

# HELSINKI CITY RUNNING DAY – TERMS AND CONDITIONS

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## 1. Helsinki City Marathon

### HELSINKI CITY MARATHON (HCM) TERMS AND CONDITIONS

All registered runners are obeyed to follow these terms and conditions for the Helsinki City Marathon (HCM) event. The event is organized by the Finnish Athletics (FA) the national athletics federation of Finland and Helsingin Kisa-Veikot, Helsingin Poliisi-Voimailijat and Viipurin Urheilijat. The event complies with the International Association of Athletics Federations (WA) competition rules.

#### Judges

The judges of the HCM are the head judge and the executive committee of the race.

#### Executive committee

The HCM executive committee consists of the Race Director, representatives from each organizing Sport Club and the Race Secretary.

#### Age limit

The age limit for the marathon is 18 years. Participation right is given to those runners who are or will be 18 years old during the year of the race.

#### Age groups

The Helsinki City Marathon contains of the Women/Men Open category as well as annually decided age groups. Participants are placed to defined age groups according to their announced birth date when registering for the race.

Age groups are determined by participants' age on December 31st of the race year (WA rule 141, article 1). If a participant wishes, she/he can compete in the open class/category, but not in other age groups.

### **Finnish Championships of associations**

Finnish Championships of different associations are ran during the Helsinki City Marathon. A runner can only participate in one FC-race.

### **Doping**

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

### **Race Shoes**

Helsinki City Running Day follows the rules of World Athletics (WA) regarding road running race shoes.

### **Registration**

The registration to the HCM 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 upon annually. A registration is personal and cannot be transferred to another runner without a re-registration.

### **Cancelling or deferring registration**

Cancelling the participation is not possible after completing the registration. Entry fees are non-refundable under all circumstances.

A participant can defer her/his personal right to participate with a medical certificate, if she/he has bought a transfer insurance fee when registering for the race. The medical certificate must be sent to the organization prior the event. It is not possible to buy the transfer insurance fee after registration. The price for the transfer insurance fee will be decided upon on an annually basis. A deferral can only be made for the participant herself/himself, and only once.

Helsinki City Running Day is committed to follow the instructions of the authorities and event organizers on the EU Digital COVID Certificate. By purchasing a ticket for an event, the customer agrees to present a valid Covid Certificate (The EU Digital COVID Certificate consists of three different certificates: a certificate of COVID-19 vaccination, a certificate of a COVID-19 test result, and a certificate of recovery from COVID-19) to participate in the event, if required by the authority, event organizer or other party. Helsinki City Running Day or the event organizer is not obliged to return the registration fee to the customer if the customer is unable to show a valid Covid Certificate when participating in the event where the authority, event organizer or other party requires it.

### **Bib number**

Participants are obligated to keep their bib number attached to the front of their shirt, so that it is clear and visible. It is not allowed to over or remove the advertisement of the number. The bib number is personal, and it cannot be transferred to another runner without re-registering the bib number to the new runner.

### **Starting groups**

At the start area, the participants should position themselves to the starting group which is determined by their estimated finishing time.

### **Maximum running time**

The maximum running time is six (6) hours from the start.

### **Timing**

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

Brutto time (from firing of the gun to crossing the finish line) is the official result of the race. The Net Time, time from crossing the starting line to crossing the finish line, will also be given for each runner.

### **Disqualification**

The event organizer has the right to disqualify a runner who does not follow these terms and conditions 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/he has the right to remove a runner from the course for medical reasons. (WA rule 240, article 7 C).

### **Discontinuing the Race**

If a runner must discontinue the race and wants to use the transfer back to the event area, she/he must go to the nearest refreshment station.

The maximum running time is six (6) hours, and the runner must follow this schedule during the entire race. There are check points which the runner has to pass within certain times in order to be allowed to continue the race. The participant is considered to have discontinued the race if he/she does not arrive to the finish line within the maximum time or he/she does not arrive to the refreshment point within the maximum time of the race. A runner who stays behind the control personnel continues the run at own risk as a pedestrian.

### **Results**

All runners 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. The Net Time, from crossing the starting line to crossing the finish line, will also be given for each runner. Both times and results are published on the event website after the race.

### **Prizes**

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

### **Insurance**

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

International runners participate in the event on their own risk.

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

The event organizer has all rights to use the photos and videos taken during the event.

### **Address information**

The address information of registered runners can be used in direct marketing regarding Finnish Athletics' (FA) events, if the participant gives the permission for this whilst registering for the race.

### **Complaints and Protests**

Any complaints must be done in writing within one (1) hour after the official finish time of the race. Complaints must be done at the Race Office.

### **Force majeure**

For reasons of force majeure, the event organizer could be forced to change or shorten the course or can decide to cancel or postpone 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 terms and conditions, the event organizer can give more instructions or regulations which the participants are obligated to comply with.

## **2.Helsinki City Run**

### **HELSINKI CITY RUN (HCR) TERMS AND CONDITIONS**

All registered runners are obliged to follow these terms and conditions for the Helsinki City Run (HCR) event. The event is organized by the Finnish Athletics (FA) the national athletics federation of Finland and Helsingin Kisa-Veikot, Helsingin Poliisi-Voimailijat and Viipurin Urheilijat. The event complies with the International Association of Athletics Federations (IAAF) competition rules.

### **Judges**

The judges of the HCR are the head judge and the executive committee of the race.

### **Executive Committee**

The HCR executive committee consists of the Race Director and the Race Secretary.

### **Age limit**

There is no official age limit for the HCR event, but the event organizer recommends the participant to be 16 years old or older.

### **Age groups**

The Helsinki City Run contains of the Women/Men Open category as well as annually decided age groups. Participants are placed to defined age groups according to their announced birth date when registering for the race. Age groups are determined by participants' age on December 31st of the race year (WA rule 141, article 1). If a participant wishes, she/he can compete in the open class/category, but not in other age groups.

### **Finnish Championships of associations**

Finnish Championships of different associations are ran during the Helsinki City Run. A runner can only participate in one FC-race.

### **Doping**

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

### **Race Shoes**

Helsinki City Running Day follows the rules of World Athletics (WA) regarding road running race shoes.

### **Registration**

The registration for the HCR 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 upon annually. A registration is personal and cannot be transferred to another runner without a re-registration.

### **Cancelling or deferring registration**

Cancelling the participation is not possible after completing the registration. Entry fees are non-refundable under all circumstances.

A participant can defer her/his personal right to participate with a medical certificate, if she/he has bought a transfer insurance fee when registering for the race. The medical certificate must be sent to the organization prior the event. It is not possible to buy the transfer insurance fee after registration. The price for the transfer

insurance fee will be decided upon on an annually basis. A deferral can only be made for the participant herself/himself, and only once.

Helsinki City Running Day is committed to follow the instructions of the authorities and event organizers on the EU Digital COVID Certificate. By purchasing a ticket for an event, the customer agrees to present a valid Covid Certificate (The EU Digital COVID Certificate consists of three different certificates: a certificate of COVID-19 vaccination, a certificate of a COVID-19 test result, and a certificate of recovery from COVID-19) to participate in the event, if required by the authority, event organizer or other party. Helsinki City Running Day or the event organizer is not obliged to return the registration fee to the customer if the customer is unable to show a valid Covid Certificate when participating in the event where the authority, event organizer or other party requires it.

### **Bib number**

Every participant has a personal bib number. It must be attached to the front of the shirt so that the number is visible and clear. The numbers must not be folded. The bib number is personal, and it cannot be transferred to another runner without re-registering the bib number to the new runner.

### **Starting groups**

At the start area, the participants should position themselves to the starting group which is determined by their estimated finishing time. Participants are obliged to start the race in the starting group printed on their personal bib numbers. The event organizer has the right to remove a runner starting in a wrong group. Neither a time nor a result can be guaranteed for a runner starting in a wrong starting group. The organizer has the right to define and make changes to the starting groups before the race.

### **Maximum running time**

The maximum running time is three (3) hours from the start.

### **Timing**

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

Brutto time (from firing of the gun to crossing the finish line) is the official result of the race. The Net Time, time from crossing the starting line to crossing the finish line, will also be given for each runner.

### **Disqualification**

The event organizer has the right to disqualify a runner who does not follow these terms and conditions 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/he has the right to remove a runner from the course for medical reasons (WA rule 240, article 7 C).

### **Discontinuing the race**

If a runner must discontinue the race and wants to use the transfer back to the event area, she/he must go to the nearest refreshment station.

The maximum running time is three (3) hours, and the runner must follow this schedule during the entire race. There are check points which the runner must pass within certain times in order to be allowed to continue the race. The participant is considered to have discontinued the race if he/she does not arrive to the finish line within the maximum time or he/she does not arrive to the refreshment point within the maximum time of the race. A participant who stays behind the control personnel continues the run at own risk as a pedestrian.

### **Results**

All runners who start in the correct starting group and finish 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 Net Time, time from crossing the starting line to crossing the finish line, will be given for each runner. 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.

### **Prizes**

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

### **Insurance**

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

International runners participate in the event on their own risk.

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

The event organizer has all rights to use the photos and videos taken during the HCR event.

### **Address information**

The address information of registered runners can be used in direct marketing regarding Finnish Athletics' (FA) events, if the participant gives the permission for this whilst registering for the race.

### **Complaints and Protests**

Any complaints must be done in writing within one (1) hour after the official finish time of the race. Complaints must be done at the Race Office.

### **Force majeure**

For reasons of force majeure, the event organizer could be forced to change or shorten the course or can decide to cancel or postpone 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 terms and conditions, the event organizer can give more instructions or regulations which the participants are obligated to comply with.

## **3. Helsinki City 5**

### **HELSINKI CITY 5 TERMS AND CONDITIONS**

All registered runners are obeyed to follow these terms and conditions for the Helsinki City Marathon (HCM) event. The event is organized by the Finnish Athletics (FA) the national athletics federation of Finland and Helsingin Kisa-Veikot, Helsingin Poliisi-Voimailijat and Viipurin Urheilijat. The event complies with the International Association of Athletics Federations (IAAF) competition rules.

### **Judges**

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

### **Executive Committee**

The Helsinki City 5 executive committee consists of the Race director and Race Secretary.

### **Age groups**

The Helsinki City 5 contains of the Women/Men Open category as well as annually decided age groups. Participants are placed to defined age groups according to their announced birth date when registering for the race. Age groups are determined by participants' age on December 31st of the race year (IAAF rule 141, article 1). If a participant wishes, she/he can compete in the open class/category, but not in other age groups.

### **Finnish Championships of associations**

Finnish Championships of different associations are ran during the Helsinki City 5. A runner can only participate in one FC-race.

### **Doping**

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



## **Race Shoes**

Helsinki City Running Day follows the rules of World Athletics (WA) regarding road running race shoes.

## **Registration**

The registration for the 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 upon annually. A registration is personal and cannot be transferred to another runner without a re-registration.

## **Cancelling or deferring registration**

Cancelling the participation is not possible after completing the registration. Entry fees are non-refundable under all circumstances.

A participant can defer her/his personal right to participate with a medical certificate, if she/he has bought a transfer insurance fee when registering for the race. The medical certificate must be sent to the organization prior the event. It is not possible to buy the transfer insurance fee after registration. The price for the transfer insurance fee will be decided upon on an annually basis. A deferral can only be made for the participant herself/himself, and only once.

Helsinki City Running Day is committed to follow the instructions of the authorities and event organizers on the EU Digital COVID Certificate. By purchasing a ticket for an event, the customer agrees to present a valid Covid Certificate (The EU Digital COVID Certificate consists of three different certificates: a certificate of COVID-19 vaccination, a certificate of a COVID-19 test result, and a certificate of recovery from COVID-19) to participate in the event, if required by the authority, event organizer or other party. Helsinki City Running Day or the event organizer is not obliged to return the registration fee to the customer if the customer is unable to show a valid Covid Certificate when participating in the event where the authority, event organizer or other party requires it.

## **Bib number**

Every participant has a personal bib number. It must be attached to the front of the shirt so that the number is visible and clear. The numbers must not be folded. The bib number is personal, and it cannot be transferred to another runner without re-registering the bib number to the new runner.

## **Starting groups**

Participants are obliged to start the race in the starting group printed on their personal bib numbers. The event organizer has the right to remove a runner starting in a wrong group. Neither a time nor a result can be guaranteed for a runner starting in a wrong start group. The organizer has the right to define and make changes to the starting groups before the race.

## **Maximum running time**

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

## **Timing**

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

Brutto time (from firing of the gun to crossing the finish line) is the official result of the race. The Net Time, time from crossing the starting line to crossing the finish line, will also be given for each runner.

## **Disqualification**

The event organizer has the right to disqualify a runner who does not follow these terms and conditions 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/he has the right to remove a runner from the course for medical reasons (WA rule 240, article 7 C).

## **Discontinuing the race**

If a runner must discontinue the race and wants to use the transfer back to the event area, she/he 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. The participant is considered to have discontinued the race if she/he does not arrive to the finish line within the maximum time. A participant who stays behind the control personnel continues the run at own risk as a pedestrian.

## **Results**

All runners who start in the correct starting group and finish 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 Net Time, time from crossing the starting line to crossing the finish line, will be given for each runner. 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.

## **Prizes**

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

## **Insurance**

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

International runners participate in the event on their own risk.

## **Rights to photos and videos**

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

### **Address information**

The address information of registered runners can be used in direct marketing regarding Finnish Athletics' (FA) events, if the participant gives the permission for this whilst registering for the race.

### **Complaints and Protests**

Any complaints must be done in writing within one (1) hour after the official finish time of the race. Complaints must be done at the Race Office.

### **Force majeure**

For reasons of force majeure, the event organizer could be forced to change or shorten the course or can decide to cancel or postpone 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 terms and conditions, the event organizer can give more instructions or regulations which the participants are obligated to comply with.

## **4. Helsinki City Marathon Relay (Marathonviesti)**

### **HELSINKI CITY MARATHON RELAY TERMS AND CONDITIONS**

All registered runners are obligated to follow these terms and conditions for the Helsinki City Marathon Relay event. The event is organized by the Finnish Athletics (FA), the national athletics federation of Finland, and sport clubs: Helsingin Kisa-Veikot, Viipurin Urheilijat and Helsingin Poliisivoimailijat. The event complies with the International Association of Athletics Federations (IAAF) competition rules.

### **Judges**

The judges of the Helsinki City Marathon Relay are the members of the executive committee.

### **Executive Committee**

The Helsinki City Marathon Relay executive committee consists of the Race director and Race Secretary.

### **Age limit**

There is no official age limit for the Relay, but the event organizer recommends the participant to be 16 years old or older.

### **Age groups**

There is only one, open class/category for the Relay. Mixed-gender teams are permitted.

### **Doping**

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

### **Race Shoes**

Helsinki City Running Day follows the rules of World Athletics (WA) regarding road running race shoes.

### **Registration**

The registration for the Helsinki City Marathon Relay 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 upon annually. The entry fee for the Marathon Relay cannot be paid with an employee benefit, as the employee benefit is a personal benefit.

The registration for Helsinki City Marathon Relay cannot be transferred to another team without the permission of the event organizer. One person (the team leader) may enter a team and add the other runners to the registration. The team leader is responsible for updating the details of all runners in the team.

### **Cancelling the registration and replacement of team runners**

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 illness, a registered runner can be replaced with another runner in the team. All team members have to be registered in the team before the race package is collected. The transfer insurance fee is not available for the Marathon Relay.

Helsinki City Running Day is committed to follow the instructions of the authorities and event organizers on the EU Digital COVID Certificate. By purchasing a ticket for an event, the customer agrees to present a valid Covid Certificate (The EU Digital COVID Certificate consists of three different certificates: a certificate of COVID-19 vaccination, a certificate of a COVID-19 test result, and a certificate of recovery from COVID-19) to participate in the event, if required by the authority, event organizer or other party. Helsinki City Running Day or the event organizer is not obliged to return the registration fee to the customer if the customer is unable to show a valid Covid Certificate when participating in the event where the authority, event organizer or other party requires it.

### **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 cannot be transferred to another runner without re-registering the bib number to a new runner.

### **Maximum running time**

The maximum running time for the team is six (6) hours from the start.

### **Timing**

Timing is done by the timing system selected by the organizer. Team runners must obey the organizer's guidance to use the system correctly. Teams who do not comply with the instructions, cannot be promised an official time and result. Teams run a joint time and therefore, there are no individual times reported for runners.

### **Transitions between runners**

The Marathon Relay consists of four (4) legs, all being of different distances. Each team can consist of maximum four (4) participants. The transitions between runners take place in the area designated for it on the side of the route. The incoming runner gives the "baton" (which contains the timing chip) to the next runner inside the transition area. Team runners need to get to the transition areas on their own and are responsible for carrying and transporting their team's equipment.

### **Disqualification**

The event organizer has the right to disqualify a team runner who does not follow these terms and conditions 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/he has the right to remove a runner from the course for medical reasons (WA rule 240, article 7 C).

### **Discontinuing the race**

If a team runner must discontinue the race and wants to use the transfer back to the event area, she/he must go to the nearest refreshment station.

The maximum running time is six (6) hours for the Relay, and the runners must follow this schedule during the entire race. At the route, there are check points which the runners have to pass within certain times in order to be allowed to continue the race. A team is considered to have discontinued the race if the last team runner does not arrive to the finish line within the maximum time or the last runner does not arrive to the refreshment point within the maximum time of the race. A team runner who stays behind the control personnel continues the run at own risk as a pedestrian.

### **Results**

All teams 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 until the last runner of the team crosses the finish line. The Net Time, the time from when the first runner crosses the starting line until the last runner crosses the finish line, will also be given for each team. Both times and results are published on the event website after the race. Neither a time nor a result can be guaranteed for a team starting in the wrong starting group.

### **Prizes**

All team members, whose runners finish the race within the maximum running time, are given a medal. In addition, the best teams might be awarded. Prizes are determined annually by the organizer.

### **Insurance**

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

International runners participate in the event on their own risk.

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

The event organizer has all rights to use the photos and videos taken during the Helsinki City Marathon Relay event.

### **Address information**

The address information of registered runners can be used in direct marketing regarding Finnish Athletics' (FA) events, if the participant gives the permission for this whilst registering for the race.

### **Complaints and Protests**

Any complaints must be done in writing within one (1) hour after the official finish time of the race. Complaints must be done at the Race Office.

### **Force majeure**

For reasons of force majeure, the event organizer could be forced to change or shorten the course or can decide to cancel or postpone 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 terms and conditions, the event organizer can give more instructions or regulations which the participants are obligated to comply with.

## **5. Helsinki City Double**

## **HELSINKI CITY DOUBLE TERMS AND CONDITIONS**

Runners of the Helsinki City Double event are participating both in the HCR and HCM distance during the same event day. All registered runners are obeyed to follow the terms and conditions of both events. The event is organized by the Finnish Athletics (FA) the national athletics federation of Finland and Helsingin Kisa-Veikot, Helsingin Poliisi-Voimailijat and Viipurin Urheilijat. The event complies with the International Association of Athletics Federations (IAAF) competition rules.

### **Judges**

The judges of the event are the head judge and the executive committee of the race.

### **Executive committee**

The executive committee consists of the Race Director, representatives from each organizing Sport Club and the Race Secretary.

### **Age limit**

The age limit for the Helsinki City Double event is 18 years. Participation right is given to those runners who are or will be 18 years old during the year of the race.

### **Age groups**

The Helsinki City Double contains of the Women/Men Open category. The HCR and HCM may however have defined age groups.

Age groups are determined by participants' age on December 31st of the race year (IAAF rule 141, article 1).

### **Doping**

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

### **Race Shoes**

Helsinki City Running Day follows the rules of World Athletics (IAAF) regarding road running race shoes.

### **Registration**

The registration to the Helsinki City Double 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 upon annually. A registration is personal and cannot be transferred to another runner without a re-registration.

### **Cancelling or deferring registration**

Cancelling the participation is not possible after completing the registration. Entry fees are non-refundable under all circumstances.

A participant can defer her/his personal right to participate with a medical certificate, if she/he has bought a transfer insurance fee when registering for the race. The medical certificate must be sent to the organization prior the event. It is not possible to buy the transfer insurance fee after registration. The price for the transfer insurance fee will be decided upon on an annually basis. A deferral can only be made for the participant herself/himself, and only once.

Helsinki City Running Day is committed to follow the instructions of the authorities and event organizers on the EU Digital COVID Certificate. By purchasing a ticket for an event, the customer agrees to present a valid Covid Certificate (The EU Digital COVID Certificate consists of three different certificates: a certificate of COVID-19 vaccination, a certificate of a COVID-19 test result, and a certificate of recovery from COVID-19) to participate in the event, if required by the authority, event organizer or other party. Helsinki City Running Day or the event organizer is not obliged to return the registration fee to the customer if the customer is unable to show a valid Covid Certificate when participating in the event where the authority, event organizer or other party requires it.

### **Bib number**

Participants are obligated to keep their bib number attached to the front of their shirt, so that it is clear and visible. It is not allowed to over or remove the advertisement of the number. The bib number is personal, and it cannot be transferred to another runner without re-registering the bib number to the new runner.

### **Starting groups**

At the start area, the participants should position themselves to the starting group which is determined by their estimated finishing time. The signs of the estimated finishing times are visible at the start area.

### **Maximum running time**

*Helsinki City Run:* The maximum running time is three (3) hours from the start.

*Helsinki City Marathon:* The maximum running time is six (6) hours from the start.

### **Timing**

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

Brutto time (from firing of the gun to crossing the finish line) is the official result of the race. The Net Time, time from crossing the starting line to crossing the finish line, will also be given for each runner.

### **Disqualification**

The event organizer has the right to disqualify a runner who does not follow these terms and conditions 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/he has the right to remove a runner from the course for medical reasons. (WA rule 240, article 7 C).



## **Discontinuing the Race**

### *Helsinki City Run:*

If a runner must discontinue the race and wants to use the transfer back to the event area, she/he must go to the nearest refreshment station.

The maximum running time is three (3) hours, and the runner must follow this schedule during the entire race. There are check points which the runner must pass within certain times in order to be allowed to continue the race. The participant is considered to have discontinued the race if he/she does not arrive to the finish line within the maximum time or he/she does not arrive to the refreshment point within the maximum time of the race. A participant who stays behind the control personnel continues the run at own risk as a pedestrian.

### *Helsinki City Marathon:*

If a runner must discontinue the race and wants to use the transfer back to the event area, she/he must go to the nearest refreshment station.

The maximum running time is six (6) hours, and the runner must follow this schedule during the entire race. There are check points which the runner has to pass within certain times in order to be allowed to continue the race. The participant is considered to have discontinued the race if he/she does not arrive to the finish line within the maximum time or he/she does not arrive to the refreshment point within the maximum time of the race. A runner who stays behind the control personnel continues the run at own risk as a pedestrian.

## **Results**

### *Helsinki City Run:*

All runners who start in the correct starting group and finish 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 Net Time, time from crossing the starting line to crossing the finish line, will be given for each runner. 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 starting group.

### *Helsinki City Marathon:*

All runners 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. The Net Time, from crossing the starting line to crossing the finish line, will also be given for each runner. Both times and results are published on the event website after the race.

### *Helsinki City Double:*

For calculating a runner's result for the Helsinki City Double event, her/his result from both the HCR and HCM distance are combined.

## **Prizes**

All runners finishing both distances within the defined maximum running time are given a finisher medal. In addition, the best women and men in the open class might be awarded. Prizes are determined on an annually basis by the event organizer.

**Insurance**

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

International runners participate in the event on their own risk.

**Rights to photos and videos**

The event organizer has all rights to use the photos and videos taken during the event.

**Address information**

The address information of registered runners can be used in direct marketing regarding Finnish Athletics' (FA) events, if the participant gives the permission for this whilst registering for the race.

**Complaints and Protests**

Any complaints must be done in writing within one (1) hour after the official finish time of the race. Complaints must be done at the Race Office.

**Force majeure**

For reasons of force majeure, the event organizer could be forced to change or shorten the course or can decide to cancel or postpone 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 terms and conditions, the event organizer can give more instructions or regulations which the participants are obligated to comply with.