

PENALTIES (updated Nov 2025)

MY100

BREACH OF REGULATION	PENALTIES (*) – DISQUALIFICATION
Course cutting (shortcutting or going off trail, particularly in Natural Reserves and other protected areas)	At the race director's discretion
Absence of mandatory safety equipment(s) (complete lack of water reserve no waterproof jacket with hood(or poncho), no headlamp, no survival blanket, no smartphone)	Disqualification
Absence of other mandatory (including only 1 headlamp or insufficient water reserve)	1 hour penalty during which the runner is encouraged to get the missing equipment
Refusal to have mandatory equipment checked	Disqualification
Smartphone turned off or in airplane mode	15 minute penalty
Discarding of rubbish/trash or non use of the organisation toilets (voluntary act) by a competitor or a member of their entourage	1 hour penalty
Lack of respect for others (organization or runners) NB: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized	Disqualification
Not assisting a person in need (in need of care)	Disqualification (in addition to any legal penalties incurred)
Assistance and/ or crewing outside of authorized zones	1 hour penalty
Being accompanied along the route (even without physical contact) outside the clearly defined zones of tolerance in the vicinity of an aid station	15 minute penalty

Cheating (e.g., use of a means of transport, sharing a race-bib, ...)	Immediate disqualification for life
Lack of visible race-bib	15 minutes penalty
Wearing a non-conforming race-bib	15 minute penalty during which time the runner places their race-bib in a manner which conforms to the rules
Dangerous behavior (e.g.: poles with unprotected points orientated towards runners or spectators)	15 minutes penalty
No timing chip	According to the race directors' decision
No passage through a check point	According to the race directors' decision
Refusal to comply with an order from the race directors, race stewards/marshals, aid station's team leader, doctors or search and rescue staff	Disqualification
Refusal of anti-doping control	The runner will be sanctioned in the same manner as they would be for drug taking
Departure from a check point after the time barrier	Disqualification
Use of poles not carried from the beginning of the race or abandonment of poles during the race	1 hour penalty

(*) The time penalties are immediately applicable on the spot, meaning the runner must “stand down” for the duration of the penalty time. The runner’s time will not be stopped while the penalty is being served (*)Any other breach of the rules will be subject to a penalty decided by the Race Directors.