



SPORTS for Exceptional Athletes Cross Country Skiing Rules



as of 12/29/08

The Cross Country Skiing Rules are based on FIS (Federation Internationale de Ski) and the generally accepted cross country skiing rules for persons with developmental disabilities.

1. Regular Events
 - a. 10 Meter Race
 - b. 25 Meter Race
 - c. 50 Meter Race
 - d. 100 Meter Race
 - e. 500 Meter Race
 - f. 1 Kilometer Race
 - g. 3 Kilometer Race
2. Relay Race Events
 - a. 4 X 100 Meter Relay Race
 - b. 4 X 1 Kilometer Relay Race
3. Number of Events
 - a. Athletes may enter 3 events plus 1 relay.
 - b. The Meet Director may allow athletes to enter all events based on the number of athletes enrolled in the meet.
4. Ability Level Divisions
 - a. Competition may be made up of athletes with developmental disabilities, families, friends and others in the community who want to compete. Ability level divisions will be made up so that athletes in the same division should be at least relatively close to other athletes in that division.