

REGULATIONS 2019



General

The RISE&FALL is an extreme sports event. Every Participant is required to have sufficient levels of fitness and experience in his/her discipline. Permission to enter the race is dependent on acceptance of the Terms and Conditions of the race. On allocation of the starting position, every Participant is obliged to sign a copy of the Terms and Conditions in agreement of race regulations. Moreover, participation in the "Briefing" session on 13.12.2019 is compulsory for every athlete! If start numbers and timing chips are not picked up on Friday, the affected team will not be allowed to participate.

Race routes are only available for inspection before and after the competition. Route inspection and training is the sole responsibility of each athlete and should only be completed after rights of the residents and property owners (along the race route) have been taken into consideration.

Eligibility

All men and women over the age of 18 years are eligible to take part. Younger participants (absolute minimum age of 16 years) are required to bring a signed letter of consent from their parents/guardian by no later than at the signing of the terms and conditions of the race, or at start number allocation.

Registration

The registration period for the 8th RISE&FALL Event begins on 1st July 2019 and ends on the 12th December 2019. It should be noted that registration will only be accepted when all 4 team participants have submitted their registration correctly with all required information and the entry fee payment has been paid in full to the Organiser's account. If this is not the case, the application will be treated as null and void. Registration will only be accepted via the online registration form on our www.riseandfall.at website. All entries made per post, fax or phone shall be excluded. The current start list with allocated starting positions to date will be published on our website during the registration period. The Organiser reserves the right to excluded persons at any time and for any reason from participating without notice.

Entry Fee

The entry fee (**52,50 € per person = 210 € per team**) is to be paid by means of bank transfer after the starting position has been confirmed. Every team captain will be informed of payment details by email. Should the payment deadline stated in the email confirmation not be adhered to (monies credited to the account of the Organisers) the right to claim the starting position already allocated will be forfeited. In the event of a team withdrawing their registration 10 days or more before the event, the entry fee will be returned in full. Teams that provide less than 10 days notice of withdrawal from the event will be unable to reclaim their entry fee, which will be retained by the Organisers.

Maximum number of participants

The number of participating teams is limited to **85**.

Team Formation

The following restrictions apply to the substitution of team members for teams assigned with a starting position during the initial registration phase:

A maximum of 2 team members may be substituted by no later than 18.00 hrs on 12.12.2019.



Physical Health

Every Participant is required to undergo a medical check-up by a doctor before the competition. By participating, the Participant confirms that he/she is in good physical condition and meets all requirements demanded by his/her chosen discipline.

Race Route

All routes are located in partially exposed areas. For this reason, it is recommended that participants make themselves familiar with the nature of the route, its' course and any risks that may be found along the way. Participants are advised to exercise caution! Questions relating to the route should be made during the "Briefing", in order for the team to avoid any confusion as well as the potential risk of taking the wrong route, use of unauthorised trails / short cuts or missing gates that would all result in disqualification.

Race Committee

The Race Committee reserves the right to change the race course at any time, to cancel the competition and/ or make only partial rankings.

Bad Weather Alternative

Generally speaking, the RISE&FALL Event will be held in all weather conditions. Should prevailing circumstances adversely affect one or more disciplines (weather etc.), the affected discipline(s) will be relocated, shortened or cancelled completely. The version to be used will depend on the individual situation.

Official Staff

Instructions given by official staff (referees, gate judges, stewards, doctors, etc.) shall be followed at all times. Non-compliance with such instructions will result in the relevant Participant being issued with a time penalty or disqualification. This applies, in particular, when a doctor or paramedic prohibits a Participant from further participation for medical reasons. Furthermore, if the race start is interrupted by an official member of staff due to various circumstances (accident, ...) and the competitor still starts or continues in his discipline, he/she will be disqualified.

Assistance

The use of ascent/descent aids (motorised lifts, crampons, paraglider weights, doping etc. (demonstrative list) or external assistance of any other kind is strictly forbidden. Only commercially available sports equipment may be used in the ski touring and mountain bike disciplines. Homemade constructions or equipment designed by privateers are not permitted.

Fairness

Unfair or dangerous actions of any kind against other competitors will result in immediate disqualification.

Rankings

Teams, in which all four members have properly completed their discipline, will be included in the team rankings. If one or more team member is disqualified, the remaining team members' results will be listed in the individual rankings. The team as a whole will, however,



be disqualified.

Sponsor Advertising

All participants are forbidden from concealing or removing any Organiser sponsor advertising surfaces (start numbers, banners, headbands etc.). The attachment of non-related sponsor advertising along the race route is forbidden.

Race Committee / Protest Committee

The Race Committee will decide exclusively on all disputed issues. Protests are to be submitted by latest 5min after the race, in writing at the Race Office, for which a fee of € 100,- will be charged. This fee will be refunded if the appeal is upheld. If not, the fee will be retained by the Organisers. The Race Committee's decision is final.

Members of the Race Committee

Race Committee, General Management & Event Organiser: TVB Mayrhofen Tourist Board (info@mayrhofen.at)
Christoph Ebenbichler (info@amobi-sport.com) Organising Committee Chief
Leonhard Dornauer (flytoleo@hotmail.com) Air Sports Director, Vice Sports Director.

Picture Rights

On participating, every Participant grants Organisers with the irrevocable rights to use and publish any visual and/or audio recordings made using any technical procedure in connection with participation of the RISE&FALL Event without compensation or constraints in terms of time, place or contents (especially for marketing purposes).

Liability

Participation in the RISE&FALL Event is associated with certain and uncertain risks to the participants. By signing the terms and conditions, each Participant declares that if he/she should suffer any loss, damages or injury, no claim(s) for compensation will be asserted against the Organisers, associations affiliated with the event, Mayrhofen Tourist Board or Mayrhofner Bergbahnen Cable Car Co with its' affiliated companies. Moreover, each Participant confirms, on signing the terms and conditions of participation, that he/she is in possession of a valid personal liability and private accident insurance, which covers participation in the RISE&FALL Event. The Participant shall hold the Organisers harmless to the full extent, without recourse and without compensation in respect of the RISE&FALL Event.

Additional Information PARAGLIDING

All pilots must be rested and in position at the change-over area on the mountain at least 30 minutes before the start of the competition. Pilots must make sure they are wearing their paraglider harness with back protector, rescue device and properly adjusted helmet in good time. The paraglider chute should be stowed in a closed backpack.

At most, only the lines attached to the paraglider harness are permitted to hang out of the backpack. Before the start of the competition, each pilot is responsible for checking his/her equipment is complete and that chest and leg harnesses in particular are securely fastened. Pilots are only permitted to enter the contest with securely fastened chest and leg harnesses. Chest and leg harnesses left open will lead to disqualification of the whole team.



Before entering the start zone, every pilot must pass through the “Check-in“, a narrowed passage which can only be passed through individually. During this section, the pilot will be visually inspected to check for appropriate equipment and that the chest and leg harnesses are fastened. Entering the start zone with only one fastened harness will result in disqualification for the whole team.

The landing zone must be approached in flight from the predetermined landing direction. Any deviation from this fixed path will result in disqualification of the entire team.

Additional information for SKITOURING

The following conditions apply to the ski touring discipline. The skis must have metal edges and a minimum width of 60mm under foot, as well as a minimum length of 160 cm for men and 150 cm for women/young persons. The ski binding must have a frontal and lateral release and the binding allow free heel movement for the climb. Ski boots; shoes must have at least 2 buckles, reach above the ankle and have a tread depth of 4 mm on minimum 75% of the sole surface.

Additional information MOUNTAINBIKE

The following provisions apply to the mountain bike discipline. Only mountain bikes are race approved. Cyclo-cross Bikes are NOT allowed. Racing handlebars or road bike handlebars are NOT permitted. All mountain bikes must have 26” or 29” tyres.

Additional information for SKI&BOARD

The skier or snowboarder must wear a helmet and back protector. Outerwear worn by the athletes must consist of 2 parts and racing suits are prohibited. The sub-discipline “Ski and Board” of RISE&FALL does not take place within the secured piste area. The organisers will safeguard hazardous areas to the best of their knowledge and belief. All athletes, however, must keep the path ahead in sight, recognise dangers and be able to avoid other athletes and their equipment when necessary.

Helmets are mandatory

It is compulsory to wear a helmet at all times!! The helmet must adhere to DIN33954 safety standards, conform with SNEL and/or ANSI standards and be adjusted to fit the head of the wearer.

Do not exceed your physical limits

Compete on all sections of the racecourse according to personal capabilities and exert particular caution in areas of restricted visibility. Be prepared to brake at any time, especially on the downhill runs. Warning: public roads will NOT be closed for R&F; oncoming traffic is possible, even likely. Participants should make other competitors aware of any risks.

Course safety

In the event of equipment failure or injury, participants are requested, as far as this is possible, to leave the racecourse area and initiate repairs or first aid on the course side lines.

Chip handling



All timekeeping sensors (chips) issued by the organiser must be returned to the designated return point immediately after the race. If chips are lost or not returned, the team will be charged € 50,- per chip.

Changes

The Race Committee reserves the right to amend or augment these Regulations at any time.

Data

Each participant agrees that his name will be published if he is selected as the winner of a discipline or overall winner in the winning team and / or on the podium. Likewise, each participant agrees that photographs or film recordings or interviews made during the event will be published for reporting on the event or for its application in any media (including online), without the participant claims of whatever kind are entitled.

The latest information can be found under

WWW.RISEANDFALL.AT