

Cdr PDG

"PDG"

Rules and Regulations for the Patrouille des Glaciers

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1 General information

The Swiss Armed Forces organise every two years in the Valais Alps one of the most prestigious ski mountaineering races in the world: the Patrouille des Glaciers (PDG). The PDG is an international military competition that is also open to civilian athletes. Race route Z leads from Zermatt to Verbier and race route A from Arolla to Verbier. Each race is held twice.

The race distance, the high altitude, the extreme route profile and the high alpine terrain are the main features of this unique competition.

This document provides the details of the procedures and deadlines to be followed in the registering process. It also contains general information on the course and specific regulations.

Detailed information on both competition courses Z (Zermatt – Verbier) and A (Arolla – Verbier), starting dates and times, programmes, full instructions as regards clothing, material and equipment as well as equipment checks are given in the supplementary documents.

Due to the extensive number of changes made to the latest version of this document, it is imperative that all PDG participants carefully read the new regulations and annexes.

Due to the demands of the race, athletes registering for the PDG competition must meet the following requirements:

- profound experience in high alpine terrain that enables them to master unexpected situations under extreme conditions in a hostile environment
- personal commitment to prepare for the physical, mental and technical challenges of the competition
- an attitude towards their own team members and all other participants of friendship, solidarity, caution and sincerity during their performance and of respect for the mountains and the environment at all times.



2 Registration

In all categories it is mandatory that the team leader registers four team members, one of whom is the only substitute in the team.

The rules to register are as follows:

- military and civilian teams (women, men or mixed) may compete
- mixed teams (women and men) are treated and ranked as if they were men's teams
- the minimum age for competitors is as follows:
 - 20 in the current year for the race from Zermatt - Verbier (Z1 and Z2);
 - 18 by the day of competition for the course Arolla - Verbier (A1 and A2) ;
- a participant may only compete in one race; i.e. only start once;
- a participant may only be a member of one team;
- Swiss military participants and foreign military participants may not compete in the same team;
- Participants who register for the PDG competition are obliged to comply with the regulations, annexes and all guidelines that are given in writing or verbally during the race.

2.1 Definition of categories

The following definitions apply to all races with the exception of international military teams which only participate in race Z2.

2.1.1 Category P1: Swiss military teams (women, men and mixed)

(incl. Border Guard and police)

The teams consist of four members of the Swiss military or equivalent organisations, who are required to compete in the official PDG outfit (see **Annex 4**).

Participants who are eligible for the military category and thus covered by military insurance are those who:

- have completed an entire recruit school and have not reached the age of 65 in the year of the competition, or
- are subject to the CMSO (Ordinance on the Compulsory Military Service) or Art. 18 of the ArmA (Federal Act on the Armed Forces and the Military Administration).

Military persons who were released from the mandatory Military Service by the Medical Examination Committee and military persons under disciplinary investigation are not eligible for this category. Citizens who have done Civilian Service or Protection & Support Service (P&S) instead of the mandatory Military Service are not eligible for this category either.

Active military personnel or those **released from duty (e.g. single term conscripts who have concluded their service duty)** who have not competed in a military team in the past two PDG events must send in their military service book (or an equivalent document proving they have completed their military service) in an envelope to the PDG command by registered mail before the deadline for registration. Applicants must bear the cost of copies or attestations. If valid documents are not provided, the registration of their team in the Swiss military category will not be considered and the team will be considered as a category P4 team.

The Swiss military team members are required to enter both the year of completion and the place of their recruit school on the registration form.

Teams comprising four police officers or four border guards must provide confirmation from their superior that the team members are police or border guard officers.



The teams indicate one of their members' incorporation (old military service book page 8, new book page 6), as their team name. If needed, the PDG command determines the name of the team.

2.1.2 **Category P2: International military teams**

These teams consist of four armed forces military personnel from the ranks of **foreign armed forces** who compete exclusively on the Z2 course in the official uniform of their country of origin.

2.1.3 **Category P3: Civilian teams with a mountain guide**

These teams, consisting of four civilian athletes, one of whom is a mountain guide, compete in their personal civilian attire. The teams must enter their members' surnames, separating the names with a space (e.g. Blanc Dupont Meyer Moulin).

If necessary, the PDG command will modify the team name. If needed, the PDG command determines the name of the team.

2.1.4 **Category P4: Civilian teams (women, men and mixed)**

These teams, consisting of four civilian athletes, compete in their personal civilian attire. The teams indicate their members' surnames, separating the names with a space (e.g. Blanc Dupont Meyer Moulin).

If needed, the PDG command modifies the teamname. If needed, the PDG command determines the name of the team.

2.2 **Allocation of entries to the race (PRINCIPLE)**

Swiss and international military teams, and teams with civilian mountain guides will receive an entry to the race first. For the other participants the PDG command has a certain number of race slots available which will be allocated in an official draw.

2.3 **Application for participation and verification**

The team registers on the official website, entering the names of the four team members and designating the team leader.

IFMGA certified **mountain guides** are always the team leaders. They have to send a copy of their certificate to the PDG Command, rue du Catogne 7, CH-1890 Saint-Maurice, by registered mail. **The deadline (see Annex 1) must be respected.**

When applying to participate, the teams must specify their availability on the day of the race (1 choice is possible): A1 or A2 or Z1 or Z2.

It is mandatory for the team to indicate 2 consecutive departure times that allow the race to be completed under normal conditions. The teams must choose from the list (course times / departure times chart) provided in the registration procedure (see **Annex 2 or 3**).

The teams must respect the opening hours of the Schönbiel control post for races Z1 and Z2, and of the Tsena Réfien post for races A1 and A2!

(see **Annex 2 or 3**)

2.4 **Official draw and participation confirmation**

After the draw of the entries to the race, the PDG Command will confirm provisional participation and set departure times for the teams, which may not be changed by the competitors under any circumstances. If one of the departures has to be cancelled, it is impossible to change the departure day or time that has been assigned by the PDG Command.

Final confirmation of participation will be provided once the entry fees have been paid (see 2.7)

There is no waiting list for teams that have not been allocated an entry to the race. The PDG will inform these teams personally. The decision of the PDG Command is final.



2.5 Registration of the teams: procedure and deadlines
See **Annex 1**.

2.6 Modifications

All teams are allowed to rotate the four team members within their team. At the time of the registration deadline the roles of the team members (see **Annex 1**) are defined according to their order:

- Athlete 1 = team leader
- Athlete 2 = Athlete
- Athlete 3 = Athlete
- Athlete 4 = does not start

Team leaders who are IFMGA certified mountain guides may only be replaced by another IFMGA certified mountain guide, who will have to send in a copy of his certificate by registered mail to the PDG Command, rue du Catogne 7, CH-1890 Saint-Maurice. **The deadline (see Annex 1) must be met without exception. Documents provided by e-mail are not accepted and will not be considered.** The decision of the PDG Command is final. Trainee guides are not considered to be IFMGA certified guides.

Team members cannot be replaced by athletes outside of the team after the registration deadline. Any attempt will result in the team being disqualified and entry fees will not be reimbursed.

2.7 Payment of entry fees

A link for online payment will be sent to accepted teams. **The deadline for the payment must be met without exceptions.** No reminders will be sent.

Registration fees are as follows:

- for races Z1 and Z2:
 - o **CHF 1'510.--** for teams in category P1;
 - o **CHF 1'260.--** for teams in categories P2, P3, P4;
- for races A1 and A2 :
 - o **CHF 1'330.--** for teams in category P1;
 - o **CHF 1'080.--** for teams in categories P2, P3, P4.

This amount is due per team, excluding transfer costs (costs for post, bank and online payment). **Do not transfer money before you receive the confirmation of acceptance for your team.**

2.7.1 The entry fee includes

- for Swiss military competitors only: four official PDG outfits per team;
- for civilian teams: accident/health insurance covering medical costs (see 4.5.3);
- flat rate for board / subsistence and lodging according to article 2.8;
- 3x two number bibs;
- 1x Swiss map special issue 1:50 000, 282-283-284 (2016 edition);
- 3x commemoration medal;
- 3x gift.

2.7.2 Reimbursement of entry fees

a) In the event of cancellation of the registration

Notice of any cancellation of registration must be given in writing and by registered mail to the PDG Command, rue du Catogne 7, CH-1890 Saint-Maurice (**postmark provides proof of the sent date**). Reasons for cancellation do not need to be given. **Cancellations sent by e-mail will not be considered.**

Depending on the cancellation date (postmark), entry fees will be reimbursed as follows:

	Reimbursement (per team)	
Exact date of the cancellation	for races	for races



(receipt of notice of cancellation)	Z1/Z2	A1/A2
By the end of February	CHF 480.--	CHF 390.--
After 1 March	CHF 0.--	CHF 0.--

b) In the event of the race being cancelled or interrupted

Regardless of the cause, entry fees will not be reimbursed in the event of the cancellation or interruption of the event after 1 April.

c) In the event of non-appearance

Teams that fail to appear or which report as a modified or incomplete team without prior authorisation from the PDG Command are not entitled to reimbursement of the entry fee. It is the responsibility of the athletes to arrange appropriate private insurance to cover the reimbursement of race fees in circumstances where the PDG Command do not provide for any reimbursement.

2.8 Board and lodging

Prior to the competition, the PDG Command provides board and lodging for the athletes as follows:

- Z1 and A1: Tuesday to Wednesday (and/or Wednesday to Thursday if postponed)
- Z2 and A2: Friday to Saturday (and/or Saturday to Sunday if postponed).

Athletes who have reserved hotel rooms prior to the competition must pay the bill prior to leaving the hotel.

There is no reduction in the entry fee if the board and lodging provided in Zermatt or Arolla are not used.

An additional overnight stay is included in the entry fee if the competition is postponed by a day.

The PDG Command provides the following meals:

- Races Z1 and Z2:
 - one meal in the designated restaurant in Zermatt on the evening prior to the races;
 - food and beverages at the posts in Arolla and La Barma;
 - one meal in the big tent in Verbier after arriving at the finish;
- Races A1 and A2:
 - one meal in the big tent in Arolla on the evening prior to the race;
 - one breakfast / snack in the big tent in Arolla prior to departure;
 - food and beverages at the post in La Barma ;
 - one meal in the big tent in Verbier after arriving at the finish.

The athletes pay all additional costs for meals and beverages if the competition is postponed by a day.

The teams are responsible for additional food and beverages during the race.

2.9 Medical service

Medical posts at the starts in Zermatt and Arolla, and at the finish in Verbier, provide medical assistance to athletes if needed. All control posts also provide medical aid supervised by medical personnel.



3 Races

3.1 Race Zermatt – Verbier (Z)

The PDG Command organises two races (Z1 and Z2) between Zermatt and Verbier. The relevant details on this course are provided in **Annex 2**.

3.2 Race Arolla – Verbier (A)

The PDG Command organises two races (A1 and A2) between Arolla and Verbier. The relevant details on this course are provided in **Annex 3**.

3.3 Decision-making power of the PDG Command

The race command may decide on the following:

- accepting the participating teams;
- allocating the teams' starting positions;
- disqualifying any of the teams;
- modifying the course (e.g.: reducing, modifying the schedule);
- interrupting, reducing or cancelling the event if the conditions require this (in which case registration fees will not be reimbursed);
- neutralisation, with or without counting the time;
- delaying the race day or cancelling the race partially or entirely;
- decisions that have not been mentioned in these regulations but are imposed by circumstances.

There is no right of appeal against decisions taken by the PDG Command.

3.4 Starting numbers

The team must pass all control posts as a group, with their numbers clearly visible, one fixed to the backpack and the other to the right thigh. Athletes must carry **valid ID (no photocopies)** and present it on request when the numbers are distributed and during the competition. The athletes may keep their numbers after the competition has ended.

3.5 Attire

All information on the attire and outfits ordered for the Swiss military teams is stated in **Annex 4**.

3.6 Equipment

All information on mandatory clothing, personal and team equipment and equipment provided by the PDG Command as well as the mandatory equipment check are stated in **Annex 5**.

3.7 Behaviour on the course

All team members walk in a close group without outside help. Athletes must maintain a distance of 8 to 10 metres from each other on glaciers for safety reasons.

When arriving at a post, the team leader must make verbal and visual contact with the post personnel.

The athletes must strictly follow instructions of the post chiefs, passage controllers and medical personnel.

In addition to orders received and in order to prevent accidents, the teams must take the precautions required by both the environment and the prevailing conditions.



3.8 Ranking

The finishing time is recorded on the passage of the last team member. Only athletes may pass the finish line. There will be separate ranking lists for races Z and A.

3.8.1 Swiss military teams

A ranking list will be compiled for each of the three age categories for each race (including Border Guard and police):

Swiss military I	Total age of the 3 team members totalling up to 102 years
Swiss military II	Total age of the 3 team members from 103 to 150 years
Swiss military III	Total age of the 3 team members 151 years to 195 years

3.8.2 International military teams

There will be only one ranking list, without consideration of age categories, for course Z2.

3.8.3 Civilian women's teams

There will be only one ranking list, without consideration of age categories, for each course.

3.8.4 Civilian men's teams

A ranking list will be compiled for each of the three age categories per course:

Seniors I	Total age of the 3 team members up to 102 years
Seniors II	Total age of the 3 team members from 103 to 150 years
Seniors III	Total age of the 3 team members 151 years or more

3.9 Ranking lists

The ranking lists will be published and available for download on www.pdg.ch after 5 p.m. Participation at the award ceremony in Verbier, which begins at 2:30 p.m. is mandatory for all athletes who reach the finish before 1:30 p.m. The medals and the gifts will be distributed after the award ceremony.

The attire to be worn at the award ceremony is stated in **Annex 4**.

3.10 Teams behind schedule

Teams that are stopped by the PDG Command because they failed to reach certain posts within the assigned time limit are regarded as disqualified and must follow the instructions in paragraph 3.11. This also applies for complete and incomplete teams who arrive at Verbier after 4 p.m.

3.11 Quitting the race

All teams who give up the race must report to the nearest control post. Two athletes may decide to continue the race without their third team member. In this case they **will not be ranked**. They may not leave the control post without the permission of the post chief. The two athletes must carry the entire team equipment. They must inform every upcoming control post that they continue the competition non-competitively in a team of two.

Under no circumstances are individual athletes allowed to continue the competition on their own nor may they be left alone on the course, except at a control post. Non-compliance will lead to disqualification of the team and the end of the race for each athlete.

Athletes who fail to comply with the foregoing rule will be excluded from participating in future PDG competitions.

Teams who give up the race must, if possible on their own, immediately report to the next 'base post' (Zermatt / Arolla / La Barma / Verbier).

They may not simply leave the competition course, remove the number, switch off the provided mobile phone or the avalanche transceiver, or proceed to an alpine hut or anywhere else, unless they have been instructed otherwise by the PDG Command. Control post personnel to which the resignation is reported will assist the team. The team members must strictly observe instructions given.



4 Special regulations

4.1 Assistance

4.1.1 Individual assistance from supporters regarding food and beverages

In order to maintain a well-established tradition, the PDG Command allows supporters to pass food or beverages to athletes in the following sectors:

Süd Schönbiel	In the clearly marked sector by the control post
Tête Blanche	In the clearly marked sector by the control post
Col de Bertol	In the clearly marked sector by the control post
Arolla (Fontanesses ski lift)	After the passage post of category Z
Col de Riedmatten (eastern base of the pass aisle)	Col de Riedmatten control post in the clearly marked sector by the control post
Col de Tsena Réfien (eastern base of the pass aisle)	Col de Tsena Réfien In the clearly marked sector by the control post
La Barma	In the clearly marked sector by the control post. (ascent La Barma – base of the pass excluded)
La Rosablanche	In the clearly marked sector by the control post. (La Rosablanche base excluded)
Col de la Chaux	Marked sector by Lake de la Chaux (Col de la Chaux excluded)

Supporters must strictly follow instructions and orders given by the PDG Command, which, in the event of increased risks and dangers, may limit or forbid access to one or several individual support sectors.

4.1.2 Technical assistance

Persons not belonging to the PDG Command are strictly forbidden to assist in fixing and/or removing climbing skins, ropes and skis.

It is also forbidden to engage “scouts” to free up or to light up the territory during descents at night. The PDG Command will disqualify any team that fails to comply.

4.2 Reporting accidents or problems

Teams must provide assistance to other athletes in the event of danger or an accident and initiate rescue procedures, either on their own initiative or at the request of a post chief or medical personnel.

All accidents and events that cause a team to give up the race or put human life at risk must be reported as soon as possible by the mobile phone (the phone number has been pre-programmed on the distributed mobile phones). The following information must be provided:

- number of the team concerned;
- location;
- number and name/s of the casualty/ies;
- type of injury or the problem occurred.

4.3 Exclusion from the competition for medical reasons

The PDG Command’s medical personnel are easily recognisable by their vests. They have authority to withdraw a team or an athlete for medical reasons.

This decision is final. Teams concerned must follow instructions given by the medical personnel or the post chief for their return to the valley.

4.4 Environmental protection

All athletes must respect the alpine world and look after the environment. In particular, they must not leave any litter behind. Litter may be disposed of at every post.



Controls will be made. Teams who leave behind litter or equipment on the course will be disqualified.

It is allowed to leave running shoes behind in Stafel. These shoes will then be collected for charitable purposes or recycled by the PDG Command.

4.5 Insurance

The PDG Command accepts no liability for the direct or indirect consequences of non-compliance with these regulations. Helpers, spectators and third parties must adhere to the regulations and take part in the event at their own risk.

4.5.1 Swiss military teams

All members of Swiss military teams are covered by SUVA, military insurance. If Swiss military competitors suffer from any health problems during the race, they must, before the event ends, contact the responsible person in the PDG medical service in order to obtain a medical certificate that confirms their state of health. This certificate must be provided to the treating civilian doctor.

4.5.2 International military teams

From entering Swiss territory, prior to the competition, until their direct departure from Swiss territory after the competition, members of international military teams are covered by the SUVA, military insurance.

4.5.3 Civilian teams

Civilian competitors must be covered by a civilian accident/health insurance that is valid on the day of the competition course. They are covered by an accident insurance, covering only medical costs, provided by the PDG Command (only civilian teams, valid from start to finish of the competition course).

4.6 Doping controls

Since 1 January 2007, major sports events of the Swiss Armed Forces are subject to the doping rules of Swiss Olympic. Therefore, the PDG is subject to the valid doping provisions of Swiss Olympic and the valid enforcement provisions of Antidoping Switzerland. These provisions are published at www.antidoping.ch.

By entering the competition, athletes make themselves subject to the anti-doping regulations of Swiss Olympic and Antidoping Switzerland. They acknowledge the sole authority of the Disciplinary Chamber for Doping Cases of Swiss Olympic and the International Court of Arbitration for Sport for all doping cases, excluding the jurisdiction of any ordinary court.

Swiss Olympic may carry out doping tests during the PDG competition.

4.7 Disqualification

Any breach of these regulations shall result in disqualification. Disqualified teams may not continue the competition and must follow instructions given by the PDG Command.

Disqualified teams lose any claim to awards and medals and partial or full reimbursement of entry fees. **Athletes will be excluded from participating in future PDG competitions in case of serious violation of regulations.**

4.8 Protests

Protests must be handed in by the team leader in writing and with detailed explanation, on the official PDG form (**Annex 6**), addressed to the PDG Command, no later than one hour after arrival of the team in Verbier.

When submitting a protest, a deposit of CHF 300.-- must be paid. If the protest is accepted, the deposit will be reimbursed.

The PDG Command will inform the concerned parties about the final decision in written form. Any recourse to courts of law is not possible.



4.9 **Travel ticket / marching order / pay**

The PDG Command will provide military team members liable to serve and former armed forces members with a marching order, valid as travel ticket on the competition days, also if the competition has been postponed. No marching orders will be distributed for earlier transports.

Participation in the PDG does not entitle military competitors to a loss of earnings compensation card or military pay.

4.10 **Right to audio-visual media**

By entering the competition, the athletes consent to the PDG's use of official photographs and films on which they may be seen.

4.11 **Final provisions**

In case of discrepancies between the French and the English languages, the French original version prevails.

5 **Contact**

For any additional information please refer to www.pdg.ch.

PATROUILLE DES GLACIERS

The Commander

Col Max Contesse

Annexes

- 1 Overview of the registration procedure
- 2 Information for teams starting in Zermatt
- 3 Information for teams starting in Arolla
- 4 Attire / outfit orders
- 5 Equipment, equipment checks and mandatory clothing
- 6 Protest form

Addressed to

PDG Command

Athletes (through electronic communication channels)

For information

Cdr Land Forces

Cdr Air Force, through official channels

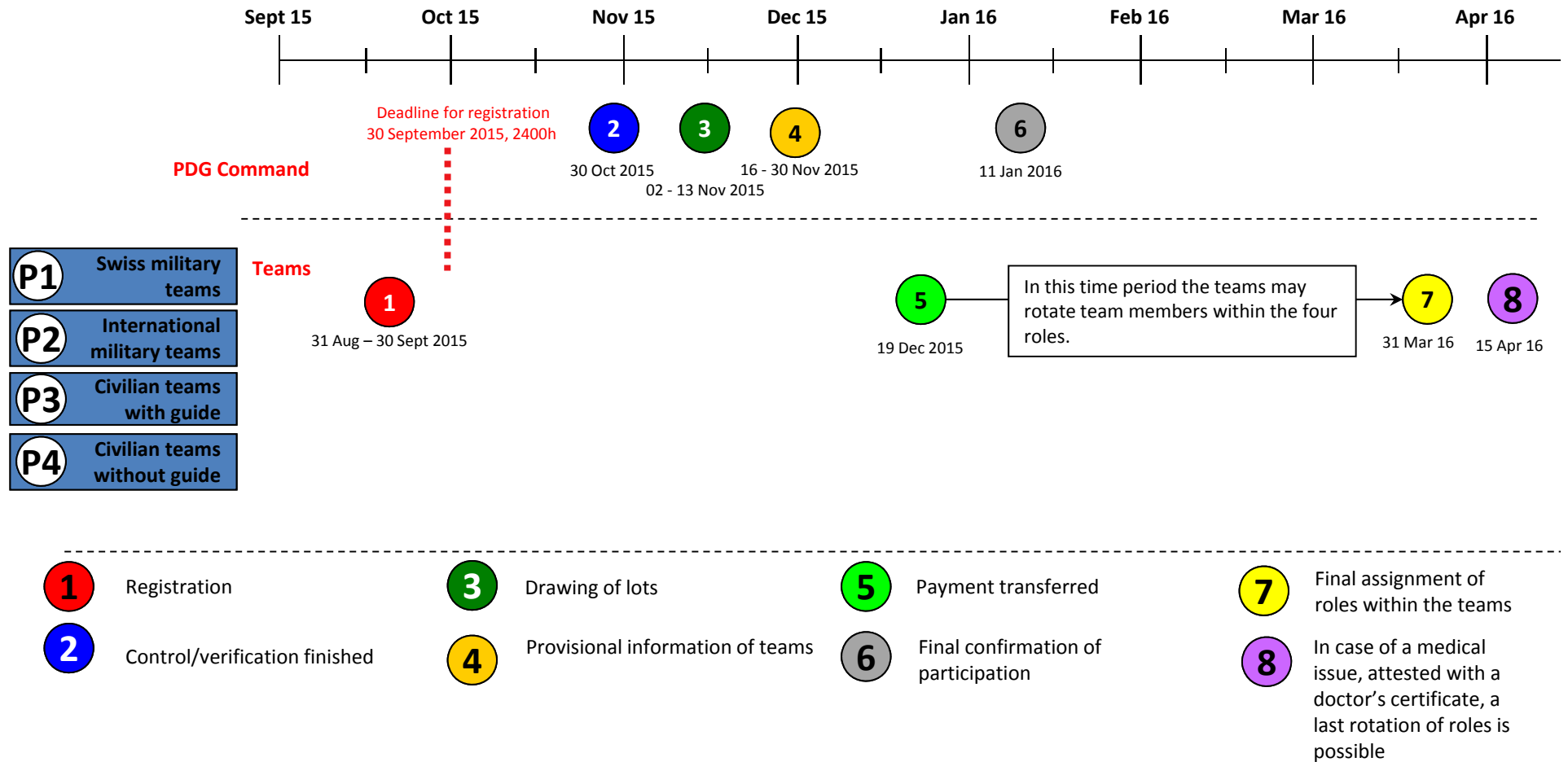
Cdr CSO, through official channels

Cdr AFLO, through official channels

Overview of the registration procedure
(Annex 1 to Rules and Regulations for the PDG)

Deadline	Processes	Military / civilian teams
From 1st June 2015	PDG 2016 Regulations and annexes	<ul style="list-style-type: none"> - Requirement to read the Regulations and annexes, available at www.pdg.ch from 1st June 2015. - Before registering for the PDG, collect all the necessary data on all four team members.
From 31 Aug 2015 to 30 Sept 2015	Application for participation	<ul style="list-style-type: none"> - Registration at www.pdg.ch is open from 31 August 2015/midnight to 30 September 2015/midnight. - Only Swiss military team members who have not participated in the past two PDG competitions must send in their military service book by mail to the PDG Command PDG, rue du Catogne 7, CH-1890 Saint-Maurice. - IFMGA certified mountain guides have to send in a copy of their certificate by registered mail to the PDG Command, rue du Catogne 7, CH-1890 Saint-Maurice.
From 1 Oct 2015 to 30 Oct 2015	Control / verification	<ul style="list-style-type: none"> - The PDG Command verifies the data.
From 2 Nov 2015 to 13 Nov 2015	Draw by lots	<ul style="list-style-type: none"> - The PDG Command selects the teams.
From 16 Nov 2015 to 30 Nov 2015	Provisional notice of the teams	<ul style="list-style-type: none"> - The teams who are provisionally admitted to participate in the 2016 PDG are notified by e-mail from 16 November 2015 on. - After receiving this information, they have to pay the registration fees. - The teams who are not admitted to the 2016 PDG receive an official confirmation of non-participation. - This decision is final.
19 Dec 2015	Payment	<ul style="list-style-type: none"> - The registration fees must be paid in Swiss Francs by 19 December 2015 latest. - If no payment is received by this date the team will be disqualified.
11 Jan 2016	Binding confirmation of participation	<ul style="list-style-type: none"> - Binding confirmation of participation in the 2016 PDG 2016 is sent to the team leaders by email from 11 January 2016 onwards. - These e-mails confirm the race, the day and the time of departure.
31 March 2016	Modifications	<ul style="list-style-type: none"> - Until 31 March 2016, the teams may rotate team members within the four roles. Rotations can be done on the web platform of the timekeeper. - After this deadline, no more modifications will be accepted.
15 April 2016	Modifications for medical reasons	<ul style="list-style-type: none"> - The PDG Command may accept a final rotation of the originally assigned roles with a team. To request such a rotation a medical certificate stating a viable medical reason must be sent by registered mail to the PDG Command, rue du Catogne 7, CH-1890 Saint-Maurice.

Summary outline of the registration procedure



Information for teams starting in Zermatt

(Annex 2 to the Rules and Regulations for the PDG)

PART 1: Presentation of races Z

1 Dates

Race Z1: Tuesday, 19 and Wednesday, 20 April 2016
Reserve days: Wednesday, 20 and Thursday, 21 April 2016

Race Z2 : Friday, 22 and Saturday, 23 April 2016
Reserve days: Saturday, 23 and Sunday, 24 April 2016

2 Departing hours races Z

Course Z1: 2200 – 2245 – 2330 – 0015 – 0130

Course Z2: 2200 – 2245 – 2330 – 0015 – 0130 – 0300

3 Race Z (altitude / posts)

Length: 53 km / power kilometres: 110 km / altitude difference: + 3994 m, - 4090 m.

Post No.	Post name	Altitude	Time limit for passage
1	Zermatt	1616 m	
	Stafel	2139 m	
2	Süd Schönbiel	2600 m	Departure + 3 h
3	Nord Tête Blanche	3650 m	
4	Col de Bertol	3279 m	
5	Plans de Bertol	2664 m	
6	Arolla (ski lift Fontanesses)	1980 m	0630, except *)
7 Z	Col de Riedmatten (eastern foot of the pass aïse)	2800 m	0815
8	Pas du Chat	2660 m	
9	La Barma	2458 m	
	Les Ecoulaies		1045
10	Rosablanche	3160 m	1300
11	Col de la Chaux	2940 m	
12	Les Ruinettes	2195 m	
13	Verbier	1520 m	1600

*) Time limits for passage and arrival in Verbier are set independently from departure times except for start in Zermatt at 0130 and 0300.

Teams who exceed these time limits will be stopped at the control posts, disqualified and taken out of the race by the PDG Command.
Depending on the conditions, the PDG Command reserves the right to change the time limits if necessary.

4 Particularities of races Z

The teams must depart from Zermatt complete (three team members) as registered on the departure list.

All three team members must arrive in Stafel (at once). Otherwise, the team will be disqualified.

For the ascent from Zermatt to Schönbiel, it is mandatory to pass Stafel, where the PDG Command may check equipment.

Post No 2, Süd Schönbiel, must be reached within 3 h of departure from Zermatt. Teams who exceed this time are disqualified and have to follow the post chiefs' instructions to return to Zermatt where they have to report.

Post No 2, Süd Schönbiel, opens at 2330. Teams who arrive before must wait for the post to open, without neutralisation of the time.

It is mandatory for the teams to rope up from control post No. 2 (Süd Schönbiel) to control post No. 4 (Col de Bertol). For safety reasons, the PDG Command may also order teams to rope up or use fixed ropes at other places.

Changes to the route in the Col de Riedmatten area are only relevant for teams starting from Arolla. Teams who start from Zermatt follow the usual course to pass over the Col de Riedmatten.

For the descent from the Les Ruinettes control post to Verbier, it is mandatory to use the ski slope to the right of the cable car. Descending underneath the cable car is forbidden. The passage at Médran station is mandatory. It is mandatory to use the marked course all the way to the finish. Descending in "witch style" (placing ski poles between your legs) is allowed.

5 Course times / departure times chart

CHART WITH ESTIMATE TIMES TO HELP CHOSING DEPARTURE TIMES

Estimated times	22:00	22:45	23:30	00:15	01:30 *)	03:00 *)
18 hours	X					
17 hours	X	X				
16 hours		X	X			
15 hours			X			
14 hours			X			
13 hours			X	X		
12 hours			X	X		
11 hours				X	X	
10 hours				X	X	
9 hours					X	
8 hours					X	
7 hours						X
6 hours						X

*) Mandatory registering times for the elite.

*) A departure at 0300 will only be in race Z2.

PART 2: Order of the day for races Z1/Z2**Tuesday, 19 April 2016 (Z1) and Friday, 22 April 2016 (Z2)**

0830 to 1700	Check-in of teams at Triftbachhalle in Zermatt.
0830 to 1700	Organisational duties: – medical check, on request; – distribution of starting numbers, microchip and bracelet, after ID check; – control of material and equipment; – accommodation (ready from 1300 h on); – instructions on mobile phones, avalanche transceivers and techniques for roping up.
1630	– First information meeting for athletes of the first three departures, at the Zermatt church (attendance mandatory). – Entry only with bracelet.
after 1815	– Dinner followed by a rest.
1800	– Second information meeting for athletes of the two/three last departures, at the Zermatt church (attendance mandatory). – Entry only with bracelet.
from 1915	– Dinner followed by a rest.
from 2100	– Control of material and equipment for the first departure, at the square at the train station. – For all other departures, the teams must be on location 45 minutes prior to their starting time. – Distribution and instruction of the GPS tracker.
2200 – 2245 2330	– Departures, square at the train station.

Wednesday, 20 April 2016 (Z1) and Saturday, 23 April 2016 (Z2)

0015 – 0130 0300*	– Departures, square at the train station. – * Departure 0300 only for course Z2.
from 0700	– Arrival of the teams in Verbier.
1430	– Ranking announcement and award ceremony (PDG village).
followed by	– Distribution of commemoration medals and gifts.
1600	– Closing of ranking.

Remarks in case of postponing a race

a) In the event of race Z1 being postponed, the following dates and hours apply:

- **Postponement of Z1** from Tuesday, 19 / Wednesday, 20 to **Wednesday, 20 / Thursday, 21 April**
- Programme:
 - Wednesday, 20 April: individual team training;
 - after 1630: the order of the day remains unchanged.

b) In the event of race Z2 is being postponed, the following dates and hours apply:

- **Postponement of Z2** from Friday, 22/Saturday, 23 to **Saturday, 23/Sunday, 24 April**
- Programme:
 - Saturday 23 April: individual team training;
 - after 1630: the order of the day remains unchanged.

Information for teams starting in Arolla

(Annex 3 to the Rules and Regulations for the PDG)

PART 1 : Presentation of races A

1 Dates

Race A1: Wednesday, 20 April 2016
Reserve day: Thursday, 21 April 2016

Race A2: Saturday, 23 April 2016
Reserve day: Sunday, 24 April 2016

2 Departing hours races A

Race A1: 0330 – 0400 – 0430 – 0500 – 0600 – 0630

Race A2: 0400 – 0430 – 0500 – 0600 – 0630

3 Race A (altitude / posts)

Length: 26 km / power kilometres: 53 km / altitude difference: + 1914 m, - 2374 m

Post No.	Post name	Altitude	Time limit for passage
6	Arolla (ski lift Fontanesses)	1980 m	
7 A	Col de Tsena Réfien, eastern foot of the pass aisle	2800 m	Departure + 1h45
8	Pas du Chat	2660 m	
9	La Barma	2458 m	
	Les Ecoulaies		1045
10	Rosablanche	3160 m	1300
11	Col de la Chaux	2940 m	
12	Les Ruinettes	2195 m	
13	Verbier	1520 m	1600

Time limits for passage and arrival in Verbier are set independent of departure times.

Teams who exceed these time limits will be stopped at the control posts, disqualified and taken out of the race by the PDG Command.

Depending on the conditions, the PDG Command reserves the right to change the time limits if necessary.

4 Particularities of races A

The teams must depart from Arolla complete (three team members), as registered on the departure list.

The usual route for teams departing from Arolla has been changed. It no longer leads across the col de Riedmatten but across the col de Tsena Réfien, situated south of the col de Riedmatten. At the end of the ascent from Arolla in direction of the col de Riedmatten, the teams arriving from Arolla are separated from the teams arriving from Zermatt (who follow the usual course to cross the col de Riedmatten).

Both a new control post and a new provisioning sector will be set up and clearly marked for the teams arriving from Arolla.

After they have passed over the col de Tsena Réfien, the teams from Arolla follow their usual route again.

The teams must arrive complete (three team members) at the col de Tsena Réfien post. Otherwise, the team will be disqualified.

Post No. 7A Col de Tsena Réfien must be reached within 1 h 45 min of departure from Arolla.

Teams who exceed this time are disqualified and have to follow the post chiefs' instructions to return to Arolla where they have to report.

Post No. 7A Tsena Réfien (at the eastern foot of the aisle) opens at 0400 for course A1 and at 0430 for race A2. Teams who arrive before must wait for the post to open, without neutralisation of the time.

For the descent from the Les Ruinettes control post to Verbier, it is mandatory to use the ski slope to the right of the cable car. Descending underneath the cable car is forbidden. The passage at Médran station is mandatory. It is mandatory to use the marked path all the way to the finish. Descending in "witch style" (placing ski poles between your legs) is allowed.

5 Course times / departure times chart

CHART WITH ESTIMATE TIMES TO HELP CHOOSING DEPARTURE TIMES

Estimated times 03:30*) 04:00 04:30 05:00 06:00 **) 06:30 **)

times

12 hours	X					
11 hours	X	X				
10 hours		X	X			
9 hours		X	X			
8 hours		X	X	X		
7 hours				X	X	
6 hours				X	X	
5 hours					X	X
4 hours						X
3 hours						X

*) Departure time 0330 is reserved for race A1.

**) Mandatory registering times for the elite.

PART 2 : Order of the day for races A1/A2**Tuesday, 19 April 2016 (A1) and Friday, 22 April 2016 (A2)**

1000 to 1530	Check-in of teams at Evolène, school centre.
1000 to 1530	Organisational duties: – medical check, on request; – distribution of starting numbers, microchip and bracelet, after ID check; – control of material and equipment – accommodation – instructions on mobile phones, avalanche transceivers, roping up.
1800	– Information meeting for competitors accommodated in the Evolène area, at the tent in Arolla (attendance mandatory for all competitors).
1845	– Dinner in the tent for all competitors accommodated in the Evolène area.
1945	– Dinner in the tent for all competitors accommodated in Arolla.
2100	– Information meeting for all competitors accommodated in Arolla, at the tent in Arolla (attendance mandatory for all competitors).

Wednesday, 20 April 2016 (A1)

from 0200	– Breakfast.
from 0245	– Begin of the checks on material and equipment for the first departure (the teams must be on location 45 min prior to their starting time). – Distribution and instruction of GPS tracker.
0330 – 0400 0430 – 0500 0600 – 0630	– Departures.
from 0700	– Arrival of the teams in Verbier.
1430	– Ranking announcement and award ceremony (PDG village).
Followed by	– Distribution of commemoration medals and gifts.
1600	– Closing of the ranking announcement.

Saturday, 23 April 2016 (A2)

from 0230	– Breakfast.
from 0315	– Begin of the control of material and equipment for the first departure (the teams must be on location 45 min prior to their starting time). – Distribution and instruction of GPS tracker.
0400 0430 – 0500 0600 – 0630	– Departures.
from 0700	– Arrival of the teams in Verbier.
1430	– Ranking announcement and award ceremony (PDG village).
Followed by	– Distribution of commemoration medals and gifts.
1600	– Closing of ranking.

Remarks in case of postponing a race

a) In the event of race A1 being postponed, the following dates and hours apply:

- **Postponement of A1** from Wednesday, 20 to **Thursday, 21 April**
- Programme:
 - Wednesday, 20 April: individual team training;
 - after 1800: the order of the day remains unchanged.

b) In the event of race A2 is being postponed, the following dates and hours apply:

- **Postponement of A2** from Saturday, 23 to **Sunday, 24 April**
- Programme:
 - Saturday 23 April: individual team training;
 - after 1630: the order of the day remains unchanged.

Attire / outfit orders

(Annex 4 to the Rules and Regulations for the PDG)

PART 1: Attire**1 Category P1: Swiss military team members liable to serve**
(including Border Guard and police)

For the journey	Service dress 90 with beret.
During the course	PDG 2016 outfit and equipment suitable for high alpine conditions and long waiting times in extreme weather conditions are mandatory.
For the award ceremony	Service dress 90 with beret.

2 Category P1: Teams with former members of the Swiss Armed Forces

For the journey	Civilian attire.
During the course	PDG 2016 outfit and equipment suitable for high alpine conditions and long waiting times in extreme weather conditions are mandatory.
For the award ceremony	Civilian attire.

3 Category P2: International military team members

For the journey	Attire according to instructions of the head of the delegation.
During the course	Official attire of the country of origin, and equipment suitable for high alpine conditions and long waiting times in extreme weather conditions are mandatory.
For the award ceremony	Uniform required.

4 Category P3 and P4: Civilian teams

For the journey	Civilian attire.
During the course	Personal attire and equipment suitable for high alpine conditions and long waiting times in extreme weather conditions are mandatory.
For the award ceremony	Civilian attire.

PART 2: Outfit orders for Swiss military teams

The four outfits for Swiss military team members (category P1) must be ordered directly using the PGD internet shop form.

The outfits for the entire team will be delivered to the home address of the Swiss military team leader.

Swiss military team members who are not wearing the PDG 2016 outfit will not be allowed to the start and the team will be disqualified.

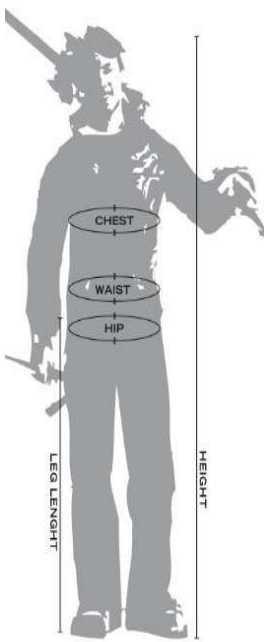
Outfits may be exchanged within three weeks receipt.

The address for exchanges is provided at: www.pdgshop.ch/exchange.

The cost of exchange, packing and postage must be paid directly to the shop.

Attention: Please follow the size chart

SIZE CHART APPAREL MEN						
MEN (GENERAL CHART)						
UNISEX	XS	S	M	L	XL	XXL
EU	44/XS	46/S	48/M	50/L	52/XL	54/XXL
US	34/XXS	36/XS	38/S	40/M	42/L	44/XL
US PANTS	28"	30"	32"	34"	36"	38"
HEIGHT (CM)	170-173	173-176	176-179	179-182	182-185	185-188
CHEST (CM)	88-91	92-95	96-99	100-103	104-107	108-111
WAIST (CM)	76-79	80-83	84-87	89-91	92-95	96-99
HIP (CM)	92-95	96-99	100-103	104-107	108-111	112-115
LEG (CM)	101-104	103-106	105-108	107-110	109-112	111-114



Our tip: If in doubt, take a bigger size

Equipment, equipment checks and mandatory clothing

(Annex 5 to the Rules and Regulations for the PDG)

PART 1: General directives and checks of material and equipment

1 General directives

The equipment must be complete from the start to the finish line.

Random checks may be carried out on the course without time neutralisation. Teams whose equipment does not conform to the regulations or who when checked during or after the completion of the course are not carrying their entire material anymore will be disqualified.

The teams must carry their entire material themselves from the start to the finish line. Any assistance from third parties is prohibited.

All athletes must ensure that their material and equipment are in conformity with the competition regulations.

Mandatory material will be marked (see point 4 of this annex).

2 Checks of material and equipment

The PDG Command organises two checks of material before the registration of the teams in Zermatt/Evolène, where the last chance for a material check is.

In order to avoid long and unpleasant queues at Zermatt and Evolène, we strongly recommend using the advance checks that are valid for all courses.

One team member may present all the material and equipment of the three team members for checking and marking.

In addition to these mandatory equipment and material checks the following checks may be conducted by the PDG Command:

- at the start;
- randomly on the course (without neutralisation of time);
- randomly at the finish line.

2.1 Advance checks in the Lausanne area and in Conthey

Two advance checks will be carried out, valid for all courses:

- Sunday, 17 April 2016, from 0800 to 1200, at the covered parking area at the Centre Migros in Romanel-sur-Lausanne ;
- Sunday, 17 April 2016, from 1500 to 1900, at the covered parking area at the Centre Coop Bassin in Conthey.

2.2 Checks on material and equipment in Zermatt

Courses Z1 (Tuesday, 19 April) and Z2 (Friday, 22 April) in Zermatt (see **Annex 2**)

- All teams report at the Triftbachhalle between 0830 and 1700 for the ID check
- All teams will be referred to two channels:
 - teams that have already been checked (advance checks)
 - teams to be checked (patience and understanding required)
- All teams receive their numbers and are allocated their accommodation.

2.3 Checks on material and equipment in Evolène

Races A1 (Tuesday, 19 April) and A2 (Friday, 22 April) in Evolène (see **Annexe 3**)

- All teams report at the school centre in Evolène between 0930 and 1530 for the ID check
- All teams will be referred to two sectors:
 - teams that have already been checked (advance checks)
 - teams to be checked (patience and understanding required)
- All teams receive their numbers and are allocated their accommodation.

Course A1 (Tuesday, 19 April) in Evolène

- 0930: checks on numbers 1400 to 1699
- 1100: checks on numbers 1200 to 1399
- 1230: checks on numbers 1000 to 1199
- 1400: reception of the teams that underwent advance checks in Romanel-sur-Lausanne or Conthey.

Course A2 (Friday, 22 April) in Evolène

- 0930: checks on numbers 3400 to 3599
- 1100: checks on numbers 3200 to 3399
- 1230: checks on numbers 3000 to 3199
- 1400: reception of the teams that underwent advance checks in Romanel-sur-Lausanne or Conthey.

2.4 Checks on material at the start

Any exchange or modification of the material after the check is strictly forbidden. Non-compliance will lead to disqualification of the team.

The team leaders are responsible for reporting their teams at the start (courses Z and A) fully equipped with personal material and equipment. The teams must report mandatorily 45 minutes prior to their allocated starting time for checks on their equipment.

2.5 Checks on material at the finish

Random checks will be carried out at the finish line in Verbier.

3 Exchange of material during the course

Each team may carry two reserve poles, which must have been marked by the PDG Command.

After being checked by the PDG Command, broken skis or poles may be exchanged and marked at the passage post in Arolla.

Any other replacement of material is strictly forbidden.

4 Return of material

All teams must return the material provided by the PDC Command in Verbier (see table, part 2, of this annex). **The amount due for lost or unreturned material will be collected from the teams on location.**

5 Material in the event of medical evacuation

In the event of an evacuation by road or air transport of one or more athletes, the remaining team members are responsible for their team material. The PDG Command will take care of the personal material of injured contestants.

6 Lost or stolen personal material

Athletes' personal material found by the PDG Command will be recycled or given to a charitable organisation.

The PDG Command accepts no liability for stolen, lost or damaged athletes' individual material.

PART 2: Material provided by the PDG Command

Material	Technical requirements / description
1 mobile phone	<ul style="list-style-type: none"> - Set on "reception" from the start. Phone calls may only be made in an emergency. The mobile phone must be kept handy at all times, in the cover attached to the backpack strap. In order to obtain a good GPS / GSM signal, it may not be covered by anything. - It is mandatory to return the mobile phone with the material. If the mobile phone is not returned or if it is lost, the team must pay CHF 600 on location.
3 microchips (timing system)	<ul style="list-style-type: none"> - The chip card must be carried around the neck as instructed. The chip is allocated according to the starting list and may under no circumstances be changed. (1 = team leader, 2 = team member, 3 = team member) - The chips are "personal" and correspond to the individual emergency data of the athletes. - The three chip cards must be returned with the material. If the chip is not returned or if it is lost, the recipient of the card must pay CHF 100.-- on location.
1 map	<p>One Swiss map special issue 1:50,000, 282-283-284 (2016 edition).</p> <ul style="list-style-type: none"> - Remains in possession of the athletes.
6 numbers	<ul style="list-style-type: none"> - 6 numbers (1 = team leader, 2 = team member, 3 = team member). - Remain in possession of the athletes.
3+1 outfits	<ul style="list-style-type: none"> - 3 2016 PDG outfits, only for Swiss military teams. - 1 2016 PDG outfit for the reserve athlete - Remain in possession of the athletes.

PART 3: Team material

Material	Technical requirements / description
Rope ®	<ul style="list-style-type: none"> - A single rope, UIAA norm 101 conform, with a minimum diameter of 8,5 mm and 30 m length without elongation (stretched out on the ground). - Roping up with carabiners is forbidden. - Minimum roping up distance of 8 to 10 m between the team members is required. - An elastic cord attached to the rope is tolerated but not recommended. - The elastic cord must be removed for checks.
Compass and altimeter	<ul style="list-style-type: none"> - Compasses and altimeters integrated into mobile phones, pocket knives and avalanche transceivers are forbidden. - Compasses and altimeters in wrist watches are permitted. - The team leader is responsible for setting the altimeter prior to the start: <ul style="list-style-type: none"> • Zermatt: 1616 m • Arolla: 1980 m
Climbing skins	<ul style="list-style-type: none"> - One reserve pair of climbing skins is mandatory.
Sun glasses	<ul style="list-style-type: none"> - One reserve pair of sunglasses with filter is mandatory.
Medical kit	<ul style="list-style-type: none"> - Medical kit containing at minimum: band aids, elastic bandages and painkillers.

® Material will be marked with tape or a seal prior to the start.

PART 4: Individual material

Material	Technical requirements / description
Skis ®	<ul style="list-style-type: none"> - Minimum length 150 cm; - Minimum width 60 mm; - Metal edge covering a minimum of 90% of the ski length.
Ski bindings	<ul style="list-style-type: none"> - Skis must be fitted with bindings that allow free movement of the heels for the ascent and can be locked for downhill control. - Bindings must be fitted with a side and straightforward release system, with or without safety straps.
Ski poles ®	<ul style="list-style-type: none"> - A pair of alpine or cross-country skiing poles.
Ski boots ®	<ul style="list-style-type: none"> - Ski touring boots with synthetic shells, with or without clasp(s) (Velcro) are mandatory. - Covering the ankle completely and supporting the foot firmly, suitable for very low temperatures and meeting the requirements of the long competition course. - VIBRAM (or equivalent) robber soles (with a minimum 4 mm profile). - The soles must cover at least 75 % of the shoe surface. - Cross-country ski boots and similar shoes are strictly forbidden.
Backpack	<ul style="list-style-type: none"> - The backpack must be large enough to accommodate all the material required for the competition inside. - The backpack must also be fitted with two attachments for the skis (carrying).
Climbing skins	<ul style="list-style-type: none"> - One pair of climbing skins. - Freely fixable and removable climbing skins. - The use of adhesive band or equivalent in order to improve sliding is strictly forbidden.
Avalanche transceiver	<ul style="list-style-type: none"> - An avalanche transceiver (457 kHz), standard EN 300718, perfectly operational (batteries - reception - transmission). - The device must be carried invisibly as close to the body as possible. - Must be set and remain on “transmit” from the start throughout the competition. Set on “search” only for a rescue mission.
Helmet ®	<ul style="list-style-type: none"> - All competitors must be equipped with a helmet meeting UIAA 106 or EN 12492 norms or equivalent. - The helmet must be worn with the straps closed underneath the chin during the entire course.
Sunglasses / ski masks	<ul style="list-style-type: none"> - One pair of sunglasses with filter or a visor fitted to the helmet. - Ski masks are mandatory for Race Z competitors.
Snow shovel	<ul style="list-style-type: none"> - Brand-new, unmodified snow shovel (minimum surface 20x20cm, in working configuration, with shovel + handle at least 50 cm long).
Snow probe ®	<ul style="list-style-type: none"> - A snow probe at least 240 cm long.
Ice axe ®	<ul style="list-style-type: none"> - An ice axe meeting UIAA 152 norm or equivalent, minimum length 50 cm, with protection for the tip.
Rescue blanket	<ul style="list-style-type: none"> - A rescue blanket with a minimum surface of 1.80 m².
Climbing harness	<ul style="list-style-type: none"> - A harness with leg straps, UIAA 105 norm conform or equivalent.
Head lamp	<ul style="list-style-type: none"> - Operational.

® Material will be marked with tape or a seal prior to the start.

PART 5: Mandatory clothing**Minimum clothing for all competitors:**

- underwear and first protective layer with thermal garments;
- mountaineering jacket, wind breaking and breathable;
- one of the garments must have a hood;
- mountaineering pants, windproof and breathable;
- a hat or equivalent;
- a pair of gloves, covering the hands and wrists;
- a second pair of thermal gloves.

Protest form

(Annex 6 to the Rules and Regulations of the PDG)

Based on: Regulations of the PDG 2016, Point 4.8

Team details:

Team name

Given name and surname of the team leader

Witness: Given name / Surname

Reason for protest:

Signature of the team leader

Receipt for protest deposit

Deposit (CHF 300.--) received:

Date / time

Signature of the Verbier area commander

Decision:

Signature of the Head of the Referee Commission

Signature of the Commander PDG

Deposit (CHF 300.--) refunded:

Signature of the team leader