

les 2 alpes
3600

MOUNTAIN OF HELL^{26^E}

RULES

(subject to change)

SUMMARY

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Preamble

The discipline of MARATHON DOWNHILL MOUNTAIN BIKING (DHM) is governed by the International Cycling Union and the French Cycling Federation in Title IV, Chapter 4.3.001.

In cases not covered by these regulations, reference should be made to the general regulations of the International Cycling Union and the French Cycling Federation.

ARTICLE 1 – DEFINITION

On June 19, 20, and 21, 2026, Les 2 Alpes Tourisme is organizing the "MOUNTAIN OF HELL" with the support of the municipality of Les Deux Alpes and the company SATA 2 Alpes. This event will be held in accordance with the sports code of the French Cycling Federation and these regulations.

The Mountain of Hell is a Downhill Marathon mountain bike race. Each participant must demonstrate sufficient technical skill to take part in this competition, including riding on snow, freeriding, and descending the black trails of the 2 Alpes Bike Park. Downhill Marathon events are competitions with mass starts (Mass-Start MTB) on downhill courses featuring a variety of obstacles and jumps, which favor strength, endurance, skill, improvisation, and daring, making use of the technology specific to versatile mountain bikes (MTBs). The race committee and the panel of referees reserve the right to modify these rules at any time to ensure the safety of participants. All competitors taking part in this competition are expected to be familiar with these rules and agree to comply with all of their provisions without reservation. The panel of referees shall be the sole authority responsible for enforcing these rules.

ARTICLE 2 – PARTICIPATION AND SPECIFIC DETAILS

2.1 Specific features of the Mountain of Hell (muscle-powered mountain bikes only)

The Mountain of Hell (or MOH) is for muscle-powered mountain bikes only. It will take place on June 20 and 21, 2026.

The MOH is open to all competitors aged 15 or over in the current year who are licensed by the FFC or by a federation affiliated to the UCI and who can provide a medical certificate stating that there are no contraindications to their participation in competitive cycling.

The competition is also open to unlicensed competitors who have submitted a medical certificate less than one year old (at the date of the event) certifying that they are fit to participate in competitive mountain biking.

During the Final, participants will have two options for accessing the Venosc sector:

- The red trail in Venosc (open to all riders)
- The Black Garden elite black trail (accessible only for 15 minutes after the first rider has passed the trail entrance)

The competition is limited to 1,200 entrants.

2.2 Specific features of the E-Mountain Of Hell (e-MTB only)

The E-Mountain of Hell (or E-MOH) is an adapted version of the Mountain of Hell dedicated solely to electric mountain bikes. It will take place on June 19 and 20, 2026.

Competitors participating in the E-Mountain Of Hell on electric mountain bikes are subject to the same rules and regulations as competitors in the Mountain Of Hell on muscle-powered mountain bikes.

With the exception of the specific rules below, which apply only to electric mountain bikes:

- A time barrier will be in place during the Final, at 10:30 a.m. at the entrance to the Venosc track.
- Use of the red Venosc track is mandatory; the Black Garden track is strictly prohibited for this category.

Only bikes that meet the following criteria are allowed:

- Maximum battery power: batteries with a power rating greater than 750 W are strictly prohibited.
- Assistance speed: electric mountain bikes must be limited to a maximum assisted speed of 25 km/h.
- Assistance mode: electric assistance must stop immediately as soon as the participant stops pedaling.

In the absence of specific information from E-MOH, these rules shall apply.

The competition is limited to 500 participants.

2.3 Specific features of Mountain Of Hell Kids

Mountain of Hell Kids (or MOH Kids) is an adapted version of Mountain Of Hell for children aged 9 to 14. It will take place on June 20, 2026. All the specific details of this race (program, registration procedures, race format, ranking, and equipment) can be found in **Appendix 1 of these rules.** *In the absence of specific information about the MOH Kids, these rules shall apply.*

The competition is limited to 200 participants.

ARTICLE 3 – PROVISIONAL PROGRAM

3.1 Mountain of Hell Program (muscle-powered mountain bikes only)

| | | |
|--------------------------------|----------------------------------|---|
| Thursday, June 18, 2026 | 8 a.m. to 7 p.m. | Number plate collection – Palais des Sports |
| Friday, June 19, 2026 | 8 a.m.–12 am. / 4 p.m.–8 p.m. | Pick up your plates – Sports arena |
| | 9 a.m.–5 p.m. | Free reconnaissance & discovery of the Bike Park |
| Saturday, June 20, 2026 | 8:30 a.m.-9 a.m. | Pick up race numbers – Sports Center |
| | 10 | Boarding the Jandri 3S gondola lift |

| | | |
|------------------------------|----------------------|--|
| | 11:00 a.m.–3:00 p.m. | Qualifying run – Departures every 20 minutes from 2600m |
| | 6:30 | Mandatory removal of lines and briefing for racers - Place des 2 Alpes (or Palais des Sports in case of bad weather) |
| Sunday, June 21, 2026 | 5 a.m. to 8 a.m. | Boarding at the Jandri 3S gondola lift |
| | 9 | Start of the final |
| | 12 p.m | Lunch - Palais des Sports |
| | 1:30 | Awards ceremony - Palais des Sports |

Program subject to change

3.2 E-Mountain Of Hell program (e-MTBs only)

| | | |
|--------------------------------|------------------|--|
| Thursday, June 18, 2026 | 8 a.m. to 7 p.m. | Number plate collection – Palais des Sports |
| | 9 a.m.–5 p.m. | Special eBike reconnaissance & discovery of the Bike Park |
| Friday, June 19, 2026 | 8:00 | Boarding the Jandri 3S gondola lift |
| | 9–10 a.m | Qualifying run – Start at 2600m |
| | 4 p.m. – 9 pm | Withdrawal of mandatory lines – Palais des Sports |
| Saturday, June 20, 2026 | 6 a.m. to 8 a.m. | Boarding at the Jandri 3S gondola lift |
| | 8:30 | Briefing at departure |
| | 8:45 | Departure from the final |
| | 6:30 p.m | eMOH awards ceremony - Place des 2 Alpes (or Palais des Sports in case of bad weather) |
| Sunday, June 21, 2026 | 12 p.m | Lunch - Palais des Sports |

Program subject to change

ARTICLE 4 – REGISTRATION PROCEDURES

4.1 Registration

Registration is only possible online at <https://in.yaka-inscription.com/mountain-of-hell-2026> **No on-site registration will be possible.**

For license holders, the registration fee is (3-day mountain bike pass included, excluding insurance, license, and excluding management fees):

- €100 from the opening of registrations on January 4, 2026
- €110 from January 5, 2026, to April 5, 2026
- €120 from April 6, 2026, to May 31, 2026
- €135 from June 1, 2026, until registration closes on June 16, 2026, at 11:59 p.m.

For non-license holders, registration fees are as follows (3-day mountain biking package, insurance included, and excluding management fees):

- €115 from the opening of registration until January 4, 2026

- €125 from January 5, 2026, to April 5, 2026
- €135 from April 6, 2026, to May 31, 2026
- €150 from June 1, 2026 until registration closes on June 16, 2026 at 11:59 p.m.

The 3-day mountain bike passes included in the registration fees are valid on June 18, 19, and 20, 2026, for the E-MOH, and on June 19, 20, and 21, 2026, for the MOH.

These registration fees are non-refundable. Cancellation/refund insurance is available at a flat rate of €10 per registration (see 4.4). Administrative fees are non-refundable. Online registration will close on June 16, 2026, at 11:59 p.m.

Each registration is personal and non-transferable.

Please refer to the following table when registering online (correspondence between year of birth and categories for the year 2026):

| Category | FFC category name | Age | Year of birth |
|------------|-------------------|-------------|------------------|
| Women | Women | 15 and over | 2011 and younger |
| Boys | Cadets | 15/16 | 2011 to 2010 |
| Juniors | Juniors | 17 | 2009 to 2008 |
| Men | Men | 19 | 2007 to 1997 |
| MAST30 | Masters 30 | 30 | 1996 to 1987 |
| MAST40 | Masters 40 | 40/49 | 1986 to 1977 |
| MAST50 | Masters 50 | 50/59 | 1976 to 1967 |
| MAST60 | Masters 60 | 60 and over | 1966 and under |
| E BIKE Dam | Women's E-MTB | 15 and over | 2011 and under |
| E BIKE Men | Men's E-MTB | 15 and over | 2011 and - |

4.2 Collection of race numbers

Number plates can be collected on site at the Palais des Sports in Les 2 Alpes on the dates and at the times specified in the program for each race.

Licensed participants must present their FFC or UCI license cards for the current year.

Non-licensed participants must present a medical certificate stating that there are no contraindications to practicing the sport or discipline in question in competition, dated less than one year ago.

4.3 Insurance

By registering for the competition, each rider certifies that they have civil liability insurance covering their own liability towards third parties. This insurance is mandatory.

4.4 Cancellation/refund insurance

Fees will be refunded (excluding transaction fees, bank transfer fees, and administrative fees) if the candidate has taken out €10 cancellation insurance at the same time as registering for the event, subject to acceptance of their application and provision of the required supporting documents. Any request for cancellation for any reason must be made by mail or email before June 16, 2026, at 11:59 p.m. After this date, no refund requests will be considered. No refunds will be made without cancellation insurance.

4.5 Assignment of race numbers

Race numbers will be allocated by the Race Director based on the competitors' results. Competitors will be systematically placed on the first line(s) and assigned in proportion to their number in all "placement rounds - qualification rounds."

ARTICLE 5 – FORMAT OF THE EVENT

5.1 Course reconnaissance

The events will take place at the Les 2 Alpes Bike Park, but also on trails outside the Bike Park. Participants will be able to check out the course by bike and on foot before the competition starts. This course inspection is scheduled for:

- Thursday, June 18, from 9 a.m. to 5 p.m. for those registered for the E-MOH (electric mountain bikes only)
- Friday, June 19, from 9 a.m. to 5 p.m., only for those registered for the MOH (muscle-powered mountain bikes only)

Training on the course outside the official hours for your category is prohibited and will result in disqualification. You must arrive at the start of the course with your race number attached to your mountain bike/electric mountain bike, even during the reconnaissance periods.

5.2 Qualifying round

The E-MOH qualifying round will take place on Friday, June 19, starting at 9:00 a.m.

The qualifying round for the MOH will take place on Saturday, June 20, starting at 11:00 a.m.

Participants will start in waves of around 100 competitors (the exact number will be determined based on the total number of registrants) every 20 minutes. The starting order for each wave will be based on the order of the race numbers.

Participants who have withdrawn without crossing the finish line of the qualifying round must indicate their desire to participate in the final round to the timekeeper; they will then be reinstated and positioned behind the last line of the last participants.

5.3 Final round

The final round of the E-MOH will take place on Saturday, June 20 at 8 :45 a.m. Participants will start in a mass start.

The final round of the MOH will take place on Sunday, June 21 at 9 a.m. Participants will start in a mass start.

The starting order will be determined based on the results of the qualifying round.

If a participant does not show up for the qualifying round, they will have to start from the last row in the final round.

At the end of the "qualifying rounds," all participants are required to collect the sticker indicating their starting position, along with a form of identification. This sticker must be affixed to the designated area of the frame plate in order to access their respective starting lines for the final round of the MOH and E-MOH.

ARTICLE 6 – DISQUALIFICATIONS AND PENALTIES

6.1 At the start

Riders will start from a standing position.

In the final race, riders must start standing behind their bikes on the ground if snow conditions allow.

6.2 On the course

Riders must stay within the boundaries of the circuit, which are marked by nets, barrier tape, arrows, or directional gates. If they leave the course, they must return to the course at the point where they left it.

Track marshals, positioned along the course, will ensure that riders stay on track. They will be responsible for reporting any infringements to the race director and the FFC referees.

All competitors must cross the finish line with their bike to be classified.

6.3 Summary of penalties

1. Missing mandatory race clothing and accessories: Refusal to start
2. Non-compliant race plate or bib: 1-minute penalty
3. Absence of line sticker: Demotion by one line
4. Entering the start area after the call: Demotion by 2 lines
5. Cuts confirmed by a race marshal: The confirmed penalty cannot be less than 30 seconds and may result in disqualification
6. Removal of bib outside the time required to complete a reconnaissance: Positioning of the runner on the last line of their "placement race - qualification"
7. Fault at the start involving stopping the race: Penalty ranging from demotion by one line to disqualification
8. Pollution and damage to the site(s) by competitors or their assistants: 5-minute penalty per item
9. Non-compliant equipment and gear: Disqualification
10. Competitor uses another means of transport on the competition course: Disqualification

11. Traveling in the opposite direction of the race: Disqualification
12. Testing during the race period(s): Disqualification
13. Failure to assist a runner in danger: Disqualification
14. Rudeness or insults toward a member of the organization: Disqualification
15. Failure to comply with the category entered: Refusal to start or disqualification
16. Starting the MOH MTB race with an electric mountain bike, even without a battery: Disqualification
17. Any participant in the e-bike race using an electric bike that does not meet the technical criteria imposed: battery power greater than 750 W, assistance exceeding 25 km/h or not cutting out immediately when pedaling stops, will be automatically disqualified.

Each of these penalties will be adjusted at the discretion of the referee and the Jury.

6.4 Complaints

Complaints must be submitted in writing to the race jury within 30 minutes of the results being published and must include:

- the race number of the competitor(s) alleged to be at fault/involved,
- a summary and sketch of the incident,
- position on the course,
- an estimate of the time gained and other comments relating to the fault identified,
- evidence and witness statements.

These must be accompanied by a check for €15. This amount will only be refunded if the complaint is upheld.

The Jury is composed of referees appointed by the FFC, assisted by the Race Director. The Jury shall settle the dispute as quickly as possible by meeting on site. Any competitor involved shall be heard by the Jury. The Jury's decision is final.

ARTICLE 7 – CLASSIFICATION

7.1 Categories*

The following categories will be taken into account:

Women's Scratch (aged 15 and over)

Cadets (ages 15 and 16)

Junior (ages 17 and 18)

Men's Scratch (19 years and older)

Master 30 (ages 30 to 39)

Master 40 (ages 40 to 49)

Master 50 (50 to 59 years old)

Master 60 (60 and over)

E Bike Women (aged 15 and over)

E Bike Men (aged 15 and over)

* Only the year of birth is taken into account in the category.

7.2 Prize Money and Prizes

| MOH | 1st | 2nd | 3rd | 4 th | 5th | TOTAL |
|---------------------------|--------|------|------|-----------------|------|---------------|
| Women's Scratch | €1,000 | €700 | €400 | €200 | €100 | €2,400 |
| Cadets | Lots | Lots | Lots | | | |
| Juniors | Lots | Lots | Lots | | | |
| Scratch Men | €1,000 | €700 | €400 | €200 | €100 | €2,400 |
| Master 30 | Lots | Lots | Lots | | | |
| Master 40 | Lots | Lots | Lots | | | |
| Master 50 | Lots | Lots | Lots | | | |
| Master 60 and over | Lots | Lots | Lots | | | |
| Women's E-Bikes | Lots | Lots | Lots | | | |
| Men's E-Bikes | Lots | Lots | Lots | | | |
| | | | | | | €4,800 |

Drivers who do not attend the official awards ceremony will forfeit any prizes and medals they may have been awarded.

The organizers reserve the right to review the bonuses and prize money if the number of entrants does not exceed five participants per category.

7.3 Classification

An overall ranking will be established at the end of the qualifying round, which will determine the starting grid for the final race.

If, for weather or safety reasons, the final race has to be canceled, the qualifying round classification will be used for the final classification.

In the event of a tie in the final, the winner will be the rider who achieved the best time in the qualifying round.

In the event of a further tie, the youngest rider will be declared the winner.

ARTICLE 8 – REGULATIONS

8.1 Race officials

Race director: David MOREAU (Cimes Event)

Track manager: Stéphane CHARREL (SATA 2 Alpes)

The race director is responsible for enforcing these rules in consultation with the designated FFC referees and its provisions during the course of the event.

8.2 Modifications, additions, and interpretations

Any complaints regarding the application of these rules shall be referred to the jury, which shall have sole decision-making power.

Any modifications or additional provisions will be announced by dated and numbered addenda, which will form an integral part of the rules.

These addenda shall be posted at the Tourist Office and communicated to participants as soon as possible.

ARTICLE 9 – EQUIPMENT

9.1 Technical checks

Mountain bikes must be in good general condition, with an undamaged frame and brakes in good working order. Fat bikes are prohibited on the Les 2 Alpes mountain bike trails.

The use of studded tires is strictly prohibited during the race, as well as on the Les 2 Alpes mountain biking area.

Technical checks may be carried out at any time.

Electric mountain bikes must comply with French regulations in terms of speed (maximum 25 km/h) and power (maximum 750W), must stop immediately as soon as the participant stops pedaling, and may be checked by FFC referees.

If the organization detects a mountain bike that does not meet the above criteria, the rider will be refused entry.

9.2 Mandatory equipment

Each participant must be equipped with:

- a full-face helmet with a fixed or detachable chin guard that complies with CE standards
- knee pads
- long gloves

- CE-approved back protector or bag with CE-approved back protector
- short-sleeved jersey

Elbow pads and a long-sleeved jersey are strongly recommended.

Any competitor who does not have the complete equipment will be refused entry. Random checks may be carried out by a member of the organizing team or by the FFC jury (see the competition rules).

Competitors are solely responsible for the reliability of the protective equipment they use: helmet, elbow pads, knee pads, etc.

Competitors must complete the entire race wearing the protective equipment required by the event regulations, otherwise they will be disqualified.

Cameras are only allowed on the visor with a removable device or on the handlebars of the bike (under no circumstances should they be placed on the participant's chest protector).

ARTICLE 10 – RESPONSIBILITIES

10.1 Responsibilities of the organizer

The organizer can only be held liable in the event of gross negligence, intentional misconduct, or fraud. Participants and their insurers guarantee and indemnify the organizer, its subcontractors, and their respective insurers against any claims or other actions of any kind whatsoever in relation to these Rules and Regulations brought by a third party.

On the day of the final, participants will be able to leave their belongings with the organizers at the race start point. All equipment will be brought back to the meal venue. The organizers accept no responsibility for any loss.

10.2 Participant responsibility and sports ethics

Downhill Marathon Mountain Biking is a long-distance outdoor discipline that requires significant commitment and risk-taking. The Organizing Committee draws the attention of competitors to the fact that a spirit of sportsmanship and responsibility must prevail. It is the responsibility of each participant to take the time to inform the nearest first aid station if they see an incident or accident whose severity requires medical attention. Failure to do so may result in sporting sanctions.

Participants who come to the aid of another competitor who is known to be injured may be granted a time credit upon request, based on the following procedure: the time between the first call to the emergency number to report the incident and the next call before setting off again after the emergency team has taken over (please note that confirmation is required to validate the departure time from the accident site).

ARTICLE 11 – SPONSORS

Competitors are allowed to place any advertising on their mountain bikes. However, they must affix the race plate provided by the organization to their bike without making any modifications or covering up the event's advertising.

ARTICLE 12 – IMAGE RIGHTS

Participants agree to be filmed or photographed (text, sound, images) during the "Mountain of Hell" event for reproduction in any type of publication for the purposes of preservation, distribution, and/or representation by live or recorded television broadcast on all or part of the various communication media external or internal to 2 Alpes Tourisme and its partners.

This authorization is valid for a period of five years after the end of the "Mountain of Hell" event and is granted free of charge, exclusively for information and promotional purposes. These media may be distributed commercially or non-commercially to our target audiences.

Consent may be withdrawn at a later date, but any use already made at the time of withdrawal, including through paper printouts, will not be affected.

This use must not infringe on privacy or reputation or result in any other prejudicial use.

Consequently, participants acknowledge that they cannot claim compensation for any damage resulting from the use of their image. Any dispute arising from the interpretation or execution of these terms and conditions shall be subject to the exclusive jurisdiction of the French courts.

ARTICLE 13 - DATA COLLECTION

The data collected as part of your registration for Mountain Of Hell is stored in a file by 2 Alpes Tourisme, whose registered office is located at 4 Place des 2 Alpes, 38860 Les Deux Alpes. 2 Alpes Tourisme is the data controller and organizer of the event. The legal basis for the processing is the legitimate interest of 2 Alpes Tourisme in managing registrations for the event and using the data in connection with the event and future editions thereof.

The personal data provided by the participant in the online registration form must be provided. Otherwise, your registration cannot be considered valid. **The data collected is as follows:**

- Identity (last name, first name, nationality, gender, date of birth)
- Emergency contact details (last name, first name)
- Personal details (email, telephone number, postal address);
- Personal details of emergency contact (phone number)

The personal data provided by the participant in the registration form will only be communicated to employees of 2 Alpes Tourisme and SATA Group (ski lifts).

We would like to reassure you that the data transmitted to the SATA Group will be as follows:

- Identity (last name, first name, bib number);

Certain data, such as postal address, may be transmitted to service providers only in the case of home delivery of prizes. The data will not be communicated to event partners unless you have consented at the time of registration to share your data with event partners.

In the case of free events, the data is kept during the event for the purposes of the event. If the event is recurring, the data will be kept for one year in order to invite participants to the event the following year.

If a contract is signed between the event organizer and the participant (*particularly for paid events*), **the data will be kept for five years from the end of the contractual relationship.**

For Les 2 Alpes Tourisme, the protection of personal data is fundamental in that it is an essential part of our relationship with you. We are committed to protecting your privacy with regard to the information you entrust to us. To this end, Les 2 Alpes Tourisme has appointed a Data Protection Officer (DPO) and implements all the technical and organizational security measures necessary to protect your data.

In accordance with European Regulation No. 2016/679, known as the General Data Protection Regulation (GDPR), and the amended French Data Protection Act, you have the right to access, rectify, restrict the processing of, and erase (certain data). To find out more about how your data is used and to exercise your rights, please consult our internal policy or contact our DPO at the following address: dpo2alpes@les2alpes.com.

If, after contacting us, you feel that your "Data Protection" rights have not been respected, you can lodge a complaint with the CNIL.

APPENDIX 1: SPECIFIC RULES FOR MOUNTAIN OF HELL KIDS

Participation

The competition is open to all competitors aged between 9 and 14 in the current year. The competition is open to licensed and unlicensed competitors who have submitted a medical certificate less than one year old certifying that they are fit to participate in competitive mountain biking.

Each participant must also be able to demonstrate a sufficient technical level to take part in this competition.

Provisional Program

| | | |
|--------------------------------|--------------------------------|--|
| Thursday, June 18, 2026 | 8 a.m. to 7 p.m. | Number plate collection – Palais des Sports |
| Friday, June 19, 2026 | 8 a.m.–12 a.m. / 4 p.m.–6 p.m. | Pick up your plates – Sports arena |
| Saturday, June 20, 2026 | 8:30 a.m.–11 a.m. | Pick up your plates – Sports arena |
| | 9 a.m.–3 p.m. | Free reconnaissance |
| | 4 p.m. | MOH Kids Final |
| | 6:30 p.m. | MOH Kids Awards Ceremony - Place des 2 Alpes (or Palais des Sports in case of bad weather) |
| Sunday, June 21, 2026 | 8 a.m. | Boarding at the Jandri 3S gondola lift |
| | 9 a.m. | Start of the MOH as a spectator, followed by mountain biking on snow supervised by professionals |
| | 12 p.m. | Lunch - Palais des Sports |

Program subject to change

Registration details

Registration

Registration is only available online at <https://in.yaka-inscription.com/mountain-of-hell-2026> No on-site registration will be possible.

For all participants (licensed or unlicensed), the registration fee is €55 (2-day mountain bike pass and insurance included, excluding administrative fees).

The 2-day mountain biking passes included in the registration fees are valid on June 20 and 21, 2026, for the MOH Kids event.

These registration fees are non-refundable. Cancellation/refund insurance is available at a flat rate of €10 per registration (see 4.4 of these rules).

Online registration will close on June 16, 2026, at 11:59 p.m.

Each registration is personal and non-transferable.

Please refer to the following table for your online registrations (correspondence between year of birth and categories for 2026):

| Category | FFC category name | Age | Year of birth |
|--------------|-------------------|-------|---------------|
| KIDS 9/10 F | Girls | 09/10 | 2017 to 2016 |
| KIDS 9/10 M | Boys pupils | 09/10 | 2017 to 2016 |
| KIDS 11/12 F | Youngest | 11 | 2015 to 2014 |
| KIDS 11/12 M | Benjamins | 11 | 2015 to 2014 |
| KIDS 13/14 F | Minimes girls | 13 | 2013 to 2012 |
| KIDS 13/14 F | Minimes boys | 13 | 2013 to 2012 |

Number plate collection

Number plates can be collected on site at the Palais des Sports in Les 2 Alpes on the dates and at the times specified in the MOH Kids race program above.

Participants in the "Mountain Of Hell Kids" must present a medical certificate stating that there are no contraindications to practicing the sport or discipline in question in competition, dated less than one year ago (or, failing that, present an FFC or UCI license for the current year).

Format of the event

Reconnaissance of the courses

The events will take place at the Les 2 Alpes Bike Park, but also on trails outside the Bike Park. Participants must familiarize themselves with the course by bike before the start of the competition. This familiarization session is scheduled for Saturday, June 20, from 9 a.m. to 3 p.m.

Training on the course outside of the official hours is prohibited and will result in disqualification, as the course will be under preparation that morning. It is mandatory to show up at the start of the course with your race plate attached to your mountain bike, even during the reconnaissance periods.

MOH Kids Race

The race will take place on Saturday, June 20 at 4 p.m. Participants will start in a mass start by age category.

MOH Kids Snow Activities

Sunday, June 21 at 9 a.m.: registration for the MOH Kids race allows you to watch the start of the MOH as a spectator and then take part in a mountain bike activity on snow supervised by professionals (boarding the Jandri 3S gondola at 8 a.m.).

Rankings

Categories*

Only three categories will be considered:

- Pupils: boys and girls aged 9 and 10*
- Benjamins: boys and girls aged 11 and 12*
- Minimes: boys and girls aged 13 and 14*

*Only the year of birth will be taken into account when assigning participants to categories.

Awards

The organization reserves the right to distribute the prizes according to the categories represented during the event and guarantees at least one prize for the winners in each category. Riders who do not attend the official awards ceremony will forfeit any prizes and medals they may have been awarded.

Equipment

Technical checks

- Mountain bikes must be in good general condition, with an undamaged frame and brakes in good working order. Fat bikes are prohibited on the Les 2 Alpes mountain bike trails. Electric mountain bikes are prohibited, even without batteries or motors, during the muscle-powered race, under penalty of disqualification and prevented from starting.

Otherwise, they will not be allowed to start the "Mountain Of Hell Kids" race.

Technical checks may be carried out at any time.

If the organizers detect a mountain bike that does not meet the above criteria, the rider will be refused entry.

Mandatory equipment

Each participant must be equipped with:

- Full-face helmet with fixed or detachable chin guard, CE standard
- knee pads
- long gloves
- CE-approved back protector or bag with CE-approved back protector

Elbow pads are strongly recommended.

Any competitor who does not have the complete equipment will be refused entry. Random checks may be carried out by a member of the organizing team or by the FFC jury (see the competition rules).

Competitors are solely responsible for the reliability of the protective equipment they use: helmet, elbow pads, knee pads, etc.

Competitors must complete the entire race wearing the protective equipment required by the event regulations, otherwise they will be disqualified.

Cameras are only allowed on the visor with a removable device or on the handlebars of the bike (under no circumstances should they be placed on the participant's chest protector).