



2022 4Days Marches Regulations Governing Start and Sign-off

As adopted by the board on 29 November 2021

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 CET – 17.00 hrs CET) and Monday (10.00 hrs CET – 17.00 hrs CET).
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.

Article 2: Individual participants (start location De Wedren)

1. The participants (insofar as they do not come under Article 5) start and sign off at start and finish location De Wedren.
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.
2. 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.
3. The starting and sign-off times for individual participants are:

Start		Sign-off
04.00 – 04.30 hrs CET	(50km)	12.00 – 17.00 hrs CET*
04.45 – 05.30 hrs CET	(40km)	12.00 – 17.00 hrs CET*
Or: 05.45 – 06.30 hrs CET		
06.45 – 07.15 hrs CET	(30km)	12.00 – 17.00 hrs CET*
Or: 07.30 – 08.00 hrs CET		

* this is 12.00 – 18.00 hrs CET on Friday

Article 3A: specific regulation governing starting times for 30km

1. The 30km will start in two groups. On the sign-in day, all individual 30km participants will receive a bar code carrier, which will also be used to determine the participant's starting time. The starting times are either between 06.45 – 07.15 hrs CET (first starting group) or between 07.30 – 08.00 hrs CET (second starting group).
2. The allocation of the starting times is not open to discussion. Starting times are allocated at random. Each participant will have the opportunity to start in the first group on two days of the marches, and will start in the second group on the other two days. Participants are not obliged to start between 06.45 and 07.15 hrs CET.

Article 3B: specific regulation governing starting times for 40km

3. The 40km will start in two groups. On the sign-in day, all individual 40km participants will receive a bar code carrier, which will also be used to determine the participant's starting time. The starting times are either between 04.45 – 05.30 hrs CET (first starting group) or between 05.45 – 06.30 hrs CET (second starting group).
4. The allocation of the starting times is not open to discussion. Starting times are allocated at random. Each participant will have the opportunity to start in the first group on two days of the marches, and will start in the second group on the other two days. Participants are not obliged to start between 04.45 and 05.30 hrs CET.

Article 4: Failure to sign off (correctly)

Participants who fail to sign off (correctly and in person) before 17.00 hrs CET (18.00 hrs CET on Friday*) will be considered to have withdrawn from the event. Participants must sign off at the appropriate registration desk.

* For military participants starting at Heumensoord and civilian groups: 16.30 hrs CET on Friday.

Article 5: Civilian groups

1. All groups start and sign off at the 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.

- 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.
- 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 CET (16.30 hrs CET on Friday) will be deemed to have withdrawn.
- 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.
- 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.
- The starting and sign-off times for groups are:

Start		Sign-off
04.00 - 04.30 hrs CET	(50km)	12.00 - 17.00 hrs CET*
04.30 - 05.15 hrs CET	(40km)	12.00 - 17.00 hrs CET*
06.30 - 07.00 hrs CET	(30km)	12.00 - 17.00 hrs CET*

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

Article 5: Military participants (start location Heumensoord)

- Participants in the military route (40km green) start and sign off at Camp Heumensoord.
- The exact start point 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.
- 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.
- 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 CET (16.30 hrs CET on Friday) will be deemed to have withdrawn.

5. 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.
6. 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.
7. The starting and sign-off times for participants starting at Heumensoord are:

	Start	Sign-off
Tuesday to Thursday	04.30 - 06.00 hrs CET	12.00 - 17.00 hrs CET
Friday	03.30 - 05.30 hrs CET	11.00 - 16.30 hrs CET*

* sign-off on Friday at Charlemagne

Article 7: 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 8: Final provision

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

These regulations shall be referred to as the 2022 4Days Marches Regulations Governing Start and Sign-off.