

## **RACE REGULATION MILANO21 COMPETITIVE RACES**

Laguna Running SSDRL, in collaboration with MG Sport Srl, organizes the 8th edition of MILANO21 an international event on the distance of 10 km and 21,097 km taking place in Milan, Sunday, November 23, 2025, starting at 09:00.

### **CAN PARTICIPATE:**

#### **A) REGISTRATION FOR ITALIAN OR FOREIGN ATHLETES RESIDENT IN ITALY:**

In competitive events, the following may participate

- Italian and foreign athletes who are FIDAL members in the following categories:
  - **Allievi (16/17 years old) – who can take part ONLY in the 10km race**
  - Juniores (18/19 years)
  - promesse (20/22 anni)
  - seniores (da SF-SM a SM-SF95 e oltre)
- 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.

- 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)). Participation is, however, subject to the presentation of competitive sport certificate for athletics issued in Italy.
- 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). Participation is, however, subject to the presentation of competitive sport certificate for athletics issued in Italy.

#### **B) REGISTRATION FOR ITALIAN ATHLETES LIVING ABROAD**

In competitive events, the following may participate:

- **Allievi (16/17 years old) – who can take part ONLY in the 10km race**
- Juniores (18/19 years)
- promesse (20/22 anni)
- seniores (da SF-SM a SM-SF95 e oltre)
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They must meet one of the following requirements:

- Be registered with FIDAL through an affiliated club.
- Be registered with foreign athletics federations affiliated with World Athletics.
- Hold a FIDAL RUNCARD (in this case, they must be over 20 years old) accompanied by a competitive sport certificate for athletics, the specific “HEALTH FORM” available for download on the event’s website.



**Italian athletes residing abroad without one of the above-mentioned requirements will not be allowed to participate.**

## **C) REGISTRATION FOR FOREIGN ATHLETES NOT RESIDENT IN ITALY**

### **1. 21.097KM AND 10KM COMPETITIVE**

In competitive events, the following may participate:

- **Allievi (16/17 years old) – who can take part ONLY in the 10km race**
- Juniores (18/19 years)
- promesse (20/22 anni)
- seniores (da SF-SM a SM-SF95 e oltre)
- 

They must meet one of the following requirements:

- Be registered with foreign athletics federations affiliated with World Athletics.
- Hold a FIDAL RUNCARD (in this case, they must be over 20 years old) accompanied by a competitive sport certificate for athletics, the specific “HEALTH FORM” available for download on the event’s website.

### **2. 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** within the registration form.

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, all those wishing to participate in MILANO21 accept the declaration of liability, 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*



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*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\* 21.097 km Competitive and 21.097 km with Tourist-Sporting goals**

40 € until 31 march 2025  
45 € until 30 june 2025  
50 € until 31 october 2025  
55 € until registration closes

\*fees above do not include commission fees

### **Registration fees\* for 10k competitive**

20 € until 31 march 2025  
25 € until 30 june 2025  
20 € until 31 october 2025  
35 € until registration closes

\*fees above do not include commission fees

40 € on site on the 21 and 22<sup>nd</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 with timing chip, race package with official technical t-shirt and sponsor products, refreshments and sponges on the route, final refreshments, insurance, finisher's medal, finisher's diploma downloadable 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.

**Online registrations will close at 23.59 on 20 November 2025**



# **FYP FollowYourPassion**

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 (under definition, possibility of modifications):

- 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

**VIP registrations will close on Friday 14 November 2024 at 11:59 p.m.**

## **Registration Confirmation**

A confirmation email will send to all registered athletes

## **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 10 October 2025 by contacting [ticket@followyourpassion.it](mailto:ticket@followyourpassion.it) by e-mail.

The name change can be changed independently via the Personal Dashboard by Monday 10 October 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 10 October 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](mailto: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.

## **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)**

### **Bibs and race package collection**

You can pick-up your bib inside the expo area, Milan, at the organisational secretariat, on the following days:

- Friday 21 November, from 2 pm to 7 pm
- Saturday 22 November, from 9.30 a.m. to 7 p.m.
- Sunday 23 November, from 7.00 a.m. to 8.30 a.m. only for residents outside the province of Milan

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; 21.097 km for tourist-sporting goals

**2nd sector YELLOW**- half marathon competitive, 10 km competitive; 21.097 km for tourist-sporting goals

**3rd sector RED**- half marathon competitive, 10 km competitive; 21.097 km for tourist-sporting goals

**4th sector WHITE**: half marathon competitive, 10 km competitive; 21.097 km for tourist-sporting goals

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

### **Timing**

The measurement of the times and the elaboration of the ranking will be carried out with 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.

## **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' for the Half Marathon, 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 and rankings**

The processing of the rankings will be carried out via the SINGLE-USE chip that each athlete will receive attached to their bib. The rankings will be drawn up according to Real Time, i.e. on the actual time taken from crossing the start line to the finish line. For elite athletes only, they will be processed according to GUN TIME.

Athletes who have the following credited times in the last two years are considered Elite athletes:

- Men: on the half marathon time less than 1h10'00, 10 km less than 32 minutes
- Women: half time less than 1h22'00, 10 km less than 37 minutes

The results will be available on the event website. They will be validated by the Technical Delegate Judge/Appellate Judge.

## **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:

\*in the definition phase

(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.

### **Services**

Bag deposit: present

Changing rooms: present

Showers: not present

### **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



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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, January 2025



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