



BHUTAN INTERNATIONAL MARATHON

RULES OF THE EVENT

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1. GENERAL GUIDELINES

- 1.1** This is a 26.2 mile/42K and a 13.1 mile/21K running event. Participants are allowed to walk or run only. We request that you run at least half of the total marathon course in order to make the cut off times.
- 1.2** The briefing for all runners is compulsory. This meeting will take place the day before the race in Khuruthang Multisport Hall. You will also need to pick up your race packet and check in, just prior to this meeting. **PLEASE BRING A PICTURE ID TO CHECK IN.** You will be given further details via email.
- 1.3** Once registered, participants will not be given a refund of their entry fee, under any circumstances.
- 1.4** All runners must be at least 18 years on event day.
- 1.5** All runners will be transported to the starting line area by the Bhutan Olympic Committee. You must report to the Khuruthang Bus/Taxi Parking Lot on race morning in order to catch the bus to the start line of your event. The time you must report will be announced at the pre-race briefing. ***No transportation of individuals allowed***
- 1.6** Support vehicles are not allowed on the course. Family and friends may not follow the runners during the event, but may spectate from designated spots that will be disclosed at the pre-race meeting.
- 1.7** Runners are allowed to take support only from official aid stations, race personnel, or from other participants. You are not allowed to leave items on the side of the road to be picked up along the way.
- 1.8** Runners are not allowed to litter or leave personal items along the route. If you must discard trash or personal items, please do so at official aid stations.
- 1.9** No runner may be on the course during the race if he/she has not registered for the race, unless approved by the organizing committee.
- 1.10** The start line will be on a narrow one lane road. You may position yourself on the start line as you wish.



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- 1.11** The aid stations along the event route will be 3-6K apart and will have water, bananas and Coke. You will need to bring a means to carry fluids and any additional food choices of your preference during the event.
- 1.12** First Aid services will be available at the finish line as well as on roving course Marshals. There will be an ambulance available as needed.
- 1.13** Runners shall cross the Punakha Suspension Bridge by 1 pm. If not, they will either be picked up by the sweep team, or can proceed ahead with no support. Cut off time at the finish line is 6.5 hours from the start line.
- 1.14** Our awards ceremony and celebration will be after the cut off time. The specific time will be announced at the pre-race briefing.
- 1.15** Participants are allowed to use, wear or carry a headset, radio, headphones, personal audio device, but for your safety, we advise against it. Participants are allowed to bring their mobile phone.
- 1.16** At the end of the race, results will not be announced until all the checklists are cross-checked and verified by the Chief Marshal. It will also be uploaded on our website.
- 1.17** Race numbers must be worn on the front of the runner at all times.
- 1.18** Race numbers must not be altered in any way except at the finish line when a race official will take the bottom tear tag off of your race number. Please allow them to do so.
- 1.19** No participant, after leaving the course, shall be allowed to rejoin the race either for the purpose of gaining a place or to pace or to assist another participant.
- 1.20** A hands-on medical examination during the progress of an event by officially designated medical personnel shall not be considered outside assistance and will not result in disqualification if participant is deemed medically fit to continue.
- 1.21** Participants are responsible for recognizing and understanding event signage, symbols and colors relating to participant maps, facilities and direction.
- 1.22** Event officials reserve the right to delay, cancel, or suspend the race due to inclement weather or severe emergencies.
- 1.23** There will be intermittent and undisclosed check points along the course where you will check in with timing personnel.
- 1.24** Under the rules of IAAF, BAAF, BOC, IOC, doping is strictly forbidden.
- 1.25** The age of a participant on the day of the race determines his or her Masters classification. If age verification is requested, only a birth certificate, ID or passport will be acceptable proof of age.
- 1.26** Bring appropriate layers to remain warm prior to the race. You can leave those items in your race bag which will be transported to the finish line.



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- 1.27 Local toilet facilities and toilet paper will be provided at each aid station. We recommend you bring some of your own toilet paper as well, just in case.
- 1.28 Event officials reserve the right, to modify, supplement or waive all or part of the event rules.
- 1.29 Food and beverages will be available for the participants at the finish line.

2. CONDUCT OF RUNNERS

Any misconduct on the part of any runner, in breach of any of the guidelines given below, will result in penalties specified in Section 3. The decision of the organizing committee will be final and binding.

- 2.1 All runners must at all times respect the existing road traffic rules and regulations.
- 2.2 All runners shall demonstrate proper sporting spirit and shall, participate in the event in a fair and sporting manner. They shall all endeavor to contribute fairly to the sporting success of the race.
- 2.3 No runner shall be disrespectful toward the organizers, officials, other runners or spectators.
- 2.4 No runner shall use foul or abusive language or conduct during the event.
- 2.5 Carrying and using glass containers is forbidden.
- 2.6 Runners must respect the environment and must make sure that they do not pollute the course.
- 2.7 Runners may offer assistance to other runners such as lending or exchanging food or drink. No assistance is allowed from anyone other than a race official, or a race participant.
- 2.8 If any runner wishes to file a complaint he or she must contact the Race Director with a written complaint within 24 hours of completion of the event.

3. OFFENSES

The following offenses shall result in disqualification in the current race and suspension from the next edition of the Bhutan International Marathon, or as decided by the organizing committee. The decision of the organizing committee will be final and binding:



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- 3.1 Acts of unsportsmanlike conduct in conjunction with the event.
- 3.2 Entering the competition under an assumed name or falsifying documentation at the time of registration.
- 3.3 Assaulting or committing a violent injury on official or Marshal.
- 3.4 Failing to run the entire course, by taking a short cut, riding in a motor vehicle, or by any other means.
- 3.5 Taking aid from anyone other than an event official, official aid station, or other participant.

Important Notes:

- Participants should ensure they have the necessary travel documentation and visas to visit Bhutan.
- We encourage participants to train adequately and consult a doctor if they have any medical concerns before participating in the race.
- We recommend booking your accommodation early since March is a Festive season in Punakha.
- Bhutan is a culturally rich and spiritual country. Please be respectful of local traditions, particularly when visiting religious sites or interacting with locals.
- No individual transportation of participants allowed