

EVENT REGULATION

- This regulation outlines the participation requirements and key characteristics of the event.
- Completing the registration implies full acceptance of these rules and of the liability waiver document.
- Participation in the event entails acceptance of all environmental, sustainability, and waste reduction measures established by the organization.
- All technical aspects can be found in the technical datasheets on the event's official website.
- These regulations, as well as schedules, routes, and technical datasheets, may be corrected, modified, or improved at any time by the organization.
- Completing the registration implies acceptance and authorization of the registration and event modification and cancellation policy.
- Completing the registration implies acknowledgment and prior review of the route and the technical datasheets.
- Completing the registration also implies acceptance of all schedules, services, and the event gift (if applicable).

1. NO NATURE NO FUTURE

- 1.1 Participants must prioritize ethics, camaraderie, and respect for nature and the environment above the event itself.
- 1.2 The events take place in fragile and sensitive natural surroundings. It is strictly forbidden to leave any trace behind.
- 1.3 The routes pass through natural areas. Participants must preserve ecosystems and biodiversity, complying with the applicable environmental regulations in each zone.
- 1.4 Participants must respect local fauna and flora and remain as silent as possible to protect local wildlife.
- 1.5 The events cross through agricultural and livestock areas. Farmers and livestock herds always have priority over participants.
- 1.6 The events take place, for the most part, on private land. Landowners always have right of way if encountered on the course.
- 1.7 Each participant must act responsibly and behave exemplarily in the face of any adversity.
- 1.8 Participants may not leave the marked trail boundaries.
- 1.9 Participants must respect fences, gates, and any type of enclosure intended for livestock or private property security.
- 1.10 It is forbidden to dispose of bar wrappers, energy gel packs, fruit peels, or any kind of waste. Proper recycling is strictly mandatory.
- 1.11 Any disrespectful action toward nature, wildlife, flora, or local communities will result in permanent disqualification. Zero tolerance.

2. ATHLETES FOR ATHLETES

- 2.1 If a participant, third party, or any animal is in danger, it is mandatory to assist them (the race director will assess whether to deduct the time spent providing help).

- 2.2 Participants must report any kind of incident to the phone number provided on their race plate or to the nearest checkpoint.
- 2.3 If participants who provide help lose a significant amount of time, the race director will assess the situation and take appropriate measures.
- 2.4 In case of emergency, participants must call one of the emergency numbers listed on the race plate. These are for emergency use only (APPLIES TO 360, 200, 100).
- 2.5 If assistance is required from the organization and/or rescue teams, delays may occur in locating or reaching the participant due to extreme weather, limited access, or low visibility.
- 2.6 Participants must understand and accept that they are taking part in a long-distance sports activity in a natural and unpredictable environment, where adverse weather and difficult access conditions may arise. In the event of a fall or injury, the organization's medical team may take several minutes or even hours to reach them.
- 2.7 Participants are responsible for their own safety, must act with caution, and avoid unnecessary risks.

3. CLIMATE EMERGENCY

- 3.1 Participants must be aware that the climate change in which we live hinders weather predictions and it is necessary to be aware in case the organization decides to cancel the event at the last minute.
- 3.2 The fight against global warming is our priority, for this reason we will avoid giving or giving participants any packaging, product or material derived from fossil fuels.
- 3.3 For this reason:
 - a) No single-use packaging will be given.
 - b) No participant's bag will be given. We will give you the geolocator (if any), imperdibles and official gift in hand.
 - c) Sugary drinks from polluting companies will not be given.

4. REGISTRATION

- 4.1 The registration fee is non-refundable.
- 4.2 Registrations are not transferable to another year, nor can they be exchanged for other events in the Klassmark calendar.
- 4.3 You can modify the name, distance, or other data of your registration through the section "Your registration" using your locator and email. To make any changes, visit the "My registration" section on the official website.
- 4.4 No name or distance changes will be allowed within one month of the event. In case of a justified reason, a name or distance change may be requested by email (info@klassmark.com).
- 4.5 Registration is not definitively confirmed until payment is completed.
- 4.6 The organization reserves the right to cancel the event up to the moment of departure if participants' physical integrity is at risk due to weather conditions or other external factors.
- 4.7 The organization is not responsible for extra expenses related to the registration, such as accommodation or travel, in the event of a cancellation.
- 4.8 If necessary, the organization may implement the following modifications:
 - a) Modify the routes.

- b) Activate alternative routes.
- c) Change the start times.
- 4.9 Registrations will close once the participant limit, or the announced deadline has been reached.
- 4.10 The organization reserves the right to modify the number of available entries.
- 4.11 The organization is not responsible for contractual relationships between participants and third-party services.

5. CONDITIONS OF PARTICIPATION

- 5.1 All participants should be of legal age on the day of the event. In the case of minors, they are allowed to participate, but they must present the 'minor authorization' form available in the documents section. If the minor is under 16 years of age, they must be accompanied throughout the entire event.
- 5.2 All registered participants take part in the event voluntarily and under their own responsibility. Therefore, the organizing entity and company, the municipality, collaborators and workers, sponsors, and other participants are released from any civil liability.
- 5.3 By registering, participants automatically accept the 'liability waiver', which outlines the risks involved in participation and exempts the organization from responsibility in the event of any incident, accident, or contagion arising from participation.
- 5.4 By registering, the participant accepts all points of these regulations. Failure to comply with any of them will result in automatic disqualification.

6. DEVELOPMENT

- 6.1 The route is open to other users, such as cyclists, vehicles, tractors, etc. Participants must always comply with current traffic regulations and ride cautiously. It is mandatory to ride on the right-hand side of the road or trail. Failure to do so will result in immediate disqualification.
- 6.2 The event is a ride where all traffic regulations and local laws—day and night—must be observed. In the event of leaving the official course, it is strictly forbidden to ride on highways or motorways.
- 6.3 Unexpected situations may arise along the route, some risky and others not, such as fires, traffic accidents, road or path construction, etc. It is important to be mentally prepared for such situations and to follow the instructions of authorities or competent personnel. In these cases, leaving the track and rerouting is permitted.
- 6.4 The course can pass through high mountains, mid-mountain ranges, flatlands, and coastal sections. Weather conditions vary depending on the area, and temperatures between the highlands and the coast can differ by up to 20°C, or even 30°C at night. Participants may face challenging weather conditions such as rain, snow, hail, thunderstorms, high temperatures, or sudden river overflows.
- 6.5 All participants must carry a GPS device with the official route loaded.
- 6.6 Referees may conduct checks on mandatory equipment and marked gels and/or energy bars before the start, in assistance zones, or at any point along the course. Failure to comply may result in penalties or disqualification, at the discretion of the organization.
- 6.7 In the event of a mechanical issue or any incident, emergency contact numbers are printed on the number plate.

6.8 Once the maximum time allowed to complete the route has expired, all event services will be deactivated.

6.9 To ensure a smooth race and avoid conflicts, there will be three distinct start times:

- Pro Men
- Pro Women
- Open Category

Participants will receive an email indicating their exact starting position.

6.10 This format gives each group its own space on the course. However, Open riders may overtake Pro Women, and Pro Women may overtake Pro Men from the back of their group.

6.11 Overtaking by yelling or creating tension is not permitted. In narrow sections, especially on single tracks, participants must remain calm and respectful. Verbal pressure on other riders is strictly forbidden.

7. CODE OF CONDUCT

7.1 All participants must comply with current traffic regulations and always follow the organization's instructions.

7.2 Wearing a helmet is mandatory throughout the entire event. Not wearing it properly fastened will result in immediate disqualification.

7.3 Participants must keep their race plate clearly visible at all times.

7.4 It is the participant's responsibility to know the course. The organization will provide official GPS tracks and recommends using navigation devices to avoid mistakes.

7.5 Participants may only receive external assistance in the designated assistance zones. Any other assistance along the route will be penalized. Please note that assistance zones may not coincide with feed zones.

7.6 The organization may establish control points along the route to ensure rule compliance and participant safety.

7.7 Drafting is not allowed in the Pro category. Specifically, women are not allowed to draft behind other women, and men are not allowed to draft behind women. Failure to comply may result in penalties or disqualification, at the discretion of the organization.

7.8 It is not allowed to be pushed, pulled, or propelled by any external element beyond the bicycle.

7.9 The use of any electronic device to receive team instructions is prohibited. Team orders may only be given in the designated assistance zones. Any other form of external communication during the event will result in penalties or disqualification.

7.10 Participants may share water, food, and basic spare parts among themselves as part of fair play. However, key components such as a complete wheel, bicycle frame, or entire bike may not be provided. Likewise, it is forbidden to drop out of the event to benefit another participant by giving essential parts of the bike. Compliance will be checked at control points and may result in sanctions.

7.11 To ensure environmental responsibility and prevent littering, all bottles, gels, bars, and other food consumed during the event must be marked with the participant's number. This applies to products carried from the start as well as those received at feed or assistance zones. Compliance will be monitored at control points.

7.12 During the course, litter, wrappers, and waste may only be disposed of in designated trash zones. Any waste found and identified outside of these areas will lead to penalties.

7.13 The organization will monitor compliance and apply corresponding penalties in case of infraction. Respect for the environment, safety, and fair play are core values of Klassmark events.

8. PROHIBITED MATERIAL

8.1 To ensure safety and fairness in the competition, the use of the following equipment is strictly prohibited during the event:

- **Radios and communication devices:** The use of any electronic device to receive instructions during the race is strictly prohibited. This includes headphones, speakers, mobile phones, or any integrated devices. Team orders may only be given in the official assistance zones designated by the organization. Any other form of external communication during the race will result in penalties or disqualification.
- **Unauthorized support materials:** External assistance is only permitted in designated assistance zones. Any assistance outside of these areas will result in penalties.
- **Aerodynamic elements:** The use of aero bars or any equipment designed to reduce wind resistance is not allowed, as they may compromise participant safety.
- **External propulsion:** It is forbidden to be pushed, pulled, or propelled by any external element beyond the bicycle itself. This includes mechanical systems or any type of physical support that may alter the natural development of the competition.
- **Key components (exchangeable and non-exchangeable):** Participants may share water, food, and basic spare parts as part of fair play, but it is not allowed to provide key components such as a full wheel, a bike frame, or an entire bicycle. It is also prohibited to drop out of the race in order to assist another participant by giving away essential bike parts or a complete bike. Compliance will be monitored at control points and may lead to penalties.
- **Food marking:** To ensure environmental control and prevent littering, all gels, bars, and other food consumed during the event must be marked with the participant's number. This includes both items brought from the start and those received in assistance zones or at feed stations.
- **Mandatory helmet:** Wearing a certified helmet is mandatory throughout the event. Not wearing one will result in immediate disqualification.

9. DOPING AND ANTI-DOPING CONTROLS

9.1 All participants taking part in any event organized by Klassmark commit to competing free from any prohibited substances and to complying with all current anti-doping regulations.

9.2 Prohibited substances are regulated by the World Anti-Doping Agency (WADA). The full list of banned substances and methods can be consulted in the annex to these regulations and on WADA's official website (www.wada-ama.org).

9.3 No individual currently serving a doping sanction, whether provisional or definitive, imposed by any official sports body, national or international federation, or anti-doping agency, will be permitted to participate.

- 9.4 Klassmark reserves the right to carry out random and unannounced anti-doping controls during any of its events, whether before, during, or after the race. Participants selected for a doping control are required to comply with the process, following the instructions of the accredited personnel. Refusal to undergo testing will result in immediate expulsion from the event and notification to the relevant authorities.
- 9.5 Any positive result from doping tests will lead to the participant's immediate disqualification and the forfeiture of any prizes, trophies, rankings, or recognition obtained at the event, as well as the communication of the case to the competent authorities.
- 9.6 The organization may pursue legal or administrative action against any participant who violates anti-doping regulations, including banning them from participating in future Klassmark events.

10. WITHDRAWALS

- 10.1 Participants who decide to withdraw must do so and return on their own or at one of the designated return points during the scheduled return hours. In case of an emergency, participants may withdraw at another point along the route.
- 10.2 The organization will only commit to transporting participants back to the start line if the withdrawal occurs at a control point accessible by motorized vehicles.
- 10.3 The organization reserves the right to transport withdrawn participants back to the start line once the event has concluded, in order to ensure the smooth operation of the event.
- 10.4 Participants who decide to withdraw must inform the organization.
- 10.5 In case of withdrawal and return by bike, it is strictly forbidden to ride on highways or motorways.
- 10.6 Each cyclist will have an emergency contact number for the organization printed on their race number plate. In the event of an accident, it is mandatory to call this number, and the organization will respond to the situation as quickly as possible.
- 10.7 If more than one cyclist is involved in an accident, at least one of them must remain at the scene to assist until medical or support services arrive.
- 10.8 For withdrawals due to mechanical issues or physical problems, sweep vans will be available at feed stations to transport participants to the finish line. If the withdrawal occurs far from a feed station, the participant must call the organization, who will arrange transport to the nearest collection point. Under no circumstances will a vehicle be sent to take the participant directly to the finish line.

11. TRACK

- 11.1 The route is not marked, you must always follow the GPS track.
- 11.2 If for any reason you abandon the route at any time, it is mandatory to return to the exact point where you have abandoned.
- 11.3 All roads and tracks used during the race are open to public activity, and the event is NOT 100% closed to traffic.
 - a) Traffic regulations: Each participant is responsible for riding with maximum caution and complying with current traffic laws. Riding on the left-hand side in a reckless manner on secondary roads, or on blind curves along trails, will be penalized.
 - b) Safety and control: The organization has set up some control points and the largest

safety perimeter in the history of the event, but unforeseen or exceptional situations may still occur.

- 11.4 Motorbikes are not to be used as navigation references. If a motorbike deviates from the route and you follow it, it is your responsibility to correct your course. Additionally, drafting behind motorbikes is strictly forbidden at all times. Motorbikes are used exclusively for media coverage and must not interfere with the race or give any advantage to participants. Violation of this rule may result in penalties or disqualification at the discretion of the organization.

12. MATERIAL AND CLOTHES

- 12.1 Each participant is responsible for bringing the appropriate equipment to complete the event.
- 12.2 Participants must wear proper footwear and gear according to the technical and weather conditions of the event.
- 12.3 The organization reserves the right to prevent the start or stop any participant who is not carrying the necessary equipment.
- 12.4 The organization recommends that all participants carry food and drink during the event. Sunscreen is also advised if weather conditions require it.
- 12.5 The organization is not responsible for any lost or forgotten items during the event.
- 12.6 You must not participate with handlebar extensions (aero bars). We consider that these do not provide a significant advantage on this type of terrain.

13. FORMAT AND CATEGORIES

- 13.1 The participant's age as of December 31 of the current year will be used to assign the appropriate category.
- 13.2 Prizes and gifts are cumulative.
- 13.3 Attendance at the final ceremony is mandatory to receive a trophy, medal, or prize. Otherwise, the organization reserves the right not to deliver the award.
- 13.4 There will be two types of classifications:
- PRO: Category reserved for participants who wish to compete for the overall podium and receive an official Pro ranking.
 - OPEN: Category for participants who want to experience the event without competing for the Pro ranking. They will still receive a result and may be eligible for age group prizes, if established by the organization.
- Please note: In The Traka 100, only the OPEN category will be available. No Pro classification will be applied in this distance.
- 13.5 The Pro category does not include age group classifications. However, the **open category will include age group classifications** according to the following official groups:
- Open <30 Men
 - Open <30 Women
 - Master 40 Men
 - Master 40 Women
 - Master 50 Men
 - Master 50 Women

- Master 60+ Men
- Master 60+ Women

Prizes will only be awarded to the top 3 finishers in each category, provided there are at least 3 participants in that category.

14. PENALTIES AND DISQUALIFICATIONS

14.1 Causes of Penalty:

- Throwing litter during the race: time penalty or disqualification.
- Not following the marked route: time penalty or disqualification.
- Not carrying the mandatory equipment: time penalty or disqualification.
- Disrespectful behavior toward other participants or the environment: time penalty or disqualification.
- Use of any electronic device to receive instructions during the race. The use of such devices is strictly prohibited (including headphones, speakers, mobile phones, or integrated systems). Team instructions may only be given in the designated assistance zones. Any other form of external communication during the race will result in a penalty or disqualification.

14.2 External Assistance:

- Participants may only receive external assistance in the zones designated by the organization. Any other assistance along the route will be penalized.

14.3 Violent Conduct:

- Violent behavior towards another participant, official, or spectator: time penalty or disqualification.

14.4 Traffic Regulations:

- Failure to follow traffic rules, such as not riding on the right side of the road (on both paved roads and tracks): time penalty or disqualification.

14.5 Checkpoints and Feed Zones:

- Failure to pass through all checkpoints and feed zones: time penalty or disqualification.

14.6 Environmental Respect:

- Disrespectful actions toward the environment, wildlife, or flora: time penalty or disqualification.
- Failure to mark gels or energy bars with the participant number.

14.7 Positive Result in Anti-Doping Controls:

- Any positive result in anti-doping controls will lead to immediate disqualification of the participant and forfeiture of any awards, trophies, rankings, or recognitions obtained in the event, as well as notification of the case to the competent authorities.

14.8 Race Director's Discretion:

- The race director reserves the right to evaluate each case individually and modify the established penalties based on the severity of the offense.

16 CHECK IN

- 16.1 To collect the identification plate, each participant must present a valid identification document (national ID card, driver's license or passport). If the participant holds a federation license, it must also be shown. Submission of the signed waiver form is mandatory.

16.2 Identification plates may be collected by a third party only if the following conditions are met:

- The participant has previously signed the liability waiver.
- A signed authorization letter from the participant is provided (this document is available at the event website).
- A copy of the participant's ID is submitted.
- The person collecting the plate must show their own original ID.

The organization reserves the right to withhold the identification plate if these requirements are not fulfilled.

16.3 It is the participant's responsibility to be aware of the coverage and conditions of their personal insurance policy or federation membership.

16.4 The resale or transfer of registration rights, as well as participating with another person's identification plate, is strictly prohibited. Both the seller and the buyer may be penalized, and the organization reserves the right to take legal action against both.

17 DATA PROTECTION

17.1 In accordance with Regulation (EU) 2016/679 of the European Parliament and of the Council of 27 April 2016 (General Data Protection Regulation – GDPR), and Spanish Organic Law 3/2018 of 5 December on the Protection of Personal Data and guarantee of digital rights (LOPDGDD), participants are informed that the personal data provided during the registration and participation process will be processed by the organisers for the sole purpose of managing the event known as The Traka.

17.2 Data may also be used to send relevant information regarding the event (briefings, logistical updates, additional services, results, photographs, etc.). Under no circumstances will personal data be shared with third parties without prior consent, except when necessary for the provision of services related to the event (insurance companies, timing providers, medical services, etc.).

17.3 Participants have the right to access, rectify, erase, object to or restrict the processing of their personal data, as well as the right to data portability. These rights may be exercised by contacting the organiser via email at info@klassmark.com or in writing to the organiser's postal address.

17.4 By completing registration, the participant confirms that they have read and accepted this data protection policy.

18 IMAGE RIGHTS

18.1 All participants waive their image rights during the course of the event.

18.2 The organization may use images captured during the event for internal use, promotional purposes, and the commercial and/or advertising exploitation of the sporting activity.

18.3 The right to one's own image is recognized in Article 18.1 of the Spanish Constitution and regulated by Organic Law 1/1982 of May 5th on the civil protection of the right to honor, personal and family privacy, and image rights, as well as by Regulation (EU) 2016/679 (General Data Protection Regulation – GDPR) and Organic Law 3/2018 on the Protection of Personal Data and the Guarantee of Digital Rights.

- 18.4 By accepting this regulation, the participant expressly authorizes KLASSMARK to capture images (photographs and/or video) of their participation and gives explicit consent for their use and distribution through any medium (press, social media, promotional materials, website, etc.) without the right to receive any financial compensation, and solely for the purposes described. Under no circumstances will the images be used for other purposes.

19 DISCHARGE OF RESPONSIBILITIES AND CERTIFICATE OF PHYSICAL APTITUDE

- 19.1 That I have read and fully accept the event regulations.
- 19.2 I have valid medical insurance that covers my participation in this sporting event.
- 19.3 I am confident that I am physically and mentally fit to participate, as I have undergone appropriate medical check-ups and do not suffer from any illness, allergy, physical defect, injury, or cardiorespiratory condition that would advise against participation.
- 19.4 I am fully aware of the difficulty, route, profile, and distance of the event, which I have reviewed on the official website.
- 19.5 I understand that participating in this type of event involves risk. I take part voluntarily and under my own responsibility, assuming all risks and consequences. I release the organization, collaborators, sponsors, and other participants from any liability for physical or material damages I may suffer, and I waive the right to file any claim or legal action against them.
- 19.6 I have the knowledge and technical skills necessary to ensure my own safety, taking into account the natural environment and the self-supported nature of the event.
- 19.7 I have the required sporting and safety equipment. I confirm it is in good condition, I know how to use it properly, and I will carry it with me throughout the event.
- 19.8 I commit to following the safety rules and protocols established by the organization and to behaving responsibly so as not to increase risks to my physical or mental well-being. I will follow the instructions and decisions of event officials (judges, medical staff, and organizers).
- 19.9 I authorize the event's medical staff to provide any treatment or care they deem necessary during the event. If needed, I agree to withdraw and allow hospitalization for my own safety.
- 19.10 I authorize the organization to record and use any photos, video, or audio recordings taken exclusively in connection with my participation in this event, with no right to compensation.
- 19.11 I will not consume any prohibited substances before or during the event, as defined by the relevant sporting federations. The organization may carry out anti-doping tests on any participant.
- 19.12 I understand that my race number is personal and non-transferable and that I will not sell or give it to anyone, even if I am unable to attend the event. I commit to respecting others and the environment by following these guidelines:
- 19.13 Move with caution and follow traffic regulations on trails, paths, and roads open to traffic.
- a) Slow down when encountering people, animals, or vehicles.
 - b) Avoid altering natural ecosystems.

- c) Do not damage biotic, geological, or cultural resources.
- d) Avoid environmentally sensitive areas.
- e) Use appropriate areas for physiological needs — away from water sources and public areas.
- f) Do not start fires or create fire hazards.
- g) Do not install or use any structure that leaves a permanent impact.
- h) Do not litter or abandon solid or liquid waste outside of designated areas.
- i) Stay on the marked route.
- j) Close any gates or livestock fences you must open to pass through.

20 COVERAGE OF THE KLASSMARK ISSURANCE

- 20.1 All participants must have valid medical insurance that covers participation in this sporting activity. This insurance can be private, provided it explicitly covers this type of activity and the participant declares it through the registration form. Alternatively, it can be the insurance offered by the organization, available for purchase during the registration process. No participant may take part in the event without having active and valid insurance.
- 20.2 In the case of private medical insurance, the participant agrees to visit a medical center covered by their policy to ensure proper handling by their insurer. The organization is not responsible for any expenses incurred by participants with private insurance who choose to go to a public or non-affiliated healthcare facility.
- 20.3 If the insurance is contracted through the organization, it provides the following coverage and conditions:
- a) The sports accident must be reported on the same day as the event.
 - b) Medical or surgical assistance is available only in centers affiliated with the insurer.
 - c) Unlimited medical and surgical coverage for sports accidents (up to 18 months).
 - d) Unlimited transportation or evacuation costs to the designated healthcare center.
 - e) Orthopedic material expenses: up to 70%.
 - f) Rehabilitation treatments: unlimited, up to a maximum of 18 months.
 - g) Compensation for total or partial disability due to a sports accident: up to €12,025.
 - h) Compensation for death directly caused by a sports accident: up to €6,015.
 - i) Compensation for death not directly caused by a sports accident: up to €1,805.

21 SPECIFIC CONDITIONS FOR THE PRO CATEGORY

- 21.1 Belonging to the Pro category does not exempt any participant from fully complying with the general event regulations.
- 21.2 Pro participants must compete under conditions of equality and fair play.
- 21.3 Drafting between genders is strictly forbidden. Specifically, Pro women are not allowed to draft behind men or receive any kind of direct assistance from men during the race. This rule will be closely monitored and enforced at the discretion of the organization.
- 21.4 No external assistance is allowed outside of the designated assistance zones.
- 21.5 Any unsportsmanlike conduct may result in a ban from future editions at Klassmark's discretion.
- 21.6 Klassmark reserves the right to implement an invitation or qualification system to limit access to the Pro category, in order to maintain a competitive level and ensure

safety. This category is exclusively reserved for professional cyclists, subject to Klassmark's validation.

- 21.7 Any accredited person assisting an Pro rider must wear the official wristband provided at race number pickup.
- 21.8 All Pro riders must be in their assigned start box according to the email received. They must be punctual and in position at least 10 minutes before the official start. Failure to follow this protocol may lead to sanctions.
- 21.9 Pro riders will start in separate waves by gender (men and women) to ensure a fair competition.
- 21.10 Personal assistance vehicles must respect designated parking areas and may not interfere with event operations.
- 21.11 Any behavior aimed at disrupting the normal course of the competition — such as irregular team tactics, blocking others, or unsportsmanlike conduct — will be penalized.
- 21.12 No unsportsmanlike behavior will be tolerated, either from the participant or their support team. Violations may lead to penalties or disqualification.
- 21.13 Any penalty incurred by the assistance team will directly affect the associated participant. The rider is responsible for ensuring that their entire team is informed and complies with the rules.
- 21.14 The use of headphones, mobile phones, earpieces, or any communication devices during the race is prohibited. Team instructions may only be given in the designated assistance zones. Any external communication during the race may result in penalties or disqualification.
- 21.15 Riders may share water, food, and basic spare parts as part of fair play. However, sharing key components such as a full wheel, bike frame, or complete bike is prohibited. Quitting the race to give essential parts to another rider is also not allowed. This rule will be enforced at checkpoints and may lead to penalties.
- 21.16 Failure to comply with any of these conditions may result in penalties as outlined in Annex 1, especially if it compromises competitive fairness.

Annex 1: Table of Infractions and Penalties

Type of Infraction	Penalty
Drafting behind a cyclist of another gender (woman behind man or vice versa).	First warning + 5-minute penalty at the finish. Repeat offense: disqualification.
Receiving external assistance outside of the designated zones.	Immediate disqualification.
Riding on the left side in a reckless manner on roads or trails, especially in sharp curves.	Warning and possible time penalty.
Aggressive or disrespectful overtaking (shouting, pressuring, unsportsmanlike behavior).	Warning or 5-minute penalty.
Receiving help from more than 2 people (mechanic and manager) in external assistance zones.	Warning and 10-minute penalty. Repeat offense: disqualification.
Not carrying a GPS or leaving the official track without returning to the correct route.	Immediate disqualification.
Not using front and rear lights in The Traka 360 (mandatory).	15-minute penalty or disqualification if safety is compromised.
Littering, or discarding unmarked gels or bottles at any point along the route.	15-minute penalty. Repeat offense: disqualification.
Riding in a group or team to benefit a single cyclist (teammates dropping out to help another).	10-minute penalty and warning. Repeat offense: disqualification.
Changing bicycles or receiving a full wheel from another cyclist.	Immediate disqualification.
Not helping another cyclist in the event of an accident or failing to report a serious accident to the organization.	Immediate disqualification.
Refusing an anti-doping test or violating anti-doping rules.	Immediate disqualification and report to anti-doping authorities.
Using organization motorcycles or vehicles as a navigation reference (following motos).	10-minute penalty or more depending on the advantage gained.
Not complying with mandatory gear rules (e.g., missing labels on gels or bottles).	Warning + 5-minute penalty. Repeat offense: 10-minute penalty.
Not labeling gels, bars, or bottles with the bib number (when required).	5-minute penalty. Repeat offense: 10-minute penalty.
More than 2 accredited support team members in the assistance zone.	10-minute penalty. Repeat offense: disqualification.
The use of any electronic device to receive orders.	15-minute penalty. Repeat offense: disqualification.

Important Note:

- Penalties may be applied during the race or after the finish line.
- Repeated offenses may lead to immediate disqualification.
- The team of referees and race direction reserves the right to assess the severity of each situation and apply sanctions according to the impact on the competition and safety.

Annex 2: List of Prohibited Substances and Methods

This event is governed by the anti-doping regulations established by the **World Anti-Doping Agency (WADA)**.

All participants must be aware that any anti-doping violation will result in **immediate disqualification** and may lead to a ban from future editions, in accordance with current international regulations and at the discretion of the organization.

You can consult the official and **updated list of prohibited substances and methods here: <https://www.wada-ama.org/en/resources/science-medicine/prohibited-list>**

Below are the main categories included in this list:

Substances and Methods Prohibited at All Times (In and Out of Competition)

S0. Non-approved Substances

- Substances not approved for human therapeutic use (experimental, unapproved, or withdrawn from the market).

S1. Anabolic Agents

- Anabolic androgenic steroids (e.g., testosterone, nandrolone).
- Other anabolic agents (e.g., clenbuterol, tibolone).

S2. Peptide Hormones, Growth Factors, Related Substances, and Mimetics

- Erythropoietin (EPO), human growth hormone (hGH), insulin, IGF-1, etc.

S3. Beta-2 Agonists

- (e.g., salbutamol, formoterol, terbutaline) — with exceptions for therapeutic use under authorization.

S4. Hormone and Metabolic Modulators

- Selective androgen receptor modulators (SARMs), myostatin inhibitors, etc.

S5. Diuretics and Masking Agents

- (e.g., furosemide, hydrochlorothiazide).

Methods Prohibited at All Times (In and Out of Competition)

M1. Manipulation of Blood and Blood Components

- Transfusions, manipulation of blood components.

M2. Chemical and Physical Manipulation

- Urine substitution, sample manipulation.

M3. Gene Doping

- Cell transfer or genetic modification to enhance performance.

Substances and Methods Prohibited Only In-Competition

S6. Stimulants

- (e.g., amphetamine, ephedrine, cocaine).

S7. Narcotics

- (e.g., morphine, fentanyl, oxycodone).

S8. Cannabinoids

- THC (tetrahydrocannabinol) and synthetic forms (e.g., Spice).

S9. Glucocorticoids

- (e.g., prednisone, dexamethasone) — with exceptions under therapeutic authorization.

Substances Prohibited in Specific Sports

P1. Alcohol

- Prohibited in some sports (not commonly in cycling but applicable according to specific rules).

P2. Beta Blockers

- Prohibited in precision sports such as shooting (not commonly in cycling).

Important:

It is the responsibility of the participant to ensure that no prohibited substance is present in their body, whether through medication, supplements, or other means. If undergoing necessary medical treatment, a Therapeutic Use Exemption (TUE) must be processed through official procedures.

If in doubt, consult the updated list on the official WADA website or seek guidance from a medical professional specialized in sports.