

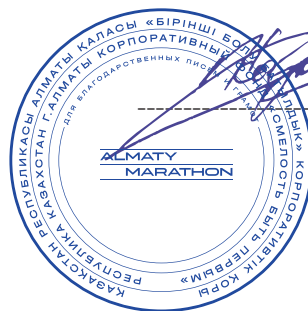
TAU

JARYS

TAU JARYS 2026
RUNNING COMPETITION

REGULATIONS

APPROVED BY
Corporate Fund "Courage to be the First"
Executive Director,



/ S.N. Kazybayeva
«27» April 2026

TAU JARYS 2026 RUNNING COMPETITION **REGULATIONS**

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Regulations

The Tau Jarys 2026 (hereinafter – the Sports Event) is a running competition with the main distance of 12 km and other distances. They are:

- Race – 6 km;
- Nordic Walking – 6 km and 12 km;
- Children’s race – 2 km.

It is a vibrant city festival for sports and race fans, in which every resident and guest of Almaty can take part.

1. OBJECTIVES OF THE SPORTS EVENT

- Popularisation of running and Nordic Walking;
- Preparation of runners for international marathon competitions;
- Formation of a healthy nation;
- Development of mass sports;
- Popularisation of a healthy lifestyle among residents and guests of Almaty;
- Discouraging bad habits;
- Support and promotion of sports among participants with special needs.

2. ORGANISER OF THE SPORTS EVENT

2.1.

“Courage to be the First” Corporate Fund provides general management of the sports event.

2.2.

Arrangements for preparing and holding the sports event are the responsibility of the organising committee of “Courage to be the First” Corporate Fund (hereinafter – the Organising Committee).

3.

COMPETITION PARTICIPANTS

3.1.

Participants of the following age categories are allowed to participate in the sports event:

- 12 km and 6 km Distance Race - participants aged 15 years and over.
- 12 km and 6 km Nordic Walking - participants aged 15 and over.
- 2 km Children's race - 10-12 years and 13-14 years.

3.2.

During registration, your exact full age is taken into account at the time of holding the sports event.

3.3.

The following runners are admitted:

- Professional athletes and amateurs;
- Runners of various ages (depends on the distance);
- Parents with their children in running strollers, subject to relevant requirements.

3.4.

Participation is only available to those who have registered on the official website of the Organising Committee and paid the entry fee.

3.5.

Participants are required to:

- Pass registration at <https://almaty-marathon.kz>;
- Submit up-to-date personal data;
- Observe rules of the sports event specified in these Regulations.

4.

TIME AND VENUE OF THE SPORTS EVENT

4.1.

Time and venue:

27 June 2026, from 16:00 till 21:30.

4.2.

Venue: Almaty Region, Talgar District, Alatau Ski and Biathlon Complex.

4.3.

Start and finish lines for all distances:

- Alatau Ski and Biathlon Complex

5.

DISTANCES AND AGE CATEGORIES OF THE SPORTS EVENT

5.1.

The programme includes the following distances:

- 12 km Distance Race;
- 6 km Distance Race;
- Nordic Walking – 12 km and 6 km;
- Children’s race – 2 km.

5.2.

Age categories:

5.2.1.

Age categories of the Race (12 km);

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

5.2.2.

Age categories of the Race (6 km);

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

5.2.3.

Age categories of the 3 km Children’s race:

- 10-12 years old
- 13-14 years old

5.2.1.

Age categories of the Nordic Walking (12 km and 6 km);

- 15 years and older

6.

EXPENSES FOR ORGANISING AND HOLDING THE SPORTS EVENT

6.1.

The Organising Committee bears all the expenses for organising and holding the sports event.

6.2.

The travel, accommodation and meal expenses associated with the sports event shall be paid by participants themselves or by organisations through which the participants acquired the right to participate in the sports event.

7.

REGISTRATION OF PARTICIPANTS AND THEIR ADMISSION TO THE EVENT

7.1.

Registration of participants for the singles (12 km, 6 km, 6 km and 12 km Nordic Walking) is available on the official website <https://almaty-marathon.kz> as from 27 April 2026 and will end on 19 June 2026, or when the number of participants will reach 1500 (one thousand five hundred) people.

7.2.

Corporate participants will be registered upon request sent to info@almaty-marathon.kz.

Registration terms and conditions:

- The number of participants from the company must be more than 30 (thirty) people.
- If the number of participants from the company is less than 30 (thirty) people, employees should register at their own on the official website <https://almaty-marathon.kz>.

An organisation or a company shall pay for the corporate participation in the singles (12 km, 6 km, 6 km and 12 km Nordic Walking) via bank transfer to the settlement account of the Organising Committee. Registration shall take place only upon request sent to the Organising Committee's email address and based on a special form to be filled out.

7.3.

A participant is considered registered if he/she:

1st Stage: filled out the form for the selected distance at [e https://almaty-marathon.kz](https://almaty-marathon.kz);

2nd Stage: paid the entry fee;

3rd Stage: received the participant's race BIB at the BIB pickup

Only runners who have paid their participation applications (slots) will be included in the list of participants in the Competition.

Important!

Registration fees paid by participants are voluntary and special-purpose contributions (charitable donations) intended to support statutory activities of "Courage to be the First" Corporate Fund, including activities for organising and holding its sports events. These contributions are not payments for services or works, do not generate commercial income, and do not entail any obligations to provide any work completion reports.

7.4.

By registering and paying the entry fee, a participant of the sports event agrees with all the terms and conditions set forth herein.

The participant also confirms that he/she has read the sports event rules, is aware of his/her obligations and responsibilities, and undertakes to comply with all requirements set by the Organising Committee.

7.5.

Entry fees by distances:

- 12 km race - 17,000 (seventeen thousand) KZT
- 6 km race - 15,000 (fifteen thousand) KZT
- Children's distance - 2 km - 9,000 (nine thousand) KZT
- Nordic walking - 6 km - 15,000 (fifteen thousand) KZT
- Nordic walking - 12 km - 16,000 (sixteen thousand) KZT

7.6.

Participants can change their distances only before 18:00 (Almaty time), 19 June 2026.

If you have already purchased a participation slot, please send a written notification of changed distance to info@almaty-marathon.kz. After approval, please pay a technical fee of 2,000 (two thousand) KZT.

In case of changing the distance from a shorter to a longer one, please pay the difference in the cost of the slots.

In case of changing the distance from a longer to a shorter one, the difference in the cost is not refundable.

It is possible to change the distance only if there are free slots for the selected distance. In this case, the previously assigned BIB number will be lost and the participant will be assigned a new number corresponding to the selected distance.

In case of any questions regarding distance changes, please contact the Organising Committee: info@almaty-marathon.kz before 18:00 (Almaty time), 19 June 2026.

7.7.

You can transfer your slot from one sports event to another, held by the Organising Committee as part of the 2026 Sporting Calendar, on a paid basis only before 18:00 (Almaty time), 19 June 2026.

The cost of re-registration is 2,000 (two thousand) KZT. It is possible to transfer the slot only if there are free slots for the selected events and distances.

In this case, the previously assigned BIB number will be lost. After selecting another sports event in 2026, the participant will automatically be assigned a new BIB number for the selected sports event as from the official registration opening date. The cost of re-registration is 2,000 (two thousand) KZT. It is possible to transfer the slot only if there are free slots for the selected events and distances.

7.8.

Funds paid for participation in the sports event are non-refundable. Funds paid for the wrong or any other participant's identification number are not refundable.

7.9.

If you have paid a registration fee, you may reassign your BIB number to another participant before 18:00 (Almaty time), 19 June 2026.

For this purpose, please send a request for re-registration to the email address info@almaty-marathon.kz, indicating the details of the new participant to whom you want to reassign the BIB number.

The Organising Committee is not responsible for providing incorrect data of the new participant. The cost of reassignment is 2,000 (two thousand) KZT.

To reassign the BIB number, the new participant should be registered at <https://almaty-marathon.kz>.

7.10.

Participants without BIB numbers are not admitted to the sports event.

7.11.

A participant should place the BIB number on his/her chest or waist belt to make it clearly visible.

7.12.

Participation under another participant's BIB number is prohibited. If it becomes known that a participant has transferred his/her BIB number to another participant, the Organising Committee will disqualify both participants and cancel their results, as well as deny both participants access to the next 3 (three) sports competitions.

7.13.

It is prohibited to participate wearing headphones.

7.14.

Participants with disabilities can receive a free slot to participate. For this purpose, please submit your application to info@almaty-marathon.kz before 18:00 (Almaty time), 30 January 2026.

The application shall contain the following information:

- participant's full name;
- participant's distance;
- ID card;
- Documents confirming the disability.

The accompanying person shall pay for his/her participation. The number of slots for participants with disabilities is limited. In the event that all free slots are already taken, the Organising Committee reserves the right to refuse a participant with disabilities to participate for free.

8.1.

Starter kits will be issued to participants from 25 to 26 June 2026, from 10:00 to 20:00. Place of issue: Almaty. The exact address to pickup your kit will be announced later on the Organising Committee's official website.

Attention! No distribution of starter kits will be made on other days.

8.2.

The starter kit is issued personally to the participant. It is not allowed to receive the kit for another runner.

8.3.

The participant's starter kit includes a BIB number, recording chip, bag and pins.

8.4.

Corporate participants can pick up their starter kits from 25 to 26 June 2026 during the distribution of BIB numbers as specified in clause 9.1 hereof. To receive a starter kit, you should present your original ID card or its electronic copy and Health Acknowledgement. It is not allowed to receive the kit for another runners.

8.5.

Participants are admitted to the sports event only against the following documents provided together:

For participants under the age of 18:

- ID card (original or in electronic form) / 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 form).

For participants aged 18 and over:

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

Participants can sign the Health Acknowledgement online by visiting the Organising Committee's 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. If you signed the Health Acknowledgement online, its paper version is not required.

8.6.

Other cases will be discussed individually when applying to info@almaty-marathon.kz before 12:00 (Almaty time), 20 June 2026.

9.

SPORTS EVENT PROGRAMME

9.1.

Time limits to pass distances:

- Time limit for the 12 km distance - 3 hours 00 minutes.
- Time limit for the 6 km distance - 2 hours 00 minutes.
- Time limit for the Nordic Walking 12 km - 3 hours 00 minutes.
- Time limit for the Nordic Walking 6 km - 2 hours 00 minutes.
- Time limit for the 2 km Children's race - 00 hours 25 minutes.

10.

LOCKER ROOM

10.1.

The Organiser shall not be responsible for the safety of the participant's bag.

10.3.

Luggage storage does not accept suitcases, oversized bags, or other bulky items.

10.4.

The Organising Committee will not consider any claims over missing items from your bags. The participants are strongly not recommended to leave valuables, money, jewellery in lockers.

11.

CALCULATION OF RESULTS AND DETERMINATION OF COMPETITION

11.1.

Results of the race participants for particular distances are recorded by the electronic timing system of the Competition and are confirmed by the panel of judges. Winners of particular distances are determined on the basis of the finish time.

11.2.

Race winners of particular distances are determined in accordance with the World Athletics Rules.

11.3.

Official results will be published on the website <https://almaty-marathon.kz> within 24 (twenty-four) hours after the official closing of the sports event.

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

If the violations are proved, the Organising Committee has the right to change the final scoresheet, including to revise, cancel the participants' results or impose other sanctions in accordance with the Competition Regulations and World Athletics rules (hereinafter - WA).

11.4.

The result of the participant is recorded only subject to correct placement of the BIB number on the chest and waist belt.

11.5.

The Organising Committee does not guarantee that personal results of the participants will be recorded in the following cases:

- Incorrectly fixed chip.
- Chip demagnetisation.
- Chip covered by clothing or otherwise.
- Disqualification of the participant on the basis of the resolution made by the panel of judges.
- Chip damaged by a participant.

11.6.

How to interpret your 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 ARE DETERMINED ON THE BASIS OF THE PARTICIPANT'S GUN TIME.

12.1.

12 km Race - participants among men and women are awarded for the 1st - 3rd places in the overall championship.

Winners are awarded cash certificates, diplomas, medals and valuable prizes. Winners of the overall standings for this particular distance are not awarded in age categories.

12.2.

12 km Race - participants among men and women are awarded for the 1st - 3rd places in age categories.

Winners of this particular distance are awarded diplomas, medals and valuable prizes.

12.3.

6 km Race - participants among men and women are awarded for the 1st - 3rd places in the overall championship.

Winners are awarded cash certificates, diplomas, medals and valuable prizes. Winners of the overall standings for this particular distance are not awarded in age categories.

12.4.

6 km Race - participants among men and women are awarded for the 1st - 3rd places in age categories.

Winners of this particular distance are awarded diplomas, medals and valuable prizes.

12.5.

2 km Children's race - participants among men and women are awarded for the 1st - 3rd places in age categories.

12.6.

No awarding is held for the Nordic Walking.

12.7.

All finishing runners who meet the time limit are awarded the finisher's commemorative medal.

12.8.**12.8.1.**

During the official awarding ceremony, participants are prohibited to appear on the stage with flags of countries, running clubs or other symbols emphasising the national, political or club affiliation of the participant.

12.8.2.

This requirement is introduced amid the fact that the Competition is held in the format of a running event and is not related to political, social and political or representative activities. The restriction is intended to ensure neutral and equal status for all participants.

12.8.3.

In case this requirement is violated, the Organising Committee has the right to:

- exclude the participant from the awarding ceremony;
- prevent the participant from appearing on stage until the violation is remedied;
- apply disciplinary measures, up to and including disqualification of the participant and (or) cancellation of his/her result in the finisher scoresheet.

12.8.4.

Decisions made by the Organising Committee in these Regulations are final and binding on all participants.

12.9.

The cash prizes are paid out within 15 (fifteen) business days after the sports event via a bank transfer to the personal account of the winner. In order to receive the cash prize, the winner should, within 3 (three) business days after the sports event, 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 and bank details such as bank name, address of the bank office and the city where your account is opened to receive the funds.

The documents should be sent to info@almaty-marathon.kz.

12.10.

If a participant failed to pick up his/her prize during the sports event, the participant can pick up the prize within 10 (ten) business days after the Competition at the office of the Organising Committee.

If a participant cannot pick up the prizes in person and delegate the receipt of the prizes to an authorized person, the winner should email to info@almaty-marathon.kz his/her address where the prize can be delivered by the Organising Committee at the expense of the participant. This option is available only to residents of the Republic of Kazakhstan.

12.11.

Upon expiration of the term specified in clause 13.10. hereof, the Organiser reserves the right not to give the prizes to winners.

13. RULES OF CONDUCT ON THE COMPETITION TRACK

The sports event takes place in compliance with the World Athletics (hereinafter - WA) Rules.

13.1.

Our 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 track.

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, organisers and other officials organising the sports event.
- 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 track. If you feel unwell, please stop running, if possible, and move to the side of the track without interfering with the movement of other runners of the sports event.
- 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 Organising Committee has the right to disqualify a participant 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 Organising Committee, judges or a chief physician of the sports event;
- A participant violates the Regulations;
- A participant runs 2 (two) distances or participates in two or more teams, which will result in the disqualification of both the participant and the teams.

14.2.

A participant will be disqualified if he/she 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.

14.3.

The Organising 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 sports event will be excluded from the final scoresheet in the following cases:

- a participant participates under a 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 an official number for a particular competition or the number is hidden under his/her clothing;
- a participant violates rules set forth in these Regulations.

14.5.

A participant may be disqualified for unseemly, rude or abusive language towards event organisers, judges, volunteers.

14.6.

The 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.

The Panel of Judges thoroughly monitors compliance with the rules and that the competition among participants is fair and honest, and that a winner is determined objectively. All sport judges serving the sports event represent the Panel of Judges.

15.2.

Competition's Panel of Judges includes:

- Chief Judge.

The Chief Judge distributes responsibilities among judges and submits a final report to the Organising Committee upon completion of the sports event.

- Chief Scorer.

The Chief Scorer 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.

The Judges of the Start and Finish Zones keep strict watch that the participants 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 in finish scoresheets. The scoresheets are submitted to the Chief Judge for collation of the results with the timekeeping system.

Professional sportsmen and specialists may be invited to the Panel of Judges.

15.3.

Chief Physician.

The Chief Physician supervises activities of medical staff and volunteers on the track and at the start-finish camp. If necessary, the Chief Physician has the right to withdraw any participant from the distance.

16.

FORCE MAJEURE

16.1.

In case of an official ban imposed on the sports event by the government bodies, agencies and other authorised 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 will be automatically transferred to the new date of the sports event. The exact new date will be announced later by publishing in the Organising Committee's information sources specified in clause 20 hereof and by mailing to the participants' e-mail addresses specified by the participants during their registration.

16.2.

In the event that a foreign participant of the Competition cannot cross the state border of Kazakhstan on the eve of the sports event and fails to take part therein due to the applicable laws and regulations of the Republic of Kazakhstan, the participant can submit to the Organising Committee a request to transfer his/her entry fee to the Tau Jarys 2027.

The request should be sent to info@almaty-marathon.kz.

17.

PROTESTS AND CLAIMS

17.1.

Protests shall be submitted to the Organising Committee and considered by the Panel of Judges.

17.2.

A participant shall be entitled to submit a claim within 2 (two) calendar days after completion of the sports event.

The claims shall be emailed to info@almaty-marathon.kz. When submitting the claim, the participant is required to specify the following data:

- participant's full name (anonymous applications are not subject to consideration);
- essence of the claim;
- grounds for the claim (photo or video records).

17.3.

The Organising Committee shall prepare its official reply within 2 (two) business days after it receives the protest and/or claim and send its reply to the e-mail address from which the claim/protest had been filed.

17.4.

Claims are accepted only from the participants of the sports event.

18.

MEDIA ACCREDITATION

18.1.

To pass the media accreditation, it is necessary to send data (name of the media, full name of the correspondent, operator, photographer, contact phone number and e-mail) to prmanager@almaty-marathon.kz before 20 June 2026.

19.

INFORMATION SOURCES OF THE COMPETITION

19.1.

Detailed information on the sports event is available on web-site <https://almaty-marathon.kz>, as well as at the following social media sites of the Organising Committee:

- <https://www.facebook.com/almatymarathon/>
- <https://www.instagram.com/almatymarathon/>
- t.me/almaty_marathon
- <https://vk.com/almatymarathon>

The Organising Committee assumes no responsibility for the information obtained from any other information sources.

20.

RIGHTS TO COVER THE COMPETITION

20.1.

“Courage to Be the First” Corporate Fund (hereinafter - the Copyright Holder) owns exclusive media rights to cover the sports event: broadcasts of an image and (or) sound of the sports event through any means and by using any technology, as well as video recording of the broadcasts. The Copyright Holder has the right to enter into written agreements granting third parties the rights to broadcast the sports event.

21.

FINAL PROVISIONS

21.1.

These Regulations are the official invitation (challenge) for participation in the sports event.

21.2.

The Organising Committee shall not be held liable for any damage caused to the participants of the sports event as a result of any accident, as well as for the loss of personal items or damage to property.

21.3.

The Organising Committee shall not be held liable for the health of the participants, injuries, illnesses or other medical problems arising in the course of preparations for or during the sports event. Each participant is fully responsible for his/her health and physical condition and undertakes, if necessary, to undergo a medical examination before participating in the sports event.

21.4.

The Organising Committee reserves the right to amend these Regulations.

ALMATY
MARATHON