



General 2026 4Days Marches Regulations

As adopted by the board on 1 October 2025

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 2014 are allowed to participate in the 2026 4Days Marches.

Article 3

All registrations and transfers 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.

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.

For speed walking, the definition set out in the Royal Dutch Athletics Union's Competition Regulations applies. Running is defined as forward movement at a quick or accelerated pace, without constant contact with the ground, with bent knees, and landing primarily on the toes and ball of the foot.

Article 6

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

Article 7

Participants must keep to the appropriate designated route. The entry along Via Gladiola

is part of the official route.

Article 8

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

- express any political affiliation, including (but not limited to) slogans, flags, banners or clothing with political messages, insofar as such expression may compromise the neutrality of the 4Days Marches;
- behave or dress offensively or in a way that may cause a dangerous situation;
- 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 required by 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 cause a dangerous situation or to seriously inconvenience other participants, such as an umbrella, but with the exception of 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.

In the event that the 4Days Marches is cancelled prior to the start of the first walking day, participants who have been issued a starting ticket (ticket holders) will have the following options:

- a. a refund of the registration fee paid by the ticket holder, which will be repaid within thirty (30) days of notifying the organisers of your choice; or
- b. a voucher entitling the ticket holder to one-off participation in the next edition of the 4Days Marches. If the registration fee for this edition of the event is higher, the difference will be covered by Stichting DE 4DAAGSE.

The ticket holder will be informed of the cancellation by email. The ticket holder must indicate their choice within the timeframe specified and in the manner outlined in the email. If the ticket holder fails to respond within the specified timeframe or in the correct manner, Stichting DE 4DAAGSE will refund the registration fee. The voucher is non-transferable and valid exclusively for participation in the next edition of the 4Days Marches. No exceptions to this policy will be granted.

In all other cases, the decision will be made by the board of Stichting DE 4DAAGSE.

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.

Article 22

These regulations shall be referred to as the *General 2026 4Days Marches Regulations*.