

A B A F

Association of the Balkan Athletic Federations

Rules governing the organisation of **BALKAN MOUNTAIN RUNNING CHAMPIONSHIPS**

The Championships will be staged on one day every year. The date shall be proposed by the candidate country, and must be approved at the relevant ABAF Congress.

1. Programme:

The categories and the distances are as follows:

Junior Women	:	Approximately 4 km
Junior Men	:	Approximately 8 km
Senior Women	:	Approximately 8 km
Senior Men	:	Approximately 12 km

The course profile is subject to the decision of the organiser, however, it shall be uphill/downhill in even years and mainly uphill in odd numbered years in principle.

2. Entries:

- 2.1. The Championships is a team and individual competition.
- 2.2. A maximum of 4 athletes from each team may start in each race.
- 2.3. "Out of competition" athletes are accepted. Such athletes will not be eligible for medals.
- 2.4. Countries which do not have a complete team may enter individual athletes in any category.
- 2.5. Only athletes aged from 15 to 19 may compete in junior races. No athletes younger than 18 years shall be accepted in the senior races.

3. Scoring:

- 3.1. Each race shall be scored separately. In all races, 3 athletes shall score.
- 3.2. The team results shall be decided by the aggregate of placings of the best three athletes of each team. The team with the lowest total points will be the winner.
- 3.3. If a team finishes with less than three athletes, it will not be classified in the team result. The athletes finishing shall be eligible for individual placings.
- 3.4. No adjustment to the placings shall be made in respect of non-scoring or individual athletes.
- 3.5. In case of a tie, it shall be resolved in favour of the team whose last scoring athlete finishes nearest to the first place.

4. Financial Obligations:

- 4.1. The host Federation shall cover the board and lodging expenses for a maximum of 3 nights of a maximum of 21 persons, that is 16 athletes and 5 officials (A maximum of 25 persons of whom 9 are officials, at the first edition in 2008 only).
- 4.2. The visiting delegations shall pay travelling expenses in both directions to and from the venue of the competition.
- 4.3. Local transport shall be arranged and paid for by the host Federation.
- 4.4. The host Federation shall also cover the board and lodging expenses for one ABAF delegate.
- 4.5. The travelling expense of the ABAF Delegate shall be covered by the ABAF.

5. Awards:

- 5.1. First three placed athletes in each race shall receive medals.
- 5.2. First three placed teams in overall scoring shall receive trophies.

6. Ceremonies:

- 6.1. An Opening Ceremony shall be held where conditions are conducive. The order of the Opening Ceremony shall be at the discretion of the host Federation.
- 6.2. At individual victory ceremonies, the first three placed athletes shall mount on the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. Playing of national anthems is also optional at the discretion of the host Federation.
- 6.3. At teams' victory ceremony, the captains of the first three placed teams shall mount on the podium. The flags of their respective countries shall be hoisted when the conditions are conducive. Playing of national anthems is also optional at the discretion of the host Federation.
- 6.4. A Closing Ceremony may be held at the competition venue at the discretion of the host Federation. A Closing Banquet in the evening of the competition for all participants is traditional but not compulsory.

7. Doping Control:

No doping control shall be conducted.

8. Printed Materials and Announcements:

Every kind of printed material intended for distribution to participants such as invitation letters, information notes, bulletins, competition documents, official result sheets as well as the announcements during the competition shall be either in English, or in both English and in the language of the host country. All printed materials must contain the official ABAF logo.