

RACE RULES AND EVENT REGULATIONS FOR SLED DOG SPORTS

ALL CLASSES



CHANGES TO THESE REGULATIONS SHALL BE APPROVED BY THE BOARD OF
DIRECTORS BY RESOLUTION/RECOMMENDATION FROM THE GENERAL ASSEMBLY

Approved by the Board of Directors of NHF (the Norwegian Sled Dog Racing
Association) on 31/08/2016

Most recently adjusted by the extraordinary general assembly on **15/06/2025**

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1. CHAPTER : GENERAL PURPOSES

- 1.1 The purpose of the competition rules and event regulations is to ensure proper animal welfare and the most unified rules possible for scheduled sled dog races in Norway, as arranged by NHF or organisations affiliated with NHF. These regulations shall at all times comply with the provisions set out in the **regulations relating to welfare for horses and dogs in competitions** (the Animal Competition Regulations) of 1 July 2021¹.

2. CHAPTER: GENERAL RULES

- 2.1 The race rules and event regulations for sled dog sports shall apply to NHF and all organisations affiliated with NHF (districts and clubs/sports teams affiliated with NHF), all members affiliated with NHF's clubs/sports teams, non-members participating in races organised by districts and clubs/sports teams affiliated with NHF, as well as all functionaries, dog owners, veterinarians, animal caretakers and others who contribute to the training and use of dogs in sled dog races.
- 2.2 The competitor shall be responsible for ensuring that dogs trained for and participating in races are suitable for the race type in question, that they are sufficiently trained to withstand the strain that may be incurred from the race, that they are healthy and prepared for the competition they will participate in and that dogs are ensured proper welfare, care and necessary rest at all times.
- 2.3 The organiser shall be responsible for ensuring that all races are conducted in safe conditions with regard to animal welfare, the safety of competitors and dogs and with regard to weather and trail conditions. The trail shall be safe for dogs and competitors and shall be prepared as well as permitted by conditions.
- 2.4 The organiser shall always have the contact details of the attending veterinarian and healthcare professionals to hand.
- 2.4.1 The organiser shall stop, postpone, modify or cancel the race if weather, trail conditions, the competition arena or other external conditions may expose dogs to serious injuries or strain.
- 2.4.2 The competitor shall refrain from participating in or withdraw from the competition if an organiser fails to fulfil its duties as specified in Section 2.4.1.
- 2.5 The sports' provisions on children's sports shall apply to all events and competitions organised in accordance with these regulations. Violations of the provisions may be sanctioned pursuant to Section 11-2 of the Norwegian Olympic and Paralympic Committee and Confederation of Sports' Code, see Section 2-3 of the Sanctions Regulations.

¹ <https://lovdata.no/dokument/LTI/forskrift/2020-12-09-2647>

- 2.6 All scheduled races shall be arranged in accordance with the rules and regulations adopted by NHF at any time. No exemptions from these regulations shall be granted for Norwegian Championship classes. For other races, other classes/distances may be arranged subject to agreement with the TD/TD Committee (technical delegate).
- 2.7 Organisers and competitors must familiarise themselves with the full regulations, including both the event and race regulations.
- 2.8 The age of the competitors shall be considered to remain the same for the full season and shall correspond to the age of the competitor on 31/12 of the year in which the season ends. The season is defined as the period between 01/05 and 30/04. No exemptions shall be granted in relation to competitor age. Nevertheless, the organiser may determine a higher minimum age for given classes pursuant to the race regulations.
- 2.9 The TD (main TD) shall ensure that a jury is appointed with the following composition: Main TD, race manager, event's chief veterinarian in races for which this is appointed, a representative of the race organiser and a team leader/handler with a personal deputy. The team leader/handler and deputy shall be elected at team leader meeting/musher meeting held prior to the competition. Everyone shall have one vote each, but the TD's vote shall be counted twice in the event of a tie.

The jury's decisions shall be final.

The jury constitutes the sanctioning body of the race and sanctions may be imposed only by the jury.

See also the NHF sanctions regulations².

3. CHAPTER: DEFINITIONS

- 3.1 Definitions of styles:
- Nordic style: The competitor follows the dog(s) on skis, with or without a pulka.
 - Sled: The competitor follows the dogs with a sled.
There are three sub-disciplines under sled:
LD = Long distance
MD = Mid-distance
S = sprint/short distance
 - Dryland: The competitor follows the dog(s) running, cycling, with a scooter or a rig on dryland.
 - Para: Found both on dryland and on snow. The class includes women, men, juniors and children with a physical disability (also including persons with visual and hearing impairments). The competitor accompanies the dog(s) on bicycle, cart, spiked toboggan, sled or skis.

3.2 The event organisation refers to the organisation that organises or facilitates races. In this context, NHF.

² <https://www.sleddog.no/wp-content/uploads/2018/11/NHFs-sanksjonsreglement-pr-2018.pdf>

- 3.3 Organiser refers to the natural or legal person responsible for the organisation and implementation of the race or event.
- 3.4 Technical organiser refers to the person(s) performing all or parts of the technical and practical implementation of the race by agreement with the organiser. The appointment of a technical organiser does not relieve the organiser of its responsibility or parts of the responsibility for the event.
- 3.5 Grading of races
- 3.5.1 Main race: Norwegian Championship, Boys'/Girls' Championship (N) and Seppala. See separate event regulations.
- 3.5.2 A-races: Ordinary races
- Each scheduled race with the exception of B-races (training, grassroot and low-profile races) (separate definition), shall have at least one TD appointed by NHF. The TD will be the organiser's advisor for the race to ensure that the race complies with NHF/Norwegian Olympic and Paralympic Committee and Confederation of Sports regulations for the proper implementation of the race. The TD/TD committee shall approve the invitation before this is issued. The TD shall chair the race jury during the race. An event chief veterinarian shall be appointed for high-intensity races, cf. the regulations relating to horse and dog welfare in competitions. **The event chief veterinarian shall be appointed by the organiser.**
- 3.5.3 B-races:
- Training, grassroot and low-profile races are simple races/events intended as recruitment or show races. No NHF club membership is required to participate in B-races. The organiser is not required to appoint a TD for the race, but all races must have an animal welfare inspector (AWI) pursuant to the regulations relating to horses and dogs in competitions.
- Dryland: Canicross, scooter, bikejoring and rig, up to 5 km.
- Nordic: Skijoring up to 5 km, single dog
- Sled, long distance: The race length cannot exceed 150 km. If the race exceeds 80 km, requirements for a minimum of four hours' rest, as well as other requirements arising for long-distance races, shall apply. Experienced persons are also required to ensure the safety of the competitor and dogs, as well as animal welfare. Mentors should also be available to provide guidance to beginners. Participating together with a companion can be permitted.
- 3.5.4 An event chief veterinarian shall be present for high-intensity races. A high-intensity race is any race exceeding 320 km or that include classes with more than six (6) dogs in a team and more than twenty (20) such teams participating within a given geographical area. The total distance of the event shall be the determining factor.

This will apply also to restarts.

- 3.6 Event chief veterinarian refers to an independent veterinarian appointed by the organiser. (See Section 3.5.2).

The event chief veterinarian shall fulfil an independent, overarching supervisory and inspectional role. The event chief veterinarian shall be provided with the necessary auxiliary personnel, including additional veterinarians if required. The main duties of the event chief veterinarian are:

- to control that all dogs are healthy and fit to start or continue the race
- to decide that dogs cannot start or need to stop the race. If necessary, such decisions may be made in consultation with the TD/jury
- to decide that a race must be stopped, postponed, modified, or cancelled. If necessary, such decisions may be made in consultation with the TD/jury.

- 3.7 An animal welfare inspector (AWI) is an official that will assist the organiser in carrying out inspections and reporting pursuant to the rules on animal welfare set out in these regulations. A race may have one (1) or more AWIs. An AWI must be present for all races covered under these regulations. For races with a TD, the role will be fulfilled by the TD, or an individual appointed by the TD. For other races, the organiser shall appoint a specialist to fulfil the role. For the purposes of these regulations, specialist means an individual who has completed NHF's AWI training course. The AWI must submit *the animal welfare inspector's inspection records* to the NHF office within three (3) days of the race taking place.

- 3.8 A competitor is a participant that drives/lead the dog(s) participating in the competition.

- 3.9 A dog is an animal of the species *Canis lupus familiaris*.

- 3.9.1 A competition dog or race dog is a dog that participates in races or is trained for the purpose of participating in races.

- 3.10 A handler is a person who assists the competitor at the start of the race, as well as at checkpoints and after passing the finish line if required.

- 3.11 An official refers to an individual authorised and/or appointed by the Norwegian Sled Dog Racing Association, the organiser, TD, event chief veterinarian, animal welfare inspector-or doping control officer, who is authorised to act on behalf of the aforementioned within specified limits.

- 3.12 A competition, also referred to as a race, is a sporting event in which competitors meet to compete under a single organiser within a time-limited period.

- 3.13 A race is a competition as specified in the race invitation, including the specified classes, distances, heats, etc.

- 3.13.1 Warm-ups and other activities with the dogs in the race arena before or after the race shall be considered part of the race.

- 3.14 A race arena or competition arena is a geographical area comprising the trail or another place in which the race is conducted and places where dogs are kept under the control of the organiser in connection with the race.
- 3.15 Dog training refers to activities conducted in order to improve, develop and/or test the performance, skills, or qualities of the dog for the purpose of race participation.
- 3.15.1 Necessary physical activity to rehabilitate dogs during and after treatment is not considered race training.
- 3.16 Treatment refers to all use of substances or methods that may affect the performance and qualities of the dog.
- 3.17 The use of the verbs must/shall means that the decisions are mandatory, the use of the verbs can/could means that it is up to the organiser's discretion whether the decisions shall be fully or partially observed, the use of the verb should means that the decisions should be followed in principle but that e.g. special (local) conditions may indicate that the decisions may be waived.

4. CHAPTER : RULES VIOLATIONS

4.1 REPORTS FROM OFFICIALS

- 4.1.1 In the event that an official wants to report a suspected violation to the TD/jury, such report shall be made as soon as possible after the situation has been observed.
- 4.1.2 The TD/jury shall consider any reports from officials regarding rule violations in accordance with their level of authority.

4.2 REPORTS FROM OTHERS

The TD/jury shall consider reports on possible violations from parties other than officials and competitors at their discretion, **if it is relevant**.

4.3 PROTESTS FROM COMPETITORS

Competitors wishing to report rule violations committed by other competitors, shall report such violations as soon as possible to the officials of the race, followed by a written protest to the jury together with the protest fee stipulated by the organiser. The protest fee shall be refunded if the protest is upheld.

4.4 PROCEEDINGS.(HEARINGS er skrevet på IFSS sitt regelverk)

- 4.4.1 In the event that a competitor wishes to protest to events during the race, such objections shall be immediately reported orally to an official or the TD after crossing the finish line. The protest must subsequently be submitted in writing to the secretariat, race marshals or TD no later than 60 minutes after crossing the finish line. In sled LD the written protest time is 120 minutes after your own finish.
- 4.4.2 All reports/protests relating to rules violations shall be submitted in writing. Reports from a veterinarian concerning serious rules violations shall be signed by two veterinarians if practically possible.

- 4.4.3 Reports or protests submitted after the expiration of the deadline shall be rejected.
- 4.4.4 Competitors shall be made aware that a protest/report has been submitted. The competitor may request the opportunity to make a statement to the jury before the jury makes its decision. The jury shall be assembled when the competitor makes their statement, unless it is difficult/impossible to assemble the entire jury and deputy members are also unable to attend. In such a case, the records shall show that no objection has been raised with regard to the composition of the jury.

4.5 DISCIPLINARY ACTIONS FOR RULE VIOLATIONS

In the event of violations of these regulations or rules set out pursuant to these regulations or serious nuisance to another competitor and/or dog(s), the jury shall be able to impose sanctions pursuant to Section 4.5.1-4.5.5.

No other forms of disciplinary reactions may be imposed in connection with the race. The TD or organisations may submit reports on matters and recommend further sanctions to the NHF sanctions committee pursuant to Section 11-2 of the Norwegian Olympic and Paralympic Committee and Confederation of Sports.

In the event of suspicion or allegations of serious violation of legislation relating to animal welfare or health, the matter shall be reported to the police by the race managers or TD. It shall then be up to the Norwegian prosecuting authority to investigate the matter and, if appropriate, impose penalties.

- 4.5.1 - issue the competitor with a written warning.
- 4.5.2 - issue the competitor with a time penalty.
- 4.5.3 - disqualify the competitor.

In addition to the mandatory grounds for disqualification set out in these regulations, competitors shall in all cases be disqualified if the competitor:

- A) - Starts in the wrong class.
- B) - Receives prohibited assistance.
- C) - Uses coercive measures.
- D) - Uses dogs that are disqualified on grounds set out in these regulations.
- E) - Fails to submit their dogs for mandatory veterinary examinations or scans.

- 4.5.4 Warnings, time penalties or disqualification may additionally be imposed depending on the severity of the misconduct on the part of the competitor, the competitor's handler or competitors' dog(s), including inappropriate behaviour towards competitors or others who are present before, during or after the race. Competitors who refuse to collaborate with the TD, veterinarian, animal welfare inspector and/or doping control officer or who act inappropriately towards the aforementioned, may also be disqualified.

- 4.5.5 The following shall apply in the event of any time penalties:

- LD – 200 km or less, 1 hour
 - LD – 200 km – 450 km, 2 hours
 - LD – 450 km – 650 km, 3 hours
 - LD – more than 650 km, 4 hours
- The time penalty shall be added to the finish time.
- MD - five minutes
 - Dryland, sprint and Nordic - 15 seconds.

4.6 THE JURY'S DECISION

- 4.6.1 The jury's decision shall be presented to the organiser, competitor and the individual who submitted the protest/report as soon as possible.
- 4.6.2 The jury's decisions shall be final.

5. CHAPTER: EVENT REGULATIONS

5.1 TAGGING OF DOGS

5.1.1 NHF IDENTIFICATION RULES

All dogs that participate in events organised by NHF shall be tagged using a readable microchip. The chip number must be entered in the vaccination certificate, as well as the insertion date.

Microchip scanning procedures will be determined by the race TD in consultation with the organiser.

In the event of races that have multiple heats/days, race competitors must submit a form to the organiser containing the names and chip numbers of the dogs that will participate in the race. The submission deadline will be determined by the organiser.

- 5.1.2 Each competitor shall be responsible for ensuring that their dogs are tagged in accordance with the regulations.
- 5.1.3 Tagging may be verified before the race starts and after crossing the finish line. Any failure to tag shall be reported to the TD/jury.
- 5.1.4 The number of dogs shall be recorded by the officials at the start of the race and after crossing the finish line. Similarly, the number of dogs in the team should also be recorded when entering and exiting checkpoints. Inconsistencies shall be reported to the TD. In this context, a dog that is transported on the sled shall be considered part of the team.

5.2 VACCINATIONS/HEALTH RECORDS

5.2.1 Vaccination regulations:

Please refer to the NHF vaccination regulations³.

The organiser may impose stricter vaccination requirements.

Competitors from other countries shall also be required to vaccinate their dogs in accordance with the Norwegian Food Safety Authority's rules relating to the importing of dogs from the country of departure to Norway. All participating dogs shall be issued with vaccination certificates.

5.2.2 Vaccination certificates shall include:

The name and date of birth of the dog, chip number and the date of microchipping.

The name (algebraic symbol) of the vaccine, as well as the vaccination date and identity, must be confirmed by the veterinarian through their signature. Please note: Microchipping shall be performed no later than at the time of vaccination. The chip **must** be checked by the veterinarian in connection with booster vaccinations.

5.3 VETERINARY EXAMINATIONS

Dogs may be required to undergo a veterinary examination before, during or after the race. If an owner/competitor refuses to allow one or more of their dogs to be examined, the competitor shall be disqualified. A dog that does not pass the veterinary examination cannot start/continue the race until the dog has passed the examination. Cf. Section 3.6 relating to event chief veterinarian.

5.4 SUPERVISION

5.4.1 The TD/jury may refuse a competitor/dog-team or individual dogs from participating/continuing if provided for in the regulations. This applies if dogs/the competitor are considered to be unable to compete or in the event of inadequate equipment.

5.4.2 New dogs cannot be added to the team after starting.

5.5 TREATMENT OF DOGS

5.5.1 Competitors in scheduled races organised on behalf of NHF shall be responsible for looking after, feeding and safeguarding the health and welfare of their dogs at all times. Competitors' own dogs and dogs belonging to other competitors shall be treated with respect and kindness. Competitors shall compete and manage their race based on their own team's fitness, physical and health conditions and status and with consideration for how weather and trail conditions affect the dogs throughout the race.

5.5.2 Any dogs found by the event veterinarian not to be fit to continue must be removed from the race. See also Section 3-6.

5.5.3 Pulling or forcing the dog forward in any way is strictly prohibited.

³ https://www.sleddog.no/wp-content/uploads/2022/02/NHF_ID_VAKSINEREGLER_291121.pdf and https://www.sleddog.no/wp-content/uploads/2022/02/NHF_VAKSINETABELL-01.02.22-.pdf

- 5.5.4 Any abuse or mistreatment of the dogs, including unacceptable or unnecessarily harsh treatment, as well as unnecessarily loud shrieking and shouting at the dogs shall be prohibited.
- 5.5.5 Regardless of how and to what extent the competitor receives assistance from others, including veterinarians, this shall not relieve the competitor of their personal responsibility for nurturing, looking after, caring for and assessing their dogs.
- 5.5.6 In sledding disciplines, any dogs that start to limp, become injured or ill or that the competitor wishes to remove from the team for other reasons must be transported to the next checkpoint/finish line in the sled. In Nordic style and Dryland, the competitor will be required to scratch.
- 5.5.7 Dogs that are sick or injured must be removed from the race and will be disqualified from further participation. Training sick or injured dogs to participate in races shall be prohibited.
- 5.5.8 Dogs that fall over/throw itself on the trail must be removed from the race. In the sled discipline, the dog in question must be transported lying in the sled until the next checkpoint or the finish line. In Nordic style and Dryland, the competitor will be required to scratch.
- 5.5.9 Visibly pregnant female dogs and nursing female dogs shall not participate in races.

5.6 EQUIPMENT AND INSPECTIONS

- 5.6.1 Inspections of the teams prior to starting will take place in the stake-out area or another place determined by the organiser. How long before the start the team needs to arrive for inspection will be stated in the invitation for the concerned race.
- 5.6.2 The dog-team and all equipment may be subject to inspection and approval by the TD. Equipment that is not compatible with good animal welfare must never be used in training or competitions. The use of BGB snaps or similar snaps on tuglines or necklines is completely prohibited.
- 5.6.3 The inspection shall be conducted in such a place and in such a way that it does not pose an obstacle to the teams in or on their way to and from the start and finish zones.
- 5.6.4 If a competitor's team is not subject to regulated inspection or the inspection is delayed and this leads to a delayed start time, the competitor must observe the regulations relating to delayed start times. **No** additional time shall be imposed if the competitor is not responsible for the delay.
- 5.6.5 After the inspection has been completed, mandatory equipment cannot be removed from the bag (sled) without approval from the TD and only subject to the TD's or an authorised official's supervision.

5.7 START AND FINISH ZONES

- 5.7.1 The start and finish lines shall be clearly indicated.
- 5.7.2 In the start and finish zones, the trail should be blocked on both sides, clearly demarcated and cordoned off to the public. The start and finish lines should be marked on the ground using colour. There should also be barriers between the stake-out area and the start zone and between the finish zone and the stake-out area.
- 5.7.3 The organiser shall ensure that there is sufficient space for competitors in the stake-out area. The public parking zone and the stake-out area should be separate.
- 5.7.4 Doping facilities
The organiser shall arrange for the necessary facilities for doping tests (see IFSS Guidelines).
- 5.7.5 The organiser shall be required to provide suitable waste containers at the start and finish lines and at all checkpoints.

5.8 MUSER MEETING/TEAM LEADER MEETING

The organiser shall convene a musher meeting/team leader meeting ahead of each race. The time and place of the meeting must be specified in the invitation

5.9 START PROCEDURE

- 5.9.1 The starting sequence will be determined by drawing lots at a time and place determined by the organiser, or starting can take place within a time range determined by the organiser.
- 5.9.2 In the Norwegian Championships and the qualification races for championships, competitors will be seeded on the basis of seeding lists drawn up by the technical committee (TC). [For Nordic style see p. 8.12](#)
- 5.9.3 In the event of races with more than one heat, the combined time for the previous heat/s may be used to determine the starting sequence. If two teams have the same time, the two teams should start in the opposite order to the previous heat.
- 5.9.4 The front point of the front bow/tip of the skis on the sled or the bicycle wheel shall be used to determine the starting point of the team when time is recorded manually. When time is recorded using other means (electronic tags), another starting point may be determined by the organiser. The starting point shall not extend beyond the start line before the starting time of the team and the start signal has been issued.

5.10 LATE START/DELAYED SPAN

- 5.10.1 A team that has not started as specified in the official starting list shall be considered a delayed team.
- 5.10.2 A delayed team can start immediately, provided that the delay is less than or equal to the time of half the starting interval. If the delay exceeds more than half the

starting interval, the competitor will be required to start after the last competitor in their class. The competitor's new start time will be registered and a time penalty corresponding to three times the starting interval time will be applied.

5.10.3 The time taken by each team will be calculated based on the starting time.

5.10.4 If the organiser or TD/jury believe that the weather conditions dictate that it is not possible to complete the race in a sportingly justifiable manner, the start must be postponed and a musher meeting must be convened.

5.11 RECORDING TIME

5.11.1 The snout of the first dog in a team crossing the finish line will mark the crossing of the finish line when time is recorded manually. When time is recorded using other means (electronic tags) for starting intervals, checkpoints other than crossing the finish line may be determined by the organiser. This must be stated.

In the event of a mass start, the winner will always be the first competitor to cross the finish line and it will always also be the snout of the first dog that will apply for electronic recording of time, with the exception of any competitors that has been given time penalties.

5.11.2 Time equalisation may take place during the race. In this case, this must be stated in the race invitation or registration form, along with details of how time equalisation will be implemented.

5.11.3 If a competitor has lost its team and the team passes the finish line before the competitor, the time at which the competitor passes the finish line will mark the finish.

5.11.4 When time is recorded manually, the time must be specified in full seconds. When time is recorded electronically, the time must be specified in 1/10ths of seconds.

5.11.5 When an organiser chooses to use electronic tags to record time, such tags shall be considered mandatory equipment.

5.11.6 Electronic tags must always be used to record time in the Norwegian Championship on bare ground.

5.12 RACE INVITATION

5.12.1 Invitations must be issued in writing to NHF, relevant clubs, event chief veterinarian, the appointed TD and the district/committee at least three weeks in advance of the race. The appointed TD or TDC must approve the invitation before it is published.

The organiser will determine whether the invitation should also be sent to others.

The invitation must specify the correct designation for the race pursuant to NHF's schedule and must also provide information about:

- classes and trail lengths.
- when and where the race will be held.

- the address and deadline for registration.
- the entry fees.
- when and where the musher meeting will be held
- the time at which any chip lists are to be delivered
- the time and place for distribution of starting numbers (musher meeting).
- starting point, method for time recording and start time.
- time and location of award ceremony.
- itinerary, accommodation, etc.
 - any veterinary examination of the team prior to starting (“pre-check”), stating how long before the start time the team must be available for examination in the stake-out area.
- Name and contact details of the main TD
- Name and contact details of the animal welfare inspector
- Name and contact details of the event chief veterinarian if the event is a high-intensity race
- Name and contact details of the available veterinarian/animal clinic for other races
- Name of the race marshals and other contacts
- Reminder of the current antidoping regulations for competitors and dogs
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5.12.2 In the event that the race involves competing for special awards, this must be specified in the invitation and any statutes must be enclosed.

5.12.3 Notice must be issued immediately to everyone who has received a copy of the invitation in the event of cancellation or changes.

5.13 RACE REGISTRATION

5.13.1 Registration must be submitted to the organiser before the competition.

5.13.2 The registration deadline will be determined by the organiser. Depending on any special circumstances associated with the event, this deadline should be at least four days before the first day of the event. If late registration is accepted by the organiser, a final deadline must be set for this.

5.13.3 The organiser shall be free to determine the registration fee amount, as well as any additional fees to charge for late registrations and class changes. Different entry fees may be determined for each class.

5.13.4 As a minimum, the registration must include:

- Race name
- Competitor name
- Competitor club (clubs affiliated with the Norwegian Olympic and Paralympic Committee and Confederation of Sports or clubs affiliated with NHF for Norwegian Championships. Membership is not required for B-races “low profile races”)
- Class

5.13.5 For clubs and teams that submit a joint registration, the registered competitors must be listed by class. Furthermore, the name of the team leader must be specified and they will act as the club representative to the organiser and TD.

- 5.13.6 The competitor or team lead shall be responsible for ensuring that the information provided in the registration is correct and that the competitor has paid its license fee to NHF before starting.
- 5.13.7 A registration may be rejected by the organiser on reasonable grounds. Such reasonable grounds may include but are not limited to the competitor being deemed to have insufficient skill and/or experience to compete without it entailing a risk to the competitor, their dogs or other competing teams.
- 5.13.8 If necessitated by special circumstances, such as accommodation, availability of stake-out space, etc., the organiser may determine a maximum number of competitors and reject registrations from any excess registrants, provided that information has been included in the race invitation and that registrations are accepted in the order they are received.

5.14 OFFICIALS

- 5.14.1 Organisers must appoint the officials and in the numbers necessary to ensure a well-run and safe race. Officials that will undertake tasks on behalf of the TD or whose duties are linked directly to the TD's activities must be approved by the TD/jury.
- 5.14.2 For races with an event chief veterinarian, the organiser must ensure that they appoint the support personnel required by the event chief veterinarian. This is to ensure that the veterinary service functions as intended. The event chief veterinarian's support personnel must be approved by the event veterinarian.
- 5.14.3 The organiser and TD must ensure that the appointed officials have the skills and knowledge required to perform their duties and enforce the applicable regulations to the best of their ability without favouring or discriminating against any competitors.
- 5.14.4 In addition to their own clearly defined duties, all officials should:
- Ensure that no unauthorised persons enter the start and finish zones.
 - Ensure that all spectators and handlers that are not handling teams at the time remain behind the barriers.
 - Ensure that spectators do not enter or get too close to the trail at any time.
 - Ensure that spectators do not handle dogs or equipment without the permission of the competitor.
 - Ensure that no dogs are off their lead.
 - Ensure that dogs belonging to anyone other than competitors are kept stabled or on a lead at a sufficient distance from the stake-out area, as well as the start and finish zones and that such dogs do not enter or get too close to the trail at any point.

5.15 RACE COMMITTEE

- 5.15.1 The race committee will be appointed by the organiser and will, as a minimum, consist of:
- Race manager
 - Event chief veterinarian in high- intensity races

- Trail boss
- Time-recording official
- Starter
- Race secretary
- PR/Media official
- Any checkpoint officials
- Animal welfare inspector for non-TD races (B-races)

5.15.2 The race committee shall be responsible for the technical implementation of the event, including the trails. The committee will appoint any assistants it requires to perform its duties.

5.15.3 The race committee shall appoint the necessary number of assistants (handlers) for the teams and, with approval from the TD, any assistants the TD might require, as well as the event doctor and veterinarian. A veterinarian should be present for multiple days' races.

5.16 AWARDS

5.16.1 In competitions, awards must be handed out to at least 1/3 of competitors, while awards should always be awarded to everyone in recruit classes.

5.16.2 In the event that the race involves competing for special awards, this must be specified in the invitation and any statutes must be enclosed.

5.17 ACCOMMODATION OF COMPETITORS WITH DISABILITIES

It must be possible for all competitors to compete on the same terms in all scheduled NHF races. Competitors with documented physical disabilities must be given the opportunity to apply for assistance or the use of aids. Such assistance/use of aids shall be clearly defined prior to the competition starting and be of such a nature that it does not constitute a competitive advantage to the competitor.

Applications for potential use of assistance and/or aids must be submitted to TCS/TCN/TCB for individual races or seasons. TCS/TCN/TCB will decide regarding the application in consultation with the organiser. In the event that such an application is approved, the organiser must considerately inform other competitors of the matter, no later than at the musher meeting on the first day of the competition.

5.18 LEADERBOARD

Leaderboard requirements

- Place and times
- Competitor's name
- Competitor's club
- The date of the race, trail lengths and the location of the event
- Name of the TD and race manager

Official lists from Norwegian Championships, all main races, Boy's/Girl's Championships and Seppala must also be available on paper, signed by the TD and race manager, and submitted to the Federation's office. Official Norwegian Championship lists must only include Norwegian Championship competitors.

Electronic Leaderboards must be shared with clubs and the Federation's office immediately upon completion of the race. Alternatively, reference must be made to the Leaderboards available on the race website.

6. CHAPTER: RACE RULES

6.1 GENERAL

- 6.1.1 All competitors shall be required to familiarise themselves with these general rules in advance, as well as any special rules that may be determined for individual races.
- 6.1.2 All participation shall be at the competitor's own risk. Competitors are best placed to assess whether the competitor and their dogs are fit to complete each race under various conditions without any risk to themselves or other competitors, as well as whether their equipment is up to standard. If the competitor is under the age of 15 and competes with a companion over the age of 18, the companion shall be responsible for assessing whether the athlete is capable of completing each race under various conditions without any risk to themselves or other competitors. If competitors that participate in a race with a companion elect to withdraw from the race, the companion shall also withdraw. Leaderboards and rankings can be used for children from the year in which they turn 11 years of age, pursuant to Section 3E of the Norwegian Olympic and Paralympic Committee and Confederation of Sports' provisions relating to children's sports.
- 6.1.3 An organiser can generally only be held liable for accidents in the event that it can be proven that the accident occurred as a result of the organiser's noncompliance with its duty to provide information to competitors.

6.2 COMPETITORS

Competitors must satisfy the conditions for participation set out by the Norwegian Sled Dog Racing Association for sled dog competitions.

- 6.2.1 Any competitors who, by definition, are 13 years or older must pay a license fee to NHF before participating in races subject to NHF regulations. Exceptions to this requirement are races defined as "grassroot/low-profile races" pursuant to Section 3.5.3.

A license can be purchased for a full season (seasonal license). It is possible for competitors who will participate in a single race only to buy a one-time license from the organiser. A seasonal license must be taken out/paid for in order to participate in events with Norwegian Championship status, with the exception of NC relays, for which a one-time license will be sufficient.

6.3 PROTECTIVE EQUIPMENT

- 6.3.1 The Norwegian Sled Dog Racing Association encourages competitors to use protective equipment, such as helmets. Helmets are required for the following classes:
- Sled sprint, in junior and age-based classes, **and in mass start/relay regardless of age.**
 - Dryland, in bicycle, scooter and rig classes.
- 6.3.2 Other personal protective equipment may be required by the organiser.

6.4 DOPING

- 6.4.1 Doping is prohibited for both competitors and dogs.
- NHF complies with the International Federation of Sleddog Sport's (IFSS) doping rules for dogs. "[Anti-Doping Rules for Dogs participating in Sleddog Sports](#)". The Norwegian Olympic and Paralympic Committee and Confederation of Sports' anti-doping regulations shall apply to all competitors.

6.5 MARKING OF THE TRAIL

- 6.5.1 The trail must be marked with clearly visible markers in sufficient numbers. The signs should measure at least 25 cm diagonally and may be round, square, rectangular or triangular. The signs should be placed at a height of at least one metre above ground level and approximately at the same distance from the edge of the trail for the entire trail. The marking must not be of such a design or material that it could entail a risk of injury to competitors, dogs or damage to equipment in the event of collision.
- 6.5.2 Markings should be placed no less than 20 metres and no more than 50 metres from the point to which the marking relates and should be visible from a distance of at least 50 metres along the trail, in the direction of travel. At trail intersections, markings should be marked before, at and 'for confirmation' after the intersection.
- 6.5.3 A round RED sign means bend and shall be used either when the trail bends so sharply and in such a way that the driver should be notified or in the event of bends at trail intersections. A right turn must be indicated using a red sign on the right side of the trail, a left turn must be indicated using a red sign on the left side of the trail.
- 6.5.4 A square BLUE sign means straight ahead. Blue signs should be placed on both sides of the trail. Blue signs must also be placed alongside straight trails from an intersection, preferably in such a way that the signs are visible to the driver before they arrive at the intersection. Blue signs should also be placed at regular intervals alongside longer stretches of the trail that are otherwise not indicated or marked.
- 6.5.5 A triangular YELLOW or ORANGE sign means DANGER. Such signs are placed either before or at the point that requires additional caution, depending on the conditions. In the event that a longer section needs to be classified as dangerous, the signs must be repeated so that the driver can always see the next sign from the previous sign. In the event of races in which dangerous points or sections occur, the driver must be

informed of these conditions at the musher meeting.

- 6.5.6 The start of the final stretch must be clearly indicated. How such indication is made will be stated at the musher meeting.
- 6.5.7 Distance signs may be positioned along the trail. These should be of such a design and colour that they cannot be mixed up with any signposting/markings specified in the items above. Distance signs can be combined with blue signs on longer sections without trail intersections, but must be shown using numbers in a contrasting colour on the sign itself or immediately below on the same post.
- 6.5.8 At trail intersections where different classes will use different trails, this must be indicated using signposting before reaching the trail intersection. Such signposting must be provided together with directions, either in a contrasting colour on the sign itself or directly above on the same post. The trail can also be signposted in ways other than those specified above (e.g. using stakes/poles in areas exposed to wind) without this being considered an acceptable replacement of official marking.
- 6.5.9 Physical barriers should be used in addition to signposting at difficult trail intersections. The barriers should be designed in such a way that they constitute a physical barrier for dogs but not so that they entail any risk of injury to the dogs or driver or damage to sleds in the event of collision. At trail intersections where different classes participating in sled style races will follow different tracks, there should be a trail inspector present to ensure that the required barriers are in place after each class and, if necessary, to indicate/help the team take the right track. Distance marking is sufficient for Nordic style. The use of physical barriers and/or trail inspectors does not mean that regulatory marking can be omitted. The driver shall be responsible for following the correct marking.

6.6 SPECIAL EVENT REGULATIONS FOR MASS START RACES

Definitions:

- **Start line:** The line behind which starting teams must stay until the start signal has been issued.
- **Main track:** The trail in general
- **Starting chute:** Area arranged for mass start. The end of the chute must be clearly marked.
- **Final stretch:** The final stretch is a defined stretch (150 m) before the finish line.
- **Finish line:** Line marking the finish.
- **Finish chute:** The finish chute runs from the finish line to a clearly marked line after the finish line (minimum 30 metres).
- **Change-over chute:** The change-over chute runs from the end of the finish chute to a line marking the end of the change-over chute.
- **Pen/PIT:** A marked chute for change-over from pulka to skijoring is used in combined races.

6.7 SEASON

The season is defined as running from 1 May to 30 April.

The duration of the season governs:

- the competitor age definitions
- the validity of NHF competition licenses

6.8 COMPETITOR AGE CLASSES

	Nordic	Dryland	Sled sprint	Sled MD	Sled LD
Recruit	11-12 years		11-13 years, SP2Y and SP4Y	11-13*	11-15*
B/G 1	13-14 years	13-14 years			
B/G 2	15-16 years	15-16 years			
Junior	17-20 years	17-20 years	14-16 years, SP2J and SP4J	14-16 years, MD6J	15-18 years
Senior	19 +	19 +	16 +	16 +	18 +
Veteran	50+				

Boy/girl 1 and boy/girl 2 can, if desired by the organiser, compete in the same class. In Dryland boy/girl 15-16 years can compete in the same class as junior 17-20 years

All ages apply by definition to the age of the competitor as of 31/12 of the year in which the season ends, with the exception of LD Senior, for which the requirement is that the competitor must have turned 18 years of age by the first day of the race.

*Children and adolescents under the age of 15 can participate in middle-distance and long-distance sled races if they compete with a responsible companion who is 18 years of age or older and the distance does not exceed 300 km.

*Competitors who are of such an age that they can choose between junior or senior classes, must race under the same age group in different classes during the same event which has a duration of up to 3 days. Beyond that, the competitor can alternate between junior and senior throughout the season.

6.9 AGE OF DOG

Dog age for all classes and disciplines: 18 months

Exception:

- Dryland: Canicross: 12 months
- Trial classes (without awards): 12 months

The dog must have reached this age by the first day of the race. No exemptions are granted with regard to the age of the dog.

Competitors shall be personally responsible for ensuring that the dog(s) have received adequate training in relation to development and age and that the dog(s) are fit to race the distance(s) over which the dog(s) will compete.

6.10 TEAM AFFILIATION

Club affiliation: All competitors in scheduled NHF races shall be members of a club

affiliated with NHF or another sports club affiliated with the Norwegian Olympic and Paralympic Committee and Confederation of Sports. The exception to this is B-races (grassroot and low-profile races, cf. Section 3.5.3). For the Norwegian Championships, competitors must represent a club affiliated with NHF. Foreign competitors must be affiliated with their national federation or a club affiliated with

their national federation. Competitors with no affiliation (no team) cannot start.

6.11 NATIONALITY REQUIREMENTS FOR NORWEGIAN CHAMPIONSHIPS AND REPRESENTATIVE TEAMS

The Norwegian Championships are open to all Norwegian citizens and foreigners who permanently reside in Norway and who have lived in the country continuously for at least 24 months prior to the starting date.

If the Norwegian Championship is open, foreign individuals cannot become Norwegian Champions unless they meet the aforementioned requirements.

Competitors who have competed on behalf of other nations during the season cannot place in Norwegian Championships.

Competitors who have placed in Norwegian Championships cannot place in foreign championships in the same season without losing their Norwegian placing.

Competitors in Norwegian national teams (representative teams) cannot compete on behalf of other nations during the same year.

In special circumstances, NHF may, provided that it is in its interest, grant prior written dispensation from the aforementioned national affiliation requirements.

6.12 REQUIREMENTS RELATING TO THE NUMBER OF COMPETITORS, NORWEGIAN CHAMPIONSHIPS

Senior: A minimum of four starters are required for the class to be approved as a Norwegian Championship class.

Junior: A minimum of three starters are required for the class to be approved as a Norwegian Championship class.

Para: There are requirements for a minimum of 3 starters for the class to be approved as an NM class. If there are fewer than 3 starters who meet the requirements for the para class, the competitors have the option to start in the corresponding classes (carriage or bicycle / skijouring or sled).

6.13 AMENDMENTS TO THE NORWEGIAN CHAMPIONSHIP REGULATIONS

If Norwegian Championship classes are to be changed from what they are today, whether in terms of new classes, discontinuation of classes, changes to distances and the number of dogs in team classes, such amendments shall be adopted by the General Assembly with a 2/3 majority.

6.14 OTHER AMENDMENTS

All amendments/supplements to these regulations shall be approved by the Board of Directors of the Norwegian Sled Dog Racing Association. This also applies to any amendments pursuant to regulations.

6.15 Fluor wax ban

- 6.15.1 It is prohibited to use fluoride products under skis used in sled dog races. The ban applies to skis for athletes, skis for pulks and skis for sleds – the ban applies to all disciplines in the NHF. Proven use of fluoride will lead to disqualification in the current race.
- 6.15.2 The Norwegian sled dog racing association shall prepare a control routine for testing skis in advance of the season. In Nordic style, ski testing shall be carried out during at least one Norwegian Championship per season.

7. CHAPTER: SPECIAL RULES FOR THE SLED DISCIPLINE

7.1 DISCIPLINES/CLASSES, NORWEGIAN CHAMPIONSHIPS, G/P

Sprint

CLASS	Day 1	Other stages	DISTANCE
Ten-dogs/SP10	Maximum ten dogs		18-24 km
Six-dogs/SP6	Maximum six dogs		9-15 km
Four-dogs/SP4	Maximum four dogs		7-10 km
Four-dogs junior 14 – 16 years SP4J	Maximum four dogs		7-10 km
Four-dogs age-specific class, youth 11 – 13 år/SP4Y	Maximum four dogs		3-5 km
Two-dogs 14+ SP2	Maximum two dogs		5-7 km

2-dogs junior 14 – 16 years Maximum 2 dogs 5 – 7 km
4-dogs youth 11 – 13 years Maximum 4 dogs 3 – 5 km
2-dogs youth 11 – 13 years Maximum 2 dogs 3 – 5 km

Mid distance

CLASS	Day 1	Other stages	DISTANCE
12 dogs/MD12	8-12 dogs	Minimum 7 dogs	30-100 km
6-dogs/MD6	5-6 dogs	Minimum 5 dogs	30-80 km
4-6 dogs junior/MD6J	4-6 dogs	Minimum 3 dogs	20-30 km

Long distance

CLASS	Day 1	When passing the finish line	DISTANCE
Open class	9-18 dogs	Minimum 6 dogs	< 1200 km
Limited class	6-8 dogs	Minimum 5 dogs	< 600 km
Junior class	5-6 dogs	Minimum 4 dogs	< 200 km

In addition to the Norwegian Championships, races may be organised with fewer classes or classes with other distances or “sit ski” or another number of dogs pursuant to the agreement with the TD.

7.2 LINES AND HARNESES

- 7.2.1 All harnesses must be padded around the neck and chest. The harness shall be well fitting for the dog.
- 7.2.2 Dogs must be lined up in a single or double file.
- 7.2.3 All dogs must be attached to the topline via the tugline and neckline. Necklines are not required for lead dogs. However, the organiser may impose the use of necklines. If applicable, this must be stated in the invitation. **The neckline shall be attached to the ring of the collar, with a hook that breaks under heavy load.**
- 7.2.4 A snub line must not be used in such a way that could entail mistreatment of the dogs or an obstacle to other teams.
- 7.2.5 If wire or chains are used in the mainline or neckline, these must be padded.
- 7.2.6 When using a short harness and tugline with a maximum length of 40 cm, it can take place without using necklines if permitted by the race organiser.

7.3 SLEDS

- 7.3.1 The sled must be able to properly carry the competitor and at least one dog under the sled bag, as well as all necessary mandatory equipment.
- 7.3.2 The sled must be equipped with a brake, front bow, snow anchor and sled bag. The sled bag must have ventilation of at least 600 cm²

7.4 PROTECTIVE EQUIPMENT

The Norwegian Sled Dog Racing Association recommends the use of protective equipment such as helmets. In consultation with the TD, the organiser will determine the requirements for mandatory protective equipment, considering the nature and distance of the race in question.

7.5 PROHIBITED EQUIPMENT

Equipment that is not compatible with good animal welfare must never be used in training or competitions. The use of BGB snaps or similar snaps on tuglines or necklines is completely prohibited.

7.6 DRIVING RULES

- 7.6.1 The competitor and the dog team shall follow the trail determined by the organiser. The competitor and the dog team shall complete the race as a unit. The competitor may sit or stand on the sled, pedal or run.
- 7.6.2 If a team leaves the trail, the team shall return to the point at which it left the trail and continue the race from there.
- 7.6.3 Any competitor that travels by another means of transport than their own sled shall be disqualified, except if such travel is for the purpose of retrieving their loose team.
- 7.6.4 Two or more teams cannot be tied together except in connection with assistance in emergency situations. Any competitor involved in such an incident must submit a report immediately after arriving at a checkpoint or after passing the finish line.
- 7.6.5 All dogs must be lined up in the team when starting, including when starting from a

checkpoint. During the race, all dogs must either be lined up in the team or transported in the sled. Dogs that have been removed from the race shall be disqualified from further participation.

7.7 LOOSE TEAM OR DOGS

- 7.7.1 If dog(s) or the team have come loose, the competitor must immediately try everything to get hold of the dog(s) and cannot continue the race before this has been done.
- 7.7.2 A competitor shall be required to use the quickest possible means of retrieving a lost team.
- 7.7.3 A loose team or loose dog can continue the race without any measures, provided the team or dog have followed the entire trail and no provisions have been violated and provided the competitor has received permitted help only.
- 7.7.4 Assistance from outsiders shall be limited to holding a loose team or loose dog until the competitor can take control of the team or dog.
- 7.7.5 Anyone can and is encouraged to stop to hold a loose dog or loose team.
- 7.7.6 A competitor who intentionally allows dog(s) to run loose, either during the race or after stopping, shall be disqualified. In case of doubt, the competitor shall have the burden of evidence for demonstrating that dogs have not been intentionally let loose.
- 7.7.7 It is not permitted for dogs or equipment to be transported with other teams or vehicles, except as part of the organiser's transport from checkpoints as offered to all drivers.

7.8 PRIORITY RIGHT ON THE TRAIL

- 7.8.1 When two teams start at the same time or in cases where two trails merge into one, the team with the lead dog furthest to the front shall have the right of way.
- 7.8.2 When competitors are using the same trail in opposite directions, the team driving downhill shall have the right of way. In the event of flat terrain, the organiser will determine in advance whether inbound or outbound teams will have the right of way.
- 7.8.3 A competitor who has been disqualified or has withdrawn shall, in all cases, give way to any team that is still participating in the competition.
- 7.8.4 On the final stretch (minimum one kilometre), no teams shall have any priority right on the trail.

7.9 OVERTAKING

- 7.9.1 A competitor may demand the right of way when their lead dog has got closer than fifteen (15) metres from the sled of the team in front.
- 7.9.2 Teams that are overtaken shall move to the side and slow down, alternatively stop completely and/or exit the trail if necessary or requested by the overtaking competitor.

- 7.9.3 A competitor that is overtaken cannot demand the right of way from the team that overtook them before:
- In open classes and team classes with more than nine (9) dogs: At least four (4) minutes have passed or 1.5 kilometres, unless otherwise agreed by the competitors.
 - In other classes: At least two (2) minutes have passed or eight hundred (800) metres. This shall apply unless otherwise agreed by the competitors.
- 7.9.4 A competitor who catches up with one or more teams that have stopped can overtake all the teams. Any competitors that have stopped must ensure that there is sufficient free trail available to overtake and preferably and if necessary remove themselves and their team from the trail completely.
- 7.9.5 When teams are running in convoy, the rear team must maintain a distance that is equivalent to the team length as a minimum.
- 7.9.6 The overtaking rules do not apply to the final stretch and mass starts.
- 7.10 PERMITTED ASSISTANCE DURING THE RACE**
- 7.10.1 Assistance is permitted at the start and in the start section.
- 7.10.2 As soon as a team has left the start section, the race rules shall enter into force.
- 7.10.3 All teams and competitors can receive the same assistance from officials and within the limits set out by the regulations.
- 7.10.4 Only competitors are permitted to provide assistance to other competitors on the trail and within the limitations set out in the current regulations or pursuant there to, see e.g. Section 7.7.4.
- Assistance from outsiders is permitted only in case of loose dogs or teams, or if a team becomes so uncontrollable that it entails or could entail an immediate risk to the team itself, other teams/dogs or individuals and could provide grounds for disqualification.
- 7.11 PROHIBITED ASSISTANCE DURING THE RACE**
- 7.11.1 Competitors are not permitted to exchange dogs after one or both competitors have started.
- 7.11.2 Competitors are not permitted to accept any form of assistance from outsiders other than within the limits set out by the organiser in consultation with the TD and that is available to all competitors.
- 7.11.3 Accepting prohibited assistance shall result in automatic disqualification.
- 7.12 ACCOMMODATION FOR COMPETITORS WITH DIFFERENT TYPES OF DOGS**
- In addition to the classes mentioned in the sprint, mid- and long-distance regulations, an organiser may include class(es) for specific types of dogs, breeds, etc.
- 7.13 SPECIAL REQUIREMENTS RELATING TO LONG-DISTANCE SLED**

- 7.13.1 Races of 300-600 km shall include a **minimum** rest of eight (8) hours managed by the organiser.
- 7.13.2 Races exceeding 600 km shall include a **minimum** rest of twelve (12) hours managed by the organiser.
- 7.13.3 **Mandatory equipment**
There are requirements relating to the mandatory equipment that must be brought. What is considered mandatory equipment will be stated in the race invitation or information from the organiser. If the organiser uses GPS tracking or electronic tags to record time, this shall be considered mandatory equipment.
- 7.13.4 **Inspections during the race**
Inspections of equipment and dog teams can take place at checkpoints.
- 7.13.5 Inspections can also take place outside of checkpoints, provided that the team has stopped for other reasons.
- 7.13.6 Inspections can be conducted by all authorised officials, including but not limited to the TD and/or event veterinarians.
- 7.13.7 A team that has been set-up cannot be required to be available for inspection for more than six (6) minutes.
- 7.13.8 An inspection shall not result in any unnecessary delay on the part of a team.
- 7.13.9 **Inspections after crossing the finish line**
General or individual inspections may be carried out after crossing the finish line.
- 7.13.10 In the event that a general inspection will be carried out, competitors must be informed in advance, preferably at the musher meeting but no later than at the final checkpoint before the finish and competitors must also be informed of what to do after crossing the finish line.
- 7.13.11 In the event of individual inspections, the competitor must be notified immediately after crossing the finish line and must be shown to the location at which the inspection will be conducted.
- 7.13.12 **Junior class:** Competitors will compete with a maximum of six dogs and over a distance of 100-200 km on the first day of the race. drivers under the age of 18 must have written permission from parents/guardians in order to start. Stricter requirements apply to the organiser with regard to the safety of the terrain, mobile coverage, weather conditions, road crossings, starts, access to snow mobiles, etc. Races must therefore accommodate greater opportunities for assistance at checkpoints in order to make decisions relating to guidance/assistance from either the handler or organiser than is permitted in senior races.
- 7.13.13 In long-distance races, there may be checkpoints throughout the race. The organiser will decide whether mandatory rest and time equalisation will be imposed, as well as whether any supplementary equipment will be available and the extent to which handlers may assist, etc., at checkpoints.

Checkpoints must be designed in such a way that each team has sufficient space to rest. Furthermore, there should be a certain distance between the resting space and the start line at the checkpoint so that competitors have the opportunity to assess whether the dogs are fit for continued participation.

The regulations shall continue to apply at checkpoints, but Section 5.5.6 of the regulations cannot be violated before passing the start line at the checkpoint.

7.14 SPECIAL REQUIREMENTS RELATING TO MID-DISTANCE SLED

7.14.1 In the event of races with more than one heat, the organiser may decide that competitors must achieve a time that is not worse than the average time of the best three in the class in question multiplied by a factor that cannot be smaller than 1.25 in order to qualify for subsequent heats. The race invitation must state whether and under which conditions such a method will be applied.

7.14.2 Rotation pool: 6 dog teams, with 8 dogs in rotation pool, and 12 dog teams with 14 dogs in rotation pool. This applies to races held over 3 days or more.

7.14.3 **Special requirements for the Norwegian Championship in mid-distance:** The competition will be held over 3 heats/days as a minimum in order to be deemed valid as a Norwegian Championship.

7.15 SPECIAL REQUIREMENTS RELATING TO SLED SPRINT

7.15.1 Competition will be held over 3 heats/days as a minimum in order to be deemed valid as a Norwegian Championship.

The trail must be configured so that it prioritises speed in all ways and so that the teams have the opportunity *to gallop across the entire trail*.

8. CHAPTER: SPECIAL RULES FOR THE NORDIC DISCIPLINE

8.1 GENERAL

In Nordic style, competitors compete in both skijoring and pulka or a combination of skijoring and pulka. In skijoring, there is a single line running between the dog(s) and the competitor, while in pulka the dog(s) will also pull a pulka.

8.2 THE IMPLEMENTATION OF THE RACE

Each team shall include a competitor who will follow the team on skis and the team shall follow a marked trail. The competitor shall not receive any assistance throughout, but help with feeding is permitted. The competitor is not permitted to pass the lead dog. The competitor can use a hip belt. There must be an open hook/quick release/"panic-snap" where the line is attached to the belt. The line shall be part of the rope used between the harness and driver. Metal is not permitted in the end of the line/rope attached to the driver belt.

A competitor who is overtaken must slow down their dog so that the other competitor can easily overtake from behind. A competitor who has been overtaken by another competitor from behind must wait before overtaking the competitor that overtook them. This does not apply to the finish zone/finish chute, but the

requirement is for the competitor to follow behind their dog in the same line.

8.3 PULKA

8.3.1 In the context of Nordic style, pulka refers to a sled-form with a keel or skis pulled by the dog(s) and that require the competitor to follow the pulka on skis.

8.3.2 In one- and two-dog team, a pulka with a total length of a minimum of 110 cm shall be used. In the event of three or more dogs, the length must be 145 cm as a minimum.

The length is measured as the length excluding brakes, measured parallel to the gliding surface.

8.3.3 A rigid shaft must be used for one-dog team. In the event of two or more dogs, lines can be used and two dogs can be situated next to one another. When using lines or three or more dogs attached to the shaft, the pulka must be equipped with a brake.

8.4 RACING IN SEVERE COLD

The jury and organiser must consult in the event of severe cold to determine whether the race will go ahead or needs to be postponed. In the event of temperatures below -15 degrees Celsius, races longer than 15 km shall not be permitted under any circumstances.

The race must be cancelled if the temperature drops below -18 degrees Celsius.

The temperature must be measured at the start and at the highest point of the trail and the average temperature will be used.

8.5 WEIGHT PROPORTIONS

8.5.1 Each competitor shall be responsible for ensuring that they mush with loads in accordance with the weight proportions. Weight differentiation must be used.

Here, the weight of the dog(s) must be multiplied by a factor to determine the total weight to pull. The weights will not be rounded.

The weight will include the pulka, harness, shafts and towlines. Competitors that have been selected for weight checks must attend immediately after crossing the finish line in accordance with the instructions from the inspector.

8.5.2 The following weight proportions are used for all classes except low-profile and skijoring classes:

Single-dog team	Dog weight x 0.7
Multi-dog team (two dogs)	Dog weight x 0.7
Multi-dog team (three dogs)	Dog weight x 0.6
Multi-dog team (four dogs)	Dog weight x 0.5
Multi-dog team (five dogs)	Dog weight x 0.5

8.5.3 The weight must be checked at the start and after crossing the finish line.

8.5.4 Too little weight in the pulka or failure to attend the weight check will result in

disqualification.

8.6 REGULATIONS FOR MASS START RACES: DEFINITIONS

- 8.6.1 Start line: The line behind which starting teams must stay until the start signal has been issued.
- 8.6.2 Main track: The trail in general
- 8.6.3 Starting chute: Area arranged for mass start. The end of the chute must be clearly marked.
- 8.6.4 Final stretch: The final stretch is a defined stretch (150 m) before the finish line.
- 8.6.5 Finish line: Line marking the finish
- 8.6.6 Incoming chute: The incoming chute runs from the finish line to a clearly marked line after the finish line (minimum 30 metres)
- 8.6.7 Change-over chute: The change-over chute runs from the end of the incoming chute to a line marking the end of the change-over chute.
- 8.6.8 Pit stop box: A marked chute for change-over from pulka to skijoring is used in combined races. The definition of pulk is the pulk and shafts. The width of the chute must be a minimum of 1.5 meters. The length of the chute must be a minimum of 3 meters. The chute must be clearly marked. Longitudinal delimitation, as well as 0.5 meters of the width delimitation at both ends, must only marked in the snow with lines. The PIT area should be filmed by the organizer during the change-over.

START

- 8.6.9 No skating is permitted in the starting chute (applies to the first stage of the relay).
- 8.6.10 Starting chute positions will be determined through drawing of lots and the teams will be positioned in numerical order from left to right. In individual competitions with a mass start (e.g. combined), ranking/seeding may be used. Seeding will be carried out for Norwegian Championships and qualification races for championships. [See 8.12](#)
- 8.6.11 The start signal must be issued using a flag (minimum size 50 x 50 cm) so that it is well visible ahead of the first start line. The countdown to the race starting takes place by a flag being shown when there is one minute left until the start. The flag is held straight up when 30 seconds remain. The flag is slowly lowered to a horizontal position when 15 seconds remain. The start signal is issued by quickly lowering the flag. In the event of a false start, the competitor will be given a time penalty of 15 seconds.
- 8.6.12 Competitors are permitted to use handlers up until the start time. The handler must stand completely still until everyone has passed.
- 8.6.13 Dogs must be kept on harnesses or lines or slowed down until the end of the starting chute has been reached (this applies only to the first stage in relays). In Combined, the dog must be kept on the shaft/harness in the entire change-over chute (pitstop area). Noncompliance will result in a time penalty of 15 seconds.

8.7 RELAY

- 8.7.1 Each relay team must consist of three different competitors. A competitor can participate in only one relay stage per day.

- 8.7.2 The start will take place as a mass start for teams in the first stage.
- 8.7.3 The competitor must keep their dog on the line or harness in the change-over chute before change-over. Any noncompliance shall result in a time penalty of 15 seconds.
- 8.7.4 Change-overs in relays shall take place within the marked change-over chute. The driver must hand over the dog to the handler in the finish chute. The handler must have hold of the dog before the driver lets go.
- 8.7.5 Incoming competitors must cross the change-over chute unaccompanied by the dog and touch the body of the starting driver with their hand.

The competitor who will take over the relay must be ready at the change-over chute in order to quickly line up when the team is notified. Competitors must help ensure that other teams are not hindered during change-over. There is no requirement to hold the harness/line after change-over.

8.8 COMBINED

- 8.8.1 Change of equipment in Combined (from pulka to skijoring) and return of equipment shall take place within each pit stop box. If the pulka/**shafts** is left outside of the clearly marked pit, a time penalty of 15 seconds shall be applied. The pulka must be left in the pit stop box until the competition concludes (due to any potential weight checks). Noncompliance could result in the driver being disqualified. Competitors must help ensure that others are not hindered when equipment is changed.
- 8.8.2 Junior/senior competitors are not permitted to receive assistance in the change-over area. Age-specific competitors may receive assistance in the change-over area. Only competitors, appointed officials and the TD are permitted to enter the change-over chute, as well as the handlers of age-specific competitors.

8.9 PASSING THE FINISH LINE

The competitor and dog must use the same side of the final stretch.

8.10 CLASSIFICATION, NORWEGIAN CHAMPIONSHIPS and G/P CLASSES

Norwegian Championships will be held each year. [See the table below:](#)

Norwegian Championship and day	Class	Event	Age	Distance km
Norwegian championship				
Part 1				
Day 1	Women junior	Combined***	17 – 20	5+5
	Men junior		17 – 20	5+5
	Women senior		19+	7,5+7,5
	Men senior		19+	7,5-7,5
Day 2	Women junior	One dog team pulka	17 – 20	10

	Men junior		17 – 20	10
	Women senior		19+	10
	Men senior		19+	15
Boys/girls championship				
	Boys	One dog team pulka	13-14	5
	Girls		13-14	5
	Boys		15-16	5
	Girls		15-16	5
Norwegian championship				
Part 2				
Day 1	Women junior	Skijouring one dog	17-20	12-15
	Men junior		17-20	12-15
	Women senior		19+	See*
	Men senior		19+	See*
Boys/girls championship				
Day 1	Boys	Skijouring one dog	13-14	5-7,5
	Girls		13-14	5-7,5
	Boys		15-16	5-7,5
	Girls		15-16	5-7,5
Norwegian championship				
Day 2	Senior men and women	Relay**	17+	3x5
Boys/girls championship				
Day 2	Boys and girls	Relay**	11-16***	3x5

* Skijouring is organized every year mainly as part of the NM week, alternatively as part of the NM part 2. The distance is adapted to the NM week and the trails that is allocated from the technical organizer. However, the distance must not exceed 17km. Skijouring NM junior can be organized at the same time as another race where only skijouring junior gets championship status.

The years the exercise is not part of the NM week, the distances shall be:

Women's senior 15 km

Men's senior 15 km

** Norwegian championship relay is held with club teams, while the boys/girls relay is held with eighter club teams or regional teams. There are no requirements about one of the opposite sex on each team. Distance per stage is 5 km.
Stage distribution: Pulka - skijouring – skijouring

*** 11 and 12-year-olds must have a skijouring stage

****Combined is organized as a continuous exercise with a "pit stop"; pulka is run in the first part of the race and skijouring in the last part of the race.

8.11 GENERAL INFORMATION ABOUT CLASSES

Except at the Norwegian Championships, classes with other distances or types of races or other numbers of dogs may be organised pursuant to the agreement with the TD.

8.12 In Norwegian championship and qualification races for international championchips, should seeding be carried out. Seeding will be based on previous year's results in international and national championships in the event in question. Seeding is followed up by TKN.

9. CHAPTER: SPECIAL RULES FOR THE DRYLAND DISCIPLINE

9.1 CANICROSS

9.1.1 Canicross consists of one dog and one competitor who will run solely on foot.

9.1.2 The classes are split into Women (CW) and Men (CM).

9.1.3 In the junior class (CWJ/CMJ) boys/girls of 15-16 years can compete together with juniors aged 17-20 years.

9.1.4 Boys'/girls' classes with competitors younger than set out in 9.1.3 above can be held only at national or club level. The lower age limit is 13 years.

9.1.5 Veteran classes (CWV/CMV) with competitors aged 50 and older can also be held.

9.1.6 An elastic leash must be attached between the dog's harness and the athlete's hip belt throughout the race, unless an emergency situation makes it necessary to take it off. The length of the leash should not be longer than 2.5 metres. It is measured in the unstretched state. The hip belt must not have loose, hard objects attached to the leash that could be in danger of injuring the dog if the attachment between the elastic and the belt were to break. With the exception of the carabiner with lock which can be used if the carabiner is in a locked state.

9.1.7 Competitors cannot use shoes that could harm dogs.

9.1.8 Competitors must run behind their dog.

9.1.9 Competitors must not pace the dog by running ahead of the dog..

9.2 BIKEJORING

9.2.1 One Bikejoring team consist of a cycling competitor and one dog.

9.2.2 The class is divided into men (BM) and women (BW).

9.2.3 In the junior class (BWJ/BMJ) boys/girls of 15-16 years can compete together with juniors aged 17-20 years.

9.2.4 Boys'/girls' classes in which competitors are younger than set out in Section 9.2.3 can be held only at national or club level. The lower age limit is 12 years

- 9.2.5 The dog must be secured to an elastic line which must be attached to the bicycle or competitor at all times. Metal parts are not permitted at the competitor's end of the line. The line must be as long as necessary for the sake of dog and competitor safety, but must not be longer than 2.5 metres from the start of the bicycle when not extended.
- 9.2.6 The bicycle must be equipped with brakes on each wheel.
- 9.2.7 All competitors are required to wear helmets. The use of goggles and gloves is recommended.
- 9.2.8 A competitor who is overtaken must slow down their dog so that the other competitor can easily overtake from behind. A competitor who has been overtaken by another competitor from behind must wait before overtaking the competitor that overtook them. This does not apply to the finish zone/finish chute, as the requirement there is for the competitor to follow behind their dog in the same line.

9.3 SCOOTER, ONE DOG

- 9.3.1 One scooter dog team consist of a competitor with a two-wheel moped pulled by a dog. Scooter without pedals, scooters with blocked pedals or three-wheeled rigs that fulfil the safety requirements set out in Section 9.3.7 below.
- 9.3.2 The class is divided into men (1RM) and women (1RW).
- 9.3.3 In the junior class (1RMJ/1RWJ) boys/girls of 15-16 years can compete together with juniors aged 17-20 years
- 9.3.4 Boys'/girls' classes in which competitors are younger than set out in 9.3.3 can be held only at national or club level. The lower age limit is 12 years
- 9.3.5 The dog must be secured to an elastic line that must be attached to the bicycle or competitor at all times. Metal parts are not permitted at the competitor's end of the line. The line must be as long as necessary for the sake of dog and competitor safety, but must not be longer than 2.5 metres from the start of the "roller" when not extended.
- 9.3.6 The "roller" must be equipped with an effective brake on all wheels.
- 9.3.7 Competitors must wear helmets. The use of goggles and gloves is recommended
- 9.3.8 The competitor must follow their dog.
- 9.3.9 A competitor who is overtaken must slow down their dog so that the other competitor can easily overtake from behind. A competitor who has been overtaken by another competitor from behind must wait before overtaking the competitor that overtook them. This does not apply to the finish zone/finish chute, as the requirement there is for the competitor to follow behind their dog in the same line

9.4 SCOOTER, TWO DOGS

- Same as one scooter dog team (1-dog roller) with one dog replaced by two dogs and the classes 1RM, 1RW, 1RMJ and 1RWJ replaced by 2RM, 2RW, 2RMJ and 2RWJ respectively. Boys'/girls' classes are not held in scooter, two dogs.
- 9.4.1 All dogs must be lined up in pairs. Necklines are mandatory.

9.4.2 The rule is effective from 1.5.2026 .

Mandatory safety equipment for 2 dog scooter.

- Helmet; For 2 dogs scooter it must be used a helmet with MIPS system, helmet for downhill cycling or equivalent to this.
- Back protector
- Gloves
- Glasses; it is not required that the glasses are worn at the finish line.

Safety gear is checked by TD or official appointed by the TD before the start.

9.5 RIG CLASSES

9.5.1 Classes

CLASS	Day 1	Other stages
Four-dog	3-4 dogs	Minimum two dogs
Eight-dog	6-8 dogs	Minimum four dogs
Four-dog junior	3-4 dogs	Minimum two dogs

9.5.2 All dogs must be lined up in pairs if the number of dogs is even. In the event that there is an odd number of dogs, a maximum of one dog should run on its own.

9.5.3 All dogs must be secured to the midline using towlines and necklines. Necklines are required for lead dogs.

9.5.4 The rig in the four-dog class can have either three (3) or four (4) wheels. In the eight (8) dog class, it must have four (4) wheels. All carts must be equipped with:

- An effective brake on each wheel.
- A safety line with a “panic hook” to securely anchor the rig.
- An effective parking brake that can be locked.

9.5.5 The following weight is recommended as the minimum rig weight:

- Four-dog class: 25 kg
- Eight-dog class: 45 kg

9.5.6 The following dimensions are recommended for the rig:

- Four-dog class: Minimum length 100 cm, minimum width 80 cm.
- Eight-dog class: Minimum length 120 cm, minimum width 100 cm.

9.5.7 The rule is effective from 1.5.2026 .

Mandatory safety equipment for 2 dog scooter.

- Helmet; For 2 dogs scooter it must be used a helmet with MIPS system, helmet for downhill cycling or equivalent to this.
 - Back protector
 - Gloves
 - Glasses; it is not required that the glasses are worn at the finish line.
- Safety gear is checked by TD or official appointed by the TD before the start.

9.5.8 The competitor must follow their dogs on the rig.

9.5.9 Competitors must not push the dogs forward by running in front of the dogs.

9.5.10 A competitor who is overtaken must slow down their team so that the other

competitor can easily overtake from behind. A competitor who has been overtaken by another competitor from behind must wait before overtaking the competitor that overtook them.

For reasons of safety, the transporting of dogs in the rigs is prohibited in all classes.

9.6 RELAY

9.6.1 Relays may be held in which the stages consist of a single discipline or a mixture of different disciplines. The racing regulations shall be the same as for the equivalent individual classes.

- 9.6.2 A relay team may consist of both women and men and shall generally consist of three stages. Unless otherwise stipulated, competitors in a team should represent the same club or nation.
- 9.6.3 A single person or dog cannot participate in multiple stages.
- 9.6.4 The start of the first stage shall be signalled by a starter with a clear flag/pennant that can be seen by everyone. The flag must be raised 30 seconds before the start and 15 seconds before the start the flag must be slowly lowered to a horizontal position and quickly lowered at the start.
- A signal must be issued one minute before starting using e.g. a sign.
- 9.6.5 Change-over takes place by lining up in a specified change-over area. The next stage will start when the preceding competitor (not the dog) passes the finish line. This means that it must be possible to physically see the finish line from the change-over area. There must be a physical barrier between the finish zone and the change-over area. Change-over must supervised by an official representing the organiser. See separate appendix.
- 9.6.6 If a team starts before the start signal has been issued or before the preceding competitor has passed the finish line, a time penalty of 15 seconds will be imposed. Teams may be disqualified in the event of obvious violation of the starting procedure.
- 9.6.7 The trail must be wide enough for overtaking to take place. The starting chute must be wide enough for at least five teams to start side-by-side and the starting chute must be at least 150 metres from the first start line. If multiple start lines must be used, there must be 10 m between each start line if the first stage is running and 15 m for other disciplines. The estimated distance between starting tracks should be two metres if the first stage is running and three metres for other disciplines. The home stretch should have a width of a minimum of four metres for the last 150 metres before the finish line.
- 9.6.8 The team that reaches the finish line first after completing the specified stages shall be the winner of the relay.
- 9.6.9 The time shall be recorded from the time at which the start signal is issued until the last competitor in each team reaches the finish line.
- The time should also be recorded from the time at which each individual competitor passes the finish line.

9.7 TEMPERATURE

- 9.7.1 There should be a temperature gauge in the start zone for Dryland races. The temperature gauge must be easily visible and placed in the shade one (1) metre above the ground.
- 9.7.2 Maximum and minimum temperatures must be known for the duration of the race.
- 9.7.3 At these minimum and maximum temperatures, the following decisions must be made by the race organiser and TD:
- Temperatures of up to 16°C: competition as normal.

- Temperatures exceeding 16°C and up to 18°C: distances must not exceed the minimum distances.
- In the event that the temperature exceeds 18 degrees, the race must be postponed or cancelled.

9.8 TRAIL LENGTH

EVENT	MINIMUM	MAXIMUM
Canicross	2.5 km	-
Canicross, relay	0.5 km	4 km
Bikejoring, one dog	2.5 km	10 km
Scooter, one dog	2.5 km	7 km
Scooter, two dogs	2.5 km	7 km
EVENT	MINIMUM	MAXIMUM
Four-dog rig	5 km	7 km
Eight-dog rig	5 km	12 km

The “maximum distances” are recommendations.

9.9 DOGS

A dog that has taken part in one class in a dryland race can take part in another class the same day (max two classes per day), if the total length does not exceed 12 km

9.10 EVENT REGULATIONS FOR THE NORWEGIAN CHAMPIONSHIP IN DRYLAND

The Norwegian Championship in Dryland is held over a weekend with a final competition each day, with the exception of the relay which can be held on a different weekend.

Norwegian champions are named in junior and senior categories. Boy/girl champions are named for 13-16 year olds.

CLASS	AGE	EVENT
Relay, Senior Women/Men	17+	Stage 1: Canicross Stage 2: Scooter, one dog Stage 3: Bikejoring, one dog

DAY	CLASS	AGE	EVENT
	Girls	13-16	Bikejoring

Day 1	Boys	13-16	Bikejoring
	Women's Junior	17-20	Bikejoring
	Boys' Junior	17-20	Bikejoring
	Women's Senior	19+	Bikejoring
	Men's Senior	19+	Bikejoring
	Women's Senior	19+	Scooter, one dog
	Men's Senior	19+	Scooter, one dog
	Women's/Men's Junior	17-20	Scooter, one dog
	Senior	19+	Rig, four-dog
	Junior	17-20	Rig, four-dog

DAY	CLASS	AGE	EVENT
DAY 2	Girls	13-16	Canicross
	Boys	13-16	Canicross
	Women's Junior	17-20	Canicross
	Men's Junior	17-20	Canicross
	Women's Senior	19+	Canicross
	Men's Senior	19+	Canicross
	Junior	17-20	Scooter, two-dog
	Senior	19+	Scooter, two-dog
	Senior	19+	Rig, eight-dog
	Boys/girls	14-16	Scooter, one dog