

IMC 2016 COMPETITION GUIDE LINES

International Masters Championships 2016 in ski jumping and Nordic combined will follow the official rules of IMC and the following competition guidelines confirmed by the IMC.

Official organizer of this event is Orkdal IL Ski at

Knyken Ski Center, 7320 Fannrem, Norway

Ski jumping

Every competitor (male, female) can participate two (2) personal competitions organized in two different size hills.

Following hills are available in Knyken Ski Center, Norway:

HS23, HS33, HS55 and HS75, from these you can choose 1-2 hills.

HS23 has only two classes: age groups under 50 years and over 50 years

Participants in official competitions compete in following age groups:

30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89...

Age prior to 1.1.2016 determines the age group.

If some of the 35-59 classes have less than three (3) competitors, they will compete in next younger age class.

A special invitational junior veteran ski jumping competition will be organized for age group 25-29 for men on HS75, and for women on HS55.

Every visiting country has right to enter for these competitions two (2) competitors, and hosting country four (4).

Women are asked in entry form to inform the size of the hills in which they are willing to compete.

The event will start in the following order, oldest to youngest classes.

Nordic combined

Every competitor can register to only one (1) personal Nordic combined competition, which will be organized following the Gundersen method.

For nordic combined, only one (1), the first jump from ski jumping competition is counted.

HS55, classes between 30-34, 35-39, 40-44, 45-49, 50-54 and 55-59 (02.03.16)

HS33, classes 60-64, 65-69, 70-74, and over 75 years. (03.03.16)

Points are collected and converted to time difference for cross country skiing.

Tracks are of medium difficulty.

Skiing distances are:

age groups 30-49 8 km 15 points/minute

age groups 50-59 6 km 20 points/minute

age groups 60-69 4 km 25 points/minute

age group 70- 2 km 40 points/minute

Competition starts from oldest age groups. 2 km, 4 km, 6km and will finish by 8 km races.

NOTE!

No invitational Nordic combined competition is scheduled for IMC-2016!

Team event, ski jumping

National teams are composed of four (4) competitors.

Mixed teams can also participate, but those will compete outside of official competition.

Team should have one (1) jumper from each following age groups:

30-39 years, 40-49 years, 50-59 years and over 60 years

Athlete can also represent his team in age group younger than athlete's own age.

Team entries

Must be made in team leaders meeting on 04.03.16. at 17.30 hours.

Team event will be jumped from HS75.

Team event, Nordic combined

National teams are composed of four (4) competitors.

Mixed teams can also participate, but will compete outside of official competition.

Team should have one (1) jumper from each following age groups:

30-39 years, 40-49 years, 50-59 years and over 60 years.

Athlete can also represent his team age groups in younger than athlete's own age.

Points from ski jumping are collected as follows:

Classes 30-59 yrs. - first round jump from HS55 competition (02.03.16)

Class over 60 yrs. - first round jump from HS33 competition (03.03.16)

Points of the members of the team are added together and converted to time difference for cross country skiing.

Cross country relay skiing will follow Gundersen method.

Competition will start from oldest age groups.

Distances are:

Age groups over 60 years: 1km

50-59 years: 2km

40-49 years: 3km

30-39 years: 3km.

Team entries must be made not later than in team leaders meeting on 03.03.16 at 17.30 hours.

ACCOMMODATION

Accommodation must be booked straight from the listed accommodation services

REGISTRATION

Registrations for IMC-2016 should be made before 17.02.2016.

Entries should be made using the **entry form** found in IMC-2016 websites at www.orkdal-il.no

this site also contains additional useful information about the IMC-2016 program.

Completed entry form (s) should be sent by e-mail: vm@orkdal-il.no.

NOTE!!

Just use this email vm@orkdal-il.no to send the entry form.

All other request should be addressed to Magne Fossbakk, His contact info you can find at bottom of page

ENTRY FEES

Ski jumping 30€/athlete /competition (ie. 2 races → 60€)

Nordic combined 28€/athlete

Entry fee must be paid no later than 17.02.16

Team events are free of charge

Note!!

In case of late entry (after 17.02.16), entry fee is double the normal entry fee (ie 60€). Entry fees are not refundable.

BANK

Orkdal IL

IBAN: NO28 4270 1246 610

SWIFT: OKDLNO21XXX

ADDITIONAL INFO

Magne Fossbakk,

Phone: 0047 911 39 450

Email: daglig.leder@orkdal-il.no