

## REGULATIONS

1. With the organization of Maratona Clube de Portugal, the 32<sup>nd</sup> 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 RTP 1 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 (at Ponte 25 de Abril) for all the other athletes. The finish point is common to both events with the finish line being located in Front of the “Centro Cultural de Belém”, close to the “Mosteiro dos Jerónimos”. The course will be according to the map published on the race’s website and taking into account the following departures:
  - 3.1. Non Elite athletes – departure on the deck of “Ponte 25 de Abril” (south-north), next to Pórtico n.º 1;
  - 3.2. Elite athletes – departure will be from 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 referenced 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 Luso Half Marathon) can request that they be assigned a VIP Start number, to start in front of the race, at Ponte 25 de Abril. This request must be made, in writing, in advance, to [info@maratonaportugal.com](mailto:info@maratonaportugal.com), sending the corresponding proof;
  - 3.4. The Elite athletes 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 5km intervals, which does not mean that other supply areas are provided in dully marked locations.
5. For this competition of 21,097 meters there will be a cut-off of 3H30m, therefore, from that moment on, the competent authorities establish the road traffic. Athletes who are still in the competition must go to the sidewalks, 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 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 according to technical or structural availabilities, without prior notice;
8. There will be, limited, "Special VIP" bib numbers.
  - 8.1. Holders of "Special VIP" bib numbers will be entitled to:
    - Transport from the event's official hotel to the starting line,
    - Direct access to the front of the race;
    - Equipment collection area,
    - Access to VIP area at the finish line.
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 "Participation 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 “Participation 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 payment of the respective registration fee or the printed document of the online registration and the identification document of respective athlete.
  13. The bib number is non-transferable and when used by another individual, it will result in his/her disqualification.
  14. The bib number, which contains an electronic chip, will be the athletes identification, and its fixation in the athletes 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.
  16. Disqualification of athletes will occur when:
    - 16.1. Use another athlete’s bib number;
    - 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 different bib 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

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 bib number. 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 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 26<sup>th</sup> of April, with 28 000,00 EUR for death or permanent injury 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 campaign hospital will be installed. Participants must meet the necessary health conditions for the effort inherent to 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.

23. The athlete, when registering, authorizes the transfer, unconditionally and free of charge, 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 pieces or other actions.

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

25.1 I have read and agreed 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;

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 and have read its specifications;

25.5 I participate in the event on 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 data, having to previously inform the organization.

27. Doping control for the best athletes: there will be 6 controls for men and 6 controls 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 course, namely the place of the start and/or finish line, as well as schedules.
30. In none of the situations specified above, organization will refund the registration fee.
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 EUR 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 WA regulations.