

- using running poles on the race route is allowed. Competitors using poles should use them in a way that does not endanger other participants. Poles can be left only at the repack point.
- support is allowed only at refreshment points and checkpoints in specially designated areas. Any kind of competitors' support outside the special areas will be punished with disqualification or time penalty, which will be decided by the competition's referee. Each participant can be supported by only one person. Supporters can be in area only at the time of support, after that time they are required to leave the area in order to make place for other supporters
- competitors are obliged to arrive at the starting area 30 minutes before the race in order to check their obligatory equipment.
- order of setting the competitors at the starting line will be decided by the organizer
- the organizer will inform about the time left to the start in the starting area (every 5 minutes), last 10 minutes every minute, last minute every 15 seconds, last 10 seconds countdown!
- the start takes place after the "START" command or after the starter's shot
- the competitors are obliged to be cautious and get pass tourists, pedestrians and other people on their race routes
- the 100 / 60 / 43 / 20 km races will be held on forest routes and mountain areas. During the competition the participants will cross public roads. The competition's organizer is not expected to organize places excluded from public traffic. It (the traffic) will take place as usual, so there will be no restrictions on the movement of emergency vehicles and other users of public roads. Participants should follow the traffic rules.
- anti-doping control will be carried out during the competition. Competitors appointed by the organizer and competitors from places 1-3 after crossing the finish line shall be obliged to go to the anti-doping control point indicated by the organizer. Moreover, the organizer can carry out additional control among randomly chosen participants. Competitors who fail to report for the control point will be disqualified.
- if a competitor gets a positive result of the anti-doping test, he/she will be disqualified.

- the organizer will hand over the prizes after receiving the results of anti-doping control from the laboratory.
- each competitor is obliged to become familiar with the race map provided by the organizer
- in case of any doubts concerning the route, the competitor should first follow the organizer's markings (tape or directional arrows) and second follow the map provided in the starting packet. The GPX file is an addition to the above two, and its course may differ slightly from the actual route in the field,
- the organizer is not responsible for any changes to the race route resulting from transferring the route markings by unfamiliar people. At the same time, the organizer ensures that all efforts will be made to avoid such situations.
- on the 20km, 60km and 100km routes while walking on the „Ścieżka w Koronach Drzew – Słotwiny Arena” ("Paths in the Crown of Trees - Słotwiny Arena") it is forbidden to use shoes with spikes.
- during climbing up the stairway to "The Path in the Crowns of Trees - Słotwiny Arena", each competitor is obliged to be cautious, especially while passing by other competitors. He/She may do it only on the left side after warning the other runner.