



## REGULATIONS

1. With the organization of the Maratona Clube de Portugal and integrated in the Lisbon Half Marathon, the “Luso 7K” race will be held on March 11 2023, with the collaboration of the municipalities of Lisbon and Oeiras, as well as other official entities.
2. This is a timed event, with a length of 7 000 meters, with a limit of 1H30
3. The departure of the “Luso 7K” will take place at Estádio Nacional, in Jamor, at 9H30am and arrival will be in Lisbon next to Jerónimos. The itinerary will be according to the map published on the race website.
4. The organization will install an official supply, in the Km 3.5 (next to the Aquário Vasco da Gama) which does not invalidate that others are provided in duly marked places.
5. Registration available on the events official website [www.mataonaclubedeportugal.com](http://www.mataonaclubedeportugal.com)
  - 5.1. A maximum limit of 1 000 entries will be stipulated, with entries limited to participants over 18 years of age;
  - 5.2. Requests to change registrations will not be accepted. Entries are personal and non-transferable;
  - 5.3. In any case, the organization will not accept the return of the registration fee;
  - 5.4. The organization may, at any moment, suspend or extend the deadlines, or even add or limit the number of entries for the competition and according to technical or structural availabilities, without prior notice.
6. The “Participation Kit” is delivered at the time of the picking up the bib number and contains:
  - 6.1. A technical fiber t-shirt;
  - 6.2. A bib number with an identification chip;
  - 6.3. A bag of individual equipment;
  - 6.4. Other gifts and information from sponsors.





7. Duly registered athletes will be able to collect their number and respective “Participation Kit” at Centro Cultural de Belém on March 9 and 10 2023, and no documentation will be distributed on the day of the competition.
8. The bib number is non-transferable and when used by another individual will result in his/her disqualification.
9. The bib number contains an electronic chip. It will be the identification of the athlete, and its fixation in the athlete’s chest area is mandatory.
  - 9.1.1. It is recommended to fill out the personal data on the back of the bib. The reason for this precaution is directly related to safety reasons in the event of an accident or physical illness and when an emergency situation arises. This information may be of the utmost importance in case any health problems arise during the course.
10. Disqualification of athletes will occur when:
  - 10.1. Use the bib number of another athlete;
  - 10.2. Damage the bib number;
  - 10.3. Do not have the bib number placed correctly in the pectoral area, as the deficient placement of the bib number implies possible failure to obtain results;
  - 10.4. Fold the bib number in order to reduce its size;
  - 10.5. Do not wear your bib number throughout the course;
  - 10.6. Jumping crates, either in the starting or finishing areas;
  - 10.7. Do not respect the signage of the race;
  - 10.8. Falsify any element relating to your registration;
  - 10.9. Manifest physical discomfort or apparent weakness before the start of the race;
  - 10.10. Use more than one chip or 2 bib numbers with different numbers;
  - 10.11. 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.
11. At the end of the race, trophies will only be awarded to the first 3 male and female athletes.





- 11.1. All classified athletes will receive an official medal and other souvenirs from this edition.
12. The timing system and respective classification will be done using “My Laps” system, an electronic base that will only work if the athlete duly places his official bib number.
13. There will be “Carris” buses to transport participants from the finish line to the start.
14. There will be no collection of equipment for participants in the race.
15. 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 an 28 000,00 EUR and treatment costs of up to 4 514,00 EUR, although the organization has a medical assistance service throughout the race 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](mailto:geral@maratonaportugal.com) so that they can fill out the [Accident Form](#) to be sent to the insurance company by MCP.
16. The athlete, when registering, authorizes the transfer, free o charge and unconditionally, to the organization of the event and to its associates and sponsors, the rights to use his/her image as it was captured in the footage or photos that will take place during the event, authorizing its reproduction in communicational support pieces.
17. The organization reserves the right to use the database with the elements filled out by the participants in their eventual promotional or other actions.
18. When registering, all participants automatically declare that they agree with the following disclaimer:





- 18.1. I have read and agree with the Regulations of Maratona Clube de Portugal, available on the event's website;
  - 18.2. I am aware of my state of health and that I am physically and psychologically able to participate;
  - 18.3. I assume that I will abstain from participating in the race if my health conditions change after registration;
  - 18.4. I am aware of the content of the insurance policy and have read the specifications of the same, contained in the Regulations of the event;
  - 18.5. By participating in the competition, I authorize, free of charge and unconditionally, that the organization and its 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;
  - 18.6. 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).
19. If the athlete does not want his data to be used, he is given the chance of not authorizing the transfer of the same, and must alert the organization to this situation.
20. 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. The organization may, in exceptional cases, have to change the course, namely the place of departure and/or arrival, as well as the race times. In none of the situations specified above, the organization will refund the registration fee.
21. The organization has several platforms to support participant's doubts, which should be consulted if necessary.





22. Cases not covered by this regulation will be resolved by the event's Technical Director.

