



Mountain Running World Cup 2026

(27th edition of the WMRA World Cup)



Regulations

5 December Version: 2026.2

1. GENERAL

- 1.1. The World Mountain Running Association, referred hereafter as 'WMRA,' stages an annual WMRA WORLD CUP.
- 1.2. The name of this competition is "MOUNTAIN RUNNING WORLD CUP YYYY" and hereafter in this document referred to as, 'WORLD CUP.' The name of any WORLD CUP title sponsor may also be included at the discretion of the WMRA. In 2026 the full name of the competition will be:
"[Sponsor inserted here] MOUNTAIN RUNNING WORLD CUP 2026"
Or **"WMRA MOUNTAIN RUNNING WORLD CUP 2026 by [Sponsor inserted here]"**
- 1.3. The race organiser for each of the individual races may be also referred to hereafter as 'organiser' or the 'LOC.'
- 1.4. 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/>
- 1.5. 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 eligible for World Cup points.
- 1.6. Upon signing the World Cup Contract and joining the Mountain Running World Cup the organiser agrees to abide by the regulations provided in this document.

2. MEMBERSHIP, SELECTION CRITERIA AND PROCEDURE

- 2.1. Recognised and professionally organised international mountain running races are invited to submit applications to be part of the WORLD CUP.
- 2.2. To be considered for inclusion into the WORLD CUP the organiser must be able to demonstrate that the race is or will be at a suitable level of quality. They can demonstrate this by showing the level of media interest and/or quality of athletes and/or number of participating nations that are present in the top 25 finishing positions (if an existing race).
- 2.3. Participating races must fully accept the WORLD CUP and World Athletics (referred hereafter as WA) Permit Regulations (See World Athletics Permits and Challenges Guidelines: World Cup Appendix 7) and must be organised in accordance to the national rules for international sport events including medical service, mountain safety, insurance and doping control.
- 2.4. Participating races should be sanctioned by their National Athletic Federations. The National Athletics Federation should also be a member of the WMRA.
- 2.5. Applications for inclusion in the WORLD CUP must be sent to the WMRA World Cup Manager in the preceding year, using the official application form (Appendix 1), unless otherwise permitted.
- 2.6. A Contract between WMRA, the selected WORLD CUP race LOC and the National Federation (or authorised body) must be signed when selection is confirmed within 30 days of receipt of the Contract.
- 2.7. Applications will be considered, and the race schedule selected by the WMRA Council as soon as practicably possible after the closing of applications. All bidding races will be notified of the result.

- 2.8. The races selected will be a mix of uphill only and up/down. A variety of different distances, types of terrain will be included to be decided by the WMRA World Cup Manager and the WMRA Council according to bids received.
- 2.9. Courses must be safe and well marked, so that all the participants have equal conditions. All courses must be marked in such a way that no navigation skills are required from the athlete, and that the route is easy to follow at all times by the fastest runners.
- 2.10. Races should follow World Athletics regulations for mountain running (Rule57) including, safety, taking for the environment and not requiring the carrying of compulsory equipment and not allowing the use of poles in competitions. Exemption from these requirements can be given by the World Cup Manager.
- 2.11. Stronger consideration will be given to races where the LOC can demonstrate an ethical and environmental impact strategy / certification.
- 2.12. Races should demonstrate adequate levels of capability on race management, promotion and demonstrate a good competence for ensuring the comfort and safety of all participants.
- 2.13. The WMRA will endeavour to include race variety in the WORLD CUP by bringing in at least one new race to those selected from the previous year.
- 2.14. The WMRA will give priority to the principle of having one race per country, as well as one event outside Europe when possible but will not be limited by this.

3. SANCTIONS

- 3.1. Organisers who do not observe the WORLD CUP Rules and Regulations are liable to be omitted from future WORLD CUP series for up to three years.

4. WORLD CUP RULES 2026

- 4.1. In 2026 the full name of the competition is: **“WMRA MOUNTAIN RUNNING WORLD CUP 2026”**
- 4.2. There will be races in 3 categories (Uphill, Classic Up & Downhill and Long Distance).
 - 4.2.1. Races may apply for race events in more than one category.
 - 4.2.2. 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).
- 4.3. All World Cup races in 2026 will be given World Athletics Permit status.
- 4.4. The 2026 calendar will include between 16 World Cup Races.
- 4.5. An athlete must score in at least two races to be included in the final World Cup ranking and prize ceremony.
- 4.6. 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.
- 4.7. 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.
- 4.8. 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.

- 4.9. 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.

- 4.10. 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.

- 4.11. 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

- 4.12. 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.

- 4.13. 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.

- 4.14. Invited and qualifying athletes will be eligible for hosting support, complimentary race entry and WMRA travel Support.

- 4.15. There will be anti-doping testing at World Cup events.

- 4.16. Competition rules and conduct following World Athletics guidelines will be in force for World Cup competitions including rules on pacing/outside assistance.

- 4.17. 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.

- 4.18. 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.

- 4.19. 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.

- 4.20. 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.

- 4.21. 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.

- 4.22. 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.

- 4.23. 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.

5. WMRA RESPONSIBILITIES

- 5.1. The WMRA will at its discretion register / allocate “WMRA Permit” and “WORLD ATHLETICS Permit” to the races without further payment. Races may use the WMRA / World Athletics (WA) Permit logos for promotion of that race but for only the edition of the race that is in the World Cup. Furthermore the WMRA Permit / WA Permit and World Cup name are limited to the race(s) that are a part of the World Cup and can not be used for other races that take place during that event.

- 5.2. 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

- 5.3. 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.

- 5.4. 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.

- 5.5. 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.
- 5.6. Race events 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.
- 5.7. The WMRA will provide at no cost to the LOC a contact person + media liaison to work together with the organisation during the event. LOC will be responsible for the accommodation and arranging access to areas on the course for these people.
- 5.8. The participating race will automatically be entered into the WMRA Mountain World Ranking without further cost for the year of WORLD CUP participation as well as being featured in the upcoming ranked races calendar. Further opportunities for advertising on the Mountain Running World Ranking site are available on request.
- 5.9. The race will be listed during the year of competition as a World Cup event on the WMRA website calendar.
- 5.10. 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.
- 5.11. 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.
- 5.12. For event locations with 2 races held together there will be paid only one single amount.
- 5.13. 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.
- 5.14. 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.

- 5.15. Travel support is only available for athletes competing outside of their home country.
- 5.16. 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.
- 5.17. When anti-doping tests are requested by the WMRA the cost of analysis for the doping control will be paid in full by the LOC and WMRA will reimburse the LOC up to a value of between 300 - 500 euro per test carried out and up to a maximum 5 tests carried out per race event. The total amount to be paid will be at the discretion of the World Cup Manager based on the total cost of testing that the race will pay. This reimbursement will be inclusive of all associated costs ie collection/transport. The LOC will be responsible for liaising with their National Anti-doping agency and arranging for the testing to take place in the required manner.

6. RACE ORGANISERS RESPONSIBILITIES

- 6.1. The WORLD CUP contract must be signed by all parties and returned to the WMRA within 30 days of being sent to the LOC or the LOC application may become void.
- 6.2. In 2026 the full name of the competition is: “[*Sponsor inserted here*] MOUNTAIN RUNNING WORLD CUP 2026” or “WMRA MOUNTAIN RUNNING WORLD CUP 2026 by [*Sponsor inserted here*]” and this must be used in all public and official communications.
- 6.3. The LOC will take out and maintain adequate third-party liability insurance for the event.
- 6.4. The race organiser must provide transfers or give local assistance from the nearest major airport for the invited runners
- 6.5. 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 aboveA 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.
- 6.6. 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.
- 6.7. Any prize money can only be paid to a runner selected for a doping control after the negative results of that doping control.
- 6.8. Each WORLD CUP event Organiser will pay a fee as the WORLD CUP entry fee (this fee also includes the WA Permit fee and other services provided by the WMRA as outlined in section 5).
 - a) The fee must be paid within one month after receipt of the invoice from the WMRA.

- b) The fee will be based on the number of category races at each race event with the maximum being 2 races held at any one event in one of the following combinations: Uphill / Classic Up and Downhill or Uphill / Long Distance. Each of the category races (uphill, classic up & downhill, long distance) will have the same fee.
- For one category race (Uphill, Classic Up & Downhill, or Long Distance). **7.500 euro**
 - For two category races (Uphill/Classic Up& Downhill OR Uphill/Long Distance). **10.000 euro**
 - Note: events with 2 category races, each race must be held on either consecutive days or with one day rest between and not on the same day.
- 6.9. All additional race related expenses are at the cost of the race organisers.
- 6.10. Each race organizer / race / shall open its own web page with all required information at least 6 months before the date of the race. See event information Guidelines: Appendix 4. It should be in the local plus at least English language.
- 6.11. Link to the WMRA web page MUST be included as well as the WMRA / WORLD CUP and WA Permit logos (if applicable) shown on the web home page as outlined in Appendix 4.
- 6.12. Link to the WMRA Ranking web home page and/or Race profile page on <https://ranking.wmra.info> must be also included on the races website.
- 6.13. Race events will be entitled to have the WMRA and WA permit logos included on their own publicity / race numbers for the event as long as they adhere to the guidelines for usage.
- 6.14. World Cup races must have the WMRA World Cup logo or other World Cup branding included on the race bib numbers unless agreed otherwise.
- 6.15. All branding and advertising material using the WMRA / WORLD CUP / WA permit logos must be approved by and agreed between all parties prior to use including race numbers, banners, posters website and social media content material.
- 6.16. Race organisers will mention the WMRA, Mountain Running WORLD CUP in news articles and Social Media posts in the build-up to the race day.
- 6.17. Race organisers will provide the rights for the WMRA to use, free of charge, video material, photos and journalistic content created during the event in order to help promote their race as a part of the WORLD CUP series.
- 6.18. WMRA provided banners and / or advertising material will be displayed in prominent and agreed locations including but not limited to: start / finish gantry structures and barriers. Alternative LOC provided WMRA WORLD CUP branding may be used when approved in advance and provided without cost to the WMRA. Flags, carpet, finish line tape, banners, interview wall must be used when provided. Items not returned to the WMRA following the event will incur a fee unless agreed in advance.
- 6.19. 2026 WMRA WORLD CUP series sponsor “[Sponsor]” branding material must also be displayed in prominent locations, including but not limited to the start / finish, press interview areas and prize ceremony. The World Cup finish line carpet must be used in a position underneath the finish line arch/gantry as well as at the start.
- 6.20. A WMRA WORLD CUP series sponsor must be allowed to display their product and/or provide a marketing stand at a suitable location adjacent to the start/finish area or at the races expo area. Expenses for this will be covered by the series sponsor.
- 6.21. A WMRA WORLD CUP series sponsor must be allocated a maximum of **8 race bibs** to participate in any World Cup race. The series sponsor may request additional bibs, the amount and fee will be at the discretion of the LOC.
- 6.22. A WMRA WORLD CUP series sponsor must be given accreditation to access the race venue locations, including but not limited to: start / finish, VIP area and various check-points.
- 6.23. The LOC should provide a dedicated area for WMRA guests at the finish line. This area should be capable of hosting a minimum of 10 persons. This can be included as a part of the races existing sponsor hospitality.

- 6.24. The LOC should (when requested) help to arrange accommodation and provide meals for the WMRA WORLD CUP series sponsor. The cost of the accommodation and meals will be met by the WMRA WORLD CUP series sponsor.
- 6.25. If a WMRA WORLD CUP series sponsor is a direct competitor to the race event sponsor a compromise agreement between the LOC and WMRA must be made in advance of the event.
- 6.26. Participating races will be responsible for hosting at least: **One** WMRA World Cup Manager, **One** WMRA Communications Manager, **Two** WMRA Council/World Athletics representatives & up to **Six** WMRA media team / media partners members during the event. The number of nights shall be:
2 nights for a central European race.
3 nights for races that require flight travel.
3 nights when there are 2 races at an event held at a central European event.
4 nights when there are 2 races at an event held at a race outside central Europe.
- 6.27. All members of the WMRA hosted group shall be given accreditation and access to all areas of the race course/start/finish/interview areas/press and media centre.
- 6.28. The LOC must be ready to carry out WADA approved anti-doping procedures at their event with WADA approved facilities in co-ordination with the Athletes Integrity Unit (referred hereafter as AIU) and their National Anti-doping agency.
- 6.29. Anti-doping controls will be required by WMRA and this will be communicated to the LOC and the LOC must register this request with the AIU with 6 tests required for each race (3 male/3 female). The testing authority will determine the race positions to be tested and number of tests to be performed and the LOC will arrange for the presence of certified testers via their National Anti-doping agency.
- 6.30. A suitable room(s)/facilities for the anti-doping procedures to take place must be provided. The LOC must provide the required number of chaperones.
- 6.31. Race results must be emailed to the WMRA within **2 hours** of the race finish in the agreed excel database format with the official timer/race event LOC. Name and email address of the official time keeper must be supplied in the week before the event. See appendix 5.
- 6.32. Race results shall be available on line via the event's web page within 24 hours of the event.
- 6.33. The LOC will agree to co-operate with the WMRA to allow reasonable related e-news items to be sent to their race contacts database.
- 6.34. Runner safety in general. The LOC will provide to the WMRA World Cup Manager both a list of government regulations relating to hosting their event as well as a specific plan outlining all details about how their race event will function under health and / or safety guidelines as soon as these details are known to the LOC.

7. FINAL PRIZEGIVING CEREMONY

- 7.1. The final prize giving ceremony for the overall WORLD CUP result will be held at the last WORLD CUP race of the series. The LOC should organize a suitable ceremony using the standardised protocol (appendix 2) and bear the costs of the ceremony.
- 7.2. 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.

AVAILABLE APPENDICES (on request)

Appendix 1: World Cup 2026 Application form (available on WMRA.info website)

Appendix 2: Prize giving ceremony protocol (for World Cup Finals only)

Appendix 3: World Cup 2025 results (top ten M/W); World Championships 2025 winners M/W/JM/JW

Appendix 4: Event Information: Guidelines

Appendix 5: Results Formatting

Appendix 6: World Cup 2026 Calendar with Race Contact Information

Appendix 7: World Athletic Permit Regulations

Appendix 6: World Cup 2024 Calendar with Race Contact Information (available when calendar is announced)