

**Here are the rules :)**

Everyone forms teams of six (6), any gender or age mix, it doesn't matter.

We run the race as normal. Men's **overall finish list** is broken into four quarters (A, B, C, D) and ladies list is broken into halves (A, B).

Each of the quarters and halves is scored with old World Cup scoring (A divisions 25, 20, 15, 12 etc, and the rest 20, 15, 12, 10 etc) and all finishers points added up for the team they are on. So.... if you had six racers in a field of say 60 men and 12 women and your men finished 2nd, 16th, 24th, and 31st and your women finished 5th and 7th you would probably have the winning team. That would equal  $20+6+20 + 10+20= 96$ .