



Regulations for the Swiss two-day march

1. Organizer

Swiss Two-Day March Association, 3000 Bern.

2. Conditions of participation

The event is organized according to the rules of the International Marching League (IML), the Volkssportverband Schweiz, Liechtenstein und europäische Volkssportgemeinschaft (VSL-EVG) and the International Volkssportverband (IVV).

There are no age limits or target times.

The use of hiking or Nordic walking poles is permitted.

2.1. Categories

The following categories exist:

Category	Description	Recognitions
A1	Uniformed personnel / services: military, civil defense, RKD police, fire department, railroad, post office, traffic cadets	Award <ul style="list-style-type: none"> Diploma of the Swiss Two-Day March Stamp for IML and IVV/VSL-EVG runners
A2	Uniformed personnel / services: military, civil defense, RKD police, fire department, railroad, post office, traffic cadets	<ul style="list-style-type: none"> Diploma of the Swiss Two-Day March Stamp for IML and IVV/VSL-EVG runners
B1	Civil participants 18 years of age or older (cohort principle)	Award <ul style="list-style-type: none"> Diploma of the Swiss Two-Day March Stamp for IML and IVV/VSL-EVG runners
B2	Civil participants from 18 years of age (vintage principle)	<ul style="list-style-type: none"> Diploma of the Swiss Two-Day March Stamp for IML and IVV/VSL-EVG runners
C1	Children and young people 7 - 17 years old (age group principle)	Award <ul style="list-style-type: none"> Diploma of the Swiss Two-Day March Stamp for IML and IVV/VSL-EVG runners
C2	Children up to 6 years old (year group principle)	<ul style="list-style-type: none"> Diploma of the Swiss Two-Day March



Regulations for the Swiss two-day march

		<ul style="list-style-type: none"> Stamp for IML and IVV/VSL-EVG runners
C3	Children up to 6 years old (age group principle)	Award Diploma of the Swiss Two-Day March (link to download PDF file)
C4	Children up to 6 years old (age group principle)	Diploma of the Swiss Two-Day March (link to download PDF file).
D	IVV/VSL-EVG runners	Stamp for IVV/VSL-EVG The IVV/VSL EVG score booklet must be presented in person when obtaining the start cards (Art. 32 VSL guidelines)

2.1.1 Virtual participation

All categories can also be completed as a virtual category.

The category is then automatically preceded by a V, which stands for virtual. This deviates from the normal regulations:

1. No IML recognition
2. IVV and two-day march is scored
3. Award 2TM is possible and will be evaluated

In the case of virtual participation, the route including rest areas must be planned and organized by the participants themselves. The medical service, rescue and safety must be organized by the participants themselves. Participants are responsible for this themselves. The Swiss Two-Day March will attempt to provide support by pressing the emergency button in the app. There is no guarantee or obligation on the part of the 2TM organization. Furthermore, the 2TM assumes no liability or costs for any rescue measures triggered.

2.2. Registration

Registration must take place up to **ten days before the march** via online registration at www.2tm.ch. The entry fee must be transferred to the 2TM account before the event via online banking or the payment system offered at the time of registration.

Payments must be made free of charge for the organizer. All transfer fees and bank charges incurred shall be borne by the participants.

The entry fee can be paid in cash in CHF on site. There is an exchange office on site for the EURO currency. Checks are not accepted.

Late registrations on site are possible for the following surcharges:



Regulations for the Swiss two-day march

CHF 5.00 per person
CHF 10.00 per family
CHF 20.00 per group

If a registered person does not appear at the start or declares his/her non-participation to the organizer beforehand, there is **no entitlement to a refund of the entry fees**.

If a medical certificate is presented at the time of registration, the entry fees, minus expenses, will be refunded on request. The account to which the entry fees are to be paid must be indicated.

2.3. Equipment

The dress code is free (civilian or uniform), good footwear is recommended. Wearing a uniform must comply with the relevant regulations. Foreign participants in uniform are obliged to apply for a uniform permit (request for visit) in accordance with the regulations in force in their home country. **The carrying and wearing of weapons is prohibited during the entire event.**

There is no weight limit for the pack (rucksack etc.).

2.4. Liability

Insurance is the responsibility of the participants. Accident insurance is recommended. The Swiss Two-Day March Association accepts no liability for accidents, illness, hospitalization or evacuation, nor for loss or transport damage.

3. March

3.1. Routes

Marching distances of 10 km, 20 km, 30 km and 40 km are offered. Deviations of more than 3 km will be announced at the start. The routes are signposted accordingly. The published routes may be subject to slight changes at the last moment due to external influences. The instructions of the route staff must be followed. **It is forbidden to interrupt the march with public or private transportation or other aids.**



Regulations for the Swiss two-day march

3.2. Start times

The start times are as follows:

Distances	Saturday	Sunday
40 km	0600 - 0730 hrs	0600 - 0730 hrs
30 km	0700 - 0830 hrs	06.30 - 0830 hrs
20 km	0800 - 1030 hrs	0700 - 1030 hrs
10 km	0900 - 1200 hrs	0730 - 1200 hrs

The start times must be adhered to in order to set up the rest areas and traffic services in good time.

The finish is at 1800 hrs on Saturday and **1700 hrs** on Sunday. The final vehicle marks the end. Participants who are overtaken by the final vehicle are outside the event and are not eligible for awards. The march route will be closed after the finish. Participants who do not complete the selected route **must report to the route personnel or, in medical cases, to the nearest first-aid post** (march leader+41 (0) 79 123 60 70).

3.3. March control

March control via the stamp card.

The march is checked using the stamps or a QR code, see point 3.5.

The stamp card will be stamped or scanned at the start and at each checkpoint, as well as at the finish. This must be done without being asked, this is the responsibility of the participants.

March control via the 2TM app

To check your hiking/marching performance, it is essential to use the 2TM app for the entire walking time. The app also has interfaces that enable the uploading of other selected standard GSM recording devices.

After registering, you will receive an e-mail with the information you need to download and operate the 2TM app.

The 2TM app is free and works on the following devices: IOS and Android.

The 2TM app can be downloaded from the Android and IOS app stores as well as from the website www.2tm.ch.



Regulations for the Swiss two-day march

If it not possible to install it on your device, you can use the device of a person walking with you or send in a photo of the pedometer and describe the route marched.

3.3.1 Shipping

The messages that reach us by 08.00 Mhz "Swiss time" after the march will be processed and packaged on Monday. A follow-up dispatch will take place once 60 days after the march. After that, the remaining messages will no longer be sent. The last manual mutation is possible on Monday, June 2, 2025 after the march 14.00 Mhz "Swiss time".

After that, the Swiss Two-Day March office will no longer be active and will only meet again next year at the next march to deal with any cases.

3.4. Start and finish area (registration / registration head)

The start/finish area is located in the area of the Mannschaftskaserne Bern, Papiermühlestrasse 13a, 3014 Bern. Google coordinates 46.956102314533716, 7.459710148136503.

Vehicles may only parked in the allocated parking spaces. The instructions of the enforcement authorities must be strictly followed. Vehicles parked incorrectly **will be towed away for a fee**. This applies in particular to parking on **private property and customer parking lots**.

3.5. Start cards

Start cards are issued at the registration desk at the start/finish area, or can be printed out at home in print-at-home. The start card must be carried with you during the march and may not be altered. Failure to do so may result in disqualification. **Any changes** must be reported at the registration desk **before the start**.

3.5.1 Libero "Bus and train"

Libero grants all holders of a valid 2TM participant ticket free travel within the 100/101/112/113/114/115/116 zones of the Libero fare network from the opening ceremony (Friday) until Sunday evening, for travel to and from the start area.

The 2TM participant card is valid as a ticket for all transport companies in the Libero Zone 100/101 +1 zone (excluding the Marzilbahn, Gurtenbahn and Matte platform lift).

The Libero fare network ensures the validity of the 2TM participant card as a ticket for the outward and return journey. This must be presented on request.

3.6. Health / Medical service

Participation is only recommended if you are sufficiently prepared and in good health. The Head of Medical Services and the march doctors are authorized to withdraw participants from the event for medical reasons.



Regulations for the Swiss two-day march

The medical service is organized both at the start/finish area and on the march routes and can be reached at any time during the march by telephone on +41 (0)79 123 60 70.

The emergency button in the app triggers a message in the virtual center and transmits your coordinates. However, this is not a guarantee for rescue measures, it is only for support purposes.

We recommend that participants install the **Echo 112** app on their cell phone for **urgent emergencies** before the march. In an urgent emergency situation, the **ambulance** can be requested **directly via the Echo 112 app or by calling 144**. The **march committee must also be informed as soon as possible by telephone (+41 (0) 79 123 60 70)**.

3.7. Catering

Throughout the event, various catering options will be available on the festival site, at the official rest areas and in the accommodation.

The **official rest areas** are **marked along the route**.

3.8. Accident prevention

Every runner takes part in the Swiss Two-Day March at his or her own risk and responsibility.

The march takes place on the left-hand side of the road. Where there a sidewalk, this must be used. The rules of the road that apply to pedestrians apply.

Dogs must generally be on a lead. The presence of other animals must be approved by the march management prior to the event.

3.9. Escort vehicles

Private escort vehicles of all kinds are permitted outside, but not on the marching routes.

3.10. Infringements, complaints, exclusion

Disqualifications will be issued in the event of false personal details (name, year of birth, etc.), unsportsmanlike conduct (e.g. failure to pass through the registration posts, shortcuts, disregard of official instructions, etc.), immoral clothing and behavior, and failure to comply with instructions (administrative, safety and medical) issued by the march management. It is not permitted to pass on the personal start card to another person.

3.11. Objections

Objections must be submitted in writing no later than 30 minutes after the official finish time with a deposit of CHF 100. A decision on disqualification or revocation of disqualification will then be made. This will be done by a meeting and vote of the marching committee. The march leader has the casting vote.

If the objection is accepted, the CHF 100.00 will be refunded and if it is rejected, the CHF 100.00 will be retained.



Regulations for the Swiss two-day march

4. Awards

4.1 Swiss two-day march

For the "Swiss Two-Day March" awards, a two-day march with a daily distance of at least 10 km must be completed.

Civilians receive a **pin with the number of marches completed** and **uniformed personnel** receive a **pin with helmet with the number of marches completed**. A **medal** is also awarded for the first, fifth, tenth, 20th, 25th, 30th, 35th and 50th participation. Civilian participants receive the number 1 medal without an additional pin.

Each **marching group** will receive a prize for every 10 participants marched on both days. **Pennant** as a group award.

Group leaders and individual participants must obtain these from the registration desk immediately after the march, but no later than 30 minutes after the end of the march on Sunday.

4.2 IML (International Marching League) Walking Association

At least 20 km per day must be covered for the IML classification. "2x20km"

For participants up to the age of 10 or over the age of 70, the minimum distance is 10 km per day. "2x10 km"

Children

If children aged 10 years or younger are accompanied by suitably qualified adults, these adults (maximum 2) are also entitled to the IML awards.

If children run in a group (5 or more), the group chaperones are also entitled to the IML awards (maximum 1 chaperone per 8 children). (5-8 one chaperone; 9-16 two chaperones; 17-24 three chaperones). Chaperones must be over 18 years of age.

4.3 IVV/VSL-EVG (Volkssportverband Schweiz-Liechtenstein and European Volkssport-Gemeinschaft and the International Volkssportverband)

The **IVV classification stamp** will only be issued after completion of the course if the start card and scorebook are presented in person and match by name. If the course is completed several times, a new start card is required each time. After the
After completing the course, the start card and the scorebook must be presented for stamping.

The VSL-EVG code changes annually.

5 Accommodation

The organizer will allocate shared accommodation (gymnasiums / civil defence facilities) in the vicinity of the event upon registration, subject to availability. The sleeping bag is in any case



Regulations for the Swiss two-day march

to bring along.

The cost is CHF 45.00 per person per night, including breakfast. **The reservation of accommodation is only binding and guaranteed upon receipt of payment.** In the event of overbooking, the order in which payment is received is decisive.

Hotel rooms and other accommodation will not be arranged. For assistance, please contact the Tourist Office of the City of Bern (https://www.bern.com/de/home_), telephone (+41 31 328 12 12 orinfo@bern.com). Overview of accommodation options in Bern: https://www.bern.com/de/uebernachten_.

Hotel partners can be found on our current website and booked directly with the hotel or accommodation.

6 Privacy policy

To register, you must provide your surname, first name, address, year of birth, nationality and the desired route. An e-mail address is required for the delivery of event-specific information. When registering third parties, it is assumed that this person has given their consent.

Data will not be passed on to third parties.

By registering, participants agree that the photos and film recordings and similar made in connection with the event may be used by the organization for its own advertising material, magazines and books, etc. without any claims to remuneration on TV, the Internet and social media.

7 Information

Any questions should be by e-mail to marsch@2tm.ch .

You can also reach us by telephone at the following number during the following times: In urgent cases phone no. +41 (0)79 123 60 70

from May 1 to May 26, 2025,	1700 - 2100
May 27 to May 29, 2025	0800 - 1800
Friday, May 30, 2025	0800 - 2000
Saturday, May 31, 2025	0530 - 2000
Sunday, June 01, 2025	0530 - 1800
June 2, 2024 to June 3, 2025	0800 - 1700
from June 4, 2024 - June 14, 2025	1800 - 2000



Regulations for the Swiss two-day march

8 Lost and found office

The lost and found office is located at the start/finish area. After the event, lost property will be handed in at the lost and found office of the City of Bern (<https://www.bern.ch/themen/personliches/fundburo>) (Theatergässchen 2, 3001 Bern 7, phone +41 (0)31 321 50 50, fundbuero@bern.ch).

9 Final provisions

The current version of these regulations / conditions of participation are part of the contract between the organizer and the participant at the time of registration.

By registering for the Swiss Two-Day March, participants accept these regulations.

Bern, December 9. 2024

Swiss Two-Day March The
Marching Committee