

1. FORMAT OF COMPETITION.

Rules of the regulations are mandatory for all participants of competition.

DROSMES SKRĒJIENS is a run of national adventures and difficulties, organized in open-air and gathering participants of different physical fitness degree – professional sportsmen and beginners.

Competition will allow You to test physical and mental power at tracks of different distance, to overcome natural and artificial obstacles by performing different tasks, as well as enjoy landscape and town splendor.

2. PLACE OF VENUE.

"DROSMES SKRĒJIENS" will take place in different places and dates in Latvia. For more details, please see the regulations for each race.

The distance routes include parks, forests, stadiums, public roads, open water, and mountains, depending of the area.

3. PURPOSE.

To popularize healthy lifestyle, culture of fitness and running, provide positive emotions, motivation and sense of community to participants and spectators.

4. PROGRAM OF COMPETITION.

At 10:00am registration of participants and warming-up.

There are 7 divided starts with interval of 15 minutes in competition.

Start is issued simultaneously for group of up to 100 people.

1. Start	12:00
2. Start	12:15
3. Start	12:30
4. Start	12:45
5. Start	13:00
6. Start	13:15
7. Start	13:30

At 16:00 Rewards for winners.

The organizers can change time of rewarding according to the circumstances.

5. ORGANIZERS.

Competition organized by society "Drosmes aģentūra".

6. PARTICIPANTS.

7+ and 14+ km distances. Adults only. Participants are divided into women, men and team classes in every distance. Teams can consist of men, women and mixed group of 4-6 people. Team completes distance together in full group regardless of represented class. **The team's finish time will be considered the time of last team member** finished. Persons who are at least 14 years old in race day, can participate with a parent or guardian's written permission only. Persons under 14 years old can participate with a parent or guardians only.

7. REGISTRATION.

Registration for participation is available at www.drosmesskrejiens.lv and on the day of competition starting from 10:00 am. Registration for participation on the day of competition is available only if any of starting time will have free places available.

Any participant can individually register for competition. A team for distance run can be registered by one selected responsible person, which assumes responsibility to inform every registered participant about rules of competition. **Changes to the list of participants can be made not later than 10 days before the event date. Changes cost 5 Eur.**

DOCUMENTS REQUIRED.

Identity document and event pass must be provided by participant for registration upon arriving.

8. PARTICIPATION FEE.

Participation fee does not vary depending on chosen distance.

Please see each competition regulation for prices and dates.

Participation fee includes participant's number, organization expenses, dj, track marking, judges duty, results recordings, visual materials, pre-start warm-up with trainer, drinking water during the race and after finish line, emergency services, medal.

If participant cancel his participation or in case of Force Majeure the participation fee is not being refunded. Any changes can be done, - start time, event, team member, individual participant change or other changes by the event, any manipulation will cost 5 Eur and can be change no later than 10 days before the start, mandatory by contacting info@drosmesskrejiens.lv

9. DISTANCE.

Distance zones are marked.

In total there are 2 distances: 7+ km and 14+ km. Planned distance lengths can be changed before the day of competition:

- 7 km with 15+ obstacles;
- 14 km with 30+ obstacles.

The distance includes refreshing stop with water.

There is 1 water station in 7 km distance and 2 water stops in 14 km.

The route of distance includes terrain landscape with many natural obstacles.

Participants must strictly follow zone of distance. If participant leaves distance zone, he must return to track at the same spot where he left it.

Time control.

The time is controlled for every participant with microchip attached to hand/leg below ankle or photo finish during the distance run. Every participant takes responsibility for the time control microchip from the moment when it has been provided up to the moment when the participant crossed the finish line and returned it back to organizers of competition. Non return microchip fee – 50 Eur. If the distance controlled by photo finish each participant is responsible for ensuring that the membership number is fixed throughout the running time and the number is clearly visible crossing the finish line.

Maximum time for distance run is 3h. If distance hasn't been closed in 3h, the participant or team is disqualified and result isn't recorded.

Obstacles of distance.

Wooden barriers of different size and form, rope nets, barbed wire obstacles, various other overcoming constructs – auto tires, ice-cold water pools, trenches, dust pits, natural water containers and other natural formations.

Distance tasks include carrying sandbags and wooden blocks, tractor tires dragging and etc.

In case of non-overcomeable obstacle the participant must perform penalty exercise. The instructions on exact exercise will be provided by referee at corresponding obstacle.

10. SEASON OVERALL RATING

The total score is counted in women's, men's and team classes in each of the distances. The system of individual total points is calculated according to the principle - 1st place 1000 points, 2nd place 999 points, 3rd place 998 points and down. It is important to keep the same team name in the team classification throughout the season, the number of participants may change. In the system of team total evaluation points is calculated according to the principle - 1st place 1

point, 2nd place 2 points, 3rd place 3 points...

The number of races takes into account in the final evaluation of the end of the season - one race of the season is excluded. If there are 4 races in the season, the overall best results are taken from 3, if there are 6 races - the 5 best results. If the results are equally, at the end of the season, the participant or team that has shown the best result in the last race is awarded. The winners of the 1st place in each class are awarded.

11. REWARDS.

The winner will be determined after finishing time, the rewards are for men and women classes. The rewards are given to the first 3 places in every class.

Only participants who will be on award winning pedestal will receive prizes and medals.

7km, 14km M, F distance

1. Sponsored rewards
2. Sponsored rewards
3. Sponsored rewards

7km, 14km teams

1. Sponsored rewards
2. Sponsored rewards
3. Sponsored rewards

Results will be published at www.drosmesskrejiens.lv

12. RESPONSIBILITY OF PARTICIPANTS.

All participants are responsible for getting acquainted with regulations of competition.

The participant of competition is civically and legally responsible for all accidents and material losses occurred during participation in specified competition. When registering and entering track every participant takes full responsibility on his health adequacy for distance running.

The participant is responsible for:

- Possible collisions, fallings and other accidents in track.
- For his belongings left or loses.
- For his health condition during competition. In case of deterioration of health conditions, the participant undertakes to leave competition.

The participants refuse to submit any complains to organizers or other persons involved in event organization on possible accidents or material losses. The organizers of competition do not assume responsibility for possible injures and/or health disorders during competition.

Participants must provide help to other participants to best of their effort in case of injuries and inform organizers about accident or call emergency medical help via 113.

Attention!

The participants are not allowed to soil nature in territory of track and they must respect environment.

During competition the transport flows will not be limited. All participants running or crossing shared roads are obliged to follow traffic safety regulations.

13. DISQUALIFICATION OF PARTICIPANTS.

Organizers are entitled to disqualify participant if he does not follow norms of social order and rules of *Regulations*.

If participant puts in danger other participants with his equipment.

If a team doesn't finish in full group.

In case of any non-sportive actions during competition the participant will be disqualified.

The main principle of competition is fair struggle. All participants caught in non-fair competition will be disqualified.

14. PHOTO AND VIDEO.

Organizers have rights to use for their needs photographs and video materials obtained during participation and give them to third parties without prior reconciling with participants or spectators in these materials. The organizers have right to offer participants the possibility to download photo or video from internet resources.

15. CHANGES IN REGULATIONS OF COMPETITION.

Organizers can make changes and amendments to regulations of competition.

16. PROTESTS

Any participant is entitled to submit a protest to organizers if he believes that he has been limited by some action before finishing.

The protest can be submitted with signature of affected person or entire team in 15 minutes after finish with payment of 50 EUR. If protest is fulfilled, the payment is refunded.

17. COVID-19 RESTRICTION

Competition participants and fans / spectators must follow the country's epidemiological safety rules. Everyone should monitor the observance of social distance. Do not crowd!

We also recommend to wear the gloves on the track.

Disinfectants will be available.