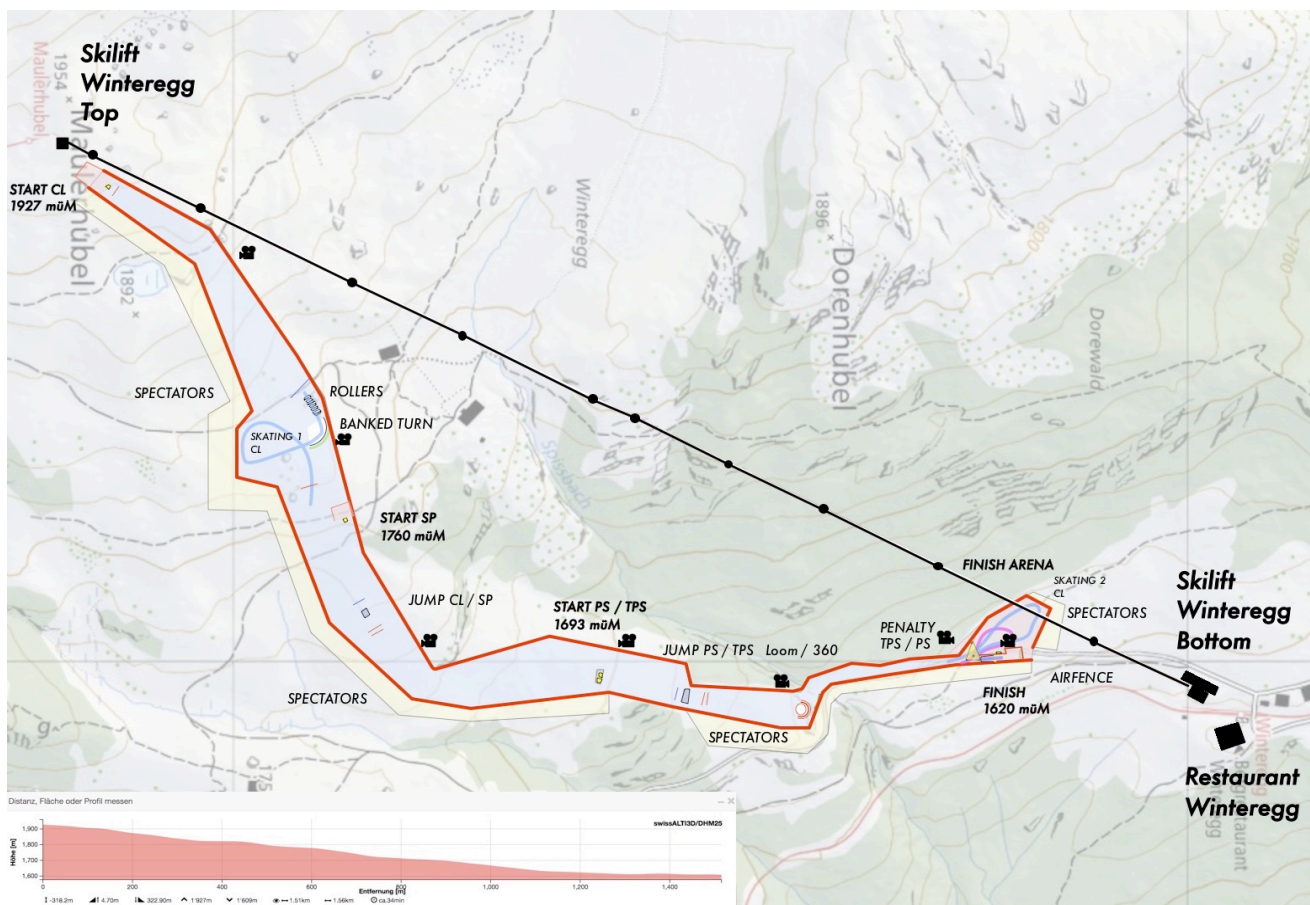


Guidelines for Telemark Courses

Edition ICR TM 2022 / 23

1716 Telemark Race Aide Memoire

Race	GS	SP	CL	PS	TPS	Parallel slalom
Recommended Vertical Drop	125-350m	100-150m	250-500m	70-120m	70-120m	60-100m
Planned run time recommendation best 10 skiers	55-75	40-70 seconds	100-170 secs	30-50 secs	30-50 secs	20-25 secs
Recommended Gate distance	23-28m	20-25m	23-30m	18-22m	19-24m	19-24m
Number of Runs	2	2	1	1 pair per heat	1 pair per heat	
Jump height	<1m	<1m	<1.5m	<1m	<1m	<1m
Number of jumps	1	1	1 or 2	1	1	1
Jump length	5-25m	5-25m	5-30m	5-20m	5-20m	
No of 360	0	1	1-2	1	1	0
360 radius	----	5-9m	5-9m	7-10m	7-10m	----
Start Type	Slalom or fixed	Slalom	Slalom or fixed	Course clear	Course clear	Course clear



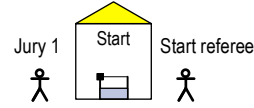
Provide a map of the slope to racedirector, td and tv production company

The Setting:

Setting

- GS 23 - 28 m
- SP 20 - 25 m
- CL 23 - 30 m

Single GS setting



The Jump:

Clear zone around the jump.

No equipment, no coaches

ipad for filming the lines.

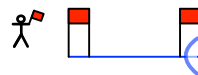
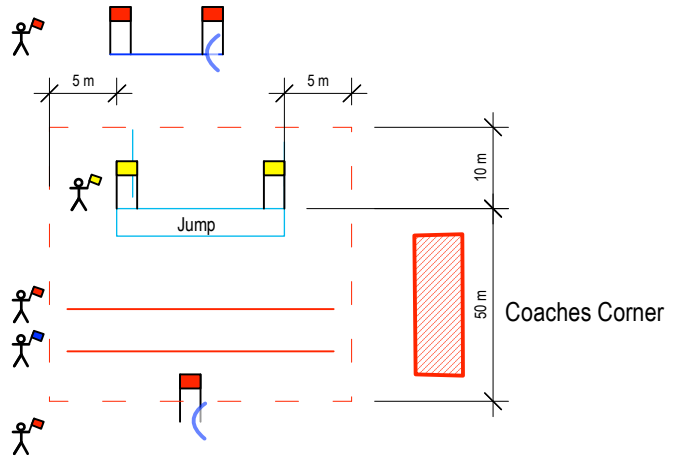
Yellow flag to stop the racer if a accident happen

below the jump or in the loom

Yellow flag
(When startinterval is short)

Jump judge 1
Jump judge 2

Jury 2



The Loom, 360, Rejpljshe:

Radius: 5 - 9 m at the top.

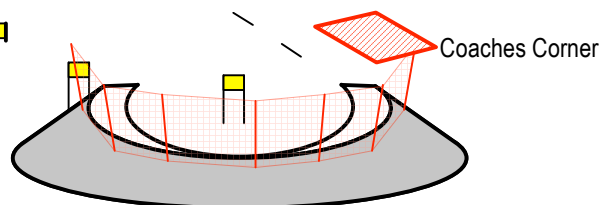
Height : 2 m

Entrance: When possible at the medium of the height

2 B-net around the Loom.

Jury 3

Finish referee
Handtiming



Start Gate: (Picture 1)

Skier-cross start gate, use only the two outer gates.

Timing for qualification with startpin at each side (Picture 2)

Timing for finals when needed at the handle of the startgate (Picture 3)

Only the difference between the racers count.

Info at the start: Red course ready, blue course ready, attention .. within 5 seconds the gates open.

Red course on the left side.

The Setting:

Distance between red and blue course 6 m

Setting

- PS 18 - 22 m

- TPS 19 - 24 m

Only turning gates.

When a racer miss a gate he needs to turn around the missed gate, not the gateline counts (IWO 904)

Distance to the first gate after the jump, $l = \text{jumpline} \times 1.75$

Vertical drop 70-120 m

runtime 30-50 s

The Jump:

Max Hight 1m

Min wide 10 m

Jump distance 5 - 20 m

Clear zone around the jump.

No equipment, no coaches

Penalty Box: (Picture 4)

Indicates the Penaltys for the racers

panel 0 0 penalty clear run

panel 1 1 penalty

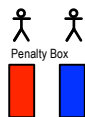
panel 2 2 penalty

panel X max. penalty 3 s

the execution of the penaltys must be recordet and controlled by a judge.

Missing the penalty gate , means max.penalty.

Missing a gate in qualification > DSQ



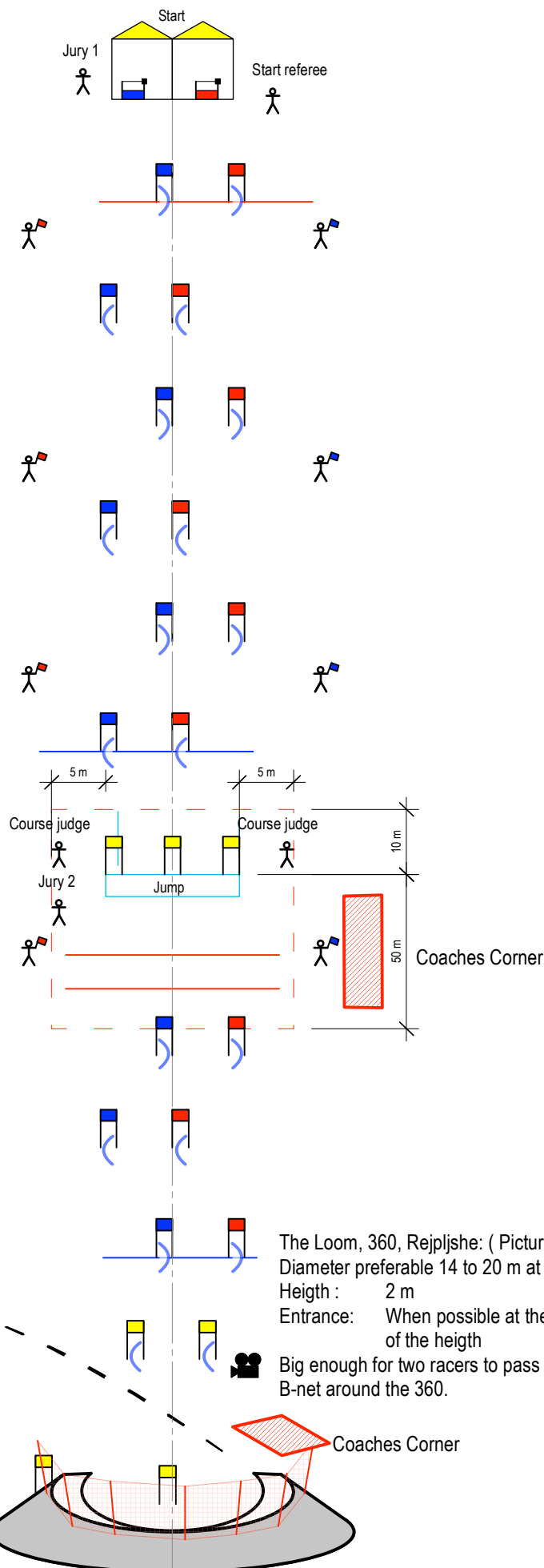
Video jury / Jury 4
in the tv-production room.



Finish referee
Handtiming



Last 10 - 15 m divided skating
Marking with panels or colour.
(Picture 5)



The Loom, 360, Rejpljshe: (Picture 6)

Diameter preferable 14 to 20 m at the top.

Height : 2 m

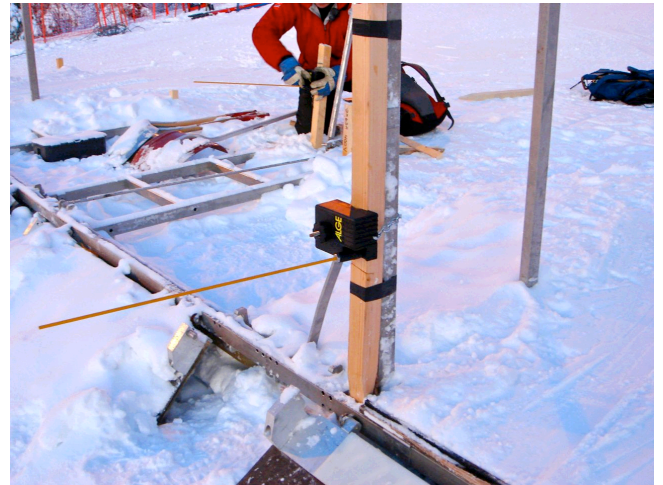
Entrance: When possible at the medium of the height

Big enough for two racers to pass
B-net around the 360.

Coaches Corner



Picture 1



Picture 2



Picture 3



Picture 4

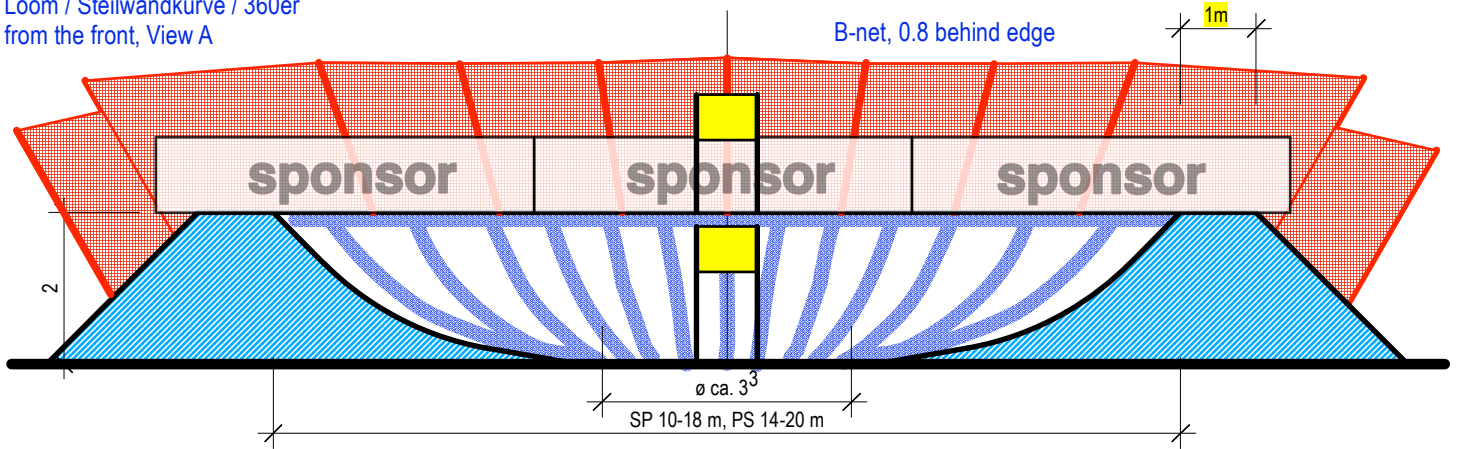


Picture 5

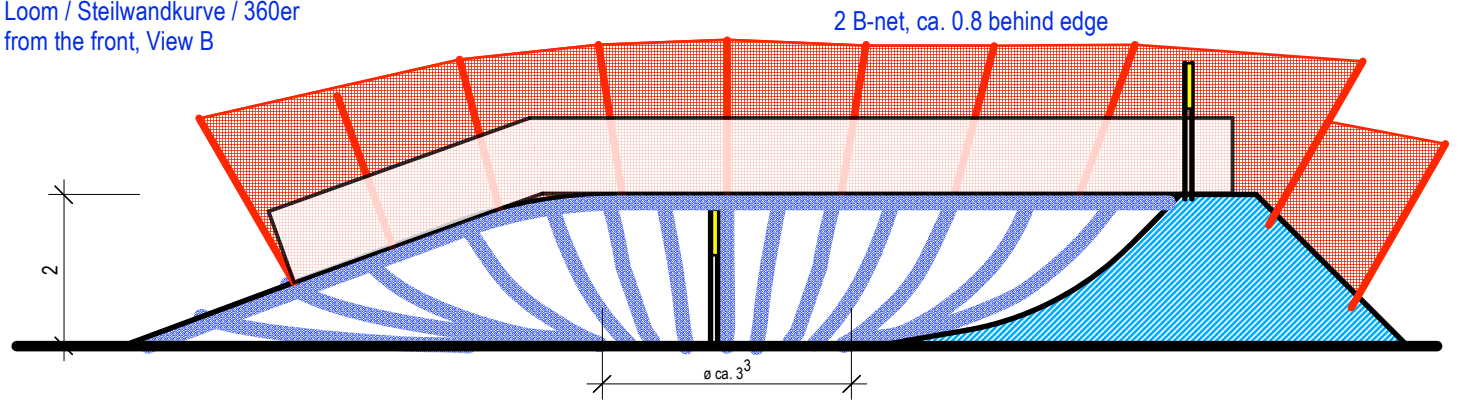


Picture 6

Loom / Steilwandkurve / 360er
from the front, View A

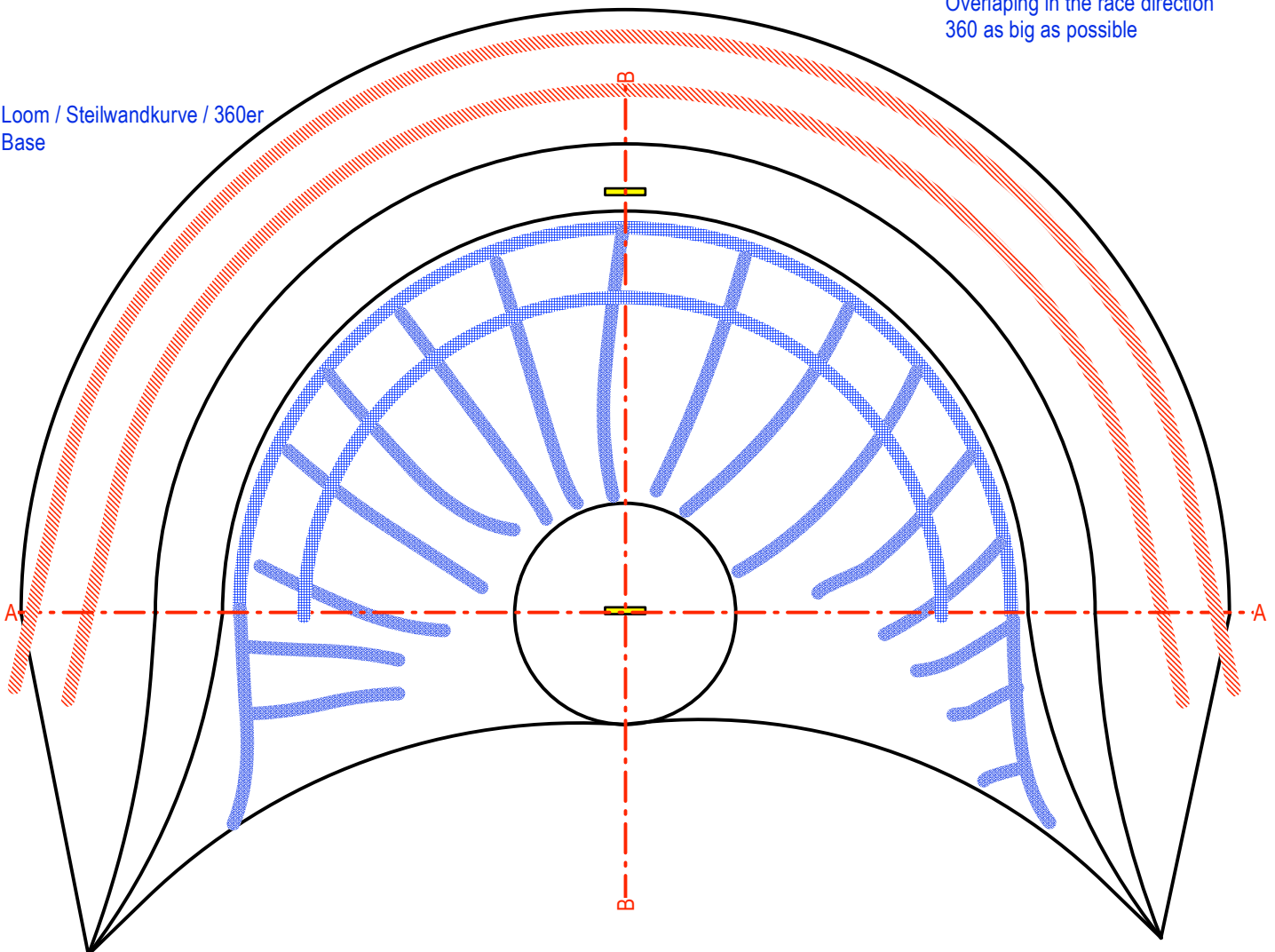


Loom / Steilwandkurve / 360er
from the front, View B



2 B-net, ca. 0.8 behind edge
Overlapping in the race direction
360 as big as possible

Loom / Steilwandkurve / 360er
Base



Loom

- Diameter 10 - 20 m
- Double B-net behind the top edge
- 1 m flat on the top.
- Advertising banner for slide on.
- Overlapping in the direction of the racer.
- Yellow gates
- Ready for training 48 h before the race
- Jutrycamera in the loom

For safety: Close the 360 before and after the race with a net



jump

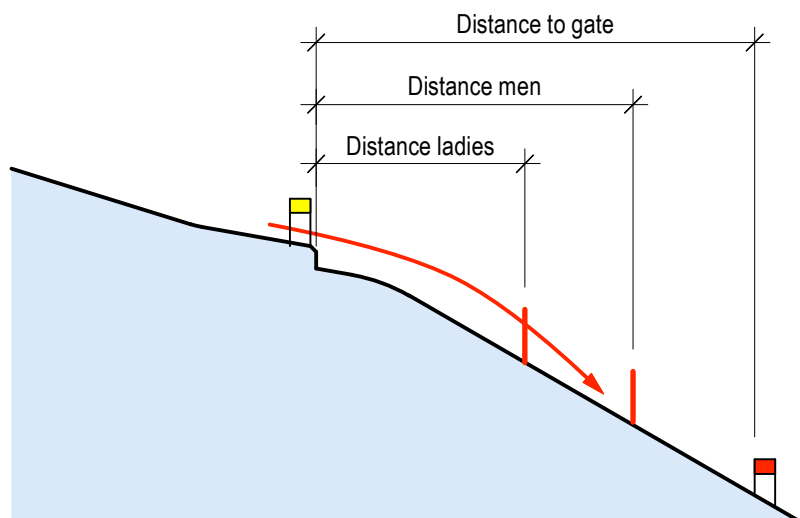
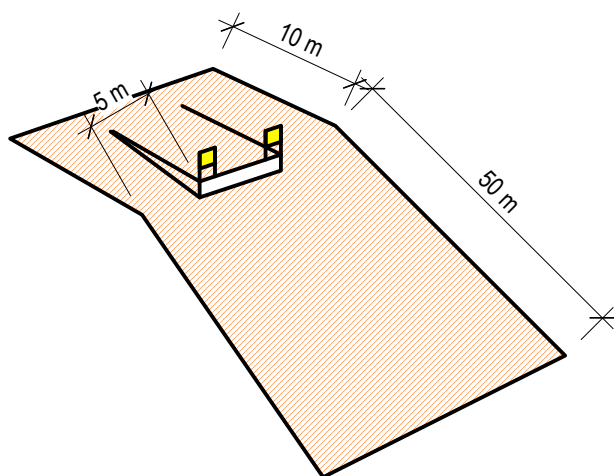
- Incline of jump 10°
- The incline of the landing zone should not be larger than 20° from the jump.
- Jumps suited for jumps 5-30 m
- Yellow gate on the top.
- Blue line at the edge of the table.
- Red lines at the landing
- Clear zone around the jump.
- No equipment, coaches, racers, spectators in this area.
- Only jury and judges are allowed.
- Linejudging with camera on the jump.

For safety: Close the jump before and after the race with a net



Clear zone

Jump line



18. Rescue service – Medical Support Requirements

The Organizer is responsible for setting up and operating during all competition times (training and competitions) an appropriate rescue service. The Medical Support Requirements for FIS Event Organisers are set forth in the ICR, 221.6 as well as chapter 1 of the FIS Medical Guide (containing Medical Rules and Guidelines).

Two safety patrollers present for Classic (start and jump), except if the jump is present at the start, in this case the second safety patroller will be present at the middle of the course. For Sprint, Parallel Sprint and Team Parallel Sprint one safety patroller will be present at the start. There are no obligations for doctor to be present, but he/she must be informed by letter in advance by the organisation about the event. A doctor should be able to be present in less than 20 minutes after he^xis informed.

18.1 Safety Requirements

All snow canons have to be protected by mattresses.

A net must be placed from the top the finish line in case of a slope opened to the public. In certain cases, double nets must be placed with a gap between both to serve as a shock absorber.

Nets around the 360°.

No material around the jump.

No wooden flags in the cross country sections, 360° and anywhere along the course.

No colour chemical product placed on the piste without spaces for the jump lines.

The rescue patroller(s) must have a diploma and adapted rescue equipment present with him/them.

In case of using finish line poles, they must have mattress and well placed protection.

18.2 Factors for FIS points calculation

	Factors for race points calculation	Maximum value
CL	500	200
SP	500	200