

# 10kap Standards

## A) 10kap races

### 1. Naming and branding

- 1.1. The name of the race includes the location and the calendar year in the format “10kap/location/calendar year”. The exact naming is specified in the certification document.
- 1.2. The race organizer uses the logo provided by 10kap Inc. and follows the accompanying usage guidelines.

### 2. Distance and course

- 2.1. The distance for a 10kap race is always 10km, never more, never less.
- 2.2. The course consists of a maximum of 4 identical rounds of 2.5km each.
- 2.3. Otherwise the course conforms with World Athletics Technical Rules for road (Rule 240) or cross-country (Rule 250) races.

### 3. Participants and age groups

- 3.1. The 10kap race is a pure running event. For safety reasons no form of aid or sports equipment is allowed.
- 3.2. The race is open to participants of all genders. Classification by gender is not allowed.
- 3.3. The race is open to all runners having completed their 30th year of life. The race organizer explains and implements this age restriction in the sign-up process. An exception for younger runners can be requested from and approved by 10kap Inc.
- 3.4. All participants are classified in age groups corresponding with their completed years of life.
- 3.5. Every participant wears a bib clearly showing their age group in the format “10kap/age group”.
- 3.6. Every participant can register a maximum of one additional runner as a personal pacemaker. The pacemaker does not compete and does not receive a time or result. The pacemaker wears the participants bib number but distinguished either by color or by addition of “P” or “Pacer”.

### 4. Start and timing

- 4.1. The start is conducted by age groups in descending order. The oldest age group gets to start first and sets the point in time for the starting signal in accordance with World Athletics Technical Rules for road races (Rule 240).
- 4.2. The starting signal initiates a countdown of the number of minutes equivalent to the age in years of the oldest start group. This countdown is shown and clearly visible for participants and spectators at the start, at the finish and at a minimum of three points (at 2.5km, 5km, 7.5km) in between.
- 4.3. The following age groups start at a distance of 1 minute each, taking into account age groups for which no participants have signed up.
- 4.4. The start process ends with the youngest age group for which a participant has signed up.
- 4.5. Individual timing with a transponder is not required, as long as gun time is recorded for all participants.

- 4.6. The 10kap race ends with the end of the countdown. The finish line closes a maximum of 15 minutes after the end of the countdown.

## 5. Achievements, competitions and ceremonies

- 5.1. The achievement of a personal 10kap is based on the runner's gun time in minutes and seconds.
- 5.2. The personal 10kap has been achieved if the gun time (in minutes and seconds, fractions of seconds are rounded down) beats the time (in minutes) corresponding with the runner's age group (e.g. 42:59 min/sec for a 10kap/43).
- 5.3. Additional competitions are neither conducted nor communicated at the event or on publication of results.
- 5.4. All participants who have crossed the finish line before the end of the countdown and have thus achieved their personal 10kap are jointly awarded and celebrated.
- 5.5. Individual awards (e.g. in the form of medals, certificates or shirts) must not be presented by the race organizer. The presentation or sale of such awards can be arranged with 10kap Inc. or a named representative of 10kap Inc.
- 5.6. To honor individual or age group 10kap achievements the race organizer or sponsors may hand out prizes in the form of cash, gifts or vouchers.
- 5.7. Immediately following the event all results are published online and transmitted to a dedicated contact at 10kap Inc. in digital form.

## 6. Partners, sponsors and advertising

- 6.1. The race organizer is free to work with any partner (service provider, supplier, media) of their choice, as long as the license agreement does not include a noncompete clause for certain categories.
- 6.2. 10kap Inc. reserves the right to preclude collaboration with any business or person in conflict with the values of 10kap Inc. or if such collaboration is deemed to harm the 10kap brand.

## 7. Certification, inspection and sanctions

- 7.1. Based on a submitted concept and upon signature of a license agreement the race organizer receives a certificate allowing the use of the certification mark "10kap".
- 7.2. The race organizer names a person responsible for adherence to these Standards who also serves as point of contact for inspections and to remedy deficiencies in preparation and on location at the event.
- 7.3. Violations of these Standards are sanctioned as follows:
  - 7.3.1. The race organizer has 48 hours to fix smaller deficiencies identified during the sign-up phase. Non-compliance leads to suspension of the certificate, repeated failure to comply leads to termination of the certificate.
  - 7.3.2. Deficiencies identified on location immediately before an event may be fixed before the arrival of first participants, media or spectators. Remaining smaller deficiencies carry a warning, repeated or substantial failures to comply with these Standards can lead to the termination of the certificate before the start of the event.
  - 7.3.3. Smaller deficiencies discovered during or after the event lead to a warning and require fixing before the next iteration of the event. Repeated or substantial failures to comply with these Standards can lead to retroactive termination of the certificate.

- 7.3.4. Hosting a 10kap race without valid certificate or after termination of a certificate for repeated or substantial failures to comply with these Standards results in a penalty in the amount of US Dollars 100.00 per participant.

## B) Race-in-race 10kap challenges

### 1. Naming and branding

- 1.1. 10kap competitions within regular running events may be called “10kap challenge” or similar. The exact naming is specified in the certification document.
- 1.2. The race organizer uses the logo provided by 10kap Inc. and follows the accompanying usage guidelines.

### 2. Distance and course

- 2.1. The distance is always 10km, never more, never less.
- 2.2. The race may be run on a track-, road- or cross-country course.
- 2.3. The course conforms with World Athletics Technical Rules.

### 3. Participants and age groups

- 3.1. The 10kap challenge does not affect participation, classification or age groups of the event.
- 3.2. Participants register for the 10kap challenge in the sign-up process for the event. Retroactive acceptance into the 10kap challenges is not possible.
- 3.3. For the 10kap challenge all participants are classified in age groups corresponding with their completed years of life.

### 4. Start and timing

- 4.1. Participants in the 10kap challenge join the regular start process of the event with no separate start or timing.
- 4.2. For better visibility within the field, participants in the 10kap challenge carry a special sash (the “10kap Tasuki”) provided by 10kap Inc. and distributed by the race organizer before the event.
- 4.3. Timing is conducted by means of a transponder distributed by the race organizer to record the chip time of each participant.

### 5. Achievements, competitions and ceremonies

- 5.1. The achievement of a personal 10kap is based on the runner’s chip time in minutes and seconds.
- 5.2. The personal 10kap has been achieved if the gun time (in minutes and seconds, fractions of seconds are rounded down) beats the time (in minutes) corresponding with the runner’s age group (e.g. 42:59 min/sec for a 10kap/43).
- 5.3. Individual awards (e.g. in the form of medals, certificates or shirts) must not be presented by the race organizer. The presentation or sale of such awards can be arranged with 10kap Inc. or a named representative of 10kap Inc.
- 5.4. In honor of individual or age group 10kap achievements the race organizer or sponsors may hand out prizes in the form of cash, gifts or vouchers.

5.5. Immediately following the event all results are published online and transmitted to a dedicated contact at 10kap Inc. in digital form.

## 6. Partners, sponsors and advertising

- 6.1. The race organizer is free to work with any partner (service provider, supplier, media) of their choice.
- 6.2. In case a special sponsorship has been secured for the 10kap challenge, the race organizer and 10kap Inc. ensure that no noncompete conflicts exists with sponsors of the event.
- 6.3. 10kap Inc. reserves the right to preclude collaboration with any business or person in conflict with the values of 10kap Inc. or if such collaboration is deemed to harm the 10kap brand.

## 7. Certification, inspection and sanctions

- 7.1. Based on a submitted concept and upon signature of a license agreement the race organizer receives a certificate allowing the use of the certification mark “10kap” for a 10kap challenge.
- 7.2. The race organizer names a person responsible for adherence to these Standards who also serves as point of contact for inspections and to remedy deficiencies in preparation and on location at the event.
- 7.3. Violations of these Standards are sanctioned as follows:
  - 7.3.1. The race organizer has 48 hours to fix smaller deficiencies identified during the sign-up phase. Non-compliance leads to suspension of the certificate, repeated failure to comply leads to termination of the certificate.
  - 7.3.2. Deficiencies identified on location immediately before an event may be fixed before the arrival of first participants, media or spectators. Remaining smaller deficiencies carry a warning, repeated or substantial failures to comply with these Standards can lead to the termination of the certificate before the start of the event.
  - 7.3.3. Smaller deficiencies discovered during or after the event lead to a warning and require fixing before the next iteration of the event. Repeated or substantial failures to comply with these Standards can lead to retroactive termination of the certificate.
  - 7.3.4. Hosting a 10kap challenge without valid certificate or after termination of a certificate for repeated or substantial failures to comply with these Standards results in a penalty in the amount of US Dollars 50.00 per participant.