

ONWF
SINCE
1997

WORLD ORIGINAL NORDIC WALKING FEDERATION

**RULES OF COMPETITIONS
ORGANIZED BY ONWF,**

WORLD NORDIC WALKING LEAGUE



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WORLD ORIGINAL NORDIC WALKING FEDERATION

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§1

Definition of Nordic Walking

Nordic Walking (NW) is a form of walking that involves coordinated arm and leg movement while using poles to support propulsion. The technique must be maintained correctly, ensuring at least one foot is always in contact with the ground, avoiding any airborne phases. The primary benefits of proper Nordic Walking technique are health-related.

§2

Key Technical Aspects of Nordic Walking

1. Natural movement of the lower body.
2. Alternating motion of arms and legs.
3. Arm movement should originate from the shoulder.
4. The hand completes its motion beyond the hip line.
5. Arms should move parallel to each other.
6. In front of the body, the hand grips the pole; behind the body, it opens. The transition happens at hip level.
7. The push-off should be active throughout the entire movement range, utilizing an open hand to generate force.

§3

Selection and Verification of Nordic Walking Poles

1. The correct pole length is determined by multiplying a person's height by 0.68. The elbow should form an approximately 90-degree angle when standing upright with the pole touching the ground.
2. Poles can be up to 5 cm shorter than the length calculated in §3.1.
3. All poles used in competition must be verified and marked with an official sticker. Adjustable poles must have a sticker at the adjustment mechanism.
4. For non-competitive Nordic Walking events, other types of poles may be used, subject to organizer approval.
5. If a competitor is found using poles that are too short, lack verification stickers, or have unapproved modifications, a judge may issue a yellow card

§ 4

Errors in Nordic Walking Technique and Their Consequences:

<i>Correct elements</i>	<i>Benefits of a properly made element</i>	<i>Most common mistakes</i>	<i>Overloads due to errors</i>
Natural lower body work	Natural work of the muscles and joints of the lower body	Lowering the center of gravity	Load on knee joints
		Elements of sports walking technique	Lumbar spine strain Hip joint overload
Alternating work of arms and legs	Natural arm movement	No alternating work	Unnatural arm movement
The arm movement should be from the entire shoulder, with the elbow in a neutral position	Activation of large muscle groups: back, arms. By working large muscle groups, generating significant relief for the joints of the lower limbs and spine. The swinging movement of the arm is a factor that relaxes tense neck muscles.	Working from the elbow	- load on the elbow joints - Exclusion of large muscle groups, i.e. back and shoulder muscles - Generating push-off from the elbow joints and small arm muscles - much smaller element of relief for the joints of the lower limbs and spine - Excessive tension of immobilized shoulder and neck muscles - when

		Work from the elbow only in front of you, and from the shoulder behind you	working from the elbow joint alone - no possibility of crossing the hip line
		Work by rolling the stick	no work with the stick, just throwing it without generating push or putting the back muscles to work
		Working with completely straight elbows	Excessive, isometric (continuous) tension of the shoulder and neck muscles, without a relaxation phase
Setting the shoulder in a neutral position	Natural muscle tension and balance in the shoulder joint	Shoulder pushed forward (in protraction)	Excessive tension and contracture of the chest muscles, front of the shoulders or the sternocleidomastoid muscle (SCM)
The hand ends the movement behind the hip	Shoulder retraction (moving the shoulders back) - natural straightening of the body Opening the chest and stretching the contracted chest muscles Starting the shoulder blades to work	Arm work only to the hip	Shoulder protraction (moving forward) - perpetuating a hunched posture resulting from a sedentary lifestyle.
		The arm action ends in front of the hip, which often results in a leaning posture	Working with your arms only in front of you and trying to straighten your posture is associated with overloading the lumbar spine
The arms work parallel to each other	Generating push and unload in the same direction - connecting	Working with the arms narrow in front and wide in the back	No combination of push and release forces
		Working the arms to narrow the movement in the front and back	
In front, the hand is closed on the stick, behind the hip it is open. Closing opening of the hand. It occurs at the height of the hip	Control of arm function throughout the entire range of motion	March with open hands March with delayed closing of hands - only at the moment of placing the stick	Lack of control over the movement of the stick - high risk of the stick falling under our or others' feet
		Marching with hands completely closed	No possibility of working past the hip line backwards

Generating an active push-off throughout the entire range of the stick movement, with the stick entering the ground as the front leg contacts the ground	Engagement of large muscle groups in the upper body. Relief of the joints of the lower limbs and spine.	Marking the push-off - lack of insertion and generation of the push-off, initiated at the moment of contact of the heel of the front leg with the ground	Lack of engagement of large muscle groups in the upper body. Lack of relief for the joints of the lower limbs and spine.
		Failure to generate push-off force (e.g. double stroke or repeated insertion of the stick while moving backwards - the stick slips)	

§ 5

Standard Warnings Issued by Judges

Error name	The message you will hear from the judge	What is the penalty for a mistake?
Shortening the route, behaving contrary to the principles of fair play, unsportsmanlike conduct (stepping on sticks, preventing overtaking, insulting a competitor or referees, using vulgar words, etc.)	Red card, disqualification	Red card disqualification from the NW march Disqualification
Running up (flight phase)	Disqualification from the NW march Disqualification	Red card disqualification from the NW march Disqualification
No alternating work of arms and legs	Alternate operation mistake	Education Education
Lowering the center of gravity	Low posture mistake	Warning/Yellow Card Warning/Yellow Card
Hip rotation elements resulting from the Sports Walking Technique	Hip rotation mistake	Warning/Yellow Card Warning/Yellow Card
Working from the elbow	Elbow mistake	Warning/Yellow Card Warning/Yellow Card
Work from the elbow only in front of you, and from the shoulder behind you		
Rolling the stick		

Arm work only to the hip. Arm work ends before the hip, which often results in a leaning of the silhouette.	Motion range error	Warning/Yellow Card Warning/Yellow Card
Working the arms narrowly in front and wide in the back Working the arms narrowing the movement in front and back	Parallel motion mistake	Warning/Yellow Card Warning/Yellow Card
Lack of push, which involves inserting the club in the wrong place with a simultaneous delay in relation to the placement of the heel of the front leg. Marking or not placing the club. Dragging clubs	Push active mistake	Warning/Yellow Card Warning/Yellow Card
March with open hands	Open palm mistake	Education/Warning Education/Warning
No trunk rotation (performed through shoulder protraction, not from the lumbar spine) Shoulder positioned in protraction	Shoulder Fault	Education Education
Headphones on or in the ears (see § 7 point 2)	(stop the player)	Detaining a player with an order not to use headphones. In case of not following the referee's order, the player may receive a yellow or red card
Illegible or covered number, no number	(stop the player)	Stopping a competitor, asking them to correct or reveal their starting number. If the number is missing, the judge reads the chip number and notes this fact on the judge's card. This does not result in a penalty
Incorrect poles (trekking)	The referee warns about the use of incorrect sticks	Warning without penalty (Raids)

§ 6

Penalties and Rewards

ppk.1

A referee who issues a penalty to a competitor for an appropriate offense (warning, yellow card) does not stop the competitor unless safety on the track requires it. Giving a penalty to a competitor consists of showing the appropriate color of card and informing him of the type of offense and penalty. Example: number 222, warning, elbow fault.

In international competitions, the announcements made by the referees are in English

ppk.2

Failure to hear the referee's announcement does not result in not receiving a penalty. A competitor who did not hear the announcement has the right to receive information from the referee issuing the penalty after the competition has ended. A full list of penalties can be obtained from the referees' tent after the competition has ended.

ppk. 3

Education

The judge has the opportunity to educate, verbally draw attention to the error in order to correct elements of the NW technique. This information does not result in any sanctions, and is not recorded in the judge's protocol. In the case of educational activities, the judge does not provide the message contained in §6 ppk 1

ppk. 4

Warning (White Card)

It may be awarded by the referee in the event of minor violations in the marching technique. Receiving a warning multiple times will result in receiving a yellow card.

Accordingly: 5 km - 2 warnings; 10 km - 3 warnings; 20 km - 4 warnings,

ppk. 5

Yellow card

It may be awarded by the referee in the event of gross errors in the NW march technique, violating the rules of competition or potentially resulting in serious overloads and health problems; failure to comply with safety rules that may result in injury to another competitor, e.g. raising both hands with sticks in a zone marked as dangerous, raising both hands during the march, checking time, heart rate and other parameters on chronometers.

Receiving a yellow card multiple times does not result in receiving a red card. Receiving a yellow card involves imposing a time penalty on the competitor. Respectively: for a distance of about 5 km - 30 seconds, for a distance of about 10 km - 1 minute, for a distance of about 20 km - 2 minutes.

ppk. 6

Red card

It may be awarded for unsportsmanlike conduct towards other participants and judges; failure to follow the judge's instructions, deliberately blocking the track of other participants during overtaking, deliberately running up with an obvious flying phase, shortening the distance, moving off the track, vulgar or aggressive conduct towards competitors and judges, insulting them. Behavior that may endanger the safety of competitors, fans and judges.

ppk. 7

Green card

The referee cannot award a green card. The green card is a component of the points received from the referees. A point for a green card is awarded in the case of an exceptionally good marching technique. The sum of the specified number of points awarded is respectively: for a distance of 5 km - two points, 10 km - three points, 20 km - 4 points.

Receiving a warning will result in the cancellation of one green card nomination (1:1 rule). Receiving a yellow card will result in the cancellation of all green card nominations.

ppk.8

Disqualification of a competitor based on a report by other competition participants

It is possible to disqualify a competitor for unsportsmanlike conduct on the competition course only in the event of providing video material that reveals such conduct, and only until the end of the protest acceptance period, i.e. the announcement of official results. The film must show situations that qualify for disqualification of the competitor.

The Chief Judge reserves the right to verify the results after reviewing the video materials from the judges no later than 48 hours after the end of the competition.

§ 7

Competitors with disabilities are subject to evaluation by judges in accordance with the general principles set out in these regulations.

ppk. 1

The judge may waive the penalty if there is evidence of a dysfunction that prevents the athlete from marching with the correct technique.

ppk. 2

The participation of guardians/guides for people with disabilities and for children up to 9 years of age is allowed. Guardians and guides are obliged to have appropriate markings which will be provided by the organizer

§ 8

Children (5 km competitors) up to 9 years of age are assessed by judges in accordance with the general principles set out in these regulations

ppk. 1

The referee will evaluate the technique solely for educational purposes. A penalty will only be imposed in the event of a violation of the Fair Play rules or unsportsmanlike conduct.

§ 9

Other regulations

pkt. 1

Overtaking

It is possible to overtake a competitor on the right or left side. For safety reasons, the overtaking person should warn the overtaken person with the message "attention: left/right I am overtaking", depending on which side they will overtake the person from. Overtaking a given competitor should not result in a change/difficulty in their marching path. The overtaken person, after hearing the safety message "attention: left/right I am overtaking", should not change their marching path. This also applies to children and people with disabilities.

ppk. 1

When overtaking people with disabilities and children, special care should be taken

pkt. 2

Headphones

In order to secure communication between competitors, judges and other law enforcement bodies, the use of headphones or earphones is not permitted (this does not apply to people with hearing aids). Using such headphones during the competition will result in the competitor being stopped on the course and ordered to remove the headphones.

ppk. 1

If the referee's order is not followed and the player continues to use them, the player will receive a red card and will be disqualified.

ppk. 2

Only bone conduction headphones are permitted (with the consent of the Chief Referee) which do not interfere with communication with competitors, referees and other law enforcement authorities.

pkt. 3

Irrigation

Irrigation takes place in specially created and marked zones (irrigation zone and danger zone). Whenever possible, the beginning and end of the zone will be appropriately marked with vertical or horizontal signs. An additional corridor may be created or separated in the irrigation zone for people who do not want to use the irrigation. In such a case, the player who skips the irrigation zone does not have to unclip their clubs. In the hydration zone, the player is obliged to unclip one club from the hand taking the drink, in order to avoid threats and while maintaining due safety in relation to other players, staff, referees and fans. In the event of failure to comply with these conditions, the player will be penalized with a yellow card in the event of a real threat to other players or a warning. In the hydration zone, the work of the arms is not assessed.

ppk. 1

In the event of the need to hydrate, consume energy gels, glucose or other supplements in a place other than the designated one, the competitor is obliged to stop in a safe place, not blocking the way for anyone, and to unhook the poles. After consuming, he returns to the march route without any collisions. Failure to comply with this condition results in receiving a yellow card.

ppk.2

It is permissible to set up additional nutritional stations called "support" only with the consent of the organizer and after informing the main competition judge and only in designated hydration zones, in compliance with all the rules contained in § 9 point 3.

ppk. 3

It is allowed to use personal containers such as a "camelbak", backpack, or water bladder, which allow for the consumption of liquids without using your hands. In such a case, there is no obligation to stop.

pkt. 4

Leaving the route

It is permissible for a competitor to leave the course in urgent cases to attend to physiological needs. If possible, the judge is informed. The competitor returns to the course only at the place where he left it.

ppk. 1

A competitor who has made a mistake on the route may return to it and continue the march only at the place where he made a mistake.

§ 10

A judge who takes part in a competition but does not perform tasks related to that competition is treated equally to other competitors.

§ 11

Filing protests

Competitors have the right to file a protest against the judges' decision after paying a deposit in the amount specified by the organizer. In the event of a negative decision on the protest, the deposit is not returned. Protests can only be filed until the official results are announced.

§ 12

Only competitors competing in a given distance are allowed on the competition track. Cheering is allowed outside the track, without the possibility of entering it and not hindering the work of judges and competition staff.

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www.NordicWalkingWorldLeague.com

www.NordicWalkingPoland.pl