

**Provisional regulation submitted to ASI approval:**

Sportisola La Maddalena ASD, with the patronage of the Municipality of La Maddalena, of the Archipelago of La Maddalena National Park and, in collaboration with ASI Provincial Committee of SARDINIA and with the patronage, on the basis of the agreement stipulated with EPS

**ORGANIZE**

**the 1st Edition of La Mezza di Caprera: competitive foot race 21 and 10.5 km.**

**THE HALF OF CAPRERA**

**1 EDITION**

**RACE 21 KM - RACE 10.5 KM**

**2 NON-COMPETITIVE ROUTES museum poles 7 and 9 km**

**LA MADDALENA-CAPRERA**

**SUNDAY 19 September 2021**

**REGULATION**

PRELIMINARY NOTES FOR ANTI COVID REGULATIONS

NON-COMPLIANCE WITH THE REGULATIONS PROVIDED FOR BY THE COVID PROTOCOLS LEADS TO IMMEDIATE DISQUALIFICATION

**!!!!NEWS : GREEN PASS**

The Law Decree of 23 July n. 105.

The Decree provides that from 6 August 2021, even in the white area, for all those over the age of 12, it will be possible to carry out some activities only if you have:

Covid-19 green certifications (Green Pass), proving the inoculation of at least the first Sars-CoV-2 vaccine dose (valid for 9 months) or recovery from Sars-CoV-2 infection (valid for 6 months); or carrying out a rapid molecular or antigen test with a negative result for the Sars-CoV-2 virus (valid for 48 hours);

The GREEN PASS will be required in order to carry out or access the following activities or areas starting from 6 August 2021:

sporting events and competitions both outdoors and indoors

**Passage refreshments:** In the refreshment points provided, only water in 0.5 liter bottles, packs of sealed biscuits or supplements will be distributed

**Final refreshment:** A sealed bag containing 0.5 liters of water, biscuits, fruit will be delivered

**Bag deposit:** a bag deposit will be set up where everyone will have to bring their own bag and collect it on their own

**Mask:** The use of a mask is mandatory at the start and for the first 500 meters. The same must be held on the arm and used after arrival.

**Self-certification form:** when collecting the bib, a specific self-certification form required by the regulations must be presented.

**Authorization for travel between regions:** If there are limits for travel between regions, an authorization form will be sent for tenders of national interest.

**Temperature detection:** a temperature detection service will be organized, values higher than the allowed result in exclusion from the competition.

**Determination of starting grids:** to facilitate spacing, the starting grids will be established based on the progressive number of bibs

## REQUIREMENTS FOR PARTICIPATION IN COMPETITIVE RACES:

All those who are:

1. Italian athletes regularly registered with EPS Atletica Leggera, FIDAL, RUN CARD, for the current year and belonging to the junior / promising / senior categories (from 18 to 34 years) and over 35 of all male age groups and women in possession of regular competitive sports medical certification.
2. Foreign athletes, at least 18 years of age, not resident in Italian and not registered who, in compliance with the Italian law on safety in sports) must submit the MEDICA HEALT FORM-FOREIGN RESIDENTS certification form (attachment A) signed by the doctor treating, or similar or in any case compliant with the diagnostic tests required by Italian legislation.
3. They are at least 18 years of age and are athletes registered with the Italian Paralympic Committee and have disabilities compatible with the activity relating to the HALF OF CAPRERA.
4. In possession of GREEN PASS Covid-19 green certification (Green Pass), proving the inoculation of at least the first Sars-CoV-2 vaccine dose (valid for 9 months) or recovery from Sars-CoV-2 infection ( valid for 6 months); or the execution of a rapid molecular or antigen test with a negative result for the Sars-CoV-2 virus (valid for 48 hours);

All those who are:

1. Italian athletes regularly registered with EPS Atletica Leggera, FIDAL, RUN CARD, for the current year and belonging to the junior / promising / senior categories (from 18 to 34 years) and over 35 of all male age groups and women in possession of regular competitive sports medical certification.
2. Foreign athletes, at least 18 years of age not resident in Italian and not registered who, in compliance with the Italian law on safety in sports) must submit the MEDICA 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 legislation.
3. They are at least 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 CAPRERA.

For insurance reasons and to protect the safety of the athletes due to the characteristics of the course, Handbykers cannot participate in the race. Athletes who need to be accompanied will have to do it on their own.

## FEES AND PAYMENT METHODS

All athletes registered for the 2020 edition who have not requested a refund are automatically registered for the 2021 event

Registration will take place through the website [www.mezzadicaprera.it/iscrizioni](http://www.mezzadicaprera.it/iscrizioni) at the following link [https://www.avaibooksports.com/inscripcion/mezza-maratona-di-caprera/inscripcion\\_datos/](https://www.avaibooksports.com/inscripcion/mezza-maratona-di-caprera/inscripcion_datos/)

it is possible to register from 01.00 on 15 April 2021 and no later than 23.30 on 15/9/2021

the participation fee for the Half of Caprera 1st Edition 2021 21 km race is fixed in:

- € 15 from April 15th to May 15th 2021
- € 20 from May 16th to June 30th 2021
- € 25 from 01 July to 31 August 2021
- € 30 from 1st September to 15th September 2021

the participation fee in the Half of Caprera 1st Edition 2020 race 10.5 km is fixed in:

- € 10 from April 15th to August 31st 2021
- € 15 from 1st September to 15th September 2021

Athletes participating in the virtual editions 2020 and 2021 will be able to use the discount code from May 16 to September 15 for the 21 km and from September 1 to September 15 for the 10 km for the price block at € 15 (half) and to € 10 (10 km)

The payment of the fee can only be made by online payment, through the dedicated portal, following the instructions indicated, at any expo in conjunction with running events in which the organizing secretariat will be present or by contacting the email [info@lamezzadicaprera.it](mailto:info@lamezzadicaprera.it)

PLEASE NOTE THAT FOR ENROLLMENTS FOR ALL RACES CARRIED OUT THROUGH THE AVAIBOOKS PLATFORM, an additional fee of € 1 will be provided, valid as an accessory cost of handling the practice and, there are no additional costs for payment by credit card or other method.

#### IMPORTANT FOR REGISTRATION:

The registration fee is not refundable under any circumstances and for no reason will the costs incurred for participation in the event be reimbursed in the event that the event itself should be canceled or suspended. Should the event be suspended due to the Covid19 Emergency, reimbursement or registration for the 2022 edition may be requested

A registered athlete who is unable to participate may possibly transfer his registration to another person by and no later than 11.30 pm on 31 August 2021, after having made an agreement with ASD Sportisola and, for this operation, € 5 of administrative fees will be provided.

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

#### SERVICES INCLUDED IN THE PARTICIPATION FEE OF THE HALF OF CAPRERA

- RACE BIB
- LUGGAGE DEPOSIT WITH LABEL TO BE APPLIED TO THE PERSONAL BAG
- INSURANCE AND MEDICAL ASSISTANCE DURING THE EVENT
- RESTAURANTS ALONG THE ROUTE OF THE EVENT
- RACE PACK WITH TECHNICAL JERSEY AND INFORMATION MATERIAL
- CHIP RENTAL
- DIPLOMA OF PARTICIPATION DOWNLOADED FROM THE SITE
- COMMEMORATIVE MEDAL OF THE RACE
- FINAL REFRESHMENT (upon presentation of the bib which will be stamped)

#### COLLECTION OF BIBS AND RACE PACKAGE

The collection of the race pack, containing the bib and the chip can be done in La Maddalena at the Expo Fitness in Moneta Piazza Don Riva, on Friday 17 September from 17.00 to 20.00

Saturday 18 September from 10.00 to 19.30 and exceptionally Sunday 20 September from 6.00 to 7.00

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

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

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

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

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

Athletes who will be accompanied in the race by other athletes without bibs will not be classified.

The event will be controlled by employees of the sports promotion bodies and by competition judges. All athletes must hand over the electronic chips that they will obligatorily deliver upon arrival, under penalty of a penalty of € 30.

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

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

1. Through their delegate who must submit a written proxy.
2. Through a person in charge of his own company.
3. The race pack will be delivered upon collection of the bib.

#### STORAGE OF BAGS AND PERSONAL CLOTHING

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

Delivery must take place by 8.00 am to the employees at the stand of the expo fitness area in Piazza Don Riva.

\* the deposit of bags may not be guaranteed in case of prohibitions or Anticovid19 prescriptions

The organization, while taking the utmost care in collecting and returning the bags, does not carry out the custody service. Consequently, it is expressly forbidden to leave mobile phones, computers, tablets, cameras or other valuables in the bags.

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

#### DEPARTURE

The start of the race is scheduled for 9.00 from Via Vespucci in front of elementary schools.

\* Temperature detection: a temperature detection service will be organized, values higher than allowed lead to exclusion from the competition.

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

\* Determination of starting grids: to facilitate spacing, the starting grids will be established based on the progressive number of bibs

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

\* Mask: The use of a mask is mandatory at the start and for the first 500 meters. The same must be held on the arm and used after arrival.

#### PATH

The HALF OF CAPRERA route will develop in a single tour between the islands of La Maddalena and Caprera, with the start and finish in the hamlet of Moneta, as per the attached road and map.

The route will essentially be on asphalt, except for 2.5 km on a dirt road on the island of Caprera.

#### REFRESHMENT AND SPONGING

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

Athletes who bring bottles and supplements will have to throw the empties exclusively in the refreshment or sponging stations.

\* The sponging service will be organized only if provided for in the safety provisions in force on 19 September

#### 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, in the Moneta-La Maddalena area

#### AFTER ARRIVAL

After the arrival, the medals will be delivered

#### TIMING

The timing and processing of the rankings will be carried out by Soc CRONORUN, by means of a system based on a 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 line) and the real time (net time) from the passage on the detector mat on the starting line and at the finish line. 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 competition 21 includes individual prizes as indicated below:

- 1) MEN'S General Ranking first 3 athletes classified with prizes in kind
- 2) WOMEN General Ranking first 3 athletes classified with prizes in kind

The HALF OF CAPRERA 10.5 km race includes individual prizes as follows:

- 1) MEN'S General Ranking first athlete classified with prizes in kind
- 2) WOMEN General Ranking first athlete classified with prizes in kind

For the 21 km competition only, the first prize of the first classified will be awarded with products offered by the sponsors and the delivery will be made in the prize giving area, after the officialization of the rankings by the CRONORUN Company.

Overall winners will not be awarded in their respective categories.

#### SPECIAL AWARDS:

The youngest male and female athletes of the 21 km will be awarded

The athletes belonging to the disabled categories will be awarded.

Two numbers of male and female bibs will be drawn by lottery between the 2 events for the awarding of the prize 1 edition la mezzo di caprera

#### RESPONSIBILITY'

The organizer ASD Sportisola La Maddalena declines all responsibility for what may happen to athletes, for damage to persons or property that may occur before, during or after the event.

The organization ensures the presence of health personnel and ambulances at different points along the route.

#### DECLARATION OF LIABILITY OF THE ATHLETE

By registering for the event, the athlete declares to know in full and accept the regulation of the HALF OF CAPRERA 2021 published on the website [www.lamezzadicaprera.it](http://www.lamezzadicaprera.it) and to be in possession of suitable medical certification for participation in the competition pursuant to Ministerial Decree 18 / 02/1982 and 28/02/1983.

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

The Organization is not liable for any changes to the regulations beyond its control, in any case the latter will be amended by publication on the internet site [www.lamezzadicaprera.it](http://www.lamezzadicaprera.it).

#### PRIVACY

Personal information will be treated in accordance with the legislation on the protection of personal data currently in force.

#### IMAGE RIGHT AND USE OF THE E-MAIL ADDRESS

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

#### COMPLAINTS

Any complaints must be submitted exclusively in written form to the email address [info@lamezzadicaprera.it](mailto:info@lamezzadicaprera.it) and must be presented in compliance with sporting regulations.

#### OTHER STANDARDS

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

#### CONTACTS SPORTISOLA LA MADDALENA ASD

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La Maddalena 04/13/2021 The PRESIDENT

Sportisola La Maddalena ASD  
Marta D'Amico