



**« Playing for Change– Singing for Peace »  
14 – 15 – 16 February 2020 in Goma**

## **AMANI EKIDEN 2020: RULES AND REGULATIONS**

### **Article 1- Organization**

This edition of the Amani Ekiden takes place on 9 February 2020 the week before the 7<sup>th</sup> edition of the Amani Festival.

### **Article 2 – Overview**

This contest consists in a relay race, whereby teams of six people (of mixed or same gender and aged 18 and above) run a marathon of 42km (26 miles). A participant can only be part of one team and is not allowed to run more than one relay. If a participant runs several relays for the same team or for different teams, the teams involved will be immediately disqualified. Each participant undertakes not to anticipate the start and to cover the full distance corresponding to its relay before handing it over or crossing the finish line. Violation of this rule will immediately result in the disqualification of the team.

### **Article 3 - Race course**

During the Amani Ekiden relay race, teams of six people run a 5 km loop that will be performed once or twice per athlete based on the relay (see distances below).

The relay distances are approximately as follows: 1<sup>st</sup> relay = 5 km, 2<sup>nd</sup> relay = 10 km, 3<sup>rd</sup> relay = 5km, 4<sup>th</sup> relay = 10 km, 5<sup>th</sup> relay = 5 km & 6<sup>th</sup> relay = 7 km.

### **Article 4 – Terms of participation**

The race is open to companies, NGOs, associations, groups of friends or families. Participants must be 18 years old and above and evidence of good physical health must be provided.

### **Article 5 – Registration**

Teams are registered by the EKIDEN commission. Registration will only be confirmed if it is complete for the whole team (application form duly completed and participation fee paid according to the rules).

### **Article 6 – Bibs**

Bibs collection schedule: Sunday 9 February 2020 from 6:30 a.m. to 7:10 a.m. Departure: ISIDR (Stade Paralympique) in Goma. Any bib assignment is firm and final. One bib per participant is distributed: a ventral (with team number and runner number). It must be completely visible, attached with pins (4) to be provided by the organization. The bibs are numbered from 1 to 6 and must be worn in order of the relays.

### **Article 8 – Duration of the event**

The race lasts maximum 3 hours. Any team arriving after this time will not be welcomed anymore on its arrival.

### **Article 9 - Security / medical device**

The road safety is ensured by the organization with the support of the Police and the Traffic Police. The organizer, competitors, partners and the public must comply with the police regulations. Medical and backup devices will be set up without any responsibility towards the organization. The medical service in place can decide to disqualify a competitor for medical reasons.

### **Article 10 – Supplies**

A water supply will be installed at the exit of the relay zone and there will be a traveling supply on the marathon circuit.

### **Article 11 – Liability**

All participants feel being in a good enough physical condition to run this Ekiden and run therefore at their own risk. The Amani Festival and of the Amani Ekiden commission disclaim any responsibility for accidents or problems that would occur during the event.

### **Article 12 - Acceptance of the rules and regulations**

Participation in the Amani Ekiden implies the express acceptance by each competitor of the rules and regulations. Competitors acknowledge having read these regulations. The organization reserves the right to make any changes deemed necessary for the smooth running of the event.

***Singing for Peace, Running for Change***

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