

Race rules

XV. EMU 6-Day Race

GOMU 6-Day World Championship

valid: from 11.11.2019., as amended 6.12.2024 and 09.22.2025 until withdrawn

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1. Foreword

The race rules are phrased to provide ideal and safe conditions for the athletes, the crew people and also the organizers to their activities, considering reasonableness, fair play and the experiences of the previous EMU races. Although we think most of the rules are evident, we still want to collect them in a unified document to have a reference point in case of future disputes.

2. General rules

All participants automatically accept the general rules, the fire & electric hazard orders of Füred Camping, the guidelines of this document and also the unwritten social rules of such races:

[Regulations in BALATONTOURIST Campsites](#)

2.1 Individual race

The goal of the EMU 6 Day Ultramarathon is to cover as many laps as you can on the set track, within 144 hours. Who runs the most distance within the given time period wins the race. The last partial lap is also taken into account. Male and female athletes are ranked separately, without differentiating among age groups.

Lap counting is based on an automated chip system, while the last partial lap is measured with a certified measuring device by an authorized race referee & course measurer accredited by the Hungarian Athletic Association and the International Association Of Ultrarunning.

2.2 Race of Nations

Countries represented by at least 2 athletes by gender automatically participate in the Race Of Nations. The final order of Race of Nations is created by the summarized performances of the 2 most successful individual athletes by gender of the participating countries. For this summary, individual athletes of the countries are ranked by their performances.

2.3 Application

Everyone can enter the race who is over 21 and is in the physical condition required for such a competition. Our intention is to obtain an IAU label for the competition. Hungarian competitors are recommended to be registered athletes with MASZ, in case National Championship registration is an eligibility criteria for National Championship participation. The proper physical condition is to be proven by a signed and stamped medical certificate uploaded at online registration. Without a valid medical certificate no one can take part in the race. If somebody's physical condition is dubious, he or she is examined by the race physician and should accept the decision of this examination.

One can enter the race by submitting the entry form on the web site and getting a notification through the given email address (after an automatic feedback one will get a second,

confirmation email). Registration is valid only when the email confirmation about the participation arrives and the entrant pays for the respective entry fee by the indicated deadline and provides & uploads a medical certification (see section 3.11) . The application becomes valid and final when the organizers officially accept it and the entrant pays the respective entry fee by the indicated deadline. The entry fee is payable by money transfer with the given conditions and deadlines.

The indicated deadlines represent the date of the payment and not the submission of the entry form.

Please do not forget to indicate the applicant's name in the Comment field of the bank transfer. We take no responsibility for the inconveniences caused by unknown money transfers!

When you fill out your registration on the website you will get a confirmation email about your application which doesn't mean that you are registered for the race. We will assign another email when it is confirmed that you can participate in our World Trophy.

As the length of our track and the number of accommodations unfortunately limits the number of participants, we will define a maximum number of participants and supporters if needed. Organizers reserves the right to keep some places for so called "Elite runners" which is defined based on the following all time results:

- 6 Days: 800km + for male, 700km+ for female
- 48 hours: 400km + for male, 350km+ for female
- 24 hours: 270km + for male, 240km+ for female
- Current age group world record/WABP holders
- Backyard: 100+ for male, 60+ for female

Athletes who undermine the homely and friendly atmosphere of the race with their behavior, do not behave as it could be expected towards other athletes or the race organizers, deliberately breach the safety rules or the requests of the race organizers, continuously put themselves before others, making the organizers work harder, can be banned from the current and also from any other EMU race, depending on the severity of their misdemeanor.

3. The race

The organizer reserves the right to organize other, shorter weekend races - such as 24-hour or 48-hour - within this week. In case of organization, we will inform the interested parties about the details on our media platforms.

3.1 Registration and technical meeting

The first official program of the race is the registration on day 0. Participants organize their trip to the venue for themselves.

Before the race a technical meeting is held where all athletes should be present. Verbal information and notes of the technical meeting along with the rules of this document are to be observed during the whole race.

3.2 Accommodation

Participants are accommodated in 4 person bungalows equipped with a kitchen and bathroom situated in the vicinity of the track (only a couple of meters from that). During the race participants are allowed to stay in their designated places. For safety reasons, no other forms of accommodation (motorhomes, tents etc.) are allowed.

Bungalow places are assigned to the participants by the organizers. Upon creating the assignments, race organizers try to take personal requests and preferences into consideration, but participants should accept the final accommodation plan. Only the official participants (i.e. athletes and their official crew persons) are allowed to stay in the bungalows. For the sake of the peace and silence of other participants, no guests are allowed to be in the bungalows.

Participants can park their cars and motorhomes in the designated parking lot or near their bungalows. In the latter case they will not be able to drive away until the end of the race. Athletes should always inform the race organizers before they leave the venue for any reasons, shorter or longer period of time.

The entry package contains accommodation days according to the following. The accommodation can be taken over the day before the race around 12:00 (you can enter the campsite earlier, but the bungalows can be guaranteed to get no earlier than 12:00. The accommodation must be left on the day after the last day of the race approx. 12:00.

Usually there is an opportunity to be accommodated earlier than the day before or later than the day after thereby informing the organizers in time in order to avoid conflict with other bookings. For the cost of those nights out of the package the participants are obliged to pay at the reception of the Camp.

3.3 Meals

First meal is served on day 0 evening, last meal is served on day 6 evening. Race organizers provide four warm meals a day and also a 0-24 h service table with wide varieties of specialized food. Warm meals are prepared by a restaurant nearby in accordance with the relevant hygienic rules (HACCP). The service table is filled with commercially available and permitted foodstuff and is run in a buffet table system. On the entry form participants indicate their preferred meals (with meat/vegetarian/vegan/lactose and gluten free diet) and this choice cannot be modified during the race. Warm meals are delivered by the organizers to the houses of the participants and crew members, breakfast will be served at the service table. Evening soup will be served for runners at the service table. Each participant is entitled to have one portion of meal at a time, but at the end of the serving leftover is always handed out.

The serving of crew persons is totally separated from the serving of athletes. The service table is for the athletes only. Crew persons are not allowed to consume from the service table. This includes all food and drinks.

3.4 On the track

The race track is highlighted clearly and unmistakably. Any shortcuts are strictly prohibited. Just like in any other athletic races please "keep left" or "leave the ideal track free". Crewing the athletes is only allowed in the so -called service zone (is defined under point 3.7). Athletes are not allowed to accept any help (e.g. from spectators) beyond the service zone.

Following ways of help are in conformity with the rules:

- help from the race organizers and the race referee that does not represent unfair advantage for the athlete,
- service at the service table from the race organizers, allowed by the race referee,
- giving the necessary aid for injured athletes,
- fair play help from other participants as long as it does not mean unallowed advantage to the athlete and does not make the helping person unable to continue their own race,
- any allowed help from the race referee on the whole track.

Athletes should always wear their race numbers and chips handed out at the technical meeting or at the registration.

On the race course, a women's category and a men's category race will take place simultaneously. Please follow the IAU and GOMU directions in this matter.

We kindly ask everybody to use the toilets of the bungalows and the common sanitary building which is kept for the runners. Please do not urinate and shit near the track, otherwise you will be warned and at the second time you can even be disqualified.

Listening to music on the track is only allowed by headphones. The use of mobile phones is allowed only for listening to music.

For race organizers the friendly atmosphere of the race is of paramount importance. Therefore we ask all participants to race and behave according to the unwritten rules of fairplay. If

someone deliberately and repeatedly tries to undermine the spirit of the race or does not behave as it could be expected with other athletes or the race organizers, they take the risk of their participation next year.

3.5 Dress

Runners are required to wear outerwear for the duration of the race. For men, a lightweight running jersey that reaches approximately to the midline of the abdomen is permitted. Therefore it is not permitted to race with a bare upper body. Women are allowed to wear sports bras.

Shoe usage on the race is governed by the WA regulations.

3.6 Timekeeping

The performance of the athletes is measured by timing chip. Athletes should wear the chip - handed out at the technical meeting or at the registration- on their ankles. Passing through the start/finish gate the chip timing system gives audible notification. The timekeeping system is weatherproof and failsafe thanks to the sensor mats placed at least on the two farthest points of the track. A lap is considered to be finished if the chip is sensed by both sensor mats. Every other lap is considered to be erroneous and deduced from the final result.

We cannot compensate for laps covered without a chip. We kindly ask you to give the chips back at the end of the race!

There is no minimum distance which needs to be fulfilled by the runner.

Measuring of split laps: in accordance with the decision of the jury, in principle only the last, so-called split lap of the 6-day event will be officially measured.

3.7 Crew persons

Besides the race organizers only the officially entered crew persons are allowed to give help to the athletes. Accepting help from outsiders, visitors or spectators is forbidden. Athletes and crew persons can meet in the area of the service zone. The service zone: around the competitor's houses and the main refreshment tent, more exact information is given before the race-start on the Technical Meeting if needed. Beyond the last house the crew person is not allowed to follow the athlete. Furthermore, crew persons are not allowed to hinder other athletes.

Non full time crew members also have to be registered for the event. For the registered time frame (1-5 days) they have the same rights than a full time crew person has. The cost of it per day is shown in the uploaded enter fee spreadsheet.

In case of a big number of participants the accommodation in the same house with the runners is guaranteed only for one crew person per participant.

3.8 Spectators and visitors

All spectators and visitors are welcome to the race. For the security of the event and good atmosphere **spectators** are obliged to register on spot - in line with the entry rules of the campsite. They can stay in the dedicated fan zone near the vicinity of the course. Spectators are not permitted to enter the track including the service zone and not allowed to help the athletes in any way. **Visitors** are obliged to register in advance and check-in with the organizers upon arrival in order to receive an entry card displaying their name and detailed instructions about rules to follow in the race area. Visitors are not allowed to help the athletes in any way- except they have permission from the race organizers.

Within the fenced area of the race only the athletes, their official helpers and checked-in visitors (with the race ID card received from the organizers) are allowed.

Athletes who accept help from spectators or visitors are warned at first and can even be banned next time. Spectators or visitors not following the rules or behaving inappropriately can be ordered by the organizers to leave the camp. Furthermore the organizers can ban the spectators or visitors from entering the area in case of any bad experience during our races earlier.

With the special permission of the organisers and with registration, visitors to the race area are allowed to enter the race area only for a limited number of runners and for a limited time during daylight hours.

Crew persons, spectators and visitors are kindly requested not to disturb the runners with noisy activities during the race at night.

All spectators without an entry card and whose behavior is unacceptable can be banned from the race. Also the ones with the same attitude from the past years can be banned from the area of the race.

3.9 Organizers

Race organizers are humans, too, who can become tired, impatient and touchy by the 6th day. We show maximum respect to the athletes and expect the same manner towards our colleagues. If you happen to have a personal problem with any of them, please turn to the main organizers immediately. We would like to know any of your problems; do not let the minor problems evolve to serious quarrels at the end of the race.

We are here to provide you with ideal conditions for your run. Your success is our success.

3.10 Media

The presence of a media person in the event area is possible only with filling out and signing an acceptance statement issued by the Camp and the Organisers. As a condition of the entry the media personnel have to make a request to the Camp for the entry by giving the aim and time of the visit. The presence of the media personnel is possible only after the approval of this request.

3.11 Sanitary services

Upon submitting the application form, entrants must notify the organizers about their known illnesses, disabilities, and food medicine and chemical substance allergies.

A valid medical certificate is an absolute necessity for participation. No one can participate in the race without a valid medical certificate. A sample certificate is available on the website, alternatively a medical certificate for a competitor's licence issued by a local WA affiliate will be accepted.

Our experienced sports physician gives 0-24 medical supervision during the whole race. Based On his professional diagnosis race organizers can prohibit any athlete from continuing the race. Participants accept the race physician's decisions which will not be entertained.

Athletes with known allergies, diabetes or regular medications are kindly asked to inform the race organizers and/or the race physician about their conditions!

During the race masseurs take care of the athletes in 0-24 service. Due to the large number of participants we kindly ask you to be aligned with the masseurs before the massage.

3.12 Doping and other forbidden substances

Our sports club follows the IAAF antidoping directives and therefore no illegal performance enhancing substances are allowed in the race. We are in connection with the Hungarian office of the World Anti Doping Agency who can carry out the doping tests required for the scrutinization of world records. To make this complicated process as smooth as possible, we ask you to notify us well before the race if you are seriously considering such a world record attempt. (or if for example to national records ratification is obligatory the doping test...)

The following substances are strictly prohibited: any illegal performance enhancing substances indicated on the WADA Prohibited List including alcoholic drinks and any sort of drugs. Drugs and irresponsible alcohol consumption is strictly prohibited for all of the participants, including the race organizers.

3.13 About doping tests

By some National or Ultrarunner associations official doping control is mandatory when national Ultrarunner records or Ultrarunner World records need to be authenticated.

In such cases EMU as an official organizer- according to the **written** initiative of the runner who achieved the record (or National Ultrarunner associations, Association for Athletics or IAU) - may officially order doping test from an official hungarian authorization (name is: Magyar Antidopping Csoport Kft. -MACS and also Nemzeti Doppingellenes Szervezet -HUNADO). All of these organizations (MACS -HUNADO) according to the WADA's specialized auditor review are authorized for doping tests. Doping test analysis is done based on their contractual agreement with WADA in an accredited laboratory in Siebersdorf, Austria.

EMU does not take any responsibility for the costs regarding doping tests. An exception is when EMU race is awarded IAU Golden Label, when EMU automatically arranges the necessary number of doping tests prescribed by IAU. In such cases, EMU still maintains the right to allocate the spots according to various professional considerations.. In parallel with ordering the requested doping test a written confirmation is required by the runner who achieved the record (or National Ultrarunner or Athletics Associations, in case of world record) that they will guarantee the payment by themselves. Beside these competitors or responsible National Ultrarunner or Athletics Associations can also order doping tests on their own.

[https://iau-ultramarathon.org/2022%20IAU%20WORLD%20RECORDS%20GUIDELINES%20V.3%20\(AUG%202022\).pdf](https://iau-ultramarathon.org/2022%20IAU%20WORLD%20RECORDS%20GUIDELINES%20V.3%20(AUG%202022).pdf)

3.14 Awarding ceremony, traveling home

The awarding ceremony will be held on day 6 of the race, in a previously announced place and time. This is the last official program of the race. On day 6 we invite all participants to an informal dinner.

We kindly ask you to leave the bungalows by 12:00 the next day.

Without further agreements (e.g. airport transfer for extra fee), participants organize their return journey for themselves.

4. Emergency plan in case of rainstorms

Weather conditions are never fully predictable. Race organizers are constantly following the national and regional weather forecasts and will notify the participants about every extraordinary event so they can prepare for the possible intermittency of the race.

In case of storms race organizers can temporarily restrict the services, e.g. disassemble the tents, carry the result displays and other electronic systems in a safe place etc.

In case of serious storms with lightning the race referee is obliged to suspend the race by the end of the lightning, in accordance with the applicable international race guidelines. If the race organizers asked, all participants should immediately go to their bungalows and wait there by the end of the storm. The time period of the suspension will not be compensated in any way and the race will not be lengthened for such reasons.

In case of extreme and unforeseen weather conditions the race referee together with the Hungarian Disaster Management Body can even stop the race. Hungarian and international law considers such unpredictable events as *Vis Maior*, therefore participants cannot claim any compensation towards the race organizers.

Since race organizers are legally responsible for the health and security of the participants, their decisions should always be accepted. Acting against the decisions of the race committee can result in immediate and permanent ban from the race!

5. Environmental protection

Race organizers strive to keep the environmental impact of the race as small as possible. We hereby ask all participants to share this aim and behave accordingly during the race.

We kindly ask all participants to:

- avoid littering and put the garbage in the designated collection points only,
- use plastic cups, plates and cutleries if it is really needed (plates are only given out during the warm meals),
- save the energy and the running water,
- take public transportation for their journey to Balatonfüred, if possible,
- share their cars with others, if possible (race organizers give any help to coordinate such cooperation),
- leave the bungalow the way they found it.

The protection of the environment and the ordered surroundings is our common interest!

6. Refunds in case of race cancelation

EMU does not take the responsibility for money refund in case of cancellation of any reason (included Covid-restrictions, geopolitical cases or lack of interest, etc). Organizers can also have the right to make a decision to refund the money but it is not mandatory.

7. Personal data management

The privacy policy documentation in the topic can be found on our webpage via the link below:

<https://www.emusport.hu/privacy>

The pictures and videos taken during the competition are the property of EMU and may be freely used by the EMU association.

8. In case of queries and problems

If you experience any problems, please feel free to turn to the race organizers. Do not let the problem escalate; let us know if you are having any inconvenience or hardship. Believe us, we will do our best to solve the situation.

Should you have any queries regarding the above rules, or if you, for any reasons, have to deviate from them, please consult the situation with the race organizers **BEFOREHAND**.

If someone breaks these rules, the race committee examines the case and takes the necessary steps that can range from oral warning, yellow card to immediate ban from the race. Decisions of the race committee are binding on all participants and will not be entertained.

In the really improbable case when the dispute between the participant and race organizers can only be sorted out in a legal way, participants and race organizers declare Veszprém County Court as the privy court.

9. Other references

Any issues not specified in the rule book, shall be governed by:

GOMU rules:

<https://www.gomu.org/gomu-rules>

IAU rules:

<https://iau-ultramarathon.org/downloads.html>