

Rando-Race Tremblant January 11, 2015

While racing, competitors must abide by the following rules:

1. The sections of the course marked with green marker must be carried out on skis and the skins under ski.
2. The parts marked with yellow marker must be carried out by foot.
3. The parts marked with red marker must be carried out on skis without skins.
4. A competitor who is about to be overtaken must, without fail, immediately leave the route tracks and allow the competitor who shouts "TRACK" to pass.
5. A competitor having difficulties may give-up on his/her own initiative, or be forced to give-up by decision of the race director.
6. Giving-up (own initiative or forced) must take place at a checkpoint, transition. Competitor has the obligation to inform the organizing committee of his/her decision as soon as possible according to the procedure described during race briefing except in extreme circumstances.
7. Competitors must render assistance to fellow competitors in distress or any kind of danger. The jury will take into account the time spent rendering assistance.
8. Competitors must pack their skins either inside their ski suit or in their rucksack. The skins may be visible but never hanging out of the ski suit. Use of adhesive tape or an equivalent system to enhance gliding is strictly forbidden for environmental reasons.
9. Skis must be carried on the rucksack using 2 fastening straps designed for this purpose (skis cannot be carried in shoulder straps and have to stay in the back of the competitor).
10. Competitors have to carry out the entire operation required for technique changes, within the transition area, as marked out clearly with entrance and exit lines. It is strictly forbidden to take off/put on skins, pack/unpack skins, fasten/unfasten skis to backpack, do up or un-do boots, lock or unlock bindings anywhere outside of this area, even upon approach to entering and/or straight after exiting the transition ('change') area.
11. The boots and the rear bindings must be locked during all the downhill parts marked with red markers.
12. Once the skier has stopped within the transition ('change') area to carry out a required manoeuvre then the ski poles should be placed flat on the ground. This applies when the skier takes off/puts on skins or crampons, packs/unpacks skins or crampons, unfastens/fastens skis to backpack.
13. The race director may compel competitors, before the start, to wear any recommended compulsory equipment (ex : in case of extremely cold weather or other hazards found on course)
14. No outside assistance is allowed except for:
 - changing a broken pole/ski. A competitor may change a broken pole/ski anywhere and with anyone.
15. Competitors must respect the environment. Penalties will be incurred by competitors seen littering the course or for having poor environmental conduct.
16. Athletes must closely follow the course markings in ascent and descent. All dangerous and/or unsportsmanlike behaviour will be sanctioned.