

**REQUIREMENTS**

To participate it is only necessary that your FIDAL license is valid on the date of the race.

**MEDICAL CERTIFICATE**

There is no need to provide the medical certificate: information on the validity of the certificate is contained in the FIDAL database, where we check the validity of your license.

**SUMMARY**

To finalize your entry, you will need to provide:

- **FIDAL license number**
- **FIDAL code of your running club**
- **scan of the Athletics Federation card**

**REQUIREMENTS**

To participate you must have a **RUNCARD**, valid on the date of the marathon. In addition, you must have a medical certificate of eligibility for participating in a competitive athletics event, valid at the date of the marathon.

**RUNCARD**

The RUNCARD costs 30 Euros (15 for those who are registered for a Sports Promotion Authority) and can be purchased on the website [www.runcard.com](http://www.runcard.com). After the purchase, the card will be sent you in digital form (by e-mail). The RUNCARD provides mandatory insurance coverage required by law, as you are not registered for an Athletics Federation.

**MEDICAL CERTIFICATE**

Being you resident in Italy and of Italian nationality, you must provide a certificate issued in Italy.

**SUMMARY**

To finalize your entry, you will need to provide:

- **RUNCARD number**
- **medical certificate**

**< GO TO A**

**Warning:** holding RUNCARD it is not sufficient. Participation is also subject to possession of a valid medical certificate [i.e. a valid medical certificate of eligibility for the practice of competitive "Athletics" (no other wording)]. If a valid medical certificate is not already present in the RUNCARD database, the medical certificate will be checked through the DataHealth service; therefore it is necessary that the medical certificate required under this regulation has been taken uploaded and validated, through the DataHealth service ([www.datahealth.it](http://www.datahealth.it)), at least 10 days before the race.

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**MEDICAL CERTIFICATE**

Being you resident in Italy (even if not of Italian nationality), you must provide a certificate issued in Italy.

**SUMMARY**

To finalize your entry, you will need to provide:

- **RUNCARD number**
- **medical certificate**

**< GO TO A**

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**Do you have a license from the Athletics Federation of your country?**

**NO**

**REQUIREMENTS**

License information is sufficient to participate. The license must be valid on the date of the competition.

**SUMMARY**

To finalize your entry, you will need to provide:

- **Federation license number**
- **Federation code of your running club**
- **scan of the Athletics Federation card**
- **self-certification of membership status**

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**REQUIREMENTS**

To participate it is only necessary that your FIDAL license is valid on the date of the race.

**MEDICAL CERTIFICATE**

There is no need to provide the medical certificate: information on the validity of the certificate is contained in the FIDAL database, where we check the validity of your license.

**SUMMARY**

To finalize your entry, you will need to provide:

- **FIDAL license number**
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To participate you must have a RUNCARD, valid on the date of the marathon. In addition, you must have a medical certificate of eligibility for participating in a competitive athletics event, valid at the date of the marathon.

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**MEDICAL CERTIFICATE**

Although not a resident of Italy, you are an Italian citizen, so you are required to provide a certificate issued in Italy.

**SUMMARY**

To finalize your entry, you will need to provide:

- **RUNCARD number**
- **medical certificate**

**< GO TO A**

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**Do you have a license from the Athletics Federation of the country where you live?**

**NO**

**REQUIREMENTS**

License information is sufficient to participate. The license must be valid on the date of the competition.

**SUMMARY**

To finalize your entry, you will need to provide:

- **FIDAL license number**
- **FIDAL code of your running club**
- **scan of the Athletics Federation card**
- **self-certification of membership status**

**< GO TO C**

**REQUIREMENTS**

License information is sufficient to participate. The license must be valid on the date of the competition.

**SUMMARY**

To finalize your entry, you will need to provide:

- **Federation license number**
- **Federation code of your running club**
- **scan of the Athletics Federation card**

**< GO TO C**

**REQUIREMENTS**

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**MEDICAL CERTIFICATE**

You must provide a certificate issued in your country, using a specific form filled in and signed by your doctor.

**SUMMARY**

To finalize your entry, you will need to provide:

- **RUNCARD number**
- **medical certificate**

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**Warning:** holding RUNCARD it is not sufficient. Participation is also subject to possession of a valid medical certificate (see below for the certificate requirements). If a valid medical certificate is not already present in the RUNCARD database, the medical certificate will be checked through the DataHealth service; therefore it is necessary that the medical certificate required under this regulation has been taken uploaded and validated, through the DataHealth service ([www.datahealth.it](http://www.datahealth.it)), at least 10 day before the races.

**The medical certificate issued in their own country must comply with all diagnostic tests prescribed by Italian law – see below:**  
Medical examination - Complete Urinalysis - Electrocardiogram at rest and after exercise - Spirometry. All statements and the reports of the examinations must be authentic, or the originals.

**Do you want to participate as a competitive runner or as a non-competitive runner?**

**COMPETITIVE RUNNER**

**REQUIREMENTS**

To participate you must fill out and sign the relevant Waiver Form when you will pick up the race packet at the Run Rome The Marathon Expo.

**Attention:** By choosing this option, the athlete will be starting in a separate grid at the end of the competitive event, independently of the relevant "Best Time". The race time will not be displayed in the general leader board but will rather only be available next to the Athlete's name, in alphabetical order, in a separate result table and the Athlete will not be able to receive any prizes.

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**NON-COMPETITIVE RUNNER**

## A) RESIDENTS IN ITALY, WITHOUT LICENSE/ ITALIAN CITIZENS, WITHOUT LICENSE

### PLEASE VERIFY THAT:

- RUNCARD has sent you the appropriate medical examination request form that you will have to hand in when you go for exams.
- on the certificate there is the wording «certificato di idoneità all'attività sportiva agonistica»
- on the certificate there is the wording «Art. 5 - D.M. 18/02/82»
- on the certificate the sport for which the certificate was issued is «atletica leggera»

### THE CERTIFICATE IS NOT VALID IF:

- it contains the wording «attività sportiva non agonistica», «attività ludico-motoria» or similar
- it contains the wording: «ad uso privato», «a livello occasionale», «atleta non avente la qualifica di agonista», «per persone non indicate dall'Art. 5» or similar
- instead of «athletics», terms such as «podismo», «running», «maratona», and the like are used
- disciplines other than «athletics» are mentioned, for example: «triathlon», «ciclismo», «calcio», etc.

## B) RESIDENTS ABROAD, WITHOUT LICENSE

According to the rules of the Italian Republic and the Italian Athletics Federation, to participate in a marathon in Italy, a foreign athlete who is not registered for an Athletics Federation must:

- provide a medical certificate (issued in his/her country) in compliance with the legislation on health protection in competitive sports practice in force in Italy
- possess a RUNCARD (issued by the Italian Athletics Federation) valid at the date of the race

### HOW THE CERTIFICATE MUST LOOK LIKE?

The official form to be handed to your doctor is the one you find at:  
[http://www.fidal.it/upload/files/Organizzazione/2019/Running/inglese\\_4.pdf](http://www.fidal.it/upload/files/Organizzazione/2019/Running/inglese_4.pdf) (in English),  
[http://www.fidal.it/upload/files/Organizzazione/2019/Running/francese\\_3.pdf](http://www.fidal.it/upload/files/Organizzazione/2019/Running/francese_3.pdf) (in French).

We recommend that you use this form only to avoid problems. If you already have a medical certificate, and you want to know if it is accepted, contact us in time (info@runromethemarathon.com).

### IT SEEMS COMPLICATED, ARE THERE ANY ALTERNATIVES?

Yes, you can sign up for a running club that is a member of the Athletics Federation of your country! Check the website: [www.iaaf.org](http://www.iaaf.org).

## D) RESIDENTS ABROAD, WITHOUT LICENSE, NON-COMPETITIVE RUNNER

To participate you must fill out and sign the relevant Waiver Form when you will pick up the race packet at the Run Rome The Marathon Expo.

### RECOMENDATIONS

**We recommend that you consult your primary care doctor about participation in the race and have a physical examination and a cardiac examination, particularly if any of the following items (1 to 5) are applicable to you:**

- 1) Are you currently undergoing treatment for, or have you ever been diagnosed with a cardiac disease (cardiac inflation, angina pectoris, cardiomyopathy, valvular disorder, congenital heart disease, irregular heartbeat, etc.)?
- 2) Have you ever suddenly lost consciousness (fainted)?
- 3) Have you ever felt chest pain or dizziness when you were exercising?
- 4) Has your relative suddenly died because of a so-called "heart failure" (sudden death)?
- 5) Has it been more than a year since your last physical examination?

**Please note that the following items (6 to 9) are risk factors for Myocardial infarction and angina pectoris. Please consult your primary care doctor if any of these are applicable to you, and keep your physical condition stable before participating in the race.**

- 6) Is your blood pressure high (hypertension)?
- 7) Is your blood-sugar level high, or have you ever been diagnosed with diabetes?
- 8) Do you have a high LDL cholesterol level or neutral fat level (hyperlipemia)?
- 9) Do you smoke?

Your primary care doctor is the physician closest to you who can help you manage your health and physical condition. Carefully choose your primary care doctor and discuss your required physical examinations, and whether or not you can participate in the race.

## C) ATHLETES WITH LICENSE FROM A FOREIGN FEDERATION

To participate, just provide your license information and selfcertification of the license status, using the form that you can find at:  
<http://www.fidal.it/upload/files/Organizzazione/2017/Autodichiarazione%20Tesseramento%20inglese.docx>