

FIS PARA CROSS-COUNTRY - CONTINENTAL CUP MANUAL

Version: November 2025

1. General

- 1.1. All events in the Continental Cups will be conducted under the rules and regulations of the [Para Cross-Country ICR](#) and [Rules of the Points](#).

2. Calendar Entry

- 2.1. As per ICR art. 202.1.2.1: The applications of the National Ski Associations (NSA) are entered by using the FIS Calendar program in the members section of the FIS website: www.fis-ski.com by 31st August (31st May for the Southern Hemisphere).
- 2.2. Fees can be found in the [Rules for the FIS Calendar, FIS Calendar and Registration Fees](#)

3. Officials and Nomination Process

- 3.1. Officials as per ICR art. 12302:
 - FIS Technical Delegate and National Technical Delegate
- 3.2. Nomination process as per [Rules for the organization, education and nomination of FIS Cross-Country Technical Officials](#).

4. Competition Courses

- 4.1. ICR art. 12311.2.1 All FIS Para Cross-Country competitions should be carried out on homologated courses. Exceptions are: popular competitions, Roller Skiing competitions, substitute courses if approved by the Jury and lower-level competitions (Continental Cups and below) if approved by FIS office and the jury, where the courses meet homologation criteria but where homologation is not yet available. The homologation procedures are described in the Homologation procedure for cross-country skiing courses and the [FIS Para Cross-Country Homologation Guide](#).
- 4.2. Instructions for Course homologation can be found in the following guide: [FIS Homologation procedure for cross-country skiing courses](#)

5. Timing

- 5.1. As per ICR art. 12316.1: Electronic timekeeping must be used. Electronic timing will always be supplemented by hand timing as a backup system and results can be cross-checked between the two systems.
- 5.2. As per ICR art. 12316.3.1: The following electronic timing technologies can be used to identify the official finish times:
 - Electronic timing system based on photocells. The measuring point of the light of photo barrier must be at a height of 25 cm above the snow surface
 - Photo finish system. The measuring point will be the toe of the first boot meeting the finish line or for LW 10-12 the front binding.

6. Waxing Facilities & Changing Facilities

- 6.1. The Organizing Committee shall provide the waxing cabins, as well as separate changing area at disposal of the teams.

7. Accessibility

- 7.1. Special consideration shall be given to athlete needs. Those include, but are not limited to accessible pathways, access to warm-up courses, start and finish area, ceremonies, facilities such as washrooms, changing rooms, lunch area, anti-doping facilities, hotel and transportation.

8. Medical

- 8.1. 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 Organizers are set forth in the ICR 221.6 as well as chapter 1 of the FIS Medical Guide (containing Medical Rules and Guidelines).

9. Entries

- 9.1. Participating nations have to enter their athletes (incl. guides) over the FIS Online Entries: <https://profile.fis-ski.com/login> by the deadlines as per ICR art. 12202.

10. Results and Points

- 10.1. Immediately after approval by the Technical Delegate, the result must be send in .xml format to result@fis-ski.com immediately after the race. The XML Result description for Para disciplines is available [here](#).
- 10.2. The applicable percentage list for the athletes' classes can be found here: [Percentage List](#)
- 10.3. FIS Points including the race penalties are calculated as per [Rules of the Points](#).
- 10.4. If available, please email the live result link to ParaCrossCountry@fis-ski.com, which will then be connected to the FIS Website.

11. Prices

- 11.1. The OC is encouraged to provide prizes to the top three winners (incl. guides in case of Vision Impaired athletes) in each category.

12. Communications

- 12.1. The OC is encouraged to promote the competition over its channels and to cooperate with the FIS Communications Team by tagging #ParaSnowSports in the post.

For any questions, please contact: ParaCrossCountry@fis-ski.com