

NORDIC WALKING WORLD CUP 2023

TIRANO, ITALY

Statute

1. Organizers:

World Original NordicWalkingFederation (ONWF)
ASD Nordic Walking Valtellina

2. Strategic sponsor:

Municipality of Tirano
Comunità Montana
Regione Lombardia
BIM
Valtellina – Consorzio Turistico

3. Eventpartners:

Gabel
Campo Spotivo Comunale di Tirano
Centro Sportivo Italiano CSI Tirano
Proloco di Villa di Tirano
ProtezioneCivileTirano

4. Honorary Patronage :

the creator of Nordic Walking - Marco Kantaneva (ONWF)
RegioneLombardia
Municipality of Tirano

5. Purpose of the event:

- promotion of a healthy lifestyle and active leisure, as well as popularization of Nordic Walking, which is pro-family and intergenerational physical activity
- promotion of the most attractive places in Valtellina, where events will take place
- health education through standard and innovative forms of integration of people at all ages,
- integration with the disabled
- selection of the best players, families and clubs
- to promote nordic walking agonistic in Italy

6. Date, place, route:

- The event will take place on June 9 – 11, 2023 (Friday to Sunday) in Tirano, Sondrio - Italy
- Location; WalkingVillage in Piazza Cavour, Tirano
- Race Location; Campo Sportivo Comunale, Lungoadda Brigata Tirano, 23037 Tirano, Sondrio
- Distances 5, 10, 21, kilometers and Relay. Starts will be given in the minute program.
- The limit of participants taking part in the competitions are 500. Limits are subject to change.

7. General provisions:

PARTICIPATION:

Competitors will be allowed to start if they:

- They will be verified in the Competition Office. Packets and starting numbers will be collected in person on the basis of an identity document with a date of birth and a photo or on the basis of an authorization posted on the website www.nordicwalkingworldleague.com
- It should be printed, completed and handed over to the person who collects the package for the competitor.
- They will present a medical certificate confirming their ability to participate in the competition or submit a statement agreeing to participate in the march at their own risk, signed by hand.
- For Italian Competitors, they must submit a copy of a valid Agonistic Medical Certificate.
- They will give written consent to the processing of personal data for the purposes of organizing the World Cup Nordic Walking on June 10 – 11, 2023.
- They will pay the entry fee within 3 days from the date of registration to the account of the competition organizer after completing the electronic application. The fee for participation in the competition is the organizer's handling fee for the implementation of the task. In the event of resignation from the competition, the participant is not entitled to a refund of the entry fee.
- **Persons under the age of 18 (who on the day of the competition, i.e. June 10 - 11, 2023, have not yet reached the age of majority) are required to have a written permission to participate from their parents or legal guardians, with their signature and Personal ID Number . In the case of foreigners, a passport number is required.**
- Downloading the starting number by the competitor will be tantamount to accepting the regulations of the World Cup
- Each competitor is obliged to read the regulations of the World Cup and is obliged to comply with them
- The application is considered to be the correct completion of the application form on the website and the payment of the entry fee.
- After registering the application and posting the entry fee, the competitor's data (name and surname, place of residence - city, year of birth, club affiliation, gender) will be published on the list of applications on the website. Competitors who have paid the entry fee on time and are on the starting list will be allowed to start.
- Starting numbers will be issued in the competition office after submitting a declaration of fitness for the competition. Statements are available on the website www.nordicwalkingworldleague.com
- Disabled people who start over a distance of 5 km can participate in the competition. These people are classified in the category of disabled people, broken down by gender, type of disability, without age. Disabled people competing over longer distances are classified with able-bodied people according to their age category. In order to be classified in the disabled category, a certificate of disability must be presented at the competition office before the start of the competition.
- The condition for classifying a competitor is to complete the formalities in the competition office in accordance with the regulations and cover the entire distance in accordance with the marked route
- Participants in the 10 km walk must be at least 16 years old on the day of the event, younger people are allowed in the 5 km walk,
- There will be a medical aid point in the race town. In the event of injury, malaise or injury, the participant is obliged to immediately notify the competition staff,
- for safety reasons, the starts of Nordic Walking competitors occur in waves.
- Participants are lined up in corridors, according to age categories. The start takes place in groups of 3-4 people.
- Starts are organized according to age categories.
- If a competitor does not appear at the start in his age category, the competitor starts at the end of the race and receives a yellow card

- failure to appear at the start within 15 minutes from the start time results in disqualification of the competitor
- The judging briefing takes place 10 minutes before the start time
- It is forbidden to use audio headphones during the competition under pain of disqualification,

NORDIC WALKING LEAGUE

The start in the competition is included in the classification:
1st World League of Nordic Walking, the ranking conversion factor for World Cup competitions is: 5500 points.

For more information, rules of the Nordic Walking World League:
www.NordicWalkingWorldLeague.com

REGISTRATION AND FEES:

- Applications for the competition will be accepted ONLY electronically at www.nordicwalkingworldleague.com
- Participation in the competition is payable and the entry fee for the Nordic Walking World Cup is as follows:

1- 50 participants : adults € 30.00, people with disabilities: € 25.00, children: € 15.00

51 - 100 participants : adults € 40.00, disabled persons: € 25.00, children: € 15.00

101- 500 participants : adults € 50.00, disabled persons: € 25.00, children: € 15.00

- There is no age limit for the 5 km competition - each participant covers the designated distance on their own (without the help of a guardian)
- Participants must be at least 16 years of age for the 10 km race
- Participants must be at least 18 years of age for the 21 km competition
- Registration is conducted via www.nordicwalkingworldleague.com until June 4, 2023, 22:00.
- fees are charged via the NEXI the payment form is displayed after making an online subscription
- It is possible to transfer the entry fee to another competitor until May 28, 2023. It is not possible to change the distance (the transfer can only take place over the same distance).
- **WITHDRAWAL FROM THE COMPETITION can be reported until May 28, 2023 to the address league@nordicwalking.pro**
- **TRANSFER OF THE STARTER PACKAGE SHOULD BE NOTIFIED by May 28, 2023 to the following address: league@nordicwalking.pro**

REFUND TERMS

- In the case of resignation by the participant from participation in the event for reasons attributable to the participant, the refund of the paid fee is made after deducting the amount of 10 euros (ten euros) for the handling and organizational costs incurred.
- If the participant resigns from participation in the event for health reasons, caused by a **documented** , long-term illness, the costs referred to in the preceding point will not be charged, and the fee will be returned in the nominal amount.
- In the event of cancellation of the event by the organizer for reasons of force majeure, in particular natural disaster or political risk, the refund of the paid fee is made at the request of the participant, within 30 days from the announcement of the cancellation of the event. These funds, at the participant's separate request, may be retained by the organizer and credited towards a future event organized by the organizer.

ROUTE:

- There will be judges on the route who will assess the NW marching technique,

- There will be at least 2 refreshment points with water on the route
- The route will be marked with special markers and warning tape.
- A map of the race route will be available in the race office and on the website.
- The length of the route is calculated along the shortest line that the competitor can cover .
- There will be signs along the route with information about the kilometers traveled. This is indicative and may differ from the actual distance covered.

REFRESH AND NUTRITION POINTS:

- Water and other appropriate food will be available at the start and finish of all events.
- Refreshment and nutrition points will be organized at distances not exceeding 2.5 km. In addition, if the weather conditions justify such a need, additional refreshment points with drinking water will be placed.
- Food that can be delivered by the competitor should be placed at points indicated by the organizer. It should be arranged so that it is easily accessible or it can be passed by authorized persons to the hands of the players.
- Supporting the competitor outside the hydration points is prohibited
- In justified cases, it is possible to rehydrate outside the nutritional zone. In this case, the competitor is obliged to absolutely stop in a safe place on the route (for himself and other competitors)
- Refreshment and nutrition points are included in the nutrition zone. It covers a distance of 50 m before and 50 m after the place of drinking or food consumption. This zone will be marked with horizontal lines. In this zone, the work of the arms is not assessed, and the player can safely release the sticks.

COMPETITION MINUTES PROGRAM :

- Detailed information will be posted on the competition website: www.nordicwalkingworldleague.com, and on the day of the competition in the competition office.
- The competition office will be marked and open according to the schedule given in the program of the event

TIME MEASUREMENT:

- the time of the competitors will be measured electronically
- net time applies.

STARTER PACKAGE:

Each participant will receive

- finisher's commemorative medal,
- recovery meal on the day of the competition,
- Refreshment after the race
- water,
- two starting numbers
- a commemorative T-shirt.
- wristband - enabling the use of additional benefits and accompanying events of the NW World Cup according to the program of the event
- Local goods

WORK OF JUDGES (Nordic Walking):

- There will be judges on the route who will evaluate the technique of Nordic Walking ,
- Incorrect marching technique will be punished in accordance with "Appendix 1 - Nordic Walking Judging Regulations ", which is an integral part of these regulations,
- Exceptionally good technique will be rewarded in accordance with "Appendix 1 to the Nordic Walking Judging Regulations ", which is an integral part of these regulations,

- There will be cameras on the route of the competition, the records recorded by them will help clarify any doubts.
- the judges, by analyzing the video recordings after the end of the competition, have the right to disqualify the competitor and take away the title in the case of gross violations of the rules of fair play competition (e.g. when running up or shortening the route in places where there are no judges)
- the final list of results will be published after approval by the main judge,

STARTING NUMBERS:

- each competitor is obliged to pin the starting number on the chest or belly, and on the back on the back
- competitors are obliged not to cover the starting number. If the starting number is covered, the judge has the right to stop the march participant in order to ask him to correctly place the marking.
- the starting number must correspond to the number of the electronic chip.

MOVING IN THE FOREST AREAS:

- along the entire route of the competition, it is necessary to comply with the rules of nature protection and the provisions of the Forest Act, and in particular it is forbidden to: litter the area (i.e., for example, abandoning nutritional packaging, bottles, cups - all garbage should be left at the nutrition points); leaving the competition route; disturbing the silence)

8. Competition distances:

RIVALRY:

Nordic walking 5 km
 Nordic walking 10 km
 Nordic walking 21 km

RELAY RELAYS NORDIC WALKING

male category
 women's

RECREATIONAL NORDIC WALKING (optional)

Nordic Walking 5 km

9. Competition schedule:

Friday, June 9, 2023, Walking Village in Piazza Cavour, Tirano

H9.00 – 12.00 / H 13.00 -17.00

Accreditation of Participants

Starter pack distributions

Bib number distributions

H18.00

Official Opening Ceremony

Referees Oath

Flags parade

with the flags of the participating countries brought in.

Saturday, June 10, 2023 Campo Sportivo Comunale di Tirano

**5 kilometers Nordic Walking World Cup competition
10 kilometers Nordic walking World Cup competition
21 kilometers Nordic Walking World Cup competition**

Award Ceremony at Walking Village

Sunday, June 11, 2023 Campo Sportivo Comunale di Tirano

Nordic walking Relays Men / Women

Award Ceremony at Walking Village
Closing Ceremony at Walking Village

10th final classification

DISTANCE 5 km Nordic Walking

General Classification of Men and Women

Age categories

- K/M 1 competitors born in 2011 and younger,
- K/M 13 competitors born in 2008 - 2010,
- K/M 16 competitors born in 1994 - 2007,
- K/M 30 riders born between 1984 - 1993,
- K/M 40 riders born between 1974 - 1983,
- K/M 50 riders born between 1964 - 1973,
- K/M 60 riders born between 1954 - 1963,
- K/M 70 players born in 1949 - 1953
- K/M 75 players born in 1948 and older

disabled people

Category I - includes people with locomotor impairment (symbol 05-R) and neurological diseases (symbol 10-R) N).

Category II - includes blind people. The start in this category takes place in specialized harness with a guide. All competitors, apart from the blind, start in darkened glasses/googles.

Category III - includes visually impaired people. The start in this category can take place in specialized harness with a guide.

Category IV - includes people with other causes of disability, i.e. the symbols:

01-U (mental retardation);

02-P (mental illnesses);

03-L (voice, speech and hearing disorders);

06-E (epilepsy);

07-S (respiratory and circulatory diseases);

08-T (diseases of the digestive system);

09-M (genitourinary diseases);

11-I (other, including: endocrine, metabolic, enzymatic, infectious and zoonotic);

12-C (pervasive developmental disorders);

DISTANCE 10 km Nordic Walking

General Classification of Women and Men

Age categories

- K/M 1 - competitors born in 1984 - 2007
- K/M 40 - competitors born in 1974 - 1983,

- K/M 50 - competitors born in 1964 - 1973,
- K/M 60 - competitors born in 1954 - 1963
- K/M 70 competitors born in 1953 and older

DISTANCE 21 km Nordic Walking

General Classification of Women and Men

Age categories

- K/M 1 - competitors born in 1984 - 2005
- K/M 40 - players born in 1974 - 1983,
- K/M 50 - players born in 1964 - 1973,
- K/M 60 - players born in 1963 and older

MEDALS AND AWARDS

- Announcement of results, awarding and collection of prizes takes place in accordance with the program of the competition
- All competitors who finish the competition in the regular time receive medals.
- the winners of the open I - III places in each competition over the distances of 5 and 10 km and the half-marathon receive the title of the winner of the stage of the Nordic Walking World Cup 2022 confirmed with a diploma, a cup adequately to the place taken for the 1st, 2nd or 3rd place and the main prize awarded by a strategic partner or his representative
- winners of Green Cards at distances of 5 and 10 km and half marathon will receive a cup and a diploma of the best Nordic Walking technique and the main prize awarded by a strategic partner or its representative
- the winners of places from 1st to 3rd in the appropriate age categories receive statuettes and prizes awarded by the sponsor of the event or its representative
- The places won in the age categories double with the places won in the OPEN category
- During the World Cup competition, the 3 teams with the best results in the composition referred to below will receive cups and team prizes awarded by the strategic partner or its representative
- During the World Cup competition, the 3 families with the best results in the composition mentioned below will receive cups and prizes awarded by the strategic partner or its representative

RANKING IN THE WORLD NORDIC WALKING LEAGUE

All information can be found in the regulations of the Nordic Walking World League at:

www.nordicwalkingworldleague.com/downloads

Points in the classification are awarded according to the following formula:

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

The number of points assigned to a given start is:

1. Online event (ranking: 200 factor)
2. Regional event (ranking: 500 factor)
3. National Cup (ranking: 1000 factor)
4. National Championship (ranking: 2500 factor)
5. Cup continent (ranking: 4000 factor)
6. Continental Championship (ranking: 5000 factor)
7. World Cup- (ranking: 5500 factor)
8. World Championship- (ranking: 7000 factor)

Winner covered the distance in 31:15, the competitor whose points we are counting had a

time of 42:28. The winner's points are 1000 and our competitor's points are:

$(31 \text{ min} * 60 \text{ sec} + 15 \text{ sec}) / (42 \text{ min} * 60 \text{ sec} + 28 \text{ sec}) \times 1000 \text{ pts.} = 735.9 \text{ points}$

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 (in order: World Championships, Continental Championships, World Cup, etc.) is decisive.

CLASSIFICATION OF FAMILIES

- The classification of families includes three results based on the place of the open classification for individual distances - a child up to 18 years of age and two guardians in any age category. The word guardian should be understood as persons in the 0 or first affinity group, i.e. spouse, descendants (e.g. son, daughter, grandchildren, great-grandchildren), ascendants (e.g. mother, father, grandparents), siblings, stepson, stepfather, stepmother, in-laws son-in-law, daughter-in-law. You can register more than three family members. The best places will count towards the final score
- Family members can compete at different distances

11. Final Provisions:

- **After 48 hours from the publication of the results on the Internet, it is not possible to edit/change**
- The competition will take place regardless of the weather,
- It is possible to rent Nordic walking sticks at the Competition Office. The number of sticks is limited - the order of applications decides. The refundable deposit for renting clubs is PLN 100. Sticks are rented upon presentation of a photo ID, if the sticks are damaged, the deposit is forfeited,
- The organizer is not responsible for items lost during the event and for damages caused by participants,
- Providing the Organizer with a properly completed and signed application form means that the event participant consents to the use of personal data provided by him for the purpose of sending information about future events, commercial products to the participant, as well as for internal administrative and analytical needs, in accordance with Decreto legislativo 30 giugno 2003, n. 196, in vigore dal 1° gennaio 2004. 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 on the basis of the starting number. If the competitor loses the starting number, the organizer is released from responsibility for transferring the deposit to another person. You cannot leave valuables in the deposit,
- Participants of the competition are obliged to insure themselves against the consequences of accidents on their own,
- The Organizer has liability insurance on general terms
- Receiving the starting number is tantamount to the competitor's declaration that he has read these regulations and accepts them in full,
- Complaints regarding the results of the starts can be made up to 30 minutes after their official publication. In order to lodge a protest, it is necessary to pay 50 euros (fifty euros) which will be returned if the application is approved.
- During the event, it is strictly forbidden to consume alcohol, intoxicants, drugs, performance-enhancing substances and to smoke tobacco products (including "e-cigarettes"),
- The final interpretation of the regulations belongs to the organizers.
- An integral part of the rules is the Rules of judging, which will be available a month before the competition on the organizer's website