

ST.PAUL'S INSTITUTIONS



# RULES & REGULATIONS



MARATHON-2024

Say No to Drugs

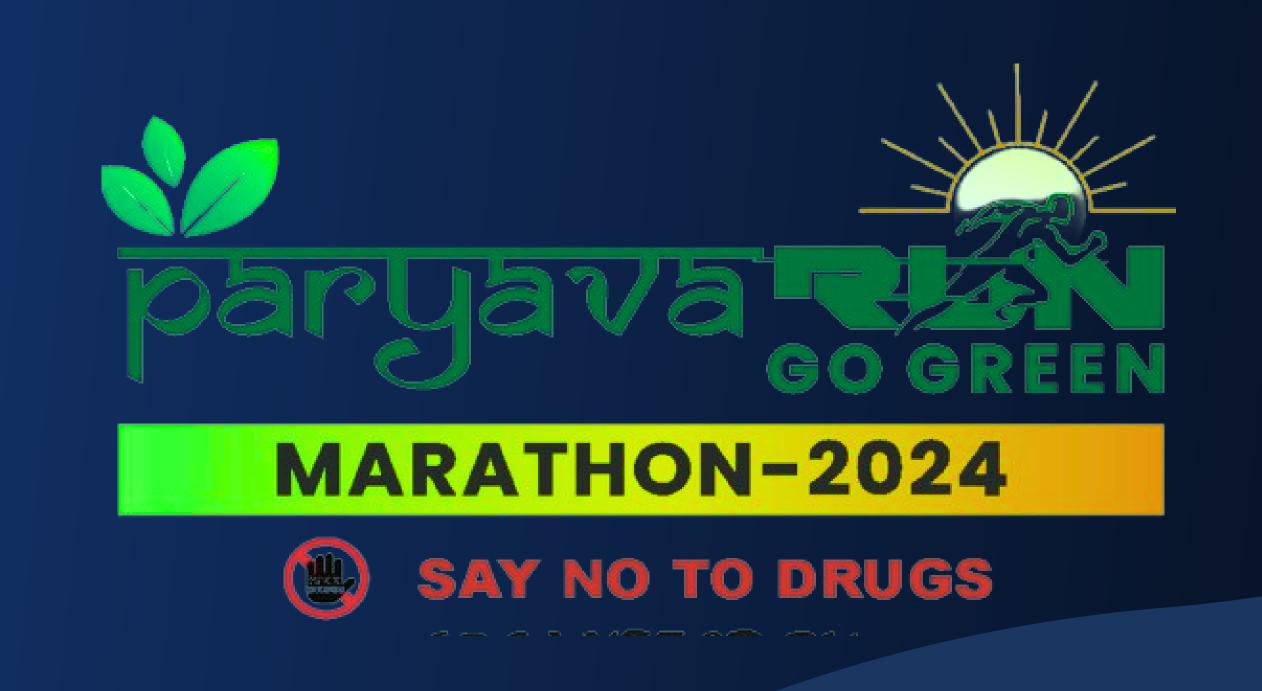






## Participant Eligibility:

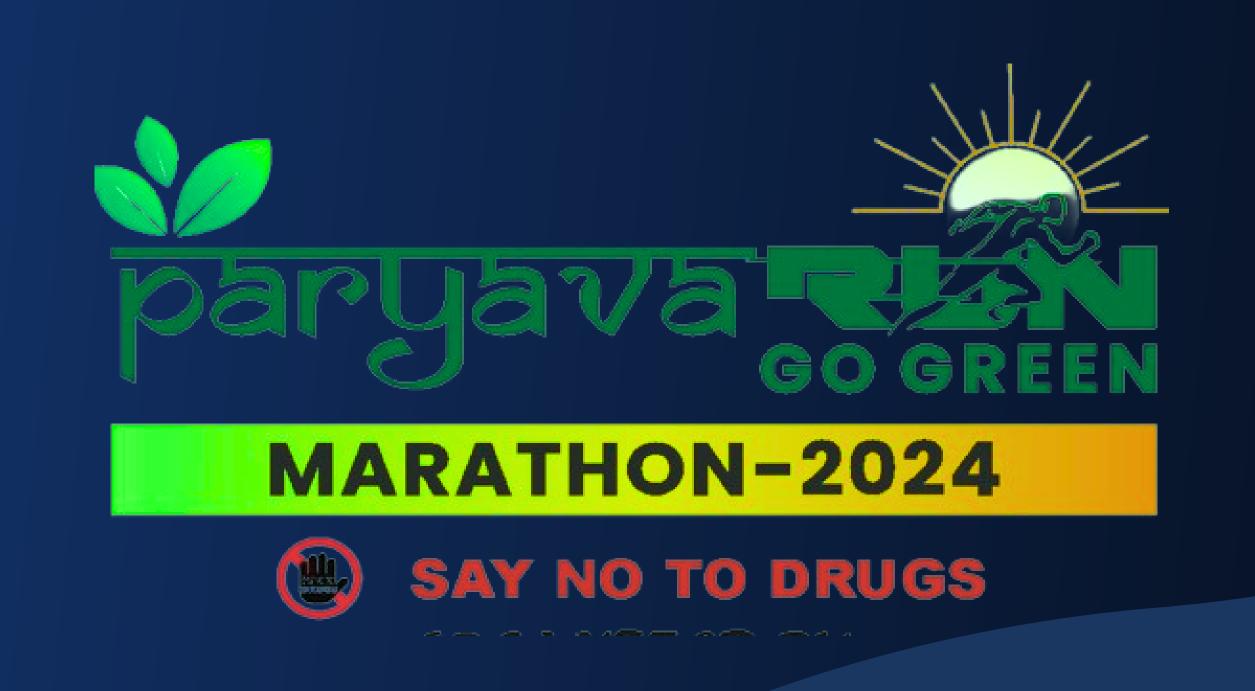
- Participants must be physically fit and able to complete the chosen distance (5kms, 3kms, or 1.8kms).
- Follow the categories for each distance carefully
  - 1. 1.8 km (One point eight Kilometres)
    - For the Students of Standard 1st to 4th
    - For Girls and Boys Separate
    - Parents can accompany their children
  - 2. 3km (Three Kilometres)
    - For students of Standard 5th to 7th
    - For Girls and Boys Separate
    - For FUN RUN (open for all but no prizes will be awarded)
  - 3. 5 km (Five Kilometres)
    - For students of Standard 8th to 10th
    - For Students of Standard 11th and Above (Includes Adults)
    - Separate for girls/women and boys/Men





# 2. Registration:

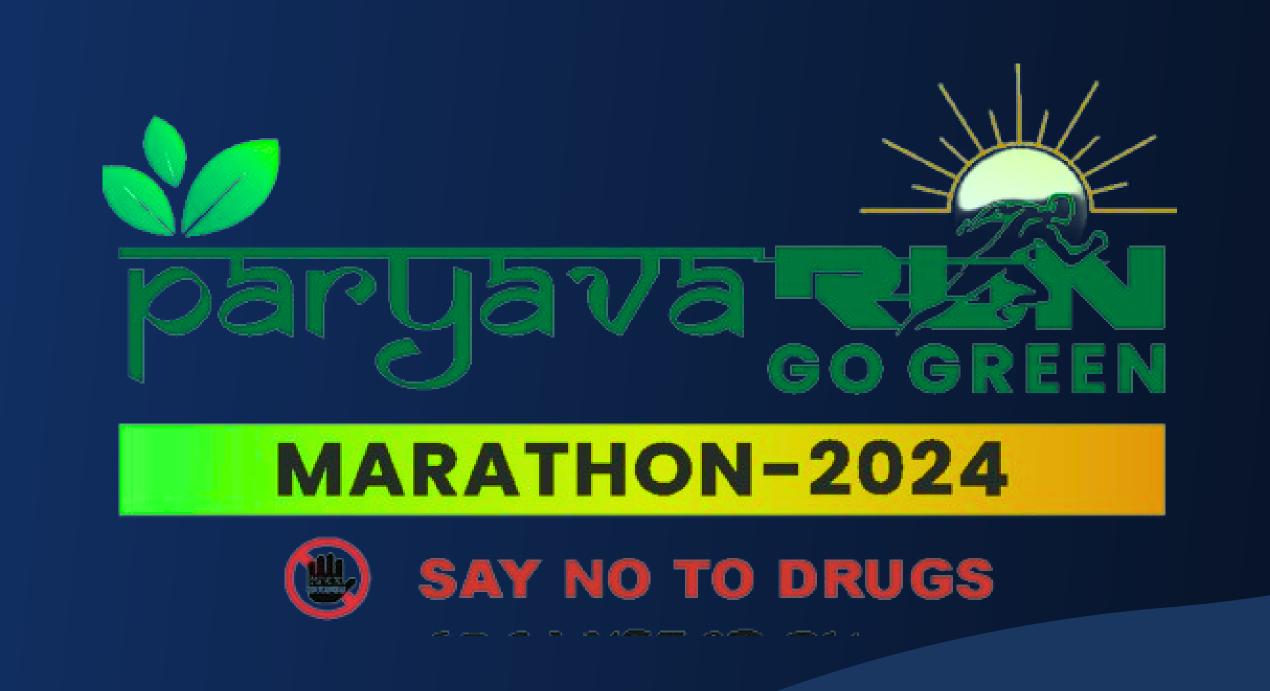
- Register before the specified deadline. (27/01/2024)
- Provide accurate and truthful information during registration.
- Pay the required registration fee.
- Before beginning the run please check that you have a START stamp on your hand and when you finish the run please check that you have the END stamp. (Only those will be considered for the certificate and medal.)





#### Code of Conduct:

- Follow the designated race routes and adhere to traffic rules.
- Carefully adhere to the instructions of the volunteers along the route.
- Abide by the event's theme: "Say No to Drugs And Go Green."
- Maintain a respectful and sportsman like demeanour towards fellow participants, volunteers, and organizers.



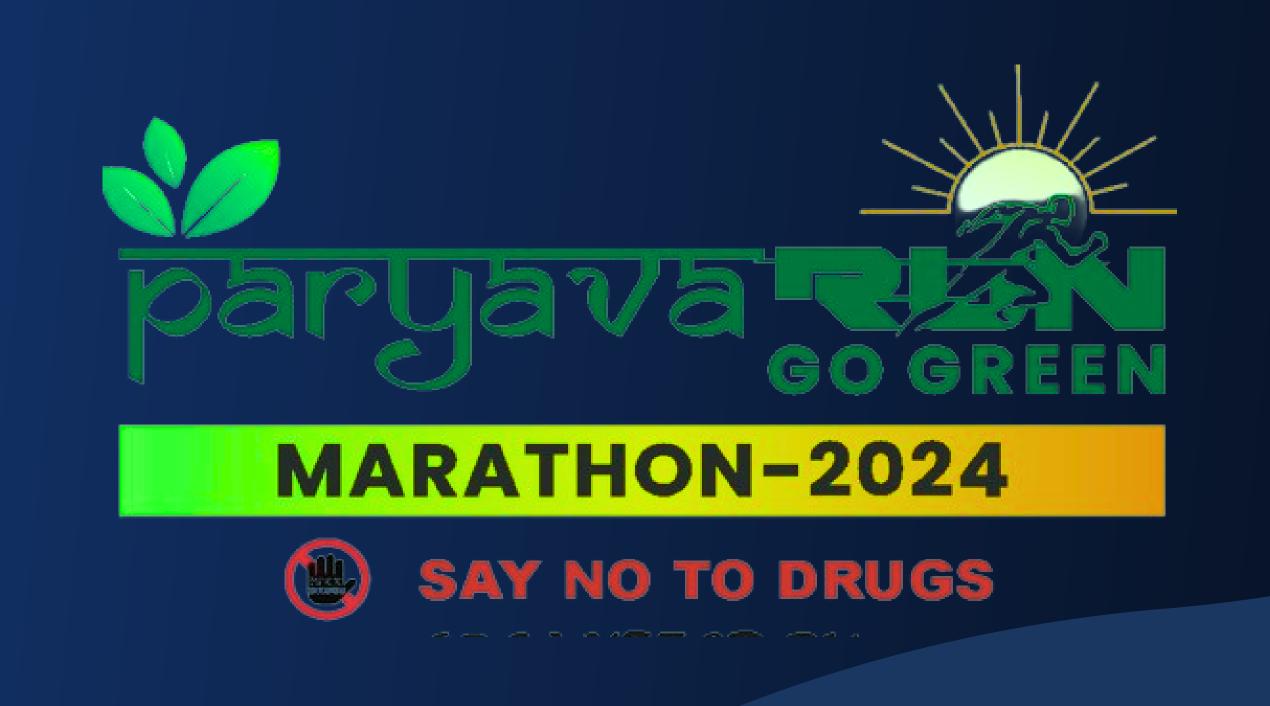


## 4. Health and Safety:

- Ensure that you are in good health and consult a doctor if needed before participating.
- Report any medical conditions or concerns during registration.
- Strictly follow safety instructions provided by event organizers.
- Use proper running attire and footwear.
- We have medical stations at every juncture with trained medical staff, if there is some uneasiness or any health issue please contact the nearest health station.
- Drinking water facilities have been provided at every point along the route.

#### 5. Prohibited Items:

- The use of bicycles, skates, skateboards, or any motorized vehicles is strictly prohibited.
- Avoid the use of headphones or other audio devices for safety reasons.





# 6. Littering:

- Discourage littering along the run route.
- Use designated bins for disposing of waste.

#### 7. Substance Use:

- Strictly prohibit the use of performanceenhancing substances.
- Avoid the consumption of alcohol or recreational drugs before or during the run.





#### Event Attire:

• Wear the event T-shirt provided for visibility and unity or Dress appropriately for the weather conditions.

### 9. Environmental Responsibility:

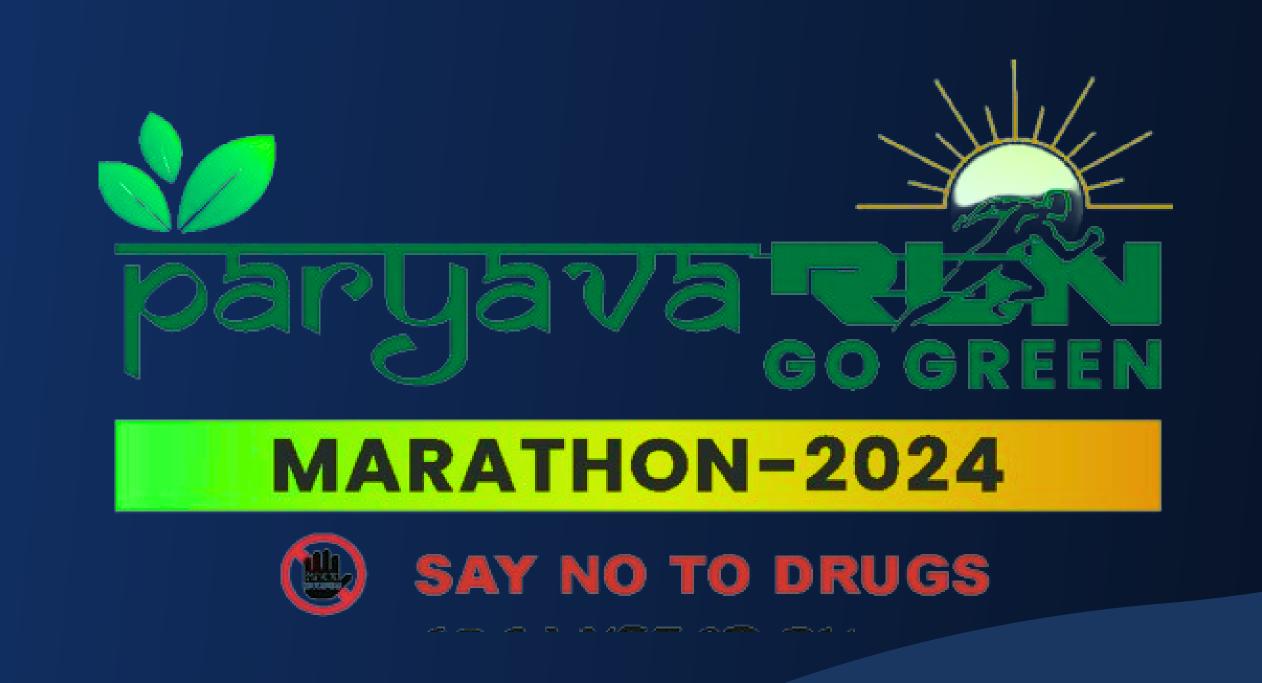
- Support the "Go Green" theme by avoiding single-use plastics.
- Dispose of waste in designated recycling bins.

## 10. Run Etiquette:

- Start the Run in an orderly manner and follow instructions from Run Organisers.
- Be aware of and courteous to other participants.
- Use caution and avoid any contact when overtaking other participants.

#### 11. Medical Assistance:

- Seek medical assistance if feeling unwell during the Run.
- Follow the instructions of medical personnel on-site.





#### 12. Finish Line Protocol:

- Cross the finish line as directed by event officials.
- The decision of the FLP by the organiser's and the FLP judges is final and binding on all the participants.
- Collect any medals, certificates, or other items as specified.
- Each category will have One Winner and one Runner up.

### 13. Photography and Media:

- Allow event organizers to use photographs and videos for promotional purposes.
- Respect the privacy and rights of fellow participants in event-related media.

#### 14. Disqualification:

• Participants may be disqualified for violating any of the above mentioned rules or engaging in unsportsman like conduct.