

TOTALSPORTS Women's Race – Cape Town

RACE RULES

1. The TOTALSPORTS Women's Race – Cape Town is run and organized in accordance with the rules of World Athletics (WA), Athletics South Africa (ASA) and Western Province Athletics (WPA).
2. Foreign athletes must comply with WA rule 4.2, ASA rules 7, 9 and all relevant race and domestic rules. Foreign Runners entry will include a 'foreign temporary license' as required under the rules.
3. The TOTALSPORTS Women's Race – Cape Town is open to all ASA licensed and non-licensed runners.
 - **Licensed Club runners:**
 - One race number will be issued. Licensed entrants must wear their ASA licence number on the front and back of their vest. The official race number must be worn on the front of the entrant's race vest, partially covering the ASA licence number.
 - Please refer to the diagram below for further details.
 - **Temporary Licence:**
 - One race number will be issued which must be worn on the front of the vest. The temporary license must be worn on the back of the vest.
 - Temporary licenses are available at R40.
 - Please refer to the diagram below for further details.

Race Number Positioning:

Licensed Club Runners:

WHERE DOES MY RACE NUMBER GO?

LICENSED RUNNERS



(VISUAL FOR REFERENCE ONLY)

**Race Number Positioning:
Temporary licensed Runners:**



4. Age Category Tags

1. Age category tags are to be worn front and back, and it is the runner's responsibility to ensure that the correct age category is reflected on race day.
2. Juniors wearing a senior or junior licence, are eligible for age category awards provided that they:
 - display category tags "J", to qualify for age category prizes,
 - are born in 2003 or later.
3. Temporary licensed entrants are eligible for age category prizes provided that they:
 - participate in the relevant age category,
 - wear the appropriate age tags and provide proof of identification.
5. Minimum age for participation is 14 years of age on the day of the race.
 1. Juniors are defined as athletes 14 years or older on the date of the race, and under the age of 20 at 31 December 2022. i.e. born in 2003 or later.
6. Senior and Master athletes age is taken on the date of the event.
7. In addition to Overall (Open) prizes, runners will only be eligible for age category prizes in the age category they enter.
8. Runners may enter the age category corresponding to their chronological age or any younger category down to senior.
9. Wheelchair entrants are encouraged to take part.
10. The Event Organiser reserves the right to accept or reject any entry.
11. TOG BAGS: There will be a tog bag facility for use at the runner's own risk.
 - Cellphones, money and jewelry should not be left in tog bags.

- If there is no tag attached to your tog bag, it will not be accepted.
12. Toilets will be available at the start and the finish of the event, as well as, on the route at each water station.
 13. All traffic officers, marshals and race officials must be obeyed at all times. If You are instructed by any marshal, race official, medic, traffic or police official to stop, You must do so immediately.
 14. Refreshments stations will be provided at the 3,5km (5km and 10km route) and 7km marker (10km route)
 15. Runners may participate with Baby Joggers/Prams. Runners accept that they are responsible for ensuring they are not involved in any collision or disruption to other runners.
 16. A runner may not start or attempt to start the event before the confirmed start time. Any runner who does so may be disqualified.
 17. A runner must complete the race with his/her own effort and may not receive any assistance in this regard.
 18. Personal seconding is not permitted. Private vehicles are not to follow the athletes on the route, this can result in the disqualification of the entrant.
 19. No bicycles are allowed on the route, apart from the lead cyclists and officials.
 20. The use of music players with headphones is not allowed and will result in disqualification.
 21. No ambush marketing is allowed.
 22. Do not litter. ASA Rule 28 applies. #RunClean.
 - Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the finish.
 - Report offenders to the referees.
 23. All entrants must cross all timing points on the route to qualify for an official result.
 24. Prize giving for all Age Categories will be held at 10h30 at the Prize Giving stage.
 25. Results for all participants will be available on the event website www.totalsportswomensrace.com
 - The results will be available at 09h30 in the TIC (Technical Information Centre).
 - Any objections must be made to the Official at the TIC within 30 minutes of the posting time as covered under World Athletics Rule 146.2.
 26. All finishers will receive a medal.
 27. All finishers will be given start gun to mat times.
 28. It is understood that by entering the event, the participant's name and contact details will be added to the Event Organisers communication database to receive future communication about other events.
 29. This event attracts international participation and as such there are restrictions on advertising on clothing for all Contenders. It is important that Elite Runners adhere to these rules as covered in the World Athletics Advertising regulations and ASA rule 24.

Prize Money

1. Please note that all prize money winnings are subject to South African Tax Law and anti-doping results and can take up to 3 months to process.
 - a. Athletes who win an award and fail to be present for prize giving for any reason other than doping control or medical will be docked 10% of their prize money.
 - b. All athletes who win an award will be required to verify their age by providing their ID to the referees.

South African Athletes

1. Prize money to South African Athletes will be paid 30 days after the event, provided that:
 - a. the result is not subject to the outcome of any anti-doping testing
 - b. the following information has been emailed through to entries@stillwatersports.com
 - copy of SA ID book
 - SARS tax number
 - proof of bank details (from bank)
 - completed prize money form (received at prize giving ceremony)
2. South African Athlete prize money will not be paid until ALL the required documentation has been submitted.

COVID-19

1. Ensure that you are wearing your mask at all times to ensure the your safety and the safety of others.
2. Abide by the instructions of all COVID staff and marshals.
3. It is your sole responsibility to take the necessary precautions to protect the safety of yourself and others, especially with regards to the spread of COVID-19 and ensuring you keep the risk of infection as low as possible.
4. During your participation in the event, you agree and undertake to comply with relevant legislation and regulations issued by your national and/or local government relating to COVID-19 as well as any guidelines issued by local and national health authorities at the time of competing in the event.
5. You agree and undertake to comply with the relevant COVID-19 protocols issued by the Event Organisers.
6. Do not participate in the event if you had any contact with persons confirmed or suspected of being infected with or carrying the COVID-19 disease.
7. Each runner must stay updated as to the symptoms of COVID-19, as well as the risks of transmission for yourself and others.
8. Do not participate in the event if you feel even slightly ill.
9. Take your temperature on the race day and do not compete if your temperature is above normal.
10. Sanitize regularly.