

**REGULATIONS OF COMPETITIONS
ORGANIZED BY ONWF**

WORLD NORDIC WALKING LEAGUE



ONWF
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WORLD ORIGINAL NORDIC WALKING FEDERATION

WWW.ONWF.ORG
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**Regulations of competitions organized by ONWF, NWPL
and the Polish Nordic Walking League**

§ 1

Nordic Walking definition

Nordic Walking (NW) is a march with alternating work of arms and legs and appropriate technique using poles to support pushing. During NW walking, there cannot be a flight phase (temporary lack of contact with the ground), at least one of the feet should maintain constant contact with the ground. The most important elements of walking technique are primarily health-related.

§ 2

The most important aspects of the Nordic Walking technique

1. Natural work of the lower body.
2. Alternate work of arms and legs.
3. The movement of the arm should be from the entire shoulder.
4. The hand ends the movement behind the hip line.
5. The arms work parallel to each other.
6. The hand is clenched on the stick in front and open behind the hip. Closing and opening the hand takes place at the level of the hip line.
7. Active pushing takes place during the entire range of use of the stick, working with the hand and generating a push with an open hand.

§ 3

Selection of poles for Nordic Walking and their verification

1. Verification of the appropriate length of the stick is done with the body straight and the stick placed vertically on the ground, with the bent elbow creating an angle of approximately 90 degrees. The length of the stick is measured according to the formula - we multiply 0.68 x height in centimeters. The stick should be measured from the ground to the glove attachment point.
2. Sticks shorter than those measured according to the formula in §3 point are allowed. 1 up to 5 centimeters maximum.

3. All sticks used by competitors in a given competition are subject to verification and must be covered with the appropriate organizer's sticker, while adjustable sticks must be stuck in the place where the stick is adjusted.
4. In rallies organized by ONWF, NWPL, Polska Liga NW, sticks other than those included in §3 point are allowed. 1, 2, 3, 4
5. If a competitor's sticks are found to be too short during the competition, there is no verification sticker on the regulation lock or there is no competition verification sticker, the referee may impose a penalty on the competitor in the form of a yellow penalty.

§ 4

Errors resulting from incorrect walking technique.

Valid items	<i>The benefits of a properly made element</i>	<i>The most common mistakes</i>	<i>Overloads due to errors</i>
Natural work of the lower body	Natural work of muscles and joints of the lower body	Lowering the center of gravity	Load on the knee joints
		Elements of sports walking technique	Overload of the lumbar spine Overload of the hip joints
Alternate work of arms and legs	Natural arm movement	No alternating work	Unnatural arm movement
There should be movement of the arm from the entire shoulder, at the elbow in neutral position (gentle bend)	<p>Activation of large muscle groups: back, arms</p> <p>Through the work of large muscle groups generating significant relief for the joints lower limbs and spine</p> <p>The swinging movement of the arm relaxes tense neck muscles</p>	Working from yourself elbow	<p>- load on the elbow joints</p> <p>- Exclusion of large muscle groups, i.e. back and shoulder muscles</p> <p>- Generating push-off from the elbow joints and small muscles arms</p> <p>- much smaller element of relief lower limb joints and spine</p> <p>- Excessive tension immobilized muscles shoulders and neck</p> <p>- when working from the elbow joint only</p> <p>- not possible</p>
		Work with your elbow only in front of you and your shoulder behind you	

			crossing the hip line
		Working through rolling the stick	no stick work, just throwing it without generating pushing away or putting the back muscles to work
		Fully working straight elbows	Excessive, isometric (continuous) muscle tension shoulders and neck, without phase relaxation
Putting the shoulder in a neutral position	Natural muscle tension and balance in the shoulder joint	Shoulder extended forward (in rotation)	Excessive tension and contraction of the chest muscles, the front of the shoulders or the MOS muscle (sternocleidomastoid muscle)
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 blades to work	Work the arm only to the hip	Shoulder protraction (projecting forward) strengthening the hunched posture resulting from a sedentary lifestyle Working with your arms only in front of you and trying to straighten your body involves overloading the lumbar spine.
		The work of the arm ends in front of the hip, which often results in a tilted posture	
The arms work parallel to each other	Generating push and relief in the same direction - connecting	Work your arms narrow in the front and wide in the back Work your arms, narrowing the movement at the front and back	No repulsion and relief forces combine
The hand is closed on the stick in front and open behind the hip. Closing opening hand occurs at hip level	Control of the arm's operation throughout the entire range of motion	March with open hands March with late closing hand - only when the stick is placed	Lack of control over the action of the stick - high risk that the stick will fall under our or others' feet

		March with your hands completely closed	Inability to work by crossing the hip line backwards
Generating an active push throughout the entire range of operation with the stick, with the stick sticking in when the lead leg contacts the ground	Engagement of large muscle groups of the upper body Relieving the joints of the lower limbs and spine	Marking the push - no penetration and no push generated when the heel of the leading leg contacts the ground	Lack of involvement of large muscle groups of the upper body Lack of relief from the joints of the lower limbs and spine
		No push-off force generated (e.g. double-stroke or repeated driving of the stick while moving backwards - the stick slips)	

§ 5

The standard of warnings you may hear from referees for specific mistakes

Error name	The message you will hear from the judge	What is the risk of error?
Shortening the route, behavior inconsistent with the principles of fair play, unsportsmanlike conduct (stepping on poles, preventing overtaking, calling names of a competitor, referees, using profanity, etc.)	Red card, disqualification	Red card disqualification from the NW march
Running up (flying phase)	Disqualification from the NW march	Red card disqualification from the NW march
No alternating work of arms and legs	The error of alternating hands and feet	Education
Lowering the center of gravity	Low position error	Yellow card/warning
Elements of hip rotation resulting from the Sports Walking Technique	Hip rotation error	Yellow card/warning
Working from just the elbow		

Elbow fault

Yellow card/warning

Work with your elbow only in front of you and your shoulder behind you		
Rolling the stick		
Work the arm only to the hip The work of the arm ends in front of the hip, which often results in a tilted posture	Range of motion error	Yellow card/warning
Work your arms narrow in the front and wide in the back Work your arms, narrowing the movement at the front and back	Parallel error	Yellow card/warning
Lack of push, which involves sticking the stick in the wrong place with a simultaneous delay in placing the heel of the front leg. Marking or lack of seating of the club. Dragging sticks	Push error	Yellow card/warning
March with open hands	Open hands error	Warning/education
Lack of torso rotation (done by shoulder protraction, not from the lumbar spine) Shoulder positioned in protraction	Shoulder error	Education
Headphones on or in the ears (read § 7 point 2)	(player arrest)	Yellow card If the player does not follow the referee's instructions, he may receive a red card
Number illegible or obscured, number missing	(player arrest)	Stopping a competitor, asking him to correct or reveal his starting number. If the number is missing, the judge reads the chip number and notes this fact in the judge's card. This does not result in a penalty
Incorrect poles (trekking)	The referee points out that the wrong sticks are being used	Caution without penalty (Rallies)

§ 6

Warnings, penalties and rewards

ATGM 1

The referee who penalizes a competitor for the relevant offense (warning, yellow card) shall not detain the competitor unless the safety of the course so requires. Giving a player a penalty involves showing the appropriate color of the card and informing him about the type of offense and penalty. Example: number 222, warning, elbow error.

ATGM 2

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

ATGM 3

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

2. Warning (White card) - may be awarded by the referee in case of minor violations of the marching technique. Receiving a warning multiple times will result in a yellow card.

Respectively: over a distance of 5 km – 2 warnings; 10 km – 3 warnings; 21 km - 4 warnings,

3. Yellow card - It may be awarded by the referee in the event of gross errors in the NW marching technique, failure to comply with safety rules that may lead to injury

to another competitor, e.g. both arms with sticks raised, violation of competition rules or that may result in serious overload and health problems.

Receiving a yellow card multiple times does not result in a red card. Receiving a yellow card results in a time penalty being imposed on the player. Respectively: at a distance of 5 km - 30 seconds, 10 km - 1 min, 21 km - 2 min.

4. Red card – May be awarded for unsportsmanlike conduct towards other participants and referees; not following the judge's instructions, intentionally blocking the route for other participants when overtaking, intentionally running up with an obvious flying phase, shortening the distance, moving off the route, vulgar or aggressive behavior towards competitors and judges, insulting them. Conduct that may threaten the safety of players, fans and referees.

5. Green card - A point for a green card is awarded in the case of exceptionally good marching technique. The referee cannot award a green card. The green card is a component of the points received from the referees. The sum of the specified number of points awarded is respectively: for a distance of 5 km - two points, 10 km - three points, 21 km - 4 points.

Receiving any penalty will result in the cancellation of all green card nominations.

ATGM. 4

Disqualification of a competitor based on reports by other participants of the competition - it is possible to disqualify a competitor only if he/she provides video material, only until the end of the protest acceptance period, i.e. the announcement of the official results. The film must show situations that qualify for a red card.

The organizer reserves the right to verify the results after reviewing the judges' video materials within 48 hours of the end of the competition.

§ 7

Other issues of the regulations

1. Overtaking - It is possible to overtake a competitor on the right or left side. For safety's sake, the overtaking person should pay attention to the person being overtaken with the message "attention: left/right I am overtaking", depending on which side the person will be overtaking. Overtaking a given competitor should not result in a change/impediment in his marching path. After hearing the safety message "attention: left/right overtaking", the person being overtaken should not change the route.

2. Headphones - In order to secure communication between players, judges and other law enforcement authorities, the use of earphones or in-ear headphones is not allowed (does not apply to people with hearing aids). Using the above-mentioned headphones during the competition results in the competitor being stopped on the route and receiving a yellow card and being ordered not to use the headphones. If the referee fails to comply with the instructions and continues to use them, the player receives a red card and is disqualified.

It is only allowed to use bone conduction headphones that do not interfere with communication with players, referees and other law enforcement authorities.

3. Irrigation - Irrigation takes place in specially created and marked zones. If possible, the beginning and end of the zone will be 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 irrigation. In such a case, a player who bypasses the watering zone does not have to remove his sticks.

In the hydration zone, the player is obliged to remove one stick from the hand taking the drink in order to avoid hazards and maintain appropriate safety towards other players, staff, judges and fans. In case of failure to comply with these conditions, the player may be punished with a yellow card. Arm work is not assessed in the hydration zone.

ATGM. 1

If it is necessary to rehydrate, 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, without obstructing anyone's path, and remove his poles. After consumption, it returns to the walking route without any collisions. Failure to comply with this condition will result in receiving a yellow card.

ATGM .2

It is allowed to set up additional feeding stations called "support" only with the consent of the organizer and informing the main referee of the competition and only in designated hydration zones in compliance with all the rules contained in § 7 point 3.

4. Leaving the route - a competitor is allowed to leave the route in emergency cases in order to meet physiological needs. If possible, he informs the referee about this. The competitor returns to the route only in the place where he left it.

ATGM. 1

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

§ 7

Filing protests – competitors have the right to submit a protest against the judges' decision after paying a deposit of PLN 100. If the protest is rejected, the deposit will not be refunded. Protests can only be submitted until the official results are announced.

§ 8

Only competitors competing in a given distance may be on the competition route. Supporting fans is allowed off the route, without being allowed to enter it.

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