International Luge Federation

IRO
INTERNATIONAL
LUGE REGULATIONS

- ARTIFICIAL TRACK -

2026 Edition

www.fil-luge.org

2026 Edition
International Luge Regulations
Artificial Track

§ 1 General Regulations 3

§ 2 FIL Competitions, Awarding thereof
1. FIL Competitions 5
2. Procedure for the Awarding of FIL Competitions 5

§ 3 Competition Regulations
1. Disciplines 7
2. Competitions Runs 7
3. Regulations for Eligibility 7
4. Age Requirements 7
5. Seeded Groups 8
6. Competition Program 9
7. Cancellations, Competition Schedule 20
8. Authorization to Participate in Training 20
9. Authorization to Participate in Competition 20
10. Rankings 21

§ 4 Race Administration, Jury, Technical Delegate, International Judge
1. Race Administration 23
2. Jury 24
3. Technical Delegate 24
4. Combined Task of the Jury and Technical Delegates 25
5. International Judge 25

§ 5 Sled, Equipment, and Inspections
1. General Regulations on Sled 26
2. General Regulations on Equipment 34
3. Inspection of the sled and race equipment 35

§ 6 Medical Service 40

§ 7 Advertising Regulations
1. Applicability, Measuring Procedure, Approval of Advertising Surfaces, Inspections ... 41
2. Sizes of Advertising Surfaces 41
3. Athlete 45
4. Forbidden Advertisement 45

§ 8 Training, Weigh-in, Individual Supplemental Weights
1. International Training Courses 46
2. Paid Training 46
3. Official Training 46
4. Weigh-In 48
5. Individual Supplemental Weights 48

§ 9 Race Preparation
1. Entries 51
2. Entry Fee 51
3. Draw 51

§ 10 Start, Finish, General Rules, Timing, Results
1. Start 53
2. Finish 54
3. General Rules 54
4. Timing 55
5. Results 57

§ 11 Disqualification, Protests
1. Violation of the Rules 58
2. Protests 58

§ 12 Awarding of Titles, Awards Ceremony
1. Titles for FIL World Championships 60
2. Titles for Continental Championships 60
3. Awarding of Titles in Case of a Reduction of Runs 60
4. Certificates 61
5. Medals 61
6. Pins for Competitors and Officials 61
7. Gifts of Honor and Mementos 61
8. Awards Ceremony and Conclusion of the Event 61

§ 13 Concluding Regulations 63

Supplements:

1. Regulation for Artificial Luge Tracks 64
2. Rules for Instruction of International Judge 68
3. Regulations for Audio-Visual Media Rights 70
4. Olympic Rules 72
4 a. Olympic Rules – Youth Olympic Games (YOG) 77
5. Additional regulations for disciplines with a standard sled 81
6. Individual Weight Allowances 85

§ 1 General Regulations

1. The International Luge Regulations for Artificial Track (IRO) include the regulations for an orderly staging of all competitions of the sport of luge on artificial tracks including championships and international competitions of the FIL.
It is also valid for the luge competitions during Olympic Winter Games (OWG), please refer to Supplement 4.

2. The event organizers as well as the participating National Federations (NF), sport clubs, teams, athletes, judges, doctors and all assigned helpers are obliged to adhere to the following regulations and use them during the staging of competitions on artificial tracks during Olympic Winter Games, FIL Championships and FIL competitions provided that there are no IOC regulations, FIL statutes or resolutions of FIL bodies ruling against it.

3. Athletes registered by their National Federations (NFs) can participate in all FIL competitions if they have a valid FIL e-license. A FIL e-license is required in the youth A, junior, and general classes.
The licenses are issued by the FIL and must be applied for anew each season.
To obtain the license, a certificate with the following requirements is necessary:

   a) The athlete must complete a basic training that suggests they can safely slide all the designated tracks for competitions.
   b) The athlete must have successfully completed two FIL luge training weeks on two different tracks, reaching the age category start height. Confirmation will be provided to the athlete by the relevant FIL coaches.
   c) The athlete must have participated in at least one anti-doping education course specified by the FIL A corresponding certificate must be presented for the license application.

   The FIL may recognize an athlete's participation in lunge training week conducted by NF as equivalent.

4. The event organizer authorized to stage FIL competitions is obligated to conclude liability insurance for the entire duration of the competition in which the extent of the coverage is to be regulated through a written agreement.
Any liability of the FIL will be explicitly excluded.

5. All national federations have the right to apply for the staging of FIL competitions according to the regulations of the IRO.
With the application to host an event, the respective National Federation acknowledges the IRO regulations and all other FIL regulations.
Deviations from these regulations only become effective if they are explicitly approved by the FIL bodies responsible according to the statutes.

6. Athletes, FIL officials, National Federations, physicians, coaches, managers and other participants in the sport of luge are obligated to comply to the Anti-Doping Code of the FIL and the FIL Ethic-Code during and outside competitions.

7. Each participating athlete and official must behave fairly and in a sportsmanship like manner during a competition. Violations of the "Fair Play" Principle will be checked and lead to appropriate sanctions.

8. In case of discrepancies between the text of the IRO and the text of other FIL regulations or instructions of FIL bodies, the regulations of the IRO are decisive if not from priority provisions of the FIL statutes state otherwise.

9. The word “athlete” used in the IRO includes both female and male participants in competitions and training.

10. The sport year of the FIL starts on July 1st and ends on June 30th of the following year.

11. Violations against the regulations of the IRO result in disqualifications and/or other sanctions, which are specified in the Law and Procedure Regulations.

§ 2 OWG, FIL Competitions, Awarding thereof

1. OWG

1.1 **Luge competitions during Olympic Winter Games** (supplement 4)

1.2 **FIL Championships, Rotation**

1.2.1 World Championships (FIL WCh)
- in every sport´s year, with the exception of the year in which the OWG will be staged

1.2.2 Continental Championships
(European Championships (ECh) / America Pacific Championships (APCh) /
Asian Championships (ACh)
- in ever sport´s year as race in race / World Cup (WC)

1.2.3 Junior World Championships (JWCh)
- in every sport´s year

1.2.4 Continental Championships Juniors
(European Juniors Championships (JECh) / Junior America Pacific Championships (JAPCh)
- in every sport´s year as race in race / Juniors World Cup (JWC)

1.2.5 Continental Championships Youth A
(Youth European Championships (YECh) / Youth America Pacific Championships (YAPCH) / Youth Asian Championships (YACh)
- In every sports´s year as race in race / World Youth Series (Youth A)

1.2.6 U23-World Championships
- in every sport´s year, except in the sport year in which the OWG take place as race in race / FIL WCh

1.2.7 U23- European Championships
- in every sport's year as "Race in Race" / World Cup (WC)

FIL Championships (numbering) The Championships are numbered in a continuous order even if awarded championships are cancelled:

54th WChs 2027	55th WChs 2028	56th WChs 2029
58th EChs 2027	59th EChs 2028	60th EChs 2029
16th APChs 2027	17th APChs 2028	18th APChs 2029
12th AChs 2027	13th AChs 2028	14th AChs 2029
42nd JWChs 2027	43rd JWChs 2028	44th JWChs 2029
48th JEChs 2027	49th JEChs 2028	50th JEChs 2029
16th JAPChs 2027	17th JAPChs 2028	18th JAPChs 2029
02nd YEChs 2027	03rd YEChs 2028	04th YEChs 2029

1.3 **International Competitions**

1.3.1 World Cup (WC)
The staging of World Cup races in blocks is allowed (i.e. three World Cup races in two weeks).

1.3.2 Team Relay World Cup (TSWC)

1.3.3 Mixed Singles World cup (MSWC)

1.3.4 Mixed Doubles World cup (MDWC)

1.3.5 Sprint World Cup (SWC)

1.3.6 FIL Cup (General Class)

1.3.7 Junior World Cup (JWC)
- minimum 4 races per season

1.3.8 Youth A -World Youth Series (WYS)
- World Youth Series Europe (WYSE)
- World Youth Series North America (WYSNA)
- World Youth Series Asia (WYSA)
- minimum 3 races per season

1.3.9 Nations Cup (NC)
World Cup and Nations Cup are staged in one event.

1.3.10 Three-Tracks Tournament (Dreibahnen-Tournee DT)

1.3.11 FIL Youth Games (FIL YG)

1.3.12 Other international competitions

2. Procedure for the awarding of FIL Competitions

~~2.1 The FIL Congress awards the FIL WCh and the JWCh a maximum of 4 years in advance. The awarding is done upon written application from the NFs. The application according to the current form has to be submitted to the president of the FIL twelve weeks prior to the Congress.~~

~~2.2 The executive board awards the World Cup races with corresponding bidding criteria upon fulfillment of the application criteria by the national federations.~~

~~2.3 All other FIL competitions are confirmed by the executive board.~~

2.4 To conduct an international FIL race, there must be a minimum of 3 sleds from two different nations participating in the respective discipline (§3.9). This rule applies to all genders. This rule does not apply to the team relay competition.
Any FIL championships are not affected by this rule.

2.5 Participation in the competition is deemed to have taken place if the respective athlete has fulfilled the necessary requirements for admission to the competition in accordance with § 3, 9.

§ 3 Competition Regulations

1. Disciplines

1.1 FIL competitions are staged in the following disciplines:

- women's singles
- men's singles
- women's doubles
- men's doubles
- team relay (§ 3, 6.7)
- sprint competition
- junior team competition (§ 3, 6, 10)

1.1.1 The team relay competition (§ 3, 6.7) is obligatory during FIL WCh, ECh, and JWCh.
1.1.2 The Mixed Singles / Mixed Doubles competition is obligatory during FIL World Championships.

2. Competition Runs

	singles	/ doubles	/ team relay / team competition
FIL championships	2	2	1
International competitions	2	2	1

2.1 If a run is cancelled, disqualifications and eliminations as a result of a crash that have occurred during this run are not valid.

3. Regulations for Eligibility per NF

		Women	/ Men	/ Women's Doubles	/ Men's Doubles
3.1	FIL Championship	4	4	3	3
3.2	World Cup	4	4	3	3
3.3	Nations Cup refer to § 3, 6.5.1				
	Additional starters (§ 3, 6.5)	2	2	2	2

- Additional starters will not be awarded WC points

3.4 Junior World Cup

	Junior	~~Together~~
women's singles	6	~~women's and men's~~
men's singles	6	~~singles max. 10~~
women's doubles	4	~~3~~
men's doubles	4	~~3~~

3.5 Youth A - World Youth Series

	Youth A	~~Together~~
women's singles	6	~~women's and men's~~
men's singles	6	~~singles max. 10~~
women's doubles	3	~~3~~
men's doubles	3	~~3~~

4. Age Requirements

4.1 FIL competitions are staged in the following age classes:

- General class
- Juniors
- Youth A
- Youth B
- Youth C
- Youth D
- Seniors

4.2 Athletes who compete in youth and junior competitions must belong to the following age classes:

Juniors	maximum age	year of event - 21
	minimum age	year of event - 19
Youth A	maximum age	year of event - 18
	minimum age	year of event - 15
Youth B	maximum age	year of event - 14
	minimum age	year of event - 13
Youth C	maximum age	year of event - 12
	minimum age	year of event - 11
Youth D	maximum age	year of event - 10

(Minimum age and maximum age = age class)

4.2.1 During a competition in the first half of the season (07/01-12/31), the athlete belongs to the age class valid for him/her during a competition starting on the following 1st of January.

4.2.2 Athletes belonging to the youth class A are eligible to start in the junior class.

4.2.3 Athletes belonging to the youth class B are eligible to start in the youth class A.
They can start with 16.5 kg youth sled B and/or a 24 kg youth double sled respectively.

4.2.4 The youth classes C and D may only start with a max. 16.5 kg or less youth sled and a 24 kg double sled in their classes.

4.3 For the OWG, FIL competitions in general class, athletes must have reached their sixteenth (16^{th}) birthday during the sport year (§ 1, 10).

4.4 During the staging of competitions for seniors, athletes must have reached their 35th birthday.

5. Seeded Groups

5.1 During FIL competitions, seeded groups will start in all disciplines in the general class, junior class, and youth A class except in the team relay and in the team competition.

5.2 **Composition of seeded groups at FIL Championships and World Cup General Class**
12 women's singles
12 men's singles
12 women's doubles
12 men's doubles
The seeded groups are set up by name.
At the beginning of each season, the seeded groups are set up new.
Athletes who are officially resigned are deleted from the seeded group.
The seeded groups are updated and adjusted after each World Cup for the next World Cup.
The seeded groups will be filled up to their full number. In the absence of an athlete, the next ranked athlete moves up. This is possible until the start of the first official training. The names of participating athletes from the seeded groups are to be confirmed by the team captain until the first official training.

5.3 **Composition of seeded groups at Junior World Championships, Junior World Cups, and World Youth Series**
JWCh and JWC/ WYS:
Group A = (12) athletes and/or double teams as per name (JWCh § 3, 6.9.3)
JWC/WYS:
Group B = athletes and/or double teams with JWC/WYS points as per name
Remaining group = athletes and/or double teams without JWC/WYS points as per name
The names of athletes from the seeded groups are to be confirmed by the team captain before each draw.

5.4 **Calculation of seeded places**
The current positions in the seeded groups general class result from the World Cup point ranking of the three previous World Cup races. The points from the Sprint World Cup do not count in the determination of the current places for the seeded groups.

For the junior class and youth A class, the current positions in the seeded groups A and B result from the current Junior World Cup or World Youth Series point ranking. For the 1st Junior World Cup and World Youth Series, the overall World Cup ranking of the previous season is valid. Athletes without points are assigned to the rest group.

5.5 Junior World Championships, Junior World Cup, and World Youth Series: The seeded groups will generally be filled up to their full number.
In the absence of an athlete, the next ranked athlete moves up.

6. Competition Program

6.1 **FIL World Championships in General Class** (FIL WCh)

6.1.1 Preliminary run:

- The seeded groups do not participate in the preliminary run; all other athletes determine their start position in the preliminary run for the 1st competition run.
- If athletes are tied in points, the start order is determined by a draw by the jury.
- Athletes without WC points will be placed at the end of the start list according to a draw.

Seeded group:
The seeded groups are newly formed for FIL World Championships. (§ 3, 5.4)
The determination of the seeded groups for the individual disciplines is based on the World Cup point standings from the preceding three World Cups on at least three different tracks in at least two different countries.
The starting order of the seeded group will be drawn:

- women's singles: 12 - 7 + 6 -1,
- men's singles: 12 - 7 + 6 -1,
- women's, men's doubles: 12 - 7 + 6 -1,

Start order singles 1st run:

- In the 1st run, the 10th-placed athlete from the preliminary run starts as the first sled, and in subsequent order, so that the 1st-placed athlete from the preliminary run has the starting number 10.
- Starting from number 11, the seeded group follows after the draw (placements 7 - 12 / 1 - 6).
- Then, the remaining sleds follow, starting with the 11th-placed athlete from the preliminary run until the end.

Start order singles 2nd run:

- Women´s / men´s singles 20 - 1 according to placing in 1st competition run

Start order doubles 1st run:

- In the 1st run, the third-placed doubles team from the preliminary run starts as the first sled, and in subsequent order, so that the 1st-placed team from the preliminary run has the starting number 3.
- Starting from number 4, the seeded group follows after the draw (placements 7 – 12 / 1 - 6).
- Then, the remaining sleds follow, starting with the 4th-placed doubles team from the preliminary run until the end.

Start order doubles 2nd run:

- Women´s / men´s doubles 18 - 1 according to placing in 1st competition run

- Athletes who do not qualify for the 2nd competition run will be ranked according to their placing in the 1st competition run.
- If an athlete crashes in one of his competition runs and does not cross the finish line, he will be listed in the results with a DNF.

6.1.2 **Requirements for participation in the FIL World Championships (General Class)** ~~Qualification for FIL World Championships~~

Each athlete must have participated in at least ~~two international FIL competitions~~, three FIL World Cups/Nations Cups/Junior World Cup on at least two different tracks in two different countries during the current season. ~~(before the FIL WCh) in the current season.~~
If an athlete due to a proven injury is not able to full fill these requirements the FIL Executive Board can make a special exception.

If an athlete in the current season before the FIL ITP~~W~~ is ranked after the best ranked 30 men, 30 women or 24 women's/ men's doubles in the overall World Cup, participation in the FIL ITP~~W~~ (according § 8 point 1) is mandatory.

6. 2 FIL Sprint World Championships, General Class

6.2.1 Participation eligibility per NF
4 women's singles
4 men's singles
3 women's doubles
3 men's doubles

6.2.2 Admission requirements
Athletes who are registered within the scope of the FIL World Championships regulations (§ 3, point 3.1) are eligible to start at the FIL Sprint WCh.

6.2.3 Registration/entry
(§ 9 point 1)

6.2.4 Competition
The Sprint WCh is carried out in singles and doubles with one qualifying run and one (1) competition run.

1) Qualifying run
All athletes take part in the qualifying run; the fastest 15 athletes in each discipline qualify for the Sprint WCh Final.
Start order for the qualifying run:
Places 15 – 1 and 16 – to the end according to the current general class World cup ranking

2) Sprint World Championship Final (1 run)
Start order places 15 - 1 according to the placement in the qualifying run.

6.2.5 Competition format
a) Start: from the discipline start heights with shortened measured stretch (in flying start);
b) The timing starts after about 100 to 150 m after the start block;
c) Finish light barrier unchanged;
d) No coaches are permitted in the start area;
e) During the competition, only the athlete starting next may enter the start area;
f) The start order of the disciplines is set by the FIL in coordination with the event organizer;
g) Track maintenance/preparation prior to each discipline

6.2.6 Scoring system
All athletes who do not qualify for the final run will be ranked according to their result in the qualification run (place 16 to the end).
If an athlete crashes in the final or in the qualifying run, this athlete will be classified as a DNF in the results list.

6.2.7 Awards ceremony and awarding of titles ("Sprint World Champion in Luge")
As in the FIL WCh (§ 12, 1.5)

6. 3 U23 World Championships (U 23 WCh)

The U23 WCh will be staged as "race in race" with the World Championships (§ 2, 1.2.1)

- Athletes who participate in the U23 World Championships must comply with the following age regulations:
  - Maximum age: 23 in year of the event
  - Minimum age: in accordance with IRO (§ 3, 4.3)
- The participating athletes must be registered for the FIL World Championships in the framework of the authorization to participate (§ 3, 3.1).
- Awarded title: Women's Singles / Men's Singles and Women´s Doubles / Men´s Doubles, if at least three (3) athletes/athlete pairs/teams have reached a result in their respective discipline.
- The title holders and the rankings are determined from the rankings of the FIL-WCh race.
- Separate results list is drawn up for the U23 World Championship rankings.

6.4 Continental Championships (European Championships (ECh), America Pacific Championships (APCh), Asian Championships (ACh)

6.4.1 Eligibility per NF
- 4 women's singles (S)
- 4 men's singles (S)
- 3 women's doubles
- 3 men's doubles

6.4.2 Disciplines / Awarding of Titles
- singles and doubles
- team relay (European Championships only)

6.4.3 U23 European Championships (U 23 ECh)

The U23 ECh are staged as "Race in Race" at a World Cup. (§ 2, 1.2.2)

- Athletes who participate in the U23 European Championships must comply with the following age regulations:
  - Maximum age: year of the event -23
  - Minimum age: in accordance with IRO (§ 3, 4.3)

The participating athletes must be registered for the FIL World Cup in the framework of the authorization to participate (§ 3, 3.2 and § 3, 3.1).

- Awarded title: Women´s Singles/Men´s Singles and Women´s Doubles/Men´s Doubles, if at least three (3) athletes/athlete pairs/teams have reached a result in their respective discipline.
- The title holders and the rankings are determined from the rankings of the FIL ECh race.
- Separate results list is drawn up for the U 23 European Championship rankings.

6.4.4 The Continental Championships are staged as "race in race" at a World Cup.
6.4.5 Athletes who are registered for this World Cup in accordance with the authorization (§ 3.3.1 and § 3.3.2) are eligible to start.
6.4.6 Eligible athletes who did not qualify for this World Cup will be ranked according to the ranking in the Nations Cup.
6.4.7 Additional starters from the Nations Cup cannot be ranked (ECh, APCh, ACh), even if a registered athlete does not compete.
6.4.8 At the European Championships, titles are awarded in the disciplines, women's/men's singles, women's/men's doubles, team relay and mixed singles/doubles.
6.4.9 At APCh and ACh an award ceremony is only held if at least three (3) athletes/athlete pairs/teams have reached a result in their respective discipline. (rank 1 -3)
6.4.10 The title holders and the rankings are determined from the rankings of the WC and NC race.
6.4.11 A separate results list is drawn up for the championship rankings.

6.5 World Cup in General Class / Nations Cup

6.5.1 Nations Cup

a) The Nations Cup is carried out at every World Cup Event.
b) The Nations Cup will be held as qualification for the World Cup race in one run, if more participants are registered than are admitted to the World Cup.
c) If the field of participants is smaller than the number of participants allowed to participate in the WC, then the result from the Nations Cup is drawn on to determine the start position in the WC race (last ranked- to first ranked athlete)
   - Should an athlete not reach an end time, then he will be allocated the last start position before the seeded group.
   - Should more than one athlete crash, then the start order of the crashed athletes will be drawn by the jury.
   -

6.5.2 Participation Nations Cup (NC)

a) Non-seeded athletes have to participate in the Nations Cup/qualification to be eligible to participate in the World Cup.
b) Additional starters are eligible to start in the Nations Cup (§ 3, 3.3).
c) Athletes of the seeded group do not participate in the Nations Cup/qualification.
d) In the absence of athletes from the seeded group, no athlete will move up.
e) For all other athletes excluding additional starters, the Nations Cup is considered as the qualification for the World Cup.

6.5.3 Start order for the Nations Cup / Qualification for WC

The start order arises from the current list of seeded groups:
Women (S) 13th place to the end Men (S) 13th place to the end / Doubles 13th place to the end,
Afterwards, athletes who do not come from the seeded list will start, these athletes will be drawn.
Additional starters will be placed at the end of the start list according to a draw.

6.5.4 Qualification for World Cup races

The fastest 18 women and 18 men, and 12 Women's-, Men's doubles will qualify for participation in World Cup races.
In the absence of athletes of the seeded group, the qualified participants will be increased by this number.
Should the World Cup field not be filled until the Nations Cup (§3, 6.5.5) begins within a respective discipline then any athlete(s) with a DNF, DSQ, DNS in the Nation´s Cup will qualify for the World Cup and will receive the last start number(s) in the World Cup start list. If this applies to more than one athlete, start numbers will be drawn.

- Additional starters cannot qualify for the World Cup race.

6.5.5 The current Junior World Champions may participate in the World Cup as additional starters in accordance with §3.6.10.7.

If the Junior World Champions are not part of the currently seeded group, they must compete in the Nations Cup. In any case, the Junior World Champions are qualified for the race—provided they meet the requirements according to §3.9—even if they receive a DNS, DSQ, or DNF in the Nations Cup.
They will receive their start number according to their placement in the Nations Cup; if applicable, this may be the final start number.
If a Junior World Champion participates in the final World Cup of the season, the starting field will be expanded accordingly to include this athlete.

6.5.6 Host Nation Starting Spot

The host nation of the country where a World Cup event is held receives one additional starting place per discipline, except for Team Relay and Mixed.
This host nation starting spot may only be used once per season per discipline.

The host nation athlete must start in the Nations Cup. If the athlete meets the requirements according to § 3.9, they are qualified for the race even if they receive a DNS, DSQ, or DNF in the Nations Cup.

The athlete receives the start number according to the Nations Cup result. If applicable, this may be the last start number.
If the host nation uses this starting spot, the starting field (30 / 24) will be expanded by one accordingly. In this case, § 3.6.5.5 remains valid for all other participants.

6.5.7 Participation in World Cup races

	Women (S) (30)	Men (S) (30)	women's/men's doubles (D) (24)
Seeded group	12	12	12
Qualification / NC	18	18	12

The size of the field will be adjusted only by a tie in points or placing and also in the case of the absence of athletes of the seeded group.

6.5.8 Start order for World Cup races

Start order Singles 1st competition run:

- In the 1st run, the 5th-placed athlete from the Nations Cup starts as the first sled, and in subsequent order, so that the 1st-placed athlete from the Nations Cup has the starting number 5.
- Starting from number 6, the seeded group follows after the draw (placements 7-12 / 1-6).
- Then, the remaining sleds follow, starting with the 6th-placed athlete from the Nations Cup until the end.

Start order Singles 2nd competition run:

- Women's / Men´s Singles 20 - 1 according to placing in 1st competition run

Start order Doubles 1st competition run:

- In the 1st run, the 3rd-placed doubles team from the Nations Cup starts as the first sled, and in subsequent order, so that the 1st-placed team from the Nations Cup has the starting number 3.
- Starting from number 4, the seeded group follows after the draw (placements 7–12 / 1-6).
- Then, the remaining sleds follow, starting with the 4th-placed doubles team from the Nations Cup until the end.

Start order Doubles 2nd competition run:

- Women's / Men´s Doubles 18 - 1 according to placing in 1st competition run

6.5.9 Nations Cup: Allocation of World Cup points for non-qualified athletes

Non-qualified athletes are awarded the following World Cup points:

- Women (S): 19th place in Nations Cup = 10 World Cup points according to list in § 3, 10.1 from 31st place downwards;
- Men (S): 19th place in Nations Cup = 10 World Cup points according to list in § 3, 10.1 from 31st place downwards;
- Doubles W, M: 13th place in Nations Cup = 16 World Cup points according to list in § 3, 10.1 from 25th place downwards.

The next placed athletes receive one-point fewer according to the list and at least one point.
In the case of equality (see point 6.5.5) the assigned World Cup points will be customized.

- Additional starters will not be awarded any World Cup points.

6.5.10 World Cup: Allocation of World Cup points in the case of DNS, DNF, DSQ ~~default~~

World Cup participants who receive an DNS and DNF (first run) are awarded the amount of World Cup points for the top ranked non-WC qualified athlete in the Nations Cup in their respective discipline (point 6.5.7).

World Cup participants who receive a DNF and DNS (second run) receive the same number of World Cup points as the first non-qualified athlete for the second run of the respective discipline.

For seeded group athletes this rule (DNS) only applies if the athlete starts in the final training for seeded athletes.
This rule does not apply:
- in the case of a disqualification
- for the Sprint World Cup

6.5.11 World Cup "Super Slide Mode" (SSM)

The Sport Commission may decide on the implementation of the SSM for the respective season.

6.5.11.1 Training

- 1 training session with 2 runs for all participants.
- At least 1 run must be completed to the finish within 7%.
- During the World Cup week, no training outside the official training sessions is permitted for participants on the respective World Cup track.

6.5.11.2 Qualification to the Competition

- 1 qualification run for all participants (starting order based on the current seeded list).
- No Nations Cup / no seeded training.
- Top 30 singles / Top 24 doubles qualify for the World Cup. (exemption §3.6.5.6)

6.5.11.3 Competition

- The World Cup starting order is determined by the results of the qualification run (Winner of the Qualification Run has start number 1)
- World Cup points are awarded according to Points Table 1 – Last Place (§3 10.1).

6.5.11.4 Competition Format

- 1st run: start numbers 1–30;
- 2nd run: start order 20–1 based on the results of the first run.

- Each sled starts with a closed start gate. Upon an acoustic and visual signal, the gate opens and the timing begins. The time stops when the sled crosses the finish line. (reaction/gate start only if possible)
- No modification of equipment between run 1 & 2.
- Only official sandpaper may be used.
- After the first run, sleds must be taken directly to a parc fermé located at the start area.
- Sleds may only be worked on by the respective athlete (except in case of damage).
- In case of damage, the Technical Delegate (TD) must be informed, inspect the sled, and be present if necessary, during repairs.
- Repairs may be carried out by a coach.

6.6 **Sprint World Cup** (SWC)

6.6.1 Participation:
The participants for the Sprint World Cup qualify by placing / ranking in the current World Cup races:

- WC women's singles Rank 1 - 15
- WC men's singles Rank 1 - 15
- WC women's/men's doubles Rank 1 - 15

If waiving or failure to start of an athlete/athlete pair, there is no moving up, only qualified athletes are allowed (WC 1 - 15) to start.

6.6.2 Competition

- The Sprint World Cup will be a one run race (1)
- As the final competition at WC events without Team Relay World Cup

- WC points according to (§ 3, point 10.1)

6.6.3 Competition format
a) Starting order: After placement / qualification in the World Cup race in reverse start order (Rank 15 - 1);
b) Start: original start heights with a shortened measurement path (in the flying start);
c) The start has to be done within 20 seconds in singles and within 35 seconds in doubles after the start release;
d) Time measurement starts about 100 to 150 meters after the start ramp;
e) Finish cell (light beam) unchanged;
f) During the competition, only the next-starting athlete is allowed to enter the starting area;
g) The start order of the disciplines will be defined in the daily schedule;
h) All disciplines start successional; there is no track preparation between disciplines;
i) When the start height changes, intermediate track preparation is possible depending on the weather.

6.6.4 World Cup Points
- The Sprint World Cup points are incorporated consecutively into the overall World Cup score.
- The Sprint World Cup points do not count for the current seeded list calculation.

6.6.5 Overall ranking
6.6.6 The Sprint WC competitions and the resulting WC points are not included in calculating the quota places, or for any FIL minimum requirement for the OWG.

6.7 Procedure for Team Relay

6.7.1 Eligibility to participate
Only one team relay team per nation may participate in the competition
(1 women´s singles, 1 men´s singles, 1 women´s doubles, 1 men´s doubles)
Athletes participating in the team relay competition must be qualified for the WC / NC or for the FIL championships.
- No additional starters are allowed in the relay competition.

6.7.2 Registration/entries
- The day before the team relay competition, all NFs participating have to register their teams by name in writing at the latest by 5:00 p.m. or at most 10 minutes after the last competition of the day is completed, whichever comes later.
- After the registration deadline, a substitution is possible for justified reason, e.g. injury or illness or otherwise an important reason for the prevention exists.
- Athletes who complete their competition on the same day of the team relay must be registered in writing with the Sports Director at most 10 minutes after their competition ends.

6.7.3 Staging time of the team relay competition
- The team relay competition is staged in one run as the event's last discipline.
- Changes of the time when the competition must be staged by the event organizer are determined by the FIL.

6.7.4 Determination of the nations ranking for the Team Relay World Cup
The team relay nations ranking is determined as follows:
- current World Cup point standings in the singles and doubles disciplines;
- only the best ranked athletes are determined for each NF (1 women´s singles, 1 men´s singles, 1 women´s doubles, 1 men´s double);
- the points of the best placed athletes of each NF are added;
- the total of points is the placing in the team relay nations ranking;
- if a team relay competition is held on the 1st World Cup weekend the team relay nations ranking is calculated on the basis of the overall World Cup point standings of the previous season.

6.7.5 For determining the nations ranking for the team relay competition at FIL WCh (General Class) and OWG:
- the ranking in the four individual disciplines (women's/men's singles and women´s/men´s doubles) in the current FIL WCh or OWG is valid;

- per NF only the best placed athletes are derived from the results: 1 women´s singles, 1 men´s singles, 1 women´s doubles, 1 men´s double;
- the points (§ 3, 10.1) of the best placed athletes or the respective NF are added together;
- the total determines the ranking in the team relay nations ranking for the FIL WCh / OWG.

6.7.6 Start order World Cup
- At the 1st team relay competition, the start order follows the team relay nations ranking (point 6.7.4) in reversed order (last ranked to rank 1).
- After the 1st Team Relay WC, the start order is the reverse order of the current Team Relay World Cup rankings (last to first place).
- New teams/NFs start at the beginning by draw.
- Order of disciplines per team: **women's singles / men´s doubles / men´s singles / women´s doubles**

6.7.7 Start order FIL WCh (General Class) JWCh and OWG
- according to the nations ranking for the team relay at FIL WCh and OWG (point 6.7.5.) in reverse order. In the case of a tie, the race ranking in doubles determines the placement in the nations ranking.

6.7.8 Competition schedule:
- All four sleds of one team start one after the other from one start height.
- The first sled starts with the start gate closed. Upon an audible and visual signal, the gate opens, and the timing begins. Arriving at the finish, the athlete releases the contact to open the start gate by hand at the touch pad. The time is still running.
- The second sled may start as soon as the gate opens.
- The start of the third and fourth starter is analogous to the start of the second one.
- Starters number 2, 3, 4 receive two signals (announcements / sound of a horn) indicating where the slider currently is, as an orientation to the time approximately remaining until the start.
- As soon as the fourth starter reaches the touch pad, the time stops and the overall time for the relay team is determined.
- Between the first and the second starter as well as between the second and the third starter a split time is kept between the opening of the start gate and the first light barrier in which the reaction time is registered.
- ~~The start interval per team is fixed at approx. 4 minutes.~~
- If an athlete misses or does not trigger the touch pad with his hand, that Team Relay team is ranked as DNF ~~disqualified~~.

6.7.9 Start order / Start preparation:
- The athlete enters the start box and takes the starting position alone with his/her sled.
- Any help by a coach is prohibited (except in the case of a technical defect).

Start process:
- The first sled starts with the start gate closed (reaction start)
- The second, third and fourth athlete may only start when the start gate opens, the set of Team Relay lights turns to green, and/or an acoustic signal is heard.
- In the starting position, the athlete's sled or toe-caps may not touch or push open the start gate.
- Guidance: via the Team Relay lights, the position of the sled in the track will be acoustically or visually displayed two times for the athlete competing next.
- The first warning (single signal tone, Team Relay light red) on the 1st or 2nd third of the track, the second warning (double signal tone, Team Relay light changes to red/yellow) and is triggered in the 3rd third of the track.

Start area:
- Coaches are not allowed within the start area.
- Walkie talkies or cell phones which assist athletes are forbidden in the immediate start area.
- During the races only those athletes starting next in the Team Relay are allowed to enter the start area.
- Except for the start leader and the responsible FIL official/judge no other person is allowed in the start area.

False start:
- If an athlete touches the start gate with their foot or runner or causes the start

gate to open before the gate is opened, he causes a false start.
- The FIL official/judge who watches and supervises the start process will take note of a false start as the first authority and report it to the race director.
- The start process may be supervised with the help of a video unit. In case of a dispute or a protest, the video will be evaluated in order to identify a false start.
- A false start will result in the disqualification of the team relay team.
- The team will complete the race regardless if a false start is called.

6.7.10 Measurements Finish touch pad:
- Diameter width: 38.5 cm ±5mm (measured horizontally)
- Diameter height: 60 cm ± 5mm (measured vertically)
- Distance between track and touch pad: 100 cm +/- 2cm, measured vertically from the ice Surface to the bottom edge of the touch pad.
- Distance from the start handles to the start gate: within 30 - 50 cm
- Tension of the release spring of the finish touchpad: 4 kg ±1 kg

6.7.11 Determination of the overall ranking
The points achieved in the Team Relay World Cup are added up for the Overall World Cup standings (IRO §3, point 10.6).

6.8 Procedure Mixed Singles / Mixed Doubles Event

6.8.1 Eligibility to participate

Maximum two Mixed Teams per nation / per discipline may participate in the competition. Respectively (1 Men´s Single / 1 Women´s Single) and (1 Men´s Double / 1 Women´s Double) Athletes participating in the Mixed Singles / Mixed Doubles competition must be qualified for the WC / NC or for the FIL World Championships.

International teams are possible. The nation-bound composition of the mixed team must be reported to the Sports Director at the first team captains meeting of the respective FIL race week.
- Two nations which are not able to form their own national team may come together to form a combined international team.
- A nation who can form a Mixed Singles / Mixed Doubles team cannot participate in a combined international team in the respective discipline.
- No additional starters are allowed in the Mixed Singles / Doubles competition.

6.8.2 Registration/entries
- The day before the Mixed Singles / Doubles competition, all NFs participating have to register their teams by name in writing at the latest by 5:00 p.m. or at most 10 minutes after the last competition of the day is completed, whichever comes later.
- After the registration deadline, a substitution is possible for justified reason, e.g. injury or illness or an important reason for the prevention exists.
- Athletes who complete their competition on the same day of the Mixed Singles / Mixed Doubles competition must be registered in writing with the Sports Director at most 10 minutes after their competition ends.

6.8.3 Start order World Cup / World Championships
The results in the respective disciplines in the respective World Cup / World Championships races will be used to form the rankings. The reverse order of these rankings will be used to determine the start order.

- The points from the top ranked athletes from each nation will be combined to form the ranking for Nation Team 1.
- The points from the second ranked athletes from each nation will be combined to form Nation Team 2 ranking if possible.

- In the case of an International Team, the points from the top athlete from each nation entered in the respective disciplines for that team will be combined to form the ranking for the International Team.
- If the mixed event is held as the first discipline at a World Cup, the rule regarding the starting order at World Championships applies (see below).

The start order for World Championships will be determined as follows:

- The points from the top ranked athletes of the current seeded list from each nation will be combined to form the ranking for Nation Team 1.
- The points from the second ranked athletes of the current seeded list from each nation will be combined to form Nation Team 2 ranking, if possible.
- In the case of an International Team, the points of the current seeded list from the top athlete from each nation entered in the respective disciplines for that team will be combined to form the ranking for the International Team.
- If there are more than one team without points, a draw will be conducted.

World Cup rankings (last to first place).

- New nations/newly formed international teams start at the beginning by draw.
- Order Mixed Singles: Men´s Singles – Women´s Singles
- Order Mixed Doubles: Men´s Doubles – Women´s Doubles

6.8.4 Competition procedure

- Both sleds of a Mixed Team start from their original starting heights (Men/Men's start, Women/Women's start, Doubles/Doubles start)
- The first sled starts in a >normal< way within 20 / 35 seconds; Arriving at the finish, the athlete releases the contact to open the start gate by hand at the touch pad. The clock continues to run.
- *The first sled starts with a reaction start. Upon an audible and clearly visible signal, the timing begins. Upon reaching the finish, the athlete manually triggers the touch pad to open the start gate. The clock continues to run.* *
- The second sled may start as soon as the gate opens.
- Starter number 2 receive two signals (announcements / sound of a horn) indicating where the slider currently is, as an orientation to the time approximately remaining until the start.
- As soon as the second starter reaches the touch pad, the time stops and the overall time for the mixed team is determined.
- For the first and the second starter a split time is kept in which the reaction time is registered.
- If an athlete misses or does not trigger the touch pad with their hand, that Mixed Team is ranked DNF ~~disqualified.~~

Start area:

- Coaches are not allowed within the start area.
- Walkie talkies or cell phones which assist athletes are forbidden in the immediate start area
- Except for the start leader and the responsible FIL official/judge no other person is allowed in the start area.

False start:

- *A visible start line is placed in an area 300mm – 500mm measured from the beginning of the start handles.**
- *A false start occurs if the athlete crosses the marked line prior to the green light.* *
- If an athlete touches the start gate with their foot or runner or causes the start gate to open before the gate is opened, he causes a false start.
- The FIL official/judge who watches and supervises the start process will take note of a false start as the first authority and report it to the race director.
- The start process may be supervised with the help of a video unit. In case of a dispute or a protest, the video will be evaluated in order to identify a false start.
- A false start will result in the disqualification of the Mixed Singles / Mixed Doubles team
- The team will complete the race regardless if a false start is called.

6.8.5 Maximum Measurements Finish touch pad:

- Diameter width: 38.5 cm (measured horizontally),
- Diameter height: 60 cm (measured vertically)
- Distance between track and touch pad: 100 cm +/- 2cm, measured vertically from the ice Surface to the bottom edge of the touch pad.

6.8.6 Determination of the Mixed Singles / Mixed Doubles World Cup ranking:
The points achieved in the Mixed Singles / Mixed Doubles competition are added up for the World Cup Ranking for this respective discipline. (IRO §3, point 10.6).

6.9 Junior World Cup (JWC), World Youth Series (WYS)

6.9.1 Junior World Cup, Start Order
1st competition run:

- The seeded group A (1 - 12) starts in reverse order place 12 – 1.
- In group B, the start order results from the overall Junior World Cup ranking place 13 - end (§ 3, 5.4).
- A necessary draw for athletes with the same number of points will be done by the jury.
- The remaining group will be drawn by the jury.
- This also applies to the 2nd race at a double World Cup.

2nd competition run:

- places 32 - 1, 33 to the end, according to the standings of the 1st run

6.9.2 Regulation for athletes moving up from Youth A for the 1st JWC (this regulation only applies to the 1st JWC of every season)

- Group A 1 - 12, seeded according to overall JWC point standings (previous year)
- Group B 13 - x, according to overall JWC point standings (previous year)
- athletes required to move up*, according to overall World Youth Series point standings (previous year)
- Rest Group new athletes (by draw)

(*Athletes moving up from the Youth A Class to Junior Class, changing classes)

- After the 1st JWC in the current season, all athletes without JWC points are drawn in the rest group.

6.9.3 World Youth Series, Start Order
1st competition run:

- The seeded group A (1 - 12) starts in reverse order place 12 – 1.
- In group B, the start order results from the Youth A Overall World Youth Series score place 13 – end (§ 3, 5.4).
- A necessary draw for athletes with the same number of points will be done by the jury.
- The remaining group will be drawn by the jury.
- This also applies to the 2nd race at a double World Youth Series Race.

2nd competition run:

- places 32 - 1, 33 to the end, of the standings of the 1st run

6.10 Junior World Championships (JWCh)

6.10.1 Procedure JWCh

- 5 official training runs for all athletes
- + Preliminary run for the non-seeded athletes (Training Run)
- + final training for the seeded athletes (1 run)

The seeded final training is held in the disciplines. Start order according to the current JWC point standings, places 1 - 12 women's singles, men's singles and doubles.

6.10.2 Preliminary run:
The seeded group A does not participate in the preliminary run, all other athletes determine their start number for the 1st competition run in the preliminary run.

- Start order according to the current seeded list, best place to last place. In the event of a tie in points, the jury draws the start numbers.
- Athletes without points are drawn at the end of the starting field.
- Non-seeded athletes from the General Class who do not have any JWC points, must participate in the preliminary run.
- The start order is drawn, start number 1 – to end

6.10.3 Start order seeded group A

- The seeded group A (1 - 12) starts in reverse order place 12 – 1.
- Athletes from the General Class who do not have any JWC points but are currently in the seeded group in the General Class in WC, receive the last start number in the seeded group. The seeded group A is increased by this number. If there are more than one athlete participating from the seeded group of the general class, the start numbers will be drawn.

6.10.4 Start order JWCh:
1st competition run

- The seeded group A (1 – 12) start in reverse order place 12 - 1
- 13 - end according to the standings in the preliminary run (first to last)

2nd competition run

- Women's Singles: 25 - 1 according to placing in the 1st competition run
- Men's Singles: 25 - 1 according to placing in the 1st competition run
- Women's-, Men's Doubles: 20 - 1 according to placing in the 1st competition run

6.10.5 Athletes who do not qualify for the 2nd competition run is ranked according to the standings in the 1st competition run.

6.10.6 Minimum FIL Requirement for JWCh Eligibility
Each athlete must have participated in the current season (before the JWCh) in at least two international competitions of the FIL (§ 2, 1.3.1 – 1.3.7) on two different tracks or must participate in at least one international competition of the FIL (§ 2, 1.3.1 - 1.3.7) and the complete ITP for the JWCh in the current season.

6.10.7 The current Junior World Champions in each discipline (except Team Relay and Mixed events) are granted a Wild Card starting position for the final World Cup race of the season in which the respective Junior World Championships were held.

6.11 Team Competition Program in the Junior Class

6.11.1 Eligibility to participate (§ 3, 3.1 and 3.4)

- A team consists of four athletes (1 woman, 1 man and 1 doubles).
- It is not permitted to start in two disciplines.
- Two nations which are not able to form their own team may come together to form a team.
- A NF that has one team cannot be represented with athletes in a second team.

6.11.2 Registration for the team competition

- The participating NFs must register their team in writing by 5:00 pm the day before the team competition. If the competitions the day before the team competition run later, the teams must be registered no later than 10 minutes after the last competition has ended.
- After the registration deadline, substitution is possible for justified reasons, e.g. injury or illness or another important reason for the prevention exists.
- The registration of those athletes who complete their competition on the same day must be made in writing to the permanent Technical Delegate no later than 10 minutes after completion of the competition.

6.11.3 Additional training run
If the team competition is held before the individual disciplines, athletes who have not participated in the team competition could receive an additional training run.
The decision is made by the race director after consultation with the jury.

6.11.4 Order of nations (when the team competition is held in the disciplines)
- The order of nations will be drawn.
  - First discipline - start number 1 to end
  - Second discipline - end to start number 1
  - Third discipline - according to intermediate ranking beginning with last ranked team.
- The order of the individual disciplines is variable.

6.11.5 Start heights Team competition in Team Relay format
- If possible, all three disciplines start from the same start height in the Team Relay format woman's Singles, men's Singles, doubles but without the finish touch pad.
- If the equipment is available, the start is done with a start gate (reaction start).

Start order
- At the 1st Team Relay competition the start order follows the "Team Relay nations ranking" (§ 3, point 6.7.4) in reverse order (last ranked to rank 1).
- After the 1st Team Relay WC, (JWC) the start order is the reverse order of the current Team Relay World Cup rankings (last to first place).
- New teams/NFs start first by draw.
- The total time for the team is calculated by adding the three run times.
- Order of disciplines per team: women's singles / men's singles / doubles.

6.11.6 The team competition is fundamentally held as the last discipline of the event.

6.11.7 At the JWCh, the team competition (pt. 6.10.5) can be held instead of the Team Relay (§ 3, 6.7) if the relay equipment is not available.
The start order is the reverse order of the "nations ranking for the Team Relay" (§ 3, 6.7.5).

6.11.8 If a Team Relay is held at the JWCh, a free of charge Team Relay training must be held during the official training.

6.11.9 Refer to point § 3, 10.6 for the calculation of results and overall results of the team competition.

6.11.10 Mixed singles and mixed doubles events may be held at the Junior World Championships. The detailed planning is the responsibility of the FIL Sport Director. The mixed event shall be conducted in accordance with §3 6.8.

7. Cancellations, Competition Schedule

7.1 The race director is authorized in agreement with the jury and the permanent technical delegate, to adapt the start order of the race runs to television requirements and weather conditions in order to ensure a sporty fair competition for everybody involved.

7.2 The race director can decide to cancel a discipline upon consultation with the permanent technical delegates and the FIL Sports Director.

8. Authorization to participate in training

An athlete is authorized to participate in training if
a) the athlete has not started for another nation during the respective sport year
b) the athlete has a valid e-license
c) the age class regulations are adhered to

d) the athlete has been registered for the competition in correspondence with the regulations for eligibility under (§ 3, point 3)
Exception: Athletes who do not participate in the competition but start as forerunners

9. Authorization to participate in competition

An athlete is authorized to participate in a competition, if

a) he/she meets the minimum requirement for competition (FIL WCh § 3, 6.1.2), JWCh § 3, 6.9.6),
b) he/she participated in the training,
c) he/she achieved a time difference of up to a maximum of 7% from the group's best time in one of his/her official training runs in the respective group during one of their scheduled training sessions.
This rule is only applied for youth A class, at the Youth Olympic Games (YOG).
d) Two official training runs have been completed safely.
This rule applies to all FIL competitions except the Youth Olympic Games.
e) At one event, an athlete may only start in one age group (JWC).
Exception: In the junior team competition, youth A athletes can also start if the youth A discipline start height is the same as the competition start height of the team competition.
f) he/she does not participate as an official in this competition.

10. Rankings

10.1 World Cup

For the results achieved in a World Cup, Nation's Cup, Team Relay, or Sprint World Cup competition, the following points per race are awarded:

Women (S) / Men (S) / Doubles / Team Relay

1st Place	100	Points	15th	Place	26	Points	29th	Place	12	Points
2nd Place	85	Points	16th	Place	25	Points	30th	Place	11	Points
3rd Place	70	Points	17th	Place	24	Points	31st	Place	10	Points
4th Place	60	Points	18th	Place	23	Points	32nd	Place	9	Points
5th Place	55	Points	19th	Place	22	Points	33rd	Place	8	Points
6th Place	50	Points	20th	Place	21	Points	34th	Place	7	Points
7th Place	46	Points	21st	Place	20	Points	35th	Place	6	Points
8th Place	42	Points	22nd	Place	19	Points	36th	Place	5	Points
9th Place	39	Points	23rd	Place	18	Points	37th	Place	4	Points
10th Place	36	Points	24th	Place	17	Points	38th	Place	3	Points
11th Place	34	Points	25th	Place	16	Points	39th	Place	2	Points
12th Place	32	Points	26th	Place	15	Points	40th	Place	1	Point
13th Place	30	Points	27th	Place	14	Points	41st	Place	and continuing	
14th Place	28	Points	28th	Place	13	Points			with 1 point each	

a) In doubles, the teams are ranked.
b) If a doubles team starts again with another athlete, this new team will be ranked separately.
c) Athletes/team relays/teams that are listed as a DNS for a specific event will not be recorded in the rankings for that event.
d) Athletes/team relays/teams that are listed as a DNF or DSQ for a specific event will be shown in the rankings as either DNF or DSQ as the case may be.

Nations Ranking
For the nations ranking, the points of all athletes from a National Federation are added according to the overall World Cup ranking.

10.2 Junior World Cup

Ranking like World Cup

10.3 **World Youth Series**
Ranking like World Cup

10.4 **Nations Cup**
- Ranking like World Cup,
- Allocation of World Cup points refer to § 3, 6.5.7

10.5 **Three-Tracks Tournament (Dreibahnen-Tournee)**
- Ranking like World Cup

10.6 **Team Relay Competition General Class / Team Competition Juniors**
- The results of the team relay competition / team competition are based on the total cumulative time of the four ~~three~~ sleds.
- Overall rankings of the NFs will be made at the end of all competitions.
- The points will be allocated according to the World Cup rankings.
- ~~Should there be a tie between two or more teams, the times from all competitions will be added and ranked accordingly.~~

10.7 **Overall World Cup** (General Class)
- All WC results ~~(Classic and Sprint)~~ are taken into account in the evaluation of the FIL Overall World Cup.
- The addition of all World Cup points ~~(from the Sprint and classic World Cup)~~ results in the placement in the FIL Overall World Cup.

  The athlete/pair of athletes with the highest score is the winner.

~~10.8 **Disciplines World Cup** (General Class)~~
- ~~The addition of the WC points in the disciplines results in the WC discipline winners~~
  - ~~women's singles~~
  - ~~men's singles~~
  - ~~women's doubles~~
  - ~~men's doubles~~
  - ~~women's S-Sprint~~
  - ~~men's S-Sprint~~
  - ~~women's Doubles Sprint~~
  - ~~men's Doubles Sprint~~

10.8 **Team Relay Overall World Cup**
- The NF with the highest score wins the overall Team Relay World Cup.

10.9 **Mixed Singles / Mixed Doubles Overall World Cup**
- The NF with the highest score wins the overall Mixed Singles / Mixed Doubles World Cup.

10.10 **Nations Cup overall classification**
- Addition of all Nations Cup points

10.11 **Junior Overall World Cup**
- Addition of all World Cup points in the junior class

10.12 **Overall World Youth Series**
- Addition of all World Youth Series Race points in youth A class per Continent

10.13 Separate result lists are created for the World Cup overall rankings and for the WC discipline rankings.
- Ties are awarded the same rank.

§ 4 Race Administration, Jury, Technical Delegate, International Judge

1. Race Administration

The race administration includes the race director, start leader, finish leader, and chief of track.

1.1 **Race Director**

1.1.1 The race director is fully responsible for the staging of the competition.

1.1.2 For training and competition, the race director declares the track open, if

- the confirmation by the track director and the responsible technical delegates has been submitted,
- all officials have taken their posts and the technical equipment as well as the timekeeping has been found to be in working order after, a functional test.
- the facilities for the communication are available and at least the radio connection between start and finish is in working order,
- the medical service is available.

1.1.3 If the jury or the technical delegates detect deficiencies which influence the orderly staging of the event, the race director has to have the deficiencies remedied.

1.1.4 If accidents occur or if the technical equipment fails, the race director closes the track until proper continuation of the event is guaranteed.

1.1.5 The race director has the right to refer an athlete to the race doctor for a medical assessment if this athlete is injured or ill or if for any other reason, his/her start involves a specific risk to his/her health or life.
If the race doctor confirms a specific risk to the health or life of the athlete in writing, the race director is entitled to withdraw the permission to start in official training and/or competition from an athlete (§ 6, 2).

1.1.6 The race director must inform the chairperson of the jury and the technical delegates of all incidents.

1.1.7 In case of violations against the IRO, the race director will make the initial necessary decisions in consultation with the TD.
Items or pieces of evidence for a possible disqualification must be documented by the judges or TD.

1.1.8 The race director has the right, after consultation with the Technical Delegate, to bar an athlete from the training / competition if there is a reason to fear that the athlete cannot maneuver the track safely.

1.1.9 In case of disqualification, the race director is obligated to promptly inform the technical delegate and FIL Sports Director immediately after the disqualification.

1.2 **Start Leader**

1.2.1 The start leader is responsible for overall supervision of the start area.
He/she is in charge of testing and weighing the sled and equipment of the athletes and is to supervise the start process.

1.2.2 The start leader shall immediately notify the race director of any infraction of the rules.

1.2.3 The start leader must be in command of the technical terms in English or German.

1.3 **Finish Leader**

1.3.1 The finish leader is responsible for coordinating all activities including the staging of the competition at the finish area as well as for the proper running of inspections at the finish.

1.3.2 The finish leader shall immediately notify the race director of any infraction of the rules.

1.3.3 The finish leader must be proficient of the technical terms in English or German.

1.4 **Chief of Track**

1.4.1 The chief of track is responsible for flawless maintenance of the track during training and competition.

1.4.2 He/she must immediately report reasons against use of the track to the race director.

1.4.3 The chief of track has to take care that the ice temperature during a competition run is kept constant by at least - 3° Celsius in the shade. The technical delegate has to be informed about any changes of the ice temperature due to regulation in the refrigeration plant.
The ice temperature has to be visibly displayed within the start area.

2. Jury

2.1 **Appointment**

2.1.1 The members of the jury for the OWG / YOG, FIL WCh (General Class), and JWCh will be proposed by the Sport Commission. The Executive Board will make the final decision.

2.1.2 The proposed candidates must be members of a National Federation or a Commission of the FIL (Technical or Sport) and must have an International Judge License.

2.1.3 When staging an international competition, the authorized National Federation proposes three candidates to the FIL Executive Board.

2.1.4 The decision on the appointment to the jury will be confirmed in writing to the National Federation, the event organizer, and the nominated judges.

2.2 **Composition**

2.2.1 The jury includes the chairperson and two additional members.

2.2.2. At all FIL World Championships (general and junior class), the 3 members of the jury must belong to different National Federations.

2.2.3 In the event of a last-minute cancellation, at FIL World Cups, 2 jury members may belong to the same NF.

2.2.4 At all FIL competitions, the jury must consist of representatives of different genders.

2.3 **Duties**

2.3.1 The jury is the highest authority present. In accordance with the IRO, it is charged with decision making power for the duration of a competition and a training.

2.3.2 Members of the jury are not permitted to assume a technical function or a race official's position during an event.

2.3.3 Along with their supervisory duties, the jury makes a decision on all written protests with a simple majority vote.

2.3.4 Each member of the jury has access without prior notice to all technical equipment and facilities which are necessary for the staging of a competition and a training.

2.3.5. At OWG, FIL WCh and JWCh, the jury must be available from the beginning of the official training.
At training for all other competitions, it is sufficient when the jury chairman is present, however the entire jury must be available for the draw.

2.3.6 If a jury member is not able to participate, the remaining jury members and the representative appointed by the organizer of the competition decide upon the assignment of a new jury member.

2.3.7 The Sports Director has to completely fill out the race report and mail it according to the distribution code.

3. Technical Delegate

3.1 **Appointment**

3.1.1 Three technical delegates will be proposed by the Technical Commission for the OWG / YOG and FIL Championships (WM, EM, JWM). The Executive Board will make the final decision.

3.1.2 For all other FIL competitions (WC, JWC, (exception WYS), the FIL Executive Board will appoint one permanent technical delegate of the FIL.
The organizing NF will appoint two additional technical delegates. These technical delegates will be responsible for individual tasks given to them by the permanent technical delegate, and they shall be available to the permanent technical delegate in an assisting function.

3.2 **Composition**

3.2.1 The technical delegates are representatives of the FIL.
They provide assistance to the event organizers through their expertise and via their supervisory and inspection duties, ensure technical observance of the IRO.

3.2.2 The technical delegates have to own an International Judge License.

3.2.3 The FIL always provides a full-time technical delegate at all competitions (FIL Championships, WC, JWC (exception WYS), Should the permanent TD be unable to participate, an appropriate replacement can be appointed. While performing his/her duties during training and competitions he/she may not take on any work on behalf of a national federation.

3.2.4 Technical delegates at OWG and FIL Championships must be members of the FIL Executive Board or Expert Commissions. One of the technical delegates should be a member of the FIL Technical Commission.

3.3 **Duties**

3.3.1 The technical delegate has access without prior notice to all technical facilities and equipment necessary for the staging of an event.

3.3.2 During the days of training, the technical delegates, in agreement with the race director, must grant the National Federations the opportunity to have their sleds and equipment examined.

3.3.3 Before the first training session of every day or before the first competition run of every competition day, the technical delegates must inspect the track for temporary structures. After completing the inspection, the track is handed over to the race director. Any temporary structures built or changed after the inspection are to be reported to the TD for inspection.

3.3.4 The jury or the race director is to seek the expert opinion of the technical delegate about various decisions, protests and so forth (§ 11, 1.2).

3.3.5 The permanent TD during sled inspection may use whatever tools or technology he or she deems necessary to ensure sleds conform to the rules in the IRO. The permanent TD may use these tools on technology without prior notification of the NFs.

4. Combined Task of the Jury and Technical Delegates

Before all competitions, the race director, the Sports Director, the chairperson of the jury, and the technical delegates have to determine the action plan for the jury and the technical delegates.

5. International Judge

5.1 Only judges possessing an FIL International Judge License may serve in a position of race leadership in FIL competitions.

5.2 International judges must officiate a minimum of one competition each sport year and attend repetitive training provided by the National Federations or the FIL once every two years, pertaining to changes in the IRO, to remain active.

5.3 International judges who have not officiated a competition or attended repetitive training pertaining to IRO changes for a period of five years will be withdrawn as an international judge and must re-acquire the International Judge License exam.

5.4 The National Federations must provide instruction for judges who wish to acquire the International Judge License or remain active.

5.5 National Federations which have no internationally approved judges to carry out FIL competitions must request international judges from the FIL for these competitions.
According to the FIL travel cost reimbursement plan, compensation is to be paid by the NF staging the competition.

§ 5 Sled, Equipment, and Inspections ~~(Standardized sled, Supplement 5)~~

1. General Regulations on the Sled

1.1 The primary components of the sled are:

- 2 Runners
- 2 Steels
- Sling seat or pod seat
- 2 Bridges

Steering must result from the function of the above-mentioned sled components.
On a doubles sled, steering may be supplemented by foot supports for the person on the back.

1.2 The weights including attached accessories are:

Sled	Minimum	Maximum	Basis for calculation
Singles General Class	21 kg	25 kg	23 kg
Singles Juniors, Youth A	21 kg	25 kg	23 kg
Singles ≤ Youth B		16.5 kg	
Doubles General Class	25 kg	30 kg	27 kg
Doubles Juniors, Youth A	25 kg	31 kg	30 kg
Doubles Youth B		24 kg	
Doubles Women	25 kg	31 kg	30 kg
Doubles Junior women	25 kg	31 kg	30 kg
Doubles Youth A women	25 kg	31 kg	30 kg

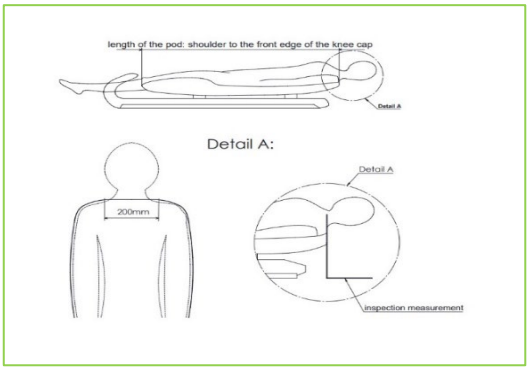
a) Increased weight of the sled (> 23 kg or > 30 kg) must be subtracted from the AW (additional weight) or RC (race clothing).
b) Missing sled weight (<23 kg or < 30 kg respectively) may not be compensated with the AW (additional weight) or the RC (race clothing).
c) Athletes belonging to the Youth Class B who are starting in the Youth Class A with a 16.5 kg youth sled (in singles) and/or a 24 kg youth sled (in doubles) may not adjust the missing weight on the sled through additional weight.
d) For the doubles - disciplines Youth A women & Junior women and women additionally, to the IRO (in the current valid edition), the provisions of § 5; pt. 3 apply.
e) For the doubles disciplines Youth A women & Juniors and women all standard sleds (V1, V2) and components must be used from the manufacturer named by the FIL

1.3 **Sled measurements**

For tolerances not expressly specified in the drawings, the following tolerance table shall apply.

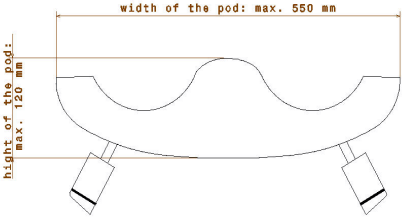
Nominal size range (mm)	Tolerance (± mm)
Up to10mm	±0.1 mm
Over10mm to 30mm	±0.2 mm
Over 30mm to 120mm	±0.3 mm
Over 120mm to 400mm	±0.5 mm
Over 400mm to 1000mm	±0.8 mm
Over 1000mm	±1.0 mm

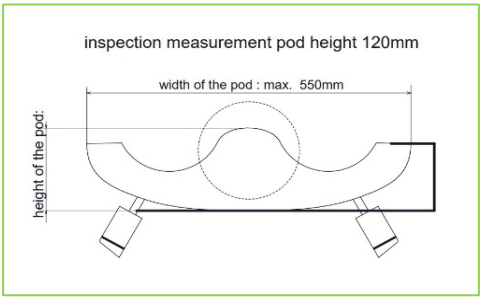
1.3.1 Singles pod



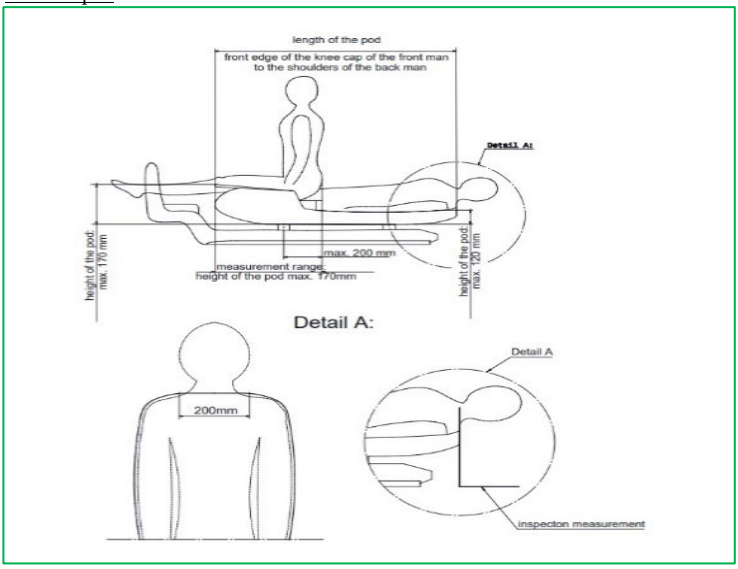
a) The pod may not extend past the shoulders in the back and not past the front edge of the athlete's kneecap in the front.

b) The inspection measurement for the back pod length is performed with a 90-degree angle. The back end of the pod must not protrude in the middle towards the back over a distance of 200 mm. The inspection measurement of the seat pod height can be carried out additionally with a measuring gauge in connection with the athlete.

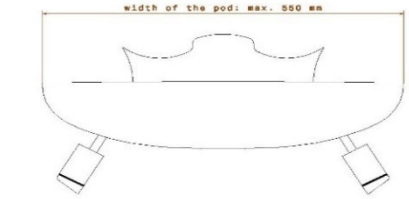


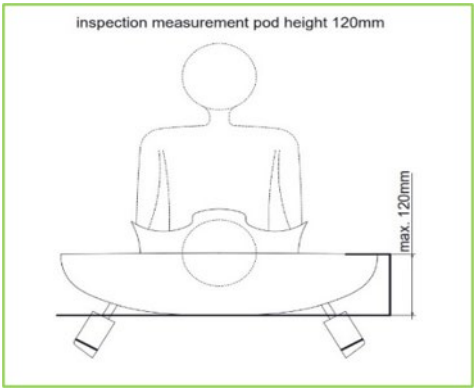


1.3.2 Doubles pod



a) For doubles, the front edge of the kneecaps of the front man and the shoulders of the back man are the decisive measuring points.
The inspection measurement for the back pod length is performed with a 90-degree angle. The back end of the pod must not protrude in the middle towards the back over a distance of 200 mm.
b) The sitting position of the doubles athletes has to be one behind the other.
c) The measuring range of the maximum seat (shell) height of 170 mm is defined as follows.
From the kneecap - front edge of the front man to 200 mm after the center of the front bridge.
The inspection measurement of the seat pod height 120 mm can be carried out additionally with a measuring gauge in connection with the athletes.

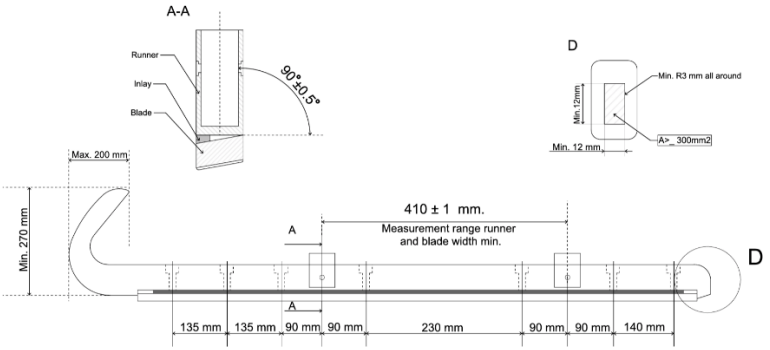




1.3.2.1 Standard doubles pod

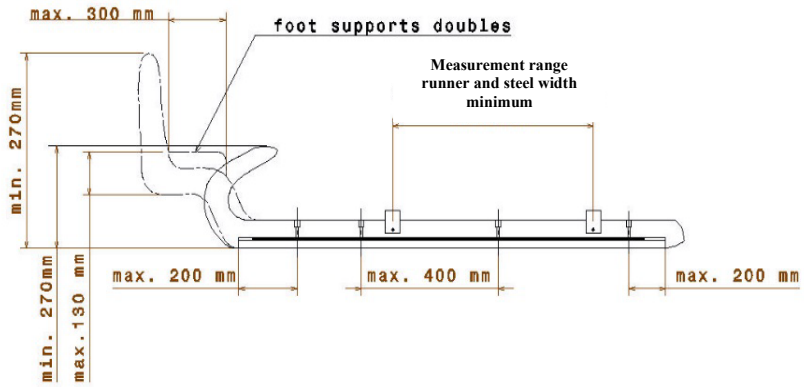
a) The original pod must be used.
b) Pod form may not be changed with the exception of repairs, painting, and cutouts.
c) Adhering tape/foil to the cutouts is allowed.
d) The pod construction may not be changed.
e) The raised seat, from the upper edge of the bridge, including the leg support shell of the front woman/man, may be individually adapted in compliance with the dimensions valid in the § 5 Pt. 1.3.2

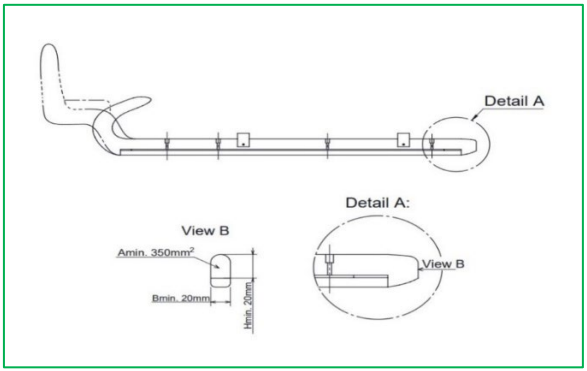
1.3.3 Runners Singles General Class



a) The runner must be at least 25 mm wide from the area of the middle of the rear bridge to the middle of the forward bridge.
b) The runner may be comprised of two or more parts. These parts must be force-fitted with screws/bolts and must not adjust or change when sliding.
c) The runner horns must be at least 270 mm high. Their length, measured from the foremost point backwards, must not exceed 200 mm.
d) An oblong hole in the runner for the screws used to fasten the steels is permitted in order to compensate for manufacturing tolerances.
e) The distance between the centres of the holes of the runner bridge box must be 410 mm ± 1 mm.
f) The inner side walls of the runner bridge box must be at an angle of 90° ± 0.5° to the contact surface of the steel (A-A). Any inclination from this position is not permitted.
g) The end of the runner must have a minimum vertical cross-sectional area of 300 mm². Both the minimum height and the minimum width must be at least 12 mm (e.g. if one side is 12 mm, the other side must be at least 25 mm in order to achieve 300 mm²). A minimum radius of 3 mm shall be provided over the entire circumference in order to ensure sufficient rounding and to avoid sharp edges, without reducing the cross-sectional area to less than 300 mm². The steel must not extend past the end of the runner.
h) The positions of the holes in both the runner and the steels are defined in relation to the center points of the bridge bolt hole.

1.3.3.1 Runners Doubles; Singles Juniors and Youth A

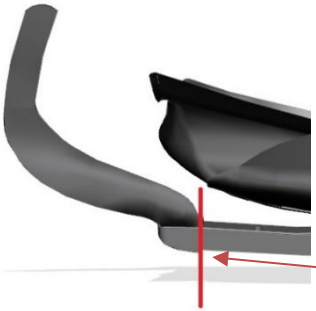




a) The foot supports for the back man of the doubles sled must not be longer than 300 mm. The allowed height of the runner in that area is not allowed to exceed 130 mm (sketch 1a). The width of the runner is not allowed to exceed 50 mm.
b) The first and last screw/bolt mounting the steel to the runner must be within 200 mm from the beginning and the end of the steel.
c) The mounting screws/bolts may not be further than 400 mm apart.
d) The runner must be at least 25 mm wide from the area of the middle of the rear bridge to the middle of the forward bridge.
e) The runner may be comprised of two or more parts. These parts must be force-fitted with screws/bolts and must not adjust or change when sliding.
f) The runner horns must be at least 270 mm high.
g) The end of the runner must have a minimum vertical cross-sectional area of 350 mm² (minimum width or height 20 mm).
All youth sleds 14 kg and 16 kg as well as the Youth B doubles sled 24 kg are excepted from points f) and g).
h) The steel may not extend past the end of the runner.

1.3.3.2 Standard doubles runner

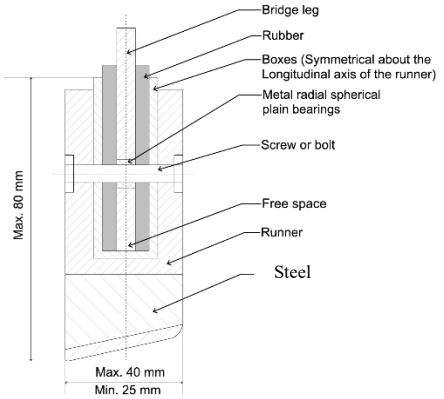
a) The original runners must be used.
b) The runner form may not be changed on the outside with the exception of repairs, painting, evening out the radius of the bow by adding material, and the work required, therefore.
c) Adjustments to the runners resulting from the length of the steels are permitted.
d) The steels must not protrude to the rear beyond the end of the runner.
e) The runner horns may be individually adapted starting no closer than 350 mm from the middle of the front runner bridge box to the front of the runner, in compliance with the dimensions valid in the § 5 Pt. 1.3.3.1

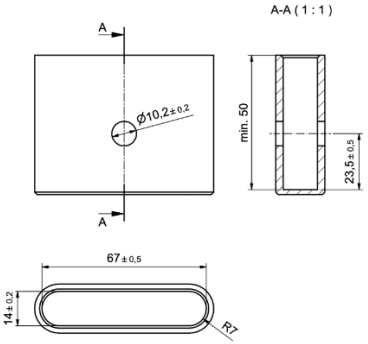


"interface section "insertion groove for runner horns"

f) Shorter steels are permitted while maintaining the designated threads.
g) The tolerance for threaded holes is +/- 2 mm.
h) The runner construction may not be changed.
i) Steel screws/bolts M 8
j) No additional drilling in the runner is permitted.

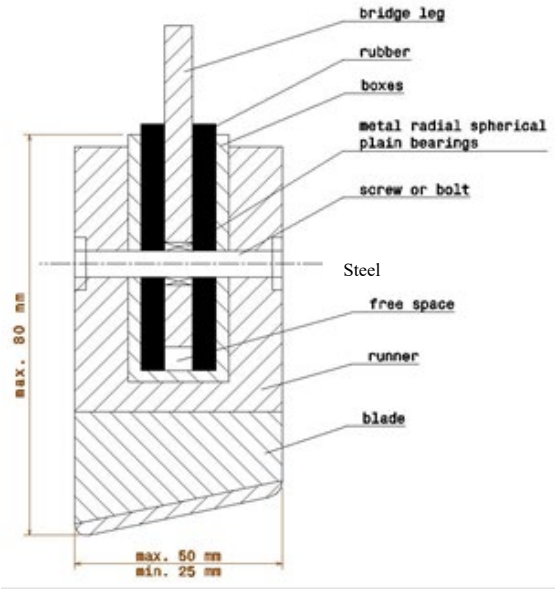
1.3.3.3 Bridge box Singles General Class





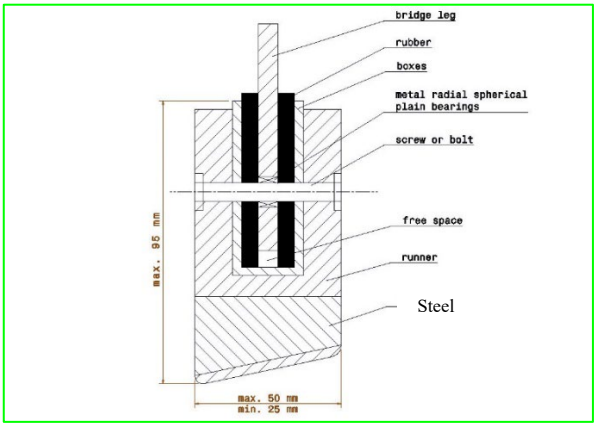
a) The runner with steel must comply with the dimensions specified in the technical drawing.
b) The weight of the upper-part of the sled (bridges with pod seat) must be connected all the way through on each bridge foot with a screw or a bolt. The mobility of the four bridge feet in the area of the screws/bolts is allowed by using a metal radial spherical bearing and/or a through-hole.
c) The rubber insert which covers the bridge foot must be open on the bottom so that a free space between the bridge foot and the bridge box is provided.
d) Any use of rubber and springs in this area, with the exception of the rubber insert which covers the bridge foot, is prohibited.
e) The standard bridge box must comply with the dimensions specified in the technical drawing.

1.3.3.4 Bridge box Doubles; Singles Juniors and Youth A



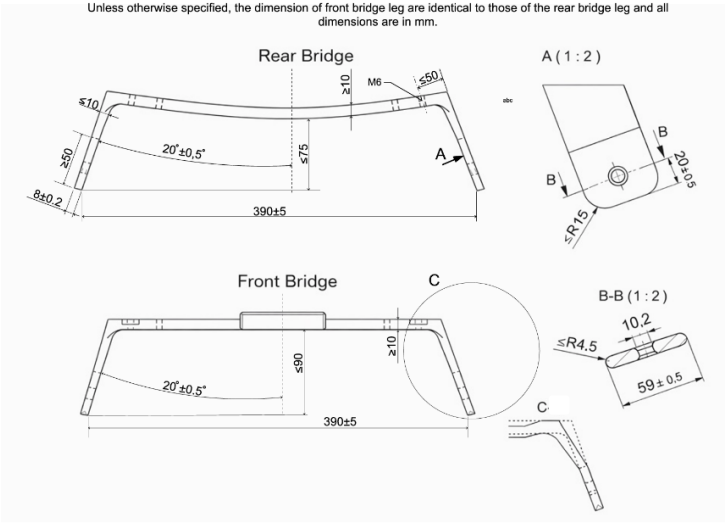
a) The dimensions of the runner plus blade must not exceed 50 mm in width and 80 mm in height.
b) The weight of the upper-part of the sled (bridges with pod seat) must be connected all the way through on each leg of the bridge with a screw or a bolt.
c) The mobility of the four bridge legs in the area of the screws or bolts is allowed by using a radial spherical bearing and/or a through-hole.
d) The rubber inserts which cover the leg of the bridge must be open on the bottom so that the stipulated free space is given
e) Any use of rubber and springs in this area with the exception of the rubber insert which covers the bridge leg is prohibited.

1.3.3.5 Standard doubles bridge box



- The dimensions of the runner plus steel must not exceed 50 mm in width and 95 mm in height.

1.3.4 Bridges Singles General Class

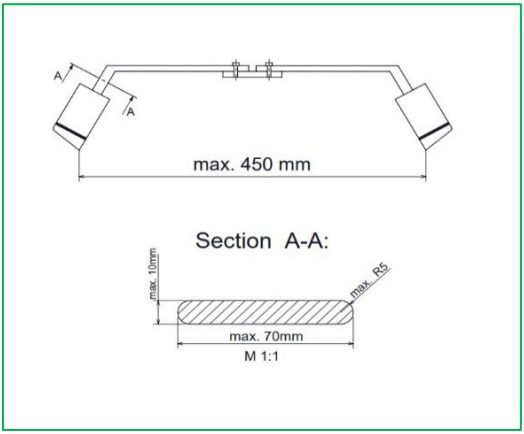


a) The bridge may consist of two or more parts only for the purpose of alignment. These parts must be securely fixed by screws or bolts and may not be adjusted or changed during a run.

b) The weight of the upper-part of the sled (bridges with pod seat) must be connected all the way through on each leg of the bridge with an M10 screw or a bolt of ⌀ 10 mm.

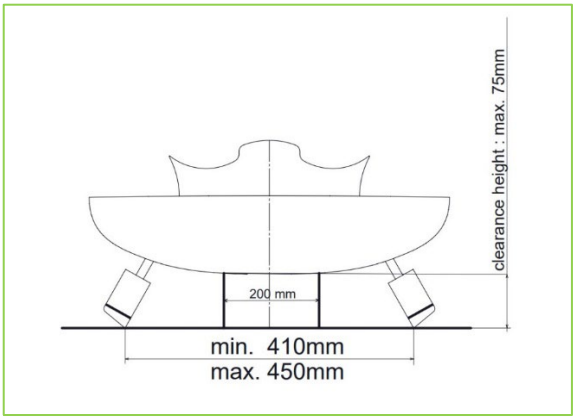
c) The mobility of the four bridge legs in the area of the screws or bolts is allowed by using a metal radial spherical bearing and/or a through-hole. The radial spherical bearing or the through-hole must not move or shift horizontally or vertically.
d) Any use of rubber and springs in this area, with the exception of the connection between bridges and seat pod and the rubber insert which covers the bridge leg, is prohibited.
e) The cross-section of the bridge legs must be rectangular. Outside the bridge box up to the upper plate, the cross-section of the bridge legs may be reinforced. All edges in the cross-section may be rounded.
f) Outside the bridge box, the bridges may be angled or bent.
g) The bridges must comply with the dimensions specified in the technical drawing.
h) Twisting or contorting the bridge legs is not allowed.

1.3.4.1 Bridges Doubles; Singles Juniors and Youth A



a) The bridge consists of two or more parts for the purpose of alignment. These must be securely fixed by screws or bolts and may not be adjusted or changed during a run.
b) The weight of the upper-part of the sled (bridges with pod seat) must be connected all the way through on each leg of the bridge with a screw or a bolt.
c) The mobility of the four bridge legs in the area of the screws or bolts is allowed by using a radial spherical bearing and/or a through-hole. The radial spherical bearing or the through hole must not move or shift horizontally or vertically.
d) Any use of rubber and springs in this area with the exception of the connection between bridges and seat pod and the rubber insert which covers the bridge leg is prohibited.
e) The cross-section of the bridge legs must be rectangular and may have a maximum length of 70 mm and a maximum width of 10 mm. All edges in the cross section may be rounded with a maximum radius of 5 mm.
f) Twisting or contorting the bridge legs is not allowed.

1.3.4.1 Additional regulation for Doubles

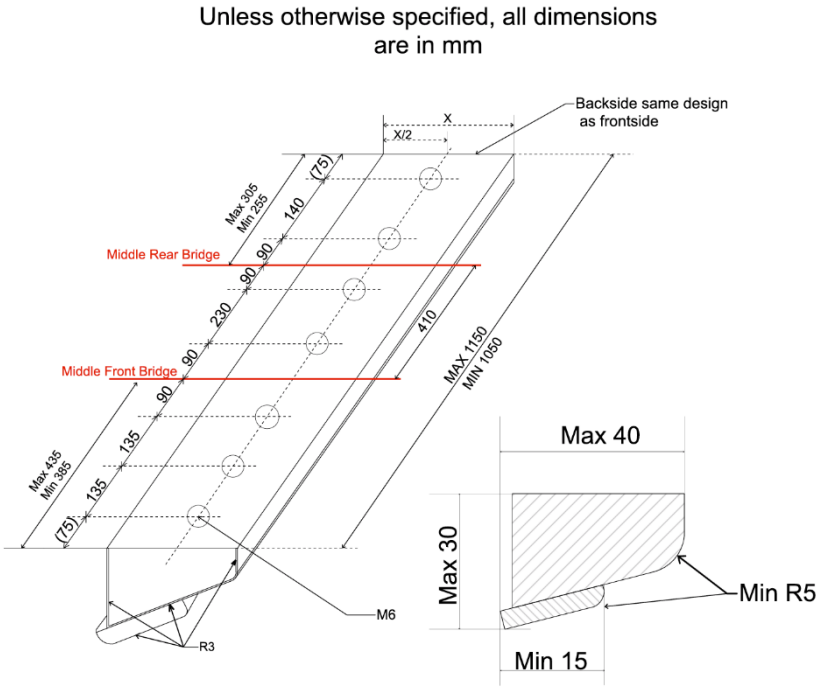


a) The measuring range of the distance of the steels from each other is defined from the center of the front bridge to the center of the back bridge.
b) The steels must be between 410 mm and 450 mm apart.
c) The maximum clearance height is measured between the center of the front bridge to the center of the rear bridge at the lowest point. The two measuring points are 200mm apart in width and are centered to the longitudinal axis of the sled.
d) The maximum clearance height is 75 mm.
e) Attachments and shaping that serve to minimize the maximum clearance height are not permitted.
f) Kästle V1 and V2 standard sleds in their respective original design are excluded from this regulation.

1.3.4.2 Standard doubles bridges

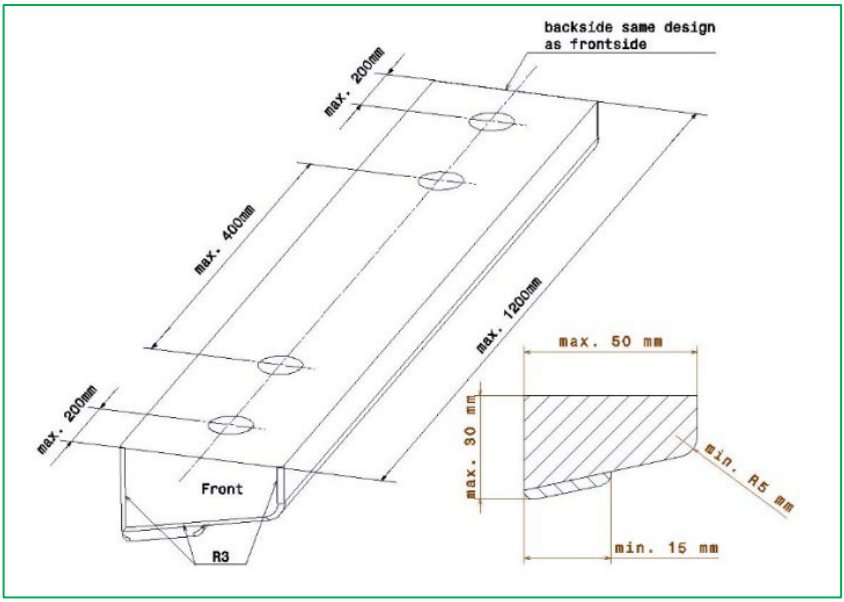
a) The original bridges must be used.
b) The distance between the runners must measure 390 to 450 mm.
c) The front and back bridge mounting bracket can be changed individually.
d) The connection between bridges and runners may not be changed. However, various hardness's with the same measurements (rubber inserts that cover the bridge foot) can be used.

1.3.5 Steels Singles General Class



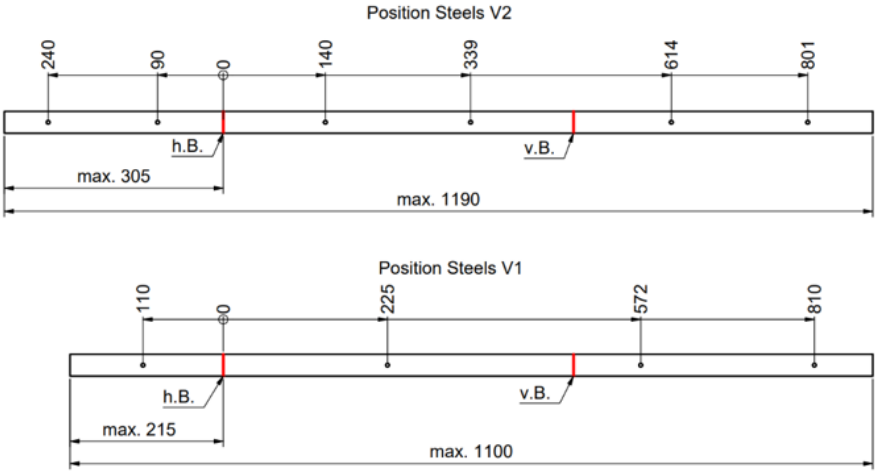
a) The steel must be fastened to the runner with M6 cylinder head screws in all threaded holes of the steel.
b) The steels can be comprised of one or several parts. If the steel comprises several parts, then these parts must be bonded, welded, or riveted form-fittingly and securely together to form one piece.
c) The steel may be drilled out or milled lengthwise, a side edge must remain intact.
d) The steel may not be cut crosswise.
e) Guide pins and/or guide rails for stabilizing the steel are not allowed.
f) In the interest of safety, the outer edges of the steel, including the laminate, must be rounded to a radius of at least 5 mm. The end faces of the steel (front side, back side) are to be rounded with a radius of at least 3 mm at the edges marked in the diagram.

1.3.5.1 Steels Doubles; Singles Juniors and Youth A



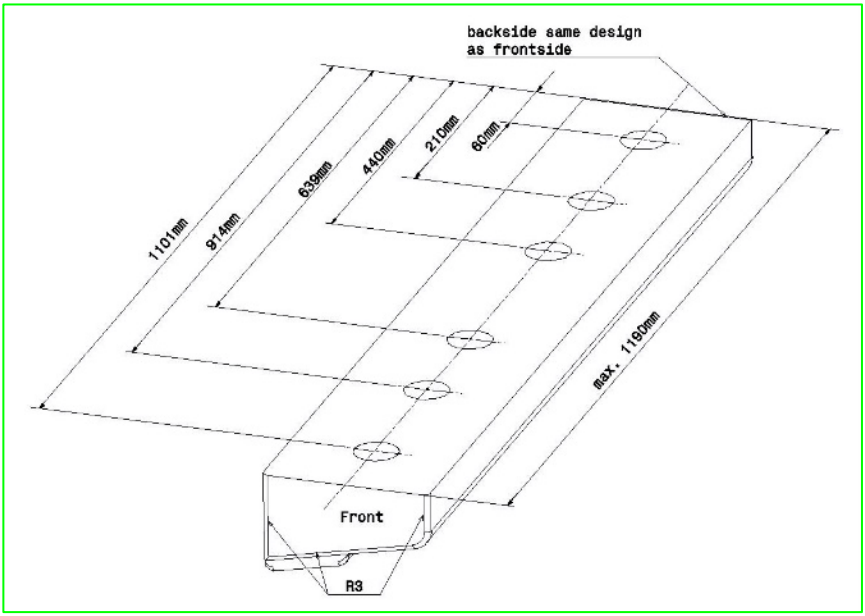
a) The steel must be screwed/bolted to the runner by at least 4 screws/bolts.
b) The steels can be comprised of one or several parts. If the steel comprises several parts, then these parts must be bonded, welded, or riveted form- fittingly and securely together to form one piece.
c) The steels may be drilled or milled lengthwise, however a margin must remain
d) The steel may not be cut crosswise.
e) Guide pins and/or guide rails for stabilizing the steel are not allowed.
f) In the interest of safety, the outer edges of the blades including the laminate must be rounded to a radius of at least 5 mm
The end faces of the steels (front side, back sides) are to be rounded or beveled with a radius of at least 3 mm at the spots marked in the diagram.

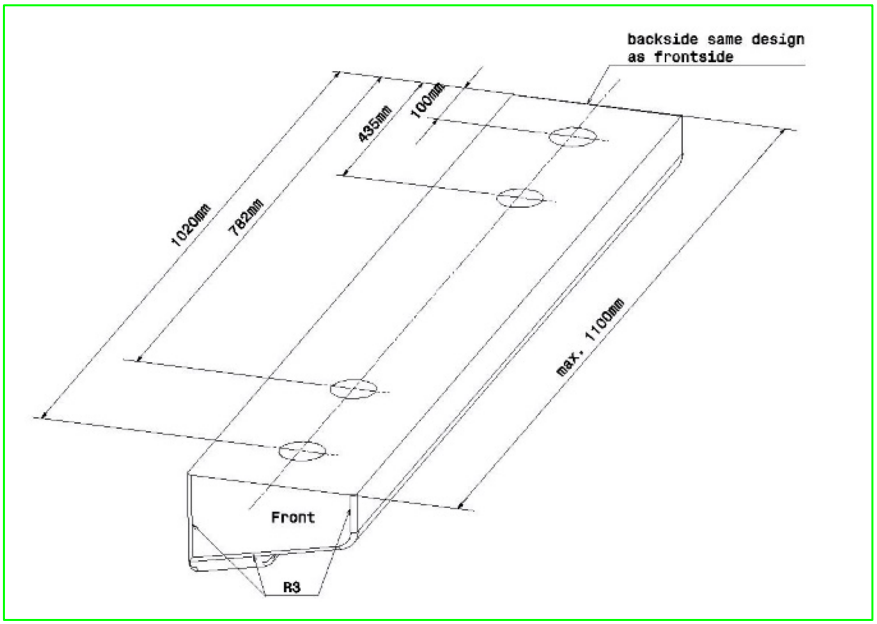
1.3.5.2 Standard doubles steels



h.B.- middle of the reare bridge leg

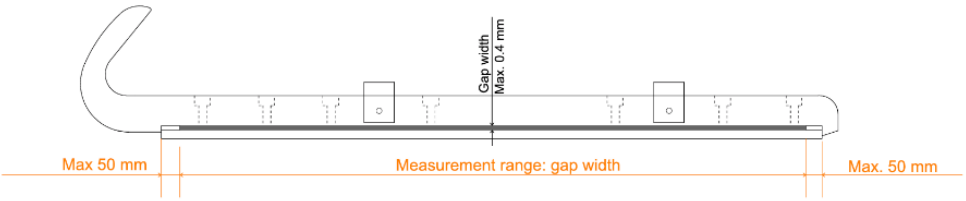
v.B- middle of the front bridge leg





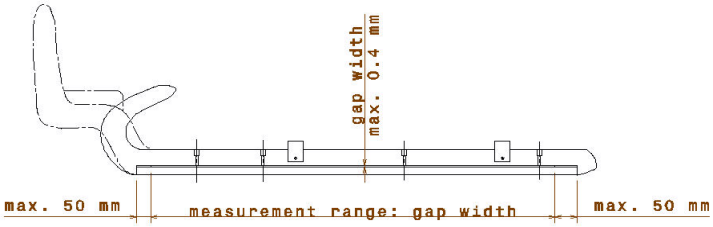
- The hole scheme may not be changed.

1.3.6 Gap measurement runner / steel Singles General Class



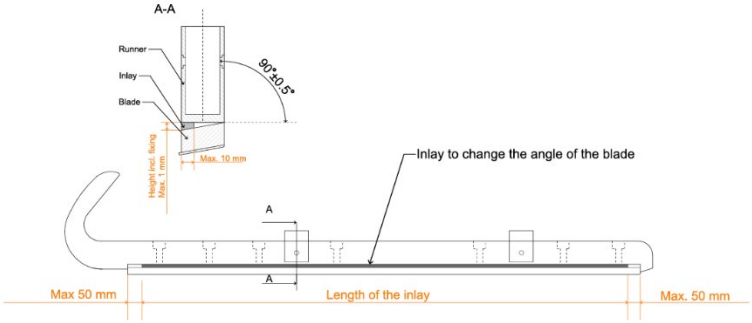
a) The gaps between the runner and the steel may measure up to 0, 4 mm.
b) The area (connection) between runner and steel is not allowed to be covered - only 5 cm at the front and at the back end of the steels.

1.3.6.1 Gap measurement runner / steel



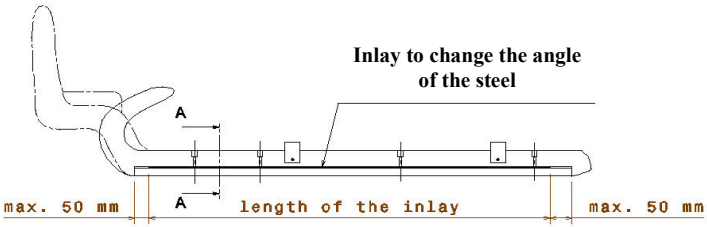
a) The gaps between the runner and the steel may measure up to 0, 4 mm.
b) The area (connection) between runner and steel is not allowed to be covered - only 5 cm at the front and at the back end of the steels.

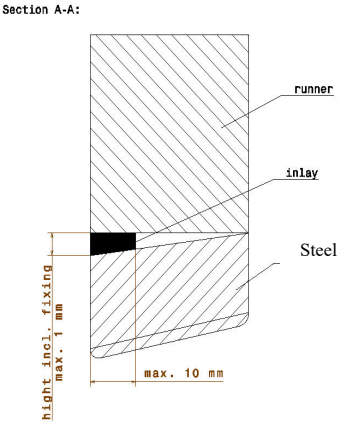
1.3.7 Inlay to change the angle of the steel Sinles General Class



a) Between the runner and the steel, only a continuous inlay, 1mm thick and 10 mm wide, to change the angle of the steel is permitted. The beginning and end of the inlay must be no longer than 5 cm measured from the beginning and the end of the steel.
b) Inlays may be fixed with double-sided adhesive tape but may not exceed 1mm with the adhesive tape.

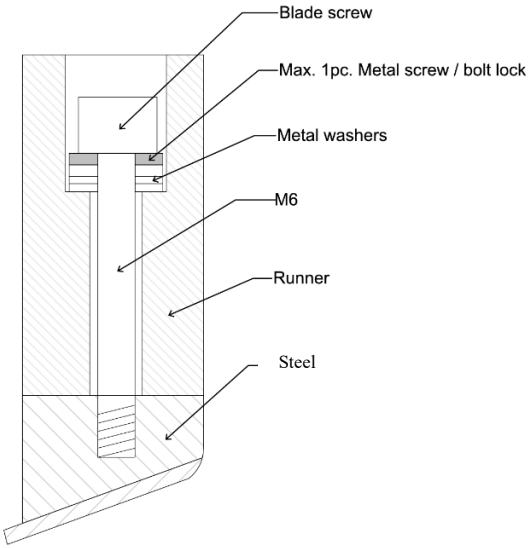
1.3.7.1 Inlay to change the angle of the steel





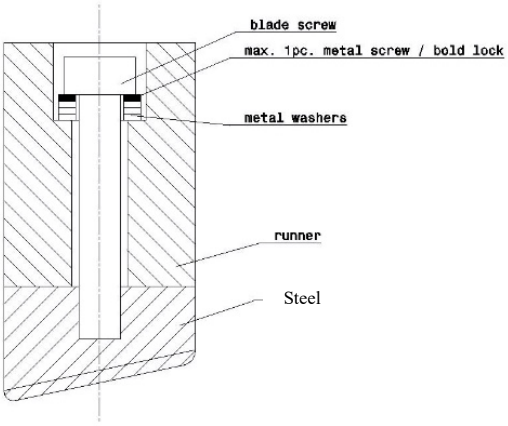
a) Between the runner and the steel, only a continuous inlay, 1mm thick and 10 mm wide, to change the angle of the steel is permitted. The beginning and end of the inlay must be no longer than 5 cm measured from the beginning and the end of the steel.
b) Inlays may be fixed with double-sided adhesive tape but may not exceed 1mm with the adhesive tape.

1.3.8 Connection runner, steel (steel screws/bolts, steel-screws/bolts-connector) Singles General Class



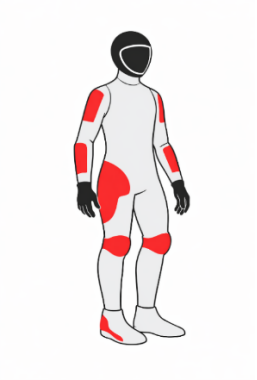
a) All metal washers are allowed
b) A maximum of 1 metal screw/bolt lock is allowed
c) Any use of additional rubber or springs in this area is prohibited
d) Only M6 cylinder head screws are permitted.

1.3.8.1 Connection runner, steel (steel screws/bolts, steel-screws/bolts-connector)



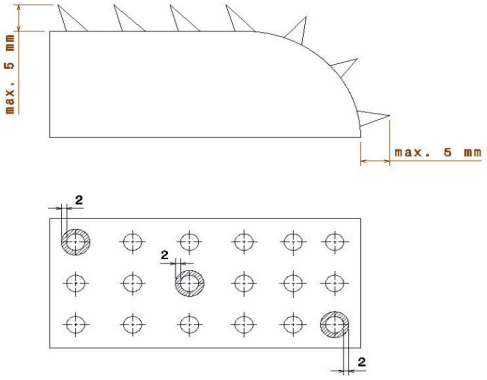
a) All metal washers are allowed
b) A maximum of 1 metal screw/bolt lock is allowed
c) Any use of additional rubber or springs in this area is prohibited

2. General Regulations on Equipment



a) All items of race clothing, including helmet and luge shoes, must conform to or be adapted to the body contours of the competitor.
b) Only products that have been approved by the Medical Commission in consultation with the Technical Commission are permitted for body protection between the head and upper body. The guidelines for these products are provided in a separate set of regulations.
c) A neck strap is permitted; however, it may not lead to (or cause) an aerodynamically improved form of the race clothing.
d) ~~Additional protective equipment (pad(s)) must conform to the competitor's body contour and is permitted to be a maximum of 10 mm in thickness.~~ For body protection, protectors are permitted only for those parts of the body which are endangered by impact against the walls while sliding on the track. They must conform to the athlete's body shape and must not exceed a maximum thickness of 10 mm. (see drawing, marked in red)
e) The additional weight worn on the body must be carried in the torso and/or thigh area and must not be able to shift freely. It should be attached and distributed in such a manner that bruises or other injuries will not occur.
f) Additional weight, including fixings and body protection, may not exceed a maximum thickness of 20 mm except.
g) On the back of the competitor where it can be maximum 30 mm thick in an area which is 25 cm wide and centered on the axis of the body.
h) Each competitor must use proper race clothing in training and competition.

2. 1 Gloves



a) The effective length of the spikes of the gloves: maximum 5 mm, measured in the axis.
b) The fastening of individual spikes must guarantee that each spike must have an edge of at least 2 mm on three sides

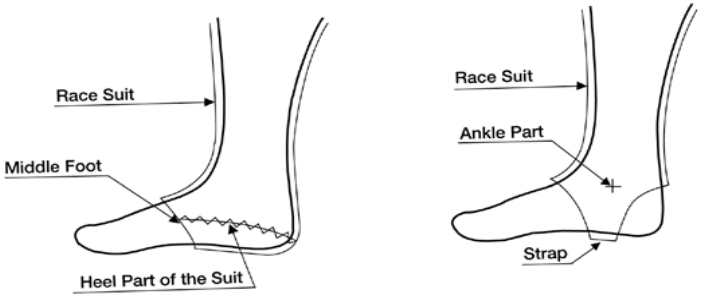
2.2 **Safety Helmet, training/competition**

Wearing a safety helmet according to the FIL guidelines for safety helmets is mandatory. The guidelines are available for download on the FIL website under the tab Rules and Regulations.

2.3 **Luge shoes, training/competition**

Wearing luge shoes according to the FIL guidelines for luge shoes is mandatory at FIL competitions. The guidelines are available for download on the FIL website under the tab Rules and Regulations.

2.4 **Race Suit, training/competition**



a) It is mandatory to wear a race suit.
b) For race suits, only textile fabrics may be used, the exterior surface of which must not be plasticized or otherwise sealed.
c) It has to be possible for each National Federation to buy the racing suit material or finished racing suits from all the respective manufacturers.
d) The race suit has to end in the middle of the foot.
e) If the race suit is fastened up over the heel, then the heel has to be a part of the suit.
f) If the race suit ends in the ankle-part, it must have a strap.
g) It is forbidden to tape the race suit to the foot or to the socks.
h) Bootie covers are forbidden
i) Hoods, as well as integrated padding or inserts, are not permitted, except for body protection according to § 5 point 2.

2.5 **Start Numbers**

a) During FIL competitions, bibs provided by the FIL and the event organizer are to be used for start numbers.
b) The start number has to appear on the chest and on the back.
c) The Executive Board and/or the event organizer can stipulate a second start number (for example: sticker).
d) Start number bibs must be elastic, sleeveless, and adhere closely to the upper body. They must not be changed
e) Start number bibs must not be taped at the bottom edge; they may only be fastened at the height of the hip bone using two snap fasteners.
f) Taping of the start number bibs at the bottom edge with a maximum width of 6 cm is only allowed in the youth and junior classes
g) Tucking in the start number bibs at the sides and shoulders is only permitted if by doing so neither the number nor the inscriptions are affected.
h) It is forbidden to bind the shoulder straps together at the back.
i) With doubles, both athletes have to wear a start number bib.

- For Junior/Youth A World Cups and other international competitions for Junior and Youth classes, the event organizer may also use start number stickers if the quantity of bibs or the sizes are not available.
  This is not applicable to the JWCh

3. Inspection of the sled and race equipment

a) All inspections of the sled must be carried out with appropriate expenditure of force and without excess use of force. The inspections must not lead to any damage to the sled.
b) Checking the sled dimensions is done in a right angle to-the vertical and horizontal middle axis of the component being inspected.
c) During the measuring process, the sled must be lying on the table on its own without the support of an official.

d) Positions for inspecting the length of the sled pod:

Singles	supine
Doubles front man	sitting, knees extended, belt on
Doubles back man	supine

e) At the first World Cup event of every season, all sleds are to be presented to the TD for the measuring of the pod. In the event of a positive evaluation, on official FIL sticker is put onto the sled.
f) If an athlete makes changes to the pod during the season or enters the World Cup series at a later date, he has the weekly opportunity to present the sled for technical pre-inspection.
g) The pressure is measured by the TD with a mechanical device on the runner/steel, runner, bridge connector, and the steel-screw/bolt-connector and spots freely chosen.
~~h) The Executive Board annually decides on the pressure in Newton meters (Nm) to be used on the inspection device and the resulting maximum measurement value.~~
For measurement with the testing device, the following pressure (Nm) and maximum permissible measurement values shall apply:
Pressure measurement runner/steel, runner, bridge box:

- Preload: 2 Nm
- Measuring pressure: 7 Nm
- Maximum permissible value: 1 mm

Measurement of steel/screw/bushing:

- Preload: 1 Nm
- Measuring pressure: 3 Nm
- Maximum permissible value: 1 mm

i) The inlay between runner and steel is measured using a digital sliding caliper adjusted to 1.1 mm. Inserts that can be moved freely through the sliding caliper are classified as conforming to the rules.
j) The exchange of, or modifications to, the sled during a discipline are permitted in accordance with the rules.
k) The results of the inspections are to be noted in the official records.

3.1 Inspections at the start

a) For the inspections at the start, the Technical Director must define a separate area, hereinafter referred to as the inspection zone.
b) In competition runs, the call to check the sled and the athlete will be made to the inspection zone.

c) The sled may only be brought into the inspection zone by the athlete.
d) After the beginning of the official measurement, the sled must not be removed from the inspection zone. This also pertains if there is a delay in starting.
e) From the start of the inspection of the sled and race equipment in the inspection zone to the inspections at the finish, the sled must neither be exchanged, nor the blades warmed.
f) Any sled preparation to improve the gliding process is not allowed once the official inspections at the start begin.

3.1.1 Temperature of the steels

a) An official temperature check of the steels, using an approved digital device with a measuring accuracy of 1/10 degree, is to be conducted by the official involved with steel measurement between the call to start and start preparation.
b) Results are to be entered in the official records in 1/10 degrees.
c) The temperature of the steels will be taken in two freely selectable spots on the running surface per steel.
d) At the start, a control blade at least 20 cm long, corresponding to the profile of a runner, must be attached in a sun-protected area as a permanent device or placed at least 4 hours before the start of the race and used as the basis for the temperature measurement.
The control steel may not be placed in an exposed area and must be protected from drafts.
e) The temperature of the control blade is to be taken 30 minutes before the start and is to be repeated every 15 minutes from that point until the last participant's sled in the race has been measured. After the final participant, no further temperature measurements are required.
f) The air temperature, the temperature of the control measuring steel, the ice temperature, and the maximum permissible temperature of the steel is to be posted in 1/10 of a degree on a notice board that is visible to everyone.
g) The temperature of the steels on each athlete's sled may not be greater than 5°C above the control temperature. Should the temperature of the control steel fall below negative 4°C, the steel temperature may continue to be 1°C.
h) For measuring the temperature at the start and finish, three official identical temperature gauges including sensors are to be made available.
i) At the start, one gauge is used by the judge for the official measurements and an additional gauge is provided as a spare if needed
j) Official measurement and control measurement should be recognizable as such without any doubt and both gauges are to be marked differently.
k) The first gauge is used in the start room for the official measuring. Only one (1) sled at a time can be brought up for the official measuring. Each sled will only be measured once appropriately.
l) The third gauge is available at the finish for control measurements.
m) All gauges may only be used by the judge assigned to it and may not be given to someone else.
n) Even for forerunners, the temperature of the steels will be checked. If the steels are too warm, the forerunner is not allowed to start.

3.1.2 Weight checks of athlete and sled

a) Every athlete steps on the scale at the start with his sled (in the case of doubles, one athlete with the sled, the other athlete without the sled (§ 8, 4.1).The sum of the body weight, weight of the race clothing and additional weight is not to be exceeded.
b) The weighing procedure at the start will be supervised by a technical delegate.
c) The scale must reflect incremental units of 100 g.
d) A gauged scale must be installed for the pre-competition weigh-in for the athletes under supervision of a judge both at the start (women's, men's, and doubles' starts) and at the finish. These scales must be placed at the disposal of the athletes 1 ½ hours before the beginning of the race.
e) Control weights (5 x 20 kg) must be available for calibrating the scales (start, finish, changing room).
f) At the Winter Olympic Games and FIL Championships, scales must be set up under the same prerequisites in both start areas.
g) At junior/youth races, the sled and athlete–weigh checks can be carried out at the finish for organizational reasons).

3.1.3. The cavities/gap measurements between runner and steel

- The sled is inspected in a reclined position. Touching, Lifting, or Pressing the steels is not permitted.
- If the judge can insert the distance gauge 0.5mm into the empty space (gap) up to half of the width of the steel, this is reported to the TD and this sled is inspected by the TD in the finish area.
- If the distance gauge (0.5mm) is able to clear the empty space over the entire width of the steel, then this results in a violation.

3.1.4 Start Numbers

- The start number is to be checked visually.

3.1.5 Race equipment

- The race equipment is to be checked visually.
- If problems with the race equipment occur during or after the official inspections at the start, the equipment can be exchanged. The start is not delayed for this exchange, it must occur within the given time. This procedure must be reported to the TD for inspection at the finish

3.2 **Inspections at the finish**

3.2.1 Drawing the athlete to be inspected

- At the finish, every athlete must activate the random generation or draw a ball under the supervision of a jury member or Technical Delegate. In the event that an athlete does not make it to the finish the supervising jury member or technical delegate must activate the random generation or draw a ball in their absence.

- For doubles, only one athlete activates the random generator (draws a ball); however, both athletes must go to the inspection with the sled.

World Cup Singles	1st Run	2x RED, 1x RED/BLUE from the seeded group 3x RED from the remaining competitors
	2nd Run	BLUE from the 1st run 1 Sled from the 1st - 3rd placed athletes (BLUE)
World Cup Doubles	1st Run	2x RED, 1x RED/BLUE from all competitors
	2nd Run	BLU from the 1st run 1 Sled from the 1st - 3rd placed athletes (BLUE)
World Cup Team Relay	1 Run	2x RED, 1x RED/BLUE from all competitors
Sprint WC Men's/Women's/ Doubles	1 Run	2x RED, 1x RED/BLUE from all competitors
Championships, OWG Singles	1st Run and 3rd Run	2x RED, 1x RED/BLUE from the seeded group 3x RED from the remaining competitors
	2nd Run and 4th Run	Steel temperature of the best 10 Athlete pairs in the 1st or 3rd Run BLUE from the 1st or 3rd Run 1st -3rd placed athletes in the 2nd or 4th Run (BLUE)
Championships, OWG Doubles	1st Run	2x RED, 1x RED/BLUE from all competitors
	2nd Run	Steel temperature of the best 10 athlete pairs in the 1st Run BLU from the 1st Run 1st -3rd placed athletes (BLUE)
Championships, OWG Team Relay	1 Run	2x RED, 1x RED/BLUE from all competitors 1 Sled from 1st -3rd placed athletes (BLUE)

Sprint Championships Men's/Women's/ Doubles	1 Run	2x RED, 1x RED/BLUE from all competitors 1st-3rd placed athletes (BLUE)
World Cup, Championships Mixed Singles/ Mixed Doubles Event	1 Run	4x RED,1x RED/BLUE from all competitors 1Sled from 1st-3rd placed athletes (BLUE)

a) After the first run, the sled of the athlete who has drawn the RED/BLUE lot will be marked by the TD and inspected after the 2nd run for compliance with § 5.
b) If in the second or fourth run, this athlete uses another sled than in the first or third run, he or she must also present the marked sled from his or her first or third run, so that it can be inspected.
c) At junior competitions, the inspections will be carried out as in the general class.
d) At Youth A competitions, the inspections will be carried out randomly.
e) The inspection of the sled and equipment can be carried out randomly on further athletes at by order of the technical delegate.
f) The type and extent of the drawn and additional inspections are subject to the judgment of the TD.

3.2.2. Inspections RED

- Temperature of the steels analogous § 5, 3.1.1
- Weight checks § 5 Pt 1.2 / § 8 Pt 5
- Sled measurements § 5 Pt 1
- Inspection of equipment § 5 Pt 2

3.2.3. Inspections BLUE

- Pressure measurement (runner/steel, runner, bridge – connector, steel screw/bolt – connector without screw/bolt lock) § 5 Pt 3 g), h)
- Inlay to change the angle of the steel § 5 Pt 1.3.7 / § 5 Pt 3 i)
- Bridges § 5 Pt 1.3.4
- Steels § 5 1.3.5
- Runners § 5 Pt 1.3.3; Pt 1.3.3.1; Pt 1.3.8

§ 6 Medical Service

1. General Regulations

During official training of the competition and race runs of any FIL competition, and International Training Week for the FIL World Championships general class, the following must be available:

a) A race physician with knowledge of emergency care.
During official training, the presence of a race physician may only be dismissed according to point 1.1a when a time frame for the emergency aid has been legally determined for the particular nation hosting an event and when its compliance is guaranteed.

b) A minimum of one ambulance with one paramedic / ambulance officer.
The ambulance must also be equipped with appropriate resuscitation equipment and be suitable/ capable of accessing all roads around and along the track; it must be placed in such a way that, in accordance with the local conditions, a fast pick up of the ill or injured athlete is possible from all areas of the track.

c) A room exclusively used for first-aid treatment which is marked as such.

Should the race physician and/or the ambulance be medically required, the race or official training must be interrupted until their services according to the above-mentioned regulations are again guaranteed.

2. Responsibilities

The race physician and/or the ambulance crew are responsible for the primary care of injuries and illnesses of the athletes.
The race doctor has to certify in writing to the race director when there is a specific risk to life or health by the participation of an athlete as a result of an injury or illness or for any other medical reason (§ 4, 1.1.5).

3. Evacuation of injured athletes

The event organizers must guarantee that injured persons can be transported away from any point along the entire length of the track without obstruction or difficulties.

4. Medical Examination after a Crash

a) All athletes who crash must be examined by the track medical team. This requirement also applies to athletes recorded as DNF, unless the DNF is solely due to missing the touchpad. For each athlete examined under this provision, a FIL injury form must be completed by the track medical team.

b) The FIL Technical Delegate and/or the Race Director are entitled to require athletes to undergo a medical examination at any time.

c) The injury form shall be completed by the track medical team.

d) The medical examination shall be carried out, depending on the situation, at trackside near the crash area, in the finish area, or at the medical station. The athlete is obliged to report immediately to the track medical team after a crash.

e) The athlete must sign the form confirming that the examination has been carried out and that he/she wishes to continue training or competition on the same day; participation is only permitted with medical clearance (“Fit to Slide”).

f) If the track medical team determines that the athlete is not fit to continue training or competition, the athlete may not start again on that day; consultation with the respective team medical doctor is possible but does not override the decision of the track medical team.

g) An athlete who is not permitted to continue on the same day must be examined and cleared by the team medical staff or an external medical provider before returning to participation on the following day. (“Fit to Slide”)

h) If an athlete refuses to undergo examination, he/she is not permitted to continue until the examination has been completed; in such cases, the track medical team must immediately inform the Race Director, FIL Sport Director, and Technical Delegate.

i) The decision of the track medical team on the day of the incident is final and cannot be overturned.

j) The examination shall be carried out as quickly as possible in order to avoid unnecessary delays to training or competition if no injury is present.

k) The completed forms must be sent by the track medical team daily or at the latest at the end of the event to the FIL email address indicated on the form.

l) This regulation serves the safety of the athletes and the proper conduct of the event.

§ 7 Advertising Regulations

1. <u>Applicability, Measuring Procedure</u>, <u>Approval of Advertising Surfaces, Inspections</u>

1.1 **Applicability**

a) All these regulations are valid during FIL competitions as well as for media and PR activities within the scope of FIL competitions and are applicable to athletes and officials.

b) The respective NF is responsible for complying with the advertising regulations (§7) and are applicable to athletes and officials.

1.2 **Measuring Procedure**

a) A rectangle is used to calculate the size of the advertising surface. The width (A) and height (B) of the trademark determine the sides of the rectangle.

b) If the trademark is integrated within an area of different color, the total area of the different color is to be measured.



c) The trademarks on the clothing will be measured when the clothing is not being worn.

1.3 **Approval of Advertising Surfaces**

- By August 31 of each sport year, the layout of all advertising in its original shape, size and color has to be submitted electronically to the Technical Director for inspection and approval.
- In case of timely submission and compliance with the rules, written approval is issued.
- NFs can add sponsors after August 31 with the approval of the Technical Director.

1.4. **Inspections of the Advertising Surfaces**

- At FIL competitions the Technical Delegates are authorized to initiate inspections of the advertising surfaces any time.
- In case of violations of the advertising rules a disqualification may be issued by the race director.

2. <u>Sizes of Advertising Surfaces</u>

2.1 **Race Clothing and other Clothing worn at the Field of Play**

National Federations (NFs) own the rights regarding advertising on the race clothing and sleds of their athletes. These rights may be exercised within the specifications set by the FIL:

a) Articles of clothing may carry manufacturers' identifications and/or trademarks of other sponsors.

b) The total surface of the trademarks together on the clothing (except head coverings, gloves and shoes) of one person shall not exceed 1000 ~~800~~ sq cm.

c) The complete surface can be divided into fourteen ~~thirteen~~ (14) ~~(13)~~ parts at the most.

d) The complete surface of a single part may not exceed 200 sq cm.

e) Trademarks of the same sponsor may not appear one above the other or one beside the other.

f) The use of a manufacturer's specific graphic design - even though this design may also be registered - will not be counted as advertising spaces.

g) In addition to the designated advertising spaces, the placement of an emblem from a national institution such as the military, police, or a comparable supportive organization for sports on the racing suit and thermal clothing of an athlete is permitted. It is required that the athlete be a member of said institution or supportive organization. The maximum size of the emblem is 30 cm².



Total area: max. 800 cm²
MAX: 13 pieces
Max. surface area of a single piece: 200 cm²

Figure: Example of advertising on race suits

2.2 **Safety Helmet**

a) The safety helmet may display two (2) trademarks of the manufacturer with a maximum size of 15 sq cm, one each side, placed over the ears and two sponsor's trademarks with a maximum size of 25 sq cm on each side above or next to the manufacturer's trademark. The sponsor's trademark must be at least 1 cm away from the manufacturer's trademark.

b) The advertising surface on the front of helmets may only be used by the FIL 70 sq cm). The advertising space for sponsors on the sides of the helmet is freely available to the NFs. However, the branch exclusivity of FIL main sponsors must be guaranteed.

c) If the FIL transfers this advertising surface to the National Federations, the branch exclusivity of the FIL main sponsors has to be respected.



d) In addition, a national emblem or an emblem of an institution (military, police, etc.) to which the athlete belongs (max. 30 cm² on the back or lower side area of the helmet) as well as the athlete's name (max. max. font height of 15 mm) are permitted in the rear helmet area without obstructing the official FIL advertising.

2.3 **Visor**

- The visor straps provided by the manufacturer must be used in all FIL competitions
- Visor straps have to conform to commercially available products.
- The width of the visor strap is limited to 4 cm.
- At least one trademark of the manufacturer sticker (max. 7.5cm2) must be placed on the upper part of the visor.



Figure: example of trademark of the manufacturer

2.4 **Caps, Headbands, and other Headgear**

- Caps, headbands, and other headgear may each have one trademark of max. 60 sq cm in the middle of the frontside and on both sides one trademark of the manufacturer (max. 15 sq cm per side) and one trademark of another sponsor (max. 25 sq cm per side). The maximum number of markings is 5.
- The distance between the two trademarks on each side must be at least 5 mm.

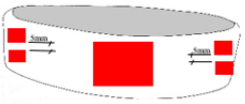


Figure: example advertising on hat and headgear

1 trademark at the front (max. 60 cm²)

1 manufacturer trademark and

1 sponsor on each side (max. 15 cm² each)



2.5 **Start Numbers**

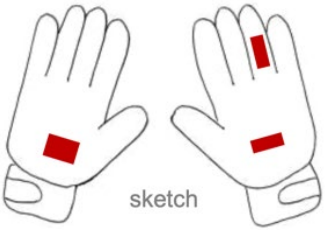
- Advertising inscriptions on start numbers are permitted. These may only be used by the FIL.
- During FIL Championships and World Cups of the General Class, the start number bibs provided by the FIL have to be worn during the official training.

2.6 **Luge Shoe**

- The advertising surface on the luge shoes may only be used by the FIL.

2.7 **Gloves**

- Gloves may only show one manufacturer's trademark on each glove. The total surface of the commercial marking per glove is limited to 15 sq cm.
- The marking can be divided into two parts.

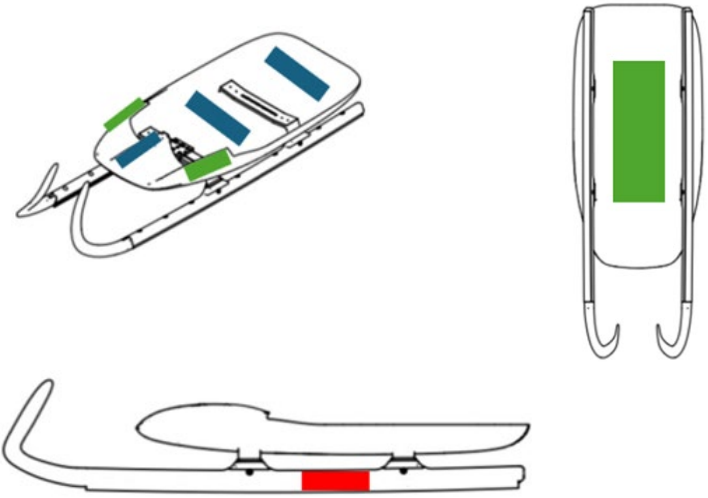


Max. 1 trademark of manufacturer on each glove divided into max. 2 parts. Max. 15 cm^2 total space per glove

Figure: Example for advertising on gloves

2.8 **Racing Sled**

- On the entire sled, in addition to the manufacturer's trademark, a maximum of six commercial markings may be displayed; maximum of three trademarks on the underside of the sled.
- The size of the advertising surface on the bottom of the sled may not exceed 1000 sq cm. (The underside of the pod is defined from the highest point of the pod downwards.)
- Maximum of three trademarks may be placed on the top side of the pod. The total size of these trademarks must not exceed 600 cm². (The top of the pod is the surface of the top view of the pod.)
- The manufacturer's trademark may be applied with a maximum size of 100 cm², or two times 50 cm² each on the runners.



Top side of pod	max. 3 trademarks
	max. size 600 cm²
Underside of pod	max. 3 trademarks
	max. size 1000 cm²
Manufacturer	max. 100 cm^2
	or 50 cm² per runner

3. Athlete

- Advertising with athletes is only allowed with permission of the National Federation responsible.
- Name, title, and picture of the athletes can only be used once for each advertisement.

4. Forbidden Advertisement

Provided there are no stricter national laws, the following advertisement is prohibited:

1. On the athlete and sled: advertising for tobacco, illegal drugs or alcohol.
   Exception: advertising for non-alcoholic beer and, regarding athletes of age (21 and older), advertising for products with an alcohol percentage of less than 15 %.

2. At the sports venue and on bibs: advertising for tobacco, illegal drugs or products with an alcohol percentage of more than 10 %. The FIL Executive Board can allow an exception of this prohibition following a request from the event organizer or the venue operator.

3. Advertising conveying religious, racial or any other discrimination.

§ 8 Training, Weigh-in, Individual Supplemental Weights

1. International Training Courses

1.1 The NF that is holding a FIL World Championship (General Class) or Junior World Championship must provide an International Training ~~Week~~ Period (ITP) before the staging of the championship in the respective season.

a) The length of the ITW/ITP and the number of runs is determined by the sports director and published in the annual schedule. ~~At least 6 training days with a minimum of 3 training runs daily have to be offered to all interested National Federations.~~

b) All training opportunities must be equally available to all nations

c) The same number of training runs must be made available to all disciplines.

d) During the ITP~~W~~ no privileges are granted to athletes of the host nation.

e) Cancelled training runs must be replaced.

f) If the organizers do not adhere to this requirement, the Executive Board can reject the next application for an event.

g) International training courses are scheduled in the annual calendar as follows:

- ITW (International Training Week): Organized and conducted by the respective track or NF
- ITP (International Training Period): Organized and conducted by FIL officials

1.2 Organizers hosting a FIL World Cup, Junior World Cup or World Youth Series must make available (3) days of paid training (5 days for juniors/Youth A) to all teams prior to the event in that season. These days must be scheduled during the pre-season / preparation period or also be scheduled during the normal event paid training and official training schedule immediately prior to the event. A minimum of (3) training runs each day must be offered.

1.3 The execution of international training sessions is strictly a matter of the National Federation (with exception of the OWG/YOG). The terms of these training sessions are to be set up by mutual agreement and under their own responsibility.

2. Paid Training

2.1 Two days before the beginning of official training, event organizers of FIL World Championships (General Class) and Junior World Championships are obligated to offer paid training.

- The track must be prepared before each group's training.
- Paid training is to be coordinated and supervised by the Sports Director/technical delegate.
- National Federations have to register for the paid training one week prior to the beginning of that training.

Junior World Cup / World Youth Series:

- At least two (2) days with a training session of at least three (3) runs must be offered before the official training.

2.2 If it is known in advance that there is not enough time for this paid training (as in the case of the Dreibahnen-Tournee) then the event organizers of the FIL competition must provide a minimum of 3 training days.
This training must take place prior to the competition during a week when there is no World Cup or championship race scheduled.

3. Official Training

3.1 Systematic Training

3.1.1 A training run on a shortened course (systematic training) has to be offered for singles and doubles.

3.1.2 If an athlete / doubles team does not take a systematic training run, he or she will be removed from that training run without substitution.

3.1.3 If the event organizer provides more than 2 training runs of paid training, there is no obligation to provide systematic training.

3.2 **Official Training Runs**

3.2.1 For FIL competitions, the organizers must hold free of charge at least four (4) training runs for singles and four (4) training runs for doubles.
These training runs should include one (1) night run if there is to be a night run in the competition.
These runs are to be timed and are to be conducted on the entire length of the course.

3.2.2 During Junior World Cups, WYS and Junior World Championships six (6) official training runs have to be provided thereof (4) free of charge.
Systematic training is possible within the official training.

3.2.3 The size and starting order of the training groups will be set by the Sports Director (for Juniors: Race director/TD) in a weekly schedule for the competition.

3.2.4 Two full days will be made available for official training by the event organizers.
There are no exceptions.

3.2.5 Reduction of the number of training runs
If conditions prevail which make it impossible for the competitors to complete their stipulated training runs, i.e. warm wind, snowfall, etc., the race director with the sports director and in discussion with the technical delegates can interrupt training and set up a new training time.
Regarding the number and completion of training runs, the Sports Director will decide after conferring with the race director and the technical delegates.

3.2.6 Only the competitors eligible to participate in the respective competition may take part in the training (§ 3, 8).

3.2.7 Doubles athletes may start from the men's, women's or doubles start in singles training.

3.2.8 All unauthorized training by competitors on the track other than at the designated training times is forbidden.

3.2.9 In substantiated cases, with approval of the jury, the race director must allow competitors who have arrived late due to no fault of their own, to complete the minimum number of training runs if possible, time allows.

3.2.10 The race director, in cooperation with the TD and the sports director, is entitled to schedule further official training runs.

3.2.11 During competitions that are held within a shorter time period the Sports Director in agreement with the race director makes the arrangements for training.
It is to be guaranteed that all National Federations have the same conditions.

3.2.12 If the competition's planning results in a break of two or more days for athletes, an additional training run must be made available to them**.**

3.3 **Rules for World Cup training**

3.3.1. Number of training runs

a) All registered Nations Cup starters will receive 5 training runs on the official training days (excluding Nations Cup).

b) All registered athletes in the seeded group will receive 4 training runs on the official training days (excluding seeded training).

c) Track newcomers* receive on the first training day an extra training run.
(* Newcomers are athletes that have not yet participated in a FIL competition (WC/NC/FIL Championships/FIL-ITP) in the General Class in their discipline on this track. For doubles, this applies if the team in the same composition has never before participated in a doubles competition in the General Class at this track) Athletes in the Seeded Group are entitled to this run.

~~d) Athletes, who did not qualify through the Nations Cup for the WC race or did not qualify for the second run in the WC race, will receive an additional training run at the next WC of the ongoing season.~~

e) Paid training can be offered after consultation with the Sports Director. This must be integrated into the annual schedule and announced in the event invitation. The paid training is limited to 3 runs per starter.

3.3.2 Miscellaneous

a) The NFs must register with event organizers using the FIL online registration tool.
b) Personnel changes must be reported to the FIL Sports director prior to the first training;
c) The training is conducted in groups of approximately 23 to 28 participants.
d) The groups train in the start order men's start – women's start - doubles start;
e) The track must be prepared before each group (under the responsibility of the technical delegate with the track director).
f) Training is scheduled and coordinated by the Sports Director.
g) If athletes should compete in both disciplines – men and doubles – the team captain must nominate the second training of these athletes in another group.
h) Should athletes have a break of two days in the planning between the last training run and the first race run, an additional training run must be made available to these athletes.
i) On FIL travel days no training will be allowed on the upcoming World Cup track. Exceptions can be approved by FIL. FIL travel days will be documented in the schedule.
j) Event organizers must offer 4 training runs per registered sled free of charge.
k) All other training runs are offered against payment.

3.4 At World Cup races and FIL World Championships, training partnerships train within the groups at paid training as well as during official training contiguously in the start order: Men's start – Women's start - Doubles start.

3.5 **Timing**

When the respective start height is reached, the run times are to be presented in writing through a time sheet with a start time and at least four intermediate times.

4. Weigh-In

4.1 The body weigh-in (men and women can be measured in long underwear and socks below the knee (ski socks)) takes place under the direction of the judge responsible for the weigh-in before the draw.

- When weighing women, a female judge must be present.
- The location and time of the weigh-in are to be announced at the first Team Captain's meeting.
- Upon confirmation of the events schedule, the FIL Executive Board, based on the proposal of the Technical Commission, will determine at which events a weigh-in will be carried out. (2 - 3 times per season).
- For new athletes or for athletes with weight changes, a weigh-in may be done every week at each competition. The result is valid for the following competitions.
- At the weigh-in, athletes competing in the doubles event must notify the judges on who will be stepping on the scale with the sled during the competition.
- The weight inspection (§ 5, 3.2.2) can be carried out in all disciplines in long underwear and socks below the knee (ski socks).

4.2 A jury member or technical delegate should be present.

4.3 At least one heated room is to be provided by the event organizers for the aforementioned weigh-in procedure.

4.4 All participating NFs receive a list of their athletes from the event organizers one day before the competition on which the following weight information is noted: name, body weight, additional weight, weight of race clothing, and total weight permitted for the race.

5. Individual Supplemental Weights

5.1 Additional weights may be used in singles' competitions for women, men, junior women and junior men, youth A women and men as well as in doubles in the General Class, Junior Class, and Youth A Class.

Basis for calculation

Singles:

discipline	base weight	weight compensation
Women	75 kg	100 %
Men	90 kg	100 %
Junior Women	75 kg	75 %
Junior Men	90 kg	75 %
Youth A women	70 kg	50 %
Youth A men	75 kg	75 %

Doubles:

discipline	base weight	weight compensation	max. weight athlete pair
Women	75 kg	75 %	150 kg
Men	90 kg	75 %	180 kg
Junior Women	75 kg	50 %	150 kg
Junior Men	90 kg	50 %	180 kg
Youth A Women	70 kg	50 %	140 kg
Youth A Men	75 kg	50 %	150 kg

5.1.1 The maximum amount of additional weight permitted is as follows:

- Women, Junior Women, Youth A Men 10 kg
- Men, Junior Men 13 kg
- Youth A Women 8 kg
- Men Doubles (General, Junior, and Youth A Classes) 10 kg
- Women Doubles (General and Junior Classes) 10 kg
- Women Doubles (Youth A Class) 8 kg

5.1.2 **Men** (S) may use additional weight amounting to **100%** of the difference between body weight and a base weight of 90 kg.

5.1.3 **Women** (S) may use additional weight amounting to **100%** of the difference between body weight and a base weight of 75 kg.

5.1.4 **Men Doubles athletes in General class** may use additional weight amounting to **75%** of the difference between body weight and a base weight of 90 kg.
Additional weight is not allowed if the body weight of the front person and back person together exceeds **180 kg**. If one of the partners weighs more than 90 kg, the weight exceeding the 90 kg mark will be added to the lighter partner.
If there should still be a difference between the partner's weight and the 90 kg mark, the difference can be compensated according to the weight table.

5.1.4.1 **Women Doubles athletes in General class** may use additional weight amounting to 75% of the difference between body weight (BW) and a base weight of 75 kg.
Additional weight is not allowed if the combined BW of the front woman and back woman exceeds 150 kg.
If one of the partners weighs more than 75 kg, the weight exceeding the 75 kg mark will be added to the lighter partner.

5.1.5 **Junior men** (S) may use additional weight amounting to **75%** of the difference between body weight and a base weight of 90 kg.

5.1.6 **Junior women** (S) may use additional weight amounting to **75%** of the difference between body weight and a base weight of 75 kg.

5.1.7 **Men doubles athletes in junior class** may use additional weight amounting to **50%** of the difference between body weight and a base weight of 90 kg.
Additional weight is not allowed if the body weight of the front person and back person together exceeds 180 kg. If one of the partners weighs more than 90 kg, the weight exceeding the 90 kg mark will be added to the lighter partner.

If there should still be a difference between the partner's weight and the 90 kg mark, the difference can be compensated according to the weight table.

5.1.7.1 **Women Doubles athletes in junior class** may use additional weight amounting to 50% of the difference between body weight (BW) and a base weight of 75 kg.
Additional weight is not allowed if the combined BW of the front woman and back woman exceeds 150 kg.
If one of the partners weighs more than 75 kg, the weight exceeding the 75 kg mark will be added to the lighter partner.

5.1.8 **Youth A men** (S) may use additional weight amounting to **75%** of the difference between body weight and a base weight of 75 kg.

5.1.9 **Youth A women** (S) may use additional weight amounting to **50%** of the difference between body weight and a base weight of 70 kg.

5.1.10 **Men youth A doubles athletes** may use additional weight amounting to **50%** of the difference between body weight and a base weight of 75 kg.
Additional weight is not allowed if the body weight of the front person and back person together exceeds **150 kg**.
If one of the partners weighs more than 75 kg, the weight exceeding the 75 kg mark will be added to the lighter partner.
If there should still be a difference between this male athlete's weight and the 75 kg mark, the difference can be compensated according to the weight table.

5.1.10.1 **Women youth A doubles athletes** may use additional weight amounting to 50% of the difference between body weight (BW) and a base weight of 70 kg.
Additional weight is not allowed if the combined BW of the front woman and back woman exceeds 140 kg.
If one of the partners weighs more than 70 kg, the weight exceeding the 70 kg mark will be added to the lighter partner.
If there should still be a difference between this female athlete's weight and the 70 kg mark, the difference can be compensated according to the weight table.

5.2 The additional weight must be worn by each competitor individually. Under no circumstances may additional weight be attached to the sled.

5.3 The weight of the race clothing may amount to 4 kg and may be compensated for in all disciplines.

§ 9 Race Preparation

1. Entries

1.1 Each NF has to submit entries for its competitors, including additional starters, to the event organizers using the FIL online registration form by the deadline appearing in the invitation to the race.

1.2 Continental Championships (Race in Race WC / JWC)
NFs which have more athletes competing than are eligible for participation in FIL Championships (§ 3 point 3), must submit the names of the athletes for the championship rankings to the race director in writing before the draw.

2. Entry Fee

Entry fees for all athletes must be paid to the official designated by the NF prior to the start of the draw who then issues a receipt.
Entry fees remain the property of the sponsoring NF.
For all FIL competitions, the amount of the entry fee for each competitor in each discipline will be determined in Euro by the FIL Executive Board.
Entry fees paid for competitors will not be refunded.

3. Draw

3.1 Time and location of the draw are stated in the invitation to the competition.

3.2 The race director is the chairperson of the draw.
- The draw takes place after completion of the training.
- The draw by name and/or NFs takes place after the announcement of the number.
- The draw by number after the announcing of the name is allowed if required due to the creation of a computerized start list.

3.3 During the draw, the jury must be present.

3.4 **FIL World Championships in General Class**
Only the start order for the seeded groups will be an open draw.
- 12 Women's Singles: 12 – 7 + 6 - 1
- 12 Men's Singles: 12 – 7 + 6 - 1
- 12 Doubles: 12 – 7 + 6 - 1

The rest of the start order will result from the preliminary run (§ 3, 6.1.1).

3.5 **World Cup**
Only the start order for the seeded groups will be an open draw.
- 12 Women-Singles: 7 - 12 + 1 - 6 (Bib No 19 - 24 + 25 - 30)
- 12 Men-Singles: 7 – 12 + 1 – 6 (Bib No 19 - 24 + 25 - 30)
- 12 Doubles, Women & Men: 7 - 12 + 1 - 6 (Bib No 13 - 18 + 19 - 24)

The rest of the start order will result from the placement of the qualification (§ 3, 6.5.6).

3.6 **Junior World Championships**
- The seeded group A (1 - 12) starts in reverse order place 12 - 1.
- The rest of the start order is determined by the placement in the preliminary run (§ 3, 6.9.2).

Junior World Cup
- The seeded group A (1 - 12) starts in reverse order place 12 - 1.
- In group B, the start order results from the overall Junior World Cup ranking place 13 - end (§ 3, 5.4).

- A necessary draw for athletes with the same number of points will be done by the jury.
- The remaining group will be drawn by the jury.
- This also applies to the 2nd race at a double World Cup.

World Youth Series
- The seeded group A (1 - 12) starts in reverse order place 12 - 1.
- The start orders in Group B results from the overall World Youth Series ranking (§ 3, 5.4).
- A necessary draw for athletes with the same number of points will be done by the jury.
- The remaining group will be drawn by the jury.
- This also applies to the 2nd race at a double world Youth Series Race.

3.7 For the doubles, the names of the team members must be known before the draw.

3.8. Names entered for the doubles competition are binding for the duration of the discipline and may not be changed during the race.

3.9 During the draw, the times of the start order for the competition have to be announced.

3.10 The outcome of the draw (start list) and start order are to be immediately announced publicly. A copy of the start list is to be given to each team captain.

3.11 Exchanging of start numbers is not permitted.

§ 10 Start. Finish, General Rules, Timing, Results, Inspections

1. Start

1.1 **Start Rules**

- In all disciplines, starting from a start ramp is required.
- The start time and start order for the athletes are to be clearly displayed at the start and at the finish.
- The athletes are responsible for informing themselves promptly of the order and their respective start times.
- During the OWG, FIL Championships and World Cup races, 1 - 3 forerunners have to start per race run.
- During Junior World Cup races, forerunners should also be available.

1.2 **Call to Start**

- The beginning of each heat must be announced over the loudspeaker system along the track 15, 10, 5, 2 and 1 minutes prior to the first starter.
- This applies to all training and competition runs of FIL competitions.
- The call to start must take place in the described countdown mode in order to ensure that all persons present at the track are reliably informed on the beginning of the runs.
- For competitions runs, the call to the start area follows the checking of the sled and athlete in the start area.
  The athlete must go to the start area within two (2) minutes of being called.
- At the start area, no coach may be next to the athlete. However, a coach has access to the start area at any time (in case of technical issues).

1.3 **Command to Start**

The signal to start has to be carried out acoustically and optically by a time display which is clearly visible to the athlete.
Start signal lights and start clocks must be installed at all start heights.

a) The track is closed to all athletes when the light is red. The athlete at the start may only start if the green light is visible.
b) In all FIL competitions as well in training, the start must take place within 20 seconds after the "Track is Clear" notice for singles (S) and within 35 seconds after the "Track is Clear" notice for doubles (D).
c) The start is valid if the athlete has left the start handles within this time with a push and has put the sled in motion.
d) A flying start is not allowed.
e) When an interruption occurs during a competition (with the exception of a determined sweeping interval in case of snowfall), fundamentally the starter must give the next athlete:
   - two (2) minutes preparation time before the signal "Track is Clear" is given or
   - the athlete gives a sign to the start leader to be ready for start before the two (2) minutes are up.
j) In case of a defect of the following components:
   - zipper of race shoe
   - visor/ face shield
   - helmet
   - neck strap
   - doubles sleds straps

   The respective athlete has the right to ask the start leader under the supervision of the jury at the start for a one-minute technical break to remedy the defect. This technical break must be approved by the start leader under supervision of the jury at the start.

1.4 **Start Intervals**

- Only one sled may be on the run at any one time; exception: Team Relay competition (§ 3, 6.7).
- The start leader may allow the athlete to start only if the "Track is clear" statement has been relayed to the start leader from the finish.

- Under adverse weather forecasts the race director, together with the technical director, may shorten the start intervals, in coordination with television, to a minimum of 1,30 minutes.

1.5 **Start Assistance**
Assistance by others in accelerating is forbidden.

2. Finish

2.1 The finish and with it the end of the training or evaluated run is determined by the finish light barrier. Either the athlete or the sled may trigger the finish light barrier, the athlete/athlete pair must be in contact with the sled.

2.2 In the finish area, the Sports Director must arrange a zone where the athlete must be able to leave the track without any help.
This is valid for the OWG, FIL Championships and World Cups in the general class.

2.3 Under the responsibility of the event organizers of Championships and World Cups, a time display has to be installed at the end of the outrun where the times of each run and the current ranking of the athlete will be shown sufficiently long enough to be seen by the athletes.

3. General Rules

3.1 **Principle Rules**
a) At all FIL competitions including the training, no one is allowed to be in the track.
b) During all FIL competitions, the athlete must travel on his/her sled from the start to the finish in a seated or reclined position.
c) If an athlete crashes, he/she must be in contact with the sled when crossing the finish line.
d) A crash is not grounds for disqualification.
e) If a competitor loses any item during a run with the exception of visors, that athlete can be disqualified if the intention to disadvantage subsequent athletes is clear.
f) Planning and carrying out of doping tests are to be done according to the FIL Anti-Doping Code.

3.1.1 **Start under protest**
A start under protest has to be granted

3.2 **Passing the finish line**
If an athlete crashes after the FIL marking (line) and before the finish line, then he/she must reach the finish (in doubles, both athletes) in contact with his/her/their sled and trigger the finish line barrier. Pushing, paddling, or walking with the sled in order to reach the finish light barrier is not permitted and will lead to a disqualification.

3.3 **Workshop**
A suitable workshop area is to be placed at the disposal of the athletes by the event organizers so that necessary work may be completed on their sleds.

3.4 **Wind measurement**
The entire length of the track is to be checked.
At OWG, FIL Championships, and World Cup races, anemometers must be installed at the exposed areas on all tracks.
The Technical Commission of the FIL decides on the location of these.
If wind speeds of more than 35 km/h (9.8 m/sec) are measured, the technical delegate and the race director decide upon further training and/or racing procedures.

3.5 **Track alterations during the execution of a discipline**

If weather conditions, such as snow, thaw, etc. create unequal conditions for individual athletes during a race, event organizers must provide a readily available work crew.

While the forerunners are starting, the race director and the permanent technical delegate determines the intervals of the sweeping as follows:

- sweeping interval (for example after every third athlete)
- sweeping time (for example 1 minute)
- if there is a interruption during a run, the track is swept additionally in this time.
- during the last run, the distribution of the sweeping intervals starts with the best rank

- the race director is responsible for the entire sweeping intervals. The team captains have to be informed.

Any conscious change of track conditions during a race is forbidden.

3.6 **Quality of the track**

During final training and competition of each discipline (regardless of the number of runs) the following conditions must be adhered to:

- Change to the ice profile may no longer be done (only damaged areas can be repaired).
- The ice must be superbly prepared (racing condition).
- The ice temperature and water spray temperature must be kept as constant as possible.
- There must be sweeping intervals during snow fall.

This arrangement must be determined by the technical delegate and race director.

3.7 Fundamentally, sun shades must be open during official training and competition. If necessary, sun shades may be shut after consultation with the TD.

3.8 The decision whether the track is prepared prior to a run or not will be made by the technical delegate together with the race director.

3.9 Competitions may be held in extreme weather conditions with a temperature as low as minus 25°C.

3.10 The Executive Board can make exceptions regarding the maximum distance between the start and finish lines for FIL competitions.

3.11 At FIL competitions, the competition stretch can be shortened by a jury decision under special circumstances.

3.12 **Transportation of sleds and athletes**

Along the track, there must be paths or other facilities which make it possible for the athletes to travel with their sleds from the finish to their respective starts without great difficulty. The transportation must be available on time before and after the training or competition.

It is necessary to provide adequate opportunities for parking in the start and/or finish areas.

4. Timing

4.1 **Timing Equipment**

Timing equipment with automatic and printing capabilities is required and must operate with at least one (1) start time, four (4) intermediate times and the finish time with an accuracy of 1.000th of a second.

The official start and finish light barriers have to be marked during training and competition in color across the entire bottom and sides of the track.

All other openings necessary for installing light barriers at the start and finish areas are to be covered.

The installation of additional timing equipment by third parties is forbidden.

4.2 Timing System

a) Two independent timing systems, each consisting of at least one time measuring device, complete set of light beams and independent power supply, must be available and in operation during a competition (A and B systems).
b) The A and B system comprises all light beams for start, start time, three intermediate times and finish time for each start height as required by the rules.
~~c) The B system comprises at least the start and finish light beams for each start height to record the run time.~~
d) The time of day of both timing systems (A and B systems) must be synchronized and have an accuracy of 1.000th of a second.
e) Two evaluation and control computers for the timing system must be available and in operation during a competition.
f) The times measured by both timing systems must be recorded in both evaluation and control computers of the timing system.
g) In case of failure of the A system, the B system must be activated automatically. After this, the times measured by the B system will be used for the continuation of the competition. The times recorded by the A system up to this point will remain valid.
h) In case of failure of the evaluation and control computer currently operating, it must be possible to switch to the second computer for controlling the timing system within a short time frame. The ranking valid up to this point is to be saved.
i) A check list will be issued detailing the switching between the two timing systems and the two control computers.
j) Independently from the computer, the light beam times recorded by each timing system must be printed as daytimes on a corresponding timeline printer.
k) For external service providers an online data interface must be available through which they can obtain the measured light beam times (e. g. when TV graphics are required)
l) Uninterrupted power supply must be available for the timing system (time measuring devices and control computers) securing that at least the time of the current sled to the finish is recorded. The power supply of the light beams of the A and B systems must be independent from each other.
m) Start light signals must be available at all official start heights.
n) All available light barriers and the resulting split times should be made available to the teams after each training session and competition.

4.3 **Preparation**

The timing equipment must be tested and be ready for use at least one (1) hour before the beginning of each discipline (including training).

4.4 **Difficulties**

If a problem occurs with the timing equipment, the timer responsible must immediately inform the race director; the race director may interrupt the race as long as it takes to guarantee proper timing. The athletes who were affected by the timing failure must repeat their runs at the latest within 30 minutes of the correction of the problem. The race director will decide on the exact starting time. This also applies during training.

4.5 **Breakdown of timing equipment**

If there is a prolonged breakdown of the electronic timing equipment during a heat, the heat may be annulled by the race director with the consent of the technical delegates and the Sports Director.

4.6 **Finish House**

Team officials and competitors are not permitted in the area in which the recording of time is performed during the duration of the competition.

4.7 **Maintenance of the timing equipment**

a) For each season the timing equipment must be maintained by a professional company.
b) A maintenance report will be issued specifying the operations carried out during the maintenance.

c) Records must be kept of all existing deficiencies which cannot be corrected immediately through the regular maintenance activities (e. g. computer damage).
d) In the maintenance report it must be confirmed that the timing equipment is ready for use.
e) The track operator must submit the maintenance report to the FIL Office prior to the first international competition.

5. Results

5.1 The official results are the total sum of the times recorded by the athletes in each individual heat.

5.2 If two or more athletes record the same time for a run, they are awarded the same place.

5.3 The first and family name (last name) and start number of athletes who dropped out or who were disqualified are to be entered in the results lists with the times achieved up to that point.
Under "dropped out ", all applicable athletes are classified as:

- DNS (did not start (e.g. sickness, injury)
- DNF (did not finish due to a crash)
- DSQ (disqualified for violation of the provisions of the IRO)
- DQB (disqualified for unsportsmanlike behavior)

5.4 At the end of the competition, the official results list in electronic form is to be distributed to each NF participating in the competition and to the FIL.
One original copy must be sent to the FIL office immediately after the competition.

Track and/or start records set will be annulled in the event of disqualification (DSQ) for the respective race.

5.5 **Results and timing lists as evidence**
The official times for each athlete are to be immediately recorded in writing or electronically.
All documentary evidence is to be used as a basis for checking and for possible protests.
All documentary evidence is to be kept by the event organizer for a period of one year after the end of a competition.

§ 11 Disqualification, Protests

1. Violation of Rules

1.1 If athletes are in contravention of the IRO regulations during the competition, the race director disqualifies them.

1.2 **Procedure during competition**

1.2.1 The TD, the start or finish leader has to immediately inform the race director if a violation has been determined. Participating jury members and the TD are also to be informed.

1.2.2 Items or respective pieces of evidence are to be submitted to the race director by the judge, jury member or by the respective TD.

1.2.3 Upon reviewing circumstances in the presence of a jury member or TD, the race director can declare a disqualification.

1.2.4 The team (coach) affected must be immediately informed about this. The athlete is to be informed should there be no coach on site.

1.2.5 A rule violation must be declared to the team or athlete affected at the latest 10 minutes after the end of the respective competition run.

1.2.6 The piece of evidence must be provided to the TD, start or finish leader or a jury member in order to clarify the situation.

1.2.7 In case of a disqualification, a report on the violation of the rules is to be given to the team captain or athlete affected.

1.2.8 The athlete has the possibility at the start to take his/her run under protest.

2. Protests

2.1 **Reason for a Protest**

If an athlete or a team believes himself/herself to be at a disadvantage due to factors which have occurred during official training, a race run or for another reason during a competition or training, the team captain/athlete has the right to protest.
A camera flash does not provide a reason for protest.

2.2 **Procedure**

2.2.1 Protests must be made in writing and must be dated and signed by the team captain or the team captain's representative or the athlete.

2.2.2 The protest must be given to a jury member.

2.2.3 A protest fee of 50 Euros is to be paid when the protest is submitted.

2.2.4 Verbal notification of the intention to submit a protest must be given within 5 minutes and the written protest must be submitted within 10 minutes after the conclusion of the official training, the competition run, or other protest reasons. In case of a disqualification, the written protest must be submitted within 10 minutes after receipt of the report according to § 11, 1.2.7.

2.3 **Settlement**

2.3.1 The jury decides on all protests.

2.3.2 Concerning a protest, the jury must meet within one (1) hour of the submission of the protest.

2.3.3 If the reason for the protest is first known after the ten minutes (noted in point 2.2.4), the jury must deal with the protest and observe the final deadline for submission of the protest which is the conclusion of the competition (awards ceremony).

2.3.4 The jury may call in all persons and items connected with the protest on the spot to help clarify the circumstances.

2.3.5 In the case of a protest, the jury has to decide whether pieces of evidence (for example, films, pictures, video records, etc.) may be presented. However, this material is only used to help in making a decision.

2.3.6 The protest fee is returned in its entirety if the protest is decided in favor of the protesting party.
2.3.7 The team captain/athlete must be informed in writing if a protest is rejected.
2.3.8 If the protest is denied, the protest fee is forfeited and is granted to the event organizers of the event. The protest fee must be given to the race director.
2.3.9 The decision of the jury in all protests is final. It may only be appealed against in accordance with the FIL Law and Procedure Regulations.
2.3.10 All decisions made during a FIL competition by the race director, TD or jury member are only valid for this competition.
2.3.11 If violations of the regulations in the IRO are discovered after the conclusion of the competition, including all inspections required by the IRO, then the FIL Executive Board will make the decision in this case.
2.3.12 Reason and result of the infraction must appear publicly and transparently on the result sheet.
2.3.13 In case the jury is not present during official World Cup training, protests will be handled by the race director, technical director, and sports director.

§ 12 Awarding of Titles, Awards Ceremony

1. Titles for FIL World Championships

The invitation to the race notes the titles to be awarded at the FIL Championships.
These are to be awarded to the winners in the following disciplines:

1.1 Women's Singles with the title:
"World Champion in Women's Singles"

1.2 Men's Singles with the title:
"World Champion in Men's Singles"

1.3 Women´s Doubles with the title:
"World Champion in Women´s Doubles"
Both competitors receive the same titles and same honors.

1.4 Men´s Doubles with the title:
"World Champion in Men´s Doubles"
Both competitors receive the same titles and same honors.

1.5 Team Relay competition with the title:
"Team Relay World Champion"

1.6 Mixed Event with the tiles:
"Mixed Singles World Champion"
"Mixed Doubles World Champion"

1.7 U 23: Women's Singles with the title:
"U 23 World Champion in Women's Singles"

1.8 U 23: Men's Singles with the title:
"U 23 World Champion in Men's Singles"

1.9 U 23: Women´s Doubles with the title:
"U23 World Champion in Women's Doubles"
Both competitors receive the same titles and same honors.

1.10 U 23: Men´s Doubles with the title:
"U23 World Champion in Men's Doubles"
Both competitors receive the same titles and same honors.

The same titles and honors are used for the Junior World Championships, the title for the team competition: "Team World Champion"

2. Titles for Continental Championships

The titles for Continental Championships are to be bestowed with the proviso that it will instead of World Champion be European champion, America Pacific champion and Asian champion with the same name as the corresponding competition.

3. Awarding of titles in case of a reduction of runs

If the number of runs in a discipline is reduced, titles are only awarded if all athletes participate in at least one run.

4. Certificates

4.1 The certificate is an individual and written confirmation of participation in a championship. The following must be clearly noted on the certificate:

a) Name of the sponsoring NF
b) Type of championship and the discipline in which the competitor participated
c) Name of the athlete
d) Level reached by the competitor in the final rankings
e) Signatures of the FIL representative, chairperson of the jury and race director
f) Location and dates of the event.

5. Medals

5.1 For FIL Championships, World Cups, Nations Cups, JWC, WYS, Team Relay World Cups, and Sprint World Cup, medals are awarded for places 1 to 3.

5.2. The medals are provided as follows:

- By the FIL:
  FIL WCh JWCh, Continental Championships
  Overall World Cup in General Class, Team Relay, Sprint, Junior World Cup and World Youth Series
- By the organizers:
  World Cup, Sprint WC, Team Relay WC, Nations Cup, JWC, WYS

6. Pins for Athletes and Officials

It is the obligation of the NF staging FIL World Championships to give pins or badges as gifts at no cost to the athletes and officials.

7. Gifts of Honor and Mementos

The event organizers are permitted to give participants in FIL Championships and FIL competitions gifts of honor and mementos.

8. Awards Ceremony and Conclusion of the Event

8.1 **Procedure**

The event organizer must hold the awards ceremony for the champions as well as for the second and third place finishers in each discipline immediately after the competition in the finish area as follows:

a) At the awards ceremony of all FIL competitions (FIL Championships, WC, TWC, SWC, JWC and (exception WYS), flags of the Nations of the champions and the second and third place finishers must be raised.
b) During the ceremony, the champion's national anthem must be played (exception WYS).
c) The winners in places 1–3 (general class) and 1-6 (juniors and youth class) will be honored at the award ceremony.
d) If there are less than three ranked athletes in one discipline, this awards ceremony will not be staged.
e) The staging of the official awards ceremony together with the flower ceremony is allowed.
f) In the event of a tie for first place, the anthems of the Nation of both competitors will be played in alphabetical order of family names.
g) In the case of a tie in doubles, the family name of the front man is used.
h) In the event of a tie, both flags will be raised.
i) The same procedure may take place at all international competitions.
j) The medals are presented to the top three finishers by the FIL representative. By the representative's absence, the chairperson of the jury awards them in a festive ceremony.
k) The announcement of the placed athletes for the award ceremony is made from third to first place.

l) The placed athletes are obligated to appear punctually for the award ceremony.

8.2 **Overall award ceremony: Overall World Cup, Discipline World Cup, Team Relay World Cup and Nations Cup**

a) The champions as well as the athletes placed second and third in the overall World Cup in all disciplines (women's/men's singles and women's/men's doubles Team Relay) receive World Cup trophies provided by the FIL.
b) The top three ranked athletes in each discipline, as per total scoring, receive medals in gold, silver, and bronze.
c) The World Cup trophies and medals are presented at the respective final competition.

8.3 **Awards Ceremony for the Overall Junior and World Youth Series**

a) The overall champions of the Junior World Cups and the World Youth Series receive trophies provided by the FIL.
b) The top three ranked athletes in each discipline, as per total scoring, receive medals in gold, silver, and bronze.
c) The World Cup trophies and medals will be awarded at the respective last competition (final competition).

8.4 **Ceremony FIL World Championships**

At the conclusion of an awards ceremony at FIL Championships, the FIL President or representative presents the FIL flag in a ceremonious manner to the representative of the NF which will stage the next FIL Championships.

§ 13 Concluding Regulations

1. The IRO is available in German and English.
In case of unclarity or contradictions, the German text is binding.
All event organizers are required to provide a translator at all team captains meetings for German and English.
Furthermore, translator(s) must be on-site during the race day to assist with translation in the event an emergency, protest, or other matter surfaces.

2. Resolutions regarding amendments and additions to the IRO can only be made by an ordinary Congress and require a simple majority as long as the priority regulations of the FIL statutes do not state otherwise.
Urgency motions to change the IRO are only permitted in adherence to the FIL statutes.

3. In substantiated cases for exceptions, changes in the IRO may be decided by the FIL Executive Board upon proposal by the appropriate expert commission.
They will be presented for ratification at the next FIL Congress.
The same is valid in case of controversial interpretations, contradictions and omissions in the regulations of the IRO.

4. In the case of force majeure or in other exceptional circumstances, the FIL Executive Board can authorize the deviation from individual IRO rules.

5. Changes and additions to the IRO become valid with the beginning of the following sport year on July 1st. Executive decisions will become valid as of the date agreed on.

6. This edition of the IRO becomes valid from July 1, 2026 onwards.
At the same time, the former regulations of the IRO become invalid

Supplement 1

Regulation for Artificial Luge Tracks

1. General

All championships and competitions (including training) awarded by the FIL are staged on tracks which are recognized by the FIL and which are officially commissioned.

2. Definition

2.1 Artificial luge tracks are luge tracks which have been specially constructed for the sport of luge by means of specific construction measures.

2.2 A difference is made between artificial luge tracks with or without refrigeration system.

2.3 Combined bobsleigh and luge tracks are tracks which have been specially constructed for the sport of bobsleigh and luge by means of specific construction measures.

2.4 Shortened tracks are artificial luge tracks with or without a refrigeration system with a minimum length of 400 m.
They are suitable for international competitions.

3. Regulations for the Construction of Tracks

3.1 **Length of the track**

The minimum length of the track between the start and finish lines must be at least 1.000 m for men's singles and at least 800 m for women's singles, doubles and juniors.
As a general rule the maximum length between the start and finish lines for men's singles must not exceed 1350 m. Necessary exceptions due to topography must be approved by the Executive Board.

3.1.1 The gradient of the track should be designed in a way that a speed of approx. 80 km/h is reached approx. 250 m after the start. The average gradient of a track from the men's start to the low point should not exceed 10%. The average gradient of the second half of the track should not exceed 8%. The calculated maximum speed must not exceed 135 km/h. The technically difficult track elements (Labyrinth, Left-Left or Right-Right Combinations) should be incorporated in the first two thirds of the track.

3.2 **Finish outrun**

The gradient of the outrun must not exceed 20% and must give the athletes the possibility for an exit along one side.
The length must be calculated so that a sled, without braking, will not exceed 40 km per hour at the end of the outrun.
The sled must be able to travel further unhindered.
Should a gentle angle or a curve be necessary in the outrun area, this must not be considered as a braking area.

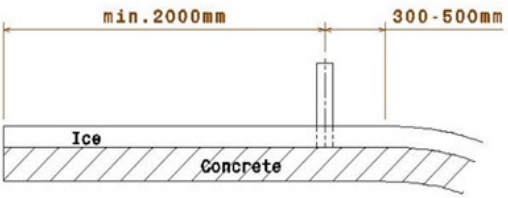
3.3 **Shortened tracks**

3.3.1 Minimum length 400 m
Track components: 1 left curve, 1 right curve, 1 labyrinth, 1 straightaway.

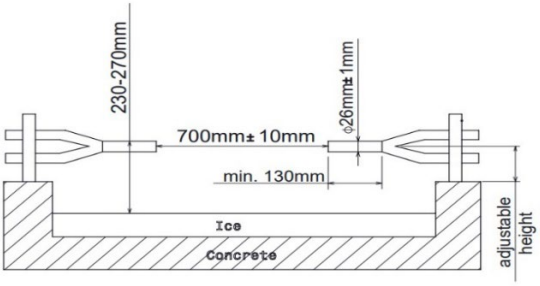
3.3.2 If one wishes to build a shortened track into a full-length track according to section 3.1, the shortened section should be the upper part of the final track.
The top speeds on a shortened track must not exceed 80 km/h.

3.4 **Start facilities**

For men, women, doubles, juniors and youth events, the track must be equipped with all the necessary starting structures to guarantee normal execution in all disciplines.
During FIL competitions, it must be possible to close off the starting zone.
The individual components of the start facility are:



a) A horizontal iced surface on which the sitting position on the sled may be taken by the athlete.
b) Length of the horizontal iced surface to the start handles: at least 2000 mm.
c) Length of the horizontal iced surface from the start handles to the beginning of the descent: 300 mm - 500 mm.
d) Two start handles adjustable in height on either side of the start area which may be used by the athletes to increase the speed of their start.



e) From the ice to the upper edge of the handles at an equal height: 230 mm - 270 mm.
f) Inside distance between the two handles: 700 mm +/-10 mm.
g) Length of the handle: at least 130 mm.
h) Diameter of the handle: 26 cm +/- 1 mm.
i) The surface of the handle must be grooved.
j) The construction of the start handle should be so solid that it cannot be bent upon the athlete's pull off.
k) The start light barrier must be installed between 5 m and 10 m after the start handles. The start time (from start light barrier to next light barrier) should exceed 3 seconds; if this is not possible, it should be taken immediately after the first curve.
l) Light barriers must be installed in a height of 300 mm above the bottom of the track measured from the concrete. The height must be between 20 cm and 25 cm on the iced track.
m) The placement will be inspected by the TD.

3.4.1. The start ramp should have a gradient of 20-25% and a length of minimum 10m and maximum 30 m. The entry angle should not exceed 8° to the track axis.

3.4.2 Regular start ramps must be included for men's, women's, doubles, Juniors, and Youth A. The locations are set by the Track Construction Commission in the preliminary planning phase.
Two additional short start facilities should be provided for youths and tourists.

3.5 Safety regulations

- The track layout and components such as curves, walls, bridges, tunnels, transportation set-ups, etc. as well as all facilities originally belonging to the track must be provided in such a way, that the safety of the user is guaranteed to the greatest extent possible.
- Permanent facilities and constructs described above are inspected in the framework of the homologation by the FIL Track Construction Commission.
- Temporary structures on the track body at FIL events are regulated in the **Guidelines for Temporary Structures** and are inspected by the Technical Delegate.
- If the safety regulations on a track are neglected so that the participants in FIL competitions are exposed to atypical danger to their health, the track may only be released by the technical delegate for further use if these deficiencies are remedied. If the steps taken are not sufficient in order to guarantee that the internationally recognized safety standards are followed during a competition, the jury, in agreement with the technical delegates is empowered to shorten the track.

3.6 Commissioning

The FIL Executive Board decides on official recognition and approval of an artificial luge track for OWG, FIL Championships and FIL competitions, which must take place at least one year prior to the first international competition held on this track:

- Examination of the project documentation,
- Inspection during summer construction,
- Release of the project through the designers and construction engineers,
- Release of the track for the test is done by at least two members of the Track Construction Commission,
- The test for the homologation takes at least four days with two test sessions per day. (Approved at the 59th FIL Congress 2011 in Berlin),
- The test must be carried out by at least 3 women and 3 men/singles and 3 doubles from different nations. With their consent, the participating athletes are appointed by the FIL Executive Board,
- Upon a successful test, the track will be commissioned by the Executive Board of the FIL,
- The final commissioning of the entire track facility will be issued according to the criteria in the Book of Requirements.
  The expenses are assumed by the track operator.
  The operators are to receive written information concerning the commissioning of an artificial luge track within one (1) month after a positive resolution by the FIL Executive Board.
  The members of the FIL will be informed of this decision in the next bulletin.
  An official recognition (commissioning) and approval is in general only granted for **5 years**.
  After expiration of this time period, the track operator has to apply for an extension.
  Where construction measures have been performed in the meanwhile, the track has to be approved again. The commissioning can include requirements.

3.7 Buildings at the track

- Two start houses (men's start, women's start) with the following rooms:
  - 1 large room for use by the teams (for approximately 60 persons),
  - 1 room for press, radio, and television,
  - Toilets for men and women.

- Start houses at other start levels (juniors and youth),
  - 1 large room for use by the teams (for approx. 30 people),
  - Restrooms for women and men.

- A finish house with the following rooms:
  - 1 room for complete timing,
  - 1 room for jury and technical delegates,
  - 1 room for information services (press, radio, television),
  - 1 soundproof locked room for the track announcer with a direct view of the finish and timing,
  - 1 first-aid room,
  - Restrooms for men and women,
  - 1 workshop (with necessary equipment),
  - 1 room for dignitaries.

- Inspection room directly at the finish outrun.

- Stands for honorary guests as well as facilities for press, radio and television above all within the start and finish areas.

Supplement 2

Rules for Instruction of International Judges

1. Basics

1.1 The training regulation of the FIL is an obligatory work document for all National Federations associated with the FIL.

1.2 During all FIL competitions, judges from the respective NFs may only be appointed if they possess FIL International Judge Licenses acquired in accordance with these instruction regulations.

1.3 The NFs associated with the FIL have the right to conduct the instruction and qualification of international judges under their own responsibility.

1.4 Only persons who are full members of NFs associated with the FIL may be admitted to instruction and qualification as an international judge.

1.5 The International Judge License is personally issued to the applicant after an exam.

1.6 The FIL may withdraw an International Judge License for gross infractions against the FIL Ethics Code.

2. Instruction

2.1 The task of the NF is to select qualified persons who may be enrolled for instruction and qualification by the NFs for the International Judge License.
The number of international judges instructed by a NF is not limited.

2.2 For instruction and qualification, the NF must appoint a head instructor and two assistants who have the necessary specialized knowledge to instruct the applicants.

2.3 The instruction and qualification must be under the supervision of the NF in accordance with the lesson plan of these instruction regulations and must not be under the prescribed 22 hours of instruction.

2.4 The period of instruction and qualification may not exceed ~~six months~~ one year measured from the beginning of instruction to the conclusion of the test.

3. Lesson Plan

3.1 All sections of the IRO.
3.2 All supplements of the IRO.
3.3 Practical work with measuring devices.
3.4 Working during a FIL competition with the assignment of special tasks and discussions.

4. Composition of the Examination Commission

4.1 FIL representative (proctor)
4.2 Chairperson of the Examination Commission
4.3 First assistant to the chairperson
4.4 Second assistant to the chairperson

5. Responsibilities of the Examination Commission

5.1 An Examination Commission is appointed by the NF to administer the final examination to the applicants.
As a rule, the head instructor should belong to this commission.

5.2 The chairperson of the Examination Commission must inform the judge representative of the FIL of the examination date at least eight (8) weeks in advance of the examination so that the FIL proctor may be named and confirmed in writing to the NF.
Expenses for the travel and accommodations of the FIL proctor are assumed by the NF.

5.3 A record is to be made concerning the results of the examination and its execution.
This report must include the signatures of the Examination Commission and the FIL proctor with notation of the place and date of the examination.

5.4 The FIL proctor has to send this record to the judge representative of the FIL.

6. Examination Regulations

6.1 The examination is given in written and oral form.
The examination documents are available from the judge representative of the FIL.

6.2 The Examination Commission determines the length of time for the examination.

6.3 Candidates who use external aids during the examination which seriously put their knowledge or ability into question will be disqualified.

6.4 The examination is passed when the applicant responds correctly to at least three quarters of the posed questions.

6.5 With the approval of the President of the FIL, a special examination may be conducted for a national coach who has been in this position for many years.

7. Issuance of the International Judge License

7.1 The representative of the FIL issues the International Judge License and the International Judge Badge to the applicants in question after they have successfully passed the examination.

7.2 The FIL distributes the International Judge License in the form of a passport identification booklet signed by the FIL President.

7.3 The names of FIL international judges are entered in the FIL Directory of International Officials according to their names and National Federation.

7.4 The FIL member NFs must grant international judges free entry to FIL competitions upon presentation of their identification card even if they are not working at the event(s).

7.5 The FIL Executive Board can withdraw the International Judge License from a judge, if he/she engages himself/herself in activities which harm the reputation of the FIL.

7.6 The FIL can provide instruction and training for judges who wish to acquire the International Judge License or remain active.

Supplement 3

Regulations for Audio-Visual Media Rights

1. General

1.1 The aim of the FIL is to promote the sport of luge worldwide. In order to come up to this challenge, it is necessary to establish uniform regulations for the coverage of the sport of luge via television, film and other new media (for example Internet) in order to achieve superb and worldwide media presence.

1.2 If there are no other regulations, the FIL is the exclusive and worldwide owner of the rights for audio-visual media for all events taking place on behalf of or with the approval of the FIL.
The following rights belong to the subject audio-visual media:

- television (free or pay TV, all kinds of broadcasting, terrestrial, cable, satellite, etc.)
- film (all formats)
- video (all systems including video games, etc.)
- projection rights
- movie and video pictures on the internet

1.3 If these regulations are not considered, the respective competition can be cancelled from the international FIL events schedule for a certain period to be determined by the FIL Executive Board and/or it can result in sanctions against the respective NF.

2. Award of Television Rights

2.1 **International Competitions (with the exception of championships)**

2.1.1 The FIL authorizes the NFs affiliated with the FIL to make contracts on the awarding of the television rights which concern television broadcasts of luge events - except FIL Championships and Olympic Winter Games - which the Federation organizes in its country for the broadcasting area within its own country.
The NF can delegate this responsibility to individual organizations belonging to the NF. For the handing over of television rights to television companies outside the organizing country, the FIL is solely responsible.

2.1.2 Prior to signing them, all contract drafts are to be presented to the FIL for approval.
The FIL can only withhold its approval due to an important reason.
An important reason would be if the contract partner cannot furnish production and/or broadcasting guarantees (in sufficient technical quality) and/or the contract partner does not provide an international live signal.
If six months prior to the event, no detailed contract offer has been presented, the FIL reserves the right to award a contract itself.

2.1.3 The NF or the event organizer authorized by the NF is obliged to grant the FIL free access to the live signal (signal with graphics and voice according to international standard).

2.2 **Championships**
Regarding an agreement with television stations concerning the broadcasting rights of FIL Championships, the FIL Executive Board acts together with the organizing NF.
The FIL Executive Board makes the final resolution.

2.3 **Olympic Winter Games**
Agreements regarding the broadcasting rights of the Olympic Winter Games are the responsibility of the IOC.

2.4 **Commentator Booths**
The NF or the event organizer authorized by the NF has to guarantee the FIL that sufficient commentator booths are available.

3. Video, Film, and Other Rights

After agreement by the FIL, the NF is authorized by the FIL, to award the film and video rights in its own country, as long as it is guaranteed that marketing these rights abroad is not possible.

4. Short Reports

The award of short report rights has to be done according to national and international regulations. If a respective request is made at the recording station, the FIL has to be informed at once.

5. Financial Regulation

5.1 Television

For championships, the FIL is obliged to give 2/3 of the net income of the sales of the television rights (after deducting of possible taxes or other issue-related expenses) to the organizing NF.

5.2 Video

The FIL has to give 2/3rds of the income of the selling of commercial film and video rights to the organizing NF.

6. Miscellaneous

These regulations were acknowledged during the FIL Congress in Rome on June 24-25, 1994, and they were more precisely worded by the Congress in Colorado Springs in May 1998.

Supplement 4

Olympic Rules

1. Validity

For the luge competitions during Olympic Winter Games (OWG), the stipulations of the International Luge Regulations (IRO) are valid.
The following additional rules are valid for the OWG:

1.1 **Competition Runs**

- Singles: 4
- Doubles: 2
- Team Relay: 1

1.2 **Draw, Start Order**

Calculation of seeded groups for individual disciplines results from the World Cup point ranking of the three previous World Cup races from a minimum of three different tracks and a minimum of two different nations.

Draw of the seeded groups A, B, C and rest groups

(A) 1 - 12 (1-6, 7-12), (B) 13 - 24, (C) 25 - 36, 37 to the last Start no.

Singles (women and men)

1st run	1 - 12 (A)	13 - 24 (B)	25 - 36 (C)	37 to last start no.
2nd run	12 - 1 (A)	24 - 13 (B)	36 - 25 (C)	last start no. to 37
3rd run	1 - last place (according to placing after 2nd run)			
4th run	20th place to 1st place (according to placing after 3rd run)			

- Athletes, which do not qualify for the 4th competition run, will be ranked according to their placing in the 3rd competition run.

Doubles

1st run	1 - 12 (A)	13 - 24 (B)	25 - end
2nd run	last place to first place (according to placing after 1st run)		

Team Relay (IRO § 3, 6.7)

- Determination of the nation ranking for the Team Relay competition according to the IRO § 3, 6.7.5

1st heat of the competition (§ 3, 6.7.3)

- Start order, according to the nation ranking for the Team Relay at OWS in reverse order (§ 3, 6.7.7)

1.3 **Maximum Numbers of Participants per National Federation**

- Women 3
- Men 3
- Doubles 2

1.4 **Education of International Judges**

The Organizing Committee (OC) of the Olympic Winter Games is responsible for the education of the judges appointed for the Olympic Winter Games and has to take care of the respective expenses.

1.5 **Advertising Regulations**

The regulations of the IOC are valid.

1.6 **Nominations / Entry Fee**

According to the regulations of the IOC, the nominations have to be made by the NOC responsible to the OC on the stipulated dates.
The Executive Board of the FIL is to be constantly informed on the nominations by the OC.
No entry fee has to be paid.

1.7 **Inspections at the Finish**

At OWG the drawn sled is marked after the 1st or 3rd run and inspected for compliance with § 5, § 7 after the last run on the current day.

1.8 **Withdrawal Due to Injury / Sickness**

If, during training, an athlete who is nominated for the participation in the singles discipline withdraws due to injury / sickness, then another athlete who belongs to the Olympic team of the NF of the injured person and has completed the minimum number of training runs can be nominated instead.

1.9 **Training**

The Olympic training will be regulated as follows:

- 1 systematic training run per discipline
- 6 training runs per discipline over 3 days

Training groups of NFs may be established by the FIL and the OC from the local organizer to standardize the group size.

- 1st training day, training by groups according to draw of NFs
- 2nd training day, training by groups in reversed order of NFs

Note: ~~On the 1st and 2nd training days~~ At all official training sessions, nations with partnership programs may be placed into the same training group. Partner nations will be drawn together as a block. The order within the block will be reversed in the second official practice session and the second practice run of the third official practice session, ~~but the draw within their group will be done by individual nations.~~ Partnerships will only be accepted if they have been communicated to the Sports Director before the respective season and have been implemented throughout the entire course of the season.

- 3rd training day: joint training according to new draw ~~(no groupings, all nations drawn individually).~~

- Each day, in accordance with the draw
  - 1st training run first to last by NF,
  - track maintenance,
  - 2nd training run last to first by NF.

- Doubles athletes who participate in singles training cannot participate in singles training assigned to doubles athletes, and they get no systematic run in doubles.
  In case only one athlete from a doubles team participates in singles training, the doubles team can take the systematic run in doubles.

- If a time difference of two (2) or more days exists between two (2) race runs of a discipline, then at least one (1) training run must be added for the athletes participating in the competition before the next race run.

- If a time difference of two (2) or more days exists between two (2) training runs of a discipline, then at least one (1) additional training run must be offered for the athletes participating in the competition.

- If a time difference of two (2) or more days exists between the last training and the first race runs of any discipline, then at least one (1) additional training run must be offered for the

athletes participating in the competition. For the Team Relay competition, this is calculated per discipline.

1.10 **International Training Courses on the Olympic Track**

a) The event organizers of the Olympic luge competitions are obligated to offer in the pre Olympic season and in the Olympic season altogether two International Training Weeks for all NFs.
b) At least 6 training days and a maximum of 10 training days, with at least 3 training runs per day are to be made available in each week.
c) The same number of training runs must be made available to all NF's.
d) Cancelled training runs must be replaced.
e) During these two International Training Weeks, no privileges are granted to athletes of the host nation.
f) The Executive Board of the FIL will decide on possible training restrictions during the Olympic season.
g) In regard to ~~newly constructed~~ future Olympic tracks, no additional training runs can be completed outside of official approved FIL Events, ITPs and competitions in the respective Pre-Olympic and Olympic season ~~prior to the Olympic Games outside of scheduled and approved FIL weeks,~~ with the exception of the host nation.
h) All training opportunities must be equally available to all nations.
i) Agreements between individual National Federations regarding training runs outside training authorized by FIL on the "Olympic" track are forbidden when it results in a breach of the principle of "Fair Play" or a disadvantage for other athletes or National Federations.
j) A determination of a violation will result, at a minimum, in the loss of seeded placing in the Olympic Games, and possible additional sanctions as determined by the FIL Executive.

1.11 **Test Race**

One year prior to the OWG, the track has to be available to the FIL for a test competition open to all NFs, during the same time period as the Games are scheduled.
The technical delegates of the FIL present at the test race have to examine the track regarding its safety and the technical facilities.
The OC of the organizer and the staging NF have to be informed on the result of the test race in writing. Complaints have to be fully remedied prior to the staging of the OWG.

2. Preparation and Staging

2.1 **The FIL as Highest Body**

The FIL is responsible to the IOC for the proper staging of luge competitions.
The FIL is the highest body of these competitions. In order to meet this task, the FIL appoints and sends the following persons at the expense of the OC during the staging of the Olympic luge program:

- the President and the General Secretary (they officially represent the FIL),
- the jury, consisting of the chairperson and two members,
- the technical delegates, consisting of three persons,
- additional international judges
  (the number is coordinated between the IOC, the OC and the FIL)
- two IF technical delegates who have to provide the permanent contact to the IOC.

For the jury, technical delegates, and IF technical delegates, walkie-talkies with independent frequencies have to be provided.

2.2 **Responsibility of the National Federation**

The National Federation in cooperation with the OC of the OWG is responsible for the organization of the Olympic luge competitions.
A permanent and close cooperation between the National Federation, OC and the FIL starting with the preparation work until the completion of the Olympic luge competitions is necessary.

A sport office / luge department has to be provided by the OC for the luge competitions and a full-time director has to be appointed.
The National Federation responsible must be represented in a leadership position by its president or by an elected chairperson.

2.3 **Officials, Judges, Assistants**

Each NF hosting Olympic luge competitions should have approximately 30 international judges who should already be working during the pre-Olympic test.
The FIL supports the required education and training. Judges who have important tasks during the OWG (race leader, start and finish leaders, chief of track and their representatives) should gain experience already prior to the OWG during important FIL competitions.
The FIL reserves the right to name and approve key leadership positions such as Race Director, Assistant Race Director(s), Ice Experts.

The following officials / judges / assistants are required for the Olympic luge competitions:

- organizing chairperson
- assistant chairperson
- 3- 6 officials in the luge sport office / luge department
- press chief
- race director
- assistant race director
- start leader
- assistant start leader
- 2 assistants at the start
- starter
- finish leader
- assistant finish leader
- 2 assistants at the finish
- person in charge of weigh in
- recorder for weigh-in
- assistant for weigh-in
- ice experts
- chief of track
- assistant track chief
- chief of timing
- assistant chief of timing
- 2 persons to check the temperature of the runners
- 2 persons to keep the records of this inspection
- chief of transport
- announcer for the track loudspeaker system
- assistant for the announcer
- 2 - 3 translators
- track workers for track building and maintenance
- Total required: approximately 45 - 60 persons.

- If the weather conditions are unfavorable, approximately 50 additional persons are required to work at the track (snow removal, etc.). Some of these positions may be employed and others are as a volunteer.

2.3.1 All persons selected for the positions listed in section 2.3 that are required to be used for the Olympic track International Training Weeks, the Olympic Test Event, and the Olympic Games must be submitted by name to the FIL for final approval before becoming active in their positions.

2.4 **Program / Time Schedule**

By paying attention to the overall planning of the Olympic Winter Games, the event organizers (OC and NF) propose the detailed Olympic luge schedule to the FIL in time.
The schedule has to be approved by the FIL Executive Board.

Changes which are determined by the FIL Executive Board are binding and have to be met by the OC of the host.

2.5 **Interpreters**
A sufficient number of interpreters fluent in German and English have to be available for the officials.

2.6 Awarding titles at the Olympic Games
At least two runs are required to award titles in the singles competitions.
At least one run is required to award titles in the doubles competitions.

2.7 **Olympic Start numbers**
For all training and competition runs in all events, start number bibs must be obtained from the manufacturer recommended by the FIL.

3. **Luge Tracks**
In general, Olympic luge competitions are staged on combined bobsleigh, luge and skeleton tracks with artificial refrigeration.
The "Regulation for Artificial Luge Tracks" (Supplement 1) is valid.

4. **Eligibility Rules**
With regard to permission to participate in the Olympic Winter Games, the qualification criteria as agreed on and amended by the FIL and the IOC will apply.
In individual and justified cases, the FIL Executive Board can make exceptions.

For athletes ranked lower than the top 30 men´s singles, 30 women´s singles, 18 men´s doubles or 18 women´s doubles at the close of the pre-Olympic season in the World Cup Ranking List (General Class) there is an additional qualification requirement of mandatory participation at the last scheduled International Training Week, typically in the fall of the Olympic season, prior to the Olympic Games on the selected Olympic track.

5. **Doping Tests**
The regulations of the IOC are valid.

Supplement 4a

Olympic Rules – Youth Olympic Games (YOG)

1. Validity

For the luge competitions during Youth Olympic Winter Games (YOG), the stipulations of the International Luge Regulations (IRO) are valid.
The following additional rules are valid for the YOG:

Competition:

1.1 **Competition Runs**

- Singles: 2
- Doubles: 2
- Team Relay: 1

1.3 **Draw, Start Order**

The seeded groups for the individual disciplines are determined on the basis of the Youth A World Cup point standings of the Olympic season as of December 31, according to national federations. Each national federation can nominate its qualified athletes according to the national rankings.

Draw of the seeded groups singles A, B
(A) 1 - 12 (B) 13 – last start number

Draw of the seeded groups doubles A, B
(A) 1 - 12 (B) 13 – last start number

Start order:
Singles (women and men)
1st run 1 - 12 (A) 13 – last start no. (B)
2nd run 1 - last place (according to placing after 1st run)

Doubles (women and men)
1st run 1 - 12 (A) 13 – last start no. (B)
2nd run 1 - last place (according to placing after 1st run)

Team Relay (IRO § 3, 6.7)
- Determination of the nation ranking for the Team Relay competition according to the IRO § 3, 6.7.5
- Mixed teams are not allowed
- After the team relay training, an athlete or pair of athletes can be substituted in case of injury or illness. The time for a replacement entry will be announced on site.

1st heat of the competition (§ 3, 6.7.3)
- Start order, according to the nation ranking for the team relay at JWCh in reverse order (§ 3, 6.7.7)

1.3 **Maximum Numbers of Participants per National Federation**

- Women's singles 2
- Men's singles 2
- Women's doubles 2
- Men's doubles 2

1.4 **Education of International Judges**

The Organizing Committee (OC) of the Youth Olympic Winter Games is responsible for the education of the judges appointed for the YOG and has to take care of the respective expenses. If necessary, the OC may appoint experienced external judges.

1.5 **Advertising Regulations**

The regulations of the IOC are valid.

1.6 **Nominations / Entry Fee**

According to the regulations of the IOC, the nominations have to be made by the NOC responsible to the OC on the stipulated dates.
The Executive Board of the FIL is to be constantly informed on the nominations by the OC. No entry fee has to be paid.

1.7 **Inspections at the Finish**

At the YOG, the sled drawn will be marked after the 1st run and checked for compliance with § 5 and § 7 after the last run at the end of each competition day.

1.8 **Withdrawal Due to Injury / Sickness**

If, during training, an athlete who is nominated for the participation in the singles discipline withdraws due to injury / sickness, then another athlete who belongs to the Olympic team of the NF of the injured person and has completed the minimum number of training runs can be nominated instead.

1.9 **Training**

The Olympic training is regulated as follows:

- 2 systematic training runs per discipline (if no ITW takes place directly before the YOG)
- at least 6 training runs per discipline over 2 days

Training groups of NFs may be established by the FIL and the OC from the local organizer to standardize the group size.

- 1st training day, training by discipline of NFs according to draw (by the jury)
- 2nd training day, training by discipline in reverse order of NFs
- 3rd training day, training by discipline of NFs according to draw (by the jury)

Training groups, (all nations are drawn individually).
- training run, first to last by NF
- track maintenance,
- training run, last to first by NF

- Doubles athletes who participate in singles training cannot participate in singles training assigned to doubles athletes. They receive no systematic run in doubles.

In case only one athlete from a doubles team participates in singles training, the doubles team can take the systematic run in doubles.

- If a time difference of two (2) or more days exists between the last training and the first race runs of any discipline, then at least one (1) additional training run must be offered for the athletes participating in the competition. For the team relay competition, this is calculated per discipline.

1.10 **International Training Courses on the Olympic Track**

The event organizers of the Olympic luge competitions are obligated to offer one international training weeks for all NFs in the pre-Olympic or Olympic season. In each of these two weeks, at least 4-5 training days with at least 3 training runs per day must be made available. The same number of training runs must be made available to all NF's.

All NFs must be given the same number of training runs. Canceled training runs must be replaced. During these two international training weeks, the athletes of the host nation do not receive any special rights. The FIL executive board will decide on any training restrictions during the Olympic season.
No additional training runs outside of planned and approved FIL training weeks may be completed on "Olympic" tracks prior to the YOGs with the exception of the organizing nation. All training facilities must be equally available to all nations. Agreements between individual national federations regarding training runs on an "Olympic" track outside of FIL-approved training measures are prohibited if they lead to a violation of the "Fair Play" principle or a disadvantage for other athletes or national federations.
If a violation is detected, the athlete will at least lose his/her place in the seeded group at the Olympic Games and may also be subject to additional sanctions by the FIL executive board.

1.11 **Test Race**

The track must be available to the FIL 1 year prior to the YOG for testing within the framework of a test competition open to all NFs during the same period as at the Games. The FIL Technical Delegates present at the test race must inspect the track regarding its safety and technical facilities. The OC and the organizing NF must be informed in writing of the results of the inspection during the test race. Complaints have to be fully remedied prior to the staging of the OWG.

2. Preparation and Staging

2.1 **The FIL as Highest Body**

The FIL is responsible to the IOC for the proper staging of luge competitions.
The FIL is the highest body of these competitions. In order to meet this task, the FIL appoints and sends the following persons at the expense of the OC during the staging of the Olympic luge program:

- the President and the Secretary General (they officially represent the FIL),
- the jury, consisting of the chairperson and two members,
- the technical delegates, consisting of three persons,
- additional international judges
  (the number is coordinated between the IOC, the OC, and the FIL)
- two IOC technical delegates who have to provide the permanent contact to the IOC.

For the jury, technical delegates, and IOC technical delegates, walkie-talkies with independent frequencies have to be provided.

2.2 **Responsibility of the National Federation**

The National Federation in cooperation with the OC of the YOG is responsible for the organization of the Olympic luge competitions.
A permanent and close cooperation between the National Federation, OC and the FIL starting with the preparation work until the completion of the Olympic luge competitions is necessary.
The OC must set up a sports office/department for the luge competitions and appoint a full-time director. *The responsible NF must be represented by its President or by another approved appointee with FIL confirmation in a leading position.*

2.3 **Officials, Judges, Assistants**

Each NF hosting Olympic luge competitions should have approximately 15 international judges who should already be working during the pre-Olympic test.
The FIL supports the required education and training. Judges who have important tasks during the YOG (race leader, start and finish leaders, chief of track and their representatives) should gain experience already prior to the YOG during important FIL competitions.
The FIL reserves the right to name and approve key leadership positions such as race director, assistant race director(s), ice experts.
The following officials / judges / assistants are required for the Olympic luge competitions:

- organizing chairperson
- press chief
- race director

- assistant race director
- start leader
- assistants at the start
- starter
- finish leader
- 2 assistants at the finish
- person in charge of weigh in
- recorder for weigh-in
- ice experts
- chief of track
- assistant track chief
- chief of timing
- assistant chief of timing
- 2 persons to check the temperature of the steels
- 2 persons to keep the records of this inspection
- chief of transport
- announcer for the track loudspeaker system
- assistant for the announcer
- translators
- track workers for track building and maintenance

- If the weather conditions are unfavorable, an additional work crew must be provided (snow removal, etc.). Some of these positions may be employed and others are as a volunteer.

2.4 **Program / Time Schedule**

Taking into account the overall planning of the YOG, the organizers (OC and NF) will propose the detailed Olympic luge program to the FIL on time.
The program schedule is subject to the approval of the FIL executive board. Changes determined by the FIL executive board are binding for the organizers (OC).

2.5 **Interpreters**

A sufficient number of interpreters fluent in German and English have to be available for the officials.

3. Luge Tracks

In general, Olympic luge competitions are staged on combined bobsleigh, luge and skeleton tracks with artificial refrigeration.
The "Regulation for Artificial Luge Tracks" (Supplement 1) is valid.

4. Eligibility Rules

For admission to the Olympic Winter Games, the current qualification criteria agreed between the FIL and the IOC apply. In individual and justified cases, the FIL Executive Board can make exceptions.

Supplement 5 contents can be found in paragraph 5

Supplement 6

Individual Weight Allowances

Women

AW = 100% of the difference between 75 kg and BW (maximum 10 kg)

TW = BW + AW + 4 kg RC = Total weight (TW)

Body Weight BW in Kg	**Additional Weight AW in kg**	**Race Clothing RC in kg**	**Total Weight TW in kg**	**Total Weight with Sled**
65.0	**10.0**	**4.0**	**79.0**	**102.0**
65.1	9.9	4.0	79.0	102.0
65.2	9.8	4.0	79.0	102.0
65.3	9.7	4.0	79.0	102.0
65.4	9.6	4.0	79.0	102.0
65.5	9.5	4.0	79.0	102.0
65.6	9.4	4.0	79.0	102.0
65.7	9.3	4.0	79.0	102.0
65.8	9.2	4.0	79.0	102.0
65.9	9.1	4.0	79.0	102.0
66.0	**9.0**	**4.0**	**79.0**	**102.0**
66.1	8.9	4.0	79.0	102.0
66.2	8.8	4.0	79.0	102.0
66.3	8.7	4.0	79.0	102.0
66.4	8.6	4.0	79.0	102.0
66.5	8.5	4.0	79.0	102.0
66.6	8.4	4.0	79.0	102.0
66.7	8.3	4.0	79.0	102.0
66.8	8.2	4.0	79.0	102.0
66.9	8.1	4.0	79.0	102.0
67.0	**8.0**	**4.0**	**79.0**	**102.0**
67.1	7.9	4.0	79.0	102.0
67.2	7.8	4.0	79.0	102.0
67.3	7.7	4.0	79.0	102.0
67.4	7.6	4.0	79.0	102.0
67.5	7.5	4.0	79.0	102.0
67.6	7.4	4.0	79.0	102.0
67.7	7.3	4.0	79.0	102.0
67.8	7.2	4.0	79.0	102.0
67.9	7.1	4.0	79.0	102.0
68.0	**7.0**	**4.0**	**79.0**	**102.0**
68.1	6.9	4.0	79.0	102.0
68.2	6,8	4.0	79.0	102.0
68.3	6.7	4.0	79.0	102.0
68.4	6.6	4.0	79.0	102.0

68.5	6.5	4.0	79.0	102.0
68.6	6.4	4.0	79.0	102.0
68.7	6.3	4.0	79.0	102.0
68.8	6.2	4.0	79.0	102.0
68.9	6.1	4.0	79.0	102.0
69.0	**6.0**	**4.0**	**79.0**	**102.0**
69.1	5.9	4.0	79.0	102.0
69.2	5.8	4.0	79.0	102.0
69.3	5.7	4.0	79.0	102.0
69.4	5.6	4.0	79.0	102.0
69.5	5.5	4.0	79.0	102.0
69.6	5.4	4.0	79.0	102.0
69.7	5.3	4.0	79.0	102.0
69.8	5.2	4.0	79.0	102.0
69.9	5.1	4.0	79.0	102.0
70.0	**5.0**	**4.0**	**79.0**	**102.0**
70.1	4.9	4.0	79.0	102.0
70.2	4.8	4.0	79.0	102.0
70.3	4.7	4.0	79.0	102.0
70.4	4.6	4.0	79.0	102.0
70.5	4.5	4.0	79.0	102.0
70.6	4.4	4.0	79.0	102.0
70.7	4.3	4.0	79.0	102.0
70.8	4.2	4.0	79.0	102.0
70.9	4.1	4.0	79.0	102.0
71.0	**4.0**	**4.0**	**79.0**	**102.0**
71.1	3.9	4.0	79.0	102.0
71.2	3.8	4.0	79.0	102.0
71.3	3.7	4.0	79.0	102.0
71.4	3.6	4.0	79.0	102.0
71.5	3.5	4.0	79.0	102.0
71.6	3.4	4.0	79.0	102.0
71.7	3.3	4.0	79.0	102.0
71.8	3.2	4.0	79.0	102.0
71.9	3.1	4.0	79.0	102.0
72.0	**3.0**	**4.0**	**79.0**	**102.0**
72.1	2.9	4.0	79.0	102.0
72.2	2.8	4.0	79.0	102.0
72.3	2.7	4.0	79.0	102.0
72.4	2.6	4.0	79.0	102.0
72.5	2.5	4.0	79.0	102.0
72.6	2.4	4.0	79.0	102.0
72.7	2.3	4.0	79.0	102.0
72.8	2.2	4.0	79.0	102.0

72.9	2.1	4.0	79.0	102.0
73.0	**2.0**	**4.0**	**79.0**	**102.0**
73.1	1.9	4.0	79.0	102.0
73.2	1.8	4.0	79.0	102.0
73.3	1.7	4.0	79.0	102.0
73.4	1.6	4.0	79.0	102.0
73.5	1.5	4.0	79.0	102.0
73.6	1.4	4.0	79.0	102.0
73.7	1.3	4.0	79.0	102.0
73.8	1.2	4.0	79.0	102.0
73.9	1.1	4.0	79.0	102.0
74.0	**1.0**	**4.0**	**79.0**	**102.0**
74.1	0.9	4.0	79.0	102.0
74.2	0.8	4.0	79.0	102.0
74.3	0.7	4.0	79.0	102.0
74.4	0.6	4.0	79.0	102.0
74.5	0.5	4.0	79.0	102.0
74.6	0.4	4.0	79.0	102.0
74.7	0.3	4.0	79.0	102.0
74.8	0.2	4.0	79.0	102.0
74.9	0.1	4.0	79.0	102.0
75.0	**0.0**	**4.0**	**79.0**	**102.0**

Men

AW = 100% of the difference between 90 kg and BW (maximum 13 kg)

TW = BW + AW + 4 kg RC = Total weight (TW)

Body Weight BW in Kg	**Additional Weight AW in kg**	**Race Clothing RC in kg**	**Total Weight TW in kg**	**Total Weight with Sled**
77.0	**13.0**	**4.0**	**94.0**	**117.0**
77.1	12.9	4.0	94.0	117.0
77.2	12.8	4.0	94.0	117.0
77.3	12.7	4.0	94.0	117.0
77.4	12.6	4.0	94.0	117.0
77.5	12.5	4.0	94.0	117.0
77.6	12.4	4.0	94.0	117.0
77.7	12.3	4.0	94.0	117.0
77.8	12.2	4.0	94.0	117.0
77.9	12.1	4.0	94.0	117.0
78.0	**12.0**	**4.0**	**94.0**	**117.0**
78.1	11.9	4.0	94.0	117.0
78.2	11.8	4.0	94.0	117.0
78.3	11.7	4.0	94.0	117.0
78.4	11.6	4.0	94.0	117.0
78.5	11.5	4.0	94.0	117.0
78.6	11.4	4.0	94.0	117.0
78.7	11.3	4.0	94.0	117.0
78.8	11.2	4.0	94.0	117.0
78.9	11.1	4.0	94.0	117.0
79.0	**11.0**	**4.0**	**94.0**	**117.0**
79.1	10.9	4.0	94.0	117.0
79.2	10.8	4.0	94.0	117.0
79.3	10.7	4.0	94.0	117.0
79.4	10.6	4.0	94.0	117.0
79.5	10.5	4.0	94.0	117.0
79.6	10.4	4.0	94.0	117.0
79.7	10.3	4.0	94.0	117.0
79.8	10.2	4.0	94.0	117.0
79.9	10.1	4.0	94.0	117.0
80.0	**10.0**	**4.0**	**94.0**	**117.0**
80.1	9.9	4.0	94.0	117.0
80.2	9.8	4.0	94.0	117.0
80.3	9.7	4.0	94.0	117.0
80.4	9.6	4.0	94.0	117.0
80.5	9.5	4.0	94.0	117.0
80.6	9.4	4.0	94.0	117.0
80.7	9.3	4.0	94.0	117.0

80.8	9.2	4.0	94.0	117.0
80.9	9.1	4.0	94.0	117.0
81.0	**9.0**	**4.0**	**94.0**	**117.0**
81.1	8.9	4.0	94.0	117.0
81.2	8.8	4.0	94.0	117.0
81.3	8.7	4.0	94.0	117.0
81.4	8.6	4.0	94.0	117.0
81.5	8.5	4.0	94.0	117.0
81.6	8.4	4.0	94.0	117.0
81.7	8.3	4.0	94.0	117.0
81.8	8.2	4.0	94.0	117.0
81.9	8.1	4.0	94.0	117.0
82.0	**8.0**	**4.0**	**94.0**	**117.0**
82.1	7.9	4.0	94.0	117.0
82.2	7.8	4.0	94.0	117.0
82.3	7.7	4.0	94.0	117.0
82.4	7.6	4.0	94.0	117.0
82.5	7.5	4.0	94.0	117.0
82.6	7.4	4.0	94.0	117.0
82.7	7.3	4.0	94.0	117.0
82.8	7.2	4.0	94.0	117.0
82.9	7.1	4.0	94.0	117.0
83.0	**7.0**	**4.0**	**94.0**	**117.0**
83.1	6.9	4.0	94.0	117.0
83.2	6.8	4.0	94.0	117.0
83.3	6.7	4.0	94.0	117.0
83.4	6.6	4.0	94.0	117.0
83.5	6.5	4.0	94.0	117.0
83.6	6.4	4.0	94.0	117.0
83.7	6.3	4.0	94.0	117.0
83.8	6.2	4.0	94.0	117.0
83.9	6.1	4.0	94.0	117.0
84.0	**6.0**	**4.0**	**94.0**	**117.0**
84.1	5.9	4.0	94.0	117.0
84.2	5.8	4.0	94.0	117.0
84.3	5.7	4.0	94.0	117.0
84.4	5.6	4.0	94.0	117.0
84.5	5.5	4.0	94.0	117.0
84.6	5.4	4.0	94.0	117.0
84.7	5.3	4.0	94.0	117.0
84.8	5.2	4.0	94.0	117.0
84.9	5.1	4.0	94.0	117.0
85.0	**5.0**	**4.0**	**94.0**	**117.0**
85.1	4.9	4.0	94.0	117.0

85.2	4.8	4.0	94.0	117.0
85.3	4.7	4.0	94.0	117.0
85.4	4.6	4.0	94.0	117.0
85.5	4.5	4.0	94.0	117.0
85.6	4.4	4.0	94.0	117.0
85.7	4.3	4.0	94.0	117.0
85.8	4.2	4.0	94.0	117.0
85.9	4.1	4.0	94.0	117.0
86.0	**4.0**	**4.0**	**94.0**	**117.0**
86.1	3.9	4.0	94.0	117.0
86.2	3.8	4.0	94.0	117.0
86.3	3.7	4.0	94.0	117.0
86.4	3.6	4.0	94.0	117.0
86.5	3.5	4.0	94.0	117.0
86.6	3.4	4.0	94.0	117.0
86.7	3.3	4.0	94.0	117.0
86.8	3.2	4.0	94.0	117.0
86.9	3.1	4.0	94.0	117.0
87.0	**3.0**	**4.0**	**94.0**	**117.0**
87.1	2.9	4.0	94.0	117.0
87.2	2.8	4.0	94.0	117.0
87.3	2.7	4.0	94.0	117.0
87.4	2.6	4.0	94.0	117.0
87.5	2.5	4.0	94.0	117.0
87.6	2.4	4.0	94.0	117.0
87.7	2.3	4.0	94.0	117.0
87.8	2.2	4.0	94.0	117.0
87.9	2.1	4.0	94.0	117.0
88.0	**2.0**	**4.0**	**94.0**	**117.0**
88.1	1.9	4.0	94.0	117.0
88.2	1.8	4.0	94.0	117.0
88.3	1.7	4.0	94.0	117.0
88.4	1.6	4.0	94.0	117.0
88.5	1.5	4.0	94.0	117.0
88.6	1.4	4.0	94.0	117.0
88.7	1.3	4.0	94.0	117.0
88.8	1.2	4.0	94.0	117.0
88.9	1.1	4.0	94.0	117.0
89.0	**1.0**	**4.0**	**94.0**	**117.0**
89.1	0.9	4.0	94.0	117.0
89.2	0.8	4.0	94.0	117.0
89.3	0.7	4.0	94.0	117.0
89.4	0.6	4.0	94.0	117.0
89.5	0.5	4.0	94.0	117.0

89.6	0.4	4.0	94.0	117.0
89.7	0.3	4.0	94.0	117.0
89.8	0.2	4.0	94.0	117.0
89.9	0.1	4.0	94.0	117.0
90.0	**0.0**	**4.0**	**94.0**	**117.0**

Doubles Women

AW = 75% of the difference between 75 kg and BW (maximum 10 kg)

TW = BW + AW + 4 kg RC = Total weight (TW)

Body Weight BW in Kg	Additional Weight AW in kg	Race Clothing RC in kg	Total Weight TW in kg	Total Weight with Sled
61.7	10.0	4.0	75.7	105.7
61.8	9.9	4.0	75.7	105.7
61.9	9.8	4.0	75.7	105.7
62.0	**9.8**	**4.0**	**75.8**	**105.8**
62.1	9.7	4.0	75.8	105.8
62.2	9.6	4.0	75.8	105.8
62.3	9.5	4.0	75.8	105.8
62.4	9.5	4.0	75.9	105.9
62.5	9.4	4.0	75.9	105.9
62.6	9.3	4.0	75.9	105.9
62.7	9.2	4.0	75.9	105.9
62.8	9.2	4.0	76.0	106.0
62.9	9.1	4.0	76.0	106.0
63.0	**9.0**	**4.0**	**76.0**	**106.0**
63.1	8.9	4.0	76.0	106.0
63.2	8.9	4.0	76.1	106.1
63.3	8.8	4.0	76.1	106.1
63.4	8.7	4.0	76.1	106.1
63.5	8.6	4.0	76.1	106.1
63.6	8.6	4.0	76.2	106.2
63.7	8.5	4.0	76.2	106.2
63.8	8.4	4.0	76.2	106.2
63.9	8.3	4.0	76.2	106.2
64.0	**8.3**	**4.0**	**76.3**	**106.3**
64.1	8.2	4.0	76.3	106.3
64.2	8.1	4.0	76.3	106.3
64.3	8.0	4.0	76.3	106.3
64.4	8.0	4.0	76.4	106.4
64.5	7.9	4.0	76.4	106.4
64.6	7.8	4.0	76.4	106.4
64.7	7.7	4.0	76.4	106.4
64.8	7.7	4.0	76.5	106.5
64.9	7.6	4.0	76.5	106.5
65.0	**7.5**	**4.0**	**76.5**	**106.5**
65.1	7.4	4.0	76.5	106.5
65.2	7.4	4.0	76.6	106.6
65.3	7.3	4.0	76.6	106.6
65.4	7.2	4.0	76.6	106.6

65.5	7.1	4.0	76.6	106.6
65.6	7.1	4.0	76.7	106.7
65.7	7.0	4.0	76.7	106.7
65.8	6.9	4.0	76.7	106.7
65.9	6.8	4.0	76.7	106.7
66.0	**6.8**	**4.0**	**76.8**	**106.8**
66.1	6.7	4.0	76.8	106.8
66.2	6.6	4.0	76.8	106.8
66.3	6.5	4.0	76.8	106.8
66.4	6.5	4.0	76.9	106.9
66.5	6.4	4.0	76.9	106.9
66.6	6.3	4.0	76.9	106.9
66.7	6.2	4.0	76.9	106.9
66.8	6.2	4.0	77.0	107.0
66.9	6.1	4.0	77.0	107.0
67.0	**6.0**	**4.0**	**77.0**	**107.0**
67.1	5.9	4.0	77.0	107.0
67.2	5.9	4.0	77.1	107.1
67.3	5.8	4.0	77.1	107.1
67.4	5.7	4.0	77.1	107.1
67.5	5.6	4.0	77.1	107.1
67.6	5.6	4.0	77.2	107.2
67.7	5.5	4.0	77.2	107.2
67.8	5.4	4.0	77.2	107.2
67.9	5.3	4.0	77.2	107.2
68.0	**5.3**	**4.0**	**77.3**	**107.3**
68.1	5.2	4.0	77.3	107.3
68.2	5.1	4.0	77.3	107.3
68.3	5.0	4.0	77.3	107.3
68.4	5.0	4.0	77.4	107.4
68.5	4.9	4.0	77.4	107.4
68.6	4.8	4.0	77.4	107.4
68.7	4.7	4.0	77.4	107.4
68.8	4.7	4.0	77.5	107.5
68.9	4.6	4.0	77.5	107.5
69.0	**4.5**	**4.0**	**77.5**	**107.5**
69.1	4.4	4.0	77.5	107.5
69.2	4.4	4.0	77.6	107.6
69.3	4.3	4.0	77.6	107.6
69.4	4.2	4.0	77.6	107.6
69.5	4.1	4.0	77.6	107.6
69.6	4.1	4.0	77.7	107.7
69.7	4.0	4.0	77.7	107.7
69.8	3.9	4.0	77.7	107.7

69.9	3.8	4.0	77.7	107.7
70.0	**3.8**	**4.0**	**77.8**	**107.8**
70.1	3.7	4.0	77.8	107.8
70.2	3.6	4.0	77.8	107.8
70.3	3.5	4.0	77.8	107.8
70.4	3.5	4.0	77.9	107.9
70.5	3.4	4.0	77.9	107.9
70.6	3.3	4.0	77.9	107.9
70.7	3.2	4.0	77.9	107.9
70.8	3.2	4.0	78.0	108.0
70.9	3.1	4.0	78.0	108.0
71.0	**3.0**	**4.0**	**78.0**	**108.0**
71.1	2.9	4.0	78.0	108.0
71.2	2.9	4.0	78.1	108.1
71.3	2.8	4.0	78.1	108.1
71.4	2.7	4.0	78.1	108.1
71.5	2.6	4.0	78.1	108.1
71.6	2.6	4.0	78.2	108.2
71.7	2.5	4.0	78.2	108.2
71.8	2.4	4.0	78.2	108.2
71.9	2.3	4.0	78.2	108.2
72.0	**2.3**	**4.0**	**78.3**	**108.3**
72.1	2.2	4.0	78.3	108.3
72.2	2.1	4.0	78.3	108.3
72.3	2.0	4.0	78.3	108.3
72.4	2.0	4.0	78.4	108.4
72.5	1.9	4.0	78.4	108.4
72.6	1.8	4.0	78.4	108.4
72.7	1.7	4.0	78.4	108.4
72.8	1.7	4.0	78.5	108.5
72.9	1.6	4.0	78.5	108.5
73.0	**1.5**	**4.0**	**78.5**	**108.5**
73.1	1.4	4.0	78.5	108.5
73.2	1.4	4.0	78.6	108.6
73.3	1.3	4.0	78.6	108.6
73.4	1.2	4.0	78.6	108.6
73.5	1.1	4.0	78.6	108.6
73.6	1.1	4.0	78.7	108.7
73.7	1.0	4.0	78.7	108.7
73.8	0.9	4.0	78.7	108.7
73.9	0.8	4.0	78.7	108.7
74.0	**0.8**	**4.0**	**78.8**	**108.8**
74.1	0.7	4.0	78.8	108.8
74.2	0.6	4.0	78.8	108.8

74.3	0.5	4.0	78.8	108.8
74.4	0.5	4.0	78.9	108.9
74.5	0.4	4.0	78.9	108.9
74.6	0.3	4.0	78.9	108.9
74.7	0.2	4.0	78.9	108.9
74.8	0.2	4.0	79.0	109.0
74.9	0.1	4.0	79.0	109.0
75.0	**0.0**	**4.0**	**79.0**	**109.0**

Doubles Men

AW = 75% of the difference between 90 kg and BW (maximum 10 kg)

TW = BW + AW + 4 kg RC = Total weight (TW)

Body Weight BW in Kg	Additional Weight AW in kg	Race Clothing RC in kg	Total Weight TW in kg	Total Weight with Sled
76.7	10.0	4.0	90.7	117.7
76.8	9.9	4.0	90.7	117.7
76.9	9.8	4.0	90.7	117.7
77.0	**9.8**	**4.0**	**90.8**	**117.8**
77.1	9.7	4.0	90.8	117.8
77.2	9.6	4.0	90.8	117.8
77.3	9.5	4.0	90.8	117.8
77.4	9.5	4.0	90.9	117.9
77.5	9.4	4.0	90.9	117.9
77.6	9.3	4.0	90.9	117.9
77.7	9.2	4.0	90.9	117.9
77.8	9.2	4.0	91.0	118.0
77.9	9.1	4.0	91.0	118.0
78.0	**9.0**	**4.0**	**91.0**	**118.0**
78.1	8.9	4.0	91.0	118.0
78.2	8.9	4.0	91.1	118.1
78.3	8.8	4.0	91.1	118.1
78.4	8.7	4.0	91.1	118.1
78.5	8.6	4.0	91.1	118.1
78.6	8.6	4.0	91.2	118.2
78.7	8.5	4.0	91.2	118.2
78.8	8.4	4.0	91.2	118.2
78.9	8.3	4.0	91.2	118.2
79.0	**8.3**	**4.0**	**91.3**	**118.3**
79.1	8.2	4.0	91.3	118.3
79.2	8.1	4.0	91.3	118.3
79.3	8.0	4.0	91.3	118.3
79.4	8.0	4.0	91.4	118.4
79.5	7.9	4.0	91.4	118.4
79.6	7.8	4.0	91.4	118.4
79.7	7.7	4.0	91.4	118.4
79.8	7.7	4.0	91.5	118.5
79.9	7.6	4.0	91.5	118.5
80.0	**7.5**	**4.0**	**91.5**	**118.5**
80.1	7.4	4.0	91.5	118.5
80.2	7.4	4.0	91.6	118.6
80.3	7.3	4.0	91.6	118.6
80.4	7.2	4.0	91.6	118.6

80.5	7.1	4.0	91.6	118.6
80.6	7.1	4.0	91.7	118.7
80.7	7.0	4.0	91.7	118.7
80.8	6.9	4.0	91.7	118.7
80.9	6.8	4.0	91.7	118.7
81.0	**6.8**	**4.0**	**91.8**	**118.8**
81.1	6.7	4.0	91.8	118.8
81.2	6.6	4.0	91.8	118.8
81.3	6.5	4.0	91.8	118.8
81.4	6.5	4.0	91.9	118.9
81.5	6.4	4.0	91.9	118.9
81.6	6.3	4.0	91.9	118.9
81.7	6.2	4.0	91.9	118.9
81.8	6.2	4.0	92.0	119.0
81.9	6.1	4.0	92.0	119.0
82.0	**6.0**	**4.0**	**92.0**	**119.0**
82.1	5.9	4.0	92.0	119.0
82.2	5.9	4.0	92.1	119.1
82.3	5.8	4.0	92.1	119.1
82.4	5.7	4.0	92.1	119.1
82.5	5.6	4.0	92.1	119.1
82.6	5.6	4.0	92.2	119.2
82.7	5.5	4.0	92.2	119.2
82.8	5.4	4.0	92.2	119.2
82.9	5.3	4.0	92.2	119.2
83.0	**5.3**	**4.0**	**92.3**	**119.3**
83.1	5.2	4.0	92.3	119.3
83.2	5.1	4.0	92.3	119.3
83.3	5.0	4.0	92.3	119.3
83.4	5.0	4.0	92.4	119.4
83.5	4.9	4.0	92.4	119.4
83.6	4.8	4.0	92.4	119.4
83.7	4.7	4.0	92.4	119.4
83.8	4.7	4.0	92.5	119.5
83.9	4.6	4.0	92.5	119.5
84.0	**4.5**	**4.0**	**92.5**	**119.5**
84.1	4.4	4.0	92.5	119.5
84.2	4.4	4.0	92.6	119.6
84.3	4.3	4.0	92.6	119.6
84.4	4.2	4.0	92.6	119.6
84.5	4.1	4.0	92.6	119.6
84.6	4.1	4.0	92.7	119.7
84.7	4.0	4.0	92.7	119.7
84.8	3.9	4.0	92.7	119.7

84.9	3.8	4.0	92.7	119.7
85.0	**3.8**	**4.0**	**92.8**	**119.8**
85.1	3.7	4.0	92.8	119.8
85.2	3.6	4.0	92.8	119.8
85.3	3.5	4.0	92.8	119.8
85.4	3.5	4.0	92.9	119.9
85.5	3.4	4.0	92.9	119.9
85.6	3.3	4.0	92.9	119.9
85.7	3.2	4.0	92.9	119.9
85.8	3.2	4.0	93.0	120.0
85.9	3.1	4.0	93.0	120.0
86.0	**3.0**	**4.0**	**93.0**	**120.0**
86.1	2.9	4.0	93.0	120.0
86.2	2.9	4.0	93.1	120.1
86.3	2.8	4.0	93.1	120.1
86.4	2.7	4.0	93.1	120.1
86.5	2.6	4.0	93.1	120.1
86.6	2.6	4.0	93.2	120.2
86.7	2.5	4.0	93.2	120.2
86.8	2.4	4.0	93.2	120.2
86.9	2.3	4.0	93.2	120.2
87.0	**2.3**	**4.0**	**93.3**	**120.3**
87.1	2.2	4.0	93.3	120.3
87.2	2.1	4.0	93.3	120.3
87.3	2.0	4.0	93.3	120.3
87.4	2.0	4.0	93.4	120.4
87.5	1.9	4.0	93.4	120.4
87.6	1.8	4.0	93.4	120.4
87.7	1.7	4.0	93.4	120.4
87.8	1.7	4.0	93.5	120.5
87.9	1.6	4.0	93.5	120.5
88.0	**1.5**	**4.0**	**93.5**	**120.5**
88.1	1.4	4.0	93.5	120.5
88.2	1.4	4.0	93.6	120.6
88.3	1.3	4.0	93.6	120.6
88.4	1.2	4.0	93.6	120.6
88.5	1.1	4.0	93.6	120.6
88.6	1.1	4.0	93.7	120.7
88.7	1.0	4.0	93.7	120.7
88.8	0.9	4.0	93.7	120.7
88.9	0.8	4.0	93.7	120.7
89.0	**0.8**	**4.0**	**93.8**	**120.8**
89.1	0.7	4.0	93.8	120.8
89.2	0.6	4.0	93.8	120.8

89.3	0.5	4.0	93.8	120.8
89.4	0.5	4.0	93.9	120.9
89.5	0.4	4.0	93.9	120.9
89.6	0.3	4.0	93.9	120.9
89.7	0.2	4.0	93.9	120.9
89.8	0.2	4.0	94.0	121.0
89.9	0.1	4.0	94.0	121.0
90.0	**0.0**	**4.0**	**94.0**	**121.0**

Junior Women, Youth A Men

AW = 75% of the difference between 75 kg and BW (maximum 10 kg)

TW = BW + AW + 4 kg RC = Total weight (TW)

Body Weight BW in Kg	Additional Weight AW in kg	Race Clothing RC in kg	Total Weight TW in kg	Total Weight with Sled
61.7	10.0	4.0	75.7	98.7
61.8	9.9	4.0	75.7	98.7
61.9	9.8	4.0	75.7	98.7
62.0	**9.8**	**4.0**	75.8	98.8
62.1	9.7	4.0	75.8	98.8
62.2	9.6	4.0	75.8	98.8
62.3	9.5	4.0	75.8	98.8
62.4	9.5	4.0	75.9	98.9
62.5	9.4	4.0	75.9	98.9
62.6	9.3	4.0	75.9	98.9
62.7	9.2	4.0	75.9	98.9
62.8	9.2	4.0	76.0	99.0
62.9	9.1	4.0	76.0	99.0
63.0	**9.0**	**4.0**	76.0	99.0
63.1	8.9	4.0	76.0	99.0
63.2	8.9	4.0	76.1	99.1
63.3	8.8	4.0	76.1	99.1
63.4	8.7	4.0	76.1	99.1
63.5	8.6	4.0	76.1	99.1
63.6	8.6	4.0	76.2	99.2
63.7	8.5	4.0	76.2	99.2
63.8	8.4	4.0	76.2	99.2
63.9	8.3	4.0	76.2	99.2
64.0	**8.3**	**4.0**	76.3	99.3
64.1	8.2	4.0	76.3	99.3
64.2	8.1	4.0	76.3	99.3
64.3	8.0	4.0	76.3	99.3
64.4	8.0	4.0	76.4	99.4
64.5	7.9	4.0	76.4	99.4
64.6	7.8	4.0	76.4	99.4
64.7	7.7	4.0	76.4	99.4
64.8	7.7	4.0	76.5	99.5
64.9	7.6	4.0	76.5	99.5
65.0	**7.5**	**4.0**	76.5	99.5
65.1	7.4	4.0	76.5	99.5
65.2	7.4	4.0	76.6	99.6
65.3	7.3	4.0	76.6	99.6
65.4	7.2	4.0	76.6	99.6

65.5	7.1	4.0	76.6	99.6
65.6	7.1	4.0	76.7	99.7
65.7	7.0	4.0	76.7	99.7
65.8	6.9	4.0	76.7	99.7
65.9	6.8	4.0	76.7	99.7
66.0	**6.8**	**4.0**	76.8	99.8
66.1	6.7	4.0	76.8	99.8
66.2	6.6	4.0	76.8	99.8
66.3	6.5	4.0	76.8	99.8
66.4	6.5	4.0	76.9	99.9
66.5	6.4	4.0	76.9	99.9
66.6	6.3	4.0	76.9	99.9
66.7	6.2	4.0	76.9	99.9
66.8	6.2	4.0	77.0	100.0
66.9	6.1	4.0	77.0	100.0
67.0	**6.0**	**4.0**	77.0	100.0
67.1	5.9	4.0	77.0	100.0
67.2	5.9	4.0	77.1	100.1
67.3	5.8	4.0	77.1	100.1
67.4	5.7	4.0	77.1	100.1
67.5	5.6	4.0	77.1	100.1
67.6	5.6	4.0	77.2	100.2
67.7	5.5	4.0	77.2	100.2
67.8	5.4	4.0	77.2	100.2
67.9	5.3	4.0	77.2	100.2
68.0	**5.3**	**4.0**	77.3	100.3
68.1	5.2	4.0	77.3	100.3
68.2	5.1	4.0	77.3	100.3
68.3	5.0	4.0	77.3	100.3
68.4	5.0	4.0	77.4	100.4
68.5	4.9	4.0	77.4	100.4
68.6	4.8	4.0	77.4	100.4
68.7	4.7	4.0	77.4	100.4
68.8	4.7	4.0	77.5	100.5
68.9	4.6	4.0	77.5	100.5
69.0	**4.5**	**4.0**	77.5	100.5
69.1	4.4	4.0	77.5	100.5
69.2	4.4	4.0	77.6	100.6
69.3	4.3	4.0	77.6	100.6
69.4	4.2	4.0	77.6	100.6
69.5	4.1	4.0	77.6	100.6
69.6	4.1	4.0	77.7	100.7
69.7	4.0	4.0	77.7	100.7
69.8	3.9	4.0	77.7	100.7

69.9	3.8	4.0	77.7	100.7
70.0	**3.8**	**4.0**	77.8	100.8
70.1	3.7	4.0	77.8	100.8
70.2	3.6	4.0	77.8	100.8
70.3	3.5	4.0	77.8	100.8
70.4	3.5	4.0	77.9	100.9
70.5	3.4	4.0	77.9	100.9
70.6	3.3	4.0	77.9	100.9
70.7	3.2	4.0	77.9	100.9
70.8	3.2	4.0	78.0	101.0
70.9	3.1	4.0	78.0	101.0
71.0	**3.0**	**4.0**	78.0	101.0
71.1	2.9	4.0	78.0	101.0
71.2	2.9	4.0	78.1	101.1
71.3	2.8	4.0	78.1	101.1
71.4	2.7	4.0	78.1	101.1
71.5	2.6	4.0	78.1	101.1
71.6	2.6	4.0	78.2	101.2
71.7	2.5	4.0	78.2	101.2
71.8	2.4	4.0	78.2	101.2
71.9	2.3	4.0	78.2	101.2
72.0	**2.3**	**4.0**	78.3	101.3
72.1	2.2	4.0	78.3	101.3
72.2	2.1	4.0	78.3	101.3
72.3	2.0	4.0	78.3	101.3
72.4	2.0	4.0	78.4	101.4
72.5	1.9	4.0	78.4	101.4
72.6	1.8	4.0	78.4	101.4
72.7	1.7	4.0	78.4	101.4
72.8	1.7	4.0	78.5	101.5
72.9	1.6	4.0	78.5	101.5
73.0	**1.5**	**4.0**	78.5	101.5
73.1	1.4	4.0	78.5	101.5
73.2	1.4	4.0	78.6	101.6
73.3	1.3	4.0	78.6	101.6
73.4	1.2	4.0	78.6	101.6
73.5	1.1	4.0	78.6	101.6
73.6	1.1	4.0	78.7	101.7
73.7	1.0	4.0	78.7	101.7
73.8	0.9	4.0	78.7	101.7
73.9	0.8	4.0	78.7	101.7
74.0	**0.8**	**4.0**	78.8	101.8
74.1	0.7	4.0	78.8	101.8
74.2	0.6	4.0	78.8	101.8

74.3	0.5	4.0	78.8	101.8
74.4	0.5	4.0	78.9	101.9
74.5	0.4	4.0	78.9	101.9
74.6	0.3	4.0	78.9	101.9
74.7	0.2	4.0	78.9	101.9
74.8	0.2	4.0	79.0	102.0
74.9	0.1	4.0	79.0	102.0
75.0	**0.0**	**4.0**	79.0	102.0

Junior Men

AW = 75% of the difference between 90 kg and BW (maximum 13 kg)

TW = BW + AW + 4 kg RC = Total weight (TW)

Body Weight BW in Kg	Additional Weight AW in kg	Race Clothing RC in kg	Total Weight TW in kg	Total Weight with Sled
72.7	13.0	4.0	89.7	112.7
72.8	12.9	4.0	89.7	112.7
72.9	12.8	4.0	89.7	112.7
73.0	**12.8**	**4.0**	**89.8**	**112.8**
73.1	12.7	4.0	89.8	112.8
73.2	12.6	4.0	89.8	112.8
73.3	12.5	4.0	89.8	112.8
73.4	12.5	4.0	89.9	112.9
73.5	12.4	4.0	89.9	112.9
73.6	12.3	4.0	89.9	112.9
73.7	12.2	4.0	89.9	112.9
73.8	12.2	4.0	90.0	113.0
73.9	12.1	4.0	90.0	113.0
74.0	**12.0**	**4.0**	**90.0**	**113.0**
74.1	11.9	4.0	90.0	113.0
74.2	11.9	4.0	90.1	113.1
74.3	11.8	4.0	90.1	113.1
74.4	11.7	4.0	90.1	113.1
74.5	11.6	4.0	90.1	113.1
74.6	11.6	4.0	90.2	113.2
74.7	11.5	4.0	90.2	113.2
74.8	11.4	4.0	90.2	113.2
74.9	11.3	4.0	90.2	113.2
75.0	**11.3**	**4.0**	**90.3**	**113.3**
75.1	11.2	4.0	90.3	113.3
75.2	11.1	4.0	90.3	113.3
75.3	11.0	4.0	90.3	113.3
75.4	11.0	4.0	90.4	113.4
75.5	10.9	4.0	90.4	113.4
75.6	10.8	4.0	90.4	113.4
75.7	10.7	4.0	90.4	113.4
75.8	10.7	4.0	90.5	113.5
75.9	10.6	4.0	90.5	113.5
76.0	**10.5**	**4.0**	**90.5**	**113.5**
76.1	10.4	4.0	90.5	113.5
76.2	10.4	4.0	90.6	113.6
76.3	10.3	4.0	90.6	113.6
76.4	10.2	4.0	90.6	113.6

76.5	10.1	4.0	90.6	113.6
76.6	10.1	4.0	90.7	113.7
76.7	10.0	4.0	90.7	113.7
76.8	9.9	4.0	90.7	113.7
76.9	9.8	4.0	90.7	113.7
77.0	**9.8**	**4.0**	**90.8**	**113.8**
77.1	9.7	4.0	90.8	113.8
77.2	9.6	4.0	90.8	113.8
77.3	9.5	4.0	90.8	113.8
77.4	9.5	4.0	90.9	113.9
77.5	9.4	4.0	90.9	113.9
77.6	9.3	4.0	90.9	113.9
77.7	9.2	4.0	90.9	113.9
77.8	9.2	4.0	91.0	114.0
77.9	9.1	4.0	91.0	114.0
78.0	**9.0**	**4.0**	**91.0**	**114.0**
78.1	8.9	4.0	91.0	114.0
78.2	8.9	4.0	91.1	114.1
78.3	8.8	4.0	91.1	114.1
78.4	8.7	4.0	91.1	114.1
78.5	8.6	4.0	91.1	114.1
78.6	8.6	4.0	91.2	114.2
78.7	8.5	4.0	91.2	114.2
78.8	8.4	4.0	91.2	114.2
78.9	8.3	4.0	91.2	114.2
79.0	**8.3**	**4.0**	**91.3**	**114.3**
79.1	8.2	4.0	91.3	114.3
79.2	8.1	4.0	91.3	114.3
79.3	8.0	4.0	91.3	114.3
79.4	8.0	4.0	91.4	114.4
79.5	7.9	4.0	91.4	114.4
79.6	7.8	4.0	91.4	114.4
79.7	7.7	4.0	91.4	114.4
79.8	7.7	4.0	91.5	114.5
79.9	7.6	4.0	91.5	114.5
80.0	**7.5**	**4.0**	**91.5**	**114.5**
80.1	7.4	4.0	91.5	114.5
80.2	7.4	4.0	91.6	114.6
80.3	7.3	4.0	91.6	114.6
80.4	7.2	4.0	91.6	114.6
80.5	7.1	4.0	91.6	114.6
80.6	7.1	4.0	91.7	114.7
80.7	7.0	4.0	91.7	114.7
80.8	6.9	4.0	91.7	114.7

80.9	6.8	4.0	91.7	114.7
81.0	**6.8**	**4.0**	**91.8**	**114.8**
81.1	6.7	4.0	91.8	114.8
81.2	6.6	4.0	91.8	114.8
81.3	6.5	4.0	91.8	114.8
81.4	6.5	4.0	91.9	114.9
81.5	6.4	4.0	91.9	114.9
81.6	6.3	4.0	91.9	114.9
81.7	6.2	4.0	91.9	114.9
81.8	6.2	4.0	92.0	115.0
81.9	6.1	4.0	92.0	115.0
82.0	**6.0**	**4.0**	**92.0**	**115.0**
82.1	5.9	4.0	92.0	115.0
82.2	5.9	4.0	92.1	115.1
82.3	5.8	4.0	92.1	115.1
82.4	5.7	4.0	92.1	115.1
82.5	5.6	4.0	92.1	115.1
82.6	5.6	4.0	92.2	115.2
82.7	5.5	4.0	92.2	115.2
82.8	5.4	4.0	92.2	115.2
82.9	5.3	4.0	92.2	115.2
83.0	**5.3**	**4.0**	**92.3**	**115.3**
83.1	5.2	4.0	92.3	115.3
83.2	5.1	4.0	92.3	115.3
83.3	5.0	4.0	92.3	115.3
83.4	5.0	4.0	92.4	115.4
83.5	4.9	4.0	92.4	115.4
83.6	4.8	4.0	92.4	115.4
83.7	4.7	4.0	92.4	115.4
83.8	4.7	4.0	92.5	115.5
83.9	4.6	4.0	92.5	115.5
84.0	**4.5**	**4.0**	**92.5**	**115.5**
84.1	4.4	4.0	92.5	115.5
84.2	4.4	4.0	92.6	115.6
84.3	4.3	4.0	92.6	115.6
84.4	4.2	4.0	92.6	115.6
84.5	4.1	4.0	92.6	115.6
84.6	4.1	4.0	92.7	115.7
84.7	4.0	4.0	92.7	115.7
84.8	3.9	4.0	92.7	115.7
84.9	3.8	4.0	92.7	115.7
85.0	**3.8**	**4.0**	**92.8**	**115.8**
85.1	3.7	4.0	92.8	115.8
85.2	3.6	4.0	92.8	115.8

85.3	3.5	4.0	92.8	115.8
85.4	3.5	4.0	92.9	115.9
85.5	3.4	4.0	92.9	115.9
85.6	3.3	4.0	92.9	115.9
85.7	3.2	4.0	92.9	115.9
85.8	3.2	4.0	93.0	116.0
85.9	3.1	4.0	93.0	116.0
86.0	**3.0**	**4.0**	**93.0**	**116.0**
86.1	2.9	4.0	93.0	116.0
86.2	2.9	4.0	93.1	116.1
86.3	2.8	4.0	93.1	116.1
86.4	2.7	4.0	93.1	116.1
86.5	2.6	4.0	93.1	116.1
86.6	2.6	4.0	93.2	116.2
86.7	2.5	4.0	93.2	116.2
86.8	2.4	4.0	93.2	116.2
86.9	2.3	4.0	93.2	116.2
87.0	**2.3**	**4.0**	**93.3**	**116.3**
87.1	2.2	4.0	93.3	116.3
87.2	2.1	4.0	93.3	116.3
87.3	2.0	4.0	93.3	116.3
87.4	2.0	4.0	93.4	116.4
87.5	1.9	4.0	93.4	116.4
87.6	1.8	4.0	93.4	116.4
87.7	1.7	4.0	93.4	116.4
87.8	1.7	4.0	93.5	116.5
87.9	1.6	4.0	93.5	116.5
88.0	**1.5**	**4.0**	**93.5**	**116.5**
88.1	1.4	4.0	93.5	116.5
88.2	1.4	4.0	93.6	116.6
88.3	1.3	4.0	93.6	116.6
88.4	1.2	4.0	93.6	116.6
88.5	1.1	4.0	93.6	116.6
88.6	1.1	4.0	93.7	116.7
88.7	1.0	4.0	93.7	116.7
88.8	0.9	4.0	93.7	116.7
88.9	0.8	4.0	93.7	116.7
89.0	**0.8**	**4.0**	**93.8**	**116.8**
89.1	0.7	4.0	93.8	116.8
89.2	0.6	4.0	93.8	116.8
89.3	0.5	4.0	93.8	116.8
89.4	0.5	4.0	93.9	116.9
89.5	0.4	4.0	93.9	116.9
89.6	0.3	4.0	93.9	116.9

89.7	0.2	4.0	93.9	116.9
89.8	0.2	4.0	94.0	117.0
89.9	0.1	4.0	94.0	117.0
90.0	**0.0**	**4.0**	**94.0**	**117.0**

Doubles Junior Women

AW = 50% of the difference between 75 kg and BW (maximum 10 kg)

TW = BW + AW + 4 kg RC = Total weight (TW)

Body Weight BW in Kg	Additional Weight AW in kg	Race Clothing RC in kg	Total Weight TW in kg	Total Weight with Sled
55.1	10.0	4.0	69.1	99.1
55.2	9.9	4.0	69.1	99.1
55.3	9.9	4.0	69.2	99.2
55.4	9.8	4.0	69.2	99.2
55.5	9.8	4.0	69.3	99.3
55.6	9.7	4.0	69.3	99.3
55.7	9.7	4.0	69.4	99.4
55.8	9.6	4.0	69.4	99.4
55.9	9.6	4.0	69.5	99.5
56.0	**9.5**	**4.0**	**69.5**	**99.5**
56.1	9.5	4.0	69.6	99.6
56.2	9.4	4.0	69.6	99.6
56.3	9.4	4.0	69.7	99.7
56.4	9.3	4.0	69.7	99.7
56.5	9.3	4.0	69.8	99.8
56.6	9.2	4.0	69.8	99.8
56.7	9.2	4.0	69.9	99.9
56.8	9.1	4.0	69.9	99.9
56.9	9.1	4.0	70.0	100.0
57.0	**9.0**	**4.0**	**70.0**	**100.0**
57.1	9.0	4.0	70.1	100.1
57.2	8.9	4.0	70.1	100.1
57.3	8.9	4.0	70.2	100.2
57.4	8.8	4.0	70.2	100.2
57.5	8.8	4.0	70.3	100.3
57.6	8.7	4.0	70.3	100.3
57.7	8.7	4.0	70.4	100.4
57.8	8.6	4.0	70.4	100.4
57.9	8.6	4.0	70.5	100.5
58.0	**8.5**	**4.0**	**70.5**	**100.5**
58.1	8.5	4.0	70.6	100.6
58.2	8.4	4.0	70.6	100.6
58.3	8.4	4.0	70.7	100.7
58.4	8.3	4.0	70.7	100.7
58.5	8.3	4.0	70.8	100.8
58.6	8.2	4.0	70.8	100.8
58.7	8.2	4.0	70.9	100.9
58.8	8.1	4.0	70.9	100.9

58.9	8.1	4.0	71.0	101.0
59.0	**8.0**	**4.0**	**71.0**	**101.0**
59.1	8.0	4.0	71.1	101.1
59.2	7.9	4.0	71.1	101.1
59.3	7.9	4.0	71.2	101.2
59.4	7.8	4.0	71.2	101.2
59.5	7.8	4.0	71.3	101.3
59.6	7.7	4.0	71.3	101.3
59.7	7.7	4.0	71.4	101.4
59.8	7.6	4.0	71.4	101.4
59.9	7.6	4.0	71.5	101.5
60.0	**7.5**	**4.0**	**71.5**	**101.5**
60.1	7.5	4.0	71.6	101.6
60.2	7.4	4.0	71.6	101.6
60.3	7.4	4.0	71.7	101.7
60.4	7.3	4.0	71.7	101.7
60.5	7.3	4.0	71.8	101.8
60.6	7.2	4.0	71.8	101.8
60.7	7.2	4.0	71.9	101.9
60.8	7.1	4.0	71.9	101.9
60.9	7.1	4.0	72.0	102.0
61.0	**7.0**	**4.0**	**72.0**	**102.0**
61.1	7.0	4.0	72.1	102.1
61.2	6.9	4.0	72.1	102.1
61.3	6.9	4.0	72.2	102.2
61.4	6.8	4.0	72.2	102.2
61.5	6.8	4.0	72.3	102.3
61.6	6.7	4.0	72.3	102.3
61.7	6.7	4.0	72.4	102.4
61.8	6.6	4.0	72.4	102.4
61.9	6.6	4.0	72.5	102.5
62.0	**6.5**	**4.0**	**72.5**	**102.5**
62.1	6.5	4.0	72.6	102.6
62.2	6.4	4.0	72.6	102.6
62.3	6.4	4.0	72.7	102.7
62.4	6.3	4.0	72.7	102.7
62.5	6.3	4.0	72.8	102.8
62.6	6.2	4.0	72.8	102.8
62.7	6.2	4.0	72.9	102.9
62.8	6.1	4.0	72.9	102.9
62.9	6.1	4.0	73.0	103.0
63.0	**6.0**	**4.0**	**73.0**	**103.0**
63.1	6.0	4.0	73.1	103.1
63.2	5.9	4.0	73.1	103.1

63.3	5.9	4.0	73.2	103.2
63.4	5.8	4.0	73.2	103.2
63.5	5.8	4.0	73.3	103.3
63.6	5.7	4.0	73.3	103.3
63.7	5.7	4.0	73.4	103.4
63.8	5.6	4.0	73.4	103.4
63.9	5.6	4.0	73.5	103.5
64.0	**5.5**	**4.0**	**73.5**	**103.5**
64.1	5.5	4.0	73.6	103.6
64.2	5.4	4.0	73.6	103.6
64.3	5.4	4.0	73.7	103.7
64.4	5.3	4.0	73.7	103.7
64.5	5.3	4.0	73.8	103.8
64.6	5.2	4.0	73.8	103.8
64.7	5.2	4.0	73.9	103.9
64.8	5.1	4.0	73.9	103.9
64.9	5.1	4.0	74.0	104.0
65.0	**5.0**	**4.0**	**74.0**	**104.0**
65.1	5.0	4.0	74.1	104.1
65.2	4.9	4.0	74.1	104.1
65.3	4.9	4.0	74.2	104.2
65.4	4.8	4.0	74.2	104.2
65.5	4.8	4.0	74.3	104.3
65.6	4.7	4.0	74.3	104.3
65.7	4.7	4.0	74.4	104.4
65.8	4.6	4.0	74.4	104.4
65.9	4.6	4.0	74.5	104.5
66.0	**4.5**	**4.0**	**74.5**	**104.5**
66.1	4.5	4.0	74.6	104.6
66.2	4.4	4.0	74.6	104.6
66.3	4.4	4.0	74.7	104.7
66.4	4.3	4.0	74.7	104.7
66.5	4.3	4.0	74.8	104.8
66.6	4.2	4.0	74.8	104.8
66.7	4.2	4.0	74.9	104.9
66.8	4.1	4.0	74.9	104.9
66.9	4.1	4.0	75.0	105.0
67.0	**4.0**	**4.0**	**75.0**	**105.0**
67.1	4.0	4.0	75.1	105.1
67.2	3.9	4.0	75.1	105.1
67.3	3.9	4.0	75.2	105.2
67.4	3.8	4.0	75.2	105.2
67.5	3.8	4.0	75.3	105.3
67.6	3.7	4.0	75.3	105.3

67.7	3.7	4.0	75.4	105.4
67.8	3.6	4.0	75.4	105.4
67.9	3.6	4.0	75.5	105.5
68.0	**3.5**	**4.0**	**75.5**	**105.5**
68.1	3.5	4.0	75.6	105.6
68.2	3.4	4.0	75.6	105.6
68.3	3.4	4.0	75.7	105.7
68.4	3.3	4.0	75.7	105.7
68.5	3.3	4.0	75.8	105.8
68.6	3.2	4.0	75.8	105.8
68.7	3.2	4.0	75.9	105.9
68.8	3.1	4.0	75.9	105.9
68.9	3.1	4.0	76.0	106.0
69.0	**3.0**	**4.0**	**76.0**	**106.0**
69.1	3.0	4.0	76.1	106.1
69.2	2.9	4.0	76.1	106.1
69.3	2.9	4.0	76.2	106.2
69.4	2.8	4.0	76.2	106.2
69.5	2.8	4.0	76.3	106.3
69.6	2.7	4.0	76.3	106.3
69.7	2.7	4.0	76.4	106.4
69.8	2.6	4.0	76.4	106.4
69.9	2.6	4.0	76.5	106.5
70.0	**2.5**	**4.0**	**76.5**	**106.5**
70.1	2.5	4.0	76.6	106.6
70.2	2.4	4.0	76.6	106.6
70.3	2.4	4.0	76.7	106.7
70.4	2.3	4.0	76.7	106.7
70.5	2.3	4.0	76.8	106.8
70.6	2.2	4.0	76.8	106.8
70.7	2.2	4.0	76.9	106.9
70.8	2.1	4.0	76.9	106.9
70.9	2.1	4.0	77.0	107.0
71.0	**2.0**	**4.0**	**77.0**	**107.0**
71.1	2.0	4.0	77.1	107.1
71.2	1.9	4.0	77.1	107.1
71.3	1.9	4.0	77.2	107.2
71.4	1.8	4.0	77.2	107.2
71.5	1.8	4.0	77.3	107.3
71.6	1.7	4.0	77.3	107.3
71.7	1.7	4.0	77.4	107.4
71.8	1.6	4.0	77.4	107.4
71.9	1.6	4.0	77.5	107.5
72.0	**1.5**	**4.0**	**77.5**	**107.5**

72.1	1.5	4.0	77.6	107.6
72.2	1.4	4.0	77.6	107.6
72.3	1.4	4.0	77.7	107.7
72.4	1.3	4.0	77.7	107.7
72.5	1.3	4.0	77.8	107.8
72.6	1.2	4.0	77.8	107.8
72.7	1.2	4.0	77.9	107.9
72.8	1.1	4.0	77.9	107.9
72.9	1.1	4.0	78.0	108.0
73.0	**1.0**	**4.0**	**78.0**	**108.0**
73.1	1.0	4.0	78.1	108.1
73.2	0.9	4.0	78.1	108.1
73.3	0.9	4.0	78.2	108.2
73.4	0.8	4.0	78.2	108.2
73.5	0.8	4.0	78.3	108.3
73.6	0.7	4.0	78.3	108.3
73.7	0.7	4.0	78.4	108.4
73.8	0.6	4.0	78.4	108.4
73.9	0.6	4.0	78.5	108.5
74.0	**0.5**	**4.0**	**78.5**	**108.5**
74.1	0.5	4.0	78.6	108.6
74.2	0.4	4.0	78.6	108.6
74.3	0.4	4.0	78.7	108.7
74.4	0.3	4.0	78.7	108.7
74.5	0.3	4.0	78.8	108.8
74.6	0.2	4.0	78.8	108.8
74.7	0.2	4.0	78.9	108.9
74.8	0.1	4.0	78.9	108.9
74.9	0.1	4.0	79.0	109.0
75.0	**0.0**	**4.0**	**79.0**	**109.0**

Doubles Junior Men

AW = 50% of the difference between 90 kg and BW (maximum 10 kg)

TW = BW + AW + 4 kg RC = Total weight (TW)

Body Weight BW in Kg	**Additional Weight AW in kg**	**Race Clothing RC in kg**	**Total Weight TW in kg**	**Total Weight with Sled**
70.0	**10.0**	**4.0**	**84.0**	**111.0**
70.1	10.0	4.0	84.1	111.1
70.2	9.9	4.0	84.1	111.1
70.3	9.9	4.0	84.2	111.2
70.4	9.8	4.0	84.2	111.2
70.5	9.8	4.0	84.3	111.3
70.6	9.7	4.0	84.3	111.3
70.7	9.7	4.0	84.4	111.4
70.8	9.6	4.0	84.4	111.4
70.9	9.6	4.0	84.5	111.5
71.0	**9.5**	**4.0**	**84.5**	**111.5**
71.1	9.5	4.0	84.6	111.6
71.2	9.4	4.0	84.6	111.6
71.3	9.4	4.0	84.7	111.7
71.4	9.3	4.0	84.7	111.7
71.5	9.3	4.0	84.8	111.8
71.6	9.2	4.0	84.8	111.8
71.7	9.2	4.0	84.9	111.9
71.8	9.1	4.0	84.9	111.9
71.9	9.1	4.0	85.0	112.0
72.0	**9.0**	**4.0**	**85.0**	**112.0**
72.1	9.0	4.0	85.1	112.1
72.2	8.9	4.0	85.1	112.1
72.3	8.9	4.0	85.2	112.2
72.4	8.8	4.0	85.2	112.2
72.5	8.8	4.0	85.3	112.3
72.6	8.7	4.0	85.3	112.3
72.7	8.7	4.0	85.4	112.4
72.8	8.6	4.0	85.4	112.4
72.9	8.6	4.0	85.5	112.5
73.0	**8.5**	**4.0**	**85.5**	**112.5**
73.1	8.5	4.0	85.6	112.6
73.2	8.4	4.0	85.6	112.6
73.3	8.4	4.0	85.7	112.7
73.4	8.3	4.0	85.7	112.7
73.5	8.3	4.0	85.8	112.8
73.6	8.2	4.0	85.8	112.8
73.7	8.2	4.0	85.9	112.9

73.8	8.1	4.0	85.9	112.9
73.9	8.1	4.0	86.0	113.0
74.0	**8.0**	**4.0**	**86.0**	**113.0**
74.1	8.0	4.0	86.1	113.1
74.2	7.9	4.0	86.1	113.1
74.3	7.9	4.0	86.2	113.2
74.4	7.8	4.0	86.2	113.2
74.5	7.8	4.0	86.3	113.3
74.6	7.7	4.0	86.3	113.3
74.7	7.7	4.0	86.4	113.4
74.8	7.6	4.0	86.4	113.4
74.9	7.6	4.0	86.5	113.5
75.0	**7.5**	**4.0**	**86.5**	**113.5**
75.1	7.5	4.0	86.6	113.6
75.2	7.4	4.0	86.6	113.6
75.3	7.4	4.0	86.7	113.7
75.4	7.3	4.0	86.7	113.7
75.5	7.3	4.0	86.8	113.8
75.6	7.2	4.0	86.8	113.8
75.7	7.2	4.0	86.9	113.9
75.8	7.1	4.0	86.9	113.9
75.9	7.1	4.0	87.0	114.0
76.0	**7.0**	**4.0**	**87.0**	**114.0**
76.1	7.0	4.0	87.1	114.1
76.2	6.9	4.0	87.1	114.1
76.3	6.9	4.0	87.2	114.2
76.4	6.8	4.0	87.2	114.2
76.5	6.8	4.0	87.3	114.3
76.6	6.7	4.0	87.3	114.3
76.7	6.7	4.0	87.4	114.4
76.8	6.6	4.0	87.4	114.4
76.9	6.6	4.0	87.5	114.5
77.0	**6.5**	**4.0**	**87.5**	**114.5**
77.1	6.5	4.0	87.6	114.6
77.2	6.4	4.0	87.6	114.6
77.3	6.4	4.0	87.7	114.7
77.4	6.3	4.0	87.7	114.7
77.5	6.3	4.0	87.8	114.8
77.6	6.2	4.0	87.8	114.8
77.7	6.2	4.0	87.9	114.9
77.8	6.1	4.0	87.9	114.9
77.9	6.1	4.0	88.0	115.0
78.0	**6.0**	**4.0**	**88.0**	**115.0**
78.1	6.0	4.0	88.1	115.1

78.2	5.9	4.0	88.1	115.1
78.3	5.9	4.0	88.2	115.2
78.4	5.8	4.0	88.2	115.2
78.5	5.8	4.0	88.3	115.3
78.6	5.7	4.0	88.3	115.3
78.7	5.7	4.0	88.4	115.4
78.8	5.6	4.0	88.4	115.4
78.9	5.6	4.0	88.5	115.5
79.0	**5.5**	**4.0**	**88.5**	**115.5**
79.1	5.5	4.0	88.6	115.6
79.2	5.4	4.0	88.6	115.6
79.3	5.4	4.0	88.7	115.7
79.4	5.3	4.0	88.7	115.7
79.5	5.3	4.0	88.8	115.8
79.6	5.2	4.0	88.8	115.8
79.7	5.2	4.0	88.9	115.9
79.8	5.1	4.0	88.9	115.9
79.9	5.1	4.0	89.0	116.0
80.0	**5.0**	**4.0**	**89.0**	**116.0**
80.1	5.0	4.0	89.1	116.1
80.2	4.9	4.0	89.1	116.1
80.3	4.9	4.0	89.2	116.2
80.4	4.8	4.0	89.2	116.2
80.5	4.8	4.0	89.3	116.3
80.6	4.7	4.0	89.3	116.3
80.7	4.7	4.0	89.4	116.4
80.8	4.6	4.0	89.4	116.4
80.9	4.6	4.0	89.5	116.5
81.0	**4.5**	**4.0**	**89.5**	**116.5**
81.1	4.5	4.0	89.6	116.6
81.2	4.4	4.0	89.6	116.6
81.3	4.4	4.0	89.7	116.7
81.4	4.3	4.0	89.7	116.7
81.5	4.3	4.0	89.8	116.8
81.6	4.2	4.0	89.8	116.8
81.7	4.2	4.0	89.9	116.9
81.8	4.1	4.0	89.9	116.9
81.9	4.1	4.0	90.0	117.0
82.0	**4.0**	**4.0**	**90.0**	**117.0**
82.1	4.0	4.0	90.1	117.1
82.2	3.9	4.0	90.1	117.1
82.3	3.9	4.0	90.2	117.2
82.4	3.8	4.0	90.2	117.2
82.5	3.8	4.0	90.3	117.3

82.6	3.7	4.0	90.3	117.3
82.7	3.7	4.0	90.4	117.4
82.8	3.6	4.0	90.4	117.4
82.9	3.6	4.0	90.5	117.5
83.0	**3.5**	**4.0**	**90.5**	**117.5**
83.1	3.5	4.0	90.6	117.6
83.2	3.4	4.0	90.6	117.6
83.3	3.4	4.0	90.7	117.7
83.4	3.3	4.0	90.7	117.7
83.5	3.3	4.0	90.8	117.8
83.6	3.2	4.0	90.8	117.8
83.7	3.2	4.0	90.9	117.9
83.8	3.1	4.0	90.9	117.9
83.9	3.1	4.0	91.0	118.0
84.0	**3.0**	**4.0**	**91.0**	**118.0**
84.1	3.0	4.0	91.1	118.1
84.2	2.9	4.0	91.1	118.1
84.3	2.9	4.0	91.2	118.2
84.4	2.8	4.0	91.2	118.2
84.5	2.8	4.0	91.3	118.3
84.6	2.7	4.0	91.3	118.3
84.7	2.7	4.0	91.4	118.4
84.8	2.6	4.0	91.4	118.4
84.9	2.6	4.0	91.5	118.5
85.0	**2.5**	**4.0**	**91.5**	**118.5**
85.1	2.5	4.0	91.6	118.6
85.2	2.4	4.0	91.6	118.6
85.3	2.4	4.0	91.7	118.7
85.4	2.3	4.0	91.7	118.7
85.5	2.3	4.0	91.8	118.8
85.6	2.2	4.0	91.8	118.8
85.7	2.2	4.0	91.9	118.9
85.8	2.1	4.0	91.9	118.9
85.9	2.1	4.0	92.0	119.0
86.0	**2.0**	**4.0**	**92.0**	**119.0**
86.1	2.0	4.0	92.1	119.1
86.2	1.9	4.0	92.1	119.1
86.3	1.9	4.0	92.2	119.2
86.4	1.8	4.0	92.2	119.2
86.5	1.8	4.0	92.3	119.3
86.6	1.7	4.0	92.3	119.3
86.7	1.7	4.0	92.4	119.4
86.8	1.6	4.0	92.4	119.4
86.9	1.6	4.0	92.5	119.5

87.0	**1.5**	**4.0**	**92.5**	**119.5**
87.1	1.5	4.0	92.6	119.6
87.2	1.4	4.0	92.6	119.6
87.3	1.4	4.0	92.7	119.7
87.4	1.3	4.0	92.7	119.7
87.5	1.3	4.0	92.8	119.8
87.6	1.2	4.0	92.8	119.8
87.7	1.2	4.0	92.9	119.9
87.8	1.1	4.0	92.9	119.9
87.9	1.1	4.0	93.0	120.0
88.0	**1.0**	**4.0**	**93.0**	**120.0**
88.1	1.0	4.0	93.1	120.1
88.2	0.9	4.0	93.1	120.1
88.3	0.9	4.0	93.2	120.2
88.4	0.8	4.0	93.2	120.2
88.5	0.8	4.0	93.3	120.3
88.6	0.7	4.0	93.3	120.3
88.7	0.7	4.0	93.4	120.4
88.8	0.6	4.0	93.4	120.4
88.9	0.6	4.0	93.5	120.5
89.0	**0.5**	**4.0**	**93.5**	**120.5**
89.1	0.5	4.0	93.6	120.6
89.2	0.4	4.0	93.6	120.6
89.3	0.4	4.0	93.7	120.7
89.4	0.3	4.0	93.7	120.7
89.5	0.3	4.0	93.8	120.8
89.6	0.2	4.0	93.8	120.8
89.7	0.2	4.0	93.9	120.9
89.8	0.1	4.0	93.9	120.9
89.9	0.1	4.0	94.0	121.0
90.0	**0.0**	**4.0**	**94.0**	**121.0**

Youth A Women

AW = 50% of the difference between 70 kg and BW (maximum 8 kg)

TW = BW + AW + 4 kg RC = Total weight (TW)

Body Weight BW in Kg	Additional Weight AW in kg	Race Clothing RC in kg	Total Weight TW in kg	Total Weight with Sled
54.1	8.0	4.0	66.1	89.1
54.2	7.9	4.0	66.1	89.1
54.3	7.9	4.0	66.2	89.2
54.4	7.8	4.0	66.2	89.2
54.5	7.8	4.0	66.3	89.3
54.6	7.7	4.0	66.3	89.3
54.7	7.7	4.0	66.4	89.4
54.8	7.6	4.0	66.4	89.4
54.9	7.6	4.0	66.5	89.5
55.0	**7.5**	**4.0**	**66.5**	**89.5**
55.1	7.5	4.0	66.6	89.6
55.2	7.4	4.0	66.6	89.6
55.3	7.4	4.0	66.7	89.7
55.4	7.3	4.0	66.7	89.7
55.5	7.3	4.0	66.8	89.8
55.6	7.2	4.0	66.8	89.8
55.7	7.2	4.0	66.9	89.9
55.8	7.1	4.0	66.9	89.9
55.9	7.1	4.0	67.0	90.0
56.0	**7.0**	**4.0**	**67.0**	**90.0**
56.1	7.0	4.0	67.1	90.1
56.2	6.9	4.0	67.1	90.1
56.3	6.9	4.0	67.2	90.2
56.4	6.8	4.0	67.2	90.2
56.5	6.8	4.0	67.3	90.3
56.6	6.7	4.0	67.3	90.3
56.7	6.7	4.0	67.4	90.4
56.8	6.6	4.0	67.4	90.4
56.9	6.6	4.0	67.5	90.5
57.0	**6.5**	**4.0**	**67.5**	**90.5**
57.1	6.5	4.0	67.6	90.6
57.2	6.4	4.0	67.6	90.6
57.3	6.4	4.0	67.7	90.7
57.4	6.3	4.0	67.7	90.7
57.5	6.3	4.0	67.8	90.8
57.6	6.2	4.0	67.8	90.8
57.7	6.2	4.0	67.9	90.9
57.8	6.1	4.0	67.9	90.9

57.9	6.1	4.0	68.0	91.0
58.0	**6.0**	**4.0**	**68.0**	**91.0**
58.1	6.0	4.0	68.1	91.1
58.2	5.9	4.0	68.1	91.1
58.3	5.9	4.0	68.2	91.2
58.4	5.8	4.0	68.2	91.2
58.5	5.8	4.0	68.3	91.3
58.6	5.7	4.0	68.3	91.3
58.7	5.7	4.0	68.4	91.4
58.8	5.6	4.0	68.4	91.4
58.9	5.6	4.0	68.5	91.5
59.0	**5.5**	**4.0**	**68.5**	**91.5**
59.1	5.5	4.0	68.6	91.6
59.2	5.4	4.0	68.6	91.6
59.3	5.4	4.0	68.7	91.7
59.4	5.3	4.0	68.7	91.7
59.5	5.3	4.0	68.8	91.8
59.6	5.2	4.0	68.8	91.8
59.7	5.2	4.0	68.9	91.9
59.8	5.1	4.0	68.9	91.9
59.9	5.1	4.0	69.0	92.0
60.0	**5.0**	**4.0**	**69.0**	**92.0**
60.1	5.0	4.0	69.1	92.1
60.2	4.9	4.0	69.1	92.1
60.3	4.9	4.0	69.2	92.2
60.4	4.8	4.0	69.2	92.2
60.5	4.8	4.0	69.3	92.3
60.6	4.7	4.0	69.3	92.3
60.7	4.7	4.0	69.4	92.4
60.8	4.6	4.0	69.4	92.4
60.9	4.6	4.0	69.5	92.5
61.0	**4.5**	**4.0**	**69.5**	**92.5**
61.1	4.5	4.0	69.6	92.6
61.2	4.4	4.0	69.6	92.6
61.3	4.4	4.0	69.7	92.7
61.4	4.3	4.0	69.7	92.7
61.5	4.3	4.0	69.8	92.8
61.6	4.2	4.0	69.8	92.8
61.7	4.2	4.0	69.9	92.9
61.8	4.1	4.0	69.9	92.9
61.9	4.1	4.0	70.0	93.0
62.0	**4.0**	**4.0**	**70.0**	**93.0**
62.1	4.0	4.0	70.1	93.1
62.2	3.9	4.0	70.1	93.1

62.3	3.9	4.0	70.2	93.2
62.4	3.8	4.0	70.2	93.2
62.5	3.8	4.0	70.3	93.3
62.6	3.7	4.0	70.3	93.3
62.7	3.7	4.0	70.4	93.4
62.8	3.6	4.0	70.4	93.4
62.9	3.6	4.0	70.5	93.5
63.0	**3.5**	**4.0**	**70.5**	**93.5**
63.1	3.5	4.0	70.6	93.6
63.2	3.4	4.0	70.6	93.6
63.3	3.4	4.0	70.7	93.7
63.4	3.3	4.0	70.7	93.7
63.5	3.3	4.0	70.8	93.8
63.6	3.2	4.0	70.8	93.8
63.7	3.2	4.0	70.9	93.9
63.8	3.1	4.0	70.9	93.9
63.9	3.1	4.0	71.0	94.0
64.0	**3.0**	**4.0**	**71.0**	**94.0**
64.1	3.0	4.0	71.1	94.1
64.2	2.9	4.0	71.1	94.1
64.3	2.9	4.0	71.2	94.2
64.4	2.8	4.0	71.2	94.2
64.5	2.8	4.0	71.3	94.3
64.6	2.7	4.0	71.3	94.3
64.7	2.7	4.0	71.4	94.4
64.8	2.6	4.0	71.4	94.4
64.9	2.6	4.0	71.5	94.5
65.0	**2.5**	**4.0**	**71.5**	**94.5**
65.1	2.5	4.0	71.6	94.6
65.2	2.4	4.0	71.6	94.6
65.3	2.4	4.0	71.7	94.7
65.4	2.3	4.0	71.7	94.7
65.5	2.3	4.0	71.8	94.8
65.6	2.2	4.0	71.8	94.8
65.7	2.2	4.0	71.9	94.9
65.8	2.1	4.0	71.9	94.9
65.9	2.1	4.0	72.0	95.0
66.0	**2.0**	**4.0**	**72.0**	**95.0**
66.1	2.0	4.0	72.1	95.1
66.2	1.9	4.0	72.1	95.1
66.3	1.9	4.0	72.2	95.2
66.4	1.8	4.0	72.2	95.2
66.5	1.8	4.0	72.3	95.3
66.6	1.7	4.0	72.3	95.3

66.7	1.7	4.0	72.4	95.4
66.8	1.6	4.0	72.4	95.4
66.9	1.6	4.0	72.5	95.5
67.0	**1.5**	**4.0**	**72.5**	**95.5**
67.1	1.5	4.0	72.6	95.6
67.2	1.4	4.0	72.6	95.6
67.3	1.4	4.0	72.7	95.7
67.4	1.3	4.0	72.7	95.7
67.5	1.3	4.0	72.8	95.8
67.6	1.2	4.0	72.8	95.8
67.7	1.2	4.0	72.9	95.9
67.8	1.1	4.0	72.9	95.9
67.9	1.1	4.0	73.0	96.0
68.0	**1.0**	**4.0**	**73.0**	**96.0**
68.1	1.0	4.0	73.1	96.1
68.2	0.9	4.0	73.1	96.1
68.3	0.9	4.0	73.2	96.2
68.4	0.8	4.0	73.2	96.2
68.5	0.8	4.0	73.3	96.3
68.6	0.7	4.0	73.3	96.3
68.7	0.7	4.0	73.4	96.4
68.8	0.6	4.0	73.4	96.4
68.9	0.6	4.0	73.5	96.5
69.0	**0.5**	**4.0**	**73.5**	**96.5**
69.1	0.5	4.0	73.6	96.6
69.2	0.4	4.0	73.6	96.6
69.3	0.4	4.0	73.7	96.7
69.4	0.3	4.0	73.7	96.7
69.5	0.3	4.0	73.8	96.8
69.6	0.2	4.0	73.8	96.8
69.7	0.2	4.0	73.9	96.9
69.8	0.1	4.0	73.9	96.9
69.9	0.1	4.0	74.0	97.0
70.0	**0.0**	**4.0**	**74.0**	**97.0**

Doubles Youth A Women

AW = 50% of the difference between 50 kg and BW (maximum 8 kg)

TW = BW + AW + 4 kg RC = Total weight (TW)

Body Weight BW in Kg	Additional Weight AW in kg	Race Clothing RC in kg	Total Weight TW in kg	Total Weight with Sled
54.1	8.0	4.0	66.1	96.1
54.2	7.9	4.0	66.1	96.1
54.3	7.9	4.0	66.2	96.2
54.4	7.8	4.0	66.2	96.2
54.5	7.8	4.0	66.3	96.3
54.6	7.7	4.0	66.3	96.3
54.7	7.7	4.0	66.4	96.4
54.8	7.6	4.0	66.4	96.4
54.9	7.6	4.0	66.5	96.5
55.0	**7.5**	**4.0**	**66.5**	**96.5**
55.1	7.5	4.0	66.6	96.6
55.2	7.4	4.0	66.6	96.6
55.3	7.4	4.0	66.7	96.7
55.4	7.3	4.0	66.7	96.7
55.5	7.3	4.0	66.8	96.8
55.6	7.2	4.0	66.8	96.8
55.7	7.2	4.0	66.9	96.9
55.8	7.1	4.0	66.9	96.9
55.9	7.1	4.0	67.0	97.0
56.0	**7.0**	**4.0**	**67.0**	**97.0**
56.1	7.0	4.0	67.1	97.1
56.2	6.9	4.0	67.1	97.1
56.3	6.9	4.0	67.2	97.2
56.4	6.8	4.0	67.2	97.2
56.5	6.8	4.0	67.3	97.3
56.6	6.7	4.0	67.3	97.3
56.7	6.7	4.0	67.4	97.4
56.8	6.6	4.0	67.4	97.4
56.9	6.6	4.0	67.5	97.5
57.0	**6.5**	**4.0**	**67.5**	**97.5**
57.1	6.5	4.0	67.6	97.6
57.2	6.4	4.0	67.6	97.6
57.3	6.4	4.0	67.7	97.7
57.4	6.3	4.0	67.7	97.7
57.5	6.3	4.0	67.8	97.8
57.6	6.2	4.0	67.8	97.8
57.7	6.2	4.0	67.9	97.9
57.8	6.1	4.0	67.9	97.9

57.9	6.1	4.0	68.0	98.0
58.0	**6.0**	**4.0**	**68.0**	**98.0**
58.1	6.0	4.0	68.1	98.1
58.2	5.9	4.0	68.1	98.1
58.3	5.9	4.0	68.2	98.2
58.4	5.8	4.0	68.2	98.2
58.5	5.8	4.0	68.3	98.3
58.6	5.7	4.0	68.3	98.3
58.7	5.7	4.0	68.4	98.4
58.8	5.6	4.0	68.4	98.4
58.9	5.6	4.0	68.5	98.5
59.0	**5.5**	**4.0**	**68.5**	**98.5**
59.1	5.5	4.0	68.6	98.6
59.2	5.4	4.0	68.6	98.6
59.3	5.4	4.0	68.7	98.7
59.4	5.3	4.0	68.7	98.7
59.5	5.3	4.0	68.8	98.8
59.6	5.2	4.0	68.8	98.8
59.7	5.2	4.0	68.9	98.9
59.8	5.1	4.0	68.9	98.9
59.9	5.1	4.0	69.0	99.0
60.0	**5.0**	**4.0**	**69.0**	**99.0**
60.1	5.0	4.0	69.1	99.1
60.2	4.9	4.0	69.1	99.1
60.3	4.9	4.0	69.2	99.2
60.4	4.8	4.0	69.2	99.2
60.5	4.8	4.0	69.3	99.3
60.6	4.7	4.0	69.3	99.3
60.7	4.7	4.0	69.4	99.4
60.8	4.6	4.0	69.4	99.4
60.9	4.6	4.0	69.5	99.5
61.0	**4.5**	**4.0**	**69.5**	**99.5**
61.1	4.5	4.0	69.6	99.6
61.2	4.4	4.0	69.6	99.6
61.3	4.4	4.0	69.7	99.7
61.4	4.3	4.0	69.7	99.7
61.5	4.3	4.0	69.8	99.8
61.6	4.2	4.0	69.8	99.8
61.7	4.2	4.0	69.9	99.9
61.8	4.1	4.0	69.9	99.9
61.9	4.1	4.0	70.0	100.0
62.0	**4.0**	**4.0**	**70.0**	**100.0**
62.1	4.0	4.0	70.1	100.1
62.2	3.9	4.0	70.1	100.1

62.3	3.9	4.0	70.2	100.2
62.4	3.8	4.0	70.2	100.2
62.5	3.8	4.0	70.3	100.3
62.6	3.7	4.0	70.3	100.3
62.7	3.7	4.0	70.4	100.4
62.8	3.6	4.0	70.4	100.4
62.9	3.6	4.0	70.5	100.5
63.0	**3.5**	**4.0**	**70.5**	**100.5**
63.1	3.5	4.0	70.6	100.6
63.2	3.4	4.0	70.6	100.6
63.3	3.4	4.0	70.7	100.7
63.4	3.3	4.0	70.7	100.7
63.5	3.3	4.0	70.8	100.8
63.6	3.2	4.0	70.8	100.8
63.7	3.2	4.0	70.9	100.9
63.8	3.1	4.0	70.9	100.9
63.9	3.1	4.0	71.0	101.0
64.0	**3.0**	**4.0**	**71.0**	**101.0**
64.1	3.0	4.0	71.1	101.1
64.2	2.9	4.0	71.1	101.1
64.3	2.9	4.0	71.2	101.2
64.4	2.8	4.0	71.2	101.2
64.5	2.8	4.0	71.3	101.3
64.6	2.7	4.0	71.3	101.3
64.7	2.7	4.0	71.4	101.4
64.8	2.6	4.0	71.4	101.4
64.9	2.6	4.0	71.5	101.5
65.0	**2.5**	**4.0**	**71.5**	**101.5**
65.1	2.5	4.0	71.6	101.6
65.2	2.4	4.0	71.6	101.6
65.3	2.4	4.0	71.7	101.7
65.4	2.3	4.0	71.7	101.7
65.5	2.3	4.0	71.8	101.8
65.6	2.2	4.0	71.8	101.8
65.7	2.2	4.0	71.9	101.9
65.8	2.1	4.0	71.9	101.9
65.9	2.1	4.0	72.0	102.0
66.0	**2.0**	**4.0**	**72.0**	**102.0**
66.1	2.0	4.0	72.1	102.1
66.2	1.9	4.0	72.1	102.1
66.3	1.9	4.0	72.2	102.2
66.4	1.8	4.0	72.2	102.2
66.5	1.8	4.0	72.3	102.3
66.6	1.7	4.0	72.3	102.3

66.7	1.7	4.0	72.4	102.4
66.8	1.6	4.0	72.4	102.4
66.9	1.6	4.0	72.5	102.5
67.0	**1.5**	**4.0**	**72.5**	**102.5**
67.1	1.5	4.0	72.6	102.6
67.2	1.4	4.0	72.6	102.6
67.3	1.4	4.0	72.7	102.7
67.4	1.3	4.0	72.7	102.7
67.5	1.3	4.0	72.8	102.8
67.6	1.2	4.0	72.8	102.8
67.7	1.2	4.0	72.9	102.9
67.8	1.1	4.0	72.9	102.9
67.9	1.1	4.0	73.0	103.0
68.0	**1.0**	**4.0**	**73.0**	**103.0**
68.1	1.0	4.0	73.1	103.1
68.2	0.9	4.0	73.1	103.1
68.3	0.9	4.0	73.2	103.2
68.4	0.8	4.0	73.2	103.2
68.5	0.8	4.0	73.3	103.3
68.6	0.7	4.0	73.3	103.3
68.7	0.7	4.0	73.4	103.4
68.8	0.6	4.0	73.4	103.4
68.9	0.6	4.0	73.5	103.5
69.0	**0.5**	**4.0**	**73.5**	**103.5**
69.1	0.5	4.0	73.6	103.6
69.2	0.4	4.0	73.6	103.6
69.3	0.4	4.0	73.7	103.7
69.4	0.3	4.0	73.7	103.7
69.5	0.3	4.0	73.8	103.8
69.6	0.2	4.0	73.8	103.8
69.7	0.2	4.0	73.9	103.9
69.8	0.1	4.0	73.9	103.9
69.9	0.1	4.0	74.0	104.0
70.0	**0.0**	**4.0**	**74.0**	**104.0**

Doubles Youth A Men

AW = 50% of the difference between 75 kg and BW (maximum 10 kg)

TW = BW + AW + 4 kg RC = Total weight (TW)

Body Weight BW in Kg	**Additional Weight AW in kg**	**Race Clothing RC in kg**	**Total Weight TW in kg**	**Total Weight with Sled**
55.0	**10.0**	**4.0**	**69.0**	**96.0**
55.1	10.0	4.0	69.1	96.1
55.2	9.9	4.0	69.1	96.1
55.3	9.9	4.0	69.2	96.2
55.4	9.8	4.0	69.2	96.2
55.5	9.8	4.0	69.3	96.3
55.6	9.7	4.0	69.3	96.3
55.7	9.7	4.0	69.4	96.4
55.8	9.6	4.0	69.4	96.4
55.9	9.6	4.0	69.5	96.5
56.0	**9.5**	**4.0**	**69.5**	**96.5**
56.1	9.5	4.0	69.6	96.6
56.2	9.4	4.0	69.6	96.6
56.3	9.4	4.0	69.7	96.7
56.4	9.3	4.0	69.7	96.7
56.5	9.3	4.0	69.8	96.8
56.6	9.2	4.0	69.8	96.8
56.7	9.2	4.0	69.9	96.9
56.8	9.1	4.0	69.9	96.9
56.9	9.1	4.0	70.0	97.0
57.0	**9.0**	**4.0**	**70.0**	**97.0**
57.1	9.0	4.0	70.1	97.1
57.2	8.9	4.0	70.1	97.1
57.3	8.9	4.0	70.2	97.2
57.4	8.8	4.0	70.2	97.2
57.5	8.8	4.0	70.3	97.3
57.6	8.7	4.0	70.3	97.3
57.7	8.7	4.0	70.4	97.4
57.8	8.6	4.0	70.4	97.4
57.9	8.6	4.0	70.5	97.5
58.0	**8.5**	**4.0**	**70.5**	**97.5**
58.1	8.5	4.0	70.6	97.6
58.2	8.4	4.0	70.6	97.6
58.3	8.4	4.0	70.7	97.7
58.4	8.3	4.0	70.7	97.7
58.5	8.3	4.0	70.8	97.8
58.6	8.2	4.0	70.8	97.8
58.7	8.2	4.0	70.9	97.9

58.8	8.1	4.0	70.9	97.9
58.9	8.1	4.0	71.0	98.0
59.0	**8.0**	**4.0**	**71.0**	**98.0**
59.1	8.0	4.0	71.1	98.1
59.2	7.9	4.0	71.1	98.1
59.3	7.9	4.0	71.2	98.2
59.4	7.8	4.0	71.2	98.2
59.5	7.8	4.0	71.3	98.3
59.6	7.7	4.0	71.3	98.3
59.7	7.7	4.0	71.4	98.4
59.8	7.6	4.0	71.4	98.4
59.9	7.6	4.0	71.5	98.5
60.0	**7.5**	**4.0**	**71.5**	**98.5**
60.1	7.5	4.0	71.6	98.6
60.2	7.4	4.0	71.6	98.6
60.3	7.4	4.0	71.7	98.7
60.4	7.3	4.0	71.7	98.7
60.5	7.3	4.0	71.8	98.8
60.6	7.2	4.0	71.8	98.8
60.7	7.2	4.0	71.9	98.9
60.8	7.1	4.0	71.9	98.9
60.9	7.1	4.0	72.0	99.0
61.0	**7.0**	**4.0**	**72.0**	**99.0**
61.1	7.0	4.0	72.1	99.1
61.2	6.9	4.0	72.1	99.1
61.3	6.9	4.0	72.2	99.2
61.4	6.8	4.0	72.2	99.2
61.5	6.8	4.0	72.3	99.3
61.6	6.7	4.0	72.3	99.3
61.7	6.7	4.0	72.4	99.4
61.8	6.6	4.0	72.4	99.4
61.9	6.6	4.0	72.5	99.5
62.0	**6.5**	**4.0**	**72.5**	**99.5**
62.1	6.5	4.0	72.6	99.6
62.2	6.4	4.0	72.6	99.6
62.3	6.4	4.0	72.7	99.7
62.4	6.3	4.0	72.7	99.7
62.5	6.3	4.0	72.8	99.8
62.6	6.2	4.0	72.8	99.8
62.7	6.2	4.0	72.9	99.9
62.8	6.1	4.0	72.9	99.9
62.9	6.1	4.0	73.0	100.0
63.0	**6.0**	**4.0**	**73.0**	**100.0**
63.1	6.0	4.0	73.1	100.1

63.2	5.9	4.0	73.1	100.1
63.3	5.9	4.0	73.2	100.2
63.4	5.8	4.0	73.2	100.2
63.5	5.8	4.0	73.3	100.3
63.6	5.7	4.0	73.3	100.3
63.7	5.7	4.0	73.4	100.4
63.8	5.6	4.0	73.4	100.4
63.9	5.6	4.0	73.5	100.5
64.0	**5.5**	**4.0**	**73.5**	**100.5**
64.1	5.5	4.0	73.6	100.6
64.2	5.4	4.0	73.6	100.6
64.3	5.4	4.0	73.7	100.7
64.4	5.3	4.0	73.7	100.7
64.5	5.3	4.0	73.8	100.8
64.6	5.2	4.0	73.8	100.8
64.7	5.2	4.0	73.9	100.9
64.8	5.1	4.0	73.9	100.9
64.9	5.1	4.0	74.0	101.0
65.0	**5.0**	**4.0**	**74.0**	**101.0**
65.1	5.0	4.0	74.1	101.1
65.2	4.9	4.0	74.1	101.1
65.3	4.9	4.0	74.2	101.2
65.4	4.8	4.0	74.2	101.2
65.5	4.8	4.0	74.3	101.3
65.6	4.7	4.0	74.3	101.3
65.7	4.7	4.0	74.4	101.4
65.8	4.6	4.0	74.4	101.4
65.9	4.6	4.0	74.5	101.5
66.0	**4.5**	**4.0**	**74.5**	**101.5**
66.1	4.5	4.0	74.6	101.6
66.2	4.4	4.0	74.6	101.6
66.3	4.4	4.0	74.7	101.7
66.4	4.3	4.0	74.7	101.7
66.5	4.3	4.0	74.8	101.8
66.6	4.2	4.0	74.8	101.8
66.7	4.2	4.0	74.9	101.9
66.8	4.1	4.0	74.9	101.9
66.9	4.1	4.0	75.0	102.0
67.0	**4.0**	**4.0**	**75.0**	**102.0**
67.1	4.0	4.0	75.1	102.1
67.2	3.9	4.0	75.1	102.1
67.3	3.9	4.0	75.2	102.2
67.4	3.8	4.0	75.2	102.2
67.5	3.8	4.0	75.3	102.3

67.6	3.7	4.0	75.3	102.3
67.7	3.7	4.0	75.4	102.4
67.8	3.6	4.0	75.4	102.4
67.9	3.6	4.0	75.5	102.5
68.0	**3.5**	**4.0**	**75.5**	**102.5**
68.1	3.5	4.0	75.6	102.6
68.2	3.4	4.0	75.6	102.6
68.3	3.4	4.0	75.7	102.7
68.4	3.3	4.0	75.7	102.7
68.5	3.3	4.0	75.8	102.8
68.6	3.2	4.0	75.8	102.8
68.7	3.2	4.0	75.9	102.9
68.8	3.1	4.0	75.9	102.9
68.9	3.1	4.0	76.0	103.0
69.0	**3.0**	**4.0**	**76.0**	**103.0**
69.1	3.0	4.0	76.1	103.1
69.2	2.9	4.0	76.1	103.1
69.3	2.9	4.0	76.2	103.2
69.4	2.8	4.0	76.2	103.2
69.5	2.8	4.0	76.3	103.3
69.6	2.7	4.0	76.3	103.3
69.7	2.7	4.0	76.4	103.4
69.8	2.6	4.0	76.4	103.4
69.9	2.6	4.0	76.5	103.5
70.0	**2.5**	**4.0**	**76.5**	**103.5**
70.1	2.5	4.0	76.6	103.6
70.2	2.4	4.0	76.6	103.6
70.3	2.4	4.0	76.7	103.7
70.4	2.3	4.0	76.7	103.7
70.5	2.3	4.0	76.8	103.8
70.6	2.2	4.0	76.8	103.8
70.7	2.2	4.0	76.9	103.9
70.8	2.1	4.0	76.9	103.9
70.9	2.1	4.0	77.0	104.0
71.0	**2.0**	**4.0**	**77.0**	**104.0**
71.1	2.0	4.0	77.1	104.1
71.2	1.9	4.0	77.1	104.1
71.3	1.9	4.0	77.2	104.2
71.4	1.8	4.0	77.2	104.2
71.5	1.8	4.0	77.3	104.3
71.6	1.7	4.0	77.3	104.3
71.7	1.7	4.0	77.4	104.4
71.8	1.6	4.0	77.4	104.4
71.9	1.6	4.0	77.5	104.5

72.0	**1.5**	**4.0**	**77.5**	**104.5**
72.1	1.5	4.0	77.6	104.6
72.2	1.4	4.0	77.6	104.6
72.3	1.4	4.0	77.7	104.7
72.4	1.3	4.0	77.7	104.7
72.5	1.3	4.0	77.8	104.8
72.6	1.2	4.0	77.8	104.8
72.7	1.2	4.0	77.9	104.9
72.8	1.1	4.0	77.9	104.9
72.9	1.1	4.0	78.0	105.0
73.0	**1.0**	**4.0**	**78.0**	**105.0**
73.1	1.0	4.0	78.1	105.1
73.2	0.9	4.0	78.1	105.1
73.3	0.9	4.0	78.2	105.2
73.4	0.8	4.0	78.2	105.2
73.5	0.8	4.0	78.3	105.3
73.6	0.7	4.0	78.3	105.3
73.7	0.7	4.0	78.4	105.4
73.8	0.6	4.0	78.4	105.4
73.9	0.6	4.0	78.5	105.5
74.0	**0.5**	**4.0**	**78.5**	**105.5**
74.1	0.5	4.0	78.6	105.6
74.2	0.4	4.0	78.6	105.6
74.3	0.4	4.0	78.7	105.7
74.4	0.3	4.0	78.7	105.7
74.5	0.3	4.0	78.8	105.8
74.6	0.2	4.0	78.8	105.8
74.7	0.2	4.0	78.9	105.9
74.8	0.1	4.0	78.9	105.9
74.9	0.1	4.0	79.0	106.0
75.0	**0.0**	**4.0**	**79.0**	**106.0**