

Rules

Article 1 – Organization

Telematic Solutions and the **Ariane Cross Committee**, are organizing the **47th** edition of the ARIANE CROSS competition on 10th October 2026 in **Milano, Italy**

Article 2 – Races

The ARIANE CROSS meeting includes both individual races and a 4 X 1.500 m relay.
Three optional distances are offered for the individual races: 2.500 m, 5.000 m and 10.000 m.
Note: All distances are indications only.

Article 3 – Participants

The event is opened to employees from European companies engaged in the European launchers programs, as well as the employees' partners.

Article 4 – Closing date

The entry deadline (individual events and relay) as the final date for applications to participate in ARIANE CROSS 2026 is **15th may 2026**.

Article 5 – Team

Team captain
Each team must appoint a captain who will be the contact point with the organizers.
Company Team composition
Except for the organization team, each team shall be composed of participants up to 70 runners.

Article 6 – Medical Certification

In accordance with the recommendations of the French Athletics Federation and Law No. 2022-296 of March 2, 2022, a medical certificate is not required any more.
Nevertheless, each team captain will check that all runners in his team have health conditions to practice running in competition.
The Organizing Committee cannot be held responsible for any medical issues.

Article 7 – Age categories (individual races)

Age categories for this cross-country event are only defined with the year of birth.
The following categories have been defined:

WOMEN'S CATEGORIES

RACE	2008-1987	1977-1986	1976 and before
2.500 m	A1	A2	A3
5.000 m	B1	B2	B3
10.000 m	C1	C2	C3

MEN'S CATEGORIES

RACE	2008-1987	1977-1986	1976 and before
2.500 m	A4	A5	A6
5.000 m	B4	B5	B6
10.000 m	C4	C5	C6

Article 8 – Individual race

A competitor can enter only one individual race.

Article 9 – Relay race

A relay team consists of 4 runners from a team who have all participated in an individual race.

The relay team must be composed as follows :

Relay		Runner 1	Runner 2	Runner 3	Runner 4
Gender	Female	Male	Female	Male	
Birth Year	2008-1987	2008-1987	1986 and before	1986 and before	

Any relay team not respecting the above mentioned composition shall not be allowed to participate the relay race. A relay competitor can enter only one relay team.

Article 10– Team points from individual races

The ranking will be established according to the order in which the runners pass under the finish arch.

For each of the 3 individual races: 2500m, 5000m and 10000m, the points awarded are determined based on the ranking of the best runner on the team, in each of the following 4 categories:

- Women born in 1987 or later (under 40 years old)
- + Women born in 1986 or earlier (over 40 years old)
- + Men born in 1987 or later (under 40 years old)
- + Men born in 1986 or earlier (over 40 years old)

For each race, the points awarded to a team are equal to the sum of the points scored by its best athletes in these four categories.

This total score is then divided by 12, giving the average of the individual points scored for the team.

Example:

in the 2500m race, a team including

The best woman (under 40 years old) finishes 1st (in her category)

The best woman (over 40 years old) finishes 1st (in her category)

The best man (under 40 years old) finishes 2nd (in his category)

The best man (over 40 years old) finishes 14th (in his category)

The team will receive $1 + 1 + 2 + 14 = 18$ points for the 2500m race

Special case:

Any team with no representatives in a given race will be awarded points equal to the number of athletes classified in that category plus one.

Example:

In the 10.000 m women's race for example, if 25 female athletes finish, teams that have no representatives in that race will be allocated 26 points..

Article 11 – Team points from relay race

The ranking will be based on the finishing order of the four best runners, not on time.

All teams participating in the relay will be ranked according to their finishing order, and this ranking will be used to calculate the final ranking.

In the relay race, the following will be recorded:

The number of points scored by a given team in a relay race corresponds to the best team's relay team finishing place (1 point for the relay team finishing first ...).

A team that does not finish the relay race will be allocated the number of points awarded to the team finishing last, plus 1.

Note:

Teams are allowed to participate in the relay race with multiple teams

The results of all relay teams will be taken into account for the relay race ranking and for the final ranking.

Article 12 –Final ranking

The final ranking is obtained by adding the number of points scored in the relay race to the average of the individual points scored by the team.

The ranking is established by the representatives of the Ariane Cross Committee.

Example calculation:

	2,5 km				5 km				10 km				Average individual races	Relay race standings	Final points
	F-40	F+40	H-40	H+40	F-40	F+40	H-40	H+40	F-40	F+40	H-40	H+40			
Team X	1	1	1	6	3	5	1	7	2	3	1	2	2,8	1	3,8
Team Y	2	5	2	3	5	3	2	2	1	5	3	5	3,2	3	6,2
Team Z	4	6	7	8	1	4	5	12	3	4	2	11	5,6	2	7,6

For Team X

2500m Race:

The best female under 40 years old finished 1st in her category = 1 point

The best female over 40 years old finished 1st in her category = 1 point

The best male under 40 years old finished 1st in his category = 1 point

The best male over 40 years old finished 6th in his category = 6 points

2500m race: Team X scores 9 points

5000m race: Team X scores 16 points

10000m race: Team X scores 8 points

➤ The average number of individual points scored by the team = $(9 + 16 + 8) / 12 = 2.8$ points

➤ The final score = $2.8 + 1$ (relay points) = 3.8 points

Final ranking

Team X, with the fewest points (3.8), is ranked first and wins the Ariane Cross Cup.

Team Y will be ranked second (6.2).

Team Z will be ranked third (7.6).

Article 13 – Trophies

The first three finishers in each category, for each race, will be awarded a trophy.

The first three teams in the relay will be awarded a trophy.

The final team ranking shall be announced during the trophy awards ceremony.

The Ariane Cross challenge cup will be awarded to the team that finishes in first place.

This cup is put back in competition at each edition.

Article 14 – Timings

The schedules below are given for informational purposes; they may be changed if necessary.

The individual races will start at the following times:

- 10.000 m, categories C1 to C6: start 09.00 am
- 5.000 m, categories B1 to B6: start 10.30 am
- 2.500 m, categories A1 to A6 start 11.30 am
- the relay race will start at 12:00 am.

Competitors are to assemble at the start line 10 minutes before the published start of each event.

Article 15 – General arrangements

Numbers must be worn on the chest.

The use of spiked shoes is not allowed.

Failure to respect the rules or directions given by an official or route marshal may result in disqualification.

Article 16

All participants agree to abide by these rules; failure to do so may result in disqualification.

Article 17

All participants agree that photos, video material, and interviews made in connection with his/her participation in the event can be broadcasted and published on TV, the internet, radios, in printed material, books, photo copies (video footage, video tapes, etc.) without fees.

Moreover, participants agree that personal data, such as name, year of birth and company can be provided in starting lists and results.