

1 Introduction

The FLYBACK Frutigen is a sports adventure competition for paragliding pilots that demands tactics, endurance, weather knowledge, and flying skills.

The regulations apply to all participating pilots and are automatically and unconditionally accepted upon completion of registration.

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2 Overview

- 2.1 FLYBACK Frutigen is an adventure and paragliding competition for participants with sufficient to extensive paragliding and mountain experience.
- 2.2 The goal is to reach or fly over as many control points (CTs) and turning points (TPs) as possible on race day, defined by the organizing committee, and to cross the finish line before the finish time expires. Reaching control points and turning points, as well as crossing the finish line on time, are rewarded with a defined number of points. Participants travel on foot or by paraglider.
- 2.3 FLYBACK Frutigen is open to everyone from unlicensed pilots to professionals. The route is planned and executed according to individual abilities.
- 2.4 The competition lasts one day and consists of the following elements, which all participants must attend (mandatory): the competition and weather briefing at 08:00 and the race between 09:00 and 17:30.

3 Organization

- 3.1 The organizing committee is responsible for the website content, registration procedure, schedule, route distribution, competition and weather briefing on race day, service at start and finish, prizes and the live tracking system for the creation of the ranking and to improve safety.
- 3.2 All questions or inquiries regarding FLYBACK Frutigen to the OK should be sent by email to hello@flybackfrutigen.ch or via the contact form on the website.

4 Schedule

- 4.1 The competition takes place only in "good" weather. A communicated postponement date is provided.
- 4.2 The race day is divided into the following elements, which participants are required to attend:

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| 07:30 - 08:15 AM | Registration/Check-in |
| 08:30 AM | Competition and Weather Briefing in the Frutigen Hangar |
| 09:00 AM | Official Start at the Frutigen Hangar |
| 05:00 PM | Finish deadline – after this time, participants will no longer receive points for finishing |
| 05:30 PM | Latest finish – arriving later leads to disqualification |
| 06:00 PM | Complain-Deadline – latest deadline for submitting a complaint regarding the scoring |
| 06:30 PM | Announcement of Results |

5 Participation Conditions

- 5.1 All participants must have sufficient experience in paragliding and mountain hiking to meet the demands of FLYBACK Frutigen. Whether this applies is solely at the discretion of the participants.
- 5.2 All participants in the women and men categories require a valid flying license (Switzerland: SHV brevet, foreign participants IPPI card level 4 or 5). Participants in the student category are exempted. Participants in the flight student category may only take part under the constant supervision of flight instructors. Responsibility lies with both the flight students and the flight instructors.
Tandem pilots must be in possession of a complete tandem brevet (no longer in training).
- 5.3 The number of participants is limited to 60 but may be changed by the organizing committee.
- 5.4 Flight instructors are responsible for ensuring that their flight students have been informed about all risks and dangers of the FLYBACK Frutigen event and have read and unconditionally accepted the regulations before registration.
- 5.5 Participants are responsible for flight and hiking equipment, proper clothing, navigation in the terrain, choice of suitable takeoff and landing sites, assessment of local weather and wind conditions, having completed and valid liability and accident insurance, and generally for all decisions made during the ongoing competition.
- 5.6 Participants are physically and mentally healthy and capable of making important and safety-relevant decisions under competition conditions. Whether this applies is solely at the discretion of the participants.
- 5.7 Participants are aware of all risks arising from participation in FLYBACK Frutigen. They accept these as an unavoidable part of the event.

6 Responsibility of the Participants

- 6.1 The participants commit to keeping the following communication channels open throughout the entire race:
 - Participation in the WhatsApp chat
 - Availability by phone call and SMS
- 6.2 The participants are required to keep the "Hike n Fly Live Tracking" app running continuously on their smartphones.
- 6.3 Participants are expected to be helpful and friendly towards other participants, the organizing committee, the press, and all other third parties.
- 6.4 Participants are responsible for any type of environmental damage caused by misconduct.
- 6.5 In case of violations against local, regional, and national laws and agreements, flight regulations, as well as the FLYBACK Frutigen rules, participants assume full responsibility and bear the legal consequences.

7 Organizer's Reservations

- 7.1 The organizing committee reserves the right to:
- to change the rules before or during the race or to cancel the event
 - Adjust the schedule on the competition day as needed
 - Exclude participants from the event before or during the race without justification
 - Disqualify participants who act irresponsibly towards themselves, third parties, the sport, FLYBACK Frutigen, or its sponsors
- 7.2 In case of violations of rules affecting airspace and/or prohibited zones on the ground, the competition jury may impose penalties or disqualification (e.g., for landings in a wildlife protection zone).
- 7.3 In the event of property damage or personal injury, the organizer rejects all liability.
- 7.4 The organizer assumes no responsibility for misjudgments by participants and their consequences.

8 Competition rules

- 8.1 Scoring is based on the following categories:
- Solo Women
 - Solo Men
 - Tandem
 - Student pilot
- 8.2 The ranking is handled as follows:
- The ranking list is created from the live tracking by “Hike n Fly Switzerland”
 - In case of a tie in points between two participants, the target time is decisive
- 8.3 Each control or turning point is only scored once. Double reaching does not count multiple times. If a pilot collects all possible TPs and CPs, this will be rewarded with bonus points.
- 8.4 The entire route must be covered on foot or by paraglider. During the race, the following points are not allowed:
- Leaving equipment at one location and picking it up again at a later time
 - Flying non-certified equipment (see point 11.2)
 - Using physical aids of any kind (e.g., motor drives, ropes, etc.)
 - Taking performance-enhancing substances according to the current Swiss doping list
 - Using tunnels or highways for movement
- 8.5 Participants are not allowed to be supported by supporters.
- 8.6 Intentional deactivation of live tracking automatically leads to disqualification of the participant. In case of smartphone malfunction, the organizing committee assumes no responsibility for missing route data.
- 8.7 The organizing committee explicitly recommends that participants (especially Swisscup athletes) carry a second GPS device (on a separate device – e.g., Vario or a second phone – and not on the same device as the HnF app) to be able to present the data as proof. The second GPS device must record all movements on the ground and in the air

with a measurement interval of +/- one second and capture altitude changes. The file format must be .IGC. If proper and clean route documentation is missing here as well (see point 12.7), this may lead to disqualification. Possible apps include: Burnair app, Flyskyhigh for Apple, and XC Track or XCSoar for Android operating systems.12.7

- 8.8 Climbing on rocks or ice as well as ascents and descents in extreme weather and terrain conditions are not allowed.
- 8.9 If participants have obvious problems or even an accident, help must be provided immediately and the rescue service as well as the organizing committee must be alerted without delay.
- 8.10 The organizing committee has the authority to force participants to interrupt the race for health reasons until the situation is analyzed by the organizing committee and a decision has been made.
- 8.11 All participants have the right to withdraw from the race at any time. This must be communicated to the organizing committee as soon as possible.

9 Flight rules

- 9.1 Participants are responsible for decisions regarding route choice, start locations, and whether to fly or not. Terrain analysis and weather forecast and development must always play an important role.
- 9.2 All participants are required to comply with VFR (Visual Flight Rules). The limits of airspace and protected zones apply without tolerances.
- 9.3 All usual flight rules must be observed. Particular attention is drawn to the special regulation for the Reichenbach airspace.
- 9.4 Participants are responsible for complying with local, regional, and national laws and agreements. Explicitly mentioned here are no-fly zones, wildlife and nature reserves, as well as safe and respectful conduct towards animals, people, and the environment.
- 9.5 For takeoffs and landings, mowed meadows and paths should be used whenever possible. It is prohibited to take off or land near grazing animals or to endanger people or animals.
- 9.6 Participants move on official roads and paths and avoid private property.

10 SHV Swiss Cup Hike & Fly

- 10.1 The FLYBACK Frutigen is part of the SHV's "Swiss Cup Hike & Fly." Special/additional rules apply for athletes wishing to participate in the Swiss Cup:
 - The rules for participants in the SHV Swiss Cup Hike & Fly are based on the SHV rules 'G Swiss Cup Hike & Fly'. In the event of disputes between athletes and the jury, the aforementioned rules form the basis for any judgements to be made.
 - SHV Regulations: <https://www.shv-fsvl.ch/leistungssport/reglemente-lizenzen/>
 - Registration requires the mandatory provision of a CIVL-ID. The CIVL-ID can be created for free at <https://civlcomps.org/sign-in>.

11 Equipment

- 11.1 Paragliders smaller than 16m² or with an area loading of more than 6kg/m² must not be used.
- 11.2 All flying equipment must be certified and meet the following criteria:
- Paraglider: EN 926-2 and 926-1
 - A number (SHV number), which allows unequivocal identification, must be attached to the aircraft
 - Harness: EN 1651 with certified protector
 - Reserve parachute: EN 12491
 - Helmet: EN 966, SNElrs98, EN1077/ASTM F2040
- 11.3 Participants are responsible for carrying the following mandatory items with them:
- Paraglider
 - Harness including protector/airbag
 - Reserve parachute
 - Helmet
 - "Hike n Fly Live Tracking" app installed on smartphone, functional + charging cable
 - Power bank (brought by participants)
 - Only participants in the student category: radio, for connection with the flight instructor
- 11.4 Any participants who do not carry or use the mandatory items at any point during the race may be disqualified.
- 11.5 Overloading of paragliders and reserve parachutes is not allowed. The takeoff weight of the participants must not exceed the certified maximum takeoff weight of the paraglider and reserve parachute.
- 11.6 Additional recommended equipment:
- RECCO reflector
 - Satellite emergency transmitter, for example SPOT or InReach
 - Functional and weather-appropriate clothing (sunglasses, sun protection, rain protection)
 - Small first aid kit
 - Hiking poles
 - Food for the road

12 Route guidance and documentation

- 12.1 Control points (CPs): Must be reached on the ground within a 50m radius cylinder. Participants must remain within the specified cylinder for at least one minute before the race can continue.
- 12.2 Turn points (TPs): Can be flown over in a cylinder with a radius specified in the route or reached on the ground. The cylinder may be left immediately.
- 12.3 The "Hike n Fly Live Tracking" smartphone app will send information to the "Hike n Fly" website, where the current location is displayed. The online data serves as evidence for

participants and the organizing committee for reaching the CPs and TPs and for complying with all rules.

- 12.4 The organizing committee assumes no responsibility for malfunctions of the smartphone or the "Hike n Fly Live Tracking" app.
- 12.5 If data is missing near CPs and TPs, participants can provide data from a secondary GPS device. If this data is also missing, the corresponding points will not be credited (see also points 8.7 and 12.7).8.712.7
- 12.6 There must be no interruptions in recordings near airspace and wildlife protection zones.
- 12.7 The organizing committee defines "complete and clean route documentation" as follows:
 - In case of an interruption, the route must be continued within a 100m radius cylinder from the point of the last recording.
 - The recording must not have gaps longer than 5 minutes.
 - The ground speed may be equal to or greater than 5 m/s (18 km/h) for a maximum of 10 minutes.
 - The flight speed may be equal to or greater than 20 m/s (72 km/h) for a maximum of 20 minutes.
 - The flight data must clearly demonstrate that no airspace violations occurred.
 - The ground data must clearly demonstrate that no take-offs and landings occurred in the wildlife protection zones.
- 12.8 Complain deadline (Deadline for complaints)
 - Complaints from athletes regarding the scoring must be submitted to the competition office by 6:00 p.m. at the latest. Complaints received after this time will no longer be considered.

13 Payment terms

- 13.1 The payment of the entry fee is made directly during registration through the live tracking system of "Hike n Fly Switzerland".
Payment methods: credit card, PayPal
- 13.2 The event is not profit-oriented. The entry fee is used exclusively for the costs incurred for organization, live tracking, prizes, any fees, and for the catering of participants and helpers.
- 13.3 In the event of a cancellation of the event, a refund of the entry fee cannot be guaranteed (see point 13.2).13.2

14 Liability and Disclaimer

- 14.1 All liability claims of the participants against the organizing committee and FLYBACK Frutigen are expressly rejected.
- 14.2 All participants automatically accept the present FLYBACK Frutigen regulations upon completing the online registration.

14.3 The participants agree that image material, start lists, and result lists (including the names of the participants) will be published on the website <https://flybackfrutigen.ch>, the live tracking platform, and other media.

14.4 The participants agree to always disclose their location via their smartphone during the race for the creation of the ranking and to improve safety.

15 Contact & Further Information

- Website: <https://flybackfrutigen.ch>
- E-Mail: hello@flybackfrutigen.ch
- Important links and documents (e.g., organizational and security concepts, airspace, wildlife protection zones, doping rules, etc.) are listed on the website.