



RULES

This competition is organized following the rules of the RBAF.

REGISTRATION AND CHANGES

All teams have to be registered beforehand.

Team composition (changes):

Changes can be made to a team concerning running order, participant name etc...

The changes in a team have to be transmitted on Saturday 21 October 2023 at the helpdesk (before 12 PM).

Failure to do so may result in disqualification

CATEGORIES

There are 8 different categories.

A. DHL Ekiden for athletics clubs

(Athletes with VAL or LBFA membership or foreign teams with IAAF – membership required).

1. Men

2. Women

(Mixed teams are allowed but they do not qualify for the title of national interclub champion or the special prize money for athletics clubs)

B. DHL Ekiden for businesses

(People working in the same enterprise).

1. Women

2. Men

3. Mixed (at least 1 person of the other gender)

C. DHL Ekiden for associations (all except athletics clubs and businesses)

1. Women

2. Men

3. Mixed (at least 1 person of the other gender).

TEAM COMPOSITION.

- The team is made up of 6 people.
- The teams for the DHL Ekiden can be composed of athletes of the same gender or mixed.
- Registration with two teams is not allowed.
- Every participant can only run one relay.
- The team name can be chosen freely. (Club name, association name, business name, school name or other “fun” name...).
- The teams of the athletics club are made up of only people of the same athletics club. A team made up of members of different athletics clubs will be classed in the category “associations”.
- An athletics club, association, business, school ... can have multiple teams in the competition. In this case the teams will be distinguished by adding a number to their name, or having an alternate name.
- Upon registration the teams have to be determined as well as the order in which the runners will participate. Changes have to be passed on to the registration booth (before 12 PM)

TASUKI - CHIP - BIBS

- The bib has to be worn on the chest. The last number of the bib indicates running order.
- The “tasuki” is a sash used as relay stick. The “chip” is attached to the “tasuki”.
- The tasuki with chip and the bibs will be handed to the team captain.
- The “chip” made available by the organization, attached to the tasuki, is the only valid one. This chip does not have to be handed in after the relay.

START

Next to the starting area for the first runners, 3 more starting zones (exchange zones) are provided for the next 5 relays.

All starting zones can be reached using the entrance of stand 4.

RELAY ZONES - FINISH

The tasuki has to be worn diagonally cross-body, running from the shoulder, over the vest, to the hip.

Exchanging the tasuki has to be done in the relay zone.

Runners who run 2 laps (10KM) will pass in lanes 1, 2 and 3.

The relay zones are situated in lanes 4, 5 and 6.

Only runners whose team mate is to be replaced and in the stadium can take place in or in front of the relay zone, making sure they do not hinder the other participants

To simplify finding the next runner in your team, each relay zone will be divided in sections of 100 teams.

- section 1: team 100 – 120
- section 2: team 121 – 140
- section 3: team 141 – 160
- etc...

The **mats**, registering the **electronic time** of your chip, are situated only at the entrance and exit of the stadium. The chip itself is attached to the back of your bib.

Individual distances

Runner 1	4,7 km
Runner 2	9,8 km
Runner 3	4,7 km
Runner 4	9,8 km
Runner 5	4,7 km
Runner 6	6,1 km (= 4,7 km + extra loop in Laken Park)

Total team distance (incl track) = 42,195 km

PRIZE MONEY DHL EKIDEN

The final result, valid for the prize money, will be made up of the best “total time”.

The best athletics teams, business teams and association teams will be eligible.

	Men	Women
1	600 €	600 €
2	390 €	390 €
3	240 €	240 €
4	120 €	120 €
5	60 €	60 €

For the best athletics clubs (registered with the VAL/LBFA) a special bonus structure exists, which cannot be cumulated with the above general prize money.

	Men	Women
1	300 €	300 €
2	150 €	150 €
3	90 €	90 €

NATIONAL INTERCLUB RBAF

The winning athletics club will get the official title of “National Interclub Ekiden”.

All team members have to be members of the same VAL or LFBA club and have a valid registration for the ongoing year.

The first three athletics clubs for men and women will be expected on the podium for the official RBAF medal awards.

Mixed athletics clubs are not eligible for the title of National Interclub Ekiden.