



Following the steps of Pheidippides
SPARTATHLON
INTERNATIONAL HISTORIC ULTRA-DISTANCE RACE ATHENS - SPARTA 246 KLM

INTERNATIONAL SPARTATHLON RACE REGULATIONS

As in 2016 revised

ARTICLE 1

Runners submit their participation applications online at the website of the International Spartathlon Association (ISA). The race's official language is Greek. The Organizing Committee (OC) decides on the approval of the applicants.

ARTICLE 2

Runners must provide a recent medical certificate confirming their physical ability to take part in the race.

ARTICLE 3

Runners assume full responsibility during the race, aware that the given medical services can not be available at all times and in all places.

ARTICLE 4

Runners must present themselves for registration 24 to 48 hours prior to the race, at the place and time indicated by the Race Committee (RC).

ARTICLE 5

At the registration, runners must provide all relevant information concerning their supporters and supporting vehicles. For safety reasons supporters are strictly forbidden to ride on any type of two wheeled vehicle (bicycle, motorcycle etc), so as to follow the race or accompany the athletes.

ARTICLE 6

Runners and accredited supporters have the obligation to attend the briefing, held on the eve of the race at the place and time indicated by the RC.

ARTICLE 7

It is absolutely prohibited for supporting cars to carry posters, stickers or whatever promotes and advertises products, beliefs, causes etc. Corporate and/ or professional logos, as well as trade marks are allowed, only if they are permanently imprinted on the vehicle.

ARTICLE 8

Drivers, supporters, media members (journalists, television crews etc), medical teams, diplomatic delegations, and all persons, teams and vehicles in any way connected to the race, must register during the registration day prior to the race and collect their individual accreditation card and insignia. Supporting vehicles are by no means allowed to simultaneously serve as press, medical, television etc cars. Any violation will lead to the automatic expulsion of the violators, persons and vehicles, from the race.

ARTICLE 9

Runners, supporters, media members and all persons interested are requested to contact the ISA Secretariat about all matters pertaining to the race. The ISA bears no responsibility whatsoever in case of lack of information or misinformation, that may lead to the disqualification or ban from the race of any said party.

ARTICLE 10

Runners must present themselves at the starting point of the race i.e. the Acropolis, at least 30' prior to the start. Late arrival will result in the runner's disqualification.

ARTICLE 11

Runners are removed from the race:

A/ due to violation of any article of the race rules.

B/ due to arrival after the cut-off time at any given Check Point (C/P)

C/ if ordered by the accredited medical team.

ARTICLE 12

Runners and supporters are expected to be familiar with the race's rules. Accredited supporting vehicles must bear the accreditation signs, which mention the name and registration number of the supported athlete.

ARTICLE 13

Runners are urged to address a bearing the ISA insignia official and get advice on any matter pertaining to the race.

ARTICLE 14

Runners can, on their own responsibility, make use of their personal items during the race. All items must be deposited in boxes, bearing the CP number, on the eve of the race and between the hours 10 am to 4 pm, The ISA will exclusively deliver each box to its corresponding C/P.

ARTICLE 15

Runners are only allowed to display their national flag on their running outfit. All types of promotion of products, beliefs and slogans are strictly forbidden, except those indicated by the RC.

ARTICLE 16

Runners must wear visibly the bib numbers on their chest and back and have at all times their race accreditation card.

ARTICLE 17

For safety reasons, athletes run against the oncoming traffic. If necessary, the RC may reverse the direction of the race at certain places.

ARTICLE 18

Runners may receive solely physical help from their supporters and at the following C/Ps only:

C/P No.	Km from START	LOCATION
11	42,2	MEGARA
22	80,0	HELLAS CAN
26	93,0	ANCIENT CORINTH
29	102,1	ZEVGOLATIO
32	112,9	HALKION "EKO" GAS STATION
35	123,3	ANCIENT NEMEA
40	139,8	MALANDRENI
43	148,3	LYRKIA
47	159,5	MOUNTAIN BASE
52	171,5	NESTANI
57	186,1	ZEVGOLATIO ARCADIA
60	195,3	TEGEA - ALLEA
65	212,3	ARDAMIS (RESTAURANT)
68	223,4	118 HEROES MONUMENT
72	236,6	VOUTIANI"SHELL"GAS STATION
75	246,8	FINISH AT SPARTA

ARTICLE 19

Runners, who abandon the race, must hand over their bib numbers and transponder to an ISA official and sign the appropriate withdrawal document at the nearest C/P.

ARTICLE 20

Runners in need may at any place on the route receive physical help but only from ISA officials and the accredited medical team. Any pharmaceutical treatment will result in the runner's elimination from the race.

ARTICLE 21

The below listed Main C/Ps are the Central Check and Supply Stations, as well as Medical Care and Physiotherapy Base, Race Officials Sites, Race Sections Terminals and Transponder Timing Centres.

C/P No	Km from START	LOCATION	TIME LIMIT
4	19,5	ASPROPYRGOS RIGHT	07.45 - 09.10
11	42,2	MEGARA	09.40 - 11.45
22	80,0	HELLAS CAN	11.45 - 16.30
28	100,1	ASSOS	13.50 - 19.25
35	123,3	ANCIENT NEMEA	15.30 - 23.00
47	159,5	MOUNTAIN BASE	19.40 - 05.10
52	171,5	NESTANI	20.50 - 07.30
60	195,3	ALEA - TEGEA	23.40 - 11.10
69	226,7	MODERN HOUSE	03.30 - 16.00
75	246,8	SPARTA	05.35 - 19.00

ARTICLE 22

Runners may report any violation committed by another runner or supporter. The allegation must be in writing and handed to an ISA official at the nearest C/P.

ARTICLE 23

During the whole race, it is strictly forbidden
A/ for runners to use a supporter's car or run next to runners, who are not competing in the race.
B/ for supporting vehicles to stop or park anywhere on the route in between C/Ps

C/ for supporting cars to move right behind or right in front, or parallel to runners

Any violation of this article will result to the immediate elimination of the runner.

ARTICLE 24

Runners found using any illegal substances (doping), are automatically disqualified.

ARTICLE 25

Runners follow a specific course. If however they involuntary leave the track, they must return to the last C/P where they checked in prior to the deviation, so as to continue the race. Only ISA officials are allowed to transport a lost athlete to a C/P.

ARTICLE 26

The race is held in the spirit of “Fair Competition”. In order to preserve the high standard and essence of the race, runners are expected at all times to show impeccable behaviour, true sportsmanship, and observe the Olympic Spirit.

ARTICLE 27

For safety reasons supporters are expected to drive their vehicles during the whole race with extreme caution and at slow speed, and even more so when on unpaved roads. The parked by a C/P supporting vehicle must wait at least 10’ after the supported runner has left, so as to continue following the race.

ARTICLE 28

Supporting cars are obliged to stop and park at the appointed areas as directed by the ISA officials.

ARTICLE 29

Runners are not allowed to enter the supporting vehicle to receive help. Only at the 16 specific C/Ps supporters can:

A/ provide water, refreshments, isotonic, food.

B/ help runners change apparel

C/ give massage and treat small wounds.

D/ administer any sort of medication prescribed by the accredited medical team.

ARTICLE 30

Mass Media vehicles (for television crews, photo-reporters, cameramen, journalists etc) must follow the race from a reasonable distance from the competitors, so as not to hinder them or appear to assist them. Any infringement results in the immediate removal of the car from the race and the revoking of the passengers accreditations.

ARTICLE 31

Runners are immediately eliminated:

A/ for receiving any sort of unauthorized help

B/ for inappropriate behaviour on the part as much of runners, as of their supporting crew

C/ for not complying with an ISA official's recommendations.

ARTICLE 32

During the race runners are strictly forbidden to use

A/ Bluetooth, mp3, iPod, or headphones attached to any kind of music reproduction device. For safety reasons a mobile phone is allowed.

B/ Batons

ARTICLE 33

A/ Runners must leave a C/P before the cut-off time, so as not be disqualified.

B/ A supporter violating any article is warned by a yellow flag by the Sector's Marshall or the Section's Inspector and the violation will be marked on the vehicle's accreditation. A 3rd warning results into the supported runner's elimination.

ARTICLE 34

Under certain circumstances (road works, danger for the runners, adverse weather conditions etc) any C/P can be relocated without previous notice.

ARTICLE 35

ISA bears no responsibility and/or obligation whatsoever towards runners, who continue the race, even though eliminated due to cut-off time. These athletes run on their own full responsibility.

ARTICLE 36

The ISA provides the runners during the race with all specified light snacks, refreshments and electrolytes. Particular dietary requests can be met in accordance with the RC. It is then on the responsibility of the individual delegation to provide the special food.

ARTICLE 37

Runners, supporters, crews and all persons taking under any quality part in the race, have the obligation to abide to all the above rules and articles and to any additional instruction given by the Race Director and/or the RC.

ARTICLE 38

Abandoning runners are not allowed to stay in the race and will be transported by an official ISA car to Sparta and to the hotel designated by the OC. An athlete wishing to use his supporting car must declare it on the withdrawal document.

ARTICLE 39

The race's finishing point is the statue of King Leonidas, at the entrance of the Stadium in Sparta. Runners are considered finishers upon touching the statue's base, within the designated time limit.

ARTICLE 40

The race is held under the Race Director's jurisdiction, who assisted by the Sector Marshalls, has authority to handle all matters, even those not mentioned in the rules, and make final decisions.

ARTICLE 41

Any protest concerning a violation of any article must be submitted in writing to the Umpires' Committee at Sparta Headquarters and by 19, 30 on the day the race ends.

ARTICLE 42

Finishers are invited to attend the Sparta and the Athens Award Ceremony. Those attending are expected to present themselves in a decent casual attire or national dress.