



## **HELSINKI CITY 5 RULES AND REGULATIONS**

All registered runners are obligated to follow these rules and regulations regarding Helsinki City 5 street run event. The event is organized by the Finnish Athletics (FA), the national athletics federation of Finland, and the event complies with the International Association of Athletics Federations (IAAF) competition rules.

### **Judges**

The judges of Helsinki City 5 are the members of executive committee.

### **Executive Committee**

Race director and race secretary of Helsinki City 5 establish the executive committee.

### **Complains / Protests**

Any complains must be done in written within one (1) hour after the official finish time of the race to the competition info-desk.

### **Rights to photos and videos**

The organizers have all rights to use the photos and videos taken during the Helsinki City 5 event.

### **Address information**

Address information of the registered runners can be used in direct marketing regarding Finnish Athletics' (FA) events if the participant gives the permission while registering for the event.

### **Doping**

Finnish Athletics (FA) follows the rules of Finnish Antidoping Agency (FINADA) and in cooperation, these parties have the right to perform doping test to the registered runners.

### **Age groups**

Every registered runner must give his or hers date of birth while registering for the event. Age groups for Helsinki City 5 are open women and men, and additional age groups decided by the organizer before the event annually. The runners are divided automatically into the different age groups according to their ages on December 31 the race year (IAAF rule 141, article 1). If the runner wishes to compete in open class, she/he needs to inform the organizer after the registration.



## **Registration**

The registration for Helsinki City 5 is done by submitting the announced entry fee to the event organizer. The registration must be done online by using the provided online registration system. The entry fees are decided annually. The registration for Helsinki City 5 is personal and it can not be transferred to another person.

## **Cancelling the registration**

Cancelling the participation is not possible after completing the registration. The registrations are non-refundable and non-transferable.

In a case of an injury or an illness, the registered runner can postpone his or hers registration for the next year's event if he or she has chosen the optional cancellation insurance while registering. Also a medical certificate regarding the injury/illness must be presented to the organizer before the race day. Postponing the registration is personal and possible only for the runner him/herself and only for the next year's event. The postponing is not possible if the participant has collected the race package including the bib number. The amount of the cancellation insurance fee is decided annually.

## **Bib number**

Every participant has a personal bib number. It must be attached to the front of a shirt so that the number is visible and clear. The numbers must not be folded. The bib number is personal and it can not be transferred to another runner without re-registering the bib number to the new runner. Transferring the registration to another runner is possible until the end of the official registration time.

## **Maximum running time**

The maximum running time is one (1) hour from start.

## **Timing**

Timing is done by timing system selected by the organizer. Participants must obey the organizer's guidance to use the system correctly. Runners who do not comply with the instructions, can not be promised official time and result.



### **Discontinuing the race**

If a runner must discontinue the race, and wants to use the transfer back to the event area, he or she must go to the nearest refreshment station. The maximum running time is one (1) hour and the runner must follow this schedule during the entire race. A runner who stays behind the control personnel continues the run at own risk as a pedestrian.

### **Prizes**

All the runners finishing the race within maximum running time are given a medal. In addition, the best women and men in open class, and the best of each age group might be awarded. Prizes are determined annually by the organizer.

### **Results**

All the runners started in the correct start group and finishing the race within the maximum running time are guaranteed an official time and a result. The official time is the time from firing of the gun to crossing the finish line. Also the so called net time, time from crossing the starting line to crossing the finish line, will be given for each runner. The both times and results are published on the event website after the race. Neither a time nor a result can be guaranteed for a runner starting in a wrong start group.

### **Insurance**

All runners belonging to Finnish Social Security system (in Finnish KELA) are insured for an acute illness or an injury sustained during the race. The insurance is valid from the moment the runner enters the start area to the moment when she or he leaves the marked finish area. The insurance to be valid, the runner must first go to the official medical staff of the race.

Foreign runners will run at their own risk.

### **Disqualification**

The organizer has the right to disqualify a runner who does not follow these rules and regulations or who does not complete the marked and entire course or who interrupts or disturbs other runners. If an official medical person of the race sees it necessary, she or he has the right to remove a runner from the course for medical reasons (IAAF rule 240, article 7 C).



### **Force majeure**

For reasons of force majeure the organizer could be forced to change or shorten the course or can decide to cancel the event at short notice. A force majeure is considered to be any unpredictable event that the organizer has no control over. In this case no entry fees and additional orders will be refunded to the participant. The organizer is not liable for any costs incurred by the participant if the event has to be cancelled because of force majeure.

### **Other Rules and Regulations**

In addition to these rules and regulations, the organizer can give more instructions and regulations which the participant must comply with.