



Sherpa Rally

Participation and Competition Rules



Teambuilding
Sportegyesület

The Eged Hill Sherpa Rally and the Normafa Sherpa Sprint are organized by the Teambuilding Sports Association, with the cooperation of Teambuilding Consulting Kft. and the AGRICUM Tourism and Nature Conservation Association.



TBC
Teambuilding Consulting Kft.

0.1 About the Competition

The Eged Hill Sherpa Rally (and the Normafa Sherpa Sprint) (hereinafter: the "Competition") has been held every autumn since 2008, organized by the Teambuilding Sports Association, with the cooperation of Teambuilding Consulting Kft. and the AGRICUM Tourism and Nature Conservation Association (hereinafter: the "Organizers", "We"), in Eger on the Nagy-Eged hill. We are pleased that we have also had the opportunity to hold the Competition in Budapest's 12th District (Hegyvidék), at Normafa, on 2 occasions so far — in 2014 and in 2024.

0.2 Purpose of the Competition

The purpose of the Competition is to evoke the work of high-mountain porters (sherpas), providing a physical and mental challenge under safe, controlled conditions. The Competition is based on the model of similar races organized in the Tatra Mountains.

1. Participation and Competition Rules

Below we detail the requirements for entering the Competition, as well as the rules of the Competition, which apply to all entrants registered for the Competition (hereinafter: "Competitors", "You") and their companions (hereinafter: "Companions", "You").

The person assisting with the running of the Competition is the "Organizer-in-charge" (Rendező); unlike the Organizers, this person bears no legal liability, except where they are an officer or representative of one of the Organizer entities. They participate on a voluntary basis, in some cases as a member of one of the Organizer entities, or as a private individual.

1.1 Conditions of Participation

- Every Competitor takes part in the Competition at their own risk.
- Only adults who have reached the age of 18 may start in the Competition.
- The Competitor must be in adequate physical and mental condition.
- The Organizers do not require a medical certificate; ensuring an adequate state of health is therefore the Competitor's sole responsibility.

1.2 Competition Categories

Category	Description	Weight	Carrying equipment
Women's 20 kg	Open only to women. The weight must be carried by the same person from start to finish.	20 kg	In this category, the load consists of 20 kg of bagged material (e.g. cement, plaster, etc.) carried in a backpack. Competitors must provide their own backpack, with interior dimensions of at least 25×45×10 cm.
Men's 20 kg		20 kg	
Men's 40 kg		40 kg of masonry brick units	Competitors are provided with a wooden carrying frame built by the Organizers, onto which the brick units are mounted; the frame rests on the competitor's shoulders via a strap made from fire-hose material.
Men's 60 kg		60 kg of masonry brick units	
Sherpa relay	Team members may freely swap the load among themselves during the race while advancing together throughout. At least 2 people required.	40 kg or 60 kg of masonry brick units	

1.3 The Race Course

- The applicable Race Announcement (Versenykiírás) governs the race course.

The following figures are for information only:

- Eger: 4 km, 300 m elevation gain
- Budapest (Normafa): 1.6 km, 300 m elevation gain
- Competitors must follow the marked course; if a Competitor leaves the course and it can be established that the intent was to gain an advantage by shortening the route, the Organizers may disqualify the Competitor.
- At certain points the Organizers may introduce a turnaround straight to increase the course distance. The turnaround point is always clearly marked and an Organizer-in-charge is present.
- Refreshment points are set up along the course; their number and location are detailed in the applicable Race Announcement. Refreshment points typically offer mineral water, muesli bars, and isotonic drinks.

- An Organizer-in-charge is stationed at several points along the course, such as turnaround points and refreshment points.
- The Organizers-in-charge keep track of the Competitors passing by, so as to notice if someone is injured, lost, or taking a different route.

1.4 Equipment

- The competition weights are provided by the Organizers, as described above.
- In the 40 kg and 60 kg categories, the Organizers provide carrying frames.
- In the 20 kg categories, Competitors must provide their own backpack suitable for carrying the competition weight.
- Footwear and clothing: closed, weather-appropriate footwear and sports clothing are recommended. Given the unpredictability of autumn weather, competitors should prepare accordingly.
- The use of aids such as trekking poles is permitted, and indeed encouraged, in the Competition.

1.5 Safety

- Continuous radio communication, and intermittent mobile communication, is available along the race route.

In the event of illness or injury:

- The Competitor or their Companion must notify the Organizers without delay; based on the report, the Organizers will notify the designated "emergency contact" and coordinate the necessary first aid and rescue. – Method of notification: by phone (see 1.6) or via radio. – Content of notification: the location and nature of the incident and the condition of the injured person.
- If necessary, call the official emergency number (112).
- The Organizers may disqualify from the Competition, at any time, anyone who endangers themselves or others.

1.6 Organizer Contacts

Please note that mobile network coverage is limited at the venue of our Eger race. Within the race center area, service from One and Telekom is available, though unreliably, and is only suitable for phone calls — due to the weak signal, mobile internet is unusable. Please prepare accordingly, as it may happen that you are unable to make phone calls.

Contacts — please reach out to the person appropriate to your issue:

- Zsolt Járdán – Head Organizer, Chief Race Referee, and Technical Director. – Primary contact in case of emergency. – Mobile: +36 20 940 7407
- Áron Járdán – Responsible for timing and the check-in process. – Mobile: +36 30 272 9972
- Milán Járdán – Responsible for media, communications, and technical matters. – Mobile: +36 70 606 6705

1.7 Awards

- The top 3 finishers in each category receive medals and other gifts.
- Every entrant receives high-quality branded sportswear, the exact type of which is specified in the applicable Race Announcement.

1.8 Media / Photo and Audio Recording

- Photo and audio recordings may be made at the Competition, which the Organizers may use for promotional purposes.
- By entering, the Competitor consents to photo and audio recordings being made of them and to the Organizers using these for promotional purposes.

1.9 Registration Information

- Registration is only possible online, in advance, at www.sherparally.hu, no later than 7 days before the day of the Competition. Registration becomes valid once the Competitor transfers the amount specified in the Race Announcement to the account below within 3 days of registering, but no later than 7 days before the day of the Competition. If the payment is not received, the registration may be invalidated.

Account holder: Teambuilding Sportegyesület

Bank: OTP Bank Nyrt.

Account number: 11739009-20253420

IBAN: HU07 1173 9009 2025 3420 0000 0000

BIC (SWIFT) code: OTPVHUHB

Payment reference: Sherpa Rally entry fee + {current year} + {Competitor's name}

- Registration may be withdrawn up until 2 weeks before the Competition, by the Competitor sending an email to info@sherparally.hu. In this case, the entry fee is refunded minus a 25% handling fee.
- If the Organizers postpone or cancel the Competition, the Competitor is entitled to a full refund, requested by email to info@sherparally.hu, which will be refunded with 0% handling fee.
- If a registered Competitor, having paid the entry fee, fails to appear at the Competition without notifying the Organizers in advance, they are not entitled to a refund of the entry fee. Verified extraordinary emergencies are exempt from this rule.
- The Competitor declares, under criminal liability, and confirms by signing the entry form and accepting these Rules, that the data provided during registration is accurate.

2. Closing Provisions

- The Organizers reserve the right to amend these Participation and Competition Rules.
- The Competitor takes part in the Competition at their own risk and acknowledges the risks inherent to the nature of the race.
- The Organizers assume no liability for accidents, injuries, or material damage occurring during the Competition, except where these result from the Organizers' gross negligence or from a defect in the equipment they provide when used as intended; the Organizers nevertheless take every necessary step to ensure the safest possible running of the Competition.
- In the event of disqualification, the entry fee is not refunded.

Note: These Participation and Competition Rules must be interpreted together with the applicable Race Announcement; in the event of any discrepancy, the Race Announcement shall prevail.

Issued: Eger, 30 September 2025

On behalf of the Teambuilding Sportegyesület:

Zsolt Járdán
President, Head Organizer