

Regulations

La Diagonela 65 km, La Pachifica 30 km und La Cuorta 11 km

Technique

Classic; the entire track is prepared with one or two classic tracks. In descents, curves or in the case of a change of direction, there will be a rolled trail without classic tracks. The entire route follows style guidelines and FIS rules apply. It is forbidden to skate on the classic tracks or rolled trail, e.g. also to use glide phases during the burr step. Anyone who violates this will be disqualified.

Start

All competitors start from the same start area. The gross time applies from the starting shot. Participants are allocated to their starting blocks according to their own registration. The organization of these starting blocks takes place via start area entrances according to start number.

Race distance

Competitors must take part in the race they have registered for (65km, 30km or 11km), otherwise they will not appear in the ranking. The OC reserves the right to adjust the route and the length of the track at short notice in the event of unfavorable conditions.

Re-registrations

Any re-registrations must be made within 1 hour from the start. A handling fee of CHF 10 / € 10.00 will be charged for allotments after the starting bib has been allocated. This service charge becomes effective in case of a block change or race change.

Start place transfer

If you are prevented from participating in La Diagonela, La Pachifica or La Cuorta, you have the option of transferring your start to a substitute named by you as long as replacement numbers are available. A handling fee of CHF 10 / € 10.00 will be charged for starting places transfers after the starting bib has been allocated.

Starting block Elite

The Elite starting block is reserved for the professional athletes of the Visma Ski Classics. In addition, athletes who have a valid FIS code and have a corresponding qualification can qualify for the elite.

Climbs / descents

The whole route has to be raced on skis. It is prohibited, especially in ascents, to take off the skis. This instruction also applies to the ascent in the Stazerwald. Exempted from this rule is the Stazerwald descent, whereby only the specially marked footpath may be used.

Ski equipment - ski change

Skis and poles used must comply with FIS regulations. The change of ski on route is

prohibited. For skis or bindings, a maximum of one ski may be replaced.

Competitors in competition

Competitors have to cover the entire distance on their own. The help of pacemakers and pushing from helpers is not allowed (IWO Art. 340.1.1).

Start fields

The allocation to the starting field is made by own assessment of the participants. All participants will start from the same starting block at 9.30 am (except Ladies Elite at 9.20).

Age group

Boys/Girls	U14	2005-2006 (La Cuorta)
Boys/Girls	U 16	2003-2004 (La Cuorta)
Men / Women Youth	U 20	1999-2002
Men / Women	U 30	1989-1998
Men / Women Master 1+2	U 40	1979-1988
Men / Women Master 3+4	U 50	1969-1978
Men / Women Master 5+6	U 60	1959-1968
Men / Women Master 7+8	U 70	1949-1958
Men / Women Master 9-11	over 70	ab 1948

Distance and finish

The route is controlled by a final vehicle.

The finish will be at 17.30 (65km / 30km). Competitors who arrive at the finish after the official finish time are no longer classified. Their participation cannot be scored. Last passing times for 65km: St. Moritz 12.15, Pontresina cross country center 13.45
Last passing times for 65km / 30km: La Punt 15.30, Zuoz Cross Country Center 16.00.

Anyone who is overtaken by the broom wagon to Pontresina, may not continue the race and must give the timing chip the broom wagon.

There is an official bus in Pontresina and La Punt Chamues-ch. This brings the late participants to the finish, where they can receive their personal bags again. Competitors arriving at Pontresina cross-country center after 1.45 pm will be instructed there and transported to Zuoz.

The jury reserves the right to extend the Last Passing Times as well as the target finish in difficult conditions.

Disqualification

Everyone who carries out the following will be disqualified and allocated a two-year starting ban:

- participation with a different starting bib than the one assigned
- participation under a wrong name
- giving the starting bib to another person
- causing a false start
- skating in classic or rolled tracks
- behaving unacceptably towards participants, officials or spectators
- covering part of the race without skiing (Exception: Stazerwald-descent on foot)

on marked way)

Protests

Protests must be submitted in writing to the jury. There is a deposit fee of CHF 100.-. For elites, the protest period for the men lasts up to 15 minutes after the finish of the 100th man participant, for the elite women up to 15 minutes after the finish of the 20th women's participant. For all other participants, the protest period ends 15 minutes after the finish.

Doping controls

Doping controls may be conducted in accordance with anti-doping Switzerland regulations and must be completed by the participants. In the event of a refusal of control, this will be equated with a positive doping test and referred to the Disciplinary Body. Any prize money will not be paid in this case.

Prize money

La Diagonela for women and men each

1. position	CHF 6'625.00
2. position	CHF 2'750.00
3. position	CHF 1'500.00
4. position	CHF 875.00
5. position	CHF 750.00
6. position	CHF 625.00
Sprint Samedan/St. Moritz	CHF 187.50

Deregistration

Completion of a cancellation insurance when registering online:

In the case of a cancellation, the entry fee paid will be credited for the following year with the submission of a medical certificate. Cancellation is only possible with a medical certificate.

In case of non-completion of the cancellation insurance:

In the case of a de-registration, half of the paid starting fee is credited for the following year with the submission of a medical certificate.

Insurance / Liability

Each participant must be in possession of an accident insurance and is fully responsible for his / her state of health. The organizer assumes no liability for accidents, lost items, theft and other damages of any kind. Also, the organizer disclaims all liability towards spectators and third parties.

Cancellation of the competition

If the competition cannot be held for any reason, half of the starting fee paid will be credited for the following year.

Timekeeping Chip

The timekeeping chip is attached to the inside of the starting bib and must be worn on the front. Chips must be returned after the finish at the place marked accordingly. Unreturned chips will be charged CHF 80.- / € 80.-. If you do not start or give up mid

event, you can send the chip back to the La Diagonela office (Quadratscha 18, 7503 Samedan) by 1 February 2019 at no cost.

Family rating

Distance: La Cuorta, 11km or La Pachifica Intermediate time Zuoz to Zuoz, 11km

Composition: at least 1 child and 1 adult (parents, grandparents)

Rating: best child and best adult of the team

Data protection

The organizer reserves the right to use the specified personal data for marketing purposes as well as to publish pictures taken at the event, unless objection is submitted in writing.

Important information

Transport to the start

Public Transport: If possible, take the Rhaetian Railway or otherwise take the Engadin Bus to Zuoz. Various trains and buses run from the early morning until shortly before the start from all directions to Zuoz.

Parking, Car, Taxi: For general traffic, marked parking spaces are available in Zuoz. Parking instructions are given by traffic wardens on site. Parking is limited, therefore the OC asks all participants to travel to and from Zuoz by public transport if possible. It is forbidden to park or stop along the road in the starting area and in the village center.

Coaches: Private coaches with more than 16 persons are admitted to the starting area of Zuoz. You must leave the premises immediately after unloading the guests. There are no parking spaces available.

Trail grooming

Participants are requested to refrain from using the newly groomed trails on the afternoon of Friday, 18 January 2019, from 16.00 clock at the latest.

Information in doubtful conditions

Competitors will receive information about the event on our website www.ladiagonela.ch, by Thursday evening at the latest.

Medical Service / Medical Emergency Center 144

The medical service, with its 7 spots along the track, is free of charge for all participants. The recommendations of the doctors must be followed. Alarms due to a medical emergency exclusively via medical emergency center 144.

Found objects / substitute material

On the day of the competition, all found objects as well as loaned equipment must be handed in at the information point at the finish line in Zuoz by 5.30 pm. From Monday, January 21 2019, all found objects - except skis and poles - as well as the bags not collected at the finish will be located at the office of La Diagonela. Defective skis and poles can also be picked up at the cross-country center in Zuoz from Monday, January

21st. All items must be collected by 1 February 2019, after which they will be disposed of.

Services

TOKO Waxtipp, track and weather report: You will find the daily wax tip as well as the trail and weather report from Friday, January 18 2019 on our website as well as www.toko.ch.

Repair and Wax Service: The repair and wax service is available free of charge to all racers on the track. At the start there is a "Last Minute Wax Service" from Toko (polishing cold waxes for sliding surfaces, applying Grip or Klisterwaxen mechanically for classic skis) for a fee of CHF 10.-. Lent and spare material must be returned to the finish in Zuoz. The first replacement pole post is located about 1 km after the start near Madulain.