



VIETNAM ATHLETICS FEDERATION

2024 VIETTEL MARATHON LUANG PRABANG-UNITEL REGULATION

I. OBJECTIVES

- To create a healthy platform and contribute to the widespread promotion of running sports to the community and international friends, in support of the Olympic Day Run for public health. This initiative also aims to promote and develop local tourism through the event's media system.
- To strengthen solidarity and friendship among the countries in the region.

II. TIME AND LOCATION

- **Time: November 3, 2024**
- **Location: Luang Prabang, Laos**

II. COMPETITION CATEGORIES

A – ELITE CATEGORY

1. Age eligibility

- 5km and 10km distances: No age restrictions. However, athletes under 18 years old must have a guardian, verified by a waiver form issued by the Organizing Committee (OC).
- Half Marathon and Marathon distances: Athletes must be 16 years or older (born in 2008 or earlier). Athletes under 18 years old (16 and 17 years old) must have a guardian, verified by a waiver form issued by the OC.

2. Participants

- Open to international athletes invited by the OC.
- Members of the Laotese National Team; athletes who have achieved the First-Class title within the last 3 years (2022, 2023, and 2024).
- Laotese athletes who have been members of the national athletics team within the last 4 years (2021, 2022, 2023, and 2024).
- Laotese athletes who meet the performance standards and are managed by provincial or sectoral entities across the country, having competed in events within the national competition system as of October 31, 2024.
- Non elite athletes from the three Indochinese countries (Vietnam, Laos, Cambodia) who have excelled in qualifying events after registering for the advanced category, with invitations issued by the Federation.

Event	Qualifying Standard for Elite Category
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	Male	Female
42,195km	2:40:00	3:20:00
21,097km	1:15:00	1:30:00

3. Competition Content and Format

3.1. Competition events

- Men: Marathon, Half Marathon, 10km, and 5km
- Women: Marathon, Half Marathon, 10km, and 5km

3.2. Format: Individual

3.3. Ranking Method:

Athletes' rankings are determined by their actual finishing positions in each event. The top three finishers in each event will be ranked based on gun time. All remaining positions will be determined by chip time.

B – NON- ELITE CATEGORY

1. Age Eligibility

- 5km and 10km distances: No age restrictions. However, athletes under 18 years old must have a guardian, verified by a waiver form issued by the Organizing Committee (OC).
- Half Marathon and Marathon distances: Athletes must be 16 years or older (born in 2008 or earlier). Athletes under 18 years old (16 and 17 years old) must have a guardian, verified by a waiver form issued by the OC.

2. Participants

Open to all individuals, both domestic and international, who meet the age and health requirements and comply with the event's rules. However, athletes listed under Section 2 of the Advanced Category eligibility criteria are not permitted to compete in the non- elite Category.

3. Format: Individual, Club, and Team Competitions

3.1. Individual: Competitions for individual prizes in 8 events for both men and women: 5km, 10km, Half Marathon, and Marathon.

For the Half Marathon and Marathon, competitions will be held across 4 age groups (age determined based on year of birth):

- 16 to 25 years old (born between 1999 and 2008)
- 26 to 35 years old (born between 1989 and 1998)
- 36 to 45 years old (born between 1979 and 1988)
- 46 years old and above (born in 1978 or earlier)

3.2. Clubs:

- Viettel Marathon Diamond Club and Viettel Marathon Golden Club: No limit on the number of participating athletes or events.

- Viettel Marathon Diamond Club: For clubs that enter members in all 3 races in the 2024 Viettel Marathon series in Vietnam, Laos, and Cambodia.

- Viettel Marathon Golden Club: For clubs that enter members in any one race in the 2024 Viettel Marathon series in Vietnam, Laos, and Cambodia.

3.3. Teams:

- Viettel Marathon Golden Team: Applicable only to the Marathon event.

- Each team consists of 6 members, including at least 3 women.

Note: The cut-off time (COT) for the Marathon is 6 hours and 30 minutes, for the Half Marathon 3 hours and 30 minutes, for the 10km 2 hours, and for the 5km 1 hour. (Time is measured from the start of the respective distance. Athletes exceeding the COT will not have their results recognized, and the OC is not responsible for athletes after the COT ends.) The OC will provide detailed regulations on COT markers along the course for each distance. Water stations, medical support, and services along the course will close once the COT is reached.

4. Ranking Method:

4.1. Individual:

For marathon and half-marathon athletes, results for those placing from 1st to 3rd overall (including both elite and non-elite athletes) will be based on gun time. Results for marathon and half-marathon athletes placing from 4th place onward will be determined by chip time.

For 10km athletes, results for those placing from 1st to 5th overall (including both elite and non-elite athletes) will be based on gun time. Results for 10km athletes placing from 6th place onward will be determined by chip time.

For 5km athletes, results for those placing from 1st to 5th overall (including both elite and non-elite athletes) will be based on gun time. The 5km distance will not use electronic chip timing to determine results.

4.2. Clubs

- Viettel Marathon Diamond Club and Viettel Marathon Golden Club: Clubs with the highest total distance completed by their members will be ranked higher, calculated in meters (only distances completed in full will be counted). If clubs have equal total distances, rankings will be determined by the distance achieved in the Marathon, Half Marathon, 10km, and 5km events, respectively. The club with the greater distance in each of these events will rank higher.

- Each club can register multiple teams.

- For club competitions, registration must be completed at the time of bib purchase.

- Athletes can be counted in both individual and club competitions.

4.3. Teams:

- The team's performance will be the total actual competition time of all team members (with at least 3 female athletes per team). Teams with the shortest time will rank higher (based on chip time). If teams have the same total time, the performance of the best female athlete will be considered. The team with the better-performing female athlete will rank higher.

- For team competitions, registration must be completed at the time of bib purchase. Teams are allowed to register an unlimited number of reserve athletes. Each team may replace up to 1 male and 1 female athlete. Any changes must be reported to the OC at least 10 days before the event start time.

- Each club can register multiple teams.

- Athletes can be counted in both individual and team competitions.

5. Starting time and Cut - off time

Distance	Proceed to Starting Area	Starting time	Cut – off time
Elite (marathon/ half marathon, 10km)	3:30	4:00	6 hours 30 mins
10 km	3:35	4:05	2 hours
Half marathon	3:40	4:10	3 hours 30 mins
Full marathon	3:45	4:15	6 hours 30 mins
5 km	9:30	10:00	1 hour

5.1 Cut-off times (COT) for each stage will be enforced for the marathon and half marathon events.

5.2 For the marathon, half marathon, and 10km events, electronic chip timing will be provided to record participants' performances. Athletes are responsible for safeguarding their timing chips to ensure their performance is accurately recorded. The Organizing Committee (OC) will not be liable for any inaccuracies in performance recording due to damage to the timing chip after it has been issued to the athlete or their representative.

5.3 The cut-off times for each race distance, as stipulated above, will be strictly enforced. Athletes who do not complete the distance within the allotted time will be required to leave the race course or may continue running on the sidewalk to finish the race, but their completion will not be officially recognized. If athletes choose to continue on the sidewalk, they must adhere to pedestrian traffic regulations. Water stations and medical support along the route will close when the cut-off time expires.

5.4. The official time for all participants (except for the 5km distance) will be recorded using electronic chip timing, starting from when the participant crosses the starting line until they cross the finish line. Participants must wear the timing chip, which is specifically assigned to each athlete and securely attached to their BIB number, from start to finish to have an official finishing time. The recorded time will be rounded up to the nearest second.

5.5 Start: Participants are required to register their best achieved performance, based on which the OC will arrange the starting order in accordance with international race standards. Those who do not register a performance will be placed in the last starting group. Participants must start in their designated area and enter the starting zone through the assigned entrances. Failure to comply with the arranged start will result in disqualification from the race.

5.6 Finish: The ranking in each event will be determined by the actual position of the athlete when they cross the plane of the finish line.

6. Prizes

6.1 The top finishers in the marathon, half marathon, 10km, and 5km races (based on the prize structure) will receive monetary prizes, goods, and/or other services (if applicable). Cash prizes will be subject to personal income tax in accordance with Laos Tax Law. Prizes in kind or vouchers equivalent to cash value will not be convertible to cash.

6.2 Detailed prize listings can be viewed here.

6.3 The OC reserves the right to annul the results of any prize-winning athlete found to be in violation of the race regulations.

6.4 Any inquiries or complaints regarding prizes must be submitted to the OC within twenty four hours of the prize announcement. Performance-related complaints must be submitted within 24 hours of the race conclusion. For late submissions, the OC reserves the right to assess the severity of the violation and make an appropriate decision.

6.5 To claim their prizes, winning athletes must complete the following procedures:

- Submit the prize claim form.
- Provide a copy of their ID card/passport to the OC.

Failure to provide the required documentation may result in the OC refusing to award the prize, pending completion of the necessary documents.

6.6 The OC will issue the prizes within 45 days of receiving the complete documentation as outlined in section 6.5.

6.7 The maximum time frame to claim the prize is 45 days from the announcement of results by the OC. Should the athlete fail to provide the necessary documents within this period, the OC reserves the right to withhold the prize.

7. Registration and Confirmation Terms

7.1 Athletes residing abroad must register online through the official race website. In case of technical difficulties during the registration process, the OC will provide alternative registration and payment methods.

7.2 An athlete who registers twice for the same race, uses a false name, or provides incorrect birth dates, gender, or photographs, will be considered ineligible to participate.

7.3 Athletes participating in the marathon, half marathon, and 10km events will receive a race kit including a BIB number, a timing chip, a T-shirt, a bag, and a race guide.

7.4 Athletes participating in the 5km event will also receive a race kit including a BIB number, a T-shirt, a bag, and a race guide.

7.5 Athletes are legally responsible for ensuring they have the right to register, including but not limited to obtaining parental consent, and for fulfilling other registration requirements such as using a credit or debit card to pay the registration fee.

- On race day, athletes aged 16 to 18 are only permitted to participate with written consent from a parent or legal guardian.

- In cases where participants are underage, their legal guardian must sign a waiver and assume full responsibility for the safety and risks involved.

7.6. In the event that an individual acts as a representative and/or is authorized to register and/or collect the Race Kit on behalf of another person or group, such individual must attest that they have been duly authorized to act on behalf of the person or group in the registration process and the collection of the Race Kit. Registration conducted through a representative or authorized individual shall remain subject to all provisions of these regulations as if the registration had been completed directly.

7.7 Once an athlete has submitted their registration and paid the fee, no refunds will be issued under any circumstances. Participants are not allowed to change their personal information or transfer their participation rights to any third party after registration and payment have been completed.

7.8 Changes to race distances are permitted if the request is made before the specified deadline. Athletes will be required to pay any additional fees if the new distance has a higher registration fee and will not be refunded for any overpayments if the new distance has a lower registration fee.

7.9 In cases where an athlete overpays for their registration, the OC will refund the excess amount through the online payment system.

7.10 The OC is not responsible for delays caused by unprocessed registrations due to internet connectivity issues or third-party payment processing errors. Registration is only considered valid once the payment has been successfully received by the OC.

8. Compliance with Law and Safety, Race Course Regulations, and Personal Property of Athletes

8.1 Athletes commit to abiding by all laws of the Lao People's Democratic Republic.

8.2 Athletes must adhere to the rules of sports competitions and refrain from using stimulants. The OC reserves the right to request prize-winning athletes to provide a urine sample for doping tests if there is suspicion of doping use. Athletes are responsible for providing such samples.

8.3 By participating in the race, athletes affirm that they are physically fit to complete the registered distance within the time limits set by the OC. Athletes acknowledge that they understand their own health limitations and know when to cease physical activity to avoid injury.

8.4 If an athlete is unable to complete the race within the prescribed time limits as outlined above, the OC reserves the right to require the athlete to stop running, without any compensation, including financial or other forms of compensation, for this requirement.

8.5 Athletes acknowledge all risks associated with marathon, half marathon, and race participation, including but not limited to tripping, collisions with other participants, weather conditions, traffic, and road conditions, ranging from minor injuries to serious injuries or even death. Athletes are fully responsible for their own safety and health throughout the race and waive any claims against the OC.

8.6 The OC will provide public liability and personal insurance coverage for participating athletes. Therefore, to ensure their benefits, athletes must provide complete and accurate personal information (including date of birth, ID card number) as part of their registration with the OC. If the information provided is incomplete or inaccurate, neither the OC nor the insurance company will be held liable.

8.7 Athletes are responsible for thoroughly familiarizing themselves with the race course prior to the official race day and assume full responsibility for running off-course, resulting in non-completion of the race or disqualification.

8.8 BIB Number

8.8.1 The name on the BIB must match the name on the athlete's ID card or passport used during registration.

8.8.2 Athletes must wear their BIB number (issued prior to race day) throughout the competition. Any swapping, selling, gifting, or transferring of BIB numbers to another person without the written approval of the OC is considered a violation of the race regulations. The OC reserves the right to disqualify any athlete found wearing a BIB number that does not match the OC's registration list.

8.8.3 The BIB number must be affixed to the athlete's clothing and worn on the front of the athlete's shirt. If the BIB is attached elsewhere, it will not be accepted, and this will be considered a violation of the race regulations, leading to disqualification.

8.8.4 Athletes are not permitted to cut, fold, or damage their BIB number in any way. The BIB number must remain visible at all times during the competition.

8.8.5 Athletes must not remove the timing chip attached to the back of the BIB.

8.8.6 Athletes must fully fill out the information on the back of the BIB, including full name, phone number, and emergency contact details.

8.8.7 The purchase or transfer of BIB numbers outside of the OC's permitted timeframe is prohibited. Any unauthorized transfer or sale of BIB numbers without written approval from the OC is a violation of the race regulations.

8.9 Personal Items

Athletes must store their personal belongings in bags or backpacks, labeled with their BIB number, and refrain from leaving valuables in their bags or at the OC's baggage deposit counters.

8.10. The Organizing Committee (OC) bears no responsibility for any losses arising from the following causes:

- Illness or accident (including emergency medical treatment);
- Loss or damage to personal property;
- Late arrival due to difficulties and/or public transportation issues or road conditions.

8.11. Medical Services

The OC provides first aid or professional medical care for any injuries, illnesses, or accidents that occur during the event. In cases where necessary, participants will be transported to the nearest hospital. Athletes are fully responsible for covering all costs related to medical care and treatment.

9. Prohibited Conduct

The OC reserves the right to prohibit athletes from participating in the race or to disqualify them during the event upon discovering any violations of the following regulations:

9.1. Athletes are prohibited from using any wheeled vehicles during the race (e.g., skateboards, strollers, wheeled shoes, bicycles, motorcycles, etc.).

9.2. Athletes are prohibited from consuming any foods or drugs listed in the prohibited substances list published by the World Anti-Doping Agency (WADA). The use of stimulants, narcotics, or any substances that enhance excitement during the competition is strictly forbidden.

9.3. Athletes may only receive assistance from the OC (such as water, nutrition, pacers, etc.) and are prohibited from accepting any other external support.

9.4. Athletes must strictly adhere to the race route specified by the OC. Leaving the race route without the race official's permission will be considered a violation and will result in disqualification. Participants who shorten the race course ("cutting") will be disqualified. Cutting the course may be detected through official observation or monitoring equipment and video recordings. The final decision rests with the OC.

9.5. Athletes must pass over the starting mat, all timing mats along the course, and the finishing mat. Failure to activate all timing mats will be considered as not completing the course, and the athlete's results will not be recognized.

9.6. Athletes are prohibited from engaging in behavior or speech that is harassing, inciting crowds, causing disturbances, or damaging the event.

9.7. Athletes are prohibited from bringing to the event any items or objects that are unsuitable for the race; weapons, sticks, or sharp objects that could cause injury or harm to others.

9.8. Athletes are prohibited from bringing to the race any materials or leaflets with content unrelated to the event, content that is anti-government or anti-people of Laos, content contrary to the policies of the State, or content that is inappropriate to Laos's traditional customs and values.

9.9. Athletes are prohibited from wearing attire featuring images that are offensive, inappropriate according to Laos's traditional customs, or anti-government or anti-people of Laos. Athletes are also prohibited from covering their entire face.

9.10. The race must not be exploited for non-sporting purposes such as covert advertising, propagating issues related to security or politics, or influencing political security and public order.

9.11. Athletes are prohibited from using items featuring sensitive images or content that violates the law and could negatively affect diplomatic relations between Laos and other countries.

9.12. Athletes must not violate the current traffic laws in the race area. Violators will be fully responsible according to the laws of Laos and will be liable for any damages caused to the OC (if any).

9.13. Foreign athletes are responsible for declaring and ensuring that their purpose of entry into Laos is clearly stated as participating in the Race when applying for a visa and during the immigration process. Athletes are also responsible for informing the OC of their temporary residence address in Hanoi during the race period.

9.14. Athletes are prohibited from engaging in activities that could delay or affect the race, such as jumping, changing clothes, playing musical instruments, fundraising, or soliciting signatures. Athletes must not obstruct the race by failing to follow the OC's instructions. Athletes are prohibited from using restroom facilities at locations other than the designated restrooms.

10. Postponement, Cancellation, and Force Majeure

10.1. In all cases where the race is canceled or postponed, registration fees will not be refunded to registered participants.

10.2. Once the registration and payment are completed, athletes cannot request a refund of any fees related to registration for any reason.

10.3. In the event of adverse weather conditions or other force majeure circumstances beyond the OC's control, the OC will notify participants of the cause and timing of the force majeure event prior to the race day. The OC may announce the postponement of the event and will be responsible for informing participants of the rescheduled event date.

11. Image Rights

The copyright of any articles, recordings, images, videos, and data related to the race, as well as the right to use such information on the official website, social media platforms, and in other media outlets for marketing and promotional purposes, belongs to the OC.

This copyright includes, but is not limited to, the names and information such as age, address (hometown, province, city) of participants mentioned in articles related to the event.

12. Rules and Competition Format

All matters related to rules and competition format shall be governed by the regulations of the Race Charter and the current Athletics Competition Rules.

13. Implementation Provisions

13.1. To ensure the safety of the race, the OC will enforce these regulations throughout the entire event for all athletes. Those who do not comply with the regulations will be deemed ineligible to participate in the race.

13.2. In the event of any protests or complaints regarding eligibility, athlete performance, or race results, the final decision will rest with the OC.

13.3. The OC reserves the right to modify the race course if necessary. Any course changes (if any) will be communicated to the athletes and related parties in advance, and amendments to the participation regulations may be made in emergencies without prior notice.

13.4 Only the Organizing Committee has the authority to amend or supplement these regulations.