



## HELSINKI CITY MARATHON RULES AND REGULATIONS

All registered runners are obeyed to follow these rules and regulations regarding Helsinki City Marathon event. The event is organized by the Finnish Athletics (FA) the national athletics federation of Finland and Helsingin Kisa-Veikot, Helsingin Poliisi-Voimailijat and Viipurin Urheilijat. The event complies with the International Association of Athletics Federations (IAAF) competition rules.

### Judges

The judges of HCM are the head judge and the executive committee of the race.

### Executive committee

HCM executive committee is Race Director, representative from each organizing Sport Club and Race Secretary.

### Age limit

The age limit for the marathon is 18 years. A participation right is given to them who are or will be 18 years old during the year of the race.

### Classes

Age classes for women and men:

Men open, 40 years, 45 years, 50 years, 55 years, 60 years, 65 years and 70 years

Women open, 35 year, 40 years, 45 years, 50 years, 55 years and 60 years

When signing in the participants of the marathon announce their birth date according which the runners are put to different classes. The class is determined by the age on December 31st of the running year (IAAF rule 141, article 1). If the runner wishes, she/he can compete in open class, but not in other classes.

### Finnish Championships of associations

Finnish Championships of different associations are run at the Helsinki City Marathon. The runner can participate in only one FC-race.

### Doping

Finnish Athletics (FA) follows the rules of Finnish Antidoping Agency (FINADA) and in cooperation, these parties have the right to perform doping test to the registered runners.



## Registration

The registration for HCM is done by submitting the announced entry fee to the event organizer. The registration must be done online by using the provided online registration system. The entry fees are decided annually.

## Cancelling the registration

Cancelling the participation is not possible after completing the registration. The entry fees are non-refundable in any case.

If the participant buys the optional cancellation fee while registering, he/she is able to postpone the registration to next year's event in case of sickness or injury. The postponing can be done only once (one year ahead) and only for the runner himself/herself. Additionally, the participant should send the organizers a doctor's certificate before the race. If it is sent by postal mail, it should have the postal stamp date of the race day at the latest.

The postponing is not possible if the participant has collected the race package including the event t-shirt and bib number.

## Bib number

The participants are obligated to keep their bib number attached to the front of the shirt, so that it is clear and visible. It is not allowed to cover or remove the advertisement of the number. The bib number is personal and it cannot be transferred to another runner.

## Start positioning

At the start area, the participants should position to the group which is determined by the estimated finishing time. The signs of the estimated finishing times are visible at the start area.

## Maximum running time

The maximum running time is six (6) hours from start. As the marathon starts at 3 PM, the runner should finish by 9.15 PM being able to get an official result.



## Timing

Timing is done by timing system selected by the organizer. Participants must obey the organizer's guidance to use the system correctly. Runners who does not comply with the instructions, does not promise official time and result.

Brutto time (from firing of the gun to crossing the finish line) is the official result of the race. Also so called the net time, time from crossing the starting line to crossing the finish line, will be given for each runner.

## Disqualification

The organizer has the right to disqualify a runner who does not follow these rules and regulations or who does not complete the marked and entire course or who interrupts or disturbs other runners.

If an official medical person of the race sees it necessary, she or he has the right to remove a runner from the course for medical reasons. (IAAF rule 240, article 7 C).

## Discontinuing the Race

If a runner must discontinue the race, and wants to use the transfer back to the event area, he or she must go to the nearest refreshment station.

The maximum running time is six (6) hours and the runner must follow this schedule during the entire race. There are check points which the runner has to pass within certain time in order to be allowed to continue at the race. The participant is noticed to have cancelled the race if he/she does not arrive to the finish line within the maximum time or he/she does not arrive to the refreshment point within the maximum time of the race. A runner who stays behind the control personnel continues the run at own risk.

## Results

All the runners finishing the race within the maximum running time are guaranteed an official time and a result.

The official time is the time from firing of the gun to crossing the finish line. Also so called the net time, time from crossing the starting line to crossing the finish line, will be given for each runner. The both times and results are published on the event website after the race.



## Prizes

All the runners finishing the race within maximum running time are given a finisher medal. In addition, the best women and men in open class, and the best of each age group might be awarded. Prizes are determined annually by the organizer.

## Insurance

All runners belonging to Finnish Social Security system (in Finnish KELA) are insured for an acute illness or an injury sustained during the HCM and Minimarathon events. The insurance is valid from the moment the runner enters the start area to the moment when she or he leaves the marked finish area. The insurance to be valid, the runner must first go to the official medical staff of the race.

Foreign runners will run at their own risk.

## Rights to photos and videos

The organizer have all rights to use the photos and videos taken during the HCM and Minimarathon events.

## Address information

Address information of the registered runners can be used in direct marketing regarding Finnish Athletics' (FA) events unless the participant does not deny it while registering for the event.

## Complaints / Protests

Any complaints must be done in written within one (1) hour after the official finish time of the race. Complaints must be done at info desk.

## Force majeure

For reasons of force majeure the organizer could be forced to change or shorten the course or can decide to cancel the event at short notice. A force majeure is considered to be any unpredictable event that the organizer has no control over. In this case no entry fees and additional orders will be refunded to the participant. The organizer is not liable for any costs incurred by the participant if the event has to be cancelled because of force majeure.

## Other rules and regulations

In addition to these rules, the organizers can give more instructions or regulations, which the participants are obligated to comply with.