



# 2026 4Days Marches Regulations for Civilian Groups

As adopted by the board on 27 November 2024, last amended on 15 October 2025

## Article 1: General

It is possible to participate in the 4Days Marches as a member of a group. However, such participation is subject to specific terms and conditions. All regulations governing the 4Day Marches apply in full to all participants walking as a group.

## Article 2: Conditions for group participation

At the start of the event on the first walking day, a group shall comprise at least 11 (eleven) members registered by name. The right to participate as a group may expire if the group fails to meet the requirement of having at least eleven participants at the start. A maximum of 41 (forty-one) participants can be registered for a single group.

All members of the group must be recognisable as a group by wearing the same outfit, and walk the same distance together as a group in an orderly manner for the full duration of the 4Days Marches. This could result in some participants walking the extended distance instead of the regulation distance.

Civilian groups are not allowed to walk 40 kilometres with full kit instead of 50 kilometres. The 40-kilometre distance with full kit is only for military participants of the Dutch armed forces or foreign armed forces<sup>1</sup>.

## Article 3: Registering a group

During the registration period, participants can only register as individual participants in accordance with the provisions of the *Registration Regulations*. Groups cannot be registered during the registration period.

Once the registration period has closed, participants with valid individual registrations can form a group. To form a group, the intended group's contact needs to get in touch with the Services Desk no later than Friday 5 June 2026 (17.00 hrs).

## Article 4: Contact and group leader

After the group has been formed, the contact can add participants to the group or remove them from it. He or she shall be the organisation's sole point of contact, through whom all

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<sup>1</sup>The term military participants is understood to refer to servicemen or servicewomen who under the applicable military legislation and regulations belong to units of a Dutch or foreign military force (and/or equivalent).

correspondence shall run. He or she is also the person authorised to make changes. It is the responsibility of the contact to properly notify the group participants of changes he or she makes to the group. The contact shall specify a group leader for each group, who will monitor and promote compliance with the regulations during the 4Days Marches on the part of the group and anyone who may affect the group, and who will be responsible for the group at all times.

## **Article 5: Changes and additions up to the end of the group formation period**

Once a group has been formed, it will still be possible to change the existing group participants until 17.00 hrs on 21 June 2026. During this period, a group member's registration can be converted back into an individual registration and a registered individual participant can be added to the group. Stichting DE 4DAAGSE is authorised to verify the participant in question.

## **Article 6: Signing in on Sunday or Monday**

The group leader is to report to the group registration desk at start and finish location De Wedren on either Sunday 19 July 2026 or Monday 20 July 2026 to collect the bar code carriers (in the form of wristbands) and group documents. In connection with checks to verify the identity of participants, the group leader should carry (photocopies of) documents proving the participants' identity. No changes of any kind whatsoever can be made on the sign-in days.

## **Article 7: Walking behaviour**

Groups will walk with two or three persons side by side, but with a maximum of two persons side by side when passing other groups, so as to minimise obstruction to other participants as far as possible.

## **Article 8: Entry**

The procedure that groups should follow for starting and signing off is set out in the *Regulations Governing Start and Sign-off*. Groups start and sign off every day at the start and finish location De Wedren. The finish on Friday is an exception to this rule, as the groups will receive their finish scan and rewards at sports park De Kluis. The subsequent entry along 'Via Gladiola' is part of the official route.

## **Article 9: Checkpoints**

The group leader is responsible for ensuring that each group member is wearing the correct bar code carrier.

Checks will be made as to whether the group is complete at the start, at various intervals en route and at the finish. It should be noted that, as well as the planned checkpoints, there may also be additional, unexpected checkpoints. It is expressly stated that group participants must be able to show proof of identity when asked. If the group is incomplete upon arrival at the checkpoint, any absent group members will be deemed to have withdrawn from the event.

## **Article 10: Rest and/or treatment area**

Any rest and/or treatment areas along the walking route must be set up before the route is closed to traffic. Vehicles can only leave a rest and/or treatment area after the route has been reopened to traffic. The relevant council or landowner must grant permission for such a rest and/or treatment area to be set up. In exceptional cases, an access sticker can be requested from Stichting DE 4DAAGSE, which will enable a vehicle to access the route. The terms and conditions for requesting such stickers and the associated request form are available by emailing [info@4daagse.nl](mailto:info@4daagse.nl).

## **Article 11: 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 12: Final provision**

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

## **Article 13: Citation provision**

These rules and regulations may be referred to as the *2026 4Days Marches Regulations for Civilian Groups*.