



Mountain Running World Cup 2026

(27th edition of the WMRA World Cup)

WORLD CUP RULES FOR ATHLETES



5 December 2025 Version: 2026.1

1. GENERAL

- 1.1. The World Mountain Running Association, referred hereafter as 'WMRA,' stages an annual WMRA WORLD CUP.
- 1.2. WMRA Council are responsible for the organisation, regulations, and application process for the WORLD CUP. Updated documents and results will be published on the WMRA website: <https://www.wmra.info/world-cup-races/>
- 1.3. The WORLD CUP is for individuals, Women and Men only. Currently there are no team or age-related competitions. Athletes under the age of 16 in the year of the competition will not be eligible for World Cup points.

2. WORLD CUP RULES 2026

- 2.1. In 2026 the full name of the competition is: **"WMRA MOUNTAIN RUNNING WORLD CUP 2026"**
- 2.2. There will be races in 3 categories (Uphill, Classic Up & Downhill and Long Distance).
 - 2.2.1. Race categories will align themselves to the following parameters:
 - Uphill: 3 – 12km with 500m+ minimum elevation gain and 1250m+ maximum elevation gain. The course should be mainly uphill. (Guide: average elevation gain per km = 150 – 250m/km)
 - Classic Up and Downhill: 9 – 21km. This can be uphill/downhill course or only uphill. (Guide: average elevation gain per km = 100 – 150m/km).
 - Long Distance: 22km – 45km. This can be uphill/downhill course or only uphill. (Guide: average elevation gain per km = 80 – 120m/km).
- 2.3. The 2026 calendar will include between 16 World Cup Races.
- 2.4. An athlete must score in at least two races to be included in the final World Cup ranking and prize ceremony.
- 2.5. The **overall** WORLD CUP results will be calculated from athletes' best: **10 race results** in the 16 races of the 2026 World Cup competitions.

Each World Cup race in each category counts equally to the overall World Cup result except where bonus points are allocated at the World Cup finals.
- 2.6. The **category** WORLD CUP results will be calculated from athletes' **best 3 race results in that single category**. Athletes may rank in more than one category.
- 2.7. If athletes have the same number of points, their final position will be determined by reference to their highest race positions. Therefore, athletes with equal points, but one has a 1st position and the other has not, the athlete with the 1st position takes priority. If both have a first position, the next superior position is compared and so until a priority is obtained. If this method does not resolve the final positions, the prize money for the final positions will be added together and divided by the number of athletes involved.
- 2.8. If the Referee is satisfied on the report of a Judge, or Umpire, or otherwise, that an athlete:
 - has left the marked course thereby shortening the distance to be covered;
 - receives any form of assistance such as pacing (unless the race explicitly allows this), or refreshments outside of the official aid stations;
 - does not comply to any of the specific race regulations;

They shall be disqualified or get the penalty stated by the specific race regulations.

- 2.9. Race Organisers will be required to ensure that members of the general public and media (for example camera runners or bikers) do not interfere with the race or provide any form of assistance (including information about other runners) that is known only to them due to their position in the race. Camera runners should always be behind the runners they are following and be clearly identified. (i.e. specific-coloured tops) to distinguish from those in the race and or spectators.
- 2.10. The points awarded for each race will be as follows (the same for Women and Men).

Place:	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.	13.	14.	15.	16.	17.	18.	19.	20.
World Cup Race Points:	50	42	36	32	29	26	24	22	20	18	16	14	12	10	9	8	6	4	2	1

- 2.11. Race Bonus Points: Additional points may be added to individual races depending on the level of competition for both overall World Cup points and Category points in specific race events.
 Bonus Participation Points: at each of the World Cup final races - Each points scoring athlete from the race receives a **5 points** bonus to add to their score. An athlete must arrive in the top 20 places at this race to score this bonus.
 The bonus points will be added to apply to an athletes overall World Cup points tally and NOT to their Category points score.
- 2.12. In addition to the overall WORLD CUP classification, there will be also a WORLD CUP Category Classification (Male/Female). Each category classification could be named with a category sponsor.
- 2.13. Invited and qualifying athletes will be eligible for hosting support, complimentary race entry and WMRA travel Support.
- 2.14. There will be anti-doping testing at World Cup events.
- 2.15. Competition rules and conduct following World Athletics guidelines will be in force for World Cup competitions including rules on pacing/outside assistance.
- 2.16. Any prize money can only be paid to a runner selected for a doping control after the negative results of that doping control for any World Cup race.
- 2.17. By accepting prize money for the overall ranking, the athlete consents to the use of his/her contact email being sent to race organisers of next year’s World Cup competition for invitation purposes unless the athlete explicitly requests this does not happen. In addition to this the athlete also consents to the use of her/his image in communications surrounding the World Cup for the current and following year.
- 2.18. Runners who are not present at the World Cup Final prize-giving ceremony will have 50% of their prize money deducted. Any request for exceptions to this will need to be approved and notified in writing (ie force majeure) where it would be impossible for the athlete to attend due to a condition out of that athletes control.
- 2.19. Any expenses outside of normal bank fees connected with sending the money by other means will be deducted from the prize money. The runner who does not contact WMRA at latest by 1st Dec in the current year renounces the prize.
- 2.20. Final WORLD CUP prize money will be paid only after the negative results of all Doping Controls held at any of the Final races. If these results are not available before the 1 Dec. (prize money deadline), special allowance will be made by the WMRA for this to allow athletes to receive prizes.
- 2.21. Race organisers, athletes, media and any person who use photos/video/any media content material generated by the WMRA must not alter the material in any way. Media content material must also be credited in the way approved by the WMRA Communications manager when publishing material owned by the WMRA. Usage fees or penalties may be applied if media material usage guidelines are not followed.
- 2.22. Where there is a World Cup sponsor winners shirt supplied to the World Cup race winners (male/female) this must be worn for a photo by the World Cup WMRA photographer. Failure to do so could result in a reduction of overall World Cup prize money or cancellation of travel support.

3. WMRA RESPONSIBILITIES

- 3.1. Prize money will be paid for the overall World Cup Champions. Prize money of 30,000 euro total will be provided by the WMRA. Prize money distribution:

Place:	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
EUR:	5000	3000	2000	1300	1000	800	600	500	400	400

- 3.2. WMRA medals/trophies will be awarded to the top 3 places in the overall standings as well as top 3 in the category standings Female/Male. Other prizes may also be provided by WMRA or a World Cup sponsor at the discretion of the WMRA.

- 3.3. Prize money for each of the three category classifications will be:

Place:	1.	2.	3.
EUR:	TBD	TBD	TBD

The prize money paid for will be the same for each of the three category classifications.

- 3.4. WMRA will publish the WORLD CUP Calendar and include a link to the race event as well as race related content and news on the WMRA / WA / partner media channels.
- 3.5. Race events and athletes will be entitled to use without cost WMRA created media and shared media content as long as acknowledgements and photo credits are published and tagged. If the content is not correctly tagged or used outside of promotion for the races involvement with the WMRA World Cup then usage may incur a usage cost.
- 3.6. The WMRA will pay a travel support for World Cup events for selected World Cup ranked athletes competing in the current years World Cup (Male/Female). For the first race of the calendar the World Cup results from the preceding year will be used.
- 3.7. In the event that these runners are not available for the event then this money may at the discretion of the World Cup manager be paid to the next ranked athletes.
- 3.8. For event locations with 2 races held together there will be paid only one single amount.
- 3.9. WMRA will make World Cup travel support payments after the first half of the season's races and then a second payment after the World Cup Finals together with World Cup prizes following the anti-doping results.
- 3.10. The results of the World Mountain / Trail Running Championships and World ranking (M/F) may also be used <https://ranking.wmra.info> for providing this travel support.
- 3.11. Travel support is only available for athletes competing outside of their home country.
- 3.12. The WMRA will assist with Anti-doping requirements. Each race will be asked to provide testing for 6 runners (male and female) in each World Cup race.

4. RACE ORGANISERS RESPONSIBILITIES

- 4.1. The race organiser must provide transfers or give local assistance from the nearest major airport for the invited runners
- 4.2. Each race organiser must offer as a minimum free entry and full board accommodation for at least **two** nights when there is 1 World Cup race at the event. Where there are 2 races then the race organiser must offer full board accommodation for the night before and the night of each of the races. WMRA travel support may be used to provide this at the discretion of the World Cup manager. Accommodation support is to be provided to athletes:
- a) Who finished the 2025 WORLD CUP on the top 10 positions, (Appendix 3)
 - b) World Mountain and Trail Running Championships 2025:
Junior Women & Men's winners plus Senior Women & Men's winners (Classic up/down)
Senior Women & Men's winners (Uphill)
Senior Women & Men's winners (Short trail), (Appendix 3)
 - c) The best 10 athletes' women/men in the World Ranking (taken at 45 days prior to the competition date in order to manage travel and entry logistics for that athlete).

- d) The World Cup manager will provide a recommended list of top athletes to invite and minimum 10 names on this list will need to be invited by the LOC with hosting support above

A minimum of 10 Male and 10 Female elite athletes from the criteria above need to be hosted for each event. A race can submit their own list of elite runners for approval to cover this number if there are not sufficient runners available from a,b,c,d.

NB. Many of these athletes will appear in more than one of a,b,c,d, and so the total number of invited athletes will be less than the sum of all these categories.

- 4.3. Race organizers shall provide equal prizes / prize money for men and women. This prize money should be paid to a minimum of first 5 runners (men & women) with a minimum amount of **5.000euro** distributed at each race. Any prizes for intermediate times and records must also be equal for men and women and are additional and not to be included in this minimum amount. The prize money and awards must be published 30 days prior to the event and sent to the World Cup Manager.
- 4.4. Any prize money can only be paid to a runner selected for a doping control after the negative results of that doping control.

5. FINAL PRIZEGIVING CEREMONY

- 5.1. The best placed women and men will receive prize money as stated in the WORLD CUP Rules plus other awards at the discretion of the WMRA.
- 5.2. Runners who are not present at the World Cup Final prize-giving ceremony will have 50% of their prize money deducted. Any request for exceptions to this will need to be approved and notified in writing (ie force majeure) where it would be impossible for the athlete to attend due to a condition out of that athletes control.