

# HELSINKI CITY RUN – TERMS AND CONDITIONS

## Contents

1. Helsinki City Marathon .....	1
2. Helsinki City Half .....	4
3. Helsinki City 5 .....	8
4. Helsinki City 5 Walk .....	11
5. Helsinki City Marathon Relay (Marathonviesti) .....	14
5. Helsinki City Double .....	17
6. Minimarathon .....	21

## 1. Helsinki City Marathon

### HELSINKI CITY MARATHON (HCM) TERMS AND CONDITIONS

All registered runners are obeyed to follow these terms and conditions for the Helsinki City Marathon (HCM) event. The event is organized by the Finnish Athletics (FA) the national athletics federation of Finland and Helsingin Kisa-Veikot, Helsingin Poliisi-Voimailijat and Viipurin Urheilijat. The event complies with the International Association of Athletics Federations (WA) competition rules.

#### Judges

The judges of the HCM are the head judge and the executive committee of the race.

#### Executive committee

The HCM executive committee consists of the Race Director and the Race Secretary.

#### Age limit

The age limit for the marathon is 18 years. Participation right is given to those runners who are or will be 18 years old during the year of the race. With the guardian's written consent, individuals under the age of 18 may also participate in the event.

#### Age groups

The Helsinki City Marathon contains of the Women/Men Open category as well as annually decided age groups. Participants are placed to defined age groups according to their announced birth date when registering for the race.

Age groups are determined by participants' age on December 31st of the race year (TR3). If a participant wishes, she/he can compete in the open class/category, but not in other age groups.

### **Finnish Championships of associations**

The Finnish Championship races for various associations are held during the Helsinki City Marathon. Each runner may participate in only one championship category.

### **Doping**

Finnish Athletics (FA) follows the rules of Finnish Antidoping Agency (FINADA) and in cooperation, these parties have the right to perform doping tests on registered runners.

### **Race Shoes**

Helsinki City Run follows the rules of World Athletics (WA) regarding road running race shoes.

### **Registration**

The registration to the HCM is done by submitting the announced entry fee to the event organizer. The registration must be done online by using the provided online registration system. The entry fees are decided upon annually. A registration is personal and cannot be transferred to another runner without a re-registration.

### **Cancellation and Transfer of Participation**

Participation in the run cannot be cancelled, and registration fees will not be refunded under any circumstances.

If you purchased cancellation insurance when registering, you may apply for a refund of the registration fee if you are unable to participate in the event. The price of the insurance depends on the amount of the registration fee. The service is provided by an external party, from whom compensation is claimed. Cancellation insurance must be purchased at the time of registration; it cannot be purchased afterwards.

Helsinki City Run is committed to following the guidance of authorities and event organizers regarding any infectious diseases. Helsinki City Run or the event organizer is not obliged to refund the ticket price if restrictions imposed by authorities or similar entities result in restrictions on the event.

Due to pregnancy, participation may be postponed by one or two years upon presentation of a pregnancy certificate.

### **Bib number**

Participants are obligated to keep their bib number attached to the front of their shirt, so that it is clear and visible. It is not allowed to over or remove the advertisement of the number. The bib number is personal, and it cannot be transferred to another runner without re-registering the bib number to the new runner.

### **Starting groups**

At the start area, the participants should position themselves to the starting group which is determined by their estimated finishing time.

**Maximum running time**

The maximum running time is six (6) hours from the start.

**Timing**

Timing is done by the timing system selected by the organizer. Participants must obey the event organizer's guidance to use the system correctly. Runners who do not comply with the instructions, cannot be promised an official time and result.

**Disqualification**

The organizers have the right to disqualify a participant if they are found to be cutting the course or otherwise interfering with the performance of other competitors. Failure to comply with these rules may also result in disqualification.

A participant must also immediately stop their run if instructed to do so by a member of the officially designated medical organization, who can be identified as medical personnel. This medical staff member may also instruct or authorize an official or other authorized person to act on their behalf. (World Athletics International Competition Rules CR6.1.4).

**Discontinuing the Race**

If a runner must discontinue the race and wants to use the transfer back to the event area, she/he must go to the nearest refreshment station.

The maximum running time is six (6) hours, and the runner must follow this schedule during the entire race. There are check points which the runner has to pass within certain times in order to be allowed to continue the race. The participant is considered to have discontinued the race if he/she does not arrive to the finish line within the maximum time or he/she does not arrive to the refreshment point within the maximum time of the race. A runner who stays behind the control personnel continues the run at own risk as a pedestrian.

**Results**

Every participant who finishes within the time limit will receive both a gross and a net time. The gross time is measured from the starting gun to crossing the finish line, whereas the net time starts when the runner crosses the start line and stops at the finish line. The results list is based on net times. For statistical purposes, net time is recorded, while, for example, national records are registered using gross times in accordance with World Athletics international rules.

**Prizes**

All runners finishing the race within the maximum running time are given a finisher medal. In addition, the best women and men in the open class, and the best women and men of each age group might be awarded. Prizes are determined on an annually basis by the event organizer.

**Insurance**

Participants are not insured by the organizer.

Participants covered by Finland's residence-based social security (Kela) can purchase accident insurance during registration to cover sudden incidents that may occur during the event. The insurance is valid from the moment the participant reaches the starting area until they have left the course at the finish or exited the designated finish area. If insurance assistance is needed, the participant must first contact the event's official medical staff.

Foreign runners participate in the event at their own risk.

### **Rights to photos and videos**

The event organizer has all rights to use the photos and videos taken during the event.

### **Address information**

The address information of registered runners can be used in direct marketing regarding Finnish Athletics' (FA) events, if the participant gives the permission for this whilst registering for the race.

### **Complaints and Protests**

Any complaints must be done in writing within one (1) hour after the official finish time of the race. Complaints must be done at the Race Office.

### **Force majeure**

For reasons of force majeure, the event organizer could be forced to change or shorten the course or can decide to cancel or postpone the event at short notice. A force majeure is considered to be any unpredictable event that the organizer has no control over. In this case, no entry fees and additional orders will be refunded to the participant. The organizer is not liable for any costs incurred by the participant if the event has to be cancelled because of force majeure.

### **Other rules and regulations**

In addition to these terms and conditions, the event organizer can give more instructions or regulations which the participants are obligated to comply with.

## **2. Helsinki City Half**

### **HELSINKI CITY HALF (HCH) TERMS AND CONDITIONS**

All registered runners are obeyed to follow these terms and conditions for the Helsinki City Half (HCH) event. The event is organized by the Finnish Athletics (FA) the national athletics federation of Finland and Helsingin Kisa-Veikot, Helsingin Poliisi-Voimailijat and Viipurin Urheilijat. The event complies with the International Association of Athletics Federations (WA) competition rules.

### **Judges**

The judges of the HCH are the head judge and the executive committee of the race.

### **Executive Committee**

The HCH executive committee consists of the Race Director and the Race Secretary.

### **Age limit**

There is no official age limit for the HCH event, but the event organizer recommends the participant to be 16 years old or older.

### **Age groups**

The Helsinki City Half contains of the Women/Men Open category as well as annually decided age groups. Participants are placed to defined age groups according to their announced birth date when registering for the race. Age groups are determined by participants' age on December 31st of the race year (TR3). If a participant wishes, she/he can compete in the open class/category, but not in other age groups.

### **Finnish Championships of associations**

The Finnish Championship races for various associations are held during the Helsinki City Half. Each runner may participate in only one championship category.

### **Doping**

Finnish Athletics (FA) follows the rules of Finnish Antidoping Agency (FINADA) and in cooperation, these parties have the right to perform doping tests on registered runners.

### **Race Shoes**

Helsinki City Run follows the rules of World Athletics (WA) regarding road running race shoes.

### **Registration**

The registration for the HCH is done by submitting the announced entry fee to the event organizer. The registration must be done online by using the provided online registration system. The entry fees are decided upon annually. A registration is personal and cannot be transferred to another runner without a re-registration.

### **Cancellation and Transfer of Participation**

Participation in the run cannot be cancelled, and registration fees will not be refunded under any circumstances.

If you purchased cancellation insurance when registering, you may apply for a refund of the registration fee if you are unable to participate in the event. The price of the insurance depends on the amount of the registration fee. The service is provided by an external party, from whom compensation is claimed. Cancellation insurance must be purchased at the time of registration; it cannot be purchased afterwards.

Helsinki City Run is committed to following the guidance of authorities and event organizers regarding any infectious diseases. Helsinki City Run or the event organizer is not obliged to refund the ticket price if restrictions imposed by authorities or similar entities result in restrictions on the event.

Due to pregnancy, participation may be postponed by one or two years upon presentation of a pregnancy certificate.

### **Bib number**

Every participant has a personal bib number. It must be attached to the front of the shirt so that the number is visible and clear. The numbers must not be folded. The bib number is personal, and it cannot be transferred to another runner without re-registering the bib number to the new runner.

### **Starting groups**

At the start area, the participants should position themselves to the starting group which is determined by their estimated finishing time. Participants are obliged to start the race in the starting group printed on their personal bib numbers. The event organizer has the right to remove a runner starting in a wrong group. Neither a time nor a result can be guaranteed for a runner starting in a wrong starting group. The organizer has the right to define and make changes to the starting groups before the race.

### **Maximum running time**

The maximum running time is three (3) hours from the start.

### **Timing**

Timing is done by the timing system selected by the event organizer. Participants must obey the event organizer's guidance to use the system correctly. Runners who do not comply with the instructions, cannot be promised an official time and result.

### **Disqualification**

The organizers have the right to disqualify a participant if they are found to be cutting the course or otherwise interfering with the performance of other competitors. Failure to comply with these rules may also result in disqualification.

A participant must also immediately stop their run if instructed to do so by a member of the officially designated medical organization, who can be identified as medical personnel. This medical staff member may also instruct or authorize an official or other authorized person to act on their behalf. (World Athletics International Competition Rules CR6.1.4).

### **Discontinuing the race**

If a runner must discontinue the race and wants to use the transfer back to the event area, she/he must go to the nearest refreshment station.

The maximum running time is three (3) hours, and the runner must follow this schedule during the entire race. There are check points which the runner must pass within certain times in order to be allowed to continue the race. The participant is considered to have discontinued the race if he/she does not arrive to the finish line within the maximum time or he/she does not arrive to the refreshment point within the

maximum time of the race. A participant who stays behind the control personnel continues the run at own risk as a pedestrian.

## **Results**

Every participant who finishes within the time limit will receive both a gross and a net time. The gross time is measured from the starting gun to crossing the finish line, whereas the net time starts when the runner crosses the start line and stops at the finish line. The results list is based on net times. For statistical purposes, net time is recorded, while, for example, national records are registered using gross times in accordance with World Athletics international rules.

## **Prizes**

All participants finishing the race within the maximum running time are given a finisher medal. In addition, the best women and men in the open class, and the best women and men of each age group might be awarded. Prizes are determined on an annually basis by the event organizer.

## **Insurance**

Participants are not insured by the organizer.

Participants covered by Finland's residence-based social security (Kela) can purchase accident insurance during registration to cover sudden incidents that may occur during the event. The insurance is valid from the moment the participant reaches the starting area until they have left the course at the finish or exited the designated finish area. If insurance assistance is needed, the participant must first contact the event's official medical staff.

Foreign runners participate in the event at their own risk.

## **Rights to photos and videos**

The event organizer has all rights to use the photos and videos taken during the HCR event.

## **Address information**

The address information of registered runners can be used in direct marketing regarding Finnish Athletics' (FA) events, if the participant gives the permission for this whilst registering for the race.

## **Complaints and Protests**

Any complaints must be done in writing within one (1) hour after the official finish time of the race. Complaints must be done at the Race Office.

## **Force majeure**

For reasons of force majeure, the event organizer could be forced to change or shorten the course or can decide to cancel or postpone the event at short notice. A force majeure is considered to be any unpredictable event that the organizer has no control over. In this case, no entry fees and additional orders will be refunded to the participant. The organizer is not liable for any costs incurred by the participant if the event has to be cancelled because of force majeure.

### **Other rules and regulations**

In addition to these terms and conditions, the event organizer can give more instructions or regulations which the participants are obligated to comply with.

## **3. Helsinki City 5**

### **HELSINKI CITY 5 TERMS AND CONDITIONS**

All registered participants are obeyed to follow these terms and conditions for the Helsinki City 5 (HC5) event. The event is organized by the Finnish Athletics (FA) the national athletics federation of Finland and Helsingin Kisa-Veikot, Helsingin Poliisi-Voimailijat and Viipurin Urheilijat. The event complies with the International Association of Athletics Federations (IAAF) competition rules.

#### **Judges**

The judges of the HCH are the head judge and the executive committee of the race.

#### **Executive Committee**

The Helsinki City 5 executive committee consists of the Race director and Race Secretary.

#### **Age groups**

The Helsinki City 5 contains of the Women/Men Open category as well as annually decided age groups. Participants are placed to defined age groups according to their announced birth date when registering for the race. Age groups are determined by participants' age on December 31st of the race year (TR3). If a participant wishes, she/he can compete in the open class/category, but not in other age groups.

#### **Age limit**

There is no age limit for the Helsinki City 5.

#### **Finnish Championships of associations**

The Finnish Championship races for various associations are held during the Helsinki City 5. Each runner may participate in only one championship category.

#### **Doping**

Finnish Athletics (FA) follows the rules of Finnish Antidoping Agency (FINADA) and in cooperation, these parties have the right to perform doping tests on registered runners.

#### **Race Shoes**

Helsinki City Run follows the rules of World Athletics (IAAF) regarding road running race shoes.



## **Registration**

The registration for the Helsinki City 5 is done by submitting the announced entry fee to the event organizer. The registration must be done online by using the provided online registration system. The entry fees are decided upon annually. A registration is personal and cannot be transferred to another runner without a re-registration.

## **Cancellation and Transfer of Participation**

Participation in the run cannot be cancelled, and registration fees will not be refunded under any circumstances.

If you purchased cancellation insurance when registering, you may apply for a refund of the registration fee if you are unable to participate in the event. The price of the insurance depends on the amount of the registration fee. The service is provided by an external party, from whom compensation is claimed. Cancellation insurance must be purchased at the time of registration; it cannot be purchased afterwards.

Helsinki City Run is committed to following the guidance of authorities and event organizers regarding any infectious diseases. Helsinki City Run or the event organizer is not obliged to refund the ticket price if restrictions imposed by authorities or similar entities result in restrictions on the event.

Due to pregnancy, participation may be postponed by one or two years upon presentation of a pregnancy certificate.

## **Bib number**

Every participant has a personal bib number. It must be attached to the front of the shirt so that the number is visible and clear. The numbers must not be folded. The bib number is personal, and it cannot be transferred to another runner without re-registering the bib number to the new runner.

## **Starting groups**

Participants are obliged to start the race in the starting group printed on their personal bib numbers. The event organizer has the right to remove a runner starting in a wrong group. Neither a time nor a result can be guaranteed for a runner starting in a wrong start group. The organizer has the right to define and make changes to the starting groups before the race.

## **Maximum running time**

The maximum running time is one (1) hour from the start.

## **Timing**

Timing is done by the timing system selected by the event organizer. Participants must obey the event organizer's guidance to use the system correctly. Runners who do not comply with the instructions, cannot be promised an official time and result.

## **Disqualification**

The organizers have the right to disqualify a participant if they are found to be cutting the course or otherwise interfering with the performance of other competitors. Failure to comply with these rules may also result in disqualification.

A participant must also immediately stop their run if instructed to do so by a member of the officially designated medical organization, who can be identified as medical personnel. This medical staff member may also instruct or authorize an official or other authorized person to act on their behalf. (World Athletics International Competition Rules CR6.1.4).

### **Discontinuing the race**

If a participant decides to withdraw, they do not need to report it to the event organizers.

### **Results**

Every participant who finishes within the time limit will receive both a gross and a net time. The gross time is measured from the starting gun to crossing the finish line, whereas the net time starts when the runner crosses the start line and stops at the finish line. The results list is based on net times. For statistical purposes, net time is recorded, while, for example, national records are registered using gross times in accordance with World Athletics international rules.

### **Prizes**

All participants finishing the race within the maximum running time are given a finisher medal. In addition, the best women and men in the open class, and the best women and men of each age group might be awarded. Prizes are determined on an annually basis by the event organizer.

### **Insurance**

Participants are not insured by the organizer.

Participants covered by Finland's residence-based social security (Kela) can purchase accident insurance during registration to cover sudden incidents that may occur during the event. The insurance is valid from the moment the participant reaches the starting area until they have left the course at the finish or exited the designated finish area. If insurance assistance is needed, the participant must first contact the event's official medical staff.

Foreign runners participate in the event at their own risk.

### **Rights to photos and videos**

The event organizer has all rights to use the photos and videos taken during the Helsinki City 5 event.

### **Address information**

The address information of registered runners can be used in direct marketing regarding Finnish Athletics' (FA) events, if the participant gives the permission for this whilst registering for the race.

### **Complaints and Protests**

Any complaints must be done in writing within one (1) hour after the official finish time of the race. Complaints must be done at the Race Office.

#### **Force majeure**

For reasons of force majeure, the event organizer could be forced to change or shorten the course or can decide to cancel or postpone the event at short notice. A force majeure is considered to be any unpredictable event that the organizer has no control over. In this case, no entry fees and additional orders will be refunded to the participant. The organizer is not liable for any costs incurred by the participant if the event has to be cancelled because of force majeure.

#### **Other rules and regulations**

In addition to these terms and conditions, the event organizer can give more instructions or regulations which the participants are obligated to comply with.

## **4. Helsinki City 5 Walk**

### **HELSINKI CITY 5 WALK TERMS AND CONDITIONS**

All registered participants are obeyed to follow these terms and conditions for the Helsinki City 5 Walk event. The event is organized by the Finnish Athletics (FA) the national athletics federation of Finland and Helsingin Kisa-Veikot, Helsingin Poliisi-Voimailijat and Viipurin Urheilijat. The event complies with the International Association of Athletics Federations (WA) competition rules.

#### **Judges**

The judges of the HCH are the head judge and the executive committee of the race.

#### **Executive Committee**

The Helsinki City 5 Walk executive committee consists of the Race director and Race Secretary.

#### **Age limit**

There is no age limit for the Helsinki City 5 Walk.

#### **Rights to photos and videos**

The event organizer has all rights to use the photos and videos taken during the event.

#### **Address information**

The address information of registered runners can be used in direct marketing regarding Finnish Athletics' (FA) events, if the participant gives the permission for this whilst registering for the race.

## **Registration**

The registration for the Helsinki City 5 Walk is done by submitting the announced entry fee to the event organizer. The registration must be done online by using the provided online registration system. The entry fees are decided upon annually. A registration is personal and cannot be transferred to another runner without a re-registration.

## **Cancellation and Transfer of Participation**

Participation in the run cannot be cancelled, and registration fees will not be refunded under any circumstances.

If you purchased cancellation insurance when registering, you may apply for a refund of the registration fee if you are unable to participate in the event. The price of the insurance depends on the amount of the registration fee. The service is provided by an external party, from whom compensation is claimed. Cancellation insurance must be purchased at the time of registration; it cannot be purchased afterwards.

Helsinki City Run is committed to following the guidance of authorities and event organizers regarding any infectious diseases. Helsinki City Run or the event organizer is not obliged to refund the ticket price if restrictions imposed by authorities or similar entities result in restrictions on the event.

Due to pregnancy, participation may be postponed by one or two years upon presentation of a pregnancy certificate.

## **Insurance**

Participants are not insured by the organizer.

Participants covered by Finland's residence-based social security (Kela) can purchase accident insurance during registration to cover sudden incidents that may occur during the event. The insurance is valid from the moment the participant reaches the starting area until they have left the course at the finish or exited the designated finish area. If insurance assistance is needed, the participant must first contact the event's official medical staff.

Foreign runners participate in the event at their own risk.

## **Bib number**

Every participant has a personal bib number. It must be attached to the front of the shirt so that the number is visible and clear. The numbers must not be folded. The bib number is personal, and it cannot be transferred to another runner without re-registering the bib number to the new runner.

## **Maximum time**

The Helsinki City 5 Walk has a one (1) hour time limit.

## **Discontinuing the race**

If a participant decides to withdraw, they do not need to report it to the event organizers.

## **Disqualification**

The organizers have the right to disqualify a participant if they are found to be cutting the course or otherwise interfering with the performance of other competitors. Failure to comply with these rules may also result in disqualification.

A participant must also immediately stop their run if instructed to do so by a member of the officially designated medical organization, who can be identified as medical personnel. This medical staff member may also instruct or authorize an official or other authorized person to act on their behalf. (World Athletics International Competition Rules CR6.1.4).

### **Prizes**

All participants finishing the race within the maximum time are given a medal.

### **Force majeure**

For reasons of force majeure, the event organizer could be forced to change or shorten the course or can decide to cancel or postpone the event at short notice. A force majeure is considered to be any unpredictable event that the organizer has no control over. In this case, no entry fees and additional orders will be refunded to the participant. The organizer is not liable for any costs incurred by the participant if the event has to be cancelled because of force majeure.

### **Other rules and regulations**

In addition to these terms and conditions, the event organizer can give more instructions or regulations which the participants are obligated to comply with.

## 5. Helsinki City Marathon Relay (Marathonviesti)

### HELSINKI CITY MARATHON RELAY TERMS AND CONDITIONS

All registered runners are obligated to follow these terms and conditions for the Helsinki City Marathon Relay event. The event is organized by the Finnish Athletics (FA), the national athletics federation of Finland, and sport clubs: Helsingin Kisa-Veikot, Viipurin Urheilijat and Helsingin Poliisivoimailijat. The event complies with the International Association of Athletics Federations (WA) competition rules.

#### **Judges**

The judges of the HCH are the head judge and the executive committee of the race.

#### **Executive Committee**

The Helsinki City Marathon Relay executive committee consists of the Race director and Race Secretary.

#### **Age limit**

There is no official age limit for the Relay, but the event organizer recommends the participant to be 16 years old or older.

#### **Age groups**

There is only one, open class/category for the Relay. Mixed-gender teams are permitted.

#### **Doping**

Finnish Athletics (FA) follows the rules of Finnish Antidoping Agency (FINADA) and in cooperation, these parties have the right to perform doping tests on registered runners.

#### **Race Shoes**

Helsinki City Run follows the rules of World Athletics (WA) regarding road running race shoes.

#### **Registration**

The registration for the Helsinki City Marathon Relay is done by submitting the announced entry fee to the event organizer. The registration must be done online by using the provided online registration system. The entry fees are decided upon annually. The entry fee for the Marathon Relay cannot be paid with an employee benefit, as the employee benefit is a personal benefit.

The team leader enters a team and add the other runners to the registration. The team leader can change a team member or the running order in the participation profile. The team leader is responsible for updating the details of all runners in the team.

### **Cancelling the registration and replacement of team runners**

Cancelling the participation is not possible after completing the registration. The registrations are non-refundable and non-transferable. If a team has purchased cancellation insurance when registering, they may apply for a refund of the registration fee if they are unable to participate in the event. The price of the insurance depends on the amount of the registration fee. The service is provided by an external party, from whom compensation is claimed. Cancellation insurance must be purchased at the time of registration; it cannot be purchased afterwards.

In a case of an injury or illness, a registered runner can be replaced with another runner in the team. All team members have to be registered in the team before the race package is collected.

Helsinki City Run is committed to following the guidance of authorities and event organizers regarding any infectious diseases. Helsinki City Run or the event organizer is not obliged to refund the ticket price if restrictions imposed by authorities or similar entities result in restrictions on the event.

### **Bib number and baton**

Every participant has a personal bib number. It must be attached to the front of a shirt so that the number is visible and clear. The numbers must not be folded. The bib number is personal, and it cannot be transferred to another runner without changing the name in the participant profile by a team leader. The marathon relay team will also receive the relay baton when collecting their bib numbers. The team must carry the baton from the start to the finish. The timing chip is located in the relay baton. The anchor runner's bib also contains a timing chip, which serves to verify the time recorded by the baton.

### **Maximum running time**

The maximum running time for the team is six (6) hours from the start.

### **Timing**

Timing is done by the timing system selected by the organizer. The participants must obey the organizer's guidance to use the system correctly. Teams who do not comply with the instructions, cannot be promised an official time and result. Teams run a joint time and therefore, there are no individual times reported for runners. The team receives one relay baton equipped with a timing chip, which each runner hands over to the next runner. The team's total time is recorded when the relay baton crosses the finish line. Team members may cross the finish line together as a team or separately.

### **Transitions between runners**

The Marathon Relay consists of four (4) legs, all being of different distances. Each team can consist of maximum four (4) participants. The transitions between runners take place in the area designated for it on the route. The incoming runner gives the baton (which contains the timing chip) to the next runner inside the transition area. Team runners need to get to the transition areas on their own and are responsible for carrying and transporting their team's equipment.

### **Disqualification**

The organizers have the right to disqualify a team if they are found to be cutting the course or otherwise interfering with the performance of other competitors. Failure to comply with these rules may also result in disqualification.

A participant must also immediately stop their run if instructed to do so by a member of the officially designated medical organization, who can be identified as medical personnel. This medical staff member may also instruct or authorize an official or other authorized person to act on their behalf. (World Athletics International Competition Rules CR6.1.4).

### **Discontinuing the race**

If a team runner must discontinue the race and wants to use the transfer back to the event area, she/he must go to the nearest refreshment station.

The maximum running time is six (6) hours for the Relay, and the runners must follow this schedule during the entire race. At the route, there are check points which the runners have to pass within certain times in order to be allowed to continue the race. A team is considered to have discontinued the race if the last team runner does not arrive to the finish line within the maximum time or the last runner does not arrive to the refreshment point within the maximum time of the race. A team runner who stays behind the control personnel continues the run at own risk as a pedestrian.

### **Results**

Every team that starts in the correct starting group and finishes within the time limit will receive both a gross and a net time. The gross time is measured from the starting gun to crossing the finish line, whereas the net time begins when the runner crosses the start line and stops at the finish line. The results list is based on net times. For statistical purposes, the net time is recorded, while national records, for example, are registered using gross times in accordance with World Athletics international rules.

### **Prizes**

All team members, whose runners finish the race within the maximum running time, are given a medal. In addition, the best teams might be awarded. Prizes are determined annually by the organizer.

### **Insurance**

All team runners belonging to Finnish Social Security system (in Finnish KELA) are automatically insured for acute illness or an injury sustained during the event. The insurance is valid from the moment the participant reaches the starting area until they have left the course at the finish or exited the designated finish area. If insurance assistance is needed, the participant must first contact the event's official medical staff.

Foreign runners participate in the event at their own risk.

### **Rights to photos and videos**

The event organizer has all rights to use the photos and videos taken during the Helsinki City Marathon Relay event.

### **Address information**



The address information of registered runners can be used in direct marketing regarding Finnish Athletics' (FA) events, if the participant gives the permission for this whilst registering for the race.

### **Complaints and Protests**

Any complaints must be done in writing within one (1) hour after the official finish time of the race. Complaints must be done at the Race Office.

### **Force majeure**

For reasons of force majeure, the event organizer could be forced to change or shorten the course or can decide to cancel or postpone the event at short notice. A force majeure is considered to be any unpredictable event that the organizer has no control over. In this case, no entry fees and additional orders will be refunded to the participant. The organizer is not liable for any costs incurred by the participant if the event has to be cancelled because of force majeure.

### **Other rules and regulations**

In addition to these terms and conditions, the event organizer can give more instructions or regulations which the participants are obligated to comply with.

## **5. Helsinki City Double**

### **HELSINKI CITY DOUBLE TERMS AND CONDITIONS**

Runners of the Helsinki City Double event are participating both in the Helsinki City Half (HCH) and Helsinki City Marathon (HCM) distance during the same event day. All registered runners are obeyed to follow the terms and conditions of both events. The event is organized by the Finnish Athletics (FA) the national athletics federation of Finland and Helsingin Kisa-Veikot, Helsingin Poliisi-Voimailijat and Viipurin Urheilijat. The event complies with the International Association of Athletics Federations (WA) competition rules.

### **Judges**

The judges of the event are the head judge and the executive committee of the race.

### **Executive committee**

The executive committee consists of the Race Director and the Race Secretary.

### **Age limit**

The age limit for the Helsinki City Double event is 18 years. Participation right is given to those runners who are or will be 18 years old during the year of the race. With the guardian's written consent, individuals under the age of 18 may also participate in the event.

### **Age groups**

The Helsinki City Double contains of the Women/Men Open category. The HCH and HCM may however have defined age groups.

Age groups are determined by participants' age on December 31st of the race year (WA rule 141, article 1).

### **Doping**

Finnish Athletics (FA) follows the rules of Finnish Antidoping Agency (FINADA) and in cooperation, these parties have the right to perform doping tests on registered runners.

### **Race Shoes**

Helsinki City Run follows the rules of World Athletics (WA) regarding road running race shoes.

### **Registration**

The registration to the Helsinki City Double is done by submitting the announced entry fee to the event organizer. The registration must be done online by using the provided online registration system. The entry fees are decided upon annually. A registration is personal and cannot be transferred to another runner without a re-registration.

### **Cancellation and Transfer of Participation**

Participation in the run cannot be cancelled, and registration fees will not be refunded under any circumstances.

If you purchased cancellation insurance when registering, you may apply for a refund of the registration fee if you are unable to participate in the event. The price of the insurance depends on the amount of the registration fee. The service is provided by an external party, from whom compensation is claimed. Cancellation insurance must be purchased at the time of registration; it cannot be purchased afterwards.

Helsinki City Run is committed to following the guidance of authorities and event organizers regarding any infectious diseases. Helsinki City Run or the event organizer is not obliged to refund the ticket price if restrictions imposed by authorities or similar entities result in restrictions on the event.

Due to pregnancy, participation may be postponed by one or two years upon presentation of a pregnancy certificate.

### **Bib number**

Participants are obligated to keep their bib number attached to the front of their shirt, so that it is clear and visible. It is not allowed to over or remove the advertisement of the number. The bib number is personal, and it cannot be transferred to another runner without re-registering the bib number to the new runner.

### **Starting groups**

At the start area, the participants should position themselves to the starting group which is determined by their estimated finishing time. The signs of the estimated finishing times are visible at the start area.

## **Maximum running time**

*Helsinki City Half:* The maximum running time is three (3) hours from the start.

*Helsinki City Marathon:* The maximum running time is six (6) hours from the start.

## **Timing**

Timing is done by the timing system selected by the organizer. Participants must obey the event organizer's guidance to use the system correctly. Runners who do not comply with the instructions, cannot be promised an official time and result.

## **Disqualification**

The organizers have the right to disqualify a participant if they are found to be cutting the course or otherwise interfering with the performance of other competitors. Failure to comply with these rules may also result in disqualification.

A participant must also immediately stop their run if instructed to do so by a member of the officially designated medical organization, who can be identified as medical personnel. This medical staff member may also instruct or authorize an official or other authorized person to act on their behalf. (World Athletics International Competition Rules CR6.1.4).

## **Discontinuing the Race**

*Helsinki City Half:*

If a participant must discontinue the race and wants to use the transfer back to the event area, she/he must go to the nearest refreshment station.

The maximum running time is three (3) hours, and the runner must follow this schedule during the entire race. There are check points which the runner must pass within certain times in order to be allowed to continue the race. The participant is considered to have discontinued the race if he/she does not arrive to the finish line within the maximum time or he/she does not arrive to the refreshment point within the maximum time of the race. A participant who stays behind the control personnel continues the run at own risk as a pedestrian.

*Helsinki City Marathon:*

If a participant must discontinue the race and wants to use the transfer back to the event area, she/he must go to the nearest refreshment station.

The maximum running time is six (6) hours, and the runner must follow this schedule during the entire race. There are check points which the runner has to pass within certain times in order to be allowed to continue the race. The participant is considered to have discontinued the race if he/she does not arrive to the finish line within the maximum time or he/she does not arrive to the refreshment point within the maximum time of the race. A runner who stays behind the control personnel continues the run at own risk as a pedestrian.

## **Results**

*Helsinki City Half:*

Every participant who starts in the correct starting group and finishes within the time limit will receive both a gross and a net time. The gross time is measured from the starting gun to crossing the finish line, whereas

the net time starts when the runner crosses the start line and stops at the finish line. The results list is based on net times. For statistical purposes, net time is recorded, while, for example, national records are registered using gross times in accordance with World Athletics international rules. Neither a time nor a result can be guaranteed for a runner starting in a wrong starting group.

#### *Helsinki City Marathon:*

Every participant who starts in the correct starting group and finishes within the time limit will receive both a gross and a net time. The gross time is measured from the starting gun to crossing the finish line, whereas the net time starts when the runner crosses the start line and stops at the finish line. The results list is based on net times. For statistical purposes, net time is recorded, while, for example, national records are registered using gross times in accordance with World Athletics international rules. Neither a time nor a result can be guaranteed for a runner starting in a wrong starting group.

#### *Helsinki City Double:*

To determine a participant's result in the Helsinki City Double event, their finishing times from both the HCH and HCM distances are combined.

### **Prizes**

All runners finishing both distances within the defined maximum running time are given a finisher medal. In addition, the best women and men in the open class might be awarded. Prizes are determined on an annually basis by the event organizer.

### **Insurance**

Participants are not insured by the organizer.

Participants covered by Finland's residence-based social security (Kela) can purchase accident insurance during registration to cover sudden incidents that may occur during the event. The insurance is valid from the moment the participant reaches the starting area until they have left the course at the finish or exited the designated finish area. If insurance assistance is needed, the participant must first contact the event's official medical staff.

Foreign runners participate in the event at their own risk.

### **Rights to photos and videos**

The event organizer has all rights to use the photos and videos taken during the event.

### **Address information**

The address information of registered runners can be used in direct marketing regarding Finnish Athletics' (FA) events, if the participant gives the permission for this whilst registering for the race.

### **Complaints and Protests**

Any complaints must be done in writing within one (1) hour after the official finish time of the race. Complaints must be done at the Race Office.

### **Force majeure**

For reasons of force majeure, the event organizer could be forced to change or shorten the course or can decide to cancel or postpone the event at short notice. A force majeure is considered to be any unpredictable event that the organizer has no control over. In this case, no entry fees and additional orders will be refunded to the participant. The organizer is not liable for any costs incurred by the participant if the event has to be cancelled because of force majeure.

### **Other rules and regulations**

In addition to these terms and conditions, the event organizer can give more instructions or regulations which the participants are obligated to comply with.

## **6. Minimarathon**

These rules apply to the Minimarathon event. By registering, all participants agree to comply with these rules. The responsible organizers of the run are the Finnish Athletics Federation, Helsingin Kisa-Veikot, Helsingin Poliisi-Voimailijat, and Viipurin Urheilijat.

### **Judges**

The judges of the event are the head judge and the executive committee of the race.

### **Executive committee**

The executive committee consists of the Race Director and the Race Secretary.

### **Age limit**

All children aged 0–12 may participate in the Minimarathon.

### **Rights to photos and videos**

The event organizer has all rights to use the photos and videos taken during the event.

### **Address information**

The address information of registered runners can be used in direct marketing regarding Finnish Athletics' (FA) events, if the participant gives the permission for this whilst registering for the race.

### **Complaints**

Any complaints must be done in writing within one (1) hour after the official finish time of the race. Complaints must be done at the Race Office.

## **Registration**

The registration to the Helsinki City Double is done by submitting the announced entry fee to the event organizer. The registration must be done online by using the provided online registration system. The entry fees are decided upon annually. A registration is personal and cannot be transferred to another runner without a re-registration.

## **Cancellation of Participation**

Participation in the run cannot be cancelled, and registration fees will not be refunded under any circumstances.

If you purchased cancellation insurance when registering, you may apply for a refund of the registration fee if you are unable to participate in the event. The price of the insurance depends on the amount of the registration fee. The service is provided by an external party, from whom compensation is claimed. Cancellation insurance must be purchased at the time of registration; it cannot be purchased afterwards.

Helsinki City Run is committed to following the guidance of authorities and event organizers regarding any infectious diseases. Helsinki City Run or the event organizer is not obliged to refund the ticket price if restrictions imposed by authorities or similar entities result in restrictions on the event.

## **Insurance**

Participants are not insured by the organizer.

Participants covered by Finland's residence-based social security (Kela) can purchase accident insurance during registration to cover sudden incidents that may occur during the event. The insurance is valid from the moment the participant reaches the starting area until they have left the course at the finish or exited the designated finish area. If insurance assistance is needed, the participant must first contact the event's official medical staff.

Foreign runners participate in the event at their own risk.

## **Bib number**

Participants are obligated to keep their bib number attached to the front of their shirt, so that it is clear and visible. It is not allowed to over or remove the advertisement of the number. The bib number is personal, and it cannot be transferred to another runner.

## **Start Grouping**

At the Minimarathon, start groups are organized by age category. Age groups may be divided into multiple starts to ensure more space for running. The organizer will divide the young runners into smaller start groups in the start area. The youngest children may walk or run the course with an adult or older siblings in a different age group. It is also possible to start in a different age group's start together with a friend, sibling, etc. Girls and boys run together.

## **Timing, results**

There is no timing in Minimarathon.

**Discontinuing the race**

If a participant decides to withdraw, they do not need to report it to the event organizers.

**Prizes**

All participants finishing the race within the maximum time are given a medal.

**Force majeure**

For reasons of force majeure, the event organizer could be forced to change or shorten the course or can decide to cancel or postpone the event at short notice. A force majeure is considered to be any unpredictable event that the organizer has no control over. In this case, no entry fees and additional orders will be refunded to the participant. The organizer is not liable for any costs incurred by the participant if the event has to be cancelled because of force majeure.

**Other rules and regulations**

In addition to these terms and conditions, the event organizer can give more instructions or regulations which the participants are obligated to comply with.