

## RULES AND REGULATIONS

### Rules and Regulations of the 3rd International Charity Erasmus+ Run organised as part of the European Week of Sport on 28 September 2019.

#### The objectives of the Event:

- promotion of physical activity and sports at local, regional and European level as part of the Erasmus+, including Erasmus+ Sport programme and EU's European Week of Sport;
- promotion of sports activity and development of interests as tools for acquiring skills and competencies necessary on the labour market and sports as a tool for social inclusion;
- promotion of volunteering in sports, social inclusion, equal opportunities and raising awareness of the importance of physical activity for improving health and greater participation and equal access to sports;
- promotion of volunteering within the framework of a new initiative of the European Commission: European Solidarity Corps;
- fostering the involvement of young people and youth organisations in solidarity activities;
- promotion of a dozen or so European educational programmes managed by the Foundation for the Development of the Education System and the concept of lifelong learning within the framework of Erasmus+, which offers opportunities to carry out transnational mobility projects for all under the banner "changing lives, opening minds";
- promotion of educational technologies in Mobile Educational Centre (MEC) run as part of the eTwinning programme.

#### Organiser

The Erasmus+ Relay Run is organised by the Foundation for the Development of the Education System, al. Jerozolimskie 142A, 02-305 Warsaw, entered into the National Court Register kept by the District Court for the City of Warsaw, XIX Commercial Division, under the entry number: KRS 0000024777; NIP 9521913280; REGON 015438288.

You can contact the Organiser by phone at: (+48) 22 46 314 545, 22 46 314 176 and by e-mail at: [ismogorowski@frse.org.pl](mailto:ismogorowski@frse.org.pl), [aganeczko@frse.org.pl](mailto:aganeczko@frse.org.pl) or by traditional mail: Fundacja Rozwoju Systemu Edukacji, al. Jerozolimskie 142A, 02-305 Warsaw, with a note: Bieg Erasmusa+

#### 1. The time and place

1. The run will take place on 28 September 2019 at the athletics stadium of the University of Physical Education (AWF) in Warsaw (ul. Marymoncka 34, 00-968 Warsaw). The Organiser reserves the right to change the date and place of the run or to stop it, if circumstances beyond the Organiser's control occur.
2. Relay teams, divided into two series, are scheduled to start the race at 3:00pm and 4:15pm. The framework programme of the run, including accompanying events, such as runs for children and teenagers taken at various distances and divided into different age categories, is available on the website: [erasmusplus.org.pl/wydarzenia-specjalne/bieg](http://erasmusplus.org.pl/wydarzenia-specjalne/bieg).
3. Total distance to be covered by four-strong teams: 25 laps on a 400m certified running track (10 km in total).
4. Runs for children and youth, which form a part of the event, will be held at the running track before the Erasmus+ Run, in six different age categories and at various distances: 1. 2-3 years (60m); 2. 4-5 years (100m); 3. 6-7 years (200m); 4. 8-9 years (400m); 5. 10-11 years (400 m); 6. 12-13 years (800m).
5. The Organiser's Area will be situated in the immediate vicinity of the athletics stadium in a designated place and will be open on the day of the Run from 11:00am to 4:15pm. Team verification and race pack collection will take place only in the Organiser's Area.

## **2. Time limit**

1. There is a 60-minute time limit applicable to all teams.
2. Participants failing to complete the Run within the above time limit must stop running and leave the running track.

## **3. Participation**

1. The following participants are entitled to take part in the Event: a) those aged 18 or more; b) those over 16 holding a written consent for their participation in the Run signed by their parents or legal guardians; c) those over 14 years of age, provided that as part one relay team they will run with a parent or legal guardian and will present a written consent for their participation in the Run. Each participant must sign a declaration of acceptance of the Rules and Regulations and stating that there are no counter-indications to their participation in the Run. Such declaration form a part of a participation card.
2. Each relay team must be composed of four runners. The distance and order of individual relay handoffs are determined by the team members, but one team member must run at least 400 metres or a multiple of that distance (800, 1200, 1600, etc.). Handoffs can only take place in the designated handoff zone. Each team member must complete at least one 400m lap.
3. All relay teams participating in the Run must be verified. Verification can be performed in the Organiser's Area - by the Team Captain (the person registering a relay team) or by a person producing the Captain's written authorisation.
4. Documents needed for verification:
  - a. Fully completed participation cards (to be downloaded from the event's website at least one month prior to the run or e-mailed by the Organiser) must be signed by all team members. A participation card features a declaration on the acknowledgement and acceptance of the rules and regulations of the race and the lack of contraindications to participate in the race; Scanned versions of participation cards must be emailed to the Organiser.
  - b. For all under-age team members - parents' or legal guardians' consent to their participation is required, and for participants aged 14-15 a declaration on participation in the Event under the supervision of a parent/legal guardian taking the Run and running in the same team is required.
5. Race packs including competition numbers, safety pins, singlets, sleeves and bands in sizes given on registration forms will be handed over to the Captain for all team members. It is possible to change the size of a singlet not later than on 5 September 2019. A singlet can be exchanged for one in a different size on 28 September after 4.15pm, but the Organiser does not guarantee the availability of all sizes. Singlet size chart allowing to choose the right size is available on the Event's website. The team captain also receives the baton for his/her team.
6. Race packs not collected from the Organiser's Area within the hours specified in these Rules and Regulations will not be sent or handed out at a later date. However, they can be collected from the seat of the Foundation for the Development of the Education System, up to 30 days after the event.
7. During the Run, all participants must have non-returnable competition numbers attached horizontally to the front of their singlets (jackets, blouses, etc.). The competition number must be visible during the whole duration of the race, participants obscuring their number (in part of in whole during any part of the Run) or modifying it will be disqualified.
8. The Organiser allows for the participation of competitors in user-propelled wheelchairs on the condition that this fact is reported to the Organiser in advance. Due to technical reasons and because of limited running space, only one competitor in a wheelchair per team and not more than four of them in one series will be admitted. Competitors in wheelchairs can only use 'standard' wheelchairs. A standard wheelchair is defined as follows: it is propelled manually by its user pushing the wheels by hand. It must have two large wheels at the back (20"-25"), two small wheels at the front (3"-7"), two push rims and two brakes. It can be a folding or rigid wheelchair. Its weight should be within 7-25 kg range and the user must sit upright in it (90 degrees). It is recommended that participants with tetraplegia have wheelchairs with anti-tilt wheels. The alignment of the drive wheel must be between 0° and 8°.
9. If a relay team member or team members faint(s) or is/are injured, the team has the right to continue the race by taking over the baton in any part of the stadium. Medical staff of the race can decide that a competitor cannot continue the run.
10. The Organiser ensures medical assistance during the Event.

11. Technical information on the relay handoff system will be provided 10 minutes before the start. This information will also be posted on the Event's website. Each relay team member must pass the baton to another runner within the designated handoff zone and next cross the finish line. Losing the baton and finishing the run without it stands for disqualification of the whole team. Dropping the baton does not result in disqualification of the team.

#### 4. **Registration**

1. Participants can register by filling in a registration form available both in Polish and English, the link to which is available on the "Rejestracja" banner on the Event's website.
2. A participant's registration is deemed complete, if the following conditions have been met: a registration form has been filled in and the entry fee has been paid and recorded in the accounts. The fee will be given to charity (detailed information is provided in section 5.1.).
3. The Organiser sets the limit for the number of teams participating in one series at 65: the total number of relay teams allowed is 125 (500 participants) in two series, out of which about 15% of places are reserved for former and current beneficiaries of the Erasmus+ programme and its previous editions, as well as the European Solidarity Corps.
4. The Organiser reserves the right to change the above limit by ca. 5%.
5. Online registration will be closed on 20 September 2019. After this date no new payments should be made (even if a registration form was filled in within the time limit).
6. The registration of teams failing to pay the entry fee within 10 days of making the entry (and not later than on 20 September 2019) will be cancelled (see section 5.2.).
7. Places vacated in this way will be filled in during additional registration, which will be closed on 23 September 2019. The Organiser reserves the right to close the registration process earlier, if there are no more places left. In such a situation, it will be no longer possible to make payment.

#### 5. **Fees**

1. The entry fee to be paid by participating teams is PLN 180 (PLN 45 per person). This amount will be donated in whole to Towarzystwo Opieki nad Ociemniałymi w Laskach (the Society for the Care of the Blind in Laski) to carry out sports activities for the blind and visually impaired.
2. The entry fee can be paid online (using the registration profile) via a dedicated service within 10 days from the date of registration, but no later than on 20 September 2019.
3. The appearance of a competition number next to the name of a relay team on the start list proves that their payment has been received. The "Start list" tab on the Event's website redirects to the start list once registration is completed. If no competition number appears after 5 days, the participant must contact the Organiser by phone or e-mail.
4. Fees paid will not be refunded.
5. Teams wishing to obtain an invoice for their fee should tick a relevant box in the registration form and provide all details needed to issue such a document.
6. In accordance with the tax regulations, as payment is made before the service is provided, advance payment invoices for the full amount of payment will be issued. Therefore, advance payment invoices are also final invoices. By ticking the "invoice" option, participants give their consent to send/share e-invoices bearing no recipient's signature. This consent does not preclude the invoice issuer from issuing and sending printed invoices.

#### 6. **Depositing personal belongings**

1. Participants can deposit their personal belongings in a designated place clearly marked as Deposit. For environmental reasons, it is recommended to use the bags in which Participants will receive their race pack. The bags will have the numbers of individual competitors printed on them (1<sub>1</sub>, 1<sub>2</sub>, 1<sub>3</sub>, 1<sub>4</sub>, 2<sub>1</sub>, 2<sub>2</sub>...), which correspond to competition numbers. A limited number of bags made of biodegradable materials and stickers to indicate the competition number, for those who need to store more things will be available at the Deposit. You can also leave your belongings in your own bag(s)/backpack(s) at the Deposit (a sticker featuring competition number will be affixed to them). Bags can be collected from the Deposit only upon the presentation of competition numbers. Should a participant lose their competition number, the Organiser will be released from responsibility resulting from collecting the bag by another person. Note: No valuables or documents can be deposited.

#### 7. **Classifications and results**

1. The results of the two series of the Run will be considered final results. The Erasmus+ Run offers the following classifications:

- a. General classification open to all teams;
- b. Additional classifications. You can enter the relay team in one of three categories:
  - 1) Mixed relay teams (gender-balanced - 2 women and 2 men in a team);
  - 2) Erasmus+ (current or former beneficiaries and participants in Erasmus+ or its predecessor programmes: Erasmus, Leonardo da Vinci, Comenius, Youth, Youth in Action, Grundtvig and support programmes (eTwinning, Eurodesk);
  - 3) European Solidarity Corps (current and former volunteers and beneficiaries (coordinators, mentors, organisation staff, etc.) and experts of the European Solidarity Corps and the previous programme: European Voluntary Service (EVS).
2. Team captains can choose one of additional classifications during the registration process. Electronic time measurement forms the basis of classification. Choosing one of additional classifications (7.2.b.) does not preclude participants from general classification.
3. All classifications are based on official gross times (from the moment of firing the starter pistol). The participation of at least four relay teams in a category is a precondition for the provision of an additional classification. Completing the Run by all relay teams participating in a specific additional classification is not a precondition for the classification.
4. The unofficial results of the race will be communicated directly after the last team reaches the finish line (within the time limit allowed).
5. Protests in respect of results will be accepted on the day of the Run, not later than 15 minutes after the communication of unofficial results. Protests will be considered upon lodging them. The final and official results of the Run will be published after the consideration of protests, if any, or - if no protests are lodged - directly after the time limit for lodging protests elapses. The final interpretation of results is up to the Organiser who will consult with the company responsible for electronic time measurement during the Run.
6. The Organiser reserves the right to introduce additional classifications and to award additional prizes in these classifications.
8. **Prizes**
  1. All participants who successfully complete the Run will be awarded commemorative medals, at the finish line.
  2. Teams ranking 1st-3rd in the general classification and in additional categories will receive cups and prizes from the Organiser of the Run. Additional prizes can be funded by the patron(s) of the race.
  3. The Organiser reserves the right to fund additional prizes in selected categories and classifications.
9. **Personal data protection.**
  1. The Foundation for the Development of the Education System with registered office in Warsaw at Al. Jerozolimskie 142A is the collector of personal data obtained from the participants of the Erasmus+ Run. Personal data will be processed in accordance with the Regulation (EU) 2016/679 of the European Parliament and of the Council of 27 April 2016 on the protection of individuals with regard to the processing of personal data and on the free movement of such data and repealing Directive 95/46/EC (General Data Protection Regulation - GDPR).
  2. Personal data of participants will be processed for the purpose of the organisation and promotion of the Erasmus+ Run, for determining the winners and awarding prizes, and for the purpose related to the promotion of the Foundation for the Development of the Education System.
  3. The Data Collector' obligation to provide information to participants of the race resulting from GDPR was specified in the registration form.
  4. Payments made online involve transferring basic personal data of participants to the entity indicated in section 5.2. The scope of data is determined by the payment service provider. Data will be processed in the scope deemed indispensable for effecting payment.
  5. Each participant in the Run has the right to access their personal data and to rectify it.

Providing personal data and consent for its processing is freely given, but indispensable for the participation in the Run.

#### 10. Miscellaneous Provisions

1. Only persons with valid competition numbers can be present on the running track. Persons without a valid competition number will be removed from the running track by the service team. Cycling, roller skating, skateboarding and using other mechanical devices, as well as running with a dog (except for guide dogs for the blind or visually impaired persons, but this fact must be reported to the Organiser prior to the Event) or after any other pet is not permitted on the running track. Intention to run with a pram, as well as participation in the competition of a person in a wheelchair must be reported to the Organiser prior to the race. Using Nordic walking and other sticks is not permitted. This ban also refers to shoes with spikes or football boots.
2. The Run will take place regardless of weather conditions, except for situations when they may pose a threat to the health or life of race participants and the staff - the decision in this matter will be made by the Organiser.
3. During the Run, its participants should observe instructions given by persons responsible for safety and organisation, volunteers, law enforcement services and other people appointed by the Organiser.
4. Each participant must sign a declaration of acceptance of the Rules and Regulations and that there are no counter-indications to their participation in the Run, which forms a part of participation card. By signing the above declaration, participants consent to receive first aid, if necessary, undergo other medical procedures and be transported to a safe place by medical staff acting on behalf of the Organiser.
5. Each of relay team members declares that: they are fit to participate in the Run; they know of no health-related reasons, which preclude them from participation in the Run; they participate at their own risk; they acknowledge that participation in the Run involves physical exertion and an accident, injury and physical trauma risks (including death), as well as a risk of property damage and loss. Moreover, participation in the Run may involve other unforeseeable risk factors. Signing the declaration confirming the acknowledgement of the regulations and absence of counter-indications to participate in the Run means that the Participant has considered and assessed the scope and nature of risks relating to the Run, and that their participation is voluntary and at their own risk. Medical staff's decisions concerning the continuation of the run during the Event are final and irrevocable.
6. By registering to participate in the race, the participants accept these Rules and Regulations and express their consent to the free use of their image recorded in the form of photography or video recordings. They also grant the Organiser a free license to use their image in all fields of exploitation, including: fixing and dissemination in any form, storing in computer memory, using for promotion, making available to partners and patrons of the Erasmus+ Run for promotional purposes (but only in the context of participation in the Run and accompanying events), posting and publishing in the publications of the Foundation for the Development of the Education System in printed promotional materials, in the press, on websites and in TV and radio broadcasts.
7. Placing publicity on the elements of infrastructure of the Run (fences, gates, tents, etc.) is the Organiser's exclusive right and as such it is reserved for them, their partners and Run patrons. Placing any advertising media on the running track and on the premises used for the organisation of the Run (such as the start and finish areas, run village) without the Organiser's consent is strictly prohibited.
8. Only the Organiser of the Run is entitled to the final and binding interpretation of these Rules and Regulations. Matters not included in these Rules and Regulations will be decided by the Organiser. Should any of the provisions of these Regulations be considered invalid in part or in whole or impossible to enforce - all other provisions (in part or in whole) remain valid.
9. The Erasmus+ Run Rules and Regulations apply to all participants.
10. The most important information and updates posted on the main website of the Run ([www.erasmusplus.org.pl/bieg](http://www.erasmusplus.org.pl/bieg)) and on Facebook do not constitute the Rules and Regulations of the Run.