



ST. PAUL'S
INSTITUTIONS



RULES & REGULATIONS

1st Edition



पर्यावरण **रान**
GO GREEN

MARATHON-2024

Say **NO**
to **Drugs**



www.sphs.edu.in

1. **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
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 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.)

3. 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 performance-enhancing substances.
- Avoid the consumption of alcohol or recreational drugs before or during the run.

8. **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.