

# INWA COMPETITION RULES 2018

## 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 organisers and competitors.

## 2. Definition of Nordic Walking

“Nordic Walking is a form of physical activity, where the active use of a pair of specially- designed Nordic Walking poles are added to regular natural walking. However, the characteristics of natural, biomechanically correct walking and appropriate posture are maintained in all aspects. It also means that the arm movements of the correct NW technique respect the range of movement of natural walking.

## 3. Nordic Walking Competitions

NW competitions are sporting events which are organized according to INWA rules and guidelines. Events can include one, two or three kinds of competitions described below. The goal is to promote Nordic Walking to all different age groups through a fun and competitive sporting experience. NW competitions can increase motivation for regular NW training, walking in the outdoors, enjoy nature, keep an active life style and ultimately improve fitness. Competitions will also offer more visibility for NW in the media.

NW competitions can be divided by type:

- Nordic Walking Race, (21km / 10km / 5 km) (time based competitions) Individual and team competitions. World Cup status
- Nordic Hill Racing (Running uphill with the poles). Does not apply for the Senior + participants. World Cup status



- Nordic Walking Techttime competition (special type of competition where technique and time accuracy are evaluated). No age groups.

And by participation in different age groups:

- Individual race
- Team race

Timing: All the competitions are timing based. In the team competition aggregate timing will be used i.e. the times of each team members (4) will be taken, summed up and divided by four which gives the average time.

INWA competition events are described in INWA's Races and Challenges Bidding Document for each year.

#### **4. Nordic Walking Race and Nordic Hill Racing Techniques**

Nordic Walking Race technique:

To comply with INWA Nordic Walking Race rules, every participant must:

- 4.1. Ensure that at no point both feet or both poles are off the ground at the same time.
- 4.2. The poles contact the ground at the same time as the opposite heel.
- 4.3. The poles must be planted behind the front foot except when ascending or descending steep rises or steps.
- 4.4. Ensure that the arms and legs move alternately in a natural manner.
- 4.5. The centre of gravity must not be abnormally lowered.
- 4.6. There must be an active push through the poles in order to propel the body forward. When pushing through the pole the hand should at least reach the hip.
- 4.7. Participants must use their poles at all times, except when stopped at the water stations, according to the specific course rules.
- 4.8. Participants must wear the pole straps correctly in accordance with correct Nordic Walking technique



4.9. Participants must wear the race numbers in accordance with the instructions provided by the course officials.

4.10. Participants must not block the way to other participants.

Nordic Hill Racing technique:

To comply with INWA Nordic Hill Racing rules, every participant must:

4.1. While running with the poles, the poles must be planted behind the front foot, but the poles can be planted also in front of the alternate foot when ascending steeper rises.

4.2. Ensure that the arms and legs move alternately in a natural manner.

4.3. There must be an active push through the poles in order to propel the body forward.

4.4. Participants must wear the pole straps correctly in accordance with correct Nordic Walking technique

4.5. Participants must wear the race number correctly.

4.6. Participants must not block the way to other participants.

Nordic Walking Techttime competition:

Special kind of competition where participants Nordic Walk a marked trail. Criteria is time and accuracy per round and Nordic Walking technique which is evaluated by referees along the way. Rules and guidelines for the competition are provided by ANWI (INWA Italy)

## 5. Race Entry

Entry to races is open to all Nordic Walkers who, completing the required entry form, assure the organisers that they are capable of completing the races 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 in both men and women. Entries qualify as of date of race.

6.1. **Junior** under 20 years old

6.2. **Adult A.** 21 – 39 years old



- 6.3. **Adult B.** 40 – 59 years old
- 6.4. **Senior** 60+ years old
- 6.5. **Team competitions** in each categories (4 members in teams)

## 7. Nordic Walking Poles

Only specific Nordic Walking poles, fixed or telescopic in length, may be used in a competitive event. Poles with mechanical functions or springs etc. are not allowed.

## 8. Other Equipment:

- 8.1. Participants should wear suitable clothing and footwear for the event. Shoes can be walking-, running- or hiking shoes. Metal spikes are not allowed in the shoes.
  
- 8.2. Participants will NOT be allowed to carry:
  - 8.2.1. Any kind of food, hydration bottles or bladders
  - 8.2.2. Earphones as they reduce the ability to hear directions from officials and other participants
- 8.3. Participants not complying with the following indications will not be allowed to participate in the event.

## 9. Entry to an Event

Before entering a INWA Nordic Walking Race, participants must enter/complete the following:

- 9.1. Entry Form
- 9.2. Accept terms and Conditions

## 10. Withdrawal from an Event

It is expected that all participants enter an event having adequately prepared 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.



All participants who withdraw shall advise, or arrange to have advised, a Race Official that they are withdrawing.

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

## 11. Warnings and disqualification

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

11.1.1. The appointed Race Official shall elect a Chief Race Official that acts as Recorder.

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

11.1.3. Irrespective of the distance of the event there should be a minimum of 5 Race Officials (NW races) and 3 Race Officials (NH racing).

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

11.1.5. Judges should be clearly visible to all participants.

11.2. A warning yellow card will be issued to participants by Race Officials when participants fail to comply with the technique points described in point 4. (NW race)

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

11.3.1. Fails to keep to the course

11.3.2. Fails to follow the specific directions of a Race Official

11.3.3. Verbally or physically abuses any official or other participant

11.3.4. Behaves in a disorderly or inappropriate manner

11.3.5. Has been shown 3 yellow cards (NW race)

11.4. Disqualification procedure:

11.4.1. All warnings and disqualifications must be immediately



communicated to the participant issuing the appropriate card alongside the reason for the call and sent to the Chief Race Official who acts as Recorder.

11.4.2. Disqualification due to scenarios outlined in point 11.2. is immediate by issuing the participant a red card.

11.4.3. Disqualified participants must immediately withdraw from the event.

## 12. Safety

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

12.2. In the case of a participant having to remove the poles during the race they should do so by the side of the course.

12.3. Nordic Walkers must leave sufficient space between themselves to avoid collisions especially when overtaking or when going through narrow timing points near the start/finish.

## 13. Results

The event results will be published in INWA's website and social media. Individual competitors or teams will get points from each World Cup event. Team competitors cannot take part in the individual competition category.

### 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