



**LG**  
Life's Good

**DEAD SEA**  
ULTRA MARATHON



ألترا ماراتون البحر الميت

## LG DEAD SEA ULTRA MARATHON

(50Km Individual, 50Km Relay, 21Km, 10Km, Children's Race)

# RULES AND REGULATIONS

Run Jordan, want every participant to have the most enjoyable and rewarding experience in the LG Dead Sea Ultra Marathon races. To assist in this it is important that everyone understands these few organizational instructions and follow the rules. These Rules are provided to assist everyone to enjoy the race day; Thank you.

Please make a note of the emergency number 0777322699 for any runner who needs an emergency medical attention during the race...



### RULES

The Run Jordan Races courses / running routes are held under the auspices of the IAAF, (international Association of Athletic Federations).

By entering the race runners have agreed to abide by these rules and the instruction and decisions of the race officials.

Runners who contravene official instructions, rules and / or act in un-sportsman-like behavior may be disqualified and subjected to additional disciplinary action as determined by the federation and / or race organization.

Run Jordan reserves the right to change the details of the event, including delaying, canceling, or suspending the race due to inclement weather or other potential safety risks.



### SAFETY

Participants must retire at once from the race if ordered to do so by event officials, medical staff, or any governmental authority, including firefighters and police officers.

**Sportsmanship:** Any participant who conducts him- or herself in an unsportsmanlike manner or who is offensive in action or language to event officials, other participants, volunteers, or spectators may be disqualified.

### DATE AND TIME OF RACE

- 50KM Individual, 50KM Relay, and 21 KM Half Marathon Start time 06:00 AM
- 10 KM Race, Start time 9:00 AM
- Children's Race, Start time 9:00 AM



## AGE RESTRICTION

The minimum age requirement is that the runner at the 10 KM race 14 years or older on the end of the race year, and 17 years old for the 21 KM and 50KM Individual, 50KM Relay with parent's approval. Any runner younger than these ages must participate at the children race, providing they are 6 years old and above.



## ROUTE AND DISTANCE

### ULTRA MARATHON RELAY RACE (50 KM)

- Runners are required to read the rules and regulation of the International Association of Athletics Federation and to comply with the International Rules of Competition (IAAF) Rule 170.
- The relay team must be of 4 persons, and it is possible that the team is included of male or female only or mix of both.
- Each participant in the relay team must complete only one loop, otherwise it will disqualified the team from the competition.
- The stick must be passed in relay races in the specified allocated delivery area, and passing the stick outside the area will completely exclude the team from the competition.
- The stick must be carried by hand during running in the race.
- Any runner who intentionally obstructs a runner from another team in the delivery and receiving area, or even while running, the team will be completely excluded.
- Runners must wear their own numbers in the upper front of their bodies, not shorts, and not use other numbers of runners even if they are from the same team, because this leads to the loss of eligibility of participation in the race. Runners must know and abide by the rules and conditions of the Athletics Regulations and Regulations (IAAF Rules 146,145,144,143).
- These provisions apply during the entire race, starting with warm-up exercises and marathon ceremonies in addition to the official press conference.
- The cut of time of the relay will be at 1:00 noon.
- Runners must clear the road at this time to re-open the road for cars.



## TIMING SYSTEM - RACE RESULT BIB NUMBER

All the Participants must run with the Race Result Bib number that they are allocated at registration. Do not mix up the numbers with friends or family members. If a runner wears the incorrect bib number both the runner and the runner whose switched or replaced the bib will be disqualified. All the runners are required to wear race result bib number timing device according to the instructions. The bib must be registered in our system.

For more info please contact run Jordan timing system on call 065662999



## RUNNING KIT, SPONSORSHIP & ADVERTISING

Runners should wear their race number on the front of their upper body and NOT on the running short as this will be disqualification.

Runners must know the advertising rules of the rulebooks (IAAF Rules 143,144,145,146).

These provisions apply for the duration of the race including warming up all the race ceremonies and official press conference. Under no circumstances may a runner display a political slogan (IAAF Rules 8,145).





## PERSONAL LUGGAGE

Participants may leave their personal luggage in the Special buses parked at the starting point. Participants are requested to place a number and a label on their luggage, to collect them at the finish line. Run Jordan is not responsible for any unnumbered luggage, even if it contains valuables such as mobile phones, money, wallets, etc.

Please take out the strip at the end of your bib number and place it on your luggage/ Bag.

**NOTE:** Don't leave any valuable stuff in your luggage; Mobile, money, gold...Etc.

- The number on the strip has the same number in your bib.
- Runners will be required to provide their numbers in order to collect their personal luggage at the end of the race.



## SECONDDING PHYSICAL ASSISTANCE

No car is allowed on the running course, and cycling inside the running course is FORBIDDEN. Any runner receiving assistance from people who have traveled on the race route will be disqualified (IAAF Rules 144.2).

Any transportation of runners along the route will lead to disqualification (IAAF Rules 144.3(A)). Any runner found to have been carried along the route and/or to have cut the course before the finish line will be liable for disqualification (IAAF Rules 144.3(A)).

There will be officials and electronic monitoring of runners along the route, and any runner who fails to be recorded at check-points will be deemed to have failed to have run the entire route and may be disqualified and subject to additional disciplinary inaction, including rejection of entry for any or all future Run Jordan events.

In compliance with (IAAF Rules 144.3(B)) runners competing for prize money or awards must not be in possession of, or use cassette recorders, radio, CD, radio transmitters, mobile phone or similar devices during the race.



## TOILETS

There are toilet facilities at the gathering point, every water point along the course and at the finish line and the celebration area.



## REFRESHMENT STATIONS

**Runners must only use the refreshment from the tables specifically provided for the race they entered.**

There are stations distributed along the race tracks. Water is also available at the finish line. Runners are advised to bring their water bottles at the assembly point and starting point



## PRIZE GIVING

Prize giving will be at 10:30 AM.



## MEDICAL

Medical facilities will be available throughout the race route and ambulances will patrol the route. In the event of the runner collapse or injury, please notify the nearest marshal or if you have a phone please call the emergency number 0777322699 in order to get medical assistance.



## CUT OFF

### The Children's race

- will have 11:00 AM cut off time.
- Runners must to leave the road at this time as the road will be re-opened to traffic.
- No runner will be allowed into the finish line area after 11:00 AM.

## 50KM Individual, 50KM Relay, 21KM, and 10KM

- These races will have a 01:00 PM cut off time.
- Runners are required to leave the road at this time as the road will be re-opened to traffic. Runners must then proceed on the pavements.
- No runner will be allowed into the finish line area after 01:00 PM.
- Any runner stays on the route after 01:00 pm, he/she will run on their own responsibility. (there won't be any medals, refreshment or services at the finish line).



## PROTESTS AND APPEALS

Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event, to the Jury of Appeal, it shall be in writing, signed by the athlete, or by someone acting on his behalf or by an official representative of a team, (IAAF Rule 146).



### FURTHER ENQUIRIES

#### Run Jordan

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