

*Regulations for every participant at the Dam tot Damloop and Damloop by night*

#### **Article 1**

The Dam tot Damloop and the Damloop by night are organized by Stichting Sportevenementen Le Champion.

#### **Article 2**

The Dam tot Damloop and the Damloop by night are held under the auspices of the Athletics Union.

#### **Article 3**

- The competition regulations of the Athletics Union apply, except insofar as they are deviated from in these General Terms & Conditions.
- The competition regulations of the *World Athletics* apply, except insofar as they are deviated from in the competition regulations of the Athletics Union or in these General Terms & Conditions.

#### **Article 3a**

- The start of the Dam tot Damloop 10 EM competition for men will start exactly 6.04 minutes later than the start of the women competition.
- Participants in the competition can (according to article 240.8 of the World Athletics) only make use of the care points of the organisation alongside of the course.
- When water, or another drink, is taken from a different location than this may result in a disqualification.

#### **Article 4**

- The Participant must run along the track set out by the Organiser in a manner that is usual for track and field events.
- He must be recognisable as a Participant by carrying a bib number, distributed by the organisation.

#### **Article 5**

The Road Traffic Act and the legislation based on this Act, such as the Road Traffic and Traffic Signals Regulations, remain in full force on the entire course throughout the Event.

#### **Article 6**

The Participant must comply with the instructions of the Organiser, and/or persons who, based on their clothing or other physical characteristics, appear to belong to the organisation of the Organiser.

#### **Article 7**

The Organiser is entitled to disqualify a Participant and/or take a Participant out of the competition if he does not comply with these competition regulations or displays unsporting or improper behaviour or if it is deemed necessary on medical grounds or for an orderly progression of the Event.

#### **Article 8**

A Participant must have the minimum age on the day of the Event. For the 10 miles Dam tot Damloop this is 16 years old, for the 5 miles Damloop by night this is 14 years old.

#### **Article 9**

Bringing along objects like prams/strollers, banners etc. and pets is not permitted.

#### **Article 10**

It is expected of the Participants that they will follow the [behavioural rules for sporters](#).

not damage the property of others and not leave any rubbish behind; furthermore wild pee is illegal.

#### **Article 11**

Displaying or expressing explicit political, philosophical or religious views or making statements that may be considered offensive, hurtful or insulting, in any way, during the Event is prohibited.

#### **Article 12**

- The actual allocation of a starting area to a Participant is made by the Organiser.
- The Participant is obliged to be present in the allocated starting area no less than five minutes before the start.

#### **Article 13**

- The Participant will receive a Bib number from the Organiser which will show his allocated participation number;
- The Participant must attach the Bib number to his chest;

- The Bib number must be attached and worn in such a way that the participation number and other information are easy to see;
- The Bib number cannot be trimmed or folded;
- The Participant is prohibited from wearing other Bib numbers than the one he has received from the Organiser;
- Failure to comply may result in disqualification.

#### **Article 14**

The Participant is obliged to list his medical passport and other details on the backside of the Bib number.

#### **Article 15**

The Organiser takes the bib numbers of the Participants who are disqualified or dropped out differently.

#### **Article 16**

- The time registration happens by making use of the tag attached at the back of the bib number, issued by the organisation;
- In case of to run records and on that associated prices the organisation also uses print times and hand clocked times. The passage of the finish by the athlete is determining for the outcome of the competition (conform article 165 of the competition regulations of the Athletics Union).

#### **Article 17**

Once the final starting group has left it is not possible for latecomers to start. This is because the course must be released as soon as possible after the passage of the final runners due to regular traffic.

#### **Article 18**

When participating the following time limits apply):

- Dam tot Damloop 10 EM: 120 minutes;
- Damloop by night 5 EM: 85 minutes;
- 2,2 km Miniloop: 25 minutes;
- 1,2 km Miniloop: 15 minutes;
- 0,6 km Miniloop: 10 minutes.

The finish of the 10 EM closes at 17.00 hours. That means that the Participant must have reached the 6K point at 15.32; the 11K point at 16.16 hours and the 14K point at 16.42 hours.

The finish of the Damloop by night 5 EM closes at 22.30 hours.

#### **Article 18 a**

- Every participant who passes the kilometre points later as mentioned above will be taken away from the competition/run.
- The organisation will take care of the transport of the Participants who are taken out of the run and will bring them to the finish.

#### **Article 19**

The Organiser will determine the result and is entitled to change the result if any inaccuracies have been noted. A Participant must return any prizes to the Organiser if a change to the result means that the Participant is no longer entitled to the prize.

#### **Article 20**

##### *Dam tot Damloop*

- Every Participant in the Dam tot Damloop (16,1K) who finishes within the required time has a chance of winning an honorary prize.
- For the first fifteen men and fifteen women there is a money prize available.
- In case the circumstances lead to a minor deviated margin at the start of both groups the prizes will still be available for the first to arrive.
- In case the circumstances lead to a deviated margin of more than one minute the race officials decide over the settlement of the deviated time.
- At the competition the gross end times (order of arrival) determine the result.
- A Participant is not entitled to a prize if he has acted in a way that contravenes the competition regulations. An awarded prize must be returned to the Organiser after it has been presented if it becomes apparent that the Participant has acted in a way that contravenes the competition regulations.

##### *Damloop by night*

- For the first three men and three women there is a money prize available.

**Article 21**

Following the competition and recreational run by car's, or (motor)bikes is only possible when the person is in possession of a dispensation vignette of the organisation.

**Article 22**

The participants in the publicity caravan should have a full insurance policy.

**Article 23**

In all cases for which these regulations do not provide the Organiser will make the final decision.

**Article 24**

Every participant has the right to travel per bus between the Dam tot Dam Park and Amsterdam and between the Dam tot Dam Park and NS Station Zaandam both before as after the run.

**Article 25**

- Every participant in the Dam tot Damloop 10 EM has the right for transport of his/her clothing from the start in Amsterdam to the finish in Zaandam;
- This is only possible in the plastic bags, distributed by the organisation;
- On the plastic bag the clothing sticker of the participant must be clearly attached;
- The organisation doesn't carry any responsibility for possible loss of the clothing bags;
- Every participant of the Damloop by night can drop-off their clothes on a location close to start and finish;
- The organisation doesn't carry any responsibility for possible loss of the clothing bags;

*For business and charity participants*

**Article 1**

A Team consists out of maximum 10 people. The Participants of the Team can be employees of the company/organisation, but also relations, friends or acquaintances.

**Article 2**

Every Participant who wants to be listed in the results, must run with a tag offered by the Organiser. For the registration the Participant must pass the mats at the right starting time.

**Article 3**

Participants who run with more than one tag are disqualified.

**Article 4**

Participants in the Business Run will start from a special therefore set up "Business starting area", except for the Marathon.  
When a Participant starts from a different area, this can lead to disqualification.

**Article 5**

The completed time of the Participant is determined by the nett time that is registered with the tag.

**Article 6**

For the Team result the times of the five fastest Participants of the Teams are added up. When there is a tie the result is sorted by alphabet. The team with the lowest nett total time is the winner.

**Article 7**

Every participating Team must consist out of four (finished Participants) in order to be listed in the results.

**Article 8**

- There will be team and individual prizes available.
- To assign the Team prizes the nett times are decisive.
- To assign the individual prizes the gross times (order of arrival) are decisive.

**Article 9**

When not following these regulations disqualification can be a consequence.

**Article 10**

In all cases in which these regulations do not foresee the Organiser decides.