

Regulation

1. Discipline ski only
 2. Aerodynamic add-ins unauthorized (spoilers, profiles helmet, adhesive tape, KL suit or 100% water proof)
 3. Categories :
 - 1990 to 1997 (12 to 19 years old) Junior girls
 - 1990 to 1997 (12 10 19 years old) Juniors boys
 - From 1989 (20 years old and more) Senior ladies
 - From 1989 (20 years old and more) Senior men
 4. **Helmet, back protection and ski glasses mandatory**
 5. Start of the categories in the following order : Juniors (G then B), Senior (L then M)
 6. A discharge of liability will have to be signed by each skier at the bib number distribution.
 7. Bib number distribution at the race office.
Time and exact location specified for each resort in due time.
 8. Schedule of the races : see www.xspeedski.net
 9. Price giving ceremony, maximum 1 hour after the last run, prizes to the first three of each category + souvenir price for each skier.
 10. Diploma available on the site www.xspeedski.net the Monday following the race.
 11. The races :
 - 2 runs for qualification*
 - 1 run for the final

*one technical cut (speed or technical level) will be set up by the organizers, skiers who will not participate to the final (if time and weather allow) will make a third run from the second start level.

 - Final ranking = best speed of the three runs
 12. Cleanness, respect of the environment and of the schedule set up by the direction of the race.
 13. Recommendation :
 - Long skis (max. 225cm) – not carved (no slalom skis)
 - Suit race type downhill
 - Bend poles
- See with your sport store for long skis renting.