



TECHNICAL HANDBOOK

The Non-Stadia athletic event will be held in accordance with the latest World Athletics Rules and Regulations (WA) as well as Athletics Malta's Rules & Regulations (AM).

TABLE OF CONTENTS

| | |
|--|-----------|
| 1.0 GENERAL INFORMATION | 3 |
| 1.1. RACE ROUTES | 3 |
| 1.2 GENERAL PROGRAM | 3 |
| 1.3 INDIVIDUAL COMPETITION RULES AND CLASSIFICATION | 3 |
| 1.4 TEAM COMPETITION AND CLASSIFICATION | 4 |
| 1.5 GUEST & DOMICILED ATHLETES | 4 |
| 2.0 COURSE AND COMPETITION FACILITIES | 4 |
| 2.1 OFFICIALS/MARSHALS | 4 |
| 2.2 LEAD VEHICLE AND ROUTE MARKING | 5 |
| 3.0 ELIGIBILITY, APPLICATION, AND ANNUAL LICENCE FEES | 5 |
| 3.1 EVENT APPLICATION | 5 |
| 3.2 SERIES FEE | 5 |
| 3.2.1 INDIVIDUAL RACE FEE | 5 |
| 3.2.2 2020-2021 RRL REFUND | 5 |
| 3.3 AGE CATEGORIES | 6 |
| 3.4 TEAM CLASSIFICATIONS | 6 |
| 3.5 RACE NUMBERS, TIMING AND RESULTS | 6 |
| 3.6 COMMEMORATIVE MEDALS AND AWARD CEREMONY | 7 |
| 3.7 AFFILIATE CLUB ENTRIES - ANNUAL LICENCE FEE | 7 |
| 3.8 PAYMENTS | 8 |
| 3.9 UNATTACHED / NON-AFFILIATE ATHLETE ENTRIES | 8 |
| 3.9.1 UNATTACHED / NON-AFFILIATE ATHLETE ENTRIES OVER 35 | 8 |
| 4.0 OTHERS | 8 |
| 4.1 WATER & REFRESHMENTS | 8 |
| 4.2 TOILET FACILITIES | 9 |
| 4.3 CLEANLINESS | 9 |
| 4.4 MEDICAL PROVISIONS | 9 |
| 4.5 SPECIFIC EVENT SAFETY PROCEDURES | 9 |
| 5.0 CONTACT DETAILS | 10 |

1.0 General Information

1.1. Race Routes

The race routes remain at the discretion of the organizing party ie. Athletics Malta. It is the responsibility of the race director to make sure the route is adequately measured throughout. AM encourages the race director to use race route measurers endorsed by Athletics Malta to carry out route measuring. The National Championship events for both the 5km and 10km distances are the only two events currently commended by World Athletics for the breaking of national records concurrently in Hal-Far and for qualification at the upcoming GSSE 2023 in Malta.

1.2 General Program

Athletics Malta is pleased to announce the inaugural **National Road Running Series 2022/3** , which this season will comprise of four road races.

| | DATE | RACE and LOCATION | DISTANCE |
|----|------------|--------------------------------|----------|
| 1. | 29/01/2023 | Marsascala | 10KM |
| 2. | 19/02/2023 | HAL FAR National Championships | 10KM |
| 3. | 12/03/2023 | Maqluba | 5KM |
| 4. | 26/03/2023 | HAL FAR National Championships | 5KM |

It is important to mention that the selection of races for 2022-2023 is based on the concept and time frame of the previous MAAA road running league, the proposed road running calendar and AM technical obligations. In the future AM will decide on events based on criteria predetermined by the non-stadia subcommittee, with the possibility of including more races across the calendar year.

1.3 Individual competition rules and classification

In order to be eligible for the final classification an athlete must run at least **three out of the four series races**. The classification will be compiled at the end of the series using a **scoring system** for those who take part in the 3 races. Updated standings will be published on myraceresult of the respective race organisers.

An overall individual classification will be compiled as follows

- The first runner to finish **each race** scores one point, second place two points; third place three points; and so on. All of the competing runners who finish are ranked and scored in this manner.
- The final **overall score** of each individual is then determined by totaling the points of each race. The athlete with the lowest total is declared the winner. That is, the lowest total from three (3) series races

1.4 Team competition and classification

In order to be eligible for the final classification a team will be considered to have completed the series if it completes **ALL four series' races** with at least 4 scoring members in each race.

A women's team will be considered to have completed the series if it completes **ALL four series' races** with at least 3 scoring members in each race.

A teams' final classification will be determined by totaling the points of its four ranked runners for each race (on the basis of the scoring system outlined in the individual classification) and by totaling the aggregate score of each race.

Please be informed that a group of less than four athletes will not count as a Men's team while a group of less than three athletes will not count as a Women's team.

1.5 Guest & Domiciled athletes

Guest and domiciled athletes not of Maltese nationality will be allowed to participate in the entire series. However, their results will not make them eligible for any national prizes or team standings. Domiciled athletes shall be awarded commemorative medals if they complete three out of four races.

2.0 Course and Competition Facilities

The measurement of the routes will be conducted by a person approved and certified by Athletics Malta. The designated measurement official will carry out the task according to measurement practices true to World Athletics and issue a certification published towards the organisers (AM).

2.1 Officials/Marshals

Routes will be well marshalled with informed persons at all strategic points in view of one another. The AM route measurer and/or designated race official shall be in the Lead Car and one of the Local Wardens (motorized or on another form of mechanized transport) will be at the head of the chasing group).

The Referee, or designated race official, shall have the possibility to follow the leading groups of a road race closely, on a motorbike or bicycle, if he or she so determines. The Referee can give warnings in case of rule violations and, for particularly serious cases, disqualify athletes.

2.2 Lead vehicle and Route Marking

Each event will feature a lead vehicle, clearly visible with a flashing light. The lead vehicle shall precede the lead runners and direct the runners around the course.

The route will be marked with frequent adequate markings, showing all turns and straight stretches clearly. The distance covered will be displayed on the floor or by a low billboard. Transport Malta, district police and wardens shall be present to control the traffic, please remember that parts of the route are **NOT** traffic free, therefore we urge **caution**.

3.0 Eligibility, Application, and annual licence fees

3.1 Event Application

All athletes must be registered with an affiliated athletics club and have an active annual licence for season 2022-2023.

Participating clubs are invited to apply using the attached Entry sheet. Entries are to be sent by **Friday 15th January 2023 to tony.fava@athleticamalta.com**

AM reserve the right to refuse any late entries, for the entire series.

3.2 Series fee

A fee of 40.00 Euros shall apply to every runner entered on the Official Registration Sheet. An additional 5 Euros will be charged towards the individual's annual license.

3.2.1 Individual race fee

A fee of 10.00 Euros per race shall apply, an additional 5 Euros will be charged towards the individual's annual license, provided that the applicant conforms to the clause 3.1.

3.2.2 2020-2021 RRL refund

For Season 2022/2023 ONLY, athletes who had paid €40 for the Road League participation for Season 2020/2021 NEED NOT pay the series fee, but Athletics Malta still needs payment for the current Renewal of License (€5 per person).

On the application form submitted Clubs are to indicate, next to the athlete concerned, that this payment had been effected, or otherwise.

In case of doubt, Clubs would be kindly requested to contact ANTHONY FAVA on tony.fava@athleticsmalta.com for clarification.

3.3 Age categories

The following age categories are eligible to participate and will be awarded in the road running series 2022-23

| Age categories | | |
|---|-----------------------------------|-----------------------------------|
| 1 st , 2 nd and 3 rd Overall Men | 1 st place M/W over 35 | 1 st place M/W over 60 |
| 1 st , 2 nd and 3 rd Overall Women | 1 st place M/W over 40 | 1 st place M/W over 65 |
| 1 st place M/W U18 | 1 st place M/W over 45 | 1 st place M/W over 70 |
| 1 st place M/W U20 | 1 st place M/W over 50 | 1 st place M/W over 75 |
| 1 st place M/W U23 | 1 st place M/W over 55 | |

For avoidance of doubt, athletes are placed in their respective age categories based on their age on the day of their first competitive event. This rule applies for master categories, irrespective whether age will vary upon first and last event.

3.4 Team classifications

It is the intention of AM to reinstate the team ranking event. Each category listed above is eligible to score the best **four** times per race per club. Running teams with the least score accumulated will be crowned RACE SERIES CLUB CHAMPIONS 2022-23 (MEN and WOMEN). Second place will also be awarded RACE SERIES CLUB RUNNERS UP 2022-23.

An additional award will be presented to the club with the most representatives.

Foreign or domiciled athletes participating on behalf of any given club will not form part of cumulative team classification.

3.5 Race numbers, Timing and Results

Athletes will be provided a bib number, which will be kept throughout the whole series, as well as **other AM track and field events organised throughout the season**. Each racing bib is fitted with an electronic transponder/ chip. Every participant's time is recorded through the electronic transponder/ chip that is attached at the back of the bib.

The bib shall always be clearly affixed to the front of the participant attire. Never remove or tamper with your timing chip. Furthermore, Athletes who in any way spoil, tear or fold their race number could face disqualification from the race.

Once a participant goes over the Finish line (where the timing is recorded) the bib number needs to be removed and ideally kept away from the finish gantry. The organizer shall endeavor to provide all results within two hours after the conclusion of the event.

3.6 Commemorative medals and award ceremony

A participation medal will be given to all athletes who complete **three out of four races**. Athletics Malta will organize an awards night based on overall results at a later stage once all events come to an end.

Winners will be awarded the highest prestigious prize, for example: If a participant features in the first three overall, she/he will not be entitled to a prize in the age categories as well. The prize will be awarded to the next in line accordingly.

3.7 Affiliate Club Entries - ANNUAL LICENCE FEE

The annual licence is AM's life-time registration and is compulsory for all club members participating in events organised by Athletics Malta. It is for this reason that new registrations/renewals of licenses are to be paid prior to participation.

- For 2022/3 the Annual Licence Fee applicable to all Categories, (whether Renewal or Registration) is **€5**.
- Relevant Payments must be submitted in advance of the competition either through a Bank Transfer, or by any other acceptable digital means.

All AM Affiliated clubs are asked to register their interest in registration / renewal in the following manner;

1. Entry excel sheet (not PDF, handwritten, scanned or Word document) with full details of athletes in alphabetical order, clearing showing club to **tony.fava@athleticsmalta.com**, whilst keeping **president@athleticsmalta.com**, and **treasurer@athleticsmalta.com** in copy.

| | SURNAME | NAME | Gender | Club | DATE OF BIRTH YYYY-MM-DD | Paid for season 2020-2021 | Licence Fee (€5) |
|---|------------------|---------------|----------|---------------|-----------------------------|------------------------------|------------------|
| 1 | <i>Borg</i> | <i>George</i> | <i>M</i> | <i>ATX AC</i> | <i>28/03/1998</i> | <i>YES</i> | <i>YES</i> |
| 2 | <i>Camilleri</i> | <i>Rita</i> | <i>W</i> | <i>ATX AC</i> | <i>17/08/1988</i> | <i>NO</i> | <i>YES</i> |
| | | | | | | TOTAL | €50 |

2. Proof of payment

Kindly note that deadline for application is SUNDAY 15th JANUARY 2023 (for first race of series). AM reserve the right to refuse any late entries.

3.8 Payments

Payments for series fee and licence fee can be made via Bank Transfer using the below bank details

| BANK DETAILS | |
|----------------------|---|
| Bank account name: | MALTA AMATEUR ATHLETIC ASSOCIATION |
| Bank account number: | 11502344017 |
| Bank address: | Bank of Valletta p.l.c. St. Bartholomew Street, Qormi |
| Swift No: | VALLMTMT |
| IBAN: | MT43VALL22013000000011502344017 |

3.9 Unattached / non-affiliate Athlete Entries

3.9.1 Unattached / non-affiliate Athlete Entries OVER 35

Unattached / Non-affiliate athletes over 35 years of age are free to apply and participate in any event forming part of the AM road running series and form part of the overall classification/ ranking throughout the series. Provided that a valid AM licence is attained, prior to the day of the race.

4.0 Others

4.1 Water & Refreshments

Sufficient water is to be provided at least every fifth kilometre and at the Finish.

Drinking/Sponging and Refreshment stations adequately staffed by competent personnel shall be available on the course in accordance with Rule 55.8 of the Technical Rules (previously Rule 2.40 of the Competition Rules).

Umpires or other suitably qualified officials designated by the Referee shall be present at all refreshment stations, to ensure the treatment provided to all athletes is fair, and to report any violations.

4.2 Toilet facilities

Depending on the number of entrants, portable toilets, at least five, should be made available at the Start/Finish. Since this is a Mixed Gender competition, the ratio of mobile toilets available shall be 2:3; that is for every two for males there needs to be another three for others.

4.3 Cleanliness

Participants are asked not to dispose their rubbish over boundary walls, into the sea or in the running path of other athletes. If caught, this could lead to the disqualification of the athlete in question.

4.4 Medical Provisions

Dependant on the number of participants, medical doctors, paramedics and an ambulance will be on stand by on-site before and during the event and on hand till an adequate time from the last athlete finishing the competition.

4.5 Specific Event Safety Procedures

For reasons of safety the use of the below is strictly forbidden

- No unofficial Bicycles are allowed to travel alongside athletes throughout the race. If caught, this could lead to the disqualification of the participant.
- Animals or prams/baby strollers are strictly forbidden.

5.0 CONTACT DETAILS

For general information on the 'Athletics Malta Road running series 2022/23, please contact



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