ONWF Nordic Walking World League

www.NordicWalkingWorldLeague.com

Statute

1. **Purpose of the event:**
   - promotion of a healthy lifestyle and active leisure time,
   - popularizing pro-family and intergenerational physical activity such as Nordic Walking
   - promotion of the most attractive places 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 people with disabilities,
   - selecting the best players, families and clubs,
   - supporting local charity collections.

2. **Main organizer:**
   - World Original Nordic Walking Federation (ONWF) - World Nordic Walking League

3. **Local partners:**
   Hosts of individual Nordic Walking competitions

4. **Honorary patronage:**

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

5. **Event dates**
   World Nordic Walking League (international competitions)
   All competitions are visible directly at page:

   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 20 km - time limits 3,5 hours.
   - **Nordic Walking –** approximately 42 km – time limits 7 hours.

The distance can be changed free of charge up to a week before the competition. Change distance in the week before the competition and on the day of the competition will be subject to a fee according to the competition regulations

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

- Points in the classification awarded separately for women and men , according to the time-to-point formula:

Ranking = (winner's time counted in seconds at a specific distance) / (participant's time for which points are counted in seconds) x number of points assigned to a given start

This scoring depends on the time we achieve in the competition, not on the place we take. That's why it's always worth fighting for a better time to the end of the distance.

- Number of multiplier points of a given start is:
  - 7,000 – for World Championship competitions
  - 5,500 - for World Cup competitions
  - 5,000 - for competitions of the Continental Championship level
  - 4,000 - for Continental Cup competitions
  - 2,500 – for competitions of the National Championship level
  - 1000 – for National Cup competitions
  - 500 – for regional competitions
  - 200 - for recreational starts and events organized online (fixed number of points for each)

- Points in the ranking will be recorded to the nearest whole number.
- Example:

The fastest competitor on the 5 km route of the National Cup competition (converter 1000 points) covered the distance in 31:15, the competitor whose points are counted had a time of 42:28. The winner's points are 1000, and our player's points are:

$$\frac{31\ min * 60\ s + 15\ s}{42\ min * 60\ s + 28\ s}$$ x 1000 points = 736 points

- In the case of the same number of points scored 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 Nordic Walking World League includes all Nordic Walking competitions included in the www.NordicWalkingWorldLeague.com calendar . The 5 best results are included in the general classification. The system automatically removes weaker results from the ranking

- The ranking will be conducted from the first event of the World League, National League and Regional Leagues
- To be classified in the Regional League, National League, World League, you must take part in 3 competitions included in a given League.
- Points will be awarded on the distance at which a given competitor will start. If the distance is changed, points will be awarded separately for each distance.
- To be classified in the summary of the World League, National League and Regional League, you must take part in at least three competitions

9. Award-winning categories at individual distances at the end of the World Nordic Walking League cycle

Rewarding at the end of the World Nordic Walking League

- 3 places in the open women's and men's 20 km nw, 5 km nw and 10 km nw
- 1st place in the age categories of women and men.
- 1st place in the os. category npsr. women and men 5 km
- Awarding a green card - to the player who will be awarded the largest one
- number of green cards in the entire series: World Nordic Walking League
- 1st place in the team category
- all categories are divided into men and women
- places in the OPEN category are the same as places in age categories.

Over a distance of approximately 5 km Nordic Walking:
OPEN F/M
F/M 1 – 9 years
F/M 10 – 17 years
F/M 18 – 39 years old
F/M 40 – 49 years old,
F/M 50 – 59 years old,
F/M 60 – 64 years old,
F/M 65 – 69 years old,
F/M 70 – 74 years,
F/M 75 – 79 years,
F/M 80 +
F/M people with disabilities

Over a distance of approximately 10 km Nordic Walking:
OPEN F/M
F/M 16 – 44 years old,
F/M 45 – 54 years old,
F/M 55 – 64 years,
F/M 65 +

Nordic Walking at a distance of approximately 20 km
OPEN F/M
F/M 18 – 44 years old,
F/M 45 – 54 years old,
F/M 55+

10. Player starts:

- competitors start in waves, 2-3 people in a row, at distances of 2-3 meters between the rows. Wave starts are directed by a start/finish judge,
- if the regulations of individual competitions allow for a privileged start for the best competitors at the beginning of the race - the 10 best competitors in the general classification of a given distance (divided into women and men) have the opportunity to start in the first wave (optional). Additionally, the organizer reserves the right to add people with the right to start in the first line who are able to demonstrate outstanding sports results in a given starting year. To register your candidacy for a privileged position, please contact the office on the day of the competition,
- People with disabilities who demonstrate exceptional performance may compete within their age category without the need to obtain the consent of the head judge.

<u>The starting order of competitors within a given distance:</u>
K/M 10-17
F/M 18 – 39 years old
F/M 40 – 49 years old,
F/M 50 – 59 years old,
F/M 60 – 69 years old,
F/M 70 +
F/M people with disabilities
K/M 1-9
recreational distance

11. Participation

- <u>IMPORTANT: after 48 hours from the publication of the results on the Internet, it is not possible to change the team footnotes, so make sure that the competitor has correctly entered the team name in the application form.</u>
- To take part in the 5, 10, 20, 42 km Nordic Walking distance (does not apply to recreational walking), you must undergo a mandatory judges' briefing, which involves the judges checking the correctness of your Nordic Walking poles. People with inappropriate poles (e.g. trekking poles) will be able to rent poles at the on-site rental shop or take part in a recreational activity,
- It is possible to rent Nordic Walking poles at the Competition Office. The number of sticks is limited - registration is on a first-come, first-served basis,
- People without medical contraindications to practicing endurance sports can participate in the walk and run. Before starting, it is obligatory to sign a declaration stating that there are no contraindications to taking part in the competition,
- Disabled people can participate in the competition and they start over a distance of approximately 5 km. These people are classified in the category of disabled people according to gender, without age and type of disability. Disabled people competing over longer distances are classified with able-bodied people according to age category. To be classified in the disabled category, you must present a disability certificate at the competition office before the start of the competition,

- Participants in the 20 and 42 km walk must be over 18 years of age on the day of the event, in the 10 km walk on the day of the event they must be over 16 years of age, and younger people are allowed in the 5 km walk. In both cases, persons under 18 years of age must have written consent from their legal guardians to participate in the event. **Children up to 8 years of age are required to start with a guardian**
- there is a medical aid point in the competition town. In the event of a participant's injury, the competition staff is notified and provide information to the medical aid point.
- there will be refreshment points 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 counted along the shortest line that the competitor can cover,
- there are signs along the route with information about the kilometers traveled. These markings are indicative and may differ from the actual distance traveled.
- the players' time is measured electronically, using chips placed next to the player's shoe
- The competitor's time is measured net, for each participant separately.
- along the entire competition route (run and Nordic Walking), the principles of nature protection and the provisions set out in the Forest Act must be followed, in particular: littering the area (e.g. abandoning nutritional packaging, bottles, cups - all garbage should be left at the feeding points); leaving the competition route; disturbing the silence.
- The ONWF National Championships are open, which means that citizens of all countries in the world can take part in the competition and stand on the podium.

12. Judging (applies to Nordic Walking)

- There will be judges along the route who will evaluate the Nordic Walking technique,
- incorrect walking technique will be punished in accordance with "Appendix 1 - Nordic Walking Poland Judging Regulations", which is an integral part of these regulations,
- an exceptionally good technique will be rewarded in accordance with "Appendix 1 - Nordic Walking Poland Judging Regulations", which is an integral part of these regulations,
- there may be cameras along the competition route to help clarify any doubts,
- the judges, by analyzing video recordings after the end of the competition, have the right to disqualify the competitor and take away the title within 48 hours in the event of gross violations of the rules of fair play (e.g. when running up or shortening the route in places, anywhere along the route)

13. Team classification

- Only the general classification for individual cycles of Regional Leagues, National League and World League is valid.
- In the team classification, points in the open classification of competitors at a given distance will be counted, regardless of gender:
  5 competitors from a distance of 5 km
  4 competitors from a distance of 10 km

2 competitors from a distance of 20 km
1 competitor from a distance of 42 km

The remaining team members score 50 points for the team. People starting in online mode earn a fixed number of points for the team - 200, only if the team does not have the full number of participants in the distance. If there is a full number of competitors for a given distance, the competitor starting in online mode earns 50 points for the team

- The team's 5 best results from all starts are included in the National, Regional or World League classification.
- The results of the team classification will be announced at the final of each cycle.
- Once signed up to a given team, a player cannot change his club throughout the cycle.

14. Final Provisions:

- IMPORTANT: after a week has passed since the publication of all results from a given event on the Internet, it is not possible to make corrections,
- the competition will take place regardless of the weather **,**
- The organizer is not responsible for items lost during the event and for damage caused by participants **,**
- Submitting a properly completed and signed application form to the Organizer means that the event participant consents to the use of personal data provided by him for the purposes of sending information to the participant about future events, commercial products, as well as for internal administrative and analytical purposes, in accordance with the Act on the Protection on 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 sending correspondence to the Organizer's address **,**
- the deposit can only be collected based on the starting number. If a competitor loses his starting number, the organizer is released from responsibility for transferring the deposit to another person. Valuables cannot be left in the depository **,**
- competition participants should take out accident insurance on their own,
- the organizer has liability insurance,
- the competitor who received the starting number declares that he has read these regulations and accepts them in their entirety,
- A protest against the start results may be lodged within 30 minutes of their official publication. In order to lodge a protest, it is necessary to pay the amount specified by the organizer, which will be refunded if the application is approved.

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