

LITTLE ROCK MARATHON

Rules of Competition

Introduction: Little Rock Marathon (LRM) has established Rules of Competition in accordance with the USA Track & Field Rules of Competition ("USATF Rules"). LRM follows and applies the USATF Rules in all events it produces. The LRM Committee is responsible for establishing, implementing, communicating, and enforcing the Rules of Competition for the Little Rock Marathon, Half Marathon, 10K, 5K Fun Run and the Little Rockers Kid's Marathon, as well as any other event operated by the Little Rock Marathon - collectively "LRM Events". The Rules of Competition incorporate the USATF Rules and additional provisions adopted by the Committee to ensure a safe, fair race for all participants. The complete USATF Rules are available at <http://www.usatf.org>. The USATF Rules are implemented in accordance with the following Rules of Competition. Where a rule is specific to a particular LRM Event, the event distance is specified in the rule.

1. Race Entry/Bibs

1.01 Corral Assignment: LRM utilizes a corral system at the start for all events. Participants are assigned to start corrals in accordance with time standards established each year by LRM. Corral assignment will be based on estimated finish time as declared by participants in the online race registration form. Participants' corral assignments will be communicated by mid-February.

1.02 Participant Numbers: Every participant shall be provided with a race number, which shall be conspicuously worn on the FRONT when competing. The race numbers are to be worn as issued (*cutting or folding numbers is not permitted*). No athlete shall be permitted to participate in any competition without the appropriate number or numbers. USATF Rule 143

1.03 No Transfer Permitted: Once a number has been assigned to a participant, no other participant may use it. Participant race numbers are personal and may not be exchanged with or transferred to any other person unless it is through the official transfer program.

1.04 Race Number Pick-up: Each participant shall provide photo identification at the time of number pick-up verifying that they are the individual to whom the race number is assigned. In the event an authorized participant wishes to have another individual pick up their race number for them, the person picking up the race number must have photo identification for themselves, a copy of your registration confirmation and a completed packet pick-up authorization form. Race numbers may be picked up only at the times and in the manner specified in the written instructions provided to participants. No special arrangements will be made.

1.05 Refunds: Refunds are not available for any reason.

Race registrations may be transferred. The Little Rock Marathon does NOT assist in the identification of individuals to receive a transfer. Participants often find transfer partners on our Facebook Page. Deadline February 1. **No transfers will be permitted after this date.** Only individuals currently registered for this year's event may transfer a registration to another individual. When transferring a registration, individuals do not receive a refund on registration fees from the Little Rock Marathon. Any such monetary transactions must be handled directly between individuals. Registrations may not be transferred more than once. Once submitted, the transfer cannot be cancelled. Individuals that transfer their registration and do not follow the transfer process will be disqualified, banned and removed from the course if caught. *The unofficial sale or transfer of numbers between participants, whether in person or online, is strictly prohibited for the safety of all participants.*

1.06 Chip Verification: Participants are responsible for verifying that the chip timing device provided is working properly prior to the race and worn correctly during the race.

1.07 Participants under Age 18: All participants under 18 years of age must have a statement signed by the athlete's parent or legal guardian permitting the athlete to compete. USATF Rule 241

1.08 Requests for Accommodation: Any participant seeking an accommodation with respect to a disability must indicate their request by emailing glamm@littlerock.gov. Written materials supporting the request for accommodation must be submitted to LRM within 30 days of the date of entry and in no event later than six weeks prior to the event date.

2. The Start

2.01 Assembly in Assigned Corral: All participants are responsible for knowing the starting time, knowing the check-in method, and for being at the starting line at the appointed time for instructions and the start of the race. Participants shall assemble for the race in their assigned corral not less than 10 minutes prior to the start of the race. Any athlete attempting to enter the wrong corral shall be required to start after all other participants have crossed the start line. USATF Rule 242

2.02 Proper Entry of Chute and Corral: All participants shall enter the starting chute from the designated entry points of their assigned corral via designated entry points. Any person who climbs a fence or any other barriers marking the front or sides of the chute shall be disqualified from the current event.

2.03 Start Line: Start shall be indicated by a line of any color contrasting distinctively with the road at least 5 cm wide and up to 30 cm wide. With chip timing, all mats at the start shall be placed before the measured starting line. USATF Rule 160.6

2.04 Method of Start: All participants must be behind the line when starting. Race shall be started by an air horn. The commands of the starter shall be decided by the Referee. False starts in road races should not be recalled. USATF Rule 242

2.05 Questions/Protests Regarding Start: All questions regarding the start shall be determined by Starter. The Starter shall report to the Referee any misconduct by any participants at the start. The Referee shall have the authority to disqualify such participants. USATF Rule 162

3. Timing

3.01 Race Time is Official: Official times shall be recorded from the start of the race by the air horn to the point where the participant crosses the finish line. The air horn shall be sounded only once, at the official start of the race.

3.02 Official Start Timing: Timers start timing devices at the air horn or the first moment a participant crosses the start line, whichever happens first. False starts in road races shall not be recalled. Official time is elapsed time between start of timing devices and the athlete crossing the finishing line. If an athlete crosses the start line after the start of the timing devices, the elapsed time can be made known to the athlete but will not be considered as official time. USATF Rule 245

3.03 Times Displayed: Elapsed times shall be displayed or read at various points along the course in each event for the benefit of the participants and to record such time intervals. Such places will be determined by the Little Rock Marathon staff. USATF Rule 244, 245

4. The Course

4.01 Course Marking: All LRM event courses shall be adequately marked at strategic points to keep the participants on course. USATF Rule 243

4.02 Course Monitoring: Turns and major intersections on the course shall be monitored by Course Marshals. A record shall be made of the participants and their times at specific points on the course. USATF Rule 243

- 4.03 Vehicles on Course: All event courses shall be free of vehicular traffic and all dangerous intersections should be staffed to provide for traffic and spectator control. A lead vehicle should be provided, with additional vehicles to assist in monitoring the competition, timing, or other required functions as determined by the race officials. USATF Rule 243
- 4.04 Leaving the Course: No participant, after leaving the track or course, shall be allowed to rejoin a race either for the purpose of gaining a place or to pace or to assist another participant. In any road race, a participant may leave the road with the permission and under the control of an authorized official, provided that by going off or returning to the course the athlete does not lessen the distance to be covered. USATF Rule 163.6, 243
- 4.05 Shortening the Course: Any participant who has been found by the race committee to have gained an unfair advantage by intentionally shortening the route of the race ("cutting the course") shall be immediately disqualified from the Competition. USATF Rule 243
- 4.06 Obey Officials: Any participant who shall refuse to obey the directions of race officials, or who shall conduct himself/herself in an unsportsmanlike manner, or who is offensive by action or language to the officials, spectators, or participants at any competition may be disqualified by race officials from further competition.
- 4.07 Faster Athletes: Athletes moving at a slower pace **must** move to one side and allow faster athletes to pass freely.
- 4.08 Assistance to Participants: Except as provided in USATF Rule 241, a participant who has received any assistance whatsoever from any other person may be disqualified by race officials. "Assistance" is the conveying of advice, information, or direct help to an athlete by any means, including a technical communication device. It also includes pacing by persons not participating in the event. It does not include participation of an officially designated pacesetter in the race, provided such pacesetters start in the event. Participants may carry or wear articles of personal equipment such as wrist chronometers, heart rate monitors and speed distance monitors or stride sensors provided that such device cannot be used to communicate with any other. USATF Rule 144
- 4.09 "Cheering" Permitted: Verbal or other communication, without the use of any technical device, from an individual who is not in the competition area to an athlete who is in the competition area shall not be considered assistance. USATF Rule 144
- 4.10 Bandits: No attendant or participant who is not actually taking part in the competition shall accompany any participant in the competition (*including the start and secured finish areas*), nor shall any participant be allowed, without the permission of race officials, to receive assistance or refreshment from anyone during the progress of the competition. Any person not properly displaying a properly authorized and issued bib shall be directed to leave the course. USATF Rule 144
- 4.11 Unauthorized Participants: No unauthorized participants may enter the start, course, and secured finish areas. Such unauthorized participants include, but are not limited to: children and other family members and friends of participating participants. All unauthorized participants will be directed to leave the start and secured finish areas and the course. USATF Rule 144
- 4.12 Medical Assistance: Medical personnel authorized by race officials to do so may examine any athlete who appears in distress. If in their opinion it is in the best interest of the athlete's health and welfare, they may remove the athlete from the competition. A hands-on medical examination during the progress of an event by officially designated medical personnel shall not be considered assistance and will not result in disqualification if deemed medically fit. USATF Rule 144, 241
- 4.13 Groups: Individuals **may not** run or walk more than two abreast at any time on the course. This includes members of a group or team.

5. Finish

5.01 Finish Line: The exact finish line shall be clearly marked and stated in participant instructions in order to eliminate confusion with designs on or adjacent to the course near the finish line. The finish shall be indicated by a line on the road no less than 5 cm wide and up to 30 cm wide. Additionally, it may be of any color contrasting distinctively with the surface of the finish area. USATF Rule 164.4,

5.02 Course Finish: The finish of the course is the edge of the line closest to the approaching participants. USATF Rule 244

6. General

6.01 Doping: Under the rules of IAAF and USATF, doping is strictly forbidden. USATF Rule 32. Additionally, as initially set forth in Section 2.01 hereof, anyone who has ever tested positive for, or has otherwise been determined to have used performance enhancing drugs of any sort will not be eligible for any prize money, specifically designated or otherwise, or for any expense reimbursement, other compensation or any award(s) or recognition by or from LRM or in connection with any race or event conducted by LRM

6.02 Athletic Attire: In all events participants must wear clothing that is clean, designed and worn so as not to be objectionable. USATF Rule 143

6.03 Course Certification: The marathon and half marathon events shall be conducted on USATF certified courses and any other event conducted by LRM may be certified at the discretion of the Race Director. The Race Director shall be responsible for ensuring that the courses are properly certified in accordance with USATF Operating Regulation 6. USATF Rule 240

6.04 Professional Conduct of Participants: All participants are expected to conduct themselves in a professional and courteous manner during their participation in the marathon or any LRM event. This means, for example, that urinating or defecating anywhere on or near the course shall be strictly prohibited except in toilet facilities.

6.05 Marathon Time Limit: The marathon finish line remains open for eight hours after the final participant crosses the start line. Participants must cross the finish line within the eight-hour window in order to be considered "official finishers". After eight hours, the course and finish line are closed. In the event that the start time is delayed, the closing time of the finish line will be adjusted accordingly. The half marathon will have a four-hour time limit, the 10K limit is two hours and the 5K will have a one-hour time limit.

Course Closing: Finishing the marathon in eight hours generally means maintaining an average pace of 18:19 per mile. The race course will be opened to traffic on a rolling schedule as participants make their way to the finish.

If a participant is behind the necessary pace, they may be asked to move onto the sidewalk, or may be re-routed to a shorter path to the finish line. Participants must reach certain intersections on the course or they will be directed to proceed directly to the finish line. These check points are as follows:

16th & Gaines (11.5 miles) – 10:47 am
Chester & Capital (14.2 miles) – 11:25 am
Cedar Hill & Riverfront Driver (19.2 miles) – 12:33 pm

All of these time standards are calculated from the point the final participant crosses the start line at the beginning of the race.

6.06 Timing: Late participants are not guaranteed to be timed and recorded as official finishers; however, they can

contact our race scoring team to request credit for the race.

7. Safety

7.01 Electronic Devices: Portable listening will not be allowed during LRM events. Parts of our course are open to vehicular traffic. Using devices like an iPod, MP3, personal music device or headphones during the race is not only unsafe, but is also an issue of politeness. Wearing an electronic device like these, is difficult, if not impossible, to hear other participants as they approach or volunteers/police as they try to give you vital information.

7.02 Wheeled Devices: The use of wheeled devices by participants or any other person authorized to be on the course shall be strictly limited to (a) authorized and registered competitive wheelchair and hand-cycle participants, (b) authorized medical personnel, and (c) authorized course marshals. No baby joggers, baby strollers, skate boards, roller blades, unauthorized bicycles or any other wheeled device will be permitted on the course.

7.03 Medical and Safety Concerns on Course:

(a) Aid Stations: Aids stations providing water and other suitable refreshments shall be available on the course approximately every two to three miles. USATF Rule 241

(b) Medical Assistance: Adequate first aid will be provided, with the use of mobile units on the running course. There will be three medical stations on the course, as well as mobile medical units with ALS & BLS capabilities. USATF Rule 241

(c) Removal from Race: A hands on medical exam during the race is not assistance - Participant must retire at once from race if ordered to do so by a member of the official medical staff. USATF Rule 241

7.04 Inclement Weather: The Games Committee shall determine whether any of the LRM Events shall be delayed, cancelled, or suspended due to inclement weather in accordance with the LRM Emergency Protocol on Inclement Weather.

8. Competitive Wheelchair Division

8.01 Availability/Eligibility: The marathon and half marathon includes a Competitive Wheelchair Division. In order to be eligible to participate in this division participants must qualify for accommodation in accordance with the regulations of Wheelchair Sports, USA and USATF Rules.

9. Protests (marathon and half marathon only)

9.01 Eligibility Issues: Protests concerning the eligibility of an entered participant must be made to race officials prior to the commencement of the event.

9.02 Matters Arising During the Race: Protests relating to matters which developed during the conduct of the competition must be made to race officials at once and not later than one hour after results have been announced. However, as the official results are not final for four weeks, race officials may determine, and announce in the results that are released, a period not to exceed 7 days during which protests may be made to the Race Director.

9.03 Protests Must Be in Writing: All protests must be made in writing by the athlete or an official representative of an athlete. Such persons may only protest if they are or have an athlete competing in the same round of the event to which the protest relates. USATF Rule 146

9.04 Time for Decision: If possible, race officials shall decide protests at once. If the nature of the protest or the necessity of obtaining testimony or evidence prevents an immediate decision, the participant shall be allowed to compete under protest, and the protest shall be decided by race officials within one week, unless its subject be the eligibility of the participant to compete, in which case race officials will determine such protest within 48 hours, USATF Rule 146 Jury of

Appeals: A Jury of Appeals shall be appointed by race officials and may, at the discretion of the Executive Director or when required by the USATF Rules, be appointed for any other events. The Jury of Appeals shall consider appeals of decisions of race officials as to matters which developed during the conduct of the event. USATF Rule 146

9.05 Time for Appeal of Decision: Appeals must be made in writing by an athlete, or by an official representative of an athlete, within 24 hours after the action by race officials has been officially announced. Appeals should be submitted to the Executive Director, who shall immediately forward the information to the Jury of Appeals. USATF Rule 146

10. Violation of Rules of Competition

10.01 Process. The process for consideration of possible violations of the Rules of Competition shall be as follows:

(a) Protest Filed by Participant. In the event a participant files a written protest with race officials, it shall be resolved as set forth in Section 9.

(b) Violation Determined by Official. In the event a potential violation is determined to have occurred by any Race Official, all available evidence shall be forwarded to the Executive Director. The Executive Director shall review each potential violation in accordance with the following:

(i) An initial determination of the nature of the violation shall be made. The participant or participants involved shall receive written notice of the initial determination. This determination shall be made within 30 days of the race day or as soon as practicable thereafter. The participant shall have an opportunity to respond with any additional clarifying information available within 14 days of the date of the initial determination.

(ii) Within 60 days of the initial determination, the Executive Director shall conduct a final review of all potential violations and any responses submitted. A final determination will be made and participants notified of the result and any penalty imposed.

10.02 Penalties. Any violation of these Rules shall result in assessment of a penalty in accordance with the following:

(a) Climbing Fence or Barricade to Enter Start Area. Disqualification from current year event.

(b) Failure to Cross all Checkpoints on Course. Disqualification from current year event.

(c) Participate in Event Not Registered For. Any participant who registers for the marathon and participates in the half marathon or vice versa shall be disqualified from participation in either event for the current year.

(d) Transfer of Race Number. Any registered participant who transfers, sells, or otherwise permits any other individual to wear the race number assigned to them shall be disqualified for the current year. Should any registered participant transfer, sell, or otherwise permit any other individual to wear the race number assigned to them a second time, they shall be disqualified from any and all participation in future LRM Events.

(e) Dual Entry/"Finish". Any individual who enters both the marathon and half marathon in the same year and for whom results are shown for both events shall be disqualified for the current year and from any and all participation in future LRM Events.

(f) Unauthorized Assistance. Any registered participant who receives unauthorized assistance shall be disqualified for the current year and one additional year. This includes any registered participant who permits an unregistered participant to run with them for any part of the event.

(g) Unauthorized Participation/Bandits. Any person who participates in any LRM Event:

(1) Without any race number or chip; or

(2) Without both a current official race number and timing device officially assigned to them; or

(3) Participants who have unauthorized participants enter the start, course, and secured finish areas with them. Such unauthorized participants include, but are not limited to: children and other family members and friends of participating participants, shall be disqualified for the current year.

Should any person who participates in any LRM event in violation of 12.02 (i) (1) (2), (3) for a second time, they shall be banned from participation in any and all future LRM Events.

(h) Unprofessional/Unsportsmanlike Conduct. Any participant who engages in any unprofessional or unsportsmanlike conduct, including, without limitation, the providing of any false or misleading information in connection with their application for or participation in any LRM Event shall be disqualified for the current year and may, in the discretion of race officials, be disqualified for future years of participation in LRM Events.

(i) Electronic Devices. Race Officials shall be authorized to disqualify any individual who uses portable listening devices and/or cell phones (and/or other devices capable of receiving communication). Further, acting in an unsafe or discourteous manner may result in disqualification from future LRM events at the discretion of the Executive Director. Race Officials shall be authorized to disqualify any individual for using devices capable of receiving communications while on the course.

(j) Failure to Follow Course Officials Instruction. Any participant who fails to follow instructions given by a Race Official shall be disqualified for the current year and the next year from participation in LRM Events.

(k) Violations Determined by Jury of Appeals. The Jury of Appeals shall have the authority and discretion to assess penalties arising from protests it determines to uphold based on these Rules and all of the relevant facts and circumstances taking into account the nature of the violation.

(l) Other Violations. Race officials shall assess penalties for any violations not specifically addressed taking into account all relevant facts and circumstances.

(m) Multiple Violations. Any combination of violations of multiple Rules in a single year or the same Rule in multiple years may result in additional penalties over and above those stated here at the discretion of the Games Committee.

10.03 Request for Reinstatement. Any individual who has been disqualified from all future LRM events may apply for reinstatement of eligibility after a period of 3 years from the date of the disqualification. The decision to grant reinstatement shall be at the discretion of the Executive Director. In considering the application the Executive Director shall take into account the original basis of the disqualification, the applicant's race etiquette record during the intervening period and any other relevant information.

11. Waivers Any individual desiring a waiver of any of these Rules which may be properly waived by the Games Committee shall submit a written request to the Executive Director, not less than 30 days prior to the applicable event date specifying the nature of the request and the reasons for it.