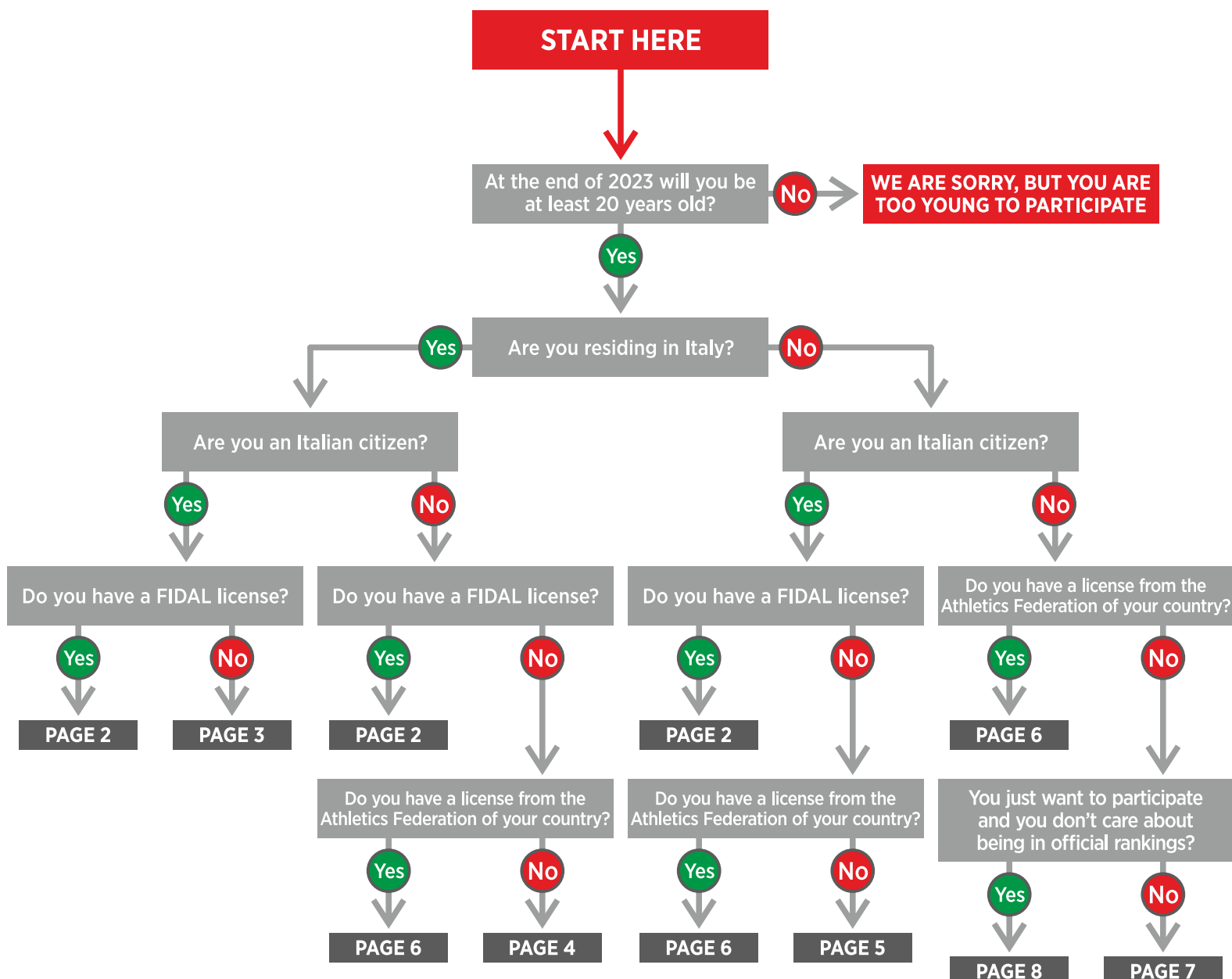




We have prepared the flow chart you see below to help you understand **what documents you need to participate** in the Milano Marathon 2023.

Until mid-February you can register without having to specify the details (or upload a copy) of the mandatory documents. We will notify you, by e-mail, when it is time to finalize your registration.

Please read carefully! It's essential to participate without issues and also to save money!



PARTICIPATION WITH FIDAL LICENSE

REQUIREMENTS

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

MEDICAL CERTIFICATE

There is no need to provide the medical certificate: the information on the validity of the certificate is contained in the FIDAL database on which we carry out the control of the license.

SUMMARY

To finalize your entry, you will need to:

- enter the **FIDAL license number**
- enter the **FIDAL code of your running club**
- enter the **name of your running club**

PARTICIPATION WITH RUNCARD (Italian citizen residing in Italy)

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 must be purchased independently on the website www.runcard.com (unfortunately, the site is only available in Italian).

After the purchase, the card is sent in digital form (via e-mail) together with the request for a medical examination to be delivered to the sports doctor.

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:

- enter the **RUNCARD number**
- upload the **medical certificate**

PLEASE VERIFY THAT...

- RUNCARD has sent you the appropriate medical examination request form that you will have to hand in when you go to take the 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.

PARTICULAR SITUATIONS TO CONSIDER

- the certificates issued in Lombardy must be issued on a special form that shows the logo of the region in the header

PARTICIPATION WITH RUNCARD (foreign citizen residing in Italy)

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 for residents in Italy costs 30 euros (15 for those who are registered for a Sports Promotion Authority) and must be purchased independently on the site www.runcard.com (unfortunately, the site is only available in Italian).

After the purchase, the card is sent in digital form (via e-mail) together with the request for a medical examination to be delivered to the sports doctor.

MEDICAL CERTIFICATE

Since you are resident in Italy, even if you are a non-Italian national, you must provide a certificate issued in Italy.

SUMMARY

To finalize your entry, you will need to:

- enter the **RUNCARD number**
- upload the **medical certificate**

PLEASE VERIFY THAT...

- RUNCARD has sent you the appropriate medical examination request form that you will have to hand in when you go to take the 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.

PARTICULAR SITUATIONS TO CONSIDER

- the certificates issued in Lombardy must be issued on a special form that shows the logo of the region in the header

PARTICIPATION WITH RUNCARD (Italian citizen residing abroad)

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 for foreign residents costs 15 Euros and must be purchased independently on the site www.runcard.com (unfortunately, the site is only available in Italian).

After the purchase, the card is sent in digital form (via e-mail).

The RUNCARD is essential because it provides the **mandatory insurance coverage**, as you are not licensed for an Athletics Federation.

MEDICAL CERTIFICATE

Even if you are not resident in Italy, you are an Italian citizen, therefore under current laws you are required to provide a certificate issued in Italy.

SUMMARY

To finalize your entry, you will need to:

- enter the **RUNCARD number**
- upload the **medical certificate**

PLEASE VERIFY THAT...

- RUNCARD has sent you the appropriate medical examination request form that you will have to hand in when you go to take the 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.

PARTICULAR SITUATIONS TO CONSIDER

- the certificates issued in Lombardy must be issued on a special form that s

OUR ADVICE FOR SAVING MONEY. Evaluate the opportunity to carry out the medical examination directly in Milan or to register with the Athletics Federation of the country where you live. More info on page 16.

PARTICIPATION WITH LICENSE FROM FOREIGN ATHLETICS FEDERATION

REQUIREMENTS

License information is sufficient to participate. License must be valid on the date of the race.

SUMMARY

To finalize your entry, you will need to:

- provide the **name of the Federation**
- provide the **license number**
- provide the **name of running club**
- upload the **self-certification of license possession** (use the appropriate form on page 14 in English and on page 15 in French)

PARTICIPATION WITH RUNCARD (foreign citizens residing abroad)

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 for residents abroad costs 15 euros and can be purchased together with the marathon registration, or independently on the site www.runcard.com (unfortunately, the site is only available in Italian).

After the purchase, the card is sent in digital form (via e-mail) together with the request for a medical examination to be delivered to the sports doctor.

MEDICAL CERTIFICATE

You must have the appropriate form filled in, signed and stamped by a doctor in your country (found on page 9 in English, and on page 10 in French).

SUMMARY

To finalize your entry, you will need to:

- enter the **RUNCARD number**
- upload the **medical certificate**

WHY IS IT SO COMPLICATED?

The Italian legislation for the protection of the health of the athletes is one of the most rigorous in the world, in order to prevent episodes that may potentially be very serious, deriving from pre-existing but not identified pathological situations.

According to the rules of the Italian State 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 country) in accordance with the legislation on health protection in competitive sports in force in Italy

- have a **RUNCARD** (issued by the Italian Athletics Federation) that is valid on the date of the race

WHAT CHARACTERISTICS MUST THE CERTIFICATE HAVE?

- The official form to be delivered to your doctor is the one you find on **page 9** (in English) or on **page 10** (in French).
- We recommend that you use this form only to avoid problems. If you already have a medical certificate, and want to know if it is accepted, contact us in time by e-mail at **info@milanomarathon.it**

OUR ADVICE FOR SAVING MONEY. Evaluate the opportunity to carry out the medical examination directly in Milan or to register with the Athletics Federation of the country where you live. More info on page 16.

PARTICIPATION FOR «SPORT TOURISM» PURPOSE

(foreign citizens residing abroad)

IMPORTANT NOTICE. Participation for "sport tourism" purpose, according to the rules of the Italian Athletics Federation, entails these limitations:

- different looking bib from the one of the other participants;
- result will not be included the rankings, but in an alphabetical list of finishers with time indication;
- inability to receive prizes, bonuses, expense reimbursements, etc.

REQUIREMENTS

To participate you must provide a **medical certificate** that declares your eligibility to take part in a non-competitive marathon, valid on the date of the marathon.

You must also pay an **additional fee of 10 euros to cover the insurance that the organization is obliged to provide you by law**, as you are not registered for an Athletics Federation.

MEDICAL CERTIFICATE

You must have a doctor from your country fill in, sign and stamp the appropriate form (you can find it on page 11 in English and on page 12 in French).

SUMMARY

To finalize your entry, you will need to:

- upload the **medical certificate**

WHAT CHARACTERISTICS MUST THE CERTIFICATE HAVE?

- The official form to be delivered to your doctor is the one you find on **page 11** (in English) or on **page 12** (in French).

- We recommend that you use this form only to avoid problems. If you already have a medical certificate, and want to know if it is accepted, contact us in time by e-mail at **info@milanomarathon.it**

OUR ADVICE. If your doctor requests a fee of more than 50 euros to issue the certificate, you should evaluate the opportunity to participate as indicated on page 7. By following our instructions you will spend a similar amount and you will not be subject to the limitations listed above.

Medical Certificate

Competitive sport activity

The undersigned(licensed physician), on the basis of the medical tests:

- medical visit
- test of urines (urinalyses)
- electrocardiogram at rest and stress test
- spirometry

diagnostic tests as by the Italian law to be able to practice competitive sports activities (Ministerial Decree 18/02/1982).

certify that

NameSurname.....

Born.....in.....

Resident in.....in.....

can practice competitive Athletics sport activity.

This certificate is valid for.....

and will expire on.....

Date,

The Doctor

(stamp e signature)

Certificat medical
Activités sportives compétitives

Le soussigné..... (médecin autorisé) sur la base d'une
évaluation médicale effectuée:

- examen physique,
- examen complet de l'urine,
- un électrocardiogramme au repos et après l'exercice,
- spirométrie,

inspection conforme aux tests diagnostics prévus par la loi applicable en Italie
pour être en mesure de exercer des activités sportives compétitives (Décret
Ministériel 18/02/1982).

certifie que

Nom.....Prenom.....

né le.....à.....

et résident à.....

en.....

peut exercer des activités sportives compétitives d'Athlétisme.

Ce certificat est valable pour

et prendra fin le.....

Date,

Le Médecin

(timbre et signature)



MILANO MARATHON

Certificate of eligibility for participating in a non-competitive athletics event for tourist-sporting purposes

I, Dr. (first name, last name)

born (city, country)

on (dd/mm/yyyy)

with offices at (complete address)

and phone number

declare that Mr/Mrs/Ms (first name, last name)

born (city, country)

on (dd/mm/yyyy)

and resident at (complete address)

has sustained a thorough and adequate medical exam. Therefore I declare that the aforementioned athlete is in good health and fit to **PARTICIPATE IN A NON-COMPETITIVE, 42-KM MARATHON, FOR TOURIST-SPORTING PURPOSES.**

The exam has been performed by me on (dd/mm/yyyy) _____ .

This certificate is valid until (dd/mm/yyyy) _____ .

PHYSICIAN'S SIGNATURE AND STAMP



**MILANO
MARATHON**

Certificat d'aptitude à participer à un événement d'athlétisme non compétitif, à des fins de sport touristique

Le soussigné (prénom, nom)

né à (ville, pays)

le (jj/mm/aaaa)

avec bureau de médecin autorisé à (adresse complète)

et numéro de téléphone

certifie que Mr/Mme/Ms (prénom, nom)

né à (ville, pays)

le (jj/mm/aaaa)

et résident à (adresse complète)

a subi un examen médical approfondi et adéquat. Par conséquent, je déclare que l'athlète susmentionné est en bonne santé et apte à **PARTICIPER À UN MARATHON NON COMPÉTITIF DE 42 KM, À DES FINS DE SPORT TOURISTIQUE.**

L'examen a été effectué par moi le (jj/mm/aaaa) _____ .

Ce certificat est valable jusqu'au le (jj/mm/aaaa) _____ .

SIGNATURE ET TIMBRE DU MÉDECIN



DECLARATION

athlete licensed or registered for a Foreign Federation

First Name, Last Name

born on(dd/mm/yyyy)

born in (city, country)

nationality

gender(M/F)

resident at (complete address)

declares that

is registered for or licenced by the following Federation affiliated to World Athletics:

Federation name

Club / Team (if applicable)

Card number / code (if applicable)

I hereby declare myself fully responsible for this declaration, acknowledging the legal consequences of a false statement.

DATE (dd/mm/yyyy)

SIGNATURE



DÉCLARATION

athlète licencié ou enregistré pour une Fédération Étrangère

Prénom, Nom

né le (jj/mm/aaaa)

Né à (ville, pays)

nationalité

sexe (M/F)

résident à (adresse complète)

déclare que

est inscrit ou licencié par la Fédération suivante affiliée à World Athletics:

Nom de la Fédération

Club / équipe (le cas échéant)

Numéro / code de la carte (le cas échéant)

Je déclare être entièrement responsable de cette déclaration, en reconnaissant les conséquences juridiques d'une fausse déclaration.

DATE (jj/mm/aaaa)

SIGNATURE

ARE YOU RESIDING ABROAD AND DO NOT HAVE THE LICENSE OF AN ATHLETIC FEDERATION? HERE'S HOW YOU CAN SAVE MONEY!

OPTION 1 - GET A LICENSE IN YOUR COUNTRY

To save money and run in Milan (and in other Italian races) without issues, **you can get a license with a running club belonging to the Athletics Federation of the country where you live.** You will have to provide the medical certification required in your country, and not the Italian one (which in 99% of cases is more restrictive and expensive).

Search the internet for «iaaf member federations». You will easily find the specific page on the World Athletics website (it's the official website of the International Federation) and from there you can search for the specific Federation of your country and its site.

On the website, or through the contacts provided, you can obtain practical information for getting the license.

OPTION 2 - CARRY OUT THE MEDICAL EXAMINATION IN MILAN

Alternatively, **you can book a medical examination in Milan in advance, to be carried out in the days preceding the marathon**, when you arrive in the city and before going to collect the bib.

For those enrolled in the Milan Marathon, the visit is carried out at the **discounted price of 63 euros**, at the Delta Medica - Cerba HealthCare centers. For MASTER athletes (men over 40 and women over 50) and for athletes recovered from Covid-19 **the cost is 82 euros due to the additional examinations required.**

The visit is compliant with the health standards required by Italian law, and includes the following exams:

- physical exam
- urinalysis
- spirometry
- electrocardiogram at rest and stress test

If you are interested in this option please contact us at info@milanomarathon.it and we will give you further information.