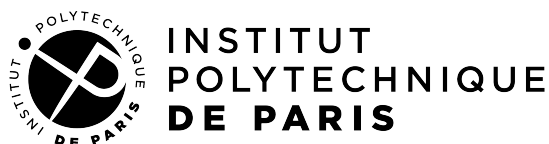




**MAY 28, 2026**

## General and Sporting Rules



**ENST2**



# Table of Contents

<b>1. General Rules of the Ekiden du Platal 2026</b> .....	<b>3</b>
1) The Concept .....	3
2) Ethics .....	3
3) Participants .....	4
<b>2. Sporting Rules of the Ekiden du Platal 2026</b> .....	<b>6</b>
1) The Course .....	6
2) The Race .....	7
<b>3. Data Processing</b> .....	<b>8</b>

# 1. General Rules of the Ekiden du Platal 2026

All participants must read the rules before the event. By registering for the Ekiden du Platal 2026, participants accept these rules and commit to respecting them. Furthermore, they declare that they are covered by personal insurance and assume full responsibility for any health incident occurring as a result of or during this event.

## 1) The Concept

The Ekiden du Platal is a 6-person relay race covering the marathon distance (i.e., 42.2 km).

This year, 2026, a new, more accessible format will be offered: **A Baby-Ekiden**, covering a distance of 20 km. This format is primarily intended for people who cannot run the full version of the Ekiden. The goal is not to run a race too fast over 2.5km.

Here is the breakdown of distances for each relay runner according to the chosen format:

Relay	Ekiden (42.2 km)	Baby-Ekiden (20 km)
1st runner	5 km	2.5 km
2nd runner	10 km	5 km
3rd runner	5 km	2.5 km
4th runner	10 km	5 km
5th runner	5 km	2.5 km
6th runner	7.2 km	2.5 km

The Ekiden du Platal is organized by the Sports Association (BDS) of Télécom Paris and aims to enliven campus life at IP Paris, and the Saclay plateau in general. It is therefore aimed at students from all over the Île-de-France region and staff of higher education institutions on the Saclay plateau.

## 2) Ethics

Runners, volunteers, and organizers agree on the following values:

- ▶ **Respect for people:** Respecting oneself and respecting others: volunteers, other runners, and organizers. We will not tolerate any form of cheating. In case of distress or danger, physical or material assistance between runners is mandatory during the race. Respect for local residents is strictly required.

- ▶ **Respect for the environment:** Respecting the surrounding flora and fauna must be a constant concern for all participants. The organization will set up waste sorting as well as various actions to promote sustainable development. Any disrespectful behavior towards the environment (throwing trash on the course) will be subject to a penalty determined by the race jury.
- ▶ **Sharing and solidarity:** Each runner or volunteer will prioritize helping any participant in a dangerous situation.
- ▶ **Exploring one's limits and self-knowledge:** Each runner must be aware of their limits. A medical assistance system will be in place. However, you must stop if your physical condition no longer allows you to continue under safe physical or mental conditions.

### 3) Participants

Each participant can only be part of one team. However, it is possible to fill out a team that does not have the required number of runners on race day. Teams that do not consist of students or staff of higher education institutions on the Saclay plateau will not be eligible for awards.

The team consists of 6 runners. A team is either female, mixed, or male. Student teams can be inter-school (this is even encouraged to share the values of sports).

It is possible to have para-athlete runners. These situations will be handled on a case-by-case basis by the organization. The team must contact the organization 1 week before the end of registration.

#### Registration

Registrations are done exclusively online. In case of problems, participants can contact the organization. The registration link is accessible from the website <https://www.ekiden-platal.fr/>. Upon registration, the captain creates a team that they can fill themselves, or their teammates can join it.

Each student runner must provide a student ID or certificate of enrollment. For staff, any valid proof of employment will be accepted. At least one week before the event, medical certificates or running licenses must be uploaded to the website. Otherwise, these documents can be presented on the day of the race.

Upon registration, each team will provide a team name which cannot be modified later. There are three team categories: female, mixed, male. The female/male proportions per category are:

- ▶ female team: 6 women
- ▶ male team: 6 men
- ▶ mixed team: all other possible configurations

#### Pricing

The prices are the same for the Ekiden and the Baby-Ekiden. The entry fees per person are as follows:

Category	Price	Proof Required
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IP Paris Student	<b>5 €</b>	Certificate of enrollment or student ID
Student (outside IP Paris)	<b>7 €</b>	Certificate or student ID
IP Paris Staff	<b>10 €</b>	Proof of employment
Télécom Paris Alumni (contributing member)	<b>10 €</b>	Proof of membership
External / Others	<b>12 €</b>	None

The organizing team reserves the right to refuse entry to a person who cannot prove their belonging to the category for which they paid the price. A person who paid a price that does not correspond to their situation may be admitted subject to paying the difference between the price paid and the actual price corresponding to their situation. No refund will be given to a person who paid a higher price than what they should have paid according to their situation, but they will still be admitted to the race.

These fees include:

- ▶ Bibs and safety pins
- ▶ Refreshments at the village after the race. The possibility of leaving team personal belongings at the village bag drop
- ▶ Access to rest areas, changing rooms, and medical assistance at the village
- ▶ An Ekiden technical t-shirt per runner, which is highly recommended to wear

## Awards

The organization does not provide any financial prize money. The planned prize distribution is as follows:

- ▶ Top 3 female teams
- ▶ Top 3 male teams
- ▶ Top 3 mixed teams
- ▶ 1st staff team
- ▶ Best dressed team

The organizing team reserves the right to modify the prize distribution up to one week before the race. Any changes will be notified on the website [www.ekiden-platal.fr](http://www.ekiden-platal.fr).

## Medical Certificate or Sports License

It is expressly stated that runners participate in the competition under their own and exclusive responsibility.

Participation in the competition is subject to the uploading by each team member of:

- ▶ either a valid license issued by UFOLEP, FFA, FFSE, FFSU, or FSGT;
- ▶ or a sports license, valid on the date of the event, issued by a recognized federation, on which must appear, by any means, the non-contraindication to the practice of competitive Athletics or competitive running;
- ▶ or a medical certificate of non-contraindication to the practice of competitive sports, competitive athletics, or competitive running, dating back less than one year from the date of the competition;

- ▶ or a PPS (Health Prevention Pathway) certificate, attesting that the participant has completed the online pathway available at pps.athle.fr, in accordance with current regulations, and that this certificate is valid on the date of the competition.

A copy of these documents will be kept by the organizer as proof in case of an accident.

### **Cancellation and Transfer of Registration**

No refund of the registration fee will be granted, regardless of the reason for the participant's withdrawal. The latter can, however, be replaced. The organization must be informed at least 1 week before the event.

If a runner wishes to be replaced by another runner, the replacing participant must accept the terms of the race rules and provide the necessary documents (medical certificate/license and certificate of enrollment/student ID).

## **2. Sporting Rules of the Ekiden du Platal 2026**

### **1) The Course**

#### **Finish, Relay Handover, and Time Limit**

In order not to unnecessarily prolong the race and to allow everyone to run at the same time, a time limit of 3h45 before the departure of the last relay runner is set. Beyond this time limit, all runners who have not yet started will leave in a mass start. The team's time will then be calculated using the bib chips. The overall time limit for a team is set at 4h30.

In all other cases, the runner must wait for their relay teammate to cross the finish line before crossing the start line themselves. In the event of an early start by a runner, the penalty is left to the jury's discretion.

#### **Course Modification**

The organization reserves the right to modify the course and the locations of the activity sites at any time. In the event of bad weather conditions, and for safety reasons, the organization reserves the right to propose an alternative course, stop the race in progress, or modify the time limits. Participants are then obligated to follow the instructions given by the organization.

## The Route

Participants must follow the marked or indicated routes provided by the organization under penalty of sanction or even exclusion. Specifically, they must run the loop for which they registered.

The route can be modified at any time and without prior notice by the organization. Competitors must follow the route modification that will be indicated to them by the organization. **It is absolutely forbidden to move, hide, remove, or destroy the course markings placed by the organization, under penalty of immediate exclusion from the event and other events organized by the BDS Télécom Paris.**

## 2) The Race

### Bib Collection and Start

This will take place on Thursday, May 28 from 12:00 PM to 1:45 PM, within the premises of Télécom Paris. Bibs will be handed over to the team captain upon presentation of an ID.

### Wearing the Bib

Each participant will receive a bib to be attached to the chest using 4 pins. It must be completely legible during the race. The bibs are numbered from 1 to 6 and must be worn in the order of the relays. The chips in the bibs will be used for race timing.

### Schedule

Runner check-in begins at 12:00 PM. The start is scheduled for 2:00 PM. As the race is limited to 4h30, it will end no later than 6:30 PM.

### Refreshments

Refreshments will be available for runners at the sports village, at the finish line of the race. All runners are encouraged to chat, visit the booths of various associations, and enjoy the sports village.

### First Aid Station

A medical service will be set up during the event at the start area. The medical service in place has the authority to decide to remove a competitor from the race for medical reasons.

### Complaints

They are admissible to the jury within 30 minutes after the posting of the provisional results.

## Companions and Para-athlete Guides

Any companion, on foot, by bicycle, on rollerblades, or on any motorized or non-motorized vehicle, is forbidden on the course, with the exception of para-athlete guides. Their presence will immediately result in the disqualification of the team without the latter being able to claim any complaint and/or compensation. The companion may be held responsible for any accident and/or incident occurring as a result of their presence on the course and may face legal action. It is strictly forbidden to run accompanied by an animal, even on a leash.

It is possible for para-athletes to be accompanied by another runner. The matter will be handled on a case-by-case basis by the organization.

## Force Majeure

In the event of force majeure, a natural disaster, or any other event endangering the safety of competitors, the organization reserves the right to cancel or interrupt the event.

# 3. Data Processing

## Data Protection and Processing

The information collected in the registration form is strictly limited to what is necessary for the proper processing of your registration request. It is subject to computerized processing for information and communication purposes under the responsibility of the BDS Télécom Paris. The recipients of the data are the BDS Télécom Paris, the official timekeeper of the event, and the French University Sports Federation (FFSU).

In accordance with the modified “Informatique et Libertés” (Data Protection) law of January 6, 1978, you have the right to access and rectify information concerning you. If you wish to exercise this right and/or obtain communication of information concerning you, please contact [contact@ekiden-platal.fr](mailto:contact@ekiden-platal.fr). You can also object to the processing of your data. In this case, we will not be able to favorably respond to your registration request. This data will be kept for 1 month after the end of the event, with the exception of names and emails which will be kept for 1 year for the next edition.

## Transfer of Image Rights

By default, participants expressly authorize the organizers and their rightsholders such as partners and media to use still or audiovisual images in which they might appear, taken during their participation, on all media including promotional and/or advertising documents, worldwide and for the longest period provided by law, regulations, treaties in force, including any extensions that may be made to this period.

If the participant wishes to object to this transfer of rights, they must notify the organizer at the address [contact@ekiden-platal.fr](mailto:contact@ekiden-platal.fr).

## Organization Contact

All contact with the organization is done via the email address **contact@ekiden-platal.fr**.