

Appendix 2 - Procedure for the implementation of the Norwegian foot march



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1 Introduction

The test of the military march mark includes a movement of 30 km with packing.
The marching mark test places great demands on progressive and targeted training.

2 Weather conditions

The test should not be arranged if it is above 25 degrees Celsius in the shade or below minus 15 degrees Celsius.

3 Equipment and control

Regulated military attire must be used. At civilian events or for civilians attending a military unit, free attire is used.

Backpack with contents should weigh 11 kg. Backpacks of approved military model must be used. Weapons can be included as weight in the package.

Civilian participants can carry a different type of backpack.

Weight control of packing should be carried out before start and on admission.

4 Trail

Efforts should be made to ensure varying and soft surfaces on the trail.

Start and admission must be at the same height above sea level.

There should be km indication for every 5 km.

There must be at least three liquid posts / food stations on the trail.

Checkpoints and first aid stations shall be deployed where deemed necessary.

5 Dispensation

If a department wishes to arrange the marching badge that deviates from the provision, an exemption may be granted for this when applying to the responsible military sports and training at the Norwegian Defence University College.

6 Timing

The different classes have the following time requirements:

Age	Female time standards	Male time standards
18-20	5.25	4.35
20-34	5.15	4.30
35-42	5.25	4.35
43-49	5.30	4.40
50-54	5.40	4.50
55-59	5.50	5.00
60 -	6.00	5.15