



## 2016 Rule Change Summary

### Cross Country Skiing

Change From	Change To
Old Formatting	New Formatting with numerical system for ALL sections See also date change at footer to reflect June 2016
<p>d. It is recommended that for the 500 Meter event that the course should be mainly flat. Uphills and downhills can be included in the course, but their degree should not exceed 5%(*). In addition, any downhill sections should not include turns and should be followed by a straight and flat section of at least 20 Meters.</p>	<p>Remove Asterix*:</p> <p>6.1.4 It is recommended that for the 500 meter event that the course should be mainly flat. Uphills and downhills can be included in the course, but their degree should not exceed 5%. In addition, any downhill sections should not include turns and should be followed by a straight and flat section of at least 20 meters.</p>