



REGULATION OF NORDIC WALKING POLISH CUP

I. OBJECTIVE OF NORDIC WALKING POLISH CUP (*PUCHAR POLSKI NORDIC WALKING – PP NW*) 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 dates and locations presented in the schedule published on the Polish Nordic Walking Federation (*Polska Federacja Nordic Walking - PFNW*) www.pfnw.eu.
2. The rank of each edition of the competition series, which is Polish Cup, European Cup or Polish Championship, is presented in the schedule, referred to in sub-point 1.

III. ORGANISERS OF THE COMPETITION:

1. Polish Nordic Walking Federation.
2. Local authorities – the hosts of relevant events referred to in the competition schedule referred to in point II.

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IV. RULES FOR PARTICIPATION

1. PP NW 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 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,
 - 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 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 event 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 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 her/his 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.
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.
10. Within the frames of each edition of the NW competition a NW ride (*rajda*) is organised on the distance of 5 km.

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11. In duly justified cases, conditional upon the health state declared by a registered participant of the ride, the organiser of the competition can allow her/his participation on a shorter distance of 2.5 km.
12. The regulation is applicable to the ride, except for the provisions of sub-point IV.1, points X-XII and sub-point XIII.1 and sub-points XIII.3-5.

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 via the website of PFNW.
3. Electronic registration is terminated each time at 21:00 on the third calendar day preceding the date of the given competition edition, referred to in point II.
4. Registration in person is possible at the Competition Office on the day of the competition event 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 competition is upon an entry fee, except for children and youngsters up to 18 years of age for whom participation is free of charge. The year of the participant's birth determines her/his right to the free of charge participation.
2. The entry fee, which covers the basic starter package containing one starter number, a chip for time measurement, souvenirs from the organisers and a regenerative meal, hereinafter: a basic fee, varies depending on the date and time when it is paid and applicable entitlements.
3. The basic fee in the case of the electronic registration and payment amounts to:
 - 1) if completed up to 14 calendar days prior to the competition event:
 - 1.a) 55 PLN – a regular fee,
 - 1.b) 40 PLN – a reduced fee, for pensioners, members of Third Age Universities and students, upon presentation of a relevant card, and persons with disabilities who possess relevant certificates;
 - 2) If completed up to 3 calendar days prior to the competition event:
 - 2.a) 65 PLN – a regular fee,
 - 2.b) 50 PLN – a reduced fee, for persons entitled as in sub-point 1) b).
4. In case of registration and payment made electronically, via a bank or postal transfer less than 3 days prior to the competition event or made in person the day before the competition or on the competition day at the Competition Office, the entry fee is 80 PLN, regardless of age or entitlement.

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5. PFNW members with confirmation of timely payment of the membership fee for the year in which the competition is held are entitled to 20% discount on the basic fee, referred to in sub-point 3.

6. A participant can choose and pay an enlarged fee, which covers the basic fee and a supplementary fee. The enlarged fee entitles to start and get an enlarged starter package which covers the basic package supplemented by additional products. The enlarged fee amount and the enlarged starter package content are given in the registration system, on www.pfnw.eu website and Facebook profile of PFNW.

7. A single entry fee, either basic or enlarged - depending on the choice made by a participant, is paid for participation in a competition event of more than one rank.

8. In case of electronic registration for the competition, the entry fee is paid via the internet mode indicated by the organiser, via a bank transfer or postal transfer.

9. 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, unless the participant makes a payment equal to the missing amount as due on the date of transfer confirmation. The missing amount needs to be paid on the day before the competition event or on the competition event day at the Competition Office.

10. 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.

11. If the entry fee referred to in sub-point 3 and 6 is entered into books on the organiser's account or on an individual account generated by the electronic registration system 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.

12. The fee paid is non-refundable or non-transferable to another participant or another competition event.

VII. FRAMEWORK AGENDA OF THE COMPETITION EVENT

1. The following framework agenda of PP NW competition events is set:

| | |
|--------------|---|
| 8:00 – 9:30 | Distribution of starter packages to participants of the half marathon |
| 8:00 – 10:30 | Distribution of starter packages to participants of 10 km distance |
| 8:00 – 11:15 | Distribution of starter packages to participants of 5 km distance |
| 10:00 | Start of men (M) and women (W) in half marathon |
| 11:00 | Start of M and W on 10 km distance |
| 11:15 | Official opening ceremony |
| 11:40 | Start of M and W on 5 km distance |
| 12:15 | Start of M and W in the ride |
| 14:00 | Awarding ceremony and official end of the competition event |

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2. The detailed agendas of individual competition events may deviate from the framework agenda referred to in sub-point 1. Notification of any changes in an individual competition event agenda will be posted on the website www.pfnw.eu and in the Competition Office.

VIII. NORDIC WALKING TECHNIQUE AND RULES APPLICABLE TO NW COMPETITION

1. During the competition the technique and rules apply which are referred to in the Nordic Walking Competition Rules, as set in Annex No. 2 to the regulation.
2. 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.
3. PFNW, as the organiser of PP NW, will ensure availability of NW poles for renting according to the rules referred to in Annex No. 3 to the regulation.

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 Rules, as set in Annex No. 2 to the regulation.
3. The organiser of the competition ensures availability of a changing room and a deposit to participants.
4. The detailed rules of organization and safety during the competition, availability of a changing room and deposit are set out in Annexes No. 2 and No. 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 disability" 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.

XI. INDIVIDUAL SCORING AND CLASSIFICATION IN THE NW POLISH CUP SYSTEM

1. In the overall series of the NW Polish Cup the best nordic walkers in each category are selected, broken down by gender.
2. Participants' individual results are arranged in the order of the net time measured with a professional time recording system.

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3. In each competition event points are awarded for the place won in a 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 is won by the participant who earns the highest number of points, calculated as the total of all score results from all competition events in the series, in which the participant was classified.
5. In the case of an ex equo total result earned in the general classification by more than one participant, 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 event.
6. All persons who participated in at least one of the competition events are listed in the general classification of the NW Polish Cup.
7. In case of the competition edition of more than one rank the provisions of sub-points 4-6 regarding the general classification do not apply to the other rank than the Polish Cup.

XII. TEAM SCORING AND CLASSIFICATION OF THE NW POLISH CUP SYSTEM

1. In each NW Polish Cup competition event and the overall series the representation of a club whose members take part in the PP NW competition earns team score results, according to the rules set in sub-points 3, 4 and 5, and the corresponding place in the ranking.
2. Each NW club represented in PP NW competition series competes for the title of the winner of the Team Nordic Walking Polish Cup, awarded during the finals of the competition series.
3. The final result of the general classification of the Team PP NW 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.
4. In 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 3, are taken into account.
5. Participation of a team comprising the lower number of club representatives than referred to in sub-point 3 is permitted.
6. A person can participate in a competition event on a single distance of her/his choice, earning points for her/his team in the team classification.
7. The winner of the Team NW Polish Cup is the club whose team representation earns the highest number of points, in accordance with the rules referred to in sub-point 3.

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8. In case of the same total number of points in the general team classification of PP NW 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.

9. Participants are not allowed to change the club team during the PP NW competition series. Once representing the given team, a person participates during the entire competition series with the same 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.

10. Persons who started their participation in the PP NW competition series as non-affiliated are allowed to affiliate to a new team during the NW Polish Cup series, provided that the points previously earned by the person as non-affiliated do not count towards the team classification.

11. In case of the competition edition of more than one rank the provisions of this point regarding the general team classification do not apply to the other rank than the Polish Cup.

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.

4. During the finals of the Nordic Walking Polish Cup which is held after the last competition event of PP NW series the individual winners of the general classification in each category and distance are awarded.

5. During the PP NW 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. Participants of the competition are obliged to respect the rules of fire safety and nature protection, as well as to keep the competition area tidy.

5. The organiser reserves the right to make necessary changes to the regulation and organisation of the competition event in case of specific circumstances or limitations on the national or regional level such as introduction of extended restrictions to the national legislation on related to pandemic.

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