



2026 4Days Marches Regulations Governing Start and Sign-off

As adopted by the board on 27 November 2024, last amended on 10 December 2025

Article 1: Duty to sign in

1. Prior to the start of the event, there are two sign-in days, namely Sunday (13.00 hrs – 17.00 hrs) and Monday (10.00 hrs – 17.00 hrs).
2. All individual participants must sign in at the registration desk in person on the sign-in days within the times stated so that, for organisational purposes, their identity can be determined and they can be given a carrier in the form of a wristband with a personal bar code which is to be worn at all times during the event, and cannot be transferred to any other participant.
3. Only participants who are able to present their affixed bar code carriers will be permitted to start the marches. If the bar code carrier has been damaged or removed, either intentionally or through negligence, the participant in question will not be permitted to start or sign off.
4. The leaders of civilian groups and commanders of military detachments must sign the group or detachment in on the sign-in days prior to the start of the event at the registration desk for civilian groups or the appropriate registration desk for detachments.
5. If a participant has not signed in within the sign-in time frame specified in Article 1 due to objectively verifiable and unforeseen circumstances, the participant must contact the Service Desk before 17.00 hrs on the second sign-in day. The Service Desk will then decide whether or not the participant can still be signed in. The Service Desk's decision is not open to objection.

Article 2: Individual participants (start location De Wedren)

1. The participants (insofar as they do not come under Article 4A or 4B) start and sign off at start and finish location De Wedren.
2. Participants must have their bar code carrier scanned in person by an appropriately authorised Stichting DE 4DAAGSE official for the start to be considered valid.
3. Participants must have their bar code carrier scanned in person by an appropriately authorised Stichting DE 4DAAGSE official for the sign-off to be considered valid.
4. Starting times for individual participants depend on the distance to be walked and are, in principle, within the following time slots:

Distance	Provisional starting times
50km	04.00 – 04.45 hrs
40km	05.00 – 06.40 hrs
30km	07.00 – 08.00 hrs

For all distances, the sign-off time is between 12.00 and 17.00 hrs on Tuesday, Wednesday and Thursday, and between 12.00 and 18.00 hrs on Friday.

5. The allocation of the starting times is not open to discussion.

Article 3: Failure to start and sign off (correctly)

1. Participants who fail to start (correctly and in person) within the allotted starting time slot, or who fail to sign off (correctly and in person) before 17.00 hrs (18.00 hrs on Friday*) will be considered to have withdrawn from the event. Participants must sign off at the appropriate registration desk.
2. If a participant was unable to start within the allotted starting time slot due to objectively verifiable and unforeseen circumstances, the participant must report to the Service Desk, which will assess whether it is still viable for the participant to start and complete the distance in time.
3. If the bar code carrier has been damaged or removed, either intentionally or through negligence, the participant in question will not be permitted to start or sign off.

* For military participants starting at Heumensoord and civilian groups: 16.30 hrs on Friday. Also see Articles 4A and 4B.

Article 4A: Civilian groups

1. All civilian groups start and sign off at start and finish location De Wedren.
2. Groups start from the starting gate for civilian groups. The whole group must report to the start. The order in which the groups will start is determined by what is customary for each starting point with each group having its own designated time slot.
3. An affixed bar code carrier must be presented and each group member must have his or her bar code carrier scanned in a correct manner by an appropriately authorised Stichting DE 4DAAGSE official (thus establishing the number of group members) in order for the start to be considered valid.
4. Each group member must have their bar code carrier scanned by an appropriately authorised Stichting DE 4DAAGSE official (thus establishing the number of group members) in order for the sign-off to be considered valid.
5. Groups must be complete both at the start and when arriving at the finish location. If the group is incomplete upon arrival at the finish, any absent group members will be deemed to have withdrawn from the event. Any group failing to sign off

correctly before 17.00 hrs (before 16.30 hrs on Friday) will be deemed to have withdrawn.

6. On Friday, the group signs off on the site known locally as 'sports park De Kluis'. The subsequent entry along 'Via Gladiola' is part of the official route.
7. Starting times and sign-off times for groups depend on the distance to be walked and are within the following time slots:

Distance	Start times	Sign-off times
50km	04.00 – 04.30 hrs	12.00 – 17.00 hrs*
40km	04.45 – 05.30 hrs	12.00 – 17.00 hrs*
30km	06.45 – 07.15 hrs	12.00 – 17.00 hrs*

* sign-off on Friday at sports park De Kluis from 11.00 – 16.30 hrs

Article 4B: Military participants (start location Heumensoord)

1. Participants in the military route (40km green) start and sign off at Camp Heumensoord.
2. The exact start location for detachments and individuals is signposted. The whole detachment must report to the start. The order in which detachments start varies according to what is customary for each starting point.
3. An affixed bar code carrier must be presented and each participant must have his or her bar code carrier scanned in a correct manner by an appropriately authorised Stichting DE 4DAAGSE official in order for the start to be considered valid. The number of members in detachments must also be established.
4. Each participant must have their bar code carrier scanned by an appropriately authorised Stichting DE 4DAAGSE official for the sign-off to be considered valid. The number of members in detachments must also be established. Detachments must be complete both at the start and when arriving at the finish location. If the detachment is incomplete upon arrival at the finish, the absent detachment members will be deemed to have withdrawn from the event. Any detachment failing to sign off correctly before 17.00 hrs (before 16.30 hrs on Friday) will be deemed to have withdrawn.
5. On Friday, military participants starting at Heumensoord will receive their finish scans and rewards on the site known locally as 'Charlemagne'. The subsequent entry along 'Via Gladiola' is part of the official route.
6. The starting and sign-off times for participants starting at Heumensoord are:

	Start times	Sign-off times
Tuesday to Thursday	04.30 – 07.00 hrs	12.00 – 17.00 hrs
Friday	03.30 – 06.00 hrs	11.00 – 16.30 hrs*

* sign-off on Friday at Charlemagne

Article 5: Acceptance of these regulations

By registering to participate in the 4Days Marches the participant declares that he/she is familiar with and accepts the provisions laid down by or pursuant to these rules and regulations.

Article 6: Final provision

Any deviations from these Regulations may only be allowed on the grounds of the *Regulations Governing Dispensation*.

Any cases not provided for by these rules and regulations shall be decided by the board of Stichting DE 4DAAGSE.

Article 7: Citation provision

These regulations shall be referred to as the *2026 4Days Marches Regulations Governing Start and Sign-off*.