



Comité d'Organisation  
des Courants de la Liberté  
12 rue de la chapelle  
14 000 CAEN

# **OFFICIAL RULES & REGULATIONS**

## **LES COURANTS DE LA LIBERTE**

2019 edition

## **Article 1 – Organisation**

The 32<sup>th</sup> edition of Les Courants de la Liberté will be held from 14<sup>th</sup> to 16<sup>th</sup> June 2019. The Organising Committee of Les Courants de la Liberté (OCCL) is organising Les Courants de la Liberté, under the authority of Caen Athletic Club (CAC), a member of the French Athletics Federation (FAF), the designated support club.

## **Article 2 – Race Schedule**

Les Courants de la Liberté groups together 7 races:

- Friday 14<sup>th</sup> June 2019: Les Foulées de la Liberté – 10am\* and 2:30pm\* at Caen
- Saturday 15<sup>th</sup> June 2019: Les Rollers de la Liberté – 10:30am\* at Caen
- Saturday 15<sup>th</sup> June 2019: La Rochambelle – 7:00pm\* at Caen
- Sunday 16<sup>th</sup> June 2019: Le 10 km Crédit Agricole Normandie - FAF National Label – 8:40am\* at Caen
- Sunday 16<sup>th</sup> June 2019: La Pegasus Half Marathon - FAF National Label – 8:55am\* at Bénouville
- Sunday 16<sup>th</sup> June 2019: Le Marathon de la Liberté - FAF National Label  
9:10am\* at Courseulles-sur-Mer
- Sunday 16<sup>th</sup> June 2019: Le Relais Marathon – 9:10am\* at Courseulles-sur-Mer  
Start in the “4 hrs” starting area

### *\* Indicative schedule*

Les Foulées de la Liberté is organised jointly with City of Caen’s “Service des Sports” and is reserved for pupils of Caen’s schools. Entries are directly handled by the City of Caen’s “Service des Sports”.

Les Rollers de la Liberté is organised jointly with the TouCaen Roller club, also under its authority as a member of the French Federation of Roller & Skateboard.

The marathon, the Relais Marathon, the half marathon, the 10 Km and the Rochambelle for runners are all in accordance with the French Athletics Federation road running race rules.

Le Relais Marathon is open to 250 team of 4 relay runners. The announced distances are not officially measured and can be changed.

- Relay runner N°1: 13,200 km – Courseulles-sur-Mer to Colleville-Montgomery
- Relay runner N°2: 11,100 km – Colleville-Montgomery to Blainville-sur-Orne
- Relay runner N°3: 8,200 km – Blainville-sur-Orne to Mathieu
- Relay runner N°4: 9,695 km – Mathieu to Caen

## **Article 3 – Age categories**

The races (except Les Foulées de la Liberté) are open to both licensed and non-licensed participants, but they are subject to age limits:

- Le Marathon de la Liberté is open to participants born on or before 1999  
Categories: Espoir, Senior et Master
- Le Relais Marathon\* is open to participants born on or before 2003  
Categories: Cadet, Junior, Espoir, Senior et Master
- La Pegasus Half Marathon\* is open to participants born on or before 2001  
Categories: Junior, Espoir, Senior et Master
- Le 10km Crédit Agricole Normandie\* is open to participants born on or before 2003  
Categories: Cadet, Junior, Espoir, Senior et Master
- Les Rollers de la Liberté\* is open to participants born on or before 2012  
Categories: 7-9 years, 10-14 years, 15-19 years, 20-29 years, 30-39 years, 40-49 years, +50 years
- La Rochambelle\* is open to women only and to runners born on or before 2003 and to walkers born on or before 2012.

The age categories will mean separate rankings for the marathon, the half marathon, the 10 Km and Les Rollers. It is expressly stated that the participants run entirely at their own risk.

\* For any registration of a participant under age 18, the legal representative will have to certify to give the authorization to the minor to participate, by checking the corresponding box during the on-line registration.

#### **Article 4 – Time Limits**

The participants have to complete the race distance within a time limit:

- Le Marathon de la Liberté is limited to 5 hrs 30 min with the following split time limits:
  - 21st km in less than 2 hrs 40 min
  - 25th km in less than 3 hrs 15 min
  - 30th km in less 3 hrs 55 min
  - 35th km in less 4 hrs 30 min
- It is the same split time limits for the Relais Marathon.
- La Pegasus Half Marathon is limited to 2 hrs 30 mins with a maximum split time of 1hr 15mins at the 10th km and 1hr 50mins at the 15th km.
- Les 10 km Crédit Agricole Normandie is limited to 1 hr 30mins with a maximum split time of 45min at the 5th km and 1hr 12mins at the 8th.
- La Rochambelle does not have time limits.
- Les Rollers de la Liberté are organized on a 2 hours' time without laps' limitation.

Any competitor overtaken by the broom wagon is considered to be out of the race. This decision will be confirmed by a race official and will be symbolised by the removal the competitor's bib. Any competitor who refuses to leave the race route does so entirely at his or her own risk and he or she should conform to the rules of the Highway Code.

#### **Article 5 – Entries Limit by race**

Entries are limited but may be revised. They are limited to the first:

- 3,000 entries for Le Marathon de la Liberté
- 250 team of 4 relay runners for le Relais Marathon
- 5,000 entries for La Pegasus Half Marathon
- 5,000 entries for Le 10 km Crédit Agricole Normandie
- 20,000 entries for Le Rochambelle
- 350 entries for Les Rollers de la Liberté

However, the organiser reserves the right to close entries at any time.

#### **Article 6 – Registration fees**

Prices inclusive all of taxes\* applicable for the different races:

- Marathon de la Liberté: €54;
- Relais Marathon (*Price by group*): €120;
- Pegasus Half Marathon: €25;
- 10 Km Crédit Agricole Normandie: €18;
- Rochambelle: €16;
  - €9 incl. Taxes for registration;
  - €7\* of donations to charities involved in the fight against cancer;

- Rollers de la Liberté: €12.

The organizer can propose reductions during the year.

The reduced price (Marathon: €42 incl. taxes - Half marathon: €18 incl. taxes - 10 km: €12 incl. taxes) will be applied for:

- Team registrations in the respect for the regulations of participation in team in the Courants de la Liberté 2019;
- Students (to benefit from it, the participant will have to enter the advantage code "STUDENT2019" and send a documentary evidence at the time of its registration);
- Job-seekers (to benefit from it, the participant will have to enter the advantage code "RUN2019" and send a documentary evidence at the time of its registration).

*\* Registration fees to the races are subjected to a VAT at 20 %, except for the donation part on La Rochambelle. This donation cannot be the object of any tax deduction.*

### **Article 7 – Registration**

Registrations are only opened by Internet on the site [www.lescourantsdelaliberte.com](http://www.lescourantsdelaliberte.com) from the 8<sup>th</sup> November 2018. Registrations closes, subject to the number of participants previously admitted (article 5), the 12<sup>th</sup> June 2019 for individual registrations and the 9<sup>th</sup> May 2019 for team registrations. The organiser reserves the right to close entries at any time (article 5).

To register, all competitors have to possess an account on the website [www.lescourantsdelaliberte.com](http://www.lescourantsdelaliberte.com). The registration is made by the account with a securely payment in Euros (€) or with a team code.

Once the registration was made, the participant sees it appearing on the homepage of his personal account. The registration will be complete after the validation of the necessary mandatory document (article 11). The absence of supply of mandatory documents, or the supplying of a non-valid document cannot be a motive of refund.

The organiser cannot be held responsible for any problems occurring during the online payment process. All claims must be addressed directly to the Crédit Agricole Normandie bank.

The participants can verify their registration, transfer their mandatory document, follow the state of their file and modify their address and phone number since their on-line account on the web site [www.lescourantsdelaliberte.com](http://www.lescourantsdelaliberte.com).

### **Article 8 – Entry**

All entries are personal, definite and final and cannot be refunded for any reason, except for participants who have taken out a cancellation insurance policy or for students and job-seekers (article 12).

Entries cannot be transferred for any reason. Any person passing his or her bib to a third person will be held liable in the event of an accident occurring or being caused by that third person during the race. The organisation declines all responsibility in the event of an accident relating to this type of situation.

### **Article 9 – Preferential bib**

**Runners can ask for a preferential bib if they have the following levels:**

- Marathon de la Liberté:
  - Women: <3hrs 30mins
  - Men: <3hrs

- Pegasus Half Marathon:
  - Women: <1hr 40mins
  - Men: <1hr 25mins
- 10 km Crédit Agricole Normandie:
  - Women: <45mins
  - Men: <38mins

There will be no preferential bib given for other races.

An athlete will only be authorised to have a preferential bib after his written request, sent by post or by email before the **6<sup>th</sup> May 2019**, is validated by the Organising Committee of Les Courants de la Liberté. Any request be made to the organiser has to be accompanied by a document proving a 2018/2019 result.

The prize list is available on the web site [www.lescourantsdelaliberte.com](http://www.lescourantsdelaliberte.com). For athletes with minimum level N3, only those authorised by the Organising Committee to participate at the elite level will be eligible in the bonuses of this list.

#### **Article 10 – Elite level**

This level is only open to athletes with level N3 to International and only on the Marathon de la Liberté, the Pegasus Half marathon and the 10 km Crédit Agricole Normandie.

An athlete will only be authorised to participate at the elite level after his written request, sent by post or by email before the **9<sup>th</sup> May 2019**, is validated by the Organising Committee of Les Courants de la Liberté. Any request be made to the organiser has to be accompanied by a document proving a 2018/2019 result.

The prize list is available on the web site [www.lescourantsdelaliberte.com](http://www.lescourantsdelaliberte.com). For athletes with minimum level N3, only those authorised by the Organising Committee to participate at the elite level will be eligible in the bonuses of this list.

#### **Article 11 – Proof of ability**

**The Courants de la Liberté apply the Regulation of the French Athletics Federation for mandatory documents.**

**Rochambelle only for Runners, Marathon de la Liberté, Relais Marathon, Pegasus Half Marathon and 10 km Crédit Agricole Normandie:**

Extract of the Regulations of Demonstrations Off Stadium on November 1<sup>st</sup> November 2018:

" Any participation in a competition is submitted to the compulsory presentation by the participants to the organizer:

- of a license Athlé Compétition, Athlé Entreprise, Athlé Running delivered by the FAF or of a " Pass' J'aime Courir " delivered by the FAF and complete by a doctor, of current validity in the date of the demonstration [...];
- or of a sports license, of current validity in the date of the demonstration, delivered by a federation only approved, on which has to appear, by any ways, the no contraindication in the sport in competition or the Athletics in competition or from the running to competition;
- or of a medical certificate of absence of contraindication in the sport in competition, the Athletics in competition or from the running to competition, dating at least from one year to the date the competition, or its copy. No other document can be accepted to give evidence of the ownership of the medical certificate.

The organizer will keep, as the case may be, the track of the license presented (number and federation of delivery), the original or the copy of the certificate, for the limitation period (10 years). "

**The OCCL will keep a copy of the proof of ability whatever is the presented document.**

## **Rochambelle**

There is no need to bring a proof of ability for Rochambelle's walkers and PRM and visually impaired.

## **Rollers de la Liberté**

All participants must enclose to their entry form a legible photocopy of:

- **a medical certificate which states that there is no contraindication for them to practice sport in competition or to take part in roller competitions and which is issued less than a year before the day of the race;**
- or a License competition delivered by the French Federation of Roller & Skateboard, of current validity in the date of the demonstration.

## **Foreign participant**

Extract of the Regulations of Demonstrations Off Stadium on November 1<sup>st</sup> November 2018:

" Foreign participants have to supply a medical certificate of absence of contraindication in the sport with competition, of the athletics in competition or from the running to competition, dating at least from one year to the date the competition, even if they are holders of a license competition delivered by a federation affiliated to the IAAF. This certificate must be drafted in French language, dated, signed and allow the authentication of the doctor, that the latter is or established on the national territory. If it is not drafted in French language, a translation in French must be supplied. "

## **Every participant**

The organizer, who is in possession of a valid proof of ability, declines all responsibility in the event of an accident or breakdown resulting from the participant's ill health.

The organizer is not obliged to verify the authenticity of documents provided as proof of ability and cannot under any circumstances be held liable in the event of a falsification of these documents.

Proofs of ability have to be received by the Organising Committee no later than:

- the **9<sup>th</sup> May 2019** in case of team registration;
- the **19<sup>th</sup> May 2019** in case of option for sending bib number at home (article 12), or registration to La Rochambelle as runner\*;
- the **12<sup>th</sup> June 2018** for other participants.

*\* Participants in La Rochambelle as runner who will not have sent a valid proof of ability by the 20<sup>th</sup> May, 2018 will automatically be transferred as walker.*

## **Article 12 – Options**

### **Cancellation insurance**

Cancellation insurance is administered entirely by the Mondial Assistance company. Participants having subscribed to it can contact Allianz to 02 31 75 01 10 for any piece of information or to follow the procedures of request of refund. The terms and conditions are available on [www.lescourantsdelaliberte.com](http://www.lescourantsdelaliberte.com).

Cancellation insurance is available to participants registered individually in Le Marathon de la Liberté, La Pegasus Half Marathon and Le 10 km Crédit Agricole Normandie at a cost of €3.99. It allows, for the motives listed in the general conditions and if these are respected, for the entry to be refunded at the price in place at the time of payment (the cost of the insurance is excluded from the refund).

Students and job-seekers registered to the Marathon de la Liberté, the Pegasus Half marathon or the 10 km Crédit Agricole Normandie, can have a refund except options without having taken the cancellation insurance, on production of a recent documentary evidence of their situation.

**Refunds will be made after the event.**

**Outside these two cases, no refund will be made.**

#### **Bib sent home**

Participants to the Marathon de la Liberté, the Pegasus Half marathon, the 10 km Crédit Agricole Normandie and the Rochambelle can have their bib sent home by Post for the price of €7.00 incl. taxes\*. This option is available until **19<sup>th</sup> May 2019** for Metropolitan France only.

Bib will be sent only for the complete files on May 19<sup>th</sup>, 2019 at the latest (articles 11). Not sent bibs will be to remove in the same conditions as the other withdrawals of numbers (article 14) and no refund of the option will be made.

Bibs will be sent from 27<sup>th</sup> to 31<sup>th</sup> May 2019 at the address indicated in the on-line account of the participant.

*\* Price subjected to a VAT at 20 %*

#### **Customization of the medal**

Participants to the Marathon de la Liberté receive a medal on arrival. The customization of this medal is proposed to them for the price of €8.00 incl. taxes\*.

They will receive after the event at the address indicated in their on-line account a patch to be stuck on their medal with their name and the official time which they realized.

*\* Price subjected to a VAT at 20 %*

#### **Customization of bibs**

Bibs are personalized with the First name of the participant. This customization will be made for all participants registered before 9<sup>th</sup> May 2019. For team registrations, the name of the team also appears. On La Rochambelle an option in the registration also allows to indicate that the participant has a thought for a person during her participation. It will be realized by indicating on the bib "I participate for" with the name indicated in the option during the registration.

The bib number allows the identification of the participant. The bib is used by organization to indicate several information (T-shirt size, gender), and by the medical team in case of necessity for the identification of the participant and to contact his or her family.

#### **Article 13 – Starting areas**

Except for the Rollers de la Liberté, starting lines of the races are organized in areas:

- Rochambelle:
  - Runners
  - Person with reduced mobility or visually impaired and their companions (5 maximum)
  - Walkers
- 10km Crédit Agricole Normandie:
  - Elite level and preferential bibs
  - Arrival planned by the participant within: 40mins; 55mins; 1hr 05mins and more than 1hr 05mins
- Pegasus Half marathon:
  - Elite level and preferential bibs
  - Arrival planned by the participant within: 1hr 30mins; 1hr 45mins; 2hrs and more than 2hrs
- Marathon de la Liberté:

- Elite level and preferential bibs
- Arrival planned by the participant within: 3hrs; 3hrs 30mins; 4hrs and more than 4hrs
- Relais Marathon: the first relay runner starts in the starting area of participants wanting to finish the Marathon de la Liberté in more than 4hrs.

#### **Article 14 – Collection of bibs**

The bib number allows the identification of the participant. The bib is used by organization to indicate several information, and by the medical team in case of necessity.

Bibs are to be collected, upon presentation of an ID, in the withdrawal space in the village exhibition at the Parc Expo in Caen on **Friday 14<sup>th</sup> of June, 2019 and Saturday 15<sup>th</sup> of June, 2019.**

For team registrations, if the Regulations of participation in team in Les Courants de la Liberté are respected, the mode of withdrawal of bibs depends on the option chosen by the team leader in the same Regulations. The team leader has the responsibility to inform the members of the team of the mode of withdrawal of their bibs.

For the Relais Marathon, bibs are to be collected by a team representative upon presentation of an original ID. The participant will see handing 4 bibs of identification of the relay runners, and a bib for the timing as well as a belt to attach this timing bib which will be to restore on arrival.

For the Rollers de la Liberté, whatever is the mode of registration, the bib and the timing chip will be to remove on the village exhibition individually against of a €100 deposit check which will be collected in case of not return of the timing chip at the end of the race.

Except for withdrawal grouped by the team leader, for all bibs collected by a third person, the latter must provide an ID and a photocopy of the ID of the person for whom he or she is collecting the bib. It is mandatory to present an identity document. Without proof of identity, no bib can be collected and no allowances will be made.

**No bibs will be issued on the morning of Sunday 16<sup>th</sup> June 2019.**

#### **Article 15 – Timing**

##### **Le Marathon de la Liberté / La Pegasus Half Marathon / Le 10 km Crédit Agricole Normandie**

Timing is carried out using a disposable electronic timing system that is attached to the bib. The system issues each participant with his real race time, no matter how long is the wait at the start. However, the ranking is established using the official time and not the real time.

These races having a FAF Label, their rankings are submitted to the validation of FAF Officials. The complaints on rankings must, as indicates it the FAF regulations, be made within 30min after display of results on site.

The prize list is available on the web site [www.lescourantsdelaliberte.com](http://www.lescourantsdelaliberte.com). For athletes with minimum level N3, only those authorised by the Organising Committee to participate at the elite level will be eligible in the bonuses of this list.

##### **Relais Marathon**

Timing is carried out using a disposable electronic timing system that is attached to the timing bib. Each participant will have a personalized bib and the group will have a timing bib with the chip as well as a belt to attach this timing bib.

Runners' order indicated at the registration is not important and does not necessarily correspond to the order of relay. On the other hand, every participant has to carry the bib which corresponds to him because this one allows his identification by the organization and by the medical team.

The timing carpet will range input or output relay traffic areas. It is mandatory that each relay runner have passed the timing carpet regards to the performance of the group is registered.

### **Rochambelle**

Only for runners, timing is carried out using a disposable electronic timing system that is attached to the bib.

The timing implies the necessity of supplying a proof of ability (article 11). The participants who will not have supplied a valid proof of ability before **May 19th, 2019** will automatically be transferred as walkers.

Other participants to the Rochambelle will have a bib without chip.

### **Rollers de la Liberté**

Timing is carried out using an electronic timing system attached to the participant's ankle. This system issues each participant the number of laps that he or her as made.

A €100 deposit check will be asked at the withdrawal and will be collected in case of not return of the timing chip at the end of the race.

### **The organisation declines all responsibility for the electronic timing system's functioning.**

Bib will have to be completely readable during the race. Participants who will not carry their bib very visible will be disqualified and will not appear in the ranking.

### **Article 16 – Insurance**

#### **Civil liability**

In accordance with the law, the organiser has taken out an insurance policy that covers the consequences of its civil liability.

#### **Individual accident**

Licensed participants benefit from the guarantees granted to them by the insurance related to their licence. It is the responsibility of non-licensed participants to insure themselves personally with an 'Individual Accident' policy and to ensure that "road race" or "rollerskates" is mentioned on the insurance certificate.

### **Article 17 – Traffic on the race route**

Pushchairs, bicycles, wheeled\* and/or motorised vehicles and animals are all strictly prohibited on the race route.

Only police, rescue service and organiser's vehicles that are officially marked and/or vehicles driven by a person carrying an official letter of accreditation are authorised to drive on the race route.

The unregistered people or not carrying their bib are not authorized to circulate on the race route.

*\* except rollerskates for the Rollers de la Liberté*

### **Article 18 – Give up**

Every participant wishing to give up will have to present himself to the fuelling station or to the aid station to give his bib and be taken care if he wishes by the organizer.

### **Article 19 – Disable sport**

There are no specific disabled sport races organised as part of Les Courants de la Liberté. Wheelchair users are therefore not authorised, for safety reasons, to participate in Le Marathon de la Liberté, Le

Relais Marathon, La Pegasus Half Marathon, Les 10km Crédit Agricole Normandie or Les Rollers de la Liberté.

Disabled people are only authorised to participate in La Rochambelle if they position themselves in the designated area assigned to them at the start. A disabled person can be accompanied with five people maximum.

On an exceptional basis, and only following an authorisation issued by the organiser, a participant will be able to run pulling a single-wheeled chair in Le Marathon de la Liberté, Le Relais Marathon, La Pegasus Half Marathon and Le 10 km de la Liberté.

5 single-wheeled chairs are allowed on each race and they must position themselves at the back of the group at the start. In the event of an accident caused by the presence of a single-wheeled chair on the route, the organiser will not be held responsible under any circumstances and no damages can be claimed from the organiser.

So that the medical team can take care quickly of the person in the single-wheeled, this one will have to be also registered and carry his or her bib. His registration is offered by the organizer.

## **Article 20 – Particularities of Les Rollers de la Liberté**

### **Authorized gear**

The participants of Les Rollers de la Liberté are only authorized to use in-line skate and quad skate (except specific authorization by the organisation)

### **Protection wearing**

A helmet must be worn at all times under sentence of exclusion.

Protective gear is heavily recommended.

### **Race's Official and Roller Staff**

An official assures the race's organisation and its security during the event. The official is assisted by an assistant and a wheeled staff.

### **Comportment of the road**

- Participants must use exclusively the roadway.
- It's forbidden for participants to help others in a clear and intentional way of keeping or increasing their speed.
- Physical hand contact between participant is allowed if without traction or propulsion.
- It's forbidden to make a U-turn or run the wrong way on the circuit.
- It's allowed to take a break on the race, the participant must stay on the circuit and be careful not to obstruct the path.
- Make a brief break on the race is allowed. Participants don't have to run during 2 hours.
- It's strongly recommended to be prudent before changing direction by verifying that there's no danger in the front, back and sides.

### **Exclusion cases**

Every participant who wouldn't respect the preceding rules would be warned by the race's official or the wheeled staff.

Participants will be ban from the circuit if they:

- don't respect two previous call to order,
- exit the circuit during the race,
- don't wear a helmet despite a call to order,
- don't wear their bib visibly on the torso despite a call to order,
- put in danger their security and the other's
- don't followed the rules of comportment on the circuit.

### **Finish line and ranking**

The race ends after 2 hours with the order from the race's official: all participant who pass the finish line must stop. All participants who pass the finish line just before the end will be allowed to finish their lap. It'll be counted.

The winner is the one who realize the greatest number of laps.

### **Article 21 – Sustainable development and environmental respect**

Respectful of its environment, the organization committee of the Courants de la Liberté is committed in sustainable development through Les Courants de la Liberté. Participation in related events constitutes acceptance of participant for actions implemented.

### **Article 22 – Cancellation and neutralization**

In case of extreme circumstances, a natural catastrophe, climatic conditions, sanitary conditions, or any other circumstances, particularly those putting the safety of competitors in danger, the organiser reserves the right to cancel or neutralize one or several of the races without the competitors being able to claim any refund whatsoever.

### **Article 23 – Image rights**

All participants authorise the organisation as well as its beneficiaries, such as the media and partners, to use still or audio-visual images taken at Les Courants de la Liberté without financial compensation, on all media including promotional and advertising material created and distributed around the world and for the longest duration provided for by the law, regulations and treaties in force, including for any possible extension which could be added to this duration.

### **Article 24 – Personal details**

In accordance with the accordance with the French Data Protection Act no. 78-17 of 6 th January 1978, participants have the right to access and rectify data that concerns them. Participants may receive propositions from other organisations, companies or the FAF through the Organising Committee of Les Courants de le Liberté. If the participants do not want this to happen, they must tell the organisation in writing indicating their full name, address, and race and bib number.

By registering in a team, participants accept the communication of their address, e-mail address and phone number to the team leader.

### **Article 25 - Acceptance of the Regulation**

Entering one of Les Courants de la Liberté races implies your acceptance of these rules and regulations.