedule

05.04.2024 - Registrations opening.

09.15.2024 - Registrations deadline

09.25.2024 - Official presentation of the event

10.01.2024-10.02.2024 - 10:00 to 18:00 - bib pick up - AARAM Headquarters (Câmara de Lobos Stadium)

10.03.2024 - 15:00-18:00 - bib pick up - Forte de Nossa Senhora do Amparo (Machico)

10.04.2024 - 10:00-19:00 - bib pick up - Forte de Nossa Senhora do Amparo (Machico)

Competitions

Saturday, 10.05.2024

00:45 - Briefing

01:00 - Departure of ULTRA MADEIRA - 83 km (78 km)

04:15 - Concentration of participants of Trail 50K (51km) at Museu da Baleia

04:30 - Bus(es) departure to the start point (Águas Mansas)

05:45 - Briefing

06:00 - Departure from ULTRA - 50 km (51 km)

07:15 - Concentration of participants of Trail 15K at Museu da Baleia

07:30 - Bus(es) departure to the start point (Portela)

08:15 - Concentration of participants of Trail 30K at Museu da Baleia

08:30 - Bus(es) departure to the start point (Porto da Cruz)

08:45 - Briefing

09:00 - Departure from TRAIL - 15 km

09:45 - Briefing

10:00 - Departure from TRAIL - 30 km

19:00 - Award Ceremony (Canical) - Trail 15K and Trail 30K Events

22:00 - Time Limit for ULTRA MADEIRA

Sunday, 10.06.2024 - Competitions / Award Ceremony

09:00 - Concentration of participants of the Mini Trail at Museu da Baleia

09:15 - Bus(es) departure to the start point (Santa Casa da Misericórdia)

09:45 - Briefing

10:00 - Departure of the Mini Trail - 8 km

12:30 - Award Ceremony (Canical) - Mini Trail, ULTRA 50K and ULTRA MADEIRA

Note: For reasons of force majeure, times and locations may change.



5. Timing control / Checkpoints

5.1. Timing control Methodology

- The organization will use an electronic timing system and, if necessary, manual control of the passage record.
- The participants' bib number includes a chip that the organization will deliver when collecting the race material, which use is mandatory.
- In the departure zone the clock will start counting at the set time, with or without the presence of the participants. Participants who are not present within 15 minutes of departure or who present themselves beyond this period will be prevented from leaving and as such will not be classified.

5.2. Checkpoints

- Checkpoints are mandatory crossing points and are located at places outlined by the organization. In each of these controls will be a person in charge of the organization. A table of passages, with different information, will be previously made known to the participants.
- Failure to control one or more checkpoints will lead to disqualification of the participant.
- During the race there may be "surprise checks" to ensure full compliance with the course. Its position will obviously not be communicated by the organization.
- Abandonments must be done solely at checkpoints. In the event of an accident or injury that hinders progression, the participant must activate the rescue operation by contacting the organization. The organization's emergency contact number will be printed on the participant's bib number and must also be recorded in advance on the participant's mobile phone.

It is critical that participants help anyone in distress, alert the nearest checkpoint and / or contact the organization. Due to problems associated with the relief and the difficulty of access to certain places of the race, it may be necessary to wait for assistance longer than usual in places with good access. Therefore, the primary safety of athletes basically depends on the quality of the materials / equipment they carry in the race.

- Medical and / or first aid services will be provided at designated checkpoints and at the finish line.
- Participants must abide by the decisions of qualified medical personnel who are entitled, within the scope of their duties, to: Stop, hospitalize, and evacuate unhealthy participants to continue the race (exceptional rescue or evacuation expenses, in addition to the insurance coverage provided by the organization, will be borne by the victim).
- The organization reserves the right to change at any time the course and position of the checkpoints without prior notice. There will be no refund.



5.3. Checkpoint Locations

- Checkpoints will provide participants with food and drink to be consumed on site (use of personal cup is required). Although other beverages are available on site, only water will be provided to fill participants' bags and other containers.
- There will be two types of fuelling stations: one for liquids only and some for solids and liquids, which will vary according to your location.

5.4. Cancellation by force majeure

Before the race:

- In cases of force majeure (red or orange alert), natural disasters (earthquakes, storms) or major political events (revolution, war, terrorist attacks), or pandemics, that force the organization to cancel the event, 25% of the registration fee will be refunded, discounted bank charges.

On the day and during the race:

- In case of severe weather conditions, the race may be delayed by a maximum of two hours, after which time the race is canceled. In the meantime, in case of bad weather and for safety reasons, the organization reserves the right to modify the time barriers and, or to suspend, reduce, neutralize, or stop the race. In this case, when a participant arrives at a control / refueling post, he / she must follow the instructions given by the members of the organization. There will be no refund.

6. Mandatory material / Material Checks

- During the competition, all participants must be accompanied by all the compulsory material. At any time during the race, the directors or chiefs of control may verify it. The participant will have to accept these checks peacefully, without contesting, otherwise he will be excluded from the race, according to the list of penalties in Article 7.
- The first 3 (three) participants of the general classification, male and female, of all events, will be compulsorily inspected after the completion of their races.

Mandatory material	ULTRA 83K (78km)	ULTRA 50K	TRAIL 30K	TRAIL 15K	Mini Trail
Bib Number (provided by the organization)	X	X	X	X	X
Backpack or similar equipment	X	X	X	X	
Water bag or equivalent of 1.0L (ULTRA) and 0.5L in the races	X	X	X	X	
Hooded waterproof long-sleeved jacket	X	X			
Hooded Waterproof Long Sleeve or Windshield			X	X	
Thermal blanket (min. 140x200 cm)	X	X	X	X	
Elastic band or bandage (min. 100x6 cm)	X	X	X	X	
Whistle	X	X	X	X	

Operating phone (with sufficient battery and balance)	X	X	X	X	
Backup food	X	X	X	X	
Cup 15 c/s (minimum)	X	X	X	X	X
1 Flashlight / Headlight, with replacement batteries	X	X			
Red back light (blinker) - to be placed on the back of the athlete, lit during the night time.	X	X			

Strongly recommended material (optional)
Amount of cash (to cover any unforeseen)
Sticks*
Trousers that at least cover the knee
Waste holder, whether or not integrated in the backpack
Gloves
Beanie / Cap / Scarf / Bandana
Change clothes
Sunglasses
Sunscreen

* Participants who choose to carry sticks will have to carry them throughout the race. The transfer and / or receipt of sticks after the starting shot, as well as the placement of them in the change bag, is prohibited.

- For safety reasons, it is recommended that participants check their material in order to make sure it is in perfect condition for the race.

7. Penalties / Disqualifications

- The race management and the control heads present at the checkpoints are responsible for applying the rules and regulations that rule the race and are therefore authorized to apply the penalties and disqualifications set out in the table below.

INFRINGEMENT (from most to least serious)	SANCTION TO APPLY
Not assisting a participant needing help	Disqualification and Eradication of future editions
Leave the race without warning the organization	Disqualification and Eradication of future editions
Share the bib number with another person, during part or all of the course	Disqualification and Eradication of future editions
Use paths other than those marked for the race, intentionally shortening the course	Disqualification and Eradication of future editions

Use unauthorized transport (ride)	Disqualification and Eradication of future editions
Severely disregarding the organization or other participants (aggression or insult)	Disqualification and Eradication of future editions
Remove flag/markings from the course	Disqualification and Eradication of future editions
Refuse to be subjected to anti-doping control or positive anti-doping control	Disqualification and Eradication of future editions
Arrive at the starting line, beyond the allowed period (15')	Disqualification
Failure to comply with security measures indicated by the organization and associated entities	Disqualification
Refuse to undergo medical assessments / examinations	Disqualification
Absence of required material and / or refuse to show it, if requested by the organization	Disqualification
Exceeding control timeout at time barrier checkpoints	Disqualification
Fail one or more checkpoints	Disqualification
Loss of Chip	Disqualification
Asking for unneeded help	Disqualification
Being accompanied by animals	Disqualification
Throw trash on the floor and / or damage the surrounding environment	Disqualification
Use paths other than those marked for the race, as long as they do not represent intentional shortcuts	1 hour penalty (1st warning); Disqualification (2nd warning)
Receive external help outside areas defined by the organization (except in cases of proven emergency)	30-Minute penalty (1st warning); Disqualification (2nd warning)
Accompanied by non-accredited persons except in areas defined by the organization	1 hour penalty
Modify, fold or hide advertising material	1 hour penalty
Bib number not visible or attached to leg	15-Minute penalty for each warning
Wearing headphones, earbuds or similar	15-Minute penalty for each warning



- The race director based on his own judgment has the power to disqualify or not allow to remain in the race the competitors that at any given moment configure any of the following cases:

- * Physical or mental health problems.
- * Abuse or willful violation of these competition Rules.
- * Unsportsmanlike conduct.
- * Excessive intake of alcohol.
- * Participation in the race under the influence of hallucinogenic drugs.
- * Gross disrespect for current laws, religions, or customs.
- * Gross disrespect for the environment (includes purposely throwing energy bar enclosures or other on the floor).
- * Gross disrespect for traffic rules.

8. Sports Insurance

The organizer will underwrite a temporary personal accident insurance for non-AARAM participants during the event, which guarantees the coverage of the minimum amounts stipulated by law. The values of Coverage / Capital and Franchise will be announced up to 15 days before the start of the race.

9. Categories and Awards

9.1. Date, place and time of Award Ceremony

- The award ceremony will take place on Saturday (Trail 30K and Trail 15K events) and Sunday (Mini Trail, ULTRA 50K and ULTRA MADEIRA events) in Caniçal, at a place and time to be informed in the program.

9.2. Ratings and Awards

- The different events will be won by the competitors who get the shortest time at the end of them, plus the appropriate penalties, if any.
- Only participants who control all checkpoints and cut the finish line within the allotted time will be ranked.

- The classification of the teams will be calculated based on the three best ratings of the respective athletes.
- There will be no cash prizes.
- The presence of the winners in the awards ceremony is mandatory.
- The organization will not send trophies, arrival prizes, or any other items by mail or other means of distribution.
- For each race there will be a classification, as follows:

ULTRA 83K (78 km)	Male	Female
Overall	Trophies to First 3	Trophies to First 3
All Categories	Medals to First 3	Medals to First 3
Teams	Trophies to First 3 teams	Trophies to First 3 teams

ULTRA 50K	Male	Female
Overall	Trophies to First 3	Trophies to First 3
All Categories	Medals to First 3	Medals to First 3
Teams	Trophies to First 3 teams	Trophies to First 3 teams

TRAIL 30K	Male	Female
Overall	Trophies to First 3	Trophies to First 3
All Categories	Medals to First 3	Medals to First 3
Teams	Trophies to First 3 teams	Trophies to First 3 teams

TRAIL 15K	Male	Female
Overall	Trophies to First 3	Trophies to First 3
All Categories	Medal to the First	Medal to the First

MINI TRAIL	Male	Female
Overall	Medal to the First 3	Medal to the First 3

9.3. Definition of age groups/gender, individual and teams

- The age groups will be defined according to the tables below.
- For team classification, teams will have to be made up of 3 elements from the same sex.

Categories:

Age Group	Ages	Years of Birth (from 01/01/2024)
Youth	16 and 17 years old	2007 and 2008

Juniors	18 and 19 years old	2005 and 2006
Seniors	20 years onwards	2004 and previous
Masters	35 years old and older	Reference year 1989

Note: The Veteran age group is considered for Male and Female athletes when athletes take the Veteran age group on their 35th birthday, whether it's a track event or out of stadium event.

		From	To
MASTERS	V70	70	...
	V65	65	69
	V60	60	64
	V55	55	59
	V50	50	54
	V45	45	49
	V40	40	44
	V35	35	39

Age Groups	Maximum permitted distances	
	Male	Female
Youth	Up to 15000m	
Juniors	Up to 25000m	

9.4. Placing Complaint Deadline

- Any and all complaints must be submitted in writing and forwarded to the race director, accompanied by a security deposit of € 50.00 (not refundable if the claim is rejected) within two hours of the arrival of the participant concerned. The claim must include the name of the complainant, ID number, ID card or passport, name of affected participant (s), bib number and alleged motifs. Provisional rankings, can also be claimed 30 minutes after they are posted.
- The jury, which will consider the complaint, is composed of the race director; presiding officer; AARAM president or vice president and a person of recognized merit in the TrailRunning / Ultra Endurance area.
- The jury will pronounce before the official rankings are posted.
- Participants also have a 24-hour deadline to submit ranking complaints.



10. Notes and changes

10.1 Image and Advertising Rights

- The organizer reserves the exclusive right to explore the image of “**ULTRA MADEIRA**” and photographic and journalistic audiovisuals of the event. Any project or advertising media produced for publication must obtain the prior consent of the organization.
- It is mandatory to use the advertising material provided by the organization (bib number, stickers, etc.). Modifying, folding or hiding advertising material will be penalized.

10.2 Anti-Doping Control

- The use of substances, pharmacological groups and methods to artificially increase participants' physical abilities is prohibited. At the end of the race, any participant may be chosen to participate in an anti-doping control and it is recommended that the FPA Federal Anti-Doping Regulations be carefully read. Refusal to be subjected to anti-doping control or positive results in it leads to disqualification and eradication of future editions.

10.3 Data Protection

- The data of the participants indicated in the registration form will be registered by the organizer for the purpose of processing in the event, namely; insurer, list of registrants, news and classification. All participants can exercise their right of access, rectification or cancellation of their personal data by sending an email to geral@atletismomadeira.pt

10.4 Modifications

These rules may be edited, altered or improved at any time by the organizer until the deadline for entries without prior notice. Your registration implies acceptance of this Regulation.

10.5 Other

The competition Jury will decide on all matters related to the event that have not been regulated or misinterpreted in this Regulation, and whose decisions will not be appealed.