

2019 Rules and Regulations Governing the Four Days Marches

As adopted by the board on 12 November 2018

Article 1

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

Article 2

The Nijmegen International Four Days Marches is a non-competitive walking event. Participation is voluntary and entirely at the walkers' own risk.

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 *Restriction Protocol*. 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 Four Days 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 the board of Stichting DE 4DAAGSE;
- have with them any pets or other animals (with the exception of guide dogs for visually impaired participants), prams or pushchairs and/or other wheeled objects, loud radios or other audio equipment;
- have anything with them that could reasonably be considered to be dangerous or to seriously inconvenience other participants (except 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 Four Days 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 Four Days 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 from the Four Days Marches* 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 for the Four Days Marches*.

Article 14

Stichting DE 4DAAGSE has imposed *Four Days Marches 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 personal details and/or image in print, on photograph, film or video etc., for promotional or informative purposes in the interest of the Four Days Marches, without being entitled to demand payment. The use of the aforementioned material shall be governed by the *Four Days 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 Four Days 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 such event there will be no entitlement to restitution of the registration fee, nor to compensation for any material or immaterial damage or losses.

Article 18

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

Article 19

Any cases not provided for by these rules and regulations shall be decided by the board of Stichting DE 4DAAGSE. The board of 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 20

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

