

SPORTS REGULATIONS

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4th

V4 WINTER GAMES EMILOPEN

21. - 25. JANUARY 2026

winter.emilopen.cz



Official language: Czech, English

Target group: young people with disabilities (physical, visual, hearing, mental, and combined), aged 10 to 26.

Competitive sports: Section 1: para alpine skiing, snowboarding; Section 2: cross-country skiing, snowshoeing; Section 3: para hockey, figure skating; Section 4: camp short track

Venues: České Budějovice (HC Pouzar) and Lipno nad Vltavou (areál Lipno)

The V4 Winter Games Emil Open is an international sporting and social gathering for young people with disabilities. The aim is to introduce participants to winter sports and give them the opportunity to compete in a friendly environment. The expected number of participants, international concept, range of sporting activities, and accompanying cultural program make this a unique event on a European scale. The event is co-financed by the Visegrad Fund.



OPEN

- **supports and motivates beginners,**
- **open category** for all individuals from the target group – beginners and slightly advanced, regardless of whether they are registered in sports clubs or not, without the condition of registration in a national or international federation,
- By sending the application, it is confirmed that **the registered competitor is:**
 - a competitor who is **medically fit** to participate in the sport in question,
 - **have training experience and skills in the sport** in question that enable them to participate in competitions (in para alpine skiing, cross-country skiing, snowboarding, or snowshoeing).
- **Evaluation** (downhill skiing, cross-country skiing, snowboarding, snowshoeing) - the principle of relativity will be used, which is based on the evaluation of current performance in relation to the individual, allowing all competitors to advance to the appropriate final groups according to the rules. All competitors advance to the finals. The principle of forming appropriate final groups will be specified at the technical meeting for the given sport before the competition, on Wednesday, January 21, 2026, at 8:00 p.m.
- **Awards** – all finalists will be announced and awarded during the medal ceremony, with the first three places receiving medals.



MIXED



- It is a **format** in which an athlete and an individual without a disability (coach, parent, volunteer, etc.) compete together as a pair or team.
- **it promotes the inclusion** of people with disabilities;
- the condition for participation is registration in the OPEN format in the given sport.
- in the registration system, it is necessary to indicate whether the athlete will compete with their own companion without a disability or whether they will accept a sports partner from among the organizer's volunteers.
- **awards** – all participants will be awarded a participation medal during the medal **ceremony**;
- more detailed information can be found in the rules for the given sport or at the technical meeting before the competition.

TECHNICAL INFORMATION

- Each competitor may only register for one competitive sport;
- Athletes and their accompanying persons are required to familiarize themselves with the rules of the sports and comply with them, including adherence to the schedule and the specified times for arrival at the sports venue.
- Each sport will hold a crucial technical meeting for coaches and accompanying persons on Wednesday, January 21, 2026, at 8:00 p.m., at which the heads of the delegations for the given sport will receive all necessary instructions. Another meeting will be held as agreed with the sports directors.
- Athletes are required to compete with their own sports equipment (adjusted and modified downhill and cross-country skis/monoski, snowboard, etc.) and protective gear (helmet, goggles, gloves) suitable for safe competition. Compensatory aids are permitted. Affidavits and other signed documents are part of the registration process and must be submitted before departure for the games.

ORGANIZATIONAL INFORMATION

- The term **PARA** refers to the derivation of the word "**parallel**" for all participants, **not paraplegic disability**.
- Each athlete participates in **demonstration sports**, if any, based on their own decision and time availability.
- **Transportation** from the accommodation to the sports venue will be provided by the organizer based on demand. Any published transportation schedule must be adhered to. If you are using your own transport, free parking will be provided.
- **Lunch** will be provided directly at the sports venue.
- For organizational and safety reasons, **only athletes and their authorized companions, including assistance dogs, are allowed access** to all sports venues.
- **The schedule for each competition** will be announced at the technical meeting at the latest.

Schedule for registration

Link to applications:

<https://winter.emilopen.cz/dashboard/login>

The event organizer requires the final number of participants to be reported by December 14th at the latest due to binding hotel reservations.

1.12.2025
Publication of sports regulations



1.12.2025
Opening of applications



14.12.2025
Closing of team registration



21.12.2025
Closing of applications

Note: The organizing committee reserves the right to make changes to the application schedule.

Registration schedule

Tuesday	20. 01. 2026	Afernoon	Arrivals of foreign participants
Wednesday	21. 01. 2026	Morning	Para hockey camp Arrival of foreign and Czech teams – no later than 3 p.m.
		Afernoon	Para hockey camp Opening ceremony Technical meeting
Thursday	22. 01. 2026	Till 3 p.m.	Sports competitions and camp
		Afernoon	Safe Start: Preventing Risky Behavior Among Young People
Friday	23. 01. 2026	Till 3 p.m.	Sports competitions and camps, medal ceremonies
		Evening	Closing ceremony
Saturday	24. 01. 2026	Whole day	Figure skating - international competitions Accompanying program, departures
Sunday	25. 01. 2026	Morning	Departures of camp participants and organized accompanying program

Note: The organizing committee reserves the right to make changes to the application schedule.

LIPNO AREA SPORTS

LIPNO SKI AREA - GENERAL INFORMATION

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Address:

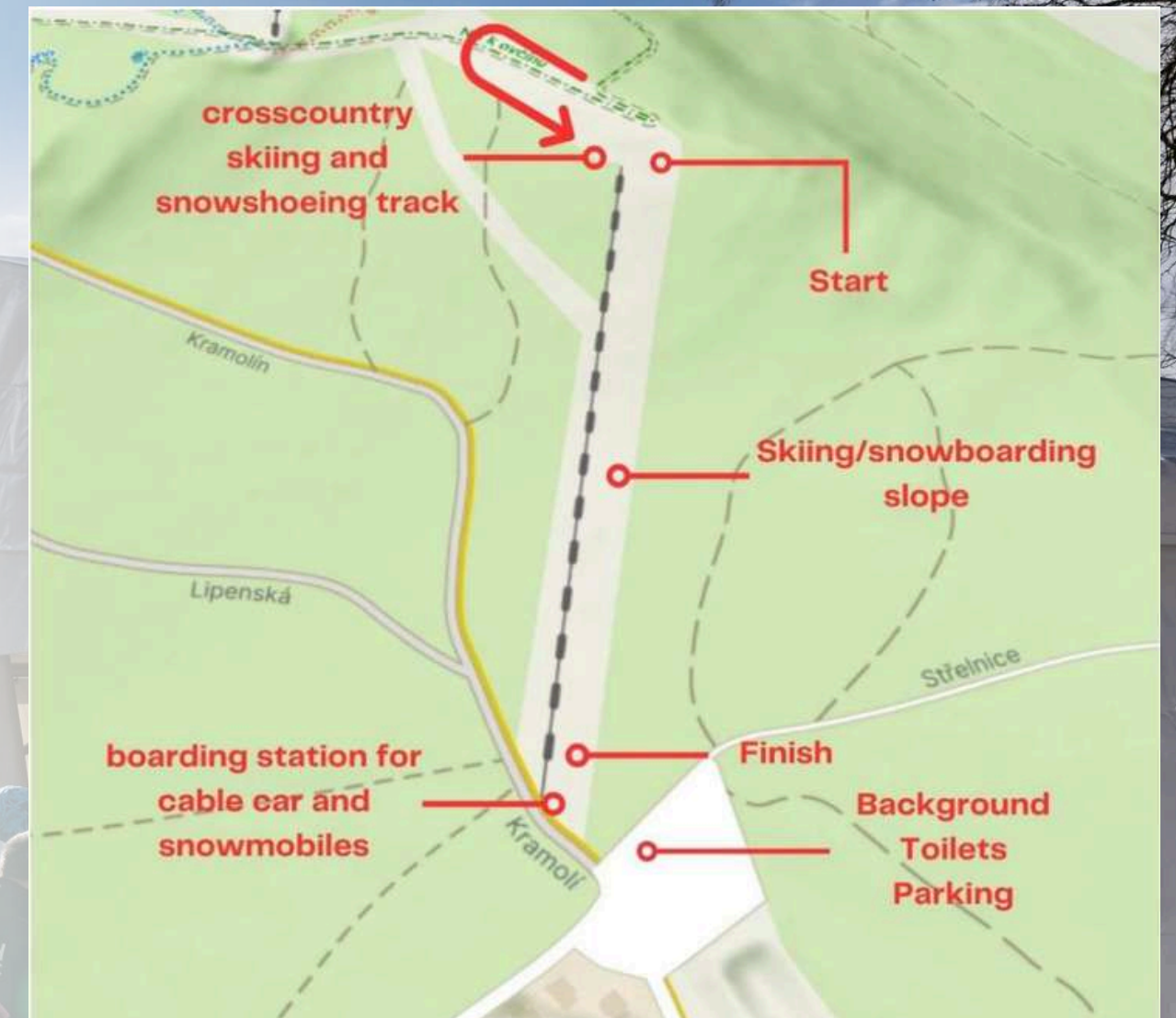
- Lipno nad Vltavou 200, 382 78 Lipno nad Vltavou, www.lipno.info
- **Parking lot P2** (<https://maps.app.goo.gl/ea2mWcCV1Su5EtLR7>)

Race track:

- Snowcross slope and upper part of the cross-country skiing area
- Lipenská ski slope (monoskiing and cross-country skiing disciplines are not possible – transport by snowmobile or on foot)

Facilities:

- Parking directly at the ski slope
- Heated tent (at the bottom of the ski slope)
- Toilets, including wheelchair accessible (only at the bottom of the ski slope)
- Overnight storage of sports equipment is not possible
- Lunch and hot drinks will be provided



SLOVAKIA

Rules

- **Skiing and snowboarding:** Competitions are held according to FIS rules with the additions specified here for the OPEN format and the relativity rule, as well as modifications for disabled athletes.
- **Cross-country skiing and snowshoeing:** The race will be held according to the valid rules. The start will be signaled by a whistle, tactile signal, or touch by the starter. Depending on snow conditions, starts will be at intervals of 15-30 seconds, individually. Relay race with mass start.

Evaluation

- **OPEN** category – based on the principle of relativity. Everyone advances to the finals based on their current performance achieved with maximum effort in the qualifiers. Relays only in the finals.

Notice for coaches/accompanying persons

- **Athletes will be presented** every morning at the sports venue. Coaches are responsible for ensuring that athletes arrive on time (after warming up) for presentation and in the call room according to their start time. Registration at the start is no earlier than 15 minutes and no later than 10 minutes before the start of the actual start time. Coaches must remain only in designated areas; more details will be provided at the initial technical meeting on Wednesday, January 21, at 8:00 p.m.
- **Registration** will take place before the start of the race; more details will be provided at the technical meeting. Coaches must remain only in designated areas; more details will be provided at the initial technical meeting.
- Competitors must demonstrate that **their equipment and protective gear are properly adjusted**. Otherwise, they will not be allowed on the slope. A sworn statement from the coach/accompanying person must be submitted at the initial technical meeting (part of the registration process).

PARA ALPINE SKIING

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Sports Director: Juraj Medera and Jakub Krako

Date and time: January 22–23, 2026; 10:00 a.m. – 2:00 p.m.

Equipment: Your own tuned skis, poles, protective gear such as gloves, goggles, and a helmet

Sport venue

- Lipno Ski Area, Snowcross slope (length 500 m, width 15–50 m, elevation 54 m).
- Lipenská ski slope (two-seater, length 400 m, ride time 3 minutes, capacity 1,200 people/hour).
- Parking lot P2, approx. 50 m from the ski slope
- The race track will be the same for all types of downhill skiing:
 - standing (mental disability, visual impairment, hearing impairment, physical disability walking, combined disability)
 - sitting (physical/combined disability)
 - sitting (physical/combined disability) with assistant

Competition schedule:

1. Day – Modified slalom – Qualification
2. Day – Modified slalom – Final

On Thursday, competitors will complete two training runs, followed by two timed runs to determine their placement in the final groups. These will be divided based on the principle of relativity, with 3 to 6 athletes in each group. On Friday, the final runs of the final groups will take place, with the faster of the two timed runs determining the order within the group.

The competition system, training, qualifying rounds, and finals will depend on snow conditions. Details will be provided at the latest during the initial meeting of team leaders on Wednesday, January 21, at 8:00 p.m.



PARA SNOWBOARDING

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Sports Director: Juraj Medera and Jakub Krako

Date and time: January 22–23, 2026; 10:00 a.m. – 2:00 p.m.

Equipment: Your own adjusted snowboard, poles, protective gear such as gloves, goggles, and a helmet

Racecourse:

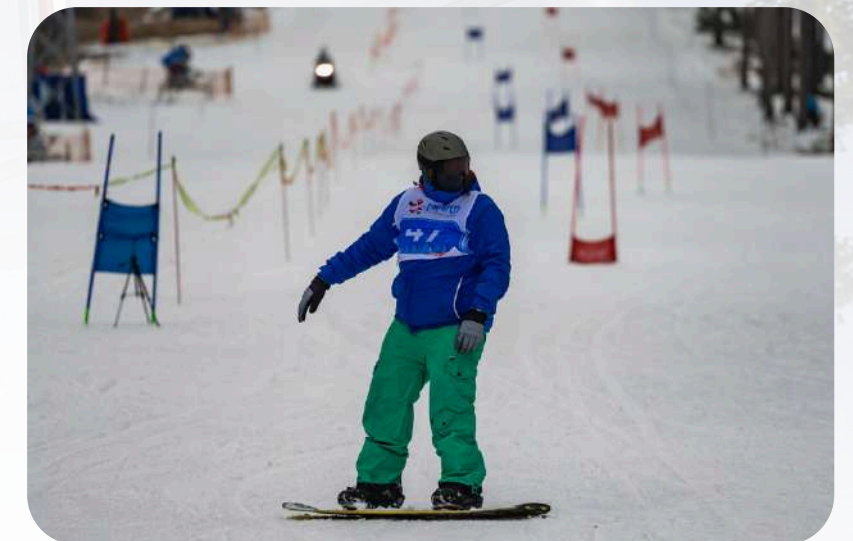
- Lipno Ski Area, Snowcross slope (length 500 m, width 15–50 m, elevation 54 m).
- Lipenská ski slope (two-seater, length 400 m, ride time 3 minutes, capacity 1,200 people/hour).
- P2 car park, approx. 50 m from the ski slope
- The race track will be the same for all types of downhill skiing:
 - standing (mental disability, visual impairment, hearing impairment, physical disability, walking)

Competition schedule:

1. Day – Modified Slalom – Qualification
2. Day – Modified Slalom – Final

On Thursday, competitors will complete two training runs, followed by two timed runs to determine their placement in the final groups. These will be divided based on the principle of relativity, with 3 to 6 athletes in each group. On Friday, the final runs of the final groups will take place, with the faster of the two timed runs determining the order within the group.

The competition system, training, qualifying rounds, and finals will depend on snow conditions. Details will be provided at the latest during the initial meeting of team leaders on Wednesday, January 21, at 8:00 p.m.



CROSS-COUNTRY SKIING

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Sports Director: Iweta Faron, Hana Válková

Date and time: January 22–23, 2026; 10:00 a.m.–2:00 p.m.

Equipment: Your own cross-country skis and boots, poles, protective gear such as gloves and goggles

- Anti-slip strips are not permitted; advice on waxing is available

Race course:

- Cross-country skiing and snowshoeing circuit, length depending on current snow conditions. The location of the track and the creation of the circuit depend on snow conditions.

OPEN category:

- standing (mental disability, visual impairment, hearing impairment, physical disability, walking)
- sitting (physical disability, wheelchair users)

Disciplines:

- free style running depending on snow conditions (from 500 m to 3 km)
- 4x1 lap relay (no club or national affiliation required).

The competition system will depend on snow conditions and the time needed for training on the track. Competitors in the **OPEN** category can register for two of the listed disciplines + the relay. **MIXED** discipline: pairs consisting of 1 athlete from the **OPEN** category + 1 registered able-bodied companion or volunteer from among the organizers (athletes form pairs themselves in the registration system + their partner/companion, or the organizer will add a volunteer to the pair of athletes). There is no need to adhere to club or national affiliation. Interested parties may participate repeatedly, but always in a different group.



SNOWSHOEING

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Sports Director: Iweta Faron, Jakub Válek

Date and time: January 22–23, 2026; 10:00 a.m. – 2:00 p.m.

Equipment: Bring your own snowshoes or they will be available from the organizer in various sizes.

Race course:

- Qualifying rounds and finals in snowshoe running will take place in cross-country skiing areas and open terrain. Good winter footwear is essential.

OPEN category:

- standing (mental disability, visual impairment, hearing impairment, physical disability, walking)

Disciplines:

- distance depending on snow conditions (from 500 m to 3 km)
- Relay race 3 x 1 lap (no need to adhere to club or national affiliation)

The competition system will depend on snow conditions. Competitors in the **OPEN** category can register for one of the listed disciplines plus the 3x1 lap relay. The qualifying competitions will take place on January 22 from 10:00 a.m. to 2:00 p.m., and the finals on January 23 from 10:00 a.m. to 2:00 p.m.

MIXED discipline: pairs compete, consisting of 1 athlete from the OPEN category + 1 registered able-bodied companion or volunteer from among the organizers (athletes form their own pairs in the registration system, and their partner/companion or the organizer will add a volunteer to the pair of athletes). There is no requirement to adhere to club or national affiliation. Interested parties may participate repeatedly, but always in a different group.



SPORT REGULATIONS

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HOCKEY CENTER POUZAR SPORTS

winter.emilopen.cz

POUZAR CENTER - GENERAL INFORMATION

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Address:

- E. Rošického 1756, 370 05 České Budějovice 5
 - <http://www.hc-pouzar.cz>
- <https://maps.app.goo.gl/6YGtEGLbhr3gxb7b6>

Camp facilities:

- ice hockey rink
- gym

Facilities:

- parking directly next to the rink,
- toilets, including wheelchair-accessible toilets,
- changing rooms,
- overnight storage of sports equipment available
 - separate areas,
- Lunch and hot drinks are available in the cafeteria.

Competitions:

- Friday from 2 p.m. - para ice hockey tournament
- Saturday 9 a.m. - 1 p.m. - international figure skating competition

The ice schedule may change based on the operator's need to adjust the ice.
New times will be announced immediately, if necessary.

PARA HOCKEY

WEDNESDAY 21.1.

- 09:00 - 10:00 gym, dry preparation
- 12:30 - 14:00 ice, training

THURSDAY 22.1.

- 9:00 - 10:00 ice, training
- 10:00 - 11:00 gym, dry preparation
- 14:45 - 16:30 ice, training

FRIDAY 23.1.

- 9:00 - 10:00 ice, training
- 10:00 - 11:00 gym, dry preparation
- 13:00 - 16:00 TOURNAMENT PARA HOCKEY

FIGURE SKATING

THURSDAY 22.1.

- 10:00 - 10:45 ice, training
- 10:00 arrivals of school
- 11:00 - 11:45 courses for public - schools, social facilities
- 12:30 - 13:15 ice, training (preparations for the Czech Championship)
- 16:45 - 17:45 gym, dry preparation
- 18:00 - 18:45 ice, training (preparations for the Czech Championship)

FRIDAY 23.1.

- 11:00 - 12:00 ice, training
- 12:00 - 13:00 ice, training (preparations for the Czech Championship)
- 14:30 - 15:30 gym, dry preparation

SATURDAY 24.1.

- 09:00 - 13:00 COMPETITION FIGURE SKATING

SHORT TRACK

THURSDAY 22.1.

- 13:30 - 14:30 ice, training

FRIDAY 23.1.

- 10:00 - 11:00 ice, training

PARA HOCKEY

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Sports Director: Miroslav Dráb

Date and time: January 21–23, 2026, see schedule

Equipment: Own equipment required

A coach will be available to adjust the hockey sled to the individual needs of each athlete.
Sled rental available.

Training camp for beginner para hockey players from V4 countries.

Theory and practice on dry land and on ice, under the supervision of experienced coaches.

Para hockey tournament

- January 23 – Friday – from 2 p.m.
- Two groups
 - A – advanced teams,
 - B – beginner teams.
- Timing according to the level of the athletes – 3 x 15 minutes or 3 x 10 minutes



FIGURE SKATING

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Sports Director: Barbara Zbožíšková

Date and time: January 22–24, 2026, see schedule

Equipment: Owning your own equipment is an advantage; coaches and equipment will be available for loan.

Training camp for beginner figure skaters from the V4 countries and the Western Balkans.

Theory and practice on dry land and on ice.

Courses for the public – schools, organizations, interested parties

- **Thursday, January 22, 2026**

- 10:00 a.m. arrival of schools
- 11:00 a.m. – 11:45 a.m. courses for public – schools, social facilities

International Figure Skating Competition for Special Olympics Athletes

- **Saturday, January 24, 2026**

- 9:00–9:30 a.m. Opening ceremony
- 9:30 a.m. Figure skating competition
- 12:00 p.m. Medal ceremony
- 1:00 p.m. Closing ceremony and lunch

- **Entry fee: CZK 0**

- **Competition rules**



SHORT TRACK

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Sports Director: Miroslav Čech

Date and time: see schedule

Equipment: Owning your own equipment is an advantage.

Coaches and equipment will be available for hire.

Training camp for beginner skaters from the V4 countries and the Western Balkans.

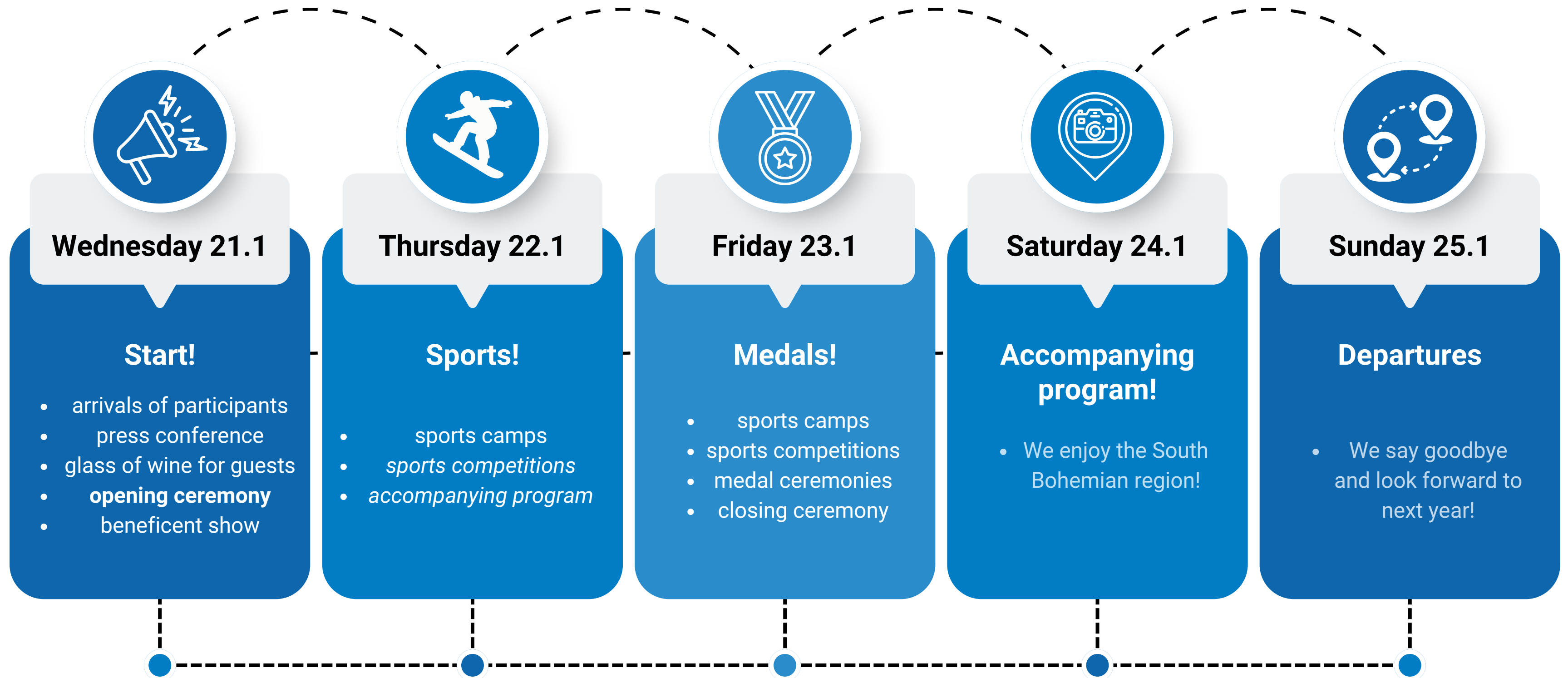
Focus on the basics of speed skating.

Skating and speed skating training

- January 22 - Thursday - 1:30 p.m. - 2:30 p.m.
- January 23 - Friday - 10:00 a.m. - 11:00 a.m.



PRELIMINARY SCHEDULE





Game financing

The event is non-profit in nature, with the aim of not financially burdening disabled participants. The organizer pays for accommodation and meals for athletes and necessary companions.

The project is co-financed by the governments of Czechia, Hungary, Poland and Slovakia through Visegrad Grants from the International Visegrad Fund. The mission of the fund is to advance ideas for sustainable regional cooperation in Central Europe.



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emilnadace.cz

Emilova sportovní, z.s.

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Zapsaný u Krajského soudu v
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emilova-sportovni.cz

Emilova produkční, z.s.

IČO: 177 98 400

Zapsaný u Krajského soudu v
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Emilova vzdělávací, z.ú.

IČO: 177 10 472

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