



Stramilano SOTTOZERO 2026

Men's and Women's competitive 10 km Road Race

REGULATIONS

Stramilano Running Club S.S.D. a r.l. – FIDAL Code MI938 – with the approval of FIDAL – will organize, on Sunday, November 29th, 2026, in Milan, the Stramilano SOTTOZERO – a 10 km road race.

Start: 9:00 am from Viale Cassiodoro, CityLife. Finish: Piazza Morante, CityLife, Milan.

PARTICIPATION REQUIREMENTS

The following athletes may participate:

1) Italian and foreign athletes registered with clubs affiliated to FIDAL, belonging to the following categories: Allievi, Juniores, Promising, Seniores (from SF-SM to SF95-SM95 and beyond).

Athletes whose medical certificates are not valid as of November 29th, 2026, are reminded that their registration will not be considered valid until the club validates the updated certificate on the FIDAL portal. No documents need to be sent to prove affiliation; verification will be carried out directly via the FIDAL portal.

2) Foreign athletes registered with foreign Federations affiliated with World Athletics, upon presenting at registration:

- EU foreign athletes: authorization from their Federation or a copy of their valid 2026 club membership card or self-certification of membership;
- Non-EU foreign athletes: in addition to the above documents, a residence permit or entry visa must be provided.

All documents must be sent via email to: stramilanosottozero@evodata.it

Note: Foreign athletes registered with a World Athletics affiliated Federation who are not entered by their Federation or club must submit a self-certification attesting to their membership.

3) Italian and foreign athletes registered with Sports Promotion Bodies (for athletics) affiliated with FIDAL for the 2026 season, holding a **RUNCARD EPS**. Eligible participants: Italian and foreign citizens aged 20 and older (born in 2006 or earlier), holding a valid RUNCARD EPS and a **competitive medical certificate for athletics**, both valid on race day. Documents must be sent via email to: stramilanosottozero@evodata.it

4) Italian and foreign athletes residing in Italy holding a Standard RUNCARD. Eligible participants: Italian and foreign citizens aged 20 and older (born in 2006 or earlier), holding a Standard RUNCARD issued by FIDAL (info@runcard.com) and a valid **competitive medical certificate for athletics**. No documentation needs to be sent; membership will be verified through the FIDAL/RUNCARD portal. Non-EU athletes must send a copy of their residence permit or entry visa via email to: stramilanosottozero@evodata.it



5) Italian and foreign athletes residing abroad holding a Standard RUNCARD. Eligible participants: Italian and foreign citizens aged 20 and older (born in 2006 or earlier), not registered with any foreign club affiliated with World Athletics nor any Italian club affiliated with FIDAL or Sports Promotion Bodies, holding a Standard RUNCARD issued by FIDAL (info@runcard.com) and a valid **competitive medical certificate for athletics**. No documentation needs to be sent; membership will be verified through the FIDAL/RUNCARD portal. Non-EU athletes must send a copy of their residence permit or entry visa via email to: stramilanosottozero@evodata.it

Note: all athletes participating with a Standard RUNCARD or EPS RUNCARD will be included in the official race results but will not be eligible for prizes, bonuses, or refunds.

The RUNCARD must be renewed if expired, and if expired on race day, the athlete may participate only upon showing proof of online renewal.

IMPORTANT:

participation for all RUNCARD holders is subject to presenting a valid competitive medical certificate for athletics in Italy. Foreign athletes may present a medical certificate from their home country, provided it includes the same medical examinations required by Italian law: a) medical examination, b) complete urinalysis, c) resting and exercise ECG, d) spirometry. The original certificate must be shown at registration, signed and stamped by the issuing physician. A copy will be retained by the organizer.

Attachments:

- Sample Italian Competitive Medical Certificate
- Medical Certificate for Competitive Sports Activities (English)
- Certificat Médical Activités Sportives Compétitives (French)

6) Italian and foreign athletes registered with FISPES according to FIDAL/FISPES protocols.

FISPES-licensed athletes are kindly asked to contact us by email at: stramilanosottozero@stramilano.it

IMPORTANT – NOT ELIGIBLE TO PARTICIPATE:

- athletes affiliated with CONI-recognized Sports Promotion Bodies not aligned with FIDAL;
- athletes registered with other sports federations (e.g., triathlon, cycling);
- athletes using "hand bikes," wheelchairs, strollers, skates/scooters, or any wheeled devices.

IMPORTANT ADDITIONAL NOTES:

- Italian citizens registered with AIRE are considered residents abroad;
- the competitive medical certificate must explicitly state "athletics". Certificates mentioning only "running", "road racing", "marching", "marathon", "triathlon", "half-marathon", etc., will not be accepted;
- participants may be subject to anti-doping tests and the disciplinary regulations set out in FIDAL's Rule 25;
- race shoes must comply with World Athletics Technical Rules (Rule RT 5).

NO OTHER PARTICIPATION CRITERIA ARE PROVIDED.



REGISTRATION FEES

Individual Registration Fees

€18.00 – from March 2026 to October 31st, 2026 **ONLINE**

€20.00 – from November 1st to November 26th, 2026 **ONLINE**

€20.00 – on November 26th (**NEW!**), 27th and 28th, 2026 **ON-SITE** at Decathlon Cairoli, Foro Buonaparte 74-76, 20121 Milan.

The registration fee is non-refundable under any circumstances.

Sports Clubs (minimum 8 athletes registered)

€16.00 – from March 2026 to October 31st, 2026 **ONLINE**

€18.00 – from November 1st to November 26th, 2026 **ONLINE**

The registration includes: race bib, liability insurance, race kit with official t-shirt, refreshment stations and safety service, timing chip, and, a finisher's medal for the athletes who crossed the finish line. A participation certificate can be downloaded after the race; details will be provided later.

REGISTRATION PROCEDURES

ONLINE REGISTRATIONS: <https://www.endu.net/it/events/stramilano-sotto-zero>

- payment by **CREDIT CARD**: from March 2026 to November 26th, 2026.

ON-SITE REGISTRATIONS AT:

- **DECATHLON CAIROLI**, Foro Buonaparte 74-76, 20121 Milan: Thursday, November 26th (**NEW!**), Friday, November 27th, 2026, and Saturday, November 28th, 2026, from 9:00 am to 8:00 pm.

For groups of at least 10 people, payment via **BANK TRANSFER** is also possible by registering the group using a pre-filled Excel file, which can be requested via email. This option is available from March 2026 until November 20th, 2026.

The Organizing Committee reserves the right to close registrations early or accept entries beyond the deadline at its sole discretion. No registration will be accepted on race day.

A registered athlete who cannot participate, provided they have not collected the race kit, may request the **transfer of the registration fee to another licensed athlete** by following the procedure at this page <https://join.endu.net/entry?edition=105846>, by **November 22, 2026**, for a €10 processing fee.

Unclaimed race kits by 10:30 am on November 29th, 2026, will be cancelled and can no longer be collected.

BIB ASSIGNMENT

Once registration is complete (payment made, membership and other required documentation sent or delivered), a bib number will be assigned automatically and progressively. The bib is strictly personal, cannot be transferred to third parties, cannot be tampered with and must be applied in its entirety. Failure to comply with these provisions will result in the athlete's disqualification. Once a bib number has been assigned, it will not be possible to change it. The registered participant is responsible for the ownership and custody of his/her own race bib, acquiring the right to use all the services indicated in the regulation and subsequently communicated. Anyone participating in the race without a regular registration and/or with a counterfeit bib, in addition to being held responsible for any damage to persons or things, including themselves, may incur sports sanctions under the jurisdiction of the federal bodies and current criminal sanctions. Violations will be detected exclusively after verification of photographic and/or video documentation.



BIB AND RACE KIT COLLECTION

Those who register on-site will receive the bag at the time of registration. Online registrants, however, may collect bibs and race kits on:

- **DECATHLON CAIROLI**, Foro Buonaparte 74-76, 20121 Milan: **Thursday, November 26th (NEW!), Friday, November 27th, 2026, and Saturday, November 28th, 2026, from 9:00 am to 8:00 pm.**
- **CITYLIFE VILLAGE**, Piazza Burri, behind Palazzo delle Scintille: **Sunday, November 29th, 2026, from 7:00 am to 9:00 am.**

Collection by proxy is permitted:

- **Individuals:** must provide a written authorization, a copy of the athlete's ID, and any other required documentation.
- **Clubs:** authorized representative must show a delegation signed by the club president and a copy of the president's ID.

All registrants will receive a swag bag complete with an official t-shirt. Size availability is limited, so your chosen size cannot be guaranteed.

BAG DROP SERVICE

A free bag drop service will be available at CityLife Village, Piazza Burri (behind Palazzo delle Scintille). Participants must use the official Stramilano SOTTOZERO bag and affix the sticker (included with the bib) to identify it. Only clothing for post-race change should be stored. Although every effort will be made to handle and return bags safely, the organizers accept no responsibility for lost, misplaced, or stolen items.

START

Time: 9:00 am. Location: Viale Cassiodoro, CityLife, Milan.

The start will follow FIDAL guidelines in effect at the time of the event.

FINISH

Location: Piazza Morante, CityLife, Milan.

After finishing, refreshments and bag drop will be available. Please exit promptly and avoid gatherings.

TIME LIMIT

The time limit is 1 hour and 30 minutes. Athletes who exceed this time will be asked to leave the course.

MEDICAL ASSISTANCE

The first aid service is prepared and approved by A.R.E.U. (Azienda Regionale Emergenza Urgenza- Regional Emergency Urgency Company) in accordance with the DGR 2453 of 7 October 2014 of the Lombardy Region, concerning the "Health Organization during events and scheduled exhibitions".

REFRESHMENT STATIONS

In accordance with World Athletics-FIDAL regulations, one refreshment station will be available on the course.

TIMING

Timing is provided by the Federazione Italiana Cronometristi. Results and rankings will be compiled by EvoData Srl using a timing chip. Official time is measured with Gun Time (start signal), while Real Time is recorded for statistical purposes. Additional checkpoints may be placed along the route to ensure ranking accuracy.



RESULTS AND RANKINGS

The ranking will be drawn up with the Official Time and the resulting complaints must be presented as provided in the paragraph "COMPLAINTS". The race ranking will be available on the Endu website. For anything not covered, the World Athletics Championships-FIDAL technical-statutory rules apply.

AWARDS

At CityLife Village immediately after the finish:

- Top 3 overall male and female finishers of Stramilano SOTTOZERO: prizes in kind and free entry to Stramilano Half Marathon on March 21st, 2027.
- 1st male and female finishers in: Allievi, Junior, Promesse, Seniores, and Master age groups: prizes in kind and free entry to Stramilano Half Marathon on March 21st, 2027.

IMPORTANT:

No cumulative prizes: Overall and age-group prizes are not cumulative.

FIDAL RUNCARD, Standard, or EPS athletes are excluded from receiving any prize, reimbursement, or bonus.

COMPLAINTS

Any complaints about the Official Time ranking must be submitted within 30 minutes of the display of the official ranking at the "timing and race judges" tent located next to the finish line, in the first instance verbally to the Finish Judge and, in the second instance, in writing to the Appeal Judge, accompanied by the fee of € 100.00, which will be returned if the complaint is accepted. The Race Judges Group may disqualify athletes who do not pass through the detection points located along the route.

CHECKS

Federation membership card checks and athlete identity checks will be carried out in accordance with current FIDAL Regulations.

ABOUT IMAGES ACQUIRED DURING THE EVENT

As reported in the Personal Data Protection Policy of Stramilano Running Club S.S.D. a r.l. on the data transmitted for signing up to Stramilano SOTTOZERO, during the sporting event, photographic images and videos will be acquired and used by Stramilano Running Club S.S.D. a r.l. for informational purposes of the various moments of the event itself, on the Stramilano SOTTOZERO website, on the event's promotional material, on social media and trade press. Both photographic images and videos will be stored in IT archives by Stramilano Running Club S.S.D. a r.l. and by External Data Processors, duly authorized by the latter.

LIABILITY AND PRIVACY

By registering for the Stramilano SOTTOZERO, the athlete declares: to fully know and accept this regulation; to exonerate the organizers, sponsors, FIDAL, G.G.G. and media partners from any liability, whether civil or criminal, for damage to people and/or things caused by him/her or derived from him/her; to be physically fit for the characteristics of the event; to register voluntarily; to be aware that the event takes place on city streets; to be aware that, as it is a competitive race under the aegis of FIDAL, he/she must possess the requirements requested by the Federation; to assume all risks arising from his/her participation in the event such as falls, contact with other participants, spectators, vehicles or other contacts, hot/cold weather conditions, rain/humidity, traffic and road conditions, risks well known and assessed by him/her. Participating athletes must comply with the rules of the Highway Code.

The information pursuant to art. 13 of Regulation (EU) 2016/679, can be viewed at the link: <https://stramilanosottozero.it/informativa-privacy-partecipazione-all-evento/>, for those who register for the sporting event by filling out the online form via the website www.endu.net



CANCELLATION

If the race is cancelled and/or does not go ahead for reasons beyond the control of the organizers and/or despite their wishes (including if the relevant public authorities retract their authorization for whatever reason), registered participants will have no right to make any claims against Stramilano Running Club S.S.D. a r.l. or other joint organizers and no right to reimbursements for any past or current expenses. By signing a registration application, they waive the right to compensation and/or damages and/or any claims for indemnification and/or settlement for any past or current financial loss.

CHANGES

The race and the registration procedures, as well as the collection of bibs and the deposit of bags must comply with the protocols of the Sports and Health Authorities in force on the date of the events. The Organizing Company reserves the right, after approval by FIDAL– CRL, to modify this regulation at any time for the reasons it deems appropriate, for a better organization of the race, for any changes to the FIDAL Regulations or by order of the competent authorities. The modified regulation will be published on the official website of the event www.stramilanosottozero.it and will replace the previous one in all respects.

FINAL REMARKS

For what is not provided for in this regulation, the International Technical Regulations and the statutory and technical rules of the World Athletics, FIDAL and the Race Officials shall apply.

INFORMATIONS

Event website: www.stramilanosottozero.it

E-mail: stramilanosottozero@stramilano.it

Head office: Stramilano Running Club S.S.D. a r.l. Via Lorenzo Valla 16 – 20141 Milano – Italy.

Tel. (+39) 02.84742380 - 339.5428517

Rev. 07.10.2026