



DÉFI SPORTIF
ALTERGO

MINI MARATHON

Défi sportif AlterGo 2024
School sports rules



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1. REGISTRATION

1.1. Registration platform

For registrations, connect to [the registration platform](#). Each school is responsible for its registrations.

1.2. Registration limit

There are **no registration limits**. A school can register as many participants as it desires except for the 1km with being accompanied.

An athlete registered for the mini-marathon cannot participate in the Boccia event on that same day. Sportswear is mandatory for all athletes and chaperones participating in the recreational race, as well as for guides accompanying athletes with visual impairments.

2. EVENTS

DISTANCE	STYLE	DIVISION	MAXIMUM TIME*
500 m or 1 km	Recreational running	All limitations with or without being accompanied (no rankings or medals)	25 minutes
500 km	Run	All limitations without being accompanied (Elementary and physical disability only)	15 minutes
1 km	Run	With or without a physical disability <u>with</u> being accompanied (max 4 per school)	20 minutes
1 km	Run	With mobility aid (example : walker, crutch) without being accompanied	20 minutes
1 km	Run	Visual disability	20 minutes
1 km	Run	With a physical disability <u>without</u> being accompanied	20 minutes
1 km	Run	Without a physical disability <u>without</u> being accompanied (no registration limits)	20 minutes
1 km	Manual wheelchair	With a physical disability <u>without</u> being accompanied	20 minutes

1 km	Adapted bike	With a physical disability <u>without</u> being accompanied	20 minutes
1 km	Tricycle	With a physical disability <u>without</u> being accompanied	20 minutes
3 km	Run	All limitations <u>without</u> being accompanied	30 minutes

Note: If an athlete does not finish within these time limits, he will receive a "participation" mention as a result.

2.1. Events – Special case

2.1.1. Recreational race

Athletes participating in this race have the choice to walk, run, or move using their chair, walker, or other. A **minimum of physical effort is required from all athletes according to their individual ability, as well as from those involved with the athletes.**

At the mass start, students can be accompanied.

There will be no medal presentation for this category, nor a chip on the athlete's bib.

2.1.2. 1km run being accompanied

Division for athletes diagnosed with a mild to moderate intellectual impairment or autism with intellectual impairment symptoms. Only four athletes per school can be subscribing for this race.

2.1.3. 1km Adapted bike event

For this event, athletes can use a competition tricycle or a bicycle with large stabilizing wheels at the rear (see photo).

Small commercial rear training wheels will not be accepted.



2.1.4. 1km Tricycle event

Only adapted tricycles single speed may be used for this category.



3. RULES

- Respect for others and officials at all times.
- Pushing an opponent or any act that aims to hinder the performance of another participant will receive a warning. The athlete will be disqualified after two warnings.
- If there are still athletes on the tracks after the duration time of each event, the end of the course will be indicated by a loud signal and red flags. At the sound of the signal, all athletes must stop and follow the instructions of the officials to leave the track.

4. STARTS

- Athletes must respect the start signal. A false start will lead to immediate disqualification. Athletes must be ready and in line before the start signal. Tardiness will lead to immediate disqualification.
- The start signal includes two steps: A count of 5, 4, 3, 2, 1 followed by the movement of the red flag down.

5. ARRIVAL

Time is calculated from the moment the athlete passes on the starting mat until his return to the finish.

If an athlete does not finish within these time limits, he will receive a "participation" mention as a result.

6. GUIDE

Only visually impaired runners will be allowed to have a guide during an unaccompanied race. In the opposite case, the athlete will be disqualified and will have a "participation" mention as result. The guide must wear a bib which will be given to him before the event.

7. CASES OF DISQUALIFICATIONS

Athletes **must respect the starting signal**. In case of false starts, there will be no restart. A false start will result in automatic disqualification.

Athletes **must be on time** in their respective queues, according to their departure time. A delay will automatically result in the disqualification of the athlete and there will be no restart.

Athletes **must respect their category**. If the athlete is registered in a "non-chaperone" Division and the assistance of an accompanying person is required, then the athlete will be disqualified and will have a "participation" notation as a result.

This is not applicable for athletes in the visually impaired category.

8. DRESS CODE

Sportswear is mandatory for each participant and strongly recommended for the speakers. **Wearing jeans, satchels, backpacks, etc. is prohibited for athletes and accompanying persons on competition surfaces.**

9. ROUTE

Mini-marathon take place at Parc Jarry, Montreal.



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