



Marathon de la Liberté
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OFFICIAL RULES & REGULATIONS

LE MARATHON DE LA LIBERTÉ

2020 edition

Article 1 – Organisation

The 33rd edition of Marathon de la Liberté will be held from June 12th to 14th, 2020. The Organising Committee of Les Courants de la Liberté (OCCL) is organising Le Marathon de la Liberté, under the authority of Caen Athletic Club (CAC), a member of the French Athletics Federation (FAF), the designated support club.

Article 2 – Race Schedule

Le Marathon de la Liberté organises 7 races:

- Friday, June 12th, 2020: The Foulées de la Liberté – 10am* and 2:30pm* at Caen
- Saturday, June 13th, 2020: The Rollers de la Liberté – 10:30am* at Caen
The Rochambelle – 7:00pm* at Caen
- Sunday, June 14th, 2020: The 10K Crédit Agricole Normandie - FAF National Label – 8:40am* at Caen
The Half Marathon Pegasus - FAF National Label – 8:55am* at Bénouville
The D-Day landings Marathon - FAF National Label – 9:10am* at Courseulles-sur-Mer
The Relais Marathon – 9:10am* at Courseulles-sur-Mer (start in the “4 hrs” starting area)

** Indicative schedule*

The Foulées de la Liberté is organised jointly with City of Caen’s “Service des Sports” and is reserved for pupils of Caen’s schools. Entries are directly handled by the City of Caen’s “Service des Sports”.

The Rollers de la Liberté is organised jointly with the TouCaen Roller club, also under its authority as a member of the French Federation of Roller & Skateboard.

The Marathon, the Relais Marathon, the Half Marathon, the 10K and the Rochambelle for runners are all in accordance with the French Athletics Federation road running race rules.

The Relais Marathon is open to 250 team of 4 relay runners. The announced distances are not officially measured and can be changed.

- Relay runner N°1: 13,200 km – Courseulles-sur-Mer to Colleville-Montgomery
- Relay runner N°2: 11,100 km – Colleville-Montgomery to Blainville-sur-Orne
- Relay runner N°3: 8,200 km – Blainville-sur-Orne to Mathieu
- Relay runner N°4: 9,695 km – Mathieu to Caen

Article 3 – Age categories

The races (except The Foulées de la Liberté) are open to both licensed and non-licensed participants, but they are subject to age limits:

- The D-Day landings Marathon is open to participants born on or before 2000
Categories: Espoir, Senior et Master
- The Relais Marathon* is open to participants born on or before 2004
Categories: Cadet, Junior, Espoir, Senior et Master
- The Half Marathon Pegasus* is open to participants born on or before 2002
Categories: Junior, Espoir, Senior et Master
- The 10K Crédit Agricole Normandie* is open to participants born on or before 2004
Categories: Cadet, Junior, Espoir, Senior et Master
- The Rollers de la Liberté* is open to participants born on or before 2013
Categories: 7-9 years, 10-14 y, 15-19 y, 20-29 y, 30-39 y, 40-49 y, +50 y
- La Rochambelle* is open to women only and to runners born on or before 2004 and to walkers born on or before 2013.

The age categories will mean separate rankings for the Marathon, the Half Marathon, the 10K and the Rollers. It is expressly stated that the participants run entirely at their own risk.

* For any registration of a participant under age 18, the legal representative will have to certify to give the authorization to the minor to participate, by checking the corresponding box during the on-line registration.

Article 4 – Time Limits

The participants have to complete the race distance within a time limit:

- The D-Day landings Marathon is limited to 5 hrs 30 min with the following split time limits:
 - 21st km in less than 2 hrs 40 min
 - 25th km in less than 3 hrs 15 min
 - 30th km in less 3 hrs 55 min
 - 35th km in less 4 hrs 30 min
- It is the same split time limits for the Relais Marathon.
- The Half Marathon Pegasus is limited to 2 hrs 30 mins with a maximum split time of 1hr 15mins at the 10th km and 1hr 50mins at the 15th km.
- The 10K Crédit Agricole Normandie is limited to 1 hr 30mins with a maximum split time of 45min at the 5th km and 1hr 12mins at the 8th.
- The Rochambelle does not have time limits.
- The Rollers de la Liberté are organized on a 2 hours' time without laps' limitation.

Any competitor overtaken by the broom wagon is considered to be out of the race. This decision will be confirmed by a race official and will be symbolised by the removal the competitor's bib. Any competitor who refuses to leave the race route does so entirely at his or her own risk and he or she should conform to the rules of the Highway Code.

Article 5 – Entries Limit by race

Entries are limited but may be revised. They are limited to the first:

- 3,000 entries for the D-Day landings Marathon
- 250 team of 4 relay runners for the Relais Marathon
- 5,000 entries for the Half Marathon Pegasus
- 5,000 entries for the 10K Crédit Agricole Normandie
- 14,000 entries for the Rochambelle
- 350 entries for the Rollers de la Liberté

However, the organiser reserves the right to close entries at any time.

Article 6 – Registration fees

Prices inclusive all of taxes* applicable for the different races:

- D-Day landings Marathon: €54;
- Relais Marathon (*Price by group*): €120;
- Half Marathon Pegasus: €25;
- 10K Crédit Agricole Normandie: €18;
- Rochambelle: €16;
 - €9 incl. Taxes for registration;
 - €7* of donations to charities involved in the fight against cancer;

- Rollers de la Liberté: €12.

The organizer can propose reductions during the year.

The reduced price (Marathon: €42 incl. taxes - Half marathon: €18 incl. taxes - 10 km: €12 incl. taxes) will be applied for:

- Team registrations in the respect for the regulations of participation in team of Marathon de la Liberté 2020;
- Students (to benefit from it, the participant will have to enter the advantage code "STUDENT2020" and send a documentary evidence at the time of its registration);
- Job-seekers (to benefit from it, the participant will have to enter the advantage code "LIBERTE2020" and send a documentary evidence at the time of its registration).

** Registration fees to the races are subjected to a VAT at 20 %, except for the donation part on La Rochambelle. This donation cannot be the object of any tax deduction.*

Article 7 – Registration

Registrations are only opened by Internet on the site www.marathondelaliberte.fr from November 7th, 2019. Registrations closes, subject to the number of participants previously admitted (article 5), on June 10th, 2020 for individual registrations and on May 14th, 2020 for team registrations. The organiser reserves the right to close entries at any time (article 5).

To register, all competitors have to possess an account on the website marathondelaliberte.123-go.fr/fr. The registration is made by the account with a securely payment in Euros (€) or with a team code.

Once the registration is finalized, the participant sees it appearing on the homepage of his personal account. The registration will be complete after the validation of the necessary mandatory document (article 11). The absence of supply of mandatory documents, or the supplying of a non-valid document cannot be a motive of refund.

The organiser cannot be held responsible for any problems occurring during the online payment process. All claims must be addressed directly to the Crédit Agricole Normandie bank.

The participants can verify their registration, transfer their mandatory document, follow the state of their file and modify their address and phone number since their on-line account on the web site marathondelaliberte.123-go.fr/fr.

Article 8 – Entry

All entries are personal, definite and final and cannot be refunded for any reason, except for participants who have taken out a cancellation insurance policy or for students and job-seekers (article 12).

Entries cannot be transferred for any reason. Any person passing his or her bib to a third person will be held liable in the event of an accident occurring or being caused by that third person during the race. The organisation declines all responsibility in the event of an accident relating to this type of situation.

Article 9 – Preferential bib

Runners can ask for a preferential bib if they have the following levels:

	Femmes	Hommes
D-Day landings Marathon	<3h30	<3h00
Half-marathon Pegasus	<1h40	<1h25
10K Crédit Agricole Normandie	<45min	<38min

There will be no preferential bib given for other races.

An athlete will only be authorised to have a preferential bib after his written request, sent by post or by email before **May 14th, 2020**, is validated by the organiser. Any request be made to the organiser has to be accompanied by a document proving a 2019/2020 result.

The prize list is available on the web site www.marathondelaliberte.fr. For athletes with minimum level N3, only those authorised by the organiser to participate at the elite level will be eligible in the bonuses of this list.

Article 10 – Elite level

This level is only open to athletes with level N3 to International and only on the D-Day landings Marathon, the Half marathon Pegasus and the 10K Crédit Agricole Normandie.

An athlete will only be authorised to participate at the elite level after his written request, sent by post or by email before the **May 14th, 2020**, is validated by the organiser. Any request be made to the organiser has to be accompanied by a document proving a 2019/2020 result.

The prize list is available on the web site www.marathondelaliberte.fr. For athletes with minimum level N3, only those authorised by the organiser to participate at the elite level will be eligible in the bonuses of this list.

Article 11 – Proof of ability

Marathon de la Liberté apply the Regulation of the French Athletics Federation for mandatory documents.

Rochambelle only for Runners, D-Day landings Marathon, Relais Marathon, Half Marathon Pegasus and 10K Crédit Agricole Normandie:

Extract of the Regulations of Demonstrations Off Stadium on November 1st November 2019:

" Any participation in a competition is submitted to the compulsory presentation by the participants to the organizer:

- of a license Athlé Compétition, Athlé Entreprise, Athlé Running delivered by the FAF or of a "Pass' J'aime Courir" delivered by the FAF and complete by a doctor, of current validity in the date of the demonstration [...];

- or of a sports license, of current validity in the date of the demonstration, on which has to appear, by any ways, the no contraindication in the sport in competition or the Athletics in competition or from the running in competition, delivered by one of the followings federations:

- Fédération des clubs de la défense (FCD),
- Fédération française du sport adapté (FFSA),
- Fédération française handisport (FFH),
- Fédération sportive de la police nationale (FSPN),
- Fédération sportive des ASPTT,
- Fédération sportive et culturelle de France (FSCF),
- Fédération sportive et gymnique du travail (FSGT),
- Union française des oeuvres laïques d'éducation physique (UFOLEP);

- or of a medical certificate of absence of contraindication in the sport in competition, the Athletics in competition or from the running in competition, dating of less than one year to the date the competition, or its copy. No other document can be accepted to give evidence of the ownership of the medical certificate.

The organizer will keep, as the case may be, the track of the license presented (number and federation of delivery), the original or the copy of the certificate, for the limitation period (10 years). "

The organiser will keep a copy of the proof of ability whatever is the presented document.

Rochambelle

There is no need to bring a proof of ability for Rochambelle's walkers and PRM and visually impaired.

Rollers de la Liberté

All participants must enclose to their entry form a legible photocopy of:

- **a medical certificate which states that there is no contraindication for them to practice sport in competition or to take part in roller competitions and which is issued less than a year before the day of the race;**
- or a License competition delivered by the French Federation of Roller & Skateboard, of current validity in the date of the demonstration.

Foreign participant

Extract of the Regulations of Demonstrations Off Stadium on November 1st, 2019:

"Foreign participants have to supply a medical certificate of absence of contraindication in the sport with competition, of the athletics in competition or from the running to competition, dating at least from one year to the date the competition, even if they are holders of a license competition delivered by a federation affiliated to the IAAF. This certificate must be drafted in French language, dated, signed and allow the authentication of the doctor, that the latter is or established on the national territory. If it is not drafted in French language, a translation in French must be supplied."

Every participant

The organizer, who is in possession of a valid proof of ability, declines all responsibility in the event of an accident or breakdown resulting from the participant's ill health.

The organizer is not obliged to verify the authenticity of documents provided as proof of ability and cannot under any circumstances be held liable in the event of a falsification of these documents.

Proofs of ability have to be received by the organiser no later than:

- **May 14th, 2020** in case of team registration and in case of option for sending bib number at home (article 12), or registration to the Rochambelle as runner*;
- **June 10th, 2020** for other participants.

** Participants in the Rochambelle as runner who will not have sent a valid proof of ability by May 22th, 2020 will automatically be transferred as walker.*

Article 12 – Options

Cancellation insurance

Cancellation insurance is administered entirely by the Mondial Assistance company. Participants having subscribed to it can contact Allianz to 02 31 75 01 10 for any piece of information or to follow the procedures of request of refund. The terms and conditions are available on www.marathondelaliberte.fr.

Cancellation insurance is available to participants living in France registered individually in the D-Day landings Marathon, the Half Marathon Pegasus or the 10K Crédit Agricole Normandie at a cost of €3.99. It allows, for the motives listed in the general conditions and if these are respected, for the entry to be refunded at the price in place at the time of payment (the cost of the insurance is excluded from the refund).

Students and job-seekers registered to the D-Day landings Marathon, the Half Marathon Pegasus or the 10K Crédit Agricole Normandie, can have a refund except options without having taken the cancellation insurance, on production of a recent documentary evidence of their situation.

Refunds will be made after the event.

Outside these two cases, no refund will be made.

Bib sent home

Participants registered to the D-Day landings Marathon, the Half Marathon Pegasus, the 10K Crédit Agricole Normandie or the Rochambelle can have their bib sent home by Post for the price of €7.00 incl. taxes*. This option is available until **May 14th, 2020** for Metropolitan France only.

Bib will be sent only for the complete files on May 14th, 2020 at the latest (articles 11). Not sent bibs will be to remove in the same conditions as the other withdrawals of numbers (article 14) and no refund of the option will be made.

Bibs will be sent from June 1st to 5th, 2020 at the address indicated in the on-line account of the participant.

** Price subjected to a VAT at 20 %*

Customization of the medal

Participants to the D-Day landings Marathon receive a medal on arrival. The customization of this medal is proposed to them for the price of €8.00 incl. taxes*.

They will receive after the event at the address indicated in their on-line account a patch to be stuck on their medal with their name and the official time which they realized.

** Price subjected to a VAT at 20 %*

Customization of bibs

Bibs are personalized with the first name of the participant. This customization will be made for all participants registered before May 7th, 2020. For team registrations, the name of the team also appears.

On the Rochambelle an option in the registration also allows to indicate that the participant has a thought for a person during her participation. It will be realized by indicating on the bib "I participate for" with the name indicated in the option during the registration.

The bib number allows the identification of the participant. The bib is used by organization to indicate several information (T-shirt size, gender), and by the medical team in case of necessity for the identification of the participant and to contact his or her family.

Article 13 – Starting areas

Except for the Rollers de la Liberté, starting lines of the races are organized in areas:

- Rochambelle:
 - Runners
 - Person with reduced mobility or visually impaired and their companions (5 maximum)
 - Walkers
- 10K Crédit Agricole Normandie:
 - Elite level and preferential bibs
 - Arrival planned by the participant within: 40mins; 55mins; 1hr 05mins and more than 1hr 05mins
- Half Marathon Pegasus:
 - Elite level and preferential bibs

- Arrival planned by the participant within: 1hr 30mins; 1hr 45mins; 2hrs and more than 2hrs
- D-Day landings Marathon:
 - Elite level and preferential bibs
 - Arrival planned by the participant within: 3hrs; 3hrs 30mins; 4hrs and more than 4hrs
- Relais Marathon: the first relay runner starts in the starting area of participants wanting to finish the Marathon de la Liberté in more than 4hrs.

Article 14 – Collection of bibs

The bib number allows the identification of the participant. The bib is used by organization to indicate several information, and by the medical team in case of necessity.

Bibs are to be collected, upon presentation of an ID, in the withdrawal space in the village exhibition at the Parc Expo in Caen on **Friday, June 12th, 2020 and Saturday, June 13th, 2020.**

For team registrations, if the Regulations of participation in team of Marathon de la Liberté 2020 are respected, the type of withdrawal of bibs depends on the option chosen by the team leader in the same Regulations. The team leader has the responsibility to inform the members of the team of the mode of withdrawal of their bibs.

For the Relais Marathon, bibs are to be collected by a team representative upon presentation of an original ID. The participant will see handing 4 bibs of identification of the relay runners, and a bib for the timing as well as a belt to attach this timing bib which will be to restore on arrival.

For the Rollers de la Liberté, whatever is the mode of registration, the bib and the timing chip will be to remove on the village exhibition individually against of a €100 deposit check which will be collected in case of not return of the timing chip at the end of the race.

Except for withdrawal grouped by the team leader, for all bibs collected by a third person, the latter must provide an ID and a photocopy of the ID of the person for whom he or she is collecting the bib. It is mandatory to present an identity document. Without proof of identity, no bib can be collected and no allowances will be made.

No bibs will be issued on the morning of Sunday 14th June 2020.

Article 15 – Timing

D-Day landings Marathon / Half Marathon Pegasus / 10K Crédit Agricole Normandie

Timing is carried out using a disposable electronic timing system that is attached to the bib. The system issues each participant with his real race time, no matter how long is the wait at the start. However, the ranking is established using the official time and not the real time.

These races having a FAF Label, their rankings are submitted to the validation of FAF Officials. The complaints on rankings must, as indicates it the FAF regulations, be made within 30min after display of results on site.

The prize list is available on the web site www.marathondelaliberte.fr. For athletes with minimum level N3, only those authorised by the organiser to participate at the elite level will be eligible in the bonuses of this list.

Relais Marathon

Timing is carried out using a disposable electronic timing system that is attached to the timing bib. Each participant will have a personalized bib and the group will have a timing bib with the chip as well as a belt to attach this timing bib.

Runners' order indicated at the registration is not important and does not necessarily correspond to the order of relay. On the other hand, every participant has to carry the bib which corresponds to him because this one allows his identification by the organization and by the medical team.

The timing carpet will range input or output relay traffic areas. It is mandatory that each relay runner have passed the timing carpet regards to the performance of the group is registered.

Rochambelle

Only for runners, timing is carried out using a disposable electronic timing system that is attached to the bib.

The timing implies the necessity of supplying a proof of ability (article 11). The participants who will not have supplied a valid proof of ability before **May 22th, 2020** can be transferred as walkers on decision of the organiser.

Other participants to the Rochambelle will have a bib without chip.

Rollers de la Liberté

Timing is carried out using an electronic timing system attached to the participant's ankle. This system issues each participant the number of laps that he or her as made.

A €100 deposit check will be asked at the withdrawal and will be collected in case of not return of the timing chip at the end of the race.

The organisation declines all responsibility for the electronic timing system's functioning.

Bib will have to be completely readable during the race. Participants who will not carry their bib very visible will be disqualified and will not appear in the ranking.

Article 16 – Insurance

Civil liability

In accordance with the law, the organiser has taken out an insurance policy that covers the consequences of its civil liability.

Individual accident

Licensed participants benefit from the guarantees granted to them by the insurance related to their licence. It is the responsibility of non-licensed participants to insure themselves personally with an 'Individual Accident' policy and to ensure that "road race" or "rollerskates" is mentioned on the insurance certificate.

Article 17 – Traffic on the race route

Pushchairs, bicycles, wheeled* and/or motorised vehicles and animals are all strictly prohibited on the race route.

Only police, rescue service and organiser's vehicles that are officially marked and/or vehicles driven by a person carrying an official letter of accreditation are authorised to drive on the race route.

The unregistered people or not carrying their bib are not authorized to circulate on the race route.

** except rollerskates for the Rollers de la Liberté*

Article 18 – Give up

Every participant wishing to give up will have to present himself to the fuelling station or to the aid station to give his bib and be taken care if he wishes by the organizer.

Article 19 – Disable sport

There are no specific disabled sport races organised as part of Marathon de la Liberté. Wheelchair users are therefore not authorised, for safety reasons, to participate in the D-Day landings Marathon, the Relais Marathon, the Half Marathon Pegasus, the 10k Crédit Agricole Normandie or the Rollers de la Liberté.

Disabled people are only authorised to participate in the Rochambelle if they position themselves in the designated area assigned to them at the start. A disabled person can be accompanied by five people maximum.

On an exceptional basis, and only following an authorisation issued by the organiser, a participant will be able to run pulling a single-wheeled chair in the Marathon de la Liberté, the Relais Marathon, the Half Marathon Pegasus and the 10K Crédit Agricole Normandie.

5 single-wheeled chairs are allowed on each race and they must position themselves at the back of the group at the start. In the event of an accident caused by the presence of a single-wheeled chair on the route, the organiser will not be held responsible under any circumstances and no damages can be claimed from the organiser.

So that the medical team can take care quickly of the person in the single-wheeled, this one will have to be also registered and carry his or her bib. His registration is offered by the organizer.

Article 20 – Particularities of the Rollers de la Liberté

Authorized gear

The participants of the Rollers de la Liberté are only authorized to use in-line skate and quad skate (except specific authorization by the organisation)

Protection wearing

A helmet must be worn at all times under sentence of exclusion.

Protective gear is heavily recommended.

Race's Official and Roller Staff

An official assures the race's organisation and its security during the event. The official is assisted by an assistant and a wheeled staff.

Comportment of the road

- Participants must use exclusively the roadway.
- It's forbidden for participants to help others in a clear and intentional way of keeping or increasing their speed.
- Physical hand contact between participant is allowed if without traction or propulsion.
- It's forbidden to make a U-turn or run the wrong way on the circuit.
- It's allowed to take a break on the race, the participant must stay on the circuit and be careful not to obstruct the path.
- Make a brief break on the race is allowed. Participants don't have to run during 2 hours.
- It's strongly recommended to be prudent before changing direction by verifying that there's no danger in the front, back and sides.

Exclusion cases

Every participant who wouldn't respect the preceding rules would be warned by the race's official or the wheeled staff.

Participants will be ban from the circuit if they:

- don't respect two previous call to order,
- exit the circuit during the race,
- don't wear a helmet despite a call to order,
- don't wear their bib visibly on the torso despite a call to order,

- put in danger their security and the other's
- don't followed the rules of comportment on the circuit.

Finish line and ranking

The race ends after 2 hours with the order from the race's official: all participant who pass the finish line must stop. All participants who pass the finish line just before the end will be allowed to finish their lap. It'll be counted.

The winner is the one who realize the greatest number of laps.

Article 21 – Sustainable development and environmental respect

Respectful of its environment, the organization committee of the Courants de la Liberté is committed in sustainable development through Marathon de la Liberté. Participation in related events constitutes acceptance of participant for actions implemented.

Article 22 – Cancellation and neutralization

In case of extreme circumstances, a natural catastrophe, climatic conditions, sanitary conditions, or any other circumstances, particularly those putting the safety of competitors in danger, the organiser reserves the right to cancel or neutralize one or several of the races without the competitors being able to claim any refund whatsoever.

Article 23 – Image rights

All participants authorise the organisation as well as its beneficiaries, such as the media and partners, to use still or audio-visual images taken at Marathon de la Liberté without financial compensation, on all media including promotional and advertising material created and distributed around the world and for the longest duration provided for by the law, regulations and treaties in force, including for any possible extension which could be added to this duration.

Article 24 – Personal details

In accordance with the accordance with the French Data Protection Act no. 78-17 of 6 th January 1978, participants have the right to access and rectify data that concerns them. Participants may receive propositions from other organisations, companies or the FAF through the Organising Committee of Les Courants de le Liberté. If the participants do not want this to happen, they must tell the organisation in writing indicating their full name, address, and race and bib number.

The results of a race can be published on the website www.marathondelaliberte.fr and on the website of the FAF. If participants are opposed to the publication of their results, they must express it to the organiser by email at info@marathondelaliberte.fr and if needed to the FAF at dpo@athle.fr.

By registering in a team, participants accept the communication of their address, e-mail address and phone number to the team leader.

Article 25 - Acceptance of the Regulation

Entering one of the races of Marathon de la Liberté implies your acceptance of these rules and regulations.