



Annex No 2 to the regulation of NW Polish Cup, European Championship and Polish
Championship 2021

NORDIC WALKING COMPETITION RULES (PFNW)

1. Definition of Nordic Walking

Nordic Walking (NW) is a walking technique comprising alternating movement of legs and arms, pushing back NW poles at an acute angle, and keeping permanent contact with the ground of at least one foot. A flight phase is prohibited.

The following attributes of nordic walking technique need to be observed as well:

- full swing of arms in the sagittal plane, with hands passing back and forth by hips (except for the case when the inclination of the terrain exceeds 20%),
- poles are pushed back when arms move alternately in sagittal plane (back and forth, and not on the sides),
- active planting of poles and pushing back,
- after every push the poles are moved in the air (and not pulled on the ground),
- fitness (classic) technique is recommended.

While nordic walking it is forbidden to:

- excessively lean upper body forward,
- plant the poles at a right angle (in front of the body line),
- lower the centre of gravity,
- run up,
- use vulgar words,
- take a shortcut on the route or leave the route without a referee's consent,
- hamper overtaking action undertaken by other competitors.

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2. Equipment used by a competition participant:

(a) poles – it is recommended to use the poles dedicated to nordic walking activity of the length adjusted to the height of a person in the following way: stand upright with your legs put together, hold the grip, plant the pole vertically upright on the ground, place yourself the way that the angle between your upper arm and forearm is 90 degrees, with 10 degrees' acceptable error;

(b) personal electronic devices – it is permitted to use this kind of equipment, provided it does not disturb other competitors while they are on the competition route. The use of earphones or headphones while competing is prohibited;

(c) personal water containers – it is not forbidden to use individual personal water containers.

It is recommended, however, to utilise refreshment points available on the route. A competition participant can deliver her/his own drinks to refreshment points for later use on the route.

3. Safety and medical care

(a) NW competition organisers ensure safety to participants and referees.

(b) The competition should be planned the way that both the start and finish are in the daylight.

(c) 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.

(d) In the course of the competition only its participants, taking part on a given distance, can be present on the route.

4. Refreshment points

(a) Water and other suitable energy products should be available at the start and finish during all distances competition.

(b) Refreshment points have to be made available in no more than 5 km' distances. Apart from that, additional refreshment points with water have to be ensured, when justified by the weather conditions.

(c) Food, which may be delivered by a participant, has to be placed in points, assigned for this purpose by the organiser. The point has to be organised the way to ensure easy access to it or the food can be handed by authorised persons directly to relevant participants.

(d) Refreshment points are part of refreshment zone. The zone covers the distance of 50 meters before and 50 meters after the refreshment point. In this zone referees do not assess arm movement technique of participants.

5. Clothes, shoes and starter numbers of participants

(a) While competing participants have to wear clothes which tidiness, cut and wearing style does not raise objections. Participants are not allowed to wear clothes which could make referees' duties difficult.

(b) While competing on the route each participant has to have at least one starter number worn on the chest in the manner well-visible to referees. The starter number worn by the participant has to be the same as the number on the participants' list. A person without an assigned number does not have the right to participate in the competition event. It is possible to have participants' names or other identification data on the starter numbers. It is recommended to use different colours to mark different distances.

(c) Participants are recommended to wear sports clothes (well-fitting clothes are recommended).

6. Route

(a) It is recommended to organise competition events on routes which loops are summed up to 5 km.

(b) The surface on the route can be soft or hard – it cannot, however, cause hazard to participants.

(c) 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 arm movement technique of the participants is not assessed by the referees.

(d) 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 has to continue her/his motion orientation.

(e) The length of the route is measured on the shortest line which a competition participant can choose.

(f) The length of the nordic walking route: +/- 1% deviation of the route is permitted.

(g) It is recommended to mark every kilometre with a distance indicator.

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

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 should make a decision to disqualify the participant.

8. Distances

Typical distances for women and men are multiple of the route loops which can be summed up to 5 km.

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9. 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) Prior to the start of the direct competition on the route and the joint count down, a referee orders „ready” and the joint count down and start signal takes place.

(c) 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 – I series: men, II series: women, start split into age categories is permitted,

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

(d) The start with another age category results in adding the difference between the start time of the right category and the real start time + 2 minutes.

10. 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) In NW competition event at least seven referees, including a Chief referee, should be appointed and present.

11. Warnings and disqualifications

A participant should be INFORMED when her/his motion technique does not meet the requirements referred to in article 1 of the NW competition rules related to NW technique. Misconduct (lack of compliance with them) is penalised the following way:

ORAL ADMONITION – a participant is informed about her/his technical errors, without the need to stop her/him;

WARNING (yellow card) – 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, the

penalty is recorded in the referee's report. Three yellow cards (three notification motions in the referee's report) result in the motion for disqualification passed to the Chief referee.

MISCONDUCT LIST, penalised with a yellow card:

- the absence of full swing of arms in the motion,
- the lack of active pushing back 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 in the sagittal plane,
- excessive leaning of upper body forward,
- lowering the centre of gravity,
- pulling the poles on the ground,
- hampering the overtaking actions conducted by other competitors,
- use of earphones or headphones while competing on the route,
- other, pointed out by a referee.

DISQUALIFICATION (a red card) – 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 justification for the disqualification, the penalty is recorded in the referee's report. After being presented the red card a participant has to leave the route.

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,

Three yellow cards result in disqualification.

12. 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 the appealing committee is ensured. An appeal has to be lodged within 30 minutes since the announcement of preliminary results. It has

to be lodged in writing, signed by the participant or a person officially acting on her/his behalf and accompanied by 200 PLN bond of appeal.

(d) An 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) A decision of the appealing committee is final. There is no further possibility to appeal to other bodies.

13. Fair play

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

14. Time measurement

(a) Three alternative methods can be considered official:

(1) Manual measurement

(2) Fully automatic measurement

(3) Measurement with the use of transponder system.

(b) Time of each participant finishing the distance should be recorded. In addition, whenever possible, interim time on each route loop should be recorded. Time of all nordic walking results has to be rounded to the closest full second.

15. Types of results

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

(a) Preliminary results – they are the first results under the competition event, drawn by the competition organiser after the last nordic walker finishes and the referees deliberate.

The preliminary results are binding, unless possible protests are recognised, and 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 – official results are final and irrevocable. They are published immediately after the end of time when appeal can be lodged or the committee decision is made regarding the case.

(c) Publication of the list of results – the copies of the results in a given competition event should be made available in the finish zone or as digital files to be downloaded individually.

16. Chief referee

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

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