

Parakram 2026 – Running Event Rules & Guidelines

Race Details

1. The race distance will be **1600 metres for the Women's category** and **3000 metres for the Men's category**.
2. All participants must strictly follow the **Race Rules** and comply with instructions given by **race marshals and officials**.

Registration & Participation

3. Each registered runner will be assigned a **unique race number**.
 - Running with another participant's race number will result in **immediate disqualification**.
4. The **Race Organising Committee** reserves the right to **accept, reject or cancel registrations**, including duplicate entries.
 - The organisers may also **modify the event date, race route or distance** if required.

Reporting & Start

5. There will be a **strict reporting cut-off time**.
 - Participants arriving after the scheduled reporting time **will not be permitted to start the race**.
6. The **race map and route details** will be shared **after completion of registrations**.

Safety & Conduct

7. **Race marshals and medical personnel** have full authority to **stop or disqualify** any runner who is deemed **unfit, injured or acting dangerously**.
8. Runners must **assist any fallen participant** and immediately report the incident to the **nearest race marshal or first-aid station**.
9. **Overtaking is allowed**, provided it is done safely and **without obstructing or endangering other runners**.

Equipment & Attire

10. Running in **sports shoes** is **mandatory**.
 - **Goggles and earphones are optional** and may be used at the runner's discretion.

Disputes

11. In case of any dispute, the **decision of the Race Referee and Race Director shall be final and binding**.

Medical Advisory

- Participants with **any medical condition** must clearly mark the **front of their race number** with a **prominent waterproof cross**.