

RACE REGULATION

MONZA21 Competitive Races and Events with 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, 28th September 2025 on the following distances:

Competitive Races

- MONZA21 (30 km): 9.00am
- MONZA21 (21km): 9.00am
- MONZA21 (10 km): 9.00am
- MONZA21 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 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. It is required to present the medical health certification done on the form available on the website of Monza21

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 by completing and signing Liability Waiver Form (available on the registration form 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 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 participating in the Monza21 accepts this 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 "; 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, 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, 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:

It is possible to register online visiting the race website: <https://followyourpassion.it/monza21/>

Online registration will close on September 26th at 23.59 or when the maximum number of participants is attained.

Registration Fees:

Distance 30km

40 € until march 31, 2025

45 € until june 31, 2025

50 € until august 31, 2025

60 € until registration closes



Distance 21km

35 € until march 31, 2025
40 € until june 31, 2025
45 € until august 31, 2025
50 € until registration closes

Distance 10km

20 € until march 31, 2025
25 € until june 31, 2025
28 € until august 31, 2025
30 € until registration closes

The above registration fees do not include administrative fees

Special enrolment fees are reserved for sports clubs with more than 10 participants. These organizations are asked to contact by e-mail giuseppe@mgsport.it

The entry fee to MONZA21 includes: bib with chip, goody bag with official gadgets and sponsors products, supplies and sponging on the course, final refreshment, wc, insurance, medal finisher, finisher certificate downloaded from the website, 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.

On Site it will be possible to register for the non competitive events only.

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 info@followyourpassion.it

Reimbursement of the registration fee

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

Registration cancellation, modification and transfer

Athletes who have purchased the **FLEXI** option at the time of registration will be able to transfer to an FYP circuit race, transfer to the following year's edition and change distance free of charge by Monday 15 September 2025 by contacting ticket@followyourpassion.it by e-mail.

The name change can be changed independently via the Personal Dashboard by Monday 15 September 2025.

In the event of a change of distance and transfer to a race on the FYP circuit, any difference in the entry

fee will have to be paid. No refunds will be given for lower fees.

An athlete who has **not** purchased the **FLEXI** option will be able to make a change of distance or transfer to the new year's edition by paying a service fee of €15 by Monday 15 September 2025. A transfer to another race on the FYP circuit will not be possible.

All requests for change or transfer, regardless of the chosen fare, must be sent by e-mail to ticket@followyourpassion.it.

Also in this case, payment of any difference will be required for the change of distance. There is no refund for lower fees.

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 27 September from 2 p.m to 6 p.m
- Sunday, 28 September 7 a.m to 8.30 a.m 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 rooms: Provided

Bag storage:

Provided

Showers:

Service not provided



Grid:

The Starting Grid will be prepared by the organizers and assigned on the basis of the 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 a transponder chip system.

The time of each athlete will be recorded electronically from his or her passage on the starting line at the start of the race, to his or her arrival with passage on the Finish line and with the partial times at certain kilometres.

Any athlete who starts from a grid other than the one assigned will be liable for this offence and will be cautioned and monitored for any subsequent editions of the race in which he or she takes part.

Athletes must participate in the race with the bib and the relevant Chip provided by the Organising Committee. Should an athlete participate with the bib and chip of someone else or should he/she also if an athlete takes part with someone else's bib and chip, he/she will be liable to disqualification and a report to the Federal Authorities.

Refreshments and sponging

Water points are provided along the route approximately every 4 km starting from the 4th km. These 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 during the awards ceremony.



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 money refunds, bonuses or access to the prize pool.

PRIZE MONEY

*in the definition phase

PRIZE MONEY Only for Italian Athletes

*in the definition phase

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:

*in the definition phase

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.

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", 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, November 2024

