



VERTICAL WORLD CIRCUIT® RULES

October 22, 2010

Vertical Running is defined as an International Skyrunning Federation discipline. The following rules have been compiled by the Federation as a guideline.

1. **INTRODUCTION** - The Vertical World Circuit® (VWC) is based on a circuit of international standard races in various countries. The race circuit is open to individual runners and sponsored teams.
2. **VWC RACES** - A minimum of seven and a maximum of ten races are selected in at least five different countries. The selected events will conform to VWC Race Standards and to international standards in terms of athlete presence, notoriety and organization.
 - 2.1 **VWC TRIALS** - The object of the Trials is to promote vertical running in as many countries as possible and to give the opportunity to a greater number of runners to participate in the VWC.
3. **DEFINITION** - Skyscraper races fall within the SKYSPEED® parameters. (See ISF Rule 2.4.5) "*Races with 100 metres or more vertical climb and more than 33% incline. The indoor version is termed: SkyScraper - Vertical Running*".
4. **VERTICAL WORLD CIRCUIT® INDIVIDUAL POINTS SYSTEM** - Each race will assign points based on the winning men's/women's results according to the following breakdown: 100-88-78-72-68-66-64-62-60-58-56-54-52-50 down to 2 points to the 30th position for men and the same system for women down to 10th position.
 - 4.1 In the Trial races each race will assign points based on the same system.
 - 4.2 The ranking points in the final race will be increased by 20% for all Vertical World Circuit® competitors.
5. **RACE POINTS** - In a seven to nine race calendar, athletes count the four best results obtained in the VWC Race and one VWC Trial (4 + 1). When nine or more races exist, athletes count the five best results obtained in the circuit and one Trial race.
 - 5.1 In the event of a tie, the athlete with the best result in the final race will be the champion.
6. **RACE RULES** - These regulations shall prevail above all. Local race regulations must be consistent with entry conditions, start systems and final results.
7. **COMPETITORS' NUMBERS** - The organizer will provide the participants' numbered bibs. In accordance with the VWC organizers, the allocation of these may be determined by the latest ISF ranking order, the lower numbers being assigned to the top ranked male and female athletes and hence in descending order.



8. **RACE SYSTEM** - Every race can be either individually timed or a mass start. In the latter case, the organizers must take into account a maximum number in every category. Men and women run in separate categories.
9. **CATEGORIES** – Only men’s and women’s categories are considered. The ranking is based on the fastest time outright by each category.
10. **WINNERS** - Every race can have only one winner in each category based on a photo-finish or other system. Only races that time each runner may have a tie.
11. **TITLES** - At the VWC final, the first male and female competitors with the highest score will be declared “Vertical World Circuit® Champions”.
- 11.1 **CHAMPION’S JERSEY** – The VWC champions (first ranked male and female) must wear the champion’s jersey on the podium. If the jersey is not worn, ranking points will not be assigned whatever the final position of the runner and any VWC prizes will not be awarded .
12. **ANTI-DOPING CONTROLS** - Anti doping controls may be carried out in any of the races according to the rules of each nation, (WADA) protocol and in agreement with the national federation concerned.

NB Local race regulations must be consistent with the official VWS rules. In the event of conflict, the general ISF Skyrunning Rules will prevail.