

Annex No. 1 to the regulation of NW Polish Cup



I. Rules for participation and classification of persons, possessing relevant disability certificates, in PP NW competition

1. A person, possessing a relevant disability certificate, can participate in PP NW competition, provided s/he has and presents a medical certificate confirming no contraindications to participate in Nordic Walking competition.
2. A person, declaring her/his participation in persons “with disability” category needs to possess and present a document confirming disability, under the risk of disqualification.
3. The following assignment to persons “with disability” category in PP NW competition applies:
A category: persons with locomotor system handicap (05-R code), persons with neurological diseases (10-N code);
B category: persons with other causes for disability, ie. labelled with 01-U and 02-P (mental diseases and disorders), 03-L (voice and hearing handicap), 04-O (eye diseases), 06-E (epilepsy), 07-S (respiratory and blood circulation tracts diseases), 08-T (digestive system diseases), 09-M (genitourinary system diseases), 11-I (others), 12-C (complex growth disorders).
4. A person, referred to in sub-point 1, participating in 5 km distance competition, can be assigned either by gender to age category or by gender to the separate “with disability” A or B category, without age assignment. A person with disability can be assigned to either of the two categories.
5. A person, referred to in sub-point 1, participating in the distance longer than 5 km is assigned together with other age categories by gender.

II. CLASSIFICATION – CATEGORIES

5 km distance	10 km distance	21 km 97,5 m distance
W-Children / M-Children (7 to 13 years old)	W 18-29 / M 18-29	W 18-29 / M 18-29
W-Jun. / M-Jun.(14 to 17 years old)	W 30-39 / M 30-39	W 30-39 / M 30-39
W 18-29 / M 18-29	W 40-49 / M 40-49	W 40-49 / M 40-49
W 30-39 / M 30-39	W 50-59 / M 50-59	W 50-59 / M 50-59
W 40-44 / M 40-44	W 60-69 / M 60-69	W 60+ / M 60+
W 45-49 / M 45-49	W 70+ / M 70+	
W 50-54 / M 50-54		
W 55-59 / M 55-59		
W 60-64 / M 60-64		
W 65-69 / M 65-69		
W 70-74 / M 70-74		
W 75+ / M 75+		
W with disability A Open / M with disability A Open		
W with disability B Open / M with disability B Open		

III. SCORING SYSTEM

In every competition event scoring system per ranking place in a relevant category is applied as follows:

Place	Score	Place	Score	Place	Score	Place	Score
1	100	11	24	21	14	31	4
2	80	12	23	22	13	32	3
3	70	13	22	23	12	33	2
4	60	14	21	24	11	34 and every further place	1 point each, respectively
5	50	15	20	25	10		
6	45	16	19	26	9		
7	40	17	18	27	8		
8	35	18	17	28	7		
9	30	19	16	29	6		
10	25	20	15	30	5		