



WORLD MOUNTAIN RUNNING CHAMPIONSHIPS REGULATIONS

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Section 1 – GENERAL ASPECTS

100 PROMOTION AND NATURE OF THE COMPETITION

- 100.1 WMRA shall organise the **World Mountain Running Championships** (hereafter called **WCh**) annually as a team and individual competition, male and female, senior and junior.
- 100.2 The event will be hosted by one of the countries registered as WMRA Member.
- 100.3 Traditional **date** of WCh should be September, preferably first or second weekend in September. In exceptional circumstances (location, weather situation), the date could be also different, but should be announced at least 18 months in advance.
- 100.4 The **Application** must be approved, supported and routed through the **WMRA Member** in the country (Organising Member = OM). It is to this Member that the event is formally given.
- 100.5 These **Regulations** define the rights and duties of all parties involved in the WCh. The WMRA Congress can amend them from time to time, upon proposal of the WMRA Council or a WMRA Member, in accordance with the terms of the WMRA Constitution. All such changes must be observed by all parties upon receipt of the amended version.
- 100.6 The WMRA will advise the Local Organising Committee (LOC see hereafter) in every aspect of the event. This will include all necessary site visits by the WMRA Delegate. WMRA will also ensure the IAAF Patronage.
- 100.7 All the **rights** related to the WCh belong to the WMRA who can forward them to the LOC through a written Contract.
- 100.8 The **event title** shall normally include also the edition number, the venue and the date:
⇒ “XXth World Mountain Running Championships – Venue/Country, Date”.
- In the case there is a title sponsor, the name of the sponsor will be included:
⇒ “XXth WMRA/Sponsor World Mountain Running Championships – Venue/Country, Date”
or
⇒ “XXth WMRA World Mountain Running Championships – Venue/Country, Date – presented by Sponsor”
- 100.9 **Overall Programme**
As part of its Application, the LOC will propose an overall programme of activities which standard format is the following:
- | | | |
|-----------|---------------|---|
| Thursday: | all day | WMRA officials and teams extra continent arrive |
| | all day | Start of the Accreditation |
| Friday: | all day | Other teams arrive |
| | all day | Accreditation (continued) |
| | all day | Early arrivals view course |
| | Afternoon | WMRA Council meeting |
| Saturday: | Morning | Visit of the courses |
| | 09:00 – 13:00 | WMRA Congress |
| | 15:00 – 16:00 | Technical Meeting |
| | 16:00 – 16:30 | Press conference |
| | 18:00 – 19:00 | Opening Ceremony |
| | 20:00 – 21:00 | VIP reception |
| Sunday: | Morning | World Championships Races & Flower Ceremonies |
| | Afternoon | Awards & Closing Ceremony |
| | Evening | Final Banquet |
| Monday: | all day | Teams departure |
- 100.10 The LOC must conduct the activities related to the WCh in such a way as to best promote the goodwill associated with the WMRA and shall not at any time disparage the good name, reputation or image of the WMRA.
- 100.11 **IAAF Rules/Regulations** shall apply for anything not provided for by these Regulations.

101 BIDDING PROCEDURE

- 101.1 Even if these Regulations refer to the obligations of the Local Organising Committee (LOC see hereafter), the **responsibility of the OM is fully engaged** through its signature of the Contract with WMRA.

101.2 **Applications** for staging the WCh will normally be considered **two years in advance** of the competition according to the following schedule:

- a) In January, WMRA will send out the “Invitation to bid” to all WMRA Members. This invitation will include the “Application Form” as well as the “Regulations” and the “Contract”.
- b) By **30th June**, the full Application form must be sent back to the WMRA Secretary with the “**Contract**”, in three copies, duly signed by the OM and the LOC authorised representatives;
- c) The bids will then be evaluated by the WMRA Council;
- d) The final decision is made by the WMRA Congress in September. In the case that the Congress is not able to decide on a venue, mandate will be given to the WMRA Council to find the most appropriate place to stage the WCh.
- e) The WMRA Council has authority to fix the date.
- f) The normal procedure should be as follows:



101.3 The **Application shall include** information as indicated in this document, notably:

- the name of the relevant OM
- details of the LOC, name of contact person and contact details
- experience of organising mountain races or other international sporting events
- possible competition dates
- name of the city and country
- accommodation details: type/location/cost of extra nights/type of food, etc.
- accommodation for additional functions: Congress, Technical meeting, Press, Medical, Doping Control, Closing & Award Ceremony, VIP reception, race connected functions etc.
- location and accessibility of race venue
- transport arrangements: local transport to the venue, transport connected to the races
- medical arrangements
- proposed event program
- proposed race course details: figures/map/profile, etc.
- budget: expected expenditure and sources of income
- sponsorship: the names of sponsors who have been or will be approached
- publicity and media coverage proposals

101.4 WMRA Council may veto an Application if they believe that there are major reasons for concerning it unsuitable.

101.5 Each bidder is given about 15 minutes to present their bid details to the WMRA Congress. The presentation may involve video or slides. Questions from Congress members will need to be answered.

101.6 **Voting** for the candidates follows the WMRA Constitution Rules 11.6/7/8/9:

- a) Even if there is only one candidate, the Congress will have to decide to accept it or not.
- b) Where there are more than two candidates, and none gains the absolute majority of the valid votes, the candidate with the lowest number of votes shall be excluded and a further vote taken. The voting continues until one candidate receives the absolute majority of the valid votes.
- c) Voting will be by secret ballot.
- d) In the event of a tie between two candidates persisting after second ballot, there will be a draw of lots.

102 **AUTHORITY AND DUTIES OF THE WMRA CONGRESS**

The Congress decides on:

- the venue of the World Championships
- the changes to be brought to the Regulations of the World Championships.

103 **AUTHORITY AND DUTIES OF THE WMRA COUNCIL**

The Council shall:

- implement any changes to the Regulations that have been decided by the Congress
- study any eventual changes to the Regulations to be brought to the attention

- decide the date of the WCh at the most appropriate Council Meeting to be held after the Congress decision about the venue
- enter into a Contract with the OM and LOC
- confirm the criteria to allocate the travel grant to the teams
- appoint, at least eighteen months before the Competition
 - the WMRA Delegate
 - and eventually, one Medical/Anti-Doping Delegate

104 OFFICIAL LANGUAGE

The WMRA official language is English and all correspondence has to be in English.

Section 2 – TECHNICAL REGULATIONS

WCh Technical Regulations generally comply with IAAF Rule 251 with more detailed specifications specified in this document (section).

200 THE COURSE, START and FINISH

200.1 Courses – general

- a) In principle, two basic mountain running disciplines are exchanging every other year:
 - In even numbered years, WCh is a “**mainly uphill**” race (2020....)
 - In odd numbered years, WCh is an “**up & down**” race (2021...)
- b) Races take place on terrain that is mainly off-road.
 - Less than 20% of the distance could be on the asphalted road.
 - Trails shall also be included in considerable amount.
- c) The highest point on the course should not exceed 3.000 meters altitude.
- d) The course should not include dangerous sections; in the case such sections could not be completely avoided, they shall be additionally marked or even marshalled.
- e) The course should not be too steep; the average incline per 0,5km long sections should not exceed 20% (100 meters per 0,5km).
- f) Downhill sections must not have rock steps or loose rock.
- g) There should be no sharp bends first 250m of the course; first 100m should be fenced.
- h) There should be no sharp bends last 100m of the course; this should be fenced.
- i) The course shall be wide enough in the first part to allow runners to form an extended group.
- j) The entire course shall be clearly marked with tapes, arrows or any other signs that shall also indicate the name of event.
 - In non-lap races, this includes also kilometre marks that will indicate the distance to the finish.
 - Before the finish line, 500m / 250m / 100m should be marked.
- k) Using shortcuts shall be prevented.
- l) The course distance should be defined in kilometres with accuracy of 100m (8.3km)
- m) A detailed course map must be provided along with a profile using the following scales:
 - Altitude: 1/ 10.000 (1 cm = 100 m)
 - Distance: 1/ 50.000 (1 cm = 500 m)
- n) In case of extremely bad weather, when the safety of the participants could be threatened, the LOC shall have prepared a “bad weather scenario” that may include change of the start time or/and change of the course (changed course, changed finish position etc). In any case, the date of the event will not be changed, only the time of the start. The final decision shall be taken by the WMRA Delegate on proposal of the LOC experts and shall be announced latest two hours before the planned start.

200.2 Course parameters:

- Distances Juniors (men & women) 5 to 6 km
Seniors (men & women) 10 to 12 km
- Elevation should be always approx. 100 m by 1 km of the course
- The courses depend on the natural conditions and so the values are approximate.

200.3 **Specific rules for up & down courses:**

- a) Most preferable course is a lap course with approx. 5 – 6 km long lap with 250 - 300m elevation gain, where juniors run 1 lap and seniors 2 laps. Other course types are also possible.
- b) In lap courses, minimum height difference between the highest point and lowest point should be 200 m.
- c) For point to point courses which do not start and finish at the same point, the difference between the total ascent and total descent should not be more than or less than 5%.

200.4 **Specific rules for mainly uphill courses:**

The total amount of descent should not exceed 10% of the total ascent.

200.5 Any course which exceeds any parameter specified in rules 200.1 – 200.4 by more than 20% cannot be approved by the Delegate but the Council can approve such course in exceptional circumstances.

200.6 **Start**

- a) Above the start line, the LOC will build a solid gantry which design should be approved by WMRA delegate. It shall include the title of the event including the edition, the date, the venue, two WMRA logos (sized at least 1 square meter), sponsors recognition.
- b) Start line should be clearly marked on the ground and positioned exactly below the gantry.
- c) Warming up area, call room, start box, toilette facilities for all start locations as well as the start procedure shall be defined in the team manual.
- d) Covered area (tent) shall be available at least for changing dresses and luggage pick up.
- e) Drinking water in sealed bottles shall be available (especially in the case of hot weather).
- f) Start boxes for the teams are not necessary.
- g) Start referees shall arrange the teams along the start line respecting alphabetical order.
- h) Incomplete teams could be joined into groups; max number of runners in the group shall not exceed max number of full team members.
- i) Start should be wide enough to allow each team (group) min 0,4m space along the start line.
- j) Team (group) members shall be lined up behind each other until the start signal.
- k) When entering the call room, start numbers, chips and team vests shall be checked.

200.7 **Finish**

- a) Above the finish line, the LOC will build a solid gantry which design should be approved by WMRA Delegate. It shall include the title of the event including the edition, the date, the venue, two WMRA logos (sized at least 1 square meter), sponsors recognition.
- b) Finish line should be clearly marked on the ground and positioned exactly below the gantry.
- c) Last 100m including finish gantry shall be wide enough to ensure that several runners may finish shoulder to shoulder (at least 3m). This part shall be also fenced.
- d) There shall be no sharp bends in the last 100m of the course.
- e) There shall be enough space inside and around the finish area to organise necessary facilities (mixed zone):
 - time-keeping service,
 - space for photographers and other media representatives (journalists, TV...),
 - refreshments,
 - luggage delivery,
 - doping control – space for chaperones, suitable control station,
 - medical service,
 - flower ceremony,
 - desk for unofficial results,
 - space for referees & jury of appeal.
- f) The LOC should build and arrange, in the Finish line area, a seated VIP Tribune, to be roped or closed off from the other seating, and decorated in a suitably dignified manner.

200.8 The Local Organising Committee should pay due regard to **mountain ecology** and preservation:

- a) when planning the courses, only existing paths should be used.
- b) the LOC must ensure that all materials (marking tapes, cups, bottles, sponges etc...) displayed all along the course including start and finish area are collected at latest 2 days after the competition.

200.9 In the case that start and finish are not on the same location, the organiser shall provide **transport** of the **luggage** from the Start to the Finish. The pick-up and delivery procedure shall be explained in the Team manual and during the Technical Meeting.

201 TIMING & RESULTS

201.1 It is the responsibility of the LOC to provide the service of an **experienced company** who will deliver the timing services and do the results.

201.2 The usage of **chips** is compulsory as well as a **video recording** of the finishes.

201.3 Hand timing must be operated as **back up**.

201.4 The presentation of the **results** (and especially the results of the teams) must be in the **format** defined by WMRA (Appendix).

201.5 The same company will also establish the **start lists**.

201.6 LOC shall also discuss with WMRA the distribution plan of the **start lists** and final results.

202 REFRESHMENT STATIONS

202.1 Water shall be available at the **start** of all races.

202.2 Water and other suitable refreshments shall be available at the **finish** of all races.

202.3 **On the course**, refreshment stations shall be provided at intervals of approximately 2-3 kilometres (approx. 10 minutes of running), based on weather conditions. Locations should be approved by the WMRA Delegate and presented during the Technical Meeting.

202.4 Refreshments which may be provided either by the organiser or the athlete shall be placed at the refreshment stations so that they are easily accessible to the competitors.

202.5 Competitors providing their own refreshments may take it only from their registered team officials at the official refreshment stations only.

202.6 Competitors, who take refreshments at a place other than the refreshment stations (+- approx. 50m), render themselves liable to disqualification.

203 CONTROL OF THE ADVERTISING: ATHLETES' CLOTHING & EQUIPMENT

The IAAF Advertising Rules and Regulations have to be respected; the LOC is responsible for the control of the advertising on athletes' clothing at the assembly area (call room) and the award area and must liaise with the WMRA Delegate regarding the implementation of all procedures.

204 ANNOUNCEMENTS TO THE PUBLIC and BIG SCREEN

The LOC is responsible for installing a sound system on the finish (and, where relevant and feasible, at the start) area; they will also provide adequate announcers. Any public announcements shall use the full official title of the competition; they should also make a "thank you" to all the IAAF and National Partners, specifically naming each individual sponsor.

English and local language shall be used.

If there is a TV transmission, the LOC should hire a big screen to show the images.

205 OTHER TECHNICAL ASPECTS

205.1 **Assistance:** it is forbidden to pace athletes or give or use /accept/ any other unauthorised assistance (pushing....) during the race.

205.2 If a runner goes off course, thereby shortening the race distance, he or she shall be disqualified (IAAF Rule 251).

205.3 **Competition Uniform:** all athletes of the team shall wear the same colour competition uniform during the competition and in all ceremonies.

205.4 **Team Manual:**

The LOC is responsible for the production of a Team Manual in accordance with the following guidelines

- it has to be ready no less than four months before the competition
- WMRA will provide a template
- the LOC prepares a draft and submit it the WMRA Delegates for approval and WMRA Secretary

- the final version will be sent to the WMRA Members by the WMRA Secretary, must be posted on the LOC website (and be available for download) and the WMRA website

The standard content of the Event Manual shall be:

- full name of the event with the venue, date and WMRA, IAAF & event logos on the cover
- VIP speeches (possible: WMRA, IAAF, LOC; also local authorities & MF)
- organising committees composition (honorary, LOC, technical LOC)
- detailed programme and timetable
- courses presentation (basic data like distances, elevations, course surface etc)
- course profiles and maps
- visa information
- accommodation information
- transport information (international, local)
- other technical and organisational information
- financial aspects that are important for the teams (additional accommodation etc.)
- Athletes have to be reminded that they are responsible for their personal insurance against injury

205.5 **Bibs**

- a) It is the LOC's responsibility to supply 2 bibs per runner; they should be worn front and back
- b) An additional bib can be used for the personal luggage when needed
- c) Bib size shall not exceed 20 x 18 cm
- d) Bib shall include:
 - full name of the event (with the name, date and the venue + WMRA logo) on the top
 - start number (different colours for different categories if possible)
 - runner's name if possible
 - space for sponsors on the bottom
- e) They will be distributed in the time of Technical Meeting.

205.6 **TIC:** the LOC will provide a suitable Technical Information Centre (TIC) with persons and materials necessary for giving information to all the participants.

205.7 **Open Race:** the LOC can propose to the WMRA the staging of an 'Open race' on one of the WCH courses.

206 **ENTRIES**

206.1 **Invitation to Compete**

- a) All WMRA Member Federations shall be entitled to compete.
- b) Invitations to compete will be sent by the WMRA Secretary at least four months before the Competition with
 - the Team Manual,
 - the information related to the financial support for travels,
 - the PEF (Preliminary Entry Form),
 - the FEF (Final Entry Form).
- c) The information sent by the Members (PEF and FEF) must be computer typed (not hand written) and be able to be copied (such as "word" format)
- d) The Final Entry Form shall include two sentences:
 - *"We confirm that all the athletes will respect and abide by the IAAF Anti-Doping Rules and Regulations".*
 - *"The promised Travel Grant will not be paid if the entries arrive after the set deadline"*
- e) The Organising Member will confirm this invitation.
- f) WMRA Members shall be represented only by Citizen of the Country (or Territory) which the affiliated Member represents, in accordance with the terms of the IAAF Constitution.
- g) Exceptions to the clause 206.1.f) are accepted for the teams representing a Country (or Territory) with less than 50,000 inhabitants and at the condition that these athletes can proof that they are resident in this Country (Territory) since at least 5 years at the date of the competition.

206.2 **Age Categories** (junior / senior; women / men)

- a) Junior Races: Athletes aged from 16 to 19 years on 31 December in the year of the competition may compete in the Junior races.

- b) Junior Athletes: Any Junior athlete, i.e. an athlete aged 18 or 19 years on 31 December in the year of the competition may compete in the Senior race or the Junior race, but not both.
 - c) Youth Athletes: Any Youth athlete, i.e. an athlete aged 16 or 17 years on 31 December of the year of the competition may compete in the Junior race, but not in the Senior race.
 - d) No athlete aged less than 16 years on 31 December of the year of the competition may compete in WCh races.
- 206.3 **Control of citizenship and age:**
On arrival, Team Leaders must present all athletes' passports or other official documents, which indicate the date of birth and nationality.
The LOC will do systematically photocopies of these documents and will hand them over to the WMRA Secretary.
- 206.4 **Preliminary Entries**
The Preliminary Entry Forms with all requested details shall reach the LOC and WMRA Secretary not later than two months before the competition day.
- 206.5 **Final Entries**
- a) The Final Entry Forms with all requested details shall reach the LOC and WMRA Secretary not later than two Mondays before the day of competition (e.g. Monday, 23rd August for a competition starting on Saturday, 4th September).
 - b) The form will also request from the National Federations a guarantee that all athletes will respect the IAAF Rules in term of doping controls (see 206.1.d)
- 206.6 **Final Confirmation**
Unless specified otherwise in the Team Manual, final confirmation of the entries must be made upon arrival, at the registration. No new entry or substitution of names compared to the FEF will be accepted.
- 206.7 **Conflict in the entries procedure**
In case of a need of interpretation of these Regulations, the WMRA Delegate has full authority to take the decision which he seems is the most appropriate.

207 TEAMS

207.1 Teams composition

In each of the 4 races,

- each Federation may enter up to **5** athletes in the FEF (including one as alternate).
- Up to **4** athletes will start.
- The first **3** to finish will score for the final team ranking.

207.2 Teams scoring

- a) Each race shall be scored separately
- b) The team results shall be decided by the aggregate of places recorded by the scoring competitors of each team.
- c) The team with the lowest aggregate of points will be judged the winner.
- d) In assessing the aggregate, no adjustment to the scoring placing of the finishing teams shall be made in respect of any non-scoring team runners or of individual entries.
- e) If a team fails to finish with a complete scoring team, the runners finishing shall be counted as individuals in the race result and be eligible for the individual awards.
- f) Any tie will be decided in favour of the team whose last scoring member finishes nearer the first place.

208 WMRA DELEGATE & OFFICIALS

208.1 List

- a) The WMRA Council will appoint the WMRA Delegate and eventually an Anti-Doping / Medical Delegate.
- b) Jury of Appeal and its Secretary shall be nominated during the Technical meeting.

208.2 Working conditions

- a) The LOC shall be responsible for providing the best possible working conditions (accreditation, rooms, transportation, equipment etc....) for the WMRA Delegate as well as for the WMRA Officials.

- b) The LOC can have direct relations with the WMRA Delegate but a copy has to be sent systematically to the WMRA Secretary.

208.3 **Expenses** - The LOC shall bear the costs of:

- a) agreed Delegates' travelling (economic class)
- b) Delegates' (who may be accompanied) full board accommodation expenses (overnight in a single room or double and three meals, including drinks), for a period of not more than two days before the beginning of the Competition until one day after the end of the Competition
- c) the same applies for the preliminary visits whenever agreed necessary for the successful staging of the Competition.

209 DUTIES OF THE DELEGATE

209.1 The Delegate shall act in conformity with the IAAF/WMRA **Rules and Regulations**. He shall also send a written report to the WMRA Council (after the site visit and after the event itself).

209.2 He shall at all times retain responsibility for ensuring that the WCh is organised to the approved standards.

209.3 The Delegate

- a) Is appointed by the WMRA Council,
- b) Is the liaison between the WMRA Council, the Organizing Member/Committee, the City and all other appointed delegates. He shall, at all times, retain responsibility for ensuring that the WCh are organized to the established standards,
- c) shall approve the course, advise LOC on the race procedures, chair the Technical Meeting, supervise the timing system and results,
- d) will advise the LOC on all logistics matters including accreditations, accommodations, local transport; also general programme, protocol and ceremonies, budget, promotion and preparation of the Congress.
- e) is the ultimate decision maker in all these cases
- f) will pay at least one site visit (no later than 8 months before the competition) at the cost of the LOC and will do a written report within two weeks after the visit.
- g) is also responsible to ensure that the Team Manual and the web page are completed and approved in a due time (Web page 9 months before the competition, Team manual 4 months before the competition).

209.4 The Anti-Doping / Medical Delegate is in charge to supervise all aspects related to Anti-Doping and Medical matters (see mainly §7 below). In case, there no such delegate on site, his responsibilities will be chaired by the WMRA Delegate.

210 DUTIES OF THE JURY OF APPEAL

210.1 Jury of appeal shall be nominated during the Technical Meeting.

210.2 Jury of Appeal consists of **3 regular members** (representatives of WMRA Council, LOC and the Congress) and one reserve member that acts in the case that the subject of the protest is related to the one of the MF, where one of the regular members is coming from.

210.3 WMRA Delegate is not a member of the Jury.

210.4 Members of the Jury commit themselves that they will be available from the start of the first race until at least 30 minutes after the display of the results of the last race.

210.5 The members of the Jury of Appeal should come from different countries.

210.6 The Jury of Appeal and the appointed Secretary to the Jury shall act in conformity with IAAF Rules 119 & 146, as well WMRA Regulations.

210.7 In case of a protest, the Members of the Jury of Appeal may request (if available) from the LOC or the timing company or the TV broadcaster to provide a film of the race to be shown on an appropriate video equipment.

211 **COMPETITION OFFICIALS**

The OM is responsible for the appointment of all technical officials, whose competence must be guaranteed. Normally those are:

Position	Responsibilities
• LOC President	overall concept, representing LOC
• LOC Director	assembling the team, identifying responsibilities, monitoring progress
• Media & Marketing director	media coverage before, during and after the event; web page; Promotion
• Finances director	bookkeeping, insurance ...
• Race director	responsible for the races
• Course director	Design, measurement, drawing the maps and profiles, preparation, marking, marshalling
• Results director	Start list, time-keeping, results; printing start numbers ...
• Start & finish director	Organisation of the start & finish (call room & start procedure, luggage, mixed zone....)
• Refreshments director	On the course, start and finish
• Medical & doping director	Medical service during the event and in particular for the races (on the finish, along the course); coordination with doping control delegates
• Ceremonies director	Opening, Closing, Flower ceremonies; VIP reception; medals, flags....
• Accreditations director	Welcome office, welcome & info desk(s); accreditations, hostesses
• Transport director	From the int. airport to the hotels and back during the event (races, ceremonies, meetings etc)
• Accommodations director	Accommodations and catering during the event

212 **TECHNICAL MEETING**

212.1 It will be held on the day before the competition

212.2 It will be chaired by the WMRA Delegate.

212.3 It shall be followed by computer (.ppt) presentation

212.4 Delegations shall be given due notice of the place and time of the meeting and are invited to send one or two representatives (and, if necessary, an interpreter)

212.5 It shall be conducted in English.

212.6 Its agenda may include:

- a) Introduction and welcome by WMRA Delegate
- b) Introduction of LOC Officials
- c) Appointment of the 3 +1 members of the Jury of Appeal and its secretary
- d) Event Programme and timetable presentation
- e) Explanation of the details of the opening and closing ceremonies including logistics
- f) Races connected details:
 - timetable
 - courses
 - refreshments
 - timekeeping
 - transportation
 - start procedure (call room)
 - finish line procedure (mixed zone)
 - clothes
 - protests
 - weather forecast (start – finish)
 - anti-doping aspects
 - bibs distribution.
- g) Any other technical matters
- h) Approval of Departures
- i) Reply to the questions

Section 3 – FINANCES & MARKETING

300 RIGHTS OF THE LOC

The LOC has the following rights:

- a) to sell admission tickets to the WCh and to keep all revenues derived therefrom
- b) to sell any official programme of the WCh, draft to be approved by WMRA, and to keep all revenues therefrom;
- c) the right to sell memorabilia (T-shirts, caps, gloves, any other souvenirs, etc.);
- d) the right to use the logo and the mascot of the WCh, as approved by WMRA, and to keep all revenues therefrom;
- e) to grant to Public Institutions some rights relating to the WCh as approved by WMRA and to keep all revenues from such grant of rights;
- f) to have the Host City's name or the name of the region, area or state displayed on the athletes' bibs in a manner to be approved by WMRA and to keep all revenues therefrom;
- g) to find sponsors under the provision that the contract is approved, before signature by WMRA (see §304.4 Marketing)
- h) to receive for the organisation and staging of the WCh any value in kind products and/or services supplied by Commercial Suppliers.

301 DUTIES OF THE LOC

By being the candidate, the LOC accepts to bear all the costs of the organisation, such as

- a) Paying to the WMRA a hosting fee of 3,000USD (3000 EUR – proposal 2018 – starting 2020)
- b) Deposit (see §302)
- c) General administration: offices, salaries, mailing, telecommunications, meetings...
- d) Preparation of the courses;
- e) Costs related to the Delegates (see §208.3);
- f) Costs related to the competition officials and volunteers;
- g) Costs related to the organisation of the WMRA Congress, meeting of the WMRA Council and the staging of the Technical meeting (see §603)
- h) Timing & Results services (see §201)
- i) Press services (see Section 8)
- j) Eventual TV costs (see Section 9)
- k) Accommodation of the WMRA Council Members and Guests (§208.3 and 401.3)
- l) Accommodation of Teams (see §402)
- m) Local Transportation (Section 5)
- n) Protocol: Opening ceremony, Closing ceremony, Flower Ceremonies, Medals, VIP Reception, Hospitality, Flags ... (see Section 6)
- o) Promotion: bulletin, programme, TV spot, newspaper, posters, press conference, Logo, Mascot, Website ... (see Section 10)
- p) Medical and anti-doping services (see Section 7)
- q) Accreditation (see §1100)
- r) Security (see §1101)
- s) Insurance (see §1103).

302 DEPOSIT

- 302.1 One month after having been awarded the competition by the WMRA Congress, the LOC has to pay to the WMRA a deposit of 6.000 USD (6000 EUR – proposal 2018 – starting 2020)
- 302.2 This amount includes the hosting fee of 3000 USD (EUR), the cost of the WCh medals (including engraved categories and ribbons; see 301.n and 608.9.c) and a provision to guarantee to the WMRA that all duties of the LOC will be respected (travel of the delegates ...)
- 302.3 In case the deposit is not paid by the deadline, a reminder will be sent and new deadline will be fixed. In case the deposit is not paid by the second deadline, it will be considered that the Regulations of the event are not respected and the WMRA Council will appoint a new organiser.
- 302.4 At latest one month after the competition, this deposit will be paid back,
 - a) minus the 3000 USD (EUR) as "hosting fee" (see 301.a)
 - b) minus the cost of the medals (see 608.9.c)
 - c) any dues of the LOC (such as reimbursement of the travel costs of the delegates ...) will also be deducted.

303 LOC BUDGET

303.1 Initial Budget

LOC has to include a budget of expenses as part of the bidding documents. It has to be balanced though reasonable expectations of the income.

303.2 Final Budget

LOC shall send to the WMRA the final accounts of the WCh at the latest within three months after the conclusion of the competition.

304 INTERNATIONAL TRAVEL

304.1 **International Travelling expenses of the teams** are met by competing delegations.

304.2 **WMRA may contribute** towards these costs through a “travel grant”; its amount will be based on the performance levels of individuals and teams in previous WCh, distance to travel to the venue and the financial strength of the Members country.

304.3 This grant will be cancelled if the Member sends the final entries after the set deadline.

304.4 With the exception of the Organisational and Technical Delegates, the LOC is not responsible for the travelling expenses of the WMRA Council Members.

305 MARKETING

305.1 The LOC acknowledges that WMRA are the owners worldwide of all the rights to the WCh and shall retain all revenues from:

- international commercial sponsorship including supply and service,
- sales of world-wide television rights (by traditional transmission techniques and by way of telecommunication satellite, cable, closed-circuit) ancillary, video recording rights ...

305.2 WMRA reserves to itself the possibility to find a “Title Sponsor” for the WCh.

305.3 WMRA will ask the LOC to install advertising (in different ways) for the WMRA sponsors associated to the WCh.

305.4 WMRA may, by way of a separate agreement, grant to the LOC the right to grant to National Sponsors some of its rights (either freely or in return for an agreed sum of money); the LOC has to request this authorisation to WMRA who will, within one month, give its reply.

Section 4 – ACCOMMODATION

400 HOTELS BOOKING

400.1 The LOC will propose to the WMRA Delegate for decision by the WMRA, the choice of the hotels for the teams and the WMRA.

400.2 **WMRA may help the LOC** in the booking of the rooms by indicating (based on the past editions of the WCh) the expected needs of rooms by type of visitors (teams, WMRA Family, Press, guests) and type of rooms (single, double, twin) but these information will not be binding for the WMRA.

400.3 The LOC will also help the teams arriving before the official date, to find adequate accommodation.

400.4 Accommodation requirement:

- it should be located within easy reach of the competition course;
- the accommodation must be “hotel type” (meals should be provided in the hotel);
- the accommodation should be clean and comfortable;
- rooms should be with 2 or 3 single beds and with shower and toilet facilities in the room;
- team officials listed under 401.2.c shall have a single room;
- additional single rooms should also be available (at the cost of the teams).

401 HOTELS PRICES and PAYMENTS

401.1 Prices in the Application Form must be indicated in EUR or USD and guaranteed for the year of the competition.

401.2 The LOC is responsible for the cost of the accommodation of the teams based on the following:

- a) 3 nights (4 nights for teams coming from another continent)

- b) for the athletes – maximum 4 runners per category
 - c) for the officials - maximum:
 - 1 official for teams of 5 runners or less,
 - 2 officials for teams between 6 and 10 runners,
 - 3 officials for teams of 11 runners or more.
 - d) Meals are due from the lunch of the first day until the breakfast of the departure day.
- 401.3 In addition to the WMRA Delegate (see §208.3), the LOC is also responsible for the cost of full board accommodation for:
- WMRA President and WMRA Secretary – 4 nights,
 - other WMRA Council members – 3 nights,
 - appointed next organiser – 3 persons – 3 nights,
 - doping control team – 2 persons – 3 nights,
 - WMRA guests – maximum 3 persons – at least 2 nights.

402 HOTELS SET UP

The LOC will provide an information desk in the hall in all official hotels. A permanent presence by a volunteer (English speaking) is required in order to be the official contact of the LOC in the hotel. A notice board should also be installed for general information including the display of the timetable of the day and instructions for transportation.

403 MEALS

- 403.1 The opening hours of the restaurants should be adapted to the needs of the competition, especially the hours of the breakfasts for the day of the competition (3 hours before the start of the first race) and the departure day.
- 403.2 In the Athletes' hotels, the menus will also be adapted to the needs of the athletes.
- 403.3 Vegetarian food should also be available.
- 403.4 LOC and WMRA will discuss the kind of control system for the access to the restaurant.

Section 5 – LOCAL TRANSPORTATION

500 TRANSPORTATION PLAN

- 500.1 The LOC will provide free local transport to the teams and the WMRA Family (WMRA Council Members, WMRA Delegate, WMRA Guests, Future Organisers, invited Meeting Directors, Press, Sponsors ...)
- 500.2 Reasonable choice of the venues for particular activities (hotels-races-meetings-ceremonies...) could strongly reduce potential difficulties and costs of the transport.
- 500.3 **Local transport** includes the following return transport:
- a) service from/to the international meeting point (international airport, railway station).
 - b) team delegates to the WMRA Congress
 - c) team delegates to the Technical Meeting
 - d) team delegates to the VIP reception
 - e) attendance to the Press Conference
 - f) visit to the courses
 - g) Opening Ceremony
 - h) competition (teams, WMRA, media)
 - i) Award & Closing Ceremony and Final Banquet
- 500.4 The LOC has to send the proposal for the transportation plan two months before the competition to the WMRA Delegate for comments and approval.

501 WELCOME PROCEDURE

- 501.1 **LOC obligation**
The LOC will welcome the teams at the official airport(s) and railway station(s) for the agreed days. LOC will do its best to provide the same service for teams coming before the official date.
- 501.2 **LOC Welcome Desk**

There should be a welcome desk at the airport. A waiting area should be set up at the airport. For WMRA VIPs, a special welcome including special procedures should be set up for their arrival and departure at the airport and at the hotel.

501.3 Transfers to the hotel

Nobody (teams, officials ...) should wait more than one hour before being transported to their accommodation venue.

502 DEDICATED CARS

502.1 Four cars with drivers shall be provided for:

- WMRA President
- WMRA Secretary
- WMRA Delegate
- Anti-Doping / Medical Delegate

502.2 Cars should be available from the first day of arrival for these participants to pick them up at the airport; the cars should also be available for all social functions and return.

502.3 LOC will also provide a pool of three to five cars to cover unforeseen services to WMRA Family.

503 PARKINGS

The LOC will submit to the WMRA Delegate, for approval, the plans for the parking's on the competition site and the social functions.

Section 6 – PROTOCOL

600 SOCIAL FUNCTIONS

The LOC shall at their own cost, organise any and all social functions, opening, closing and award ceremonies, official meals, receptions and other official functions related to the WMRA.

601 WMRA CONGRESS

601.1 Date

It is organised in the morning of the day before the WCh races and should not exceed 3 hours of work.

601.2 Congress Delegates

Each WMRA Member can be represented by two delegates but only one can vote. It is assumed that these delegates are part of the delegations of the country for the World Championships.

601.3 Other Participants

Further participants of the Congress are the WMRA Council Members, the Honorary Members, Area Associations' Representatives, the Chairpeople of the WMRA Working Groups, the Auditor and Candidates for elections, representatives of the next World Championships and other guests.

601.4 Congress Room

- a) The Head Table should be on a raised platform at least 0,5m high, with 5 seats (3 for the WMRA Council Members /President, Secretary and Treasurer/, IAAF representative and LOC representative to welcome the delegates. At least 1m space should be available per one seat.
- b) The other Council Members should be seated in the part of the Delegates' seating area which is next to the Head table
- c) There should be a lectern on at least one side of the platform.
- d) Usually about 40 delegations are attending the Congress with a maximum of 80 delegates. The set-up of their room should be "U shape". Each delegate should have a chair and a table to take notes.

601.5 Technical Equipment

- a) Screen: the room has to be equipped with a projection system and a big screen located behind the Head table
- b) Microphones:
 - There should be a microphone for the President and Secretary and one flexible, a total of 3 microphones on the Head Table.

- There should also be a lectern and microphone on the lectern.
 - There should be additional (flexible) microphone for Congress Delegates' use.
 - A test of the equipment must be carried out before Congress.
- c) Audio Recording: The proceedings of the Congress should be recorded on a digital platform or audio tapes. A technician must set up the equipment in due time; he should operate the equipment and supply a sufficient number of cassettes, CDs or USB key (digital recording) to be clearly marked after recording with times.

601.6 **Set up of the Congress room**

The LOC will prepare:

- Member Federation 3-letter code name-plates (both sides)
- Name plates for the people behind the Head table (WMRA, IAAF and LOC people)
- Name plates for the WMRA Council members
- Member Federations' flags to be displayed in the Congress Room when possible
- WMRA Flag/Banner shall be located in the centre (in front or behind the Head table)
- Sufficient water and glasses for all Congress Participants in the room;
- on the big screen will be displayed the title of the Congress with date & venue - for example: 34th WMRA CONGRESS – CANILLO (AND) – 16. SEPTEMBER 2018

601.7 **Other rooms**

- a) A small room should be reserved adjacent or close to the Congress Room for the scrutineers.
- b) The WMRA requires an appropriate office space in the immediate vicinity of the Congress Room (see 601.8)

601.8 **Congress Registration**

The Congress registration (by WMRA representatives) usually takes place at the Congress venue just before the Congress itself. LOC to prepare table and chairs.

601.9 **Display stands in the Congress Centre**

On the occasion of the WMRA Congress, promotional activities are permitted and therefore the possibility to set up display stands/booths in the Congress Centre may be offered to:

- Future Organisers and candidates of WMRA Competitions;
- Commercial partners of the WMRA
- Commercial partners of the LOC (to be approved by WMRA and not conflicting with WMRA partners)

601.10 **Volunteers**

Two volunteers will be required to assist prior to and during the Congress to prepare materials and help with the Congress. All volunteers should speak English.

602 WMRA COUNCIL MEETINGS

WMRA Council may meet twice (before and after the Championships). The LOC will prepare a meeting room for 15 people in a U shape and provide facilities (copy machines, projector...) and drinks.

603 TECHNICAL MEETING

This normally takes place in the afternoon of the WMRA Congress and it is suggested that the same venue as the Congress is used for the meeting. The LOC is responsible for all expenses relating to this meeting.

604 HOSPITALITY

The LOC should provide and furnish a hospitality area and provide drinks and food for WMRA and LOC guests.

605 VIP RECEPTION

- a) Traditionally, the LOC director or the Mayor of the host city invites the VIPs to the VIP reception on evening of the day before the competition. Invited people are:
- team leaders (or head of delegations) – one per member federation
 - WMRA Council members & guests, IAAF representative
 - sponsors, earned LOC members, local VIPs....
- b) The host welcomes the invited people.
- c) Snacks or full dinner should be included.

- d) Exchange of memorial gifts between WMRA and LOC president could be included (possible also during the closing ceremony).
- e) Invitation with the programme should be given to the teams upon arrival.
- f) Should be not too long – normally from 20h-22h.

606 OPENING CEREMONY

606.1 General

Opening Ceremony is a part of the official event programme.

The script of the Opening Ceremony must be sent to WMRA Delegate who has approved it.

606.2 Timing

Normally it is organised in the afternoon on the day before the races; common time is 5 or 6 PM.

It should not be shorter than 30 min and not longer than 45 min (speeches + cultural programme)

606.3 Invited persons:

- All participating delegations shall be invited to take part in the Opening Ceremony
- Sportsmen – all official team members (runners, coaches, team leaders) – in the arena
- VIPs (seated in the first row):
 - WMRA representatives (President, Secretary, Treasurer, Delegate)
 - other WMRA Council members can choose whether to join the VIPs or to stay with their teams
 - International Athletic Organisation representatives (IAAF president or his representative)
 - national athletic federation representatives (president or his representative)
 - national authority representative
 - Local authority representative – mayor
 - LOC representative

606.4 Language

Official language is English in combination with local language. There should be 2 announcers – one for local and one for English language. Speeches should be translated (just summary).

606.5 Place arrangement

- Arena is the place for the teams. All the sportsmen should be seated. The seats could be very simple. All team members should seat together on one row.
- The place should be covered in case of rain (sports hall...)
- Podium is the place for the announcers and speaker. Podium should be decorated with flowers and a banner with logos and event data (name, edition, date and venue).
- Loudspeakers are necessary.
- Space for spectators should be provided behind the arena (behind the teams)

606.6 Flags

Special space for the flags of all present countries should be provided as well as special place for the WMRA flag, which should be put up during the opening ceremony and taken down at the end of the closing ceremony.

606.7 Parade is the first part of the opening ceremony

- Teams should not have to walk too far (0,3 – 0,5km)
- Each delegation in their approved uniforms and officials shall enter behind a shield bearer and the official flag of their delegation
- On the shields shall appear the names of the delegations in the language of the host country (but in Roman script), and in accordance with those listed under IAAF Constitution Article 4
- The parade begins with the music followed by a team with the flag of the WMRA
- The delegations shall enter in the alphabetical order of the language of the host country
- The host country's delegation shall be the last to enter
- Normally local kids carry panels with the names of the countries and the team representatives carry the flags
- Experienced person should take care that teams are ordered correctly.
- When the parade comes to the arena, sportsmen are seated, and the flags are put in a nice row; boards could stay with teams or are taken away.

606.8 Schedule:

When all teams have assembled, the following sequence must be set out:

- anthem of the Host Country

- welcome by the President of the LOC or his representative
- speech by the WMRA President or his representative
- opening of the Championships by WMRA President or the highest Authority
- Just after that the WMRA flag is raised while solemn music is playing
- local cultural displays
- Departure of the delegations.
- Each speech should be no longer than 3 min. Speeches are translated from local to English or from English to local (just the summary).
- It is advised, that speakers give their speeches to the announcer in advance, so the announcers can easily tell translated summary to the audience.

607 FLOWER CEREMONIES

607.1 General

- Flower ceremonies are a part of the official event programme.
- The main purpose of the ceremonies is to enable the press to take photos of the winners before the final ceremony that is normally organised in the evening. Also, to show the winners to the audience once again.
- Only flowers are given to the medallists

607.2 Time

- It is organised after each race in the finish area for individual medallists only.
- The Ceremonies shall be conducted so as not to interfere with the competitions in progress.
- The Flower Ceremonies shall normally take place no earlier than 30 minutes after the announcement of the results in order that there is the statutory time for any protest
- The Delegate should check if there are any complaints regarding the winners.

607.3 Invited persons:

- Individual medallists
- The designation of the VIPs handing over medal must be agreed in advance by the Delegate.

607.4 Language

Official language is English in combination with local language. There should be 2 announcers – one for local and one for English language.

607.5 Place arrangement

Podium for the winners should be prepared.

There should be a simple back-drop or something else indicating the event data (name, edition, date and the venue). This could be also on the winning podium that indicates event data. Event's sponsors logo could also be displayed.

607.6 Procedure:

- Speaker announces the presenter and the medallists (starting with 3rd → 2nd → 1st).
- Hostess gives the flowers to the presenter and he gives the flowers to the medallists.

607.7 Remark

Some of the medalists are normally selected for the doping control. They should be accompanied all the time by the chaperons. Normally the selected runners first go to change wet clothing, then they go to the flower ceremony and finally to the doping control.

608 AWARD & CLOSING CEREMONY

608.1 General

- a) The Award & Closing Ceremony is a part of the official event program
- b) The Delegate shall approve the protocol of the Ceremony.
- c) The two most important aspects of the Ceremony are:
 - o medals presentation
 - o handing over of the WMRA Flag to a representative of the OM and/or City of the next edition of the Championships.

608.2 Timing

This Ceremony is normally organized on the competition day, starting at 6 pm and lasts between 60 and 90 minutes.

608.3 Language

Official language is English in combination with local language. There should be 2 announcers – one for local and one for the English language. Speeches should be translated (just the summary).

608.4 **Invited persons:**

- Medallists – individual + teams
- Sportsmen – all official team members (runners, coaches, team leaders etc.)
- VIPs who are presenting prizes:
 - WMRA/IAAF representatives (President or his representative; WMRA Delegate + IAAF)
 - national athletic federation representatives (President or his representative)
 - national authority representative
 - local authority representative – the mayor
 - LOC representative
- VIPs who are not presenting the medals are also seated in the first row in the arena.

608.5 **Place arrangement**

- a) Arena is the place for the teams. All the sportsmen should be seated. The seats for the sportsmen could be very simple. The place should be covered in case of rain.
 - First row is reserved for the VIP's and with good quality seats.
 - Space for spectators should be provided behind the arena (behind the teams).
- b) Podium is the place for the prize presentation (for the programme)
- c) Podium arrangement (normally raised; loudspeakers are necessary):
 - Podium should be decorated with flowers and a banner with logos and with the event data (name, edition, date, venue).
 - In the centre: winning podium for the medal winners with enough space in front for persons who are presenting prizes. The winning podium should be big enough also for team presentation (up to 4 runners per team → up to 12 persons).
 - Enough space for the announcer(s) and speakers
 - Enough space between the podium and first rows of sittings for the photographers
 - Table for prizes (Cups, medals, flowers...) in the corner on one side
 - Present people on the podium during the ceremony:
 - Announcer(s)
 - Ceremony manager in the corner with prizes
 - Hostesses, who carry the prizes from the table and offer them to persons, who are presenting prizes
 - sportsmen

608.6 **Flags**

- a) Special space for the flags of all present countries should be provided as well as special place for the WMRA flag, which was placed there during the opening ceremony and will be taken from there at the end of closing ceremony.
- b) Special space should be provided for the flags of the winners, which are raised during the presentations. This place should be located so that the winners on the podium can watch the rising flags while the anthem of the winner is playing (flags should not be behind the winning podium). The rising flags could be also projected via computer.

608.7 **Arrival of the sportsmen**

Event participants arrive free at announced time. National vests are obligatory only for the medalists.

608.8 **Arrival of the medalists**

- a) National uniforms are obligatory for the medallists.
- b) All the medallists should be collected behind the stage before the ceremony starts.
- c) Note: There are max 60 medallists at the WCh (individual + teams = 3+3+3+3 + 12+12+12+12 = theoretically 60 persons, in practice about 50 persons, because the individual medallists are normally also part of the winning teams and some teams have only 3 members)
- d) When the announcer announces particular category, medallists are coming to the podium, guided by a hostess. They come to the podium and stay just behind the rostrum according to their positions. When announcer announces particular medallist, he/she just mount the rostrum.
- e) In the case that this procedure is not possible, all the medallists should be seated in the second (+ third) row to avoid waiting.

608.9 **Medals**

- a) The winner, the second and third of each event shall receive a gold, a silver and a bronze-plated medal, respectively.

- b) The medals are presented for individuals and for the teams.
- c) The medals will be supplied by WMRA at the cost of the LOC (see §302).
- d) Design shall be harmonised between the WMRA and the LOC. One side of the medal is reserved for the event logo.

608.10 Trophies

- a) The LOC will provide and pay for the Trophies for the first three teams in each category.
- b) Trophies shall be approved in advance by WMRA Delegate.
- c) They can be offered by LOC partners.

608.11 Flowers/Gifts

The presentation is optional and must be approved by the WMRA Delegate.

608.12 Ceremony conduct:

- a) Before the program begins, invited people should be seated. Medal presenters' presence should be checked, and medallists gathered behind the stage.
- b) The announcer announces beginning of the ceremony. Should be on time; in the case of delay this should be announced.
- c) A short speech of LOC representative follows (max 3 min).
- d) Conduct of the presentations:
 - Junior women individual
 - Junior women team
 - Junior men individual
 - Junior med team
 - Women individual
 - Women team
 - Men individual
 - Men team
- e) List of medal presenters should be agreed in advance between the LOC and the Delegate. In advance should be also agreed which couple is presenting to which category; normally, the medals are presented by WMRA/IAAF representatives; exceptions are possible and should be agreed in advance between the LOC and the Delegate. LOC representative is presenting flowers and cups to the winning teams. The medal is presented first, after the cup and the flowers.
- f) Presentation in each category begins with invitation and short presentation of both people who are presenting the prizes (just name and position). Persons come to the podium and the announcer invites the medal winners.
- g) At the same time medal winners are escorted to the podium in correct order.
- h) Hostesses bring the prizes on the tray and offer them to the presenters (one for the medals, one for the cup and flowers).
- i) Medallists mount the rostrum and the medals are presented starting with the 3rd place, than 2nd and finally the winner.
- j) After all three receive the prizes, anthem of the winner is played and the three flags are raised. Flags should be placed so, that the winners could face them. After that winners should stay few moments on the podium for taking photographs.
- k) During the playing of the anthem and the raising of the flags, the medallists shall face the flagpoles. At all times, they shall conduct themselves in a dignified manner.
- l) Medal winners are not allowed to bring national flags to the podium.
- m) At the end of each category announcer thanks to the presenters and invites next presenters to approach.
- n) After all the prizes are presented, WMRA President (or his representative or IAAF representative) holds a short speech with and overview on the past event and thanks to the LOC. Exchange of memorial gifts between the speaker (WMRA representative) and LOC representative could follow /this could be done also during the VIP reception.
- o) WMRA president finishes the speech with the sentence "I declare the event closed", while the flag is lowered and folded (this could be done also in advance).
- p) LOC representative of past event and LOC representative of the following event are invited to the podium. Hostess brings the flag and gives it to the hosting LOC representative. He gives the flag to the WMRA President and he gives the flag to the representative of the next organiser.

609 FLAGS

609.1 Delegations' Flags

The venue shall be decorated with the official flags of the participating delegations to be provided by the LOC. These flags must be checked by the Delegate before they are displayed.

609.2 WMRA Flags

The WMRA Flag must be flown at all official sites (including official hotels). WMRA Delegate shall provide the flags and banners.

Section 7 – MEDICAL & ANTIDOPING

700 MEDICAL SERVICES

700.1 Definition of the needs

Medical service should cover medical problems during the event, including daily medical problems and mountain running (race connected) medical problems.

700.2 Medical Services for the teams

The LOC will send to the Anti-Doping / Medical Delegate, at latest two months before the competition, the proposed plan for:

- the type of service which will be available to the teams without medical staff.
- for the teams coming with a medical staff (they will need adequate facilities for physio, free of charge to the teams).
- Services on the competition site: personnel, equipment, service, ambulance, system to move the injured athletes in zones where ambulances cannot access

700.3 Hospital

The LOC will inform the nearest hospital that a WCh will be organised. When necessary, helicopter should be available.

700.4 Costs

In case of the need of a hospitalisation, the financial responsibility of the LOC ends when the ambulance enters the hospital. Additional costs have to be paid by the teams who are encouraged to take an insurance to cover these risks.

701 MEDICAL GUIDELINES

There are 4 keystones to focus on:

701.1 Competent and sufficient personnel

The medical personnel has to evaluate and treat environmental and exercise related problems such as dehydration, hyperthermia, hypothermia, exercise associated collapse, anaphylactic shock, hives, asthma exacerbation, diabetic insulin reactions, dermatologic and orthopaedic problems.

- a) Medical director: should have knowledge about concerns and problems of running, especially mountain running. Medical director has overall control of all medical operations. If the director is not MD, one MD has to be in reach, and be reachable within 5 Minutes at day of the race for advice. The Medical Director should hand out transfer-guidelines for example - District's emergency number, hospitals, emergency medical vehicles, police and fire fighters etc.
- b) Medical staff is divided into professionals and non-professionals/volunteers
 - Professionals: MD, nurses, paramedics, physiotherapists, EMT, who have experience with critical care and emergency room, are able to use the defibrillator
 - Non-professionals: have had CPR certification lately, could be Physiotherapists, nurses, paramedics, massage therapists, EMT (emergency medical technician), podiatrists, certified athletic trainers, first responders...
- c) Number of staff: 2-3 MDs, 6 professionals, 4 non-professionals, 8 volunteers depending if the course is a round course, at a critical altitude and weather conditions).
- d) Insurance: The medical director and medical team should be included in the insurance coverage of the race organisation
- e) Organisation during the race:
 - First aid stations

- Positioned with physician, nurses, paramedics, EMT, or massage therapist with first aid experience.
 - Flexible medical vehicles/ First response teams - MD, Paramedic, nurses, EMT defibrillator on board is necessary
 - Defibrillator equipped motorcycle/car which is able to cross the course within 4 minutes, operators must be trained to use the defibrillator and the team must be integrated to the local emergency medical system. Several teams assigned along the course to follow the main pack and separated by 2-4 km will give rapid access to most of the runners.
 - Finish line personnel: 1 physician, 3 professional medicals, 4 volunteers
 - One person is the director for the finish line field
 - Medical educated personnel, who can evaluate the problems: medical illness and injury/massage category.
 - Non-medical personnel: recording medical data, retrieving dry clothing, distributing census information to concerned parties and general assistance.
- f) Medical staff Identification: the medical staff should wear a sign, which notifies them as medical staff. There should be signs to show the way to medical area. At the medical area the staff has to have telephone number of MD
- g) Transport - advanced life support emergency ambulance coverage should be available at the finish line and along the course.
- First Aid should be available within 4 minutes, emergency vehicle response within 8 minutes. i.e. 2 ambulance cars, 2-3 moving vehicles.
 - when necessary, helicopter should be available
 - Major objective must be in case of severe illness, a runner has to reach the nearest hospital within 20 minutes, if necessary accompanied with one MD. Or an emergency room has to be reached within this time.
 - Transportation for well drop outs should be organised.
- h) Medical authority - Every medical official has the authority to examine a runner who appears ill and to remove the runner from competition.
- i) The LOC shall arrange interpreters.
- 701.2 **Adequate location of medical stations** – Types of the Medical stations
- a) minor aid station: can supply blankets, water, transport, communication to get further help
 - b) major aid stations: should include MD and equipment as at the finish line
 - c) finish line: field hospital, fully equipped, at least 1 MD, 3 professionals and 4 non-professionals
 - d) flexible vehicles: defibrillator equipped, are able to be at the course within 4-6 minutes
 - e) helicopter should be available to reach remoted parts of the course
- 701.3 **Adequate equipment and supplies**
Finish line, field hospital: tent, cots, stretcher, wheelchair, defibrillator, drug kit, oxygen tank, typical medical supply, 1-2 advanced life support ambulances. There is a list of expected minimum equipment.
- 701.4 **Communication system**
- a) amateur radio & mobile phone
 - b) volunteers at the course every 0,5km; every 0,25km in the last km
 - c) District's emergency number, hospitals, emergency medical vehicles, police, fire fighters must be informed and coordinated
 - d) Communication has to work among the medical staff and race director as well as with the public authority (police, ambulance, hospital) as with the team leaders of the competitors country, should develop medical information for Team Manual
 - e) The medical director has to proof to the LOC/ WMRA, that in any case of severe illness a runner can be transported to hospital within 20 minutes. The medical director has also to proof that a runner with severe illness can be reached with defibrillator within 8 minutes and reached by a CPR educated staff within 4 minutes. It is also important that the medical staff is equipped with adequate instruments and drug kit in case of emergency.

702 DOPING CONTROLS

702.1 **Principle**

Doping tests will be carried out according to the IAAF Rules and Regulations and under the supervision of the Medical/Doping Delegate. The LOC is responsible for the set-up of the facilities and all the costs related to all kind of doping controls if not specified otherwise.

702.2 Doping control delegates

In addition to the WMRA Medical/Anti-Doping Delegate, a second doping delegate can be nominated by national anti-doping governing body; they will work in close cooperation.

702.3 IAAF involvement

The IAAF Medical and Anti-doping Department will send in advance to the LOC various information regarding the organisation of the controls, the number of tests to be carried out and the name of the chosen Laboratory for the analysis. These instructions have to be followed carefully.

702.4 Doping Control room for urine sampling

The doping control room shall be secured: access restricted to doping personnel, the athlete and one accompanying person per athlete only and/or an interpreter if necessary.

The facilities have to be approved by the WMRA Medical/Anti-doping Delegate:

- a waiting room with adequate seating
- a working room
- two adjoining the working room (male and female).

702.5 Personnel

The LOC will provide one doctor and/or doping officer, assistant to witness the urine collection and appropriate number of escorts for the athletes' notification.

702.6 Material

LOC shall ensure that approved materials will be available.

702.7 Additional tests

IAAF and WMRA may decide to organise additional tests (blood or other) at their costs; the LOC will help to find and educate the requested chaperons; their only financial contribution would be the accommodation costs of the additional people (4 persons maximum).

Section 8 – PRESS

800 PRINCIPLE

The LOC will send to the WMRA Delegate, two months before the competition, the proposed plan for services to be provided to the Media, such as:

- Media Centre: location, opening hours, equipment, personal
- Media seats: location, equipment, access
- Telecommunication equipment
- Flash Interviews
- Formal Interviews
- Press Conferences
- Statistical data
- Press releases
- working conditions for the photographers
- Accreditations and photographers bibs

The LOC has also to guarantee that immediately after the competition, a minimum of 10 high quality photos will be available for the use and the needs of the WMRA.

Section 9 – TELEVISION

901 PRODUCTION

The LOC will do its best to find a way to find a company to produce the images of the WCh: National or regional TV channel, private TV company ...

902 RIGHTS

WMRA owns the rights of showing the WCh images worldwide, but in case the LOC finds a partner to do the production the rights for the host country will grant free of charge. WMRA, LOC and the TV Company will discuss in good faith the distribution outside the host country. In any case, WMRA will keep the right to show the images on its website (streaming)

Section 10 – PROMOTION

1000 TARGETS

The LOC has to develop ideas to promote the WCh

- nationally and regionally, in order to attract the spectators and the media;
- Internationally, in order to promote the City/Region and Mountain Running.

A comprehensive promotion campaign must be organised emphasising that this is a World Event at which the world's best athletes can be seen.

1001 PROMOTION PLAN

The plan should include some, or all, of the following:

- Schedule of press conferences prior to and during the WCh,
- Press releases which are sent periodically to the Media,
- Mailing to the Athletics community and other groups,
- Promotion stand/display during athletics competitions and public fairs,
- School promotion (i.e. design or name of the mascot, country attribution per school) and school projects,
- Distribution of stickers and flyers,
- Poster and Billboard displays in public areas and in the city,
- Banner displays in the city,
- Advertising in the newspapers and magazines,
- Radio and Television advertising,
- Flags of the participating countries displayed downtown prior to the event,
- City decoration prior to and during the event ...

1002 LOGOS - BRANDING

- a) At latest six months before the competition, the LOC has to create a logo for the WCh and keeps the right of any commercial usage of it on the regional and national levels.
- b) The LOC can also create, if it wishes so, to create a Mascot.
- c) The WMRA and IAAF logos shall appear in all official print material.

1003 LOC WEBSITE

1003.1 General

- a) The LOC must create a dedicated website, the content of which must be approved by the WMRA Delegate.
- b) It should open at latest 9 months before the competition.
- c) It must be in English; a version in the national language should also be available with eventually different content.
- d) Traditionally, the web site address is: "WMRCHYYYYY.xxx", where "YYYYY" means the year of the event and "xxx" means the IAAF abbreviation for the country – such as "WMRCH2013.ITA"
- e) the front page of web site should present full name of the event including WMRA and event logo and should show the challenge and beauty of mountain running
- f) this website will be linked to the WMRA website

1003.2 Typical content:

- a) Host country and city presentation – could be just a short presentation and link to the local web site
- b) Presentation of the venue (detailed maps of the local situation – accommodation-ceremonies-races...)
- c) LOC structure
- d) Programme and timetable
- e) Courses (facts, map, profile, description; photos)
- f) Entries (general information, visa information, PEF, FEF, list of; final start list)
- g) Results (of course active only after the event)
- h) Photo gallery (before the event photos of the venue; photos of ceremonies etc and races during and after the event)
- i) statistics (previous results if it is traditional race; results of previous WCh editions; could be link to WMRA Web site)
- j) "Team Manual" as .pdf file should be available for download as soon as possible.

- k) Basic info regarding travel, accommodation, local transportation etc should be also available as long as Team manual is not available.

1004 OFFICIAL PROGRAMME

1004.1 Principle

If the LOC decides to print an Official Programme, it should be provided free of charge to the teams, the WMRA, the commercial and public partners of the WCh.

1004.2 Languages

The programme should be in English and the national language.

1004.3 Content

Its content must be approved, page by page, by the WMRA Delegate and should include:

- Competition logo on cover page (and mascot if any),
- WMRA and IAAF Presidents' messages,
- Authorities and/or LOC message(s),
- WMRA Council Members - WMRA Delegate - LOC Members
- Timetable,
- Course,
- Presentation of Mountain Running and WCh,
- Promotion text about the city/country,
- Editorial texts,
- Statistics of the previous WCh and past winners,
- Advertising for the partners of the WCh
- Start list, including athletes' bib numbers

Section 11 – OTHER ASPECTS

1100 ACCREDITATION

1100.1 Principles

The LOC is responsible to put in place a very simple system of accreditation.

1100.2 Layout of the cards

- Cards must be given to all teams participants (athletes, officials ...), to the Members of the WMRA Family, to the LOC and its volunteers, to the Media.
- The different categories of people should receive cards with different colours
- Presence of names and photos on the cards is optional.

1100.3 Accreditation Plan

- The LOC will reflect on the definition of the different zones and will number them
- The cards will give access to specified zones.
- The WMRA Delegate and the members of the WMRA Council will have access to all zones.

1100.4 Distribution of the cards

- For the Members of the WMRA Family: on arrival, as part of the "welcome pack";
- For the teams: once the registration (and the financial aspects) have been settled.

1101 SECURITY

LOC will provide a security service to keep safe all equipment (e.g. Timing, Computer companies, Tribune, course preparation) as well as the access to dedicated zones and reserved parking.

1102 VISAS

1102.1 About 50 Federations may compete in the WCh. As part of its candidature, the LOC has to classify these federations in three categories

- Cat 1: those for whom no visa is required
- Cat 2: those for whom a visa is required by the Host country and where the Host Country has a diplomatic representation (Embassy, Consulate ...) in the travelling country.
- Cat 3: those for whom a visa is required by the Host country and where the Host Country does not have a diplomatic representation (Embassy, Consulate ...) in the travelling country.

1102.2 For the Category 2, the LOC and the OM will help the delegations to get the visas by sending out an invitation letter, based on the requirements of the Ministry of Foreign Affairs of the Host Country

1102.3 For the Category 3, the LOC will inform the WMRA how these delegations can get their visas.

1103 INSURANCE

The LOC shall secure and maintain, at its own expense, an insurance policy issued by an insurance company to cover:

1103.1 The risk of any damages which may be suffered by him as a result of cancellation, abandonment, postponement curtailment of the WCh ("Cancellation Insurance");

- the risk of general liability or damages resulting from or arising out of the organisation and staging of the WCh, including any liability in respect of spectators and the staff members and contractors of the WMRA, the OC and/or the OM, such insurance to have a minimum per occurrence limit of US\$ 500.000 ("Public Liability Insurance");
- any other risk required to be insured under the local law applicable to the WCh.



World Mountain Running Championships



Appendix: **COMPETITION REGULATION 201.4**

GUIDELINES FOR THE PRESENTATION OF THE RESULTS

1. **The presentation of the results especially the results for the teams must be in the format defined by WMRA.**

FORMAT

2. It is essential that the results are presented in a **standard format**, using Microsoft Excel, Font Type: Arial, Size: 10, in English, page formatted to Portrait
3. **Location** should be presented as "Location, COUNTRY" (i.e – Madrid, SPAIN).
4. **Date of the race** should be in the format day, month, year, with the year shown in full (i.e. – 10 July 2017).
5. Basic course characteristics should be presented for each category (length; ascent/descent; like »Course: 9,1km; +1210m/-230m).
6. **Surname** should be upper case, even for a double-barrelled name (like SMITH-BROWN).
7. **First name** should commence with the first letter in upper case, and all remaining letters in lower case (like "John").
8. **Gender** and age category should be shown as "F" for Senior Women and "M" for senior men; "JF" for Junior Women and "JM" for Junior Men.
9. The **year of birth** should be written limited to the two last digits.
10. **Country name** should be abbreviated to three upper case letters in accordance with the official IAAF/IOC list, i.e. GBR – Great Britain, ESP – Spain, RUS – Russia, etc.
11. **Presentation of the Performances**
 - Race time should be always presented like h:mm:ss (1:05:15),
 - tenth of second and hundredth of second shall never appear.
12. **Start number** shall also appear on the result sheet.
13. **Athletes not starting** the race have to be listed with the remark "DNS"
14. **Athletes not finishing** the race have to be listed with the remark "DNF"
15. **No local letters** should be used (like: ä, ü, ß, ř, č, š, ž, ...).

TEAM RESULTS

16. **All athletes and teams** have to appear on the results.
17. **Teams not having enough runners on the finish** will appear with the remark "NC".
18. **Non scoring athletes' places** will be in brackets.

DISTRIBUTION

19. The official results have to be **displayed** immediately after the race, on site on a specific place and on the website of the race
20. **Printed version** of the results have to be distributed to the delegations before they leave (number of sets in accordance with the size of the teams, to be discussed with WMRA Delegate)
21. Within 24 hours, the Results are to be **forwarded to the WMRA** for display on the WMRA website.

SAMPLE – INDIVIDUAL RESULTS

Position	Start No	Name	Born	Nationality	Category	Time
1.	2	HEINZLE Florian	82	AUT	M	1:11:36
2.	39	SCHIESSL Helmut	72	GER	M	1:12:16
3.	52	DEGASPERI Marco	77	ITA	M	1:12:35
4.	32	FONTAINE Raymond	79	FRA	M	1:13:08
5.	16	KRUPICKA Robert	78	CZE	M	1:13:10
	xx	SURNEME Firstname	xx	XXX	M	DNS
	yy	SURNEME Firstname	yy	YYY	M	DNF

SAMPLE – TEAM

Pos.	Country		pts	Start No	NAME	Pos.
1	Italy	ITA	20	53	DEGASPERI Marco	3
				50	GAIARDO Marco	7
				51	ABATE Gabrielle	10
				52	CHICCO Davide	(25)
2	Great Britain	GBR	31	34	COX Martin	8
				37	JOHNES Andrew	9
				36	VERNON Steven	14
				35	DAVIES Timothy	(17)
NC	San Marino	SMR	/	75	GIOMI Paulo	(23)
				76	JACOMINI Alberto	(35)