

World Nordic Walking League ONWF
www.NordicWalkingWorldLeague.com

Regulations

1. Event objective:

- promoting healthy lifestyle and active leisure,
- popularise family-oriented and intergenerational physical activity such as Nordic Walking
- promotion of the most attractive locations in the countries where the events will take place,
- health education through standard and innovative forms of physical activity,
- integration of people of all ages and disabilities,
- to identify the best players, families and clubs,
- support for local charity collections.

2. Main organiser:

- World Original Nordic Walking Federation (ONWF)- World Nordic Walking League

3. Local partners:

hosts of individual Nordic Walking events

4. Honorary patronage:

Marko Kantaneva - Creator of Nordic Walking, Honorary Founder of ONWF

5. Event dates

World Nordic Walking League (international competitions)

Tirano, Italy - 09.06.2023 World Cup

Warsaw, Poland- 8.07.2023 European Championships

Bełchatów, Poland- 26.08.2023 World Cup

Kazakhstan - 29.07.2023 - World Cup

Štrba, Slovakia - 16.09.2023 - World Cup

Uruguay - 04.11.2023 South American Championships

Marrakech, Morocco - 18.11.2023 - World Cup

other national competitions: www.nordicwalkingworldleague.com/tournaments/list

Contact: league@nordicwalking.pro

6. Competition distance:

- **Nordic Walking** - approximately 5 km.
- **Nordic Walking** - approximately 10 km.
- **Nordic Walking** - approximately 21 km. (only at competitions of the National Cup rank, National Championships and international competitions)
- **Recreational Nordic Walking** - approx. 5 km.*.

*When signing up for a distance of approximately 5 km, the athlete can choose to start as a recreational runner. Recreational runners will receive a full pack including number, chip and medal, but will start at the end of the pack and their time will be indicative only. The final list of these athletes will be listed alphabetically with their event results. There is no competition at this distance and the judges are educating, not awarding penalties.

7. Scoring system and competition ranks in the World Nordic Walking League

- The points in the classification are awarded according to the time-point relationship formula:

$$\text{Ranking} = \frac{\text{winner's time counted in seconds over a specific distance}}{\text{the participant's time for which the points are counted in seconds}} \times \frac{\text{number of points pertinent a particular start}}$$

This scoring depends on the time you achieve at the event, not the place you finish. Therefore, it is always worth fighting for a better time until the end of the distance.

- The number of multiplier points of a given start is:
 - 7000 - for competitions at World Championship level
 - 5500 - for World Cup competitions
 - 5000 - for competitions at the level of the Continental Championships
 - 4000 - for Continental Cup competitions
 - 2500 - for competitions of the Country Championships rank
 - 1000 - for competitions of the Country Cup rank
 - 500 - for regional competitions
 - 200 - for online events (fixed number of points for each)
- Ranking points will be recorded to one decimal place, hundredths will be rounded off.
- Example:

We are dealing with a competition of the National Cup rank, with a conversion factor of 1000. The fastest competitor in the 5 km standard event covered the distance in a time of 31:15, the competitor for whom we are counting points had a time of 42:28. The winner's points are 1000 and our competitor's points are:

$$\frac{31 \text{ min} * 60 \text{ s} + 15 \text{ s}}{42 \text{ min} * 60 \text{ s} + 28 \text{ s}} \times 1000 \text{ points} = 735.9 \text{ points.}$$

- In the event of an equal number of points obtained at the end of the cycle, the better result obtained in the highest ranking event (order: World Championships, World Cup, Continental Championships, etc.) is decisive.

8. World Nordic Walking League

The World Nordic Walking League includes all Nordic Walking competitions included in the calendar www.NordicWalkingWorldLeague.com . The 5 best results are included in the general classification. Weaker results are automatically removed from the ranking.

- The ranking will be conducted from the first event of the World League, the National League and the Regional Leagues
- in order to be classified in the World Nordic Walking League, you must take part in 3 competitions included in the respective League
- Awarding at the end of the World Nordic Walking League
- 3 places in the open women's and men's 21 km nw, 5 km nw and 10 km nw
- 1st place in the women's and men's age categories.
- 1st place in the category disabled women and men at 5 km
- Awarding of a green card - for the athlete who is awarded the most green cards in the whole cycle: World Nordic Walking League
- Points will be awarded for the distance at which the athlete starts. In the event of a change of distance, points will be awarded separately for each distance.
- In order to be classified in the World League summary, you must take part in at least three competitions

9. Awarded categories per distance at the end of the World Nordic Walking League cycle

- in the Open category: the 3 best persons in each distance divided into women and men
- in the age category and disabled people category: 1 best person at each distance divided into women and men
- in all categories there is a division between men and women
- places in the OPEN category are duplicated with places in the age categories.

Over a distance of approximately 5 km Nordic Walking:

OPEN

up to 13 years

14 - 17 years,

18 - 29 years,

30 - 39 years

40 - 49 years,

50 - 59 years,

60 - 64 years,

65 - 69 years,

70 - 74 years old,
75+

persons with disabilities.

Over a distance of approximately 10 km Nordic Walking:

OPEN

16 - 39 years,
40 - 49 years,
50 - 59 years,
60 - 69 years,,
70+

At a distance of approximately 21 km Nordic Walking

OPEN

16 - 39 years,
40 - 49 years,
50 +

10. Participation

- IMPORTANT: after 48 h after the publication of the results online, it is not possible to change the team assignments, so please make sure that the competitor has put the team name correctly on the entry form.
- The first 5 best competitors in the general classification of a given distance (women, men) will have the right to start in the first wave (optional). In addition, the organiser reserves the right to add 5 people with the right to start in the first wave who are able to demonstrate outstanding sporting results in the given start year. In order to register your candidature to start in a privileged position, report to the office on the day of the competition.
- In order to take part in the distances of 5, 10, 21 km Nordic Walking (not applicable to the recreational walk), you will have to pass a compulsory judge's briefing, which consists in the judges checking the correctness of your Nordic Walking poles. Those with inappropriate poles (e.g. trekking poles) will be able to rent poles from the on-site rental shop or take part in the recreational form,
- it is possible to borrow Nordic Walking poles at the Event Office. The number of poles is limited - the order of registration is decisive,
- People without medical contraindications to endurance sports can take part in the march. Before the start it is obligatory to sign the declaration of no contraindication to take part in the competition,
- Persons with disabilities may participate in the competition at a distance of approximately 5 km. These people are classified in the disabled category according to gender, without age or type of disability. Disabled people competing over longer distances are classified with non-disabled people according to their age category. To be classified in the disabled category, a disability certificate must be presented at the race office before the start of the event,

- participants in the 10km walk must be at least 16 years old on the day of the event, in the 5km walk younger people are allowed. In both cases, people under 18 must have written permission from their legal guardians to take part in the event,
- The entry fee is the organiser's handling fee and is not refundable,
- There is a medical aid station in the competition village. In the event of an injury to a participant, the competition staff will be notified and will pass on the information to the medical aid station.
- There will be refreshment points equipped with water along the route,
- The route will be marked with special markers and warning tape. A map of the competition route will be available in the competition office and on the website,
- the length of the route is calculated on the shortest line the competitor can take,
- There are mileage signs along the route. This is indicative signage and may differ from the actual distance travelled.
- Competitors' times are measured electronically
- The competitor's time is measured net, for each participant separately.
 - The rules of nature conservation and the regulations set out in the Forestry Act must be adhered to throughout the competition route, in particular: littering the area (e.g. dropping nutrition packs, bottles, cups - all litter must be left at the nutrition points); walking off the competition route; disturbing the silence.

11. Judging (applies to Nordic Walking)

- There will be judges along the route to assess Nordic Walking technique,
- Improper walking technique will be penalised in accordance with "Appendix 1 - Rules of Nordic Walking Poland Judging", which forms an integral part of these Rules,
- outstandingly good technique will be rewarded in accordance with "Appendix 1 - Rules of Nordic Walking Poland Judging", which forms an integral part of these Rules,
- there may be cameras along the competition route to help clarify any doubts,
- the judges have the right to disqualify a competitor and deprive him/her of the title within 48 hours by analysing the video recordings after the competition in the event of a blatant breach of the rules of fair play (e.g. running up or shortening the route at any point along the route)

12. Final provisions:

- IMPORTANT: it is not possible to make corrections one week after all results from an event have been published online.
- the competition will take place whatever the weather,
- The organiser is not responsible for items lost during the event and for damage caused by participants,
- By submitting to the Organiser a duly completed and signed application form, the participant agrees to the use of the personal data provided by him/her for the purpose of sending information to the participant about future events, commercial products, as well as for internal administrative and analytical purposes, in accordance with the Personal Data Protection Act of 29 August 1997, Journal of Laws No. 33, item 883. The participant has the right to withdraw

such consent and may do so at any time by sending correspondence to the Organiser's address,

- The deposit can only be collected on the basis of the starting number. If a competitor loses his/her start number, the organiser is not responsible for giving the deposit to another person. Valuables cannot be left in the depository,
- participants in the competition should take out personal accident insurance,
- the organiser has public liability insurance,
- The competitor who has collected the starting number declares that he/she has read these rules and accepts them in their entirety,
- Protests against competition results can be lodged up to 30 minutes after official publication.
- In order to lodge a protest, a deposit of PLN 100 is required, to be reimbursed if the application is successful.

**The regulations were developed by the team
World Original Nordic Walking Federation,
in cooperation with national organisations**