



Sportisola La Maddalena ASD
codice fiscale 91054350904
Via Regina Margherita, 31 La Maddalena (SS)
www.sportisola.it mail - info@sportisola.it - sportisolamaddalena@gmail.com
PEC info@pec.sportisola.it
Tel 3477284654

Provisional regulation submitted to ASI and FIDAL approval:

Sportisola La Maddalena ASD, with the patronage of the Municipality of La Maddalena, the Archipelago National Park of La Maddalena and, in collaboration with ASI Provincial Committee of SARDINIA and, pending approval by the FIDAL Region of Sardinia, organizes the 1st Edition of La Mezza di Caprera: competitive running race 21 and 10 km.



LA MEZZA DI CAPRERA
1 EDITION
RACE 21 KM- RACE 10.5 KM
3 NON-COMPETITIVE COURSES museum poles 6-8-10 km.
LA MADDALENA-CAPRERA
SUNDAY 20 SEPTEMBER 2020

REGULATION

REQUIREMENTS FOR PARTICIPATION IN COMPETITIVE RACES:

Anyone who is:

1. Italian athletes regularly registered with EPS Atletica Leggera, FIDAL, RUN CARD, for the current year and belonging to the categories of juniors / promises / seniors (from 18 to 34 years) and over 35 of all male age groups and women with regular competitive sports medical certification.
 2. Foreign athletes, not resident in Italian and not registered who, in compliance with the Italian law on safety in the sport) must present the MEDICAL HEALT FORM-FOREIGN RESIDENTS certification form (attachment A) signed by the attending physician, or similar or otherwise compliant with the diagnostic tests required by Italian law.
 3. They are 18 years of age and are athletes registered with the Italian Paralympic Committee and have disabilities compatible with the activity related to the HALF OF GOAT.
- For insurance reasons and for the protection of the safety of the athletes for the characteristics of the course, the Handbykers cannot participate in the race. Athletes who need accompaniment will have to take care of themselves.

FEES AND PAYMENT METHODS

Registration will take place via the website www.mezzadicaprera.it/iscrizioni at the following link https://www.avaibooksports.com/inscripcion/mezza-maratona-di-caprera/inscripcion_datos/ it is possible to register from 01.00 on 01/01/2020 and no later than 23.30 on 15/09/2020 the participation fee for the Half of Caprera 1st Edition 2020 race 21 km is set at:

- € 15 from 01 January 2020 to 31 January 2020
- € 20 from 01 February 2020 to 31 May 2020
- € 25 from 01 June to 31 August 2020
- € 30 from September 1, 2020 to September 15, 2020

the participation fee for the Half of Caprera 1st Edition 2020 race 10.5 km is set at:

- € 10 from 01 January 2020 to 31 May 2020
- € 15 from 01 June 2020 to 15 September 2020

The payment of the fee can be made exclusively by online payment, through the dedicated portal, following the instructions indicated, during any expo in conjunction with running events in which the organizational secretariat will be present or by contacting the email info@lamezzadicaprera.it PLEASE NOTE THAT FOR THE REGISTRATIONS TO ALL THE RACES CARRIED OUT THROUGH THE AVAIBOOKS PLATFORM there will be an additional fee of € 1 valid as an accessory cost of practical management and, there are no additional costs for payment by credit card or other method.

IMPORTANT FOR REGISTRATION:

The registration fee is not refundable in any case and for no reason it will be reimbursed for the costs incurred for participation in the event in the event that the event itself should be canceled or suspended. A registered athlete who is unable to participate, may eventually transfer his / her registration to another person no later than 11.30 pm on August 31, 2020, after taking part with ASD Sportisola and, for this operation, € 5 secretarial fees will be provided.

Upon replacement, the new member must submit or send to the email info@lamezzadicaprera.it, a copy of the membership card (fidal / run card / eps athletics) and of the medical certificate for the competitive athletic activity currently valid.

SERVICES INCLUDED IN THE PARTICIPATION FEE OF LA MEZZA DI CAPRERA

RACE BIB

- BAGGAGE DEPOSIT WITH MARK TO BE APPLIED TO THE PERSONAL BAG
- INSURANCE AND MEDICAL ASSISTANCE DURING THE EVENT
- RESTAURANTS AND SPONGES ALONG THE PATH OF THE EVENT
- RACE PACK WITH TECHNICAL SHIRT AND INFORMATION MATERIAL

- CHIP RENTAL
- PARTICIPATION DIPLOMA DOWNLOADABLE FROM THE SITE
- COMMEMORATIVE MEDAL OF THE RACE
- FINAL RESTAURANT (after showing the bib number which will be endorsed)

RETREAT OF THE BIBS AND RACE PACKAGE

The race pack, containing the bib and the chip, can be collected in La Maddalena at the Expo Fitness in Moneta Piazza Don Riva, on Friday 18 September from 10.00 to 20.00

Saturday 19 September from 10.00 to 19.30 and exceptionally Sunday 20 September from 7.30 to 8.00

The race bib is personal and cannot be sold or exchanged (except in the case of replacement as in the previous paragraph. It must be fully visible, it cannot be folded and must remain intact.

The subscriber is responsible for the ownership and custody of his race bib, acquiring the right to use all the services indicated in the regulation.

Anyone who participated in the race without regular registration and / or with a counterfeit bib as well as being held responsible for damage to people or things, including himself, may incur reports to the federations and to the relevant EPS.

Violations may also be detected through the verification of photographic or video material.

Athletes who are accompanied by bicycles in the race will be disqualified.

Athletes who are accompanied by other athletes without a bib in the race will not be classified.

The event will be controlled by employees of the sports promotion bodies and competition judges.

All athletes must deliver the electronic chips that they must hand over upon arrival, under penalty of a € 30 penalty.

We inform you that, pursuant to Legislative Decree 196/2003, all personal data collected will be used only for the creation of the list of members, rankings, service communications and sending material relating to the event, in addition to the other conditions set out in the following regulation.

The bib and the race pack can also be collected by proxy in the following ways:

1. Through its delegate who must present a written proxy.
2. Through a person in charge of your company.
3. The race pack will be delivered upon the race bib collection.

STORAGE BAGS AND PERSONAL CLOTHING

The organization makes a bag deposit available to participants free of charge, athletes will collect a badge with the number corresponding to their bib number to be applied visibly to the bag.

The delivery must take place within 8.30 am to the employees at the stand of the fitness expo area in Piazza Don Riva.

Although the organization takes the greatest care in collecting and returning bags, it does not carry out the custody service. Consequently, it is expressly forbidden to leave cell phones, computers, tablets, cameras or other valuables in bags.

The organization cannot be held responsible for any theft, loss or damage.

DEPARTURE

The race is scheduled to start at 9.00 am from Via Vespucci in front of elementary schools.

The entrance to the departure area will take place behind the departure arch.

For the smooth running of the operations, all competitors are invited to reach the starting area by 8.45 am.

PATH

The route of the LA MEZZA DI CAPRERA will develop in a single tour between the islands of La Maddalena and Caprera, with the departure and arrival in the hamlet of Moneta, as per the road map and map attached.

The route will be substantially paved, except 1.5 km on a dirt road on the island of Caprera.

RESTAURANT AND SPONGE

The first refreshment point will be positioned at km 5 (water only) the first sponging at km 7.5, from these points on there are refreshment stations every 5 km (water and mineral salts km 10/15/20) and sponging every 5 km (km 12.5 / km 17.5)

The event is entirely plastic free and plastic bottles will not be used, the athletes who bring bottles and supplements will have to throw the empty ones only in the refreshment or sponging stations.

MAXIMUM TIME

The maximum arrival time is 3 hours from departure, beyond which the organization will not be able to guarantee the safety of the route.

ARRIVAL

The arrival is expected in Piazza Don Giuseppe Riva, Moneta-La Maddalena

AFTER ARRIVAL

After the arrival, medals will be delivered and the refreshment area with water, tea, supplements, fresh fruit and food supplements.

In the exhibition area, athletes will be able to use the changing rooms and toilets.

TIMING

The timing and the elaboration of the rankings will be carried out by Soc CRONORUN, by means of a system based on passive transponder (CHIP) which will be delivered with the bib and applied to the shoes / ankle. Athletes who at any time detach or damage the chip will not be timed and will not result in the rankings.

For each athlete will be detected:

the official time (from the shot to the finish) and the real time (net time) from the passage on the detector carpet on the starting line and to the finish. Due to the peculiarity of the territory of the island of Caprera, an intermediate passage will be inserted at the discretion and in the place chosen by the organization.

AWARDS

The HALF OF CAPRERA race 21 and 10.5 km includes individual prizes and a special company prize as indicated below:

- 1) MALE General Classification top 5 athletes classified with prizes in kind
- 2) FEMALE General Classification top 5 athletes classified with prizes in kind

For both competitions the awarding of the first 3 classified of each age group of the under and over 35 categories (FIDAL model) is foreseen, the prizes will concern products offered by the sponsors and the delivery will be made in the awarding area, after the formalization of the rankings by the CRONORUN Company.

The absolute winners will not be awarded in the respective categories.

SPECIAL AWARDS:

The Sardinian company with the highest number of members and the national company with the highest number of members will be awarded.

Athletes belonging to disabled categories will be awarded.

Two male and female bib numbers will be drawn by lot between the 2 events for the award of the plastic free prize.

RESPONSIBILITY'

The ASD Sportisola La Maddalena Organizer declines all responsibility for what may happen to athletes, for damage to people or things that should occur before, during or after the event.
The organization ensures the presence of health personnel and ambulances in different points of the route.

ATHLETE'S RESPONSIBILITY STATEMENT

By registering for the event, the athlete declares that he fully knows and accepts the regulation of the HALF OF CAPRERA 2020 published on the website www.lamezzadicaprera.it and that he has the appropriate medical certification for participation in the race pursuant to Ministerial Decree 18 / 02/1982 and 28/02/1983.

Furthermore, he expressly declares under his own responsibility and according to current regulations, not only to have declared the truth, but to exempt the organizers from any civil and criminal liability for damage to people and / or things caused by him or derived from him.

The Organization is not responsible for any changes to the regulation independent of its will, in any case the latter will be amended by publication on the website www.lamezzadicaprera.it.

PRIVACY

Personal information will be processed in accordance with the personal data protection legislation currently in force.

IMAGE LAW AND USE OF THE E-MAIL ADDRESS

By registering for the caprera half, the athlete expressly authorizes the organizers, together with the media partners and sponsors, to acquire free of charge the right to use the still or moving images that may portray him during participation in the race itself, on all visual aids, including promotional and / or advertising materials and on the web, all over the world and for as long as required by laws, regulations, treaties in force, including any extension that may be made to the scheduled period , as well as the use of your e-mail address for advertising purposes.

COMPLAINTS

Any complaints must be submitted exclusively in writing to the email address info@lamezzadicaprera.it and must be submitted in compliance with sports regulations.

OTHER RULES

For anything not covered in this regulation, the state rules on running events apply.

CONTACTS SPORTISOLA LA MADDALENA ASD

The President of Sportisola
Tel and whatsapp 347.7284654 Marta D'Amico
mail sportisolamaddalena@gmail.com

registration info:

Giuseppe Salluzzi tel 3930794371
Giuseppe Bussu Tel 487232973
Emanuela De Santis 3495544898

Sportisola Secretariat Claudio Ciucci tel 3387094615
e-mail: info@lamezzadicaprera.it info@sportisola.it

La Maddalena 12/30/2019

The PRESIDENT
Sportisola La Maddalena ASD
Marta D'Amico