

ARTICLE 1 – DATES

Comitato Organizzatore Tour du Rutor is organising the international ski mountaineering event for teams of two athletes under the name “**21st Millet Tour du Rutor Extrême**”. The competition is part of **La Grande Course** 2024-2025 calendar and will be the final stage of the **Coppa Italia for teams**.

- ▼ **Senior, Master and U23** categories: **22-23-24 March 2024**
- ▼ **U20, U18, U16** categories: **23-24 March 2024**
- ▼ **U12 and U14 (promotional)** categories: **23rd March 2024**

ARTICLE 2 — ADMISSION AND CATEGORIES

The categories admitted for the **three** days of competition in teams of two racers, are the following ones:

Senior men and women for athletes born between 1979 and 2000

Master men and women for athletes born in the year 1978 or earlier

Under 23 men and women for athletes born between 2001 and 2003

The categories admitted for the **two** days of competition are the following ones:

Under 20 (Junior) men and women for athletes born in the years 2004 and 2005

Under 18 (Cadets 2) men and women for athletes born in the years 2006 and 2007

Under 16 (Cadets 1) men and women for athletes born in the years 2008 and 2009

These categories will compete individually.

The categories admitted for **one** day of competition are the following ones:

Under 14 men and women for athletes born in the years 2010 and 2011

Under 12 men and women for athletes born in the years 2012 and 2013

These categories will compete individually.

Pairs of different ages and sexes are admitted. In team competitions, whoever participates with a foreign athlete obtains half the points of the respective placing. The Master athlete competing in a team with a senior gets the latter's score in addition to his own category score. The U23 athlete competing in a team with a Senior gets the score of the latter and will only be valid for the overall circuit ranking. Titles and circuit scores for the winter season 2023-2024 for Male and Female categories will be awarded on an individual basis.

ARTICLE 3 — EQUIPMENT

Each athlete will be aware of and directly responsible for all the equipment he or she uses during the competition. At the time of registration, the athlete will guarantee the technical efficiency of his or her equipment and its conformity to these regulations. For safety reasons, each individual athlete must carry his or her own equipment throughout the various legs of the competition, with the exception of skis and climbing skins. These items may be carried by the athlete's teammate during on foot segments: skis must be anchored to the back of the backpack (not to the front, from shoulder strap to shoulder strap), using the safety strings provided. Once the competition is underway, materials may be replaced (with the exception of boots) only in case of certified break: the inspection of the broken equipment will be done at the nearest check point, and the notification of the equipment replacement must be promptly sent to the organisers. The organisers are not responsible for providing replacement materials in the event of breakage or damage.

ARTICLE 4 — INDIVIDUAL EQUIPMENT REQUIRED FOR ALL CATEGORIES

COMPULSORY ITEMS FOR EACH RACER

- **a pair of ski mountaineering skis:**

minimum length 160 cm for men and 150 cm for women and youth categories, with metal strips along at least 90% of their total length, minimum with 60 mm measured from the middle of the ski, which is normally the narrowest part. The manufacturer's declared measurements shall be taken into consideration the manufacturer accepts full liability for their accuracy

- **a pair of ski mountaineering boots:**

boots must be high enough to cover the ankles, must be ready for rapid, safe connection of crampons, and must be fitted with devices for closing the boot shell and top boot and a lock for the angle between the top boot and the boot shell. All closures and soles for ski touring boots sold by manufacturers will be considered approved under the regulations, unless they have been modified. Other types of soles and modified soles are admitted provided that they meet the following requirements:

- the minimum outside surface of the ridges in contact with the ground must be 1 cm²
- the sole must consist of rubbery material such as vibram or a similar material
- the sole of each individual boot must be ridged and cover at least 75% of the surface
- the minimum number of ridges per boot must be 23, including 15 in the front part and 8 on the heel
- the minimum depth of the ridges must be 4 mm

- **a pair of bindings:**

bindings must be of the ski mountaineering type from the same manufacturer, equipped with a ski stopper for all FISU registered athletes taking part in the Youth Coppa Italia. For all other athletes and those in the U12-U14 categories, the use of a ski stopper is recommended but not compulsory

- **a pair of poles** with a maximum diameter of no more than 25 mm, excluding padding: metal rings are not permitted
- **thermal blanket** with a surface of 180 cm²
- **an avalanche transceiver** meeting international standards, worn in contact with the body, functioning for reception and transmission all along the competition. The transmitter alone is forbidden
- **a snow shovel with handle:** the mounted snow shovel with its handle and blade must have a minimum length of 50 cm, and the blade must measure at least 20x20 cm. It must not have been modified in any way. The manufacturer, who shall be held responsible for this name and its function gives the name "snow shovel"
- **a snow probe** with a minimum length of 240 cm and a minimum diameter of 10 mm, not modified in any way. The manufacturer, who shall be held responsible for this name and its function gives the name "snow probe"
- **a rucksack with shoulder straps**, with 2 ski holder straps, big enough to contain all the equipment required under the regulations. The rucksack crampon pocket must have the closing part on the back part of the rucksack
- **two pairs of climbing skins.** Due to environmental reasons the use and application of adhesive tape or similar materials to make the skins slippery is severely forbidden
- **a whistle**

(*) For the U12-U14-U16-U18 categories, it is forbidden to use full carbon structured boots (including carbon composites or similar: Kevlar, aramite, etc.).

() For the U12-U14 categories, the use of a ski stopper is recommended but not compulsory.**

▼ **Garments required for the upper part of the body**

Three layers in the competitor's size and namely:

- 1 long or short-sleeved, body-hugging layer
- a second layer with long-sleeves
- a wind breaker layer

▼ **Garments required for the lower part of the body:**

- **two layers**, consisting of a pair of trousers or overalls in the competitor's size, and a pair of windproof trousers in the same size
- **a helmet** conformed to EN 12492 and EN 1077 class B standards. The helmet must be worn and fastened throughout all the length of the race
- **a pair of gloves**, which must be worn throughout the length of the race
- **hat** or headband
- **a pair of glasses** or a visor.

The organisers reserve the right to reject any component of the competitor's equipment, which may be considered defective or inappropriate.

Equipment that can be required by the organisation under specific conditions:

- **fourth thermal layer** with long sleeves in the competitor's size, with minimum padding of 300 g
- **a pair of crampons** with a minimum of 10 points and a minimum height of 3 cm, to be carried in the rucksack with the points against each other, with safety straps fastened during use. They must not have been modified in any way.
- **a UIAA standard 105 approved harness**, not modified
- **lanyard** certified for use in a UIAA approved "fixed-aid kit" under standard 121
- **one litre canteen**

ARTICLE 5 — JURY - PENALTIES AND DISQUALIFICATIONS

The Jury is composed of the following members: a race director, a trail director, a technical delegate of Ski Mountaineering (President of the Jury) belonging to FISU, an assistant of the technical delegate of Ski Mountaineering (Start and Finish Referee) and a LGC referee.

ARTICLE 6 — COMPLAINTS

Any complaints must be made to the organisers in writing within **15 minutes** from the official ranking publication. All complaints must be accompanied by the payment of € 50.00, which will not be refunded if the complaint is rejected.

ARTICLE 7 — REGISTRATIONS

Registrations will open on the 8th JANUARY 2024 and they imply the complete acceptance of the present regulations and of La Grande Course one.

REGISTRATION FEE

SENIOR – MASTER – UNDER 23 categories

- ▼ **The registration fee is € 450.00 per team** including the following for each athlete: organisation, safety and technical assistance services along the competition courses
- 1 competition pack
 - refreshment at the arrival
 - closing lunch
 - optional physiotherapist services

UNDER 20 – UNDER 18 – UNDER 16 categories

- ▼ **The registration fee is € 40.00** including the following for each athlete: organisation, safety and technical assistance services along the competition courses
- 1 competition pack

- refreshment at the arrival
- closing lunch
- optional physiotherapist services

UNDER 14 – UNDER 12 categories

▼ **The registration fee is € 20.00** including the following for each athlete:

organisation, safety and technical assistance services along the competition courses

- 1 competition pack
- closing lunch
- refreshment at the arrival

The registration fee must compulsory be paid within 5 days upon receipt of the confirmation of acceptance as follows: payment only by credit card on the **REGISTRATION** page.

The athletes and staff members who need accommodation can address directly to the hotels available in the area on tourdurutor.com/ospitalita/ (dedicated webpage).

REGISTRATION METHODS

Registration forms with all required documents must compulsory be submitted by **MARCH 11th 2024**, exclusively online on the **REGISTRATION** page.

In addition, for athletes of Italian nationality, registration must also be carried out by the club to which they belong, through the FISI online platform, no later than the registration deadline.

REGISTRATION REFUNDS

The refunds will be done as follows:

Refund in case of team abandon

The competition fee will be refunded only according to the following conditions:

Before 11/03 the registration fee will be 100% refunded

From 12/03 to 18/03 150 Euros will be withheld from the registration fee

After 19/03 the registration fee will not be refunded.

The refunds will be done from the organizing committee shortly after the race and on the 30/04/2024 at the latest.

ARTICLE 8 — COMPETITION COURSES

For **Senior, Master and Under 23 men and women** categories the total race difference in altitude is **7000 m of positive difference in altitude** divided into three stages. The three courses will be announced during the technical briefing the day before the stage.

For **UNDER 20 men** category the race difference in altitude is **2400 m of positive difference in altitude** divided into two stages. The two courses will be announced during the technical briefing the day before the stage.

For **UNDER 20 women, UNDER 18 men** categories the race difference in altitude is **2000 m of positive difference in altitude** divided into two stages. The two courses will be announced during the technical briefing the day before the stage.

For **UNDER 18 women and UNDER 16 men** categories the race difference in altitude is **1800 m of positive difference in altitude** divided into two stages. The two courses will be announced during the technical briefing the day before the stage.

For **UNDER 16 women** category the race difference in altitude is **1400 m of positive difference in altitude** divided into two stages. The two courses will be announced during the technical briefing the day before the stage.

For **UNDER 14 men and women** categories the race difference in altitude is **300 m of positive difference in altitude**. The course will be announced during the technical briefing the day before the stage.

For **UNDER 12 men and women** categories the race difference in altitude is **150 m of positive difference in altitude**. The course will be announced during the technical briefing the day before the stage.

At any time and for any reason the organisers reserve the right to make any changes they may consider opportune to the established route or to these regulations with a view to preserving the participants' safety and the regularity of the competition.

Any changes to the route will be announced at the start of the competition. For safety reasons, **time gates** may be applied on all the competition stages and they will be announced during the briefing. The time at which the team passes the gate will be measured on the basis of the second team member's time, even if the first member passes the gate within the deadline.

ARTICLE 9 — LIABILITY

In view of the nature of the competition, the organisers shall not be held liable for any accidents that may occur to participants or to third parties while the competition is underway.

ARTICLE 10 — AWARDS AND TROPHIES

SENIOR Men category:

1st team: € 4.200,00

2nd team: € 2.600,00

3rd team: € 1.400,00

4th team: € 600,00

5th team: € 400,00

From 6th to 10th team: in-kind prizes

SENIOR Women category:

1st team: € 4.200,00

2nd team: € 2.600,00

3rd team: € 1.400,00

From 4th to 6th team: in-kind prizes

UNDER 20 – UNDER 18 men categories:

1st ranked: € 300,00

2nd ranked: € 200,00

3rd ranked: € 160,00

UNDER 20 – UNDER 18 women categories:

1st ranked: € 150,00

2nd ranked: € 100,00

3rd ranked: € 80,00

UNDER 16 men category:

1st ranked: € 100,00

2nd ranked: € 80,00

3rd ranked: € 50,00

UNDER 16 women category:

1st ranked: € 80,00

2nd ranked: € 60,00

3rd ranked: € 40,00

MASTER men category:

1st team: in-kind prize



MASTER women category:

1st team: in-kind prize

UNDER 23 men category:

1st team: in-kind prize

UNDER 23 women category

1st team: in-kind prize

THE FOLLOWING TROPHIES WILL BE AWARDED DURING THE 21ST MILLET TOUR DU RUTOR EXTRÊME:

- ▼ **Tour du Rutor Trophy**, consecutive three-year trophy for the top ranking team overall
- ▼ **Free Ride Trophy**, will reward the best team that, in the shortest possible time, completes one or more downhill of the three stages of the Millet Tour du Rutor Extrême
- ▼ **Remo Brédy Memorial Trophy**, consecutive three-year trophy kindly presented by Brédy family to the best team of athletes residing in Aosta Valley

INFORMATION

For technical information,
go to the competition website or
direct questions to the following
email address:
info@tourdurutor.com

