

RULES AND REGULATIONS,

SKIING COMPETITION

The skiing competitions will be split into three categories, A, B and C.

Category A: former professional skiers with a rating among the skiing disciplines of 1 adult and higher

Category B: amateur skiers who train regularly

Category C: beginning skiers who occasionally ski

The competitions will include the following distances:

1. Individual races with separate starts (provisionally 5, 3 and 2 km, depending on category and gender of the competitor)
2. Mass start (provisionally 10, 5 and 3 km, depending on category and gender of the competitor)
3. Relay (provisionally 4x2 km, each team consisting of 2 men and 2 women)

Results will be assessed separately for men and women.