

## **Official Regulations**

### **Qazaq Marathon Abay 2024 Official Regulations**

#### **1. General Information and Competition Objectives**

**The Qazaq Marathon Abay 2024 (“Competition”)** is a running event featuring the following distances: 21km, 10 km, 5 km, 2 km (children’s distance) and Nordic Walking. It is part of the QAZAQ MARATHON series, which comprises 5 events on the territory of Kazakhstan in 2024. It’s a real sport festival for residents and guests of Semey and the whole of Kazakhstan.

**Competition Objectives** include popularization of running, development of mass sports, formation and development of healthy nation, popularization of a healthy lifestyle, discouraging bad habits, establishment of the Running Academies in the cities where the Competition takes place.

#### **2. ORGANIZER OF THE COMPETITION**

**2.1.** The Competition is managed by **«QAZAQ MARATHON» CF.**

**2.2.** Arrangements for preparing and holding the Competition are the responsibility of the Organizing Committee of **«QAZAQ MARATHON» CF** (hereinafter – the Organizing Committee).

#### **3. DATE AND VENUE OF THE COMPETITION**

**3.1. Date: 21 July 2024, from 06:00 till 13:00.**

**3.2. Venue of the Competition: Semey.** Start and finish lines for all distances: Abay Square

#### **4. COMPETITION DISTANCES**

##### **4.1. Distances:**

- ✓ 21 km;
- ✓ 10 km;
- ✓ 10-km Nordic Walking;
- ✓ 5 km;
- ✓ 2 km (children’s distance);

#### **5. AGE CATEGORIES:**

##### **5.1.**

Age categories of the 21-km distance:

- ✓ 18-29 years old;
- ✓ 30-39 years old;
- ✓ 40-49 years old;
- ✓ 50-59 years old;

- ✓ 60+ years old.

Age categories of the 10-km distance:

- ✓ 15-19 years old;
- ✓ 20-29 years old;
- ✓ 30-39 years old;
- ✓ 40-49 years old;
- ✓ 50-59 years old;
- ✓ 60+ years old.

**5.2.** Age categories of the 5-km distance:

- ✓ 15-19 years old;
- ✓ 20-29 years old;
- ✓ 30-39 years old;
- ✓ 40-49 years old;
- ✓ 50-59 years old;
- ✓ 60+ years old.

**5.3.** Age categories of the 2-km distance:

- ✓ 8-9 years old;
- ✓ 10-12 years old;
- ✓ 13-14 years old.

**5.4.** 10-km Nordic Walking:

- ✓ 15+ years old.

## **6. COMPETITION PARTICIPANTS**

**6.1. Participants of the following age categories are allowed to participate in the Competition:**

- ✓ 21-km distance – participants aged 18 years and over;
- ✓ 10-km distance – participants aged 15 years and over;
- ✓ 5-km distance – participants aged 15 years and over;
- ✓ 2 km (children's distance) – participants aged 8-14 years.;
- ✓ 10-km Nordic Walking - participants aged 15 years and over.

**6.2.** During registration for the Competition, your exact full age is taken into account at the time of holding the Competition.

**6.3.** Simultaneous participation in the Competition for several distances is strictly prohibited.

## **7. REGISTRATION FOR THE COMPETITION.**

**7.1.** Registration of participants for the 21 km, 10 km, 5 km, 2 km distances of the Competition is available on the website [www.qazaqmarathon.kz](http://www.qazaqmarathon.kz) as from **17 June 2024** and will end on **8 July 2024**, or when the number of participants will reach 1,100 (one thousand one hundred) participants.

**7.2.** Corporate participants of the Competition will be registered upon request sent to [info@qazaqmarathon.kz](mailto:info@qazaqmarathon.kz). The number of participants in the Competition from the company must be more than 10 (ten) people. Organization's /Company's teams with less than 10 (ten) participants shall register on the website [www.qazaqmarathon.kz](http://www.qazaqmarathon.kz) at their own.

Corporate participants shall mean participants of the following distances: 21 km, 10 km, 5 km, 3 km, 10-km Nordic Walking, participation of which in the Competition is paid by a legal entity via bank transfer to the settlement account of the Organizing Committee. Registration shall take place only upon request from a representative of corporate participants, e-mailed to the Organizing Committee and upon filling out a special form.

**7.3.** A participant, who has passed the online registration procedure on [www.qazaqmarathon.kz](http://www.qazaqmarathon.kz) and paid the entry fee according to the ID number assigned upon registration for a particular distance of the Competition, is considered completely registered for the Competition. Only participants with the assigned BIB number will be included in the list of participants in the Competition. The BIB number is assigned only upon payment of the entry fee.

**7.4. By registering and paying the entry fee, the participant of the Competition agrees with all the terms and conditions of these Competition Regulations.**

**7.5. Entry fees:**

- ✓ 21-km distance – **10,000 (ten thousand) KZT;**
- ✓ 10-km distance – **9,000 (nine thousand) KZT;**
- ✓ 5-km distance – **8,000 (eight thousand) KZT;**
- ✓ 2-km (children's distance) – **5,000 (five thousand) KZT;**
- ✓ 10-km Nordic Walking – **9,000 (nine thousand) KZT.**

**7.6. Change of distance within the Competition is available only until 8 July 2024 (inclusive).** It is possible to change the distance within the Competition only if there are free BIB numbers for the selected competition distance. If a BIB number for participation in the Competition has already been purchased, you must contact the Organizing Committee and pay 1,100 (one thousand five hundred) KZT for changing the competition distance. In case of changing the distance within the Competition from a shorter to a longer one, the difference in the cost of the slots shall be paid as well. **In case of changing the distance within the Competition from a longer to a shorter one, the difference in the cost of slots is not refundable! When changing one distance to another one, a Competition's BIB number with your name thereon is lost.**

**7.7. BIB numbers with names are assigned after registering and paying for a BIB number until 1 July 2024 (inclusive).** The personal BIB number will contain the name a participant entered in the Name box in the course of registration on the website. The BIB number is prohibited to contain any nickname, obscene words, political mottos and other slogans.

**7.8. Funds paid for participation in the Competition are non-refundable.** Funds paid for the wrong ID number are **not refundable** and cannot be transferred to another participant of the Competition, as well as cannot be transferred for participation in other Competition organized by **QAZAQ MARATHON CF. The BIB number cannot be re-registered to another person.** A participant cannot return, change or re-register his/her BIB number.

**7.9. Participants without BIB numbers are not admitted to the Competition!**

**7.10.** The participant's BIB number must be clearly visible. The participant of the Competition must place the BIB number on the front of his/her chest or waist belt (special number holder).

**7.11. Participation in the Competition under another participant's number is prohibited!** In the event that the transfer of BIB numbers (participation under someone else's BIB number) is revealed, the participant of the Competition who transferred the BIB number and the participant of the Competition who accepted the someone else's BIB number will be disqualified for this Competition and their result will be cancelled.

**7.12.** Participants who use wheelchairs, special jogging strollers will start from a special cluster at a time determined by the organizer. To apply for the cluster, please contact [info@qazaqmarathon.kz](mailto:info@qazaqmarathon.kz) before 18:00 on 17 July 2024. Those participating in wheelchair and their accompanying persons shall have BIB numbers of the Qazaq Marathon Qonaev 2024.

**7.13.** There are some requirements for those participating with a child in a jogging stroller. The stroller must have a safety belt attached to the hand of the accompanying person, pneumatic wheels. Your child must be fastened with a safety belt, and the front wheel must be fixed.

**7.14.** Participants with disabilities have the right to a BIB number free of charge. Applications for free participation should be emailed to [info@qazaqmarathon.kz](mailto:info@qazaqmarathon.kz) before 11 July 2024. The application should include the following information: unique ID number of the event, surname, first name, disability documents. The number of slots for participants with disabilities is limited. In the event that all free BIB numbers have already been issued, the Organizing Committee reserves the right to refuse an athlete to participate for free.

## **8. ELITE CLUSTER**

**8.1. Elite** is a start cluster for the Competition athletes with pre-confirmed qualification time.

**8.2.** A participant will be included in the elite category of the Competition for the 10-km distance upon online registration at [www.qazaqmarathon.kz](http://www.qazaqmarathon.kz).

**8.3.** To be qualified for the elite category of the Competition, the athlete shall send his/her application to [info@qazaqmarathon.kz](mailto:info@qazaqmarathon.kz) and provide his/her confirmed results corresponding to the qualification time before **11 July 2024**. The official results of running competitions held in the last 3 (three) years for the same distance before the application are considered. The results must be published on the official website or other official information sources of the Organizing Committee of the event to which the candidate for the elite category of the Competition refers to.

**8.4.** Workout results in the mobile app and other results are not a confirmation.

**8.5.** Applicants for the elite category of 21 km shall have the following qualification time:

- men: at most 01h:20m:00s for 21-km distance;
- women: at most 01h:40m:00s for 21-km distance.

## **9. DISTRIBUTION OF STARTER KITS**

**9.1.** Starter kits will be issued to the participants of the Competition from **19 to 20 July 2024, inclusive, from 10:00 to 20:00. Place of issue: Semey. The exact address to pickup your kit will be announced later.**

**Attention!** No starter kits will be issued to the participants of the Competition on other days and at the place of the Competition.

**9.2.** The participant's starter kit includes a BIB number, recording chip, participant's handout, bag, 4 (four) pins.

**9.3. Participants who have provided (handed over to the Organizing Committee) the following documents with no exception when receiving the starter kit are allowed to participate in the Competition:**

**For participants under the age of 18:**

- A printed copy of ID card or Birth Certificate;
- A printed Acknowledgement Note from parent(s) or guardian(s) giving permission to participate in the Competition;
- Copies of identity cards of parents or guardian(s), who signed in person the Acknowledgement Note.

**For participants aged 18 and over:**

- A printed copy of ID card;
- A printed Health Acknowledgement.

**9.4.** If a participant of the Competition cannot pick up his/her starter kit in person, then other person can do it on distribution days upon presentation of the following documents without exception: a copy of his/her ID card (**printed**), a copy of the ID card (**printed**) of the participant, who cannot pick up the starter kit in person, and the participant's Health Acknowledgement filled out and signed by the participant.

**9.5.** If a participant has bought a BIB number, but cannot participate in the Competition due to illness, injury, departure to another city, business trip, work shift, in this case the participant may pass the distance at another time or location in accordance with the selected distance and pick up his/her medal at the office of QAZAQ MARATHON CF within 3 (three) weeks after the Competition. The participant should send a notice of online participation before 18:00 on 25 May 2024 to [info@qazaqmarathon.kz](mailto:info@qazaqmarathon.kz).

**9.6.** Other cases will be discussed individually when applying to [info@qazaqmarathon.kz](mailto:info@qazaqmarathon.kz) before 14:00 on 25 May 2024.

## **10. EXPENSES FOR ORGANIZING AND HOLDING THE COMPETITION**

**10.1.** The Organizing Committee bears all the expenses for organizing and holding the Competition.

**10.2.** The travel, accommodation and meal expenses associated with the Competition shall be paid by the participant sending organizations or participants of the Competition themselves.

## **11. COMPETITION PROGRAM (to be published later)**

### **11.1. Time limits to pass distances:**

Time limit to passing the 21-km distance – 3 hours 00 minutes,

A participant in the 21-km distance, who ran the first lap (first half) for more than 1 hours, will not be allowed to participate in the second lap.

Time limit to passing the 10-km distance – 2 hours 00 minutes,

A participant in the 10-km distance, who ran the first lap (first half) for more than 1 hours, will not be allowed to participate in the second lap.

Time limit for the 5-km distance – 1 hours 00 minutes,

Time limit for the 2-km distance – 00 hours 30 minutes,

Time limit for the 10-km Nordic Walking – 2 hours 00 minutes.

## **12. LOCKER ROOM**

**12.1.** Participants may leave their belongings in lockers only in the Qazaq Marathon Abay 2024 bags, which the participants receive on the starter kit distribution days.

**12.2.** The Organizer shall not be responsible for the safety of the Participant's bag.

**12.3.** Suitcases, large-size bags and other items packed not in the Qazaq Marathon Abay bag will not be accepted for storage in lockers (see clause 12.1).

**12.4.** We recommend not leaving valuables, money, jewellery in lockers. The Organizing Committee will not consider any claims over missing items from your bags.

**12.5.** When leaving his/her item in a locker, the participant will receive a sticker, which is attached to the BIB number. If the sticker is lost, the bag will not be returned to the participant on the day of the Competition. The participant can pick up the bag upon completion of the Competition within a week. The participant should specify the exact contents of the bag. The place of issue will be published later in the official information sources.

## **13. RESULTS AND DETERMINATION OF COMPETITION WINNERS**

**13.1.** Results of the race participants for particular competition distances are recorded by the electronic timing system of the Competition and are confirmed by the Competition's panel of judges. Winners and prize-winners of particular competition distances are determined on the basis of the participants' finish time.

**13.2.** Official results of the Competition will be published on the website [www.qazaqmarathon.kz](http://www.qazaqmarathon.kz) within 24 (twenty-four) hours after the end of the Competition.

In the event that the Organizing Committee receives information on any violation of the Competition rules by its participants, the Organizing Committee has the right to examine the Competition venue again by analysing the photo / video records and make a final decision to change the final scoresheet if the violations are proved.

**13.3.** The result of the Competition participant is recorded only subject to correct placement of the BIB number.

**13.5.** The Competition Organizing Committee does not guarantee that every participant of the Competition will obtain his/her 100% personal result in the following cases:

- Incorrectly fixed chip;
- Chip demagnetization;
- Chip covered by clothing or otherwise;
- Disqualification on the basis of the resolution made by the Competition's Panel of Judges.
- Chip damaged by a participant.

**13.6. Terms used for displaying results:**

- DNS – Did not start (participant did not start);
- DNF – Did not finish (participant did not finish);
- DSQ – Disqualified (participant is disqualified);
- CR – Championship Record (record of competitions);
- GUN TIME – Finish time of participant. The time from the start gun commencement till crossing of the finish mats by the participant
- CHIP TIME – Personal time of participant. The time from start mats to finish mats crossed by the participant.

**Race winners and prize-winners of the Competition are determined on the basis of the participant's GUN TIME.**

**14. AWARDING OF COMPETITION WINNERS**

**14.1. The 21-km distance** – participants among men and women are awarded for the 1<sup>st</sup> – 3<sup>rd</sup> places in the overall championship.

Winners and prize-winners of the Competition are awarded cash vouchers, diplomas, medals and valuable prizes. Winners of the overall standings for this particular distance of the Competition are not awarded in age categories.

**14.2. The 21-km distance** – participants among men and women are awarded for the 1<sup>st</sup> – 3<sup>rd</sup> places in age categories.

Winners and prize-winners of this particular distance of the Competition are awarded cash vouchers, diplomas, medal and valuable prizes.

**14.3. The 10-km distance** – participants among men and women are awarded for the 1<sup>st</sup> – 3<sup>rd</sup> places in age categories.

Winners and prize-winners of this particular distance of the Competition are awarded cash vouchers, diplomas, medal and valuable prizes.

**14.4. The 5-km distance** – participants among men and women are awarded for the 1<sup>st</sup> – 3<sup>rd</sup> places in age categories. Winners and prize-winners of this particular distance of the Competition are awarded cash vouchers, diplomas, medal and valuable prizes.

**14.5. The 2-km distance** – participants among boys and girls are awarded for the 1<sup>st</sup> – 3<sup>rd</sup> places in age categories. Winners and prize-winners of this particular distance of the Competition are awarded cash vouchers, diplomas, medal and valuable prizes.

**14.6.** No awarding is held for the 10-km Nordic Walking.

**14.7.** All finishing runners (who meet the time limit) of the Competition and the 10-km Nordic Walkers are awarded the finisher's commemorative medal.

**14.8.** The cash prizes are paid out within 20 (twenty) business days after the Competition via a bank transfer to the personal account of the winner. In order to receive the prize, the winner should, within 5 (five) business days after the Competition, submit to [info@qazaqmarathon.kz](mailto:info@qazaqmarathon.kz) the following documents:

- **For residents:**

- A Bank Account Certificate and a copy of identity document;

- **For non-residents:**

- A copy of identity document, bank name, address of the bank office and the city where you will receive the cash prize.

**14.9.** If a participant of the Competition failed to pick up his/her prize during the Competition, the participant can pick up the prize within 5 (five) business days after the Competition. The exact address to pick up your kit will be announced later on official information sources.

**14.10.** If a participant of the Competition cannot pick up the prizes in person and delegate the receipt of the prizes to an authorized person, the winner of the Competition should email to [info@qazaqmarathon.kz](mailto:info@qazaqmarathon.kz) his/her address where the prize can be delivered by the



Organizing Committee at the expense of the participant. This option is available only to residents of the Republic of Kazakhstan.

**14.11.** Upon expiration of the above term, the Organizer reserves the right not to give the prizes to winners.

## **15. KEY COMPETITION RULES**

**The Competition takes place in compliance with the World Athletics (hereinafter – WA) Rules 2023-2024.**

**15.1.** Our recommendations:

- Do not run in a row with two or more participants.
- If you slow down to a walk, please keep to the right side of the track.

**15.2.** It is prohibited to:

- Use any mechanical aids (push scooters, electric scooter, bicycles, rollers, etc.) for everyone except wheelchair athletes and participants with special jogging strollers.
- Participate with strollers.
- Use headphones.
- Participate in a state of alcohol or drug intoxication.
- Participate with any items that could be dangerous to other participants.
- Stop on the track. If you feel unwell, please move to the side of the track without interfering with other runners of the Competition, and seek immediate assistance from volunteers or medical officers supervising the track.
- Participate with animals.
- No one should stay near a participant at the time when the participant takes food or drinks during the Competition.

Obstruct the movement of other participants and the Organizing Committee in any other way.

## **16. DISQUALIFICATION**

**16.1.** The Competition Organizing Committee has the right to disqualify a participant of the Competition and remove the participant from the final scoresheet in the following cases:

- a participant participates in the Competition without a BIB number or under someone else's BIB number;
- a participant runs not his/her distance or starts running not from his/her cluster;
- a participant reduces the distance;
- a participant participates in 2 (two) and more distances;
- a participant starts running before the official start;
- a participant starts running after the start zone is closed;
- a participant neglects the instructions and comments of the Organizing Committee, judges or a chief physician of the Competition;
- a participant violates the Competition Regulations;

**16.2.** A participant who took or received food or water at a place other than an official catering facility provided by the Competition Organizing Committee, unless they have been provided for medical reasons by or under the direction of the competition judges, or who took food from another participant, must be first warned by a judge by showing a yellow card. For the second violation, the judge shall have the right to disqualify the participant by showing a red card on the track;

**16.3.** A participant shall be disqualified if he/she is revealed to have headphones in the course of the Competition (see clause 13.2);

**16.4.** A participant shall be disqualified for rude, unseemly or abusive language towards event organizers, judges, volunteers, medical officers.

**16.5.** It is prohibited to hold any rallies - political, social and other ones, making provocative appeals, political solicitations, protests, demonstrations, and using any political, social attributes, logos. Those participants violating this clause will bear responsibility in accordance with the laws of the Republic of Kazakhstan.

## **17. JUDGING**

**17.1. Panel of Judges** ensures that the Competition rules are observed.

**17.2. The Panel of Judges includes:**

- **Chief Judge of the Competition:**

The Chief Judge of the Competition distributes responsibilities among judges of the Competition and after completion of the Competition draws up a competition report and submits it in a writing form to the Competition Organizing Committee.

- **Timekeeper:**

The Competition Timekeeper displays results, processes scoresheets, prepares final results for the judges and later for the official website of the Competition.

- **Judges of the Start and Finish Zones:**

The Judges of the Start and Finish Zones of the Competition keep strict watch that the participants of the Competition go to the race distances according to their clusters, all rules are complied with at the start and no one gets any advantages. The Judges at the finish line record results of first 80 (eighty) finishers. The scoresheets are submitted to the Chief Judge of the Competition for collation of the results with the timekeeping system.

**17.3. Chief Physician of the Competition:**

The Chief Physician of the Competition supervises and controls medical staff and volunteers of the Competition during the race and at the start-finish camp of the Competition. If necessary, the Chief Physician of the Competition has the right to withdraw a participant from the Competition.

## **18. FORCE MAJEURE**

**18.1.** In case of force majeure, the Organizing Committee will promptly publish the necessary information on its official sources.

**18.2.** In case of an official ban on the Competition from the state services of the Republic of Kazakhstan, the Competition is postponed to a later date set by the Organizing Committee. All previously paid entry fees of the participants of the Competition are postponed to the new date of the Competition. The new date of the Competition will be announced by the Organizing Committee to the participants by posting information in the OFFICIAL INFORMATION SOURCES OF THE COMPETITION specified in Article 22 of these Regulations, as well as by sending messages to the Participant's personal email specified in the Personal Account when registering for the Competition.

## **19. PROTESTS AND CLAIMS**

**19.1.** Protests shall be submitted to the Competition Organizing Committee and considered by the Competition's Panel of Judges.

**19.2.** A participant of the Competition shall be entitled to submit a claim within 2 (two) calendar days after completion of the Competition.

The claims shall be emailed to [info@qazaqmarathon.kz](mailto:info@qazaqmarathon.kz).

When submitting the claim, the participant of the Competition is required to specify the following data:

- participant's full name (anonymous applications are not subject to consideration);
- essence of the claim (detailed description);
- grounds for the claim (photo or video records).

**19.3.** The Competition Organizing Committee shall prepare its official reply to the participant of the Competition within 2 (two) business days after it receives the protest and/or claim, the reply shall be sent to e-mail, which the claim/protest had been filed from.

**19.4.** The claims may be accepted only from the participants of the Competition.

## **20. MEDIA ACCREDITATION**

**20.1.** To pass the accreditation for the Competition, it is necessary to send data (name of the media, full name of the correspondent, operator, photographer, contact phone number and e-mail) to [info@qazaqmarathon.kz](mailto:info@qazaqmarathon.kz) before **23 May 2024**.

## **21. SOCIAL PROJECT**

The Qazaq Marathon 2024 is a social project. Our goal is to promote a love of sports, in particular, running sport among more Kazakhstani people from various regions of the country. Some portion of entry fees paid by other participants will be used to pay for the

children from socially vulnerable groups to give them opportunity to participate in the marathon. Upon completion of the Competition, a running school with a professional coach from the JRun Running Academy will be established in each city where children will be able to train free of charge.

**21.1.** QAZAQ MARATHON CF will report on this good deed through the media and website.

## **22. OFFICIAL INFORMATION SOURCES OF THE COMPETITION**

**22.1.** Detailed information on the Competition is available on website [www.qazaqmarathon.kz](http://www.qazaqmarathon.kz), as well as at the following social media of the Organizing Committee:

<https://www.instagram.com/qazaqmarathon/>

<https://www.facebook.com/profile.php?id=61557668045818>

<https://www.linkedin.com/company/qazaq-marathon/>

**The Competition Organizing Committee assumes no responsibility for the information obtained from any other information sources.**

## **23. RIGHTS TO COVER THE COMPETITION**

**23.1.** QAZAQ MARATHON CF (hereinafter – the Copyright Holder) owns exclusive media rights to cover the Competition by broadcasting an image and (or) sound of the sports event by any means and (or) using any technology, as well as by making a video recording of the said broadcast.

The Copyright Holder has the right to conclude agreements in writing with third parties on the acquisition by third parties of rights to cover the sports competition.

**24. These Competition Regulations are the official invitation-call for participation in the Competition.**

**25. The Organizing Committee reserves the right to amend these Competition Regulations.**