

2026 Shanghai Marathon Competition Regulations

I. Race Time

Wheelchair Marathon: Sunday, December 6, 2026 (6:45am)

Marathon: Sunday, December 6, 2026 (7:00am)

II. Events

Wheelchair Marathon, 20 participants

Marathon, 30000 participants

III. Routes

(1) Starting line: East Zhongshan Road No. 1 (The Bund Bull)

(2) Finishing line of the Marathon: South Zhongshan Road No. 2 (Xujiahui Sports Park)

(3) The race route passes through the Bund, Nanjing Road Pedestrian Street, Jing'an Temple, Huaihai Road, Xintiandi, Site of the First CPC Congress, Huangpu Riverside, Longteng Avenue, Longhua Temple, and Longhua Martyrs Memorial. The detailed route will be published on the race route map before the race.

IV. Registration

A. Regular Registration

- 1) Pre-registration time: starts at 15:00, April 29 and closes at 12:00, May 29, without extension.
- 2) Time of Draw Results Announcement: afternoon of June 30.
- 3) Time of Payment: starts on the afternoon of June 30 (after the draw results announcement) and closes at 12:00, July 20. Non-payment will result in disqualification from the race, and unable to regain the qualification.

B. Guaranteed Entry Registration

Starts at 15:00, April 29 and closes at 12:00, May 29. Those who do not register will be deemed as forfeiting their guaranteed entry registration opportunity. Those who are qualified for guaranteed entry registration will automatically gain a position upon completion of registration and payment.

C. See Registration Guidelines of 2026 Shanghai Marathon for details.

V. Registration Fees

Item	Chinese Nationality	Foreign Nationality	
	(including Hong Kong, Macao and Taiwan)		
Marathon	RMB 200	RMB 1150	USD 160

Once your registration is confirmed and payment is completed, your eligibility to participate will be considered valid. If you are unable to participate in the race for any reason, the Organizing Committee will not refund the registration fee.

VI. Entry Qualifications

1. Age & qualification for participation

(1) Those who meet the requirement of the Race Regulations, regardless of nationalities, can register by providing legal ID documents and being proved suitable for the entry after physical examination.

(2) Participants of the Marathon must be at least 20 years old on or before December 6, 2026, be a regular long-distance runner, and physically fit to participate.

2. Physical Health Requirements for Participants

Road running is a physically demanding and high-risk long-distance competitive sport. It requires participants to be in good physical condition, and they should have a consistent long-term running practice or training experience. Individuals with any of the following conditions should not participate in the race: congenital or rheumatic heart disease, hypertension, cerebrovascular disease, myocarditis or other heart conditions, coronary artery disease, severe arrhythmias, diabetes, pregnancy, a recent cold or fever (within the last two weeks), or any other health conditions that may pose a risk.

3. Once registered successfully, participants are deemed to comply with the Shanghai Marathon Runner's Statement. The race type and any of the personal information cannot be revised after registration. Transferring your qualification, bib or chip to another participant is not permitted, and the transferor/transferee shall be solely responsible for all the corresponding consequences.

4. Guaranteed Entry Registration Qualification

Those runners who are qualified as guaranteed entry runners should be in line with the 2026 Shanghai Marathon Race Regulations and Registration Guidelines, register, and pay the registration fee on www.shang-ma.com or the Shangma APP within the

required time. Those who do not register in time will forfeit their registration opportunity.

The guaranteed entry runner's requirements are as follows (not applicable to Elite Athletes):

- * Top 200 finishers of the Half Marathon event in 2026 Shanghai Women's Half Marathon

- * Top 200 men's finishers and top 100 women's finishers in 2026 Shanghai Half Marathon

- * Top 150 men's finishers and top 100 women's finishers in 2026 Shanghai Suzhou Creek Half Marathon

5. Elite Athletes

Elite Athletes are divided into the following three categories:

1. International Elite Athletes: foreign athletes who meet the eligibility criteria and competition standards specified in the World Athletics Label Event Regulations;
2. Domestic Elite Athletes: athletes registered in the National Anti-Doping Center's testing pool and registered testing pool for the year of the event;
3. Other Invited Athletes: non-elite athletes invited to participate by the Organizing Committee.

According to the Chinese Athletics Association Road Running Event Management Measures, elite athletes are not permitted to register for the event as regular participants. Elite athletes who wish to register for the event should contact the Organizing Committee.

VII. Competition Method

1. Subject to World Athletics Competition and Technical Rules, World Athletics Label Road Races Regulations, relevant rules approved by the Chinese Athletic Association and Organizing Committee of Shanghai Marathon.
2. Subject to the latest rules and regulations of World Para Athletics (WPA) and Race Regulations of Shanghai Marathon.
3. The marathon will start in waves.
4. Runners' bibs will be arranged and distributed by the Organizing Committee. All the participants should wear suitable sportswear, and put the bib (big) on the

front of their body. For anyone who does not wear suitable sportswear, folds or blocks the bib, the Organizing Committee is entitled to cancel their results; for anyone whose result is not recorded due to improperly wearing the bib, their results will not be kept in record.

5. All the participants must present themselves for a roll call at the starting line and assemble at the designated corrals based on events and bib at 5:30 a.m., December 6. The Organizing Committee has set up a check-in carpet before each corral, after the starting order, the runners must first pass the check-in carpet of their corrals and then pass the timing carpet on the starting line.

6. ID Verification

Participants' identity information will be verified when entering the event on the race day. In order to speed up the entry verification and optimize the experience, the race will use face recognition for identity verification. According to the relevant provisions of the Personal Information Protection Law of the People's Republic of China, all runners who have been chosen by the draw or have been qualified to participate in the registration process will authorize the race organizing committee to collect facial recognition information (only for registered Shanghai Marathon users who use their ID Card of People's Republic of China), and participants who have completed the collection will not need to bring their identity documents for entry verification on the day of the race.

Special Note: Since the qualification of Shanghai Marathon is bound to the personal information provided by the participant, if the participant refuses or cancels the authorization of using the relevant personal information (such as name, ID card number, cell phone number, emergency contact, etc.), the participant will bear the unfavorable consequences such as not being able to participate, or being disqualified, or having the participation results cancelled.

7. Ranking record: Rankings for awards will be recorded according to the Gun Time, and rankings of other participants will be recorded according to the timing chips.

8. The Organizing Committee will provide timing chips. Participants must wear their designated timing chips. If the results of any participant cannot be recorded as a result of failing to wear the timing chip correctly, the Organizing Committee will not be held responsible. Requirements of wearing a timing chip:

1. Wearing the bib with timing chip on the chest.
2. Do not cover the bib and timing chip with your clothing or waist pack.

3. The timing chip and foam on the bib cannot be folded, torn, damaged or removed.

4. Participants must pass each timing sensor carpet on the track during the race.

9. The marathon will start in waves. The timing chips will start timing (net time) when participants cross the starting line. There will be timing carpet at every 5 km, the middle point (21.0975km), the turnback point, the finishing line and etc. Throughout the race, participants must run past all the timing sensors within the designated time. If a participant fails to register with any of the timing sensors, he/she will be excluded from ranking and certification.

10. Baggage services will be available for participants of the Marathon on site. The participant must insert/affix their bib (small) to the baggage provided by the Organizing Committee and leave it at the storage area at the starting point before 6:45 am. After the race, the participant may claim their baggage to the same storage tent by showing their bib (big) to onsite staff before 14:30. If the participant fails to claim their baggage within the allocated time, they can claim within 5 workdays at the place designated by the Organizing Committee; otherwise, the baggage will be disposed of. Please do not store anything of value in the baggage (for example, ID cards, mobile phones, cash, watches, keys, electronics, etc.). Please do not store fragile products, flammable, explosive and prohibited items in the baggage. The baggage's owner will take full responsibility for any damage, loss or accidents.

11. Refreshment stations

Distance	Beverages/Drinking water	Drinking water/ Sponging
5KM	✓	
7.5KM		✓
10KM	✓	
12.5KM		✓
15KM	✓	
17.5KM		✓
20KM	✓	
22.5KM		✓
25KM	✓	
27.5KM		✓
30KM	✓	
32.5KM		✓
35KM	✓	
37.5KM		✓
40KM	✓	

Note: Please do not litter about. Please throw cups, bottles, peels, and packing bags into designated place according to the correct garbage classification, or give them to the staff or volunteers.

12. Distance and Cut-off time

To ensure the safety of the participants, a cut-off time will be set for each section of the course, and public traffic will resume after this time. Any participant who hasn't finished the corresponding distance within the allotted time should immediately stop and safely leave the track in order to avoid posing a danger to themselves and others. If necessary, participants who quit the race can take the sweep bus or public transportation to arrive at the finishing area.

The cut-off times are as follows:

Distance	Cut-off Time
10km	8:50
15km	9:35
20km	10:20
25km	11:00
30km	11:45
35km	12:30
40km	13:15
Finishing Line of Marathon	13:30

Note: The Organizing Committee reserves the right to forward the closing time in case of emergency and participants are required to follow the instructions.

13. For further information on the requirements and arrangements of the race, see Notes on Participation which will be handed out together with the bib and timing chip.

14. Elite Athletes

1. Check-in

The Marathon event provides a separate check-in area and pre-race warm-up zone for Elite Athletes. On race day, all Elite Athletes must present their original identification documents, wear pre-approved sportswear and running shoes, and properly secure their bibs. They must check in individually at the designated registration area 30 minutes prior to the race. Athletes who fail to check in will not

have their results recognized as official race results and will not be eligible for race rankings or awards.

2. Start Signal and Timing

All Elite Athletes will start with the first starting gun, and race times will be recorded using gun time. If an athlete makes an invalid start, the athlete will not be recalled, but the referee will disqualify the athlete from the race.

3. Personal Refreshments

Personal refreshment stations will be set up every 5 kilometers along the course. Elite Athletes may submit their personal refreshments at a designated time and location on the day before the race and collect them at the corresponding stations during the race. Detailed arrangements for personal refreshments will be announced at the technical meeting.

4. Race Sportswear and Shoes

All Elite Athletes' competition sportswear must comply with the World Athletics Regulations regarding sportswear and advertising, and running shoes must be listed on the World Athletics list regarding running shoes. Athletes violating this rule will be disqualified.

5. Technical Meeting

The technical meeting will be held the day before the race. All elite athletes must bring their original ID documents, bib, race sportswear, and race shoes to the technical meeting.

VIII. Rack Pack Pick-up

1. Pick-up Time:

9:30-19:30, December 3, 2026 (Thu.)

9:30-19:30, December 4, 2026 (Fri.)

9:30-19:30, December 5, 2026 (Sat.)

2. Pick-up Place:

Shanghai World Expo Exhibition & Convention Center (850 Bocheng Road)

3. Essential Documents

Chinese Nationals:

Participants from mainland China must present the original copy of their second-generation ID card.

Participants from Hong Kong, Macau, and Taiwan must present the original copy of their passport, Mainland Travel Permit for Hong Kong and Macao Residents, Mainland travel permit for Taiwan residents, etc.

Foreign Nationals: Must present the original copy of their passport.

Note: The presented documents must exactly match the personal information provided during registration (including but not limited to country/region, name, and document number). Race pack must be collected in person; collection by proxy is not permitted. The Organizing Committee reserves the right to disqualify participants who fail to present the required documents as specified and to refuse to issue race packs.

Participants must collect their race pack at the designated pickup location during the specified time period. Late arrivals will not be accommodated, and failure to collect the race pack within the designated time will be deemed a forfeiture of participation.

The Organizing Committee does not provide mailing services, and race packs cannot be collected on the day of the event.

IX. Awards

A. Marathon

1. Categories

1) Awards based on ranking (USD)

The Marathon result of the top eight participants will be counted according to Gun Time.

Place	No.1	No.2	No.3	No.4	No.5	No.6	No.7	No.8
Bonus	55000	23000	15000	7000	6000	5000	4000	3000

Note: The men's winner must finish within 2:07:30 and the women's winner must finish within 2:23:00. If the winner's time does not meet the above criteria, the award will be reduced by 50%.

2) Special awards for Chinese Athletes (CNY)

Top 8 participants of men's and women's for special awards for Chinese Athletes will be counted according to net timing:

Place	No.1	No.2	No.3	No.4	No.5	No.6	No.7	No.8
Bonus	55000	23000	15000	7000	6000	5000	4000	3000

3) Awards for record-breaker

Bonus for record-breaker of Shanghai Marathon: USD 20,000 (only for the 1st place).

2. The results of all awarded participants will be published on the event's official website for 10 days and the award will be distributed after confirming the compliance of anti-doping measures. If a participant fails the doping control result, his/her ranking and award will be canceled and the result ranking will not be replaced.

3. According to the Individual Income Tax Law of the PRC, 20% personal income tax will be levied on the bonus. Chinese athletes receiving the above awards will be given the equivalent value of RMB, which will be converted into RMB based on the mid-rate of the RMB exchange rate of the foreign exchange on the day of the race.

4. If an athlete of Chinese nationality wins both the award based on ranking and the special award for Chinese athletes, only the one with the higher amount will be issued, and the award will not be duplicated, and there will be no replacement of the subsequent winning places.

5. Any runner who finishes the marathon within 6:00:00 will be awarded a finisher's medal. The result certificate will be available for download on the official website and APP of the Shanghai Marathon 12 hours after the race was completed. The certificate will be available for download within a period of 90 days.

B. Wheelchair Marathon

1. Categories

Awards based on ranking (USD)

The Wheelchair Marathon result of the top three participants will be counted according to Gun Time.

Place	No.1	No.2	No.3
Bonus	15000	8000	5000

2. The results of all awarded participants will be published on the event's official website for 10 days and the award will be distributed after confirming the compliance of anti-doping measures. If a participant fails the doping control result, his/her ranking and award will be canceled and the result ranking will not be replaced.

3. According to the Individual Income Tax Law of the PRC, 20% personal income tax will be levied on the bonus. Participants with Chinese nationality will receive the equivalent value of the above awards in RMB. The prize money will be paid out after conversion to RMB based on the middle rate of the RMB and USD exchange rate on the day of the competition.

X. Penalties

The Organizing Committee will employ video monitoring at the starting line and finishing line as well as along the route. In violation of the following terms, the participants may be deprived of the results, suspended from participating in the race for 2 years or for lifetime, and be reported to the Chinese Athletic Association for further punishment by the Organizing Committee:

1. Enrolling with a false age or identification documents.
2. Carrying two or more chips at the same time during the race (including male runner wearing female runner's chip).
3. Finishing the race by relay.
4. Starting in a non-designated corral and order.
5. Violating race rules during the race.
6. Refusing to listen to instructions given by race staff, refusing to stop and leave the track beyond the allotting time or entering the track after quitting the race.
7. Failing to finish the race along a specified route, taking a shortcut, or using a means of transport other than running.

8. Repeatedly crossing the finishing line without following the race requirements, or crossing the finish line without completing the race in order to collect finisher's articles and medals.
9. Forging a bib, using bibs from other events or crossing the finish line without wearing your bib or with a chip not used for this race to collect snack foods and medals.
10. Altering the bib or blocking a part of the bib without permission.
11. Transferring or accepting bibs or chips.
12. Disobeying the instructions given by race staff, disturbing the race, gathering a crowd to incite trouble, or getting into physical altercations.
13. Violating any of the race rules and regulations.

In cases where someone becomes eligible to run as a result of providing false information or taking another registrant's bib, they will take sole responsibility for all consequences incurred.

XI. Insurance and Medical Aid

1) The Organizing Committee will purchase personal accident insurance for all participants and staff during the competition (the specific type and insured amount (cap) will be subject to the final insurance policy and insurance contract, please refer to the following list of insurance). If the insurance cannot be purchased or claimed due to incomplete, inaccurate or untrue registration information, all legal liabilities (including but not limited to the inability to obtain insurance claims) will be borne by the participants.

1. Insurance period:

- 1) Race day (December 6), for regular athletes: 05:00 to 17:00 of the race day
- 2) Elite Athletes: 2 days before the race day (December 6) to the next day of the race day, depending on the time of arriving at and leaving Shanghai, no longer than 4 days.

2. Age limit: as required by the Race Regulations

3. Insurance liability and insured amount

No.	Insurance Liability	Insured Amount
1	Accidental death and accidental disability	≤500,000 RMB/person in total
2	On the day of the race (only for sudden death)	
3	Accidental medical treatment	≤50,000 RMB/person (no deductible, 100% payout ratio)
4	Acute Disease Add-on (If a participant suffers from a sudden acute disease and dies or incurs medical expenses as a result during the period of coverage, the insurer will be responsible for compensating the financial liability that should be borne by the insured according to law as a result in accordance with the special agreement of this item. Acute disease means a disease that has not been treated or diagnosed prior to the effective date of the insurance, but which occurs suddenly during the period of insurance and for which immediate medical treatment is necessary to avoid injury to body or life, excluding pre-existing illnesses and their complications, chronic illnesses and their complications (except for chronic illnesses that require immediate medical treatment for an acute onset of illness during the period of insurance), mental illnesses, schizophrenia, AIDS, sexually transmitted diseases, hereditary diseases, congenital diseases or defects, congenital malformations, dental treatment, preventive surgery and other surgeries that do not require emergency treatment, organ transplantation).	Limit of compensation for death ≤ 300,000 RMB per person, and limit of compensation for medical expenses ≤ 50,000 RMB per person.

2) Fixed medical aid stations will be available at the starting point and finishing line as well as along the route. Clearly marked signs will be displayed with clearly visible signs. Ambulance will follow runners along the route. The Organizing Committee will post staff members and volunteers at fixed medical aid stations and drinking stations to assist with medical disposal and help maintain order. Participants may ask for help at any time if needed.

Special notes:

1. If the participant suffers from discomfort and related illnesses or symptoms due to his/her own reasons (including but not limited to chronic illness, invisible illness, lack of physical strength, etc.) during the competition, and the insurance company ultimately determines that the claim is not covered, then all legal liabilities and consequences (including but not limited to medical expenses, loss of work, disability compensation or compensation, death compensation, etc.) will be the responsibility of the participant and the Organizing Committee takes no responsibility. Please evaluate your own health condition carefully before registering! Please consult professional medical facilities if necessary.

2. The Organizing Committee will provide actions free of charge during the competition, which is limited to first aid treatment on site. The participants can apply to the insurance company for claim or negotiate with the insurance company after settlement with the hospital for the related expenses incurred during subsequent treatment in the hospital. The Organizing Committee may provide relevant information if necessary.

3. If the participant is injured or dies due to doping or other prohibited drugs during the competition, the participant shall bear all the legal responsibilities and consequences (including but not limited to medical expenses, loss of work, disability compensation or compensation, death compensation, etc.).

4. To ensure the safety of participants, judges and staff members authorized by the Organizing Committee will have the right to prevent any participant from continuing the competition if the participant involved is deemed unable to continue.

XII. Technical Officers, Delegates, and Judges

The technical officers and delegates will be selected by Chinese Athletics Association, and judges will be selected by Shanghai Athletics Association.

XIII. Other matters are subject to further notice.

XIV. The Organizing Committee reserves the right of final interpretation of these rules.

Organizing Committee of Shanghai Marathon

April 2026