

## HELSINKI CITY RUN –RULES AND REGULATIONS

These rules and regulations concern the Helsinki City Run event (abbreviation: HCR). Everyone participating to the HCR event is committed to obey these rules.

The organizer of the event is Finnish Athletics (Suomen Urheiluliitto ry).

Entrants must also comply with the official competition rules of the international amateur athletic federation (IAAF).

### **Judges**

The judges of the race are the chief judge and the Executive committee of the race.

### **Managers**

The managers of the race are the race director, event manager and marketing director

### **Complaints**

The complaints should be made in written form to the race office within one hour after the race has ended.

### **The photos**

The organizers have the right to use the photos taken during the HCR-event.

### **Addresses**

The address information of the participants can be used for direct marketing unless the runner does not allow it separately.

### **Doping**

The organizers are given the right to perform a doping test to the participants.

### **Classes**

There are different age classes for women and men: Women and Men open and yearly separately decided age groups. 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 31<sup>st</sup> of the running year (IAAF rule 102). The participant can, if he/she wants to, take part in the open class, but not to the other classes.

### **Registration**

The registration to the HCR-event is made by paying the entry fee to the organizers. The organizers confirm the entry fee for every event separately

### **Cancelling the registration**

The entry fees are not refunded if the participant cancels his/her participation. If the participant pays the insurance fee at the same time with the entry fee, 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.

### **Running number**

The participants are obligated to keep their running 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 running number is personal and it cannot be transferred to another runner. With the permission of the organizers the number can, however, be transferred to another person by paying the fee that the organizer defines.

### **Start positioning at the race**

At the start area, the participants should position to the group which is determined by the estimated finishing time. The runner is obligated to start in the start group according to his/her start number.

### **Duration of the race**

The maximum race time is 3 hours.

**Timing**

The running time is measured with ChampionChip-microchip. The participant is obligated to attach the microchip to his/her shoe according to the instructions. The chip will be given to the participant together with the running number. After the race, the chip must be returned to the organizers, or else the runner is obligated to pay the fee if it has been lost.

**Cancelling**

If the runner cancels the run, he/she must immediately inform the nearest refreshment point and return the running chip to the officials.

**Prizes**

The participant medal is given to every runner finishing within the official race time. In addition, the best runners in every age class may be rewarded with ways separately decided by the organizers.

**Results**

Every runner that has finished within the maximum time will get an official result, which is taken from the startgunshot to the point when the runner crosses the finish line. In addition, ChampionChip-timing system will give the runner a so called net time, which is taken from the point when the runner crosses the start line to the point when the runner crosses the finish line. Both the gun time and the net time will be published in the results list on the organizer's Internet page,

**Insurance**

The runners that belong to the Finnish social security system (KELA) are insured for acute illness and injuries sustained during the race. The insurance is valid from the time the runner enters the start area until the time the runner has left the finishing area. If the participant needs to use the insurance, he/she should contact the official medical services at Helsinki City Run first.

**Disqualification**

The organizers have the right to disqualify any runner from the marathon race if the runner is noticed to be crossing the finish line without having completed the entire course or otherwise disturbing the performances of the fellow competitors. The participant must immediately cancel his/her run if an official organizer asks to (IAAF rule 165 part 3).

**Other rules**

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

The logo for Helsinki City Run features the word "HELSINKI" in a light blue, outlined, sans-serif font. Below it, the words "CITY RUN" are displayed in a bold, blue, sans-serif font, with "CITY" in a lighter shade and "RUN" in a darker shade.