



Stramilano SOTTOZERO 2024 REGULATIONS

Men's and women's competitive 10 km

With the approval of FIDAL, on Sunday 1st December 2024 the Stramilano Running Club S.S.D. a r.l. (FIDAL code MI938) is organizing the Stramilano SOTTOZERO, 10 km road race in Milan.

10Km Competitive: Departures at 9 a.m. from Viale Cassiodoro, CityLife, Milano. Finish in Via Stratos.

PARTICIPATION REQUIREMENTS

The competitive Stramilano SOTTOZERO is open to all athletes in the following categories:

1) Italian and foreign athletes who are members of clubs affiliated with FIDAL and compete in the "Allievi", "Juniors", "Promising Talents" and "Seniors" categories (from SF-SM to SF95-SM95 and beyond).

For athletes with a medical certificate not valid on 1st December 2024, we remind you that their registration will not be considered valid until the club they belong to has validated the update of the certificate on the FIDAL portal.

It will not be necessary to send any documentation demonstrating the membership, which will be verified directly from the FIDAL portal.

2) atleta/i stranieri tesserati per Federazioni Straniere affiliate alla World Athletics, presentando all'atto dell'iscrizione:

- foreign athletes from the EU authorization from their Federation or copy of the card of the sports club to which they belong valid for 2024 or self-certification of membership;
- foreign athletes not from the EU in addition to what is indicated for foreign EU athletes, an Italian "Permit to Stay" or an entry visa.

This documentation must be sent by e-mail to the address stramilanosottozero@evodata.it.

N.B. Athletes members of a foreign Federation affiliated with World Athletics who are not registered by their Federation or Club must sign a self-certification that bears witness to their membership.

3) Italian and foreign athletes who are members of a club affiliated to a Sports Promotion Body (in athletics) **approved by FIDAL** for the 2024 season, with an Italian Runcard EPS. Italian and foreign citizens, with at least 20 years old (2004), who are in possession of a Runcard EPS and a medical certificate for competitive athletics, both valid on the day of the event.

This documentation must be sent by e-mail to the address stramilanosottozero@evodata.it.

4) Italian and foreign athletes, who reside in Italy, in possession of a Runcard Standard. Italian and foreign athletes who reside in Italy, with at least 20 years old (2004), who are in possession of a Runcard Standard that has been released by FIDAL (info@runcard.com) and of a medical certificate for competitive athletics, both valid on the day of the event.

It will not be necessary to send any documentation demonstrating the membership, which will be verified directly from the FIDAL/Runcard portal. The foreign athletes not from the EU must send a copy of the Italian "Permit to Stay" or an entry visa by e-mail to the address stramilanosottozero@evodata.it.

5) Italian and foreign athletes, who do not reside in Italy, in possession of a Runcard Standard. Italian and foreign athletes who do not reside in Italy, with at least 20 years old (2004), who do not belong to a FIDAL-affiliated club or to a foreign athletics club affiliated with World Athletics or to a club affiliated to a Sports Promotion Body (in athletics) approved by FIDAL, can compete if they are in possession of a Runcard Standard that has been released by FIDAL (info@runcard.com) and of a medical certificate for competitive athletics, both valid on the day of the event.

It will not be necessary to send any documentation demonstrating the membership, which will be verified directly from the FIDAL/Runcard portal. The foreign athletes not from the EU must send a copy of the Italian "Permit to Stay" or an entry visa by e-mail to the address stramilanosottozero@evodata.it.

N.B. The athletes who participate with a Runcard (Standard or EPS) shall be regularly included in the race's rankings, but will not be able to receive any refund, bonus, voucher, or prize money.



The Runcard (Standard or EPS) membership is renewable, and it has an expiration date. The athlete cannot compete if it is revealed that his/her Runcard has expired during the membership check on the day of the event unless proof of the on-line renewal is produced.

IMPORTANT: The participation of all Runcard members shall nevertheless be subject to the presentation of a medical certificate for competitive athletics that is valid in Italy. Foreign athletes can present a medical certificate issued in their own country, as long as it complies with the diagnostic tests required by the Italian law. In accordance with Ministerial Decree 18/02/1982, every person who participates in sport competitions must undergo prior and regular fitness checks that are specific to each sport. The Italian law requires that the participants undergo the following health checks: medical visit; test of urines (urinalyses); electrocardiogram at rest and stress test; spirometry.

All the statements and results from the exams must be authentic and conform to the original. The original certificate, with signature and print of the certifying Doctor, must be shown to the event organisers. A copy of the medical certificate shall be kept in the event organisers' documents of each race where the athlete, which is in possession of a Runcard, participates.

Attach:

- Medical certificate competitive sport activity
- Certificat medical activités sportives compétitives

6) Italian and foreign athletes who are members of FISPEs (the Italian Paralympic Sport Association) according to FIDAL/FISPEs protocol.

IMPORTANT - CANNOT PARTICIPATE TO THE RACE:

- athletes with RUNCARD Mountain & Trail;
- athletes who are members of Sports Promotion Bodies recognized by CONI (the Italian Olympic Association), but not approved by FIDAL;
- athletes who are members of other sport Federations (for example: Triathlon, cycling, etc.);
- athletes with "hand bike", wheelchair, stroller or any other wheeled vehicle.

IMPORTANT:

- Italian citizens enrolled on the Register of Italians Resident Abroad (A.I.R.E.) are considered as foreign residents;
- medical certificates for competitive athletics must state the word "athletics". Those that report the following words, such as: "running", "jogging", "marching", "marathon running", "triathlon racing", "half marathon", etc. are not valid for the purpose of participation. Medical certificates for other sports are not valid for participation;
- participants in the events can be subjected to doping controls. They are also subject to the provisions of Article No. 25 of the FIDAL Regulations, if already subjected to disciplinary suspension.
- The competition shoes to be used must comply with the provisions of the International Technical Regulations (RT 5).

THERE ARE NO FURTHER CRITERIA FOR PARTICIPATION



REGISTRATION FEES

Individual

€ 18,00 – from 16th September 2024 to 18th November 2024 ONLINE

€ 20,00 – from 18th November 2024 to 27th November 2024 ONLINE

€ 20,00 – only 29th and 30th November 2024 at Fior di Roccia, Via Repubblica Cisalpina 3 (Arena Civica), Milan.

Clubs with a minimum of 8 registered athletes

€ 16,00 – from 16th September 2024 to 18th November 2024 ONLINE

€ 18,00 – from 18th November 2024 to 27th November 2024 ONLINE

START AND END OF THE REGISTRATION PERIOD

Individual on-line registrations: from 16th September to 27th November 2024. <https://www.endu.net/it/events/stramilano-sotto-zero>

Registrations at:

- Fior di Roccia, Via Repubblica Cisalpina 3 (Arena Civica), Milan: on Friday 1st December 2023, from 12 pm to 7 pm, Saturday 2nd December 2023, from 10 am to 7 pm;

The Event Organizer may, at its sole discretion, anticipate the closing of registrations or accept registrations after the scheduled closing dates. Registrations will not be accepted on the day of the event.

Payment by: Credit Card; PayPal; Sofort; Satispay; bank transfer (until the 24th November 2024).

IMPORTANT: the registration fee will not be refunded in any circumstances or for any reason.

Until 24th November 2024, athletes who are unable to take part to the Stramilano SOTTOZERO and who have not collected their race pack yet, following the appropriate online procedure at dedicated page <https://join.endu.net/entry?edition=85116>, can ask, alternatively **to transfer their registration to another athlete** by paying the administrative fees of € 10. When registrations are transferred, new participants who are replacing other athletes must provide the documents required for their category;

Registrations of athletes who do not collect their race packs by 10:30 am on 1st December 2024 will be cancelled.

Registration includes: a race bib, RCT insurance, a race pack with the official t-shirt, refreshments and security service, a timing chip, the official program, information, as well as, for those athletes who complete the race, a commemorative medal and a participation certificate, which can be downloaded following the instructions subsequently provided.

Details on how to check your registration and print your confirmation letter will be published on the website www.stramilanosottozero.it.

BIB ASSIGNMENT

At the end of registration, a bib number will be assigned, automatically, progressively. **Bibs are strictly personal and must be displayed in their entirety. Athletes must not give them to other people or tamper with them. Anyone who fails to comply with these requirements will be disqualified. Once a bib number has been assigned, it cannot be changed.** Registered athletes are responsible for taking possession and the safekeeping of their bibs, which give them the right to use all of the services described in the regulations and in subsequent notifications. In addition to being liable for any damage to themselves and other people or things, anyone who takes part in the race without officially registering and/or with a counterfeit bib may face criminal charges and sporting disciplinary measures from the relevant federation bodies. Any offences of this nature may only be verified by examination of photographic and/or video evidence.

COLLECTING BIBS AND RACE PACKS

On Friday 29th November 2024, from 12 pm to 7 pm and Saturday 30th November 2024, from 10 am to 7 pm, registered athletes can collect their race packs and bibs at Fior di Roccia, Via Repubblica Cisalpina 3 (Arena Civica), Milan. Race pack and bibs can be collected also on Sunday 1st December 2024 from 7 am to 9 am at CityLife Village, Piazza Burri, Milan, in the square behind the Palazzo delle Scintille.

It is also possible for athletes to delegate someone to collect their race packs and bibs.

- **Individuals:** delegates must present a photocopy of the athlete's passport/identity card, a letter of proxy and the documentation indicated in the participation requirements, if any.
- **Clubs:** club representatives who are delegated to collect bibs must present a letter of proxy from the club president and authorization to collect the bibs. The letter of proxy must be accompanied by a photocopy of the president's passport/identity card.



START

Time: The race is due to start at **9 am** at Viale Cassiodoro, CityLife, Milan. There may be slight variations to the time, due to television coverage requirements. The departure will take place in accordance with the FIDAL guidelines on events of this nature, in force at the time of the event.

FINISH

The finish line for the race is at Via Stratos, CityLife, Milan.

After the finish line there will be an initial refreshments area serving drinks. There you will also find a bag storage.

All athletes are recommended to flow down the funnel and not to create crowds.

TIME LIMITS

The maximum race time is **1 hour 30 minutes**. All of the athletes who arrive after these times will be asked to stop by the staff.

BAG STORAGE

A free bag storage service will be provided at CityLife Village, at Piazza Burri, in the square behind the Palazzo delle Scintille. Athletes must use the bags provided by the event organizer and label them with the sticker included in the bag containing their bib. The bags must only contain a change of clothes for after the race.

While the bags will be collected and returned with the utmost care and attention, the event organizer will accept no responsibility for any missing, lost and/or stolen items.

MEDICAL ASSISTANCE

The first aid service is prepared and approved by A.R.E.U. (Azienda Regionale Emergenza Urgenza- Regional Emergency Urgency Company) in accordance with the DGR 2453 of 7 October 2014 of the Lombardy Region, concerning the "Health Organization during events and scheduled exhibitions".

REFRESHMENT

In accordance with the World Athletics- FIDAL Regulations, refreshment will be located along the route.

TIMING SERVICE

The timing service will be provided by the Italian Timekeepers Federation. EvoData Srl will process the times and draw up the rankings using the chips provided, which must be utilized in accordance with the enclosed instructions. Additional checks may also be made to ensure that the rankings are drawn up correctly. The race time will be measured with gun time (at the shot) and real time (for statistical purposes).

RESULTS AND PLACINGS

The rankings will be based on their Official Times. Any complaints must be made in accordance with the procedure described in the "COMPLAINTS" section below. The rankings for the race will be published in the "Results" section of the Endu website. For what is not expressly stated, please refer to the World Athletics- FIDAL Regulations.

PRIZES

Straight after the finish, prizes will be given to the first five male finishers and the first five female finishers in the Stramilano SOTTOZERO Competitive 10 km possibly with a gift box and a free registration for Stramilano Half Marathon 2025 that will be held on Sunday, 23rd March 2025.

They will also be rewarded the first male finisher and the first female finisher in the "Allievi", "Juniors", "Promising Talents" and "Seniors" category, possibly with a gift box.



IMPORTANT:

Combining prizes: The prizes for the male and female general and Italian rankings and for the category CANNOT be combined.

Eligibility for monetary prizes: Athletes who have a FIDAL RUNCARD, Standard or EPS, cannot receive monetary prizes or refunds. Foreign participants with tourist-sporting goals are also excluded from receiving monetary prizes or refunds.

COMPLAINTS

Any complaints concerning the Official Time rankings must be made within 30 minutes of the official rankings being displayed at the Timing and Race Officials tent, next to the finishing line. A verbal complaint must initially be made to the Finishing Official and it must be followed up by a written complaint to the Appeals Official. Written complaints must be accompanied by payment of € 100.00, which will be returned if the appeal is upheld. The Race Officials may disqualify athletes who do not pass through the tracking points along the course.

CHECKS

Federation membership card checks and athlete identity checks will be carried out in accordance with current FIDAL Regulations.

ABOUT IMAGES ACQUIRED DURING THE EVENT

As reported in the Personal Data Protection Policy of Stramilano Running Club S.S.D. a r.l. on the data transmitted for signing up to Stramilano SOTTOZERO, during the sporting event, photographic images and videos will be acquired and used by Stramilano Running Club S.S.D. a r.l. for informational purposes of the various moments of the event itself, on the Stramilano SOTTOZERO website, on the event's promotional material, on social media and trade press. Both photographic images and videos will be stored in IT archives by Stramilano Running Club S.S.D. a r.l. and by External Data Processors, duly authorized by the latter.

DISCLAIMER, ACCEPTANCE OF THE REGULATION AND PRIVACY POLICY

By registering for the Stramilano SOTTOZERO, the participant states: to have read and, consequently, to know, to accept and to respect this Regulation; they hold the organizers, the sponsors, FIDAL, the G.G.G. and the media partners, free from all civil and criminal liability for harm to persons and/or things caused directly or indirectly by the athletes themselves; to be physically fit for the characteristics of the event; to register voluntarily, to be aware that the event takes place on the streets of the city; to be aware that, being a competitive race under the aegis of FIDAL, it must be in possession of the requirements requested by the Federation; to assume all the risks deriving from my participation in the event such as: falls, contacts with other participants, spectators, with vehicles or other contacts; hot/cold, rain/wet weather conditions; traffic and road conditions, risks well known and evaluated by me. Participants must comply with the Italian Highway Code.

For those registering to the sporting event by filling out the on-line form via <https://www.endu.net/> website, the Privacy Policy referred to Article 13 of the Regulation (EU) 2016/679 on the protection of personal data is published here.

CHANGES

The race and registration procedures, as well as the collection of bibs and the deposit of bags must comply with the protocols of the Sports and Health Authorities in force on the date of the events.

The event organizer reserves the right to change this regulation at any time (after approval of FIDAL Regional Committee for Lombardy) in order to improve the organization of the event or comply with changes to FIDAL regulations or by disposition of the "competent authorities". The amended regulation will be published on the official website for the event (www.stramilanosottozero.it) and will fully replace the previous version.



CANCELLATION

If the race is cancelled and/or does not go ahead for reasons beyond the control of the organizers and/or despite their wishes (including if the relevant public authorities retract their authorization for whatever reason), registered participants will have no right to make any claims against Stramilano Running Club S.S.D. a r.l. or other joint organizers and no right to reimbursements for any past or current expenses. By signing a registration application, they waive the right to compensation and/or damages and/or any claims for indemnification and/or settlement for any past or current financial loss.

FINAL REMARKS

For what is not provided for in this regulation, the International Technical Regulations and the statutory and technical rules of the World Athletics, FIDAL and the Race Officials shall apply.

INFORMATIONS

Event website: www.stramilanosottozero.it

Email: stramilanosottozero@stramilano.it

Head office: Stramilano Running Club S.S.D. a r.l. Via Lorenzo Valla 16 – 20141 Milano – Italy

Tel: (+39) 02.84742380

Certificat medical
Activités sportives compétitives

Le soussigné..... (médecin autorisé) sur la base d'une
évaluation médicale effectuée:

- examen physique,
- examen complet de l'urine,
- un électrocardiogramme au repos et après l'exercice,
- spirométrie,

inspection conforme aux tests diagnostics prévus par la loi applicable en Italie
pour être en mesure de exercer des activités sportives compétitives (Décret
Ministériel 18/02/1982).

certifie que

Nom.....Prenom.....

né le.....à.....

et résident à.....

en.....

peut exercer des activités sportives compétitives d'Athlétisme.

Ce certificat est valable pour

et prendra fin le.....

Date,

Le Médecin

(timbre et signature)

Medical Certificate
Competitive sport activity

The undersigned(licensed physician), on the basis of the medical tests:

- medical visit
- test of urines (urinalyses)
- electrocardiogram at rest and stress test
- spirometry

diagnostic tests as by the Italian law to be able to practice competitive sports activities (Ministerial Decree 18/02/1982).

certify that

NameSurname.....

Born.....in.....

Resident in.....in.....

can practice competitive Athletics sport activity.

This certificate is valid for.....

and will expire on.....

Date,

The Doctor

(stamp e signature)



LIABILITY WAIVER FORM

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained.

I agree to abide by any decision of a race official, including those relative to my ability to safely complete the run. I hereby certify that I am in good health and I have trained to run the distance of the race, which I am entering on a non-competitive basis, and that I will conduct myself in a safe and prudent manner while participating in the event.

I assume all risks of any injury, harm, loss, cost, inconvenience or other damage that may result from or be connected in any way to the run including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me.

Having carefully read and understood this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release Stramilano, their officers, directors, agents, volunteers and employees, all states, cities, counties, the Municipality of Milano or other governmental bodies or locations in which events or segments of events are held, all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of or in connection with my participation in this event even though that liability may arise out of negligence, carelessness, error or faults on the part of the persons named in this waiver.

I understand and agree that my participation in the event and any related activities shall be governed by and construed in accordance with the laws of Italy and that any disputes arising out of or in connection with the race shall be referred to the exclusive jurisdiction of the courts of Milano, Italy.

Athlete Name: _____ Date: ____/____/____

Athlete Signature: _____