

INWA COMPETITION RULES 2019

1. Introduction

Nordic Walking is an activity that can be used for fitness development, relaxation, recreation, social activities, rehabilitation, weight loss, general enjoyment and competitive sport. In order to provide a consistent structure and foundation for competitive sport, INWA provides the following rules for the use of race organisers, Race Officials and competitors.

2. Definition of Nordic Walking

Nordic Walking is an enhancement of regular walking using Nordic Walking poles. It offers a very efficient, aerobic and easy way to improve one's physical condition irrespective of age or gender and it is useful in the management of many physical conditions.

During walking with poles, the movements of the arms, legs and body follow the same rhythm.

Every step will be followed by a pelvic rotation and a contrary shoulder rotation. Due to this shoulder rotation the arms move forward and backward.

3. Nordic Walking Competitions

NW competitions are sporting events in which fitness comes first and competition second. The goal is to preserve a good technique and gain the benefits of this activity through a fun competitive sporting experience. NW competitions can become a motivation for regular NW training, walking in the outdoors, enjoying nature, keeping an active life style and ultimately improve fitness.

Nordic Walking Competitions can be divided by type

Speed:

- Nordic Walking Race, (21 km / 10 km / 5 km), (time based competitions) Individual and team competitions, World Cup status
- Nordic Hill Running (Nordic Walking related sport)
- Technique and speed (not official World Cup competition)

By participation in different age groups:

- Individual race
- Team race 100+ (individual athletes can also form a team with 4 members which means that athletes can compete at the same time as individuals and as team members. Total age of 4 members have to be more than 100 years old)

4. Nordic Walking Technique

To comply with INWA Race Nordic Walking rules, every participant must use a correct technique. Special attention should be paid on the high light-ed points when considering the penalty cards:

- 4.1. Ensure that the arms and legs move alternately in a natural manner
- 4.2. **Ensure that at no point both feet or both poles are off the ground at the same time. Running is forbidden.**
- 4.3. Ensure the poles contact the ground at the same time as the opposite heel
- 4.4. **Ensure the poles must be placed on the side of the distance and longitudinal area between the toes of the front foot and the heel of the rear foot** with the exception of ascending or descending steep rises or steps
- 4.5. Ensure that the **centre of gravity is not abnormally lowered**
- 4.6. Ensure that there is an active push through the poles in order to propel the body forward. **When pushing** through the pole there should be arm extension and the **hand should at the minimum reach the bodyline but ideally pass the bodyline backwards.**
- 4.7. **Ensure that the leading hand holding the grip of the pole is to pass the body line when placing the pole in front**
- 4.8. Ensure that the poles are gripped when placing them on the ground and actively released when pushing with open hand at the back
- 4.9. Ensure that non use of the poles by any participant is only allowed at the drinking stations according to the specific course rules.
- 4.10. Ensure that the participants wears the straps of the poles correctly
- 4.11. Ensure that the participants must wear the race number correctly
- 4.12. Ensure that the participant is not allowed to block path of other participants.

5. Race Entry

Race Entry is open to all Nordic Walkers who, completed the required entry form and terms and conditions form, assure the organisers that they are capable of completing the distance of the race in a reasonable time and that they accept all liability for any injury, illness, loss or damage that they may suffer or incur as a result of entering the race.

6. Race Categories

The following age categories shall apply for both men and women.

Entries qualify as of date of race.

6.1. **Junior** under 20 years old

6.2. **Senior** 21 + years old

6.3. **Master** 40 - 59 years old

6.4. **Veteran A** 60 - 69 years old

6.5. **Veteran B** 70+ years old

Note: Over 40 year old participants are allowed to register in the Senior 21+ category instead of their own age category if they for some reason want to do so.

7. Nordic Walking Poles

Only specific Nordic Walking poles, fixed or telescopic in length, may be used in a competitive event. Length of the pole should be your own height multiplied by 0.68 +/-10 cm. Measuring is done from the top of the grip to the end of the spike tip.

8. Other Equipment:

8.1. Participants should wear suitable clothing and footwear for the event

8.2. Participants are not allowed to use earphones as they reduce the ability to hear directions from officials and other participants



9. Withdrawal from an Event

9.1. It is expected that all participants who enter an event have adequately prepared themselves to successfully complete the event. However a participant may withdraw from an event if they suffer any medical complication or they believe that they cannot complete the event

9.2. Any participant who withdraws shall advise, or has to arrange to advise a Race Official that they are withdrawing.

9.3. Participants who withdraw shall be recorded in the Official Results as “DNF” (Did Not Finish)

10. Warnings and disqualification

The warning and disqualification system ensures that a competitor cannot be disqualified by the action of one sole Race Official.

10.1. The Race Officials have the sole authority to determine the fairness or unfairness of warnings and disqualifications, and their rulings thereon shall be final and without appeal

10.1.1. The appointed Race Official shall elect a Chief Race Official (has to be a certified National Nordic Walking Referee) that acts as Recorder

10.1.2. All Race Officials shall act in an individual capacity and decisions are made as seen by the human eye

10.1.3. Irrespective of the distance of the event there should be a minimum of 5 Race Officials

10.1.4. All Race Officials operate independently and should not discuss the competition with others

10.1.5. A Race Official can only show 1 yellow card per participant

10.1.6. A Race Official should be clearly visible to all participants

10.2. A yellow card will be issued to participants by Race Officials when participants fail to comply with the technique points described in point 4.

Focus should be especially on the high lighted points.

10.3. A disqualification RED card will be issued to participants by Race Officials when the participant:

- 10.3.1. Fails to keep to the course
- 10.3.2. Fails to follow the specific directions of a Race Official
- 10.3.3. Verbally or physically abuses any official or other participant
- 10.3.4. Behaves in a disorderly or inappropriate manner
- 10.3.5. Has already been shown 2 yellow cards and breaks the rules the third time. Three yellow cards equal a disqualifying red card.

10.4. Disqualification procedure:

- 10.4.1. All yellow and red cards must be immediately communicated to the participant issuing the appropriate card alongside the reason for the call. Yellow and red cards must be communicated to the Chief Race Official who acts as Recorder. When the participant gets a yellow card, this will be marked on his bib with a visible line.
- 10.4.2. When the red card is given as a consequence of 3 yellow cards being issued, the red card will be shown immediately to the athlete and the Chief Race Official will be informed of this. The Race Official will ask the participant to stop the competition and the racing bib will be taken away.
- 10.4.3. Disqualification is immediate when the participant is issued with a red card.
- 10.4.4. Disqualified participants must immediately withdraw from the event
- 10.4.5. The score board, which is visible to participants in the start/finish line must be updated by the Chief Race Official.

11. Assistance stations

- 11.1. Drinking stations: there should be at least one at the start/finish line. They must be marked and can be of a maximum of 40 meters long. Assistance should be provided from meter 10.
- 11.2. Coaching stations: there should be one at the start/finish line. They must be marked and can be of a maximum of 15 meters long.

12. Damaged poles

If a pole is damaged during the race the participant should carry on observing all technical points outlined in point 4 if possible, till the nearest assistance station.

If this is not possible the participant should at least observe the technical points with the undamaged pole.

13. Safety

13.1. All participants must be aware that the poles are not to be lifted in any other direction than that specified by the Nordic Walking technique, except at water stations according to the race rules

13.2. In case the participant has to remove the poles during the race, it should be done the at side of the course

13.3. Participants must leave sufficient space in between each other in order to avoid collisions, especially at the start, when overtaking or when going through narrow timing points near the start/finish line.

14. Results

The event results will be published on INWA´s website and social media.

Individual competitors or teams will get points from each World Cup event.

INWA World Cup Point system:

Place	Points	Place	Points	Place	Points
1	100	11	24	21	10
2	80	12	22	22	9
3	60	13	20	23	8
4	50	14	18	24	7
5	45	15	16	25	6
6	40	16	15	26	5
7	36	17	14	27	4
8	32	18	13	28	3
9	29	19	12	29	2
10	26	20	11	30	1