

# Nordic Walking European Cup

## 16. September 2017

### Competition Rules

#### Competition Management:

**Manfred Trattnig**  
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As of: August, 15. 2017 – Subject to alternations!

#### 1. Description of Nordic Walking Competition Rules

Nordic Walking, abbreviated as „NW“, is characterized by the usage of special Nordic Walking poles. A consistent step cycle is reached through the permanent active usage of the poles. The poles must always be planted diagonally backwards, the force use of the arms leads to a backward movement. It should be ensured that all four phase ( pole use, pull,relapsing and swing phase) are recognizeable and the arms must be lifted behind the hips and further. One foot must always touch the ground. As a minimum to be judged is the ground contact of the heel when putting on or the tip of the toes when repelling the foot. During this repelling-/swing phase a stretching movement of the push – off leg or the swinging arm must be recognized. Ensure that at no point both feet are off the ground.

It is forbidden to use a deep gradual transition ( = „skiing movement“)

(The centre of gravity must not be lowered too much)

Participants have to use diagonal stock technique, except using the double pole technique in extreme terrain (detailed information is provided by the organizer)

#### 1.1. Description of Nordic Walking Technique

**Pole thrust:** The right arm is moved forward, holding the pole which is planted actively in front of body sloping backwards at the end of the swing motion. At the same time the left heel must be placed( = diagonal movement). The left arm and the right leg are in the swing phase at this point.

**Pull phase:** The right arm now moves the pole sideways near the body in a pulling motion, with the left foot rolling to the ball of the foot. The arms glide past each other just before the body and the left hand begins to cover the pole.

**Relapsing phase:** Meanwhile the right arm exerts force on the pole. The hand is opened in the final phase to initiate the swing phase. At the same time, the left foot actively performs the rolling movement further by.

**Swing and rolling up phase:** By dynamically opening the right hand it comes to a swing out of the arm and the pole. Thereby the arm is stretched. The left leg exerts actively and is also stretched.

## **2. Registrations/Liability**

Every athlete can take part in national and international competitions. Mastering of the Nordic Walking Technique and to be able to use it in practice is a requirement, however. Having a separate license or the membership in a club is not required.

With the registration the athlete confirms the disclaimer.

If I take part in the Nordic Walking European Cup or Austrian Championship I accept the disclaimer of the organizers for any kinds of damages. Therefore, I will not assert any claims for damages or injuries of any kind that might result from my participation in this event, neither against any of the organizers or sponsors of the event. I declare to be in good health and to have taken exercise in preparation for this event. I agree that the data stated in my registration as well as any photos, video footage or interviews made in the context of my participation in the event and used as material for radio, TV, advertising, books or photomechanical reproduction may be used without any claims for remuneration on my part. I declare to have indicated the correct date of birth and that I will not transfer my starting number to any other person.

The starting list and registrations can be viewed on the website [www.bleiburger-walker.at](http://www.bleiburger-walker.at).

Persons who register for the event but do not appear on the day of competition are not entitled to have their starting fee repaid. Transferring, exchanging or rewriting starting numbers is not allowed.

## **3. Breaching of rules&sanctions / disqualifications**

In case of incorrect behavior (breach of rule), the participant will be warned or disqualified. The participant can be warned twice in the competition.

In case of a warning the participant has to be stopped at once. The reason for the call has to be explained at once (with international symbol card optional) and to be marked with a red pen in the specially designed field on the starting number.

The further approach of penalty will be announced by the organizer before the competition exactly as follows:

a)	<b><u>Immediate penalty:</u></b> The person has to walk a specially marked penalty circuit/round (70 – 90 metres) before the beginning of the next round. At the end of the penalty circuit the red marked field will be confirmed by a track assistant(as done) with a green pen.For control the starting number will be registered by a track assistant.( <a href="#">video surveillance/monitoring optional</a> )
b)	<b><u>Time penalty:</u></b> The participant has to stay in a so-called penalty box before the next round.In this box the participant has to sit for 1:30 minutes, where the time is shown by means of a clock counting down the penalty time. After the expired time the dismantled punishing round is marked with a green pen on the starting number by a track assistant.
c)	<b><u>At the end of the run - time penalty:</u></b> At the end of the run the participant is given a 1:30 – minute time penalty per warning by the responsible referee.

A maximum time penalty of 3 minutes can be imposed on a participant. In case of a third warning, the participant will be immediately disqualified and disallowed to continue the competition. Written warnings will be valid and count as a mistake (“written warning” marked at the bib number). When disqualified, the participant must return the starting number with the built-in transponder. In this case, crossing the finishing line does not lead to a valid result.

Immediate disqualification in case instructions by referees are disobeyed or referees are insulted.

### **3.1. Breaches of rules include:**

a)	Incorrect use of Nordic Walking technique
b)	Jogging or running
c)	Non-use of poles
d)	Obstructing or annoying other participants
e)	Incorrect walking style (non-Nordic Walking), or subtly running/skiing style
f)	Deeply bending the knees (skiing style)
g)	Leaving the track
h)	Taking shortcuts
i)	Support by other persons which might positively influence the participant's result
j)	Resisting or disobeying instructions of referees or insulting referees

### **4. Competition management:**

**Manfred Trattnig**  
**Verein „Bleiburger Walker“**  
**9150 Bleiburg, Graben 6**

**Main referee**  
**Gerhard Heindler (NWO)**

**Referee 1**

**Referee 2**

**Referee 3**

**Referee 4**

**Referee 5**

### **4.1. Referees / Track assistants:**

The organizer or host provides track assistants for the competition. Track assistants will be positioned along the track in large number to ensure track safety. Instructions given by track assistants must always be followed. Track assistants constantly watch out that the Nordic Walking rules and techniques are adhered to and are permitted to warn or disqualify participants at any time. They assist the main referee in any decision.

### **4.2. Main referee:**

a)	The main referee has the right to disqualify any competitor in case when his/hers movement manners clearly does not meet the conditions described in the article 1.1, irrespective of the disqualification applies number contestant received.

b)	The main referee has the right to disqualify a participant or his/hers accompanying person in case when they both or just one of them acts in a manner inconsistent with the article 5.6.
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## **5. Basics**

### **5.1. Timekeeping**

The company stern-bew.com is responsible for timekeeping. It provides the timekeepers and minute takers necessary for the event. Stern-bew.com will give lap times at the result list. It is responsible for the correctness of net times and results.

### **5.2. Service points & trainer areas**

There is one service point in the start and finish area. This zone of supply is marked 30 meters before and after the refreshment point. In these zone, there is no need for participants to use the poles or the Nordic Walking technique. In this space competitor's arm movement is not to be assessed be judges. No running allowed – only walking!

In these zones, participants may:

a)	Take supplies
b)	Exchange poles if broken
c)	Communicate with trainers
d)	Bring your own food/ drink into those zones or get help from a coach or other team member

In addition to the service point, 2 trainer areas are available with a length of 15 meters. In these areas, participants may exchange defect equipment, communicate with trainers and drink or eat. Trainers are prohibited to accompany participants, this would lead to immediate disqualification of the participant. Technique will be not checked on those zones. No running allowed – only walking!

### **5.3. Clothes & starting numbers**

During the competition every competitor must be equipped with one starting number, worn in a visible way on his/her chest. The starting number must not be changed in any way. The passing on of the starting number and the chip to third persons is not allowed.

### **5.4. Breaking Pole**

If the walker breaks his/ her pole, he/ she can walk to the nearest coaching/ drinking station in walking direction. The technique must be the same described in point 1.1. (just using one pole). At these stations the walker/ athlete can exchange or repair his/ her pole.

### **5.5. Material**

a)	The use of Nordic Walking poles necessary in order to perform the right technique. The upper and underarm should be in an angle of 100 degrees – (+/- 5 degrees).
b)	Electronic equipment - using any type of devices is permitted provided they do not disturb other competitors' walking.

c)	Water containers - using personal water containers is not forbidden . However, making use of points of refreshment, available on the route of competition, is recommended. Competitors can also deliver their own drinks to the points of refreshment.

## **5.6. Unsporting behavior**

Any unsporting behavior leads to immediate disqualification.

A walker overtaking another competitor does not interfere, or impede the movement of a player competitor overtaken by him.

A competitor may leave the track with the consent and under the supervision of a judge, provided that this will not shorten the distance that the player must walk . If the chief judge of the competition receives information from another judge that a player has left the marked route, shortening the distance they should walk, and the chief referee considers disqualification justified enough, then he or she can opt for it. From all the people who actively or passively take part in the Nordic Walking event, ethical, moral and socially approved behavior is required.

## **5.7. Results, Objections**

### **Results**

The results are made public after the competition.

a)	Official results- official results are indisputable and announced immediately after the appeals deadline expires or after the declaration that an appeal has been submitted.
b)	Publication of the results – copies of the results obtained during the event should be placed in the finishing-line area or made available online.

Results will be posted on the result-list from stern-bew.com.

### **Objections**

After publication of the unofficial results, there is a 30-minute period for objections. Any objections have to be submitted in writing to the timekeeping company, for which a fee of € 20 is payable. Objections may be submitted by athletes, trainers or teams. If the objection is allowed and the result changed, the submitter will be repaid the € 20 fee. If the objection is refused, the organizer will keep the € 20 fee.

The company stern-bew.com will publish the results. The appeals committee consists of the main referee, the ENWO Walking Federation's representative and the main judge. The decision of the Appeals Committee is ultimate. There is no possibility of any further protests.