



SPORTS REGULATIONS AND GENERAL TERMS AND CONDITIONS OF THE MARATHON DES ALPES – 2025 EDITION

This document sets out:

1. The sports regulations for the event,
2. The general terms and conditions of sale applicable to any order of products or services related to the MARATHON DES ALPES placed with the organizer via the "Yaka Chrono" registration platform.

The terms "you," "your," and "yours" refer to you as a participant or consumer, or to your parent or legal guardian (over 18 years old) if you are a minor in your country of residence. Participation in the event implies your express and unconditional acceptance of the General Terms and Conditions of Sale and the Regulations. This document supplements the Terms of Use of the online registration platform called "Yaka Chrono."

In case of any contradiction between the terms of the "Yaka Chrono" Terms of Use, these General Terms and Conditions of Sale, and the Regulations, the terms of the Regulations shall prevail over the General Terms and Conditions of Sale, which shall themselves prevail over the Terms of Use of "Yaka Chrono." The organizer may revise and update the General Terms and Conditions of Sale and the Regulations at any time; please check them regularly. Any modifications will apply immediately after notification, by any means, including the publication of a revised version of these terms on the event website. In case of significant changes to the General Terms and Conditions of Sale and/or the Regulations, the organizer will make an effort to inform you via email.

Important! "Yaka Chrono," the intermediary platform through which you placed your order, allows professional sellers and organizers to list and sell their products and services. Although the "Yaka Chrono" platform facilitates transactions carried out on it, it is not the seller or the organizer. Consequently, for the sale of products or services related to the event, a sales contract is formed solely between you and the organizer. The organizer is responsible for the sale of products or services related to the event, as well as for any claims or other issues that may arise.

SPORTS REGULATIONS

1. ORGANIZATION

The event complies with the regulations of the CDCHS and the FFA. It follows the provisions of Articles L. 331-1 and R. 331-3 of the French Sports Code. As the event takes place wholly or partly on public roads, open to traffic or its dependencies, it is also subject to the provisions of Articles R. 331-6 to R. 331-17-2 of the French Sports Code and Articles R. 411-29 to R. 411-32 of the French Highway Code.

The **4Events Association** organizes, with the authorization of the municipalities of **Bourg Saint-Maurice** and **Séez**, three running races: **a marathon, a half-marathon, and a 10 km race.**

2. SCHEDULE

Please strictly adhere to the bib collection schedule, as failure to do so may result in exclusion from the event. Bibs should preferably be collected on **Saturday, May 10, 2025.**

Saturday, May 10, 2025

- **1:00 PM – 7:00 PM:** Bib collection (all races)
- **No on-site registration.**

Sunday, May 11, 2025

- **No on-site registration.**
- **5:45 AM – 7:00 AM:** Bib collection for Marathon
- **7:00 AM – 9:00 AM:** Bib collection for Half-Marathon + Solidarity Walk armbands
- **8:30 AM – 10:30 AM:** Bib collection for 10 km
- **7:30 AM:** Marathon start
- **9:30 AM:** Half-Marathon + Solidarity Walk start
- **11:30 AM:** 10 km start
- **12:30 PM:** Awards ceremony

Bibs must be collected upon presentation of the following documents:

- Your **license** or **PPS** or **medical certificate**
- A **valid ID**

No photocopies can be made on-site. Bib collection will take place **exclusively** at the designated area: **Intersport location at the Bourg-Saint-Maurice funicular.**

Bibs must be **fully visible and worn on the front** during the race, even in case of bad weather, under penalty of disqualification.

No bib transfers are allowed. Any registered participant who transfers their bib to another person remains solely responsible for any damage suffered or caused by that person during the race. The **organizers decline all responsibility** in such cases.

Participants are responsible for safeguarding their personal belongings. The **organizers are not liable** in case of loss, theft, or damage to any personal effects.

3. PARTICIPATION

The races are **open to all**, both men and women, whether licensed or not.

The **10 km race** is open to **disabled athletes**.

- Each **disabled athlete** will compete on the **10 km course** alongside able-bodied runners and will be classified in a **specific handisport category**.
- The **start time remains the same** for all participants.

Age Requirements

- **Marathon:** Minimum age **20 years old** by **December 31, 2025**.
- **Half-Marathon:** Minimum age **18 years old** by **December 31, 2025**.
- **10 km:** Minimum age **16 years old** by **December 31, 2025**.

Mandatory checks will be conducted throughout the event to ensure compliance with **age requirements** and **medical certification** for fair competition conditions.

4. COURSE ROUTE & REFRESHMENT STATIONS

The race distances are **42.195 km for the marathon** and **21.097 km for the half-marathon**, in accordance with international road race regulations (IAAF and FFA).

The **21.097 km half-marathon route** will be completed **twice** by marathon runners.

The course follows a **double-loop** layout, winding through **small country roads**, offering a **wooded, green, and shaded environment**. The route features **gentle hills** along a cycling path that runs **parallel to the Isère River** for nearly 10 km.

Refreshment Stations

Varied refreshment stations, offering **water and solid food**, will be placed **approximately every 5 km** and at the **finish line**.

The refreshment zones will be **marked by barriers, tables, ground markings, and signs** indicating the **beginning and end** of the area. Additional **water stations** may be added in case of extreme heat.

Accompanying Persons

No accompanying persons or unauthorized vehicles, including bicycles, **are allowed** on the course. Accompanying persons must **not cross the route or take refreshments** from the aid stations.

Signage

The routes will be **marked with directional signs** indicating potential difficulties and hazards, along with **barrier tape** for added guidance. Each course will be marked with a **different color**:

- **Yellow:** Marathon
- **Red:** Half-Marathon
- **Blue:** 10 km
- **Green:** Walk

Urban intersections will be **monitored by race marshals and local police**. On sections of the course that use public roads, all participants **must comply with traffic regulations** and will be **solely responsible** for any violations.

Time Limits (Cut-off Points)

Marathon

- **Start:** 7:30 AM
- **21.1 km cut-off:** 10:15 AM (**2h45**)
- **30.0 km cut-off:** 11:30 AM (**4h00**)
- **Finish line (42.195 km):** 1:00 PM (**5h30**)

Half-Marathon

- **Start:** 9:30 AM
- **7 km cut-off:** 10:30 AM (**1h00**)
- **12 km cut-off:** 11:30 AM (**2h00**)
- **Finish line (21.1 km):** 12:30 PM (**3h00**)

10 km Race

- **Start:** 11:30 AM
- **5 km cut-off:** 12:30 PM (**1h00**)
- **Finish line (10 km):** 1:30 PM (**2h00**)

5.5 km Walk

- **Start:** 9:30 AM
- **Finish line:** 11:30 AM (**2h00**)

No participant will be officially timed beyond the cut-off points listed above. Any runner continuing past these limits will be removed from the race and will proceed **at their own risk**. The **organizers disclaim all responsibility** for any incidents occurring beyond the official time limits.

Medical Disqualification

Medical personnel positioned along the course will have the authority to **remove any participant from the race** if they appear medically unfit to continue.

Other Disqualification Criteria

A participant may also be disqualified in the following cases:

- Receiving **refreshments outside designated zones**
- **Littering** (e.g., empty bottles, wrappers, paper, plastic) **outside refreshment areas** (i.e., more than **20 meters before or after** a station)
- **Cheating**

5. LICENSE, PPS & MEDICAL CERTIFICATE

By participating in this event, you are taking part in a sports competition organized or approved by sports federations. Therefore, your participation is subject to the **mandatory presentation** of one of the following documents to the organizer:

A. A valid license from the French Athletics Federation (FFA):

- **Athlé Compétition**
- **Athlé Entreprise**
- **Athlé Running**, issued by the FFA
- A "**Pass' J'aime Courir**", issued by the FFA and validated by a doctor, valid on the event date

⚠ **Note:** Other FFA licenses (**Health, Coaching, and Discovery**) are **not accepted**.

B. A valid sports license from one of the following federations, explicitly stating no contraindication for competitive athletics or running:

- **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 Œuvres Laïques d'Éducation Physique (UFOLEP)**

C. Completion of the Health Prevention Pathway (PPS)

Participants must complete the **Health Prevention Pathway (PPS)** provided by the **French Athletics Federation** at <https://pps.athle.fr/>.

D. A Medical Certificate (if applicable)

A **medical certificate is no longer mandatory** but may be required **if you answered "YES"** to any question in the **health questionnaire or the PPS form**.

If required, the medical certificate must:

- **State no contraindication** to competitive sports, athletics, or running
- Be dated **less than one year** before race day
- Be an **original or a copy**

The organizer will **retain a record** of the license (including license number and issuing federation), the original or a copy of the medical certificate, or the PPS document for **10 years**, as required by law.

Foreign Participants

All **non-French** participants must provide **either a medical certificate** or a **completed PPS form**, stating no contraindication to competitive sports, athletics, or running. **This applies even if they hold a competition license issued by an IAAF (World Athletics) affiliated federation.**

Authenticity Checks

Medical certificates and licenses **may be subject to on-site verification** to ensure authenticity.

6. REGISTRATION TERMS & FEES

Registrations for the event are **exclusively available on "Yaka Chrono"** from **September 1, 2024, until May 7, 2025, at 9:00 PM**. To register, you must complete an online registration form and **unconditionally accept** the platform's **terms of use and privacy policy**.

Registration Fees

Race Category	Before March 31, 2025 From April 1, 2025 Club Rate		
Marathon (Solo)	€50	€55	€40
Semi-Marathon	€25	€30	€20
10 km	€20	€25	€18
Solidarity Walk (SEP) €8	€8	-	-

✅ **Group Discount: 1 free bib for every 10 participants.** Contact us via email for group registrations.

🏦 Secure Payment:

Payments made via "Yaka Chrono" use a **secure payment platform**, supplemented by specific control measures to ensure security and prevent fraud. Your payment card details are **encrypted** using **SSL security protocol**.

🏆 What's Included in the Registration Fee?

- **Finisher medal**
- **Professional race photography**
- **Live result display upon finish**
- **Electronic chip timing**
- **Sports refreshment stations**

⚠️ **Important:** Registrations that are **unpaid, missing a PPS form, without a medical certificate, or with an incomplete license** will not be processed. **No refunds**, except upon presentation of a valid medical certificate. See **Section 15** for cancellation policies.

7. PARA-ATHLETES (HANDISPORT)

To accommodate para-athletes, **dedicated parking** will be available near essential facilities (**toilets, registration area, start/finish lines**).

- The **10 km race** is **open to para-athletes** and is **free of charge**.
- Para-athletes **follow the same participation and medical requirements** as other participants.

Recommendations & Race Conditions

 The **10 km route** consists of **hard, smooth terrain** with **one steep section on compact dirt road**.


For wheelchair athletes:

- The **10 km race** will be **exclusively on the cycling path**.
- Walkers and hikers are encouraged to participate **with joëlettes** (adaptive all-terrain wheelchairs) but will be **excluded from ranking**.

Refreshments:

- A para-athlete and/or their guide may **carry water or refreshments** from the start or collect them from an official aid station.
- Wheelchair racing athletes (**Category T32-34, T51-54**) may **bring their own refreshments**.

8. ANTI-DOPING CONTROL

 **Anti-doping tests may be conducted on-site.** If selected, participants must comply with the instructions of the **AFLD (French Anti-Doping Agency) physician**.

 **Prizes will only be awarded once anti-doping results are confirmed.**

This event is organized under the authority of the **French Athletics Federation (FFA)**, meaning **anti-doping regulations** will be enforced.

All participants must strictly adhere to **anti-doping bans** and **testing procedures**, in compliance with **Articles L.230-1 and following of the French Sports Code**.

9. TIMING SYSTEM

 **Timing for the event** will be managed by **YAKA CHRONO**, an official timing provider certified by the **French Athletics Federation (FFA)**.


Timing Process:

- Each participant will receive a **bib with an integrated electronic chip** (a strip attached to the back of the bib).
- The chip **automatically activates** at the start line and registers intermediate times **every 5 km** to monitor race progression.
- Any runner **who does not follow the official route will not be ranked**.

Timing Reliability:

- The electronic detection system has been rigorously tested for accuracy.
 - However, there is a **very small chance of non-detection**.
 - If a participant's time is not recorded due to system failure, **the organizer cannot be held responsible**, and their official or real-time result **will not be listed in the rankings**.
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10. AWARDS & PRIZES

 **All finishers** of the **Marathon, Semi-Marathon, and 10 km** will receive a **FINISHER MEDAL** upon crossing the finish line.

 **Podium Awards:**

Marathon

- **Men's Overall (Scratch):** 1st, 2nd, 3rd
- **Women's Overall (Scratch):** 1st, 2nd, 3rd
- **Men's Masters (0 to 6):** 1st place
- **Women's Masters (0 to 6):** 1st place


Semi-Marathon

- **Men's Overall (Scratch):** 1st, 2nd, 3rd
- **Women's Overall (Scratch):** 1st, 2nd, 3rd
- **Men's Masters (0 to 6):** 1st place
- **Women's Masters (0 to 6):** 1st place

10 km

- **Men's Overall (Scratch):** 1st, 2nd, 3rd
 - **Women's Overall (Scratch):** 1st, 2nd, 3rd
 - **Handisport (Men & Women Combined):** 1st, 2nd, 3rd
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11. SAFETY & SECURITY

 **The organizer, security personnel, race marshals, and emergency services** have the right to **deny entry or stop participants** from continuing the race if their **behavior disrupts the event**.

 **Prohibited Items & Actions:**

- Bringing **objects that could interfere** with the race or the safety of participants.
- Wearing or displaying **political, philosophical, or religious signs** that could damage the event's image.

 **Medical & Emergency Services:**

- Medical stations will be positioned along the course.

- Emergency response teams include **ambulances, ASE paramedics, and SMUR emergency services**, coordinated via **Centre 15** (emergency call center).
- If necessary, **participants will be evacuated to a hospital within 30 minutes** via ambulance or fire department.

Insurance Coverage:

- The event is covered by a **Civil Liability Insurance**, which has been **officially validated** by the local authorities.
- **Personal Injury Insurance:**
 - Participants **not covered by a sports federation license** are **strongly advised** to purchase **individual accident insurance** to cover personal injury during the event.

Road Safety:

- Traffic control and security are managed by the **Prefecture of Police**.

12. USE OF TERRESTRIAL & AERIAL IMAGES

A. Participant's Image:

- The event will be **filmed and photographed** for promotional purposes.
- Participants **expressly authorize the organizer** and its partners to use their **name, voice, and image** in any media worldwide for up to **10 years**, without compensation.
- This includes potential **modifications, additions, or combinations** of the participant's image with other visual elements (slogans, logos, legal notices, etc.).
- **Images of participants** (photos/videos) will be available on the event's website, where they may be identified by **name, bib number, and region**.

 **Participants confirm that they are not bound by exclusive contracts regarding their image rights.**

B. Event Footage:

- Any photo or video taken by a participant **must remain for personal use only**.
- It **cannot be used for commercial or promotional purposes** unrelated to the event.

C. Aerial Filming (Drones):

- **Drones** may be used on the day of the event for filming.
 - Participants **may be within 30 meters** of aerial cameras.
 - **Safety instructions will be communicated** and must be followed.
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13. ENVIRONMENTAL RESPONSIBILITY

Respect for Nature:

- **Littering is strictly prohibited.**
- Participants must use **designated trash bins** at refreshment stations and **marked waste collection zones** along the course.
- **Carry your waste** until reaching these designated areas.

Penalties for Littering:

- Time penalties or **disqualification** may be applied to participants who **intentionally discard waste** outside of designated zones.

14. REGISTRATION - CANCELLATION - REFUND

Personal & Final Registration

- Once registered, **no refunds** are allowed for any reason, except:
 - If the runner has purchased **cancellation insurance** during registration.
 - If the runner provides a **medical certificate** justifying withdrawal.
- **Bib transfers are strictly prohibited.** If a bib is given to another person, the original registrant will be held responsible for any accident caused by the new runner.

Cancellation Insurance

- Available at registration via **Yaka Chrono**.
- Subject to **insurer's conditions**, it may allow partial or full reimbursement of the bib fee.

Event Modifications & Cancellation

- The organizer may modify the **route, refreshment points, timing locations, date, or schedule** if necessary.
- If cancellation occurs due to **force majeure** or health/safety risks, possible compensations include:
 - **Substitution** with another event.
 - **Postponement** to a later date.
 - **Partial refund**, minus administrative fees.

Refund Policy in Case of Forced Cancellation (e.g., Pandemic):

- **Before 01/04/2025 → 70% refund**
 - **Between 01/04/2025 and 01/05/2025 → 50% refund**
 - **After 01/05/2025 → No refund**
(Excluding online registration platform fees)
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15. INSURANCE

Liability Insurance

- The organizer has insurance covering its **legal liability** and that of its staff and participants.
- This insurance **only applies to incidents caused during the event** and acts as a complement to personal insurance.
- A copy of this insurance policy is available upon request.

Material Damage

- The organizer is **not responsible** for any loss, theft, or damage to participants' personal belongings.
 - Participants are **encouraged to take out personal insurance** for their valuables.
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16. PANDEMIC PROTOCOL

Health & Safety Regulations

- The event may be subject to **government health restrictions**.
- A “**pandemic protocol**” will be established based on official guidelines and:
 - Published on the event website.
 - Sent to all registered participants before race day.

Strict Compliance Required

- By registering, participants agree to **respect these rules** and ensure their **accompanying persons** do the same.
- **Failure to comply** (by participants or their guests) **may result in immediate disqualification** from the event.

17. CNIL - Data Protection & Privacy Policy

Personal Data Usage

- Collected data is **processed by authorized personnel** for managing race registrations.
- Participants may receive **emails** about:
 - Their registered race.
 - Other events organized by the same entity.
 - Offers from **partner companies or associations**.
- Data is stored for **a maximum of 3 years** and used solely for **Marathon des Alpes** communications.

Public Information Post-Race

- Race results, **photos, and videos** will be published on the event's website.

Rights & Contact for Data Modification

- In compliance with the French **Data Protection Act (January 6, 1978)**, participants can **access, modify, or delete** their personal data by contacting:

 **Email:** marathondesalpes@gmail.com

 **Postal Address:**

4EVENTS - 303 Résidence Elégie

Rue de l'Oratoire - 73210 Landry

(Include a signed copy of an ID for verification.)

18. ACKNOWLEDGMENT, RISK ACCEPTANCE & WAIVER

Participant's Commitments

By registering, every participant **explicitly acknowledges and accepts** the race regulations. Specifically:

1. **Safety & Compliance:** I commit to following all safety rules and site regulations of the **Marathon des Alpes**.
2. **Course Integrity:** I pledge **not to start early** and to **complete the full course** before crossing the finish line.
3. **Health Declaration:** I confirm I have **no medical contraindication** for participating in this event.
 - If I **fail to present a medical certificate**, I waive all rights to claim liability against the organizer.
 - I release **4EVENTS and its representatives** from responsibility for any injuries, even fatal ones.
4. **Risk Awareness:** I voluntarily participate **fully aware of all potential risks**, including but not limited to:
 - **Accidents, injuries, illnesses, disabilities, or death.**
 - I waive any claim against other participants for accidents occurring during the event.
5. **Personal Insurance:**
 - Per **Article L321-4 of the French Sports Code**, I am aware that I can take out personal accident insurance.
 - If I **choose not to**, I assume full **financial responsibility** for medical costs, lost income, or disability due to race-related injuries.

 **By signing up, I confirm that I have read, understood, and voluntarily accepted these terms.**

19. ORGANIZER CONTACT DETAILS & LEGAL INFORMATION

 **Association:** INTENSE PROJECT

 **Website:** [Marathon des Alpes](https://marathondesalpes.com)

 **Email:** marathondesalpes@gmail.com

 **Race Directors:**

- **Geoffrey Heuzard – Alexis Heuzard**