

Regulations for each participant of the Dam tot Damloop by night

Article 1

The Dam tot Damloop and the Damloop by night will be organised by the sports events foundation Le Champion.

Article 2

The Dam tot Damloop and the Damloop by night are held under the auspices of the Athletics Union.

Article 3

- The competition rules of the Athletics Union apply, except insofar as these general terms and conditions deviate from them.
- The competition rules of the *International Association of Athletics Federations (World Athletics)* apply, except insofar as the competition regulations of the Athletics Union or these general terms and conditions deviate therefrom,.

Article 3a

- The start of the Dam tot Damloop 10 EM race run for men will take place exactly 6.04 min later than the start of the women prominents
- Participants in the race may (in according with art. 240.8 of the IAAF) use only the care stations set up by the Organiser.
- If water, or any other beverage, is accepted at another venue, disqualification may result.

Article 4

- The participant must move ahead on foot along the track set out by the organizer, in a way that is customary for road athletics.
- He must be recognizable as a Participant by wearing a bib number issued by the organisation.

Article 5

The Road Traffic Act and the legislation based on it, such as the Traffic Rules and Signals Regulations, will also remain in force on the entire course during the Event

Article 6

The Participant must follow the instructions of the Organiser, or, as the case may be, of persons who, in view of the clothing they wear or other external characteristics, apparently belong to the organisation of the Organiser.

Article 7

The Organiser is entitled to disqualify and/or remove a Participant from the competition if the Participant fails to comply with these competition rules or behaves in an unsportsmanlike or improper manner or if this is deemed necessary for medical reasons or in connection with the orderly course of the Event.

Article 8

A Participant must have reached at least a minimum age on the day the Event is held. For the 10 English Mile Dam tot Damloop this is 16 years old, for the 5 English Mile Damloop by night the minimum age is 14 years.

Article 9

Bringing (domestic) animals and objects such as prams, banners etc. is not allowed.

Article 10

The participant is expected to follow the [rules](#) of conduct for athletes..

Article 11

It is not permitted during the event to express explicitly political, philosophical or religious views or to make statements that can be experienced as offensive, hurtful or insulting in any way whatsoever.

Article 12

-The actual allocation of a starting box to a Participant is made by the Organiser

-The participant is obliged to be present in the relevant starting boxes at least five minutes before the start

Article 13

- The participant receives a bib number from the Organizer on which the participation number assigned to him is stated.
- The participant must fasten the bib number on his chest
- The bib number must be attached and worn in such a way that the starting number and other information displayed on it are clearly visible
- The bib number must not be cut or folded
- The Participant is prohibited from wearing other bib numbers than provided by the Organiser
- Failure to comply may result in disqualification

Article 14

The Participant is obliged to fill in the medical passport on the back of the bib number.

Article 15

The Organiser takes back the bib numbers of Participants who have been disqualified or otherwise dropped out

Article 16

- The time registration is done by using the tag issued by the organisation that is attached to the back of the starting ticket
- In the case of running records and related records, the organisation also uses print times and hand clocked times. The passage of the finish line by the athlete determines the result of the race (in accordance with Article 165 of the competition regulations of the Athletics Union)

Article 17

After the departure of the last starting group it is not possible for latecomers to start. This is because the course must be released for regular traffic as soon as possible after the passage of the last runners.

Article 18

When participating, the following limits apply:

- Dam tot Damloop 10 EM: 120 minutes;
- Damloop by night 5 EM: 85 minutes;
- 2,2 km Miniloop: 25 minutes;
- 1,2 km Miniloop: 15 minutes;
- 0,6 km Miniloop: 10 minutes

The finish of the 10 EM will close at 5 pm. This means that the Participant must have reached the 6 km point at 3.32 pm; the 11 km point at 4.16 pm and the 14 km point at 4.42 pm
The finish of the Damloop by night 5 EM will close at 10.30 pm.

Article 18 a

- Any participant who passes the above-mentioned kilometer points later will be irrevocably removed from the race/competition
- The organisation will arrange for the transport of the Participants taken out of the loop to the finish.

Article 19

The Organiser will determine the results and is entitled to change the results after any inaccuracies have been detected. An awarded prize must be returned to the Organiser by the Participant if the Participant is no longer entitled to it under the amended result.

Article 20***Dam tot Damloop***

- Every participant in the Dam tot Damloop (16,1 km) who crosses the finish line on time has a chance to win honorary prizes..
- Cash prizes will be available for the first 15 arriving men and the 15 first arriving women.
- If, due to circumstances, a slight different margin arises in the starts of both groups, the prizes will still be available to the first arriving.
- if, due to circumstances, the deviating margin is more than one minute, the race management decides on the settlement of the deviating time
- In the race run, the gross finishing times(order of arrival) determine the results.
- A Participant is not entitled to a prize if he has acted in violation of the Regulations. An awarded prize must be returned to the Organiser if, after it has been awarded, it is found that the Participant has acted in violation of the Regulations

Damloop by night

-Cash prizes are available for the first three arriving men and the three first arriving women.

Article 21

Following the race and recreational run in cars, on motorbikes or (moped) bikes is only possible when in possession of an exemption vignette from the organisation

Article 22

The participants in the accompanying caravan should have taken out full insurance.

Article 23

In all cases not covered by these regulations, the Organizer decides.

Article 24

Each Participant is entitled to transportation by bus between Dam tot Dam Park and Amsterdam and between Dam tot Dam Park and Zaandam railway station either before or after the run.

Article 25

- Each Participant in the Dam tot Damloop 10 EM is entitled to transportation of his/her sportswear from the start in Amsterdam to the finish in Zaandam;
- This only in plastic bags provided by the organisation;
- The plastic bag must be clearly marked with the participants clothing sticker;
- The organisation bears no responsibility for the possible loss of the clothing bags.
- Each participant in the Damloop by night can drop off their clothes at a location near the start and finish;
- The organisation bears no responsibility for the possible loss of clothing bags.

For business and Charity participants

Article 1

A Team consists of a maximum of 10 people. The Participants in a Team can be employees of the Company, but also relations, friends and acquaintances

Article 2

Each participant wishing to be included in the results must run with a tag provided by the Organizer. For registration, the Participant must cross the mats at the start at the correct start time

Article 3

Participants running with more than one tag will be disqualified.

Article 4

Participants in the Business Run start from a specially designated "Business start box". If a Participant starts from a different start section, disqualification may occur

Article 5

The Participants run time is determined by the net time recorded with the tag.

Article 6

For the Team result, the times of the five fastest Participants of the Team are counted together. In the event of a tie, the result will be sorted alphabetically. The team with the lowest net total time is the winner.

Article 7

Each participating Team must consist of a minimum of four (finished Participants) to be included in the results.

Article 8

- Team and individual prizes are available.
- The net times are decisive for the award of the Team prizes
- For the award of the individual prizes the gross times (order of arrival) are decisive.

Article 9

Failure to comply with these regulations may result in disqualification

Article 10

In all cases not provided for in these regulations, the Organizer decides