

IV Mezzalama Jeunes – Gressoney-La-Trinité, 22 April 2023

REGULATIONS

1 **INTRODUCTION**

The "Mezzalama Jeunes" is an international ski mountaineering race with classic ski touring equipment. It is included in both the Grande Course calendar and that of the Italian Winter Sports Federation (FISI), and is an individual race.

2 **GENERAL RULES**

2.1 *Conditions of entry*

Athletes must be in possession of a Grande Course Jeunes card, a FISI membership card and a valid MEDICAL CERTIFICATE of fitness for competitive sport activity for the season in question.

2.2 *Entries*

The entry fee is € 50,00 and includes event organisation costs, a starter gift, ski-lift facilities and lunch on the day of the race.

The fee does **not** include hotel accommodation which must be booked directly by the athletes. A list of hotels offering special rates, drawn up by the Organising Committee, is available on the official Mezzalama Trophy website.

INFO:

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REGISTRATION: from 4 February to 12 April 2023, EXCLUSIVELY ONLINE on the www.trofeomezzalama.it website

2.3 *Categories*

Cadets M and F
Juniors M and F

2.4 *Results*

Overall positions will be given as well results in each category.

2.5 *Prizes*

All athletes will receive a participation prize.

Cadets – Male and Female

1° place – gold medal and in-kind prize
2° place – silver medal and in-kind prize
3° place – bronze medal and in-kind prize

Juniors – Male and Female

1° place – gold medal and in-kind prize
2° place – silver medal and in-kind prize
3° place – bronze medal and in-kind prize

A cash prize will go to the ski club with the highest number of entries.

2.6 *Equipment*

Each athlete is personally responsible for all equipment used during the race. By registering, athletes guarantee the technical efficiency of said material and its compliance with the regulations hereunder. For safety reasons, each athlete must carry his/her own gear. Skis must be fastened to the back of the backpack (not to the front, from shoulder to shoulder) using appropriate safety straps.

During the race, equipment may be replaced only in the event of a breakage being officially ascertained at the nearest checkpoint. Any athlete found to have committed irregularities will be disqualified immediately.

If athletes have any doubts regarding their gear, they can have it checked on 21 April in Gressoney-La-Trinité during the distribution of bibs and race packs due to take place from 5 to 7 p.m. in the multi-purpose venue next to the Punta Jolanda ski-lift.

2.7 *Mandatory equipment for each athlete*

- skis: laminated along at least 90% of the total length. Minimum width: 80 mm in the front part, 60 mm under the boot and 70 mm in the rear part. Minimum height: 160 cm for men and 150 cm for women. For the above purposes, reference will be made to the specifications given by the manufacturer.
- bindings: ski mountaineering type capable of blocking the heel of the boot in position during descent and with both forward and lateral safety release mechanisms. They may be fitted with safety straps at the discretion of the competitor. "Mixed" bindings, i.e. with a different make at front and back, are not allowed. Minimum weight of both skis including bindings: 1500 g for men and 1400 g for women.
- ski poles: alpine or cross-country (carbon or other material) with a maximum diameter of 25 mm excluding padded hand grip. Metal baskets are not allowed.
- 3 ski skins: when not applied to the skis, these must be kept inside the backpack or ski suit. For environmental reasons, the use of adhesive tape or similar devices to enhance gliding is strictly forbidden.
- boots: must cover the ankles entirely, have suitable thermal properties and enable crampons to be attached quickly and securely. Notched soles in Vibram or equivalent, covering 100% of the boot underneath surface. Notches must have a minimum depth of 4 mm and a minimum surface area of 1 cm²; there must be at least 8 notches under the heel and 15 under the front part of the sole, and at least 2 independent closing systems on the shell and cuff. Adhesive and elastic tapes are not allowed; Velcro closures or lacing are considered acceptable. Minimum weight for each pair of boots: 1000 g for men and 900 g for women.
- crampons: metal (UIAA 153 standard) with at least 10 spikes (of which two at the front) minimum length 3 cm, without any modifications, adjusted to fit the boot and with safety straps.
- Avalanche Transceiver (A.R.V.A.) device: set to the international frequency of 457 kHz, conforming to standard EN 300 718 and equipped with 3 antennas. It must be worn in contact with the body and must not be visible at any time
- harness: compliant with UIAA 105 standard
- backpack: with ski straps and large enough to hold all the required equipment. Minimum capacity: 20 litres.
- lower body clothing: three layers. Underwear, a pair of trousers or ski suit in the competitor's size and a pair of windbreaker over-trousers with thermal padding (minimum weight 250 g).
- upper body clothing: three long-sleeved layers in the competitor's size. Underwear, a ski suit or long-sleeved second layer and a windbreaker jacket with thermal padding (synthetic or down, minimum weight 300 g). One of the garments (second or third layer) must have a hood.
- gloves: must cover the entire hand up to the wrist and be worn for the entire duration of the race.
- an extra pair of mittens
- UV-protection sunglasses
- 2 connectors with K type automatic locking devices (Klettersteige) UIAA 121 standard.
- 1 thermal survival blanket: min. size 1 x 1.80 metres
- skimo helmet complying with CE EN 12492 and EN 1077 class B standards. It must be worn for the entire duration of the race.
- "Via ferrata" certified lanyard (UIAA 128 standard) with energy absorbing system
- a snow shovel with minimum blade (scoop) size 20 cm x 20 cm, and a minimum length with handle attached of 50 cm, UIAA approved without any modifications. The term "snow shovel" is certified by the manufacturer.
- a snow probe with a minimum length of 2.40 m and minimum diameter of 10 mm, without any modifications. The term "snow probe" is certified by the manufacturer.

2.8 *Postponement*

If adverse weather conditions prevent the race from being held on 22 April 2023, the Mezzalama Youth Trophy race may be rescheduled to the earliest alternative date.

2.9 *Cancellation*

In the event that adverse weather conditions prevent the race taking place on the scheduled date or on any of the alternative dates, the race will be cancelled and **entry fees will NOT be refunded**.

3 CONDUCT DURING THE RACE

3.1 Start

Mass start.

Athletes must be at the start line at least one hour before the scheduled start time to have their equipment checked. In this phase the A.R.V.A. device must be turned on and worn in contact with the body.

3.2 Route

The competition takes place in the splendid crescent-shaped massif surrounding the Orestes Hütte at 2600 m. The race route starts in the Gabiet basin (2300m) and then climbs up towards the Zindre dam and the Colle della Salza. Here, an easy trail along a high ridge leads to a descent down a steep gully.

From this point, according to the race category, there are two different routes leading to the 'Eagle' couloir (Canale dell'aquila) descent. For the male Juniors category, there will be a further ascent up to the Stolemberg mines, and then the return to Gabiet for all.

3.3 Checks

Competitors must present themselves at the checkpoints. Race bibs must be clearly visible at all times.

Athletes' gear may be inspected at the finish line or at any time during the race at the organisers' discretion.

3.4 Withdrawal

If forced to pull out of the race, athletes must inform the nearest checkpoint: the Rescue Service will then take charge of them.

3.5 Accidents

In the event of an accident, inform the nearest checkpoint or Aid Station along the route.

3.6 Complaints

Complaints must be made to the Organising Committee 15 min after the athlete has crossed the finishing line; they must be duly motivated, made in writing, and accompanied by a €50.00 processing fee. All decisions taken by the Jury will be final and irrevocable.

3.7 Penalties and disqualification

Loss of equipment and any conduct that may jeopardise the safety of the athlete or of fellow competitors will result in immediate disqualification.

Litter left along the route: 3 minutes

For any matters not specifically covered by these Regulations, international regulations (ISMF) shall apply.

3.8 Outside assistance

Athletes are not allowed to receive any type of technical assistance. Outside assistance and replenishments are permitted only in the official checkpoint areas

IMPORTANT: the race will take place on 22 April, the same day as the XXIII Mezzalama Trophy. The young athletes will cross the finish line in Gressoney-La-Trinité just like the Seniors and will receive their prizes in the arrivals area (parterre).