

Keppnisreglur (Competition rules) Short Track 2025-2026

Flokkar Aldur miðast við 1. júlí	Novice 10-13 ára stelpur / strákar	Junior 14-17 ára konur / karlar	Senior 18 ára+ konur / karlar	Lið (2ja manna lið karl+kona)
Vegalengd	111m	222m	222m	
	222m	500m	500m	500m
		1000m	1000m	1000m
			1500m	
*Sjá frekari reglur í <i>Handbók skautahlaups</i> .				

Categories Age on July 1st	Novice age 10-13 girls / boys	Junior age 14-17 women / men	Senior age 18+ women / men	Teams (2ppl man+woman)
Distance	111m	222m	222m	
	222m	500m	500m	500m
		1000m	1000m	1000m
			1500m	
*See further rules in <i>Handbók skautahlaups</i> .				