



## **Marathon Rules**

### **1. Championship Programme**

Day 1: arrival of the teams, technical meeting and ID-Check\*

Day 2: training and excursion

Day 3: race, technical meeting and closing ceremony

Day 4: departure of the team

\*Necessary documents from the Head of Delegation for the ID-Check: Signed form "Declaration of Participation" and personal legitimation from the participants.

*The opening ceremony will be held either on day 1 or day 2.*

*The excursion will be no more than half a day and will be held at the discretion of the organizers during the USIC championships.*

### **2. Composition of Delegations**

Each delegation will consist of a maximum number of 9 (10) participants:

|                    |   |
|--------------------|---|
| Runners (Men) **   | 4 |
| Runners (Women) ** | 3 |
| Head of Delegation | 1 |
| Trainer            | 1 |
| Participants       | 9 |
| Interpreter *      | 1 |

\* *For delegations who speak no English (only if required)*

\*\* *Competitors shall have a minimum age of 20 at the start of the USIC championship.*

### **3. Drinks Stations**

There will be drinks stations at regular intervals along the route. Sponges will additionally be made available along the route. There will be a large drinks station at the finishing line.

### **4. Support along the Route**

Any runner(s) dropping out of the race will be taken by the trainer from the drinks and care stations to the finishing line. A support vehicle will also follow at the back of the race.

### **5. Medical Care**

Medical care and first aid will be available at every drinks station and at the finishing line.

## **6. Starting procedure and Timekeeping (Rule 165.24 IAAF)**

If the organizer has the possibility to provide to the USIC athletes a separate starting box, then the timekeeping will be gross time. If there is no separate starting box, the organizer has to take the net time. In this case, the time must be taken by a Transponder System.

Gross time: The official time shall be the time elapsed between the firing of the starting gun (or the synchronized start signal) and the athlete reaching the finish line (gross time).

Net Time: The net time is the time elapsed between an athlete crossing the start line and the finish line.

## **7. Starting numbers**

If the USIC marathon is part of another marathon event, the organizer has to make sure, the athletes can be recognized as USIC Participants (USIC Starting number or any other).

## **8. Individual Evaluation**

There will be a separate Men's and Women's USIC Championship.

## **9. Teams**

Each country may be represented with a separate Men's and a separate Women's team comprising a maximum of four runners for the men's USIC Team Championship and three runners for the women's USIC Team Championship.

Any countries unable to enter the requisite number of athletes in the team event may enter individual runners.

## **10. Team Evaluation**

The finishing times (in accordance with point 6) of the three best runners (men) of the participating countries will be added together for the evaluation of the men's USIC Team Championship. For the women's USIC Team Championship, the finishing times (in accordance with point 6) of the two best runners of the participating countries will be added together for the team evaluation. In both races the country with the lowest combined finishing time will be the winning nation.

### **History**

| <b>Approved</b>  | <b>Date</b>   | <b>Theme</b>                       |
|------------------|---------------|------------------------------------|
| PTC Almaty (KAZ) | 6. Sept. 2015 | Starting procedure and Timekeeping |
| Board            | Aug 2021      | ID-Check                           |