



Official document of October 15th, 2022 – ENG

OFFICIAL REGULATIONS

MARCIAGRANPARADISO 2023

ART. 1

The 40th MARCIAGRANPARADISO will take place in Cogne (AO) on Sunday February 5th, 2023, with the following program:

- » 40,0 km Classic – Marathon distance
- » 25,0 km Classic – Light distance
- » 8,0 km Classic – U16
- » 5,0 km Classic – U14

ART. 2

Competitors of both genders who are in compliance with competition rules set by their own national federation and in possession of a valid medical certificate for the practice of competitive sports may take part in the competition if, by the day of said race, they have reached the age of:

- ✓ 18 for the Marathon distance – 40 km
- ✓ 16 for the Light distance – 25 km
- ✓ 15 (born in 2007-2008) for the MGP U16 – 8 km
- ✓ 13 (born in 2009-2010) for the MGP U14 – 5 km

Upon registration, each competitor must decide whether to participate in the race on the Marathon course (40 Km TC) or on the Light course (25 Km TC).

The courses Allievi and Ragazzi are reserved respectively to U16 and U14 categories.

MARCIAGRANPARADISO – GRANPARADISOBIKE COMBINED RACE

All competitors that will complete the Marathon course and will take part and complete 2023 GranParadisoBike race will receive a 50% discount on both the registration to GranParadisoBike and Marciagranparadiso 2024.

ART. 3

Taking into consideration that the MarciaGranParadiso implies an important physical and technical engagement, each participant **MUST** present together with the entry-form or when collecting their racing bib a valid medical certificate of fitness for competitive sports (in accordance to Italian Ministerial Decree dated 18.02.1982).

Underage participants need to present a written permission from their parents.

For those NOT in possession of a medical certificate of fitness for competitive sports, but only with a medical certificate of good health (DF 30.01.1983), it will still be possible to register for the “MarciaGranParadiso Day”, a





NON-competitive event, which does not comprehend the inclusion in the official ranking and the consequent updating of the yearbook of the "participations" strictly linked to the competitive event.

ART. 4

Registrations can be made:

Online: on the website <http://www.marciagranparadiso.it> by credit card, PayPal, Satispay, bank transfer, or through the link on the official website <https://join.endu.net/entry?edition=75780> using the appropriate subscription form.

Registration will be automatically filed.

Offline: choosing between:

- a) Filling in the on line form and mailing it, with receipt of payment and a copy of the medical certificate (that will also need to be shown when collecting your bib), via:

E-mail: piemonte@mysdam.net

with simultaneous payment by bank transfer to the following bank account details:

BCC Valdostana, agenzia di Cogne

Account holder SCI CLUB GRAN PARADISO ASD

IBAN: IT 30 F 08587 31550 0000 30150673

BIC: ICRAITRRGB0

Only for foreign participants:

an international money transfer to:

SCI CLUB GRAN PARADISO ASD - P.za Chanoux, 1 – 11012, Cogne (AO) – Italy.

Specify on the back: name, surname, gender, date of birth, address.

- b) Cash payment at sport shops Ezio Sport, Le Paradis des Sport and Gal Sport, after examination of the above-mentioned documentation.

Registrations will close on Feb. 04th, 2023 at 7:00 pm.

Registration costs:

Classic Event – Marathon (40 Km Classic) & Light (25 Km Classic) of February 05 th , 2023			
	Online & Offline		At the Race Office
	Till December 20 th 2022	From December 21 st , 2022 to February 02 nd , 2023	January 03 th and 04 th , 2023
Race	40,00 €	50,00 €	55,00 €
Young Skiers (2005-2006)	30,00 €	30,00 €	30,00 €

Youngsters Event – U16 (8km) & U14 (5km) of February 05 th , 2023		
	Online & Offline	At the Race Office
	Always the same price	
Race	15,00 €	





ART. 5

Registration includes:

- ✓ bib with chip
- ✓ race pack
- ✓ waxing service along the course (NO U16 & U14)
- ✓ 3 refreshment point along the track (NO U16 & U14)
- ✓ 1 refreshment point at the finish line
- ✓ 1 lunch ticket
- ✓ medal
- ✓ medical assistance
- ✓ showers at the arrival area
- ✓ SMS service (various information & race result)
- ✓ diploma (download online)

Official rankings can be downloaded from the website <http://www.marciagranparadiso.it>.

Athletes unable to take part in the race for any reason will not be refunded. Only in case of illness confirmed by a medical certificate, 50% of the registration fee will be refunded. Change of names is not allowed.

ART. 6

Racing bibs can be collected on:

- ✓ Feb. 4th 2023 from 09:00 am to 07:00 pm
- ✓ Feb. 5th 2023 from 07:00 am to 09:00 am

at the race office in Cogne Town Hall showing the MEDICAL CERTIFICATE for the practice of COMPETITIVE sports, and the payment receipt.

Starting groups are as follows:

- ✓ **Élite group:** including the first 10 female athletes and the first 60 male athletes from previous MarciaGranParadiso edition; male athletes with less than 150 points in the FISU rankings (Italian Winter Sports Federation), female athletes with less than 200 points in the FISU rankings (Italian Winter Sports Federation), and other athletes in accordance with the final decision of the Organising Committee.
- ✓ **Group 1:** including athletes ranked between 71st and 140th in the previous MarciaGranParadiso edition.
- ✓ **Group 2:** all other competitors registered to MarciaGranParadiso.
- ✓ **Group 3:** MarciaGranParadiso U16 and U14 in specifically reserved tracks

Racing bibs will be assigned to each athlete within each starting group in order of bib collection.

ART. 7

Entry gates will be implemented at the start line (opening at 9:15 am) and athletes need to get there no later than 9:45 am.





The race will start at 10:00 am on the race day and it will be a 'mass start'.

The timing will be in real time using electronic control with microchips.

Not returning the microchip at the end of the race will result in the loss of the € 20.00 deposit paid at the chip collection.

Athletes not crossing the above mentioned entry gates and all control points along the track will not enter the rankings.

ART. 8

During the race there is no right to ask for "free track" for those who want to overtake another competitor. Nevertheless, we ask all participants to act in accordance with common sense and fair play principles. Change of both skis during the race is forbidden. In compliance with FIS regulations, the use of fluorinated products with CH₃ molecular chain is not allowed.

ART. 9

Electronic transit checks will be carried out at the entrance gates and at intermediate points along the route as well as flying checks by the judges in charge to which all competitors must pass, under penalty of disqualification. Competitors must use only the classical technique. (Article 343.8 ICR). Single or double skating is not allowed. (Article 310.2.1.2 ICR). Technical checks will be present along the course and in case of infringement, the competitors will be disqualified.

Furthermore, participants not crossing the time limit established at "Son le Prà" before 1:30 pm or who arrive at the finish line in Cogne after 4:30 pm will not be included in the finishers list.

ART. 10

The prize-giving will take place in the finish area at the end of the race of each awarded category.

Sprint Catch Award: at the end of the race those who were the 1st M and the 1st L at the sprint catch line along the course will be awarded.

Money prizes: The first 3 of the Marathon course (40 km) M and L and the first 3 of the Light race (25 km) M and L will be awarded.

FIS points: FIS points will be assigned for the Marathon race (40km) (see FIS regulations: 2.6 FIS Long Distance Popular Competitions)

ART. 11

If the race cannot take place at the established date due to force majeure, the edition 2023 will be cancelled. Participants are responsible to get info whether the race is confirmed at the established date. **In case of lack of snow, the event will take place anyway, on a shorter track that will be announced by the Organising Committee.**





ART. 12

Potential claims must comprise the payment of a € 50,00 tax, which will be reimbursed if the claim is to be accepted. Claims must be presented following terms and conditions established in the technical federal regulations.

ART. 13

Despite providing first aid services along the track and at the finish line with doctors and ambulances, the Organising Committee declines all liability for potential accidents before, during or after the race.

You can follow the event on facebook page **@Marcia Gran Paradiso**, on twitter account **@MGranparadiso** and on instagram profile **@marciagranparadiso**.

Two are the official hashtags: **#Marciagranparadiso** and **#MGP2023**.

MARCIAGRANPARADISO Organization Committee
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