

# RULES FOR THE FEMUND RACE 2020

Revised by the Sporting Committee 05.08.2019.

Date	Content	Change
05.08.2019		The rules are now aligned with the Femund Race, Finnmarksløpet and NHF's long distance rules. It is particular focus on the welfare and health of dogs.

Special rules for Femundløpet are in addition to the rules for long distance of the Norwegian Sleddog Federation NHF.

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## **1.0 Race Description for Femundløpet**

### **1.1 General**

The Femund Race shall be an international long-distance race.

The Femund Race shall be an offer to both the breadth and the elite of long-distance mushing.

The Femund Race shall have a particular focus on animal welfare.

The Femund Race is a long-distance race that measures the skills and strategies of the dog team and the musher, without any outside assistance other than that which the organizer has decided.

The Femund Race's overall goal is that each participant has full responsibility for any dispositions made for the team during the race, for these decisions to always be in the best interest of the dog team and the musher, and be sufficient for handling all situations that may arise during the race.

All participants are equally important and shall receive the same level of service throughout the race. All participants shall, with the resources they have, try to complete a long distance race at their own level.

The Femund Race may limit the number of participants.

### **1.2 Race Committee**

The Femund Race Committee is appointed by the organizer and consists of:

- General Manager
- Race Manager, Race Coordinators F650, F450, F200 and Fjr.
- Chief veterinarian
- Head of start and finish in Røros
- Head of security
- Trail chief
- Head of time keeping
- Coordinator for the volunteers
- Head of checkpoints
- Head of secretariat
- Head of ceremonies
- Press officer / head of communications
- One representative from the Sporting Committee

The Race Committee is responsible for the technical implementation of the event, including the trails. It appoints the assistants and aides it may need in order to perform its tasks. The General Manager, or the person empowered, shall, on behalf of Femundløpet, communicate to the press/media about Femundløpet.

### **1.3 Race Management**

#### **1.3.1 Race Manager**

The Femund Race Manager is appointed by the organizer (Femundløpet). The Race Manager shall be a contact person between participants, Technical Delegates, race administration and members of the Race Committee. The Race Manager may on behalf of the Femundløpet give statements to the press/media about any accident or unfortunate event that happens during Femundløpet.

#### **1.3.2 Race Coordinators**

The Race Coordinators are appointed by the organizer (Femundløpet). The Race Coordinators shall assist the Race Manager and be a contact person between mushers, Technical Delegates, race administration and members of the Race Committee.

#### **1.3.3. Technical Delegates (TD)**

Technical Delegates are appointed by the Norwegian Sled dog Federation (NHF).

#### **1.3.4 Jury**

The jury is appointed according to the rules of the Norwegian Sled dog Federation (NHF).

#### **1.3.5 Chief veterinarian**

The chief veterinarian is appointed by the organizer (Femundløpet). The chief veterinarian is the leader of the veterinarian team. Only the chief veterinarian shall issue statements to the press/media concerning cases of dog death or animal welfare. A press release will be issued. It is important for the race that such issues are public. The chief veterinarian has the right to examine all the dogs at the checkpoints, start and finish line and can demand the examination of any dog that he/she considers in need of examination.

#### **1.3.6 Race veterinarians**

The race veterinarians have the right to examine all the dogs at the checkpoints, start and finish line and can demand the examination of any dog that he/she considers in need of examination according to Femundløpet rule §2.1 veterinary examination.

## **2.0 Dogs**

### **2.1 Veterinary examination**

All dogs participating in the Femund Race can be veterinary examined by a race veterinarian before, during and after the race. Teams that are not approved during the veterinary examination may be disqualified by the jury.

A dog that is not approved during the veterinary examination, and the participant does not remove it from the team voluntarily, must be disqualified by the jury.

There are mandatory veterinary checks at all mandatory resting places in addition to at the finish. The musher is personally responsible for it being done and confirmed in the veterinary manual.

Compulsory veterinary checks shall include, at a minimum, checks for general condition, respiratory and circulatory system, digestive system, fluid balance and holding (BCS).

Dogs that are to progress during compulsory veterinary checks should have normal temperature and fluid balance, normal appetite, normal respiratory and circulatory system findings, holding value (BCS) of at least three (3), and otherwise be healthy and harm-free.

Veterinary inspection of the team is also mandatory in the event of scratching the race at the

checkpoint at which the participant scratch.

In addition to the mandatory veterinary checks, regular veterinary checks can be performed at all FEL checkpoints where the participant stops. A team that runs straight through a checkpoint shall have at least ordinary veterinary control of FEL race veterinarians at the next checkpoint in the trail. However, FEL race veterinarians, TDs and Race manager, have the authority to require a dog or a team to investigate whether there is any doubt about the health of a dog or a team, or the ability to continue in the race. This applies regardless of whether the driver plans to stop at the checkpoint or not.

**Re-check:** Re-check is a new veterinary inspection of a single dog or a team where FEL race veterinarians find this necessary to safeguard the dog's / one's health in the best possible way. A check may be required to be completed at the checkpoint of the participant and / or at the next checkpoint of the participant. A completed check is to be signed by one of the FEL race veterinarians, and the Musher is responsible for getting and signing the check in the veterinary book. The participant who refuses to carry out veterinary checks, leaves the checkpoint or arrives at the destination without having completed, signed and approved mandatory veterinary checks and re-checks will be automatically disqualified.

There is compulsory veterinary inspection at the finish which must be approved before the participant is allowed to complete the race.

## **2.2 Mandatory kennel cough vaccination and PreRace veterinary examination prior to arriving at Røros**

All dogs who will participate or undergo a prerace vet-check with the object to participate in Femundløpet 2020, and following years, shall have a current kennel cough vaccination. The validation of the vaccine is according to the manufacturer's guidelines for the product and eventual medical guidelines of the country where the vaccine is administered.

Each participant is required to have the dogs participating, including the back-ups, checked by a veterinary prior to arriving at Røros.

## **2.3 Dogs that have been treated by veterinarian**

Participant who brings dogs that have been treated by a veterinarian/treatment is completed within 28 days prior to the start of the race shall:

- Show the dog for an examination by a race veterinarian.
- Bring documentation (medical history) from their treating vet. to race vet. in the FEL
- The documentation must include an assessment on the basis of the incident and the treatment given if it is well-being and health-justifying for the dog to start at FEL.
- If the treating veterinarian finds it unjustifiable that the dog starts in the Femund Race, it cannot start.
- A race veterinarian may, upon examination of the dog (s) before the start, review the treating veterinarian's approval if the race veterinarian finds it unreasonable for the dog (s) to start in the Femund Race.
- A dog that has been diagnosed and treated for pneumonia cannot start until no earlier than 3 months after the end of treatment. If the disease is closer than 6 months back in time, the dog must be approved for the start of FEL race veterinarians.
- The Femund Race follows NHF and IFSS's current doping regulations. Updated doping regulations can be found on NHF websites under anti-doping.

## **2.4 Marking of the dogs**

All dogs participating in the Femund Race shall be identified with a microchip. In addition, each dog must be marked with a FEL tag on the collar during the race. Tags are delivered upon registration before the race. It is recommended to put the tag on the dog's collar on the start day.

Before the race, the participant must submit to the organizer a completed form with the names and chips number of the dogs to participate in the race. The deadline for submission is set by the organizer.

## **2.5 Veterinary booklet**

A veterinary booklet is distributed to all participants at registration and is to be transported in the sled during the whole race. A "dropped dog" booklet is distributed to all mushers at registration and is to be transported in the handler vehicle/with the dropped dogs during the whole race. The veterinary booklet must be certified by a veterinarian at every mandatory checkpoint and the musher is himself responsible that this be done. Failing to do so can result in disqualification from the race. After the race, or in the event of "scratching", the veterinary and "dropped dog" booklets are to be handed back to the secretariat.

## **3.0 Participants**

### **3.1 Obligation to know the rules**

The musher is obliged to familiarize himself with and abide by the rules of Femundløpet and the Norwegian Sleddog Federation.

### **3.2 Participation at own risk**

Participation at the Femundløpet is entirely the mushers responsibility. The musher is the most able person to assess whether he and his dogs are able to complete the race under varying conditions, without risk to themselves or other participants, as well as judging if his/her equipment is up to standard.

The musher cannot hold the organizer, jury officials, race veterinarians, sponsors or other Femundløpet volunteers responsible, or claim for damages or injury, to himself, handlers, dogs, vehicles or equipment.

The musher is responsible for contracting a valid insurance/license for himself, the dogs and the equipment in Femundløpet.

Serious events concerning animal welfare f.eks. "deceased dog" will be made public. Mushers must be aware that a press release stating the name of the musher, name of the dog, place of occurrence, description of the incident and possible cause of death, if/when this is known, will be issued. The driver is obliged to give permission for disclosure in relation to the veterinarian's duty of confidentiality.

### **3.3 Mandatory musher meeting**

The musher meeting is mandatory for all participants and their handler. The driver has to take one (1) handler to the meeting. If the participant is not able to reach the meeting on time, and a valid reason allows for him/her to all the same participate in the race, he/she must send a representative in his/her place. In such a case the musher is responsible for ensuring that the necessary information provided during the meeting be brought to his/her knowledge.

Mushers and handlers are required to familiarize themselves with, understand and follow the directions, regulations and guidelines given during the musher meeting and any information distributed by the organizer.

Mushers and handlers are required to familiarize themselves with, understand and abide by the veterinary information provided at the musher meeting, which will be distributed by the chief veterinarian, trail veterinarians and the organizer.

### **3.4 Mushers who drop-out / scratch from the race**

A participant obliged/choosing to scratch from the race shall, as soon as possible, notify the race organisation. He is him/herself responsible for transportation of him/herself, the dogs, equipment and depots from the checkpoints.

He/she is also requested to hand back to the secretariat or checkpoint the veterinary booklet, "dropped-dog" booklet and any time keeping, GPS tracking or other equipment on loan from the race organization.

Any technical equipment provided by the race organisation that is not returned, will be charged to the participant.

### 3.5 Age

Participants must have fulfilled 18 years in order to start the F200, F450 and F650.

In order to participate at the Femund Junior, participants must be 15 years of age by 31 December of the year of the race and must be under 18 years of age at the start day.

Participants under 18 must have a written consent from their legal guardian for participation.

### 3.6 Search and rescue

Search and rescue operations will normally be initiated 24 hours after the last point of contact.

Unnecessary stops between the checkpoints should therefore be avoided.

In the event conditions require that a search and rescue action be initiated earlier, the decision to do so will be made by the race organisation together with the emergency services.

Only 24 hours after having left the last checkpoint the musher may use the emergency food for himself and the dogs. **This means that a musher must at all times ensure that he has the emergency ration of food for himself and his dogs for 24 hours upon leaving any checkpoint.**

### 3.7 Start number bibs/ Advertising

The Musher must carry the starting number during the start, at the checkpoints and during the finish. Starting numbers must be worn during the opening ceremony, and at the awards ceremony or other official events if the organizer so requires.

Handlers must wear handler bibs when helping their musher in the staging area, at the start and finish line and at the checkpoints.

The organizers can instruct the mushers to wear promotional materials on the clothes or on the sled.

## 4.0 Race rules

### 4.1 Number of dogs in the team

*Femund F650* is a 12-dog class race consisting of no more than 12 dogs and with at least 9 dogs at the start. At the finish line the team must consist of at least 6 dogs. Dogs in the sled are considered part of the team.

*Femund F450* is an 8-dog class consisting of no more than 8 dogs and with at least 6 dogs at the start. At the finish line the team must consist of at least 5 dogs. Dogs in the sled are considered part of the team.

*Femund F200* is an 8-dog class consisting of no more than 8 dogs and with at least 6 dogs at the start. At the finish line the team must consist of at least 5 dogs. Dogs in the sled are considered part of the team.

*Femund FJunior* is a 6-dog class race consisting of no more than 6 dogs at the start. At the finish line the team must consist of at least 4 dogs. Dogs in the sled are considered part of the team.

### 4.2 Qualification for rookies

Participants, who have never participated in the Femund race in the class they are registered for, have to qualify.

#### F650

To qualify for participation in this class the participant has:

- finished a sleddog race of at least 400 km.

#### F450

To qualify for participation in this class the participant has:

- fulfilled a dogsled race of at least 150 km and with at least one checkpoint.
- or have participated at a rookie course, practical and theoretical part, recognized by the Norwegian Sleddog Federation/Femundløpet.

## **F200**

There is no requirement for qualification in this class.

We recommend the participant to participate at a rookie course, practical and theoretical, recognized by the Norwegian Sleddog Federation/Femundløpet.

## **FJunior**

To qualify for participation in this class the participant has to:

- Participate at a rookie course, practical and theoretical part, recognized by the NHF/Femundløpet. The junior musher must in addition have an adult handler and a signed authorization from his/her legal guardian in order to be able to participate in the race.

A list of races approved for qualification will be posted on the website by the organiser.

### **4.3 Animal welfare and -health**

Femundløpet will be conducted with a special focus on the welfare and health of the dogs. FEL as organizer and FEL participant both have mutual responsibility for the dogs in the race.

Violation of the rules may cause the participant to be disqualified.

- The participant in the Femund Race is at all times responsible for taking care of, feeding and safeguarding the welfare and health of their dogs according to the needs of the dogs. Own and other participants' dogs should be treated with respect and kindness. Participants will run and dispose of their race based on their own team's condition, physical and health conditions and status, and consider how weather and trail condition affect the dogs during the race.
- Dogs that are injured or by other health and / or condition conditions are not suitable to continue in the race and must be transported in the sled and taken to the next checkpoint for evaluation by FEL veterinarians.  
Dogs that are considered by FEL veterinarians to be unable to participate should be removed from the race.  
Dogs that are leashed should be transported in the sled to the nearest checkpoint / destination.  
Dogs should not limp in to, nor out of checkpoint / into destination.
- Dogs that fall / collapse should never continue in the team, but must be brought in the sled to the next checkpoint and removed from the race.  
Dogs that are/have been overheated should never continue in the team, but should be brought in the sled to the next checkpoint and removed from the race.  
FEL race veterinarians will be available at all check points, providing the same service to all dogs participating in the race. The race veterinarians shall at all times, to the best of their ability, examine available medical and diagnostic equipment, available premises and field conditions and perform adequate treatment of all dogs participating in the race.

### **4.4 Treatment of dogs**

Any abuse or mistreatment of dogs, including unacceptable or unnecessary hard punishment, and excessive screaming and yelling at the dogs is prohibited.

Regardless of how and to what extent a musher receives help from others, including the vet, this does not excuse him/her from his/her personal responsibility to care for his/her dogs.

A dog that lies in the sled when the musher arrives at a checkpoint is not dropped from the race unless the musher so desires.

Dogs that are sick or hurt, or for any other reason are taken out of the team shall be transported in the sled to the next checkpoint.

Dogs that have been dropped from the team are disqualified from further participation in the race.



#### **4.4 Doping**

Doping is not permitted for either musher or dogs. The doping of the dog means the use of prohibited methods and/or drugs in accordance with IFSS's list, with the aim to increase the dog's physical or mental performance. For mushers the WADA list of prohibited methods/drugs applies. Doping will automatically result in disqualification.

#### **4.6 Securing dogs during races**

- There must be wire in the gangline, all wire must be padded.
- BGB hooks in line are not allowed
- All dogs in the team must be attached with the backline and the neckline. No neckline is required for the lead dogs.
- If a participant is running with a short harness, the backline of the harnesses must be securely secured against the dogs in the team not biting of the backline. When use of shorts it is not mandatory to use neckline. The backlines of the shorts shall be of padded wire. The length of the backlines should be a maximum of 40 cm when using short harness.
- Note: Participants with their dog team must have trained with shorts before the race starts.
- Participants who run with short belts should not be ashamed of other participants during the race.

Participants running with short harnesses must have an extra line set of necklines available in the companion car to be able to switch to if needed. Swap must be approved by TD.

#### **4.7 Dropping of dogs**

The dropping of dogs is only permitted at the checkpoints. The musher is responsible that the dropped dogs be taken care of in a responsible way. It is not permitted to add new dogs to the team after the start of the race.

Any dog removed from the team has to be checked by a race-veterinarian. The veterinary examination is to be marked in the "dropped dog" booklet. It is the responsibility of the musher/handler to ensure that any dogs removed from the team are checked by a veterinarian. The participant must note in the veterinary booklet any dogs that are dropped. If a mushers scratches / withdraws from the race, the whole team has to be examined by a race veterinarian.

#### **4.8 Start**

The start intervals shall be 1 minute unless otherwise decided by the organizer. The musher is obliged to follow the organizer's instructions to get from the staging area to the start. The musher may receive help to take the team to the start (handlers / organizer).

#### **4.9 Driving rules**

Musher and team shall follow the trail that Femundløpet has selected and marked. IFSS marking system is used. What the markers look like will be explained at the musher meeting.

If a team loses the trail it shall return to the point where it lost the trail and continue from there.

It is not permitted to follow snowploughed roads other than the stretches defined by the organizer. Information on this is provided in the trail description at the musher meeting.

The musher shall show extreme caution when crossing a road. Road crossings are marked with YELLOW warning signs.

A musher may require "trail" when his lead dog has come closer than fifteen (15) meters from the sled of the front-running team.

Teams being overtaken, shall move to the side and slowdown, or stop altogether.

A musher who has been overtaken, cannot claim free trail from the team that passed him until after at least five (5) minutes or one and a half (1.5) kilometres, unless the mushers agree on something different.

A musher who catches up with one or more teams that have stopped, can overtake all.

#### **4.10 Outside assistance**



Participants are not permitted to receive any kind of assistance or help from others than the organizer or those permitted by the organizer during the race.

#### **4.11 Time alignment**

Time alignment will take place at the first mandatory checkpoint. It is the mushers responsibility to ensure that the start time difference be aligned.

#### **4.12 Mandatory rests**

The resting periods have to be taken in full minutes. The musher shall personally check in and out of all checkpoints and is responsible that all mandatory rests be taken.

**Femund Junior and F200** has three mandatory resting periods. The first mandatory rest of 4 hours + time-alignment must be taken at the first checkpoint. The second mandatory rest of 6 hours must be taken at the second checkpoint. The third mandatory rest of 2 hours must be taken at Lillerøåsen wilderness checkpoint.

**Femund F450** has two mandatory resting periods. 6 hours + time alignment must, all of it, be taken at first, second or third checkpoint (optional). A second mandatory rest of 4 hours has to be taken at Tolga checkpoint.

**Femund F650** has two mandatory resting periods. The first mandatory rest of 6 hours + time alignment must, all of it, be taken at first, second or third checkpoint (optional). The second mandatory rest of 6 hours must all of it be taken at checkpoint Orkelbogen or Tolga(optional).

#### **4.13 Checkpoints**

##### **4.13.1 General checkpoint rules**

The checkpoints are to be considered as control posts in the competition. Participants shall check-in and check-out from the checkpoints before continuing the race.

Every team will be assigned a parking space for his/her team in a designated area in order to rest the team. The musher alone can access these areas, except in Tufsingdalen where the handler may visit the dogsled.

##### **Media/press information during Femundløpet**

The media/press should relate to the Femundløpets guidelines regarding contact/interview with the musher during the race. The following information will be provided to the media/press:

The participant will enter the checkpoint, park the team, collect the depots, take off dog booties, lay the dogs on straw and start the feed boiler. Only after this is the participant available for media / press upon request. Still, photography and filming can take place at a distance in this time without disturbing the participant.

##### **4.13.2 Care and Feeding of Dogs**

- All feeding and care of dogs shall happen outdoors and may only be carried out by the musher.
- The handler is not permitted to prepare food or boil-up water in advance and place this in the depot area.
- It is not permitted to use kitchen facilities at the checkpoints to prepare dog food or heat up salves and creams.
- At the Femund race special focus on animal welfare shall be held. Mushers are obliged at all times to provide optimum care for the dogs and keep good hydration and feeding routines. Mushers are required to keep a watchful eye on the dog's state and development during the race. Dogs that do not maintain good health, good physical state and attitude and that are injured shall be taken out of the race.
- Help from the trail veterinarian: Mushers may/shall accept help from the veterinarian for the examination of the dogs and assistance for treatment of dogs who need it.

##### **4.13.3 Dogs/checkpoint**

At the checkpoints, it is not allowed to bring dogs into a house, dog box or the like, except by any veterinary examination. Participants can still bring dog (s) into their own tent that is brought on the sled from the start.

- The race's TD and / or Race Manager, in collaboration with the race's veterinarian, must have the absolute authority over the dog teams participating in the Femund Race.
- Your decision to take a dog or dogs out of the race, or other dog-related / animal health decisions, should be final.
- All dogs will be looked at and / or examined, as far as possible, at all check points.
- The veterinarian of the race in collaboration with the Race Manager or TD can withhold dog team at any checkpoint if necessary, to maintain the health of the team.
- No dog team can leave a checkpoint until the dogs in that team are able to continue the race.
- The team / dogs must leave the dog rest site / checkpoint without any compulsion. It is forbidden to drag / eject the dogs from the dog rest site when the team leaves the checkpoint.

#### **4.13.4 Depot**

There will be depots at all checkpoints. Handlers shall place depot bags at the marked and allocated area. The bags must be clearly marked with the musher's name and start number.

In the storage bags, handler can put everything they want from changing clothes, changing footwear and cold food to participants and dogs.

**Hot/ready food for dogs, is strictly forbidden to put in a storage bag. Dry food for dogs should be dry.**

Tents, sleeping bags and other compulsory equipment cannot be put in the storage bag - participants must use the equipment they carry.

Batteries, dog booties and other consumables, or equipment that is damaged and needs to be replaced, can be put in the storage bag.

The participant carries everything that is taken from the depot to the dog rest site. The same applies to equipment and any waste from dog rest site to storage.

All food leftover should be removed from the rest site and placed in the storage / waste bin.

The handler shall have no other position with the depot than to place / retrieve equipment at the depot site at the checkpoint.

This equipment should be placed in the designated storage area in soft packaging (plastic bags or similar). Everything delivered to the musher in this way can be controlled by the TD / Race Manager / Official.

If hay is used by the participant between the checkpoints, it must be collected and brought back to the next checkpoint. The hay is packed in its own bag and can be brought from handlers' car to the storage area. Hay can only be used between checkpoints. Straw is not allowed to be used between checkpoints.

Everything that the musher wants to leave at the checkpoint must be brought to the depot by the musher and can be picked up by handler`s.

#### **4.13.5 Assistance at the checkpoints**

At checkpoints, participants are allowed to receive help with slowing down, holding and guiding their dog team when going in to or out from their allocated staging area from the checkpoint-staff. Such assistance may be received only between the marked point of entry/arrival and up to the marked point of exit/departure at the checkpoints. One (1) handler may stand guard behind the sled in Tufsingdalen ONLY

It is not allowed to receive any help from others to work at the checkpoint. This includes all work with the dogs during rest time at the staging area.

The musher is obliged to ensure that a handler will clean and remove the straw and any dog food waste after the team has left the checkpoint.

#### **4.14 Assistance between checkpoints**

No outside assistance or assistance from outside is allowed between checkpoints. Except for emergencies and sledging are beyond what can be repaired on site. The TD / race leader shall in such case be notified and approve such assistance.

#### **4.15 Expired Dog**

If a dog dies during the race on the trail between checkpoints, it is to be taken to the next checkpoint or the last checkpoint left. The dog is to be transported in the sled and to be covered-up. The musher shall without delay after checking-in notify the race organizer as represented by the Technical Delegate, Race Coordinator, Race Manager and/or Race Vet.

The musher can only continue after obtaining permission to do so by the head veterinarian, Race Manager, Race Coordinator and/or Technical Delegate. The musher can be disqualified from further participation at the race, should it be evident from investigations that the musher is guilty of abuse of the dog or if having in any other way caused the death of the dog. The finish area is also considered a checkpoint in this connection.

If an autopsy of the dog is required, the costs thereof shall not be levied on the musher as long as the death was not caused by abuse from the musher.

#### **4.16 No Man's Land**

No Man's Land starts at least 1 km before the finishing line and shall be clearly marked. The trail in this stretch shall be wide enough for dog teams to pass each other. Rules on passing do not apply on this stretch of trail.

#### **4.17 Reindeer**

The trails pass partly through reindeer grazing areas. The dogs must therefore be kept under strict control and never be let loose during the race. Participants that are observed with loose dog(s) will be disqualified. Participants will be held liable for any damage his/her dogs may cause.

When mushing through reindeer area, the musher shall be tied to his/her sled.

#### **4.18 Littering**

Littering along the trail may lead to disqualification.

#### **4.19 Deadline for finishing the race**

The Race Organization may introduce a time limit for the completion of the race and a deadline for passing through checkpoints.

In 2020 the participants must leave Tolga checkpoint at the latest by Tuesday 4th February at 23:59 (midnight).

Participants who leave the checkpoint after this deadline will automatically be disqualified from the race and may continue at their own risk. This time limit may be prolonged by the jury.

#### **4.20 Sled**

The mushers sled shall be able to transport the musher in case of emergency. Mushers may sit/ride on the sled during competition. The sled and sledbag shall be big enough for transporting at least one dog inside the sledbag in addition to all the mandatory equipment. This will be verified at the start.

The SC recommend the mushers to pack a dog bag, in case it is necessary to transport a dog in the sled.

##### **4.20.1 Sled switch**

It is possible to change the sled to empty sled once on F-junior and F200, once on F450 and twice on F650. Trailer installed during the race is not considered a sledge swap. Empty sled is replaced by empty sled.

##### **4.20.2 Sled repair**

If a sled is damaged beyond what can be repaired, then it is possible to replace the sled. Switching must be approved by TD / racemanager / checkpoint manager before switching.

#### **4.21 Reflex**

The sled must have reflective markings (minimum 10 cm) on both sides of the guide bar, which should be clearly visible in the dark.

There should be reflective markings on the collar of the lead dog (s) or on the neckline between the lead dogs. The musher must at all times also be well marked with reflex front and back of jacket.

#### **4.22 Runners**

Sledrunners can be sent in a storage bag or with handlers' car. Only participants are allowed to change the runner on their sled.

#### **4.23 Ski poles**

F-junior are prohibited from using skipoles during the whole race.

F450 and F650 may use ski poles after the re-start in checkpoint Tufsingdalen. Participants wishing to use ski poles must have them in the sled from the start.

#### **4.24 Reserve food for participant and dogs**

The participant must at all times bring food and equipment to cope for a minimum of 24 hours.

Drivers must bring food and feed from the checkpoint for the first 24 hours and that emergency feed cannot be used until after

about 24 hours after leaving the checkpoint.

#### **4.25 Participant`s safety for completion of the race**

The Femund race by the race leader and / or the jury may draw a participant for further completion of the race. This is to protect the interests and safety of the dogs, the participant, and / or the organizer. Withdrawal of the participant shall be justified on the safety and fitness of the dogs or the participant for further participation.

#### **4.26 Violations of the rules**

Committed by musher, handlers or other outsiders may result in disqualification of participants. If a participant or anyone from its acting team to the participant behaves improperly to FEL officials / volunteers, other participants, press or spectators, this will result in disqualification of the participant in question.

#### **4.27 Protest**

Any protest shall be delivered to the Technical Delegate / Jury within one hour of crossing the finish line. The protest shall be in written form. Protest fee is NOK 100, -

NB! In case of disputes / interpretation questions in relation to these regulations and regulations of NHF, NIF's laws and NHF's rules apply.

#### **4.28 Mandatory equipment (see comments SC)**

It is mandatory to have the equipment listed below, in the sled during the whole race. It is required that the equipment be functional when approved so that the participant is able to survive extreme situations regardless of the weather conditions. The equipment may be checked at the start, the checkpoints and at the finishing line.

- GPS with marked trail and up to date map (1:250.000)
- Magnet Compass
- Veterinary handbook (to be handed out at registration).
- Water boiler (se description) with a container sufficient to heat a minimum of 0,5 litres of water per dog, + 0,5 litres red spirit for F-Junior, F200 and F450 and 1 liter for F650.
- Dog bowls and ladle.
- Snow spade.
- Axe or large knife
- Blankets for all dogs
- Lined extreme wind bag. Minimum weight shall be at least 1200g.
- Sleeping bag for extreme conditions. The bag shall provide minimum sufficient shelter and heat down to –30 C.
- First aid kit.
- Cold weather winterwear with reflectors that are well visible in the dark from front and back.
- Extra set of clothes with under- and outerwear, gloves and hat, socks and winterboots. Note: this must be packed in a waterproof bag.
- Extra headlight and extra batteries.
- Light stick or signal flare (must be carried on the body).
- Matches packed in plastic or a similar watertight container (must be carried on the body).
- 8 booties per dog out from each checkpoint, including booties that are in use.
- Emergency supplies of dog food, 500g per dog in the team at the start. The emergency supplies shall be packed separately and sealed by the organizer. Broken seal may lead to disqualification. Remember the 24 hours rule from the previous checkpoint.
- Emergency food supplies for musher. Minimum weight 500g. To be used 24 hours after leaving previous checkpoint.
- Rope to attach to the sled in areas where you can meet reindeer.
- It must be wire in the gangline.

Mandatory equipment that is lost or broken may be supplied or replaced from the depot/handler. The equipment must then be presented to the Race Manager, Technical Delegate, Race Coordinator or Checkpoint Manager for approval of the replacement (to be noted by Technical Delegate).

Dog booties, headlight/batteries, fuel for water boiler are exempt from this rule and can if so, desired be replaced from the depot.

## **SU - Note 1 Comments from the Sporting Committee regarding mandatory equipment.**

Participants, and especially first-time participants, should read these carefully. It is important to be aware that the TD / Race Manager has full opportunity to approve or reject equipment.

**Snow Shovel:** This must be of good quality so that it can withstand hard and icy snow, and that it is suitable for digging down with.

**Ax or large knife:** Many people attach the "sami knife" to the sled. Still, have a knife attached to the body. A large knife or ax should have a minimum length of over 30 cm.

**First Aid Equipment:** Only one-man package does not hold. A minimum is a patch, sports tape, one-man package, gauze and painkillers (non-prescription). It is recommended that it is waterproof packed, for example in a plastic bag.

**Extra change of clothes:** The underwear should be of the long type. Outerwear that is recommended is windproof pants and jacket, good socks and footwear that keep warm.

**Operating kettle:** Being operative means that you have from all stations both matches and enough red liquor or liquor (at least 0.5 liter for junior / F200 and F450 and 1 liter for F650). Matches are recommended packed waterproof.

**Food bowls** and food spoon must be included in the sled from the start. There is no way to get this from the handler's car.

**Important:** It is recommended to pack extra clothing, sleeping bag and windbag in waterproof packaging.

### **OTHER:**

The primus has been removed from compulsory equipment. However, it is recommended to bring primus if you have a tent.

The boiler is an alternative to heat / boil water, (melt snow), but is a poor alternative to have in a tent.

Repair equipment: We recommend that you carry with the div. equipment to perform simple field repairs. These can be multi-tools, strips, thin strong rope, strong tape.

Have a nice trail!