



**OFFICIAL RULES AND REGULATIONS OF THE  
UTHC:**

WAIVER OF LIABILITY, TERMS AND CONDITIONS  
AND COMPETITION RULES

Version 20180314

Presented to the athletes of the UTHC

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## **SECTION 1. PREAMBLE**

### **Art. 1.1 Objectives**

- Ensure the athletes know and understand the risks associated with the sport of trail running and participation in the UTHC events
- Clarify the obligations of the UTHC toward the participants and vice-versa
- Provide a coherent set of rules for all the events of the Ultra-Trail Harricana of Canada (UTHC)

### **Art. 1.2 Definitions**

- a) THE UTHC  
The members of the board, administrators, employees, contractors and volunteers of the Ultra-Trail Harricana of Canada
- b) THE ATHLETE  
The participant who has registered to any of the events offered by the UTHC
- c) THE RACE DIRECTOR  
The person responsible for enforcing the competition rules

### **Art. 1.3 Intellectual Property and Copyrights**

- THE UTHC retains all the rights associated with the events it organizes, including and without limitation, the rights to organize, exploit, broadcast and publish its events. These rights include, without limitation, all digital content (photo, audio, video) captured or produced during an event organized by THE UTHC, regardless of the owner of the recording device. All personal information provided by THE ATHLETE or spectators during the event (including the results) are the exclusive property of THE UTHC.
- Upon registration, THE ATHLETE authorizes THE UTHC to take photos during the event. THE UTHC, its successors and assignees can use and publish any image taken during the event, in print and/or digitally. THE ATHLETE accepts that the UTHC use these photos with or without the name of the ATHLETE for legal purposes, including, for example, activities such as publicity, illustration or web content.



#### **Art. 1.4 Waiver of Liability and Acceptance of Risk**

When THE ATHLETE voluntarily registers and participates in any of the UTHC events, THE ATHLETE automatically accepts the rules and regulations, including all modifications to said rules and regulations.

THE ATHLETE recognizes that trail running has inherent risks, including but not limited to: major or minor injuries, hypothermia, run-ins with dangerous wildlife, and conditions or injuries that could potentially cause death. THE ATHLETE accepts the entire responsibility for any BODILY OR MATERIAL DAMAGE resulting from the aforementioned risks and releases and exonerates THE UTHC, its board as well as all its contractors and volunteers of all responsibility. For all legal purposes, THE ATHLETE takes up residence in the province of Quebec, the seat for any claims, and Quebec's laws apply.

Furthermore, THE ATHLETE assumes all responsibility for damages of any nature resulting from a disregard of the official rules and regulations of THE UTHC and releases and exonerates THE UTHC, its board as well as all its contractors and volunteers for all damages incurred.

THE ATHLETE declares that he/she:

- Has full knowledge of the length and difficulty of the event for which he/she has registered and is fully prepared for said event.
- Has acquired a true capacity to be autonomous in the wilderness, including but not limited to the capacity to deal with extreme weather conditions, physical or mental problems from fatigue, digestive problems, muscle pain, small injuries, etc.
- Is fully aware that the role of the UTHC is not to help an athlete deal with his/her problems and that in an activity set in such a remote area, the ATHLETE'S security depends on his/her own capacity to adapt to any problems that may arise.

#### **Art. 1.5 Personal Insurance Coverage**

All ATHLETES who do not reside permanently in Canada must be covered by a personal travel insurance policy for the duration of the event, at their own cost.



## SECTION 2. TERMS AND CONDITIONS

### Art. 2.1 General

a) Registration Dates

Registration for the following year opens the day after the events of the current year. Registration closes three weeks before the event for the current year, or when the maximum number of athletes has been reached.

b) Registration Fees

Registration fees are payable solely by credit card on the harricana.info website. Registration fees include all the services described in the competition rules.

2018				
EVENT	REGISTRATION FEE	ADMINISTRATION FEE	TAXES	TOTAL
125 km	\$300	\$18.60	\$47.69	\$366.29
80 km	\$230	\$14.40	\$36.59	\$280.99
65 km	\$155	\$9.91	\$24.69	\$189.60
28 km	\$85	\$5.71	\$13.58	\$104.29
10 km	\$65	\$4.51	\$10.41	\$79.92
5 km	\$40	\$3.00	\$6.44	\$49.44

2019				
EVENT	REGISTRATION FEE	ADMINISTRATION FEE	TAXES	TOTAL
125 km	\$300	\$18.60	\$47.69	\$366.29
65 km	\$155	\$9.91	\$24.69	\$189.60
42 km	\$125	\$8.11	\$19.93	\$153.04
28 km	\$85	\$5.71	\$13.58	\$104.29
10 km	\$65	\$4.51	\$10.41	\$79.92
5 km	\$40	\$3.00	\$6.44	\$49.44

c) Discounts for Clubs

Upstanding running and sports clubs with an official structure and charter can email THE UTHC to request a 15% discount on the listed registration fees. The clubs must respect the event's distribution agreement in their network based on the agreement made with THE UTHC. The clubs can also request a 10x10 space on the event site (first come, first served).

d) Fundraising Program for the MSSC

As a socially responsible business, Ultra-Trail Harricana is proud to be associated with the Multiple Sclerosis Society of Canada (MSSC). A fundraising campaign takes place every year where devoted athletes raise money to support research.



Athletes who wish to contribute to the fundraising campaign will receive discounts on their registration fees as detailed below:

Raise	Obtain
\$1,000 +	Free registration for the current or following year*
From \$750 to \$999.99	75% discount on the registration fees for the current or following year*
From \$500 to \$749.99	50% discount on the registration fees for the current or following year*
From \$250 to \$499.99	25% discount on the registration fees for the current or following year*
\$150 and more	A spot in the race distance of your choice, even if it is fully booked (registration fees still apply)

\*Discounts for the following year can be transferred to another participant.

In addition, all athletes who raise at least \$250 will receive a free UTHC T-shirt as a thank-you gift.

- e) Number of Participants  
The maximum number of participants in the UTHC events (all events combined) in a particular year is 2,000.
- f) Registration Procedure  
All registration, without exception, must be done through the online ticket office. Payment by credit card only.

**Art. 2.2 Modification and Cancellation Policies**

- a) Transferring Registration from One Person to Another  
Transferring registration from one person to another is not permitted. Every new athlete must register separately. Please note that proof of identity is required to pick up your bib.
- b) Changing Events  
A change of event is permitted up to the 16<sup>th</sup> day before race day, but requires a change fee. All requests for an event change must be made by email at [info@harricana.info](mailto:info@harricana.info).

Event change fees:

PERIOD	CHANGE FEE
45 days or more before race day	\$15
Between 44 and 31 days before race day	\$20
Between 30 and 16 days before race day	\$25
15 days or fewer until race day	NO CHANGES



c) Cancellation Policy

Partial reimbursement is provided on registration cancellations until the 31<sup>st</sup> day before race day. All cancellation requests must be made by email to [info@harricana.info](mailto:info@harricana.info). No change fee is applicable for a cancellation.

Transferring a registration to the following year or to another athlete is not permitted.

Partial reimbursements for cancellations are as follows:

PERIOD	% REIMBURSED
90 days or more before race day	85%
Between 89 and 60 days before race day	75%
Between 59 and 45 days before race day	60%
Between 44 and 31 days before race day	40%
30 days or fewer before race day	0%

d) Reimbursement Policy for Event Cancellation by the UTHC

If an event is cancelled by THE UTHC more than 30 days before race day, 75% of the registration fees will be reimbursed to all athletes. If an event is cancelled 30 days or fewer before race day (for reasons justified in Art. 3.5 of the competition rules), no reimbursement will be issued to the athletes.





## **SECTION 3. COMPETITION RULES – RULES APPLICABLE TO ALL EVENTS**

### **Art. 3.1 Athlete's Code of Conduct**

Each athlete must:

- demonstrate good sportsmanship at all times;
- be responsible for his/her own safety and that of others;
- know, understand and follow all of the rules and regulations of the UTHC;
- have all of the equipment and clothing needed for the activity;
- stay on the marked trail at all times;
- leave no trace: carry all garbage to the nearest aid station and dispose of it in the designated bins;
- avoid disturbing the flora and fauna, and follow the event's principles of sustainable development;
- be semi-autonomous.

### **Art. 3.2 Eligibility and Anti-Doping Regulations**

The Ultra-Trail Harricana has a zero-tolerance policy for the use of performance-enhancing drugs (PED). THE UTHC reserves the right to conduct drug testing after races for any PED appearing on the World Anti-Doping Agency's list.

All athletes who have received a positive doping result are not eligible to register for any of the UTHC events. All athletes having obtained a positive doping result at any other race after participating in the UTHC will have their time removed and will receive a DSQ (disqualified) in any and all of their results at UTHC events.

Since the UTHC is a member of the International Trail Running Association (ITRA), whose parent organization is the International Amateur Athletic Federation (IAAF), the rules and regulations regarding anti-doping apply for any and all of the anti-doping controls under the IAAF's responsibility and that of its Federation Members and Continental Associations.

### **QUARTZ Event PROGRAM**

Événements Harricana has decided to set up the QUARTZ Event program to protect your health and contribute to doping-free sport. This program is open to all participants. The program has neither the vocation nor the competence to replace anti-doping rules, but aims to enhance medical supervision before and during the competition. The QUARTZ Event program is carried out in collaboration with the International Trail Running Association (ITRA), Athletes for Transparency association (AFT) and Ultra Sports Science Foundation (USS); it is managed by a Health Commission composed solely of doctors. This Health Commission can take advice from experts of its choice and, more specifically, provide advice to the race direction on participants' medical condition. The Health Commission can go so far as to suggest to the race direction that a participant should be excluded from competition for health reasons.



Each participant agrees to:

1. Declare to the Health Commission the following medical information:
  - Any medical history and/or pathology, in particular those that may increase risks while practicing a sport;
  - The use of regular treatments or medication during the 30 days prior to the start of the competition;
  - Request or use of a substance or method subject to a Therapeutic Use Exemption (TUE).
2. Provide all the urine and/or blood and/or hair and/or saliva samples required from 30 days before the competition up to 7 days after the competition. He/She also consents to the associated analysis of these samples, on the understanding that the costs for the sampling and analyses are covered by the organization.
3. Not participate in the competition if glucocorticoids have been used, regardless of the method of administration, signalling the possible presence of a TUE, within the 7 days before the start of the competition. The use of glucocorticoids may be identified in the analysis of samples, resulting either from a direct dose or from abnormally low cortisol.
4. Answer any request for an onsite or remote meeting (phone or videoconference) with the Health Commission to discuss whether he/she may participate in the competition.
5. Allow his/her data to be used anonymously for research. Each participant has a right of access, rectification and opposition to data concerning him/her before the Health Commission.

Participants declare their medical information to the Health Commission through the ITRA health space after creating a free runner's account on the ITRA website (itra.run). The medical information provided is only accessible by the Health Commission doctors. However, in the event that medical care must be provided during the competition, the medical information will also be made available to the medical team.

Any unreasonable breach, refusal or transmission of erroneous information in connection with QUARTZ Event program can result in the exclusion of the participant from the competition.

### **Art. 3.3 Semi-Autonomy**

The UTHC events are semi-autonomous. Semi-autonomy is defined as the ability to be independent between two aid stations. This means having enough food and the appropriate safety equipment and clothing to ensure the athlete can face any problem that may occur on route (e.g. bad weather, physical problems, injury, etc.).

The principle of semi-autonomy includes, but is not limited to, the following rules:



- All athletes must carry the required equipment during the entire race (see Art. 4.2 for the longer distances and Art. 5.2 for the shorter distances). A UTHC representative can ask to verify an athlete's equipment at any moment during the race. Athletes are obliged to comply with any such request (see Art. 4.3).
- Aid stations offer food and beverages to be consumed onsite. Athletes must ensure they have enough water and food to get to the next aid station.
- With the exception of the 80-km event, it is forbidden to be accompanied during all or part of the race by a person who is not registered to run the race. The Art. 4.6 outlines the rules for the 80-km event.

### **Art. 3.4 Length of the Events**

The true distances of the events can vary +/-20%, depending on territorial, operational and safety considerations.

The events the UTHC offers any given year are the following:

- 5 km
- 10 km
- 28 km
- 42 km
- 65 km
- 80 km
- 125 km

Athletes are responsible for knowing and following the official course for the event they are registered to. Timing and results will not be modified in the event an athlete has not followed the exact course or has run a longer distance than required.

### **Art. 3.5 Modifications to the Course, Cut-off Times or Cancellation of Event**

In cases of force majeure (e.g. forest fire, snowstorm, thunderstorms, presence of dangerous wildlife along the course), the UTHC reserves the right to change the course to avoid putting the athletes in danger. Changes can happen at any time, even after the start of the event. The UTHC also reserves the right to suspend or cancel the race if the weather conditions can put the athletes, volunteers and safety personnel at risk.

### **Art. 3.6 Safety and First Aid**

A team of professionals, aided by volunteers, will be onsite to provide emergency care to athletes in need. Every aid station will have first-aid trained personnel and specialized teams will be called upon if needed.



### **Art. 3.7 Cut-offs and Drop-outs**

a) Cut-offs

The cut-off times for each event are indicated in the appropriate athlete's guide. Closers will close the course by following the last athlete. They assist athletes who wish to drop out and those with injuries. The athletes who do not arrive at the next aid station before the established cut-off time will not be allowed to continue the race and will be given a DNF (did not finish) result. The cut-off times are based on the times of the last athletes finishing the event over the past five years.

b) Dropping Out for Medical Reasons

For the safety of all athletes, the medical team has the authority to require an athlete to drop out if it judges it would be unsafe for the athlete to continue. In this case, the athlete must comply with the medical team's decision or face immediate disqualification.

c) Dropping Out and Return Transportation

Except in the case of injury, athletes can only drop out of the race at an aid station. They must tell the aid station captain they want to drop out so that the captain can invalidate the bib and send the information to the race director.

All athletes who do not make the cut-off time, who have dropped out or are required to drop out for medical reasons will be brought back to the finish area by transportation organized by the UTHC. This process may take several hours.

Athletes who drop out will receive a DNF (did not finish) result.

### **Art. 3.8 Aid Stations**

The following rules apply to the UTHC aid stations:

- Only athletes wearing their official race bibs have access to the aid stations;
- The food and drink provided at aid stations must be consumed onsite;
- Garbage must be disposed of in the appropriate bins, following the specific instructions for types of waste;
- Water bottles and bags can be filled with water only.

### **Art. 3.9 Race Bibs**

A photo ID is required to pick up individual bibs.

Bibs must be worn on the front of the body and must be permanently visible for the entire race. The bib gives runners access to the shuttle buses, aid stations and the post-race meal.



### **Art. 3.10 Prizes**

- There are no cash prizes. The three top athletes from each category will receive a small prize.
- All athletes having finished the race before the cut-off times can download their finisher certificate from the Sportstats website.
- No prizes will be distributed or sent by mail.



## SECTION 4. COMPETITION RULES – DISTANCES OF 42 KM AND MORE

### Art. 4.1 Start

All the events of 42 km and more are linear. This means the start of the race is not at the Mont Grand-Fonds finish area. It is therefore important to take note of all the procedures outlined in the athlete's guide to avoid missing the start of the event.

All latecomers will be refused access to the start area and will receive a DNS (did not start) result.

### Art. 4.2 Equipment

To take part in these events, some basic equipment is mandatory. However, it is important to note that the mandatory equipment is considered the absolute minimum required and that each athlete should adapt the contents of their bags to their own needs and capacities.

Equipment	Mandatory	Recommended	Allowed	Prohibited
Minimum 1 litre of water	42/65/80/125			
Food supply	42/65/80/125			
Whistle	42/65/80/125			
Waterproof coat with hood	42/65/80/125			
Blanket 1.40 m x 2 m min.	42/65/80/125			
Gloves	42/65/80/125			
Hat (tuque)	42/65/80/125			
Baseball cap or bandana	42/65/80/125			
Reusable cup	42/65/80/125			
Working flashlight/headlamp	80/125	42/65		
Extra set of batteries	125	80		
Course map		42/65/80/125		
Bear bell		42/65/80/125		
Cell phone*		42/65/80/125		
EpiPen (for severe allergic reactions)		42/65/80/125		
Trekking poles			42/65/80/125	
Earphones			42/65/80/125	
Animals				42/65/80/125

\*There is very little cell reception along the course, but texts can be transmitted depending on the location.



### **Art. 4.3 Mandatory Equipment Check**

To ensure that all competitors have the mandatory equipment at the start of the race and that athletes' bags weigh approximately the same amount, the mandatory equipment for the 125-km event will be checked at bib pick-up.

At any time during the race, a bag check could be required. Athlete must allow their bag to be checked when requested by a UTHC representative.

Athletes who start the race without all the mandatory equipment as verified by the UTHC will receive a penalty. Athletes will also receive a penalty for refusing to submit to a bag check upon request from a UTHC representative (see Art. 6.2).

### **Art. 4.4 Drop Bags**

a) 42 km, 65 km and 80 km

Participants in these races can leave a bag with personal effects at the race start. A bag will be provided at the bib pick-up. The bag must be labelled as specified. A shuttle will bring the bag to the finish area.

b) 125 km

Bag transport is available for people running this distance. A bag will be provided at the bib pick-up. The bag can be left at the start on the morning of the race. It must be labelled as specified. The bag will be sent to the mid-point of the race—the Hautes-Gorges aid station—then to the finish line at the Mont Grand-Fonds ski centre.

### **Art. 4.5 Crew**

a) 42 km, 65 km and 80 km

Crews are prohibited for these events.

b) 125 km

The assistance of a crew is permitted for this event. The role of the crew is to offer comfort, equipment and food to its athlete. The crew is permitted only at the Parc des Hautes-Gorges aid station, at the Split-BMR aid station and at the Mont Grand-Fonds finish area.



#### Art. 4.6 Pacers

a) 42 km and 65 km

Pacers are prohibited for these events.

b) 80 km

A pacer is permitted for the 80-km event. The following rules apply:

- The pacer must be officially registered at bib pick-up. A special pacer bib will be provided and must be visible and worn on the front of the body at all times.
- Pacers must meet their athlete at kilometer 65, in the Mont Grand-Fonds transition area, and can accompany him/her for the last 15 km of the race.
- Pacers must remain with the athlete at all times, except in emergency situations.
- If the athlete drops out, the pacer cannot finish the race without him/her.
- Only one pacer per runner is allowed.
- Pacers can assist their athlete at aid stations, but must not arrive at the aid station and start preparing before the runner arrives.
- Pacers are in no circumstances allowed to carry the athlete's equipment, food or water.
- Pacers are not allowed to help the athlete physically, except in case of an emergency.

c) 125 km

Pacers are prohibited for this event.





## SECTION 5. COMPETITION RULES – DISTANCES OF 28 KM AND LESS

### Art. 5.1 Start

All race starts for events 28 km and less are at the Mont Grand-Fonds ski area.

If the number of athletes registered requires it, the start can be split into two waves. Should this occur, the second wave will be scheduled within a reasonable time of the first wave. The athletes will be divided into waves depending on the expected finish times they indicated at registration.

All latecomers will be refused access to the start area and will receive a DNS (did not start) result.

### Art. 5.2 Equipment

To take part in these events, some basic equipment is mandatory. However, it is important to note that the mandatory equipment is considered the absolute minimum required and that each athlete should adapt the contents of their bags to their own needs and capacities.

Equipment	Mandatory	Recommended	Allowed	Prohibited
Minimum 500 ml of water	28	5/10		
Food supply	28	10		
Whistle	28	10		
Waterproof coat with hood		5/10/28		
Blanket 1.40 m x 2 m min.		10/28		
Gloves		10/28		
Hat (tuque)		10/28		
Baseball cap or bandana		10/28		
Reusable cup	10/28			
Bear bell		28		
Cell phone*		10/28		
EpiPen (for severe allergic reactions)		5/10/28		
Trekking poles				5/10/28
Earphones				5/10/28
Animals				5/10/28

### Art. 5.3 Drop Bags

There is no drop bag service for events of 28 km and less.

### Art. 5.4 Crew

Support crews are prohibited for events of 28 km and less.

### Art. 5.5 Pacers

Pacers are prohibited for events of 28 km and less.



## SECTION 6. SANCTIONS

### Art. 6.1 Disqualification

The immediate disqualification and voiding of an athlete's bib occurs when the athlete:

- Misses a control point along the course;
- Cuts the course;
- Drops garbage along the course;
- Does not help a person in need;
- Insults or threatens another athlete, a staff member or a volunteer;
- Uses a means of transportation; or
- Refuses a request from the medical team for a check-up on the course.

Disqualified athletes will receive a DSQ result.

### Art. 6.2 Penalties

Time penalties can be given to athletes for breaking any of the UTHC rules and regulations. A summary of possible penalties is available below, but notwithstanding the following list, the RACE DIRECTOR may apply any and all penalties judged appropriate.

<b>INFRACTIONS: LONG DISTANCES (42 KM, 65 KM, 80 KM, 125 KM)</b>	<b>PENALTY</b>
Absence of visible bib	30 minutes
Receiving assistance outside the designated areas	30 minutes
Starting the race without all the mandatory equipment	45 minutes
Missing mandatory equipment at a random equipment check	45 minutes
Refusing to allow a mandatory equipment check	45 minutes

<b>INFRACTIONS: SHORT DISTANCES (28 KM, 10KM, 5 KM)</b>	<b>PENALTY</b>
Absence of visible bib	10 minutes
Receiving assistance outside the designated areas	10 minutes
Starting the race without all the mandatory equipment	20 minutes
Missing mandatory equipment at a random equipment check	20 minutes
Refusing to allow a random equipment check	20 minutes

### Art. 6.3 Request for Review

Any request to review a sanction must be submitted in writing to the UTHC at most two hours after the concerned athlete crosses the finish line.

The UTHC has 30 working days to study the request and issue a final decision on the matter.

The athlete does not have the right to appeal the UTHC's decision after the initial decision has been reviewed.

**END OF RULES AND REGULATIONS**

