

RULES / REGULATIONS AND INFORMATION

Thank you all for registering for the 6th annual Metrodome Inline Marathon, the world's first indoor inline skating marathon!

Race day information:

*Packet Pick-up / Check-in (includes race number and timing chip):

- Please show up at least :30 minutes before your scheduled wave start time (see below)
- Enter through Gate D at the Metrodome, FREE parking is available in the Metrodome Parking lot. If you need driving directions, please visit http://www.msfc.com/aboutdome_seatingchart.cfm
- Inside your race packet will be; race numbers, rules, information and timing transponder. You must wear your timing transponder on your ankle in order to get an accurate time.
- Your race number will also be written on your forearm for reference, as we will be giving lap numbers on a P.A. system when you have 10 laps to go. At that point, you will be responsible for counting down to the finish
- Half of the lower concourse will be available for warm-up when you arrive. Please use the right side as you go out and the left side to come back (like vehicular traffic).

Wave Start times:

- Pro: 9:00 am
- Open and Half Marathon skaters: 10:30 am
- Team Time Trial: 1:15 pm
- Team Time Trial: *if needed will start at 2:45 pm

During the race:

- Music will be playing during the race until the first person reaches 60 laps, at which point we will be announcing lap counts. **HEADPHONES ARE NOT ALLOWED!**
- One pit stop is mandatory during the race. Please make sure to get your mark at the pit stop to ensure you do not receive a time penalty. If an individual makes a reckless pit stop (determined made by pit stop volunteers), they will be awarded a :60 second penalty.
- Anyone not stopping at the clearly marked Pit Stop during the race will be penalized.
- Faster skaters are asked to pass on the left, meaning the slower skaters should stay to the right when being passed. As a courtesy, the faster skaters should announce "passing on your left".
- Up to FIVE (5) skaters are allowed to be in a pace line. If there is a pace line of SIX (6) or more, each person after the 5th person will be penalized.
- **Helmets and wrist guards are mandatory.** If you do not have any, we will have them available for use.

Spectators:

- There will be a designated area for spectators on the upper-concourse. Please follow the sign or one of our volunteers will help you find the right place.

Team Time Trial Rules:

- Teams must register 5 (five) individuals in order to qualify as part of the team event, but may start with only 4 (four) if there was a drop out.
- Your team time will be awarded to the fourth individual to cross the line. You MUST finish with at least four (4) skaters.
- If a skater from your team is dropped, he or she must stop skating and cannot re-enter the competition under any circumstance.
- One pit stop is mandatory during the race. The entire team must stop together. Please make sure to get your mark at the pit stop to ensure you do not receive a time penalty. If the team makes a reckless pit

stop (determined made by pit stop volunteers), they will be awarded a :30 second penalty per person involved.

- Anyone team not stopping at the clearly marked Pit Stop during the race will be penalized at the discretion of the officials.
- Drafting off of another team is strictly prohibited and time penalties will be assessed at the discretion of the officials.