

POLISH NORDIC WALKING

FAMILY CUP 2011

REGULATIONS

I. GOAL:

- Popularization of Nordic Walking and healthy lifestyle.

II. EVENT DATES:

- **May 28th** – Inowrocław – NW Polish Cup – Beginning of the Polish Nordic Walking Cup in Inowrocław / kujawsko-pomorskie (Kuyavian-Pomeranian) Voivodeship /
- **June 18th** – Starogard Gdański- „Kociewie Picnic”, Familiada, Polish Nordic Walking Cup in Starogard Gdański” / pomorskie (Pomeranian) Voivodeship /
- **July 9th** – Pakość – Polish NW Cup / kujawsko-pomorskie (Kuyavian-Pomeranian) Voivodeship /
- **August 27th** - Polanica Zdrój – Polish NW Cup / dolnośląskie (Lower Silesian) Voivodeship /
- **September 10th** – Barlinek - Polish NW Cup / zachodniopomorskie (West Pomeranian) Voivodeship /
- **September 17th** – Iwonicz Zdrój – Polish NW Cup / podkarpackie (Subcarpathian) Voivodeship /
- **October 8th** - Gdansk – Ending of the Polish Nordic Walking Cup, beginning of the Nordic Walking World Championship / pomorskie (Pomeranian) Voivodeship /

III. COMPETITION SCHEDULE:

7 October 2011r. (Friday)

- **16:00 – 20:00** Registration of contestants in Sports Arena and Entertainment AWFIS

8 October 2011r. (Sunday)

- 08:00- 10:00 - Registration of contestants [Free lessons of the Nordic Walking technique will be held during the registration .(A. Grubby Alley - the area AWFIS)] in Arena sports and entertainment AWFIS
- 10:30- 11:00 - Opening of the event (at the rear the Academic Library)
- 11:15- 11:45 – VIP’s march (Entering the Oliwa Forest, from Czyżewski Street near the Academy of Physical Education and Sport and the library)

- 12:00 - Start at the distances of: 5, 10, 20 km (Entering the Oliwa Forest, from Czyżewski Street near the Academy of Physical Education and Sport and the library)
- 15:30 - Presenting the winners of the Nordic Walking World Championship – Family Nordic Walking Cup 2011 with medals and cups (The area at the back of the Academy of Physical Education and Sport’s library, Gdańsk)
- 16:15 - Presenting the Polish Nordic Walking Cup winners with medals and cups (The area at the back of the Academy of Physical Education and Sport’s library, Gdańsk)
- 17:30 – Finale of the Nordic Walking World Championship

Competitors are asked to set at the starting line 15 minutes before the start of competition.

We invite all participants of the Nordic Walking World Championship to take part in a free scientific medical examinations, including an analysis of changes in human body composition that occur under the influence of the physical exertion. Examination will be held twice- before and after the event. Examination will be held on 08/10/2011 in the Academy of Physical Education and Sport’s Sport and Entertainment Hall from 08:00 till 16:00. In order to hold the examinations in a better-organized way, please complete a questionnaire which is available on the Nordic Walking World Championship’s website - www.pfnw.eu . Examinations will be conducted by the Academy of Physical Education and Sport’s researchers, implementing the research project "Nordic Walking, a chance to preserve the health of Poles."

IV. **PROMOTER:**

- Polish Nordic Walking Federation

V. **DISTANCES:**

- Participants compete at three distances: 5 km, 10 km and 20 km

VI. **APPLICATION TO THE COMPETITION AND ADMISSION FEES**

- There are two ways of registering for the competition:
- ✓ Submissions will be accepted electronically, via application forms available on these websites: www.pfnw.eu and www.chodzezkijami.pl. Electronic applications will be possible until the 19:00 on October 6th.
- ✓ Personal registration in the Office of the Polish NW Cup, on the day of the competition (08:00-10:00) (distances: 5, 10, 20 km).
- Participants while registering and competing in the contest, firmly state that they take part in it at their own risk.
- Registering will be considered as acceptance of the Polish Nordic Walking Cup regulations.
- Participation in the event does not require an entry fee.
- Competitors package includes: starting number, regeneration meal and a souvenir medal.

VII. PARTICIPATION REGULATIONS AND MARCH TECHNIQUE

- During the event, regulations of Polish Nordic Walking Federation apply. (annex to the Regulations)
- Time measuring and final recognition of the order of participants on the finish line will be performed by electronic assessment or chip system.
- Disabled people are welcome to participate in the competition at distance of 5 km. Medical confirmation of lack of contraindications in case of taking part in the Nordic Walking competitions is required. These individuals will be classified in a separate category without a division in relation to age or disability kind. People with disabilities, who would like to compete at longer distances will be classified with other categories.
- All participants must be verified (with photo-containing identification card, and in case of disabled people also with disability declaration) in the Office of the Polish Nordic Walking Cup.
- Participants are required to carry a medical confirmation of lack of contraindications to physical activities or sign an adequate statement in the Office of the NW Cup (lack of contraindications to participation in NW competitions).
- Contestants under age of eighteen to take part in the event, are required to bring written permission from parents/ legal guardians.
- Citizens of all countries in the world can participate in the Polish Nordic Walking Cup. Participants who are not Polish citizens will be classified separately in the competition, but they are entitled to collecting points in the general classification.
- Each participant is obliged to bring their sport outfit appropriate for weather conditions. It is recommended to have your own NW poles. Using telescopic poles necessitates in paying extra attention to accurate tightening of components of poles, as well as in taking into consideration, during training, warm-up and competition, that telescopic poles are not as durable as one-piece ones.
- During the march all of contestants are obliged to have their starting numbers attached to their outfits. Covering the starting number in whole or in part, or modification of it is forbidden under punishment of disqualification. Participants cannot use their own starting numbers.
- There is possibility of renting the poles in the Office of Polish NW Cup (accessibility is limited due to the limited number of poles). Refundable deposit of 100zł is a necessity along with showing your ID card. Participants renting the poles are obliged to learn the producer's instructions and to follow renter's guidelines.
- Participants are required to pay special attention to safety during the warm-up to avoid hitting or stubbing fellow competitors.
- During the event, competitors will be divided into age groups, according to the following rule: participants belong to a certain age group depending on their age on December 31st 2011.
- During the competition following age groups will be established:

Distance 5 km	
<i>age category</i>	<i>Years</i>
Girls / Boys	≤ 13
Juniors	14 – 17
Seniors	18 – 29
W30 / M30	30 – 39
W40 / M40	40 – 49
W50 / M50	50 – 59
W60 / M60	60 – 69
W70 / M70	≥ 70

Distance 10 i 20 km	
<i>age category</i>	<i>Years</i>
Seniors	18 – 29
W30 / M30	30 – 39
W40 / M40	40 – 49
W50 / M50	50 – 59
W60 / M60	60 – 69
W70 / M70	≥ 70

- At all distances division into Woman and Man groups is valid according to aforementioned age partition.
- Time to finish all distances is limited. Finishing-line will be closed at 3:00 pm. After this deadline, participants will not be classified.

VIII. SCORING IN POLISH NORDIC WALKING CUP SYSTEM

- At each event, every individual will be awarded points.
- Points will be awarded as follow:
 - 1st place - 1 point
 - 2nd place - 6 points
 - 3rd place - 13 points
 - 4th place - 14 points
 - 5th place - 15 points
- Further places will be scored with the use of the following algorithm: a contestant's result at the finishing-line +10 points.
- A participant who took part in at least 5 out of 7 events and scored least points wins. If a participant took part in more than five events, five of his/hers best scores will be taken into consideration.
- In case of ex equo score, the best scores in general classification of both contestants will be compared. If the winner is still not agreed, the best following scores will be taken into consideration.
- Participants who did not take part in at least 4 out of 7 events will not be taken into consideration in general classification of Polish NW Cup.

IX. AWARDS

- Scores announcement and awards granting ceremony will be held on the day of the competition.
- Receiving of awards will be possible only after presentation of the starting number in person.
- Participants might be awarded with extra prizes, which will be drawn out.
- Winners of places I - III in all competitions at distances of 5, 10 and 20 km in all age categories, separately women and men, will receive medals.
- After holding eight events, on October 8th, winners of each age groups will be awarded.

X. ROUTE

- A point of medical care on the route will be organized. In case of participant's injury, this will be notified by route service, who will transmit this information to the medical centre.
- There will be judges on the route appointed, assessing NW march techniques and reprimanding or punishing contestants in case of event rules violation.
- The route plan will be available in the Office of Polish NW Cup.
- In case of any changes in the surface of the route, 100m long areas will be marked, in which participants will be able to adjust rubber paws on their poles. In those areas, judges will not assess hand work of contestants while changing rubber paws.
- The route will be marked with vertical and horizontal signs at least once every kilometer.

XI. CHANGING-ROOMS AND DEPOSIT

- Participants will be able to use deposit, provided they will present a starting number.
- The organizer is not responsible for belongings deposited by contestants. The deposit can be collected only after presenting a starting number. In case of losing a starting number by a contestant, the organizer is released of responsibility for providing deposit to another person.
- Organizer is not responsible for the things left unattended.
- Before and after the competition, competitors will be able to use the changing-rooms.

XII. INSURANCE

- The organizer has a civil liability insurance concerning mass events.
- The organizer does not provide participants with personal insurance against accidents.

XIII. FINAL PROVISIONS

- Every point of disagreement will be resolved by the general judge of the competition.
- Violation of the rules might result in disqualification.
- Any protest must be submitted to the general judge on the competition day, before the competition ending.
- Participants are obliged to follow the fire safety and wildlife protection rules, as well as maintain tidiness on the competition area.
- Binding and final interpretation of these regulations belongs to the organizer.