

# 1st. International German Nordic Walking Championship – Half Marathon/ 10km

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

*As of: January 19, 2015  
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 "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](http://www.muehlbauer.de/lauf) or directly at Trackmyrace.com by using the following link: <http://www.trackmyrace.com/running/event-zone/event/1-internationale-deutsche-nordic-walking-meisterschaft-11-muehlbauer-spendenlauf/>

If I take part in the 1st International German Nordic Walking Championship (half marathon & 10km) and/or the 11th 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**

The start will take place in assigned starting blocks (german championship) in a mass start system. The individual blocks are going to start in time intervals. The starts are scheduled to begin from 9:00 a.m. (german championship) and from 1:30 p.m. (charity runs) – Saturday, June 13.2015. The starting blocks are assigned based on the personal record time indicated for the half marathon 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 german championships (half marathon & 10km) is a license free competition. The maximum walking time is 3 1/2 hours. The finish line will close at 12:30 pm.

Sunday, June 14.2015 (10km): The start will take place in assigned starting blocks (german championship) in a mass start system. The individual blocks are going to start in time intervals. The starts are scheduled to begin from 9:00 a.m.. 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 german championships (10km) is a license free competition. The maximum walking time is 2 hours. The finish line will close at 11:00 am..

## 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 1999 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.

## 2.3 Team ranking (only DM) - only for the german championship

A team consists of maximum 7 members (either women only or men only with the same team-name\*) who will be ranked separately. The fastest five team members (net times are decisive) will be considered for the team ranking. Those two team members (2 people) not considered for the team ranking will not count for the title. Therefore, it must be determined before the event which members belong to which team. (maximum 7 people – 5 count in a team)

- Example: "Team-Name/ Club-Name

### 2.3.a 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.

## 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 **2-minute time penalty** per warning.

A maximum time penalty of 4 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

### Main referee

Johann Schmidbauer

### Referee 1

Walter Goth (GNFA)

### Referee 2

Gerhard Heindler (NOW)

### Referee 3

Marianne Ferstl

### 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 are three service points along the track and one in the start and finish area. They are marked as zones of supply which includes are of 30 meters before and after the refreshment points.. In these zones, 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 points, 3 trainer areas are available with a length of 10 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.