



Annex No 1 to the regulation of NW Polish Cup, European Championship and Polish
Championship 2021

I. Rules for participation and classification of persons, possessing relevant disability certificates, in PP NW, ME NW oraz MP NW 2021 competition

1. A person, possessing a relevant disability certificate, can participate in PP NW, ME NW and MP NW 2021 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 disabilities” category needs to possess and present a document confirming disability, under the risk of disqualification.
3. The following assignment to persons “with disabilities” category in PP NW, ME NW and MP NW 2021 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 disabilities, 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. Persons, 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 disabilities” 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

Distance 5 km		
No	Category	Birth years
1	W-Children / M-Children	2008 and younger
2	W-Jun. / M-Jun.	2007-2004
3	W 18-29 / M 18-29	2003-1992
4	W 30-39 / M 30-39	1991-1982
5	W 40-44 / M 40-44	1981-1977
6	W 45-49 / M 45-49	1976-1972
7	W 50-54 / M 50-54	1971-1967
8	W 55-59 / M 55-59	1966-1962
9	W 60-64 / M 60-64	1961-1957
10	W 65-69 / M 65-69	1956-1952
11	W 70-74 / M 70-74	1951-1947
12	W 75+ / M 75+	1946 i starsi
13	W with disabilities A / M with disabilities A	Open
14	W with disabilities B / M with disabilities B	Open

Distance 10 km		
No	Category	Birth years
1	W 18-29 / M 18-29	2003-1992
2	W 30-39 / M 30-39	1991-1982
3	W 40-49 / M 40-49	1981-1972
4	W 50-59 / M 50-59	1971-1962
5	W 60-69 / M 60-69	1961-1952
6	W 70+ / M 70+	1951 i starsi

Distance 21 km 97.5 m		
No	Category	Birth years
1	W 18-29 / M 18-29	2003-1992
2	W 30-39 / M 30-39	1991-1982
3	W 40-49 / M 40-49	1981-1972
4	W 50-59 / M 50-59	1971-1962
5	W 60+ / M 60+	1961 i starsi

III. SCORING SYSTEM

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

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