

## OFFICIAL RULES

The amateur sports club RCS Active Team, affiliated with OPES - Organization for Education for Sport (Sports Promotion Body recognized by Italian National Olympic Committee) organizes the 13rd edition of the **"Milano Relay Marathon"**, NON-COMPETITIVE RUN FOR TEAMS OF 4 COMPONENTS open to all persons aged at least 16 years old on the date of the event.

The run will not be subject to the control of Italian Athletics Federation, but it will be TIMED.

The 42.195-kilometer course will be divided into **4 legs** (13,3 km – 8,9 km – 6,1 km – 13,895 km), each of which must be run by a member of the of the team. **A medal will be handed out at the end of one's leg. It is not allowed to run more than one fraction per team member, otherwise the whole team will be excluded from the event.**

**Rejoining the first 3 runners with the 4th runner is not allowed. In the event that the team shows up at the finish line full, participation will not be considered valid, consequently medals will not be awarded, and participants will be excluded from the final standings**

The run will take place **Sunday, April 6, 2025 in Milan**, and will take place in all weather conditions.

## PARTICIPATION RULES

Each team (which can also be mixed male/female) must consist of 4 people. Entries will only be accepted per team. Individual registrations are not possible.

The minimum age to participate is 16 years old at the date of **April 6, 2025**.

Each team member will have to provide **a medical certificate of eligibility for the practice of non-competitive sport activities** (or higher, for example a certificate of eligibility for participating in sport events at a competitive level). This certificate is issued by a general practitioner in relation to their patients or by a physician specialized in sports medicine.

The certificate must be uploaded during the registration process, otherwise the participation will not be accepted.

If a person is unable to submit a copy of the certificate, a signed declaration of possession of medical certification (the form can be downloaded from the [milanomarathon.it](http://milanomarathon.it) website) must be submitted.

## HOW TO REGISTER

Registration for the **Milano Relay Marathon 2025** is only possible through one of the several Non-profit Organizations participating in the Milan Marathon Charity Program.

The registration fee is freely determined by each Non-profit Organization. It is not a simple entry fee, but a real donation to a charity project. Payment will be made directly in the manner provided by the NPO through which each team subscribes.

## REGISTRATION INCLUDES:

- race number;
- insurance for civil liability;
- technical and medical assistance;
- goody bag containing products offered by sponsors;
- official technical jersey;
- finish bag with food and beverages (delivered at the end of each leg);
- official program and information materials;
- timing service;
- finisher's medal;
- deposit for personal clothes (only the "container bag" provided must be used);
- transport service to finish area for withdrawn athletes.

## ENTRY CONFIRMATION

You will be able to check your registration status by logging into your account, from the registration dashboard you received when you confirmed your registration by e-mail.

## OFFICIAL "CONFIRMATION LETTER"

A few days before the race, all athletes enrolled will receive an e-mail valid as official "Confirmation letter". 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

Because of the peculiar registration procedure (the entry is gifted by the Non-Profit Organizations participating in the Milan Marathon Charity Program to the teams that make a donation) the Organization does not entertain any economic relationship with the registered teams and therefore will not make any reimbursement of the fees paid.

## REPLACEMENT OF A TEAM MEMBER

It will be possible to replace one or more team members directly from the captain dashboard. The person enrolled in replacement must provide all personal information and the necessary medical certification.

## REGISTRATION DEADLINE

**Registrations will close at 11:59 pm on march 28, 2025** and applications received over 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.

For registrations received after 24/03/2024 it will not be possible to assign the consecutive numbering and insert the NPO logo on the bib.

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

## ASSIGNMENT OF TEAM NUMBERS

Assignment of bib numbers will only take place after the closing of registrations in order to assign consecutive numbers to the teams registered with the same Non-Profit Organization.

The bibs will indicate the team number and the letter identifying the leg (A: first leg, B: second leg, C: third leg, D: fourth leg).

## NUMBERS AND GOODY BAGS PICK-UP

Race numbers and goody bags can be collected at the **Milano Running Festival**, inside Milan's MiCo, Thursday, April 3 (4pm to 8pm) Friday, April 4 (10am to 8pm) and Saturday, April 5 (9am to 7pm). The nearest **subway** stations (**Portello**, on the **purple line M5**) is 200 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 7, 2024, 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.

## JOINT PICK-UP

All bibs and race packs from the same team must be collected jointly. There are no single deliveries of bibs or race packs. Only one person may make the pickup for the entire team. The person in charge of the pickup must be able to present all participant confirmation letters and the joint pickup proxy.

## DELEGATE A THIRD PARTY TO COLLECT THE RACE NUMBER

It is not possible to delegate to third parties, unrelated to the team, the collection of bibs and race packs of one's own team. The only exception that will be granted to this rule is for teams made up entirely of runners residing outside the province of Milan.

## DEPOSIT FOR BAGS WITH PERSONAL CLOTHES

Together with the bib you will be given an adhesive label (bearing your race number) that must be attached to the bag provided by the organization in which to store (exclusively) the clothing to be used for post-race changing.

The bag, transparent and duly numbered, will be the only container accepted by the organization. No bag transport service will be provided. There will be an opportunity to drop off the race bag at the finish line change point of one's fraction from 3 p.m. to 7 p.m. on Saturday, April 5. On race day, it will also be possible to hand over the race bag to the next relay runner who can drop it off at the end-of-fraction change point. Before the race, each athlete must deposit the bag at the finish of his or her fraction, or hand it over to the next relay runner who will deposit it on his or her account. Bag deposits are located at the three change points and at the finish line.

**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.**

## SECURITY RULES

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:

- access to the start in Piazza del Duomo should be from Piazza San Babila through Corso Vittorio Emanuele II; from 8:15 a.m.
- runners will be required to show their bib to gain access;
- the organization does not guarantee timely access to the starting sectors for athletes who will present themselves at the gate after 8:45 am;
- will not be allowed to bring inside the service area any container (bag, backpack, etc.) other than from the special transparent bag provided by the organization (and marked with the appropriate label with the one's bib number), inside which the individual items must be placed loose, in order to allow an accurate and quick check by the security officers.

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

## START

**The Milano Relay Marathon will start at 9:00 am.** The meeting point for the relay runners of the FIRST RACE is set for 8:15 a.m. at Piazza San Babila in Milan

## 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 team it will be recorded the official race time (from the start gunshot of the first leg until the last runner crosses the finish line) and the time of each leg (with time detection at the entry and exit of each zone change to allow all runners to receive a time measured on the same distance, regardless of the actual place where the baton exchange will take place).

## TIME LIMITS

Time limit to finish the relay marathon is 5h45'. There will also be two intermediate "gates":

- at the 2nd changeover point (km 22.2 approx.), after 3h00' from the start (approximately at 12:15pm)
- at the 3rd changeover point (km 27.8 approx.), after 3h50' from the start (approximately at 1:35pm)

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

For all participants in the Milano Relay Marathon 2025, there is a bag with the final refreshments that will be delivered at the end of each fraction, inside the village of the changeover area. In case of need, participants will still be able to take advantage of the refreshments provided for the marathon, positioned every 5 kilometers or so along the route.

As per WA/FIDAL regulations, refreshment stations are provided at the finish line and every 5 kilometers along the route. At all refreshment points there will be: water, supplement, fruit and cookies.

In addition to the 8 refreshments provided in the regulations, there will be 3 additional refreshments at km: 28 - 32.3 - 38.2

As a rule, no sponges are provided for relay runners. However, in case of weather conditions particularly hot, runners will be able to find sponges at the entrance to the starting corridor (first fraction) or at the villages of the change points (later fractions). Take only one sponge and carry it with you because you will not find more available along the route.

## 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), located at the changeover village, to eventually collect their bag. 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: 11:15am – 12:30pm – 1:30pm.

## 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 **Piazza del Duomo**, a few meters after the finish line. Along the course, aid stations, ambulances and medical cars will be available approximately every 4 kilometers.

## RESULTS AND RANKINGS

The partial and final results will be available in real time by following the appropriate link listed on [milanomarathon.it](http://milanomarathon.it) site. Similarly, you can download the diploma of participation.

## 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 Relay Marathon 2025, 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 Relay Marathon 2025 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 Relay Marathon 2025, 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, 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 CANCELLATION

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 refund 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.

Modifications to services, venues and timetables will be communicated to registered athletes or will be posted on the website [www.milanomarathon.it](http://www.milanomarathon.it). In addition, documentation containing the information essential to take part in the race will be delivered by the organization together with the bib.

## CONTACTS

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