



## Competition Format and Rules

Formato e regole gara / Format et règlement des compétitions  
As of FRI 30 JAN 2026

### Olympic Competition Format

There are four bobsleigh events at the Olympic Winter Games Milano Cortina 2026:

- 2-man:**
  - Sled minimum weight: 170kg/375lbs
  - Athletes and equipment maximum weight: 390.5kg/860lbs
- 4-man:**
  - Sled minimum weight: 210kg/463lbs
  - Athletes and equipment maximum weight: 631kg/1392lbs
- 2-woman:**
  - Sled minimum weight: 170kg/375lbs
  - Athletes and equipment maximum weight: 330.5kg/729lbs
- Women's monobob:**
  - Sled minimum weight: 163kg/360lbs
  - Athlete and equipment maximum weight: 248.5kg/548lbs

All events are held over four descents called "heats" on two consecutive days, with two heats per day. Results are calculated by adding the times of all competition heats together, with the lowest aggregate time winning. Only the top 20 sleds will take part in the decisive fourth heat.

At least one heat must be conducted for the race to be officially valid. One to three of the four heats may be cancelled due to weather conditions. At least six official training heats for each of the four events must be offered. Pilots must have completed at least two valid training heats to qualify for the competition. Entries are limited following a quota-system per National Olympic Committee (NOC).

### Differences between the IBSF World Championships and the Olympic Winter Games

There are no differences in competition format between the IBSF World Championships and the Olympic Winter Games, but at the IBSF World Championships the qualification criteria are different, resulting in more participating sleds and, under certain conditions, the top three placed athletes at the Junior World Championships receive an extra wild card.

### Changes since the Olympic Winter Games Beijing 2022

Women's Monobob: after successful debut at Beijing 2022, Milano Cortina 2026 will feature 25% increase in female athletes participating (increasing from 20 to 25).

2-man Bobsleigh: The field of participants was decreased from 30 to 28.

### Sport Rules and Procedures

#### Equipment

Sleds have four runners (one pair of front runners and one pair of rear runners). The sleds may only be propelled by the pushing force of the team during the starting phase, and the force of gravity.

All bobsleigh sleds and clothing used during competition must comply with IBSF and IOC regulations. Bobsleigh sleds may be stored and maintained at the Cortina Sliding Centre.

#### Crew



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Bobsleigh teams consist of a pilot in the Women's monobob event, a pilot and a brakewoman/brakeman in the two-man and two-woman event, and of a pilot, two push athletes and a brakeman in the four-man event.

### Race Procedure

Once the crew has loaded into the sled after the start, the pilot steers through twisting, high-speed turns and straights where top speeds can reach over 140km/h. Pull too hard on the steering ropes and the sled will skid, losing valuable time. Steer too little and the sled is at the mercy of the track, causing slow times at best, and a crash at worst. Pilots often talk of the "feel" they need to race well and they develop the sense of when to let the sled run (e.g. G-force is your friend) and when to steer. Just as downhill skiers try different lines to find the quickest way down a slope, bobsleigh pilots study every twist and turn on a track to figure out the fastest way to the finish line.

### Starting Order:

#### For Official Training

Official training days are vital - no ice track is ever the same, so over three intense days track familiarisation, technique and performance are sharpened ready for race day.

The draw dictates the starting order of sleds for training and is organised at the team captains' meeting. The draw is for the starting order during the first two training days. The starting order of sleds for the third training day is determined based on the IBSF discipline ranking.

The draw determines the starting order of the NOCs. Sleds within each NOC start in the order in which they are listed in the entry list submitted by the team captains before the draw.

On the first training day, sleds start in the order drawn in both heats. On the second training day, they start in reverse order of the draw. The order of sleds within each NOC is the same on both days.

On the third training day, sleds start in the order of the IBSF discipline ranking.

#### For Competition

The 10 best placed pilots in the IBSF discipline ranking will choose their starting numbers from 1 to 10. All other pilots start according to the IBSF discipline ranking from starting number 11 onwards.

The 25 best ranked sleds from heat one will start in reverse order for heat two, followed by the remaining sleds (26 onwards). For the third heat, sleds will start in the ranking order after heats one and two (i.e. fastest first), and in the last heat the 20 best ranked sleds will start in reverse order.

### Timing and Scoring

Timing and Scoring is provided by OMEGA in accordance with IBSF rules and Olympic Results and Information Services (ORIS). Two independent timing systems, each consisting of at least one time measuring device, complete set of light beams and independent power supply, must be available and in operation during a competition (A and B systems).

The A system comprises all light beams for start, start time, four intermediate times, four speeds and finish time. The first interval time corresponds to the start time (50 m). Four interval times must be evenly distributed among the remainder of the track. The time of day of both timing systems (A and B systems) must be synchronised and must provide accurate timing to 1/100<sup>th</sup> of a second.

### Team Changes

During the competition pilots cannot be changed but, for medical reasons and under certain conditions, change of a brakewoman/brakeman or push athlete is possible in the case of injury or illness.

### Forerunners

The Jury determines the number of forerunners (also referred to as pilot sleds). The organiser must provide a minimum of five forerunners.

### Tie Break Rules

Despite the fact that results are measured to 1/100<sup>th</sup> of a second, ties may occur.



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Sleds sharing the same aggregate time are tied and share the same rank. For example: at the Olympic Winter Games PyeongChang 2018 two gold medals were awarded in two-man and no silver; two bronze medals were awarded in four-man during the Olympic Winter Games Nagano 1998.

### Penalties / Disqualification Rules

During the heats, sleds may be disqualified for various reasons. The most common ones are: overweight sled, runner temperature higher than allowed, incomplete team at the finish and late start.

All medal-winning sleds are checked immediately after the final heat. Upon the findings and recommendations of the materials commission, the jury may disqualify a sled after the end of a competition.

### Protests / Appeals

Protests must be made to the jury. The rules state that verbal announcement of the protest must be made within five minutes after the end of the heat in which the incident occurred. Additionally, the grounds for the protest must be submitted in writing to the jury no more than 20 minutes after the conclusion of the race.

**Note:**  
For further information please consult: [www.ibsf.org](http://www.ibsf.org)