

**Regulations for 2013 Wuzhong (Suzhou)
“Around Taihu” International Race Walking and
Fitness Walking Multi-day Competition**

I. Organizer: Chinese Athletic Association, Sports Bureau of Jiangsu and the People’s Government of Suzhou

II. Undertaker: Suzhou Sports Bureau and the People's Government of Wuzhong District, Suzhou

III. Co-organizer: Wuzhong Culture and Sports Bureau, Dongwu Radio and Television Management Center and Sports Institute of Soochow University

IV. Date and Place:

Date: Nov. 11-14, 2013;

Place: Wuzhong Taihu Scenic Spot of Suzhou.

V. Race Courses:

Day 1 (Taihu station): 20km in total, starting point: Taihu International Conference Center→ along Taihu Ring Avenue→ Taihu Bridge traffic island→ turn back→ turn left at Xukou Water Conservation hub road →go straight on Suwu Road →turn right at Taihu Ring Avenue → Turn left at Taihu Ring Avenue → destination

Day 2 (Qionglong Mountain station): 15km in total, 3km for each lap of the track, starting point: north gate of Qionglong Mountain Scenic Spot, destination: Sunwu Cultural Park.

Day 3 (Wangshan station): 15km in total, 3km for each lap of the track, starting point and destination: Wangshan Scenic Spot.

Day 4 (Dongshan station): 15km in total, starting point: Dongshan State Guest House, destination: Luxiang Ancient Village.

VI. Participation and Grouping

(I) Professional group

1. Chinese Athletic Association is responsible to invite the world's top walkers of the current year from member federations of IAAF and foreign walking race associations and clubs.

2. Race walkers from various provinces of China registered at Chinese Athletic Association.

(II) Amateur group

1. Members of domestic amateur road running clubs, walking, hiking and fitness walking clubs or associations.

2. Walking enthusiasts at home and abroad, ordinary citizens all over the country, Suzhou and neighboring cities.

VIII. Events

(I) Professional group: male and female 20km, 15km, 15km and 15km (4 stations in total) team race and individual race.

(II) Amateur group (public walking): 5km-20km (2 stations in total) individual race and team relay.

IX. Participation Rules

(I) Professional team event

Each team shall consist of three athletes; team members could also compete as individuals.

(II) Age requirements for contestants

1. Professional athletes: athletes over 16 years old registered at Chinese Athletic Association and international athletes conforming to regulations of IAAF.

2. Amateur 15km group: 18~60 years old;

3. Amateur family group: children must be over 7 years old.

(III) Health requirements for contestants

Long-distance walking exercise is good for health, but contestants shall select events of appropriate distance based on their own physical condition and practical ability. Those suffering from disease below are unfavorable for participating in the contest:

1. Congenital heart disease and rheumatic heart disease;
2. Hypertension and cerebrovascular diseases;
3. Myocarditis and other heart diseases;
4. Coronary artery disease and severe arrhythmia;
5. Diabetic patient with excessively high or low blood sugar;
6. Other diseases unsuitable for sports.

X. Agenda and Grouping

Date	A.M.	Events	Remarks
Nov. 11, Monday	09:00	Professional group, male 20km, individual and team events Professional group, female 20km, individual and team events Amateur: Individual: 5km, 10km and 15km. Team individual relay: 20km. Team unit relay: 20km	
Nov. 12, Tuesday	09:30	Professional group, male 15km, individual and team events Professional group, female 15km, individual and team events	
Nov. 13,	09:30	Professional group, male 15km,	

Wednesday		individual and team events Professional group, female 15km, individual and team events	
Nov. 14, Thursday	09:00	Professional group, male 15km, individual and team events Professional group, female 15km, individual and team events Amateur: 10km	

(I) Regulations of the professional group:

1. These regulations shall be applied in addition to the IAAF Technical Rules which shall also be respected and adopted by athletes and judges.

2. Team event: various teams will be ranked based on the total score of three athletes at each station; the team using the shortest total time will rank the first. For the overall ranking, results at 4 stations finished will be added up and the team using the shortest total time will rank the first. If a team has less than 3 athletes finishing the race at a certain station, it shall be ranked after the ranking of teams with 3 athletes finishing the race; the overall ranking will apply the same way.

3. Individual event: ranking based on results of all athletes participating in team events and individual events; the one using the shortest time will rank the first.

4. When a judge is not completely satisfied that an athlete is fully complying with IAAF Rule 230.1, he should, where possible, show the athlete a yellow paddle indicating the offence. When a Judge observes an athlete failing to comply with Rule 230.1, the Judge shall send a Red Card. Penalty Stops will be set up along the route (based on distance of daily race, 3-4 penalty stops will be set up for each station). The athlete bearing a red

card will be introduced by the referee to the nearest penalty stop for 1 minute stop of walking. After 1 minute, the athlete will be allowed to resume the race as guided by the referee. For two red cards, the athlete shall stop racing for 2 minutes, and so on. In case of serious offence, like running, or serious violation of moral behavior in sport, the athlete should be shown a Red Paddle for disqualification for the current race.

5. Transponders will be provided for timing.

6. From the second station, the one ranking the first in the first station will wear the yellow leading vest in the race.

7. Drinking water and refreshment stations will be provided along the courses.

8. Team events athletes must wear the same uniforms bearing the name of the team on the vest; the uniforms must conform to IAAF requirements.

9. Doping Control will be conducted.

(II) Amateur group (set up number sections):

1. There is no requirement on walking techniques of amateur athletes, but obvious running action will not be allowed; walking speed of amateur contestants shall not exceed the speed of professional walking athletes.

2. Amateur group individual and team relay events will be set up for the first station.

Individual relay: each unit shall dispatch 20 contestants wearing ribbon with the name of the unit; each contestant will walk for 1km; hand over and walk forward continuously per kilometer till the completion of the specified journey.

Team relay: each unit shall dispatch 100 contestants; LOGO of the unit (which must be approved by the organizing committee) can be held in the walking process; 5 contestants from the same unit will walk together

for each kilometer. After handover per kilometer, continue walking forward till the completion of the provided number of kilometers.

After the completion of individual and team relay of certain distance, the organizing committee will award honorary titles as well as prizes and trophies based on the situation of organization and participation. See specific criteria as shown in the application manual.

3. Individual walkers shall participate in walking as per the applied distance; no ranking and scoring will be given; those completing the applied distance will be awarded with the souvenir. The longest distance for family group is 5km.

4. Number sections: individual relay of team group: 20000- 21999

Unit relay of team group: 30000-32999

Family group: 50000-51999

5km individual event: 60000-61999

10km individual event: 70000-70999

15km individual event: 80000-80999

XI. Entry (Omitted)

XII. Prize Structure

1. Prize for the professional group (USD)

(1) Overall team rank prize (male, female):

The 1 st place	The 2 nd place	The 3 rd place	The 4 th place	The 5 th place	The 6 th place
20000	15000	10000	7500	6000	4500

(2) Individual overall rank prize (male, female):

The 1 st place	The 2 nd place	The 3 rd place	The 4 th place	The 5 th place	The 6 th place	The 7 th place	The 8 th place
10000	7000	6000	5000	4000	3000	2000	1000

(3) Individual station rank prize (male, female):

1	2	3	4	5	6	7	8	9	10	11-15
1000	800	700	600	500	400	300	200	100	100	100

(4) Yellow vest leading award (male, female): USD 1000

Note: 20% personal income tax will be deducted from the prizes above.

2. The top three places of male and female individuals based on the overall results will be awarded with trophies; athletes ranking in the top 8 places will be awarded with a medal respectively. The male and female teams ranking the top three places based on the overall results will be distributed with the memorial trophies.