

RULES AND REGULATIONS

INT. GOMMERLAUF

Technical instructions: Gommer classic, Gommerlauf, Int. Gommer Skimarathon.

If nothing specific is written, the instructions apply both to the Gommer classic, Gommerlauf, Int. Gommer Skimarathon.

Skiing technique

Skating and classic - the whole track is groomed (classic tracks where possible). It is forbidden to skate in the classic tracks. Anyone who violates this can be disqualified.

Attention: Only double poling until the start line, no skating.

Limitation of participants

The organizer is allowed to limit the number of participants if necessary. Should the number of participants be limited due to official requirements, the starting places will be drawn by lot among all persons registered to date.

Deadline

The times of the registration deadline are valid only as long as there are still starting places available. The online registration will be closed on the Thursday before the race weekend at midnight.

After this time registrations are only possible until one hour before the race at the hangar next to the Nordic Center Goms.

Entry Fee

The amount of the entry fee depends on the date of the receipt of payment.

Gommer classic (21 km, classic)

CHF 70.-	from December 1st
CHF 100.-	from February 1st
CHF 70.-	Euroloppet passport holders

Gommerlauf (21 km, skating)

CHF 70.-	from December 1st
CHF 100.-	from February 1st
CHF 70.-	Euroloppet passport holders

Int. Gommer Skimarathon (42km, freestyle)

CHF 80.-	from December 1st
CHF 110.-	from February 1st
CHF 80.-	Euroloppet passport holders

Gommer classic Combination (Gommer classic on Saturday and Int. Gommer Skimarathon)

CHF 125.-	from December 1st
CHF 160.-	from February 1st

Gommer Combination (Gommerlauf on Saturday and Int. Gommer Skimarathon)

CHF 125.-	from December 1st
CHF 160.-	from February 1st

Note:

The entry fee is excluding any transaction costs (e.g. credit card fees).

Start

It is possible that the starting procedure may have to be adjusted due to official orders. These adjustments are binding in any case and do not entitle the participant to a refund of the entry fee already paid.

Marathon and Half Marathon (classic and skating)

The participants are divided into a total of 4 starting blocks (block E, block A, block B, block C). The assigned starting block (colors) can be seen on the start number.

In the starting area, the individual entrances to the starting fields are labeled with the respective letter and the corresponding color of the starting block. The participants enter the starting field via the starting area. It is not permitted to enter the starting blocks over the starting line. The starting blocks start directly from the respective sectors. After the start, there is an electronic start control.

Starting block

Int. Gommer Skimarathon and Half Marathon (classic and skating)

The start takes place in the assigned starting block, the qualification for which results from the participation in the Gommerlauf in the past two years. If a qualification time from the Gommerlauf is available from the last two years, this is relevant and performance certificates of other cross-country races cannot be considered for the classification in this case. First-time participants and participants, who have not taken part in the Gommerlauf for more than 3 years, provide a certificate of performance can also be divided into another starting block. After the official registration deadline at the end of January, a fee will be charged for a change of starting block. There is no guarantee for a change of starting block.

Race distance

Int. Gommer Skimarathon and Half Marathon (classic and skating)

The international Gommer Skimarathon is 42 km long. The classic and skating half marathons are both 21 km long.

Ascents / descents

The whole route must be covered on skis. It is prohibited, especially in ascents, to take off your skis.

Ski equipment / change

The skis and poles used must comply with the regulations of the FIS. Changing skis during the race are prohibited. In case of defects on skis or bindings, a maximum of one ski may be replaced.

Fluorinated ski wax prohibition

Based on point [222.8 of the FIS competition regulations](#), the preparation of skis with products containing fluorine is prohibited. All ski waxes must now be fluorine-free. If fluorine is detected, this will result in a starting ban and disqualification.

Responsibilities of the competitors

Competitors must cover the whole distance on their skis using only their own means of propulsion. Help from pace setters or pushing is not allowed (IWO Art. 343.7).

Evaluation by age group

Int. Gommer Skimarathon and Half Marathon (classic and skating) and Mini-Gommerlauf

The competition categories are adapted annually to the specifications of the FIS and Swiss-Ski and are always updated on the Gommerlauf website.

Distance and finish line

- The official race end is clearly communicated, and the track is controlled by a race control vehicle.
- Skiers who arrive at the finish after the official race end will not be ranked.
- If you are overtaken by the race control vehicle, you are only allowed to continue the race at your own risk. The starting bib and time chip must be handed over to the race control vehicle.
- The jury reserves the right to extend the last checkpoint times as well as the official race end in difficult conditions.

Int. Gommer Skimarathon

The finish will be closed at 2.30 pm. Participants who have not completed half the course in Ulrichen after 11.45 am will be removed from the race by the jury.

Half Marathon classic and skating

The finish will be closed 3 hours after the start.

Timing chip

The timekeeping chip is to be worn around the ankle on the foot with the Velcro strap provided. It must be returned to the designated place after the finish. Not returned chips will be charged with CHF 60.00. If you do not start or withdraw from the race, you can return the chip to Obergoms Tourismus AG, Furkastrasse 617, CH-3985 Münster at the latest by the end of March (please use a padded envelope; the Gommerlauf is not responsible for the chips lost due to shipping).

Protests

Int. Gommer Skimarathon and Half Marathon classic and skating

Protests must be submitted in writing to the jury, in the jury room of the finish area building. This requires a CHF 100.00 deposit. For elite men skiers, the protest period is within 15 minutes after the finish of the 100th placed men skier. For the elite women skiers the protest period is within 15 minutes after the finish of the 20th placed women skier. For all other participants, the protest period ends 15 minutes after the official race end.

Disqualification

The following infractions will result in a disqualification and a two-year ban:

- run with a different starting bib than the one assigned.
- run under a wrong name.
- giving your starting bib to another person.
- starting from a higher than the assigned start block.
- causing a false start.
- covering part of the route in another way other than on skis
- skiing with fluoride wax.
- behaving in an unsporting manner towards participants, officials or spectators.

In case of a two-year ban, the original start qualification is automatically lost.

Doping controls

Doping controls are conducted in accordance with the regulations of Swiss Sports Integrity. Doping controls are conducted in accordance with the regulations of Swiss Sports Integrity. In the event of a conviction (e.g. due to a refusal to undergo doping control or a positive test result), the prize money must be refunded to the organizer.

Prize money

Gommer classic and Gommerlauf (21 km) for men and women

1st place	CHF 500.00 (Gold medal)
2nd place	CHF 250.00 (Silver medal)
3rd place	CHF 125.00 (Bronze medal)

Int. Gommer Skimarathon (42 km) for men and women

1st place	CHF 1'000.00 (Gold medal)
2nd place	CHF 500.00 (Silver medal)
3rd place	CHF 250.00 (Bronze medal)

Trail grooming

Participants are requested to refrain from entering newly groomed trails before the race, starting at the times listed below.

Int. Gommer Skimarathon: Saturday, 4:00 pm

Half Marathon classic and skating: Friday, 6:00 pm

Cancellation

If no cancellation insurance has been taken out and you cancel before the February 1st of the respective year

- CHF 40.00 (Int. Gommer Skimarathon)
- CHF 35.00 (Gommerlauf)
- CHF 32.00 (Gommer classic)
- CHF 60.00 (Gommer combination)
- CHF 15.00 (Mini-Gommerlauf)
- CHF 15.00 (Swiss Biathlon Cup Kids)

... will be credited to the next year's race (no refund). In case of a cancellation after February 1st of the respective year, a medical certificate must be submitted by March 1st of the respective year at the latest. Otherwise, there will be no credit for the Int. Gommerlauf of the following year and the same conditions (credit amounts and no refund) will apply as before February 1st of the respective year. No credit will be given for the following year.

Data protection

Participants of the Int. Gommerlauf agree that film recordings and photos may be taken during the event without any claim to remuneration. The photos may be used for the public relations work of Obergoms Tourismus AG.

If participants do not agree to this, they are asked to mark their start number with a red X.

The photographers from "Alpha Foto" will be taking pictures of the runners on the course. After the race, a link to order the photos will be published on gommerlauf.ch.

The organizers of the Int. Gommerlauf have the right to send mailings with information to the participants. By registering for the Gommerlauf, you automatically agree to receive these mailings.

With the approval of the competition regulations Int. Gommerlauf, the privacy policy of [Datasport](#) and the privacy policy of [Obergoms Tourismus AG](#) is also approved. The names and results of the participants are published on the official ranking list of the chronometer. Participants have the right to demand the deletion and restriction of the use of personal data from Datasport or Obergoms Tourismus AG and to object in writing to such processing of personal data.

Information of doubtful conditions

In case of doubtful conditions, the organizer informs over the website.

Cancellation of the competition

Should the competition be cancelled due to force majeure, the start fee will be carried over to the following year. Service fee: difference between entry fee and paid start fee). Only the part that has not yet been claimed by the organization can be repaid from the service contribution.

Insurance / Liability

Each participant must be accident insured and fully responsible for his / her state of health. The organizer assumes no liability for accidents, lost items, theft and other damages of any kind. The organizer also rejects any liability towards spectators and third parties.

FIS rules

In addition to the regulations, the [FIS regulations \(2022 edition\)](#) must be followed.

Acceptance Technical instructions and regulations

With the payment of the entry fee the participants accept without reservation these technical instructions and these regulations of the Int. Gommerlauf.

In case of doubt the German version of the regulations is valid.



Note and gratitude.

These regulations were created based on the regulations of the Engadin Ski Marathon and made available with the kind permission of the Engadin Ski Marathon. Many thanks for this!