



REGULATION WORLD PLOGGING CHAMPIONSHIP

2022 EDITION

A. INTRODUCTION

The Littering - the abandonment of small and very small waste - is a widespread phenomenon. It contributes at least 75% to the concentration of waste in water bodies and in particular in the sea. Among the priorities of the world authorities and of the European Union there is the contrast to the phenomenon of littering. In particular, the European Union has identified on May 10 the European day against the abandonment of waste (European Clean Up Day).

Awareness-raising and communication were identified as the most effective measures. Environmental sensitivity through sporting events has become increasingly common in recent years and has also led to the drafting of the International Charter for Sustainable Sporting Events or Charter of Courmayeur.

Among sports events, running accompanied by the collection of waste thrown to the ground is a particularly effective practice especially from the communicative point of view. Since 2015 the Keep Clean And Run event, coordinated by the International Association for Environmental Communication (AICA), have reached over 20 million people and since 2016, Erich Alsthrom launched the neologism plogging to define the run and waste collection.

In 2020 AICA, in collaboration with ERICA soc. coop., launched the pilot edition of the World Plogging Championship (WPC). A year after, the first official edition was held in Val Pellice (Italy), from 1st to 3rd October.

B. ORGANIZATION

The Plogging International Committee is formed by the International Association for Environmental Communication (AICA), ERICA soc. coop., ACEA Pinerolese Industriale, Carlo Degiovanni, Erik Ahlström (PLOGGA), and Sandro Fioravanti, and it is entitled to organize the World Plogging Championship (WPC).



C. DESCRIPTION

The WPC takes place on paved paths and roads according to the principles of trail running and mountain running.

The organisers identify, on the basis of specific applications, a main valley that guarantees a minimum difference in altitude of 1000 d+ with sections of the valley floor road and some refuges.

The event will take place between the second half of September and the first half of October at the end of the summer tourist season, so that the event really contributes to the cleaning of the valley.

The area normally comprises several municipalities. The precise boundaries that make up the competition field are communicated to the athletes during the first technical briefing. In the competition field there are paths that can be covered with different levels of hiking difficulty, according to the indications of the Italian Alpine Club (CAI) and equivalent according to the different international classifications (T - E - EE). Detailed directions will be provided to athletes during the technical briefing on the day of meeting, prior to the race.

In summary:

- a. The departure and the arrival are placed in the same point equipped with a specific arch served by the timekeeping equipment;
- b. The maximum time is set in 7 hours, it is possible to arrive before the deadline with a proportional reduction of the score (1 point = 1');
- c. Five minutes before and five minutes after the arrival time the time will be considered identical;
- d. Together with the race pack will be delivered 4 bags each one equipped with transponder initialized (or any other system that allows the identification) with the number of the race bib of the athlete;
- e. Bags may be left along the way, but it is mandatory to pass under the arc of arrival with the bags in hand;



- f. There is the possibility of crossing the arrival with a maximum of 3 pieces out of the bags (e.g. tire, computer carcass), but they must be in contact with the body of the athlete;
- g. The route is in semi-autonomy with the presence of a maximum of 3 refreshments (at which there will also be the obligation to check point) the number and the exact location will be communicated to the athletes during the technical briefing;
- h. The route will be free, but it is mandatory to remain within the boundaries of the race field defined by the organization that will be communicated during the technical briefing;
- i. It will be mandatory to download the official app for tracking the path communicated by the organization at the confirmation of qualification;
- j. It is mandatory to use the GPS tracker (which will be provided by the organization and switched on at the time of departure).

D. PARTECIPATION CRITERIA

The essential requirements are:

- a. Having qualified through qualifying races or plogging challenges;
- b. Have good physical and athletic condition confirmed by a specific medical certificate;
- c. Participate in the technical briefing the day before the race;
- d. Accept this Regulation in its entirety, deliver the disclaimer countersigned, together with the privacy policy, at least one day before the race;
- e. Be registered with a sports club, or, alternatively, have adequate insurance coverage to be provided within the day before the race.

E. REGISTRATION FEE

The WPC subscription is free of charge. Participation in qualifying races shall follow the normal registration procedures for the selected ones from year to year.

F. WPC QUALIFICATION

There are two modes to qualify for the WPC:



- A. Through specific qualifying competitions;
- B. Through plogging challenges.

A. Qualifying competition

In 2022 the qualifying race will be, in chronological order (updated regularly):

Giro del Lago di Varese (Italy) – 6th March

Ymittos Marathon SESI (Grecia) – 10th April

Tuscany Crossing (Italy) – 22nd April

Trail del Bersaglio (Italy) – 15th May

Zumbador Trail (Venezuela) – 21st May

Monviso Trail (Italy) – 19th-21st August

100 Miglia del Monviso (Italy) – 19-21 August

The registration for qualifying competition does not provide additional charge, but it is mandatory to accept this regulation and be in compliance with the registration to the indicated competition.

The races are therefore, to all intents and purposes, part of the World Plogging Championship, of which they represent the selection and qualification phases for the final stages.

To access the pre-registration you need to register to the ploggingchallenge.com portal at the following link: ploggingchallenge.com .

Once registered users will have to update their data gradually before each new competition. In case of forgotten password it is essential to ask for a new one and not create a second profile. Only one profile per person is allowed. The registration to the portal involves the declaration of personal data, providing false data in Italy is a crime.

On the website it is possible to select the qualifying race/s.

To be registered regularly you must have created your own profile on the ploggingchallenge.com portal and be in compliance with the registration to the selected races.



The organizers of the WPC will verify the regularity by crossing the registration database of the specific qualifying races, in case of inconsistency will be asked the athlete to regularize the registration within 48 hours from the start of the race, in the event of non-regularisation, the race shall not be considered qualifying.

During the delivery of the race package, only to the WPC members, will be also delivered a bag for waste collection and a pair of gloves, the use of which is strongly recommended.

Upon arrival, the WPC organizers (if present) in collaboration with the organizers of the qualifying races will collect the bags from the WPC athlete ensuring that they are associated with the number of the bib and reporting the on the bag the number of the athlete to proceed with the count of waste collected for scoring.

For the qualifying tender to be considered valid, it is necessary to complete it within the time limits set by the tender and to have collected at least 1 rejection per 10 km of the race. Intermediate kilometres to tens are approximated for defect from 1 to 4, for excess from 5 to 9:

Ex.

31 km= 3 rejections;

55 km = 6 rejections;

82 km = 8 rejections.

B. Plogging Challenge

You can qualify for the WPC through a plogging challenge.

On the ploggingchallenge.com portal select the Plogging Challenge – you can opt for the general Plogging Challenge or a specific Plogging Challenge, adopted by a sponsor. For the qualification there is no difference between qualifying races and Plogging Challenge. Regarding specific Plogging Challenges adopted by sponsors, we remind you to the specific regulations.

In the case of qualifications through the Plogging Challenge the athlete can run where he wants and he will be in his most complete and exclusive responsibility for physical activity and the relative transmission of data.



The athlete who wants to qualify must create his or her own profile on the ploggingchallenge.com portal.

Once the profile is created, the athlete will be able to gradually load the plogging sessions with an image of his performance (times, elevation gain and distance) and of the waste collected.

For the transmission of the performance you can use the most common applications, sharing or sending a screenshot (Strava, Runtastic, Adidas, Nike, Suunto, Polar, Garmin, Skible, Twonav, Torx, etc.)

With regard of the waste collected, a photo should be uploaded showing the objects collected, in good resolution, to allow the identification of each waste. It is recommended to make the photo by placing the objects side by side, by type and shoot them from above.

In order to consider the plogging session valid and therefore to enable the counting of the scores, it will be necessary to load a session of at least 5 km or 40' with at least 1 refusal collected. Sessions without waste, with shorter times and mileage will not be considered valid and will be eliminated.

Maximum one daily session per day will be accepted. If more than one daily session will be uploaded, only the last one will be considered.

For 2022 will be considered valid sessions held between 29th April and 31st August.

G. SCORE

The score for the ranking will be calculated as follows:

A. Qualifying races

For the qualifying races:

1 point per km - the distance considered is that indicated by the organizers and reported in the previous point F.

1 point for every 10 metres of altitude difference - the elevation taken into account is that indicated by the organizers and reported to the previous point F.



1 point per minute less than the maximum race time set by the rules of each race; ex: maximum time 7 hours, time spent by the athlete 5 hours and 35 minutes = time "saved" = 2 hours and 25 minutes = 145 points.

1 point each gram of CO₂ saved. This count will be carried out by the technical office of ERICA soc. coop. translating the weight of each individual object/waste collected and delivered at the end of the race, through the official bag delivered at the start, in CO₂ equivalent. The CO₂ does not coincide with the weight but depends on the type of material.

For the sole purpose of example below are showed some equivalence:

1 g paper = 1,13 g CO₂ (COMIECO)

1 g PET = 1,8 g CO₂ (AEA)

1 g aluminium = 7,98 g CO₂ (CIAL)

1 g steel = 1,922 g CO₂ (RECRE)

ATTENTION: the MINIMUM score to enter the ranking is 300 points overall.

B. Plogging challenge

For the Plogging Challenge:

1 point per km - the distance considered is that indicated by the organizers and reported in the previous point F.

1 point for every 10 metres of altitude difference - the elevation taken into account is that indicated by the organizers and reported to the previous point F.

1 point per minute less than the maximum race time set by the rules of each race; ex: maximum time 7 hours, time spent by the athlete 5 hours and 35 minutes = time "saved" = 2 Hours and 25 minutes = 145 points.

1 point each gram of CO₂ saved. This count will be carried out by the technical office of ERICA soc. coop. translating the weight of each individual object/waste collected and delivered at the end of the race, through the official bag delivered at the start, in CO₂ equivalent. The CO₂ does not coincide with the weight but depends on the type of material.



For the sole purpose of example below are showed some equivalence:

1 g paper = 1,13 g CO₂ (COMIECO)

1 g PET = 1,8 g CO₂ (AEA)

1 g aluminium = 7,98 g CO₂ (CIAL)

1 g steel = 1,922 g CO₂ (RECRE)

ATTENTION: the MINIMUM score to enter the ranking is 100 points overall.

It is not possible to accumulate points between qualifying races and Plogging Challenge.

H. RANKING

There will be two ranking:

- Qualifying races;
- Plogging challenge.

It is not possible to qualify for the World Plogging Championship through the 2 ranking, but you must choose one of the 2 modes.

The rankings, for the qualification to the WPC, will be updated periodically, the latest on 31st August.

For both types of qualifications there will be a female ranking, without age distinctions and a male ranking, without age distinctions.

I. NUMBER OF ATHLETES QUALIFIED

The maximum number of athletes for the 2022 edition is 100 divided as follows:

- a. 60 qualified through qualifying competitions, the top 30 women in the overall ranking, the top 30 men in the overall ranking,
- b. 30 qualified through the virtual Plogging Challenge, the top 15 women in the overall standings, the top 15 men in the overall standings
- c. 10 wild cards. The organization reserves the right to invite at its discretion top athletes in the sports scene, for an indicative number of a dozen, also through the sponsors of the event.



In the case of an insufficient number of a category (male/female - competitions/plogging challenge) the organization reserves the right to draw from the other categories to ensure the total number of participants.

In the case of the renunciation of a participant the next athlete in the ranking succeeds at the final closing date, set for 2022 edition, at August 31.

J. DISCLAIMER AND MEDICAL CERTIFICATE

DISCLAIMER

Each athlete must sign a release in which he says he is aware of the difficulties of the race he will face and the commitment to bring with him all the material necessary to safely face the race, to be able to be photographed and filmed and to accept the present Regulation.

The disclaimer form is accessible in your personal file on the ploggingchallenge.com website and must be filled no later than 15th September.

The organization reserves the right to request any other certifications, according to the indications of future national or international regulations aimed at containing the pandemic by SARS COV 2 (COVID-19).

MEDIACAL CERTIFICATE

To participate it is essential to provide a medical certificate of competitive sports having the following specification:

certificate of conformity for competitive sports and dated no later than one year before the date of the race.

In Italy the examination for the competitive medical certificate consists of the following examinations: spirometry, electrocardiogram under stress, visual test and urinalysis.

Since the standards in each country are different, we require a medical certificate with the following characteristics:

- a. data of the athlete;
- b. the competitive wording;
- c. the date of emission;
- d. the stamp of the competent doctor;



e. the signature of the competent doctor.

For foreign certificates, if possible, request a copy in English or French.

Documents must be uploaded to your personal data sheet on the ploggingchallenge.com website by September 15, 2022

K. RACE-BIBS AND CHIPS

RACE-BIBS

The race-bib is delivered exclusively to the athlete only on presentation of an identity document with photo.

Two bibs will be delivered: one to be worn always visible on the chest or belly and the other to be attached to the backpack.

The bib is the pass-through necessary to access the shuttles, buses, supply areas, treatment and rest rooms, showers, sacks, etc.

CHIPS

Two types of chips will be delivered: one connected to the chest and another connected to each bag delivered to athletes.

Before the start each runner must necessarily pass through the entrance gates to the closed area of departure to get activated the chips.

When passing to a control point and upon arrival, the runner must pass the chip on the passing and timing detector so that it is regularly recorded. Further information will be given during the technical briefing.

L. TRACKER GPS

Each runner is provided with a GPS tracker to be attached externally to the backpack and returned upon arrival.

No bail is required.

The Tracker will be activated by the organization at the departure of the event.

M. SEMI-SELF-SUFFICIENCY AND FIELD RACE CHARACTERISTICS



The race will take place in a race field with important differences in height, natural routes also in the high mountains, torrential waterways, woods and mountain trails as well as some stretches of asphalt road.

The athletes will have at their disposal 2 refreshments that are a few hours away.

It is therefore essential, especially for mountain areas, to be aware of their own abilities.

For the stretches on asphalt and/or carriageable road it is fundamental the respect of the code of the road.

Awareness of the risk of handling found objects is crucial for waste recovery.

ATTENTION!

Underestimating one's own psycho-physical preparation, clothing and equipment can lead to extreme, even lethal consequences!

Semi-self-sufficiency is defined as the ability to be autonomous for 7 hours of racing, referring to safety, power supply and equipment, and the ability to solve and manage problems that may arise (bad weather, physical discomfort, injuries, etc.).

N. EQUIPMENT

Each runner must carry with him for the duration of the race the necessary equipment to safely face the weather conditions, the route, the altitude. This should be carried in a sufficiently large backpack.

Along the route, in particular conditions (adverse weather, technical difficulties of the route, etc.) the Race Commissioners will be able to check the equipment of the runner and report to the Race Direction. The Race Direction, assessed the situation with the persons in charge of safety and rescue, may decide at its own discretion to stop the competitor.

O. MANDATORY EQUIPMENT

The material that must accompany the competitor all along the way is the following:

- a. Glass or other container suitable for drinking at refreshment points - NO disposable material available;



- b. Mobile phone (you have to record the security numbers of the organization, do not mask the number and do not forget to start with the battery charge);
- c. Identity document and health card (or similar);
- d. Survival cloth;
- e. Food reserve;
- f. Water reserve (minimum 1,5L);
- g. GPS navigator with land map;
- h. Maps of the "race field" (provided at the time of the briefing);
- i. Altimeter and compass (suitable smartphone apps are accepted);
- j. Official bags of the event (provided by the organisation);
- k. Gloves (a pair will be provided by the organization in the athletes bag);
- l. Anti-fecion mask (one will be provided by the organization in the athletes bag)

P. RECOMMENDED MATERIAL FOR A SAFER RACE

- a. Shoe from A2 to A5 (intermediate-> trail);
- b. Waterproof breathable jacket with thermo-taped seams with hood;
- c. Spare clothing;
- d. The whistle;
- e. Self-medication kit;
- f. Power bank to charge telephone or other equipment;
- g. Knife;
- h. Lanyard;
- i. Yellow glasses;

Q. SAFETY AND MEDICAL CARE

In the race field there are three rescue points connected by radio or telephone with the Race Direction. At the departure there will be ambulances, civil protection and doctors. All details are specified in a Security Plan filed and approved by the competent Prefecture.

The official doctors are qualified to stop the competitors judged unfit to continue the race. The rescuers are enabled to evacuate with all means of their convenience the runners judged in danger.

In case of need, for reasons that are in the interest of the person rescued, only and exclusively in the judgment of the personnel of the organization, will appeal to the official



alpine rescue and/ or 112, which will take over the direction of operations and will implement all appropriate means, including the helicopter. Any costs arising from the use of these exceptional means shall be borne by the person rescued in accordance with the rules in force.

An athlete who turns to a doctor or a rescuer must submit to his authority and undertakes to respect his decisions.

Doctors and medical personnel stationed in strategic locations in the tendering field shall only provide assistance in the event of major medical/health problems. Each runner must ensure that they have with them the material necessary for self-medication of the feet and small abrasions that do not require medical intervention.

R. HEALTH COVERAGE

Medical expenses in Italy are not free.

The costs of emergency medical care and emergency health services are covered by the institutions of the country of residence or private insurance only if the runner has valid documentation:

ITALIAN CITIZENS: health card/tax code.

EUROPEAN CITIZENS (including Switzerland, Liechtenstein, United Kingdom): European Health Insurance Card.

NON-EUROPEAN CITIZENS: letter of guarantee of payment with the address of the Insurance to which send the invoice of payment.

Those who do not have public health cover (Italian or European health card) or private health cover (letter of guarantee of payment of private insurance) are obliged to pay the full rate of the health benefits, even if they are urgent.

This documentation shall always be carried throughout the duration of the invitation to tender.

Non-emergency medical expenses are entirely borne by the athlete.

S. HELICOPTER RESCUE



The helicopter transfer is aimed at the exclusive assistance of patients with objective need of medical care and cannot be used as a simple means of transport for those who leave the race.

In case the runner belong to a foreign nation or he is not covered by the National Health Service, or it is an inappropriate case not justified by health needs the cost will be entirely borne by all passengers even if registered with the National Health Service.

T. ENSURANCE

The organisation will sign a liability insurance throughout the trial period. The participation takes place under the full responsibility of the athletes, who waive any recourse against the organizers in case of damage and further consequences that occur as a result of the race.

To conclude the registration practice, the runner signs a disclaimer of discharge of responsibility.

The organization is responsible for registering each member to the ASI (Italian Sports Associations) thus ensuring the insurance coverage of each accident (read all details here).

It is strongly recommended that every runner should take out personal accident insurance.

The ITRA (International Trail Running Association) has developed a specific insurance for trail running, designed to adapt to the needs of a trailer that is in difficulty during a race (read more details here).

U. RACE ASSISTANCE

It is forbidden to be assisted along the trail – refreshment points are included. The athlete that will be helped with (by?) external assistance will be disqualified.

V. ACCOMPANYING

It is forbidden to be accompanied along the all the trail, the penalty is the disqualification

W. REFUGES, REFUELLING POINT AND CONTROL HUB

a. In the race field there are some refuges, only some of them are partners of the WPC. They will be communicated during the technical briefing the day before the race.



- b. The partner refuges are points of control of the passages, the athlete must make sure that the passage has been regularly registered; the failure of detection determines the disqualification from the race.
- c. The organisation reserves the right to carry out checks at undeclared points along the way.
- d. At the partner refuges it is possible for athletes to have free access to supplies and use the toilets in compliance with the rules of the refuge itself without disturbing the other users of the structure.
- e. Each runner will have to make sure that they have sufficient water and food supplies for the continuation of the race at the departure from each shelter.
- f. In the supply points will not be available glasses and other disposable materials, therefore it is necessary that the athlete has the necessary to supply water and food supplies.

X. REST AND SHOWER

At the end of the race near the arrival will be set up a facility for changing athletes, with showers and massage area.

It is strictly forbidden to sleep outdoors in the competition field.

Y. ATHLETES BAG

At the race-bib distribution, a bag containing the material for the race will be handed to each competitor, in particular:

- Official bags of the event (supplied by the organisation);
- Gloves against garlic (a pair will be provided by the organization in the athletes bag);
- Anti-fecion mask (one will be provided by the organization in the athletes bag)

The bag must be collected directly by the athlete.

At the time of the bag delivery will be verified the identity through ID (ID card or passport).

Your cell phone number will be verified.

The presence of the official app of the event will be verified on your smartphone/smartwatch



GPS tracker will be delivered and activated.

Z. RACE ABANDON AND RETURN

In case of abandonment the competitor must contact the SOS number, communicated during the technical briefing the day before the race, and go to the nearest control point. You have to communicate your withdrawal by being registered and the organization will take charge of its return at the departure/ arrival.

AA. MAXIMUM TIME ALLOWED

The race will develop within a maximum of 7 hours, but athletes, if they believe, can also re-enter before arrival without being disqualified; in the case of early return compared to the maximum 7 hours will be proportionately reduced compared to the maximum time of 7 hours, or 1 point less every minute than the maximum arrival time.

There are no time barriers.

In the 10 minutes riding the maximum time (five minutes before and five minutes after the arrival time) the time will be considered identical.

BB. RACE GROUND CHANGING OR CANCELATION OF THE RACE

The organization reserves the right to change at any time the race field, the final boundaries of which will be communicated at the technical briefing the day before the race.

In case of unfavourable weather conditions (severe depression with heavy rainfall and snow at altitude, high risk of thunderstorms, etc.) the departure and/or arrival time can also be changed by shortening the overall race time.

Only in case of extreme emergency and intervention of the authorities the tender can be cancelled.

CC. MAPS AND GPS TRACK

The boundaries of the race field will be communicated during the technical briefing the day before the race.

A map will be given to the athletes with the boundaries of the race field and the main trails.

Athletes can use GPS, without any restrictions, to orient themselves.



DD. DISQUALIFICATION AND DNF

On the route will be present the Race Commissioners for the control and verification of compliance with the rules.

In case of irregularities or breaches of the rules, the Commissioners can stop the competitor, after communication to the Race Direction.

The Race Direction, ascertained the irregularities found, will proceed to the disqualification of the runner.

The following infringements are ground of disqualification:

1. Refusal to be checked;
2. Failure to rescue another runner in distress;
3. Refusal to comply with an order from the Race Management, a Race Commissioner, a doctor or rescuer;
4. Doping or refusal to undergo anti-doping checks;
5. Failure to pass a control point;
6. Use of a means of transport;
7. Conduct not appropriate;
8. Exchange of pectorals;
9. Non-observance of road traffic rules in the case of transit by road;
10. Accompaniment by fans, assistants, staff;
11. Assistance during the race by fans, assistants, staff;
12. Dumping of waste!
13. Mistreatment of animals and damage to plants and habitats;
14. The disqualification is immediate and the runner must immediately stop the race.

You are not considered finisher In the case of:

1. Escape from the race field;
2. Crossing the arc of arrival without any refusal;



3. Crossing the arrival arc with waste out of bags in excess of 3.

EE. COMPLAINTS

Only written and documented, not anonymous, complaints submitted exclusively before the award ceremony of the event are accepted.

FF. JURY

The jury is composed of 5 members:

- Director of the race;
- Four other members selected by the race director within the organising committee;

The jury will deliberate in the time necessary to carry out the verifications of the case and however within the schedule for the awards.

The decisions taken are without appeal.

GG. RANKING AND AWARDS

The race is won by the athlete who has accumulated the most points, adding the distance covered, the difference in altitude exceeded and the waste collected in CO2 equivalent and subtracting any time lower than the maximum time set in 7 hours.

The athlete, woman and man, with the highest point will be proclaimed world champion of plogging and his score, being the first edition, will be the world record of plogging.

Two general rankings will be drawn: men and women.

The first three classified feminine and masculine will be awarded in the general classification.

HH. IMAGE RIGHT

Each competitor expressly waives the rights to the image therefore authorizes the organization and its partners to the free use, without limitation, of photo or video images that portray it during the event.

It is expressly forbidden to broadcast, through any means (web, social networks, TV, newspapers, magazines, etc.), for commercial purposes, images (videos or photos) taken during the event without the written permission of the Organization.



II. BRAND

The Campionato del Mondo di Plogging – World Plogging Championship – Championnat du Monde de Plogging – and their declinations in the official languages are trademarks owned or used exclusively by ERICA soc. coop.. All communications about the event or the use of images of the event must be made in compliance with the name of the event and the trademarks filed, subject to agreement with the Organization.

JJ. PRIVACY

With the registration to the WPC and its qualifications the athlete declares to accept all the points of this regulation and the Privacy Policy viewable at ploggingchallenge.com

KK. ACCEPTANCE OF RACE RULE AND ETHICS

Participation in the qualifying races, the Plogging Challenge and the WPC implies unreserved acceptance of this race regulation and the race ethics published and available on ploggingchallenge.com

LL. IMPORTANT

The original version of the document is drawn up in English and Italian. In case of inconsistencies or discrepancies with the versions in the other languages, the Italian/English version will be the reference one.