

---

ALMATY

---

MARATHON

---

APPROVED BY

Corporate Fund "Courage to be the First"

Executive Director,



/ S.N. Kazybayeva

«04» September 2024

«TARAZ CITY RUN» 2024  
Running Competition  
**Regulations**

Almaty 2024

# Table of contents

1. GOALS OF THE COMPETITION.....	3
2. ORGANIZER OF THE COMPETITION .....	3
3. TIME AND PLACE OF THE COMPETITION .....	3
4. COMPETITION DISTANCES AND AGE CATEGORIES .....	4
5. COMPETITION PARTICIPANTS.....	4
6. EXPENSES FOR ORGANIZING AND HOLDING THE COMPETITION.....	5
7. REGISTRATION OF PARTICIPANTS AND THEIR ADMISSION TO THE COMPETITION .....	5
8. DISTRIBUTION OF STARTER KITS.....	7
9. COMPETITION PROGRAM (to be published later) .....	8
10. LOCKER ROOM.....	8
11. CALCULATION OF RESULTS AND DETERMINATION OF COMPETITION WINNERS .....	8
12. AWARDING OF COMPETITION WINNERS .....	9
13. RULES OF CONDUCT ON THE COMPETITION COURSE .....	10
14. DISQUALIFICATION.....	11
15. COMPETITION'S PANEL OF JUDGES.....	12
16. FORCE MAJEURE.....	12
17. PROTESTS AND CLAIMS.....	13
18. MEDIA ACCREDITATION .....	13
19. INFORMATION SOURCES OF THE COMPETITION .....	13
20. RIGHTS TO COVER THE COMPETITION .....	13
21. FINAL PROVISIONS .....	14

# TARAZ CITY RUN 2024 RUNNING COMPETITION

## Regulations

«Taraz City Run» 2024 (hereinafter referred to as the "Competition") is a running competition with the main distance of 10 km, also including a 5 km, a 3 km children's race, Nordic walking – 5 km. This is a city holiday for lovers of running and sports, in which every resident and guest of the city of Taraz can take part.

### 1. GOALS OF THE COMPETITION

---

- popularization of running and Nordic Walking;
- preparation of runners for international marathon competitions;
- formation of a healthy nation;
- development of mass sports;
- popularization of a healthy lifestyle among residents and guests of Taraz;
- encouraging rejection of bad habits;
- support and development of sports among children with special needs;
- implementation of charitable goals.

### 2. ORGANIZER OF THE COMPETITION

---

- 2.1 Overall management of the Competition is carried out by the Corporate Fund "Courage to Be First."
- 2.2 The organization of the preparation and conduct of the Competition is entrusted to the organizing committee of the Corporate Fund "Courage to Be First" (hereinafter referred to as the "Organizing Committee").

### 3. TIME AND PLACE OF THE COMPETITION

---

- 3.1 Time and venue of the Competition:  
November, 10, 2024, from 07:00 to 12:00.
- 3.1 Venue of the Competition: Taraz.
- 3.3 Start and finish lines for all distances:  
Kone Taraz Square.

## 4. COMPETITION DISTANCES AND AGE CATEGORIES

---

4.1. The Competition Program includes the following distances:

- 10 km distance
- 5 km distance
- 3 km children's distance
- Nordic Walking 5 km

4.2. Age categories of the Competition:

4.2.1. Age categories for the 10 km distance race:

- 15-24 years
- 25-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60-69 years
- 70+ years

4.2.2. Age categories for the 5 km distance race:

- 15-24 years
- 25-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60-69 years
- 70+ years

4.2.3. Age categories for the 3 km children's distance:

- 10-12 years
- 13-14 years

4.2.4. Age categories for the 5 km Nordic walk:

- 15+ years

## 5. COMPETITION PARTICIPANTS

---

5.1. Participants in the Competition are allowed from the following age categories:

- 10 km race – participants from 15 years and older.
- 5 km race – participants from 15 years and older.
- 3 km children's race – participants from 10 years and older.
- Nordic walking 5 km – participants from 15 years and older.

5.2. At registration, the participant's full years are considered at the time of the Competition.

## 6. EXPENSES FOR ORGANIZING AND HOLDING THE COMPETITION

---

- 6.1. Expenses for the organization and conduct of the Competition are borne by the Organizing Committee.
- 6.2. Expenses related to travel, accommodation, and meals during the Competition are borne by the organizations sending participants or the participants themselves.

## 7. REGISTRATION OF PARTICIPANTS AND THEIR ADMISSION TO THE COMPETITION

---

- 7.1. Registration for individual distances (10 km, 5 km, 3 km children's distance, 5 km Nordic walking) takes place on the website [almaty-marathon.kz](http://almaty-marathon.kz), from September 09, 2024, and will end on October 25, 2024, or upon reaching 1 500 (one thousand five hundred) participants.
- 7.2. Corporate participants of the Competition will be registered upon request sent to [info@almaty-marathon.kz](mailto:info@almaty-marathon.kz). The number of participants in the Competition from the company or organization must be more than 10 (ten) people. Organization's and company's teams with less than 10 (ten) persons shall register their participants on the website [almaty-marathon.kz](http://almaty-marathon.kz) at their own.

Corporate participation in individual distances (10 km, 5 km, 5 km Nordic walking) is paid by the organization through a transfer to the Organizing Committee's account. Registration shall take place only upon request sent by e-mail and filling out a special form.

- 7.3. A participant is considered registered for the Competition if he/she:
  - 1) registered for a specific distance on the website [almaty-marathon.kz](http://almaty-marathon.kz);
  - 2) received an individual participant number;
  - 3) paid the entry fee.Only runners who have paid their participation applications (slots) will be included in the list of participants of the Competition.
- 7.4. By registering and paying the entry fee, a participant of the Competition agrees with all the terms and conditions of this Regulations.
- 7.5. Entry fees for the Competition distances:
  - 10 km race – 12,000 (twelve thousand) KZT
  - 5km race – 8,000 (eight thousand) KZT
  - 3 km children's distance– 6,000 (six thousand) KZT
  - Nordic Walking 5 km – 8,000 (eight thousand) KZT
- 7.6. Changing the distance is possible only until October 18, 2024. If the slot has already been purchased, the participant must contact the Organizing Committee and pay 1,000 KZT (one thousand) for the change. If changing from a shorter to a longer distance within the Competition, the difference in cost must also be paid. If changing from a longer to a shorter distance within the Competition, the difference is non-refundable. Changing distances is possible only if slots are available within the Competition. The participant's BIB number does not remain the same when changing distances. To change the distance, participant should go to the participant's personal account in the "My Races" section.

- 7.7. Gold starting numbers are assigned upon registration and payment of the BIB number up to and including October 18, 2024. The gold number shows your name, which you entered in the "Name" column when registering on the site. Nicknames, obscene words, mottos and other slogans cannot be indicated on the number. Before printing, the starting numbers are checked for the correctness of the data. Only those participants who have run all the races from the foundation can qualify for the golden starting number.
- 7.8. BIB numbers with names are assigned after registering and paying for a BIB number until 18 October 2024. The name on the number is the one entered in the "Name" field during registration. The BIB number is prohibited to contain any nickname, obscene words, mottos and other slogans. Before printing, the BIB numbers are checked for data accuracy.
- 7.9. The funds deposited for participation in the Competition are non-refundable. Funds directed to an incorrect or someone else's ID number are non-refundable and cannot be transferred to another participant of the Competition, nor can they be transferred to participate in another Competition of the Corporate Fund "Courage to be First".
- 7.10. Until October 25, 2024, you can reassign your BIB number to another person by sending a request to [info@almaty-marathon.kz](mailto:info@almaty-marathon.kz) with the new participant's details. The cost of reassignment is 1,000 (one thousand) KZT. The BIB number remains. The new participant must be registered on the website [almaty-marathon.kz](http://almaty-marathon.kz).
- 7.11. A participant of the Competition must place the BIB number on his/her chest or waist belt to make it clearly visible.
- 7.12. Participation in the Competition under another participant's number is prohibited. If it becomes known that a participant of the Competition has transferred his/her BIB number to another participant, the Organizing Committee will disqualify both participants and cancel their results, as well as deny both participants access to the next three Competitions.
- 7.13. It is prohibited to participate in the Competition wearing headphones.
- 7.14. Participants in wheelchairs, handbikes, or with special jogging strollers start from a separate cluster. To join the cluster, submit a request to [info@almaty-marathon.kz](mailto:info@almaty-marathon.kz) by 18:00 on October 25, 2024. Both the participant in the wheelchair and the accompanying person shall have BIB numbers of Taraz City Run 2024.
- 7.15. There are some requirements for those participating with a child in a jogging stroller. The stroller must have a safety strap attached to the accompanying person's hand, inflatable wheels, the child must be secured with a seatbelt, and the front wheels must be fixed.
- 7.16. Participants with disabilities can receive a free slot by sending a request to [info@almaty-marathon.kz](mailto:info@almaty-marathon.kz) by October 18, 2024. The request must include the participant's name, distance, and documents confirming the disability. The accompanying person pays for their participation. Slots for participants with disabilities are limited. If all free slots are taken, Organizing Committee reserves the right to deny free participation.

## 8. DISTRIBUTION OF STARTER KITS

---

- 8.1. Distribution of starter kits for participants of the Competition will take place from November 08 to 09, 2024, from 10:00 to 20:00. Place of distribution: Taraz, 27 Tole bi Ave., Mart shopping mall.

Attention! No distribution of starter kits will be made to the participants of the Competition on other days.

- 8.2. The participant's starter kit includes a BIB number, recording chip, bag, and pins.
- 8.3. Corporate participants of the Competition can pick up their starter kits from 08 to 09 November 2024 during the distribution of BIB numbers as specified in clause 8.1 hereof. To receive a starter kit, they must present their original or electronic ID, as well as the IDs and signed Health Acknowledgements of other participants. **The person receiving a starter kit may pick up a maximum of 5 (five) starter kits of the participants of the Competition (including his/her own starter kit) at once.**
- 8.4. Participants must present the following documents for admission:

For participants under the age of 18:

- ID card (original or in electronic) / Birth Certificate (printed);
- Acknowledgement Note from parents or guardian(s) giving permission to participate in the Competition (printed);
- ID card of parents or guardian(s), who signed in person the Acknowledgement Note (original or in electronic).

For participants aged 18 and over:

- ID card (original or in electronic);
- Health Acknowledgement (printed or signed online).

Participants can sign the Health Acknowledgement online by visiting the Almaty Marathon website or by scanning a QR code on the starter kit distribution day. The Egov mobile app with valid electronic digital signature (EDS) keys must be used to sign online. A printed version is not required if signed electronically.

- 8.5. If a participant of the Competition cannot pick up his/her starter kit in person, then this participant's representative can do it. The representative should present originals or electronic copies of both the participant's and his/her own ID cards, and the Health Acknowledgement (printed or signed online) signed by the participant of the Competition. **The representative receiving a starter kit may pick up a maximum of 5 (five) starter kits of the participants of the Competition (including his/her own starter kit) at once).**
- 8.6. If a participant cannot start the race due to illness, injury, departure to another city, business trip, work shift, they can complete the distance at another time or location and collect their medal within 2 (two) weeks after the race at the office of the "Courage to Be First" Corporate Fund. They must present a running record from an online tracker and a document confirming the reason for absence (medical certificate, doctor's note, travel order, or flight boarding passes) and their ID. Requests for forced online participation must be submitted by 18:00 on October 25, 2024, to [info@almaty-marathon.kz](mailto:info@almaty-marathon.kz).

- 8.7. If a participant was not aware, forgot, did not have time to pick up his/her starter kit, it will be impossible to issue a medal using the online tracker after the Competition.
- 8.8. Other cases will be discussed individually when applying to [info@almaty-marathon.kz](mailto:info@almaty-marathon.kz) before 14:00 on October, 25, 2024

## 9. COMPETITION PROGRAM (TO BE PUBLISHED LATER)

---

- 9.1. Time limits for completing distances:
  - Time limit for the 10 km distance – 2 hours 00 minutes.
  - Time limit for the 5 km distance – 1 hours 00 minutes.
  - Time limit for the 5 km children's distance – 00 hours 30 minutes.
  - Time limit for the Nordic Walking – 1 hours 0 minutes.

## 10. LOCKER ROOM

---

- 10.1. Participants can store belongings in lockers only in the Taraz City Run 2024 branded bags, which the participants receive on the starter kit distribution days.
- 10.2. The Organizer is not responsible for the contents of the participant's bag.
- 10.3. **Suitcases, large-size bags and other items not in a branded bag will not be accepted for storage in lockers.**
- 10.4. The Organizing Committee will not consider any claims over missing items from bags. The Organizing Committee do not recommend to store valuables, cash, or jewellery in lockers.
- 10.5. When depositing items in the locker, the participant will receive a sticker, which will be attached to the BIB number. If the sticker is lost, the bag will not be returned to the participant on the day of the Competition. The participant can pick up the bag within a week after completion of the Competition. For safety reasons, the participant will be asked to describe accurately the content of the bag. The place of collection will be published later in the official information sources.

## 11. CALCULATION OF RESULTS AND DETERMINATION OF COMPETITION WINNERS

---

- 11.1. Results of the race participants for particular competition distances are recorded by the electronic timing system of the Competition and are confirmed by the Competition's panel of judges. Winners and prize-winners of particular competition distances are determined on the basis of the finish time.
- 11.2. Race winners and prize-winners of particular competition distances are determined in accordance with the World Athletics Rules.
- 11.3. Official results of the Competition will be published at [almaty-marathon.kz](http://almaty-marathon.kz) within 24 (twenty-four) hours after the end of the Competition.

In the event that the Organizing Committee receives information on any violation of the Competition Rules by its participants, the Organizing Committee has the right to examine the competition venue and analyse the photo and video records. The



Organizing Committee has the right to change the final scoresheet if the violations are proved.

- 11.4. Participant results are only recorded if the BIB number is correctly attached to the chest or waist belt.
- 13.5. The Competition Organizing Committee does not guarantee that personal results of the Competition participants will be recorded in the following cases:
- Incorrectly fixed chip.
  - Chip demagnetization.
  - Chip covered by clothing or otherwise obscured;
  - Disqualification of the participant on the basis of the resolution made by the Competition's Panel of Judges.
  - Chip damaged by a participant.
- 11.6. How to interpret results – terms used:
- DNS – Did not start (participant did not start);
  - DNF – Did not finish (participant did not finish);
  - DSQ – Disqualified (participant is disqualified);
  - CR – Championship Record (record of competitions);
  - GUN TIME – Finish time of participant. The time from the start gun commencement till crossing of the finish mats by the participant.
  - CHIP TIME – Personal time of participant. The time from start mats to finish mats crossed by the participant.

**IMPORTANT! RACE WINNERS AND PRIZE-WINNERS OF THE COMPETITION ARE DETERMINED ON THE BASIS OF THE PARTICIPANT'S GUN TIME.**

## **12. AWARDING OF COMPETITION WINNERS**

---

- 12.1. 10 km – participants among men and women are awarded for the 1st – 3rd places in the absolute category.
- Winners and prize-winners of the Competition are awarded cash vouchers, diplomas, medals and valuable prizes. Winners of the absolute standings for this particular distance of the Competition are not awarded in age categories.
- 12.2. 5 km – participants among men and women are awarded for the 1st – 3rd places in age categories.
- Winners and prize-winners for this particular distance of the Competition are awarded diplomas, medals and valuable prizes.
- 12.3. 3 km children's distance – participants among boys and girls are awarded for the 1st – 3rd places in age categories.
- Winners and prize-winners of this particular distance of the Competition are awarded cash vouchers, diplomas, medal and valuable prizes.
- 12.4. No awarding is held for the 10 km Nordic Walking.
- 12.5. All finishers within the time limit receive a finisher's medal.

- 12.6. The cash prizes are paid out within 15 (fifteen) business days after the Competition via a bank transfer to the personal account of the winner. In order to receive the cash prize, the winner of the Competition should, within 3 (three) business days after the Competition, submit the following documents:
- For residents of Kazakhstan: a Bank Account Certificate and a copy of identity document.
  - For non-residents of Kazakhstan: a copy of identity document, bank name, address of the bank office and the city where you will receive the cash prize.
- The documents should be sent to [info@almaty-marathon.kz](mailto:info@almaty-marathon.kz)
- 12.7. If a participant of the Competition failed to pick up his/her prize during the Competition, the participant can pick up the prize within 10 (ten) business days after the Competition. The exact address to pick up your prize will be announced on official information sources. If a participant of the Competition cannot pick up the prizes in person and delegate the receipt of the prizes to an authorized person, the winner of the Competition should email to [info@almaty-marathon.kz](mailto:info@almaty-marathon.kz) his/her address where the prize can be delivered by the Organizing Committee at the expense of the participant. This option is available only to residents of the Republic of Kazakhstan.
- 12.8. Upon expiration of the above term, the Organizer reserves the right not to give the prizes to winners.

### **13. RULES OF CONDUCT ON THE COMPETITION COURSE**

---

The Competition takes place in compliance with the World Athletics (hereinafter – WA) Rules.

- 13.1. Recommendations:
- Do not run in a row with two or more participants.
  - If you slow down to a walk, please keep to the right side of the course.
- 13.2. It is prohibited to:
- Use any mechanical aids (push scooters, bicycles, rollers, etc.) for everyone except wheelchair athletes and participants with special jogging strollers.
  - Use headphones. Participants must hear warnings from other runners, judges, organizers and officials organizing the Competition.
  - Participate with animals.
  - Participate in the competition in a state of alcohol or drug intoxication.
  - Participate with any items that could be dangerous to other participants.
  - Participate with strollers.
  - Stop on the course. In case of feeling unwell, the participant should, if possible, stop and move to the side of the course, without obstructing the movement of other race participants.
  - Obstruct the movement of other participants and the competition in any other way.
  - None of the team officials, other persons have the rights to walk, run, move near a participant at the time when the participant takes food or drinks.
  - A participant may be disqualified for violation of these rules.

## 14. DISQUALIFICATION

---

- 14.1. The Competition Organizing Committee has the right to disqualify a participant of the Competition in the following cases:
- a participant starts running before the official start;
  - a participant starts running after the start zone is closed;
  - a participant participates without a BIB number;
  - a participant neglects the instructions and comments of the Organizing Committee, judges or a chief physician of the Competition;
  - a participant violates the Competition Regulations;
  - a participant runs 2 (two) distances or participates in 2 (two) or more teams, which will result in the disqualification of both the participant and the teams from the Competition.
- 14.2. A participant, who:
- took or received food or water at a place other than an official catering facility, unless they have been provided for medical reasons by or under the direction of the competition judges,
  - or took food from another participant,
- must be first warned by a judge by showing a yellow card. For the second violation, the judge shall disqualify the participant by showing a red card.
- 14.3. The Organizing Committee has the right to disqualify a participant if he/she uses a video camera, mobile phone or smartphone, radio, players, headphones and other equipment in the course of the Competition.
- 14.4. Participants of the Competition will be excluded from the final scoresheet in the following cases:
- a participant participates under another participant's number registered for another person;
  - a participant has reduced the distance;
  - a participant ran a wrong distance;
  - a participant uses mechanical means (bicycle, scooter, etc.);
  - a participant starts running beyond the start zone;
  - a participant starts running not from his/her cluster;
  - a participant runs without a BIB number for a particular competition or if the bib number is hidden under his/her clothing;
  - a participant violated the rules of these Regulations.
- 14.5. A participant may be disqualified for unseemly, rude or abusive language towards event organisers, judges, volunteers.
- 14.6. The Competition participants are prohibited from holding unauthorised political, social and other rallies, making provocative appeals, political solicitations, protests, demonstrations, and using any political, social attributes, logos. Those participants violating this clause will bear responsibility in accordance with the laws of the Republic of Kazakhstan.

## 15. COMPETITION'S PANEL OF JUDGES

---

- 15.1. Competition's Panel of Judges thoroughly monitors compliance with the competition rules and that the Competition among participants is fair and honest, and that the winner of the Competition is determined objectively. All sport judges serving the Competition represent the Competition's Panel of Judges.
- 15.2. Competition's Panel of Judges includes:
- Chief Judge of the Competition  
*The Chief Judge of the Competition distributes responsibilities among certain judges of the Competition and submits a report to the Organizing Committee upon completion of the Competition.*
  - Chief Scorer of the Competition  
*The Chief Scorer of the Competition processes scoresheets and reports the results, draws up the necessary materials to inform judges, participants and spectators about the course of the race in a timely fashion, and after completion thereof draws up the general report on the results.*
  - Judges of the Start and Finish Zones of the Competition  
*The Judges of the Start and Finish Zones of the Competition keep strict watch that the participants of the Competition go to the race distances according to their clusters, all rules are complied with at the start and no one gets any advantages. The Judges at the finish line record results of first 50 (fifty) finishers according to the finish scoresheets. The scoresheets are submitted to the Chief Judge of the Competition for collation of the results with the timekeeping system. Professional sportsmen and specialists may be invited to the Competition's Panel of Judges.*
- 15.3. Chief Physician of the Competition  
*The Chief Physician of the Competition supervises activities of medical staff and volunteers of the Competition during the race and at the start-finish camp of the Competition. If necessary, the Chief Physician of the Competition can withdraw a participant from the Competition.*

## 16. FORCE MAJEURE

---

- 16.1. In case of an official ban imposed on the Competition by the government bodies/agencies/services of the Republic of Kazakhstan, including local government bodies, the Competition will be postponed to a later date. All entry fees previously paid by participants of the Competition will be automatically transferred to the new date of the Competition. The exact new date of the Competition will be announced later by publishing in the Organizing Committee's information sources specified in clause 22 hereof and by mailing to the participants' e-mail addresses specified by the participants during their registration for the Competition.
- 16.2. If, due to state regulatory acts of the Republic of Kazakhstan, a foreign participant from another country cannot cross the state border of the Republic of Kazakhstan on the eve of the Competition and participate in the Competition, they may submit a request to the Organizing Committee to transfer their entry fee to the Taraz City Run in 2025. In this case the request should be sent to [info@almaty-marathon.kz](mailto:info@almaty-marathon.kz).

## 17. PROTESTS AND CLAIMS

---

- 17.1. Protests shall be submitted to the Competition Organizing Committee and considered by the Competition's Panel of Judges.
- 17.2. A participant of the Competition has the right to submit a claim within 2 (two) calendar days after the end of the Competition. Claims should be sent to the email address [info@almaty-marathon.kz](mailto:info@almaty-marathon.kz). When submitting a claim, the participant must provide the following information:
- participant's full name (anonymous submissions will not be considered);
  - essence of the claim;
  - grounds for the claim (photo or video evidence).
- 17.3. The Competition Organizing Committee shall prepare its official reply to the participant of the Competition within 2 (two) business days after it receives the protest and/or claim, the reply shall be sent to an e-mail, which the claim/protest had been filed from.
- 17.4. Claims are accepted only from participants of the Competition.

## 18. MEDIA ACCREDITATION

---

- 18.1. To obtain media accreditation for the Competition, it is necessary to send the following information (name of the media outlet, full name of the correspondent, operator, photographer, contact phone number, and email) to the email address [prmanager@almaty-marathon.kz](mailto:prmanager@almaty-marathon.kz) by November 8, 2024.

## 19. INFORMATION SOURCES OF THE COMPETITION

---

- 19.1. Detailed information on the Competition is available on web-site [almaty-marathon.kz](http://almaty-marathon.kz), as well as at the following social media sites of the Organizing Committee:
- <https://www.facebook.com/almatymarathon/>
  - <https://www.instagram.com/almatymarathon/>
  - [t.me/almaty\\_marathon](https://t.me/almaty_marathon)
  - <https://vk.com/almatymarathon>

The Organizing Committee of the Competition is not responsible for information posted on other informational resources.

## 20. RIGHTS TO COVER THE COMPETITION

---

- 20.1. Corporate Fund "Courage to Be the First" (hereinafter – the Copyright Holder) owns exclusive media rights to cover the Competition: broadcasts of an image and (or) sound of the sports event through any means and (or) by using any technology, as well as video recording of the broadcasts.

The Copyright Holder has the right to enter into written agreements with third parties for the acquisition of rights to cover the sports event.

## **21. FINAL PROVISIONS**

---

- 21.1. These Competition Regulations are the official invitation-call for participation in the Competition.
- 21.2. The Organizing Committee reserves the right to amend these Competition Regulations.