



# General 2023 4Days Marches Regulations

As adopted by the board on 30 November 2022

## Article 1

The 4Days Marches are organised by Stichting Internationale Vierdaagse Afstandsmarsen Nijmegen (Stichting DE 4DAAGSE).

## Article 2

The Nijmegen International 4Days Marches is a non-competitive walking event. Participation is voluntary and entirely at the walkers' own risk. Persons born in or before 2011 are allowed to participate in the 2023 4Days Marches.

## Article 3

All registrations and cancellations must comply with the conditions laid down by Stichting DE 4DAAGSE. The number of registrations will be restricted in accordance with the *Registration Regulations*. Registration is strictly personal and non-transferable.

## Article 4

The *Regulations Governing Distances and Rewards* shall apply to the walking distances and available rewards.

## Article 5

Walking or marching is defined as moving forwards in such a way that at least one foot is in contact with the ground at all times, alternately transferring the body weight from the left leg to the right leg. The following are therefore not allowed:

- The use of any objects (such as a crutch or walking stick) other than prostheses to aid, replace or support the process of walking.
- The use of any means of transport.
- Speed walking, Nordic walking (exerstriding, pole-walking and/or pole-trekking) and/or running.

## Article 6

Passing is only allowed if it does not hinder other participants.

## Article 7

Participants must keep to the appropriate designated route.

## Article 8

Throughout the 4Days Marches, it is forbidden for participants to:

- express any political views;
- behave or dress offensively or dangerously;
- carry and/or distribute advertising material unless so permitted by Stichting DE 4DAAGSE;
- have with them any pets or other animals (with the exception of assistance dogs for visually impaired participants), prams or pushchairs and/or other wheeled objects;
- have with them audio equipment that could reasonably be considered to cause inconvenience to others;
- have anything with them that could reasonably be considered to be dangerous or to seriously inconvenience other participants, such as an umbrella. An exception is made for a white cane used by a visually impaired participant.

## Article 9

Participants must be decently dressed with the upper body covered at all times.

## Article 10

Participants are obliged to sign in in person on the Sunday or Monday prior to the 4Days Marches within the times stated. The provisions of the *Regulations Governing Start and Sign-off* shall apply to the procedures for signing in, starting and signing off.

## Article 11

Any instructions given by the organisers, police or other officials are to be followed at all times. Unless expressly indicated otherwise, the *Wegenverkeerswet 1994* (Road Traffic Act 1994) and the *Reglement verkeersregels en verkeerstekens 1990* (Traffic and Road Sign Regulations 1990) shall remain in full force throughout the 4Days Marches.

## Article 12

Infringement of the provisions laid down in or pursuant to these rules and regulations can result in conditional or actual disqualification from (further) participation. The *Regulations Governing Disqualification* shall apply to any conditional or actual disqualification.

## Article 13

Any departure from the provisions laid down by these regulations, as requested by the participant, may be allowed only if and insofar as such is provided for in the *Regulations Governing Dispensation*.

## Article 14

Stichting DE 4DAAGSE has imposed *Anti-Doping Regulations*, which will apply for all participants.

## Article 15

By registering, the participant also agrees in principle to the possible use by Stichting DE 4DAAGSE of his/her image in print, on photograph, film or video etc., for promotional or informative purposes in the interest of the 4Days Marches, without being entitled to demand payment. Use of the aforementioned material is governed by the *4Days Marches Privacy Regulations*.

## **Article 16**

With the exception of its legal responsibility Stichting DE 4DAAGSE is not responsible or (financially) liable in any way whatsoever for any accidents and/or illness suffered by the participants, nor for the loss of property or any other alleged loss incurred by the participant.

## **Article 17**

Stichting DE 4DAAGSE reserves the right to alter the route, starting and/or finishing times and/or points, or to cancel the 4Days Marches, completely or in part, on the grounds of such extreme weather conditions or other calamity that Stichting DE 4DAAGSE cannot reasonably be expected to do otherwise. Stichting DE 4DAAGSE adheres to current Dutch laws governing entitlement to a full or partial refund of the registration fee.

## **Article 18**

Stichting DE 4DAAGSE adheres to all government-imposed measures as may be applicable during the event. All participants shall be under an obligation to follow any measures and/or instructions to this effect issued by the organisers.

## **Article 19**

Mediation of starting tickets, or any other term used to describe such activity, is forbidden unless Stichting DE 4DAAGSE has given permission. Any starting ticket gained by direct or indirect mediation shall cease to be valid.

## **Article 20**

Any cases not provided for by these rules and regulations shall be decided by the board of Stichting DE 4DAAGSE. Stichting DE 4DAAGSE will ensure that the appropriate regulations laid down by or pursuant to these rules and regulations are adequately publicised or otherwise communicated to all participants. In case of disputes about the text of the regulations, the Dutch version shall be binding.

## **Article 21**

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.