



REGULATION

OF NORDIC WALKING POLISH CUP, EUROPEAN CHAMPIONSHIP AND POLISH CHAMPIONSHIP 2021

I. OBJECTIVE OF NORDIC WALKING POLISH CUP (*PUCHAR POLSKI NORDIC WALKING – PP NW*), EUROPEAN CHAMPIONSHIP (*MISTRZOSTWA EUROPY NORDIC WALKING – ME NW*) AND POLISH CHAMPIONSHIP (*MISTRZOSTWA POLSKI NORDIC WALKING – MP NW*) 2021 COMPETITION:

1. Promotion of all-family physical activity and healthy lifestyle thanks to Nordic Walking.
2. Increasing awareness and developing the habit of regular physical activity in every person's life.
3. Promoting the idea of physical activity through Nordic Walking and social integration among the citizens of Poland and other countries, with particular emphasis on the needs of people with disabilities.
4. Promoting and consolidating the principles of *fair play* in the society, in particular among competition participants.

II. COMPETITION SCHEDULE

1. The sports competition events covered by the regulation take place on the following dates and locations:

Order	Date and day	Location
1.	04.07.2021, Sunday	Kolbuszowa
2.	17.07.2021, Saturday	Skrwilno
3.	14.08.2021, Saturday	Michałowice
4.	28.08.2021, Saturday	Sztum
5.	11.09.2021, Saturday	Hajnówka

2. All competition events, referred to in sub-point 1, have the rank of the Nordic Walking Polish Cup.
3. The competition event in Kolbuszowa, referred to in sub-point 1, has also the rank of Nordic Walking European Championship.
4. The competition event in Skrwilno, referred to in sub-point 1, has also the rank of Nordic Walking Polish Championship of the Polish Nordic Walking Federation.

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5. The competition event in Sztum, referred to in sub-point 1, has also the rank of the Polish Championship of Folk Sports Teams (PC FST). The scope and organization of PC FST is the subject of a separate regulation.

III. ORGANISERS OF THE COMPETITION:

1. Polish Nordic Walking Federation (*Polska Federacja Nordic Walking* - PFNW).
2. Local authorities – the hosts of relevant events referred to in the competition schedule in point II.

IV. RULES FOR PARTICIPATION

1. PP NW, ME NW and MP NW 2021 competition is held on three distances:
 - a) 5 km
 - b) 10 km
 - c) half marathon (21km 97.5 m).
2. Each participant has the right to register and take part in the competition event in a given location, regardless of its rank, only on one distance of his/her choice.
3. Citizens of any country can participate in PP NW, ME NW and MP NW 2021 competition.
4. Registration for a selected competition event, payment of the entry fee and start in the event amounts to:
 - a) the participant's declaration that s/he takes part in the competition at her/his own risk,
 - b) acceptance of the conditions and obligation to comply with the Regulation of the Nordic Walking Polish Cup, Nordic Walking European Championship and Nordic Walking Polish Championships 2021,
 - c) consent to the processing of her/his personal data by the Polish Nordic Walking Federation as the organiser of the competition,
 - d) consent to the use of the participant's image for promotional purposes by PFNW.
5. A person taking part in PP NW, ME NW and / or MP NW 2021 competition declares that s/he has no health contraindications and that s/he is capable to participate in the competition, which s/he confirms with her/his own signature made on a relevant statement at the Competition Office. In special cases requiring a medical examination before or during the competition event, the decision to allow a participant to start or continue participation in the competition is the sole competence of the medical service of the competition event. This decision is final and indisputable.
6. A person who is under 18 before the start of the competition is allowed to participate in it, provided that s/he has the written consent of the parent or legal guardian to participate in the competition (form in [Annex No. 4](#)).
7. A person with disability can participate in the PP NW, ME NW and MP NW 2021 competition, provided s/he has a medical certificate that there are no contraindications to participate in Nordic walking competition. The rules for participation and qualification of people with disabilities are specified in point I of [Annex No. 1](#) to the Regulation.
8. Upon distribution of starter packages and numbers at the Competition Office the identity of each participant is checked against an ID card or other document with her/his photo, and confirmed by the participant's signature on the registration form. A person with disability additionally presents a certificate of disability.

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9. In exceptional, duly justified, cases it is allowed to hand the package and the starter number of a given participant to another person upon a written authorization with data of ID card of the given participant.

V. REGISTRATION FOR THE COMPETITION

1. Registration for the competition is electronic or in person at the Competition Office.
2. Electronic registration requires completing the application form available on the website <https://sts-live.pl/pfnw>.
3. Electronic registration is terminated each time at 21:00 on the third calendar day preceding the date of the given competition, referred to in point II.
4. Registration in person is possible at the Competition Office on the day of the competition event from 8.00 a.m. to 9.00 a.m. or, if the Office is opened on the day before the competition, also on the day before the competition, in the time range announced in advance on the PFNW website or Facebook profile.

VI. ENTRY FEES

1. Participation in PP NW, ME NW and MP NW 2021 competition is upon an entry fee, except for children and youngsters up to 18 years of age, as of the day before the competition, for whom participation is free of charge.
2. In the case of registration and electronic payment made no later than 3 calendar days before the date of the competition, the entry fee is as follows:
 - a) **40 PLN** – a regular fee,
 - b) **28 PLN** – a reduced fee, for pensioners, members of Third Age Universities and students, upon presentation of a relevant card,
 - c) **28 PLN** – a reduced fee for persons with disabilities who possess a relevant certificate.
3. In the case of registration and payment made in person on the competition day at the Competition Office, the entry fee is 70 PLN, regardless of age or entitlement.
4. PFNW members with confirmation of payment of the membership fee for 2021 are entitled to 20% discount on the entry fee, referred to in sub-point 2 and 3.
5. A single entry fee is paid for participation in competition event in Kolbuszowa, covering both, the rank of PP NW and ME NW.
6. A single entry fee is paid for participation in competition event in Skrwilno, covering both, the rank of PP NW and MP NW.
7. In the case of electronic registration for the competition, the entry fee is paid via T-PAY system, bank transfer or postal transfer.
8. If the payment is made via a bank transfer or postal transfer, a participant is obliged to present the proof of payment at the Competition Office. If the amount paid is lower than required, the registration for the competition is invalid.
9. The organiser is not liable for erroneous or incorrect registration, defective subject or description of the bank transfer or postal transfer made by the participant or another person registering her/him on her/his behalf, or for the loss of a bank transfer or postal transfer due to the fault of the bank or post office.

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10. If the entry fee referred to in sub-point 2, is entered into books no later than 3 days before the competition, by 21:00, after the participant completes and submits the electronic registration form, the electronic registration is deemed final and complete.
11. The fee paid is non-refundable or non-transferable to another participant or another competition event.
12. The entry fee entitles a participant to 2 starter numbers, a chip for time recording, gifts from the hosts of the event and a regeneration meal.

VII. FRAMEWORK AGENDA OF THE COMPETITION EVENT

1. The following framework agenda of PP NW, ME NW and MP NW 2021 competition events is set:

8:00 – 8:45	Distribution of starter packages to participants of the half marathon
9:00	Start of men (M) and women (W) in half marathon
9:30 – 11:00	Distribution of starter packages to participants of 10 km distance
11:00 – 12:30	Distribution of starter packages to participants of 5 km distance
11:40	Official opening ceremony
12:00	Start of M and W on 10 km distance
13:30	Start of W on 5 km distance
14:45	Start of M on 5 km distance
2. Awarding ceremony is held immediately after completing the competition on each of the distances.
3. The detailed agendas of individual competition events may deviate from the framework agenda referred to in sub-point 1. Notification of any changes in a given competition event agenda will be posted on the website www.pfnw.eu and in the Competition Office.
4. In the case of a very large number of registered participants, the Competition Office may be open and the distribution of starter kits may start on the day preceding the competition event.

VIII. NORDIC WALKING TECHNIQUE AND RULES APPLICABLE TO NW COMPETITION

1. During the competition, its participant complies with the technique and rules referred to in the Regulation for Nordic Walking, as set in [Annex No 2](#) to the regulation.
2. While competing the participant is obliged to wear sports clothes suitable to the weather conditions. It is recommended to possess own NW poles. In the case of possessing folding poles, the participant must pay attention to the tightening of their elements and take into account during the warm-up and competition the fact that folding poles are less durable than single-piece poles.
3. Participation in competition events with Bungy Pump poles is allowed.
4. During the competition, the participant is obliged to possess:
 - a) starter numbers attached to her/his sports shirt on the chest and on the back,
 - b) a chip attached to her/his footwear or leg ankle area.
5. Covering of the starting 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.
6. It is forbidden to use individual own starter numbers.

7. The participant is obliged to pay a special attention to her/his own safety and the safety of others during the warm-up and competition on the route in order to avoid the risk of harm done with a Nordic Walking pole to another person.
8. PFNW, as the organiser of PP NW, ME NW and MP NW 2021, will ensure availability of NW poles for renting at the Competition Office, upon presentation of an ID with a photo and payment of a returnable deposit in the amount of 100 PLN per pair. PFNW will ensure the availability of at least 30 pairs of NW poles. The participant borrowing the poles is obliged to read the recommendations of the poles' manufacturer and follow them as well as the instructions of the organiser.

IX. ORGANISATION AND SAFETY ON THE COMPETITION ROUTE, CHANGING ROOM AND DEPOSIT

1. A medical assistance point located next to the competition route is secured. In the case of any injury, a technical service in charge of safety during the competition is notified and it passes relevant notification to the medical assistance point.
2. The competition event is refereed in compliance with the Nordic Walking Competition Regulation, as set in Annex No. 2 to the regulation.
3. The organiser of the competition ensures availability of a changing room and a deposit for participants.
4. Detailed rules for organization and safety during the competition, availability of a changing room and deposit are set out in Annexes No. 2 and 3 to the regulation.

X. CATEGORIES OF PARTICIPANTS

1. Participants compete on individual distances according to gender in age categories.
2. Participants are assigned to relevant age categories on the basis of their calendar years of birth.
3. Persons with disabilities, confirmed by a medical certificate, may compete according to gender in the category "with disabilities" A or B.
4. The categories listed in the table in point II in Annex No. 1 are binding under the competition of Nordic Walking Polish Cup, European Championship and the Polish Championship 2021.

XI. SCORING AND CLASSIFICATION IN THE CUP SYSTEM

1. In the overall series of the NW Polish Cup 2021, European Championship and Polish Championship 2021, the best nordic walkers in each category are selected, broken down by gender, and the best teams.
2. Participants' individual results are arranged in the order of the net time measured with a dedicated time recording system.
3. In each competition event points are awarded for the place won in the relevant category, in accordance with the scheme as set out in point III in Annex No. 1 to the Regulation.
4. The individual general classification of the Nordic Walking Polish Cup 2021 is won by the participant who earns the highest number of points.
5. The total score of each participant is the sum of points earned in all competition events in which the person was classified. In the case of an ex equo result, the number of awarded first places prevails, followed by the other best scores of the person. The last solving criterion is the result of a direct confrontation in the last competition.

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6. All persons who participated in at least one of the five events will be listed in the general classification of the NW Polish Cup 2021.

XII. TEAM CLASSIFICATION OF THE NW POLISH CUP 2021

1. Each NW club whose representatives participate in PP NW 2021 can compete for the title of the winner of the Team Nordic Walking Polish Cup 2021, awarded during the final ceremony of the competition series.
2. The final result of the general classification of the Team PP NW 2021 is the total of the best results from each competition event of the series obtained by the team representation of NW clubs consisting of:
 - a) 5 km - 3 women and 3 men,
 - b) 10 km - 2 women and 2 men,
 - c) 21 km - 1 woman and 1 man.
3. In the case of a higher number of a given club' representatives than required for the team classification, the best results of the highest ranked members of the team, referred to in sub-point 2, are taken into account.
4. Two team representations of the same club, ie. "name of club I" and "name of club II", are permitted for the team classification.
5. Participation of a team comprising the lower number of club representatives than referred to in sub-point 2 is permitted.
6. The winner of the Team NW Polish Cup 2021 is the club whose team representation earns the highest number of points, in accordance with the rules referred to in sub-point 2.
7. In the case of the same total number of points in the general team classification of PP NW 2021 earned by more than one team, the order of the final classification is arranged by applying the same solving criteria as referred to in point XI, sub-point 5.
8. Participants are not allowed to change the club team during the PP NW 2021 competition series. Once representing the given club team, a person participates during the entire competition series with the same club team affiliation. A participant does not earn any points for a given team if s/he did not register for competition with this team's name.
9. A person can participate in any competition event on a single distance of her/his choice, earning points for her/his team in the team classification.
10. Participants are not allowed to change the club team during the NW Polish Cup 2021 series, once they started the competition season with the club affiliation.
11. Participants of the competition are allowed to affiliate to a new club team during the NW Polish Cup 2021 series, provided that the points previously earned by the person as non-affiliated do not count towards the team classification.

XIII. MEDALS AND AWARDS

1. The announcement of the results and awarding ceremony is held on the day of the competition event.
2. Participants who finish the competition event in permitted time receive medals.
3. Individual winners of places I - III in each competition event on the distances of 5 and 10 km and the half marathon in the categories referred to in point X, receive cups or other awards.

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4. During each competition event three teams composed of as referred to in point XII sub-point 2, subject to point XII sub-point 4, which obtained the best results, are awarded.
5. After the last competition event of the Nordic Walking Polish Cup 2021 series is finished, individual winners of the general classification in each category will be awarded.
6. During the PP NW 2021 finals, the six best teams in the general team classification are awarded.

XIV. FINAL PROVISIONS

1. Disputes regarding the competition and the regulation are settled by the organiser and the Chief referee of the competition.
2. The organiser possesses third party liability insurance.
3. Non-compliance with the regulation results in the disqualification of the participant.
4. Complaints regarding the results and classification of a given competition event are accepted up to 30 minutes after the announcement of the unofficial results of this event.
5. Participants of the competition are required to comply with the rules of fire safety and nature protection, as well as to keep the competition area tidy.
6. The organiser reserves the right to make necessary changes to the rules and organisation of the competition event in the case of further restrictions imposed by the national legislation on pandemic.