3 Días Trail Ibiza - Ultra Ibiza 2026

Competition details

The 3 Días Trail Ibiza - Ultra Ibiza is a Trail Running race consisting on three stages throughout the island of Ibiza that are included in the RFEA National calendar. The 13th edition hold on November 27, 28 and 29, 2026, organized by Trideporte, NIF G-57881112, Registration with the Balearic Government, dated January 23, 2015 nº DC2727, with Federal Licence of the RFEA, information available on www.3diastrailibiza.com
Contact person: Fátima Blázquez Lozano Mail. info@trideporteclub.com

- The Ultra distance will be Ultra Trial Balearic Islands Championship
- Marathon distance will be Long Distance Balearic Islands Championship

The 3 Días Trail Ibiza - Ultra Ibiza is an event that aims to bring together tourism and sports.

Race Regulations:

Art. 1) ORGANIZATION

This regulation can be corrected, modified or improved at any time by the Organization and are going to be communicated to the participants for periods for complaints and resolution of incidents. The participant conforms the totality of the content of these regulations by making the registration in any of the modalities of the event.

Art. 2) REGISTRATIONS

2.1.- Athletes with a Spanish Route/Trail Running License, or with a National RFEA License will be able to participate in this competition. For those who do not have one, the Day License will be handled by the organization on each day subcribed to able the athletes to get the necessary insurance.

Statement of the Balearic Government available on https://acortar.link/NoGzgB

2.2. Registrations will be made on https://web.rockthesport.com

2.3. Categories (age) to participate in each distance (See below, point 4)

2.4 Rates

The 3 Days Trail Ibiza*:

The fees to be paid according to the registration date will be as follows:

2nd stage Ultra

- €90 for the first 50
- €100 from 51 to 150
- €110 until November 1
- €135 until registration closes 15 November or until registration closes

2nd stage Marathon

- €55 for the first 50
- €65 from 51 to 150
- €75 until November 1
- €100 until registration closes 15 November or until registration closes

2nd stage Half Marathon

- €45 for the first 50
- €55 from 51 to 100
- €65 until November 1
- €100 until registration closes 15 November or until registration closes

2nd stage 10 kms Started

- €35 for the first 50
- €45 from 51 to 100
- €55 until November 1
- €70 until registration closes 15 November or until registration closes

Mixed Couples*:

The organization of 3 Días Trail Ibiza always keeps in mind to minimize the gender gap between athletes registered by creating the category of mixed couples in both the marathon and Ultra distances!

This category has its own classification and will have prizes.

3 days with the marathon stage:

- €85 until November 1
- €200 until registration closes 15 November or until registration closes.

The couple must pass all checkpoints at the same time otherwise they will not enter the classification of mixed couples despite being registered as such.

3 days with the Ultra stage:

- €160 until November 1
- €270 until registration closes 15 November or until registration closes.

The couple must pass all checkpoints at the same time, otherwise they will not enter the classification of mixed couples despite being registered as such.

*Riders who do not have insurance will have to pay €9 to compete on the 3 days.

Canon

Big news for the 3DTI 2026! Introducing the 'Canon' category, a format inspired by music and dance and adapted for trail running, which will make the race an unforgettable experience. In this new category, you'll see a team come together, one member at a time, until they cross the finish line together.

The challenge will begin in Santa Eulària with member 1, who is the team's driving force and the embodiment of endurance; they will be responsible for completing the full Ultra distance. Upon reaching the 31.5-kilometre mark of the race, in the village of Portinatx, member 2 will join the effort; they will complete the marathon distance and provide crucial support halfway through the course as they run together to Cala de Sant Vicent. At this point, team member 3 will be waiting to join the route and run a half-marathon, providing the energy and fresh air the group so desperately needs at that moment. Finally, the fourth team member will join them at Es Canar to tackle a 10-kilometre stretch, taking charge of spurring on and supporting the whole team in their final push to the finish line.

The Friday and Sunday stages can be completed independently by each participant. Only the Saturday stage will count towards the team total.

or €225 for all 4 members.

Registration only on Saturday, November 29:

Ultra:

- €65 for the first 50
- €75 from 51 to 150
- €95 until November 1
- €135 until registration closes 15 November or until registration closes.

Marathon:

- €45 for the first 50
- €60 from 51 to 150
- €70 until November 1
- €100 until registration closes 15 November or until registration closes.

Half Marathon:

- €45 for the first 25
- €100 until registration closes 15 November or until registration closes.

10k Starter:

- €25 for the first 50
- €35 until November 1
- €45 until registration closes 15 November or until registration closes.

Runners, who do not have insurance, will have to pay €3 to compete for 1 day.

2.5 Registration is personal and non-transferable. Any runner detected with another person's number will be disqualified.

Registrations will close on Sunday 15 November 2026 at 23.59

Registrations will not be accepted after this date.

Art. 3) CLASSIFICATION AND CATEGORIES

3.1. The age considered for the competition will be the dated by December 31 of the year of the competition for the SUB-18, SUB-20, SUB-23, and Senior categories; and for the Master categories, the age of the participant on the first day of competition, in this case 27/11/2026, as stipulated by the RFEA. (See point 4)

3.2. It is considered FINISHER OF THE 3 DAYS and the combinations of:

- Night 10 kms + Saturday 10 kms + Sunday 10 kms
- Night 10 kms + Saturday 1/2 Marathon + Sunday 10 kms
- Night 10 kms + Saturday Marathon + Sunday 10 kms
- Night 10 kms + Saturday Ultra + Sunday 10 kms
- Ultra
- marathon
- 1/2 Marathon

Categories

3.3. The following male and female official categories are established.

- General or Absolute Category (includes all categories)
- U18 only in 10k events
- Under20
- Under23
- Senior
- Master M35/F35 from the day you turn 35 until you turn 39
- M40 / F40 Master's degree from the day you turn 40 until you turn 44
- Master M45 /F45 from the day you turn 45 until you turn 49
- Master M50 /F50 from the day you turn 50 until you are 54
- Master M55 /F55 and so on up to the oldest person

- First local runner/First local runner

Finisher's gift

All athletes after completing their participation will receive a finisher's gift at the finish line as a reward for their effort and completion of the race.

Trophies

3.4. The trophies shall be cumulative.

The winners need to be present at the time of awarding, whenever this awarding is taking place.

Trophies by stages

3.5. Trophies will be awarded after the completion of each of the stages/distance, on the podium located in the finish area, to the following categories or positions:

- 3 first classified (men and women) in the overall ranking
- First classified (men and women) in each of the official categories.
- First couple (marathon and ultra)
- First local athlete (men and women)

In addition, a virtual diploma will be awarded to the second and third classified (men and women) of each of the official categories established in point 3.3 of these regulations, as well as a discount check of 10€ for the registration of 3 Días Trail Ibiza 2027.

General Trophies (stage combination):

3.6. The classification will be based on the sum of the times achieved in each of the stages, giving trophies to the first 5 classified in the overall female category and 5 classified in the overall male category according to the following combinations:

- Night 10 km + Saturday 10 km + Sunday 10 km.
- Night 10 km + Saturday Half Marathon + Sunday 10 km
- Night 10 km + Saturday Marathon + Sunday 10 km
- Night 10 km + Saturday Ultra + Sunday 10 km

Trophies will also be awarded to the first 3 classified couples (marathon and ultra).

In addition, a virtual diploma will be awarded to the first three classified and the first three classified in each of the official categories established in point 3.3 of these rules, as well as a discount check of 10 € for the registration of 3 Días Trail Ibiza 2027.

3.7.- Ultra Distance and Long Distance Balearic Islands Championship.

The championship will be regulated under FAIB requirements, including categories and subcategories. This classification will be only for the Federations in the Balearic Federation of Athletics + Trail.

The athletes, who take part in the championship, should wear the equipment of their club, independent athletes could wear the equipment of the sponsors they want.

Participants in the championship must also register on the *Rockethesport registration platform*

Art.4) TECHNICAL RULES FOR THE DIFFERENT STAGES AND DISTANCES

4.1.-FIRST STAGE (Friday 27-11-26)

- Athletes from the Under18 category will be able to participate
- Mode: Night race
- Difference in level: +320 meters and -320 meters
- Distance: 10k (Tour through the walled city and necropolis, there will be two laps of 5k)
- Difficulty: medium
- Departure: At 19:00
- Departure point: Jaume I Street - Sargantana Park
- Finish: Jaume I Street - Sargantana Park
- Start: By waves
- Race time limit: 1:30
- Closing of the race at the finish line: 20:30

4.2. SECOND STAGE (Saturday 28-11-26)

4.2.1.ULTRA

- Athletes from the under-20 category will be able to participate
- Distance: 77,5 km
- Elevation difference: +2789 mts / -2593 mts
- Difficulty: medium
- Departure: 06:30
- Departure point: Paseo S´Alamera – Santa Eulalia del Río
- Finish: Paseo S´Alamera – Santa Eulalia del Río
- Start in a single group
- Race time limit: 13:00 hours
- Closing race to the finish line: 19:30h
- The mandatory material will be checked before race starts, on the rute, and at the finish line, and needs to be exhaustive or partial according to the Jury's discretion. Possibility of checks on the route. Failure on the mandatory equipment implies non-starting the race, or to receive a penalty if it is not being brought to the finish line, or not acceptable, according to the controls during the race.

4.2.2. MARATHON

- Athletes from the under 20 category will be able to participate
- Distance: 44k
- Difference in level: +1558 mts / – 1530 mts
- Difficulty: medium
- Departure: 09:45
- Departure point: Portinatx
- Finish: Paseo S´Alamera – Santa Eulalia del Río
- Start: in a single group
- Race time limit: 9 hours
- Closing of the race at the finish line: 18:30
- The mandatory material will be checked at the finish line. Possible random checks on the route. Front lights and red lights will be required when passing through the La Cala Sant Vicent checkpoint from 3:45 p.m. onwards.

4.2.3. HALF MARATHON

- Athletes from the under 20 category will be able to participate
- Distance 23,1k
- Difference in level: +690 m / – 678 meters
- Difficulty: medium
- Departure: 11:00
- Departure point: La Cala Sant Vicent
- Finish: Paseo S´Alamera – Santa Eulalia del Río
- Start in a single group
- Race time limit: 6 hours
- Closing of the race at the finish line: 17:00
- The mandatory material will be checked at the finish line. Possible random checks on the route

4.2.4. STARTER

- Athletes from the under 18 category can participate
- Distance 10k
- Elevation: +102 m / – 93 meters
- Difficulty: medium
- Departure: 11:15
- Departure point: Es Canar
- Finish: Paseo S´Alamera – Santa Eulalia del Río
- Start: By waves
- Race time limit: 3:15 hours
- Closing race to the finish line: 14:30

4.3. THIRD STAGE (Sunday 29-11-26)

- ➢ Athletes from the under 18 category can participate
- ➢ Distance: 10k
- ➢ Difference in level: +440 meters and -430 meters
- ➢ Departure: 09:30
- ➢ Departure point: Paseo S´Alamera – Santa Eulalia del Río
- ➢ Finish: Paseo S´Alamera – Santa Eulalia del Río
- ➢ Start: By waves
- ➢ Race time limit 1:45 hours
- ➢ Closing race to the finish line: 11:15

Art. 5) MATERIAL INCLUDES THREE STAGES

5.1. FORBIDDEN

Headphones (For safety) may be checked at any time during the race and penalized. Only bone conduction allowed.

5.2. RECOMMENDED

5.3. PERMISSION

Sticks with rubber tips

5.4.MANDATORY EQUIPMENT (See table)

	10K NIGHT	ULTRA	MARATHON	HALF MARATHON	10KM STARTER	10K DAY
Trail running footwear	✓	✓	✓	✓	✓	✓
10.000mm waterproof jacket	🌧⚡	🌧⚡	🌧⚡	🌧⚡	🌧⚡	🌧⚡
Windbreaker jacket	🌧⚡	✓	✓	✓	✓	🌧⚡
A fully charged mobile phone and NOT in FLIGHT MODE	✓	✓	✓	✓	✓	✓
Thermal blanket (1,4x2 mts.min)	✓	✓	✓	✓	✓	✓
Front light	✓	✓ *+ batteries or tewo headlights*	✓*	-	-	-
Red tail light	✓	✓	✓	-	-	-
Whistle	✓	✓	✓	✓	✓	✓
Cup for refreshment points	-	✓	✓	✓	✓	-
1 Liter of liquid	-	✓	✓	✓	-	-
Visible bib	✓	✓	✓	✓	✓	✓
Chip	✓	✓	✓	✓	✓	✓

**IT'S ONLY MANDATORY IF YOU PASS THROUGH CALA D'HORT AFTER 15:45. OTHERWISE IT'S NOT MANDATORY.*

Art. 6) CHECKPOINTS SECOND STAGE

There are checkpoints in each race. They will be taken into account from the moment of each one's departure.

6.1 ULTRA

Punto de control	Punto KM	Estimación 1º corredor/ Tiempo Corte	Ubicación
Salida - Santa Eulalia	00,000	6:30	Google Maps
1 - Av. Camí des Fill	09,400	7:00 -- 8:00	Google Maps
2 - Av. Sant Joan (Iglesia)	19,400	8:00 – 9:45	Google Maps
3 - Av. Portinax (bolsa vida)	27,270	8:30 – 11:15	Google Maps
4 - Av. Cala d´en Serra	30,870	8:50 -- 12:15	Google Maps
5 - Av Cueva Es Culleram	42,140	09:45 -- 14:15	Google Maps
6 - Av Cueva Es Culleram (2º paso)	50,50	10:45 – 15:30	Google Maps
7 - Av. Camí des Fill	61,730	12:15 – 17:45	Google Maps
8 - Av. Es Canar	69,400	12:45 – 18:45	Google Maps
9 - Av Niu Blau	72,800	13:00 -- 19:10	Google Maps
Meta - Santa Eulalia	77,500	13:20 -- 19:30	Google Maps

6.2 MARATHON

Punto de control	Punto KM	Estimación 1º corredor - Tiempo corte
Salida - Portinax	0	09:45
1º Av. Cala d´en Serra	5,650	10:10 -- 10:30
2º Av. Cueva Es Culleram	16,900	11:15 -- 12:30
3º Av. Cala Sant Vicent	22,570	11:45 -- 13:30
4 - Av Cami Des Fill	29,670	12:15 -- 14:40
5 - Av Es Canar	37,300	12:35 -- 15:50
6. Niu Blau	41,770	12:55 - 16:50
Meta	45,000	13:15 -- 18:30

6.3 HALF MARATHON

Checkpoint	KM Point	Step 1 runner / Cut-off time
Exit – Cala Sant Vicent	0	11:00
1 – Las Dalias Avenue	5,000	11:30 — 12:30
2 – Es Canar Avenue	12,800	11:55 — 13:45
3 – Av Niu Blau	18,300	12:30 — 15:45
Meta – Santa Eulalia	23,550	13:05 — 17:00

6.4 10K STARTER

Punto de control	Punto KM	Paso 1º corredor / Tiempo de corte
Salida Es Canar	0	11:15
1 - Av. Niu Blau	7,3	11:35 -- 12:15
Meta - Santa Eulalia	10,0	12:00 -- 13:30

6.5. CUT-OFF TIME

It will be noted that any runner that arrives at a race cut-off control outside the scheduled time, and has been told that he/she is out of the competition, will not be able to continue and remains at this point and evacuated. It is enable to leave the control area after the closing time, even if the rider entered on time

Art. 7) RESPONSIBILITY OF ORGANIZING ENTITIES

7.1 The organizer of the competition is a Sports Club registered with the Competent Sports Authority in the Balearic Islands (DG Esports), and affiliated to the FAIB.

7.2 The organization will not be held responsible for damages derived or caused by negligence, or bad faith, and other cases contemplated in the exclusions of the civil liability policy contracted by the organization, during the holding of the test.

7.3 The registration fee will not be refunded if the organization of the race will have to suspend the event, if the weather conditions make it advisable, or, if the Red Alert is declared in the area of the course, or if Civil Protection indicates it.

Art. 8) OBLIGATIONS OF THE PARTICIPANTS

8.1. By signing up implies acceptance of the regulations.

8.2. All participants have the obligation to follow the directions given by any member of the race organization and the judges.

8.3. In case of not following the route indicated and the safety guidelines indicated by the organization, the runner may be penalized by the referee in accordance of the provisions of the normative.

8.4. Every participant has the obligation to attend and/or give assistance and to report any accident they have seen to the nearest control. Failure to do so will result in disqualification.

8.5. Runners who decide to abandon the race must notify the organization through the control closest to the place of withdrawal. They will evacuate one by one, or wait until the end of the race

8.5. All runners must wear the appropriate footwear for the race under the most suitable physical condition.

8.6. It is the athlete's responsibility to know the mandatory equipment to be worn. IT WILL BE CONTROLLED AT THE START AND THE FINISH AS DECIDED BY THE JURY, byBeing a reason for disqualification, or not being able to leave in the case of not bringing the mandatory material.

According to the arrangements, the controls may be exhaustive or partial, at some point along the route to all or part of the material

8.7. Participants are required to know and comply with the restrictions regarding doping substances that harm health and the course of the competition (list of prohibitions published and maintained by the World Anti-Doping Agency, WADA).

8.8. The bib number will be placed on the front of the shirt and must be visible throughout the race. If wearing a wind jacket, the number must be visible by lowering the zipper. It cannot be cut or reduced in size.

8.9. For safety reasons, you cannot compete with headphones on. It will be controlled at any point along the route and carrying them will be penalised. Only bone conduction ones will be allowed.

8.10. Walking sticks are allowed, but when running in a BIC area always with the rubber tip. They are not allowed to be used if they do not have this rubber tip.

8.11. By accepting the regulations, the participant accepts the environmental measures.

Art. 9) INFRACTIONS

There are two types of serious, and very serious infringements that will be applied by the Referee after his communication with the Race Director:

- Serious infractions will be penalized with a time of 3 minutes and,

- Very serious infractions will mean the immediate disqualification of the runner by the Referee Judge.

9.1 Serious infractions will be penalized from 3 will be as follows:

9.1.1 Do not give way to the following runner in case of request.

9.1.2 Wear headphones during the competition (other than bone conduction).

9.1.3 Change the dimensions of the bib, wear the bib covered or on the back

9.1.4 Receive assistance from third parties outside the supply controls.

9.1.5 Anticipate the departure signal.

9.1.6 Bring walking sticks with metal tips into the BIC area

9.1.7 Missing an item of mandatory material implies a 3-minute penalty

9.1.8 Not wearing the club equipment for those who participate in the Balearic Islands Championship

9.2. Very serious infringements will be penalized with disqualification by the J.A.

9.2.1 Use any means of transport or locomotion during all or part of the route.

9.2.2 Failure to respect the most essential company sports rules and respect for nature.

9.2.3 Any disrespect and violence against the judges, the members of the organization or the participants of the race.

9.2.4 Withdraw from the competition without notifying a judge or the person in charge of the control (penalty of two races without being able to participate)

9.2.5 Finish the race later than the closing time of the finish control

9.2.6 Go through the checkpoints, later than the scheduled closing time.

9.2.7 Do not go through a checkpoint.

9.2.8 Do not give help to an injured runner.

9.2.9 Not bringing two or more items of the mandatory material marked by the organization will result in disqualification.

9.2.10. Remove or change the marks placed by the organization

9.3. Related to the respect and care of the natural environment, they are considered very serious offences.

9.3.1 The use of loudspeakers on any section of the course, outside the start and finish line.

9.3.2 Not respecting the environment. Damage natural, geological, cultural resources.

9.3.3 Not respecting the itinerary established and approved by the organization leaving it. Use secondary trails on the main trail. Cut cross country. Cut on the inside of the curves.

9.3.4 Throwing rubbish (leftovers, wrappings, food or material) except in the places authorized by the organization. It is mandatory to mark gels, bars, etc. with the race number.

9.3.5 Emit light signals or flashes, except frontal or red lighting on night routes. Shouting during the route.

Art. 10) SUPPLIES

There will be refreshments at the control points indicated in point 6)

At each refreshment stop, containers will be placed before and after where the runners can deposit waste, wrappings, leftovers, etc. There will be an indicator of the start and end of the supply control.

External aid to the runners must be done within these technical areas of the refreshment controls and no other material, equipment or leftover food can be left outside these points.

There WILL NOT BE GLASSES to give the drink at refreshments, as the RUNNER MUST bring his own glass. It is strictly forbidden to drink directly from the refreshment carafe.

Except for the first refreshment which will be only liquid (water and isotonic drink). The rest are liquids and solids. At the finish line there will also be liquid and solid food for all participants.

Art. 11) CLAIMS

Complaints will be made verbally to the arbitrator within 30 minutes of the publication of results.

If you do not agree with the decision, and the Jury of Appeal can present the claim with the deposit of €60, if it does not exist, they will have to refer it to the Competition Committee of the RFEA.

Art. 12) ABANDONMENTS

Abandonments can only be made at control points, section 6). Only the control points indicated by the organization in the program will have vehicles for evacuation. Therefore, whoever leaves at any other point will have to reach the next checkpoint by their own means. There will only be one trip, so the return will be at the close of the control.

Art. 13) CHANGING THE DISTANCE

It will be possible to change the distance provided there are still places available for the new distance until 15 November at 00:00.

Art.14) CANCELLATION OF SPORTS EVENT DUE TO WEATHER

If it is necessary to suspend any stage due to weather reasons, refunds won´t be available

Art. 15) SPORTS EVENT CANCELLATION INSURANCE

Once the registration form is completed, the participant has the option to hire the service by paying 15% of the total of the registration.

Art.16) CAUSES OF CANCELLATION

The reasons for cancellation and the conditions can be found at the following link https://www.refundable.me/extended/es/

Art. 17) CLAIMS

In the event of an accident, you must notify Trail Ibiza within the maximum period of 15 days after it happened via email: info@3diastrail.com

Art. 18) CONSENT

By signing up, participants in the 3 Días Trail Ibiza give their consent for Trideporte.com, by itself or through third parties, to process automatically and exclusively for sporting, promotional or commercial purposes the reproduction of photographs and videos taken before, during and after the race (including the delivery of numbers and parallel activities carried out by the organization), broadcast of videos, publication of classifications, etc. through any device (television, internet, social networks, graphic advertising, etc.) and without a time limit, the registrants expressly cede to the organization the right to reproduce their first and last names, the place obtained in the classification, the their photographs and their videos.

Art. 19) TECHNICAL CONTROL

The technical control of the test will be in charge of judges from the RFEA and FAIB Committee, supported by the chip system.

Art. 20) DELIVERY OF PRINTS

The bibs will be delivered at Trideporte (Airport road km 62. Las Olas building) it can be checked the pick-up schedule on the event's website.

The bib number and chip are personal and non-transferable, not competing with the assigned bib number or chip is grounds for a penalty.

All registrants who have notified that they have a license must present the Spanish athletics+trail modality license or higher or the DNI to be able to collect the bib and take the start.

Art. 21) HEALTH AND INSURANCE

The competition will be covered by 1 mobile medical ambulance, 1 fixed ambulance and 1 doctor.

The organization has accident insurance and Civil Liability and day insurance covered by the RFEA policy

Art. 22) Everything not foreseen in these Regulations will be resolved by the Trail Running Regulations of the RFEA and by the Competition and Technical Regulations of the WORLD ATHLETICS in that order.