REGULATION

**On holding regional sports event**

**INTERNATIONAL ICE HALF-MARATHON**

**“HONOR Vladivostok Ice Run 2021”**

**1. GENERAL PROVISIONS**

The regional sports event the Vladivostok ice half-marathon of "HONOR Vladivostok Ice Run 2021" (further – running), is held according to the planned schedule of official sports actions and sporting events of Primorsky Region for 2021. It opens the beginning of annual holding mass sporting events on the ice of the frozen sea at the coast of the Vladivostok.

## The race is held to promote healthy lifestyle among all age groups of people.

## Main goals are:

## - Promotion of jogging and long-distance running in winter conditions;

## - Involvement of running enthusiasts, athletes of different ages in the race;

## - Promotion of jogging as active leisure;

## - Strengthening of international relations;

## - Health promotion.

**2. PLACE AND DATE OF THE EVENT.**

## The race is to be held on February 21st , 2021 in the area of the sea cost and on the ice of the frozen sea, Vladivostok, Primorsky region, Russia.

## The start shall be on the ice of Vladivostok coastal area (place will be detected additionally).

## The organizers reserve the right to make changes of the route until 21 February 2021.

**3. EVENT MANAGEMENT**

The general management, preparation and holding the event are carried out by department of physical culture and sport of Primorsky Region.

## Running club «RunDnsRun» provides general management, preparation and holding of the event

## Sports Director: Olga Gaeva.

**4. EVENT PROGRAMME**

## Starter kit distribution should be held from 19th till 20th of February, from 10:00 till 20:00. The address will be adjusted later and the participants’ll be notified by e-mail.

## Distances: - 0.5 km race (kids race);

## - 1 km race (kids race);

## - 5 km race (personal race, team race);

## - 10 km race;

## - 21.1 km race.

Schedule:

## 9:00 - opening of the event;

## 10:10 - Start of 21.1 km race;

## 10:15 - Start of 0,5 km race;

## 10:30 - Start of 1 km race;

## 11:00 - Start of 10 km race;

## 11:10 - Start of 5 km race;

## 11:30 - 14:00 - finish of the participants;

## 12:00 – Kid’s awarding ceremony;

## 14:00 - 14:30 - awarding ceremony;

## 14:30 - closing of the event, camp fire.

## \*there might be some changes in the schedule.

**5. PARTICIPANTS OF THE EVENT**

## Participating is available for everyone interested, including athletes of universities, technical schools, colleges, schools, further education institutions, sports training centers, sport and fitness clubs, sports and children's clubs of Vladivostok, Primorsky region, foreign citizens, who take the rules of the race, have no medical contraindications (confirmed by the medical certificate), pre-registered and paid the entry fee.

## Quantity of participants is limited to 1,000:

## 0.5 km - 70 people;

## 1 km - 50 people;

## 5 km - 350 people;

## 10 km - 250 people;

## 21.1 km - 280 people.

## Age groups of participants:

## 6 - 9 years old, kids race (only for the distance 0,5 km, kids should be supported be supported by their parents);

## 10 - 13 years old, kids race (only for the distance 1 km, kids should be supported be supported by their parents);

## 14 – 15 years old, Family race (children are registered and run together with their parents only for the distance 5 km);

## 16 - 17 years old, senior boys and girls (only for 5 km distance with the written permission from their parents);

## 18 - 29 years old, men and women;

## 30 - 39 years old, men and women;

## 40 - 49 years old, men and women;

## 50 - 59 years old, men and women;

## 60 + men and women.

## Time limit of covering the 21.1 kmdistance is 4 hours.

## Time limit of covering 10 km distanceis 3 hours.

## Time limit of covering 5 km distance (family race) is 2 hours.

## Time limit of covering1 km distance (kids race) is 30 minutes.

## Time limit of covering 0.5 km distance (kids race) is 20 minutes.

## Participants who will not be able to complete the distance before time limit expired will be withdrawn and delivered to the finish line by special transport.

**6. SAFETY OF participants and spectators**

The host of the event is obliged to provide performance of the government resolution of 18.04.2014 No. 353 "On the approval of rules of safety when holding official sporting events regarding duties of the organizer (article 19 of the resolution).

Executives are the organizing committee of running.

Safety of participants when passing distance of half-marathon is ensured by the Ministry of Emergency Situations, the Department of Internal Affairs, ambulance cars, point of rapid response, volunteers - physicians.

## Those participants who will not be able to complete the distance will be delivered to the finish line by special transport

## To avoid injury and prevent violations of safety, participants must have a sports uniform and sports shoes (see article 8).

## Each registered participant will be insured.

## Insurance policy of participant is valid from the moment of athlete’s arrival to the start and until the finish line, or falling out of the race.

## It is prohibited to drop paper, cups, bottles, bottle caps and other litter on the race track. It is allowed to discard all rubbish in specially prepared containers at food outlets or carry it to the finish line. This requirement applies to all race participants, judges, volunteers, technicians, journalists and accompanying.

The hosts of the event have the right to disqualify, not to allow prior to running if the participant is in alcoholic intoxication.

**7. ROUTE FEATURES AND RECOMMENDED EQUIPMENT.**

## The weather can change during the race, including wind direction change. Important! To provide appropriate and reliable outfit for cold weather and ice running.

## Average temperature at the start point and during the start is from -5 to -15 Celsius.

## All participants of the race are strongly recommended to have the following items and sports equipment:

## Footwear - running shoes with metal spikes;

## or - sneakers with installed spikes;

## - running or trail shoes, if there’s packed snow on the track on the race day.

## Bottom - the first layer should be cold-protective (thermal underwear);

## the second layer should be protective (sports pants).

## Top - the first layer should be moisture wicking – a T-shirt with short sleeves (made of compression or synthetic);

## - the second layer should be cold-protective – a sweater (made of fleece);

## - the third layer should be protective – a jacket (made of bologna or membrane);

## - high collar, a scarf or a buff to protect the neck;

## - gloves or mittens;

## - backpack (if necessary).

## Head - sports wool or fleece hat;

## - mask (optional);

## - sunglasses (optional).

## Spectators are recommended to take into account negative temperature and get dressed in accordance with the weather.

**8. Determination of the winners.**

## The results are fixed by the MY LAPS electronic system. All absolute winners are determined by gun time, all winners in the age groups are determinate by chip time.

## INDIVIDUAL STANDINGS

## Standings are determined in total and for age groups at 5 km, 10 km and 21.1 km races.

## TEAM STANDINGS

## Total standings for teams are determined and announced separately in the detailed Rules for “Corporation Cup of HONOR Vladivostok Ice Run”

## Race report and final results will be published on the website Honor.vladivostokice.run, asiarunning.ru, as well as in social media groups in 3 working days after the event. The organizers are not responsible for data provided by other sources of information.

## The Organizer and the Judicial Brigade have the right to disqualify the Participant if he/she does not comply with the rules of the Event, interferes with other participants or interferes with the Event otherwise, and specifically:

## ● the Participant ran at the registered number of other runner;

## ● the Participant reduced a distance;

## ● the Participant ran a distance on which he/she was not registered;

## ● the Participant used a movement make-shift (a bicycle, a scooter, a vehicle, etc.);

## ● the Participant began a running before the official start;

## ● the Participant began a running after closing of a zone of start;

## ● the Participant ran to the finish line after closing of a zone of the finish;

## ● the Participant began a running not from a start zone;

## ●The Participant did not provide an appropriate medical certificate;

## ● the Participant ran without a starting number, or starting number was hidden under the clothes.

## ● the Participant did not pass control points on a distance.

**9. WARMING AND FOOD OUTLETS**

## Sanitary, warming and food outlets will be located every 2,5 km of the route. The ration includes hot tea, non-carbonated water, nuts, dried fruits, chocolate and cheese. Please drop empty cups in trash containers located near food outlets.

## Toilets are also located in the start and finish area.

## Sanitary, warming and food outlets also will be located in the Start and Finish zones.

**10. AWARDS.**

## The 300 000 rubles prize fund (the amount of the prize fund can be adjusted) is distributed among the winners in individual total standings at distances of 21.1 km, 10 km and 5 km.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | 21 km | 21 km | 10 km | 10 km | 5 km | 5 km |
| 1 place | 25000 | 25000 | 20000 | 20000 | 15000 | 15000 |
| 2 place | 20000 | 20000 | 15000 | 15000 | 10000 | 10000 |
| 3 place | 15000 | 15000 | 10000 | 10000 | 5000 | 5000 |
| 4 place | 3000 | 3000 | 3000 | 3000 | 3000 | 3000 |
| 5 place | 2000 | 2000 | 2000 | 2000 | 2000 | 2000 |
| 6 place | 1000 | 1000 | 1000 | 1000 | 1000 | 1000 |

## Winners of 5 km, 10 km and 21.1 km races for men and women, as well as teams, will be awarded with cups.

## All participants who covered the distance stated will be awarded commemorative medals of the race.

**11. FINANCING**

All costs for preparation of the race, judging, awarding the winners, prize takers and participants are paid at the expense of sponsor funds and entry fees.

## Costs of participation in the race (daily allowance, transportation, meals, accommodation, rent of necessary equipment) shall be incurred by sending organizations or participants themselves.

## Entry fees:

## Sum of starting contribution of "basic package" is 2990 rubles.

**Basic package** (includes: Starting number, individual timing chip, starting pack (backpack, souvenir products), finisher medal, finisher package, food on the track, food on the finish (field kitchen), marking and preparation of the track, security of the event, competitions, prizes, concert, show program, etc.)

Discounts:

On November 10 – on December 15 discount: 36%:

On December 16 – on January 31 discount of 16%:

On February 1 – before the end of registration (NO any discounts)

|  |  |  |  |
| --- | --- | --- | --- |
|  | November 10 – December 15 | December 16 – January 31, 2021 | February 1, – before the end of registration |
| 21,1 Km | 1990 Rub. | 2990 Rub. | 3990 Rub. |
| 10 Km | 1990 Rub. | 2990 Rub. | 3990 Rub. |
| 5 Km | 1990 Rub | 2990 Rub. | 3990 Rub. |
| 1 Km | 1000 Rub. | 1000 Rub. | 1000 Rub. |
| 500 meters | 590 Rub. | 590 Rub. | 590 Rub. |

**Promo codes and additional discounts**

20% - to kids (on age: 14-17 y.o.);

50% - to pensioners (on age: man elder 60y.o, woman elder 55 y.o.);

Up to 15% - to participants of official runnings of running club RunDnsRun. (on personal promo codes).

The participants of #GalaxyRunChallenge and “Marathon of Kindness” can change their Bonuses for the Discounts (1 Bonus = 1 Ruble) up to the 50% of the start fee.

In the case of non-admission or refusal of the Participant to participate in the event for any reason, the participation fee shall not be returned.

Starting package, which should not contain starting number and individual chip for timing, the Participant who registered for the event but did not take part in the Event may receive:

- On the day of the Event, after completion of all runs, in the area of receiving start packages, at the same time presenting the identity document;

- Within 15 working days from the date of completion of the Event, to which the Participant was registered, but did not take part, at the address: Vladivostok, Eniseyskaya 23B, (schedule of work to be specified in advance), while presenting an identity document.

A participant who has registered to participate in the Event may delegate (transfer) his right to participate in the Event to another person, subject to the following conditions in aggregate:

- The person to whom the right to participate in the Event is delegated has a personal online account on the website where registration for the Event is carried out (https://russiarunning.com/);

- Transfer of the right to participate in the Event is carried out independently by the Participant through the personal online account no later than 15 calendar days before the day of the Event;

It is not allowed to re-register the Participant for another event, that is, to take into account the amount of participation fee paid by the Participant for participation in the Event as a fee for participation in another event.

It is permitted to re-register the Participant to a different distance within the Event, i.e. to take into account the registration fee paid by the Participant for participation in the race at the selected distance, as a registration fee for participation in the race at the other distance, subject to the following conditions together:

- Re-registration is performed no later than 15 calendar days before the day of the Event;

- The member limit is not exhausted.

Applications for replacement of the participant or to change the distance are sent to the address info@vladivostokice.run in the format of name, phone number, e-mail of the participant who bought the slot, name, phone number, date of birth, e-mail, city, distance, new participant. Requests are received and processed by the Organizer within 48 (working) hours.

If the Event is canceled due to the world pandemia of the COVID-19, the participation fee shall be refunded to the participant by deducting of expenses the bank costs.

If the Event is canceled due to extraordinary, unforeseen and unavoidable circumstances that could not reasonably have been expected, avoided or overcome, and outside the control of the Organizer, the participation fee shall not be refunded

In particular, such circumstances include natural disasters (earthquake, flood, hurricane); Wind gusts of more than 15 meters per second (inclusive); Air temperature below 25 degrees Celsius or above 30 degrees Celsius (inclusive); Other circumstances, events, phenomena, which the General Department of the Ministry of Emergency Situations of Russia on the subject of the Russian Federation recognizes as emergency and warns about their possible occurrence; fire; Mass diseases (epidemics); strikes; Military action; Terrorist acts; diversions; Restrictions on transport; State restraining measures; The prohibition of trade transactions, including with individual countries, as a result of the adoption of international sanctions; Acts, actions, omissions of bodies of state power, local self-government; Other circumstances independent of the Organizer 's will.

In case of occurrence or threat of occurrence of the above-mentioned circumstances, as a result of which the Event is subject to cancellation, the Participant shall be notified by SMS-message to a telephone number or by letter to the e-mail address specified in the registration process.

**12. APPLICATIONS.**

## To participate preliminary online application form should be submitted and entry fee should be paid over the site http:// honor.vladivostokice.run/ until February 19, 2021.

## Registration is considered successful when the registration fee is fully paid.

## To participate as a team application should be mailed to [info@vladivostokice.run](mailto:info@vladivostokice.run).

For participation at distance 0,5km; 5 km; 10 km; 21,1 km it is important to provide the reference (the conclusion of the sports doctor or therapist on the basis of the ECG, on 5 km from any medical institution, for 10 km and 21 km from sports clinic) allowing participation in running, existing on date of action. The participant of the Event does not object to the provision of first aid if necessary.

Children up to 18 years are allowed only in the presence of permission from parents to participation in running. The exact age of the Participant shall be determined by the years completed on the day of the Event.On distance of 0,5 km (children's running) children of 6-13 years are allowed, parents meet and see off on the start/finish.

Receiving starting package is carried out according to the identity document and also in the presence of the medical certificate on all distances.

Receiving starting packages of participants at the age of 6-17 years is carried out by parents. Parents need to provide permission for participation in running to the child and the document proving the identity on itself and the child.

The Organizer shall have the right to refuse to issue a starting package in case of a mismatch of data in documents submitted by the Participant with data specified during registration.

**14. Timing**

## MyLaps electronic system is used for timing. Each participant will be given a number (shirt front with a number) with an electronic chip.

## Protests and claims regarding personal final result of the participant should be mailed to info@vladivostokice.run by the participant or his representative (coach, relative) not later than 10 days after the event is over. Protests and claims are considered by the organizers of the race within the 2 days (working days).

**15. CONTACTS**

## .If you have any questions, please contact:

## Address: 23B Eniseyskaya str.,Vladivostok

## Phone: 8-800-505-47-20, +7 967-719-13-55

## E-mail: [info@vladivostokice.run](mailto:info@vladivostokice.run)

## The rules SHOULD BE CONSIDERED

## an official invitation to the event

Appendix 1.

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| HONOR Vladivostok Ice Run |

Race name:

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| --- |
|  |

Race number:

# **MEDICAL CERTIFICATE**

I, the undersigned Dr\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Doctor of Medicine,

Certify that the examination of Mr/Ms\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

reveals no contraindications for participating in running competitions.

Medical certificate issued in (place):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Doctors sign: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

　　　　 Doctors Stamp: