

Regulations refereing Nordic Walking

Definition

Nordic Walking (NW) is a forward movement with using the correct techniques of alternating movement hands and legs. At the same time, user has to push-off with special adjusted poles and maintain permanent contact at least one foot with the ground. During the NW march can not be a phase of "flying" (temporary lack of contact with the ground). Particular elements of the technique affect mainly on health.

The most important aspects of Nordic Walking technique:

1. Natural work of lower part of the body.
2. Alternating movement of feet and arms.
3. The extensive arm movement comes from the torso.
4. The palm finishes its movement behind the hip.
5. The arms move parallel themselves.
6. In front of the body, the palm is clutched on the pole but behind the hip is relaxed. Opening and closing palm is at the hip level.
7. Active pushing the pole.

The most important aspects of the proper poles for Nordic Walking

1. The proper weave strips (called glove) gives possibility of push off from the stick with open hand.
2. Proper length of the stick – an angle between a shoulder and a pole planted vertically should be approximately 90 degree (+/- 5 degree).

Warnings from judges while a mistake is done:

Lower of gravity centre

Low posture mistake

Hips rotation coming from gait sports

Hips rotation mistake

Only elbow motion

Elbow mistake

Elbow motion in the front, shoulder motion behind

Arm motion to the hip

Motion range mistake

Arm motion ended before hip which cause leaning posture

Arm motion narrow in the front, wide at the back
Arm motion with narrowing

Parallel motion mistake

March with open palms

Open palm mistake

Lack of push-off

Push-off mistake

Warning, penalty, awards

- Competitor receives warning, penalty or award from judge in words, without need of stopping the competitor, unless the security in the route is endangered. Exemplary communicate form the judge is : Number 222, warning, elbow mistake"
- Not hearing the communicate from the judge dos not mean that there is not a penalty. The full list of warnings is available at judges tent after the competition.

- The judge has the possibility to give educational information to the competitor, the communicate in that case does not include words: "warning, yellow card, red card". This information not follows by any sanctions.

WARNING - slightly mistakes in march technique (receiving many warnings may turns into yellow card.

Distance 5km – 2 warnings, 10 km – 3 warnings, 21 km – 4 warnings)

YELLOW CARD

– reduced movement of arm joints

– work of elbow not the shoulder – lack of motion hand behind the hip

– every disruption in natural work lower part of the body, differs from natural gait, e.g. lower center of gravity, hip joints motion like in gait sports; other mistakes in NW technique which break, according to the judge, health competition (receiving yellow card many times do not mean a red card, only, relatively higher time penalty 5km – 1 minute, 10km – 2 minutes, 21km – 3 minutes)

RED CARD - unsportsmanlike behaviour to the other participants and judges, intentionally barring the route while overtaking, intentionally running with a flying phase, short-cut, being after the route, other mistakes which according to the referee affect on safety (e.g. vulgar behaviour, offend competitors or judges)

GREEN CARD - given when two judges (distance 5km) or three judges (distance 10km) point out on a very good march techniques.

The other issues:

CAMERAS - there are hidden cameras on the competition route. During 48 hours after nordic walking competition the video will be viewed by the main referee. If there will be the evidence that a competitor behaved not fair play (for example running, not walking), it is possible to be disqualified and the received title can be lost afer competition.

OVERTAKING - is allowed on right or left side. Walker who overtakes should warn the other walkers by saying "left/right free", which side will be this manner done.

Overtaking should not interrupt march of the competitor who is overtaken.

This person, after hearing the safety communicate "right/left free" should not change march track.

HEADPHONES - for safe communication between competitors, judges and others services, using headphones is forbidden (except people with hearing aids).

HYDRATION - it is allowed only in a dedicated zones. In need of hydration in other place, the walker is obliged to stop in a safe and not disruption place and release the poles.

Mistakes of wrong march technique:

CORRECT ELEMENTS	BENEFITS COMING FROM RIGHT DONE ELEMENT	FREQUENT MISTAKES	OVERLOADS COMING FROM MISTAKES
Natural work lower part of the body	Natural work muscles and joints of bottom part of the body	Lower the centre of gravity Elements of gait sports	Knee joints strain Lumber spine overload Hip joints overload
Alternating work of shoulder and leg		Lack of alternating work shoulder and leg	Non-natural work of shoulders
Arm movement should come from the whole shoulder, near the elbow in neutral position (slightly bend)	Involving large parties of muscles: back and shoulders Due to work of large parties of muscles, significantly generate relief of the legs joints and spine Arm oscillatory motion relaxes tight muscles of the nape	Elbow movement	- elbow joints strain - exclusion from work large parties of muscles, e.g. back and shoulder muscles - push-off from elbow joints and smaller arm muscles – it slightly relieves leg joints and spine - Excessively tight stabled muscles of torso and nape
		Elbow work in front, and the torso behind	
		Work with completely straight elbows	- Motion only elbow joint – there is no possibility of crossing hips line
The palm finishes movement behind the hip	Shoulder retraction – natural straightening of posture, opening the chest and stretching tightened muscles; activation of blade muscles	Arm work only to the hip level Arm work ended before hip level which effects of leaning posture	Shoulder protrusion – tent to leaning posture coming from sedentary lifestyle Arm motion only in front and attempt to lean posture involves lumber spine overload
Arms move parallel themselves	Generating push-off and relief in the same direction - connection	Arm motion narrow in the front, wide at the back Arm motion with narrowing	Lack of connection between push-off force and relief force
In front of the body, the palm is clutched on the pole but behind the hip is relaxed. Squeezing the hand is at the hip level.	Control of arm motion	March with open palms	There is no control on pole – high risk of getting pole under others competitors legs
		March with completely closed palms	There is not possibility of crossing hips line
Generating active push-off	Involvement large parties of upper body muscles . Relief leg joints and spine	Lack of push-off	There is not involvement of large parties upper body muscles No relief of legs joints and spine
		Marking push-off – lack of push-off with maximum leaning forward	



**NORDIC WALKING
POLAND.pl
GROUP**

ONWF
WORLD ORIGINAL NORDIC WALKING FEDERATION