

GENERAL REGULATION FOR 14ª VOLTA DO LAGO CAIXA

1 - THE VOLTA DO LAGO

1.1 - **14ª VOLTA DO LAGO CAIXA** will be held on June 4, 2017 with any weather conditions, with start and finish at Eixão Sul, nearby Cine Centro São Francisco (between 102/103 sul), and the organization may suspend or postpone the **RACE** for public safety issues and/or force majeure.

1.2 – The **RACE** will be held at distance of 100km (Teams and Individual) and 60km (Individual only), with an open and shared route with vehicles on the road that surround the Paranoá Lake

1.3 - Will be able to participate of the **RACE** athletes aged 16 or over in the relay teams (6 and 8 members) and aged 18 for the relay teams (2, 3,4,6,8 members), and 25 years old at least, to participate of the 60km and 100km ultramarathons.

1.4 – Every team must be represented by a captain, which must be registered in the team represented.

1.5 – The athlete, during the **RACE**, yields all the image rights for the dissemination of the race in any media device and at any time.

1.6 – The athlete must first know the rules of the **RACE**, taking responsibility for their data supplied, fully accepted the rules and liability waiver.

1.7 – The athletes and organizers will be covered by life insurance.

2 - CATEGORIES

2.1 – The category types shall be composed as follows:

2.2 – **ULTRAMARATONA INDIVIDUAL 100K** – Individual contest category, male and female. The category will run the distance of 100km and there will be no distinction of OPEN, ECONOMIÁRIO, DIPLOMATIC MISSIONS and POLICE/MILITARY.

2.3 – **ULTRAMARATONA INDIVIDUAL 60K** – Individual contest category, male and female. The category will run the distance of 60km and there will be no distinction of OPEN, ECONOMIÁRIO, DIPLOMATIC MISSIONS and POLICE/MILITARY.

2.4 - **OPEN** – Teams of public and private companies, gym, sports advisory and can be 2,3,4,6,8 members and RIDE BIKE 4 and RIDE BIKE OPEN, according to the provided on the registration form.

2.5 – **ECONOMISTS** – Team exclusively made up of employees, pensioners and retired employees of CAIXA ECONOMICA FEDERAL, and their dependents, which can be 6 and 8 members, according to the provided in the registration form.

2.6 – **DIPLOMATIC MISSIONS** – Teams of employee's and guests from embassies, international organization and diplomatic representations, must be a team of 8 mixed members (man/woman). THE TEAMS MUST BE REGISTERED WITH THE OFFICIAL NAME OF THE DIPLOMATIC MISSION.

Ex.: Embaixada da Itália team, Embaixada da Espanha team, etc.;

2.7 - POLICE/MILITARY – The teams will consist of servers, dependente and guests of Polícia Militar, Civil e Federal, Fire Brigade, Militares da Aeronáutica, Navy and Army. THE TEAMS MUST BE REGISTERED WITH THE OFFICIAL NAME OF REPRESENTATIVE UNIT.

Ex.: Equipe 1ª DP, Batalhão Escolar, Batalhão de Polícia do Exército, Grupo de Artilharia de Campanha, COT, BOPE e etc.

3 - TYPE OF TEAMS

3.1 – Type of the teams will be as follows compounds:

- **DUBLE MALE** (02 athletes): formed by two MALE athletes, competing in the OPEN category;
- **DUBLE FEMALE** (02 Athletes): formed by two FEMALE athletes, competing in the OPEN category;
- **MIXED DUBLE** (02 athletes): formed by two athletes, 01 male and 01 female, competing in the OPEN category;
- **TRIPLET** (03 Athletes): formed by three athletes independently of the gender, competing in the OPEN category;
- **MIXED QUARTET** (04 Athletes): formed by four athletes with at least one member of the opposite gender, competing in the OPEN category;
- **MALE QUARTET** (04 Athletes): formed by four athletes, exclusively of male members, competing in the OPEN category;
- **FEMALE QUARTET** (04 Athletes): formed by four athletes, exclusively of female members, competing in the OPEN category;
- **MIXED SEXTET** (06 Athletes): formed by six athletes with at least one member of the opposite gender, competing in the OPEN category and ECONOMISTS;
- **MIXED OCTET** (08 athletes): formed by eight athletes with at least two members of the opposite gender, competing in the following category: OPEN, ECONOMISTS, DIPLOMATIC MISSIONS and POLICE/MILITARY
- **MALE OCTET** (08 athletes): formed by eight athletes, exclusively of male members, competing in the OPEN category.
- **FEMALE OCTET** (08 athletes): formed by eight athletes, exclusively of female members, competing in the OPEN category
- **RIDE BIKE 4**: Formed by four members, independently of the gender. The team must have one member running the patch and the others should do the bike ride along path, being obligational the change on the changing points. Competing in the OPEN category
- **RIDE BIKE OPEN (6 to 8 athletes)**: Formed by 6 to 8 members, independently of the gender. The team must have one member running the patch and the others should do the bike ride along path, being obligational the change on the changing points, competing in the OPEN category

4 - PARTICIPATION RULES FOR THE 60K AND 100K INDIVIDUALS

4.1 - They may attend these classes, athletes over the age of 25 to be completed in 2017;

4.2 - It will be required to present a sports curriculum to be sent by e-mail to info@voltadolagocaixa.com.br, for evaluation technique, and where appropriate, authorization of participation.

4.3 - It will be required to present a specific medical certification to be provided by the athlete, and signed by a doctor, stating that the athlete is medically eligible to participate of the 60k and 100k ultramarathons.

4.4 - In the case of unauthorized, the registration fee will be refunded

4.5- The athlete will be responsible for providing logistical support during the race;

4.6 - Total time of the race for the ULTRAMARATONA INDIVIDUAL 60K category will be 7 hours and for the ULTRAMARATONA INDIVIDUAL 100k category is 11:30 hours long.

4.7 – The ultramarathon athlete must pass through the changing point independently of the schedule time of opening and closure of the respective changing point.

5 - PARTICIPATION RULES FOR RIDE BIKE CATEGORY

5.1 - Will be able to participate of this category, athletes aged 18 in 2017 or above;

5.2 – It will not be mandatory for all athletes follow the corridor all the way.

5.3 - The running athlete must be followed for at least on **BIKER** of the team to accomplish the relay

5.4 – All the cyclists of the team must pass through a check point that shall be released by the organization

5.5 – The teams of this category cannot be supported by any car supplier

5.6 – The rules laid down in the regulation shall be applied to all RIDE BIKE teams

5.7– It will be mandatory the use of helmet and gloves for athletes who are pedaling

6 – REGISTRATION

6.1 - The registration can only be done via the internet, by website: www.voltadolagocaixa.com.br, under conditions laid down in the rules inscription

6.2 - Only the teams with technical performance with the pace of 6min/km or below (ex.: 5:30min/km), enabling complete the race in 10 hours, may register the team in this category

6.2.1 - The team may use the pace simulator located in the website of the race. www.voltadolagocaixa.com.br

7 - DELIVERY OF THE KIT

7.1 - The delivery of the kit will realize on date and hour published by the race organization

7.2 - The removal of the kit can only be made by the captain or another athlete of the team, properly identify and with the registration form signed by all team athletes

7.3 - The team from outside of Brasilia or Brazil, will be able to remove the kit at **SATURDAY**, day before the race

7.4 - There will be no delivery kit on the day of the event

8 - TECHNICAL CONFERENCE

8.1 - Technical Conference will be realized on date and hour published by the race organization on the website and by e-mail to be sent to team's captain

8.2 –The team may be represented by only a single athlete

8.3 – The teams can only appeal to organization, those who attended the technical conference upon confirmation in the presence list

9 – CHIP AND GPS (DELIVERY AND RETURN)

9.1 – The delivery of CHIP and GPS will be realized on date and hour published by the race organization on the website

9.2 – Only the captain can get the CHIP and GPS on the day of the race, properly identify by being the number one of the team

9.3 – Only the captain can return the CHIP and GPS at the time of medal withdrawal

9.4 – To consider classified and be eligible for prizes, teams that lost the GPS shall indemnify organization worth R\$300, 00(three hundred)

9.5 - To consider classified and be eligible for prizes, teams that lost the CHIP shall indemnify organization worth R\$100, 00(one hundred)

10 – START and FINISH

10.1 – The race will start in waveform, which will set the starting schedules of each team at the pace set by the team's captain in registration act, and should be observed carefully, the schedule of opening and closing of integration points(PI'S)

10.2 – The start will happen in two schedules for the DUBLES, TRIPLETS, QUARTET, SEXTET, OCTET, RIDE BIKE 4 and RIDE BIKE OPNE teams:

Schedule can be changed

1ª START: 06h15m - TEAM RHYTHM BETWEEN 5:11 TO 6:00 MIN/KM

2ª START: 07h30m - TEAM RHYTHM BETWEEN 3:00 TO 5:10 MIN/KM

10.3 – The start will happen in two schedules for the INDIVIDUAL ULTRAMARATHONS

ULTRAMARATONA INDIVIDUAL 100K: 06h00m

ULTRAMARATONA INDIVIDUAL 60K: 08h30m

Obs.: - The start place of ULTRAMARATONA INDIVIDUAL 60K will happen at EPPN – Estrada Parque Península Norte, Lago Norte, in front of KITUART, near QI 10

10.4 - The schedules may be altered, where participants will be informed in a timely manner.

10.5 –The maximum time to complete the race will be 10 hours for the teams with 02, 03, 04, 06, 08 members, RIDE BIKE 4 and RIDE BIKE OPEN. For the ULTRAMARATONA INDIVIDUAL 60K category the time to complete the race will be 7 hours and for the ULTRAMARATONA INDIVIDUAL 100K will be 11 hours and 30 minutes.

10.6 - The athletes are required to have knowledge of the route;

10.7 - The route will be predominantly in the avenues that encircle Lago Paranoá, with open traffic for the cars (shared road). Athletes must follow the road direction always, being obligation of each athlete know the stretch to be run

10.8 - The PI's – Changing Points e finish – will schedule of opening and closing according as demo below:

SCHEDULE			
PI	LOCAL	OPENING	CLOSING
1	Concha Acústica	06h36m	8h21m
2	C.O. / UnB	07h14m	8h59m
3	Estacionamento Shopping	07h46m	09h30m
4	Lago Norte – Parque Ciclovía	08h10m	9h54m
5	Lago Norte – Clube do Congresso	08h57m	10h44m
6	Gramadão CA 3 – Lago Norte	08h36m	11h30m
7	Lago Norte – MI/ML 7	09h17m	12h20m
8	Parque Urbano do Paranoá	9h51m	13h01m
9	Ponte JK - Praça de Lazer	10h33m	13h53m
10	Lago sul – Igreja QL 14	11h16m	14h44m
11	SHIS QL 8 (Est. WWF)	11h37m	15h21m
12	Final da L2 Sul	11h49m	15h44m
13	Chegada	12h09m	17h00m

10.9 - After the PI closing, the staff will retake the prior path, and in case of any existing athletes, the team will be disqualified.

10.10 - The athletes must wear the number of the given kit. Number 1 should be used by the captain.

10.11 - The athletes must run at least one path, and the exchanges being made at the PIs or exchange points, it is prohibited for the same athlete to run two paths consecutives, in exception: individual ultramarathon 60k, 100k, and teams of 02 and 03 members.

10.12 – In case of any desistance or injury by a team member, it should be replaced by another member that hasn't done the last stretch in order to continue the race.

10.13 - The pacing by a runner or a cyclist will be permitted, without personal contact, motor vehicle won't be allowed.

10.14 – The team can count on support vehicle that must obey the traffic rules, especially with regard to conduct that would impede the athletes, like stopping at prohibited places (embankments and roads) and minimum and maximum speed allowed on via and piecewise circulation considered as prohibited by the Organization and detailed on a map of the route

10.15 - The Organization will not be responsible for any occurrences or mechanical problems that may occur with vehicles of teams and that undermine the performance and test results

10.16 – Hydration and nutrition in the path will be the responsibility of the support teams and the Organization to offer, at her discretion, hydration points on the route

11 - INSPECTION AND PENALTIES

11.1 – During the completion of 14^a Volta do Lago CAIXA teams will be monitored throughout the course for staffs identified with the t-shirt of the race, with authority for the identification and annotation of the team that is using to conduct light fault or heavy fault, to be forwarded to the Organization for decision about the application of penalties laid down in this Regulation

11.2 - Shall be deemed to a light fault and liable to penalty with 15 minutes per occurrence in the final time of the team:

1. Use of pace, hydration and feeding of the athlete who is running the excerpt
2. Permanence of more than one athlete of the team in the internal area of the PI, destined to the exchanges;
3. To disregard the staffs and arbiters
4. To park the vehicle in unsuitable place that it causes I upset the proof, without obeying recommendations of the staffs
5. Physical contact of the athlete during the race of the passage, like tug and push, with another person;
6. To throw or to deposit garbage in unjust place – roads, sidewalks, lawns etc.;
7. To pass by the PI before the time-table predicted for opening.

11.3 – It will be considered a HEAVY FAULT susceptible to disqualification:

1. Participation of the athlete without the use of the number of identification in visible place of the clothing
2. Realization of the passage for the athlete without the use of chip/GPS;
3. Passage of the athlete for the PI after the time-table established for closure
4. Lift use in any transport type for the athlete during the passage to be run;

5. Team who does not carry out the relay of the athlete in the PI;
6. Equip whose athlete carries out more than 01 following stretch, the exception of the double teams, triplet and ultramarathon;
7. Equip whose athlete does not pass for Check Points;
8. Equip whose, the support car adopts conduct that causes risks or what comes to cause upsets in unrolling of the race;
9. Traffic of the car support in the Eixão Sul/Norte is prohibited or local respected
10. Team who is troubled for more than 02 times with LIGHT LACK;
11. Another attitude pointed by the staffs, cyclists and arbiters and judged seriously by the Organization;
12. To pedal without helmet (biker);
13. Not to pass us check points or specific PI (biker).
14. Team of the category economiário that realized the race with some integrant without bond with the CAIXA

12 - DISCIPLINAL COMMISSION

12.1 - The Commission will be composed by 3 members, being a 1 athlete, indicated by the Organization

13 - CLASSIFICATION

13.1 - It will be considered a general winner the team who will complete the distance in the least time, independently of the number of athletes in the team

13.2 - All the teams, independently of the formation, OPEN, ECONOMISTS, MISSÕES DIPLOMÁTICAS e POLICE/MILITARY will compete in the general classification, when 03 placed first awarded a prize with trophies

13.3 - The general classification of the first 3 teams will be spread, extra officially, in list to be exposed in place properly identified near of the area destined to the Organization and accessible to a captain of the team.

13.4 - From the fourth general placing, the teams will be re-handled for the classification in the TYPES OF TEAMS of 02, 03, 04, 06 and 08 integrant, and RIDE BIKE 4 e RIDE BIKE OPEN, in the category OPEN, ECONOMISTS, MISSÕES DIPLOMÁTICAS, POLICE/MILITARY

13.4 - They will be awarded a prize with trophies to all the athletes of the first three placing of each category, and 10 first of the categories INDIVIDUAL ULTRAMARATONA 60k and 100k will be awarded a prize with trophy

13.5 - The reward for the categories of 2, 3, 4, 6 and 8 integrant, OPEN, ECONOMISTS, POLICE/MILITARY e DIPLOMATIC MISSIONS it will be carried out in place and dates being spread by the Organization in the site of the race and by the e-mail of the captains.

14 – RESOURCE

14.1 – There will only be respected the resource of team who has appeared when to the presence list was signed in the Technical Congress;

14.2 - The team who has been troubled by the inspection will have 24 hours counted from the spread of the extra official result, to present resource written to the organization of the race.

14.3 – It will be collected of the tax in the value of R\$ 200, 00 for the presentation of the resource, which will be returned if the resource is granted on behalf of the team.

14.4 - The organization will have 48 hours to utter decision.

15 – REWARD

15.1 – There will be awarded a prize with medals all the athletes of the teams who will complete the race inside the limits of time and rules established in the regulation, by means of the identification and devolution of the chips/GPS in the moment of the arrival.

15.2 – Reward for the relay in general classification:

- CHAMPION: R\$ 2200,00 (liquid prize)

- 2nd PLACE: R\$ 1.600,00 (liquid prize)

- 3rd PLACE: R\$ 1.100,00 (liquid prize)

15.3 – The reward will be able to be paid in even 30 days after the official spread of the result;

15.4 – The CHECÃO CAIXA hand on the day of the race the winning teams do not mean that this is the official result, these teams being able to be troubled, after a thorough counting and consequent loss of the right to reward in cash.

15.5 – The CHAMPIONSHIP TEAMS in the 2016 edition, in his respective categories and types of teams will have exemption of the registration in the next Volta do Lago CAIXA, since they maintain more than 50 % of the formation, name of the team and remain in the category.

15.6 - To live up to this reward bonus the teams will not be able to have any penalty (SERIOUS LIGHT or DEFICIENT LACK).

15.7- It will be held on the category **OPEN** and **ECONOMISTS**, separately, the dispute of TROFÉU **VOLTA DO LAGO CAIXA**.

15.8 – For counting effect it will be considered the first name of the team in the inscription.

-

15.9 - It will be awarded a prize with the **TROFÉU VOLTA DO LAGO CAIXA**, the institution (Sporting Advisory body, Club, Teams and Enterprises) that will obtain the biggest number of points between all the types of teams according to the chart down:

For team's champions in the general classification:

CHAMPION - 30 POINTS

2nd PLACE - 25 POINTS

3rd PLACE - 20 POINTS

Points for 10 first for each type of team (2, 3, 4, 6 and 8 integrants):

CHAMPION - 15 POINTS

2nd PLACE - 12 POINTS

3rd PLACE - 10 POINTS

4th PLACE - 08 POINTS

5th PLACE - 06 POINTS

6th PLACE - 05 POINTS

7th PLACE - 04 POINTS

8th PLACE - 03 POINTS

9th PLACE - 02 POINTS

10th PLACE - 01 POINTS

15.10 - REWARD IN CASH FOR THE CATEGORY INDIVIDUAL ULTRAMARATHON 100K.

15.10.1 - There will live up to these prizes the athletes who will carry out the distance without any penalty and in accordance with of the RULES OF PARTICIPATION TO the CATEGORIES INDIVIDUAL ULTRAMARATONA of 60k and 100K;

15.10.2 - Reward for athlete's masculine and feminine champion of the category INDIVIDUAL ULTRAMARATONA 100K:

- CHAMPION: R\$ 5.000,00 (liquid prize)

- 2nd PLACE: R\$ 3.000,00 (liquid prize)

- 3rd PLACE: R\$ 2.000,00 (liquid prize)

15.10.3 - Reward for athlete's masculine and feminine champion of the category INDIVIDUAL ULTRAMARATONA 60K:

- CHAMPION: R\$ 1.200,00 (liquid prize)

- 2nd PLACE: R\$ 700, 00 (liquid prize)

- 3rd PLACE: R\$ 500, 00 (liquid prize)

15.10.4 - The reward will be able to be paid in even 30 days after the official spread of the result.

15.10.5 - The Organization will have total autonomy to decide on any question, independently of being predicted or not in this regulation.