



## REGULATIONS

1. Organized by the Maratona Clube de Portugal, the 22nd edition of the Half Marathon of Portugal will be held on October 9th, this year called “Luso Half Marathon“. This competition will be broadcast live by RTP and with the collaboration of the local government of Lisbon, as well as other official entities, including the PNDpT – National Sports Program for All.

a) The Luso Half Marathon will be part of the Regional Road Half Marathon Championship of the Lisbon Athletics Association. The conditions of participation should be consulted on the official website of the AAL, at [www.aalisboa.com.pt](http://www.aalisboa.com.pt)

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 elite athletes.

3. The start of the “Luso Half Marathon“, at 10:30 am, will be in Lisbon and the finish will be at Praça do Comércio, also in Lisbon. The itinerary will be according to the map published on the race website, at [www.maratonaclubedeportugal.com](http://www.maratonaclubedeportugal.com)

The race will have the following specific starting places:

a) Runners: Start on the Vasco da Gama Bridge deck (south–north), next to Portico number 3. The finish line will be installed at Praça do Comércio;

b) Elite Runners: Start at the same time, at the Ford Roundabout, only for “Elite” athletes and athletes who have the minimum time required by the organization – less than 1h05m, carried out in the last 3 years at the Lisbon Half Marathon, in Half Marathon of Portugal or in another Half Marathon of reference.

In the Female category, the minimum time required will be less than 1h20m, under the same conditions mentioned for the Male category;

c) All athletes not included in paragraph b) but who have a time of less than 1h10m in the Half Marathon (carried out in the last 3 years in the Lisbon Half Marathon or in the Portugal Half Marathon), may request to be assigned a VIP Start bib number, to go ahead of the race, on the Vasco da Gama Bridge. This request, accompanied by the respective proof, must be sent, in advance, to [info@maratonaportugal.com](mailto:info@maratonaportugal.com);

d) The course of elite runners and general runners will be the same from km 6 onwards;

e) Elite runners will be assigned special and/or Elite bib numbers;

f) Without prejudice to the provisions of paragraphs a) and b) above, the organization reserves the right to award VIP bib numbers to athletes/personalities invited by them.



4. The organization will install several official supply areas, with 5 km intervals, which does not invalidate the provision of other supply areas, duly marked.

5. For this competition of 21,097 meters there will be a time limit of 3h30 hours, so from that moment on, road traffic will be re-established by the competent authorities. Athletes, eventually still in the competition, must go to the sidewalks, the organization will not be responsible for any accident that may occur.

6. Entries must be made on the event's website, at [www.maratonclubedeportugal.com](http://www.maratonclubedeportugal.com)

- a) The registration periods and corresponding registration fees are available on the competition website;
- b) A maximum limit of 10,000 athletes will be stipulated, with entries limited to participants over 18 years of age;
- c) Requests to change registration will not be accepted. Entries are personal and non-transferable;
- d) Under no circumstances will the organization refund the registration fee;
- e) The organization may, at any time, suspend or extend the deadlines, or even add or limit the number of registrations for the event, according to availability/technical/structural needs, without prior notice;
- f) There will be "Special VIP" bib numbers, in limited numbers and with an entry fee of €150.00;
- g) Holders of "Special VIP" bib numbers will be entitled to:
  - Transport from the event's official hotel to race start;
  - Direct access to the front of the race;
  - Equipment collection area;
  - Access to the VIP area at the end of the race.

7. The "Athletes kit" will be delivered at Seaside SportExpo along with the bib number, and contains:

- a) A technical fiber T-shirt with 5 sizes available, which will be distributed according to availability. If the requested t-shirt size is out of stock, an alternative size will be suggested;
- b) A bib number with an identification chip;
- c) A bag of personal equipment;
- d) Other gifts and information from race sponsors.



8. 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.

9. Duly registered athletes will be able to collect their bib number and respective “Athletes kit” at the Pavilhão Carlos Lopes, on October 6th, 7th and 8th, from 10:00 am to 8:00 pm. No bib number and/or participation kit will be distributed on the day of the race.

- a) To collect the “Athletes kit”, it will be necessary to present the respective proof sent by the organization to the athlete's email and the respective identification document;
- b) The bib number is non-transferable and when used by another individual it will result in his/her disqualification;
- c) The bib number will only be delivered to the athlete himself.

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

- a) It will also be mandatory to fill in the personal data, on the back of the bib number, for reasons solely related to the safety of the athlete himself. In the event of an accident, physical illness or any other emergency situation during the race, this information may be of the utmost importance.

11. Disqualification of an athlete will occur when:

- a) Use the bib number of another athlete;
- b) Damage the bib number;
- c) Do not have the bib number placed in the chest area, as the deficient placement of the bib number implies possible failure to obtain results;
- d) Fold the bib number in order to reduce its size;



- e) Jump barriers either in the Race Start Area or in the Finish line Area;
- f) Does not respect the signage of the event;
- g) Does not complete the entire course;
- h) Falsify any element relating to your registration;
- i) Shows physical discomfort or apparent weakness before the Race;
- j) Use more than one chip or double bib number;
- k) Manifest unsportsmanlike behavior.

Note: Athletes without a bib number will not be allowed to remain on the course.

12. There are several monetary prizes in dispute, which will be paid (after the results are verified and considered official), according to the published table and prior delivery of the respective receipt (Invoice–receipt, aka “green receipt”, or Isolated Act) and in accordance with the tax regulations. Cash prizes for the Senior tier will only be awarded to Elite athletes who departed the Ford Roundabout.

Place	Elite	General Veterans	General Veterans	General Veterans	General Veterans
		M35/M40/M45	M50 / M55 / M60	Veterans	F50/F55/F60
	M/F	(single group)	(single group)	(single group)	(single group)
1	1000€	300€	200€	300€	200€
2	750€	200€	100€	200€	100€
3	500€	100€	50€	100€	50€
4	300€				
5	200€				





NOTES:

- This prize table applies to Portuguese athletes, and the amounts will be paid in full when the mark achieved is less than 63.30 in the male category and 71.30 in the female category. Otherwise, only 50% of the amount will be paid;
  - In the case of seniors, regardless of the time achieved, the stipulated amount will be paid;
  - The results will be official 15 days after the race day;
  - All athletes eligible for cash prizes must contact the organization at [info@maratonaportugal.com](mailto:info@maratonaportugal.com), within a maximum period of 30 days after the results are considered official;
  - The values in the table are subject to legal discounts;
  - The age groups considered are in accordance with the Regulations of the Portuguese Athletics Federation;
- a) The official time, for the purposes of general rankings and results by group, is the time of the “starting shot”;
- b) All classified athletes will receive an official medal as well as other souvenirs from this edition.

13. The timing process and respective results will be done using an electronic chip system that will only work if the athlete duly puts on his official bib number.

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

15. There will be no collection of equipment for participants in the Half Marathon race.

16. Athletes will benefit from personal accident insurance, as provided for in no. 15 of article 18 of DL no. treatment costs up to €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 physical effort inherent to the Half Marathon, assuming, after registration, that they feel psychophysiological fit for this effort.

- a) Hospital da Luz is the healthcare partner responsible for organizing the Official Medical Services.



17. The organization has structured a medical assistance service, under the guidance of a specialized team of professionals, although it is not responsible for any accident that may occur during this event.

18. When registering, the athlete 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.

19. The organization reserves the right to use the database, with the elements filled in by the participants, in their eventual promotional actions, among others.

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

- a) I have read and I agree with the Regulations of the Maratona Clube de Portugal, available on the event's website;
- b) I am aware of my state of health, and that I am physically and psychologically able to participate in the Half Marathon;
- c) I assume that I will abstain from participating in the race, if my health conditions change after registration;
- d) I am aware of the content of the insurance policy and have read its specifications, contained in the Regulation of the Event;
- e) By participating in the competition, I authorize, free of charge and unconditionally, that the organization and the competition partners use my image. By this instrument, I grant all rights to use my image, as captured in photographs and footage that will take place during the race, waiving the receipt of any amount that may be earned with its dissemination in support communication pieces. ;
- f) 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 objects through theft, damage, or other circumstances).

21. 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, for this purpose.



22. There will be Doping control for the best athletes: 6 controls for the male and 6 for the female. These athletes will be required to attend the Anti-Doping Control in accordance with WA regulations.

23. The race course may be altered or canceled due to factors external to the organization (extreme weather conditions, demonstrations, strikes, government restrictions, works, security, etc.).

24. It is expressly forbidden the participation of people with pets, baby carriages, skates, as well as any other auxiliary means of locomotion.

25. Claims must be made in accordance with the WA rules of the FPA and AIMS. 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 the elements.

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