

## **ATHLETICS MPUMALANGA HOUSEHOLD RULES**

### **1. RACE APPLICATIONS**

Submit applications for races for the following year, to AMPU in writing each year before 1 May.

The following information must be supplied:

- a. Date of the race
- b. Race name
- c. Distances
- d. Starting time
- e. Organizing club
- f. Venue
- g. Contact person
- h. Contact number
- i. Entry fee (Subject to the permission of AMPU)
- j. Flyer of the race

### **2. PERMISSION TO STAGE A RACE**

#### **Race dates**

No race date will be issued to the club or organisation presenting the race if the previous race fees, club affiliation fee or licence fees are not fully paid. Race fees must be paid within 10 days of presenting the race.

It is the responsibility of the organizing club to get permission from the department and the municipality to stage a safe race.

### **3. MEASUREMENT OF THE ROUTE**

Can only be done by the Clain-Jones measurement.

### **4. OFFICIALS NECESSARY**

The following qualified officials are necessary at each race.

- a. Referee
- b. Judges
- c. Time-keepers
- d. 3-5 members so form an appeal jury.
- e. Enough other officials on duty to safeguard the safety of athletes.

### **5. DATES AND TIMES OF RACES**

No race organizer may change the date and time of a race without permission from AMPU in writing.

## **6. FINISHING FACILITIES**

Adequate finishing facilities must be available to register each athlete:

- a. Position
- b. Name
- c. Licence number
- d. Club
- e. Sex
- f. Age

## **7. REFRESHMENT STATION**

Must be supplied:

- a. 0-8 km 1 refreshment station
- b. 8-10 km 2 refreshment stations
- c. Longer than 10km: not more than 3 km from each other.
- d. Enough must be provided at each refreshment station.

## **8. FIRST AID**

Each event must try to provide first aid facilities. Such facilities must be provided by any of the first aid groups in South Africa. At races 42 km and longer please try to have a doctor on duty.

## **9. AGE GROUPS**

### **9.1 GENDER**

- 9.1.1 Age-group categories for male and female athletes must be the same.
- 9.1.2 Age-group categories for male and female must be the same for various athletics disciplines, i.e. Road Running, Cross Country and Track and Field
- 9.1.3 Prize money and/or prizes must be the same for both male and female in all disciplines.

### **9.2 Age-Groups: Road Running, Cross Country and Track and Field (including Race AND Walking and Road Walking)**

- 9.2.1 For Road Running and Cross Country age group categories start at 35 and follow a sequence of 10 year intervals, except for the age groups 35-39. If however, it is deemed prudent by the organisers and sponsors to run any of these events in 5 year intervals, this is also permissible; hence it is a discretionary issue.

### **9.3 Prizes**

- 9.3.1 This remains the discretion of the organisers of each and every event and is therefore an issue for negotiation between the organisers and their respective sponsors.
- 9.3.2 An athlete may be eligible for a prize in his/her specific age group category.

#### 9.4 Provincial and National Road Running, Cross Country and Track and Field Championships

These must be run in age groups with 5 year intervals, starting at age 35 years for Road Running and Cross Country and 30 years for Track and Field

#### 9.5 Replacement for name Categories

- 9.5.1 The word/categories for sub-veterans (SV), Veterans (V), masters (M) and Grand Masters (G) must be replaced with immediate effect by the age-group category of the athletes, i.e. 30, 35, 40, 45, etc. To be more specific the word “Veterans” is now replaced by the word “Masters” and Masters Athletic now has sub-divisions by age-group categories and not by “name-group” categories e.g. Sub-veterans, etc.
- 9.5.2 On purchasing an ASA licence number an athlete must be issued with two red numbers. Please note the tag must denote 5 year intervals, starting from age group 30 and the cost for the production thereof, is for the account of each member. Age-group tags therefore replace the previously used SV’s, V’s, M’s, etc.

**DISTANCES AND AGE GROUPS**

DISTANCE	AGE GROUP	ACTUAL AGE
5KM	9 YEARS AND OLDER	MUST BE 9 ON THE DAY OF THE RACE
10KM	15 YEARS AND OLDER	MUST BE 15 ON THE DAY OF THE RACE
15KM	15 YEARS AND OLDER	MUST BE 15 ON THE DAY OF THE RACE
20KM	16 YEARS AND OLDER	MUST BE 16 ON THE DAY OF THE RACE
32KM	19 YEARS AND OLDER	MUST BE 19 ON THE DAY OF THE RACE
MARATHON	20 YEARS AND OLDER	MUST BE 20 ON THE DAY OF THE RACE
ULTRA MARATHON	20 YEARS AND OLDER	MUST BE 20 ON THE DAY OF THE RACE

#### 10. RACE RESULTS

10.1 The following information must be in the results of races:

- 10.1.1 Race name
- 10.1.2 Distance
- 10.1.3 Name of the Organizing club
- 10.1.4 Weather conditions
- 10.1.5 List of the prize winners
- 10.1.6 Date of the Race
- 10.1.7 The following details of each finisher in the race:
  - 10.1.7.1 Position
  - 10.1.7.2 Name and surname
  - 10.1.7.3 Licence number followed by the provincial abbreviation (234 AMPU/CGA)
  - 10.1.7.4 Club
  - 10.1.7.5 Age or Category
  - 10.1.7.6 Sex
  - 10.1.7.7 Time

- 10.2 If an athlete is disqualified his/her are left open with the word "DISQUALIFIED" in that position
- 10.3 The results must be displayed within a reasonable time at a specific place.
- 10.4 Results must be sent to the road running commission within 30 days.

## **11. FUN RUNS**

### **Open Fun Runs**

This is fun runs which are staged with the permissions of an affiliated club with AMPU and are 4.9 km or less. *No prizes may be given to the winners in the form of cash or cheques. Lucky draw prizes may be cash.* Clubs who trespass these rules will be prosecuted.

## **12. FULFILMENT OF ADVERTISED PRIZE MONEY**

The organising club is responsible to pay all prizes as advertised on the flyers. Clubs who trespass these rules will be prosecuted.

## **13. UNREGISTERED ATHLETES**

Will only be allowed to participate in the races if they do it with an official temporary licence number which can be bought at the race.

## **14. CLOTHING AND LICENCE NUMBERS DURING RACE PARTICIPATION**

- 14.1 All registered athletes must wear official club colours
- 14.2 Running vests are not allowed to be taken off during races
- 14.3 Your permanent licence number must always be worn in front of the vest and must always be clearly visible.
- 14.4 If a race number is supplied by the organizers of a race it must be worn over your. The licence number as well as the race number must be clearly visible.
- 14.5 The temporary licence number must be worn in front, but if a race number is supplied the race number must be in front and the temporary number must be at the back. Both clearly visible.

## **15. ACTION OF ATHLETES DURING RACES**

- 15.1 Athletes must cause the least of inconvenience to the other road users.
- 15.2 Athletes must be polite to other road users.
- 15.3 Instructions of officials or referees must be obeyed at all times.
- 15.4 Athletes must run the route by foot and may not be assisted.
- 15.5 No shortcuts may be taken and no part of the route may be in vehicle.
- 15.6 Any athlete who is an embarrassment to his club or AMPU may be disciplined. Even if his club does not discipline him/her AMPU can.
- 15.7 When an athlete represents the province and his/her behaviour causes embarrassment to the province he/she may be disciplined. The best behaviour is expected of each athlete from the time he/she reported to the team manager until his/her official duties are completed.

## 16. ACTION OF SECONDS DURING RACES (SECONDING)

- 16.1 All rules apply to athletes in rule 15 apply to seconds.
- 16.2 All race rules will be obeyed by the second.
- 16.3 No seconding from vehicles, refreshment stations or moving objects are allowed.
- 16.4 If allowed in races seconds may assist only for 100m at the most before and after refreshment station.
- 16.5 Seconds and their vehicles may not cause any inconvenience to other athletes or road users.
- 16.6 Seconds may not carry or push an athlete.
- 16.7 Seconds may not drive or cycle next to an athlete.
- 16.8 If seconds are not allowed at races, seconding may only take place at a refreshment station and not before and after a refreshment station.
- 16.9 If a second does not obey these rules his/her athlete may be disqualified.

## 17. FINES AND PENALTIES

AMPU or one of its officials or a person appointed by AMPU or the Road Running Commission:

- 17.1 May recommend to the disciplinary committee about disciplinary action
- 17.2 May recommend to the organizing club a disqualification of an athlete if he disobeys the rules
- 17.3 May, by AMPU's Disciplinary Committee, suspend an athlete if necessary. They will notify the athlete and his club in writing.
- 17.4 Clubs/Athletes must submit all their complaints, in writing, to the Disciplinary Committee of AMPU

## 18. PROVINCIAL REPRESENTATION

- 18.1 AMPU has the first option on athletes on the day of National Championships.
- 18.2 An athlete who was chosen and withdraws:
  - 18.2.1 Must give a medical certificate of sickness or his/her injury
  - 18.2.2 Because of other reasons must give written notice to the team managers
- 18.3 No athlete who withdraws because of injury or sickness may participate in races 14 days before or after National Championship day.
- 18.4 During Provincial representation athletes must obey the rules laid down by the team managers.
- 18.5 If an athlete's action embarrasses AMPU disciplinary action can be taken against the athlete

**NB: *If athletes or clubs disobey these rules the Disciplinary Committee of Athletics Mpumalanga may take actions which may include:***

- 1: A Warning
- 2: A Suspended sentence
- 3: A Disqualification
- 4: A Suspension which can be from 1 day to lifelong
- 5: A Fine
- 6: A Termination of Affiliation

## **INFO TO JUDGES, TIMEKEEPERS AND REFEREES**

### **19. REFEREES**

- 19.1 The referee must be available at least half an hour before the start of the first event to verify the correctness of the installations, implements, etc. to be used during the event. Any modifications, additions, corrections, etc must be brought to the attention of the Technical Manager for ratification. All equipment and facilities must be correct and in place at least 30 minutes before the start of the event.
- 19.2 The referee must remain at the venue of competition until half an hour after the announcement of the event.
- 19.3 In road races, cross country and road walking events a separate Referee shall be appointed as:
  - 19.3.1 Route Referee
  - 19.3.2 Start/ Finish Referee
- 19.4 The Route Referee travels the course during the event in order to observe deliberate contravention of the Rules. It is within his powers to disqualify a runner if any offence is considered deliberate and serious enough i.e. running off course, disobeying Marshals, etc, or if he/she considers that it had a bearing on the result of the race.
- 19.5 Any incident not witnessed by the Route Referee personally must be reported to the Route Referee by any dissatisfied party for a decision.
- 19.6 In the event of any action having been taken against a runner, the Route Referee must report this to the Collar of results to ensure that the results are reproduced accurately.

### **20. JUDGES**

- 20.1 The Chief Judge
  - 20.1.1 The Chief Judge shall appoint the Judges for the various duties.
  - 20.1.2 The Chief Judge shall decide the positions obtained by the athletes.
- 20.2 Judges  
In road races, cross country races and road race walking events, The Judges shall assist the Chief Judge in lining up the athletes in the correct order and in keeping them in such order until they have passed the disc, distributor or their position has been recorded.
- 20.3 Lap Recorders, Marshals and/or other officials who witness a contravention of the Rules, must report this, together with the offender's race number or name, to the Referee as soon as possible.
- 20.4 Any complaints against an athlete must be filed with the Manager of the meeting within thirty minutes after the conclusion of the event concerned.

### **21. TIMEKEEPERS**

- 21.1 Time RECORDERS AND POSITION RECORDERS
  - 21.1.1 In road races, cross country races and road race walking events, at least 2 Timekeepers shall do duty at a race. Running time will be taken. The Chief Timekeeper reads out aloud the running time, which is recorded by the time recorder on a record sheet against the position of the athletes as they finish.

- 21.1.2 The Time Recorders record the time of each competitor who crosses the line, irrespective of whether they consider him/her as non-official or an official finisher of the race. (Similarly, the Chief Time keeper reads the finishing Time of each athlete crossing the finish line).
- 21.1.3 The Chief Position Recorder (at the end of the tunnel) receives the position disc in respect of every athlete who passes by the table and records it against the athlete's number and name.

## **22. RACE WALKING**

### **22.1 Definition**

Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e. not bent at the knee) from the movement of first contact with the ground until the vertical upright position.

### **22.2 Judging**

- (a) The appointed Judges of Race Walking shall elect a Chief Judge, if one has not been appointed previously. In competitions held under Rule 12.1(a), the Chief Judge shall not act as a race Walking Judge, but act as the supervising official for the competition.
- (b) All the Judges shall act in an individual capacity and their Judgements shall be based on observations made by the human eye.
- (c) In road races, depending on the size of the course, there should normally be a minimum of six to a maximum of nine Judges including the Chief Judge. In track races, there should normally be six Judges including the Chief Judge. In competitions held under IAAF Rule 12.1 (a), all Judges shall be members of the IAAF Panel of International Race Walking Judges.

### **22.3 Caution**

Competitors shall be cautious when, by their mode of progression they are in danger of failing to comply with paragraph 1 above. They are not entitled to a second caution from the same Judge for the same offence. Having cautioned a competitor, the Judge shall inform the Chief Judge of his action after the competition.

### **22.4 Warning and Disqualification**

- (a) Each Judge's proposal for disqualification is called a warning. Competitors shall be given warning when, by their mode of progression; they fail to comply with paragraph 1 above by exhibiting visible loss of contact or bent knee during any part of the competition.
- (b) When a competitor receives a warning from three different Judges, the competitor shall be disqualified and informed of this disqualification by the Chief Judge.
- (c) In competitions held under IAAF Rule 12.1 (a), not more than one Judge from each country can be invited to officiate. In all other competitions, either directly controlled by IAAF or taking place under IAAF permit, in no circumstances shall two Judges of the same nationality have the power to disqualify.

- (d) If it is impractical to inform the competitor of the disqualification during the race, disqualification shall be given immediately after the competitor has finished.
- (e) A white sign with the symbol of offence on each side, shall be shown to the competitor, when a caution is given. A red sign symbolises the disqualification of the competitor. The latter may only be used by the Chief Judge.
- (f) In track races, a competitor who is disqualified shall immediately leave the track and, in road races, he shall, immediately after being disqualified, remove the distinguishing numbers which he is wearing and leave the course.
- (g) A warning posting board shall be used to keep competitors informed about the number of warnings that have been handed in to the Chief Judge for each competitor.

#### 22.5 Safety

- (i) The Organising Committee of Race Walking events held on roads shall ensure the safety of competitors. In competitions under Rule 12.1 (a), (b) and (c) the Organising Committee should, where possible, ensure that the roads used for the competition are closed in both directions; that is, not open to motorised traffic.
- (ii) In competitions under Rule 12.1 (a), (b) and (c), the road Race Walking events shall be scheduled to start at a time to ensure that walkers finish in daylight.

### 23. MEDICAL

- (i) A hands-on medical examination during the progression of an event designated medical personnel clearly identified by the Organising Committee shall not be considered as assistance.
- (ii) A competitor shall retire at once from the race if ordered to do so by a member of the official medical staff appointed by the Organising Committee. Such staff shall be clearly identified by armbands, vest or similar distinctive apparel.

#### 23.1 Drinking/sponging and refreshments stations

1. Water and other suitable refreshments shall be available at the start and finish of all races.
2. For all events up to 10km, drinking/sponging stations shall be provided at suitable intervals, if weather conditions warrant such provision.
3. For all events 10km or longer, refreshment stations shall be provided at approximately 5km and, thereafter, at approximately every 5km or every lap. In addition, drinking/sponging stations, where water only shall be supplied, shall be approximately, midway between the refreshment stations or more frequently if weather conditions warrant such provision.

Refreshments, which may be provided either by the Organising Committee or the athletes, shall be made available at the stations nominated by the competitors

#### 23.2 Road courses

For competitions held under Rule 12.1 (a), (b) and (c), the circuit for 20km walk, should, if possible, be a maximum of 2.5km. The circuit for the 50km walk should, if possible, be 2.5 km with a maximum of 5km if held on an "out and back" course. The circuit for the 10km walk, should, if possible, be a maximum of 1.5km. Road courses shall be measured in accordance with Rule 240.3.



- 23.3 In road race Walking and in track Race Walking events of 20km or more, a competitor may leave the track with the permission and under the supervision of a Judge, provided that by going off course he does not lessen the distance covered.

## **24. QUALIFIED OFFICIALS NECESSARY AT ROAD RACES**

All officials must report to their posts at least 15 minutes before their duties commence, unless instructed to report earlier.

### **24.1 Referee**

- (a) The Referee is the most senior official and if necessary should oversee and can overrule the decisions of other officials. He/she also has jurisdiction over all officially appointed personnel, officials and official vehicles on the route during the course of an event. He/she has no jurisdiction over the Jury of Appeal and the Dope Testing Official.
- (b) The Referee should oversee the start of the race, which may not start until he/she is satisfied that TV and other vehicles are well clear and that the race may begin. The Referee travels the course during the event looking out for deliberate contraventions of the rules. It is within his/her power to warn and/or disqualify an athlete if any offence is considered deliberate and serious enough and if he/she considers that it had a bearing on the result of the race.
- (c) It is the Referee's responsibility to ensure that the rules of road running are correctly applied and also to rule on matters that arise during a race and for which provision has not been made in these Rules, and to ensure that the event is a fair competition.
- (d) The Referee shall also rule on any dispute or incident not witnessed by him/her personally. Such incidents should be reported by any official or dissatisfied party, together with the offenders' race numbers or names, as soon as possible.

For this purpose the Referee and race organisers must liaise to ensure that the referee can be contacted at the end of the race. The Referee must remain at the venue until the prize giving has been completed.

- (e) It is also the Referee's responsibility (with the help of an assistant referee) to monitor the leading group of athletes, as well as the first 5-10 runners in each age category throughout the duration of the event.
- (f) In the event of any action having been taken against an athlete, the Referee must report this to the results official to ensure that the results are produced accurately.
- (g) The Referee should proceed to the results room after the bulk of the field has finished, in order to check the accuracy of the results.
- (h) The results may not be released without the approval of the Referee.
- (i) Any complaint against an athlete must be filed with the Referee within 20 minutes after the conclusion of the event (cut-off time, or last runner has completed the race).

- (j) An athlete must be notified of any disciplinary or penalising action taken against him/her within 30 minutes of the conclusion of the event. If not possible due to the athlete's absence, the controlling body will notify him/her through the relevant club.
- (k) The Referee must submit a race report detailing all transgressions and disqualifications to the relevant controlling body within 14 days after the conclusion of the event.
- (l) The Referee may not compete in the event in which he/she is officiating.
- (m) The Referee should be clearly identified.
- (n) Any competitor who has been disqualified or warned that he may be disqualified, must be permitted to finish the race, to enable him/her to appeal against the disqualification.
- (o) Assistant Referees should be appointed to assist the Chief Referee, if race conditions so warrant.
- (p) Only national Referees may be appointed as the chief referee in national events, A-grade permit meetings and national prestige events, and shall be appointed by ASA.
- (q) It is the Referee's responsibility to warn an athlete of the implications of refusing a dope test.

## **24.2 Jury of Appeal**

- 24.2.1 The Jury of appeal must consist of no less than three and no more than five members, whose function will be to deal with objections against the referee's decision.
- 24.2.2 All appeals must be lodged with the race organiser in person or in writing, within 30 minutes of the offender having been notified, and must be accompanied by a payment of R100.00. This fee will be refunded if the objection is upheld. The payment may be waived at the discretion of the convenor of the Jury of Appeal. A copy of the appeal and decision must be sent to the controlling body.
- 24.2.3 At least one member of the Jury of Appeal must be a qualified Road Running Referee. In National Championships, A-grade permit meetings and prestige events this member of the Jury of Appeal must be a National Road Running Referee.
- 24.2.4 Any appeal against results of a race must be made to the organisers, who may then call upon the Jury of Appeal to open an enquiry into the circumstances leading to the appeal.

## **24.3 Time-Keepers/ Keeping and Recording**

- 24.3.1 Time-keepers must be qualified road running officials or ASA Time-keepers.
- 24.3.2 The Time-keepers must be in line with the finish and on the opposite side to the Judge.
- 24.3.3 For record purposes, in the men's and women's open categories, three stopped times must be checked and recorded by the Chief Time-keeper.

- 24.3.4 For age-group records, at least one stopped time must be recorded. In addition, an independent verification that the time has been properly assigned to the respective runner must be provided.
- 24.3.5 A running watch is used to record the times of other competitors.
- 24.3.6 An athlete's time is taken or his position judged when his torso crosses the finish line. His torso is defined as:
- 24.3.7 That part of the body excluding the head, neck, arms, hands, legs and feet.
- 24.3.8 The Chief Time-keeper records the "middle" time if all three watches disagree. If two watches agree and one is out, the time of the two watches that agree, is taken. If one watch is obviously way out, it's time is discarded, and the other two watches considered. If they differ, the slower of the two times is taken.
- 24.3.9 Electronic timing devices which print out only one time may be used, but then two additional hand times will be required for record purposes. However, in the case of those machines that print the three times recorded by three separate time-keepers, operating separate buttons connected to the same machine, additional hand times are not required.
- 24.3.10 The times for all road races shall be converted to the next longer full second i.e. for the marathon 2:9:44,3 becomes 2:9:45
- 24.3.11 The Chief Time-keeper must ensure that if electronic device being used does not record decimals of a second, it is in fact rounding up and not down.
- 24.3.12 Time Recorders are required when electronic timing devices, which print out times, are not used. They record times against their corresponding position as the athletes cross the finish line.
- 24.3.13 Position Recorders allocate a position to each athlete as he/she completes the race.
- 24.3.14 A time and position is recorded for every athlete who crosses the finish line whether or not the recorders consider him/her to be an official finisher.

#### **24.4 Results Official**

- 24.4.1 A qualified road running official shall be appointed as the results official and will be responsible for accurate collation of times and positions and the inclusion of the athlete's other details, e.g. club, age-category etc. to produce a meaningful set of results.
- 24.4.2 Also for calculating the results of the team competitions in the various age categories (see rule 13)
- 24.4.3 He/she must be in contact with the Referee to implement disqualification or rectify discrepancies in the results.
- 24.4.4 He/she may only release the results or part thereof with the Referee's approval.

## **24.5 Starter**

- 24.5.1 A qualified official must be appointed to control the start. However, a dignitary such as mayor or sponsor's representative may actually fire the gun upon the official starter's instructions.
- 24.5.2 The official in charge of the start must ensure the following immediately to starting the event.
  - 24.5.2.1 Liaise with the Referee to ensure that he/she is satisfied that the start can take place;
  - 24.5.2.2 Attention of the Time-keepers;
  - 24.5.2.3 TV vehicle, lead vehicle, etc. is well out of reach of the runners;
  - 24.5.2.4 That if there is a lead vehicle, it has been pointed out to the runners expected to do the front running.
  - 24.5.2.5 That all runners are behind the line.
  - 24.5.2.6 It is his/her responsibility to ensure a fair start

## **24.6 JUDGES**

- 24.6.1 A qualified Road Running official shall be appointed as Judge and will decide on the order in which the competitors finish.

## **25. FUN RUNS**

- 25.1 All Fun Runs must be held under the auspices of a body to ASA. Such runs are subject to the Rules and conditions of a Provincial Road Running Commission of ASA.
- 25.2 All Fun Runs shall be held only on a date approved by the Provincial Road Running Commission and according to the stipulations of that committee and may not exceed a distance of 4,9km.
- 25.3 Licensed and unlicensed athletes may participate in these events.
- 25.4 Conditions of approval

Fun Runs should only be sanctioned provided they are held under the aegis of an affiliated club and comply with all the rules and stipulations and conditions as laid down by the Provincial Running Commission.
- 25.5 Prizes and Participation Payments

Neither performance prizes, nor participation payments may be offered at a fun run.
- 25.6 Dress

Licensed athletes participating in fun runs, need not wear club colours or display their license numbers during races.

## 25.7 Conduct

Licensed athletes shall still be subject to the Rules of conduct of the Provincial Athletic Body and ASA, while participating in a fun run or in activity related to it.

## 26. DISCIPLINARY ACTION

- 26.1 Any athlete, official or administrator who deliberately contravenes the domestic regulations or Constitution of this club, province or ASA or brings athletics in dispute in any other way, will be subject to disciplinary action by his/ her club, province or ASA. Such action may take the form of a suspension or a fine or any form of punishment considered appropriate. The line of appeal against such punishment is through the Provincial Athletic body, the ASA Disciplinary Committee and finally the ASA Council.
- 26.2 Any person wilfully competing against a suspended athlete, will be subject to disciplinary action.
- 26.3 Any person, who while suspended, enters or attempts to enter a road race, will be liable for further suspension. No club or member may accept an entry form from such a suspended athlete. It is the organisers responsibility to ensure that all such suspended, or other unofficial runners, are denied entry to any race under their direct control.
- 26.4 Any disqualification in any event must be reported to the relevant Provincial Road Running Commission for possible further action.
- 26.5 Only the Board of ASA is empowered to restore the amateur status of an athlete. Application for the reinstatement order must be made to the Provincial Athletic body, whose area the applicant is resident. The Provincial body shall enquire into the circumstances and submit an application together with its recommendation to ASA.

## 27. GENERAL STIPULATIONS

These rules may no be in conflict with the constitution of ASA or the Rules of ASA or the IAAF. All road races organised by affiliates of ASA are subject to the Rules of ASA and this must be stated in all announcements, advertisements, programmes and printed matter related to the race.

These rules are subject to the approval of ASA and may be amended by them.

### 27.1 DRESS

- 27.1.1 All athletes must run in their officially registered club colours, except when representing some other official selected team. Special permission to run in other colours may be granted by the Provincial Athletic body, it's road running commission or ASA.
- 27.1.2 All club colours must be registered with the Provincial Athletic body.
- 27.1.3 Participants issued with temporary licenses need not wear club colours, but must at all times be decently clad. No advertising may be worn by participants issued with temporary numbers.
- 27.1.4 The settlement of any dispute or appeal will rest with the Disciplinary Committee of ASA. Any further appeal must be made to the ASA Board in writing within 14 days.

- 27.1.5 Road Races subject to the rules of ASA are confirmed to amateurs as defined by the IAAF.
- 27.1.6 Although men and women participate in the same event for convenience, they are technically regarded as separate races and men and women competitors do thus not competed against each other. Like wise, officially speaking, women do not compete in men's races and visa versa.
- 27.1.7 Any Association or Club holding a race may neither postpone, cancel nor change the venue, distance or starting time for such a race without the prior approval of the relevant Road Running Commission or Athletic body.

## **28. LICENSES**

- 28.1 No person may participate in a road race organised by a club affiliated to a Provincial Athletic Body which is affiliated to ASA, or in a race organised directly by such a provincial body or ASA, unless at the time of the race he/she is the holder of an ASA license issued by, or through the Provincial Athletic body. In special circumstances permission can be granted by the Provincial Athletic body of ASA for non-registered runners to compete (See rule number 17-Fun Runs)
- 28.2 Licenses expire on 31 st December each year.
- 28.3 License forms are issued by ASA through the Provincial Athletics body.
- 28.4 Athletes may be registered only by the Province in which they are domicile. No dual registration will be permitted. Where athletes change their place of residence during a calendar year, they may retain their license until it expires.
- 28.5 Only club members may purchase a license and all licensing is done through the clubs.
- 28.6 No athlete whose application for a license has been refused or whose license has not been renewed, will be allowed to compete in any road race.

## **29. MIGRATION OF ATHLETES (MOVING BETWEEN CLUBS)**

**Athletes are allowed to move/migrate from one club to another, however, within the following rules:**

- 29.1 When an athlete buys a licence number, this licence number is valid for the entire year (01 January to 31 December). This license belongs to the athlete not the club. Even if the club gives the licence number to an athlete for free, it still belongs to the athlete.
- 29.2 When an athlete goes to another club he/she keeps his/her licence number, even if he/she moves to another province he/she still keeps his/her licence number. (This means that you might get an athlete running with a Gauteng licence number in an Mpumalanga Club).
- 29.3 The club where the athlete applies for membership are not allowed to accept the athlete UNLESS this club received a clearance letter from the club where the athlete migrated from.
- 29.4 If the athlete does not have a clearance letter it is the responsibility of the new club of the athlete to get a clearance letter from the previous club before the club can allow the new athlete to run for them.

- 29.5 IF AN ATHLETE IS ALLOWED INTO THE NEW CLUB WITHOUT THE NECESSARY CLEARANCE LETTER, THE NEW CLUB WILL BE FINED BY THE PROVINCE.
- 29.6 The club, which the athlete are leaving, can only give a clearance letter to the athlete or the new club if this athlete does not owe any money to the club, or does not have any disciplinary steps hanging against him/her. If the club gives a clearance letter to the athlete or the new club, this means the athlete is free to join the new club. THIS IS WITH HIS/HER LICENSE NUMBER AS THE CLUB CANNOT TAKE THE NUMBER BACK.

### **30. RACE AND LICENSE NUMBERS**

- 30.1 License numbers are provided by ASA through the Provincial athletics bodies must be worn in all races run under the jurisdiction of ASA, except where special race numbers are provided for a race. Failure to do so will automatically disqualify the runner.
- 30.2 Race and license numbers shall not be altered in such a way as to conceal the number, name of the sponsor, the Province or the year for which it is issued.
- 30.3 Every athlete must wear and clearly display the license number during all competitions (Front).
- 30.3.1 This number will be the official license number or, if the race organisers require a special number to be worn, the athlete must comply.
- 30.3.2 If the organisers of the road race provide only one special race number, then the license number must be worn on the back of the vest.
- 30.4 Race Numbers: The minimum height of the number characters shall be 120mm.
- 30.5 Race and license numbers are not under any circumstances transferable.

### **31. TEMPORARY LICENSES**

To enable unlicensed athletes to compete in approved races, and also to cater for licensed athletes who leave their license numbers and/or club colours at home, temporary licenses may be issued subject to the following conditions:

- 31.1 Temporary licenses are only valid for the race for which it was issued (approved provincial variations may exist).
- 31.2 Organisers must provide the necessary administration and facilities to enter temporary licensed athletes separately.
- 31.3 An additional fee must be levied by the Provincial Athletic body in whose area the race will be held, over and above the race entry fee.
- 31.4 Athletes taking out temporary licenses must sign an entry form/indemnity form accepting the conditions of the race organisers and the rules of ASA.
- 31.5 Athletes with temporary licenses may not display any advertising on their running clothing during the race.

31.6 A temporary licence may not be issued to a suspended athlete without the approval of ASA.

31.7 Holders of temporary licenses will be eligible for prizes in the open (senior) category only.

## **32. PARTICIPATION**

32.1 No club, committee or any other party may enter a competitor in any road race without the consent of the athlete.

32.2 Managers negotiating on behalf of an athlete must, on request, produce written evidence that they have the athletes permission to negotiate on his/her behalf.

32.3 Athlete's managers and representatives must be registered with ASA in terms of the rule No. 19.

32.4 Race organisers may not refuse entry to members of a club duly affiliated to the relevant Provincial Athletic body without prior consent of the body.

32.5 Race organisers may not refuse entry to any competitor on the grounds of politics, race or religion.

32.6 Race organisers may require participants to produce a certificate from a registered medical practitioner certifying that the participant is fit to participate in the event.

32.7 All entries, properly signed, must be made in the real name of the competitor, and races must also be completed in the competitor's real name.

32.8 The furnishing of false information shall constitute grounds for disqualification and disciplinary action.

32.9 Race organisers may refuse entry from any athlete on grounds of false information, or for failing to comply with any conditions of entry published or advertised by the organisers.

32.10 Race organisers may not accept an entry from any athlete suspended by his club, province; or ASA. Should an entry already have been accepted prior to such suspension, the entry shall automatically become invalid.

32.11 Wheelchair competitors may only participate if the organisers make special provision for them and if permission has been granted by the relevant traffic authority.

32.12 The following documents will be accepted as proof of age at all events held under the jurisdiction of ASA: (This ruling affects Veteran, Junior and all other age group categories)

32.12.1 Asiatic Registration Certificate

32.12.2 British Certificate

32.12.3 Baptismal Certificate

32.12.4 Book of Life

32.12.5 Naturalisation Certificate

32.12.6 Immigration Certificate





- 35.3 The course shall be measured in accordance with the document on Course Measurement adopted by ASA.
- 35.4 The course shall be at least the specified distance, and should be no more than 0.1% (1 metre per kilometre) longer than the specified distance.
- 35.5 Courses will be defined in the following way:
- 35.5.1 Standard courses  
Those with a nett altitude drop not exceeding 1km/km and with a start/finish separation not exceeding 30% of the total distance of the race.
- 35.5.2 Aided Courses  
Those with a nett altitude drop greater than 1m/km but less than 3,5m/km and/or with a start/finish separation greater than 30%.
- 35.5.3 Unrecognised Courses  
Any course with a drop in excess of 3.5m/km.  
Records will only be recognised on Standard Courses.
- 35.5.3.1 ASA reserves the right to order an independent re-measurement of any course by a course validator.
- 35.5.3.2 Kilometre markers should be placed along the route for the benefit of all competitors.
- 35.5.3.3 The SA Official recognised distances shall be: 5km; 15km; 21,1km; 42,2km; 100km; the marathon relay and standard international recognised ultra distances.
- 35.5.3.4 The marathon relay official leg distances run over 6 legs, are: 5km; 10km; 5km; 10km; and 7,195km.
- 35.5.3.5 A 50mm wide line shall be painted on the road to denote the beginning/end of each leg. A line 10m before and 10m after shall indicate the 20m take – over zone.

## 36. REFRESHMENT STATION AND SECONDING

### Seconding

- 36.1 Water and/or other suitable refreshments must be available at the start and finish of all races.
- 36.2 There is no restriction on the number of times that a runner may be offered refreshments during a road race, or what the nature of the refreshments shall be, provided that;
- 36.2.1 Illegal stimulants in terms of the IAAF ruling are not used;
- 36.2.2 The domestic rules of the race organisers are not used;
- 36.2.3 Seconds do not create a traffic hazard or interfere excessive with the normal flow of traffic along the road;
- 36.2.4 Seconding is not conducted directly from a vehicle (including two-wheeled) whether stationary or moving.

- 36.3 Where race organisers impose a restriction on personal seconding, they must provide refreshment stations at least every 5 kilometres in races up to and including 20,0km and at least every 3 kilometres in longer races.
- 36.4 The athletes may provide their own refreshments which can be made available to them at the refreshment station nominated by themselves. The refreshments shall be placed in such a manner that they are easily accessible to the competitors or so that they may be put into the hands of the competitors. Refreshment stations should also include sponging facilities.
- 36.5 Runners who take refreshments at a place in violation of the restrictions imposed by the organisers, render themselves liable for disqualification.

### **37. PHYSICAL ASSISTANCE**

- 37.1 Athletes may receive assistance during an event, provided this assistance is not considered excessive and does not give the athlete an unfair advantage over other competitors. Such assistance may range from advice, intermediate times, massaging, changing of shoes, etc.
- 37.2 Practices which are not definitely allowed include the following:
- 37.2.1 Pacing (non-competitive running) which is defined as someone running alongside another competitor, where the pace setter:
- i) is not a bona fide entrant in the race;
  - ii) has been lapped;
  - iii) rejoins the race after having temporarily retired
  - iv) does not start with the other athletes.
- (A second may run alongside an athlete for a distance not exceeding 100m – such distance considered being adequate to hand him/her a bottle or sponge and to receive it again. Apart from above, no bystander, team manager or any other interested person may run or travel alongside or near a competitor for any distance whatsoever).
- 37.2.2 An athlete may not be physically supported by any person including medical personnel or other competitor at any stage during the race.
- 37.3 Although men and women often run together, technically speaking they are running separate races. A man who is entered in the men's race but then obviously and intentionally runs with a women, in order to give her an advantage, is therefore guilty on contravening the pacing rule.
- 37.4 A decision on whether an athlete was excessively helped or whether assistance given altered the result of the race, rests with the referee and the Jury of Appeal. They may at their discretion, reverse or alter positions or disqualify an athlete. Such action will usually follow an objection.

### **38. ILLEGAL STIMULUS**

All participants in road races are subject to the doping regulations as laid down and applied by ASA and the IAAF (see rules No 55-61).

### **39. MEDICAL FACILITIES**

- 39.1 A doctor or suitable qualified paramedic with facilities to treat athletes suffering from heat exhaustion must be available to report to the finish.
- 39.2 Other first aid attendants must on duty in a mobile vehicle along the route. They shall carry water and ice packs with them.
- 39.3 A competitor must retire at once from the race if ordered to do so by a member of the medial staff officially appointed. Failure to comply may result in disciplinary action.

#### **40. SAFETY**

The organisers of all road race must take care to ensure the safety of all competitors. Marshals and/or traffic officers stationed at various points along the route must be obeyed at all times.

**No animals will be permitted to run with their owners.** No 2 or 4-wheel carts/prams which are mechanically operated by participants, will be permitted to participate without special permission of the organisers and traffic authorities.

#### **41. ULTRA MARATHONS**

Apart from the special rules listed below, all of the above rules will also apply to ultra marathon running.

#### **42. RULES FOR ULTRA RACES**

##### **42.1 Definitions**

- 42.1.1 Ultra marathon events is any footrace incorporating a continuously times section longer than a marathon (42.195km/26 miles 385 yards)
- 42.1.2 A trail ultra event is a race taking place on circuit specifically built for athletic competition.
- 42.1.3 A track ultra marathon event is a race taking place on a course specifically built for athletic competition, primarily on unpaved paths, tracks and trails unsuitable for ordinary vehicles.
- 42.1.4 A road ultra marathon event is a race not in either category 23.2 or 23.3.
- 42.1.5 An indoor ultra marathon event is a race taking place on a circuit completely under cover. At present no distinction is made as to whether such a circuit was built for athletic competition.
- 42.1.6 A championship event is a race endorsed as such by the Provincial body or ASA who are qualified to grant such status.
- 42.1.7 A handler is an individual who provides personal support of any kind to individual competitors or particular teams. The term includes team manager, coach, masseur as well as friends and families looking after food, drinks, clothing and providing other permitted assistance.

## 42.2 Race Rules

- a) All ultra races must be held under the rules of ASA for road events, including those listed in this section.
- b) Permission from Authorities – The organiser is responsible for obtaining permission to conduct the event from all authorities who have the jurisdiction over the area(s) in and through which the event takes place.
- c) Communication and safety – The organiser is responsible for all communication and safety aspects of the event. This includes obtaining appropriate insurance cover.

## 42.3 General

### 42.3.1 Competition

- a) A race must be held in fair (bona fida) competition. It is forbidden for any competitor to receive an unfair advantage.
- b) There should be a minimum of five competitors.
- c) Time limits – A time limit should be imposed on longer ultra marathons which are defined by distance, i.e, 100km, 100 miles. This time limit should take account of the quality of the field and the conditions of the race (particularly making allowances for the difficulty of the course and variations in weather conditions).
- d) Cut-off times – In some events cut-off times at specific points along the course may be necessary, enforcing retirement from the race on those athletes arriving after such time.

### 42.3.2 Recording

- a) Lap recording – In every track or road multi-loop ultra marathon a complete set of lap times must be produced for each competitor. The cumulative time (hours, minutes and seconds) for each completed lap must be taken and recorded on the lap sheet immediately following the competition of each lap.
- b) Lap recorders – on a small loop or track there should be a lap recorder for each competitor. This recorder may be replaced by another during a long race.
- c) Timing for recorders – A display clock should be placed at the start/finish line. Then lap recorders can read off the time as their competitor crosses that line. If such a clock is not available:
  - 1) each lap recorder must have a timer (watch) or
  - 2) a timekeeper must call out the cumulative time at the end of the lap for all competitors throughout the race.
- d) On a lap recording sheet there should be:

- 1) cumulative distance covered for each successive lap (or small group of laps, eg. 5 laps on a 400 metres track);
- 2) cumulative elapsed lap times;
- 3) successive lap split times;
- 4) comment column for notes, e.g. walking eating, times of departure and return to track etc.

e) Back – up recording

It is recommended that a double control sheet is maintained by a separate recorder. He would write all the numbers of the passing athletes (no times) in order of passage. The time of starting and finishing that double control sheet must be shown clearly. An alternative to this would be a suitable proven computer lap scoring system.

f) Location of recorders and facilities

- 1) Lap recorders should be seated under cover on or near the start/finish line. They should be located on the outside of the track or loop, a few metres from the running lanes. They should have a clear view of the competitors at all times. For this reason, the area in front and several metres either side of the recorders must be cordoned off. Recorders must be disturbed as little as possible. Distractions cause errors.
- 2) Adequate lighting must be available at night, with back – up facilities in case of power failure.
- 3) Any food and drinks station, toilet or results board should be located a minimum of 20 metres beyond the start/finish line. This discourages competitors from lingering near the start/finish line confusing recorders.

#### 42.3.3 Race Information

- a) Race boards showing race order and distance covered should be displayed and updated at frequent intervals, i.e. each hour in a 24 hour race. Such boards should be placed where runners and officials can see them. In shorter loop races a race board with laps completed should be displayed.
- b) Result sheet – the organisers must produce a result sheet showing final times/distances and split times within a reasonable time following the race.

#### 42.3.4 Distance Measurement

**a) Measurement methods**

- 1) a track or indoor course should be measured by steel tape (see ARA Rule 161)
- 2) a road course should be measured by calibrated bicycle, along the shortest course available to the competitors on the day of the race. A short course prevention factor of 0,14 must be added to calibrated bicycle measured courses. Measurement must be in accordance with the procedures of the ASA Course measurement manual.
- 3) A trail course should be measured by the most accurate method practical in the circumstances. The method used must be stated in the race documentation.

**b) Partial lap measurement**

Measurement of any partial laps needed to complete intermediate distances not finishing at the start/finish should be completed before the race. A steel tape or the calibrated bicycle method, should be used (see above)

**c) End of race procedures**

- 1) In races over a fixed time period (eg. 24 hours) a gun is fired to mark the end of a race. A warning whistle (or other signal) may be sounded one minute before the finish. The exact finishing point of each competitor is the heel of the rear foot.
- 2) The distance is measured from the nearest convenient, accurately measured distance marker. Measurements should be rounded down to the nearest centimetre and recorded. After measurement, all distances are rounded down to the next whole metre. For record purposes, distances must be measured by a steel tape.
- 3) In road races with loops longer than 1km, a shorter lap for competitors to use for the last fifteen minutes may be organised. This aids quick and accurate measurement of the final part laps. This shorter lap should have the same start/finish line as the main lap, separate prepared lap sheets must be used for this short lap.

**d) Measurement of distances at intermediate time periods.**

Distances at shorter time period (i.e. 12 hours in a 24 hour race) should be measured in the same way (see 24.2.1.4 © 1 & 2). Otherwise the distance must be recorded as the distance of the last completed lap immediately prior to the end of the time period.

42.3.5 Support and Handlers.

- a) Refreshment (food and drinks) stations must be set up at appropriate intervals, i.e. 2-3km in a road race.
- b) Handlers may assist the competitor with food and drinks, changes of clothing, medical requirements, information and similar permitted support. It is recommended that Race Directors limit such permitted help to specific part of the course track. In a road race this should take place within 200meters of the official refreshment or water stations. Within the designated assistance areas refreshments are not restricted in frequency or amount.
- c) Assistance handlers must only last a few paces. Physical aid to competitors' forward movement (pushing, support) are forbidden. Such physical assistance is only permitted where the athlete's medical condition gives serious concern. In such cases the Race Director/Referee should decide whether the competitor is allowed to continue in the event (in consultation with the Medical Officer.)

- d) Conduct of handlers – handlers must not interfere in any way with the progress or well-being of other competitors or officials. They must not obstruct the public use of road/path/trial.
- e) Pacing by handlers or others are forbidden.
- f) Handlers who contravene the rules must be asked to leave the course for the duration of the event. Failure to comply may result in the disqualification of the athlete.
- g) Medical Officer – Race organisers should appoint a Medical Officer with professional credentials. The official should have the power to withdraw a competitor from the race if (in his professional judgement) the competitor is not fit to continue. The Race Director must be informed immediately of such a decision

#### 42.3.6 Leaving The Event

- a) A competitor may leave the course/track under his own power or in a vehicle at any time during the competition. The competitor may return to the course/track either under his own power or in a vehicle. On a track or multi-loop course his lap recorder must be informed on each occasion.
- b) If the time spent off the course is judged to be needlessly excessive by the Referee, then the competitor may be considered to have retired from the race.
- c) Leaving the track/course – To avoid confusion there should only be one point of exit/entry to a track (preferably next to the lap recording area).
- d) The competitor must rejoin the course at exactly the same point at which he left it and must thereafter continue under his own power.
- e) In races over a fixed time period (eg. 24hours/48hours) it is not necessary for a competitor to be on the track/course at the end of the race. The winner is the competitor who covers the greatest distance during the race.
- f) Mark the point of departure from a road race – In road races without designated Refreshments stations, handlers should be provided with a suitable marker to be placed in a clear view exactly at the point where the competitor leaves the course. The competitor must return to the course at that point. Cones with competitors' numbers affixed to them should be used.
- g) **Retiring from a race – Competitors who withdraw from the race must inform a race official immediately.**

#### 42.3.7 Entry

- a) Conditions of entry – Organisers should impose and publish suitable conditions of entry. All entries meeting these conditions, should be accepted until the maximum numbers of entrants has been reached.
- b) Entry restriction – Entries restricted by qualifying performance or a maximum number of competitors, must be clearly stated and treated appropriately. Unfair restrictions discriminating against certain potential competitors, must not be used.

#### 42.3.8 Track Races



#### 42.3.8.1 Tracks

- a) Track border; Track ultra marathons must be held on track with either a raised border, or with cones, flags, or posts with connecting rope or wire which may reserve as such a border.
- b) Track measurement; Tracks of any size (either indoor or outdoor) must be Measured by the prescribed steel tape method at the inside edge of the inside lane (see ASA Rule 161).
- c) Size – Outdoor tracks should be not less than 300 metres and not more than 500 metres. Smaller tracks may be used indoors.

#### 42.3.8.2 Right of Way

- a) All competitors in single – file forward motion have the right of way to the inside lane, whether they are running or race – walking. Any competitors intentionally proceeding two or more abreast must give inside lane right of way to the single – file competitors.

#### 42.3.8.3 Reversing

- a) Informing competitors, Competitors must be informed of such a reversal requirement before the start of the race.
- b) Timing of reversal. In fixed time events of 12 hours and longer, competitors may be required to reverse direction around the track (usually every 3 hours to 6 hours).
- c) Reversing procedures
  - 1) When a signal is given, competitors must complete the lap in progress by crossing the start/finish line, and then reverse direction. During this procedure, athletes who have not yet reversed must have priority in the inside lane.
  - 2) Athletes who return to the race following direction reversal, must complete the lap they started before they left the track. They then reverse direction after crossing the start/finish line. Such athletes do not receive priority in the inside lane.

#### 42.3.8.4 Handlers/Refreshments/Information

- a) Assistance
  - 1) Handlers must not give assistance inside the first three lanes in use in the competition.
  - 2) Assistance may be given from the infield only if it does not obstruct the progress of other competitors. It must not last longer than a few paces.
  - 3) It is forbidden for handlers to accompany competitors in front of the lap recording area.
- b) Refreshment stations and result boards, should be sited on the outside of the curve.

## 42.4 Road Races

### 42.4.1 Recording

- a) On shorter out and back and large loop road courses Times must be taken at the turn-around point, or the farthest point of the loop on shorter out and Back courses, and large loops (over 100km). This is an additional safeguard against cutting the course.
- b) On longer out and back and point – to – point road courses Times and Numbers should be recorded at regular intervals (eg. 10km, 10miles) on longer out – and – back and point-to point courses. These points should be clearly marked by distance sign boards.

### 42.4.2 Intermediate Marks

- a) Split times and distances should be taken and measured to the same accuracy as the event itself. The same method should also be used.
- b) Bicycles and motor vehicles.

### 42.4.3 Support And Pacing

- a) Handlers may provide permitted support only within 200metres of the official refreshment and water stations.
  - 1) Handlers may travel between permitted handling points (food and drink stations) by bicycle or motor vehicle.
  - 2) Only one such support bicycle or vehicle is allowed per competitor.
  - 3) Such support bicycles or vehicles are forbidden to support their competitor whilst the bicycle or vehicle is in motion.
  - 4) It is forbidden for such handlers to ride with the runner either alongside, in front or behind. They must ride ahead to the permitted handling points.
- b) Shielding – Shielding is forbidden, this occurs when a motorised vehicle or bicycle is driven just in front or alongside the competitor at the speed he is running or walking (usually with the purpose of shielding the competitor from wind).
- c) In long multi-day events race rules may permit the vehicle or bicycle to come closer behind at night (so that its light illuminate the competitor in the interest of safety). In such events dangerous traffic may require an escort at all times for this protection.

### 42.4.4 Safety

- a) Control of Road Junction. All road Junctions carrying significant traffic must be controlled by the appropriate authorities, or competent marshals wearing conspicuous tabards or bibs.

b) Marshalling

- 1) At least one marshal must follow at the back of the race, to ensure that all competitors are accounted for.
- 2) This rearguard marshal must not travel faster than a competitor assumed to be running at an even pace to finish at the announced time limit.
- 3) If the rearguard marshal passes a competitor, he must inform the competitor he is retired from the race. The competitor must be offered transport to the finish
- 4) Marshals must remain in place until the rearguard marshal has passed.

If there is any uncertainty concerning the Household Rules, please contact the Chairman of the Road Running Commission who will be able to assist you in your enquiry.