

**Championship in Nordic Walking
Mosina 2018
Crown of Poland 2018
Poland Cup in Nordic Walking**

Regulations

1. Organizers:

- Sport Center in Mosina
- Nordic Walking Poland (NWPL)
- IDMAR Group
- Assosiation "Mosiński Sport"

2. Honorary patronage:

- Creator Nordic Walking - Marko Kantaneva (ONWF)
- Foundation chodzeZKijami.pl
- Marszałek of Grater Poland County
- Starosta of Poznań District Jan Grabkowski
- Mayor of Mosina County Jerzy Ryś

3. The event - purpose:

- Promotion of healthy lifestyle and leisure activities
- Popularization of pro-family and intergenerational physical activity which is Nordic Walking
- Promotion the most attractive places in Poland, where the event will take place
- Health education through standard and innovative forms
- Integration of people in all ages
- To pick up the best players, family and clubs

4. Date, place, route:

Event will be held in June 30th – July 1st 2018 (Saturday/Sunday) in Community Mosina and Konstantynowo Forest District.

Start/Finish: "Podkowa Leśna", Krajkowo 1A, 62-050 Mosina, Poznań County, Grater Poland region, Poland

Distances: 5,10,21 kilometers. Starts will be given in a minute program.

Limit of participants:

- Distance 5 km: 400 people
- Distance 10 km: 400 people
- Distance 21 km: 199 people

Limits can be changed

- Electronic time measurement

5. General provisions:

Participation:

All participants must be verified at the competition office. Packets and start numbers will be given personally after showing Identification Documents with a date of birth and photo or after showing authorization which is available on the website www.osirmosina.pl or www.WorldNordicWalkingChampionship.com. The authorization should be printed and signed.

- Participant must show medical certificate which shows capacity for taking part in the competition, or participant shows signed document where will be written that he takes part in the competition on his own responsibility.
- Agree on processing personal data by the organizer of Championship in Nordic Walking in 30.06.-01.07. 2018
- Pay the registration fee on the organizer's account within 3 days from filling electronic registration form. The fee is a manipulation amount for realization the event. In case of cancellation of registration, the fee will not be return to participant. There is not a Vat invoice.
- People at the age below 18 (which during the race do not have maturity) are obliged to have a written permission from their parents or legal guardians to participate in competition. The permission must have signature and PESEL number. Foreigners are required a passport number.
- Taking a start number means acceptance on the Championship regulations.
- Every participant is obliged to read the rules and observe these rules.
- The engagement is properly done by filling registration form on the website and pay the registration fee.
- After registration, on the website will be list of participants with name, place of living, date of birth, name of club, sex.
 - Start number will be given at the competition office after showing announcement of medical capacity. The announcement is available on the www.osirmosina.pl or www.WorldNordicWalkingChampionship.com
 - Disabled person can participate in distance 5 km. They are classified in a disabled category divided on male/female, disability, without age division. Disabled who are taking part in longer distance are classified with other participants in age category. To be classified as a disabled person, the certificate of disability needs to be reported at the competition office.
 - Participant can start in only one declared race.
 - Participant in distance 10 km must be completed 16 years, in distance 5 km younger person is allowed.
 - In the town competition, there is a medical station. In case of injury, bad feeling, any harm, the participant is obliged to report these symptoms to the competition crew.
 - Because of the security, starts will follow by waves. The participants will be set in age categories. Start is in group for 15-20 people.
 - There is a ban of using headphones in order of disqualify.

Registration and fee:

- Registrations are done online at www.WorldNordicWalkingChampionship.com or www.osirmosina.pl
 - World Cup Nordic Walking fee:
 - Up to April 30th 2018 – adults 25 euro (105 PLN), disabled 15 euro (63 PLN), children 5 euro (21 PLN)
 - Up to May 31st 2018 – adults 35 euro (147 PLN), disabled 25 euro (105 PLN), children 10 euro (42 PLN)
- Up to June 26th 2018 – adults 45 euro (189 PLN), disabled 35 euro (147 PLN), children 15 euro (63 PLN)
- Race of 5 km distance – there is no age limit, each participant takes part in this race by itself, without help of the legal guardian
- The race of 10 km distance – participant needs to be at the age of 16 or older
- The race of 21 km distance – participant needs to be at the age of 18 or older

- The registration is at the www.elektronicznezapisy.pl up to June 26th 2018 till 22:00. If there will not be complete, there will be possibility of register at the competition office in its working hours.
- Fee is by DotPay, form of payment is visible after on-line registration.
- There is possibility of transfer fee on the other contestant up to June 15th
- There is no possibility of changing distance (transfer can be only made on the same distance).
- Cancellation of registration and transfer a starter pack must be sent to **wekwert@mosina.pl**

Route

- Judges will be on the course to verify Nordic Walking techniques.
- On the course will be water refreshment points
- The route will be marked with warning tape. The map of route will be available at the website and at the competition office.
- The distance is counted as the shortest line which participant can make it.
- On the route, there will be information table with passing distance. It is only estimation and it can differ from the proper passing distance.

Minute program:

Minute program can be changed. The particular information will be at www.WorldNordicWalkingChampionship.com or www.osirmosina.pl in a day of Championship.

The competition office will be marked and opened till half an hour before race. After closing the office, there will not be possibility of registration and taking start packet.

Time measurement:

Time of contestants is taken by chips

It is net time

Start packet

Every participant will be given commemorative medal, regeneration meal, water, bib number and a gadget.

Judges

There will be judges on the route, which will judge the Nordic Walking techniques.

Incorrect technique march will be punished according to “Załącznik 1 – Regulamin Sędziowania Nordic Walking Poland”, which is integral part of this regulations.

Uncommon techniques will be awarded according to “Załącznik 1 – Regulamin Sędziowania Nordic Walking Poland”, which is integral part of this regulations.

On the route, there could be cameras, which may help to explain some doubts.

Judges, through analyzing video after completed the course can disqualify the participant and take away the title in case of outrageous form of abuse fair play rules (p.e. like running or making route shorter).

The final result list will be published after main judge acceptation.

Bib numbers:

The number must be worn on the chest or belly

The number must be visible at all times throughout the race. In case of cover the number, the judge has a right to stop the participant and ask for placing the number properly.

The bib number must be the same like the electronic chip.

Forest area movements:

On the route, participants are obliged to act according to the environmental protection and regulations from the act of forest.

Mainly: littering the area (p.e. leaving nutrients bags, bottles, cups – all litters must be left in refreshment points) , disturbing the peace.

6. Distances of the competition:

Nordic Walking 5 km
Nordic Walking 10 km
Nordic Walking 21 km

7. The way of the competition:

June 30th 2018

- 5 km Championship Individual Qualification in category K/M16 to K/M70
- 5 km finals in category K/M9 to K/M13
- 10 km Championship Individual Qualification in all categories
- Team Championship

July 1st 2018

- 5 km Individual Championship Competition in categories K/M16 to K/M70
- 10 km Individual Championship Competition for all categories
- 21 km Individual Championship Competition for all categories

To 5 km Individual Championship Competition qualify 90 women and 90 men.

- 5 best qualification times from every age category women and men
- Additionally: 60 best general qualification times women and 60 best general qualification times men
- Members of teams, which took first three places in team qualification, if they do not set first two upon conditions.

To 10 km Individual Championship Competition qualify 80 women and 80 men:

- 5 best qualification times from every age category women and men
- Additionally: 60 best general qualification times women and 60 best general qualification times men
- Members of teams, which took first three places in team qualification, if they do not set first two upon conditions.

Finals Limits of participants can be changed.

8. Final classification

5 km distance Nordic Walking

General Classification of women and men

Age categories:

- K/M 9 – participants born in 2009 and younger
- K/M 10 – participants born in 2006 – 2008
- K/M 13 – participants born in 2003 – 2005
- K/M 16 - participants born in 1989 – 2002
- K/M 30 - participants born in 1979 – 1988
- K/M 40 - participants born in 1969 – 1978
- K/M 50 - participants born in 1959 – 1968
- K/M 60 - participants born in 1949 – 1958
- K/M 70 - participants born in 1948 and older

Disabled person :

Category I – person with disabled motion organ (symbol 05-R) and neurological diseases (symbol 10-N)

Category II – blind person or visually impaired (symbol 04-O). Start in this category is in special suspenders and with a guardian. All participants except blind person must wear tinted glasses.

Category III – the rest symbols of disablement:

01-U (mentionally disabled)

02-P (mental disorders)

03-L (voice, speech, hearing impaired)

06-E (epilepsy)

07-S (respiratory and circulatory system disorders)

08-T (digestive system disorders)

09-M (genitourinary disorders)

11-I (others, endocrinology, metabolic, enzymatic, infectious, zoonotic)

12-C (impaired development)

10 km Nordic Walking Distance

General classification of women and men

Age categories

- K/M 16 – participants born in 1979-2002
- K/M 40 – participants born in 1969 – 1978
- K/M 50 – participants born in 1959 – 1968
- K/M 60 – participants born I 1958 and older

21 km Nordic Walking Distance

General classification of women and men

Age categories

- K/M 16 – participants born in 1979-2002
- K/M 40 – participants born in 1969 – 1978
- K/M 50 – participants born in 1959 – 1968
- K/M 60 – participants born I 1958 and older

Team World Cup classification

Team Championship Competition is in June 30th 2018 during classification competitions

Members of team, which will take first three places in general classification of women and men will be promoted to the finals in their distances which will be in July 1st 2018.

Competitions are in 5 and 10 km distances.

Team consists of 3 women or 3 men start in the same distance.

There is only general classification of women and men.

The competition is added to the Crown of Poland punctuation.

The participant can not change its club during the competition.

Team classification is based on the summary net times of all team members.

Important!!! : after 48 hours of publication of the results in the internet, there is no possibility of changing your team, so be sure that you sign the proper name of your team in the registration form.

9. Final statements:

- Important: after 7 days of publication all results from this event, there is no possibility of editing/changing

- Competition will be no matter of the weather conditions
- There is possibility of loan Nordic Walking sticks at the competition office. The numbers of sticks is limited. Refundable deposit is 50 PLN. While sticks are damaged, the deposit is not return.
- The organizer does not take responsibility of lost staff and others participant's damage.
- Submission properly filled and signed form means agreement for using personal data to send information about next events, commercial products, and external administration and analytical needs, according to the act from August 29th 1997. Dz.U. 33, poza 883. The participant can withdraw such agreement at any time by sending the correspondence to the Organizer.
- Deposit is returned only by presenting bib number. In case of losing this number, the organizer does not have to return deposit to the other person. In the deposit can not be valuable staff.
- The participants are obliged to have insurance.
- The organizer has OC insurance in OWU.
- The participant, which took the bib number announce that read the rules and accept this regulation.
- The complaint concerning results should be reported 30 days from the official publication. In order to complaint, 100 PLN fee is required which is return when the motion was right.
- During the event, there is prohibition of using alcohol, drugs, anti-doping, smoking (including e-cigarette)
- Final interpretation of the regulations belongs to the organizer
- Crown of Poland 2018 classification and Poland Cup of Nordic Walking classification is included in separate regulation regarding to the whole cycle of particular events.
- Integral part of this regulation is Judgment regulation which will be available in the month before competition at the organizer's website.