



## OFFICIAL RULES

The amateur sports club RCS Active Team, affiliated with the Italian Athletics Federation (FIDAL) with MI814 code, with the approval of FIDAL Regional Committee of Lombardy and the World Athletics (formerly known as IAAF), organizes the nineteenth edition of the Milano Marathon, officially called “**Telepass Milano Marathon 2023**”, road race of top international level of 42,195 km.

The race will take place **Sunday, April 2, 2023** in Milano, and will take place in all weather conditions.

The Generali Milan Marathon is certified with the “**FIDAL Gold Label**” and the “**World Athletics Label**”.

## PARTICIPATION RULES

Under the provisions of Art. 34 of the Rules for the Organization of Events issued by FIDAL for the year 2023, the race is open to all athletes who belong to one of the following categories.

- 1) Italian and foreign male and female athletes registered with a club affiliated to FIDAL** and belonging to the categories Promesse (20-22 years old) and Seniores (23-34 years old, 35-39 years old and following).
- 2) Male and female athletes registered with a foreign Athletics Federation affiliated to World Athletics (IAAF)**, submitting, in case they are not enrolled by their Federation or Club or Assistant, a special form for self-declaring their membership.

**Non-EU athletes** must submit a residence permit or a visa.

**Athletes of foreign Federations that require the authorization to race abroad** (Rule 4 of the International Technical Regulations) must submit the authorization itself.

- 3) Italian and foreign male and female athletes registered with a club affiliated to a Sports Promotion Authority (EPS) that has signed an agreement with FIDAL, only if in possession of a RUNCARD-EPS.** Participation is allowed for Italian citizens and foreigners living in Italy, aged at least 20 years old (born in the year 2003 or before), ***members of a Sports Club affiliated with a Sports Promotion Authority that has signed an agreement with FIDAL***, owning a valid (not expired) RUNCARD-EPS directly issued by FIDAL ([www.runcard.com](http://www.runcard.com)).

**N.B.** The RUNCARD-EPS 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 subject to the possession of a valid medical certificate of eligibility for the practice of competitive “Athletics” (no other indications), which must be checked by the organizer and kept as a copy of by the organizing committee.

**These athletes will be regularly included in the rankings, but are not entitled to receive prizes, bonuses and refunds.**

- 4) Italians (residing in Italy or abroad) and foreign athletes residing in Italy in possession of a RUNCARD.** Participation is allowed for Italian citizens and foreigners living in Italy, aged at least 20 years old (born in the year 2003 or before), ***non-members of a Sports Club affiliated with FIDAL or of a foreign Sports Club affiliated with World Athletics (IAAF)***, owning a valid (not expired) RUNCARD directly issued by FIDAL ([www.runcard.com](http://www.runcard.com)).

**N.B.** 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 subject to the possession of a valid medical certificate of eligibility for the practice of competitive “Athletics” (no other indications), which must be checked by the organizer and kept as a copy of by the organizing committee.

**These athletes will be regularly included in the rankings, but are not entitled to receive prizes, bonuses and refunds.**



**5) Foreign athletes residing abroad in possession of a RUNCARD.** Participation is allowed for foreign citizens living abroad, aged at least 20 years old (born in the year 2003 or before), ***non-members of a Sports Club affiliated with FIDAL or of a foreign Sports Club affiliated with World Athletics (IAAF)***, owning a valid (not expired) RUNCARD directly issued by FIDAL ([www.runcard.com](http://www.runcard.com)).

**N.B. 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 submission of a valid medical certificate of eligibility for the practice of competitive "Athletics". The certificate has to be **shown in original** to race organizers, which will **archive a copy** of it.

These athletes can submit a **medical certificate issued in their own country**, but **complying with all diagnostic tests (see below) prescribed by Italian law** for those that perform competitive athletics, or use the special "**health form**" prepared by the organization, which can be downloaded from the site.

In accordance with Ministerial Decree 18/02/82 those who practice competitive sports activities must undergo, in advance and periodically, a medical exam to check the suitability to the specific sport. Italian laws require that the interested parties must submit to the following health tests:

- Medical examination
- Complete Urinalysis
- Electrocardiogram at rest and after exercise
- Spirography

All statements and the reports of the examinations must be authentic, or the originals.

**These athletes will be regularly included in the rankings, but are not entitled to receive prizes, bonuses and refunds.**

**6) Participation for sport tourism purposes for foreigners residing abroad.** Based on the provisions of Art. 26 paragraph 4, 4.1 and 4.2 of the Rules for the Organization of Events issued by FIDAL for the year 2023, foreign citizens residing abroad can participate for sport tourism purposes, limited to people aged at least 20 (born in the year 2003 or before).

**These athletes will participate in a non-competitive event that does not fall under the regulations of FIDAL**, although taking place at the same time as the competitive marathon.

These athletes **will be identified with a different bib** and **placed in an alphabetical order of arrival distinct from the rankings of the competitive event** and will not be able to benefit from prizes in kind, in cash, vouchers, bonuses, engagements, reimbursements of any kind.

To participate, these athletes **must submit a specific form signed and stamped by a doctor, certifying their eligibility to participate in a non-competitive marathon** on the basis of the health regulations in force in their country of citizenship.

#### **DOPING CONTROLS:**

Participants in the Events **can be subjected to doping controls.**

#### **CAN NOT PARTICIPATE:**

- Athletes affiliated with **other Federations** (i.e. Triathlon)
- Athletes affiliated with **Sport Promotion Authorities** recognized by CONI, but not affiliated with FIDAL, who don't have a valid RUNCARD;
- Athletes in possession of **Mountain & Trail RUNCARD.**

#### **WARNINGS ABOUT MEDICAL CERTIFICATES:**

- Medical certificates must be specifically issued for "Athletics"
- Medical certificates issued **for other sports** will not be accepted.



- Italian citizen (even if living abroad), must provide a medical certificate issued in Italy.

## ENTRY FEES

- € 59,00 *from October 3, 2022* *until October 25, 2022*
- € 72,00 *from October 26, 2022* *until December 15, 2022*
- € 82,00 *from December 16, 2022* *until February 15, 2023*
- € 92,00 *from February 16, 2023* *until March 26, 2023*

## REGISTRATION INCLUDES:

- race number;
- insurance against civil liability;
- technical and medical assistance;
- goody bag containing products from sponsors;
- refreshments stations along the route;
- finish bag with food and beverages;
- official program and information materials (digital format);
- timing service;
- official “finisher” t-shirt by **Asics** (for runners that complete the marathon);
- finisher’s medal (for runners that complete the marathon);
- personal clothes deposit (in the special “container bag” provided by the organization);
- transport service to the finish area for withdrawn athletes.

## HOW TO REGISTER

Registration must be made **on-line**, following the instructions available on the [milanomarathon.it](http://milanomarathon.it) website.

The **cost of the on-line registration service is included** in the fees. Payment can be made by:

- VISA or MasterCard credit card (transaction costs: 1.65% of the amount transacted)

## ENTRY CONFIRMATION

It will be possible to verify the entry status by following the directions on [milanomarathon.it](http://milanomarathon.it) website. The assignment of the bib number will take place just a few days before the race.

## OFFICIAL “CONFIRMATION LETTER”

A few days before the race, all athletes enrolled will receive an **e-mail valid as official “letter of confirmation”**.

This email will contain all the basic instructions for the bib number pick-up and race participation. **You do not need to print a hard copy of the email itself; you can bring it on a device like a smartphone or tablet.**

## REFUND OF ENTRY FEES

**The registration cannot be postponed to the following year or transferred to another person.**



During the application process, it is possible to buy **insurance**, at the cost of only 10 Euros, which will enable to obtain a **refund of the entry fee in case of inability to participate or in case of postponement / cancellation of the event due to force majeure or incompatibility with current regulations.**

It is not necessary to provide any proof of the reasons for the inability to participate, but the refund must be requested through the appropriate form available on the [milanomarathon.it](http://milanomarathon.it) website **at the latest within the day before the race.** In the event of a refund request, the bib and race pack must NOT be collected.

If a refund is requested by **February 2, 2023**, the registration fee will be refunded 100%, otherwise 75%. **The refund will be made by April 30, 2023.** If it is not possible to make the refund on the same credit card used by the user to register, making it necessary to make a bank transfer, the refund time will be extended until September 30, 2023.

**The following are excluded from the refundable fee:**

- the cost of the insurance itself (10 Euros);
- the cost of the online registration service (3 Euros) and the transaction costs (variable according to value in the cart);
- the cost of other paid options.

## REGISTRATION DEADLINE

Registration will close at midnight on March 26, 2023. Applications received after that term will not be accepted. The organization reserves the right to close registration in advance or to accept registrations after the closing date at its sole discretion.

**In any case, entries will not be accepted on the day of the event.**

## ASSIGNMENT OF RACE NUMBERS

Race numbers **will be assigned automatically in steps** (i.e., those who register first will have a lower start number compared to those who register later).

**At each athlete will be assigned a specific start sector.** The sector will be indicated on the bib number, through the use of specific colors, to facilitate entry in their respective "corral".

The starting sectors will be determined **on the basis of the "qualifying time" declared by the applicants**, according to the chart below. For the allocation of the starting areas will be accepted the **net times recorded from January 1, 2021 onwards** on the **marathon** and half **marathon distance**, on FIDAL / IAAF approved routes.

sector	qualifying time <b>MARATHON</b>		qualifying time <b>HALF MARATHON</b>	
	<i>from</i>	<i>to</i>	<i>from</i>	<i>to</i>
<b>1</b>	2h30'00"	2h59'59"	1h09'00"	1h20'59"
<b>2</b>	3h00'00"	3h08'59"	1h21'00"	1h24'29"
<b>3</b>	3h09'00"	3h17'59"	1h24'30"	1h27'59"
<b>4</b>	3h18'00"	3h26'59"	1h28'00"	1h31'59"
<b>5</b>	3h27'00"	3h35'59"	1h32'00'	1h35'29"
<b>6</b>	3h36'00"	3h47'59"	1h35'30"	1h39'59'



<b>7</b>	3h48'00"	3h59'59"	1h40'00"	1h44'59"
<b>8</b>	4h00'00"	4h21'59"	1h45'00"	1h53'29"
<b>9</b>	4h22'00"	4h44'59"	1h53'30"	1h59'59"
<b>10</b>	4h45'00"		2h00'00"	

**Sector 0** is reserved by the organization for:

- **male athletes** with a qualifying time **under 2h30' on the marathon** or **under 1h09' on the half marathon**;
- **female athletes** with a qualifying time **under 3h00' on the marathon** or **under 1h21' on the half marathon**.

## NUMBERS AND GOODY BAGS PICK-UP

Race numbers and goody bags can be collected at the Milano Running Festival, inside Milan's **MiCo**, **Wednesday, March 30** (4pm to 8pm) **Friday, March 30** (10am to 8pm) and **Saturday, April 1** (9am to 7pm).

The nearest **subway** stations (**Domodossola** and **Portello**, on the **purple line M5**) are 600 meters from the village. Further details will be made available later.

For organizational reasons, no race numbers and goody bags will be delivered on the morning of April 2, 2023, the day of the marathon.

The race number is strictly personal, it cannot be tampered with or reduced and is not transferable to anyone, under penalty of disqualification. The bib incorporates the timing chip (which must not be tampered with in any way) and must be applied with the appropriate pins.

### DELEGATE A THIRD PARTY TO COLLECT THE RACE NUMBER

The race numbers and goody bags can also be picked up by a third person, showing the specific authorization form signed by the legitimate owner of the number.

The delegate must be able to present all the documents (health certificates, Green Pass, etc.) necessary for participation.

### SHIPMENT OF THE RACE NUMBER AT HOME

**It will be possible to receive the race number at home at an Italian address by making the advance payment of 10 euros**, through the online procedure (available **from February 27 to March 12**).

In this case, the bag for personal clothes will be sent home together with the bib. **The goody bag, on the other hand, can be collected after the marathon at the appropriate secretariat at the exit of the technical area.**

## SAFETY PROCEDURES

In compliance with the provisions of the official communicate by the Ministry of the Interior NR. 555/OP/0001991/2017/1 (so-called "Circolare Gabrielli") special safety procedures will be implemented. In particular:

- every marathon runner will have to choose, during the collection of the bib number, the gate (1 to 5) through which to access the Montanelli Gardens, where the start/finish technical area is located;
- access to the Montanelli Gardens will have to take place through the gate selected from 7:00 am onwards;
- the marathon runners must show their bib number to access;



- the organization does not guarantee access to the starting sectors in time for the athletes who will present themselves at the gate after 7:45 am;
- it will not be allowed to bring inside the Montanelli Gardens any container (bag, backpack, etc.) other than the transparent bag provided by the organization (and marked with the appropriate label with your bib number), inside of which the single articles must be inserted in bulk, to allow an accurate and fast control by the security personnel.

Further information and more details will be provided to the athletes in the days before the race.

## **DEPOSIT FOR BAGS WITH PERSONAL CLOTHES**

Alongside the bib number at each athlete will be given a label (bearing the race number) to be placed on the bag provided by the organization in which personal clothes can be stored.

**The bag, transparent and appropriately numbered, will be the only container accepted by the organization. It should be delivered to the employees at the bag deposit in the designated area at the start/finish, where it will be kept and where it can be withdrawn by the athlete at the end of the race.**

It is advisable not to leave personal belongings (mobile, wallet, etc.) inside the bags. While ensuring the utmost care in the custody of the bag, the organization will not be responsible for any theft.

## **START**

The start of the Milano Marathon 2023 is scheduled from Corso Venezia in Milan at 9:00 am, with meeting in the starting area from 7:00 am.

The official departure time will be communicated to participants in the days before the event. It is noted that small variations are possible due to technical and organizational needs.

## **TIMING**

Time measurement and processing of the rankings will be electronically made with a system based on an active transponder ("chip") attached to the race number. It is forbidden to tamper with the chip and the support that fixes it to the bib. Athletes who in any way loose and/or damage the "chip" will not be timed and will not be in the rankings.

For each athlete will be taken: **official time** (from gunshot to finish line), **net time** (from the moment you cross the start line to the finish line), **intermediate times** at **km 10**, at **half marathon** (21.097 km) and at **km 30**.

## **TIME LIMITS**

**Time limit to finish the marathon is 6h30'**. There will also be two intermediate "gates":

- at the **21,1 km** mark, after **3h15'** from the start (approximately at 12:15 pm)
- at the **28 km** mark, after **4h20'** from the start (approximately at 1:20 pm)

Athletes who do not respect the passage times at the gates will be invited by the marathon staff to board the buses for withdrawn athletes or continue running on the sidewalk and not on the road.

**These measures are necessary to ensure the safety of athletes. After the times indicated above, in fact, a progressive reopening of the roads will occur, on basis of the authorization granted by the Municipality.**



## REFRESHMENT AND SPONGING STATIONS

As per WA / FIDAL rules, **there will be refreshment stations with water after the finish line and every 5 kilometers along the course.** Beginning on the 20th km, fruit and cookies will also be available.

In their bags, athletes will find **2 personal sponges** which they have to carry with them during the race and soak in the tanks of running water located along the course every 5 kilometers, starting from the 7,5 km. **In these locations there will be NO sponges.** Instead, more sponges will be available to athletes in the start area.

## WITHDRAWN ATHLETES

Athletes with an injury or who want to leave the race can get on the “sweep bus” following the last runner to reach the next collection point (km 12,5 - km 21,2 - km 27,8). From there they will be transported to the finish area, where they can reclaim their bags and return their chips.

Athletes who are able to walk can reach the nearest collection point. Transportation to the finish area will start from the three collection points, respectively, at: 11:45 - 13:00 - 14:00.

## MEDICAL ASSISTANCE

With the coordination of I-HELP by BSO, the organization will provide the runners with a timely and qualified medical service, to help all athletes in difficulty.

An advanced medical post (PMA) will be located in Via Palestro, a few meters after the finish line. Along the course, aid stations, ambulances and medical cars will be available approximately every 4 kilometers.

## PACERS

Various groups of pacers will be at the runners’ disposal. These are athletes trained to run the marathon at a constant pace to complete the course within a specific time.

Pacers will be offered to run the marathon in:

**3h00’ 3h10’ 3h20’ 3h30’ 3h40’ 3h50’ 4h00’  
4h15’ 4h30’ 4h45’ 5h00’ 5h30’ 6h00’ 6h30’**

## FINISH

After the finish line, athletes will be channeled into special corridors to receive the finisher’s medal, return the chip, access to the various services (refreshment station, bag deposit, dressing rooms, toilets, etc.).

Thanks to the collaboration with MilanoSport, participants in the marathon can take a shower at the changing rooms of the Cozzi swimming pool (Viale Tunisia 35, about 10 minutes on foot from the exit of the technical area reserved for athletes).

## RESULTS AND STANDINGS

Partial and final results will be available in real time by following the appropriate link on [milanomarathon.it](http://milanomarathon.it) website. Similarly, you can download the finisher’s certificate.



## **PRIZE PURSE (overall and Italian rankings)**

The prizes of the overall ranking can be combined with those of the overall ranking of Italian athletes. The prizes of the Italian athletes' rankings will not be awarded for chronometric performances over 2h30'00" for men and over 3h00'00" for women.

All the prizes and bonuses are subject to taxes under the provision of Italian laws. Prizes will be awarded after the results of anti-doping exams.

<b>OVERALL RANKING</b>		
<b>Place</b>	<b>Prize - Men</b>	<b>Prize - Women</b>
1st place	750 €	750 €
2nd place	500 €	500 €
3rd place	250 €	250 €

<b>OVERALL RANKING - ITALIAN ATHLETES</b>		
<b>Place</b>	<b>Prize - Men</b>	<b>Prize - Women</b>
1st place	250 €	250 €
2nd place	167 €	167 €
3rd place	83 €	83 €

## **COMPLAINTS**

All claims must be submitted verbally to the Finish Judge within 30' from the publishing of the rankings, in first instance, and in second instance in writing to the Judge of Appeal, accompanied by a fee of € 100.00, which will be returned if the complaint is upheld. For all matters not expressly provided for in this Regulation the general FIDAL regulations are applicable. Race judges may disqualify athletes not having passed the detection points located along the route.

## **SANCTIONS PROVIDED IN CASE OF FRAUDULENT PARTICIPATION TO RACE**

The participant is responsible for the ownership and custody of their bib number, acquiring the right to use all the services mentioned in this Regulation and subsequently communicated.

- a) Any person who, without regular entry, participates without bib, in addition to being held liable for damage to persons or property, including himself, will incur disciplinary measures of competence of the federal bodies and may be liable for criminal sanctions for the crime of "theft"(art. 624 cp).
- b) Any person who, without regular entry, participates with a counterfeit bib or otherwise not in accordance with the number assignment, in addition to being responsible as mentioned above, will incur the sporting sanctions and, in addition, will be liable to the penal sanctions provided for the crime of "theft "(art. 624 cp), or, alternatively, for the crime of "fraud" (art. 640 cp).

In cases a) and b) participants may be subject to the penalties provided for the crime of "failure to comply with the authority measures" (art. 650 C.P.). The above case will be seen only after verification of photographic documentation and / or video.



## **WAIVER OF LIABILITY**

By subscribing to the Milano Marathon 2023, the athlete declares to know and to oblige these rules and to entirely accept the following waiver of liability.

*"I am aware of the facts that participating in the Milano Marathon and/or sport events in general is a potentially risky activity. I also declare to having entered the race consciously and I assume responsibility for all risks arising from my participation like falls, contacts with vehicles, other participants, spectators or otherwise, any weather conditions including extreme heat, cold and/or humidity, traffic and road conditions, any type of risk well-known and evaluated by myself.*

*Being aware of this, considering the acceptance of my entry application, I, for myself and on behalf of anyone else, waive the Organizing Committee of the Milano Marathon 2023, S.S.D. RCS Active Team a r.l., the promoters, the Municipality of Milan, the Provincial Administration of Milan, the Regional Administration of Lombardy, FIDAL, the G.G.G., the Official Time Keeper, all the sponsors, the representatives, successors, officers, directors, members, agents and employees of the companies mentioned above, from all present and future claims for liability of any kind, known or unknown, deriving from my participation in the event."*

## **RACE CANCELATION**

If the race is canceled and/or otherwise not carried out for any reason not related to and beyond the will of the organizers, including the revocation of race authorization by competent Public Authorities, the enrolled athlete will have nothing to claim from S.S.D. RCS Active Team a r.l. or other co-organizers, even in the form of reimbursement of the costs incurred and to be incurred. The enrollment itself is valid as a waiver of any claim for financial damages already suffered and to be suffered in the future.

## **FINAL REMARKS**

The Organizing Committee reserves to modify these rules at any time for reasons it deems appropriate for a better organization of the race, after having obtained approval from FIDAL. For matters not covered by this Regulation the statutory technical regulations of FIDAL and G.G.G. are applicable.

Modifications to services, venues and timetables will be communicated to registered athletes or will be posted on the website [milanomarathon.it](http://milanomarathon.it). In addition to the documentation containing the information required for taking part in the race it will be handed out alongside the bib.

## **CONTACTS**

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