

Annex No. 2 to the regulation of NW Polish Cup



NORDIC WALKING COMPETITION RULES (PFNW)

1. Definition of Nordic Walking

Nordic Walking (NW) is moving forward while maintaining the alternating movement of upper and lower limbs in the sagittal plane, pushing off NW poles at an acute angle and keeping permanent contact with the ground of at least one foot.

It is required that:

- full swing of upper limbs with hands passing back and forth by hips line in the sagittal plane is maintained,
- the upper limb is straight; a slight deflection in the elbow joint is permitted,
- while moving the upper limb forward the pole is not in contact with the ground,
- the pole is placed between the front leg and the back leg in the double support phase.

2. Equipment used by a competition participant

(a) A participant uses poles dedicated to Nordic Walking activity of the length adjusted to the height of a person the way that while standing upright with legs put together, holding the grip and planting the pole vertically upright on the ground, the angle between the arm and forearm is 90 degrees, with 10 degrees' acceptable error. Participation with Bungy Pump poles in the competition is allowed.

(b) Participants are permitted to use:

- personal electronic devices, except for headphones or earphones, provided that the use of them does not disturb other competitors while they are on the competition route or it does not make the communication between participants and referees difficult;
- individual personal water containers, and to deliver their own drinks to nutrition points, indicated by the organiser.

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3. Safety and medical care

- (a) NW competition organisers ensure safety to participants and referees.
- (b) A participant has to quit the competition route immediately if s/he is commanded to do so by a representative of the medical crew, appointed by the competition organiser.
- (c) In the course of the competition only its participants, taking part on a given distance, can be present on the route.

4. Nutrition points

- (a) During the competition water and other suitable energy products are made available at the nutrition points located in no more than 5 km' distances, including start and finish. Supplementary nutrition points with water have to be arranged, when justified by the weather conditions.
- (b) Nutrition zones cover the distance of 50 meters before and 50 meters after the nutrition point. For safety reasons a participant taking water or food must release her/his hand from the pole. In this zone referees do not assess upper limbs movement technique of participants.

5. Clothes, shoes and starter numbers of participants

- (a) Participants are recommended to wear sports clothes and shoes while competing.
- (b) While competing on the route each participant must have:
 - a starter number attached to the front of her/his T-shirt to make it well-visible to referees; the starter number worn by the participant has to be the same as the number on the participants' list;
 - a chip attached to her/his footwear or leg ankle area.
- (c) Covering the starter number in part, in whole or its modification, or placing the chip at a height exceeding 10 cm above the ankle of the leg may result in disqualification of the participant.
- (d) It is forbidden to use own starter numbers.

6. Route

- (a) The competition events are organised on 2.5 or 5 km' long loops.
- (b) The surface on the route can be soft or hard – it cannot, however, cause hazard to participants.
- (c) The competition route is marked with a warning tape and special markers, including distance indicators.
- (d) The length of the route is measured on the shortest line which a competition participant can choose.
- (e) The deviation of +/- 1% of the length of the Nordic Walking route is permitted, except for the circumstances when the landform makes it impossible. In this case a distance change notification is published on the competition website.

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(f) The final decision of approval of the route is taken by the Chief referee of the competition event.

(g) On the borderline of different surfaces it is possible to change the pole tips on the route in the 50 meters' long zones. In these zones the upper limbs movement technique of the participants is not assessed by the referees.

7. Walking out the route

(a) A participant can walk out the route upon the consent of a referee, provided this action will not result in shortening the covered distance.

(b) If a Chief referee is notified by another referee of a participant walking out the route in order to shorten the covered distance and assesses the notification as sufficiently justified, s/he makes the decision to disqualify the participant.

8. Start

(a) A gunshot is recommended as a signal to start direct competition on the route. Another audio sign is possible. A gunshot or another audio sign can follow a joint loud count down.

(b) The following starting order is recommended:

- 42.195 km distance (marathon), 21.1 km distance (half marathon) – men together with women or in series,

- 10 km distance –series I: men, series II: women, start split into age categories is permitted,

- 5 km distance – series I: men split into age categories, series II: women split into age categories.

Taking into account safety a Chief referee and the organiser have the right to apply other solutions, provided participants are informed about them in advance. Information on the decisions taken should be made available to participants at least one hour prior to the start.

(c) The start of a participant with another age category results in adding the difference between the start time of the right category and the real start time, and additional 2 minutes.

9. Refereeing

(a) All NW referees should act independently from one another. The only exception is the situation when a referee cannot warn a participant who has passed by her/him already and is away in a significant distance; then the warning, penalty notification is passed to the next referee who acts on behalf and on the account of the previous referee.

(b) A video recording passed to a referee by third persons can constitute the justification for the penalty.

(c) Each NW competition event is served by at least seven referees, including a Chief referee.

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10. Warnings and disqualifications

When the way a participant is moving does not comply with the technique principles referred to in point 1, the following warnings and/or penalties are applied:

(a) **oral admonition**, when a participant is informed about her/his technical errors, without the need to stop her/him;

(b) **warning (yellow card)**, when a participant is stopped, a yellow card is presented to her/him, a line is marked on her/his starter number, s/he is informed about the justification of the warning and the penalty is recorded in the referee's report; the second and following yellow cards results each time in 1 minute penalty added to the participant's time result.

Misconduct list, penalised with a yellow card:

- the absence of full swing of upper limbs in the motion,
- the lack of active pushing off with poles in the sagittal plane (motion in non-parallel planes),
- planting the poles at a right angle,
- hands are not passing back and forth by hips line in the sagittal plane,
- excessive leaning of body forward,
- lowering the centre of gravity,
- planting the pole behind the heel of the back leg in the double support phase,
- pulling the poles on the ground while moving upper limbs forward,
- excessive deflection of an upper limb in the elbow joint,
- not releasing a hand from the pole while using the nutrition point,
- hampering the overtaking actions conducted by other competitors,
- use of earphones or headphones while competing on the route,
- other, pointed out by a referee.

(c) **disqualification (a red card)**, when a participant is stopped, a red card is presented to her/him, her/his starter number is crossed out, s/he is informed about the reason for the disqualification and the penalty is recorded in the referee's report.

Misconduct list, penalised with a red card:

- running up,
- taking a shortcut on the route or walking out the route without a referee's consent,
- not stopping after a referee's command to stop,
- using vulgar words.

11. Protests and appeals

(a) Protests regarding individual results in a given competition event can be lodged within 30 minutes since preliminary results are announced.

(b) A protest has to be first lodged orally to the Chief referee of the competition event by a participant herself or himself or by a person acting on her/his behalf.

(c) The right of appeal from the decision of the Chief referee to an appealing committee is ensured. An appeal signed by the participant has to be lodged in writing

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within 30 minutes since the announcement of preliminary results. It has to be accompanied by 200 PLN bond of appeal.

(d) The appealing committee comprises an organiser's representative, a representative of the Polish Nordic Walking Federation and a Chief referee. The composition of the appealing committee has to be announced prior to the start of the competition on the route.

(e) The decision of the appealing committee is final. There is no further possibility to appeal to other bodies.

12. Behaviour during the competition

(a) A participant overtaking another competitor cannot cause by this action difficulty or inability for her/his competitor to continue her/his motion. The person who is overtaken is obliged to continue her/his motion orientation.

(b) All active participants, observers or supporters of the NW competition event are obliged to behave and perform in respect to ethics and socially accepted custom.

13. Time measurement

(a) The individual time of each participant is measured using professional measurement system with chips.

(b) The time of each participant finishing the distance is recorded. When possible, interim time on each route loop covered by the participant is recorded. The time of each Nordic Walking result is rounded to the closest full second.

14. Types of results and publication mode

There are two types of results: preliminary results and official results.

(a) **Preliminary results** are the first results in the competition event, drawn by the competition organiser after the last nordic walker finishes, the referees deliberate and minute penalties are considered.

The preliminary results are subject to possible protests. They are announced and published in the finish zone and Competition office as soon as possible after the last participant finishes. The time of preliminary results' announcement has to be recorded on the relevant result list.

(b) **Official results** are the results published immediately after the end of time period when appeal can be lodged or the committee decision is made regarding the case. The official results are final and irrevocable.

The list of results is published in the finish zone. The copies of the results in a given competition event can be made available as digital files to be downloaded individually.

15. Chief referee

A Chief referee acts as a supervisor of the competition event and a referee.

16. Interpretation of the rules is the competence of the organiser of the competition.

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