

CONTINENTAL CHAMPIONSHIPS - Rules extract

Competitors and team leaders are advised to consult the full regulations

5.9 GENERAL - The Continental Championships, are open only to official national teams belonging to a full ISF Member nation.

5.9.1 National teams from countries without full ISF membership may participate at the discretion of the ISF Board, in particular if they are presented by their country's highest sports authority. An extra registration fee set by the ISF is payable, and the ISF rules and regulations must be strictly adhered to. Only one team will be allowed per nation.

5.9.2 Each National Team is responsible for registering their competitors. All team members must be of the nationality of the country they represent.

5.10 NATIONAL TEAMS - The official national team of each country must be declared on the ISF official form at the beginning of the Championships and updated only for registering new members at least 12 hours before each race. Each team may be composed of a minimum of two to a maximum of 12 components (mixed gender).

5.10.1 A registered team member cannot be replaced by another that is not participating in the Continental Championships. All members of each team must be identified by the same kit or logo.

5.10.2 A representative from each team (Team Leader) will represent the team in every race. The team leader, who need not be the same person throughout the circuit, should be identified on registration at every race. It is the team leader's responsibility to liaise with the race organisers and/or ISF officials.

5.10.3 After registering with the ISF, entry must be made direct with the individual race organiser in compliance with the rules of that race.

5.11 REGISTRATION - For all ISF Continental Championships, national teams must register via their ISF full member association. Team members must belong to the country they represent (no foreign members). Skyrunners with dual nationality must select one nationality to represent at the beginning of each season.

5.12 INDIVIDUAL POINTS SYSTEM – Each race will assign points based on the winning men's/women's results according to the "Ranking points breakdown: 100-88-78-72-68-66-64-62-60-58-56-54-52-50 down to 2 points and down to the 40th position for men and 15th position for women". In the event of a tie, the best result in the last race will be counted in the General Ranking.

5.13 NATIONAL TEAMS POINTS SYSTEM – A team ranking system will be adopted based on the individual points accrued by the first three men and the first woman of the same team in each race obtained in all Championships races.

5.14 TITLES – At the conclusion of the Continental Championships, the first male and female competitors with the highest score will be declared "Skyrunner Continental Champions" (Combined Ranking). Also the team with the highest score will be declared "Skyrunner Continental Champion Team".

5.14.1 AWARDS - At the end of the Continental Championships, the first three ranked men and women will receive medals.