

Keppnisreglur (Competition rules) Special Olympics Short Track 2025-2026

Flokkar Aldur miðast við 1. júlí	Börn 10-13 ára unisex	Ungmennni 14-17 ára unisex	Fullorðnir 18 ára+ unisex
Vegalengd	111m	111m	111m
tími per Flokk	Category I tími skautara 40-54sek Category II tími skautara 30-39sek Category III tími skautara 25-29sek Category IV tími skautara 19-24sek		
Keppendur eru skráðir í Flokka (e. Category) miðað við aldur og tímatöku. Tímataka fer fram á æfingatíma félags og skal fylgja með mótsskráningu. *Sjá frekari reglur í <i>Handbók skautahlaups</i> .			

Categories Age on July 1st	Children aged 10-13 unisex	Teens aged 14-17 unisex	Adults aged 18+ unisex
Distance	111m	111m	111m
time per Category	Category I skater time 40-54sek Category II skater time 30-39sek Category III skater time 25-29sek Category IV skater time 19-24sek		
Max 4 skaters per heat. Competitors are registered to Category based on their age and lap time. Timekeeping is done at club practice and should be sent with competition registration. *See further rules in <i>Handbók skautahlaups</i> .			