

RULES

1. GENERAL DATA OF THE EVENT

1.1. Organization

The Jarapalos® Alpine Marathon is a sporting event organized by the Jarapalos Trail Club in collaboration with the City Council of Alhaurín de la Torre that integrates three mountain races certified by the International Trail Running Association and rated for the UTMB, among other races. The geographical scope is limited to the municipal districts of Alhaurin de la Torre, Benalmádena, Mijas and Torremolinos, all of it passing through forest roads (tracks and trails), which determine the "Sierra de Mijas" as it passes through the municipalities mentioned.

1.2. Distances, dates and times

The three races of the event will be held on Saturday, November 9, 2019 and will start at the sports facilities of Carranque, in Alhaurín de la Torre (Málaga). These events allow participation in various sports and effort levels.

Mini Jarapalos: 11.5 km and a cumulative positive elevation of 560 m. Start at 9:00. Reserved for runners of the cadet and junior categories (from 15 to 20 years in the year of the competition).

Open Jarapalos: 17.5 km and a cumulative positive elevation of 966 m. Start at 9:00. Maximum time: 3.30 hours.

Alpine Marathon of Jarapalos: 43.5 km and a positive cumulative difference of 2390 m. Start at 8.30. Maximum time 8.30h.

2. CONDITIONS OF REGISTRATION AND PARTICIPATION

2.1. Number of participants and general conditions.

Because of logistical reasons, there has been established a limit of participation in the different races: Mini Jarapalos (50), Open Jarapalos (550), Alpine Marathon of Jarapalos (750). In addition, the organization will reserve a certain number of places of each modality to cover the different commitments that the race entails.

The registration period will open on July 6, 2019 for mountain federated [Federación Andaluza de Montañismo (FAM)] and other communities licensed by the Spanish Federation of Mountain Sports and Climbing (FEDME). For the rest of the participants the term will open on July 13, 2019 and end on October 25, 2019. Registrations will be processed exclusively online, by strict order of payment, and will not be accepted once the registration fee is covered .

No modality changes or transfers of Bib numbers between different people will be allowed, this circumstance of occurrence, would be cause of disqualification and veto for future editions. There will be no waiting list, in the number of places offered already contemplated the possible losses.

2.2. Prices The following table summarizes the deadlines and amounts of the registrations for the three modalities, differentiating a fee for the FEDERADOS in MONTAÑA (FAM and other communities with a FEDME license) and another one for the NON FEDERATES. One € 1 for social purposes will be allocated for each registration, and the total amount collected will be delivered to an official NGO on the day of the event.

		Mini Jarapalos	Open Jarapalos	Alpine Marathon Jarapalos
06/07/2019	FEDERATED IN MOUNTAIN	12 €	20 €	40 €
13/07/2019	NOT FEDERATED	15 €	23 €	45 €
From 30/09/2019		15 €	30 €	50 €

For the NON-FEDERATED participants in the FAM or FEDME federations, the organization will hire a private insurance in their name for the day of the event, for this reason the prices are increased. The registration is personal and non-transferable and implies the acceptance of these regulations. The registration gives the right to participate in the competition, civil liability and accident insurance, solid and liquid refreshments, commemorative sports clothes, massages, post-race food, showers and how many gifts the organization gets. In the event that the athlete does not participate in the event, the organization will not be obliged to give any memory of it.

2.3. Return of registration

The organization will allow refunds until October 9, 2019, refunds will have a penalty of 40% of the amount paid, so that 60% of the registration fee will be refunded. Once this date has passed, no return will be made, whatever the reason. To request the return it is necessary to forward the confirmation email that is received when making the registration to consultas@maratonjarapalos.com requesting the withdrawal to the race. The refund of the fee paid minus the contemplated penalty (40%) will be made in the account number provided by the participant.

2.4 Official categories

Participation is open to all athletes, mountaineers and athletes who wish to be divided into the following official categories:

Cadet: 15, 16 and 17 years old, that is, they do not reach 18 years of age in the reference year.

Junior: 18, 19 and 20 years, that is, not reaching 21 years of age in the reference year.

Absolute: From 21 years of age the reference year.

Subcategories

- **Promise:** 21, 22 and 23 years, that is, they do not reach the 24 years in the reference year.
- **Senior:** from 24 to 39 years old completed in the year of the competition.
- **Veterans:** from 40 to 50 completed the year of the competition.
- **Master:** from 51 onwards, completed the year of the competition.

These categories will be the same for men and women.

Note 1: In compliance with the FAM Competition Regulations for the cadet and junior categories, the race will be held in the MINI JARAPALOS MODALITY with a distance of 11.5 km and a positive elevation of 560 m.

VERY IMPORTANT: Cadets must attach the authorization of the parents or guardians.

2.5 Own categories

In addition to the official categories of the competition regulations of the FAM, the following own categories are established for the MARATHON MODALITY:

- Teams of 4
- Most veteran runner.
- People with functional diversity.
- Local.

To qualify for the trophies of these categories, no distinction will be made between federated and non-federated.

The category "Teams of four" will be composed of four athletes of any gender, they must have the same shirt and hat (if any). The organization will provide each of the members with a badge that must be worn in a clearly visible place and that will be required at the different checkpoints.

Each team must cover the entire route and go through the finish line together. If for any reason a member of the team withdrew or did not pass together in some of the control points, the remaining participants may continue in the race but only opting for individual classification.

The inscription will be made for each one of the athletes individually. Once paid and confirmed, an email will be sent to the organization to consultas@maratonjarapalos.com indicating the name of the team and its members. The maximum date to establish changes in the teams is November 1, 2019.

The category "local" and "disabled" must be accredited by sending a photocopy of the DNI showing the address in Alhaurin de la Torre (or registration certificate) or a copy of the disability certificate to the organization at the time of registration by mail (consultas@maratonjarapalos.com).

2.6 Cash prizes

Some cash prizes are established for the first five classified of the absolute category of the MARATHON modality of 500, 300, 200, 100 and 50 €. In order to qualify for the economic prize, no distinction will be made between federated and non-federated. The non-presence in the act of delivery of the trophies and / or prizes will be understood as a waiver of what has been achieved. Any delegation to another person must be known and authorized by the organization at least half an hour in advance.

Likewise, an additional prize of € 300, both male and female, is established for athletes who beat the MARATHON record. The current records are held by Dani García Gómez (3h 38 min 27 sec, 2014) and Gema Arenas Alcázar (4h 21 min 30 sec, year 2018).

2.6 Trophies

Trophies will be awarded to the first three and first of the official categories that are in possession of the annual federation license FAM or FEDME in force the year of the competition. These trophies are not cumulative.

3. TECHNICAL AND SECURITY ASPECTS

3.1. Delivery of numbers and use

The numbers will be delivered on 6, 7, 8 and 9 November at the place and time designated by the organization. Each registered runner will be given a personalized number with a control chip for which it will be essential to present the original DNI and in the case of being federated, in addition, the federation card.

VERY IMPORTANT: No Bib will be delivered without the original ID of the owner.

The ridge will be placed on the chest or waist in a visible way, without bending or trimming; the chips, if any, should be fixed on the shoe or the number, depending on the type of chips used, to facilitate reading by the detectors.

3.2. Mandatory material

To participate in the event, each athlete must wear suitable shoes and clothing for the practice of mountain races. The physical conditions must also be those required for the distance and hardness of the itinerary.

Participants of the three modalities depending on the weather conditions may be required as mandatory equipment in the race a windbreaker with long sleeves and hood, hat, cap or

bandana and gloves, pants or mesh below the knee minimum. The obligation to carry this equipment or not will be confirmed in the technical talk of the race the day before or before starting.

Before entering the starting area, the Bib number and material control will be checked. All participants who do not comply with the requirements referred to the material, will be prevented from participating in the event. It is not allowed to compete with dogs or other pets, or accompanied by any vehicle that is not of the organization.

3.3. Route

The route will be properly signposted with marking tapes, signs and / or arrows. There will be kilometer references throughout the journey. Every runner must complete the route marked by the organization, not respecting it or not going through any of the established controls, it will be a cause of penalty or disqualification. The organization will establish an alternative itinerary that will be published sufficiently in advance and will be used if the weather conditions so advise or due to force majeure. Any modification will be duly notified.

3.4. Maximum Times

There are maximum times to complete the itineraries of the Open and Marathon modalities. Participants who exceed the established time limit will be removed the number (being obliged to deliver it) and will not appear in the final classification. To complete the itinerary of the Open race, a maximum time of 3h 30 min is established to avoid coincidence with marathon runners in the finish line.

To complete the itinerary of the Jarapalos Alpine Marathon a maximum time of 8h 30 min is established. Participants who exceed 2 hours at the first control of the Cerro del Moro (the Mijas antennas) or 5 hours at the control point at the start of the Fuente de la Piedra path, must withdraw from the competition since neither the organization nor the assistance services can guarantee your safety to complete the circuit.

3.5. Food supplies

There will be liquid and solid refreshments along the entire route for the three modes at a distance of approximately 5 km. The refreshments and controls are established in the table with the stipulated maximum time of passage (the cuts appear shaded).

Control	Place	Jarapalos Alpine Marathon				Open Jarapalos			
		Km	Time	Ritmo (min/km)	Hour	Km	Time	Ritmo (min/km)	Hour
	Start	0	0	11:00	8:30:00	0	0	12:00	9:00:00

Avt. 1	Pto. Blanquillo	5.40	00:59:00	11:00	9:29:00	5.4	01:05:00	12:00	10:03:00
Avt. 2	Cerro del Moro (Antennas)	10.9	2:00:00	11:00	10:30:00	-	-	-	-
Avt. 3	Mijas/Boettler	16.0	2:56:00	11:00	11:26:00	-	-	-	-
Avt. 4	Jarapalos Fountain	20.4	3:44:00	11:00	12:14:00	-	-	-	-
Avt. 5	Fuente la Piedra trails	26.6	5:00:00	12:30	13:30:00	-	-	-	-
Avt. 6	2º Time - Cerro del Moro (Antennas)	31.8	5:57:00	12:30	14:27:00	-	-	-	-
Avt. 7	2º Time - Pto Blanquillo	37.2	7:05:00	12:30	15:35:00	11.2	2:14:00	12:00	11:14:00
	Finish	43.5	8:30:00	-	17:00:00	17.5	3:30:00	-	12:30:00

All distance and elevation calculations have been made with the Garmin Base Camp™ program

3.6. Obligations of the runners

Any participant requested must provide relief to another participant who is in danger or injured, being obliged to notify the closest control immediately. The deprivation of aid will be penalized with immediate disqualification.

It is the obligation of each participant to take their waste, papers, etc. until the arrival or places indicated by the organization. The participants, during the tour, must follow the instructions of the members of the controls at all times.

Participants must attend trophy ceremonies, submit to the doping controls that are requested, as well as attend if they are invited to press conferences on the same day and in the race location.

Competitors must behave athletically at all times and be respectful to other athletes, Committee, supervisors, judges, controls and members of the organization. All participants must be knowledgeable and respect the COMPETITION REGULATIONS accepting any modifications that the Committee may adopt due to causes beyond the organization, before and / or during the competition.

3.7 Abandon the competition

There will be several itinerant medical teams distributed at different points of the race according to the medical priorities of the moment. These teams will be connected by radio with the direction of the race and will be able to assist at any point. This fact does not exempt participants from the obligation to offer assistance to any other participant who needs it.

Withdrawal of a runner that is not suitable to continue. At any point along the route, some runners who will follow the athletes at the rear of the race in case any help is needed, the person in charge of each control or the race doctor, will be able to determine the withdrawal of a runner from competition if he shows evident symptoms of exhaustion or another or other indication that advises against the continuity of this one. in the competition. Likewise, the runner who, having suffered an accident, is not in a position to continue will be withdrawn from the competition. In these two cases the Bib number will be removed and the runner has the right to have the organization evacuate it to the point of arrival / start or to the nearest point where it can receive medical assistance. The urgency in the evacuation will be proportional to the seriousness of the case.

Voluntary abandonment of a runner. A runner may leave the race whenever he wishes, but he must do so in accordance with the following points: He will retire in a control and will deliver the race number. The competitor assumes all responsibility since he voluntarily abandons the competition or is disqualified.

4. PENALTIES

The race referees present on the course, the heads of checkpoints and refreshments and broom corridors are authorized to enforce these regulations and apply, if necessary, and immediately a penalty according to the following table, always with the authorization previous of the Race Direction.

- Not respecting the marked itinerary or signaling of route to stop: 3 'to disqualification.
- Receive aid or supplies outside the permitted areas (except assistance) of any person is competitive or not = 3 'to disqualification.
- Refuse to wear the bib or cut it = disqualification.
- Remove or change the marks placed by the organization = disqualification.
- Repeat the same runner twice in a false start = disqualification.
- Throw waste during the tour = 3 'to disqualification.
- Substitute some material required by the organization = disqualification.
- Preventing being ahead or hindering another runner = 3 'to disqualification.
- Do not bring the material required by the organization in each control = 3 'to disqualification.
- Do not heed the indications of the organization and referees = 3 'to disqualification.

Disqualification with possible penalty:

- Not participating, without just cause, in the official awards ceremony = disqualification
- Causing a sports incident (aggression or insult) to a competitor, organization, refereeing team or spectator = disqualification
- Causing an accident on a voluntary basis = disqualification
- Participating under a false identity or impersonating another person = disqualification

5. DOPING

The use of substances, pharmacological groups and methods designed to artificially increase the physical capabilities of competitors is strictly prohibited.

The FAM will establish the list of prohibited substances and pharmacological groups as well as non-regulatory methods, following the provisions of Organic Law 3/2013 of June 20, on the protection of athlete's health and the fight against doping in sports. In any case, and at a minimum, it will coincide with what is stipulated by the Spanish Agency for the Protection of Health in Sport (AEPSAD).

If the result of a sample is positive, the Committee will inform the Disciplinary Committee of the FAM and FEDME of its resolution so that it may take the final decision and establish the pertinent sanctions.

6. IMAGE RIGHTS AND DATA PROTECTION

The organization reserves the exclusive rights to the images, photographs, videos and information of the event in which the participants may appear, as well as to use that material for announcements, public relations or any other journalistic or promotional purpose of the event. Any media or advertising project must previously have the consent of the organization.

In accordance with the provisions of Organic Law 15/1999 of December 13, Protection of personal data, all data of participants collected in the registration form will be included in a private file owned by the organizers of the Jarapalos Alpine Marathon[®], for exclusive purposes of managing the event as well as any promotional purpose related to their participation in the same involving sponsors or partners of the event. All interested parties may exercise their rights of access, rectification, cancellation and opposition of their personal data by email to consultas@maratonjarapalos.com.

7. ACCEPTANCE OF THE REGULATION

Participants enrolled in this race participate voluntarily, under their responsibility and meeting the physical and health conditions necessary to participate in a competition of these characteristics.

The organization declines all responsibility in case of accident or negligence of others, as well as for the loss or breakage of objects of each participant. Each runner will be responsible for any damage or injury that may be caused to himself or to third parties, exonerating the organization of any liability in case of accident or injury.

For everything not contemplated in these regulations, the competition will be governed by the Regulation of the Andalusian Mountain Federation (approved at a general assembly on November 24, 2017).

All participants, by registering, accept the conditions established in this regulation.