HYBRID® DAY

MODE: OFFICIAL_REGULATION · CLASS 41 · PT + ES

Hybrid Day® and Iberian League Rulebook

Full consolidated text. Preliminary Title on contracting and consumer protection, three Sections and three Annexes.

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Preamble

This Rulebook sets out the rules applicable to Hybrid Day® events and to the Iberian League, organised by Exclamação Radical, Lda. (the «Organisation»). It comprises a Preliminary Title, three Sections and three Annexes, inseparable from one another: any rule in any Section or Annex applies to all athletes, at every event. Where provisions conflict, Section II prevails on Iberian League matters and Section I on event operations, unless expressly stated otherwise. The Champions Day penalty rules (Section II) prevail over the General Rules on the day of the final event. The Preliminary Title prevails on contracting, refunds and consumer protection.

Preliminary Title — Contracting and Consumer Protection

Article 1 — Communication and pre-contractual information

1. The Organisation communicates this Rulebook and its Annexes in full and highlights the corresponding Essential Conditions during the Ticket purchase process, prior to payment, by means of a hyperlink to the full text and a visible summary of the Essential Conditions, in particular the absence of a right of withdrawal, the refund regime, the assignment of image rights, the disqualification regime for fraud and the applicable penalty clauses, with acceptance declared through an affirmative and unambiguous act by the Registrant.
2. Acceptance is recorded electronically with date, time and identification of the version of the Rulebook and of the Essential Conditions accepted, and constitutes proof of adequate communication under Articles 5 and 6 of Portuguese Decree-Law 446/85. The Organisation retains and keeps each accepted version available for consultation, even after sales for the event have closed.
3. Onerous clauses that have not been communicated and highlighted in accordance with this Article are not enforceable against the Registrant.

Article 2 — Consumer rights and absence of a right of withdrawal

1. As this is a service relating to a leisure activity with a specific date of performance, the Registrant does not benefit from the right of withdrawal provided for in Portuguese Decree-Law 24/2014, by application of the exception in Article 17(1)(k) thereof and, for events in Spain, Article 103(l) of the Spanish TRLGDCU. This information is provided expressly, prominently and prior to payment, as required by Article 4(1)(n) of the same Decree-Law.
2. No provision of this Rulebook sets aside mandatory rights available to the Registrant as a consumer; where there is a conflict, those rights prevail.

Article 3 — Subject matter of the contract and the Organisation's performance

1. By purchasing a Ticket, the Registrant acquires a reserved starting place in a given category and edition, and the right to access the race organised by the Organisation on the date, at the location and in the format announced, with the means set out in this Rulebook, namely course, stations, equipment, timing, judging, staff, on-site medical assistance and insurance.
2. The Organisation's performance is deemed fully rendered upon holding the event on the date, at the location and in the format announced, and upon making the purchased starting place available to the Registrant, regardless of whether the Registrant attends, starts or completes the race.
3. Attendance, performance, completion of the race and the result obtained depend exclusively on the Registrant and do not form part of the Organisation's obligation.
4. The costs of organising each edition are contracted and incurred in advance of the event date and do not vary with the individual attendance of any Registrant.
5. The price paid corresponds to the performance described above. Retention of the price in cases where no refund is due does not constitute a penalty clause, a sanction or compensation, and the reduction regime under Article 812 of the Portuguese Civil Code does not apply to it.

Article 4 — Refund regime

1. This Article is the single refund regime applicable to all events and all categories, including Champions Day. Any other provision of the Rulebook on this matter refers back to this Article.
2. A refund is due, and only, in the following cases:
    a. outright cancellation of the event for reasons attributable to the Organisation, postponement, a change of date or partial running not counting as cancellation, in which case the refund is of the price paid for the Ticket and is made within 30 days;
    b. essential change to the date, location or format of the event, attributable to the Organisation, where the Registrant does not expressly accept the alternative offered, in which case the refund is proportional to the component affected;
    c. impossibility of holding the event due to force majeure, under Article 5;
    d. prevention from participating for reasons attributable to the Organisation, namely failure of the official sales or validation systems and refusal of access without grounds under the Rulebook;
    e. a mandatory provision of law requiring it;
    f. where the Ticket carries Cancellation Protection, under the terms and limits of Article 4-A.
3. For the purposes of point (b) above, only the following constitute an **essential change**: moving the event to a different day; moving the venue to a municipality other than the one announced; removing more than two stations from the course; or removing the category purchased without an equivalent alternative. Any other change, in particular to schedule, Heat, order, direction or distance of the course, ground, equipment, supplier, refreshments, facilities or programme, is operational and confers no right to a refund.
4. For the purposes of point (d), a cause is attributable to the Organisation only where the impediment results exclusively from its own proven failure and is not attributable, in whole or in part, to an act, omission, delay, data-entry error, documentation or technical means of the Registrant.
5. A refund request is made in writing, through the channel indicated for that purpose in the official channels, identifying the Registrant, the Ticket and the ground relied upon. Requests submitted through other channels neither suspend nor interrupt any deadline.
6. The right to a refund lapses if the request is not submitted within 14 calendar days of the event date or, where a cancellation or essential change was announced beforehand, of that announcement. After that period, and without prejudice to Article 4-B, no claim concerning that Ticket is considered.
7. The amount refunded is the price actually paid for the Ticket, net of discounts, promotional codes and vouchers used. Tickets obtained free of charge, by invitation, by exemption or by Wild Card confer no right to a refund, as no price was paid.
8. Acceptance, express or implied, of a rescheduling, a credit, a transfer of registration or any alternative offered by the Organisation extinguishes the right to a refund for that Ticket. Use of the credit or participation in the rescheduled event counts as implied acceptance.
9. A refund is made once only, to the payment method used for the purchase, never in cash, and settles any claim concerning that Ticket, that edition and that registration.
10. Before resorting to any other route, in particular a chargeback request to the payment provider, the Registrant undertakes to submit the request under this Article and await the Organisation's reply within the applicable period. This undertaking neither excludes nor limits the consumer's legal rights.
11. Outside the cases listed in paragraph 2, the purchase of a Ticket confers no right to a return, refund, credit, compensation or indemnity, in whole or in part.

12. Except where the Ticket carries Cancellation Protection, and for the avoidance of doubt, the following confer no right to a refund, credit or compensation, without being exhaustive:
    I. injury, illness, incapacity or any physical impediment of the Registrant, even if supervening, involuntary and documented;
    II. injury, illness, incapacity, withdrawal or unavailability of the Doubles partner or of any Relay member, including an athlete who joined through a previously authorised substitution;
    III. withdrawal, change of mind or change of plans;
    IV. supervening personal, professional, family or academic commitments;
    V. impossibility, difficulty or cost of travelling to the event location, including cancellation of transport or accommodation;
    VI. absence, lateness or non-attendance, for any reason, and the assignment of DNS, DNF, DQ or NC statuses;
    VII. failure to complete Check-In within the deadlines, or its refusal due to invalid, illegible or non-matching documentation;
    VIII. errors in completing the registration data, attributable to the buyer or the athlete;
    IX. invalidity of the Ticket under Article 8 of Section I, including resale, transfer, sharing, duplication or fraud;
    X. disqualification, expulsion or a disciplinary ban on participation;
    XI. prevention or removal from the race by medical decision, by the Head Judge or by the Organisation, on safety or health-risk grounds;
    XII. weather, temperature, ground conditions, noise, waiting times and other external variables inherent to the nature of the event;
    XIII. unavailability or limitation of facilities that are not a right of the Registrant, namely changing rooms, showers, non-guaranteed refreshments, goodies, partner giveaways and add-ons not collected on site;
    XIV. failure to receive or read official communications for reasons attributable to the Registrant;
    XV. operational changes that do not affect the competitive essence of the race.
13. The Registrant expressly acknowledges and assumes the risk of personal impediment, whether their own or that of any member of their team. By agreement of the parties, that risk is covered by this contract and allocated to the Registrant. For the purposes of Article 437 of the Portuguese Civil Code, the circumstances listed above do not constitute an abnormal change in the circumstances on which the parties based their decision to contract.
14. In the situations of impediment set out in paragraph 12, the contractual remedy is athlete substitution, under the terms and deadlines of Article 7 of Section I, at the cost stated therein, without any obligation on the Organisation to accept it.
15. The Organisation may, as a gesture of goodwill and without acknowledging any obligation, grant a credit, voucher or transfer of registration. Any such decision is one-off, sets no precedent, creates no acquired right and may not be invoked by any other Registrant.
16. Amounts charged by the ticketing platform as booking, service or transaction fees are not revenue of the Organisation and do not form part of any amount to be refunded, unless the law requires otherwise.
17. Nothing in this Article sets aside mandatory consumer rights. Any clause of this Rulebook that in practice penalises the exercise of a legal right is deemed not written.

Article 4-A — Cancellation Protection

1. Cancellation Protection is an ancillary service provided directly by the Organisation, giving the buyer the right to a full or partial refund of the Ticket price if participation is cancelled, for any reason and without having to state or document it. **It is not an insurance contract and no insurer is involved.**
2. It may only be purchased at the time of the Ticket purchase, together with it, and up to 21 days before the event date. It cannot be added, transferred or refunded after purchase. It costs 20% of the Ticket price.
3. The Protection covers the whole Ticket, whatever the category. On a Singles Ticket it covers the athlete registered on it; on a Doubles or Relay Ticket it covers every athlete registered on it.
4. The refund depends on when the request is submitted, counted in calendar days up to the event date:
    a. up to 21 days before the event: 100% of the Ticket price;
    b. between 20 days and 1 day before the event: 70% of the Ticket price;
    c. on event day or later: no refund.
5. Only the Ticket price is refunded. The Protection fee itself, booking, service and transaction fees and any add-ons purchased with the Ticket are non-refundable.
6. The request is made solely from the buyer's account on the ticketing platform, in the Ticket section, up to the day before the event. Requests by email or through any other channel are not considered. The refund is processed by that platform within 14 days, to the payment method used for the purchase.
7. Cancelling under the Protection voids the Ticket for every athlete registered on it and cannot be undone.
8. The Protection neither replaces nor limits the athlete substitution set out in Article 7 of Section I, which remains available, on its own deadlines and costs, whether or not the Ticket carries Protection. Once the substitution deadline has passed, the Ticket is refundable only if it carries Protection.
9. Tickets purchased without Cancellation Protection are governed in full by Article 4, without exception, whatever reason is given and even where it is documented.
10. The Protection does not affect the Registrant's rights where the event is cancelled or essentially changed by the Organisation, nor any mandatory right granted by law.
11. Complaints concerning Cancellation Protection follow Article 7, with the competent body determined by the country where the event is held.

Article 4-B — Mandatory consumer rights

1. The restrictive regime of Articles 4 and 4-A neither excludes, limits nor conditions the rights the law gives the Registrant as a consumer. The cases below are set out so that there is no doubt about what the Organisation refunds because the law requires it, whatever the contract says.
2. **Cancellation of the event.** If the event is cancelled, the Registrant is entitled to the return of the sums paid within 30 days of the cancellation. If they are not returned within that period, the Organisation returns double within 15 working days, under Article 19(2) of Portuguese Decree-Law 24/2014. This right cannot be set aside by contract.
3. **Service not rendered, or rendered defectively through the Organisation's fault.** Where there is breach attributable to the Organisation, the general rules on liability and defective performance apply, including price reduction and termination with restitution of what was paid, under Articles 798 and following of the Portuguese Civil Code.
4. **Impossibility through no party's fault.** If the event becomes definitively impossible through no party's fault, the Registrant is released from payment and entitled to restitution of what was paid, under Articles

790 and 795(1) of the Portuguese Civil Code. The option of a credit under Article 5 is an alternative offered to the Registrant, never an imposition.

5. **Missing pre-contractual information on the absence of withdrawal.** Where the information required by Article 4(1)(n) of Decree-Law 24/2014 was not given, the Registrant has the extended withdrawal period of Article 10(2) of that Decree-Law, with the return of sums paid. The burden of proving the information was given lies with the Organisation.
6. **Unfair or uncommunicated terms.** Terms not communicated and highlighted under Article 1 are excluded from the contract under Article 8 of Decree-Law 446/85. Terms prohibited by Articles 18 to 22 of that Decree-Law are void, and that voidness does not affect the rest of the contract.
7. **Penalising the exercise of rights.** Any provision that in practice penalises the Registrant for exercising a legal right is deemed not written, under Article 29(2) of Decree-Law 24/2014.
8. **The Organisation's own error.** The limitation periods, formal requirements and other conditions in Article 4 are not enforceable against the Registrant where the failure results from incorrect, missing or late information from the Organisation, or from the unavailability of the channels it designated.
9. **Access to complaint routes.** No provision limits recourse to the Complaints Book, to consumer alternative dispute resolution bodies or to the courts, under Article 7.
10. For athletes resident in Spain and events held in Spanish territory, the equivalent rights arise from the Spanish TRLGDCU, under Annex III.

Article 5 — Force majeure

1. Force majeure means any unforeseeable event beyond the Organisation's control that makes holding the event impossible or unreasonable, namely natural phenomena, decisions of public authorities, unavailability of the venue for reasons not attributable to the Organisation, and public health or security emergencies.
2. Where force majeure occurs, the Organisation first seeks to reschedule the event to an equivalent date, communicating this through official channels.
3. Where rescheduling is not possible, or the Registrant does not accept it, the Registrant chooses between a transferable credit for an equivalent edition, valid for 24 months and usable at any edition, and a proportional refund of services not rendered. The choice is communicated expressly, with 14 days to reply; absent a reply, the credit applies. The proportional refund covers the part of the price corresponding to services not rendered, with no deduction of organisation costs. This paragraph yields to Article 4-B, which prevails wherever the Registrant invokes a mandatory right to restitution.

Article 6 — Governing law and jurisdiction

1. This Rulebook is governed by Portuguese law.
2. For disputes not involving consumers, the courts of the Organisation's registered office have jurisdiction.
3. For consumers, the mandatory rules on jurisdiction and protection of their country of domicile in the European Union apply, and mandatory Portuguese rules remain applicable wherever the contract is closely connected with Portugal.
4. For events held in Spanish territory and for athletes resident in Spain, Annex III also applies; it forms an integral part of this Rulebook and prevails, in the matters it governs, in the event of divergence.

Article 7 — Complaints and alternative dispute resolution

1. The Registrant may submit a complaint to support@hybrid-day.com and through the official channels of the country where the event is held.

2. The competent alternative dispute resolution body depends on the country where the event is held, as follows:
    a. Events held in Portugal. The Registrant may use the Portuguese electronic Complaints Book at www.livroreclamacoes.pt and may refer the dispute to the legally authorised consumer arbitration centres. For distance contracts, the centre corresponding to the consumer's domicile is generally the territorially competent one; in areas not covered by any centre, CNIACC — the National Centre for Information and Arbitration of Consumer Disputes — has residual competence. The list of registered bodies is available at www.consumidor.gov.pt. The competent bodies, by reference to the consumer's domicile, are: CIAB, for Braga and Viana do Castelo (www.ciab.pt); CICAP, for the Porto area (www.cicap.pt); TRIAVE, for the Vale do Ave (www.triave.pt); CACCDC, for the Coimbra district (www.centrodearbitragemdecoimbra.com); CACCL, for the Lisbon area (www.centroarbitragemlisboa.pt); CIMAAL, for the Algarve (www.consumidoronline.pt); CACC RAM, for the Autonomous Region of Madeira (Rua Direita 27, 1st floor, 9050-450 Funchal, reachable through www.madeira.gov.pt); and CNIACC (www.arbitragemdeconsumo.org), with residual national competence. Where no centre is territorially competent, or where it cannot be determined, CNIACC is competent. The official, up-to-date list of consumer alternative dispute resolution bodies, with their contact details, is permanently available on the Portal do Consumidor at www.consumidor.gov.pt and prevails over the list in this Article if it changes.
    b. Events held in Spain. Article 4 of Annex III applies, by means of the official complaint forms of the Autonomous Community of the event and the consumer arbitration board («Junta Arbitral de Consumo») of that Autonomous Community or, failing that, the national board (Junta Arbitral Nacional de Consumo, www.consumo.gob.es). The Portuguese regime described above does not apply to those events.
3. For events held in Portugal, low-value consumer disputes are subject to mandatory arbitration or mediation where the consumer expressly so requests, under Article 14 of Portuguese Law 24/96.
4. The body competent for each edition is identified during the Ticket purchase process and in the official channels, by reference to the country where the event is held.
5. Recourse to these means does not affect access to the courts.

Article 8 — Severability and reduction

If any provision is held invalid or ineffective, it shall be reduced to the maximum content permitted by law so as to preserve its purpose to the extent legally admissible, and the remaining provisions stay in force. The Registrant may choose to maintain the contract without the affected clause, with the law applying by default.

Article 9 — Judicial protection

No provision of this Rulebook excludes or limits the Registrant's right to bring proceedings before the competent courts. References to «final» or «non-appealable» decisions concern solely the absence of an internal appeal within the event, without prejudice to judicial recourse under the law.

Article 10 — Entry into force and transitional regime

1. This version of the Rulebook takes effect on 2 November 2026 and replaces all earlier versions and their addenda in full.
2. It applies to every Ticket purchased from that date.
3. For Tickets purchased earlier, and for the 2025/2026 season already under way, including the Champions Day that closes it, this version applies **except where it worsens the Registrant's position**, in which case

the version in force at the date of purchase governs. That exception covers, in particular, the rule for determining age in Doubles and any change to the number of invitations, places or qualification criteria.

4. Where it is unclear which version applies to a given situation, the interpretation more favourable to the Registrant prevails.
5. The version in force, with its date, is permanently available at www.hybrid-day.com.

Section I — General Rules for Events

CHAPTER I — GENERAL PROVISIONS

Article 1 — Definitions and scope

1. Statuses:
    I. Registrant — holder and bearer of a Ticket;
    II. Athlete — after validated check-in;
    III. Iberian League Eligible Athlete;
    IV. Invited Athlete;
    V. Confirmed Champions Day Athlete — who accepted an invitation, purchased a ticket and checked in.
2. This Rulebook applies individually to each event.
3. It applies to all Singles, Doubles and Relay athletes and to any spectator or individual inside the event perimeter.
4. It applies to all categories and Age Groups under Article 5.

Article 2 — Order of precedence

1. Where documents or rules conflict, the following order prevails:
    I. on-site operational instructions of the Head Judge, on safety and competitive integrity;
    II. event-specific official communications, which may temporarily modify the Rulebook for force majeure or operational reasons;
    III. this Rulebook;
    IV. informational materials and promotional content.
2. Event communications may not alter criteria for classification, scoring, eligibility, invitations, tiers or distinctions, except by formal revision of the Rulebook.
3. The Preliminary Title prevails over any provision of this Section on contracting, refunds and consumer rights.

Article 3 — General principles

The event is governed by the principles of safety, competitive integrity, fairness, good faith, sportsmanship and equal opportunity. The Organisation may adopt operational measures (courses, lanes, schedules, judge ratios) provided they do not alter the competitive essence.

CHAPTER II — EVENT, RACE STRUCTURE, CATEGORIES AND AGE GROUPS

Article 4 — General race structure

1. The race consists of a sequence of stations, each preceded by a run of approximately 1000 m.
2. The detailed structure is set out in Annex I.

3. The Organisation publishes the Race Map up to 3 days before the event (course, direction, laps, stations, warm up, chip zone, start box, water and sanitary facilities).

Article 5 — Age definition, categories and Age Groups

1. Reference age: in Singles, the athlete's age as at 31 December of the calendar year of the season. In Doubles, the average of the two athletes' dates of birth is calculated, and the pair's reference age is the age corresponding to that average date as at 31 December of the calendar year of the season. The average is the arithmetic mean of the two dates of birth; any fraction of a day is rounded to the nearest day. Ages are not averaged and years are not rounded.
2. Categories and Age Groups:
    I. Singles — Men, Women, Men Pro, Women Pro. Age Groups: 18–29, 30–34, 35–39, 40– 44, 45–49, 50–54, 55+;
    II. Doubles — Men, Women, Mixed, Men Pro, Women Pro. Same Age Groups;
    III. Relay — Men, Women, Mixed. No Age Group.

Article 6 — Stations, standards and penalties

1. Stations have mandatory standards, applied by the judges and the Head Judge, with the tables set out in Annex II.
2. It is the sole responsibility of the athlete, pair or relay to know and comply, without external assistance, with the structure and order of the stations, the count of laps, repetitions and distances, and the entry and exit zones. Judges and staff are never responsible for tracking, reminding or confirming position, progress, laps or repetitions.
3. The Organisation may change the run distance (approximately 1000 m) for operational reasons and without prior notice; total distance will, as far as possible, be similar across events.

CHAPTER III — TICKETING, IDENTIFICATION AND CHECK-IN

Article 7 — Ticket purchase, rights and exclusions

1. Purchase is valid only through links followed from the official platform (www.hybrid-day.com) or directly through the official partner platform, «Fever». Vouchers and codes issued by «Fever» are equally valid, as are vouchers and codes issued by the Organisation when redeemed on that platform. Tickets obtained outside these routes (resale or informal transfer) are not recognised. The Ticket is digital and mandatory; printouts, photographs, illegible screenshots or edited documents are not accepted. It is the athlete's responsibility to have the means to display it. Inability to present a Ticket is equivalent to having no valid Ticket and results in refusal of check-in or access, with no refund.
2. The Ticket confers the right to: take part and compete in the category purchased; a timing chip; a wristband or credential; access to athlete zones; water refreshment; post-race refreshment, where provided; warm up and briefing, where and when available; and to be classified and eligible for a podium if the race is validly completed.
3. Physical add-ons confer rights only if collected on site; there is no obligation to ship; failure to collect is equivalent to withdrawal from the purchase, with no refund.
4. The Ticket confers no right to:
    I. any refund, compensation, credit or indemnity, save in the cases exhaustively set out in Article 4 of the Preliminary Title;

II. exchange, transfer, resale or free assignment, save with written authorisation;

III. participation without valid check-in, identification, wristband and chip;

IV. changing rooms, showers or sanitary facilities, save where expressly communicated;

V. food, save where expressly announced;

VI. t-shirt, kit, merchandise, medals, vouchers or photographs, save where identified as included;

VII. choice of schedule, Heat, lane, judge or position;

VIII. change of category, name, data or team composition, save with authorisation;

IX. entry of companions, coaches or photographers into athlete zones;

X. any guarantee as to weather, ground, comfort or waiting time.

5. Supplementary provisions: purchase implies acceptance of the Rulebook, the Annexes and official communications, as communicated under the Preliminary Title; the athlete may not invoke expectations, customs, past practice or informal communications; Tickets are by default non-transferable and non-modifiable; data entry errors are the buyer's responsibility.

6. Athlete substitution and data changes:

   I. authorised changes carry a fixed cost of €10, per change and per Ticket;

   II. there is a deadline for each event, communicated by email and on the official website;

   III. up to 4 days before, inclusive, the release of the Heats, a change of category or name may be considered, without any obligation on the Organisation to accept it;

   IV. after the Heats are released, no change of category or name is considered;

   V. the Organisation may change the deadline in point III, without justification, provided it is communicated through an official channel;

   VI. an authorised substitution does not alter the refund regime and creates no right to a refund of the change fee paid.

7. The Organisation may limit, change or remove event components for operational, logistical, safety or force majeure reasons, to the extent necessary and without affecting the competitive essence of the race. Where the change materially affects the service purchased, Article 4(2)(b) of the Preliminary Title applies.

Article 8 — Ticket validity, access control and fraud

1. Only the digital ticket issued by the official platforms, matching the event, category and holder, is valid; validity always depends on verification; possession of a ticket does not grant automatic entry.

2. The Organisation may require, cumulatively, a digital ticket, official identification and a wristband or credential; it may refuse access on reasonable doubt, without any right to a refund; the athlete undertakes to cooperate with checks.

3. Tickets are invalid where they are: obtained outside the platforms or routes set out in Article 7(1); resold, transferred or assigned without authorisation; showing signs of forgery, alteration, editing or duplication; carrying data not matching the identification document; for a different event, category, date or holder; already used, validated or cancelled; illegible or not verifiable.

4. In case of duplication, only the first ticket validated is valid; sharing tickets, QR codes, links or vouchers is prohibited; entering data not matching the identification document constitutes an infringement.

5. The following constitute grounds for disqualification, with retroactive effect, where proven: identity or ticketing fraud; doping or the use of prohibited substances or methods; manipulation of results or of the timing system; serious and deliberate breach of competitive standards. Before disqualification takes effect,

the Organisation notifies the athlete of the facts and allows a reasonable period to respond, and the decision is reasoned. Where the grounds are established, disqualification takes effect even after the race, the prize ceremony or the award of Iberian League points, without prejudice to Article 9 of the Preliminary Title.

6. Access control and fraud decisions are final and not subject to internal appeal within the event, without prejudice to access to the courts; refusal confers no right to a refund.

Article 9 — Identification criteria, responsibility and check-in

1. Registration is made with the exact first and last name shown on the official identification document and the correct date of birth. Identity results from the simultaneous combination of first name, last name, date of birth and document, fully matching, including spelling, accents, spaces, hyphens and particles. Any divergence, even partial, prevents completion of check-in as a distinct athlete, pair or relay. Correct entry of the data is the athlete's sole responsibility; correction of a manifest clerical error is allowed up to the release of the Heats.
2. Check-in is mandatory for everyone and must, unless otherwise stated, be completed up to 60 minutes before the Heat, with valid official identification (national ID card or equivalent, or passport). Without valid check-in, the athlete does not compete, does not collect a wristband and is not classified, with no right to a refund.
3. Doubles and Relay check in simultaneously; no member may check in on behalf of another. Without prejudice to the correction of a manifest clerical error allowed under paragraph 1, data entry errors give rise to no retroactive correction after the Heats are released, and no refund.

CHAPTER IV — ACCESS CONDITIONS, DEVICES, HEATS AND SCHEDULES

Article 10 — Warm up, chips, briefing and start box

1. Warm up, where available, is permitted only in the 60 minutes before the Heat.
2. The timing chip is the athlete's sole responsibility: it must be collected in the window from 20 to 10 minutes before the Heat, worn on the ankle (QR facing outwards), and must not be lost, swapped or tampered with; it must be returned after the finish line.
3. The briefing takes place 10 minutes before the Heat; the Organisation does not wait for missing athletes.
4. Entry to the Start Box takes place 5 minutes before the Heat.
5. Incorrect use of the chip results in DNS, DNF or DQ status.
6. The Organisation has no duty to verify correct use of the chip.
7. Failure to return the chip requires payment of a pre-set amount covering replacement, administrative and shipping costs. Until that payment is settled, the Organisation may make the athlete's registration in future events conditional; the restriction ends upon settlement.
8. The chip replacement value corresponds to the price charged by the official timing supplier (Race Result) and may be confirmed with the Organisation; it is updated per event.

Article 11 — Electronic devices, image and sound capture

1. The use and carrying of mobile phones, cameras of any kind, including action cameras and devices mounted on the body, equipment or clothing, and headphones or earphones, is prohibited in the race zone and in the warm up zone, save with prior, express and written authorisation from the Organisation.

2. The prohibition serves to ensure the safety of participants and staff, competitive integrity, protection of the image of third parties and the capture rights of the Organisation and its partners.
3. Watches and heart-rate monitors are permitted, provided they are not used to communicate, to capture image or sound, or to play audio.
4. Media professionals, photographers and operators expressly accredited by the Organisation are exempt, within the terms and zones of their accreditation, as are medical devices necessary to the athlete's health, subject to prior notice to the Organisation.
5. Where a breach is detected, the judge or staff orders immediate removal of the device and applies the penalty set out in Annex II. Refusal to comply and repeat offences result in disqualification.
6. Unauthorised capture of image or sound in the race zone, technical zones or restricted-access zones may result in removal from the venue, without prejudice to applicable legal measures.

Article 12 — Heats, schedules and calls

1. Heat and schedule allocation is made by the Organisation and may be adjusted for logistical, safety or competitive integrity reasons.
2. It is the athlete's obligation to confirm their Heat and keep to the schedule. Starting in the wrong Heat is penalised under Annex II. It is the athlete's responsibility to check entry into the Start Box at the correct time.
3. The official Heat schedule is sent up to 4 days before the event, and may be sent earlier where possible, or later in the event of a system failure. Sending at a different time confers no right to compensation or indemnity.

CHAPTER V — RESULTS, STATUSES AND PODIUMS

Article 13 — Results, classification and podiums

1. Classification results from the official timing system, plus penalties. There are podiums in all categories, sexes and Age Groups where applicable, with a medal for each athlete placing on a podium. There are no cash prizes at any event except Champions Day. Medals are awarded only at the ceremony, with no early handover and no obligation to ship. A tie on time results in the same classification.
2. Statuses: DNS (Did Not Start) — does not start the race in the allocated Heat; DNF (Did Not Finish) — starts but does not complete; DQ (Disqualified) — disqualified for breach, conduct, fraud, breach of standards, disobedience, or for having four stations not completed, under Annex II; NC (Not Classified) — took part but does not meet the requirements (data or chip failure, incomplete course, uncorrected miscount).
3. These statuses mean there is no valid classification, no eligibility for podiums, prizes or distinctions, and the status is recorded in the results. Their assignment falls to the Organisation, the timing team and the Head Judge; decisions are final and not subject to internal appeal within the event, without prejudice to correction of clerical error and access to the courts. Effects on the Iberian League are governed by Section II.

CHAPTER VI — FACILITIES, COMMUNICATIONS AND OBLIGATIONS

Article 14 — Refreshment stations

Water is the only guaranteed refreshment. Solid or liquid food and isotonic drinks are not a right of the athlete (best effort). Their absence gives rise to no claim, compensation or refund.

Article 15 — Changing rooms and support facilities

Changing rooms and support facilities are neither a right of the athlete nor an obligation of the Organisation. Third-party facilities are subject to those entities' rules. Their unavailability gives rise to no refund, compensation or indemnity.

Article 16 — Additional giveaways and goodies

Additional giveaways are optional and do not constitute an acquired right; their absence or substitution gives rise to no claim, compensation or refund.

Article 17 — Official channels

The official channels are the email info@hybrid-day.com, the website www.hybrid- day.com and the Instagram account @hybrid.day. Only official communications are valid and enforceable. The Organisation is not answerable for unofficial sources.

Article 18 — Communication channels

Support: support@hybrid-day.com; Information: info@hybrid-day.com; Media: media@hybrid-day.com; Iberian League: league@hybrid-day.com. Sending to an incorrect address may cause delay or absence of reply, which is not attributable to the Organisation.

Article 19 — General obligations of the athlete

The athlete undertakes to check email regularly (including the spam folder), keep contact details up to date, read, know and fully comply with the Rulebook, the Annexes and communications, follow the instructions of staff, judges and the Head Judge, arrive in good time and compete fairly. It is the athlete's responsibility to stay informed.

Article 20 — Official communications and duty to consult

Relevant communications are made through official channels. Non-receipt or late reading attributable to the athlete (wrong email, filters, full mailbox or device) does not justify an extension of deadlines, an exception, a refund, a Heat change or preferential treatment. Event communications do not alter Iberian League criteria for classification, scoring, eligibility, invitations, tiers or distinctions, except by formal revision.

Article 21 — No creation of rights through practice or tolerance

Tolerance, omission, past practice, exception or accommodation sets no precedent and creates no acquired right. The Organisation retains the right to require full and strict compliance with the Rulebook.

Section II — Iberian League

CHAPTER I — FRAMEWORK AND PURPOSE

Article 1 — Purpose

1. The Iberian League is the set of annual Hybrid Day events, with its own points classification system, culminating in Champions Day.
2. At Champions Day, every invited participant competes on equal terms in their category.
3. Points are personal and non-transferable, and belong to the individual athlete or to the exact team composition (Doubles or Relay).
4. Any change in team composition constitutes a new formation, with no transfer or addition of points. Points accumulate only for identical individuals or formations.

Article 2 — Season

1. The Iberian League runs in seasons.
2. Each season begins with the last event of the calendar year, Champions Day, and ends at the following year’s Champions Day.
3. At that last event of the year, both the Champions Day race and the general event held there count towards the points of the season then beginning, not towards the one ending.
4. Any event may be added to any season, provided it is communicated through an official channel.

CHAPTER II — ELIGIBLE EVENTS, SCORING, ACCESS AND ROLL DOWN

Article 3 — Eligible events

1. Unless stated otherwise, all Hybrid Day events in Portugal or Spain are eligible for points, except Champions Day, which scores under Article 2(3).
2. The scoring system is uniform, regardless of country.
3. The Organisation may declare events ineligible, communicating this clearly and expressly at launch and on the sales platform.

Article 4 — Champions Day invitations

1. At the end of the last general event of the year, and after verification and, if needed, correction of the final classification table, a formal invitation is sent by email:
    I. in the Overall Classification, men's and women's, to the top 30 in Singles, Doubles and Relay;
    II. in each Age Group, to the top 30 in Singles and Doubles.
2. The basis is the points accumulated in the relevant classification.
3. Invitations are personal and non-transferable.

4. The invitation grants access subject to mandatory ticket purchase within the deadlines and full compliance with the Rulebook, including identification.

Article 5 — Champions Day

1. Champions Day is a single one-day event, at a location and date to be designated.
2. Only those who cumulatively meet the following may compete: placing within the eligible positions on points under Article 4; a formal invitation; a ticket purchased within the deadline; and check-in with valid identification.

Article 6 — Invitations, deadlines and roll down

1. Invitations are sent exclusively by email to the registered address. A platform notification may exist where a personal area exists. The athlete remains responsible for keeping the email address correct and checking the spam folder.
2. After receipt, the deadline to purchase a ticket is 7 days (168 hours).
3. If the deadline passes without purchase: the invitation lapses; the place earned on points is lost; Roll Down is triggered (invitation to the next in the classification), with 4 days (96 hours) to purchase; the process continues until places are filled.
4. Deadlines run from dispatch; the deadline is extended in the event of a proven delivery failure not attributable to the athlete. The Organisation's decisions here are final and not subject to internal appeal, without prejudice to access to the courts.
5. Champions Day tickets are personal and non-transferable, and may not be exchanged, sold or assigned, save with written authorisation from the Organisation. The refund regime is that of Article 4 of the Preliminary Title.
6. In Doubles and Relay, the invitation is inseparable from the exact composition that accumulated the points.

Article 7 — Acceptance of invitations and participation options

1. An athlete qualifying simultaneously for the Overall Classification and for an Age Group receives separate invitations per category and may accept as many as they wish. Each invitation corresponds to an individual, non-transferable link or voucher for one category.
2. To be classified in both categories, the athlete must accept both invitations and purchase separate tickets; there is no automatic link. Acceptance implies actual participation; non-attendance is equivalent to withdrawal in that category. An athlete may receive invitations for different categories (Singles, Doubles or Relay).

CHAPTER III — AGE DEFINITION, SCORING AND WILD CARDS

Article 8 — Age definition

The rule in Article 5 of Section I applies: in Singles, age as at 31 December of the season; in Doubles, the age corresponding to the average of the two athletes' dates of birth, as at 31 December of the season.

Article 9 — Scoring system

1. Per event:
    I. 1st place — 400 points;

II. 2nd to 10th — deduction of 30 points per position;

III. 11th to 50th — deduction of 2 points per position;

IV. 51st to 100th — deduction of 1 point per position, with 99th and 100th receiving 1 point;

V. beyond 100th — no points.

2. Points count towards the Overall Classification, the Age Group and filtering by nationality.
3. Iberian League tie-breaks, in order: times across the 8 functional stations; highest number of first places; highest number of podiums; best placing at the last event; final decision of the Organisation.
4. DNF, DNS and DQ statuses score no points.

Article 10 — Taking part in Champions Day

1. Every athlete, pair and relay invited and confirmed for Champions Day competes on equal terms and is eligible for podiums, titles and distinctions in their category, including the Iberian Champion title in the Overall Classification.
2. The final list of participants per category is determined by the Organisation after Roll Down closes, and is final and not subject to internal appeal, without prejudice to access to the courts.

Article 11 — Wild Cards

1. A Wild Card is an invitation from the Organisation to take part in Champions Day, granted outside qualification on points.
2. A maximum of 10 Wild Cards are granted per season, across all categories combined.
3. Allocation is free and discretionary, made by the Organisation for the benefit of the sport and of the event. It depends on no points, no podium, no previous participation and no other requirement, and the Organisation is not obliged to grant all available Wild Cards.
4. A Wild Card takes an additional place in its category, without displacing any athlete, pair or relay qualified on points.
5. A Wild Card carries exemption from the Champions Day ticket price and associated fees. It is personal, non-transferable and not convertible into money, and its holder complies in full with the Rulebook, including identification and check-in.
6. No athlete is entitled to a Wild Card, nor to reasons for not receiving one. The Organisation's decisions in this matter are final and not subject to internal appeal, without prejudice to access to the courts.

CHAPTER IV — DISTINCTIONS, TITLES AND CRITERIA

Article 12 — Official distinctions

1. At Champions Day the following are awarded:

I. Portuguese National Champion — Portuguese nationality only;

II. Spanish National Champion — Spanish nationality only;

III. Iberian Champion — any nationality.

2. Nationality is the one selected at registration and validated by the document presented at check-in for the first event of the season, and remains definitively associated with the athlete for that season; in cases of dual nationality, the document must match the nationality selected. A change of nationality after an event constitutes a new athlete or a new team composition.

3. Doubles and Relay are eligible for national titles only if made up entirely of athletes of the same nationality; mixed-nationality teams compete only for Iberian Champion.

Article 13 — Criteria for awarding distinctions

1. The Iberian Champion is the athlete, pair or relay in the Overall Classification that crosses the finish line first.
2. The podium and final classification are determined solely by finishing order; times or points earned earlier in the season do not count.
3. In Age Groups, the podium is determined by finishing order among the athletes, pairs or relays of that Age Group.
4. Tie on official time: raw finishing time; placing at the last event; final decision of the Organisation.

CHAPTER V — TEAM COMPOSITION AND IDENTIFICATION

Article 14 — Singles, Doubles and Relay

1. An athlete may be part of more than one team or take part as a Single at different events.
2. Points are awarded by exact composition and are inseparable from the formation. A change creates a new team with its own count; the original formation keeps its points and may continue to accumulate if it competes again.

Article 15 — Identification criteria for scoring

1. Without prejudice to Article 9 of Section I: the same document used at the first event of the season must always be used; a change of name, inversion, abbreviation, nickname, diminutive or incorrect date of birth leads the system to treat the entry as a new athlete, pair or relay, with no accumulation; the Organisation does not merge records or transfer points after the fact.
2. Verification is mandatory, by valid Champions Day ticket and official identification or passport. Without valid identification, the athlete does not compete, does not receive a wristband and receives no refund. Photocopies are not accepted; digital documents are accepted only through official government applications.

CHAPTER VI — PRIZES

Article 16 — Cash prizes

Awarded to the top three finishers in each category, Age Groups included: • Singles Men | Women: €600 / 500 / 400; • Singles Men Pro | Women Pro: €1000 / 800 / 600; • Doubles Men | Women: €800 / 650 / 500; • Doubles Mixed: €800 / 650 / 500; • Doubles Men Pro | Women Pro: €1000 / 800 / 600; • Relay Men | Women | Mixed: €700 / 600 / 500; • Age Groups (Singles, Doubles, Singles Pro, Doubles Pro): €135 / 110 / 90 in Hybrid Day Vouchers. Doubles and Relay prizes are per team (one prize), subject to the tax obligations of the event's country, and paid after an invoice is issued.

Article 17 — National champions

National titles carry no cash prize; they confer only the title and a certificate.

CHAPTER VII — PODIUMS AND PENALTIES

Article 18 — Podiums

Medals are awarded for 1st, 2nd and 3rd place in all categories and Age Groups. National titles are determined by post-race filtering at the same event.

Article 19 — Penalties at Champions Day

Penalties are served in a designated area (after the Wallballs and before the final finish line), marked on the Race Map. These rules prevail over the General Rules on Champions Day.

Section III — Physical Fitness, General and Disciplinary Provisions, Unforeseen Cases

Article 1 — Conditions of participation and physical fitness

The athlete declares that they are fit. The Organisation may prevent participation where there is manifest risk, by decision of the Head Judge or the medical team. The athlete undertakes to comply with the rules on safety, movement and use of equipment.

Article 2 — Judging and disciplinary decisions

1. Decisions of the judge or the Head Judge on standards, «no rep», penalties, safety and conduct are final and not subject to internal appeal within the event, without prejudice to access to the courts.
2. Improper, disrespectful, aggressive, intimidating, discriminatory or harassing conduct results in immediate disqualification and a 12-month ban on participation, without prejudice to applicable legal measures. The ban is preceded by reasoned notice to the athlete and a period to respond, and is proportionate to the seriousness of the conduct.
3. The following are also sanctionable: repeated refusal to follow instructions; attempts to manipulate results; entering or exiting outside the arches; improper alteration of chips or equipment; unauthorised use of electronic devices under Article 11 of Section I.
4. Specific sanctions are set out in the penalty table (Annex II).

Article 3 — Judging authority

The Judges and the Head Judge hold technical and disciplinary authority; their decisions are final and not subject to internal appeal within the event, without prejudice to access to the courts under the law.

Article 4 — Medical responsibility, fitness and assumed risk

1. Participation presupposes adequate physical, clinical and psychological condition. The athlete assumes the risks inherent to sport, namely fatigue, exhaustion, dehydration, falls, collisions and injuries arising from effort, weather, ground or equipment, as well as the worsening of pre-existing conditions. This is without prejudice to the Organisation's liability for damage resulting from its wilful misconduct or negligence, in particular failure of safety conditions, which is neither excluded nor limited.
2. A prior medical assessment is recommended. The Organisation, the medical team, staff, judges and the Head Judge may prevent, interrupt or remove the athlete on risk grounds; the decision is immediately enforceable, not contestable within the event and carries no refund.
3. The athlete must report limitations, conditions or medication and authorises assistance and transfer in an emergency. Medical and hospital costs are borne by the athlete, save where covered by the insurance under Article 11 or where liability is attributable to the Organisation. The Organisation may require a fitness declaration, a waiver or medical evidence.

Article 5 — Animals

Domestic animals are not permitted, save with prior written authorisation. Assistance dogs and guide dogs are exempt, under applicable law. The keeper is responsible for custody, hygiene and damage. The Organisation may refuse animals that pose a risk, without prejudice to the legal protections for assistance dogs.

Article 6 — Personal belongings, loss and damage

1. Custody and supervision of belongings are the athlete's sole responsibility. The Organisation assumes no liability for loss, theft, robbery, misplacement or damage, save for its wilful misconduct or gross negligence. Support areas and lockers do not constitute a custody service.
2. The athlete is liable for damage they cause (equipment, structures, partner material or third-party property), and may be required to repair, replace or compensate. The Organisation may remove abandoned or dangerous objects.

Article 7 — Image capture and usage rights

1. Image and sound may be captured by the Organisation or by authorised third parties. Participation in a publicly accessible event implies authorisation to capture and use the athlete's image, voice, name and performance for the documentation and promotion of Hybrid Day and the Iberian League (past and future editions), including coverage, communications and institutional materials.
2. This authorisation is granted free of charge and for as long as the purpose of documenting and promoting the events subsists, without territorial limitation.
3. Uses going beyond promotion of the event, in particular individualised use of the athlete's image in commercial campaigns by partners or sponsors, require specific and separate consent, not conditional on registration.
4. That consent may be withdrawn at any time, under Article 7(3) GDPR and Article 81(2) of the Portuguese Civil Code, and for events in Spain also Article 2(3) of Organic Law 1/1982. Withdrawal takes effect for the future, does not affect lawful prior use and does not affect the sporting record of the race.
5. The athlete may object to or request the cessation of future uses of their image under data protection law, without affecting the lawfulness of prior processing or the sporting record of the event. The Organisation is not obliged to provide or sell individual photographs or videos and may limit or prohibit capture in restricted zones, under Article 11 of Section I.

Article 8 — Personal data protection

1. The data controller is Exclamação Radical, Lda. (VAT 518 106 250); the contact for exercising rights and data protection matters is management@hybrid-day.com.
2. Data processed includes identification, contact details, registration and category, participation, classification, times and penalties, ticketing and payments, image and sound, and other necessary data. The purposes are: managing registrations and tickets; validating identity and eligibility; organising Heats, results and podiums; safety and access control; communications; compliance with legal, tax and accounting obligations; managing the Iberian League; developing and training machine learning models and carrying out statistical analysis, preferably with anonymised or pseudonymised data; and promoting future events and sending communications relating to the Hybrid Day brand and to Exclamação Radical, Lda.
3. The legal bases are: performance of the contract; compliance with a legal obligation; legitimate interest (safety, competitive integrity, event promotion and development of machine learning models and statistical analysis); and consent (image beyond the event and marketing communications). The data subject may object at any time to marketing communications and to processing based on legitimate interest.
4. Data may be shared with necessary third parties (ticketing platforms, including Fever, timing providers, technology partners, legal, medical and security providers, and authorities). Where providers are outside the European Economic Area, appropriate safeguards under the GDPR apply.
5. The Organisation adopts technical and organisational measures compliant with the GDPR (Regulation (EU) 2016/679) and Portuguese Law 58/2019. Data is retained for the period necessary for each purpose and for

applicable legal periods. Refusal to provide mandatory data may make registration or participation impossible, with no refund.

6. The data subject may exercise rights of access, rectification, erasure, restriction, objection and portability through management@hybrid-day.com, and lodge a complaint with the CNPD for events held in Portugal, or with the AEPD for events held in Spain, under Annex III.

Article 8-A — Communications with the Organisation and related processing

1. The Organisation is the controller for personal data processed in communications with Registrants, athletes and contacts. The contact point for any data question is management@hybrid-day.com.
2. Channels covered: email on the Organisation's domains, WhatsApp, direct messages and public comments on Instagram and Facebook.
3. Data processed: name, email addresses, telephone numbers, account identifiers on those platforms, the content of messages and attachments (image, audio, video and files), text recognised in them by automated means, and the dates and status of each communication. Payment data is not processed in messages.
4. Purposes: sending invitations, registration links, deadlines and notices about the competitions, and replying to messages received.
5. Legal bases: performance of the registration contract and pre-contractual steps requested by the Registrant; the Organisation's legitimate interest in replying and providing support; and consent, for the WhatsApp channel and marketing communications.
6. WhatsApp messages are sent only to those who confirmed their telephone number at registration and expressly accepted that channel. Consent may be withdrawn at any time by replying PARAR, STOP or BAJA, with immediate effect, the Organisation retaining only an encrypted marker of the number so as not to make contact again.
7. The Organisation uses its own communications system in which an artificial intelligence tool classifies the message, reads text in images and audio in attachments, and suggests a draft reply. **The tool neither sends communications nor takes decisions**: every reply is reviewed and approved by a person. Before a message goes to the tool, email addresses and telephone numbers are stripped from the text. The Registrant may ask for their message to be handled by people only.
8. Processors and recipients: email and productivity providers, the messaging platforms in paragraph 2, hosting and audio transcription services in the European Union, the artificial intelligence service provider, and the ticketing platform, consulted read-only to answer questions about purchases. Some of these providers may process data outside the European Economic Area. Some of these providers process data outside the European Economic Area, in particular the messaging services and the artificial intelligence service provider. In those cases the contractual terms and transfer mechanisms made available by each provider apply, and the Organisation reviews them periodically. The Registrant may ask, through the contact in paragraph 1, for information on the safeguards in force with a particular provider.
9. Retention: attachments are kept for 90 days and messages for 24 months, after which they are anonymised, leaving only dates and statistical data with no text or contact details.
10. Attachments sent by the Registrant may contain third-party data. In sending them, the Registrant confirms they have a basis to do so, and the Organisation processes that data only as far as needed to reply. Where an identifiable third party asks, the Organisation provides them with the required information and handles their rights on the same terms.

11. Rights: access, rectification, erasure, restriction, objection and portability, through the contact in paragraph 1, with the same deadlines and safeguards as Article 8. Erasure extends to attachments.

Article 8-B — People register

1. To serve those who write to it better and to protect each person's data, the Organisation keeps a single register per person, bringing together what it already holds: registration and ticket data, Iberian League participation, invoicing data and the conversations held through the official channels. The link is made by email, telephone number or the identifier of the account used to make contact.
2. The register is used to reply quickly and with context, to manage registration, the event, the League and invoicing, and for the Organisation's internal organisation and statistics. **It is not used for marketing and is neither sold nor passed to third parties for their own commercial purposes.**
3. It also serves to confirm the identity of anyone requesting personal data. Before sharing any data, the Organisation sends a code to the registered email address and proceeds only if the person returns it. The register never replaces that confirmation.
4. There are no automated decisions affecting the Registrant: any reply containing personal data is approved by a member of the team.
5. Invoicing data in the register is limited to name, email, telephone and customer identifier. Tax identification numbers, addresses and issued documents are not included.
6. A record is kept while there is activity and deleted after 24 months with no conversation, purchase or participation. It is also deleted when the contact it relates to is erased or anonymised on request.
7. Access is restricted to those in the Organisation who manage communications or approve replies. The database is hosted in the European Union.
8. The rights and complaint routes in Article 8 apply. The contact for any data question is management@hybrid-day.com.

Article 9 — Amendments to the Rulebook

The Organisation may amend the Rulebook for technical, operational, legal or safety reasons, to the extent necessary and without affecting the competitive essence, communicating this through official means. The version in force is always the one published at www.hybrid-day.com. Amendments do not apply retroactively to Tickets already purchased where they worsen the Registrant's position.

Article 10 — Unforeseen cases and interpretation

1. Situations not provided for are decided by the Organisation on the basis of the General Rules and the principles of fairness, safety, integrity and sound operation; decisions are final and not subject to internal appeal, without prejudice to access to the courts.
2. The Organisation may adjust, without prior notice, the procedures for Roll Down, Wild Cards, penalties, course, distance and stations, for technical, operational or force majeure reasons, provided they do not alter the essential nature of qualification, and may prevent or remove an athlete on medical, safety or incapacity grounds.

Article 11 — Insurance

1. For each event held in Portugal, the Organisation maintains in force the mandatory sports insurance provided for in Portuguese Decree-Law 10/2009, which establishes the legal regime for compulsory sports insurance applicable to participants in sporting events.

2. The insurance covers personal accident risks inherent to sporting activity, as defined by law, including treatment and repatriation expenses, permanent disability and death, within the limits of the minimum capital sums fixed in that Decree-Law.
3. The minimum capital sums are those set by law, updated automatically each January and published by the competent public authority. The Organisation informs the athlete, on request, of the essential scope and the sums in force in the year of the event, through support@hybrid-day.com.
4. The insurance covers accidents, understood as fortuitous, sudden and abnormal events, and does not cover ordinary illness or degenerative processes not caused by an accident.
5. The existence of insurance neither replaces nor excludes the Organisation's liability for wilful misconduct or negligence, in particular failure of safety conditions.
6. For events held in Spain, the regime in Article 6 of Annex III applies.

Article 12 — Competitive integrity and anti-doping

The athlete undertakes to compete with integrity and to refrain from doping, fraud or manipulation of results. Breach constitutes grounds for disqualification, including with retroactive effect under Article 8(5) of Section I, and may result in a ban on future participation, without prejudice to applicable legal measures.

Article 13 — Minimum age

Participation is restricted to those aged 18 and over. Should any route for the participation of minors be introduced, a specific regime of legal guardian consent and dedicated rules on the processing of minors' data and image will apply, under applicable law.

Annex I — Race Structure

Each station is preceded by a 1000 m run. The official flow of the individual race is as follows:

01	1000 m Run	·	Ski — 1000 m
02	1000 m Run	·	Sled Push — 50 m
03	1000 m Run	·	Sled Pull — 50 m
04	1000 m Run	·	Burpee Broad Jump — 80 m
05	1000 m Run	·	Row — 1000 m
06	1000 m Run	·	Farmer's Carry — 200 m
07	1000 m Run	·	Walking Lunge (Sandbag) — 100 m
08	1000 m Run	·	100 Wallballs → FINISH

Specific rules for Doubles and Relay

Doubles (YGIG — You Go, I Go). Athletes alternate or split the stations while respecting the standards. The run is completed by both together, never more than about 10 m apart. One athlete may only begin work at a station with the second athlete 1 metre or less away.

Relay (teams of 4). Composition: 4 men, 4 women or 2+2 mixed, without exception. Each athlete completes 2 runs of 1 km and 2 stations (two blocks of «1000 m + station», consecutive or interspersed). The order of stations is mandatory, per the flow above. The changeover takes place in a dedicated zone, with physical contact or chip handover. The Relay-only briefing takes place 5 minutes before the Start Box.

Annex II — Stations, Standards and Penalties

General rule for standard breaches: 1st breach — warning; 2nd breach — 20 s; further breaches — a further 20 s, unless stated otherwise.

Doubles. At every station, one athlete may only begin work with the second athlete 1 metre or less away; at the moving stations (Ski, Sled Push, Sled Pull and Burpee Broad Jump), the partner must always be behind the athlete doing the work.

Equipment at the start. The athlete is entitled to find the station's equipment aligned and ready. From first contact, handling, repositioning and resetting the equipment become their responsibility, with no time compensation.

Station	Distance / reps and loads	Standards and penalties
01 · Ski	1000 m	Skiing is always done with both feet on the platform and both hands on the handles, one hand per handle. Taking the feet off the platform during the ski, or starting without both feet on the platform: 20 s. Damper: the athlete sets it as they see fit, and is responsible for checking its position and adjusting it. Releasing the handle and letting the bungee retract it violently: 2 min per occurrence. Handover to the partner, in Doubles and Relay: made with the handles rested at the top of the stroke, from where the partner collects them. Direct hand-to-hand exchange and handover with the bungee running are not permitted: 20 s per occurrence. Early stop: shortfall up to 50 m → 2 min; shortfall of 50 to 100 m → 5 min; each further 100 m short → +1 min.
02 · Sled Push	4×12.5 m W 100 kg → 30 N WPro · Men 150 kg → 45 N MenPro 200 kg → 60 N	The sled is pushed facing forward, with the athlete oriented in the direction of travel and hands on the posts or the frame. Pushing with any posterior part of the body is not permitted, in particular back, rear of the shoulders, hips or glutes, nor moving the sled with the back turned to the direction of travel: 20 s per occurrence. Crossing: on each of the four lanes, the sled must cross the end-of-lane line completely. A lane where the sled remains on the line, even partially, does not count as completed. Leaving the lane: partial crossing of the side line is enough for a penalty: 20 s. Resetting is the athlete's responsibility. Collision between sleds, in push or pull: the athletes involved are responsible for resetting, with no time compensation and no right of complaint. Failure to complete a lane: 4 min per lane not completed.

03 · Sled Pull	4×12.5 m W 75 kg → 22.5 N WPro · Men 100 kg → 30 N MenPro 150 kg → 45 N	The station has a marked working box. While pulling, the feet must stay inside the area and must not touch the lines marking it: 20 s per occurrence. The athlete may leave the area to reset the sled in the lane or adjust it after a collision, returning to position before pulling again; that exit is not penalised and the time is on them. The sled is pulled by hand. Pulling while walking backwards or using the arms alone is permitted, and the legs may contribute. Pulling with the rope wrapped, rested or secured on any part of the body other than the hands is not permitted: 20 s per occurrence. Pulling while seated, kneeling or without both feet inside the working area: 20 s. Adjusting the rope is for the athlete working only. In Doubles, the partner may neither touch nor adjust the rope: 20 s per occurrence. Crossing, leaving the lane and collisions: as set out for the Sled Push. Failure to complete a lane: 4 min per lane not completed.
04 · Burpee Broad Jump	80 m	Chest and thighs must contact the ground on every repetition. Contact of chest only or thighs only does not validate the repetition. Hands: lateral position is free, provided the palms rest on the ground. Longitudinally, the hands are placed on the imaginary line where the feet are in line, with a 10 cm tolerance either side. Jump: performed with feet in line and without a run-up step. Landing is with feet in line. Restart: full extension of hips and knees is not required. The criterion is hand placement within the 10 cm tolerance. Invalid repetition: the first gives a warning; each one after that, 20 s, with no cap. Five consecutive invalid repetitions: the judge may mark the station as not completed. A valid repetition resets the count of the sequence. Progress measured between the start and finish lines, with no intermediate markings. Individual lanes are not necessarily used; where they are, 20 s for crossing the side line, even partially. Failure to complete the station: 16 min.
05 · Row	1000 m	The athlete checks that the monitor is at zero and, if it is not, resets it before starting. The row may only begin with the athlete seated, both feet on the footplate and both hands on the handle. Starting outside this position: 20 s. Damper and straps: the athlete sets the damper as they see fit, and is responsible for checking and adjusting the damper and the foot straps. The adjustment time is on them. Releasing the handle and letting the bungee retract it violently: 2 min per occurrence. End of the row: the athlete only stands up once the

		1000 m have been validated by the judges. Where the monitor offers automatic validation, both validations are required. Early stop: shortfall up to 50 m → 2 min; shortfall of 50 to 100 m → 5 min; each further 100 m short → +1 min.
06 · Farmer's Carry	200 m W 2×16 kg WPro · Men 2×24 kg MenPro 2×32 kg	Carried with one handle in each hand and the arms extended at the side of the body; some elbow flexion is permitted. The weights may not be rested on any part of the body, in particular shoulders, bent forearms, hips, back or chest: 20 s per occurrence. Setting the weights down is permitted, without leaving the spot where the athlete is. The athlete does not move forward without the weights. Dragging the weights: 2 min per attempt. Crossing a point while dragging counts as crossed, with the penalty applied. Crossing: the athlete's feet must cross each finish line of each leg completely. The weights may only be set down after that crossing: 20 s per occurrence. End of the station: the weights are placed where the judge indicates or, absent an indication, in the marked place for that weight. Wrong weight: DQ if not repeated. Failure to complete the station: 16 min.
07 · Sandbag Lunges	100 m W 10 kg WPro · Men 20 kg MenPro 30 kg	The bag is carried across both shoulders. Bag off both shoulders: 20 s per occurrence. Rear knee does not touch the ground: 20 s per repetition. No full extension of hips and knees: 20 s per repetition. Resting with the bag across both shoulders is permitted. Bag touches the ground: 20 s per occurrence. Bag dragged along the ground: 2 min per attempt. Crossing: the athlete's feet must cross each finish line completely. The bag may only be set down after that crossing: 20 s per occurrence. End of the station: the bag is placed where the judge indicates or, absent an indication, in the marked place for that weight. Wrong weight: DQ if not repeated. Failure to complete the station: 16 min.
08 · Wallballs	100 reps W 4 kg · WPro · Men 6 kg · MenPro 9 kg Target: W/WPro 2.75 m · Men/ MenPro 3.00 m	The hip passes below the knee line and the ball clearly hits above the target. If either fails, the repetition does not count. Counting: done by the judge. Where a counting system exists, the judge's count always prevails. If the ball falls to the ground, it must come to rest before it can be picked up again. Using the bounce is not permitted. Setting the ball down and resting is permitted as often as the athlete wishes. Sitting on the ball is not permitted: 20 s per occurrence. Execution takes place at the target and in the zone the judge indicates. There are no control lines. The athlete does not choose the target and must pay

	attention to which judge is calling them. Working at the wrong target: 2 min per occurrence. Wrong weight: it is the athlete's responsibility to make sure they picked up the correct ball. With a lighter ball, they restart from zero; with a heavier ball, they resume the count where they were. Ball out of the zone: retrieval is the responsibility of the athlete working, with no time compensation. For each repetition not performed: 20 s per missing repetition.

Sled loads and Newtons

Sled loads are normalised in Newtons, under optimal conditions, to create fairness in the force applied in the push and the pull. The Newton values were measured with a new official Hybrid Day® sled, with the weights used in competition and on new official synthetic turf. Measurement is taken in traction, with a non-elastic cable, at an angle of approximately 15°, using a dynamometer. The same Newton values are used at every event, so that the force applied in Pull and Push is standardised across all editions.

Load	Normalised force
200 kg	60 N
150 kg	45 N
100 kg	30 N
75 kg	22.5 N

Other penalties

Situation	Penalty
Failure to complete a run	5 to 10 min per lap
Wrong order of stations	4 min (1 station); DQ if more than 1
Entering or exiting at the wrong point	4 min per breach
Use of a phone, camera or headphones in the race or warm up zone, without authorisation	Immediate removal of the device and 20 s; repeat offence or refusal: disqualification
Unauthorised image or sound capture in a restricted zone	Removal from the venue and disqualification
Unsporting conduct	Disqualification
Not wearing the timing chip	DNS
Starting in the wrong heat	DNS
Disrespect towards judges	Disqualification
Failure to follow staff or judge instructions	Disqualification
Not wearing the chip on the ankle	DNS

Four stations not completed	Disqualification

Incomplete stations and disqualification

A station counts as not completed under the table below. Each station keeps its own time penalty.

Station	Counts as not completed when
01 · Ski	More than 100 m are short
02 · Sled Push	Two or more lanes are left incomplete
03 · Sled Pull	Two or more lanes are left incomplete
04 · Burpee Broad Jump	The athlete does not cover the 80 m, or accumulates five consecutive invalid repetitions
05 · Row	More than 100 m are short
06 · Farmer's Carry	The athlete crosses the finish line, or an intermediate point, without the weights
07 · Sandbag Lunges	The athlete crosses the finish line, or an intermediate point, without the bag
08 · Wallballs	10 or more valid repetitions are short

An athlete, pair or relay may have at most three stations not completed. A fourth station not completed means disqualification.

Annex III — Provisions Applicable to Events in Spanish Territory

This Annex forms an integral part of the Rulebook and applies to events held in Spanish territory and to athletes resident in Spain. For those events it replaces the articles indicated below, over which it prevails.

Article 1 — Right of withdrawal and refund (replacing Articles 2 and 4(1) of the Preliminary Title)

1. As this is a service relating to a leisure activity with a specific date or period of performance, the Registrant has no right of withdrawal under the Spanish TRLGDCU, by application of Article 103(l) thereof. This information is provided expressly and prior to payment.
2. Paragraphs 2 to 17 of Article 4 of the Preliminary Title remain applicable with the same content, in particular the exhaustive list of cases carrying a right to a refund, the list of excluded cases, the allocation of the risk of personal impediment and athlete substitution as the contractual remedy.
3. No provision sets aside mandatory rights available to the consumer; any clause penalising or waiving the right of withdrawal is void.

Article 2 — Governing law and jurisdiction (replacing Article 6 of the Preliminary Title)

1. This Rulebook is governed by Portuguese law.
2. For consumers domiciled in Spain, the courts of their domicile have jurisdiction, under Regulation (EU) 1215/2012 and Article 90.2 of the TRLGDCU.
3. No provision limits access to the courts.

Article 3 — Communication and clauses (replacing Article 1 of the Preliminary Title)

1. Communication and incorporation of the conditions are governed by Article 7 of Spanish Law 7/1998 on General Contracting Conditions and by Article 80.1 of the TRLGDCU, with the text made available in Spanish, clearly and specifically, in type no smaller than 1.5 mm.
2. Unfair terms are void as a matter of law.

Article 4 — Complaints and alternative resolution (replacing Article 7 of the Preliminary Title)

1. At events held in Spanish territory, the consumer may use the official complaint forms («hojas de reclamaciones») of the Autonomous Community where the event is held, which the Organisation makes available under the applicable regional rules.
2. The consumer may also submit the dispute to the Junta Arbitral de Consumo of the Autonomous Community where the event is held or, failing that, to the Junta Arbitral Nacional de Consumo, attached to the ministry responsible for consumer affairs. The directory of boards is available at www.consumo.gob.es.
3. The Portuguese electronic Complaints Book and the Portuguese consumer arbitration centres have no competence over these events.
4. No provision limits access to the courts.

Article 5 — Right to one's own image (replacing Article 7 of Section III)

1. Participation in a publicly accessible event allows the capture and use of the athlete's image, voice, name and performance in the documentation and promotion of Hybrid Day and the Iberian League; where the image is incidental to the public event, Article 8.2 of Spanish Organic Law 1/1982 applies.
2. Individualised use of the image for commercial purposes of partners or sponsors requires express and separate consent, not conditional on registration.
3. Under Article 2.3 of Organic Law 1/1982, consent may be revoked at any time; revocation does not affect uses already lawfully made or the sporting record of the event.

Article 6 — Mandatory insurance (replacing Article 11 of Section III)

1. The Organisation maintains in force the public liability insurance required by the regional rules on public events and recreational activities applicable to each event, as well as the participants' accident insurance required by those rules and by Article 87 of Spanish Law 39/2022 on Sport, concerning the obligations of organisers of non-official competitions.
2. Cover and capital sums are those set by the rules applicable to the territory and the year of the event. The Organisation informs the athlete, on request, of the essential scope in force.
3. This insurance does not exclude the Organisation's primary liability for wilful misconduct or negligence.

Article 7 — Data protection (replacing the legal references in Article 8 of Section III)

1. The processing of personal data is governed by Regulation (EU) 2016/679 (GDPR) and by Spanish Organic Law 3/2018 (LOPDGDD).
2. The supervisory authority is the Spanish Data Protection Agency (AEPD), with which the data subject may lodge a complaint. The purposes, legal bases and rights set out in Article 8 of Section III continue to apply.