

RULES AND REGULATIONS
49th Bieg Piastów – Cross-Country Skiing Festival
Szklarska Poręba – Jakuszyce, 7-9.03.2025

I. PURPOSE OF THE COMPETITION:

- Popularisation of cross-country skiing in Poland and worldwide
- Promoting healthy lifestyles and active leisure
- Promotion of the Jizera Mountains region
- Integration of the Bieg Piastów community

II. ORGANISER:

The Association of "Bieg Piastów"
Jakuszyce 8, 58-580 Szklarska Poręba
Tel. (+48) 75 717 33 38, NIP: 611-01-55-623
e-mail: zawodnicy@bieg-piastow.pl, biuro@bieg-piastow.pl

III. PLACE AND DATE:

Place: Polana Jakuszycka – Lower Silesian Sports Center, Jakuszyce 8, 58-580 Szklarska Poręba, Poland.
Date: 7-9 March 2025

IV. PARTICIPATION

1. Participants in the competition can be persons who will be of the following age on the day of the start:
 - 7 years old at a distance of 6 km
 - 12 years old at distances of 30 and 25 km
 - 18 years old at a distance of 50 km

At the request of a parent/legal guardian, the Organiser has the right to grant permission to deviate from the rules for the participation of a younger competitor. Each request is considered individually.

2. Persons who have not yet reached the age of majority on the day of the start are required to have permission to participate from a parent or legal guardian, with his signature and ID number. A model consent is attached as **Appendix 1**. The condition for admission to the start is the presence of a parent or legal guardian with an ID at the time of verification of the competitor at the competition office.
3. Participation in the run implies acceptance of the rules and regulations and consent to the processing of personal data, use of the competitor's image by the Bieg Piastów Association in publications, during TV, radio and Internet broadcasts and in other media. It is advisable to take out personal accident insurance at your own expense.
4. Each competitor is required to familiarize themselves with the rules and regulations of the competition and is obliged to abide by them.
5. A participant in the competition is a person who independently covers the entire course. **Children in "trailers"** will not be classified.

V. ENTRIES

1. Entries for the "Cross-country Skiing Festival - 49th Bieg Piastów" are accepted only in electronic form through the application form at www.bieg-piastow.pl. From 21.10.2024 until the entry limit (paid-up persons) is reached.
2. Participants have 5 days to pay the entry fee after registering via the online form, otherwise they will be automatically removed from the entry list. If the limit of paid-up persons is reached within this time, the entry will be invalid.
3. An entry is considered valid when it is paid via Datasport's electronic payment system in the online application panel.
4. **A competitor's entry will be visible on the entry list only after the entry fee has been posted.**
5. The organizer is not responsible for incomplete or incorrectly completed entries.

6. The competitor has the option to hide their details on the entry list by selecting the “anonymous” option when completing the entry form. In this situation the competitor will not be visible on the entry list in the Datasport portal and in the results.
7. Withdrawal of one’s start number without prior notification at the competition office is tantamount to disqualification.
8. In the case of a gadget that requires a **specific size**, the size must be provided **by 14.01.2025**. After this date, the size will be assigned randomly.

Telephone entries will not be accepted.

9. Time limit and entry limit:

DATE	DISTANCE	STARTING TIME	ABSOLUTE TIME LIMIT	TOTAL ENTRY LIMIT
7.03.2025	6 km CT	09:00	Finish – 11:00	850
	30 km FT – Worldloppet	12:00	Finish – 16:00	650
8.03.2025	50 km CT – Worldloppet	09:00	35 km – by 14:30 Finish – by 17:00	1800
9.03.2025	25 km CT – Worldloppet (9th Wanda and Jerzy Lechowicz Memorial)	10:00	Finish – 15:00	2000

Those who do not meet the time limits will not be classified. They are obliged to end the run. These persons and those interrupting the run, remain on the course at their own risk and responsibility. In the cases referred to in the preceding sentence, the Organiser shall not be liable for these Participants, in particular for bodily injury or damage to health. A competitor who interrupts the run is obliged to inform the Organiser, a medic or a volunteer on the course.

The Organiser reserves the right to change the entry limit or close the entry list early.

VI. ENTRY FEE

1. The amount of the entry fee is based on the date of payment, not the date of registration.

DISTANCE	by 30.11.2024	by 31.12.2024	by 15.01.2025	from 16.01.2025
6 km CT	PLN 100	PLN 120	PLN 150	PLN 170
30 km FT	PLN 160	PLN 180	PLN 220	PLN 300
50 km CT	PLN 180	PLN 200	PLN 250	PLN 350
25 km CT	PLN 160	PLN 180	PLN 220	PLN 300

2. Entry fees for participants taking part in 2 or 3 Worldloppet runs:

DISTANCE	by 30.11.2024	by 31.12.2024	by 15.01.2025	from 16.01.2025
30 km FT and 50 km CT	PLN 290	PLN 330	PLN 420	PLN 600
25 km CT and 50 km CT	PLN 290	PLN 330	PLN 420	PLN 600
30 km FT and 25 km CT	PLN 270	PLN 310	PLN 390	PLN 550
30 km FT, 50 km CT, 25 km CT	PLN 440	PLN 500	PLN 630	PLN 890

3. The entry fee is a fee for participation in the run and not a fee for the Starter Pack. The entry fee is intended to cover organisational costs such as:

- start number,



- commemorative medal,
- insurance against accidents,
- regeneration meal at the finish,
- refreshment points on the 25, 30 and 50 km routes,
- free bus on the day of the run between Szklarska Poręba and Jakuszyce,
- professional medical service,
- race kit (varies according to distance),
- possibility of using the cloakroom and the depository free of charge before and after the event,
- electronic time measurement,
- preparation, accurate marking and securing of the course by Organisers and volunteers,
- electronic certificate of participation downloadable at: www.datasport.pl.

IMPORTANT:

- A) Participants registered for the cancelled 48th KGHM Bieg Piastów are entitled to a **50% discount** on the entry fee. This discount is only valid for the first entry deadline, which is until **31 October 2024**.
- B) Competitors who took places 1 - 6 (the first six women and men in the open category) in the Worldloppet distances in the 47th Bieg Piastów are exempt from the entry fee for the same distance.
- C) The winners of Grand Slam 2022 and 2023 are subject to the first entry fee throughout the registration period.
- D) **Changes to the distance** and the **transfer of your entry** to another competition participant can be made until **16.02.2025** after the prior:
- e-mail notification (zawodnicy@bieg-piastow.pl)
 - payment of a change fee of PLN 20,
 - paying the difference in the entry fee in accordance with the valid price list (excess entry fees will not be refunded).
- E) **A change is only possible if the newly selected distance has not reached the limit of paid-up participants.**
- F) In the event of a change of distance, the competitor will collect the race kit appropriate to the distance they have signed up for.
- G) **VAT invoice:**

In order to receive an invoice, the participant is required to provide billing details **when making payment**. A participant who chooses not to be invoiced when making payment will no longer have the option of receiving an invoice. (Act of 4 July 2019, amending the Value Added Tax Act and certain other acts).

Attention! In the event of cancellation of participation, the entry fee is non-refundable and does not carry over to the following year. Entry fees paid in error – will not be accepted and will not be refunded if the competitor's details are insufficient for identification.

VII. ASSIGNMENT OF STARTING SECTORS

- Starting sectors will be assigned on the basis of:
 - results from previous editions of Bieg Piastów,
 - results from the last three years in Worldloppet runs,
 - results from other cross-country skiing events over a similar distance.
- A competitor who changes the distance **by 16.02.2025** will be subject to re-verification when allocating sectors.
- The unofficial start list with sector numbers will be published on 17.02.2025** from which point onwards there is a **three-day complaint period**, after which no complaints will be taken into account.
- At the end of the complaint period, the **official start list** with assigned starting sectors will be announced.
ATTENTION! The official start list will not indicate start numbers.
- Start numbers will be assigned directly at the number-issuing office according to the starting sector assignment (not applicable to the ELITA sector).
- Participants can register after the official start list has been announced but only for the last starting sector.**
- The following groups of competitors will be allocated to the ELITA sector:**
 - competitors with an active FIS code,
 - competitors entered by the Polish Ski Association.

- the best competitors from the 47th edition of the competition at a given distance (50km CT, 25km CT, 30km FT),
The remaining competitors will be allocated to sectors 1 to 8 according to verification.

VIII. ISSUE OF START NUMBERS

1. **Place:** Lower Silesian Sports Center – Polana Jakuszycka, Jakuszyce 8, 58-580 Szklarska Poręba,
2. **Schedule** of the issuing office:

28.02.2025 Friday	14:00 – 18:00
01.03.2025 Saturday	08:00 – 16:00
02.03.2025 Sunday	08:00 – 16:00
03.03.2025 Monday	15:00 – 17:45
04.03.2025 Tuesday	CLOSED
05.03.2025 Wednesday	CLOSED
06.03.2025 Thursday	14:00 – 19:00
07.03.2025 Friday	07:00 – 19:00
08.03.2025 Saturday	07:00 – 17:00
09.03.2025 Sunday	07:00 – 09:45

3. **The conditions for the issue of a start number are:**

- A) personal appearance of the competitor
 - B) submission to the competition office of a confirmation of the entry in the form of a 'ticket' which will be sent to the indicated e-mail address. The participant has the option to generate the ticket from their entry in the Datasport portal.
 - C) In the absence of a 'ticket' it is possible to collect a start number on presentation of an identity document.
 - D) If you are collecting a start number for another person, you must present the 'ticket' of the person for whom you are collecting the race kit, or a signed authorisation letter (Appendix 2)
4. If you do not have a 'ticket', you can collect your start number by showing an identity document.

ATTENTION: The race kit and number must be collected no later than 15 minutes before the start of the respective distance. Packages not collected by this time remain at the Organiser's disposal.

IX. START AND TIME MEASUREMENT

- Wave starts will take place at intervals.
Competitors line up in sectors according to their assigned start numbers.
Each participant must pass the check at the entrance to the starting sector, (in an exceptional situation, a competitor may start from a sector further away than their start number with the prior agreement of the referee).
- Skipping the check or starting from a lower sector will result in disqualification.
- In the ELITA sector, competitors with an active FIS code shall take numbered positions, others have the option of leaving their skis behind (on non-assigned positions) up to 30 minutes before the start and leaving the sector.
- The entrance to the ELITA and sectors 1 and 2 will close 10 minutes before the scheduled start time.
- Disabled competitors with a valid disability certificate start 10 minutes before the first sector and have their net time counted. A participant with a disability may also start from an assigned sector on the basis of their results obtained.
- Starting with a start number (chip) that is not your own will result in disqualification.
- Time measurement will be carried out using non-returnable chips embedded in the start number. **Time will be counted net*** except in the ELITA sector, and over the 6 km distance except for the first 50 competitors at the finish line.



* net time – individual running time calculated from the moment the competitor crosses the measuring gates in the starting area to the moment they run across the finish line.

X. CONDUCT ON THE COMPETITION COURSE

1. The competition is conducted in accordance with the International Skiing Rules and Regulations (IRC) and guidelines from the Skiing Sports Regulations (PZN).
2. Competitors are required to:
 - Run from start to finish along the designated course and pass all checkpoints.
 - Not impede the run or disturb other competitors.
 - Not make it difficult for faster competitors to overtake. Weaker competitors should occupy the right side of the course, faster competitors the left side.
 - Run in a style appropriate to the specific run.
 - At the start of the 30km FT, the classic style applies over a distance of approximately **30-50m**.
 - A change of style on the course during the run will result in disqualification.
 - Changing skis during the run will result in disqualification, with the exception of damaged skis.
 - Staying on the competition course without a valid start number is not permitted. Persons without a valid start number will be removed from the course by the event's staff.
A participant who goes off the course is obliged to inform the run Organiser or the relevant technical services (medical assistance, volunteers, referees, timing office).

XI. LOCKER ROOM AND DEPOSITORY

1. Each athlete can use the free locker room and depository.
2. Only bags signed with the start number will be accepted for deposit (bags are issued with the race pack).
3. Collection of the left deposit only on presentation of the start number.
4. It is forbidden to leave bags at the start.
5. The Organiser is not responsible for items left in the depository.

XII. PROTESTS

Any protests must be filed in writing in Polish or English at the competition office together with all evidence. The written protest must be accompanied by a deposit of PLN 500. If the protest is accepted, the deposit will be returned. If the protest is rejected, the deposit passes to the Organiser. The time to file a protest is 15 minutes from the posting of the unofficial results on the notice board located near the competition office and the award ceremony area.

XIII. AWARD CEREMONY AND PRIZES

The following award ceremonies will be held during the competition:

1. At a distance of: 30 km FT, 50 km CT and 25 km CT:

- General women's and men's OPEN places 1-6: **sports trophies + prizes in kind**
- Best Polish male* and best Polish female* competitor: **sports trophies**
- Oldest and youngest male competitor: **sports trophies**
- Oldest and youngest female competitor: **sports trophies**

* **persons having Polish citizenship**

2. Over a distance of 50 km CT:

- general women's and men's OPEN 1-3: **financial prizes**
- in the women's and men's age categories places 1-3: **sports trophies**
 - M and W 18 (2006 and younger),
 - M and W 20 (2005 - 1996),
 - M and W 30 (1995 - 1986),
 - M and W 40 (1985 - 1976),
 - M and W 50 (1975 - 1966),



- M and W 60 (1965 - 1956),
- M and W 70 (1955 - 1946),
- M and W 80 (1945 and older),

Prize winners in the OPEN category over the 50 km CT distance will be awarded in age categories.

- All financial prizes will be paid in PLN.
- The financial prizes will be paid to the designated personal bank account no later than 30 days after the details necessary for the transfer have been correctly filled in. (Financial prizes will not be paid in cash)
- **Financial prizes will be paid after deduction of a 10% flat tax.**

In the event of an ex-aequo place, the two prizes will be added together, then divided and each competitor will receive 50% of the prize value.

3. Over a distance of 6 km CT:

- General women's and men's OPEN places 1-6: **sports trophies + prizes in kind**
- Oldest and youngest male competitor: **sports trophies**
- Oldest and youngest female competitor: **sports trophies**

4. PZN Polish Masters Cross-Country Skiing Championships (according to separate rules and regulations)

5. Industry (according to separate rules and regulations)

ATTENTION:

In the event of a competitor's absence at the award ceremony, the competitor may only collect the cup, while the prize in kind will be forfeited and the prize money reduced by 20%.

XIV. RESULTS

Unofficial results are valid as soon as they are posted on the scoreboard. The participant has 15 minutes to make any kind of protest or comment. After this time, the results of the awarded competitors are considered **official**.

Once the run has been completed, the results will be available:

- on a light board in the finish area,
- in a text message sent to the telephone number provided during registration,

All complaints and discrepancies must be reported directly to the competition office without delay.

XV. TRANSPORT

There will be free buses on the route Szklarska Poręba - Jakuszyce - Szklarska Poręba from 7-9.03.2025. A detailed timetable will be posted one week before the competition on the website www.bieg-piastow.pl.

Competitors arriving individually and spectators are requested to use the buses or trains on the Szklarska Poręba Górna – Szklarska Poręba Jakuszyce route.

ATTENTION! The car parks in Jakuszyce are paid and have a limited number of spaces. The Organiser does not reserve parking spaces.

XVI. PROTECTION OF PERSONAL DATA

1. Participants' personal data will be processed in accordance with the applicable legislation, in particular Regulation (EU) 2016/679 of the European Parliament and of the Council of 27 April 2016 on the protection of natural persons with regard to the processing of personal data and on the free movement of such data and repealing Directive 95/46/EC (General Data Protection Regulation).
2. The data processing referred to in section XVI. 1. also includes the publication of: name, surname, year of birth, name of town, branch classification and club name.
3. The provision of personal data is necessary both to participate in the run and to maintain an account on datasport.pl. Failure to provide personal data prevents the conclusion of a contract and participation in the run.
4. Detailed information on the privacy policy is available on the Organiser's website: www.bieg-piastow.pl.

XVII. OTHER INFORMATION

1. The Organiser, prior to the event, will publish the following information at www.bieg-piastow.pl:
 - detailed sector layout and starts, course markings (colour),
 - layout of the nutrition points on the running courses,
 - free bus timetable,
 - timetable for the award ceremony.
2. Competitors taking part in the 6 km CT distance are required to attach their start number to the front so that it is clearly visible.
3. **ATTENTION!** Rules regarding **pole length** will apply in accordance with the Ski Sports Regulations (Chapter II, 343. Liability of Competitors; 343.8.1). The referees have the right to carry out a length check of the poles at the start as well as at the finish.
4. **ATTENTION!**
FIS has decided to prohibit the use of fluorine in ski lubricants. Please comply with this prohibition.
5. Competitors have a duty to respect the environment. It is strictly forbidden to litter the course of the competition, except in designated areas where there will be refreshment points. Littering of the course will be subject to disqualification. No glass containers are allowed near or on the competition course.
6. Competitors from abroad must have a valid International Insurance Card.
7. In the event of poor weather conditions/lack of snow, the Organiser has the right to change or shorten the distance.
8. In the event of cancellation of the race, the organising committee shall provide participants who have paid their entry fee for the 49th Bieg Piastów and register at the first deadline for the 50th Bieg Piastów with a discount on the starting fee for the same distance. The amount of the discount will depend on the financial situation of the run Organiser.
9. **Competitors who place 1st-6th in the Open category (men and women) of the Worldloppet distances may be subject to doping tests after completing the race.**
10. The Bieg Piastów Organiser reserves the right to make changes to the Rules and Regulations, of which it is obliged to inform all participants before the start of the event on the Organiser's website (www.bieg-piastow.pl).

Interpretation of these Rules and Regulations rests with the Organiser.

The appendices are an integral part of the Rules and Regulations:

Appendix 1 – Consent of parent or legal guardian to participation of a minor

Appendix 2 – Authorisation letter for the collection of the race pack by a third party