



## CHIA21 Half Marathon RULES for COMPETITIVE RACES

The 11th edition of the CHIA21 Half Marathon (km 21.097) is an international race organized by Laguna Running SSDrl and MG Sport.

It will take place in Chia, Domus De Maria (SU), on Sunday on 23 April 2023, at h 9.30, together the competitive 10 km race.

### ENTRY REQUIREMENTS:

Competitive races:

- Italian and foreign athletes who are FIDAL members in the following categories:
  - juniores (18/19 years old), promesse (20/22 years old)
  - senior (23/34 years old)
  - senior master M/F (35/39 years old and over)
  - Allievi (16/17 years old) – who can take part only in the 10km race
- Foreign athletes who are WA members and can provide:
  - an authorization by their national athletics federation to compete in races abroad (EU athletes)
  - an authorization by their national athletics federation to take compete in races abroad in addition to a proper visa (for non EU athletes)

Please note: Athletes who are WA members but do not register to the race through their federation or club must self-certify affiliation to WA.

- Foreign athletes, non residing in Italy, who participate at the 21Km race for Tourist-Sporting goals can take part at the event without sending a medical certificate but have to fill the Liability Waiver Form (in the annex) and send it to [info@followyourpassion.it](mailto:info@followyourpassion.it), along with an ID document. They must be 18 or older on the day of the race.  
These participants will be placed in an alphabetical order of arrival distinct from the classifications of the 21km competitive event and will not be able to benefit from prizes in kind, cash, value vouchers, bonuses, engagements, reimbursements of expenses of any kind.

- RUNCARD holders, Italian citizens and foreigners living in Italy limited to persons aged from 20 years old (thousandth of age) onwards, non-members for a company affiliated with FIDAL or for a foreign Athletics Club affiliated to the WA, or by an associated company (discipline Athletics) to a Sports Promotion Board possess a valid RUNCARD (not expired), issued directly by the FIDAL ([www.runcard.com](http://www.runcard.com))

**The RUNCARD card is renewable. The validity period is shown on the card. If, during the control of the card, this is expired the athlete cannot participate, unless he is able to show the receipt of on-line renewal of the RUNCARD**

Their participation is still subject to the presentation of a medical certificate of for competitive Athletic activity, valid in Italy that need to be presented in hard copy to the organizers. A copy of the medical certificate will be handed over to the Organizer of the event in which the athlete holding the RUNCARD participates. These athletes will be regularly entered in the race standings, but will not enjoy refunds, bonuses and enter the prize money and / or prize in kind. Female athletes Italian / foreign / registered / for Society of Public Sports Promotion (Athletics discipline) that have signed a convention with FIDAL, only if in possession of a valid RUNCARD-EPS card (not expired)

**NB They will have to submit the original medical certificate bearing the words "Athletics", a copy of which will be delivered to the organizers. These athletes will be regularly entered in the race standings, but will not enjoy refunds, bonuses and enter the prize money and / or prizes in kind.**

In accordance with the current legislation (DM 18/02/1982) those who practice competitive sports activities, must periodically check if they are suitable to the sport. Italian law requires that the parties involved must undergo health checks with following tests:

- medical examination,
- Complete urine examination,
- electrocardiogram at rest and after effort

- spirometry.

All statements and reports of examinations should be authentic or conform to the originals.

A copy of the medical certificate will be kept on record by the Organizer of each event in which the athlete holding the RUNCARD participates. These athletes will be regularly entered in the race standings, but will not enjoy refunds, bonuses and enter the prize money and / or prize in kind.

Participants in the events may be subject to doping control, they are also subject to the provisions of Article 25 of the Regulations for the Organization of Events 2020, where they are already subject to disciplinary suspension.

## **CAN NOT TAKE PART:**

At sport event cannot participate:

- Athletes (male or female) registered to other federations (e.g. Triathlon)
- Athletes (male or female) registered to Entities of Sporting Promotion companies recognized by CONI but not affiliated with FIDAL, which have not signed the RUNCARD
- Holders of "Mountain and Trail RUNCARD"
- Medical certificates of competitive fitness bearing texts, such as running, running, running, marathon, triathlon, running etc. They are not valid for participation
- Medical certificates of athletic eligibility for other sports are not valid for participation: will be accepted only those who expressly be marked with "Athletics"

All entrants taking part in the CHIA21 Half Marathon must accept and sign the following Waiver of Responsibility:

*RELEASE, WAIVER OF LIABILITY AND AUTHORIZATION: "I declare under penalty of perjury (art. 26 l. 15/68 and art. 489 c.p.) that: I have read and understood the 'CHIA21 Half Marathon' race rules; I recognize that participation in the event is a potentially hazardous activity and I willingly assume all risks associated with such participation; I am aware that in registering to the event I must provide an active medical certificate for competitive athletics and be 18 years old on race day (16 for the 10 km); I am voluntarily entering and I hereby assume all of the risks of participating in this event: falls, contact with vehicles, other participants, spectators or other traffic, the effects of the weather, including heat and/or humidity, cold temperature, traffic and other conditions of the course, all such risks being known and appreciated by me.*

*Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for the CHIA21 Half Marathon, I, for myself and anyone entitled to act on my behalf, waive and release Laguna Running SSDrl, MG Sport srl, the Chia Laguna Resort, IHC Spa, FIDAL, Comune di Domus De Maria, Provincia del Sud Sardegna, Regione Sardegna, other partners, sponsors and their representatives, successors, shareholders, directors, officers and employees of the foregoing entities, from present and future claims and liabilities of any kind, known or unknown, arising out of my participation in the event.*

*I understand that the CHIA21 Half Marathon entry fee is not refundable, not even in the event of the race cancellation or postponement, or due to any reason that cannot be attributed to the organizers, including revocation by public authorities.*

*In registering to the event, I agree to allow my photo, video or film likeness to be used for any legitimate purpose by organizers, sponsors and assigns.*

*I certify that I have read the privacy document available on the official website [www.followyourpassion.it](http://www.followyourpassion.it) and I that I have given consent to the use of personal data. Collected data will only be used for the purpose provided in the privacy document above, available on [www.followyourpassion.it](http://www.followyourpassion.it)".*

## **REGISTRATION AND ENTRY FEE:**

**Online registration** on the website: <https://followyourpassion.it/chia21/>. These are the fees:

21km:

- 27 € from 01.01.23 to 13.03.23

- 32 € from 14.03.23 to 10.04.23

- 37 € from 11.04.23 to 17.04.23

10 km:

- 19 € from 01.01.23 to 13.03.23

- 21 € from 14.03.23 to 10.04.23

- 25 € from 11.04.23 to 17.04.23

Special deals can be granted to running clubs. Please contact [giuseppe@mgssport.it](mailto:giuseppe@mgssport.it) for further information.



**The registration fee to the CHIA21 Half Marathon includes:** race bib, timing chip, race bag with official merchandise, sponsors merchandise, refreshment and sponging stations along the course and at the end of the race, toilets, parking, insurance, finisher's medal, finisher's certificate download, technical and medical assistance.

**Online registration** providing a race bib with the entrant's name **will close on Monday 17 2023 at h 24,00.**

**Online registration** not providing a race bib with the entrant's name **will close on Monday 17 2023 at h 24,00.**

**On site registration** will be available **from April 21 to 23 April 2023** at the Expo Area located in the Convention Center of the Chia Laguna Resort.

The organizing committee reserves the right to close registration before the above date. Registration on race day is not allowed.

**The registration fee** must be paid by credit card at online registration.

### **Registration Confirmation**

Entrants will receive an email registration confirmation. In case entrant does not receive any confirmation email, please contact [info@followyourpassion.it](mailto:info@followyourpassion.it)

### **Registration fee refund**

Registration fee is not refundable.

### **RACE SCHEDULE:**

#### **Race bib pick-up**

Friday, April 21 - h 15-19

Saturday, April 22 - h 8:30-10:30 16:30-18:30

Sunday, April 23 - h 7.00-9.00

At the Expo Area located inside the Conference Center of the Chia Laguna Resort.

The race bib will be delivered together with the race goodie bag.

Race number will be assigned based on the date of registration (first come first serve with a lower bib number).

Race bib can be picked-up by a third person, providing a written authorization and ID copy. Running clubs who make registrations through a collective form can request (at registration time) a collective race bib pick-up by a club representative; in this case race bib will not be delivered to single participants.

Race bib is strictly personal, cannot be rigged or transferred to anyone. Any participant found in the race course with a race bib assigned to another athlete or without any bib or with a forged one will be responsible for damage to himself, other people or items, and will incur in a sanction by the athletics federation officials.

### **START CORRALS**

The **start corral** (based on best time claimed at registration) is determined by the color on the race bib as follows:

**1st corral BLUE BIB** – Half marathon and 10 km competitive: top runners and athletes with a PB under 1h44'59 and 49'59"

**2nd corral YELLOW BIB** – Half marathon and 10 km competitive: athletes with a PB under 1h45'00 and 50'00

### **Timing**

All entrants will be provided with a timing chip. In case timing chip is not disposable, it must be returned at the end of the race. There is a € 20,00 fee for any unreturned chip.

### **Refreshment and sponging stations**

As per WA/FIDAL rules. A final refreshment is also provided at the end of the race.

### **Time limit**

Half marathon: 2h45' . For 10 km: 90'. After this time the organizing committee will not be able to guarantee the course on closed roads.

### **Pacers**



Pacers will be provided in the half marathon distance (1h30', 1h40', 1h50' and 2 h pace).

## Results

Will be available at the end of the race on the event official website.

## AWARDS:

**21,097 km and 10km:** first 5 overall athletes -men and women (merchandise awards). The awards ceremony will take place on the awards stage upon official results.

**Overall awards cannot be summed up with age group awards.**

Age group awards (**21,097 km only**): first 3 athletes in each category (merchandise awards):

### Women

**SF35, SF40, SF45, SF50, SF55, SF60 ed SF65 and over**

### Men

**SM35, SM40, SM45, SM50, SM55, SM60, SM65, SM70, SM75 and over**

These awards can be picked-up at the office located at the Expo upon the official results and by winners only, that must provide the FIDAL membership card.

Awards not picked-up at this time will not be delivered at a later time.

RUNCARD members will be included in the results but will not be granted money prize awards.

## PRIZES

**RUNNING CLUB WITH BEST TIME** (on the 21KM competitive race)

Money prize to top 5 running clubs that have performed with best time, summing up the time of 4 men and 1 women of the running team

1<sup>st</sup> club M/W 400€

2<sup>nd</sup> club M/W 225€

3<sup>rd</sup> club M/W 150€

4<sup>th</sup> club M/W 125€

5<sup>th</sup> club M/W 100€

**RUNNING CLUB WITH MOST PARTICIPANTS** (on the 21km and 10km competitive races)

Money prize to top 5 running clubs that have the most number of participants (total of women+men)

1<sup>st</sup> club M/W 400€

2<sup>nd</sup> club M/W 225€

3<sup>rd</sup> club M/W 150€

4<sup>th</sup> club M/W 125€

5<sup>th</sup> club M/W 100€

## GENERAL INFORMATION

### Claims

Claims must be submitted verbally to the referee, or in writing, by 30' from the results publication, together with a **€ 100,00 (one hundred) fee that will be refunded in case the claim is accepted.**

### ID check

The referee can check the athlete's FIDAL membership card and ID. In case the athlete is not able to provide any documents, a membership declaration form must be filled in by the athlete's running club, that can be signed by adult athletes.

### Medical assistance

The organizing committee will provide a proper medical assistance service on the course and at the start and finish.

### Registration transfer

Registration can be transferred to another athlete that meets registration requirements.

Registration can also be transferred from one distance to another. In case the fee is higher than the previous one paid, the imbalance must be paid at bib pick-up. In case the fee is lower, no refund will be provided.

Registration transfer must be requested by Monday 17 April 2023 to [info@followyourpassion.it](mailto:info@followyourpassion.it) and entails 7€ fee that is due at race bib pick-up.

### **Privacy and image rights**

According to D.Lgs. N ° 196 of 30/06/2003 (Testo Unico sulla Privacy/Privacy Law), personal data collected will only be used in the participants list, the ranking and the historical archive, to deliver the services of the event, for sending promotional or advertising material concerning the event or its partners. By registering to the CHIA21 Half Marathon, entrants expressly authorize the organizers, as well as all legal subjects with whom the organization has professional and/or trade relations, to use free of charge pictures or videos in which they may appear. Authorization is unlimited and may be used worldwide and at any time.

### **Event cancellation**

The registration fee will not be reimbursed in case the event is cancelled, postponed or not carried out due to force majeure or reasons not attributable to the organization, including the withdrawal of authorizations by the institutions. There will be no refund of the registration fee as well as of any other expenses incurred to the participant. This clause is accepted by the entrant in registering to the race.

**Please note:** the organizing committee reserves the right to change these rules at any time for reasons that will consider appropriate in order to provide a better race, upon FIDAL agreement. The event will take place with any weather conditions. Please refer to 'Regolamento Tecnico Internazionale e statutario della FIDAL e del G.G.G.' for further rules non included in this guide.

Chia, February 2023

**ANNEX**

**LIABILITY WAIVER FORM**

Certificate of eligibility for participating in a non-competitive athletics event for tourist-sporting purposes.

**HEALTH CHECK LIST AND TERMS**

Please read carefully and sign here below to confirm that you agree with the following:

- 1) I (Participant) will pay attention to my health, keep myself in good physical condition, and train sufficiently before I participate in the race. My participation will be with self-responsibility. I will also use the pre-race Health Check list, reported below\*\*, to confirm my physical condition. If I am not in good physical condition, I will cancel my participation in the race or pay careful attention to my condition during the race.
- 2) If I am injured, have an accident, or become sick during the race, I will have no objection to receive first aid. I will fill out all the medical information and emergency contact details reported on the back side of the bib number, as I know there are important details to help me in case of need.
- 3) Nobody will run on my behalf. If somebody should run on my behalf, I will not hold the organizers responsible for any accident he or she may have during the race. If it should be revealed that somebody ran on my behalf, I will comply with the organizers' instructions, including cancellation of any official commendation or entries for the event in future.
- 4) I register without any failure or deceit in my application including entry qualifications or participation time limit for this race.
- 5) I agree that the right to release any materials during the race, at the expo or associated event such as videos, photographs, articles, TV programs, newspapers, magazines, websites or posters and flyers for promoting the next events belongs to the organizer.
- 6) I will enter the start area from the designated entrance gate. (It is prohibited to enter from other gates).
- 7) I have read the terms and conditions set forth in events rules reported on the online registration form and on the website and agree to abide by them as a condition of my participation.

*\*\*A HEALTH CHECK is recommended before participating in the event.*

**Each runner must check the followings and join the race on his/her responsibility.**

**A)** Please, consult your primary care doctor about participation in the race if any of the following items (1 to 5) are applicable to you.

Please, have a physical examination and a cardiac examination under the supervision of your primary care doctor. You are not required to submit any medical certificates. This health check list is aimed to assist yourown health check.

**If you join the race, you are responsible for your actions.**

- 1) Are you currently undergoing treatment for, or have you ever been diagnosed with a cardiacdisease (cardiac inflation, angina pectoris, cardiomyopathy, valvular disorder, congenital heart disease, irregular heartbeat, etc.)?
- 2) Have you ever suddenly lost consciousness (fainted)?
- 3) Have you ever felt chest pain or dizzy when you were exercising?
- 4) Has your relative suddenly died because of a so-called “heart failure” (sudden death)?
- 5) Has it been more than a year since your last physical examination?

**B)** The following items (6 to 9) are risk factors for cardiac infarction and angina pectoris.

Please consult your primary care doctor if any of these are applicable to you, and keep your physicalcondition stable before participating in the race.

- 6) Is your blood pressure high (hypertension)?
- 7) Is your blood-sugar level high, or have you ever been diagnosed with diabetes?
- 8) Do you have a high LDL cholesterol level or neutral fat level (hyperlipemia)?
- 9) Do you smoke?

Your primary care doctor is the physician closest to you who can help you manage your health andphysical condition. Carefully choose your primary care doctor and discuss your required physical examinations, and whether or not you can participate in the race.

I hereby comply with the terms described above and after reading the health check list I confirm I canparticipate in the race.

**ATHLETE NAME** (must be signed by the runner)

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**NAME OF THE RACE** in which you participate

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**RACE TYPE** (indicate with an X the distance of the chosen race): **21KM**

*EMERGENCY CONTACT IN CASE OF ACCIDENT*

**Name of the contact** \_\_\_\_\_ **Phone number** \_\_\_\_\_

**SIGNATURE**

