



## **RULES WPC URBAN**

2024 EDITION

### **A. INTRODUCTION**

Littering – the improper disposal of small and very small waste – is a globally widespread phenomenon. It contributes to at least 75% of the waste accumulation in water bodies, particularly in the sea. One of the priorities of global authorities and the European Union is to combat the phenomenon of littering. In particular, the European Union has designated May 10 as the European Day against littering (European Clean-Up Day).

Among sporting events, running combined with litter collection (plogging) is a particularly effective practice, especially from a communication standpoint.

In 2020, AICA (International Association for Environmental Communication), in collaboration with ERICA soc. coop., launched the pilot edition of the World Plogging Championship (WPC), followed by the first official edition, which took place in Val Pellice (TO) from October 1 to 3, 2021, the second edition from September 30 to October 2, 2022, in the 2006 Turin Olympic Valleys, and the third in Genoa in 2023. In 2023, during the WPC, the pilot edition of Urban Plogging was also held.

### **B. ORGANIZATION**

The International Plogging Committee, composed of the International Association for Environmental Communication (AICA), ERICA soc. coop., ACEA Pinerolese Industriale, Carlo Degiovanni, Erik Ahlström, the PLOGGA association, and Sandro Fioravanti, organizes the World Plogging Championship (WPC) and all related events (Plogging child, Trail, and Urban Plogging). Urban Plogging is integrated into the context of the WPC and always takes place on Sunday morning.

### **C. DESCRIPTION**

Urban Plogging takes place entirely on paved roads in urban contexts; the organizers identify, based on specific needs, a suitable area to carry out this activity.





A maximum of 50 athletes selected through a dedicated challenge, held in the months prior to the event, will participate. Detailed instructions will be provided to athletes during the technical briefing on race day. In summary:

- The start and finish are located at the same point, equipped with a specific arch for timing equipment.
- The maximum allowed time is set at 90 minutes, with the possibility of finishing earlier with a proportional reduction in points (1 point = 1 minute).
- Five minutes before and after the arrival time will be considered the same.
- A mandatory checkpoint will be revealed during the technical briefing.
- Each participant will receive 6 bags corresponding to the 6 waste categories that must be collected separately:
  1. Paper (boxes, pizza containers, newspapers, TetraPak®, etc., as long as they are clean);
  2. Plastic (packaging: bottles, fruit nets, yogurt cups, dishes, etc.);
  3. Metals (cans, metallic fragments, etc.);
  4. Glass (bottles, jars, cups, fragments, etc.);
  5. Non-recyclable waste (cigarette butts, small papers, latex, etc.);
  6. Batteries and small electronic devices (including light bulbs).

Bags may contain mixed materials during the race, but it is mandatory to pass under the finish arch with the materials separated into the 6 categories. A maximum of 2 bags per waste category is allowed.

## **D. PARTICIPATION REQUIREMENTS**

To participate, it is essential to:

- Be qualified through the plogging challenges or receive a wild card from the organizing committee;
- Be in good physical and athletic condition;
- Attend the technical briefing on race day;
- Accept this regulation in its entirety, submitting the signed waiver and privacy notice at least one day before the race;
- Be registered with a sports club or, alternatively, have appropriate insurance coverage to be submitted at least one day before the race (e.g., Runcard).

## **E. QUALIFICATIONS AND REGISTRATION FEE**

Registration for Urban Plogging is free.

The qualifications took place during 2024 through specific plogging sessions uploaded on the [ploggingchallenge.com](https://ploggingchallenge.com) platform.





At the end of the period set by the committee and communicated through social media and the website, the list of qualified athletes was published. To make their registration official, athletes must complete the registration form sent via email by the organizers.

## **F. NUMBER OF QUALIFIED PARTICIPANTS**

The maximum number of athletes for the 2024 edition is 50, divided as follows:

- 40 qualified through the virtual Plogging Challenges, maintaining gender balance;
- 10 wild cards. The organization reserves the right to invite notable athletes from the sporting world, approximately 10, possibly through event sponsors.

## **G. WAIVER AND MEDICAL CERTIFICATE**

### **Waiver**

Each runner must sign a waiver in which they acknowledge the nature of the race they will face, commit to carrying all the necessary equipment for safe participation, agree to be photographed and filmed, and confirm they have read and accepted the rules of the event.

The waiver form was sent to each athlete via email, along with the waiver itself, and must be completed online no later than the day before the race.

### **Medical Certificate**

To participate, it is mandatory to be in good physical condition, certified by self-declaration (by accepting this regulation) or a non-competitive sports medical certificate (which is not mandatory). During registration, athletes will be required to fill out a self-declaration of good health.

## **H. BIBS**

The bib will only be handed to the registered participant upon presentation of a photo ID. It must always be visible on the chest or waist to make the athlete easily recognizable.

## **I. SELF-SUFFICIENCY AND CHARACTERISTICS OF THE RACE FIELD**

Athletes will have access to refreshments at the end of the race; for the rest of the time, they must be self-sufficient.





Since the race takes place in an urban setting, it is crucial to respect traffic laws. For waste collection, awareness of the risks involved in handling found objects is essential.

## **J. EQUIPMENT**

Each runner must carry the necessary equipment to safely navigate the course throughout the race, regardless of weather conditions.

## **K. REQUIRED EQUIPMENT**

During bib distribution (either on Friday afternoon or Sunday morning), each competitor will receive the necessary race materials, specifically:

- Official bags of the event, marked with the athlete's race bib number and the type of waste they will contain;
- Gloves (one pair will be provided in the athlete's kit).

The collection must be made directly by the athlete; upon bag delivery, the athlete's identity will be verified through a photo ID (identity card or passport) and their phone number will also be checked.

## **L. MANDATORY MATERIALS**

The following materials must accompany the competitor for the entire race:

- Cup or other suitable container for drinking at refreshment points – NO disposable materials will be provided;
- Cell phone (store the emergency numbers provided by the organization, ensure the number is not hidden, and start the race with a fully charged battery);
- Identity card and health insurance card (or equivalent);
- Food supply;
- Water supply (minimum of 1 liter);
- GPS navigator with the map of the area;
- Maps of the "race field" (provided during the briefing);
- Official event bags (provided by the organization);
- Cut-resistant gloves (one pair will be provided by the organization).

## **M. SAFETY AND MEDICAL ASSISTANCE**





A checkpoint with a basic medical kit managed by volunteer personnel, connected by phone to the Race Management, will be set up in the race field. Another medical kit of the same type will be present at the start/finish point of the race.

In case of need, for reasons in the interest of the person being assisted, and at the sole discretion of the organization's personnel, official 118 emergency services will be called in. These services will then take over and implement the appropriate rescue measures.

An athlete seeking assistance from a doctor or a rescuer automatically submits to their authority and agrees to follow their decisions.

Doctors and medical staff called to assist only provide care in cases of significant medical/sanitary issues. Each runner must ensure they have the necessary materials for self-care of feet and minor injuries that do not require medical intervention.

## **N. MEDICAL COVERAGE**

Medical care in Italy is not free. The costs of helicopter rescue and urgent health services are covered by the country of residence's institutions or private insurance, provided the runner carries valid documentation:

- **Italian citizens:** health card/tax code.
- **European citizens (including Switzerland, Liechtenstein, UK):** European Health Insurance Card.
- **Non-European citizens:** payment guarantee letter with the insurance address for billing.

Those without public health insurance (Italian or European health card) or private insurance (payment guarantee letter from private insurance) must pay the full cost of the medical services, even in emergencies. This documentation must be carried at all times during the race.

Non-urgent medical expenses are entirely the athlete's responsibility.

## **O. HELICOPTER RESCUE**

Helicopter transfers are intended solely for the rescue of patients with genuine medical needs and cannot serve as simple transportation for those abandoning the race.





If the runner is a foreign national or not covered by the National Health Service, or if the case is deemed inappropriate or unjustified by health needs, the costs will be entirely borne by the passengers, even if registered with the National Health Service.

## **P. INSURANCE**

The organization will provide civil liability insurance for the duration of the event. Participation is entirely at the athletes' own risk, and they waive any recourse against the organizers in case of damage or consequences arising during the race. Upon online registration, the runner will sign a waiver of liability. It is strongly recommended that each runner take out personal accident insurance.

## **Q. ASSISTANCE DURING THE RACE**

No assistance is allowed along the course, including at refreshment points, except for Paralympic athletes whose disability category requires assistance. An athlete found to be receiving help from an outside party, such as for carrying bags, will be immediately disqualified.

## **R. ACCOMPANIMENT**

Accompanying athletes during the race is prohibited and will result in disqualification, except for Paralympic athletes whose disability category requires accompaniment.

## **S. REST AND SHOWERS**

At the end of the race, a facility will be set up near the finish for athletes to change, equipped with showers.

## **T. ABANDONMENTS AND RETURNS**

In case of abandonment, the competitor must contact the emergency number provided during the technical briefing and go to the nearest control point to announce their withdrawal and be registered. The organization will then arrange for their return to the start/finish area.

## **U. MAXIMUM TIME ALLOWED**





The maximum time allowed to complete Urban Plogging is 90 minutes; exceeding this time will result in disqualification.

There are no cut-off times. However, within 10 minutes of the maximum time limit, five minutes before and five minutes after, the time will be considered the same.

It is advised to reserve some time to ensure proper separation of waste into the six different categories.

## **V. COURSE MODIFICATIONS OR RACE CANCELLATION**

The organization reserves the right to modify the race field at any time, with the final boundaries being communicated during the technical briefing on race day.

In case of adverse weather conditions (deep depression with significant rain or snow at high altitude, high risk of thunderstorms, etc.), the start and/or finish times may be modified, including shortening the overall race time.

Only in extreme emergencies or under higher authority intervention can the race be canceled.

## **W. MAPS AND GPS TRACKS**

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

Athletes will be given a map or GPX track outlining the race boundaries. They may use GPS without any restrictions for navigation. After the race, athletes must submit their GPS track to the organization to verify the distance covered and ensure they remained within the race boundaries.

## **X. DISQUALIFICATIONS AND DNF**

Race Marshals will be present along the course to check and ensure that the athletes are complying with the rules.

In case of irregularities or violations, the Marshals may stop the competitor, following communication with the Race Management. The Race Management, after verifying the irregularities, will proceed with the athlete's disqualification.

The following violations will lead to disqualification:





- Refusal to be checked;
- Failure to assist another runner in difficulty;
- Refusal to comply with the instructions of the Race Management, a Race Marshal, a doctor, or rescuer;
- Failure to pass through a control point;
- Use of a means of transport;
- Misconduct inconsistent with the race spirit;
- Bib exchange;
- Non-compliance with traffic laws when crossing roads;
- Accompaniment by fans, assistants, staff;
- Assistance during the race from fans, assistants, staff;
- Littering!
- Abuse of animals and damage to plants or habitats along the route.

In the above cases, disqualification is immediate, and the runner must stop the race.

You will not be considered a Finisher if:

- You leave the race boundaries;
- You cross the finish line without any collected waste;
- You cross the finish line with more loose items than allowed.

## **Y. COMPLAINTS**

Only written and documented, non-anonymous complaints, submitted before the award ceremony, and made by registered athletes, will be accepted.

## **Z. JURY**

The jury is composed of 2 members:

1. Race director;
2. A member appointed by the race director from within the organizing committee.

The jury will deliberate within the time necessary to complete the verifications and, in any case, before the scheduled time for the awards ceremony.

The jury's decisions are final.

## **AA. RANKINGS AND AWARDS**







The athlete who accumulates the most points, combining distance covered and the value of the waste collected (calculated in equivalent CO<sub>2</sub>), minus any time under the 90-minute limit, will win the race.

The top-ranked male and female athletes will be declared Urban Plogging World Champions.

Two general rankings will be compiled: one for men and one for women.

The top three male and female athletes in the general ranking will be awarded. The jury reserves the right to establish additional special prizes during the event.

## **BB. IMAGE RIGHTS**

Each competitor expressly waives the right to their image, authorizing the organization and its partners to use photos or videos featuring them during the event, free of charge and without limitations.

It is strictly forbidden to distribute images (videos or photos) taken during the event for commercial purposes, through any medium (web, social networks, TV, newspapers, magazines, etc.), without written authorization from the organization.

## **CC. TRADEMARK**

"World Plogging Championship" and its translations in official languages are trademarks owned or used exclusively by ERICA soc. coop. All communications about the event or the use of related images must respect the event's name and trademarks, subject to agreement with the organization.

## **DD. PRIVACY**

By registering for the WPC and the related qualifications, the athlete declares acceptance of all points in this regulation and the Privacy Policy, available at [ploggingchallenge.com](http://ploggingchallenge.com).

## **EE. ACCEPTANCE OF THE REGULATIONS AND THE SPIRIT OF THE RACE**

Participation in the Plogging Challenges and the WPC (including the Urban event) implies full acceptance of this race regulation and the race's spirit, published and viewable at [ploggingchallenge.com](http://ploggingchallenge.com).





IMPORTANT: The original version of the document is written in Italian and English. In case of discrepancies or inconsistencies with translations in other languages, the Italian version shall prevail.

## **FF. CONTACTS**

For info, write to: [info@worldploggingchampionship.com](mailto:info@worldploggingchampionship.com)

