

RULES FOR NORDIC SKIING

a) Categories

All skiers must be registered with SU-DS as having Down syndrome

For gender:

- Male
- Female

For age group:

- Junior (from 16 to 19 years old)
- Senior (from 20 to 35 years old)
- Masters (over 36 years old)

b) Races

The competitions may include:

- 1 km (classic)
- 3 km (free style)
- 5 km (classic or free style)
- 10 km (only Male, classic or free style)
- Relay 3x1 km (classic)

For 5 and 10 km races, the Technical Director of the event will decide the technique to be adopted.

c) Entries, replacement and relays:

The skiers can be registered for only 2 individual races and 1 relay.

Relays are Male or Female, but if a Female is entered in a male relay, or vice versa, the relays will be classified as Male.

Teams may enter one or more relay teams following the rules as above.

Entries or replacements must be submitted to the Organisers the day before the race.

No Entries or replacements are accepted on the day.

d) Technical meeting

Before all races, there will be the technical meeting. In this meeting the Technical Director can change the race programme.

e) Competition jury

The competition jury is composed by the Technical Director and two technical assistants.

The competition jury can decide:

- To delay, stop or cancel the race;
- the race will be cancelled if the temperature goes under -18° or if the weather conditions are too difficult for the race;
- athletes may be delayed at the start only in the case of important contingencies;
- Or, if a race is to be rerun

f) Reruns

Reruns are only permitted by the Judge of the course.

Reruns are not allowed for a technical error of the referees

Appeals for a rerun must be submitted to the judge of the race immediately after the race.

g) Awards

For each race only the following awards

1° ranked (gold medal)

2° ranked (silver medal)

3° ranked (medal bronze).

There will be a participation medal to all athletes registered

A Special award for the best results, male and female.