



## Technical Regulations Marathon

Odense – City  
Denmark  
24<sup>th</sup> September 2023

**Updated: 15 Feb. 2023**

### 1. EVENTS

Marathon competitions will comprise the following events:

The 3<sup>rd</sup> European Deaf Marathon Championships comprises the following 2 events  
(Marathon for men, Marathon for women):

**Men:**

Marathon (42.195km)

**Women:**

Marathon (42.195km)

### 2. PARTICIPANTS

**2.1. Age Eligibility to 2003 (20 year old)**

**2.2. Individual Events:**

Each national federation may enter four (6) athletes for each event.

**2.3.** A fine of EURO €30 is levied on each non-starting athlete with the exception of those presenting a doctor's declaration that he/she should not be allowed to start.

### 3. REGISTRATION

#### 3.1. Preliminary Registration

The preliminary registrations, indicating the possible disciplines (Yes / No) with an indication of the probable in each event must be submitted to the EDSO Technical Director no later than **23 March 2023**. [Not less than one (1) year before the competition.]

#### 3.2. Final Entry

The final entries with number of athletes and officials entered must be submitted to the EDSO Technical Director no later than **23 March 2023**. [Not less than three (5) months before the competition] Such submissions will be made via official online registration form or email followed by the official registration form.

#### 3.3. Name Registration

The name Registration with the names of each athlete-indicating event entered must be submitted to the EDSO Technical Director no later than **23 August 2023**. [Not less than one (1) month before the competitions.] Such submissions will be made via official online registration form or email followed by the official registration form.

**3.3.1.** No changes or additional entries will be accepted after **23 August 2023**.

### 4. COMPETITION RULES AND REGULATIONS

#### 4.1. Technical Organization

EDSO is responsible for the technical organization of the Marathon competitions.

#### 4.2. Committees

##### 4.2.1. Technical Committee:

The technical committee will be composed of the EDSO Technical Director and members appointed by the Organizing Committee:

Dietmar MARSCHNER	EDSO Athletics Technical Director
Norbert HENSEN	EDSO Representative
??	Marathon Director of HCA Marathon
Michael WEBER STEENBERG	President Danish Deaf Sports Federation
Joachim THOE KROYER	Secretary General Danish Deaf Sports F.
Eetu KESKI-LEVIJOKI	Elite Sports Coordinator, Danish Sports F.

##### 4.2.2. Protest Committee:

The Championship Protest Committee shall consist of:

Dietmar MARSCHNER	EDSO Athletics Technical Director
	Marathon Director of Odense
	Referee IAAF

## 5. VENUES

### Competition Venue

#### 5.1. Training Venue

There will be separate training session and warm up session at Hotel Nyborg Strand

## 6. EVENTS

The 3<sup>rd</sup> European Deaf Marathon Championships comprises of the following 6 events:

Men	Women
42.195 km	42.195 km

## 7. SCHEDULE

### 6.1 Competition Schedule

Refer to the competition schedule on the hosting competitions website.

<http://www.hcamarathon.dk>

### 6.2. Technical Meeting

#### 6.2.1. Date and Location

The first Technical Meeting will be held at 23 September 2019 20.00 hrs.  
Hotel Nyborg Strand

#### 6.2.2. Attendance

Each participating National Federation may be represented by two (2) officials, of whom atleast one (1) must be deaf and, if necessary, an interpreter.

## SCHEDULE

### 8. CONTROL AND SANCTIONS

#### 8.1. Hearing Devices

The use of any hearing devices(s)/amplification or external cochlear implant parts is strictly forbidden from the restricted zone area.

##### 7.1.1. Restricted Zone Area

The restricted zone area is in effect from the time athletes enter on the whole Tack and Field area during the warm-up and competition period.

##### 7.1.2. Violation and Penalty

When this rule is violated, the match shall immediately be stopped and the offending player/s will be disqualified from the event. Refer to ICSD [Audiogram Regulations](#), 8: Violations and Penalties

### 9. PROTESTS

#### 9.1. Procedure for lodging a protest

All sport related protests will be resolved in accordance to the IAAF Rules and Regulations and will be managed by the Athletics Protest Committee. Any official protest must be submitted in writing in English on the Official EDSO Protest Form. The form must be given to the EDSO Technical Director with EURO €100 within thirty (30) minutes after official posted results.

**8.1.1.** The EDSO Technical Director will decide whether the protest is sporting related eligibility related. The Athletics Protest Committee will review all sport related protests, and the EDSO Executive Committee will review all eligibility protests. The deposit of EURO €100 will be returned to the appellant only if the protest is considered valid.

#### 8.2. Procedures for reviewing a protest

The Athletics Protest Committee will meet in the Technical Director's office in **(location details)** at a time decided upon by the chairperson of the committee.

- The EDSO Representative will be the chairperson of the committee.
- The Sports Liaison Director (SLO) will be responsible to book the meeting room and interpreters.
- The Sports Liaison Director (SLO) will contact all committee members to inform them of the meeting time and location.
- The EDSO Technical Director will be responsible for liaising with the State Sports Association's Competition Manager.
- The Sports Liaison Director (SLO) will be responsible for informing the hosting Deaf Sport Federation and the EDSO Technical Director will be responsible for informing EDSO Executive Committee about the protest and also the outcome of the protest

## Distances

### RULE 250 Road Races

1. The standard distances shall be: 10km, 15km, 20km, Half-Marathon, 25km, 30km, Marathon (42.195km), 100km and Road Relay. Note: It is recommended that the Road Relay race be run over the Marathon distance, ideally over a 5km loop course, with stages of 5km, 10km, 5km, 10km, 5km, 7.195km. For a junior Road Relay, the recommended distance is a Half-Marathon with stages of 5km, 5km, 5km, 6.098km.

#### Course

2. The races shall be run on made-up roads. However, when traffic or similar circumstances make it unsuitable, the course, duly marked, may be on a bicycle path or footpath alongside the road, but not on soft ground such as grass verges or the like. The start and finish may be within an athletic arena.

Note (i): It is recommended that, for Road Races staged over standard distances, the start and finish points, measured along a theoretical straight line between them should not be further apart than 50% of the race distance. For approval of Records, see Rule 260.28 (b).

Note (ii): It is acceptable for the start, finish and other segments of the race to be conducted on grass or other non-paved surfaces. These segments shall be kept to a minimum.

3. The course shall be measured along the shortest possible route that an athlete could follow within the section of the road permitted for use in the race.

In all competitions under Rules 1.1(a) and, where possible, (b), (c) and (f), the measurement line should be marked along the course in a distinctive color that cannot be mistaken for other markings.

The length of the course shall not be less than the official distance for the event. In competitions under Rules 1.1(a), (b), (c) and (f), the uncertainty in the measurement shall not exceed 0.1% (i.e. 42m for the Marathon) and the length of the course should have been certified in advance by an IAAF approved course measurer.

Note (i): For measurement, the "Calibrated Bicycle Method" shall be used.

Note (ii): To prevent a course from being found to be short on future re-measurement, it is recommended that a "short course prevention factor" be built in when laying out the course. For bicycle measurements this factor should be 0.1% which means that each km on the course will have a "measured length" of 1001m.

Note (iii): If it is intended that parts of the course on race day will be defined by the use of non-permanent equipment such as cones, barricades, etc. their positioning shall be decided not later than the time of the measurement and the documentation of such decisions shall be included in the measurement report.

Note (iv): It is recommended that for Road Races staged over standard distances, the overall decrease in elevation between the start and finish should not exceed 1:1000, i.e. 1m per km (0.1%). For approval of Records, see Rule 260.28 (c).

Note (v): A course measurement certificate is valid for 5 years, after which the course shall be re-measured even when there are no obvious changes to it.

4. The distance in kilometers on the route shall be displayed to all athletes.

5. For Road Relays, lines 50mm wide shall be drawn across the course to mark the distances of each stage and to denote that scratch line. Similar lines shall be drawn 10m before and 10m after the scratch line to denote the takeover zone. All takeover procedures, which, unless otherwise specified by the organizers, shall comprise a physical contact between the incoming and outgoing athletes, shall be

completed within this zone.

Start

6. The races shall be started by the firing of a gun, cannon, air horn or like device. The commands for races longer than 400m shall be used (Rule 162.2(b)). In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given. On the command "On your marks", the athletes shall assemble on the start line in the manner determined by the organizers. The Starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race.

#### Safety and Medical

7. (a) Organizing Committees of Road Races shall ensure the safety of athletes and officials. In competitions held under Rules 1.1(a), (b), (c) and (f), the Organizing Committee shall ensure that the roads used for the competition are closed to motorized traffic in all directions.

(b) A hands-on medical examination during the progress of an event by the official medical staff appointed by the Organizing Committee and identified by armbands, vests or similar distinctive apparel shall not be considered assistance.

(c) An athlete shall retire at once from the race if ordered to do so by the Medical Delegate or a member of the official medical staff.

#### Drinking / Sponging and Refreshment Stations

8. (a) Water and other suitable refreshments shall be available at the start and finish of all races.

(b) For all events, water shall be available at suitable intervals of approximately 5km. For events longer than 10km, refreshments other than water may be made available at these points.

Note (i): Where conditions warrant, taking into account the nature of the event, the weather conditions and the state of fitness of the majority of the competitors, water and/or refreshments may be placed at more regular intervals along the route.

Note (ii): Mist stations may also be arranged, when considered appropriate under certain organizational and/or climatic conditions.

(c) Refreshments may include drinks, energy supplements, foodstuffs or any other item other than water. The Organizing Committee will determine which refreshments it will provide based on prevailing conditions.

(d) Refreshments will normally be provided by the Organizing Committee but it may permit athletes to provide their own, in which case the athlete shall nominate at which stations they shall be made available to him. Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organizing Committee from the time that the refreshments are lodged by the athletes or their representatives. Those officials shall ensure that the refreshments are not altered or tampered with in any way.

(e) The Organizing Committee shall delineate, by barriers, tables or markings on the ground, the area from which refreshments can be received or collected. It should not be directly in the line of the measured route. Refreshments shall be placed so that they are easily accessible to, or may be put by authorized persons into the hands of, the athletes. Such persons shall remain inside the designated area and not enter the course nor obstruct any athlete. No official or authorized person shall, under any circumstances, run beside an athlete while he is taking refreshment or water.

(f) In competitions held under Rules 1.1(a), (b), (c) and (f), a maximum of two officials per Country may be stationed behind the area designated for their Country at any one time.

Note: For an event in which a Country may be represented by more than three athletes, the Technical Regulations may allow additional officials at the refreshment tables.

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(g) An athlete may, at any time, carry water or refreshment by hand or attached to his body provided it was carried from the start or collected or received at an official station.

(h) An athlete who receives or collects refreshment or water from a place other than the official stations, except where provided for medical reasons from or under the direction of race officials, or takes the refreshment of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing a red card. The athlete shall then immediately leave the course.  
Race Conduct

9. In Road Races, an athlete may leave the road or track with the permission and under the supervision of an official, provided that by going off course he does not lessen the distance to be covered.

If the Referee is satisfied on the report of a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, he shall be disqualified