

2nd. European Championship (ENWO – European New Walking Organization) &

3th. International German Nordic Walking Championship (GNFA – German Nordic Fitness Association) –

**10km & (Mix-Team only German Championship) &
1st. European Championship Mix-Team- Relay**

1st. Race of the Europeancup (ENWO) 2017

Competition Rules of “ENWO & GNFA” in cooperation with the organizer “Mühlbauer Group”

As of: Dezember, 14. 2016

Subject to alterations!

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1. General information

1.1 Description of the competition + Technique

Nordic Walking, abbreviated as "NW", used to be a training method for cross-country skiers and hikers. By using special poles, Nordic Walkers have a whole-body work-out to exercise the whole musculature of the upper and lower body. The permanent use of these poles results in a consistent step cycle. It is important to use the poles in a clearly energetic and active way. One foot must always touch the ground. The right pole touches the ground at the same time as the left heel, and the left pole at the same time as the right heel. Losing contact with the ground by two feet simultaneously is forbidden. The poles are maintained close to the body. They should always be used below the body's center of gravity, i.e. in the step position at the vertical body axis. The poles can be moved diagonally

or by using the double pole technique. It is essential that the push-off leg and the arms are stretched out at the end of the step. When pushing off, Nordic Walkers must lift the arm behind the hips and further. It is not allowed to walk like a (non-Nordic) walker while tilting the hips, or to subtly run (with both feet off the ground)! Any sportsperson can take part in the world championship! As a precondition, however, participants must dominate the Nordic Walking technique and be able to use it in practice. It is not necessary to have a separate license or be member of a sports club.

- a) Planting poles and pushing off matches with your gait rhythm.
- b) Extensive arm movement underlining the arm passing the torso as the grip of the pole is released at the end of the swing.
- c) During marches special Nordic walking poles should be used. Fitness technique is advisable.

1.2 Organizer / Host

Mühlbauer Group in cooperation with City Fit Roding and "ENWO & GNFA"

Organizer: City Fit Roding & City Hotel Roding in cooperation with Sport Ferstl

1.3 Registrations / Liability

You can register online at: www.muehlbauer.de/lauf or directly at Trackmyrace.com by using the following link: **following shortly**

If I take part in the 2nd European Championship (ENWO) & 3th International German Nordic Walking Championship (GNFA) (10km), the 1st European Championship Mix-Team-Relay and/or the 13th Mühlbauer Charity Run, I accept the disclaimer of the organizers for any kinds of damages. Therefore, I will not assert any claims for damages or injuries of any kind that might result from my participation in this event, neither against any of the organizers or sponsors of the event, nor against the town of Roding or its representatives. I declare to be in good health and to have taken exercise in preparation for this event. I agree that the data stated in my registration as well as any photos, video footage or interviews made in the context of my participation in the event and used as material for radio, TV, advertising, books or photomechanical reproduction may be used without any claims for remuneration on my part. I declare to have indicated the correct date of birth and that I will not transfer my starting number to any other person.

The starting list and registrations can be viewed on the registration page Trackmyrace.com. Persons who register for the event but do not appear on the day of competition are not entitled to have their starting fee repaid. Transferring, exchanging or rewriting starting numbers is not allowed.

1.4 Medical Aid

A competitor must immediately retreat from a competition, if he/she is given such an order by a representative of a medical team appointed by the organizer of the competition.

1.5 Clothes & starting numbers

- a) During the competition every competitor must be equipped with one starting number, worn in a visible way on their chest.
- b) The number on the competitor's attire must be equivalent to a number recorded on the starting list.
- c) It is recommended that competitors do not make a start in tracksuits which can hamper judge's correct evaluation of a march. As far as possible sports outfit should adjoin to a body of a competitor.

2. Competition

2.1 Start

Friday: Mix-Team-Relay

Maximum of 25 Mix-Team relays are accepted for the start. Start is at 7:00 pm in the town of Roding. The track is half street and paving stones. For the chance/ transition to the following walker: body contact! No body contact means disqualification! All the other rules for Saturday will be used for the race on Friday.

Saturday:

The start will take place in assigned starting blocks (European & German Championship) in a mass start system. The individual blocks are going to start in time intervals. The starts are scheduled to begin from 11:00 a.m. (championships) and from 1:00 p.m. (charity runs) – Saturday, June 4. 2016. The starting blocks are assigned based on the personal record time indicated for the 10 km distance. Time-keeping is performed by means of chips (based on the starting numbers) by the company Df-Sports.

A starting signal indicates the start. In case of a false start, the start can be repeated once. In case of a second false start, the participant is given a 30-second time penalty. The nordic-walking European & German championships (10km) is a license free competition. The maximum walking time is 1:50 hours. The finish line will close at 12:50 pm.

2.2 Net times/ Classification

The time is kept based on a chip integrated in the starting number. The chip is activated when the starting or finishing lines are crossed. In addition to the total time, each round is counted individually. What counts in the end is the net time. Thus, the winner will not be the first participant to cross the finishing line, but the one who achieves the best net time.

The classification is done according to DLO, starting from the year 2000 and older. A 'Championship is conducted from 3 walkers per age group in the target. If less than 3 Walker participate in the age group, this will be considered to count in the next younger age group. It can even be stepped down one time. If there are still no 3 Walker for the rating, everyone in his age group scored separately without German championship placement. (Score outside the official championship standings)

Exception: Youth vote can be considered for general class.

European Championship: 5 years counting (youth 16-20 / men/ women general 20-30 / than 5 years counting)

German Championship: 10 years counting (Requirement: German citizen) / youth 16-20

Mix-Team: only German Championship

2.3. Mix-Team ranking (only DM) - only for the German championship

A team consists of maximum 4 members (2 women / 2 men with the same team-name*). Therefore, it must be determined before the event which members will start under the same team name.

- ➔ Requirement: German citizen for German mix-team ranking
- ➔ Same team or club name at the startlist for the 10km German & European Championship
 - All four walkers must have the same team & club name for the counting of the mix-team ranking
- ➔ Team nomination to 6pm on May 19th
- ➔ Re-registration for mix teams is 1h before the start possible on May 20th

2.4 Breaches of rules & Disqualifications

Breaches of rules include:

- a) Incorrect use of Nordic Walking technique
- b) Jogging or running
- c) Non-use of poles
- d) Obstructing or annoying other participants
- e) Incorrect walking style (non-Nordic Walking), or subtly running/skiing style
- f) Deeply bending the knees (skiing style)
- g) Leaving the track
- h) Taking shortcuts
- i) Support by other persons which might positively influence the participant's result
- j) Resisting or disobeying instructions of referees or insulting referees

In case of incorrect behavior (breach of rule), the participant will be warned or disqualified. The participant can be warned twice in the competition. This is marked on the starting number in the race. At the end of the run, the participant is given a **1:30-minute time penalty** per warning.

A maximum time penalty of 3 minutes can be imposed on a participant. In case of a third warning, the participant will be immediately disqualified and disallowed to continue the competition. Written warnings will be valid and count as a mistake ("written warning" marked at the bib number). When disqualified, the participant must return the starting number with the built-in transponder. In this case, crossing the finishing line does not lead to a valid result.

Immediate disqualification in case instructions by referees are disobeyed or referees are insulted.

2.5 Referees and competition management

Competition management:

Dirk Grimm
Josef-Mühlbauer-Platz 1
93426 Roding / Germany
Tel: + 49 (0) 9461-952-1242
Handy: + 49 (0) 1763-3188-1242
FAX: + 49 (0) 9461-952-8242

Main referee

Johann Schmidbauer

Referee 1

Walter Goth (GNFA)

Referee 2

Marianne Ferstl

Referee 3

Gerhard Heindler (NWO)

Referees / Track assistants:

The organizer or host provides track assistants for the competition. Track assistants will be positioned along the track in large number to ensure track safety. Instructions given by track assistants must always be followed. Track assistants constantly watch out that the Nordic Walking rules and techniques are adhered to and are permitted to warn or disqualify participants at any time. They assist the main referee in any decision.

Main referee:

The main referee has the right to disqualify any competitor in case when his/hers movement manners clearly does not meet the conditions described in the article 1.1, irrespective of the disqualification applies number contestant received. The main referee has the right to disqualify a participant or his/hers accompanying person in case when they both or just one of them acts in a manner inconsistent with the article 2.9.

2.6 Timekeeping

The company Df-Sports is responsible for timekeeping. It provides the timekeepers and minute takers necessary for the event. Df-Sports will give lap times at the result list. It is responsible for the correctness of net times and results.

2.7 Service points & trainer areas

There is one service point in the start and finish area. This zone of supply is marked 30 meters before and after the refreshment point. In these zone, there is no need for participants to use the poles or the Nordic Walking technique. **In this space competitor's arm movement is not to be assessed by judges. No running allowed – only walking!**

In these zones, participants may:

- a. Take supplies
- b. Exchange poles if broken
- c. Communicate with trainers
- d. Bring your own food/ drink into those zones or get help from a coach or other team member

In addition to the service point, 2 trainer areas are available with a length of 15 meters. In these areas, participants may exchange defect equipment, communicate with trainers and drink or eat. Trainers are prohibited to accompany participants, this would lead to immediate disqualification of the participant. Technique will be not checked on those zones. **No running allowed – only walking!**

2.7.1 Breaking Pole

If the walker breaks his/ her pole, he/ she can walk to the nearest coaching/ drinking station in walking direction. The technique must be the same described in point 1.1. (just using one pole). At these stations the walker/ athlete can exchange or repair his/ her pole.

2.8. Material

- a) The use of Nordic Walking poles necessary in order to perform the right technique. The upper and underarm should be in an angle of 100 degrees – (+/- 5 degrees).
- b) Electronic equipment - using any type of devices is permitted provided they do not disturb other competitors' walking.
- c) Water containers - using personal water containers is not forbidden . However, making use of points of refreshment, available on the route of competition, is recommended. Competitors can also deliver their own drinks to the points of refreshment.

2.9 Unsporting behavior

Any unsporting behavior leads to immediate disqualification.

A walker overtaking another competitor does not interfere, or impede the movement of a player competitor overtaken by him.

A competitor may leave the track with the consent and under the supervision of a judge, provided that this will not shorten the distance that the player must walk . If the chief judge of the competition receives information from another judge that a player has left the marked route, shortening the distance they should walk, and the chief referee considers disqualification justified enough, then he or she can opt for it. From all the people who actively or passively take part in the Nordic Walking event, ethical, moral and socially approved behavior is required.

3. Results, Objections

3.1 Results

The results are made public after the competition.

- a) Official results- official results are indisputable and announced immediately after the appeals deadline expires or after the declaration that an appeal has been submitted.
- b) Publication of the results – copies of the results obtained during the event should be placed in the finishing-line area or made available online.
Results will be posted on the result-list from Df-Sports.

3.2 Objections

After publication of the unofficial results, there is a 30-minute period for objections. Any objections have to be submitted in writing to the timekeeping company, for which a fee of €20 is payable.

Objections may be submitted by athletes, trainers or teams. If the objection is allowed and the result changed, the submitter will be repaid the €20 fee. If the objection is refused, the organizer will keep the €20 fee.

The company Df-Sports will publish the results. The appeals committee consists of the main referee, the GNFA Walking Federation's representative and the main judge. The decision of the Appeals Committee is ultimate. There is no possibility of any further protests.

4. European - Cup

Countries: Slovenia, Germany, Austria, Poland, Slovakia

Slovenia	May 20. 2017 (Radenci) http://www.maraton-radenci.si/en/
Germany	May 20. 2017 (Roding) www.muehlbauer.de/lauf
Slovakia	June 17. 2017
Austria	September 8. 2017 (Bleiburg)
Poland	September 30. 2017 (Legnica) www.pfnw.eu



Classification: All races come in the overall standings of the European Cup! However, individual races can also be completed! There is no void result! Each walker gets points according to the following system:

Pointsystem:

1 Platz	100 Punkte	18 Platz	17 Punkte
2 Platz	80 Punkte	19 Platz	16 Punkte
3 Platz	70 Punkte	20 Platz	15 Punkte
4 Platz	60 Punkte	21 Platz	14 Punkte
5 Platz	50 Punkte	22 Platz	13 Punkte
6 Platz	45 Punkte	23 Platz	12 Punkte
7 Platz	40 Punkte	24 Platz	11 Punkte
8 Platz	35 Punkte	25 Platz	10 Punkte
9 Platz	30 Punkte	26 Platz	9 Punkte
10 Platz	25 Punkte	27 Platz	8 Punkte
11 Platz	24 Punkte	28 Platz	7 Punkte
12 Platz	23 Punkte	29 Platz	6 Punkte
13 Platz	22 Punkte	30 Platz	5 Punkte
14 Platz	21 Punkte	31 Platz	4 Punkte
15 Platz	20 Punkte	32 Platz	3 Punkte
16 Platz	19 Punkte	33 Platz	2 Punkte
17 Platz	18 Punkte	34 und weiter	1 Punkt

Agegroups:

category	age categories	born / generation
Juniors	16 - 19	1998 - 2001
W / M	20 - 29	1988 - 1997
W / M	30 - 39	1987 - 1978
W / M	40 - 49	1977 - 1968
W / M	50 - 59	1967 - 1958
W / M	60 - 69	1957 - 1948
W / M	70 - 79	1947 - 1938
W / M	80 - 85	1937 - 1932