

The race of 62 km is conducted based on the following Race Regulations.

It is not allowed for the supporters to follow their runners at the paths. Any assistance to the runners from their supporters should be provided only at the CPs.

The race Officials will monitor the runners during the whole race.

Regulations for the 62km race

Ancient Nemea - Levidi

Rule 1

The organisation of the international long-distance trail race Ancient Nemea – Levidi is conducted by the "AETHLIOS" International Long-distance Running Association. It connects the ancient Nemea with Levidi, is a race for individual athletes, and has a distance of 61,7 kilometres and 10 hours duration.

Rule 2

Applications for participation by athletes must be received in the offices of the Association not later than 15th April of the year in which the race will be conducted. As the number of participants is restricted, selection of the eventual participants will be at the discretion of the Organizing Committee, based on the athlete's best performances required for his/her selection. The selection made by the Organizing Committee is irrevocable.

### Rule 3

The participants must present a Medical Certificate which will declare that their physical condition allows them to run the distance of the race, 62 kilometres. This certificate must be in the Hellenic or English language and have been issued not more than 90 days prior to the start of the race.

### Rule 4

Athletes participate in the race on their own personal responsibility and must understand that the medical facilities offered CANNOT be available at all points of the course OR at all times during the race.

### Rule 5

Athletes participating in the race must present themselves for confirmation of entry on Friday morning (18/5) until eleven o'clock (11:00 am) the latest at a place to be designated by the Organizing Committee

### Rule 6

Athletes are obliged to present themselves at the Starting Point of the race in the Stadium of Ancient Nemea 30(thirty) minutes prior to the Starting Time designated by the Organising Committee to ensure recording of the participants. Late arrival may result in exclusion.

### Rule 7

The Finishing Line of the race is in Levidi. At this point the finishing time of each athlete is

recorded and must be within the time limit of 10 hours.

#### Rule 8

Athletes will be excluded from the race for the following reasons:

- a) not observing the Rules of the race.
  
- b) not passing a Check Point within the time specified (at one point, in Skotini village)
  
- c) if considered by the Medical Team to be incapable of completing the course.

#### Rule 9

Athletes may use personal articles or types of food/beverages during the race on their own responsibility. These articles, marked with the athlete's race number and the C.P., must be deposited at the briefing on the eve or the day of the race and will be placed in numbered cartons for distribution to the relevant C.P.'s along the route. Responsibility for this lies with the Organizing Committee.

#### Rule 10

Athletes must display plainly on the chest and on the back the race number allocated to them, together with their name and nationality. The Organizing Committee will provide these.

#### Rule 11

For safety and security reason, athletes will run on the left side of the road facing oncoming traffic. If considered necessary by the race responsible, the route may be changed to the right of the road.

### Rule 12

If found necessary, athletes may receive medical attention at any point along the route and assistance from the race organizers. Taking any medication or drug is strictly forbidden and athlete is expelled. Only doctors can decide if the athlete may continue the race.

### Rule 13

Athletes are strictly forbidden to board any vehicle along the route for any reason whatsoever upon penalty of disqualification. The only exception to this rule is described in Rule 15.

### Rule 14

**ATHLETES USING FORBIDDEN SUBSTANCES (DOPING) WILL NOT BE ALLOWED TO PARTICIPATE IN THE RACE.**

### Rule 15

Athletes must follow the designated route of the race. If, for any reason whatsoever, the athlete leaves the designated route, he/she is obliged to return to the last C.P. passed (and not to the point the athlete left the designated route) so that the athlete has the right to participate in the race. In this circumstance will the race official decided if the mistake of the athlete was on purpose or not. In such case the athlete is expelled from the race. Otherwise the race official ONLY will transport the athlete.

Rule 16

Athletes are obliged to display respectful conduct and observance of the Olympic spirit at all times.

Rule 17

For reasons of safety and awareness, athletes are NOT allowed to carry portable radios, MP3 or similar music devices.

Rule 18

The athlete can use Nordic walking during the race. From the point of the route that he starts using Nordic walking he must carry them with him to the end of the race.

Rule 19

For the sections of the course where the C.P.'s are more than 13(thirteen) kilometres apart, the athletes are required to carry with them at least 500ml of water.

Rule 20

Athletes must pass the Check Point Of Skotini before the specified closing time (19:20). In case they fail to do this they are excluded from the race.

Rule 21

Athletes wishing to quit the race must hand over their race number to a race official and sign the WITHDRAWAL FROM RACE FORM at the nearest C.P.

Rule 22

Any athlete that withdraws from the race must not remain on the course but must be transferred to the finish point in Levidi by the transportation means of the organising committee.

Rule 23

The race organizers bear no responsibility for athletes continuing outside the elimination time or having been eliminated or withdrawn from the race.

Rule 24

Athletes completing the course are obliged to be present at all and any of the celebrations and public events following termination of the race. If this is not possible, the Organizing Committee must be advised beforehand.

Rule 25

Athletes must declare the names of their supporters, if any, and vehicle details when registering. The vehicle must carry the official signs provided, showing the athlete's name.

Rule 26

All athletes and their supporters already registered must attend the briefing for the C.P. crews at a time and place to be designated by the Organizing Committee.

Rule 27

All athletes and their supporters must have full knowledge of the Race Rules. The athletes and their supporters and all other individuals taking part in the event are obliged to ask for clarification of any points in doubt from any of the race officials. The Organizing Committee bears no responsibility for any misinterpretations or misunderstandings that arise from lack of proper explanation which result in elimination of an athlete from the race.

Rule 28

Athletes and their supporters must protect the environment from any form of pollution.

Rule 29

All drivers, supporters, journalists, T.V. crews, medical teams, members of the Diplomatic Corps and all other individuals, vehicles and teams having any association with the race must be declared beforehand and have the necessary signs and documentation by which they will be identifiable during the conduct of the race. In the event of any of the aforementioned not complying with this requirement, they will not be allowed to follow the race.

Rule 30

Athletes are allowed to receive assistance from their supporters ONLY AT A C.P. DURING THE

RACE. NO ASSISTANCE CAN BE OFFERED ELSEWHERE ON THE ROUTE. Violation of this rule by a supporter results in disqualification of the athlete by a decision of the Organizing Committee at the C.P. nearest to the site of the violation.

### Rule 31

For the whole of the length of sections of the route on asphalt roads, for reasons of safety and security, movement of support- vehicles must be slow and careful, whilst on non-made-up paths and tracks, passage of vehicles is forbidden and such vehicles must take designated diversions. A document giving such details will be provided to each driver at the briefing prior to the race.

### Rule 32

Support vehicles must not move at the speed of the athlete. This will be considered as improper assistance.

### Rule 33

Violation of the race rules by supporters of athletes results in disqualification of the athlete(s) concerned.

### Rule 34

Vehicles carrying T.V. crews, journalists, press or other photographers must maintain a discrete distance from the athletes to avoid interference and the suspicion of assistance which is forbidden. Violation of this rule may incur removal of the vehicle's signs and the permission for following the race by the passengers.



Rule 35

The C.P.'s may be relocated without prior announcement if unforeseen circumstances make this necessary, such as roadwork accident, poor weather conditions, etc.

Rule 36

For the duration of the race, the Organizing Committee will set-up tables at the C.P.'s for necessary food items, mainly electrolytic fluids. Athletes have the right to have personal items at such C.P.'s along the route.

Rule 37

In the event of circumstances not being covered by these rules, disputes or other objections will be settled on the spot by officials of the Organizing Committee.

Rule 38

Objections must be made in writing and submitted to the Organizing Committee on Friday night at the Finishing point in Levidi. Consideration of the objection(s) and the decisions are of the exclusive responsibility of the Organizing Committee.

Rule 39

The organising committee is responsible for the transfer of the athletes from Athens to Anc. Nemea (starting point) and from Levidi to Athens. If they are not at the departure point at the specific time they have to use public means of transport on their own expense.

Athletes who do not wish this service must inform the organisers