

XXIII Mezzalama Trophy – 22 April 2023 (alternative dates: 23,24,25 April)

REGULATIONS

1 INTRODUCTION

The "Mezzalama Trophy" is an international ski mountaineering race with classic equipment. It is part of the Grande Course calendar and is open to teams composed of three athletes, who may be of different nationalities.

The race will take place along a high-altitude route in extreme environmental and weather conditions. The altitude will often exceed 4,000 metres and athletes will be faced with mountaineering-type difficulties.

The Mezzalama Trophy is strongly influenced by weather conditions in the general area and particularly those at high altitudes: it may be postponed or even, in exceptional circumstances, cancelled (details in points 2.13 and 2.14) and/or changes may be made to the course.

Consequently, participation in the Mezzalama Trophy requires:

- a good knowledge of the terrain and dangers at high altitudes and the ability to handle any unforeseen circumstances, such as strong winds and very low temperatures
- a thorough physical and psychological preparation, team spirit and solidarity, unconditional acceptance of the following regulations and the decisions taken by the Race Organisers

2 GENERAL RULES

2.1 Conditions for participation

Participation in the Mezzalama Trophy is open to teams of 3 athletes, each of whom must be in possession of a 2023-2024 Grande Course card.

Athletes must have a valid Medical Certificate stating their fitness to practise sport for the season in question and must be at least 21 years old in 2023.

Each athlete must submit and sign, under his/her responsibility, a short ski mountaineering and mountaineering résumé, confirming details of races they have entered, as well as experience at and familiarity with high altitude.

The résumé of each athlete plays a crucial role in determining whether a team will be admitted or excluded: applications in which athletes have not filled in this part will not be taken into consideration.

The name given to the team may refer to the Skiing Club or the Sports Association the athletes belong to, as well as their sponsor or whatever else. In the event of team names being deemed inappropriate, the OC reserves the right to change the team name using the surnames of the three athletes.

2.2 Registration

300 TEAMS WILL BE ACCEPTED. This number may vary according to the mountain conditions and in any case will be determined at the sole discretion of the race organisers.

Teams with the best rankings in Grande Course circuit races and in the most prestigious ski mountaineering competitions will have precedence.

Athletes must submit their registration to the Mezzalama Trophy Organising Committee who will then confirm whether or not they can participate after having examined their credentials, subject to verification of medical fitness.

Once 300 teams have been confirmed, additional teams with suitable characteristics will be put on a waiting list and selected on a first-come basis in the event of other teams cancelling.

The registration fee for each team is € 900. The fee includes, for each athlete, organization, safety and assistance during the event, food stations along the course, one starter gift offered by the technical sponsor Dynafit, refreshments at the arrival area, lunch on the day of the race and transport from Gressoney-La Trinité to Breuil-Cervinia.

The fee does NOT include hotel accommodation and teams are entirely responsible for booking their own accommodation. From 4 February, a link with a list of partner hotels together with their contact numbers will be available on the www.trofeomezzalama.it website.

By registering, all athletes exonerate the organisers from all liability regarding damage to persons or property that may occur before, during or after the event or in any case in relation to the same.

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REGISTRATION: from 4 February to 12 April 2023, EXCLUSIVELY THROUGH THE WEBSITE www.trofeomezzalama.it

Payment of the registration fee must be made at the time of registering. In the event of a team not being admitted, the Organising Committee will reimburse the entire amount paid.

2.3 *Hospitality*

The registration fee does not include hotel accommodation and teams are therefore responsible for booking their own accommodation.

From 4 February 2023, a link with a list and description of partner hotels offering discounts will be available on the official site www.trofeomezzalama.it

2.4 *Categories*

Female (single category)

Male (single category)

Mixed teams will fall under the male category.

2.5 *Results*

A list of winners in the men's and women's races will be drawn up

2.6 *Prizes*

All athletes will receive a participation prize.

Top rankings - Men

1st place € 2,550 + gold medal

2nd place € 1,950 + silver medal

3rd place € 1,650 + bronze medal

4th place € 1,350

5th place € 750

6th place € 600

7th place € 600

8th place € 600

9th place € 600

10th place € 600

Top rankings - Women

1st place € 2,550 + gold medal

2nd place € 1,950 + silver medal

3rd place € 1,650 + bronze medal

2.7 Description of route

Breuil Cervinia	2,020 m.	start
Teodulo Pass	3,316 m.	checkpoint
Breithorn Pass	3,826 m.	1 st cut-off time checkpoint
Verra Pass	3,848 m.	checkpoint
Castore	4,226 m.	checkpoint
Felik Pass	4,068 m.	checkpoint
Quintino Sella Hut	3,585 m.	2 nd cut-off time checkpoint
Naso del Lyskamm West	3,900 m.	checkpoint
Naso del Lyskamm	4,272 m.	checkpoint
Naso del Lyskamm East	3,900 m.	checkpoint
Roccia della Scoperta	4,153 m.	checkpoint
Città di Mantova Hut	3,500 m.	checkpoint
Alpe Endre	2,609 m.	checkpoint
Alpe Gabiet	2,342 m.	checkpoint
Gressoney La Trinité	1,637 m.	finish
Overall approximate distance	45 km.	
Altitude differences	Uphill	3,272 m.
	downhill	3,655 m.

The route covered by the race may undergo variations during the competition depending on environmental conditions.

The decision regarding the route will be made irrevocably by the Race Organisers.

The track will be fully marked with coloured poles: stretches to be covered on foot, with ropes or on crampons, as per point 3.2 below, will be properly indicated by the judges.

Athletes are required to follow the course markings closely and abide by the indications of the Race Organisers imparted by race staff and course marshals, on pain of being disqualified.

For teams that are forced to withdraw or are beyond maximum time limits, two routes for returning downhill will be marked out in addition to return via the Breithorn Peak on Breuil Cervinia along the skiing pistes:

1 - Verra Pass (return to Valle d'Ayas) - Guide della Val d'Ayas Hut (3,425 m.)- Mezzalama Hut (3,036 m.)- Pian di Verra Sup. (2,380 m.) - Saint Jacques (1,689 m.)

2 - Quintino Sella Hut (3,585 m. - return to Gressoney Valley) Bettolina Pass (2,905 m.) - Bettaforca Pass (2,672 m.) - Stafal (1,825 m.)

2.8 Equipment

Each athlete is directly responsible for all material used during the race. By registering, athletes guarantee the technical efficiency of said material and its compliance with the Regulations. For safety reasons, each individual athlete must carry his/her own material. Exceptions are skis and ski skins, which can be carried during stretches on foot by one of the athlete's team members. Skis must be fixed to the back of the rucksack (not at the front from shoulder to shoulder) using appropriate safety straps.

Personal and team materials will be checked at the start in Breuil-Cervinia, at the finish in Gressoney-La-Trinité, and at any time during the race if this is deemed necessary by the judges.

During the race, replacement of equipment is allowed only in the event of ascertained breakage. Such ascertainment shall be made by the nearest checkpoint. Any teams found to have committed irregularities will be disqualified immediately.

In case of doubts regarding equipment, athletes can have it checked and approved on 21 April in Valtournenche during delivery of race bibs and bags.

2.9 Obligatory individual equipment

- skis: laminated for 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 manufacturer's product specifications.

- bindings: ski mountaineering type with the possibility to block the boot in the rear part during descent and have front and lateral safety release. They may be equipped with security straps at the discretion of

the competitor. "Mixed" bindings, i.e. front and rear of different make, are not allowed.

Minimum weight of the two skis including bindings: 1500 g for men and 1400 g for women.

The use of ski stoppers is recommended

- poles: alpine or cross-country (carbon or other material) with a maximum diameter of 25 mm excluding padding. Metal baskets are not allowed.
 - 3 ski skins: when not applied to the skis, these must be put away in the rucksack or ski suit. Use of adhesive tape or an equivalent system to enhance gliding is strictly forbidden for environmental reasons.
 - boots: must be high enough to entirely cover the ankles and allow for the rapid and safe attachment of crampons. They must have closing devices/buckles on the lower shell and upper cuff as well as have flex blocking between the cuff and shell. All ski mountaineering ski boot fastening systems and soles sold on the market by manufacturers are deemed to comply with the rules, provided they have not been modified.
 - crampons: with 6 front points in steel and 4 rear points in light alloy.
 - Avalanche Transceiver device: set to the international frequency of 457 kHz, conforming to standard EN 300 718. It has to be equipped with 3 antennas, must be worn in contact with the body and must not be visible.
 - harness: UIAA 105 standard compliant.
 - rucksack capable of carrying all the required equipment. It must have shoulder straps and two ski holder straps. The crampon pocket must open/close towards the back of the rucksack.
 - lower body clothing: three layers. Underwear, a pair of trousers or ski suit in the competitor's size and a pair of wind breaker over-trousers with thermal padding (minimum weight 250 g).
 - upper body clothing: three long-sleeved layers in the competitor's size.
- Underwear, a long-sleeved ski suit or second layer and a wind breaker jacket with thermal padding (synthetic or down, minimum weight 300 g). One of the garments worn (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.
 - a second pair of mittens
 - UV-protection sunglasses
 - 1 pair of ski goggles
 - 2 snap hooks/carabiners with K type automatic locking devices (Klettersteige) UIAA 121 standard.
 - 1 UIAA certified ice screw min 16cm
 - 1 survival blanket with minimum dimensions of 1.00 x 1.80 metres;
 - skimo racing helmet that meets both 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 standard 128) with energy absorbing system
 - a snow shovel with minimum dimensions of the scoop of 20 cm x 20 cm and minimum length with handle inserted of 50 cm, UIAA approved without any modifications. The term "snow shovel" is defined by the manufacturer
 - a snow probe of minimum length 2.40 m and minimum diameter 10 mm, without any modifications. The term "snow probe" is certified by the manufacturer.
 - 1 ice axe: head min length 45 cm compliant with UIAA 152 standard.

2.10 *Obligatory team equipment*

- dynamic rope (UIAA 101 standard), approved as individual rope, min 8.5 mm diameter, length 20 m. Elastic supports are not allowed.
- 1 first aid kit containing: 1 elastic bandage, latex gloves, sterile gauze pad, plasters, disinfectant wipes and 1 whistle.

2.11 *Change of athletes*

During the months preceding the race and until 18 April 2023, teams registered for the Trophy may, at no additional cost, replace athletes in their team. Athletes replacing other previously selected and registered athletes must be in possession of a Grande Course card and suitable résumé.

2.12 *Withdrawal*

In the event of a team deciding to withdraw, registration fees will be reimbursed exclusively as follows:

- up to 4 March, €90 will be deducted from the registration fee
- from 5-31 March, €270 will be deducted from the registration fee
- from 1-12 April € 450 will be deducted from the registration fee
- After 13 April, no reimbursements will be made

2.13 *Postponement*

If adverse weather conditions prevent the Trophy race from being held on 22 April, the competition may be rescheduled on one of the following dates: 23, 24, 25 April 2023.

2.14 *Cancellation*

Should adverse weather conditions not permit the race to take place on the established day or on one of those foreseen as an alternative, the race will be cancelled, and registration fees will NOT be reimbursed.

3 CONDUCT DURING THE RACE

3.1 *Start*

In the starting line-up before sunrise.

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 and changes in team grouping*

From the start at Breuil Cervinia to the Teodulo Pass participants must proceed individually (no rope).

From the Breithorn Peak to the Città di Mantova Hut participants must proceed roped together.

From the Verra Pass to the Castore Summit to the Felik Pass and from the foot of the Lyskamm Ridge to the base of its eastern face the teams must proceed with crampons, as in all other situations indicated by the Event's Board.

Before reaching Gressoney La Trinité members of each team must regroup as teams, that are required to reach the finish as a joint unit.

3.3 *Controls*

The teams shall proceed and present themselves at the control stations as a joint unit.

Race bibs must be fully visible.

At some control stations there will be a medical check and the medical team may decide to forbid athletes who show clear and serious signs of fatigue or other ailments from continuing the race.

Maximum cut-off time at the Breithorn Pass is 3.00 hours from start (3.15 hours for female and mixed teams). Teams who are outside this time may not proceed and must return to Breuil Cervinia.

Maximum cut-off time at the Quintino Sella Hut is 6.00 hours from start (6.15 hours for female and mixed teams). Teams who are outside this time will have to abandon the race at the Q. Sella Hut. From there they will be accompanied downhill by the rescue service.

Personal and team materials will be checked at the finish and at any time during the race if this is deemed necessary by the judges.

3.4 *Abandoning the race*

In the event of being forced to abandon the race, teams must go to the nearest checkpoint and give notice: they will then be handed over to the rescue service.

Should 1 or 2 team members be obliged to abandon, the remaining members are absolutely forbidden from continuing the race even if they are not in the rankings.

3.5 *Accidents*

In the event of an accident, inform the nearest checkpoint or rescue service along the route.

3.6 *Complaints*

Complaints must be made in writing to the Organising Committee 15 min after the team has crossed the finishing line. Complaints must be duly justified and a processing fee of €50.00 will be payable. All decisions taken by the Jury will be final and irrevocable.

3.7 *Penalties and disqualification*

Loss of crampons, non-compliant use of the rope, taking short-cuts or any other conduct that may jeopardise the safety of the roped team or of other race competitors, will result in immediate disqualification.

Waste left along the route: 3 minutes.

For all aspects that are not covered by these Regulations, reference shall be made to the International Regulations.

3.8 *Extra supplies and external aid*

No type of technical assistance to athletes is allowed. Extra supplies are admitted in the areas designated for official checks.

3.9 *Doping*

Doping is strictly prohibited. Control procedures and sanctions comply with IOC and WADA recommendations. The official list of forbidden substances is the one established by WADA.