



Regulations

WMRA Mountain Running

WORLD CUP 2021

(22nd edition)



Version: 2021.4 (21 November 2020)

1. GENERAL

- 1.1. The World Mountain Running Association, referred hereafter as 'WMRA,' stages an annual WMRA WORLD CUP.
- 1.2. The full name of this competition is "WMRA Mountain Running WORLD CUP YYYY" and hereafter, called 'WORLD CUP.' The name of any WORLD CUP title sponsor may also be included at the discretion of the WMRA.
- 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: www.wmra.info
- 1.5. The WORLD CUP is for individuals, women and men only. There are no team or age-related competitions.

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. The WMRA will at its discretion register / allocate "WMRA Permit" and "WA Permit" to the races without further payment. Races may use the WMRA / World Athletics (referred hereafter as WA) Permit logos for promotion of that race but for only the edition of the race that is in the World Cup. (see 7.7). 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.
- 2.4. Participating races must fully accept the WORLD CUP and WA Permit Regulations (See appendix 8) and must be organised in accordance to the national rules for international sport events including medical service, mountain safety, insurance and doping control.
- 2.5. Participating races must be sanctioned by their National Athletic Federations.
- 2.6. Applications for inclusion in the WORLD CUP must be sent to the WMRA secretary by **30 OCTOBER 2021** in the preceding year, using the official application form (appendix 1), unless otherwise permitted.
- 2.7. A Contract between WMRA, the selected WORLD CUP race LOC and their National Federation will be signed when selection is confirmed (appendix 2).
- 2.8. 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.
- 2.9. 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 Council according to bids received.
- 2.10. Courses must be safe and well-marked, so that all the participants have equal conditions.

- 2.11. Consideration will be given to races where the Organiser takes care for the environment when planning the course and that they remove all the debris from the course after the race. Consideration will also be made for the impact of their race to limit the amount of material that will be discarded. Consideration should be made to use recyclable and recycled materials in race numbers, advertising, race packs, refreshment areas etc. A race event which can demonstrate environmental sustainability practices / certification will be considered more favourable by the WMRA when making its selection.
- 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. FINAL PRIZEGIVING CEREMONY

- 3.1. 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 3) and bear the costs of the ceremony.
- 3.2. The best placed women and men will receive money prizes as stated in the WORLD CUP Rules. In addition, those in first places in the women's and men's competition will receive special WMRA awards.
- 3.3. Runners who are not present at the prize-giving ceremony must contact WMRA to receive their prize money. Any person who is authorised in writing by an absent prize winner may collect the prize money on his/her behalf. Any expenses 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.
- 3.4. Final WORLD CUP prize money will be paid only after the results of all Doping Controls held at any of the races. If these results are not available before the 1st Dec. (prize money deadline), special allowance will be made by the WMRA for this to allow athletes to receive prizes.

4. SANCTIONS

- 4.1. 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.

5. WORLD CUP RULES 2021

- 5.1. In 2021, there will be races in 3 categories (short uphill, classic mountain and long mountain).
 - 5.1.1. Races may apply for race events in more than one category.
 - 5.1.2. Race categories will align themselves to the following parameters:
 - Short Uphill (SU): 3 – 8km with 750m+ minimum elevation gain and 1000m+ maximum elevation gain. The course should be mainly uphill. (Guide: average elevation gain per km = 150 – 250m/km)
 - Classic Mountain (CM): 9 – 21km. This can be uphill/downhill course or only uphill. (Guide: average elevation gain per km = 100 – 150m/km)
 - Long Mountain (LM): 22km – 45km. This can be uphill/downhill course or only uphill. (Guide: average elevation gain per km = 80 – 120m/km)
- 5.2. There will be **16 Races** in the WORLD CUP **2021** held at **12 Event** locations. *(The final decision on number of countries, event venues and races in each category is made after reviewing and selection of suitable applicants.)*

- 5.3. **The overall WORLD CUP results** will be calculated from athletes' **best 7 race results**. Each race in each category counts equally to the overall World Cup result. *(NB: The final number of races needed to count for the final points total for an athlete will be finalised when the number of participant races that are included in the 2021 World Cup have been confirmed.*
- 5.4. **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 providing they meet the criteria outlined in 5.5 for each category.
- 5.5. An athlete must score in at least **two races** to be included in the final overall World Cup classification. An athlete must score in at least **two races** of a single category to be included in a category classification.
- 5.6. 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.
- 5.7. The points awarded for each race will be as follows (the same for men and women):
- | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---------|-----|----|----|----|----|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Place: | 1. | 2. | 3. | 4. | 5. | 6. | 7. | 8. | 9. | 10. | 11. | 12. | 13. | 14. | 15. | 16. | 17. | 18. | 19. | 20. | 21. | 22. | 23. | 24. | 25. |
| Points: | 100 | 90 | 85 | 80 | 75 | 70 | 65 | 60 | 55 | 50 | 45 | 40 | 35 | 30 | 25 | 20 | 15 | 10 | 5 | 4 | 1 | 1 | 1 | 1 | 1 |
- 5.8. Bonuses: **The bonus points will be added to apply to an athletes overall World Cup points tally and NOT to their Category points score.**
- Bonus participation **at the World Cup final race to be held in Chiavenna, Italy**. Each scoring athlete receives a **15 points** bonus to add to their score: for 2021 this final race will be: **The Short Uphill (SU) category race on the 10 October 2021.**
 - There will be a bonus for participation for athletes that complete **5 races (in classic mountain and long mountain categories only)** of **40 points** and a further **24 points** added for athletes that complete **8 races** (regardless of category).
 - There will be a bonus Participation for an athlete completing in **at least one race in every category = 24 points.**
 - Bonuses can be accrued together provided athletes meet the criteria.
- 5.9. In addition to the overall WORLD CUP classification, there will be also a WORLD CUP category classification (Male/Female).
- 5.10. There can be anti-doping testing at any of the World Cup events that will be decided in advance and communicated to the LOC in order for the LOC to notify the National Anti-Doping agency and arrange for the implementation of testing. On receiving this communication, the LOC will then be responsible for providing all necessary details as outlined in 7.14 and 7.15.
- 5.11. 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.

6. WMRA RESPONSIBILITIES

- 6.1. The total final prize fund will be not less than 10.700 EUR and is provided by the WMRA.
- 6.2. Prize money will be paid for the overall World Cup Champions. Prize money will be distributed as follows, same for women and men:

Place:	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
EUR:	1250	1000	800	600	450	350	300	250	200	150

- 6.3. Prize money / Awards for category classification will be at the discretion of the WMRA.

- 6.4. 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.
- 6.5. 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.
- 6.6. The WMRA will provide at no cost to the LOC a dedicated media team of people to work together with the organisation during the event to create media content for the event. LOC will be responsible for the accommodation (7.14.) and arranging access to areas on the course.
- 6.7. 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 listed in the upcoming races calendar as and when the Mountain Running World Ranking becomes available. Further opportunities for advertising on the Mountain Running World Ranking site are available on request.
- 6.8. In 2021 the WMRA will pay a travel support of 600 euro per event for the top 3 ranked athletes in the World Ranking (M & F) = 100euro per athlete. This will revert to being paid to the top 3 ranked athletes in the World Cup 2019 for the first race in 2021 followed by the current 2021 World Cup classification before each event in the case that the World Ranking is not available. In the event that these runners are not available for the event this money will not be paid to the next ranked athletes. For event locations with 2 races held together there will be paid only one single amount.

7. RACE ORGANISERS RESPONSIBILITIES

- 7.1. To take out and maintain adequate third-party liability insurance for the event.
- 7.2. Each race organiser must offer as a minimum free entry and full board accommodation for at least one night for the athletes (at least two nights for runners who require air travel):
 - a) who finished the 2019 WORLD CUP on the top 10 positions (Appendix 4),
 - b) The Senior and Junior Men/Women's winners from the previous year's World Mountain Running Championships (Classic) and winners of the previous year's World Long Distance Mountain Running Championships. (Appendix 4)
 - 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).
- 7.3. Race organizers shall provide equal prizes /prize money/ for men and women. This prize money should be paid to a minimum of first 3 runners (men & women) with a minimum amount of 4.000 euro distributed at each race.
- 7.4. Any prize money can only be paid to a runner selected for a doping control after the negative results of that doping control.
- 7.5. 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 6).
 - 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: Short Uphill (SU) / Classic Mountain (CM) or Short Uphill (SU) / Long Mountain (LM). Each of the category races (short, classic, long) will have the same fee.

➤ For one category race (SU, CM, or LM)	3.000 euro
➤ For two category races (SU/CM, SU/LM)	5.000 euro

 - Note: that events with 2 category races, each race will need to be held on either consecutive days or with one day rest between and not on the same day to be eligible for inclusions in the World Cup.
- 7.6. All additional race related expenses are at the cost of the race organisers.
- 7.7. 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 5. It should be in

- the local plus at least English language. A link to the WMRA web page shall be included as well as the WMRA / WORLD CUP and WA Permit logos (if applicable) on the web page as outlined in Appendix 5.
- 7.8. Race events will be entitled to have the WMRA and WA permit logos included on their publicity / race numbers for the event.
 - 7.9. 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.
 - 7.10. Race organisers will mention the WMRA WORLD CUP in news articles and Social Media posts in the build-up to the race day.
 - 7.11. 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.
 - 7.12. WMRA provided banners and / or advertising material will be displayed in prominent and agreed locations including but not limited to start / finish gantry structures. Alternative LOC provided WMRA WORLD CUP branding may be used when approved in advance. Items not returned to the WMRA following the event will incur a fee unless agreed in advance. The World Cup finish line mat must be used in a position underneath the finish line arch/gantry.
 - 7.13. A WMRA WORLD CUP series sponsor must be allowed to display their product 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.
 - 7.14. 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. Where there is no direct competing race event sponsor the overall WORLD CUP series sponsor must be displayed as in 7.12.
 - 7.15. Participating races will be responsible for hosting at least two WMRA Council members & four WMRA media team members during the event. The number of nights shall be 2 nights for central European races and 3 nights for other races that require international travel. A travel contribution for these people should be offered (see application form).
 - 7.16. When necessary, a suitable room(s)/facilities for the anti-doping procedures to take place must be provided. The LOC will provide the required number of chaperones as well as arrange for the presence of certified testers via their National Anti-doping agency.
 - 7.17. The cost of analysis for the doping control will be paid in full by the WMRA when anti-doping tests are requested from the WMRA, but the LOC will be responsible for the costs of collection and transport of these samples and for liaising with their National Anti-doping agency.
 - 7.18. Race results must be emailed to the WMRA within 24 hours of the race finish in an 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 6.
 - 7.19. Race results shall be available on line via the event's web page within 24 hours of the event.
 - 7.20. 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.
 - 7.21. Runner safety in general and specifically relating to Covid-19. The LOC will provide 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 Covid-19 guidelines. Planning shall include responses to but not limited to the following topics:

Number of runners, spectators, officials, volunteers and media, lodging, travel to and from the venue, travel restrictions, requirements for athletes on arrival to the venue, number and race packet collection, press conferences and media events, ceremonies, race warmup procedures, race start conditions, hygiene regulations (including masks, contact tracing, testing regulations, quarantine rules and social distancing), refreshment plan, finish line conditions, shower and changing facility rules, bag pickup, prize ceremonies and anti-doping procedures.

Appendixes:

Appendix 1: World Cup Application form

Appendix 2: World Cup Contract

Appendix 3: Prize giving ceremony – protocol

Appendix 4: World Cup 2019 results (top ten M/W); World Championships 2019 winners M/W/JM/JW
(note: this will be valid for 2021 World Cup Invitations).

Appendix 5: Web page / Media / Event Information: Guidelines *(This appendix is currently being revised)*

Appendix 6: Results Formatting *(This appendix is currently being revised)*

Appendix 7: World Cup 2019 Calendar with Race Contact Information

Appendix 8: World Athletic Permit Regulations

Note: any details that are not defined yet are signed **yellow**