

# Rule and Regulations:

## 1. GENERAL GUIDELINES:

- 1.1 This is a
  - 21.2 mile/42K
  - 13.1 mile/21K
  - Team Marathon- Run for cause -13.1 miles/21K
  - Family-fun-run 6.2 miles/ 10K and
  - Tenderfoot 3.1miles/5K running event. Participants are allowed to walk or run only. We request that you pace yourself, in order to make the cut off time.
- 1.2 All participants must attend the pre-race briefing. This briefing will take place at the BCM Event area, the day before the race, after you have checked in at the race kiosk and picked up your race packet. The race kiosk and packet pick up station, is also at the in same zone. **Please bring along Picture ID when Checking in.** Further details will be shared via email.
- 1.3 Once registered, participants will not be given a refund of their entry fee, under any circumstances.
- 1.4 If any younger participants running the half marathon will have to submit a consent from their parent/guardian/school.
- 1.6 Family and friends, including guides and personal photographers are not allowed to follow the runners during the event, but may wait at official designated spots, which will be informed at the pre-race meeting.
- 1.7 Runners are allowed to take support at the official aid stations and from official race personnel only.
- 1.8 Participants are requested not to leave their personal items and belongings along the race route. all runners are requested not to litter and if they must discard trash or leave personal items, please do so at the official aid stations only.
- 1.9 No other person, may be on the course during the race if he/she has not registered for the race, unless approved by the race Organizing Committee.
- 1.10 The start line will be on the main street of Paro town. You may position yourself on the start line as you wish.
- 1.11 The aid stations along the event route will be 3-6K apart and will have water and other refreshments. Participants may carry water bottles, flasks or bags to carry fluids and any additional food choices based on individual preferences, during the event.
- 1.12 First Aid services will be available at the start and finish lines, and there will be an ambulance available, as and when as needed. They will also be aided by mobile marshal vehicles.
- 1.13 Participants who do not make the cut off time will be picked up by the sweeping team, or can proceed at their own risk and on their own, as route support will not be available after 3:00 pm.(refer to Individual marathon cut off time(Policy and Etiquette))

- 1.14** The awards ceremony and celebrations will commence after the cut off time. The specific time will be announced at the pre-race briefing.
- 1.15** Participants are allowed to use, wear or carry a headset, radio, headphones, personal audio device, and cameras, but for your safety, we advise against it. Participants are allowed to carry their mobile phones.
- 1.16** At the end of the race, results will not be announced until all the checklists are cross-checked and verified by the Chief Marshal. It will also be uploaded on our website.
- 1.17** Race numbers must be worn on the front of the runner at all times.
- 1.18** Race numbers must not be altered in any way except at the finish line when a race official will take the bottom tear tag off, off your race number bib. Please allow them to do so.
- 1.19** No participant, after leaving the course, shall be allowed to rejoin the race either for the purpose of gaining a place or to pace or to assist another participant.
- 1.20** A hands-on medical examination during the progress of the race, by officially designated medical personnel shall not be considered outside assistance and will not result in disqualification, if the participant is deemed medically fit to continue.
- 1.21** Participants are responsible for recognizing and understanding event signage, symbols and colors relating to participant maps, facilities and directions.
- 1.22** Event officials reserve the right to delay, cancel, or suspend the race due to inclement weather or any other severe emergencies.
- 1.23** There will be intermittent and undisclosed check points along the course where you will check in with timing personnel.
- 1.24** Under the rules of IAAF, BAAF, BOC, IOC, any form of doping or use of any other intoxicants, is strictly forbidden.
- 1.25** The age of a participant on the day of the race determines his or her Masters classification. If age verification is requested, only a birth certificate, ID or passport will be acceptable proof of age.
- 1.26** Please bring appropriate layers to remain warm prior to the race. You can leave those items in your race bag, which may be deposited at the designated spots at the start lines.
- 1.27** Local toilet facilities and toilet paper will be provided at some of the aid stations. We recommend you bring some of your own toilet paper, or wet tissue as well, just in case.
- 1.28** Event officials reserve the right, to modify, supplement or waive all or part of the event rules.
- 1.29** Food and beverages will be available for the participants at the finish line.

## **2. CONDUCT OF RUNNERS**

Any misconduct on the part of any runner, in breach of any of the guidelines given above and below, will result in penalties specified in Section 3. The decision of the Organizing Committee will be final and binding.

- 2.1 All runners must at all times respect the existing road traffic rules and regulations.
- 2.2 All runners shall demonstrate proper sporting spirit and shall, participate in the event in a fair and sporting manner. They shall all endeavor to contribute fairly to the sporting success of the race.
- 2.3 No runner shall be disrespectful toward the organizers, officials, other runners or spectators.
- 2.4 No runner shall use foul or abusive language or conduct during the event.
- 2.5 Carrying and using glass containers is forbidden.
- 2.6 Runners must respect the environment and must make sure that they do not litter along the race course.
- 2.7 Runners may offer assistance to other runners such as lending or exchanging food or drink. No assistance is allowed from anyone other than a race official, or a race participant.
- 2.8 If any runner wishes to file a complaint he or she must contact the Race Director with a written complaint within 24 hours of completion of the event.

### **3. OFFENSES**

The following offenses shall result in disqualification in the current race and suspension from the next edition of the Bhutan International Marathon, or as decided by the organizing committee. The decision of the Organizing Committee will be final and binding. The offences includes:

- 3.1 Acts of unsportsmanlike conduct in conjunction with the event.
- 3.2 Entering the competition under an assumed name or falsifying documentation at the time of registration.
- 3.3 Assaulting or committing a violent injury on any race official or race Marshal.
- 3.4 Failing to run the entire course, by taking a short cut, riding in a motor vehicle, or by any other means.
- 3.5 Taking aid from anyone other than an event official, official aid station, or other participant.

#### **Important Notes:**

- Participants should ensure they have the necessary travel documentation, visas and route permits to visit Bhutan.
- We encourage participants to train adequately and consult a doctor if they have any medical concerns before participating in the race.

- Participants should inform the Organizing Committee of any pre-existing medical conditions, and submit a waiver form, if such condition could be detrimental to their health when participating in the race.
- We recommend booking your accommodation early since March is a Festive season in Punakha.
- Bhutan is a culturally rich and spiritual country. Please be respectful of local traditions, particularly when visiting religious sites or interacting with locals.
- **NOTE: ONCE REGISTERED NO REFUND HOWEVER YOUR REGISTRATION WILL BE CARRIED OVER TO NEXT YEAR'S MARATHON** (*For more, refer to Refund Policy and Entry Rejection*)



