



REGULATIONS 2027

MEET YOUR
EXTRAORDINARY





SPORTING REGULATIONS HOKA VAL D'ARAN BY UTMB®

2027 EDITION – FROM 7TH TO 11TH JULY 2027

ORGANIZATION

HOKA Val d'Aran by UTMB® is an event organised by UTMB® Iberia S.L.U. The mere acquisition of a right to participate implies that the participant is aware of these Regulations and their legal conditions and therefore expressly and unreservedly accepts them. At the time of registration, through our registration platform, participants confirm electronically that they are aware of these sporting rules.

This contractual document sets out the sporting rules governing the different races that make up the event. The races comprising HOKA Val d'Aran by UTMB® are non-official, non-federated sporting competitions. Their organisation, conduct, rankings and sporting framework are governed by these Regulations and by any specific rules established by the Organisation within the scope of its authority, without prejudice to any applicable legal and administrative regulations.

A separate document setting out the registration conditions governing the registration process and runners' participation in the HOKA Val d'Aran by UTMB® event is available on the event website.

RACE DEFINITIONS

HOKA Val d'Aran by UTMB® is a sporting event comprising several independent competitive races held in the mountains of the Val d'Aran. Each race takes place in a single stage, at a free pace, within a limited time.

Race	UTMB category
VDA (Torn dera Val d'Aran)	100M
CDH (Camins d'hèr)	100K
TDL (Termières dera libertat)	100K
PDA (Peades d'aigua)	50K
EXP (Experiència d'Aran)	50K
SKY Baqueira Beret	20K
SKY PROMESAS	20K
VIELHA 10K	n/c
SANGLIERS	n/c
KIDS	n/c

All practical information, including distance, elevation gain, maximum completion time, checkpoints and aid stations, is published on the website:

<https://valdaran.utmb.world/es>

ACCEPTANCE OF THE REGULATIONS AND RACE ETHICS

Participation in HOKA Val d'Aran by UTMB® races implies the participant's express and unreserved acceptance of these Regulations, their appendices, the event's ethical charter, and any current or future instructions issued by the organiser to participants.

PARTICIPANT COMMITMENT

To take part in HOKA Val d'Aran by UTMB® races, particularly VDA, CDH and TDL, but also all other races, it is essential to:

- Be fully aware of the length and specific nature of the race and be properly prepared to take part.
- Have acquired, before the race, a genuine level of personal autonomy in the mountains enabling the participant to manage the difficulties inherent in this type of event, in particular:
 - Be able to cope without external assistance with weather conditions that may be very difficult due to altitude (night, wind, cold, fog, rain or snow).
 - Be able to manage, even when alone, the physical or mental difficulties caused by extreme fatigue, digestive problems, muscular and/or joint pain, minor injuries, etc.
 - Be fully aware that the Organisation's role is not to help participants manage their personal difficulties.
 - Be fully aware that, when undertaking an activity of this nature in the mountains, safety depends first and foremost on each participant's ability to adapt to foreseeable and unforeseeable difficulties.
- Inform and raise awareness among accompanying persons about the need to respect the local area, other people and the race rules.

- Responsibility for hydration, nutrition, equipment, pace and adaptation to weather conditions rests with the participant at all times throughout the race.

SEMY- AUTONOMY

The principle of individual racing in **semi-autonomy** is the rule. HOKA Val d'Aran by UTMB® races take place in a single stage, at a free pace, within the time limits set by the specific cut-off times for each distance. Semi-autonomy is defined as the ability to be self-sufficient between two aid stations, both in terms of food and in terms of clothing and safety equipment, while being able to adapt to foreseeable or unforeseeable problems (bad weather, physical problems, injury, etc.).

This principle entails, in particular, the following rules:

1. Each participant must carry all mandatory equipment throughout the entire race. The equipment must be carried in a backpack (or similar), which may not be changed during the race. Race officials may inspect the backpack (or similar) and its contents at any time during the race. Runners are required to submit to these checks in a cooperative manner; refusal may result in disqualification.
2. Aid stations provide drinks and food for consumption on site. The Organisation only supplies water or energy drinks to refill bottles or hydration reservoirs. On leaving each aid station, runners must ensure they have enough fluid to reach the next aid station.
For slower runners, the longest sections without an aid station may take more than 4 hours in VDA, CDH and TDL.
3. In VDA, CDH and TDL, personal assistance is permitted only at certain aid stations (*), in the area specifically designated for this purpose and at the discretion of the aid station manager. Assistance may be provided by one person only, with no specific equipment other than a bag with a maximum capacity of 30 litres. Assistance provided by professional teams or by any medical or paramedical professional is strictly prohibited. Only minor treatment of blisters/chafing and massages that can be carried out while the runner remains seated on a chair, without lying down, are permitted.
All other areas within the aid station are strictly reserved for runners.
No assistance is permitted anywhere on the course in the PDA, EXP, SKY and VLH 10K races.
4. It is prohibited to be accompanied, or to accept accompaniment, for all or part of the course by a person who is not registered in the race, except within clearly signposted tolerance zones near aid stations.
5. For the safety of participants, the animal itself and third parties, participation accompanied by animals is not permitted on the course. Situations involving persons with disabilities will be assessed in advance by the Organisation, taking into account course conditions, safety and applicable regulations.

6. Any participant who accepts accompaniment outside the expressly designated zones breaches the principle of semi-autonomy. Race officials who witness such irregularities are authorised to penalise participants in order to preserve the spirit of trail running events.

The decision regarding the amount of water, food and equipment to carry on each section rests solely with the participant, taking into account their needs, strategy and the prevailing conditions.

(*) Personal assistance is authorised at the following AID STATIONS:

VDA: Bossòst, Salardú, Arties.

CDH: Salardú, Arties.

TDL: Artiga de Lin.

Assistance is prohibited at all other aid stations and at any other point on the course.

PDA, EXP, SKY and VLH 10K: no assistance is permitted anywhere on the course.

The Organisation may modify, reduce, delay or withdraw planned services for operational, weather or safety reasons, or following a decision by the competent authority, while taking all reasonably practicable measures to minimise the impact.

ENVIRONMENTAL RESPONSIBILITY

By registering for any HOKA Val d'Aran by UTMB® race, participants undertake to respect the environment and the natural areas through which the races pass. In particular:

- It is strictly prohibited to discard waste (gel wrappers, paper, organic waste, plastic packaging, etc.) on the course. Waste bins are provided at every aid station and must be used. Race officials carry out checks along the course.
- All participants must keep their waste and packaging with them until it can be disposed of in the bins provided at aid stations. The Organisation recommends carrying a small bag for waste until the next aid station. Plastic bags for used toilet paper are provided with the race bib and must be used following any 'trail-side emergency'.
- Participants must follow the marked trails and must not take shortcuts. Leaving the trail causes damaging erosion.
- No disposable tableware (cutlery, cups or bowls) will be provided at aid stations. This measure is intended to reduce plastic consumption by runners and UTMB® volunteers. Participants should therefore bring their own cutlery and plate if they wish to eat hot food at an aid station.

MANDATORY EQUIPMENT

To help ensure the safety and proper running of each race, every participant must have the complete mandatory equipment listed below and must carry all of it, whether in use or not, throughout the entire race.

The Organisation may conduct scheduled or random checks of mandatory equipment before or during the race. Whether or not a check is carried out does not constitute validation of the equipment carried and does not limit the participant's responsibility.

Systematic and/or random checks will be carried out during the race. Penalties, including possible disqualification, will apply to runners who do not carry all mandatory equipment (see **PENALTIES**). **Refusal to submit to an equipment check will result in disqualification**, even if the runner has already undergone a previous check.

It is important to note that the equipment required by the Organisation is a **minimum safety standard that every runner must adapt to their own abilities**. In particular, **rather than choosing the lightest possible clothing merely to save a few grams, runners should select garments that provide genuine protection in the mountains against cold, wind and snow, thereby improving safety and performance**.

All equipment must be packed so that it remains protected from rain/snow and is dry when needed (for example, by using waterproof plastic bags).

VDA, CDH AND TDL MANDATORY EQUIPMENT CHECKLIST

At the bib collection area, a voluntary mandatory equipment check point will be set up, where participants can verify whether their equipment meets the established requirements.

- Closed shoes suitable for trail running. Barefoot running is not allowed.
- Pack (or similar) destined to transport mandatory equipment throughout the race.
- Mobile phone (smartphone MANDATORY):
 - the runner must be reachable at any time before, during and after the race:
 - mobile phone with international roaming allowing for its use in Spain and France (load into its memory the organization's security numbers, don't mask your number, and don't forget to start the race with the battery fully charged).
 - Keep the phone on, airplane mode is prohibited and can be penalized.
 - Livetrail application installed and activated.
 - an external battery is highly recommended.
- Personal beaker 15 cl minimum (bottles or flasks with lids are not accepted).

- Leak-proof containers with a minimum water capacity of 1 litre. When leaving certain aid stations, participants may be required to carry 1 litre of fluids, depending on the section ahead or the weather conditions. The minimum required capacity is a mandatory equipment requirement and does not determine the amount of water that each participant must carry at all times.
- 2 torches in good working order with spare cells/batteries for each torch. Recommendation: 200 lumens or more for the main torch.
- A low-intensity rear red position light with a steady mode, intended to make the runner visible without dazzling other participants. It must remain switched on during night sections. Flashing mode is not permitted. It may be integrated into the headlamp or be a separate device attached to the rear of the backpack.
- Survival bag or emergency bivvy bag. This must have minimum dimensions of 2.0m x 0.9m. It is recommended that this is a thermal bag which retains body heat. A survival blanket or foil blanket is not acceptable.
- Whistle.
- Food reserve. Recommendation: 800kcal (2 gels + 2 energizing bars of 65g each).
- Jacket with hood which will withstand bad weather in the mountains and made of a waterproof* and breathable** membrane with a minimum 10 000 mm water column (recommended RET less than 13). The jacket must have an integrated hood attached by the original system designed for that purpose by the manufacturer. The seams must be heat-sealed. The jacket must not have any parts made of non-waterproof fabric, only the vents provided by the manufacturer (under the arms, on the back) and as long as they do not obviously alter the waterproofing, are accepted. It is the runner's responsibility to judge, according to these criteria, whether their jacket complies with the regulations and is suitable for bad weather in the mountains. At the checkpoints, the on-site assessment of the checkpoint official or race marshal will take precedence.
- A long-sleeve thermal layer (cotton excluded) with a minimum weight of 180 g (in the runner's size)
- Long-legged trousers or race leggings OR a combination of leggings and socks which cover the legs completely.
- Waterproof trouser cover.
- Cap or bandana or Buff®.
- Warm and water-proof gloves.

All garments must be in the participant's size and must not have been modified after leaving the factory. Participants must dress appropriately. All equipment must be carried in a backpack or similar item that may not be changed during the race. Equipment must be suitably packed to prevent it from getting wet inside the backpack in rainy conditions.

Other recommended equipment (list non exhaustive):

- Spare warm clothing, indispensable in the case of cold or wet weather or in the case of injury.
- Poles in the case of rain or snow for your security on slippery ground.
- Water purification tablets or drums with filter.
- Plates and cutlery to eat. At the aid stations, no material is provided to be able to eat.
- Vaseline or anti-heat cream.
- Sun protection.
- GPS watch.
- Adhesive elastic band that allows bandaging or strapping (min. 100 cm x 6 cm).

Any participant who chooses to use poles must carry them for the entire race. It is prohibited to start without poles and obtain or use poles during the race. Pole use may be prohibited in certain areas of the course for safety or environmental reasons. Such areas will be indicated by specific signs along the course. Poles may not be placed in drop bags supplied by the Organisation.

Music: Music may only be listened to using headphones, and only where it is safe to do so. Headphones MUST be removed when crossing any road, when approaching and while at any checkpoint, and when approaching or overtaking any member of the Safety Team.

PDA MANDATORY EQUIPMENT CHECKLIST

A voluntary mandatory-equipment check point will be available in the race bib collection area, where runners may ask whether their equipment meets the stated requirements.

- Closed shoes suitable for trail running. Barefoot running is not allowed.
- Pack or similar to carry the mandatory equipment during the race.
- Mobile phone (smartphone MANDATORY): the runner must be reachable at any time before, during and after the race:
 - mobile phone with international roaming allowing for its use in Spain (load into its memory the organization's security numbers, don't mask your number, and don't forget to start the race with the battery fully charged).
 - Keep the phone on, airplane mode is prohibited and could be penalized.
 - Livetrail application installed and activated.
 - An external battery is highly recommended.
- Personal beaker 15 cl minimum (bottles or flasks with lids are not accepted).
- Leak-proof containers with a minimum water capacity of 1 litre. When leaving certain aid stations, participants may be required to carry 1 litre of fluids, depending on the section ahead or the weather conditions. The minimum required capacity is a mandatory equipment requirement and does not determine the amount of water that each participant must carry at all times.

- 1 torch in good working order with spare cells/batteries. *Recommendation: 200 lumens or more.*
- Survival blanket of 1.40m x 2m minimum.
- Whistle.
- Food reserve. Recommendation: 800kcal (2 gels + 2 energizing bars).
- Jacket with hood which will withstand bad weather in the mountains and made of a waterproof* and breathable** membrane with a minimum 10 000 mm water column (recommended RET less than 13). The jacket must have an integrated hood attached by the original system designed for that purpose by the manufacturer. The seams must be heat-sealed. The jacket must not have any parts made of non-waterproof fabric, only the vents provided by the manufacturer (under the arms, on the back) and as long as they do not obviously alter the waterproofing, are accepted. It is the runner's responsibility to judge, according to these criteria, whether their jacket complies with the regulations and is suitable for bad weather in the mountains. At the checkpoints, the on-site assessment of the checkpoint official or race marshal will take precedence.
- A long-sleeve thermal layer (cotton excluded) with a minimum weight of 180 g (in the runner's size)
- Long-legged trousers or race leggings OR a combination of leggings and socks which cover the legs completely.
- Waterproof trouser cover.
- Cap or bandana or Buff®.
- Warm and water-proof gloves.

All garments must be in the participant's size and must not have been modified after leaving the factory. Participants must dress appropriately. All equipment must be carried in a backpack or similar item that may not be changed during the race. Equipment must be suitably packed to prevent it from getting wet inside the backpack in rainy conditions.

Other recommended equipment (list non exhaustive):

- Spare warm clothing, indispensable in the case of cold or wet weather or in the case of injury.
- Poles in the case of rain or snow for your security on slippery ground.
- Water purification tablets or drums with filter.
- Plates and cutlery to eat. At the aid stations, no material is provided to be able to eat.
- Vaseline or anti-heat cream.
- Sun protection.
- GPS watch.
- Adhesive elastic band that allows bandaging or strapping (min. 100 cm x 6 cm).

Any participant who chooses to use poles must carry them for the entire race. It is prohibited to start without poles and obtain or use poles during the race. Pole use may be prohibited in certain areas of the course for safety or environmental reasons. Such areas will be indicated by specific signs along the course. Poles may not be placed in drop bags supplied by the Organisation.

Music: Music may only be listened to using headphones, and only where it is safe to do so. Headphones **MUST** be removed when crossing any road, when approaching and while at any checkpoint, and when approaching or overtaking any member of the Safety Team.

EXP AND SKY MANDATORY EQUIPMENT CHECKLIST

- Closed shoes suitable for trail running. Barefoot running is not allowed.
- Pack or similar to carry the mandatory equipment during the race.
- Mobile phone (smartphone **MANDATORY**): the runner must be reachable at any time before, during and after the race:
 - Mobile phone with international roaming allowing for its use in Spain and France (load into its memory the organisation's security numbers, don't mask your number and don't forget to start the race with the battery fully charged)
 - Keep the phone on, airplane mode is prohibited and could give rise to penalties.
 - Livetrail application installed and activated.
- Personal beaker 15 cl minimum (bottles or flasks with lids are not accepted).
- Leak-proof containers with a minimum water capacity of 1 litre. When leaving certain aid stations, participants may be required to carry 1 litre of fluids, depending on the section ahead or the weather conditions. The minimum required capacity is a mandatory equipment requirement and does not determine the amount of water that each participant must carry at all times
- Survival blanket of 1.40m x 2m minimum.
- Whistle.
- Jacket with hood which will withstand bad weather in the mountains and made of a waterproof* and breathable** membrane with a minimum 10 000 mm water column (recommended RET less than 13). The jacket must have an integrated hood attached by the original system designed for that purpose by the manufacturer. The seams must be heat-sealed. The jacket must not have any parts made of non-waterproof fabric, only the vents provided by the manufacturer (under the arms, on the back) and as long as they do not obviously alter the waterproofing, are accepted. It is the runner's responsibility to judge, according to these criteria, whether their jacket complies with the regulations and is suitable for bad weather in the mountains. At the checkpoints, the on-site assessment of the checkpoint official or race marshal will take precedence.

All garments must be in the participant's size and must not have been modified after leaving the factory. Participants must dress appropriately. All equipment must be carried in a backpack or similar item that may not be changed during the race. Equipment must be suitably packed to prevent it from getting wet inside the backpack in rainy conditions.

Other recommended equipment (list non exhaustive):

- Spare warm clothing, indispensable in the case of cold or wet weather or in the case of injury.
- Poles in the case of rain or snow for your security on slippery ground.
- Vaseline or anti-heat cream.
- GPS watch.

Any participant who chooses to use poles must carry them for the entire race. It is prohibited to start without poles and obtain or use poles during the race. Pole use may be prohibited in certain areas of the course for safety or environmental reasons. Such areas will be indicated by specific signs along the course. Poles may not be placed in drop bags supplied by the Organisation.

Music: Music may only be listened to using headphones, and only where it is safe to do so. Headphones **MUST** be removed when crossing any road, when approaching and while at any checkpoint, and when approaching or overtaking any member of the Safety Team.

VIELHA 10K MANDATORY EQUIPMENT CHECKLIST

- Closed shoes suitable for trail running. Barefoot running is not allowed.
- Mobile phone (smartphone **MANDATORY**): the runner must be reachable at any time before, during and after the race:
 - Mobile phone with international roaming allowing for its use in Spain and France (load into its memory the organisation's security numbers, don't mask your number and don't forget to start the race with the battery fully charged)
 - Keep the phone on, airplane mode is prohibited and could give rise to penalties.
 - Livetrail application installed and activated.
- Personal beaker 15 cl minimum (bottles or flasks with lids are not accepted).
- 1 headlamp in good working condition.
- Survival blanket, minimum 1.40 m x 2 m.
- Jacket with a hood suitable for bad weather in the mountains, made with a waterproof membrane of at least 10,000 mm water column and breathable (recommended RET below 13).

ANTI-DOPING CONTROLS

As a leading global sporting circuit, UTMB WORLD SERIES is committed to supporting clean and fair sport, particularly during a period of significant growth in the sport.

The use of doping substances or doping methods to enhance performance is fundamentally wrong and contrary to the spirit of sport. The misuse of drugs may be harmful to an athlete's health and to other competing athletes. It seriously damages the integrity, image and value of the sport, regardless of whether the motivation for drug use is performance enhancement.

A commitment to fair play is essential to achieving integrity and fairness in sport. UTMB World Series aims to preserve the integrity of trail running through a comprehensive anti-doping programme that places equal emphasis on education/prevention and testing, with sanctions for those who breach the rules.

UTMB® World Series has delegated the management of its activities designed to ensure fair and transparent competition to the International Testing Agency (ITA).

Participation implies acceptance of the UTMB World Series anti-doping programme and the rules of the body responsible for implementing it.

Any participant, whether professional or amateur, may be subject to anti-doping testing before, during or after the race, regardless of their final position in the ranking. Refusal or failure to submit to testing will be sanctioned in the same manner as a proven anti-doping rule violation. Further information is available at <https://utmb.world/en/Anti-doping>

RACE-BIBS

Race bibs and personal wristbands are issued individually to each runner upon presentation of:

- **A valid ID with photo or passport.**

The race bib must remain fully visible at all times throughout the race. It must always be worn over all clothing and may never be attached to the backpack (or similar item).

The race bib must be worn on the chest or abdomen and must remain fully visible at all times throughout the race. It must always be positioned over all clothing and may never be attached to the backpack (or similar item) or to a leg. The names and logos of partners must not be altered or concealed. The race bib, together with the wristband, is the pass required to access buses, aid stations, medical stations, rest areas, showers and drop-bag drop-off or collection areas. The bib will only be withdrawn if a runner refuses to comply with a decision of a race official. In the event of withdrawal from the race, the bib will be cut and deactivated.

DROP BAGS / SPARE BAGS

VDA: at race bib collection, each participant receives three 30-litre bags. After filling them with the clothing and items they consider necessary, runners must deposit them at the designated location near the start. One bag will be transported by the Organisation to the Bossòst aid station, one to Salardú and one to Arties. On reaching these aid stations, the runner may collect the relevant bag. When leaving the aid station, the runner must personally return the bag to the designated area. The Organisation will return the bags to Vielha.

CDH: at race bib collection, each participant receives two 30-litre bags. After filling them with the clothing and items they consider necessary, runners must deposit them at the start. One bag will be transported by the Organisation to the Salardú aid station and the other to Arties. On reaching these aid stations, the runner may collect the relevant bag. When leaving the aid station, the runner must personally return the bag to the designated area. The Organisation will return the bags to Vielha.

TDL: at race bib collection, each participant receives one 30-litre bag. After filling it with the clothing and items they consider necessary, runners must deposit it at the start. The bag will be transported by the Organisation to the Artiga de Lin aid station. On reaching the aid station, the runner may collect the bag. When leaving the aid station, the runner must personally return the bag to the designated area. The Organisation will return the bag to Vielha.

PDA: at race bib collection, each participant receives one 30-litre bag. After filling it with the clothing and items they consider necessary, runners must deposit it at the start. The Organisation will return the bag to Vielha. There are no intermediate drop bags along the course.

Bag collection: Bags are handed to runners or their relatives/supporters upon presentation of the race bib. They must be collected at the finish no later than 2 hours after the race closes. After this time, the runner must collect the bag in person from the Organisation's offices in Vielha.

The Organisation will arrange the return of bags belonging to runners who have withdrawn, provided the withdrawal has been officially recorded. Return times will depend on logistical requirements. The Organisation does not guarantee that all bags will be returned to Vielha before the end of the race.

Only bags supplied by the Organisation will be transported*. Poles may not be transported in the bags. Bag contents will not be checked and no claims regarding their contents will be accepted. Participants are advised not to place valuables in the bags and are recommended to keep spare clothing and personal hygiene items in Vielha.

Drop bags must be collected in person by runners at the locations and during the times established by the Organisation. Bags not collected by the end of the event will remain available for collection for a maximum of 6 calendar days. After this period, any uncollected bags and their contents will be destroyed. Under no circumstances will the Organisation subsequently ship drop bags or any items contained in them, nor will it accept liability for failure to collect them within the stated period.

**For logistical reasons, UTMB® World Series events only accept drop bags issued at race bib collection. These bags are reusable, and runners are asked to reuse them whenever they take part in a UTMB® World Series race*

AID STATIONS

The Organisation provides solid and liquid refreshments along the course. Aid stations are located at strategic points selected by the Organisation, taking into account runner safety as well as logistical and access constraints, particularly in high mountain areas. Aid stations provide food and drinks for consumption on site. The Organisation supplies water and energy or isotonic drinks to refill hydration reservoirs and mandatory personal cups. On leaving each aid station, runners are responsible for carrying enough food and drink to reach the next aid station.

Only participants wearing a visible race bib and their personal wristband may access aid stations.

The Runner's Guide and the website will provide the exact list of aid stations and the refreshments available at each.

Planned services may be adapted for exceptional safety, weather or logistical reasons without this constituting a failure by the Organisation.

CHECKPOINTS

Aid stations also serve as passage and safety checkpoints. **Additional checkpoints may be located away from aid stations or safety posts.** These may record passage or may be used solely for safety purposes. Their locations are not disclosed by the Organisation.

COURSE MARKING

Race routes will be marked using recyclable and reusable course markers bearing the event or UTMB World Series branding. Markers are placed at regular intervals. The routes use existing paths, which may also carry GR trail markings that do not necessarily indicate the race route.

IMPORTANT: if you cannot see any course markers, go back until you find them!

For improved visibility at night, course markers include reflective material that reflects headlamp light.

For PDA, EXP and SKY, runners are **strongly advised to carry the course track on a GPS watch**. The tracks can be downloaded from the event website a few days before the race.

For VDA, CDH and TDL, carrying the **GPX course track on a watch or mobile phone is mandatory**.

To protect the environment, no paint is used to mark trails.

SAFETY AND MEDICAL ASSISTANCE

The Organisation will deploy reasonably appropriate human, technical and logistical resources, without guaranteeing the elimination of all risks inherent in the activity.

There are several assistance points along the course. These are connected by radio or telephone to the Race Control Centre (the number will be published in the Runner's Guide and printed on the race bib), where a medical team will be present throughout the race.

Assistance points are intended to provide help to anyone in danger using the Organisation's own resources or public emergency services.

Any participant in difficulty is responsible for requesting assistance by:

- Going to a checkpoint or to the medical tent located in the Ultra-Trail® Village.
- Calling the Race Control Centre (RCC).
- Asking another participant to request assistance.
- Using the SOS function in the LiveTrail app.

Every participant must assist any person in difficulty, activate the medical assistance procedure and remain with the runner in distress until authorised Organisation personnel arrive. Failure to cooperate may result in a penalty or disqualification in accordance with the penalty table in these Regulations.

If it is impossible to contact Race Control, participants may call the emergency services directly (particularly in areas where only emergency calls are possible) **on 112**.

Circumstances related to the environment or the race may delay assistance. While waiting, a participant's safety depends on the quality of the equipment carried in their backpack. Participants must have sufficient personal resources to ensure their own safety.

Assistance and rescue operations may be affected by weather conditions, terrain, communications or the safety of rescue teams.

Official medical professionals, race officials, aid station managers and any person designated by Race Management are authorised to:

- Withdraw from the race any participant deemed unfit to continue.
- Require any participant to use any item of mandatory clothing or equipment at any point on the course.
- Evacuate by any means any participant they consider to be in danger.
- Arrange hospitalisation for any participant whose state of health requires it.

Any participant treated by a doctor, first-aider or rescue team, or who is rescued, is subject to their authority and undertakes to comply with their decisions.

If a participant's condition requires intravenous treatment, that participant will immediately be withdrawn from the race.

A medical station will be available at the finish for the duration of the races. Any participant with serious medical problems may attend. Comfort treatment will be provided at the discretion of medical staff and subject to availability.

All participants must remain on the marked route, including when sleeping. If a participant needs to sleep on the course, use of the 'sleep bib' provided by the Organisation is strongly recommended. This bib indicates that the participant is sleeping and does not wish to be disturbed.

Any participant who voluntarily leaves the marked course significantly increases the risks associated with doing so and may no longer be covered by the standard monitoring and tracking procedures put in place by the Organisation, without prejudice to any legal obligations regarding assistance and emergency response.

MAXIMUM AUTHORISED TIME AND CUT-OFF TIMES

The maximum time allowed to complete the full course is:

- VDA: 48 hours
- CDH: 28 hours
- TDL: 20 hours
- PDA: 14 hours
- EXP: 7 hours 15 minutes
- SKY: 4 hours
- VIELHA 10K: 2 hours 30 minutes.

All maximum times and cut-off times for every distance are **calculated and established based on the start time of the final wave**. Maximum times are therefore not increased according to the runner's start wave.

HOKA Val d'Aran by UTMB® is a competitive sporting event and therefore applies time limits both to preserve the competitive nature of the event and to ensure runner safety.

Departure cut-off times at the main checkpoints will be defined and communicated in the Runner's Guide and on the website. If they change due to exceptional conditions, the new cut-off times will also be communicated via social media, email and/or SMS/text message.

These cut-off times are calculated to enable participants to reach the finish within the maximum permitted time, including possible stops for food, rest, etc. **To be allowed to continue, participants must leave the checkpoint before the stated cut-off time**, regardless of the time at which they arrived at the checkpoint.

Runners who withdraw, are stopped by the Organisation, or are outside the official cut-off times are not permitted to continue the race. Their race bib will be cut and they will be transported back to the event area using Organisation transport. All runners are advised to use the transport provided by the Organisation to return to the finish area.

WITHDRAWAL AND RETURN TO THE FINISH

Except in the event of injury, a runner may only withdraw at a checkpoint. The runner must inform the checkpoint manager or Race Control. The race bib will then be marked as 'withdrawn'.

If a participant decides to withdraw between two checkpoints, they must proceed to a checkpoint and report their withdrawal there.

Participants must keep their race bib as proof of access to buses, medical areas, etc.

Return to the finish operates as follows:

- Buses are available from certain aid stations, identified by a 'bus' pictogram on the course maps, to transport runners who have withdrawn back to the finish.
- Participants who withdraw at another assistance point or aid station but whose medical condition does not require evacuation must reach the nearest evacuation point as soon as possible and by their own means.
- For aid stations or assistance points accessible by car or 4x4:
 - After a post closes, the Organisation will, subject to available resources, return to the finish any withdrawn participants who are still present at the post.

If adverse weather conditions justify partial or total suspension of the race, the Organisation will arrange the return of all participants to the finish as soon as reasonably possible.

FINISH

A finisher medal will be awarded to all participants who complete their race within the stated time limit. Finishers of VDA, CDH and TDL will also receive a finisher garment.

Finishers will have one-time access to a final refreshment area in Vielha reserved exclusively for runners.

SHOWERS

Runners may use the shower service only after finishing their race and must show their race bib to gain access. During the race, where showers are available, they may only be used on medical advice.

Access to the showers is restricted to runners and race shoes must be removed.

REST AREAS

During the race, rest areas will be available at certain aid stations.

For VDA: at the Bossòst, Salardú and Arties aid stations.

For CDH: at the Arties aid station.

There will be no rest area at the finish in Vielha. Runners who have completed their race and wish to remain in Vielha must arrange their own accommodation.

RANKING AND AWARDS

Each race has an overall men's and women's ranking and a men's and women's ranking for each age category (see categories below).

In each race, the top five men and top five women in the overall ranking receive a trophy. Trophies and prizes are distributed only during the awards ceremony; prize winners must therefore attend the ceremony.

The first-placed man and woman in each age category will receive a trophy at the awards ceremony. Trophies will not be shipped.

Results are available at live.utmb.world

Age categories UTMB® World Series
16-17
18-19
20-34
35-39
40-44
45-49
50-54
55-59
60-64
65-69
70-74
75-79
80-84
85+

The Organisation will award prize money to the top five men and top five women in the overall classification of VDA, CDH and PDA.

THE PRIZE AMOUNTS WILL BE ANNOUNCED AT THE BEGINNING OF 2027.

Prize money is subject to taxation and, where applicable, legally required withholding taxes according to the tax circumstances of the recipient. The Organisation will apply any withholding required under the legislation in force.

For Spanish runners, prize money is treated as income subject to Spanish personal income tax (IRPF). Athletes resident in Spain must include it in their tax return.

Prize money will not be paid until the rankings are final, i.e. until the Organisation has received the results of the anti-doping tests.

Participation by minors: participants under the age of 18 must have the express authorisation of their legal representatives. The Organisation may establish specific distances, minimum ages, accompaniment requirements and other conditions for reasons of safety and physical suitability for the race.

QUALIFICATION FOR THE UTMB WORLD SERIES

Full information on direct access to the UTMB® World Series Finals in Chamonix is available at: [Elite runner's qualification for UTMB World Series Finals](#)

PENALTIES AND DISQUALIFICATIONS

HOKA Val d'Aran by UTMB® has race officials positioned throughout the courses. They are clearly identified.

The Race Jury will comprise at least three persons appointed by the Organisation, including the Race Director or their delegate and sporting or technical managers of the event. Where possible, a participant representative may also be included in an advisory capacity.

No member may take part in deciding a claim where they have a direct conflict of interest.

The Race Director, race officials present on the course, and managers of checkpoints and aid stations are authorised to enforce these Regulations and, where necessary, immediately impose a penalty (*) in accordance with the following table:

VDA, CDH and TDL

BREACH OF REGULATION	PENALTIES (*) DISQUALIFICATION
Short-cutting the route.	At the discretion of the Race Jury (1)
Missing item(s) of the mandatory equipment checklist: no water supply of a volume of a minimum of 1,5 liter, no waterproof jacket with hood, no torch, no bivouac bag, no SMARTPHONE.	Disqualification
Missing other mandatory safety equipment: long tights or trousers, only one headlamp, missing rear red light, cap or bandana, gloves, thermal layer, waterproof over-trousers, whistle, food reserve, cup, or any other mandatory item.	A penalty of 1 hour or immediate disqualification, at the discretion of the race management.
Refusal to have mandatory equipment checked.	Disqualification
SMARTPHONE turned off or in airplane mode.	15 minutes penalty
Discarding of rubbish or non-use of toilets provided by the organisation (voluntary act) by a competitor or a member of their entourage.	1 hour penalty
Lack of respect for others (organization or runners). Note: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized.	Disqualification
Not assisting a person in difficulty (in need of care).	Disqualification
Assistance in unauthorized areas, and/or by more than one person.	1 hour penalty
Assistance by more than one person in an authorised assistance area.	15 minutes penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station.	15 minutes penalty
Cheating (eg.: 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 minutes penalty (during which time the runner places their race-bib in a manner which conforms to the rules)
Dangerous behavior (eg.: poles with unprotected points orientated towards runners or spectators).	15 minutes penalty
No electronic chip.	At the discretion of the Race Jury
No passage through a check point.	At the discretion of the Race Jury

Refusal to comply with an order from the race directors, race stewards, 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
Pack not tagged.	1 hour penalty
Use of poles not carried from the beginning of the race.	1 hour penalty
Disrespect to others (organisation, volunteers or runners, including any kind of abuse, intrusion, theft or disregard for the rules). NB: a participant whose assistants are rude and/or refuse to respect the instructions of the organisation will be penalised.	Disqualification
Intentional departure from a checkpoint after the time limit	Disqualification
Unauthorized change of starting wave departing earlier than assigned one (NB: no penalty will be applied for a wave departing later than the assigned one)	Disqualification

(1) The penalty will be determined by taking into account the distance saved, any sporting advantage gained, intent, the risk created and whether the advantage can be restored. The Race Jury may impose a time penalty, reclassification or disqualification based on these criteria.

Time penalties apply immediately on site. The runner must stop racing for the duration of the penalty, outside the aid station or checkpoint where the penalty and the obligation to serve it were communicated. If an infringement is identified after the race, Race Management may add the relevant penalty time to the runner's final race time. Any other breach of the Regulations will be subject to a sanction determined by Race Management. *In the event of disqualification, the runner is NOT entitled to reimbursement of the registration fee.*

PDA, EXP, SKY and VIELHA 10K

BREACH OF REGULATION	PENALTIES (*) DISQUALIFICATION
Short-cutting the route	At the discretion of the Race Jury
Missing item(s) of the mandatory equipment checklist: no water supply of a volume of a minimum of 1 liter, no waterproof jacket with hood, no survival blanket, no smartphone.	Immediate disqualification
Absence of other mandatory equipment items: PDA: race leggings or long trousers, cap or bandana, warm and waterproof gloves, long-sleeved top, waterproof over-trousers, whistle, food reserve, beaker, and others. SKY AND EXP: whistle, beaker and others.	A penalty of 30 minutes or immediate disqualification, at the discretion of the race management.
Refusal to have mandatory equipment checked.	Disqualification
Smartphone turned off or in airplane mode.	10 minutes penalty
Discarding of rubbish or non-use of toilets provided by the organisation (voluntary act) by a competitor or a member of their entourage.	30 minutes penalty
Lack of respect for others (organization or runners) Note: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized.	Disqualification
Not assisting a person in difficulty (in need of care).	Disqualification
Assistance outside authorised areas and/or by more than one external person (assistance is not permitted).	30 minutes penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station.	10 minutes penalty
Cheating (eg.: use of a means of transport, sharing a race-bib...).	Immediate disqualification
Lack of visible race-bib.	10 minutes penalty
Wearing a non-conforming race-bib.	10 minutes penalty (during which time the runner places their race-bib in a manner which conforms to the rules)
Dangerous behavior (eg.: poles with unprotected points orientated towards runners or spectators).	10 minutes penalty
No electronic chip.	At the discretion of the Race Jury
No passage through a check point.	At the discretion of the Race Jury

Refusal to comply with an order from the race directors, race stewards, aid station's team leader, doctors or search and rescue staff.	Disqualification
Refusal of anti-doping control	The runner will be subject to the same penalty as if a doping violation had been established.
Departure from a check point after the time barrier	Disqualification
Pack not tagged.	30 minutes penalty
Use of poles not carried from the beginning of the race.	30 minutes penalty
Disrespect to others (organisation, volunteers or runners, including any kind of abuse, intrusion, theft or disregard for the rules). NB: a participant whose assistants are rude and/or refuse to respect the instructions of the organisation will be penalised.	Disqualification
Intentional departure from a checkpoint after the time limit	Disqualification
Unauthorized change of starting wave departing earlier than assigned one (NB : no penalty will be applied for a wave departing later than the assigned one)	Disqualification

(1) The penalty will be determined by taking into account the distance saved, any sporting advantage gained, intent, the risk created and whether the advantage can be restored. The Race Jury may impose a time penalty, reclassification or disqualification based on these criteria.

Time penalties apply immediately on site. The runner must stop racing for the duration of the penalty, outside the aid station or checkpoint where the penalty and the obligation to serve it were communicated. If an infringement is identified after the race, Race Management may add the relevant penalty time to the runner's final race time. Any other breach of the Regulations will be subject to a sanction determined by Race Management. In the event of disqualification, the runner is NOT entitled to reimbursement of the registration fee.

Where several infringements are committed, the applicable penalties in the table above are cumulative.

APPLICATION AND REVIEW OF PENALTIES

Decisions taken during the race are immediately enforceable where necessary for safety or the proper conduct of the event.

A participant may subsequently request review by the Race Jury within the stated time limits.

The Jury may confirm, amend or revoke the decision, taking into account race reports, timing and geolocation systems, images, witness statements and any other available evidence.

The decision will be briefly reasoned and will exhaust the event's internal sporting review process, without prejudice to any rights the participant may have under applicable law.

Time limits:

Affected runners may submit a claim within 24 hours of the end of their participation.

Any claim relating to the rankings must be submitted to the Organisation as soon as possible after the runner finishes and confirmed by email within 2 days after the end of the race.

Any other claim must be sent to the Organisation by email within a maximum of 10 days after the end of the race.

Complaints or disagreements relating to registration, the sporting management of the race, or its rules will not be considered valid claims

Claims must be sent by email to: valdaran.service@utmb.world

IMAGE RIGHTS AND INTELLECTUAL PROPERTY

Participation in the event means that images of participants may be captured in the context of the race, including photographs and audiovisual recordings intended for information, promotion and communication of the event, in accordance with applicable law and the specific information on data protection and image rights provided by the Organisation.

All participants expressly waive the right to assert their image rights during the event, as well as any claims against the Organisation and its partners arising from the use of their image. Only the Organisation may grant image rights to any media outlet through the appropriate accreditation or licence.

Ultra-Trail®, Ultra-Trail du Mont-Blanc® and UTMB® are legally registered trademarks. Any communication about the event or use of event images must respect the event name and registered trademarks and requires the Organisation's official approval.

HOKA Val d'Aran by UTMB® works with [Sportograf](#), which uses data collected at sporting events to fulfil its obligations as a photographic service provider under its contract with the Organiser. Participants' personal data will not be transferred to third parties. Sportograf will work only with photographers who comply with the data-protection requirements of the EU General Data Protection Regulation.

In addition to manual photo searches using location and time, participants may also search using GPS data by uploading a GPX route file, or by uploading a photo (selfie). In the latter case, an algorithm identifies anonymous, non-personal characteristics of participants independently of the race bib number, enabling relevant personal images to be found afterwards.

The legal basis for this processing is the legitimate interest referred to above, pursuant to Art. 6 Para. 1 lit. f GDPR. Participants have the right to object to this processing.

Further information on how Sportograf processes personal data and on the right to object is available in its privacy policy at <https://www.sportograf.com/es/privacy>.

INDIVIDUAL SPONSORS

Sponsored runners may display their sponsors' logos only on clothing and equipment used during the race. Any other advertising accessory (flag, banner, etc.) is prohibited anywhere on the course, including at the finish, and may result in a penalty at the discretion of Race Management.

POLITICAL EXPRESSION

The event, its sporting areas and the competition may not be used for organised political propaganda, campaigning or displays that disrupt the normal running of the event, affect safety, or contain discriminatory or violent messages or messages contrary to human dignity.

EXCEPTIONAL CONDITIONS

If circumstances require, the Organisation reserves the right to modify at any time, including while a race is in progress, the route, start times, cut-off times, location of aid stations and assistance points, and any other aspect connected with the proper conduct of the races.

In the event of force majeure, adverse weather conditions, any other circumstance that may affect participant safety, or an order from public authorities or security services, the Organisation reserves the right to:

- Modify the routes, including shortening the distance.
- Modify the start time, including by several hours, and introduce start waves.
- Modify cut-off times, including reducing them.
- Change the start date.
- Modify the route for environmental reasons.
- Cancel the race, partially or entirely.
- Neutralise the race.
- Stop a race already in progress and bring it to a definitive end.
- Introduce exceptional health measures, including wave starts.

Such changes may be made even a few days before the races. Participants may not claim any sporting compensation as a result. Changes made for safety reasons do not give rise to any right to sporting compensation.

Race Management is responsible for interpreting these Regulations and resolving any situations not expressly provided for.

Subsequent review of incidents and the introduction of improvements shall not constitute an acknowledgement of liability in respect of previous editions.

ANNEX REGISTRATION CONDITIONS

There is an annex to this Set of Rules that regulates the conditions of registration for the event.

ANNEX PRIVACY POLICY

An appendix to these Regulations provides information on the data protection policy.

The original version of these Regulations is written in Catalan. In the event of any inconsistency or discrepancy between the Catalan version and any other language version of these Regulations, the Catalan version shall prevail.

In the Spanish-language version of this document, the masculine grammatical form may be used to refer to groups including both men and women, in accordance with the grammatical conventions of Spanish. This usage is intended solely to simplify drafting and does not imply gender discrimination.

Vielha, September 2026.

V.1.

UTMB®
WORLD SERIES