



SPARTATHLON

INTERNATIONAL HISTORIC ULTRA-DISTANCE RACE ATHENS -SPARTA 246 KLM

RACE REGULATIONS

AS IN 2017 REVISED

The International “SPARTATHLON” Association is a **non-profit** organization. The Board of Administration, as well as the members of the Association, and the participants in the organization and the realization of the Race work exclusively on a **volunteering** basis and receive no form of compensation, whatsoever.

The race is held in the spirit of “**Fair Competition**”. In order to preserve the high standard and essence of the race, runners are expected at all times to show impeccable behaviour, true sportsmanship, and observe the **Olympic Spirit**.

ARTICLE 1

Runners submit their participation applications online at the website of the International SPARTATHLON Association (ISA). The race’s official language is Greek. The Organizing Committee decides on the approval of the applicants.

ARTICLE 2

Runners assume full responsibility during the race, aware that the given medical services can not be available at all times and in all places.

ARTICLE 3

Runners must provide a recent medical certificate confirming their physical ability to take part in the race.

ARTICLE 4

Runners must present themselves for registration 24 to 48 hours prior to the race, at the place and time indicated by the Race Committee.

ARTICLE 5

Runners are urged to address an official bearing the ISA insignia and get advice on any matter pertaining to the race.

ARTICLE 6

Runners are only allowed to display their national flag on their running outfit. All types of promotion of products, beliefs and slogans are strictly forbidden, except those indicated by the Organization.

ARTICLE 7

Runners must wear the given bib numbers visibly on their chest and back and carry at all times their race accreditation card.

ARTICLE 8

Runners can, on their own responsibility, make use of their personal items during the race. On the eve of the race and between the hours 10 am to 4 pm, all items must be deposited in boxes, bearing the CP number. The ISA will solely deliver each box to its corresponding C/P.

ARTICLE 9

Runners must present themselves at the starting point of the race i.e. the Acropolis, at least 30' prior to the start. Late arrival will result in the runner's disqualification.

ARTICLE 10

Runners may receive solely physical help from their supporters and **only** at the following C/Ps:

C/P No	Km from start	LOCATION
11	42,2	MEGARA
22	80,0	HELLAS-CAN
26	93,0	ANCIENT CORINTH
29	102.1	ZEVGOLATIO
32	112,9	HALKEION GAS STATION

35	123,3	ANCIENT NEMEA
40	139,8	MALANDRENI
43	148,3	LYRKEIA
47	159,3	MOUNTAIN BASE
52	171,5	NESTANE
57	186,1	ZEVGOLATIO ARCADIA
60	195,3	TEGEA
63	206,40	PAPANTONIS
65	212	ARDAMIS (restaurant)
68	223,4	118 HEROES MONUMENT
72	236,2	VOUTIANOI SHELL GAS STATION
75	246,8	FINISH: SPARTA

ARTICLE 11

If deemed necessary, runners may receive help at any point of the race, but only by ISA officials and the accredited medical team.

ARTICLE 12

Paragraph 12 a: Timing Mats

C/P No	Km from start	LOCATION	TIME LIMIT
1	00,0	ACROPOLIS START	07:00
4	19,5	OPPOSITE HALYVOURGIKI ON THE ROAD TOWARDS ELEUSIS	07: 45 – 09: 10
11	42,2	MEGARA WEIGHBRIDGE	09: 40 – 11: 45

18	65,10	AGIOI THEODOROI	11: 15 – 14: 25
22	80,0	HELLAS CAN	11: 45 – 16: 30
28	100,1	ASSOS	13: 50 – 19: 25
35	123,3	ANCIENT NEMEA	15: 30 – 23: 00
47	159,5	MOUNTAIN BASE	19: 40 – 05: 10
52	171,5	NESTANE	20: 50 – 07: 30
60	195,3	ALEA - TEGEA	23:40 – 11:10
69	226,7	HOUSE WITH ARCHES	03: 30 – 16: 30
75	246,8	SPARTA	05: 35 – 19: 00

Paragraph 12 b: Central Check Points.

Medical Care and Physiotherapy Treatment- Food and Refreshments supply

C/P No	Km from Start	LOCATION	TIME LIMIT
22	80,0	HELLAS CAN	11: 45 – 16: 30
35	123,30	ANCIENT NEMEA	15: 30 – 23: 00
43	148,3	LYRKEIA	18: 05 – 03: 10
52	171,50	NESTANE	20: 50 – 07: 30
60	195,30	ALEA- TEGEA	23: 40 – 11: 10
68	223,4	118 HEROES MONUMENT	03: 05 – 15: 25
75	246,80	SPARTA	05: 35 – 19: 00

Paragraph 12 c : Geographical limits of the Race Sectors (Ephorates)

C/P No	Km from Start	LOCATION	TIME LIMIT
22	80,0	HELLAS CAN	11: 45 – 16: 30
35	123,30	ANCIENT NEMEA	15: 30 – 23: 00
47	159,5	MOUNTAIN BASE	19: 40 – 05: 10
49	164,5	SANGAS	20: 00 – 06: 25
60	195,30	ALEA- TEGEA	23: 40 – 11: 10
68	223,4	118 HEROES MONUMENT	03: 05 – 15: 25
75	246,80	SPARTA	05: 35 – 19: 00

ARTICLE 13

Runners, who abandon the race, must turn in their bib numbers and electronic chip to an ISA official and sign the appropriate withdrawal form at the C/P.

ARTICLE 14

Runners who happen to abandon the competition in between CPs hand over the bib numbers and electronic chip at the nearest CP, where they sign the withdrawal form.

Runners that abandon the competition are not allowed to stay in the race and will be transported by an official ISA car to Sparta and to the hotel designated by the Organization. An athlete wishing to use his supporting car must declare it on the withdrawal form. Non compliance will result in the runner's ban from future SPARTATHLON Races.

ARTICLE 15

Runners follow a specific course. If however they involuntarily find themselves off track, they must return to the last C/P where they checked in prior to the deviation and report the deviation, so as to continue the race.

ARTICLE 16

ISA bears no responsibility and/or obligation whatsoever towards runners, who continue the race, even though eliminated due to cut-off time. These athletes run on their own full responsibility.

ARTICLE 17

Runners may report any violation committed by another runner or supporter. The allegation must be in writing and handed to an ISA official at the nearest C/P.

ARTICLE 18

During the race runners are strictly forbidden to use:

A/ Bluetooth, mp3, iPod, or headphones attached to any kind of music reproduction device. For safety reasons a mobile phone is allowed in case of emergency.

B/ Batons (sticks).

ARTICLE 19

Runners found using any illegal substances (doping), are automatically disqualified.

ARTICLE 20

Runners are removed from the race:

- a. due to violation of any article of the Race Rules.
- b. due to arrival after the cut-off time at any given Check Point (C/P)
- c. if ordered by the accredited medical team.

ARTICLE 21

Runners must provide all relevant information concerning their supporters and supporting vehicles. For safety reasons supporters are strictly forbidden to ride on any type of two wheeled vehicle (bicycle, motorcycle etc), so as to follow the race or accompany the athletes.

ARTICLE 22

Runners are **under no circumstances** allowed to enter the supporting vehicle to receive help. Solely at the 17, previously listed, specific C/Ps supporters can:

A/ provide water, refreshments, isotonic, food.

B/ help runners change apparel.

C/ give massage and treat small wounds.

D/ administer any sort of medication prescribed by the accredited medical team.

ARTICLE 23

It is absolutely prohibited for supporting cars to carry posters, stickers or whatever promotes and advertises products, beliefs, causes etc. Corporate and/or professional logos, as well as trade marks are allowed, only if they are permanently imprinted on the vehicle.

ARTICLE 24

Runners' family, friends and supporters, media members (journalists, television crews etc), medical teams, diplomatic delegations, and all persons, teams and vehicles in any way connected to the race, must register during the Registration Day prior to the race and collect their individual accreditation card and insignia, which must be readily presented at any time. Supporting vehicles are by no means allowed to simultaneously serve as press, medical, television etc cars. Any violation will lead to the automatic expulsion of the violators, persons and vehicles, from the race.

ARTICLE 25

Runners, supporters, media members and all persons interested are requested to contact the ISA Secretariat about all matters pertaining to the race. The ISA bears no responsibility whatsoever in case of lack of information or misinformation, that may lead to the disqualification or ban from the race of any said party.

ARTICLE 26

For safety reasons supporters are expected to drive their vehicles during the whole race with extreme caution and at slow speed, and even more so when on unpaved roads.

Supporting cars may only pull over (stop at the side of the road) in the C/Ps listed in Article 10 and below:

C/P No	Km from start	LOCATION
11	42,2	MEGARA
22	80,0	HELLAS CAN
26	93,0	ANCIENT CORINTH
29	102.1	ZEVGOLATIO
32	112,9	HALKEION GAS STATION
35	123,3	ANCIENT NEMEA
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ARTICLE 27

Supporting cars are obliged to stop and park at the appointed areas, as directed by the C/P's race officials.

ARTICLE 28

Mass Media vehicles (for television crews, photo-reporters, cameramen, journalists etc) must follow the race from a reasonable distance from the competitors, so as not to hinder them or appear to assist them. Any infringement results in the immediate removal of the car from the race and the revoking of the passengers accreditations.

ARTICLE 29

A runner, supporter or supporting car found infringing any article of the Race Rules, shall be cautioned by the Sector's Ephor (Marshal) or Supervisor, through a warning yellow flag or eliminated from the race through a red flag.

ARTICLE 30

During the entire race, it is strictly forbidden:

A/ for runners to use or enter a supporter's car or run next to runners, who are not competing in the race.

B/ for supporting vehicles to stop or park anywhere on the route in between C/Ps.

C/ for supporting cars to move right behind or right in front, or parallel to runners.

Any violation of this article will result to the immediate elimination of the runner.

ARTICLE 31

Runners are **immediately eliminated**:

A/ for receiving any sort of unauthorized help.

B/ for inappropriate behaviour on the part as much of runners, as of their supporting crew.

C/ for not complying with an ISA official's recommendations.

ARTICLE 32

Under special circumstances (road works, danger for the runners, adverse weather conditions etc) any C/P can be relocated by the Organization without previous notice.

ARTICLE 33

The ISA provides the runners during the race with all specified light snacks, refreshments and electrolytes. Particular dietary requests can be met in accordance with the ISA. It is then on the responsibility of the individual delegation to provide the special food.

ARTICLE 34

Runners, supporters, as well as any and all participants to the race, are obligated to follow the above listed regulations/articles, as well as any additional guideline provided by the Race Alytarch (Race Director) and the Organizing Committee.

ARTICLE 35

For safety reasons, athletes run against the oncoming traffic. If necessary, the Organization may reverse the direction of the race at certain places.

ARTICLE 36

The Organizing Committee may interfere and observe the athletes' escorts (supporters, family etc) in case they violate any regulations. Such interference directly affects athletes (see Article 29)

ARTICLE 37

Runners and accredited supporters have the obligation to attend the briefing, held on the eve of the race at the place and time indicated by the Organizing Committee.

ARTICLE 38

Runners and supporters are expected to be familiar with the Race's Rules. Accredited supporting vehicles must bear at all times the accreditation signs, which mention the name and registration number of the supported athlete

ARTICLE 39

Any case not covered by the Race Regulations will be resolved by the representing the race attending Officer, or the Alytarch (Race Director) or the Ephor (Marshal).

ARTICLE 40

An appeal concerning a violation of any of the above articles must be submitted in writing to the Hellanodics' Committee (Jury of Appeal) at Sparta Headquarters no later than 20:00 on the last day of the race.

ARTICLE 41

The race's finishing point is the statue of King Leonidas, at the entrance of the Stadium in Sparta. Runners are considered finishers upon touching the statue's base, within the designated time limit.

ARTICLE 42

Finishers are invited to attend the Sparta and the Athens Award Ceremony. Those attending are expected to present themselves in a decent casual attire or national dress.

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