

RACE REGULATION MILANO10K - COMPETITIVE

Laguna Running SSDrl, in collaboration with MG Sport, is organising the 4th edition of the MILANO10K, an international event over a distance of 10 km to be held at Idroscalo, on **Saturday 3 May 2025, starting at 19:15**

MAY PARTICIPATE:

The following may participate in the competitive events:

- Italian and foreign athletes resident in Italy registered with Fidal affiliated companies in the following categories:
 - juniores (18/19 years)
 - promesse (20/22 years)
 - seniors (from SF-SM to SM-SF95 and over)
 - allievi (16/17 years)
 - foreign athletes who are members of foreign Athletics Federations affiliated to the WA by submitting the following at the time of registration
 - foreign EU athletes: authorisation from their home federation to compete abroad
 - non-EU athletes: in addition to the authorisation from their Federation, their residence permit or entry visa
- NB: Athletes "registered" with a foreign federation affiliated to the WA, who are not registered by their own Federation, Club or Assistant, must sign a self-certification attesting to their membership.

- Runcard holders, Italian citizens and foreigners residing in Italy limited to persons aged 20 years (date of birth up to and including 2005) onwards, not registered for a club affiliated with FIDAL nor for a foreign Athletics Club affiliated with WA, nor for a club affiliated (Athletics discipline) with a Sports Promotion Body in possession of a valid RUNCARD (date not expired), issued directly by Fidal (www.runcard.com)

N.B. The RUNCARD is renewable. The expiry date is indicated on the RUNCARD. If on the day of the event, when checking the card, it is found that it has expired, the athlete may NOT participate, unless they present their renewal online.

Their participation is in any case subject to the presentation of a medical certificate for athletics valid in Italy, which must be presented in original to the organisers. A copy of the medical certificate shall be handed in to be kept on file by the organising club of each event in which the athlete in possession of a RUNCARD participates. These athlete(s) will be regularly included in the race classification, but will not be eligible for refunds, bonuses and access to prize money and/or generic vouchers.

- Italian and foreign athletes members of Sports Promotion Organisations (Athletics discipline) that have signed an agreement with FIDAL, only if they are in possession of a valid RUNCARD-EPS (validity date not expired).

Runcard holders must present the original medical certificate of competitive fitness marked "Athletics", a copy of which will be handed over to the organisers. (only the running health form downloadable from the race website is accepted). These athletes will be duly included in the race classification, but will not be eligible for refunds, bonuses and access to prize money and/or generic value vouchers.



In accordance with current legislation (Ministerial Decree 18/02/1982), those practising competitive sport must undergo prior and periodic sport-specific fitness checks. Italian law requires that those concerned must undergo the following health checks

- medical examination,
- complete urine examination,
- electrocardiogram at rest and after effort
- spirometry.

All declarations and examination reports must be authentic or conform to the originals.

Participants in events may be subject to doping controls- They are also subject to the provisions of Article 25 of the Rules for the Organisation of Events 2021, if they are already subject to disciplinary suspension.

MAY NOT PARTICIPATE:

The following are not allowed to participate in competitive events:

- Athletes registered for other Federations (e.g. Triathlon)
- Athletes who are members of Sporting Promotion Organisations recognised by CONI but not affiliated with FIDAL, who have not subscribed to the RUNCARD
- Mountain and Trail Runcard" holders
- Medical certificates of fitness for running, running, marathon, triathlon, running, etc. are not valid for participation (only the running health form downloadable from the race website is accepted)
- Medical certificates of competitive fitness for other sports are not valid for participation: only those expressly labelled "Athletics" will be accepted (only the running health form downloadable from the race website is accepted)

At the time of registration, all those registered to **MILANO10K** accept the declaration of responsibility as per the text below

DECLARATION OF RESPONSIBILITY:" I, the undersigned, aware of the penal sanctions provided for in case of untruthful declarations and falsity in deeds (art.26 law 15/68 and Article 489 of the Criminal Code.) I declare: to have read and consequently to know, accept and respect the regulations of "MILANO10K"; to be aware that participation in competitive sporting events is potentially a risky activity if one is not adequately prepared and in suitable physical condition; to be aware that in order to register one must be in possession of a valid medical certificate of fitness for athletics and that I am aware that in order to register I have turned or turn 16 yrs on race; to register voluntarily and to assume all risks arising from my participation in the event: falls, contact with vehicles, other participants, spectators or others, weather conditions including scorching heat, extreme cold and/ or wet weather, traffic and road conditions, any type of risk well known and assessed by me. Being aware of the above, considering the acceptance of my registration, I, on my own behalf and in the interest of no one else, release and discharge the Organising Committee of the MILANO10K, Laguna Running SSDRL, MG Sport srl, the Fidal, the GGG, the Municipality of Milan, the Province of Milan, the Lombardy Region, the sponsors all sponsors and organising partners of the event, their respective representatives, successors, officers, directors, members, agents, collaborators and employees of the above companies, of all present and future claims or liabilities of any kind, known or unknown, arising from my participation in the event. Once registration for one of the MILANO10K events has been accepted, the participation fee is non-refundable, even in the event of cancellation and in the event that the race is cancelled and/ or postponed to another date or not held due to force majeure and/ or reasons not attributable and/ or not attributable to the will of the Organising Committee, including the revocation of authorisation to hold the event by the relevant public bodies. By registering for the event, I expressly authorise the organising company, together with the legal entities with which it has professional and commercial relations relating to and connected with the event, to take images of the event, to acquire free of charge the right to use the still or moving images on which I may appear, taken during my participation in the race on all visual media as well as on promotional and/ or advertising materials produced and disseminated worldwide and for



FollowYourPassion

the maximum time provided for by the laws, regulations and treaties in force, including any extension that may be made to the period provided for. I also declare that at the time of registration I have read the privacy policy available on the website www.followyourpassion.it and that I have given my consent to the processing of my personal data in the manner provided. The data provided will be processed in accordance with the rules set out in EU Regulation No. 2016/679 ("GDPR") and used exclusively for the purposes set out in the information notice published on the website www.followyourpassion.it."

REGISTRATION AND PAYMENT:

Registrations are open online <https://followyourpassion.it/en/idroscalo-ten-k/> until Thursday 1st May at 23.59

FEES:

- 20.00 € until 31/01/25
- 25.00 € until 28/02/25
- 28.00 € until 31/03/25
- 30.00 € until registration closure
- 35,00 € on site

*These fees do not include admin fees, applied at checkout

For sports clubs with a minimum number of 10 athletes, can access to special promotions. For further information please send an e-mail to this address giuseppe@mg sport.it.

The registration fee for the MILANO10K includes: bib number, timing chip, race packet with official gadgets and sponsor products, refreshments along the route, final refreshments, services, insurance, finisher diploma downloadable from the website, technical and medical assistance.

No registration will be accepted without the athlete's full personal and running license, where required, a copy of the medical certificate for athletics.

It will be possible to register on site (for NON-Competitive events only) at the Race Office located in the square next to the skate park, main entrance, west Riviera car park on the grandstands side.

The organising committee reserves the right to close registrations at its sole discretion, even before this date.

Payment of the registration fee must be made at the time of online registration with payment by credit card.

Confirmation of Entries

The Organising Committee will send a formal registration confirmation document by e-mail to all registered participants. If the confirmation e-mail does not reach the subscriber, the subscriber must contact the registration secretariat at info@followyourpassion.it.

Refund of the registration fee

The participation fee is not refundable under any circumstances for reasons attributable to the individual enrolled.

SAFETY PLAN



The Organising Committee has prepared an adequate health and safety plan in compliance with current legislation and in cooperation with local institutions, the Police, the White Cross and Civil Protection.

RACE PROGRAM* (CAN BE SUBJECT TO CHANGES)

Bib collection

Race bibs can be collected on Friday and Saturday from 14:00 to 18:30 at the Race office located at the square next to the skate park, main entrance, West Riviera car park on the grandstands side. The bib number will be assigned progressively according to the date of registration (those who register earlier will have a lower bib number).

Race packs will be handed along with bibs.

The bibs may also be collected by third parties, with a written proxy and a copy of a valid identity document of the athlete. In the case of groups registrations, they can be collected by the representative of the club if this option has been indicated on the form.

The race bib is strictly personal, cannot be tampered with and is not transferable to anyone. Anyone found on the racetrack with a bib number assigned to another athlete or without a regular bib number or with a forged bib number will be held liable for damage to property and persons, including themselves, as well as incurring the sporting sanctions of the federal bodies and the penalties provided for by current legislation.

Timing

The measurement of times and the processing of rankings will be carried out using a disposable transponder chip system with GUN TIME (at the gunshot) and REAL TIME (for statistical purposes) detection.

Refuelling and sponging

As per WA/FIDAL regulations. A final refreshment service will be provided in the finish area.

Time limit

The time limit is 70'.

Pacer service

Not foreseen due to course conformation

Results

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

AWARDS:

The following participants will be awarded with prizes in kind:

- **10 km competitive race:** with prizes in kind for the first 3 male athletes to arrive and the first 3 female athletes to arrive

The top 3 in the categories divided as follows will also be rewarded with prizes in kind:

Women

SF35, SF40, SF45, SF50, SF55, SF60 and SF65 and above.

Men

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



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

People in possession of the RUNCARD will be regularly included in the race ranking, but will not be able to enjoy refunds, bonuses or access the prize pool.

GENERAL INFORMATIONS:

Complaints

According to the rules of the R.T. Fidal complaints must be presented verbally in the first instance to the judge of arrival, in second instance in writing, within 30 minutes of the publication of the results, to the judge of appeal, accompanied by the sum of € 100.00 (one hundred) refundable in case of acceptance of the complaint itself.

Identity check

The GGG can check the membership and identity of the athlete in accordance with the provisions of the Fidal regulation (Articles 8-9 of the 2019 Activity Regulations). If, during the check, an athlete does not have the federal card or the receipt of the online membership or the identity document, a membership declaration must be completed by the athlete's club.

Health service

The organizing committee will provide an adequate medical assistance service along the route and at the starting and finishing points.

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 21 April 2025 by contacting ticket@followyourpassion.it by e-mail. The name change can be changed independently via the Personal Dashboard by Monday 21 April 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 21 April 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.

Privacy and Image Rights

Pursuant to EU Regulation no. 2016/679 ("GDPR"), before registering the athlete is required to read the documentation regarding the protection of privacy, available on the website www.followyourpassion.it and to express his/her consent to the processing of personal data, in the prescribed manner. The data provided will be processed in compliance with the rules established by EU Regulation no. 2016/679 ("GDPR") and used exclusively for the purposes set out in the information published on the website www.followyourpassion.it.

By registering for "MILANO10K", the athlete expressly authorizes the Organizing Company together with the legal entities with which he maintains professional and commercial relationships relating to and connected to the shooting of images of the event, to the free acquisition of the right to use the images fixed or moving on which I may appear, taken on the occasion of your participation in the competition on all visual media as well as on promotional and/or advertising materials produced and disseminated throughout the world and for the maximum time allowed by laws, regulations, by the treaties in force, including any extension that may be made to the envisaged period.



Failure to carry out

In the event that the race is cancelled and/or postponed to another date, or in any case not carried out due to causes of force majeure and/or reasons not attributable and/or not referable to the will of the Organisation, including the revocation of the authorization to carried out by the competent public bodies, the member will have nothing to claim from the Organizing Committee and/or from Laguna Running SSDrl and MG Sport Srl, neither for the refund of the registration fee, nor for reimbursement of any expense incurred or to support. The submission of the registration application constitutes acceptance of this clause and express waiver of any claim resulting from the cancellation and/or postponement of the race.

Attention: the organizing committee reserves the right to modify these regulations at any time for reasons it deems appropriate for the purpose of better organization of the race, subject to authorization from Fidal. The event will take place in all weather conditions. For anything not provided for in this regulation, the provisions of the International Technical Regulations and the Fidal statutes apply.

INSURANCE

The organization has stipulated policies for RCT and individual accidents.

TECHNICAL RULE 5 – RACING SHOES

As regards the use of competition shoes, athletes must comply with the provisions of Technical Rule 5 - Competition shoes.

Milan, January 2025.

