



REGULATIONS

1. With the organization of the Maratona Clube de Portugal and integrated into the Lisbon Half Marathon, the “VODAFONE 10K” will be held on March 12th 2023, with the collaboration of the local governments of Lisbon and Almada, as well as other official entities.
2. This is a timed event of 10 000 meters, with a time limit of 3H30m, therefore, from that moment on, the competent authorities will establish the normal road traffic. Athletes who are still in the race should deviate to the sidewalks, The organization will not be held responsible for any accident that may occur. Held simultaneously with the EDP Lisbon Half marathon, which replaced the Mini Marathon, thus giving the opportunity to those who intend to run an intermediate distance, between the Mini and the Half Marathon.
3. The start will be at Praça da Portagem at Ponte 25 de Abril. The course is similar to that of the Half Marathon. The finish line will be installed in the street in front of the Mosteiro dos Jerónimos – Praça do Império. The race will be broadcasted live by RTP.
4. Registrations are made online at www.maratonaclubedeportugal.com
5. All athletes may participate as long as they are duly registered, and registrations are limited to 13 000 participants over 18 years of age.
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. The registration:
 - 7.1 Requests to change the registration will not be accepted. Registrations are personal and non-transferable;
 - 7.2 Registrations are non-refundable.



8. The organization may at any time suspend or extend the deadlines, add or limit the number of entries for the competition, according to technical or structural availabilities, without prior notice.
9. The Participant's kit is delivered at the time of the withdraw the bib number and will contain:
 - 9.1 A technical t-shirt (5 sizes, the stock of sizes being distributed according to availability). In case of a shortage of stock in any size, another size will be offered to the athlete;
 - 9.2 A bib number;
 - 9.3 A bag of personal equipment,
 - 9.4 Other gifts and information from sponsors.
10. Duly registered athletes may collect their bib number and respective Participation Kit at Centro Cultural de Belém between 9th and 11th March 2023. No documentation/materials are distributed on the day of the competition.
11. To collect the Participation Kit it will be necessary to present proof of payment of the respective registration fee or the printed document of the online registration and the athlete's identification document.
12. The bib number is non-transferable and when used by another athlete, he will be disqualified.
13. The bib number will be the athlete's, and its fixation in the chest area is mandatory.
14. It is recommended to fill out the personal data on the back of the bib number, for reasons related to the athlete's safety. They may be of the utmost importance in the event of an accident, physical illness or any other emergency situation during the course.
15. Time keeping and classifications will be done by "My Laps" with an electronically based system, which will only work if the athlete properly places his bib number.
16. Disqualification of athletes 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 a possible failure to obtain results;
 - d) Fold the bib number in order to reduce its size;
 - e) Do not wear your bib number throughout the course;
 - f) Jumping barriers, either in the starting area or in the finish area;
 - g) Do not respect the signage of the race;
 - h) Falsify any element relating to your registration
 - i) Manifest physical discomfort or apparent weakness before the race;
 - j) Use more than one chip or two bibs with different numbers;
 - k) 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. At the end of the race, trophies will be given to the first 3 male and female categories.
18. All classified athletes will receive an official finisher medal and other souvenirs from this edition.
19. There will be an official fueling service at the 5th km and recovery at the finish line.
20. Athletes duly registered will be covered by personal accident insurance, as provided for in n.º 1 of article 9º of DL n.º 146/93 of April 26, with a 28 000,00 EUR for death and permanent injury and up to 4 514,00 EUR for treatment costs, although the organization has a medical assistance service throughout the course and in the finish line area where a hospital tent will be installed. Participants must meet the necessary health conditions for the effort inherent in the race, assuming after registration that they feel physically and psychologically fit for the effort. In the event of an accident, they should contact Maratona Clube de Portugal (MCP) via email geral@maratonaportugal.com so they can fill out the [Accident Form](#) to be sent to the insurance company by MCP.



21. In essence, the VODAFONE 10K is under the same rules of registration, safety and hygiene as the EDP Half Marathon, as it is an integrated event in the main event. However, cases not covered by this regulation will be resolved by the event's Technical Director and in accordance with the Official Regulations.

1.1.1.

22. The athlete, when registering, authorizes the transfer, free of charge and unconditionally, to the organization and 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.

23. The organization reserves the right to use the database with the elements filled out by the participants in their eventual promotional pieces and other actions.

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

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

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

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

24.4 I am aware of the content of the insurance policy and have read its specifications, contained in the Regulations of the event.

24.5 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).

25. If the athlete does not want his data to be used, he is given the option of not authorizing the transfer to the organization partners. If so, you must alert the organization of this situation.



26. The race can be canceled due to major factors, beyond the control of the organization (extreme weather conditions, demonstrations, government restrictions, etc...). In case of postponement, the organization guarantees the automatic transfer of all the registrations to the new proposed date. The organization may, in exceptional cases, have to change the course, namely the location of the start and/or finish, as well as the race times. In none of the situations specified above, the organization will refund the registration fee.
27. The participation of people with pets, baby strollers, skates, as well as any other accessories that is not used in a race is expressly prohibited.
28. The organization has several platforms to support participant's doubts, which should be consulted if necessary.
29. Cases not covered by this regulation will be resolved by the event's Technical Director in accordance with the Official Regulations.

