

# ***ISMC basic rules for the Individual Long Distance World Championships***

## **1/. Quota**

The quota for each country will be calculated as in the Individual Race (Sports Regulations, art. 3.2.1):

- 4 Senior Male
- 4 Senior Female
- 3 Espoirs Male
- 3 Espoirs Female

There will be no Bonus for any country.

## **2/. Start**

It will be one only mass start with separation for male and female, according to ISMC regulations.

## **3/. Not included in other rankings**

The Individual Long Distance World Championship will not be considered and therefore will not give point neither for Nation's Rank, Combined World Championship, nor for International Ranking.

## **4/. Basic related Regulations**

This race is regulated by the ISMC Regulations: Sport Regulations, Ranking regulations, and Organizing Regulations.

Any other item not included in this document or in ISMC regulations will be decided by the Jury of the Race.

Approved in Ordino (Andorra) by the ISMC board on 09.02.2008