



**Central Gauteng Athletics
Road Running
Rules and Regulations
Manual**

ROAD RACE APPROVAL RULES

Hosting a Road event in CGA begins with an application for a race date. This usually opens in November of the preceding year e.g. November 2017 till end of February 2018 for the 2019 fixtures calendar. Clubs wishing to secure a date on the fixtures list have to apply in writing and attend the various road fixtures meetings. The official application form must be completed and signed by the designated office bearers of the club. Any club not in good financial standing with CGA will **NOT** be allocated a date on the official race calendar. Clubs cannot apply for events on behalf of other organisations that are not affiliated to CGA. Clubs may, however, work in conjunction with a non-affiliated organisation to host a race, but do so on the understanding that ultimately the club is responsible for the event.

Clubs with a race date on the race calendar must also submit their race flyer/entry form to the CGA office and Road Commission for approval at least eight weeks prior to the event. Approval must be obtained before the flyer is printed and distributed and before entries open.

All clubs holding events in CGA must adhere to the following race rules:

1. The event is held under the rules of ASA and CGA.
2. Athletes indemnify the national, provincial and regional bodies, sponsors and organizers of the race against any or all actions of whatsoever nature, whatever the same may arise out of their participation in the race.
2. All athletes participate at their own risk. Athletes acknowledge by entering the event that they are medically fit to participate. All athletes must supply the name and contact number of their next of kin on both the race number and entry form.
3. Licensed athletes must wear club colours and their 2022 license number back and front, on the upper body of the garment and the issued race number worn on the front of vest without concealing the sponsors names. Licensed athletes who do not wear their 2022 license numbers must purchase a temporary license on the day or face disqualification.
4. Temporary licensed athletes to wear plain clothing with the issued temporary license on the back of their vest.
5. Athletes competing for category prizes must wear clearly visible age tags of the appropriate size, on the back and front of their running vest.
7. No seconding allowed.
8. International Athletes must provide a clearance letter (from their country of origin) to the organizers and chief referee prior to the start of the event. Prizes will be withheld if this rule is not adhered to.
9. Walkers competing for Walkers prizes (if any) must wear Walker tags on the front and back of their running vest and adhere to IAAF rule 230.
10. No blades, cyclist or mechanically operated devices allowed in the race
11. No 2, 3 or 4 wheel carts/prams which are mechanically or manually operated by participants, or wheelchairs athletes will be permitted to participate without special permission has been granted from the race organiser. All such participants MUST start at the back of the field.
13. No animals/pets are allowed to participate.
14. Only South African athletes are eligible for team prizes. The domicile rule applies.
15. All instructions from traffic and race officials must be obeyed at all times.
16. Proof of age for prize winners is required and must be presented to the referees before prize giving. Prizes will be withheld until all the necessary details of the winners are confirmed.
17. Only those who have completed all the information required in the race entry/number are eligible for prizes.
18. No refunds.

19. No earphones, iPods and the like allowed and contravention of IAAF rule 144.2b, may lead to disqualification.
20. Athletes may not run with another athlete's race number unless by prior arrangement with the race organizer.
21. The race organizer retains the right to refuse entry and eject persons under the influence of drugs or alcohol, who are disorderly, or engage in inappropriate behaviour, vandalism or evade paying for admission.
22. Athletes who participate without buying a race entry will be disqualified, will not be entitled to any benefits associated with the race and will be liable for a double entry fee charge. Habitual offenders (those who regularly participate without purchasing a race entry) will be called to a CGA disciplinary.
23. Licenced athletes not wearing club colours may face disqualification.
24. Littering is not allowed. Athletes are to dispose of any litter in appropriate bins. Athletes can be disqualified if they litter.
25. Objections/disputes must be lodged within 30 minutes before and after prize giving in writing to the chief referee accompanied by R500.00 which is refundable if the appeal is upheld.
26. No athletes should be denied his prize money if he/she has entered a race, and allowed to start without an electronic chip, providing that the referees have spotted him/her at each and every check point. This implies that the athlete has ran the entire race and won fairly.
27. Foreign athletes are not allowed to run with a ASA Provincial license and are required to purchase a temporary license or face disqualification. (Refer to IAAF rule 4.)
28. Foreign athletes are not allowed to run in club colours unless such club exist in their country of origin or they are in possession of a refugee status permit or are naturalized citizens of RSA.

Age requirements are race/distance dependent:

1. 5km: Minimum age is 5 years.
2. 10km: Minimum age is 14 years.
3. 15km: Minimum age is 16years.
4. 21.1: Minimum age is 16 years.
5. 32km: Minimum age is 19 years.
6. 42.2km: Minimum age is 20 years.
7. Ultra: Minimum age is 20 years.

Note: there are separate and additional Race Walk rules. Please contact the Race Walk Commission in this regard.

Flyers

1. To be submitted to CGA office prior to printing and/or going on line/the web.
2. The CGA office may take up to 7 days to approve your flyer, depending on our own deadlines, the number of corrections needed and other factors (such as loss of electricity, cable theft. Please bear this in mind when submitting your pamphlet/flyer.
3. We do not approve flyers retroactively.

Flyer/Pamphlet Requirements:

- a. Name of organizing club.
- b. Date of race/s.
- c. Venue – including directions, GPS coordinates, physical address.
- d. Distance/s.
- e. Sponsors Name (if relevant).
- f. Entry Fee/s and any additional costs.
- g. Starting time/s and cut off time/s.

- h. Date/ time from which entries will be accepted/no longer accepted.
- i. Pre-entry closing date (if relevant).
- j. Temporary license cost.
- k. Enquiries: name and telephone numbers (not just an email address).
- l. Prize Giving time and full prize list (monies, medals).
- m. List of handouts to all athletes (if any and stipulate numbers e.g. first 500 finishers/entries etc).
- n. Full prize list to be paid in cash¹.
- o. Maximum prize monies must be within ASA limits.
- p. Reflective material is compulsory for all night races/events.
- q. Results – where and when available.
- r. Tog bag areas are very important to athletes. Please where possible make provision for one (which is also safe and easily located).

Note:

If an official Walkers race is being held on the same day/same course, then a separate start time for such a race is required. Additional Walkers Judges (referees) are also required.

Point-to-point races are logistically more complex, require transportation to be available and are more costly. Please bear this in mind should you be hosting such an event.

CGA ROAD RUNNING DOMESTIC RULES

PREAMBLE

These Rules may not be in conflict with the constitution of CGA or ASA or the rules of CGA, ASA or the IAAF.

All road races organised by affiliates of ASA are subject to the Rules of ASA and this must be stated in all announcements, advertisements, programmes and printed matter related to the race.

These rules are subject to the approval of ASA and may only be amended by them.

GENERAL RULES APPLICABLE TO SA CHAMPIONSHIPS

1. If an athlete knows he/she will not be available to compete in a Championship, he/she must advise the CGA office that they are unavailable.
2. If an athlete qualifies for a different category (senior to veteran) between the date of selection and the Championships, he/she must advise the CGA office or the selectors before selection takes place.
3. No individual entries are allowed at the SA Championships.
4. The Road Commission selection committee reserves the right to consider any and all registered CGA athletes for selection to the ASA Championships.
5. Athletes who were representing South Africa will be considered for selection, provided they have formally requested such consideration (in writing) and furnished the details concerning their international involvement.
6. Selectors' discretion will apply in dealing with merits of each athlete's case. All decisions in this regard will be considered final once ratified by the CGA board.
7. Athletes, coaches, parents and clubs are thanked in advance for respecting the selectors' decisions.
8. Athletes, coaches, parents and clubs must note that although CGA endeavours to secure the necessary funding for participation, selections may be informed by budgeting constraints.

Selection Rules and Regulations to represent CGA

Athletes who accept the offer agree to the following terms and conditions:

1. All athletes have to confirm in writing or in person to the CGA office that they accept an invitation to represent the province.
2. Any athlete who accepts selection and then withdraws prior to a Championship event may not partake in any athletics event held on the day of the championships or any event held within seven (7) days following the Championships.
3. An athlete who withdraws during a Championship race, may not partake in an event held within seven (7) days following the Championships.
4. Any athlete who has been selected but withdraws due to illness/injury must forward a doctor's certificate to the CGA office.
5. Withdrawals from the event will not be accepted after the scheduled team meeting unless for medical reasons.
6. All selected athletes must attend the team meeting. Athletes who do not attend the team meeting will automatically forfeit their right to participate in the selected event.

Athletes accept selection on the basis that:

1. They have been/are in training and so are ready to race the event.
2. They are injury free. Should the athlete later on fail to participate in the event due to medical reasons, a bona fide medical doctors letter to that effect must be provided to CGA.
3. They will run in CGA colours as part of the CGA team. No one can run for their club on the day.
4. Athletes are required to run in plain black shorts/running pants and it is the full responsibility of the athlete to ensure that they have such shorts/pants.
5. Age category athletes must wear the correct age tag on the front and back of their vests on race day for the entire duration of the race. It is the responsibility of the athlete to ensure that they are in possession of these tags.
6. If the event requires some sort of timing chip, then the athlete must ensure that they have such a chip and wear it on the day.
7. That unless they are ill or injured, and barring an Act of God, they will be on the start line of the race on time for the official start.
8. Unless an athlete seeks medical attention during the race and is then advised to retire from the race for medical reasons, the athlete is than not expected to finish the race.
9. No athletes will be allowed to start a championship race late.
10. Athletes must remain at the event until the official prize giving is complete.

Athletes who agree to these terms and conditions will be held to them.

Should the athlete fail to start the race, drop out during the race, fail to wear CGA colours/timing chip (if necessary)/race number/age tags, the athlete and their club will be held responsible for reimbursing CGA for any and all costs incurred.

Athletes who bring CGA into disrepute by falsely stating their age category, gender category, cheating during the race and/or failing to comply with the rules of the race will a) face a disciplinary hearing and b) both the athlete and their club will be held responsible for reimbursing CGA or any and all costs incurred that were associated with their participation in the event.

All athletes representing CGA at an official Championship event must have valid proof of ID with them for the team meeting and the event and must be able to produce this upon request.

CGA Virtual runs

- Applications should be submitted to CGA at least 3 months before the race
- Licensed athletes covered by ASA insurance – if it's on CGA virtual run calendar and approved by CGA
- Advert must include 'under the auspices of CGA/ASA
- Disclaimer to be included on the event flyer/ entry form indemnifying CGA/ ASA and the race organiser from any claim other than medical insurance covered by ASA licenses.
- Results will not be considered for selection criteria
- Clubs encouraged to have a virtual run option on their fixture date – medal maybe an option including other give always by the race organisers
- Ensure that individual participant adhere to Covid-19 Lockdown Alert level or any applicable level regulations and protocols.
- Rules and Regulations of the run must be aligned to Athletics Rules.
- Respect organising clubs route – no seconding on race day without clubs permission
- Race Levies (10% of entries) is payable to CGA if there is an entry fee charged for participation on the race within 14 days after the event.

CGA Club runs

- The Safety at Sports and Recreational Events Act 2 of 2020 provides guidelines
- Licensed athletes covered by insurance – if no fee involved
- Clubs encouraged to take out public liability insurance to cover themselves for unlicensed athletes at club runs and time trials
- Routes should not coincide with an approved CGA ROAD RACE on the fixtures
- During Lockdown groups of not more than 10 to start together, stagger starts
- Clubs to ensure the safety of runners at all times
- No entry fee must be charged for these runs, only donations can be done of any amount to the club.
- All club run adverts must be indicate that this is club run

OFFICIAL FUN RUNS (Those who are on the official race fixtures list):

1. All Fun Runs must be held under the auspices of a body affiliated to ASA. Such runs are subject to the rules or conditions of CGA or ASA. Both bodies reserve the right to change the rules and conditions pertaining to fun runs as and when necessary. Both bodies reserve the right to limit the number of fun runs approved in any calendar year.
2. All Fun Runs shall be held only on a date approved by the CGA Road Running Commission and according to the stipulations of that Commission. No fun run may exceed 8 km in distance. Licensed and unlicensed athletes may participate in these events.
3. Fun Runs will only be sanctioned if they comply with all the rules, stipulations and conditions laid down by the CGA Road Running Commission.
4. PRIZES AND PARTICIPATION PAYMENTS: Neither performance prizes, nor participation payments whatsoever may be offered at a Fun Run.

5. All fun runs must have an official cut-off time.
6. Clubs affiliated to CGA/ASA are welcome to apply to host a fun run providing the fun run is for the purposes of building athletics and/or the club. No club affiliated with CGA/ASA may act as a 'front' for any non-affiliated event organizer².
7. Race levies are automatically payable when a fun run (regardless of distance or purpose) becomes, or is, a mass participation event (i.e. 3000 or more entrants). This is non-negotiable.
8. Race levies will be payable on the number of official finishers unless remotely sensed systems are used, in which case they are payable on the number of entries. If no approved system is in place to record official finishers, levies will be payable on the number of entries. Levies are 10% of the total entry fee and are payable to CGA within two weeks of the event.
9. A fun run hosted by an affiliated club scheduled as part of another race for the day e.g. 21/10/5km fun run does not have to pay race levies unless it is a mass participation event as per Rule 7 above.

Fun Run Rules – organizers please take note

1. Fun Runs are open to both males & females over the age of 9 years on race day.
2. No seconding is permitted.
3. All runners/walkers must obey the marshals and traffic officers at all times.
4. Refreshments must be available.
5. Wheel chair athletes are welcome although T and Cs determined by race organizers will apply.
6. No mechanically operated devices, blades or cyclists allowed for safety reasons.
7. All fun runs are held under the rules of the A.S.A and C.G.A. Athletes indemnify the national, provincial and regional bodies, sponsors and organizers of the race against any or all actions of whatsoever nature, whatever the same may arise out of their participation in the race.
8. Participants enter and compete at their own risk.
9. Participants with prams must start at the back of the field.
10. The wearing of headphones/earphones is prohibited.
11. No refunds will be entertained whatsoever.
12. Athletes must ensure they are medical fit to participate.

Application for CGA sanctioning of ad hoc applications for fun runs

Applications for the sanctioning of ad hoc fun runs need to follow the process laid out below:

Definition: An ad hoc fun run is a run that is not on the official CGA annual fixtures list.

1. All applications must be made in writing to the CGA office at least two months ahead of the proposed date. If sanctioned, the flyer/race entry form must also be approved by CGA.
2. Clubs affiliated to CGA are welcome to apply for a fun run on an ad hoc basis providing the fun run is for the purposes of building athletics and/or the club.
3. No club affiliated with CGA/ASA may act as a 'front' for any non-affiliated event organizer³.
4. Local/provincial or national government departments are welcome to apply for a fun run on an ad hoc basis providing the fun run is in line with the policies and mandates of said department and is for the purposes of building health, fitness and/or community development.

- 5 All fun runs must be planned for Saturdays unless very good reasons can be furnished for another day of the week. CGA reserves the right to instruct the applicant to change their preferred date for reasons such as (but not limited to) clashes with an officially sanctioned event or traffic congestion in the area where the event organizer wants to host an event.
- 6 All fun runs MUST comply with, and be organized under, the rules of CGA and ASA.
- 7 Race levies are automatically payable when a fun run (regardless of distance or purpose) becomes, or is, a mass participation event (i.e. 3000 or more entrants). This is non-negotiable.
- 8 Applications from non-affiliated organizations/individuals:
 - a. Such applications MUST be accompanied by a 'partner' that is, an affiliated road running club (not an individual athlete). This partner club will be viewed by CGA as responsible for the event and any and all monies that may be payable to CGA.
 - b. All race/events that fall into this category must note that they are automatically liable for race levies.
 - c. Such fun runs must also have some sort of athletics related developmental objective to the race – this can include a) partnering with a club/s in a disadvantaged area b) holding the race in a disadvantaged area c) donations to CGA's developmental fund or d) another suitable arrangement negotiated with CGA.
- 9 Unless the purpose of the fun run is raise monies for a registered NPO, registered school or registered religious organization, race levies will be payable to CGA. Written proof of such a purpose is required. Such applications must be accompanied by a 'partner' that is, an affiliated road running club (not an individual athlete) who will be viewed by CGA as responsible for the event and any and all monies that may be payable to CGA.
- 10 Race levies will be payable on the number of official finishers unless remotely sensed systems are used, in which case they are payable on the number of entries. If no approved system is in place to record official finishers, levies will be payable on the number of entries. Levies are 10% of the total entry fee and are payable to CGA within two weeks of the event.
- 11 Ad hoc applications will automatically be rejected if:
 - a. The proposed date coincides with a date on the annual CGA race fixtures list.
 - b. The proposed distance is longer than 7.9kms.
 - c. Other relevant stakeholders, such as JMPD/EMPD have not sanctioned the event.
 - d. The organization has already advertised the event and taken entry fees ahead of applying for sanctioning.
 - e. The application is from a political party or political organization.
 - f. The applicant owes monies to CGA and/or did not comply with the rules and regulations of CGA previously.
- 12 Ad hoc sanctioning cannot be applied for on a continuous basis. If the fun run is to be an annual event, then applications must be made for the event to be placed on the official CGA race fixtures calendar.

PHYSICAL ASSISTANCE

1. Athletes may receive assistance during an event, provided this assistance is not considered excessive and does not give the athlete an unfair advantage over other competitors. Such assistance may range from advice, intermediate times, massaging, changing of shoes, etc.
2. Practices which are definitely not allowed, include the following:
 - 2.1 Pacing (non-competitive running) which is defined as someone running alongside another competitor, where the pacesetter -
 - 2.1.1 is not a bona fide entrant in the race;
 - 2.1.2 athlete has been lapped
 - 2.1.3 Re-joins the race after having temporarily retired;

2.1.4 does not start with the other athletes

(A second may run alongside an athlete for a distance not exceeding 100m - such distance considered being adequate to hand him/her a bottle or sponge and to receive it again. Apart from the above, no bystander, team manager or any other interested person may run with a competitor for any distance whatsoever.)

2.2 An athlete may not be physically supported by any person, including Medical Personnel or other competitors at any stage during the race.

2.3 Although men and women often run together, technically speaking they are running separate races. A man who is entered in the men's race but then obviously and intentionally runs with a woman, in order to give her an advantage, is therefore guilty of contravening the pacing rule.

2.4 A decision on whether an athlete was excessively helped or whether assistance given altered the result of the race, rests with the referee and the Jury of Appeal. They may at their discretion, reverse or alter positions or disqualify an athlete. Such action will usually follow an objection.

REFRESHMENTS

There are no restriction on the number of times that a runner may be offered refreshments during a road race, or what the nature of the refreshment shall be, provided that:

1. Illegal stimulants in terms of the IAAF ruling are not used.
2. The domestic rules of the race organisers are not transgressed.
3. Seconds do not create traffic hazards or interfere excessively with the normal flow of traffic along the road.
4. Seconding is not conducted directly from a vehicle (including two wheeled) whether stationary or moving.

ILLEGAL STIMULANTS

All participants in road races are subject to the doping regulations as laid down and applied by ASA and the IAAF.

MEDICAL FACILITIES

1. A doctor or suitable qualified paramedic/s with facilities to treat athletes suffering from heat exhaustion, **must** be available to report to the finish.
2. Other first aid attendants must be on duty in a mobile vehicle along the route. They shall carry water and ice packs with them.
3. A competitor must retire at once from the race if ordered to do so by a member of the officially appointed medical staff. Failure to comply may result in disciplinary action.

SAFETY

The organisers of all road races must take care to ensure the safety of all competitors. Marshals and/or traffic officers stationed at various points along the route must be obeyed at all times. No animals will be permitted to run with their owners. Traffic cones must be deployed as and where indicated by the relevant traffic authority.

No 2, 3 or 4 wheel carts/prams, which are mechanically or manually operated by participants, will not be permitted to participate without the special permission of the organisers and traffic authorities. Where they are allowed to participate they must start at the back of the field and participate in single file.

OFFICIALS NECESSARY AT ROAD RACES

All officials must report to their posts at least 15 minutes before their duties commence, unless instructed to report earlier, by the race director.

RACE REFEREE

1. The Senior Race Referee is the most senior official and should oversee and can overrule the decisions of other officials.
2. The Race Referee ensures that the rules of Road Running are correctly applied and is there for the benefit of the runner.
3. It is the duty of the Race Referee to ensure “fair play” amongst runners competing for prize positions. It is the duty of the organising club to ensure the road race is run in accordance with the rules and regulations of ASA.
4. An Athlete must be notified of any disciplinary or penalising action against him/her within 30 minutes of the conclusion of the event. This not being possible due to the athlete’s absence, the controlling body will notify him/her
5. A runner who is disqualified has the right to lodge an appeal with the Chief Referee/Race Organiser in writing within 30 minutes of the offender having been notified and must be accompanied by a payment of R500.00. The fee will be refunded if the objection is upheld. The payment may be waived at the discretion of the convenor of the Jury of Appeal. A copy of the appeal and decision must be sent to CGA.
6. Any complaint against an athlete must be filed with the Chief Referee within 20 minutes after the conclusion of the event.

CODECONDUCT

Licensed athletes shall still be subject to the rules of conduct of Central Gauteng Athletics and Athletics South Africa, while participating in a fun run or in any activity directly related to it.

GENERAL:

INTERNATIONAL AFFAIRS:

SOUTH AFRICANS ABROAD

1. No negotiating concerning an athlete competing overseas, may take place without the approval of ASA. No athlete is allowed to compete in athletics events abroad without the prior written permission of ASA through his/her Provincial body.
2. Such participation is subject to the ASA rules dealing with international participation.
3. Any athlete participating in any foreign country shall be subjected to the regulations of the country concerned.

VISITORS TO SOUTH AFRICA

1. Any foreign athlete intending to compete in South Africa shall be subject to the ASA rules dealing with this matter.

2. Should a Provincial Athletic body, club or race organiser wish to invite a foreign athlete or guest to South Africa, permission to negotiate with the person must first be obtained from ASA
3. Any foreign athletes participating in road races in South Africa, shall compete subject to the rules of ASA.
4. A decision on whether a foreign athlete may compete for a club in a team competition, will rest with ASA.

DISCIPLINARY ACTION:

1. Any athlete, official or administrator, who deliberately contravenes the domestic regulations or constitution of his Club, Province or ASA or brings athletics into disrepute in any other way, will be subject to disciplinary action by his/her club, province or ASA. Such action may take the form of a suspension or a fine or any other form of punishment considered appropriate. The line of appeal against such punishment is through CGA, the ASA Disciplinary Committee and finally the ASA Council.
2. Any person wilfully competing against a suspended athlete, will be subject to disciplinary action.
3. Any person, who while suspended, enters or attempts to enter a road race, will be liable for further suspension. No club or member may accept an entry from such a suspended athlete. It is the organizer's responsibility to ensure that all such suspended, or other unofficial runners, are denied entry to any race under their direct control.
4. Any disqualification in any event must be reported to the CGA Road Commission for possible further action.
5. Only the Board of ASA is empowered to restore the amateur status of an athlete. Application for a reinstatement order must be made to CGA. CGA shall enquire into the circumstances and submit an application together with its recommendations to ASA.

ADDITIONAL ROAD RUNNING INFORMATION

RACE RESULTS

1. Full set of race results to be made available to any entrant upon request within four weeks after the event.
2. Copies MUST be forwarded to the Central Gauteng Athletics office, the CGA Road Commission, the CGA Walking Commission and the CGA Technical Committee within four weeks of the event taking place.

RACE LEVIES

A ten percent (10%) race levy of the total entry fee is payable to Central Gauteng Athletics, within fourteen (14) days after the event.

TEMPORARY LICENCES

Unused temporary licences must be return together with the money of the sold temporary licences within seven (7) days after the event to Central Gauteng Athletics.

Temporary licence fee:

The following temporary licence fees were ratified at the Council meeting of the 10th of November 2018:

5km (official race distance)	R10
10km	R30
15km	R30
21.1km	R35
32km	R40
42.2km	R100

CANCELLATION OF EVENTS

1. Organizers must notify CGA, in writing, at least eight (8) weeks prior to the event that the event is being cancelled. Please note a substantial/tangible motivation is required. All fees collected from athletes prior to the cancellation of the event must be refunded in full.
2. A cancellation penalty of two thousand, five hundred rand (R2500,00) is payable to Central Gauteng Athletics.
3. In addition, the club, not to be allocated a date on the race fixture list for next three (3) years.
4. The organizers must distribute flyers, advertising the cancellation. They must make use of every avenue to disseminate such information, ensuring that they reach as many runners as possible.

APPLICATIONS

1. All clubs wanting to stage/host an event must apply in writing within the prescribed period. Failure to comply or meet the deadline will result in the club forfeiting the date for the forthcoming year. Irrespective of the popularity or historical background of the race, it will not receive any presidency over and above any other small or new race.
2. All fixture applications MUST reach Central Gauteng Athletics office not later than February 3rd week.
3. Clubs are reminded that no dates are sacrosanct and Central Gauteng Athletics has ownership of the calendar until such time as when the date is officially allocated to the club to host/stage the event.

TRAFFIC

Permission must be obtained from the relevant traffic authority at least 21 days prior to the event. No event may take place without the sanctioning of the event by the relevant traffic authorities.

COKE

CGA has a contract with ABI to provide Coke at races on our calendar. All empty (and any unused) bottles and crates must be returned to ABI. Your club will pay for breakages and missing bottles.

Our part in this contract with ABI is to ensure that ABI competitor products are not available at the race.

NUMBER OF EVENTS

1. Clubs are not allowed to host more than two road races per annum and one fun run per annum.
2. Three/four/five in One road race will be treated as three/four/five separate events.

PREVENTION OF ENVIRONMENTAL POLLUTION

Clubs hosting races, clubs fielding athletes and the athletes themselves are jointly and severally responsible for the appropriate disposal of waste at all athletics events.

This means that sufficient rubbish bins and sufficient toilets must be provided and used by all participants.

All materials associated with the event must be timeously and appropriately disposed and the hosting club has to take leadership and responsibility in this regard.

CONCLUSION

Should organizers fail to adhere/comply to the required standards, Central Gauteng Athletics has the right to institute at its discretion, corrective measures in the interest of Athletics.