



TRANS SAHARA MARATHON

2026 Sporting Regulations of the 4-STAGES format

ART 1 : ORGANISATION	2
ART 2 : DEFINITION DU RAIDLIGHT DESERT TROPHY – TRANS SAHARA MARATHON	2
ART 3: CONDITIONS OF PARTICIPATION	2
ART 4 : PROGRAMME	3
ART 5: RANKINGS AND AWARDS.....	3
ART 6 : BIBS	3
ART 7: EQUIPMENT	4
ART 8: REFRESHMENTS & WATER & LUNCH	Erreur ! Signet non défini.
ARTICLE 9: AUTONOMY IN MEDICAL CARE	5
ART 10: RETIREMENT AND PERMANENT DISQUALIFICATION.....	6
ART 11: PENALTIES	6
ART 12: ETHICS	7
ART 13: RIGHT TO ONE'S IMAGE	7
ART 14: APPLICATION AND ACCEPTANCE OF THE RULES.....	7

ART 1 : ORGANISATION

The Raidlight Desert Trophy is organised by TRAIL TO BE ALIVE, SAS with a capital of €50,000 - Registered office located at 65 rue de Perquelin 38 380 Saint-Pierre-de-Chartreuse, registered 401 713 169 RCS Grenoble (38), hereinafter the "Organiser" or the "Organisation".

These sporting regulations supplement the General Terms and Conditions of Sale (GTC) of TRAIL TO BE ALIVE (available on www.trailtobealive.fr) which apply in the first place and govern the conditions of the trip.

Partners of the Organization:

- The Raidlight brand, a trail equipment manufacturer, is the main sponsor of the Raidlight Desert Trophy.
- The MX3 brand, manufacturer of freeze-dried meals and energy products, is the main sponsor of the 200KM-NON-STOP.
- AE AHANSAL, a receptive agency in Morocco, is the local organizing partner.

ART 2 : DEFINITION DU RAIDLIGHT DESERT TROPHY – TRANS SAHARA MARATHON

The Raidlight Desert Trophy – Trans Sahara Marathon is a sporting event organized in Morocco in the region of Zagora and Erg Chegaga, in three parallel formats:

- a stage running event of approximately 150 kilometres in total, hereinafter referred to as the "TRAIL course",
- a running or stage hiking event of approximately 100 kilometres in total, hereinafter referred to as the "HIKING route".
- a NON-STOP running event of approximately 200 kilometers in total, hereinafter referred to as the "200KM-NON-STOP course".

These rules only concern the TRAIL and HIKING formats, another specific regulation is established for the 200KM-NON-STOP

ART 3: CONDITIONS OF PARTICIPATION

The Raidlight Desert Trophy is open to all, men or women, licensed or not.

Registration on the TRAIL course is allowed from the SENIOR category.

Registration on the HIKING route is authorised from the age of 16 accompanied by the written consent of the parents, and with the prior agreement of the Organiser.

The Raidlight Desert Trophy is reserved for trained runners and walkers, in good physical condition and able to run or walk alone and independently during the distance planned on the stages, and in conditions that can be made difficult by weather conditions, fatigue, and the repetition of the stages.

The Organization requests the prior submission of:

- o a medical certificate (or photocopy thereof) specifically mentioning: "the non-contraindication to the practice of running in competition **and particularly of an event of 4 stages and 100/150 kilometers in Morocco**", issued within 3 months before the date of the event. The specific medical certificate is mandatory and must be written in French (or in French AND English).

ART 4 : PROGRAMME

As part of a travel program in Morocco with other tourist days, the Raidlight Desert Trophy sporting event will be broken down as follows:

- 09/02/2026: untimed prologue of about 10 kilometers at free pace (mandatory)
- 10/02/2026 : Start of stage 1: 50km for the TRAIL format, 30km for the HIKING format
- 11/02/2026 : Start of stage 2: 28km for the TRAIL format, 19km for the HIKING format
- 12/02/2026 : Start of stage 3: 28km for the TRAIL format, 22km for the HIKING format
- 13/02/2026 : Start of stage 4: 32km for the TRAIL format, 17km for the HIKING format

Organized in Morocco between Zagora and the Erg Chegaga desert, the terrain is sandy on most of the stages, either on wide tracks or in the middle of nature and in the dunes. The difference in altitude is generally not significant, about 1,000 meters accumulated over the 4 stages.

The above distances are for information purposes, the precise distances will be detailed in the roadbook that will be provided a few days before the event. The organization reserves the right to modify the above routes and distances at any time if circumstances require it.

The route is signposted, and following this route is absolutely mandatory.

Cut-off times will be defined for each aid station and for the finish of the stages, they will be recorded on the roadbook. The organization may proceed with disqualifications when these race times are exceeded.

ART 5: RANKINGS AND AWARDS

The TRAIL format event is timed.

The rankings are established for each stage, and a general classification accumulates the time of the stages. The following special rankings are established: scratch, men, women.

The prizes are detailed on the Organization's website and will be distributed at the end of the event, according to the men's and women's rankings.

The HIKING format event is not timed.

There is no ranking. A score will be used to establish the list of participants who will finish the event. Time records may be made for clocking and control, without any precise notion of ranking.

All competitors will benefit from a FINISHER medal.

ART 6 : BIBS

The Organization will provide 2 bibs per person.

The bib must be affixed in its entirety, it is forbidden to fold or cut it out.

It is IMPERATIVE to position 1 bib at the front, and 1 bib at the back, in a VISIBLE way, in order to allow the scoring and controls of all participants. The absence of one of the bibs may result in penalties or the non-classification of the participant.

ART 7: EQUIPMENT

Personal belongings from bivouac are transported by the organization from bivouac to bivouac. These bivy bags are **limited to a maximum weight of 10 kilograms and a volume of 50 liters** (and it is better to put them in a soft travel bag rather than a suitcase).

It is essential to bring your **sleeping bag**, minimum imposed comfort temperature 10°C minimum and weight 280 grams minimum, but be careful it can be cool in February.

Participants wear their mandatory running equipment listed below during all stages.

- Backpack 10 liters minimum (25 liters recommended Raidlight LEGEND /ULTRALIGHT /ENDURANCE)
- Hydration device with a minimum potential capacity of **2 liters of water**
- Eco-cup or equivalent, no disposable cups or water bottles will be provided
- Headlamp (and spare battery) for moving around at night and following the route

- Desert gaiters (worn by the runner during the event)

- In windproof or waterproof jacket
- Cap or bucket hat or hat
- Sunglasses

- Survival blanket,
- Safety mirror
- Whistle
- Suction pump
- Knife
- 8 safety pins

- 2 visible bibs 1 front and 1 back (provided by the Organization)
- Roadbook (provided by the Organization)

- Passport
- €50 in cash
- Sunscreen
- Toilet paper

PHARMACY:

- First aid kit containing (at least when leaving, and as you consume it afterwards):
 - 1 bottle of skin antiseptic
 - 1 tube crème anti-irritation
 - 1 elastoplast band with a minimum width of 5cm, minimum length 1 meter
 - 1 pair of small scissors
 - 5 adhesive bandages
 - 5 hydrocolloid double skin dressings for ampoules (Compeed type)
 - 5 sterile compresses 10cm x 10cm
 - 5 x 10mL physio serum pods
 - 10 tablets of analgesic drugs such as Paracetamol
 - 10 tablets of anti-diarrhoeal treatment drugs such as Imodium
 - 10 tablets of gastric dressing such as Smecta or Tiorfan
 - 10 tablets of gastric dressing such as Smecta or Tiorfan

Safety and GPS:

- A geolocation tag will be provided by the Organization.

Competitors must individually keep all the mandatory equipment throughout the event, with the possible exception of instructions written in the roadbook.

The Organization will check this equipment at the delivery of the bibs. The Organization will then be able to check this equipment at any time, during the race, at the checkpoints, at the finish.

ART 8: TENTS, MEALS, REFRESHMENTS & WATER & LUNCH

Tents:

The nights are spent in bivouacs in 4-person tents set up by the organization. Placement is free upon arrival at the 1st bivouac.

Meals:

Breakfasts and dinners were provided by the Organization.

Please note that lunches at noon are not included, participants will have to take them with them (freeze-dried underdogs for example), hot water will be provided by the Organization.

Each runner will have to take his meals for the 4 lunches (lunches), in freeze-dried meals for example, this in view of the time range between the first and last arrivals, which does not allow the management of a meal by the Organisation. The Organization will provide hot water.

Supplies:

The refreshment stations will be positioned approximately every 10km to 15km. The exact locations will be confirmed in the roadbook and then during the briefing the day before each stage.

Refreshments of a basic nature include: mineral water, coke or equivalent, salted crackers, peanuts, fresh fruit (oranges or bananas), dried fruit (grapes or other).

At the discretion of each participant, he or she may supplement with additional personal supplies that he or she must nevertheless carry in his or her backpack.

Water:

Drinking water will be available as a drink. However, it must be used in a reasonable and limited way for personal watering during the test.

In order not to waste plastic cups, each runner will have to carry his personal cup, and of course his water reserve (bottles, flasks, water bladder...).

At the bivouac, drinking water will be available as a drink at will, and it must not be used for any other purpose. A cistern of non-potable water may be available for summary washing, for reasonable and limited use.

ARTICLE 9: AUTONOMY IN MEDICAL CARE

A medical team of doctors and nurses will supervise the medical part of the event. The medical team will be mobile on the course during the stages, and they will be on duty at the bivouac.

Each participant will have to independently manage the problems inherent in long-distance running over several days (irritation, blisters, minor wounds, diarrhea, slight pain, etc.).

However, the medical team will be available to answer any questions, and obviously important and much-needed care will be carried out as soon as necessary.

The medical team will have the authority to assess the physical and mental capacities of the participants, and if they deem it necessary to decide to disqualify a participant from the race for the day's stage or for the following stages.

In the event of abuse of care or medication that is not on the mandatory list, the medical team reserves the right to decide on penalties.

ART 10: RETIREMENT AND PERMANENT DISQUALIFICATION

In the event of abandonment at the deliberate choice of a participant, he or she must imperatively and without delay inform the organization and return his or her 2 bibs, and must not leave the race or the trip without the agreement of the organization. If searches were to be carried out due to negligence of this point, these searches would be recharged to the participant.

In the event of abandonment, permanent disqualification for medical reasons or due to penalties, the participant will be transported by the organization, and will carry out the rest of the program with it in the same conditions from bivouac to bivouac.

ART 11: PENALTIES

For participants in the TRAIL event,

a competitor who does not start a stage, or who abandons it, or who is disqualified from the race, will be credited in the ranking of the time of the last of the stage plus 1 hour of "penalty", and the competitor will be allowed to start again the next day on the TRAIL course (except for a penalty of permanent disqualification, and unless otherwise advised by a doctor).

For participants in the HIKING event,

a competitor who does not start a stage, or who abandons it, or who is disqualified from the race, will be allowed to start again the next day on the HIKING course (unless there is a penalty of permanent disqualification, and unless otherwise medically advised).

For the following breaches of the rules, the following penalties will apply:

Cause	Penalty
Missing 1 item of mandatory equipment	15 minutes per article per step
Lack of sleeping bag	1 hour per stage
Waste left on the event	15 minutes per offence
Garbage left in the tent	15 minutes per offence
Absence of bib in front or behind	15mn per report
Delay at the start of a stage	The time of the delay if delay <15mn, disqualified from the race for the stage beyond 15mn
Unsportsmanlike spirit or not environmentally friendly	1 hour minimum

Motorized assistance (except for those required by the Organization)	Final withdrawal
Minor medical assistance	At the discretion of the medical service in the event of abuse of the rule of autonomy. (but the medical service will be available without penalties for advice and learning)
Important medical assistance	Infusion: 1 hour penalty, disqualification at the discretion of the medical service. Others: at the discretion of the medical service.
Non-compliance with French and international anti-doping rules	Final withdrawal

The organisation is free to adapt the application of the above penalty grid.

ART 12: ETHICS

Participants must be cordial and sportsmanlike.

Participants must provide assistance to other participants who are in difficulty.

All French and international anti-doping rules must be respected.

ART 13: RIGHT TO ONE'S IMAGE

By participating in the event, each runner expressly gives his or her consent to the Organiser, his or her beneficiaries, and his or her partners and sponsors for the use of his or her image, associated with his or her surnames, first names, voices, still or audiovisual images on which he or she could appear on all types of media, including publications on social networks and the internet, and including promotional and/or advertising materials of all kinds and all media.

ART 14: APPLICATION AND ACCEPTANCE OF THE RULES

The Organization remains free to interpret or adapt the rules without notice or justification.

Participants accept these rules without conditions, and agree to submit to the legislation in force in the host country.