



The Official Special Olympics Cross Country Skiing Sports Rules shall govern all Special Olympics competitions. As an international sports program, Special Olympics New Hampshire has created these rules based on [Federation Internationale de Ski \(FIS\) rules for Cross-Country Skiing](#) and Special Olympics International rules found at https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Cross-Country-Skiing-Rules-2020.pdf?_ga=2.27099773.1582016580.1660814026-898989341.1611200015. These rules shall be employed except when they are in conflict with rules listed in this document. In such cases, the rules in this document shall apply.

Events Offered

Category 1

- 10 M Walk
- 15 M Walk
- 20 M Walk
- 25 M Walk

Category 2

- 50 M
- 100 M
- 200 M
- 400 M
- 4x100 M Relay
- 4x100 M Unified Sports Relay

Category 3

- 500 M
- 1 KM
- 3 KM
- 5 KM
- 7.5 KM
- 10 KM

Registration

- An athlete may only compete in one category above.
- An athlete may compete in up to four events (not including time trials).
 - Note: For Category 3 athletes, event makeup may consist of up to four events 5 KM and under or three events 5 KM and under and choice of either 7.5 KM or 10 KM.
 - The relay counts as one event.
- A relay team can register one alternate athlete and/or one alternate partner.

Divisioning

- Each category will be divisioned separately.
- Divisions will be created using only ability level (not age or gender).

Equipment

- Competitors must wear assigned bib in a position visible to officials at all times. The bib shall be worn over the athlete's head so the number shows on both their front and back. The bib is attached with two anchors, one on the left, and the other on the right side of the athlete, connecting the front and back.
- All competitors must use cross-country skis and poles.

Competition

COURSE LAYOUT

- For races 200 meters and below, the course will be on a straightaway.
- For any event 400 meters or longer, the course will be in a loop.
- However, in case of minimal snow for events 400 meters or less, the course will be set according to the snow.
- Lanes will be two meters wide.
- A long-distance course shall offer a variety of terrain.

RACE PROCEDURE

- For events ranging from the 400-meter race through the 10-kilometer race, the start command shall be as follows: "Racer...15 seconds...10 seconds...5, 4, 3, 2, 1. GO!"
- For events ranging from 200 meters or less, the start command shall be: "Racers ready. 5, 4, 3, 2, 1. Go!" with a flag drop.
- Competitor has finished the race when his/her boots reach the vertical plane of the finish line.
- Interval start format (releasing one or two racers every 30 seconds) will be used for events 500 meters or longer.

RELAY PROCEDURE

- The designated exchange zone for relay races is 20 meters long, and the incoming racer must touch the outgoing racer with a hand in the exchange area.

Disqualification

A competitor may be disqualified for violating these rules. Common causes for disqualification include:

- Intentionally or improperly interfering with another competitor
- Preventing another competitor from passing
- Pacing of competitors
- Leaving the designated course area
- Making two false starts
- Making an improper exchange touch, i.e. outside of the designated relay exchange zone, or not touching within the designated exchange zone
- Crossing the finish line without both skis on his/her feet