



WORLD PLOGGING CHAMPIONSHIP REGULATIONS

2022 EDITION

A. FOREWORD

Littering - the abandonment of small and very small amounts of 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 the European Union is combating littering. In particular, the European Union has identified in the 10 May is European Clean Up Day.

Awareness-raising and communication were identified as the most effective measures. Environmental awareness through sporting events has become an increasingly widespread practice in recent years, which has also led to the drafting of the International Charter for Sporting Events.

sustainable sports or [Carta di Courmayeur](#).

Among sporting events, running accompanied by the collection of litter is a particularly effective practice, especially from a communication point of view. Since 2015, the event [Keep Clean And Run](#) coordinated by the International Association for Environmental Communication ([AICA](#)) has been taking place, reaching over 20million people and since 2016, Erik Ahlström launched the neologism *plogging* to define running and waste collection.

In 2020 AICA, in collaboration with ERICA soc. coop., launched the pilot edition of the World Plogging Championship, followed the following year by the first official edition, held in Val Pellice (TO) between 1 and 3 October 2021.

B. ORGANISATION

The International Plogging Committee, composed of the International Association for Environmental Communication (AICA), ERICA soc. coop., ACEA Pinerolese Industriale, Carlo Degiovanni, Erik Ahlström and the association PLOGGA and Sandro Fioravanti, organises the [Campionato Mondiale di Plogging](#) (World Plogging Championship).

C. DESCRIPTION



The World Plogging Championships take place on paths and paved roads according to the principles of trail running and mountain running.

On the basis of specific applications, the organisers identify a main valley with a minimum altitude difference of 1,000 d+ with sections of valley floor road and some mountain huts.

It 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 cleaning up the valley.

The identified area normally includes several municipalities.

The precise boundaries that constitute the competition field are communicated to the athletes during the first technical briefing.

In the competition area there are paths that can be used with the different hiking difficulty levels, according to the indications of the Italian Alpine Club (CAI) and equivalent according to the different international classifications (T - E - EE).

Detailed instructions will be given to the athletes during the technical briefing on the day of the meeting, prior to the race.

In
summar
y:

- a. The start and the finish are located in the same place with a specific arch equipped with timing equipment.
- b. The maximum time is set at 7 hours, with the possibility of returning earlier with a proportional reduction in the score (1 point = 1').
- c. Five minutes before and five minutes after the finish time the time will be considered identical
- d. Together with the race pack, 4 bags per person will be handed over equipped with an initialised transponder or other system allowing the athlete's bib number to be identified biometrically.
- e. Bags can be left along the route, but it is obligatory to pass under the finish arch with the bags in hand.



- f. There is the possibility to cross the finish line with maximum 3 pieces outside the bags (e.g. tyre, computer casing), but they must be in direct contact with the athlete's body.
- g. The route is semi-autonomous with a maximum of 3 refreshment points (at which there will also be an obligatory check point) the number and exact location will be communicated to the athletes during the technical briefing.
- h. The course will be free, but it is compulsory to stay within the boundaries of the competition field defined by the organisation that will be communicated during the technical briefing.
- i. It will be compulsory to download the official app for the tracking of the route communicated by the organization at the time of confirmation of qualification.
- j. The use of a GPS tracker is obligatory (which will be provided by the organisation and switched on at the start).

D. PARTICIPATION REQUIREMENTS

It is essential to participate:

- Having qualified through qualifying competitions or plogging challenges;
- Good physical and athletic condition confirmed by a non-competitive sports medical certificate;
- Attend the technical briefing the day before the race;
- Accept the present regulations in all their parts, hand over the release form and the privacy policy countersigned at least the day before the race;
- Be registered with a sports club, or alternatively have adequate insurance cover to be provided by the day before the competition.

E. REGISTRATION FEE

Registration for the WPC is free of charge. Participation in qualifying competitions follows the normal registration procedures for competitions selected from year to year.

F. WPC QUALIFIERS

To qualify for the World Plogging Championship there are 2 ways to do it



A. Through specific qualifying tenders

B. Through plogging challenges

A. Qualifying competitions

In 2022, the qualifying races will be, in chronological order (list to be updated):

Tour of Lake Varese - 6 March

Ymittos Marathon SESI (Greece) - 10 April

Tuscany Crossing - 22 April

Bersaglio Trail - 15 May

Zumbador Trail (Venezuela) - 21 May

Monviso Trail - 19-21 August

100 Miglia del Monviso - 19-21 August

Registration for qualifying races does not entail ANY additional charges, but acceptance of these rules and regulations is compulsory as well as being in good standing at the indicated races.

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

Registration at ploggingchallenge.com is required to access the pre-registration.

Once registered, users will have to update their data before each new competition. If you have forgotten your password, you must ask for a new one and not create a second profile. Only one profile per person is permitted. Registration on the portal involves the declaration of personal data, providing false data in Italy is a crime.

It will be possible to select the qualifying race(s) on the portal.

In order to be registered, you must have created your profile on the portal.

ploggingchallenge.com and be in order with the registration for the selected races.



The WPC organisers will check the regularity of the registration data of the individual races, in case of inconsistency the athlete will be asked to regularise the registration within 48 hours of the start of the race, if not regularised the race will not be considered qualifying.

WPC entrants will receive a waste bag and a pair of gloves when they collect their race packet.

On arrival, the WPC organisers (if present on site), in collaboration with the organisers of the qualifying races, will collect the bags, ensuring that they are associated with the bib number, and will write the athlete's number on the bag itself in order to proceed with the qualitative and quantitative counting of the waste collected for the allocation of points.

For the race to be considered valid, it must be completed within the race time and at least 1 refusal for every 10 km of the race, intermediate kilometres to the tens are approximated by 1 to 4, by 5 to 9:

e.
g.

31 km = 3
rejections

55 km = 6
waste

82 km = 8
waste

B. **Plogging Challenge**

It is also possible to qualify for the WPC through plogging challenges.

On the ploggingchallenge.com portal select the Plogging Challenge session, you can opt for the general plogging challenge or specific plogging challenges, adopted by sponsors.

For qualification purposes there is no difference between qualifying and plogging challenges. Regarding plogging challenges adopted by sponsors, please refer to the specific regulations.



In the case of qualification through the plogging challenge the athlete can run wherever he wants and it will be his complete and exclusive responsibility for the physical activity and the related data transmission.

The athlete wishing to qualify must create his own profile on the portal

ploggingchallenge.com upload your own data.

Once the profile has been created, the athlete will be able to upload their plogging sessions as they go along with a picture of their performance (times, elevation gain and distance) and the waste collected.

The most common applications can be used to transmit the performance by sharing or sending a screenshot (Strava, Runtastic, Adidas, Nike, Suunto, Polar, Garmin, Skible, TwoNav, TorX, etc.).

As far as the collected waste is concerned, it is necessary to upload a photo of the collected objects, in good resolution, so that the individual waste can be identified. It is advisable to take the photo by placing the objects side by side, by type and taking them from above.

In order for the plogging session to be considered valid and therefore scores can be accumulated a session of at least 5 km or 40' with at least 1 waste collected must be uploaded. Sessions with no waste, less time and less mileage will not be considered valid and will be deleted.

The maximum number of daily sessions that can be registered on the platform is 1 per day. If several sessions are uploaded for the same day, the last one in chronological order will be considered.

For 2022, sessions held **between 29 April and 31 August** will be considered valid.

G. SCORE

The score for the establishment of the ranking will be calculated as follows: A.

Qualifying races

In the case of qualifying races:

1 point per km - the distance considered is the one indicated by the organisers at the time of registration and reported in point F above.



1 point for every 10 metres of difference in height - the elevation taken into account is that indicated by the organisers at the time of registration and reported in point F above

1 point for every minute less than the maximum race time stipulated in the individual race rules; e.g.: maximum time 7 hours, time taken by athlete 5 hours 35 minutes
= time "saved" = 2 hours 25 minutes = 145 points

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

For illustrative purposes only, some equivalences are given below:

1 g paper = 1.13 g CO₂ (source COMIECO)

1 g PET = 1.8 g CO₂ (source AEA)

1 g aluminium = 7.98 g CO₂ (source CIAL)

1 g steel = 1.922 g CO₂ (source RICREA)

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

B. **Plogging challenge**

In the case of stand-alone plogging sessions, the score will be calculated:

1 point per km - the distance taken into account is the one shown in the photo of the app screen with which the performance was recorded.

1 point for every 10 metres of elevation gain - the elevation taken into account is the one shown in the photo of the app screen with which the performance was recorded.

1 point per minute run - the time taken into account is the one indicated in the photo of the app screen with which the performance was recorded.

1 point for every gram of CO₂ saved. This count will be carried out by ERICA soc. coop.'s technical department by translating the weight of each single object/waste collected, as deduced from the photograph uploaded on your personal account - ATTENTION in the



If the photo is not legible the points will NOT be considered. CO2 does not coincide with the weight, but is a function of the type of material.

For illustrative purposes only, some equivalences are given below:

1 g paper = 1.13 g CO₂ (source COMIECO)

1 g PET = 1.8 g CO₂ (source AEA)

1 g aluminium = 7.98 g CO₂ (source CIAL)

1 g steel = 1.922 g CO₂ (source RICREA)

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

A i f i n i d e l l e q u a l i f i c a z i o n i a i W P C I S N O T P O S S I B I L E a c c u m u l a x m l - p h - 0 0 3

H. Rankings

There will be 2 classifications:

- Qualifying competitions
- Plogging challenge

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

The rankings, for WPC qualification purposes, will be updated periodically and in their final version after 31 August.

For both types of qualification there will be a **female ranking**, without distinction of age, and a **male ranking**, without distinction of age.

I. NUMBER OF QUALIFIERS

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

- 60 qualified through qualifying races, the first 30 women in the general classification, the first 30 men in the general classification,
- 30 qualified through virtual Plogging Challenges, top 15 women in overall ranking, top 15 men in overall ranking



- 10 wild cards, the organisation reserves the right to invite, at its own discretion, prominent athletes from the sporting scene, for an approximate number of ten, also through the sponsors of the event.

In the event of an insufficient number in one category (male/female - race/plogging challenge) the organisation reserves the right to draw from the other categories in order to guarantee the total number of participating athletes.

If a participant withdraws, the next athlete in the ranking list on the final closing date, which is 31 August 2022, will take over.

J. DISCLAIMER AND MEDICAL CERTIFICATE

Each runner must sign a waiver in which he/she declares that he/she is aware of the difficulties of the race he/she is going to face and that he/she undertakes to bring with him/her all the necessary equipment to face the race safely, that he/she is allowed to be photographed and filmed and that he/she is aware of these regulations and accepts their clauses.

The **release** form is accessible in your personal file on the website

pltoday.ngchallenge.com and must be completed online no later than **15 September**.

The organisation reserves the right to request other certifications as required by future national and/or international regulations for the containment of the SARS COV 2 pandemic (COVID-19).

MEDICAL CERTIFICATE

In order to participate, it is essential to provide a medical certificate **of fitness for competitive sport** with the following specification: **certificate of fitness for competitive sport and dated no more than one year before the date of the competition**.

In Italy, the examination for a competitive medical certificate is made up of the following examinations: spirometry, stress electrocardiogram, eye test and urine test. As the rules are different in each country, we require a medical certificate with the following characteristics:

- athlete's data



- the wording competitive or in competition
- the date of issue
- the doctor's stamp
- the doctor's signature

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

Documents should be sent by email to info@worldploggingchampionship.com by **15 September 2022**.

K. BIBS AND CHIPS

PORTRAITS

The pectoral number will only be handed over to the registered person on presentation of a photo ID. It must always be visible on the chest or belly. The bib is the pass required to access the shuttles, buses, refreshment areas, treatment and rest rooms, showers, bags, etc.

CHIP

Before the start, each runner must pass through the entrance gates to the closed start area to have his chips activated. When passing through a control point and on arrival, the runner must pass the chip over the passage and timing device so that it is properly registered. More precise information will be given during the technical briefing.

L. GPS TRACKER

Each runner is given a GPS tracker to attach to the outside of their rucksack and to hand in on arrival.

No deposit is required. The tracker will be activated by the organisation at the start of the event.

M. SEMI-SELF-SUFFICIENCY AND CHARACTERISTICS OF THE RACE COURSE

The race will take place on a course with significant differences in altitude, natural paths, including high mountain paths, torrential water courses, forests and mountain paths as well as some stretches of asphalt road.



Athletes will have at their disposal 2 refreshment posts which are several hours away.

For mountain sections it is therefore essential to be aware of one's own capabilities. For stretches on asphalt roads and/or roads suitable for vehicles, it is essential to comply with the highway code.

Awareness of the risk involved in handling found objects is essential for waste recovery.

ATTENTION!

Underestimating one's psychophysical 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 the race, referring to safety, food 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 throughout the race the equipment necessary to deal safely with the weather conditions, the course and the altitude. This must be carried in a sufficiently large rucksack.

Along the route, in particular conditions (adverse weather, technical difficulties of the route, etc.) the Race Marshals may check the runner's equipment and report to the Race Direction. The Race Direction, having assessed the situation with the safety and rescue officers, may decide at its sole discretion to stop the competitor.

O. MANDATORY MATERIAL

Equipment that must accompany the competitor throughout the entire route:

- Glass or other suitable container for drinking at refreshment stations - **NO**

disposable material

- Mobile phone (enter the organisation's security numbers, do not mask the number and do not forget to leave with a charged battery)

- Identity document and health card (or similar)



- Survival cloth
- Food reserve
- Water reserve (minimum 1.5L)
- GPS navigator with territory map
- Race course maps (provided at the briefing)
- Altimeter and compass (suitable smartphone apps accepted)
- Official event sacks (provided by the organisation)
- Cut-resistant gloves (one pair will be provided by the organisation in the athletes' bag)
- Anti-infection mask (one will be provided by the organisation in the athletes' bag)

P. MATERIAL RECOMMENDED FOR SAFE HANDLING OF THE TEST

- Shoe category between A2 and A5 (intermediate-> trail).
- Breathable waterproof membrane rain shell jacket with heat-taped seams and hood
- Spare clothing
- Whistle
- Self-medication kits
- Power bank to recharge phone or other equipment
- Knife
- Lanyard
- Glasses with yellow lenses

Q. SAFETY AND MEDICAL CARE

Three aid stations are set up on the race course, connected by radio or telephone to the Race Direction. Ambulances, civil defence and doctors will be present at the start. All details are specified in a Safety Plan deposited and approved by the competent Prefecture.



Medical officials are authorised to stop runners judged unfit to continue the race. The rescuers are authorised to evacuate, by all means at their disposal, runners judged to be in danger.

If necessary, for reasons that are in the best interests of the rescued person, and solely in the opinion of the organisation's staff, the official mountain rescue service and/or 112 will be called upon, which will take over the management of operations and deploy all appropriate means, including a helicopter. Any costs arising from the use of these exceptional means will be borne by the rescued person in accordance with the regulations in force.

An athlete who turns to a doctor or an aid worker submits himself de facto to their authority and undertakes to respect their decisions.

Doctors and medical staff located at strategic points on the race course guarantee assistance only in the event of major medical/health problems. Each runner must ensure that he/she has the necessary material with him/her to self-medicate feet and minor excoriations that do not require medical intervention.

R. HEALTH COVER

Medical expenses in Italy are not free of charge. The costs of helicopter rescue and urgent medical service are covered by the institutions of the country of residence or by private insurance only if the runner has valid documentation with him:

ITALIAN CITIZENS: health card/tax code.

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

NON-EUROPEAN CITIZENS: payment guarantee letter with the address of the Insurance company to which the payment invoice should be sent.

Anyone who does not have public health insurance cover (Italian or European health card) or private health insurance cover (letter of guarantee of payment from private insurance) must pay the full rate for the medical services used, even if they are urgent. This documentation must be carried at all times throughout the competition.

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



S. ELISOCORSO

Helicopter transfers are only for the purpose of rescuing patients with an objective need for medical treatment and may under no circumstances serve as a simple means of transport for those leaving the race.

If the runner is a foreign national or not covered by the National Health Service, or if the case is inappropriate or not justified by health needs, the cost will be borne entirely by all passengers, even if they are registered with the National Health Service.

T. INSURANCE

The organisers take out liability insurance for the duration of the event. Participation is under the full responsibility of the runners, who renounce any recourse against the organisers in the event of damage or further consequences arising from the race. When registering online to complete the practice, the runner signs a release of liability.

The organisation is responsible for registering each member with the ASI (Italian Sports Associations).

thus guaranteeing everyone's accident insurance cover ([legituttiidettaqlui](#)).

Every runner is strongly advised to 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 finds itself in difficulty during a competition. (read full details [here](#)).

U. ASSISTANCE DURING THE RACE

Assistance along the entire route including refreshments is prohibited. Any athlete caught being helped by external assistants, e.g. for carrying bags, will be immediately disqualified.



V. ACCOMPANIMENT

Accompaniment along the course is prohibited, under penalty of disqualification of the athlete.

W. REFUGES SUPPLY POINTS AND CHECKPOINTS

- a. There are a few refuges in the race course, only a few of them are partners of the WPC and will be announced at the technical briefing on the day before the race.
- b. The partner huts are passage control points, the athlete must ensure that the passage has been duly recorded; failure to do so results in disqualification from the race.
- c. The organisers reserve the right to carry out checks along the route at undeclared points.
- d. At the partner huts, athletes can access supplies free of charge and use the toilets in accordance with the hut rules without disturbing other hut users.
- e. Each runner must ensure that at the start of each refuge they have sufficient water and food supplies to continue the race.
- f. Glasses and other disposable materials will not be available at the refreshment stations, therefore it is necessary for the athlete to have the necessary water and food supplies.

X. REST AND SHOWERS

At the end of the race there will be a changing facility near the finish line with showers and a massage area.

It is strictly forbidden to sleep outdoors on the competition course.

Y. ATHLETE BAG

At the bib distribution, each competitor is given a bag containing the material for the race, in particular:

- Official event sacks (provided by the organisation)
- Cut-resistant gloves (one pair will be provided by the organisation in the athletes' bag)
- Anti-infection mask (one will be provided by the organisation in the athletes' bag)

The bag must be collected directly by the athlete.



Identity will be verified by means of an identity document when the bag is handed over.
(identity card or passport).

The mobile phone number will be verified.

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

GPS tracker will be delivered and activated

Z. DROP-OUTS AND RETURNS

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, communicate his withdrawal by registering and the organisation will take care of his return to the start/finish line.

AA. MAXIMUM AUTHORISED TIME

The race will take place over a maximum of 7 hours, but the athletes, if they so wish, may also return earlier to the finish line without being disqualified; in the case of returning earlier than the maximum 7 hours, the time will be proportionally reduced, i.e. 1 point less for every minute less than the maximum time of arrival.

There are no time barriers.

In the 10 minutes straddling the maximum time, i.e. five minutes before and five minutes after the finish time, the time will be considered identical.

BB. CHANGES TO THE RACE COURSE OR CANCELLATION OF THE RACE

The organisers reserve the right to change the course at any time. The final boundaries of the course will be announced at the technical briefing on the day before the race.

In the event of unfavourable weather conditions (strong depression with heavy rain and snow at high altitude, high risk of thunderstorms, etc.) the start and/or finish time may be changed, even shortening the overall race time.

Only in the event of an extreme emergency and intervention by the authorities may the race be cancelled.



CC. MAPS AND GPS TRACKS

The boundaries of the race course will be announced at the technical briefing on the day before the race.

Athletes will be given a map with the boundaries of the race course and the trails main.

Athletes will be able to use GPS, without any restrictions whatsoever, to orient themselves.

DD. DISQUALIFICATIONS and DNF

Race officials will be present on the course to check and verify the athletes' compliance with the rules.

In the event of irregularities or infringements of the regulations, the Commissioners may stop the

competitor, after communication to the Race Direction.

The Race Director will disqualify the runner after having established the irregularities.

The following offences are liable to disqualification:

1. Refusal to be checked
2. Failure to assist another runner in difficulty
3. Refusal to comply with an order from the Race Director, a Race Commissioner, a doctor or a first-aider
4. Doping or refusal to submit to doping controls
5. Failure to pass a checkpoint
6. Use of a means of transport
7. Behaviour not in keeping with the conduct of the competition
8. Bib exchange
9. Failure to comply with the highway code when driving on carriageways
10. Accompaniment by fans, assistants, staff
11. Assistance during the match by supporters, assistants, staff
12. Abandonment of waste!
13. Maltreatment of animals and damage to plants and habitats in transit



14. Disqualification is immediate and the runner must stop the race immediately.

You are not considered a finisher in the case of:

1. Leaving the competition field
2. Crossing the finish arch without any refusal
3. Crossing the finishing arch with rubbish out of the bags in numbers greater than 3 or throwing rubbish

EE. COMPLAINTS

Only written and documented, non-anonymous complaints submitted exclusively before the award ceremony will be accepted.

FF. JURY

The jury consists of 5 members:

- race director
- 4 other members indicated by the race director and chosen from the organising committee.

The jury will deliberate within the time necessary to carry out the necessary checks and in any case

by the scheduled time of the prize-giving ceremony

The decisions taken are without appeal.

GG. RANKINGS AND AWARDS

The winner of the race is the athlete who has accumulated the most points, adding up the distance covered, the positive height difference and the waste collected in CO₂ equivalent, and subtracting any time less than the maximum time set at 7 hours.

The female and male athlete who comes first in the ranking will be proclaimed champion/champion of the plogging world.

Two general classifications will be drawn up: men and women.

Prizes will be awarded to the first three female and male winners in the general classification.



HH. IMAGE RIGHTS



Each competitor expressly renounces the use of image rights or authorises the organisation and its partners to use photo or video images of him/her during the event free of charge and without limitation.

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

II. BRAND

World Plogging Championship - Championnat du Monde de Plogging - and its 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 shall be made in compliance with the name of the event and the trademarks, by prior agreement with the Organisation.

JJ. PRIVACY

By registering for the WPC and the relevant qualifications, the athlete declares that he/she accepts all the points of these regulations and the Privacy Policy which can be viewed at pl.today.ngchallenge.com.

KK. ACCEPTANCE OF THE RULES AND ETHICS OF THE RACE

Participation in the qualifying races, the Plogging Challenge and the WPC implies the unreserved acceptance of these race rules and the race ethics published and available at pl.today.ngchallenge.com.

LL. IMPORTANT: The original version of this document is written in Italian and English. In the event of inconsistencies or discrepancies with the versions in the other languages, the Italian/English version shall prevail.