

RACE REGULATION

MONZA21 Competitive Races and Events for Tourist-Sporting goals

Laguna Running SSDRL, in collaboration with MG Sport Srl, organizes the 19th edition of MONZA21 an international running event taking place in Monza on Sunday, October 22nd 2023 on the following distances:

Competitive Races

- MONZA21 Half Marathon (30 km): 9.00am
- MONZA21 Half Marathon (21km): 9.00am
- MONZA21 Half Marathon (10 km): 9.00am
- MONZA21 Half Marathon 21Km for Tourist-Sporting goals, only for foreign participants

CAN PARTICIPATE:

At the sport event can take part:

- Italian and foreign athletes' resident in Italy members to FIDAL affiliated companies in the age categories:
 - juniors (18-19 years)
 - promises (20/22 years)
 - senior (23/34 years)
 - senior master M / F (35/39 years and successive bands of age)
 - ***Only for the 10km race, also athletes / students category (16-17 years) can participate***
- foreign athletes registered for foreign Athletics Federations affiliated to the WA presented at registration:
 - EU foreign athletes: authorization of the Federation of belonging to compete abroad
 - non-athletes: in addition to the authorization of the Federation of belonging, a residence permit or visa

NB: Athletes "members" for a foreign Federation affiliated to WA, which are not registered by their federation, club or Assistant must sign a self-declaration attesting the membership.

- 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)

NB: The RUNCARD card is renewable. The validity period is shown on the card. If, during the control of the card, it is determined that the card has expired, the athlete may NOT participate, unless he is able to show the receipt of on-line renewal

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.

Their participation is still subject to the presentation of a medical certificate issued in their country, but subject to diagnostic tests provided for by Italian law to perform athletic activities, which will be performed in the original, leaving a copy, to the organizers.

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.

21KM or 30KM for Tourist-Sporting goals

Only for Foreign Athletes non registered to any foreign Athletics Federations and NOT RESIDING IN ITALY

Only for Foreign Athletes non registered to any foreign Athletics Federations

Foreign athletes, non residing in Italy and not registered to any foreign Athletics Federation, who participate at the 21Km or 30Km race for Tourist-Sporting goals can take part at the event without sending a medical certificate but **have to fill and sign the Liability Waiver Form** and send it to 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 competitive races (21km and 30km) and will not be able to benefit from prizes in kind, cash, value vouchers, bonuses, engagements, reimbursements of expenses of any kind.

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"

Upon registration done with specific forms, anyone wishing to participate in the Monza21 Half Marathon will have to sign the declaration of responsibility, as reported:

DECLARATION OF RESPONSIBILITY: "I, the undersigned, aware of the penalties applicable in case of false statements and false documents (art 26 l. 15/68 and art. 489 cp) declare: I have read and consequently know, accept and respect the rules of "MONZA21 Half Marathon"; be aware that participation in competitive sporting events is potentially a risky if you are not properly prepared and in suitable physical condition; to be aware that to register you must be in possession of a medical certificate of fitness competitive athletics valid and be 18 years at the date of the event (16 years to 10 km); to enroll voluntarily and assume all risk arising from my participation in this event falls, contacts with vehicles, with other participants, spectators or otherwise, any weather conditions including extreme heat, and / or damp cold, traffic and road conditions, any well-known type of risk and evaluated by me. Being aware of this, considering my application accepted, I, for myself and on behalf of anyone else, relieve the Organizing Committee of MONZA21 Half Marathon, Laguna Running SSDRL, MG Sport srl, Fidal, GGG, Comune di Monza, Consorzio Villa Reale and Parco di Monza, Comune di Biassono, Provincia di Monza Brianza, Regione Lombardia, Autodromo Nazionale Monza, the promoters, all sponsors and organizational partners of the event, the respective representatives, successors, officers, directors, members, agents, partners and employees of the above companies of all present and future claims or liability of any kind, known or unknown, deriving from my participation in the event. Upon acceptance of your registration in one of the events of MONZA21 Half Marathon, the fee is non-refundable, even in the event of cancellation and If the race is canceled and / or postponed to another date or place for reasons of force majeure and / or reasons beyond and / or not related to the will of the Organizing Committee, including the withdrawal of the performance by the organs public expertise. By subscribing to the event, expressly authorizes the Organizing Company, together with legal entities with whom it has professional and commercial relationships related and connected, the resumption of pictures of the event, the acquisition of the free right to use still or moving images on which I will appear, took during my participation in the competition on all visual media as well as promotional materials and / or advertising products and spread throughout the world and for the maximum time allowed by the laws, regulations, treaties in force, including all extension options It may be made to the period foreseen. I also declare that I have read the Privacy Declaration available on the site www.followyourpassion.it and having expressed my consent to the processing of personal data in the manner provided. The data provided will be treated in accordance with the rules laid down EU Regulation no. 2016/679 ("GDPR") and exclusively for the purposes set out in information published on the site www.followyourpassion.it. "

REGISTRATION AND PAYMENT:

You can subscribe on the website www.followyourpassion.it

30Km

32 € until al 30.06.23

36 € from 01.07.23 to 18.09.23

40 € from 19.09.23 to 17.10.23

45 € in place

21Km

27 € until 30.06.23

30 € from 01.07.23 to 18.09.23

35 € from 19.09.23 to 17.10.23

40 € in place

10Km Competitive

17 € until 30.06.

19 € from 01.07.23 to 18.09.23



22 € from 19.09.23 to 17.10.23

25 € in place

Special enrolment fees are reserved for sports clubs. These organizations are asked to contact by e-mail giuseppe@mgsport.it

The entry fee to MONZA21 Half Marathon includes: bib, rental times of detection chip, goody bag with official gadgets and sponsors products, supplies and sponging on the course, final refreshment, services, insurance, medal finisher, finisher certificate downloaded from the website, technical and medical assistance.

We do not accept registrations without the athlete's complete details, records and membership, and, where required, a copy of the medical certificate of athletics athletic eligibility.

Should an athlete register in the last week before the event, the organization does not guarantee the race packet.

It will be possible to register on site for the non competitive events only.

Online registrations will close at 23.59 Tuesday, 17 October 2023

The organizing committee reserves the right to close registration still at its sole discretion, even before this date.

Registration fee must be paid online with credit card while entering the registration.

Registration Confirmation

The Organizing Committee will send to all registered athletes the confirmation of the registration via e-mail. If the confirmation is not received, the person should contact the registration office by email at iscrizioni@otc-srl.it

Reimbursement of the registration fee

The participation fee is not refundable under any circumstances for reasons attributable to the single person

SAFETY PLAN

The Organizing Committee has prepared adequate health and safety plan in accordance with national regulations and in cooperation with local institutions, Police, Red Cross and Civil Defense.

RACE PROGRAM:

Bib race collection

The race numbers can be picked on Saturday 21st October from 9.00 to 18.00, Sunday, 22nd October from 7.00 to 8.30am at the race office. The race pack will also be handed, together with the bib.

The bib number will be assigned in a progressive order according to the date of registration (who enrolls first will have a lower bib number).

The numbers can also be collected from third parties with written authorization and a photocopy of a valid ID card. In the case of Club registrations, received by the Secretary, they should be withdrawn altogether by the representative of the club (if this option was indicated on the form). In this case the individual bibs cannot be collected by single athletes.



The race number is strictly personal, it cannot be tampered with and is not transferable to anyone. Whoever is found inside the race with a bib number of another athlete or without a regular bib or a counterfeit one, he will be held responsible of damage to property and people, including himself, in addition to incurring the sports sanctions by federal bodies and the penalties provided by current legislation.

Changing and Locker rooms:

Although all athletes will be invited to change inside their cars, given the spaces available. Boxes will still be provided and guaranteed to serve as changing rooms

Bag storage:

Provided at the paddock1

Showers:

Service not provided

The Starting Grid will be prepared by the organizers and assigned on the basis of the personal best time declared at the time of registration. It will be indicated by the appropriate bib identification color.

However, the organizing committee reserves the right to possibly move some athletes from one sector to another based on organizational needs

Timing

The measurement of the times and the elaboration of the charts will be carried out with transponder chip system to lose.

Refueling and sponging

Water points are provided along the route approximately every 4 km starting from the 4th km. Such points, will be able to be used by athletes both for drinking and for refreshing themselves with a sponge.

Time limit

The time limit is:

- 1h30' for the 5-10 km
- 2h30' for the 21km
- 4h for the 30km

Pacer Service

Present

Results

An order of finish and category rankings will be prepared and will be available on the website of the event. The same will be validated by the Technical Delegate Judge/Appellate Judge.

AWARDS:

By the organizing committee will be awarded:

- **30Km:** prizes in kind for the top 5 athletes arrived men and top 5 women overall
- **half marathon:** prizes in money for top 3 athletes women and men; prizes in kind for top 3 women and men for each age category

Women

JU, SF35, SF40, SF45, SF50, SF55, SF60 ed SF65 and above



Men

JU, SM35, SM40, SM45, SM50, SM55, SM60, SM65, SM70, SM75 and above

- **10 km racing:** prizes in kind the top 5 athletes arrived men and top 5 women overall

Prizes can be collected at the secretary after the formalization of the ranking and must absolutely be withdrawn by the claimants, who must appear with FIDAL card.

Prizes not collected during the award ceremony will not be sent later.

RUNCARD holders will be included regularly in the ranking, but will not enjoy refunds, bonuses or access to the prize pool.

PRIZE MONEY

1° man/women 300,00€

2° man/women 200,00€

3° man/women 100,00€

PRIZE MONEY Only for Italian Athletes

1° man/women 75,00€

2° man/women 50,00€

3° man/women 25,00€

PRIZE MONEY BASED ON TIMING

The first 5 sport club will be awarded with money prizes. The ranking of each team will be determined by the sum of the first 4 male chronometric performances with the first female chronometric performance:

1st club M/F: 400 €

2nd club M/F: 225 €

3rd club M/F: 150 €

4th club M/F: 125 €

5th club M/F: 100 €

GENERAL INFORMATION:

Complaints

According to the rules of RT FIDAL claims must be exposed verbally in the first instance to the arrival judge, in the second instance in writing, within 30 'from the publication of the results, the court of appeal, accompanied by the sum of € 100.00 (one hundred) refundable if the complaint is accepted.

TECHNICAL RULE 5 - COMPETITION SHOES

Regarding the use of competition shoes, athletes must follow the provisions of Technical Rule 5 - Competition Shoes. <https://www.fidal.it/content/Regola-Tecnica-5-Scarpe-di-Gara/132125>

ID Check

The GGG can perform control of the athlete's identity and membership in accordance with FIDAL Regulation (Art. 8-9 Activities Regulations 2019). If during the inspection, an athlete is found lacking the membership card or receipt of online membership or identity document, a declaration of membership will be need to be completed by the athlete's company affiliation,.



Health Service

The organizing committee will guarantee an appropriate medical assistance along the race course, the start and finish line.

Registration Transfer

Athletes already enrolled but unable to participate in the race can transfer the registration to another athlete who meets the participation requirements of this Regulation.

It is also possible to change the race by transferring the registration on a different distance. In this case, the difference (increase) of the registration fee must be covered at the bib collection. Any difference in fees (lower) will not be refunded.

The change of name and / or competition must be reported by **Friday, October 13th, 2023** to iscrizioni@otc-srl.it and it carries a fixed fee of 7€ (seven) to be paid to the withdrawal of the bib.

Privacy and Image Rights

According to EU Regulation no. 2016/679 ("GDPR"), before registering the athlete is advised to take note of the documentation relating to privacy protection, available on the website www.followyourpassion.it and to express their consent to the processing of personal data in due manner. The data provided will be treated in accordance with the rules laid down in EU Regulation no. 2016/679 ("GDPR") and exclusively for the purposes set out in information published on the site www.followyourpassion.it.

By subscribing to "Monza21 Half Marathon", the athlete expressly authorizes the Organizer together with legal entities with whom it has professional and business reports and associated with taking the pictures of the event, the acquisition of the free right to use still or moving images on which I will appear, taken at of their tenders of all visual media as well as promotional materials and / or advertising products and spread throughout the world and for the maximum time allowed by the laws, regulations, treaties in force, including the extension options to be made to the period provided.

Failure to Carry

If the race is cancelled and / or postponed to another date, or in any case, do not turn to force majeure and / or reasons beyond and / or not related to the will of the Organization, including the withdrawal of the performance by the competent public authorities, the registered athlete will have nothing to expect from the Organizing Committee and / or Laguna Running SSDRL and MG Sport Srl, nor for the return of the registration fee, or as reimbursement of any expenses incurred or to sustain. The submission of the application form has the value of acceptance of this clause and expressly renounces any claim resulting in the cancellation and / or postponement of the race.

Final Warning: the Organizing Committee reserves the right to modify these rules at any time for reasons it deems appropriate for a better organization of the race, with the approval of FIDAL. The event will take place with any atmospheric condition. For matters not covered by these regulations, the norms of the International Technical Regulations and Bylaws of the FIDAL.

Milan, March 2023



ANNEX

LIABILITY WAIVER FORM

MONZA21

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



Laguna Running SSDRL
Viale Belvedere Location Chia
09010 Domus de Maria (SU)
CF: 92186850928 - VAT: 03400890921
www.followyourpassion.it

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 your own health check.

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

Please complete by answering each of these questions

- 1) Are you currently undergoing treatment for, or have you ever been diagnosed with a cardiac disease (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 physical condition 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 and physical 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 can participate in the race.

ATHLETE NAME

NAME OF THE RACE in which you participate : **Monza21 for Tourist-Sporting goals**

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

21KM

30KM

EMERGENCY CONTACT IN CASE OF ACCIDENT

Name of the contact _____

Phone number _____

Athlete Signature _____



