

Definition of races to count towards Seven Continents Club finisher's list

- A race, organized by an identifiable race director, open to all applicants (which may be subject to entry limits or qualification restrictions), advertised at least 30 days beforehand in the running press, web, by leaflets at other races or similar manner. A race is not required to be competitive in nature.
 - A race must have at least 25 participants finish the events for events defined as a marathon.
 - A race must have at least 25 participants start the event for events defined as an ultra.
- Race results or a record of race completion must be published or made available.
- The runner must have completed the whole race entered, abiding by the event rules and have completed the whole course (unless misdirected by the organizers) for the race to count. The declared race distance counts (the runner is not penalized if the race distance appears to be short). However, a runner cannot count a race he knows in advance to be short. Participants in relay events or teams, no matter the distance covered, cannot count that race.
- If a race advertises in advance a rule that allows participants to withdraw at a shorter distance than the full race distance, but still over the minimum threshold of a marathon or ultra then this is permitted to count as long as other criteria are followed. (i.e. results must be published of the time & distance covered.)
- If a runner finishes a race outside a stated time limit the race will not count unless the runner is included in the race results.
- A marathon shall be run without interruption regardless of the cause.
- Marathons: (i) Road: Races where the distance is accurately measured and stated by organizers to be 26m 385y (26.2 miles) / 42.195 km (42.2 kilometers) on a road or predominately road surface or, (ii) Trail: Races where it is accepted that exact measurement is not possible, rounded down i.e. minimum 26 miles or 42km.
- Ultras: Races of a declared distance of over 27 miles.
- Timed Events: Events that are advertised as 6 hour, 12 hour, 24 hour or longer shall count as a single event, no matter the distance covered or time allowed. A runner who completes a minimum of 26.2 miles can count a marathon.

- Each individual day or stage of a multi-day event can be counted as a marathon or ultra if the following criteria are met.
 - It is possible to enter each individual day or stage as a separate independent event.
 - That individual day or stage is at least 26 miles in length to count for a trail marathon, 26.2 miles for a road marathon or over 27 miles for an ultra.
 - Separate results are produced for each individual day or stage.
- If these criteria are not met then the event shall be counted as one marathon or ultra.
- Participants shall retain information to substantiate completion of an event, such as: a finisher's certificate, published event results or completion award.
- A race must hold a permit or license from the local authorities.