

# NORDIC WALKING WORLD CHAMPIONSHIPS BEŁCHATÓW, POLAND 2020

## The Crown of Poland 2020 Polish Cup in Nordic Walking NWPL

### Regulations

#### 1. Organizers:

- Bełchatów County
- City of Bełchatów
- Nordic Walking Polska (NWPL)
- Nordic Walking Bełchatów
- NordicWalking.pro Sp. z o.o.

#### 2. Honorary patronage:

- creator of Nordic Walking- Marco Kantaneva (ONWF)
- France Foundation ChodzeZKijami.pl

#### 3. Purpose of the event:

- promoting a healthy lifestyle and spending free time actively
- popularizing Nordic Walking as a pro-family and intergenerational activity,
- promotion of the most stunning places in Poland where events will take place,
- health education through standard and innovative forms
- integration of people of all ages,
- integration with disabled people
- selecting the best players, families and clubs

#### 4. Date, place, route:

- The event will take place from June 19 - June 21, 2020 (Friday / Saturday / Sunday) in the city of Bełchatów.
  - Start / Finish: Powiatowe Centrum Sportu in Bełchatów, ul. Czaplińska 96, Bełchatów
  - Distance 5,10,21 kilometers. Start will be given in the minute program
  - The limit of participants taking part in the competition is: 999
- Limits subject to change.

#### 5. General provisions:

#### **PARTICIPATION:**

Contenders can only participate if they:

- Verify in the Competition Office. Packages and starting numbers will be collected in person on the basis of an identity document with date of birth and photo, or on the basis of the authorization placed on the website [www.WorldNordicWalkingChampionship.com](http://www.WorldNordicWalkingChampionship.com) or [www.pcs-belchatow.pl](http://www.pcs-belchatow.pl). It should be printed, signed and handed over to the person who receives the player package.
- Provide a medical certificate stating the ability to participate in the competition or submit a statement expressing consent to participate in the march at their own risk, signed by hand.
- Give consent for the processing of personal data in writing for the purposes of organizing the Nordic Walking World Championships on the following days: 19-21.06.2020.
- They will pay the entry fee within 3 days of registration on the competition organizer's account after completing the electronic application. The fee for participation in the

competition is the handling fee of the competition organizer for the implementation of the task. In case of resignation from participation in the competition, the participant is not entitled to a refund of the entry fee. Competition organizers do not issue VAT invoices.

- **People under 18 years of age (who on the day of the competition, i.e. 19-21.06.2020, have not yet reached the age of majority) are required to have a written permission to participate from parents or legal guardians, with their signature and PESEL number. For foreigners, a passport number is required.**
- Accepting the starting number by the participant will be tantamount to acceptance of the World Championship regulations.
- Each competitor is required to read the rules of the World Championships and is obliged to comply with them.
- The application is considered completed when filled out on the website and the entry fee has been paid.
- After registering and paying the entry fee, the player's details (name and surname, place of residence - town, year of birth, club affiliation, gender) will be published on the list of applications on the website. Only those who have paid the entry fee on time and are on the start list will be able to participate in the competition.
- Starting numbers will be issued in the Competition Office after submission of the competition statement. Statements are available at [www.WorldNordicWalkingChampionship.com](http://www.WorldNordicWalkingChampionship.com) or [www.pcs-belchatow.pl](http://www.pcs-belchatow.pl).
- Disabled persons who take part in a distance of 5 km may participate in the competition. These people are classified in the category of disabled people by gender and type of disability, no age categories. Disabled persons participating in longer distances are classified with non-disabled persons according to age category. To be classified in the disabled category, a disability certificate must be presented at the Competition Office before the competition starts.
- The condition for classification of a competitor is completing the formalities in the Competition Office in accordance with the regulations and covering the entire distance in accordance with the marked route.
- You can only participate in one walk according to the declared distance.
- The participants of the 10km walk must be at least 16 years old, younger people are allowed on the 5km walk,
- There is a medical help point in the town of the competition. In case of injury or malaise, the participant is obliged to immediately notify the competition service.
- For security reasons, Nordic Walking competitors take off in waves. Participants are positioned in rows, by age category. The start takes place in groups of 15-20 people.
- It is forbidden to use audio headphones during the competition. Any use will end in disqualification.

#### **REGISTRATION AND FEES:**

- Competition entries will ONLY be accepted electronically at [www.WorldNordicWalkingChampionship.com](http://www.WorldNordicWalkingChampionship.com) or [www.pcs-belchatow.pl](http://www.pcs-belchatow.pl)
- Participation in the competition is paid

Entry fees at the Nordic Walking World Championships are:

1- 100 participants: adults €20 (84 PLN), disabled people: €10 (42 PLN), Children: €3 (13 PLN)

101 - 200 participants: adults €25 (105 PLN), people with disabilities: €15 (63 PLN), children: €5 (21 PLN)

201 - 400 participants: adults €35 (147 PLN), disabled people: €25 (105 PLN), children: €10 (42 PLN)

401 - 999 participants: adults €45 (189 PLN), people with disabilities: €35 (147 PLN), children: €15 (63 PLN)

- There is no age limit for competitions over a distance of 5 km - each participant covers the designated distance independently (without the help of a guardian)
- The participant must be at least 16 years of age for competitions over a distance of 10 km
- The participant must be at least 18 years of age for competitions over a distance of 21 km
- Registration is carried out via [www.WorldNordicWalkingChampionship.com](http://www.WorldNordicWalkingChampionship.com) until June 17, 2020 at 22:00. If the participant limit is not reached, it is possible to register directly in the Competition Office during its working hours.
- the fees are collected via the Przelewy24 system, the payment form is displayed after online registration
- It is possible to transfer the entry fee to another competitor until 15 June 2020. It is not possible to change the distance (The transfer can only take place over the same distance).
- **RESIGNATION FROM THE COMPETITION AND THE TRANSFER OF THE START PACKAGE SHOULD BE SENT VIA E-MAIL TO THE ADDRESS: [nw@pcs-belchatow.pl](mailto:nw@pcs-belchatow.pl)**

#### **ROUTE:**

- There are judges on the route who will assess the NW marching technique,
- There will be water stations along the route
- The route will be marked with special markers and warning tape.
- The route map will be available in the Competition Office and on the website.
- The route length is calculated along the shortest line a competitor can travel.
- There are signs on the route with information on kilometers traveled. This is an indicative marking and may differ from the distance actually traveled.

#### **COMPETITION MINUTE PROGRAM:**

- The minute program may change. Detailed information will be posted on the website: [www.WorldNordicWalkingChampionship.com](http://www.WorldNordicWalkingChampionship.com) or [www.pcs-belchatow.pl](http://www.pcs-belchatow.pl), and on the day of competition in the Competition Office.
- The Competition Office will be marked and open until half an hour before the start. After closing the Office, you will not be able to sign up for the competition or receive a starter pack.

#### **TIME MEASUREMENT:**

- the time of competitors is measured electronically using electronic chips
- takes net time.

#### **STARTER PACK:**

- Each participant will receive a commemorative medal, a nourishing meal, water, a start number and a commemorative t-shirt. It is possible to extend starter packages with additional gadgets.

#### **JUDGMENT OF JUDGES (Nordic Walking):**

- There will be judges on the route who will evaluate the Nordic Walking technique,
- Incorrect walking technique will be punished in accordance with "Annex 1 - Refereeing Rules for Nordic Walking Poland", which is an integral part of these Regulations,
- Extremely good technique will be rewarded in accordance with "Annex 1 Nordic Walking Poland Refereeing Regulations", which is an integral part of these Regulations
- There may be cameras on the race track that will help clarify any doubts.
- By analyzing video recordings after the competition, judges have the right to disqualify a player and take his title in the event of gross forms of violation of fair play competition rules (e.g. when running up or shortening the route in places where there are no referees)

- the final list of results will be published after approval by the main referee.

#### **START NUMBERS:**

- Each competitor is required to pin the start number on his chest or stomach,
- the competitors are required not to cover the start number. If the starting number is covered, the judge has the right to stop the participant in the march in order to ask him to place the mark correctly.
- the starting number must match the number of the electronic chip.

#### **TRAVELING FOREST AREAS:**

- the whole course of the competition should comply with the principles of nature protection and the provisions set out in the Forests Act, and in particular: littering the area (i.e. abandoning nutrient packaging, bottles, cups - all rubbish should be left at the food points); leaving the race route; disturbing the silence

#### **6. Distances in the competition:**

- Nordic Walking 5 km
- Nordic Walking 10 km
- Nordic Walking 21 km

#### **7. The program of the event:**

##### **June 19, 2020**

- official opening of the event, bringing flags of participating countries

##### **June 20, 2020**

- qualification for the individual World Championships over a distance of 5 km for category K / M16 to K / M70
- finals over a distance of 5 km for categories up to K / M13
- qualification for individual World Championships over a distance of 10 km for all categories

##### **June 21, 2020**

- individual competition at the World Championships over a distance of 5 km for categories K / M16 to K / M70
- individual competitions at the World Championships over a distance of 10 km for all categories
- individual competition at the World Championships over a distance of 21 km for everyone category

#### **The following are qualified to the individual finals of the World Championships over a distance of 5 km:**

- Top 5 qualification times in each age category for women and men
- 60 best times from the general classification of women and 60 best times from the general classification of men

#### **The following are qualified to the individual finals of the World Championships over a distance of 10 km:**

- Top 5 qualification times in each age category for women and men
- 60 best times from the general classification of women and 60 best times from the general classification of men

Individual limits of competitors taking part in the finals may change due to the starting list.

## **8. Final classification**

### **DISTANCE 5 km Nordic Walking**

General classification of women and men

Age categories

- K / M 1 players born in 2008 and younger,
- K / M 13 players born between 2005 - 2007,
- K / M 16 players born between 1991 - 2004,
- K / M 30 players born between 1981 - 1990,
- K / M 40 players born between 1971 - 1980,
- K / M 50 players born between 1961 - 1970,
- K / M 60 players born between the years 1951 - 1960,
- K / M 70 players born between 1950 and older

disabled people

Category I - includes people with locomotor impairment (symbol 05-R) and neurological diseases (symbol 10-N).

Category II - includes blind people. Starts in this category in specialized braces with a guide. All players except blind people start in darkened glasses / goggles.

Category III - includes visually impaired people. Start in this category can take place in specialized braces with a guide.

Category III - we include people with other causes of disability, so symbols:

01-U (intellectual disability);

02-P (mental illness);

03-L (voice, speech and hearing disorders);

06-E (epilepsy);

07-S (respiratory and cardiovascular diseases);

08-T (gastrointestinal diseases);

09-M (diseases of the genitourinary system);

11-I (other, including: endocrine, metabolic, enzymatic, infectious and zoonotic);

12-C (global developmental disorders);

### **10 km DISTANCE Nordic Walking**

General classification of women and men

Age categories

- K / M 1 - players born between 1981 - 2004
- K / M 40 - players born between 1971 - 1980,
- K / M 50 - players born between 1961 - 1970,
- K / M 60 - players born between 1951 - 1960
- K / M 70 players born in 1950 and older

### **DISTANCE 21 km Nordic Walking**

General classification of women and men

Age categories

- K / M 1 - players born between 1981 - 2002
- K / M 40 - players born between 1971 - 1980,
- K / M 50 - players born between 1961 - 1970,
- K / M 60 - players born in 1960 and older

## **FAMILY CLASSIFICATION**

- The classification of families includes three results based on the open classification for individual distances - a child under 18 and two formal guardians in any age category. The formal word should be understood as: parents, legal guardians or grandparents
- More than three family members can be registered, the best times will count
- Family members can compete at different distances within one event
- A different formal family member may be registered at each event
- In the general classification of the family category, points are earned for the family on general principles
- Important: the family must be reported on the day of the event at the Competition Office. After 48 hours after publication of the results on the internet, it is not possible to change the footnotes to families, so you should make sure that the competitor correctly put the name of the family in the application form.

### **9. Final provisions:**

- After 48 hours after the results have been published on the internet, it is not possible to change the footnotes to the teams, so make sure that the player correctly puts the team name in the application form
- Important: one week after the publication of all results from the event on the internet - it is not possible to edit / change.
- The competition will take place regardless of the weather,
- It is possible to rent Nordic walking sticks at the Competition Office. The number of sticks is limited - the order of applications decides. Refundable deposit for renting sticks is 50 PLN. Poles are rented upon presentation of an ID with a photo, in case of damage to the sticks the deposit is forfeited,
- The organizer is not responsible for items lost during the event and for damages caused by participants,
- Providing a correctly completed and signed application form to the Organizer means the participant's consent to the use of personal data provided by him for the purpose of sending information about future events, commercial products as well as for internal administrative and analytical needs in accordance with the Act on protection of personal data of August 29, 1997, Journal U. No. 33, except 883. The Participant has the right to withdraw such consent and may do so at any time by directing correspondence to the Organizer's address,
- The deposit can only be picked up on the basis of the starting number. If the participant loses the starting number, the organizer is released from liability for transferring the deposit to another person. You cannot leave valuables in the deposit,
- Participants are required to have personal insurance on their own,
- The organizer has civil liability insurance on general principles
- A competitor who has received the starting number declares that he has read these regulations and accepts them in full,
- Complaints about the results can be made up to 30 minutes after their official publication. In order to lodge a protest, it is necessary to pay PLN 100, refundable if the application is successful.
- During the event, it is strictly forbidden to consume alcohol, intoxicants, drugs, doping and smoking tobacco (including 'e-cigarettes'),
- The final interpretation of the regulations belongs to the organizers.
- The classification of the Crown of Poland 2020 and the Poland Cup of Nordic Walking NWPL is contained in separate regulations regarding the entire cycle of individual events
- An integral part of the rules is the refereeing rules, which will be available one month before the competition on the organizer's website