

## RACE REGULATION MILANO21 COMPETITIVE RACES

Laguna Running SSDRL, in collaboration with MG Sport Srl, organizes the 7th edition of MILANO21 an international event on the distance of 10 km and 21,097 km taking place in Milan, Sunday, November 24, 2024, starting at 09:00 in Viale Arona.

### 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
- RUNCARD holders: Italian citizens and foreigners living in Italy, limited to persons aged from 20 years old; 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, issued directly by the FIDAL ([www.runcard.com](http://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.**

The participation with a RUNCARD, is subject to the presentation of a medical certificate. A paper copy of the medical certificate will need be handed over to the Organizer at the Race office during bib collection. For foreigners: only the medical form downloadable on <https://followyourpassion.it/en/milano21/> will be accepted.

These athletes will be regularly entered in the race standings, but will NOT enjoy refunds, bonuses and enter the prize money or money coupons.

- Athletes (Italian or Foreigners), 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)  
They will have to submit the original medical certificate bearing the words "Athletics". A paper copy of the medical certificate will need be handed over to the Organizer at the Race office during bib collection. For foreigners: only the medical form downloadable on <https://followyourpassion.it/en/milano21/> will be accepted.  
These athletes will be regularly entered in the race standings, but will NOT enjoy refunds, prize money or money coupons.

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.

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"

## **21KM Tourist-Sporting goals FOR FOREIGNER ATHLETES ONLY, NOT RESIDING IN ITALY**

Foreign athletes, non-residing in Italy and not registered to any foreign Athletics Federation, 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 while registering online.

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.

Upon registration done with specific forms, anyone wishing to participate in the MILANO21 will accept 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 "MILANO21"; be aware that participation in 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; 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 MILANO21, Laguna Running SSDRL, MG Sport Ltd, the FIDAL the GGG, the City of Milan, the Province of Milan, the Lombardy Region, 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 MILANO21, 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](http://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](http://www.followyourpassion.it). "*

## REGISTRATION AND PAYMENT:

**Registrations** are open on the website <https://followyourpassion.it/milano21/>  
**Registration fees 21km Competitive and 21km with Tourist-Sporting goals**

35€ until 31.03

39€ until 30.06

45€ until 31.10

49€ until 21.11

\*fees above do not include commission fees

60€ on site on the 22 and 23<sup>rd</sup> of November, upon bib availability (no commission fee added)

**Registration fees for 10k competitive and non competitive**

20€ until 31.03

23€ until 30.06

25€ until 31.10

29€ until 21.11

\*fees above do not include commission fees

35€ on site on the 22 and 23<sup>rd</sup> of November, upon bib availability (no commission fee added)

Special enrolment fees are reserved for sports clubs. These organizations are asked to contact by e-mail [giuseppe@mgssport.it](mailto:giuseppe@mgssport.it)

The entry fee includes : bib, chip, goody bag with official gadgets and sponsors products, supplies and sponging on the course, wc, final refreshment, insurance, medal finisher, finisher certificate downloaded from the website, 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.

## **Online registrations will close at 23.59 on 21 November 2024**

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.

## **VIP Entry**

Athletes who wish to take advantage of exclusive services during the event can opt for VIP entry available for both distances of the race, at a cost of €100. Places are limited.

VIP entry includes the following benefits:

- Personalized souvenir pass with photo
- Fast track for bib pickup
- Dedicated locker rooms and bag storage
- Access to post-arrival Hospitality Area
- Possibility to pick up the bib on race morning (Sunday) for those coming from outside the province
- Reservation of t-shirt size and customization service
- Access to the first starting grid immediately after the elite athletes
- Exclusive gadgets
- Reserved restrooms
- Post-race massage service

## **Registration Confirmation**

A confirmation email will send to all registered athletes

## **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 (\*preliminary program)**

### **Bib race collection**

The race numbers can be picked on Friday 22 from 15.00 to 19.00, Saturday, November 23 from 10.00 to 19.00 and Sunday November 24 (only for residence outside province of Milano) from 7:00 to 8:30 am at the Expo Village. The race pack will also be handed, together with the bib.

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.

**The starting grid** (assigned on the basis of personal best time stated at the time of registration) will be marked with the special color, identified on the bib.

They will be prepared by the organizers as following:

**1st sector BLUE** - half marathon competitive, 10 km competitive; 21km for tourist-sporting goals and top runners registered athletes with times stated below

- 10km: 39'59 "
- 21.097 km: 1h29'59 "

**2nd sector YELLOW**- half marathon competitive, 10 km competitive; 21km for tourist-sporting goals; registered athletes with times ranging from declared

- 10km: 40'00 "and 46'59"
- 21.097 km: 1h30 'and 1h43'59 "

**3rd sector RED**- half marathon competitive, 10 km competitive; 21km for tourist-sporting goals; registered athletes with times ranging from declared

- 10km: 47'00 "and 56'59"
- 21.097 km: 1:44 and 1h56'59 "

**4th sector WHITE**: half marathon competitive, 10 km competitive; 21km for tourist-sporting goals; registered athletes without time or times stated above

- 10km: 57'00 "
- 21.097 km: 1:57.

**4th sector GREEN**: 10km non competitive race

## Timing

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

## Supplies and sponging

As used by the WA / FIDAL. A final refreshment will be in place at the finish line

## Time limit

The time limit is 2:45', while for the 10km time limit is 90'. Beyond this time, the organizing committee will not be able to guarantee the total closing of the race course.

## Pacer Service

On the half marathon distance pacers will be present, who will follow participants to the finish line in 1h30, 1:40, 1:50 and 2 h.

## Results

They will be processed an order of arrival and the charts category, which will be available on the event website. The results will be validated by the Technical Delegate Judge / Judge of Appeal.

## AWARDS:

By the organizing committee will be awarded:

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



Only for the 21.097 km, prizes in kind will be assigned also to the first 3 classified of each category, as follows:

## **Women**

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

## **Men**

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

Prizes can be collected during the awards ceremony, 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.

## **PRIZES (in money or purchase vouchers) FOR LARGEST TEAMS**

The first 5 sport club will be awarded with money prizes. The ranking will be obtained by taking into account the total number of entrants of the same club over the distances, 21km and 10km competitive:

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 €

(NB: prizes gross of any withholding tax)

## **GENERAL INFORMATIONS:**

### **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.

### **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 transfers and change**

Athletes who have already registered but are unable to take part in the race have the opportunity to transfer their registration to another athlete who meets the participation requirements of these regulations. This can be done independently via the dashboard. The registered athlete, once in the registration dashboard, has to click on "TRANSFER REGISTRATION" and enter the email of the person to whom you want to transfer the registration. The person will receive an email with a link to enter all personal data and proceed with the payment of 7€ for the transfer handling fee. The name change can be done until Monday 11 November 2024



It is also possible to change the race by transferring the registration already made to a different distance. In this case, any surcharge on the registration fee must be paid when collecting the bib. Changes can be done until Monday 11 November 2024.

Differences in entry fees will not be reimbursed.

## 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](http://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](http://www.followyourpassion.it).

By subscribing to "MILANO21", 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, February 2024



