



INTERNATIONAL SPARTATHLON RACE REGULATIONS

2020 REVISED

The International “Spartathlon” Association is a **non-profit** organization.

The members of the Board of Administration 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). For contact, either Greek or English can be used. The Organizing Committee decides on the approval of the applicants.

ARTICLE 2

Runners assume full responsibility during the race, acknowledging that given medical services cannot 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

Participating runners must present themselves for registration 15 to 48 hours prior to the race, at the place and time indicated by the Organizing Committee.

ARTICLE 5

Runners, family members, supporters, journalists etc. are urged to address an official bearing the ISA insignia and get advice on any matter pertaining to the race.

ARTICLE 6

Runners can display their national flag, the name of their country or the sports club's logo on their running outfit. All types of promotions of products, beliefs, and slogans are strictly forbidden, except for those indicated by the Organizing Committee.

ARTICLE 7

Runners must wear visibly the bib numbers on their chest and back, exactly as given by the Organizing Committee, without any changes, and are required to show their athletic identification card upon request.

ARTICLE 8

Runners are required to wear a head flashlight with spare batteries, as well as back and shoe reflective gear.

ARTICLE 9

Runners can, on their own responsibility, make use of their personal items during the race. All items must be deposited in boxes, bearing the CP

number, on the eve of the race. The ISA will deliver each box exclusively to its corresponding C/P.

ARTICLE 10

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

ARTICLE 11

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

No CP	Km from Start	LOCATION
12	43,9	MEGARA – OLD NATIONAL ROAD
22	80,0	HELLAS CAN
28	100,1	ASSOS
35	123,3	ANCIENT NEMEA
40	139,8	MALANDRENI
43	148,3	LIRKIA
47	159,5	MOUNTAIN BASE
52	171,5	NESTANI
60	195,3	ALEA - TEGEA
65	212	ARDAMIS (Restaurant)
68	223,4	MONUMENT 118
75	246,8	FINISH SPARTA

ARTICLE 12

Runners may at any point in the race receive help provided exclusively by the ISA officials and the accredited medical team if deemed necessary by said officials.

ARTICLE 13

The following table displays the Check Points, where you can find:

- a. Electronic timing mats
- b. Main stations

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
14	51,2	BIG AREA	10:15 – 12:45
18	65,10	AGIOI THEODOROI	11:15 – 14:25
22	80,0	HELLAS CAN	11: 45 – 16: 30
25	91,0	ROAD CROSS CORINTH - TRIPOLIS	13:05 – 18:05
28	100,1	ASSOS	13: 50 – 19: 25
32	112,9	HALKEION	14:45 – 21:25

35	123,3	ANCIENT NEMEA	15: 30 – 23: 00
41	143,1	ROAD CROSS STERNA - LYRKEIA	17:45 – 02:00
47	159,5	MOUNTAIN BASE	19: 40 – 05: 10
52	171,5	NESTANI	20: 50 – 07: 30
57	189,30	ZEYGOLATIO	23:20 – 09:45
60	195,30	ALEA – TEGEA	23:40 – 11:10
69	226,7	HOUSE WITH ARCHES	03: 30 – 16: 30
75	246,8	SPARTA	05: 35 – 19: 00

Main Stations.

At these stations, you can find medical care, physical therapy, and food.

C/P No	m 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	18 HEROES MONUMENT	03: 05 – 15: 25

75	246,80	SPARTA	05: 35 – 19: 00
----	--------	--------	-----------------

ARTICLE 14

Runners, who abandon the race, must turn in their bib numbers and electronic chip to an ISA official and sign the appropriate withdrawal form on the spot or at the nearest C/P. 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 Organizing Committee. Athletes wishing to use their supporting car must declare it in their withdrawal form. Any action contrary to this article results in the exclusion from future SPARTATHLON races.

ARTICLE 15

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

ARTICLE 16

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 17

During the race runners are strictly forbidden to use the following:

a/ Bluetooth, mp3, iPod, or headphones attached to any kind of music-reproduction device, since the runner must have unobstructed hearing for safety reasons.

b/ Batons, since they are considered external help.

Note: In case of emergency, mobile phone use is allowed.

ARTICLE 18

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

ARTICLE 19

Runners are removed from the race:

- a. due to a 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 20

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 21

Runners are not allowed to enter the supporting vehicle to receive help. At the 17 specific C/Ps previously listed, 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 22

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 trademarks are allowed, only if they are permanently imprinted on the vehicle.

ARTICLE 23

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, insignia and permit, which must be immediately shown upon request. 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 24

Runners, supporters, media members and all persons interested are requested to contact the ISA Secretariat concerning 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 25

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 driving on unpaved roads. Under all circumstances, the right of way is to be given to the vehicles of the Judging Committee, Organization Committee, the medical team, and food provision group etc. Supporting cars may only pull over in the C/P listed in Article 11, and are obligated to stop and park at the appointed areas as directed by the ISA officials.

ARTICLE 26

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 27

Members of the Judging Committee may display a yellow card (warning) for violations by the runners or their supporters, which is directly credited to the runner. Two (2) yellow cards result in the immediate disqualification of the runner.

ARTICLE 28

During the entire race, it is strictly forbidden:

A/ for runners to use 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 between C/Ps, in order to support a runner.

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

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

ARTICLE 29

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 30

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

ARTICLE 31

The ISA provides the runners during the race with all specified light snacks and refreshments. Particular dietary requests can be met in accordance

with the Organizing Committee. It is then on the responsibility of the individual delegation to provide the special food

ARTICLE 32

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 Director and the Organizing Committee.

ARTICLE 33

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

ARTICLE 34

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 35

Runners and supporters are expected to be familiar with the race's rules. Accredited supporting vehicles must bear the accreditation signs, which state the name and registration number of the supported athlete.

ARTICLE 36

Any case not covered by the Regulation will be resolved by the Race Director or the attending officer representing the race.



ARTICLE 37

An appeal concerning a violation of any of the above articles must be submitted in writing to the Jury of Appeal at Sparta Headquarters no later than 8 PM on the last day of the race.

ARTICLE 38

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 39

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

I.S.A SPARTATHLON