



EURASIAN NORDIC WALKING MARATHON CUP

2020 SEASON

1. GENERAL

Nordic Walking Eurasian Marathon Cup (hereinafter referred to as the Cup) is an international series of long-distance Nordic Walking competitions. The Cup is based on the unified requirements to the distances, competitors' admission, equipment, walking technique and unified principles of judging.

Main distances of the Cup's stages are 42.2 km marathon and 21.1 km half-marathon. Online participation may be permitted at main distances. Less length satellites distances which are not included in the Cup standing can be organized at the additionally.

The rules of each stage of the Cup are defined according to the particular regulation by the organizers of the stage and could not contradict the present regulation (excluding partner stages). Organizers of the stage shall have the right to charge the competitors the entry fee. All the requirements concerning satellites distances are determined by the organizers of the stage independently.

2. CALENDAR

Stage	Date	Distances	Event	Venue
1	07-09.03	Half-marathon	Prazdnik Severa	Murmansk, Russia
2	08-10.05	Half-marathon	Tengri Ultra	Tamgaly Tas, Kazakhstan
3*	23.05	Half-marathon	Nordic Walking City Festival	Irkutsk, Russia
4	06-07.06	Marathon, Half-marathon	Eurasian Nordic Walking Championship	Almaty, Kazakhstan
5*	13.06	Half-marathon	Yarche Marathon	Tomsk, Russia
6	29.08	Marathon	International Nordic Walking Festival	Izhevsk, Udmurt Republic, Russia
7*	27.09	Half-marathon	Go, Russia!	Moscow, Russia
8	03-04.10	Half-marathon	Alatau Trail Fest	Almaty, Kazakhstan
9	10-11.10	Half-marathon	Nordic Walking Shark	Saint Petersburg, Russia
10*	18.10	Half-marathon	UNWF Cup Final	Kiev, Ukraine
Final	31.10	Half-marathon	Yuzhnyy Proryv	Rostov-on-Don, Russia

* partner stages

3. REQUIREMENTS FOR DISTANCES

Main distances should be laid on natural terrain with elevation not exceeding 50 meters per 1 kilometer of the distance. Length distance measurement error shall not exceed 1%. Recommended length of the round ranges from 5 to 10 kilometers; recommended distance coverage is primer/snow. Plots of distance with other coverage (asphalt, concrete, artificial turf, ice, sand, sawdust, etc.), if possible, must not exceed 5% of the total length of the distances.

4. REQUIREMENTS FOR COMPETITORS AND CONDITIONS FOR ADMISSION

The Cup permits sportsmen who have attained the age of 18 years as at January 1, 2020 and having admission to take part in the competition from the doctor and valid medical insurance. Competitors are personally responsible for the state of their health and level of fitness.

5. REQUIREMENTS FOR EQUIPMENT

Competitors should use poles with straps, fixed on their wrists. During the movement of a competitor along the distance Nordic Walking pole straps should be fastened, Nordic Walking pole straps/gloves with quick lock system should be fixed to handles of poles.

The recommended length of the poles is determined by the formula “0.7 of the competitor’s height \pm 5 cm”. Visually the arm with a pole, posed upright on the support should form the elbow joint angle which is as nearly as possible to the right one.

Use of Bungy Pump and trekking poles is prohibited.

Do not use the isolating headphones. You may use any other electronic devices which do not interfere the movement of competitors.

6. REQUIREMENTS FOR WALKING TECHNIQUE

Alternating (diagonal) work of the arms and legs with necessary push-off with poles. Occasional misses of push-off on either side shall be permitted in case of rearrangement, body turning, food intake, hygiene procedures.

One leg and one pole should always be on the support at this the pole should maintain contact with the support at an acute angle. Running, jumping, squatting movement legs, staging sticks at right angles is prohibited.

Accented push-off with poles - at the finishing of the push-off action the pole should not leave the support before the leg behind. Dragging of poles is banned.

Active work of arms - swing forward action of an elbow of the front arm before the body when setting a pole, putting the hand behind the body when finalizing of the push-off action. Shortened push-off actions are allowed when uphill movement is required.

Bending of the body forward at a larger angle than that of the front pole and excessive lifting of poles and abduction of tips to the sides are prohibited.

7. PRINCIPLES OF JUDGING

At least one judge-controller must be at every kilometer and at the finish of the distance that provides video recording of competitors' movement.

The reason for the punishment of competitors are violations recorded by judges. Time penalty may be imposed on a competitor to an unlimited number of times. The competitor must be informed of the punishment.

Punishment	Violation
75 seconds penalty	Transition to running or jumping
45 seconds penalty	The absence of a alternating (diagonal) work of the arms and legs The occasional absence of a permanent contact of one leg with the support Movement with knees half bent Lack of effective push-off action (back pole leaves the support before the leg behind) Drawing of poles
30 seconds penalty	Lack of amplitude in movement of arms (no swing forward action of an elbow of the front arm before the body when setting a pole, putting the hand behind the body when finalizing of the push-off action)
15 seconds penalty	Setting of a pole at a right angle Bending of the body forward at a larger angle than that of the front pole Excessive lifting up of poles and abduction of tips to the sides

Unfair play (shortening of the distance, infringing movement of opponents, aggression, insults, etc. in relation to the organizers, competitors, judges, spectators) by decision of the main judge, participants may be punished until the result is canceled.

8. ONLINE

Online participation, if allowed by the organizers of the stage, consists in independently passing the main distances by the participants. Online participants provide the organizers with a track report. The results of online participants are published in a separate protocol without indicating the places. All online participants receive equal points for the Cup.

9. RESULTS

The results shall be determined separately for men and women.

The winners of the main ranges are determined by the smallest of time that is spent in overcoming distance, taking into account the time penalty. The remaining places are allocated in the ascending order of time.

To competitors of the Cup, who finished on main distances, points are credited in the Cup standings in accordance with the places took in absolute age category:

Place	Points	Place	Points
1	100	11	22
2	80	12	20
3	70	13	18
4	60	14	16
5	50	15	14
6	40	16	12
7	36	17	10
8	32	18	8
9	28	19	6
10	24	20	4
21 and more	2	online	2

10. CONDITIONS FOR SUMMING UP THE RESULTS AND AWARDS

All participants of the Cup finished in the main distances receive commemorative medals. The organizers of the stages have the right to provide supplementary support to persons awarded.

The Cup winners are determined by the maximum amount of points, the rest of the places are allocated in sum descending order. In the final standings, the best results are taken into account in no more than half of the stages (excluding online participation – all results are taken). In case of equality of the points scored preference is given to the competitor who has a larger number of the first (second, third, etc.) places at the particular stages.

Awarding is performed according to the results of the final stage. Large cups and commemorative prizes are awarded to the winners and prize winners of the Cup in absolute age category. Small cups are awarded to competitors - winners of the 1 to 3 places in the following age categories:

18-39 years old	40-49 years old	50-59 years old	60 years old and older
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Age of competitors (number of complete years) is determined as at December 31, 2020.