



# International Women's Monobob Rules

With the exception of the regulations expressly stated in this document, all regulations of the current International Bobsleigh Rules apply equally for the Women's Monobob discipline.

### 1. Eligibility

- All nations can participate with a maximum of 4 athletes.

### 2. Weight

- The weight of the monobob including the runners will be determined by the time of the final team captains' meeting during the draw for the race. This dead weight of the bobsleigh plus the athlete's body weight of a maximum of 85 kg, including the ballast weight, results in the maximum admissible total weight.

### 3. Grouping

- In the event that the number of athletes exceeds the number of monobobs provided by the IBSF, the monobobs will be shared and the athletes will be divided into groups by draw.
- Example: 13 athletes use 10 monobobs. The 10 athletes drawn first form Group A and the remaining athletes form Group B. The last 3 monobobs of Group A, will be drawn again and the Group A and Group B athletes will share these monobobs according to the order in which they appear in the group (the Group A athlete with number 8 will use a monobob together with the Group B athlete with number 1; the Group A athlete with number 9 will use a monobob together with the Group B athlete with number 2, etc.).

### 4. Allocation of the monobobs

- The groups use always the same monobobs. If more than one training group is formed, several athletes will share the same monobobs and runners.
- Each athlete will be assigned a monobob at the first team captains' meeting by draw and that monobob will be adapted to the athlete in preparation for the respective training and race.
- Once the monobobs have been assigned, the athlete or her representative selects a runner set.
- The runners selected for each monobob at the first team captains' meeting will remain with the assigned sled for all training and race days during the entire duration of the event.

- The selection of the runners is made according to the start order for the first official training.
- During the selection of the runners, they will be covered except for the last 10 cm.
- The equipment provided by the IBSF includes the monobob and its runners with a uniform radius. This equipment will be provided by the IBSF at the beginning of each event week. At the end of each event week, the athlete must return all equipment to the preparation area in the same preparation condition in which it was.
- If it is necessary to change the monobob or the runner set during the competition, new equipment will be allocated according to availability. The possibilities for the allocation of new equipment shall be announced at the first team captains' meeting.

## 5. Draw for the official training

- The draw will take place at the first team captains' meeting.

## 6. Official training

- If possible, at least 2 training runs must be offered on all training days.
- For the participation in the race 2 valid training runs are to be completed.

## 7. Draw for the race

- For the race, the starting order is determined by draw at the final team captains' meeting. The race runs are carried out as follows:
  - Run 1: From start number 1 to the end.
  - Run 2: From start number 20 to 1, according to the ranking after the first run.
  - In the event that the number of athletes exceeds the number of monobobs available, the grouping according to article 3 is applied.

## 8. Preparation of the equipment

- After each training day, a maximum of 1 hour can be made available to the athletes for the preparation of the runners. The runners may only be prepared by the athletes for the training and/or race runs.
- The athlete or coach must not carry out any work on the monobob. If problems regarding the monobob mechanics arise, the team captain may ask an IBSF mechanic to carry out more detailed tests or adjustments.

- Athletes using the same equipment must prepare the equipment together during the training period.
- Any modification of the monobob, including the affixing of any kind of stickers, may only be made with the approval of the Jury.
- The team captains must inform the Jury chairman within 1 hour after the end of each official training session about the ballast weight they wish to add to the monobob for the following training day.
- At the last team captains' meeting, each team captain must confirm by signature the weight to be added to the monobob for the race.

### 9. Parc fermé for IBSF races

- During the races, a parc fermé must be provided to allow the preparation of the equipment.
- The parc fermé is opened 75 minutes before the start of the race for the preparation of the runners and monobobs by the athletes. 45 minutes before the race, the parc fermé will be closed and any preparation activity must be finished.
- During the break only the athletes are allowed to work on the monobob and the runners, with the exception that the IBSF mechanics, if necessary and upon approval by the Jury, may provide assistance during the preparation of the monobob.
- Athletes using the same monobob may work together to prepare the runners during the break.
- Before the start of the race the temperatures of the runners are checked in the parc fermé.
- If the runners are so badly damaged that they cannot be repaired, the athlete concerned may ask the Jury to replace them.