

## REGULATIONS

1. With the organization of Maratona Clube de Portugal, the 32nd edition of the “Lisbon Half Marathon” takes place on March 12<sup>th</sup> 2023, this year called “EDP Lisbon Half Marathon”. This race will be broadcasted live by RTP1 and has the support of the local governments of Lisbon, Oeiras and Almada, as well as other official entities.

2. This is a competition of 21,097 meters inserted in the World Athletics calendar with the seal “World Athletics Elite Label”, with the presence of some of the best international level athletes.

3. The start of the “EDP Lisbon Half Marathon” will be given simultaneously, in Cruz Quebrada for elite athletes and in Almada (on the 25 de Abril Bridge board), for the remaining athletes. The finish point is common to both events, the finish line being located in front of the Jerónimos Monastery. The itinerary will be according to the map published on the race’s website and taking into account the following specific departures:

3.1 Non Elite athletes: Departure on the deck of the 25 de Abril Bridge (south-north), next to Portico n.º 1;

3.2 Elite Athletes: The start will be given in Cruz Quebrada, but only for high competition “elite” athletes and athletes who have the minimum time, required by the organization, of less than 1h05m, carried out in the last 3 years, in the Lisbon Half Marathon, in Luso Half Marathon or in another reference Half Marathon. In the Female category, the minimum time required will be 1h20m, under the same conditions mentioned above for the male category;

3.3 All athletes not included in the previous paragraph, but who have less than 1h10m (males) and 1h25m (females) to the Half Marathon (carried out in the last 3 years in the Lisbon Half Marathon or in the Portugal Half Marathon) can request that they be assigned a VIP Start number, to start in the ahead, on the 25 Abril Bridge. This request must be made, in writing, in advance, to [info@maratonaportugal.com](mailto:info@maratonaportugal.com), sending the corresponding 3.4 The Elite Athletes proof; join the course of the nonelite athletes who depart from Ponte 25 de Abril from km 7 onwards;

3.5 Elite Athletes will be assigned special and/or elite back numbers.

4. The organization will install several official supply areas, with intervals of 5 km, which does not mean that others are provided in duly marked locations.

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5. For this competition of 21,097 meters there will be a cut-off of 3h30min, therefore, from that moment, the competent authorities establish the road traffic. Athletes who are still in the competition must go to the tours, and the organization will not be held responsible for any accident that may occur.

6. Athletes who, on the day of the race, show unsportsmanlike behavior, do not comply with the rules stipulated in the regulations or who do not follow the safety and hygiene instructions given by the staff and competent authorities, on the day of the race, may be prevented from participating.

7. Registrations must be made online at [www.meiamaratonadelisboa.com](http://www.meiamaratonadelisboa.com).

7.1 A maximum limit of 15,000 athletes will be stipulated in the Half Marathon, with registrations being limited to participants over 18 years of age;

7.2 Requests to change registration will not be accepted. Entries are personal and non-transferable;

7.3 In any case, the organization will not refund the registration fee;

7.4 The organization may at any time suspend or extend the deadlines, add or limit the number of registrations for the competition and according to technical or structural availabilities, without prior notice;

8. There will be "Special VIP" bibs, in limited numbers.

8.1 Holders of "Special VIP" bib numbers will be entitled to:

- Transport from the event's official hotel until departure;
- Direct access to the front of the race;
- Equipment collection area;
- Access to the VIP area at the end of the race.

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9. The organization reserves the right to award VIP numbers to athletes/personalities invited by them. These athletes will have access to the front of the race.

10. The “athlete's kit” is delivered at the time of withdraw of the bib number and will contain:

- A technical fiber T-shirt (5 sizes, the stock of sizes being distributed according to availability). In case there is a shortage of stock in any size, another size will be offered to the athlete);
- A bib number;
- A bag of individual equipment;
- Other gifts and information from sponsors.

11. Duly registered athletes may withdraw their bib number and respective “athlete kit” at the Centro Cultural de Belém on March 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> 2023, with no documentation being distributed on the day of the competition.

12. For the withdraw of the bib number, it will be necessary to present the respective proof that serves as proof of payment of the respective registration fee or the printed document of the online registration and the identification document of the respective athlete.

13. The bib number is non-transferable and when used by another individual, it will disqualify that individual.

14. The bib number, which contains an electronic chip, will be the athlete's identification, and its fixation in the athlete's chest area is mandatory.

15. It is recommended to fill in the personal data on the back of the bib number, for reasons solely related to the athlete's own safety. They may be of the utmost importance in the event of an accident, physical illness or any other emergency situation during the course.

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16. Disqualification of athletes will occur when:

16.1 Use the bib number of another athlete;

16.2 Damage the bib number;

16.3 Do not have the bib number placed in the pectoral area, as the deficient placement of the bib number implies a possible failure to obtain results;

16.4 Fold the bib number in order to reduce its size;

16.5 Do not wear your bib number throughout the course;

16.6 Jumping barriers in both the starting and finishing areas;

16.7 Do not respect the signage of the event;

16.8 Falsify any element relating to your registration;

16.9 Manifest physical discomfort or apparent weakness before departure

16.10 Use more than one chip or 2 bib numbers with different numbers;

16.11 They show unsportsmanlike behavior or do not comply with the rules stipulated in the regulations and the safety and hygiene instructions given by the staff and competent authorities, before, during and after the race.

17. The following age groups will be considered and in accordance with international regulations, namely:

| MEN | WOMEN | FROM      | TO       |
|-----|-------|-----------|----------|
| M35 | W35   | 35 years  | 39 years |
| M40 | W40   | 40 years  | 44 years |
| M45 | W45   | 45 years  | 49 years |
| M50 | W50   | 50 years  | 54 years |
| M55 | W55   | 55 years  | 59 years |
| M60 | W60   | +60 years |          |
| M65 | W65   | +65 years |          |
| M70 | W70   | +70 years |          |

Note: The age considered is the age of the athlete on the day of the race.

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18. All classified athletes receive an official medal and other souvenirs from this edition.

19. The timing system and respective classification will be done using the “My Laps” system, an electronic base that will only work if the athlete duly places his official number plate. For Elite athletes, will be used the Pro Ship timing system by “My Laps”.

20. The measurement of the course was carried out by WA officials, in accordance with the international regulations of the WA and in accordance with the data provided by the Technical Director of the event.

21. There will be no collection of equipment for participants in the race.

22. Athletes will benefit from personal accident insurance, as provided for in paragraph 15 of article 18 of Decree-Law no. treatment costs up to EUR 4000.00, although the organization has a careful medical assistance service throughout the race and in the finish area where a hospital tent will be installed. Participants must meet the necessary health conditions for the performance as long as the Half Marathon, assuming after registration that they feel psychophysiological fit for the effort.

23. The athlete, when registering, authorizes the transfer, free of charge and unconditionally, to the organization of the event and to its associates and sponsors, the rights to use his image as it was captured in the footage or photos that will take place during the event, authorizing its reproduction in communicational support pieces, waiving the receipt of any amount that may be earned with its dissemination in support communication pieces.

24. The organization reserves the right to use the database with the elements filled in by the participants in their eventual promotional or other actions.

25. When registering, all participants automatically declare that they agree with the following disclaimer:

25.1 I have read and agree with the Regulations of Maratona Clube de Portugal, available on the event's website;

25.2 I am aware of my state of health and that I am physically and psychologically able to participate;

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25.3 I assume that I will abstain from participating in the race if my health conditions change after registration;

25.4 I am aware of the content of the insurance policy in force and have read the specifications of the same, contained in the Regulation of the Event;

25.5 I participate in the event of my own free will, exempting the organization, partners, directors, employees and other companies linked to the organization of the event from any liability resulting from my participation in the event, before, during and after it (eg loss of personal belongings due to theft or other circumstances).

26. If the athlete does not want his/her data to be used, he/she is given the option of not authorizing the transfer of the same, having to alert the organization to this.

27. Doping control for the best athletes: there will be 6 controls for men and 6 for women. These athletes are required to attend a doping control in accordance with WA regulations.

28. The race can be canceled due to major factors beyond the organization's control (extreme weather conditions, demonstrations, government restrictions, etc.). In case of postponement, the organization guarantees the automatic transfer of registrations of all athletes to the new proposed date.

29. The organization may, in exceptional cases, have to change the route, namely the place of departure and/or arrival, as well as the race times.

30. In none of the situations specified above, the organization will refund the registration fee.

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31. The participation of people with pets, baby strollers, skates, as well as any other accessory that is not used in the race is expressly prohibited.

32. Complaints must be made in accordance with WA principles. There will be a fee of €50.00 for each claim, which will be deposited until the situation presented is resolved. The amount will be refunded in case of acceptance. The time for analyzing the complaint will be in line with the need to consult adjacent elements for perfect knowledge of the problem.

33. The organization has several platforms to support participants' doubts, which should be consulted if necessary.

34. Cases not covered by this regulation will be resolved by the technical director of the event and in accordance with the official regulations in force.