PRECISIONS, INFORMATION AND INSTRUCTIONS

PARA CROSS-COUNTRY

NORTHERN HEMISPHERE

EDITION 2026/27

INTERNATIONAL
SKI AND SNOWBOARD
FEDERATION

Oberhofen, November 2026

PRECISIONS, INFORMATION AND INSTRUCTIONS SOUTHERN HEMISPHERE 2026/2027

FIS Council Meeting: 3rd November 2026

1) Introduction

This document presents the rule changes within the Para Cross-Country International Competition Rules (ICR), Rules for the Para Cross-Country Points and Para Cross-Country World Cup Points and the FIS Para Snowsports Equipment Specifications following the approval of the proposals by the FIS Council on 3rd November 2026.

All updated documents are now available on the FIS Website.

2) Participation of Russian and Belarussian Athletes in FIS competitions

Currently, in line with the decision issued by the Court of Arbitration for Sport (CAS) in December 2025:

- **FIS is ordered by CAS to allow the participation** of Para athletes and support personnel of Russian and Belarusian sporting nationality in all FIS events "under the same conditions as those recommended by the International Paralympic Committee (IPC), i.e. **without the AIN framework** being applied."

3) Approved Rule Changes to the International Competition Rules

All approved rule changes can be seen under Annex 1 - International Competition Rules Para Cross-Country

4) Approved Rule Changes to the Rules of the FIS Para Cross-Country Points and Para Cross-Country World Cup Points

All approved rule changes can be seen under Annex 2 - Rules of the FIS Para Cross-Country Points and Para Cross-Country World Cup Points

5) Approved Rule Changes to the Para Snowsports Adaptive Equipment Regulations

All approved rule changes can be seen under Annex 3 – Para Snowsports Adaptive Equipment Regulations

6) Qualification Regulations – FIS Para Cross-Country World Championships 2027

The updates to the Qualification Regulations for season 2026/2027 have been approved and can be found under the following link:

- FIS Para Cross-Country World Championships 2027

Annex 1 – International Competition Rules Para Cross-Country

12300 Cross-Country Competitions

12300.1 FIS sanctioned competitions are governed by the following FIS publications: ICR - first section (200s), second section (12200s), third section (12300s), Homologation Guidelines, FIS Para Nordic Classification Rules and Regulations, Rules for the Para Cross-Country Points and Para Cross-Country World Cup Points, FIS Para Snows Sports Equipment Specifications and FIS Para Snowsports Adaptive Equipment Regulations~~, Para Cross-Country World Cup and Championships Manual~~ approved by the Para Snowsports Committee and/or FIS Council.

12303.1.2 For WC the Jury will consist of the following:

- The FIS TD, who is chair of the Jury (appointed by FIS)
- FIS Para Cross-Country Race Director (appointed by FIS)
- FIS Assistant Technical Delegate (TDA) (appointed by FIS)
- National Assistant TD (appointed by the NSA in cooperation with the regional TD coordinator)
- The Chief of Competition
- Adaptive Equipment Controller (Classification) – if appointed, (appointed by FIS – non voting Jury member)
- FIS Equipment Controller – if appointed, (appointed by FIS - non voting Jury member)

12303.3.2 The Jury must clarify and decide:

- Whether a competition shall be delayed, postponed, interrupted, resumed, rescheduled, restarted or cancelled[1].

[1] Explanatory notes:
Delayed: The competition did not start as scheduled but is expected to begin later the same day. Example: Start of the competition is delayed because of a malfunctioning start gate.
Postponed: The competition did not start as scheduled, and the new date and start time are currently unknown. Example: The competition has not started yet, because of the temperature below -20°C. It will start later; the start time is not known.
Rescheduled: The new date and/or start time of the competition are known. Example: The competition has not started yet. Because of temperatures below -20°C the competition was rescheduled from one day to the other.
Interrupted: An unplanned interruption occurred after the competition began. The competition may either be cancelled or resumed, and competitors are required to follow the instructions of the competition officials. Example: The race started. It got interrupted because protesters pulled a rope across the course and competitors could not pass this part safely.
Resumed: The competition continues after unplanned interruption. Competitors must follow the instructions of the competition officials. Example: After the competition has been interrupted (see below), the obstacle was removed. Competitors can continue competing.
Restarted: The competition or heat/round will be neutralized and will be started from the beginning. Explanation: We are considering allowing to restart a heat in individual sprint or final in the team sprint.
Cancelled: The competition will not take place at all and will not be rescheduled.

- Whether the competition course shall be adjusted due to safety reasons, or that additional safety measures (fences, protective material, etc.) shall be installed along the course
- Whether late entries and substitutions may be accepted.
- Whether protests should be accepted, and sanctions or disqualification announced.

12310.1 Table for distances and course lengths

Competition Type	**Competition Length (km)**	**Nominal Course Length (km)**
Distance	5 to 20	2.0, 2.5, 3.3, 3.75, 4.0, 5.0
	Greater than 20	5 and greater
Individual and Team Sprint	Sitting: 0.6 – 1.2	0.3 to 1.2
	Standing/VI: 0.8 – 1.6	0.4 to 1.6
Relay	2.5 per leg	2.5

This table is valid for organizing multi-lap races but when choosing a short course with many laps the overall distance, start format and course width must be considered.
Individual Sprint and Team Sprint competitions can be carried out on one or more laps.

12311.2.6 Course width categories

Course widths for particular competition formats should follow the following table:

Category	Minimum course width			Used for
	Uphills	Undulated terrain	Downhills	
A	3 m	3 m	3 m	Interval Start C
B	4 m	4 m	4 m	Interval Start F Relay C
C	6 m	6 m	6 m	Para Mass Start C Skiathlon C part Relay F Sprint C Team Sprint C
D	9 m	7,5 m	6 m	Para Mass Start F Skiathlon F part Sprint F Team Sprint F
E	12 m	9 m	6 m	Skiathlon (when both techniques are used on the same course)

12312.5 Pit boxes

12312.5.1 When ski exchange is allowed, the pit box area must be designed so that each nation has a designated box marked by their national flag / national code and an exit is provided that minimizes any chance for interference. The minimum width of each exchange box shall be 2.5 metres. A bypass corridor must be provided so that any competitors who do not enter their pit boxes will have the shortest skiing distance past this ski exchange area.

The jury decides about the layout of the ski exchange zone and the number of boxes per nation, taking in consideration the total number of competitors and the available space in the stadium.

The course along the access to the boxes should be minimum 4 m wide. The width of the course on the exit side on the boxes should be minimum 6 m.

12312.5.2 Pit boxes for Skiathlon Competitions

The pit box area must be designed so that each competitor has a designated box marked by his/her bib number and an exit is provided that minimizes any chance for interference. The minimum width of each exchange box shall be 2.5 metres. A bypass corridor must be provided so that any competitors who do not enter their pit boxes will have the shortest skiing distance past this ski exchange area. The course along the access to the boxes should be minimum 4 m wide. The width of the course on the exit side of the boxes should be minimum 6 m.

12314.7.3.1 For Para Mass Start, Skiathlon and Individual Sprint competitions (heats only) it is required to affix bib numbers to the standing competitor's leg or side of the sit ski that is closest to the finish line camera.

12314.7.3.2 For Team Sprint and Relay competitions it is required to affix bib numbers to the finishing competitor's leg or side of the sit ski that is closest to the finish line camera.

12316.3.2 Transponder
Transponders (active systems) can be used as a supporting system to the official timing system to determine race times and ranking sequences at intermediate timing points, pre-timing points, and finish (unofficial result). The official result must be confirmed according to ICR 12316.3.1.1.

For the Sitting category: The transponder must not be fixed ahead of the front binding.

~~On WC, WSC and PWG: A transponder for Guides is mandatory, which serves as control if all course sequences are correctly passed by the guide together with their athlete.~~

12316.8 Calculation of Start Times

12316.8.1 Calculation of Start times based on the Sprint, Team Sprint qualification, ~~or~~ previous competition for Para Mass Start or meter per second approach for Skiathlon Competitions

In the finals of the Sprint, start times of the athletes are determined by using the calculated time of the winner from the qualification race. For Para Mass Start races, the calculated time of the actual fastest real time (independently from the winner) from a defined previous interval start race held on the same course ~~and using the same skiing technique~~ is used. This qualification race or previous competition is used to estimate the calculated time of the athlete that provided the reference time for the upcoming Sprint heats or competition, referred to as the Basic Time. The reference time for Team Sprint Competitions is determined as outlined under art. 12326.5.1. For Skiathlon competitions no reference race is required, the determination of the reference time is described under art. 12316.8.3.

This Basic Time serves as the reference point for determining the start times of all other competitors within the same category (Sitting, Standing and Vision Impaired) and per gender. The purpose of this system is to ensure fair competition among athletes with different impairments by adjusting start times based on each athlete's Sport Class percentage.

12316.8.2 Further Considerations for the Calculation of start times in Para Mass Start Competition

The start time is calculated by taking the fastest real time (independently from the winner) from a defined previous interval race, which used the same loop, as outlined under art. 12316.8.1 of the athletes entered into the Para Mass Start competition (2 hours before the TCM). This fastest real time is used as the basis for calculating the relative start times of all competitors.

In case where the distance of the previous interval race is shorter or longer than the distance of the Para Mass Start Competition, the fastest real time will be multiplied up or divided down to the relevant distance. In case of a longer distance in the Para Mass Start race, than in the reference race a descent speed factor may be added to the winner's real time (e.g. 5%), which is determined by the Jury.

In case the technique differs between the reference race and the Para Mass Start Competition (this is only applicable for the Standing and VI Category), the following technique factors are applied~~calculation step will be added~~ to determine the ~~basic~~ applicable real time (the technique factors are ~~will be~~ reviewed every Spring and ~~is~~ are based on the past four seasons):

~~Classical to Free Technique: 0,88~~

~~Free to Classical Technique: 1,14~~

Categories	Classic to Free	Free to Classic
Women Standing	0,91	1,09
Men Standing	0,89	1,13
Women VI	0,84	1,18
Men VI	0,86	1,17

The jury may also decide to change the race to an interval start race if fairness of all Sport Classes cannot be ensured.

Example:

Fastest real time: 28:22,5 (athletes' percentage is 96%)

Distance calculation (10km to 20km): 28:22,5 x 2 = 56:45,0

Descent speed factor (3%): 56:45,0 x 1,03 = 58:27,1

The reference race was held in Classical Technique, and the Para Mass Start is a Free Technique competition: 58:27,1 x 0,898 = 521:0126,32

The ~~basic~~ applicable real time ~~(B)~~ is 5152:0126,32

For the exact calculation steps of the start times, see art. 12316.8.1.

12316.8.3 Calculation of start times in Skiathlon Competition

To calculate the start times, the expected fastest real time has to be determined, which provides the basis for the calculation. This is done by applying the respective meter per second values (see table below) to the competition distance across both skiing techniques per Gender and Category.

The following table displays the fastest real times of all distance 5km, and 10km Interval Start Competitions of the seasons 2022/2023 – 2025/2026, divided into Gender and Category. The Average % displays the average of the athletes' percentages that achieved the respective results:

	m/s		Average %	
Categories	**Classic**	**Free**	**Classic**	**Free**
Women Standing	5,3	5,8	96	
Men Standing	5,6	6,3	94,08	
Women VI	4,9	5,8	97,65	
Men VI	5,9	6,9	100	

Example (10km Skiathlon – Men Standing):

Course Length (same course length for Classic/Free): 2,537 metres

Technique	**Meters**	**Calculation**	**Expected Real Times**
Classic (2 laps)	5,074 m	5,074 m ÷ 5,6 m/s	15:06,1
Free (2 laps)	5,074 m	5,074 m ÷ 6,3 m/s	13:25,4
		Total	**28:31,5**

As final step the expected time (in real time) within the box area when changing from Classic to Free Technique Skis is added as follows:

- Standing Categories: + 20 seconds
- Vision Impaired Categories: + 30 seconds

Expected Fastest Real Time: 28:31,5 + 00:20,0 = 28:51,5 (94,08%)

For the exact calculation steps of the start times, see art. 12316.8.1.

12317.2 Result time precision

Individual	Sprint Qualification	Para Mass Start	Team Sprint	Relay
1/10s (0.1)	1/100s (0.01)	1/10s (0.1)	1/100s (0.01)	1/10s (0.1)

12322.3.1 Substitution is possible according to ICR art. 12313.4.

12322.3.2 The substitute athlete's start position will be determined by the Jury.

~~12322.5.1 Overlapping Rules normally apply. For skiers who are lapped refer to ICR art. 12343.14.~~

12323 Skiathlon Competitions

12323.1 Definition

Skiathlon is a Mass Start competition with Pursuit Start Procedure, in which competitors start in classical technique in first part, followed by mandatory ski exchange in a pit box in the stadium and then second part in free technique. For athletes in the Sitting Category, either an Interval or Para Mass Start competition is organized.

12323.2 Courses and stadium

12323.2.1 Recommended norms

Skiathlon	**Preparation for**	
	Classical technique	**Free technique**
COURSE		
Category	C	D
Classical tracks	3 - 4 tracks	/
Distance between tracks	Minimum 1.2 m	/
START		
Organization/preparation	Arrow or flat start grid	/
Classical tracks	3 or more	/
Length of tracks (after start line)	50 to 100 m	/
Distance between tracks	1.2 m	/
FINISH		
Width (minimum)	/	12 m minimum
Number of corridors	/	3-4 corridors (3 m each)
Distance between tracks	/	/
PIT BOXES		
Recommended size	length 2 m – 2.5 m	width 2.5 m

12323.2.2 Pit Box area

12323.2.2.1 Within the pit box area there is no technique control, which begins after a marked line.

12323.2.2.2 The free technique equipment must be deposited into the assigned box. When the control of fluorinated wax is in place the free technique skis must be deposited in the designated area before the deadline decided by the Jury. Other equipment is not allowed to be deposited in the boxes.

12323.2.2.3 The exchanged equipment must be left in the box until the competitor has finished the competition.

12323.2.2.4 5 minutes before the start coaches or service people have to leave the pit box area.

12323.2.2.5 Athletes in the Standing Classes: LW5/7, LW6, LW8 and LW9, can be supported by one team member with changing skis and poles. Coaches and service people that support athletes can enter the pit boxes once the last athlete enters the second lap. Athletes in the Vision Impaired Category shall be supported by their Guide.

12323.3 Entries - Substitution

12323.3.1 Substitution is possible according to ICR art. 12313.4

12323.3.2 The substitute athlete's start position will be determined by the Jury.

12323.3.3 The athlete takes the bib of the one they are replacing.

12323.4 Starting Order and Start Procedure

12323.4.1 Pursuit Start procedure must be used (see ICR art. 12315.4).

12323.5 Timing and Results: see ICR art. 12316/12317

12323.6 Jury and protests

No specific rules.

12323.7 Competition interruption

In case of competition interruption while competitors are still competing, the competition will be valid if there are at least 4 ranked competitors. The competitors still on course at the time of interruption will be ranked in final results as lapped according to their respective position at last intermediate point.

12325.2.1 Recommended norms.

Sprint	**Sitting Category only**	**Sitting, Standing and VI Categories**	**Standing and VI Categories only**
	Classical Technique	**Classical + Classical**	**Classical Technique**
COURSE			
Category	C	C	C

Width (minimum)	6m	6 m	6 m
Classical tracks	2 - 3 tracks	2 - 3 tracks	2 - 3 tracks
Distance between tracks	Minimum 1.2 m	Minimum 1.2 m	Minimum 1.2 m
START			
Width (minimum)	12 m	12 m	12 m
Organization/ preparation	Extra corridor for qualification round, 6 corridors for sprint heats	Extra corridor for qualification round, 6 corridors for sprint heats	Extra corridor for qualification round, 6 corridors for sprint heats
Classical tracks	6	6	6
FINISH			
Width (minimum)	6 m	6 m	12 m
Number of corridors	3 minimum	3 minimum	3 minimum
Number of tracks	Minimum ~~1.~~2~~m~~	Minimum ~~1.~~2~~m~~	Minimum ~~1.~~2~~m~~

12325.3.6 Finals Heats (Quarterfinals, Semi-finals and Finals)

12325.3.6.2 In PWG, WSC and WC heats may~~will~~ start with the quarterfinals~~semi-finals~~, in other competitions as decided by the Jury and the organizer.

12325.3.6.3 The allocation of athletes in the heats is determined from the finish ranking in the qualification round. Positions in subsequent heats are assigned based on rankings in the previous round of heats:

Category	Number of ~~finishing athletes~~entered athletes	Athletes per quarter-final	Quarterfinals	Athletes per semi-final	Semi-Finals~~Heats~~	Athletes in final
Sitting/ Standing	25 or more	6**	heat 1) 1, 8, 9, 16, 17, 24 heat 2) 4, 5, 12, 13, 20, 21 heat 3) 2, 7, 10, 15, 18, 23 heat 4) 3, 6, 11, 14, 19, 22	6**	heat 1) Q1 #1, Q1 #2, Q1 #3 Q2 #1, Q2 #2, Q2 #3 heat 2) Q3 #1, Q3 #2, Q3 #3, Q4 #1, Q4 #2, Q4 #3	6
	12 ~~or more~~to 24	no quarterfinals		6**	heat 1) 1,4,5,8,9,12 heat 2) 2,3,6,7,10,11	6
	11	no quarterfinals		5 and 6**	heat 1) 1,4,5,8,9 heat 2) 2,3,6,7,10,11	6
	10	no quarterfinals		5**	heat 1) 1,4,5,8,9 heat 2) 2,3,6,7,10	6
	9	no quarterfinals		4 and 5**	heat 1) 1,4,5,8,9 heat 2) 2,3,6,7	6
	7 to 8	no quarterfinals		no semi-final		6
	3* to 6	no quarterfinals		no semi-final		All athletes in final

Vision Impaired	17 or more	4***	heat 1) 1, 8, 9, 16 heat 2) 4, 5, 12, 13 heat 3) 2, 7, 10, 15 heat 4) 3, 6, 11, 14	4***	heat 1) Q1 #1, Q1 #2, Q2 #1, Q2 #2 heat 2) Q3 #1, Q3 #2, Q4 #1, Q4 #2	4
	8 ~~or more~~to 16	no quarterfinals		4***	heat 1) 1,4,5,8 heat 2) 2,3,6,7	4
	7	no quarterfinals		3 and 4***	heat 1) 1,4,5 heat 2) 2,3,6,7	4
	3* to 6	no quarterfinals		no semi-finals		4

* applies to WC or below only as per 12325.3.3
** best three of each heat advance to final
*** best two of each heat advance to final

12325.3.6.4 In sprint competitions with less than 25 (for PI) or less than 17 (for VI) competitors in the Qualification Round the Jury can decide to use a reduced version of heat allocation.

12325.3.6.~~9~~10 The starting positions are chosen by the athletes according to the following order:

Lane choice is determined by:

Quarterfinals: qualification times (rankings) are used (if applicable)

Semi-finals – qualification times (rankings) are used or in case of quarterfinals: rankings from the Quarterfinals and the qualification times are used.

Finals - rankings from the semi-finals and qualification times are used.

If fewer than 6 start lanes are available, and athletes are permitted to start in the same lane, lane choice is determined by:

Quarterfinals: qualification times (rankings) are used (if applicable)

Semi-finals – qualification times (rankings) are used or in case of quarterfinals: rankings from the Quarterfinals and the qualification times are used.

Finals - rankings from the semi-finals and qualification times are used.

12325.4.1.2 Quarter- and Semifinals: In case of a tie (“dead heat”) or when more than one competitor ranked as last in Quarter- and semi-finals, the competitor with the better qualification time is ranked ahead.

12325.5.2 Due to the timeline pressure of running successive heats it is not possible to allow protests during quarter- and semifinals. Protests will only be accepted on the final heat.

12325.5.3 During quarter- and semi-finals, ICR art. 224.7 does not apply.

12326 Team Sprint Competitions

12326.1 Definition

Team Sprint competitions begin with a qualification round, organized as an Interval Start competition (ranking by calculated time) where each athlete will ski one round. After the qualification round, the final takes place which is organized as a relay with 2 athletes who alternately ski between 2 - 3 legs each. The result is determined by finish arrival order (in real time). The numbers and distances of the legs have to be published in the official invitation. Each team must be comprised of two athletes from the same gender within the same Category. Mixed nation teams are allowed, with the exception of WSC and PWG. Only one team per nation can advance to the Finals at WSC and PWG.

12326.2 Course and Stadium

12326.2.1 Recommended norms

Team Sprint	Sitting Category only	Sitting, Standing and VI Categories	Standing and VI Categories only
	Classical Technique	Classical + Classical	Classical Technique
COURSE			
Category	C	C	C
Classical tracks	2 - 3 tracks	2 - 3 tracks	2 - 3 tracks
Distance between tracks	Minimum 1.2 m	Minimum 1.2 m	Minimum 1.2 m
START			
Organization/preparation	Arrow or flat start grid	Arrow or flat start grid	Arrow or flat start grid
Classical tracks	3 – 4 tracks	3 – 4 tracks	3 – 4 tracks
Length of tracks (after start line)	End of start zone	End of start zone	End of start zone
Distance between tracks	1.2 m	1.2 m	1.2 m
FINISH			
Width (minimum)	6 m	6 m	12 m
Number of corridors	3 tracks minimum	3 tracks minimum	3 tracks minimum
Distance between tracks	Minimum 1.2 m	Minimum 1.2 m	Minimum 1.2 m
EXCHANGE ZONE			
Minimum length	45 m	45 m	45 m
Minimum width	9 m	9 m	9 m

Team Sprint	Sitting, Standing and VI Categories	Standing and VI Categories only
	Classical + Free	Free Technique
COURSE		
Category	D	D
Classical tracks	2 - 3 tracks	1 track on the side
Distance between tracks	Minimum 1.2 m	
START		
Organization/preparation	Arrow or flat start grid	Arrow or flat start grid
Classical tracks	3 – 4 tracks	3 – 4 tracks
Length of tracks (after start line)	End of start zone	End of start zone
Distance between tracks	1.2 m	1.2 m
FINISH		
Width (minimum)	6 m	6 m
Number of corridors	3 tracks minimum	3 tracks minimum
Distance between tracks	Minimum 1.2 m	Minimum 1.2 m
EXCHANGE ZONE		
Minimum length	45 m	45 m
Minimum width	9 m	9 m

12326.2.2 The course used for the qualification round and the course used for the finals should be the same.

12326.2.4 During the team sprint finals, no waxing of skis is allowed.

12326.3 Entries – Substitution

12326.3.1 The names of the competitors actually competing and their starting order for the finals must be submitted with the final entries latest 2 hours before the Team Captains' Meeting.

12326.3.2 Substitution is possible according to ICR art. 12313.4 only before the qualification round.

12326.3.2.1 The substitution cannot change the starting order of the members of the team.

12326.3.2.2 The substitute athlete must start in the same position as the substituted athlete if his/her FIS points are the same or better. If his/her FIS points are worse, the position will be decided by the Jury. In such case, the original start position will be left empty.

12326.4 Starting Order and Start Procedure

12326.4.1 Qualification

12326.4.1.1 Interval Start procedure must be used (see ICR art. 12315.2). Start intervals can be 10, 15, 20 or 30 seconds. The competitors entered for the first leg should start before the competitors entered for the second leg. Their times will be summed and will determine the results of the qualification round.

12326.4.1.2 If two laps are used in an interval, block start can be used.

12326.4.1.3 Starting list: the team with lowest total FIS Points of the team sprint team members will have the bib number one. The team with the second lowest total points will have the bib number two and so on. In the case of more teams having equal total points, the team with the lowest point-holder has the bib with the lowest number. If this is not sufficient a draw will be used.

12326.4.2 Finals

12326.4.2.1 The start position for the finals will be according to start time calculations as described under 12326.5.1.

In case of same starting times, the teams will be ranked according to their team total FIS points. If a tie still remains, then the positions are determined by a draw.

12326.4.2.2 The number of teams in the final should be 10 for the Sitting and Standing Category and 8 for the Vision Impaired Category. When for the Sitting and Standing Category 10 or less teams and/or for the Vision Impaired Category 8 or less teams are entered, the jury can decide to reduce the number of qualified teams.

12326.4.2.4 The result is determined by finish arrival order (in real time).

12326.4.3 Separate colors shall be used for the start numbers for each team sprint leg. For PWG, WSC and WC competitions they will be: 1st leg=red; 2nd leg= blue.

12326.5 Timing and Results

12326.5.1 To calculate start times for the Team Sprint Final, the real time of the team that has the fastest accumulated real time result in the qualification is multiplied by the number of laps each athlete has to ski. This value, together with the accumulated percentage of the team with the fastest real time, provide the base for the calculation as outlined under art. 12316.8.1.

12326.5.2 The final results will be published according to the following:

All teams in the final will be placed in the results list according to their rank in the final. The remaining teams by order of qualification.

12326.6 Jury and Protest

12326.6.1 In Team Sprints at PWG, WSC and WC the unanimous decision of minimum two Jury members (including TD) equates to the Jury decision.

12326.7 Competition interruption

12326.7.1 If qualification is interrupted while there are competitors still on course, then the competition will be cancelled.

12326.7.2 If the team sprint final is interrupted when at least 3 teams have finished the competition, the competition will be valid and results published. The teams still on course at the time of interruption will be ranked as Lapped according their last respective intermediate times.

12326.7.3 In case that interrupted and cancelled competition is re-scheduled, the qualification must be carried out again.

12341.1.3 Adaptive Equipment

During Para Cross-Country sanctioned competitions all competitors must comply with the FIS Para Snowsports Adaptive Equipment ~~Specification~~Regulations (published on the FIS website).

12343.12.1 In all competitions, pole exchange is only allowed in the case that a pole is broken or damaged.
It is however permitted to exchange poles in equipment pit boxes during ski exchange in Skiathlon competitions.

12343.12.5 When ski exchange boxes (pit boxes) are provided for long distance or Skiathlon competitions, the competitor is permitted to change skis inside the pit box. ~~2~~ Two officials are allowed in the exchange box to assist the athletes per nation for interval start competitions. For Skiathlon, one official is allowed in the exchange box for athletes in the classes LW5/7, LW6, LW8 and LW9 ~~.~~ The jury may allow big teams to have additional officials in the exchange box if needed. Every competitor can have only one pair of ski in the pit box.[2]The replacement skis must be placed in exchange (pit) box before the competition, except when stated differently by the Jury.

12351.3 do not wear competition bib or wear it covered[3]

12351.~~3~~4 refuses to undertake a FIS required medical examination (rule 221.2)

12352.3.1 Competition suspension can only be used for ICR infractions during sprint heats and team sprint heats.

12352.3.6 In Team sprint competitions, a competition suspension means that the team will be ranked last in the final heat.

12352.4.2 In team sprint competitions or relay competitions, the Jury can decide to substitute a DSQ with a 3 minutes time penalty ~~(see ICR art. 12352.2.4)~~.

12352.4.3 Relay exchange infractions in relay and team sprint competitions will be sanctioned by time penalties as follows:

- relay competitions: minimum 30 seconds time penalty

- team sprint competitions: minimum 15 seconds time penalty

12396.3.1 The following competition formats and recommended distances may be used and the competitions may be carried out in either classic or free technique:

[2] When ski exchange boxes (pit boxes) are provided for long distance competitions competitors can ski through it and change skis multiple times.
[3] No part of the bib can be covered

Competition type	Competition Length (km)	Nominal Course length (km)
Distance	5 to 20	2.0, 2.5, 3.3, 3.75, 4.0, 5.0
	Greater than 20	5 and greater
Popular Roller Ski	No limit	No limit
Relay	2.5 per team member	2.5
Individual and Team Sprint	Sitting: 0.1-1.2	0.1-1.2
	Standing/VI: 0.2 – 1.6	0.2 – 1.6

12396.9 Exchange Zone

12396.9.1 The exchange zone for Relay or Team Sprint should be a minimum of 10 m wide and 15 m in length.

12396.9.2 The exchange zone must be clearly marked with a line at the beginning of the zone. When the front wheel of the arriving competitor reaches this exchange line the corresponding teammate is allowed to depart the exchange zone. No physical contact between the competitors is required.

False start during Relay or Team Sprint exchange must be sanctioned by time penalty (actual time gained + 30 seconds minimum penalty).

Annex 2 - Rules of the FIS Para Cross-Country Points and Para Cross-Country World Cup Points

9.2 FIS Points

A competitor's points will be the average of his or her best five results over the period of the last twelve months. For ~~sprint~~ Sprint and Team Sprint competitions, only qualification races give race points. Sprint and Team Sprint competitions must be longer than 600m for Sitting and 800m for Standing/VI to be considered for points.

14.4 The following number of points will be awarded to each team according to their finish place:

1st place = 100 points	16th place = 32~~50~~ points
2nd place = ~~95~~ 90 points	17th place = 29~~48~~ points
3rd place = ~~90~~ 80 points	18th place = 26~~46~~ points
4th place = 7~~8~~5 points	19th place = 24~~44~~ points
5th place = 70~~80~~ points	20th place = 22~~42~~ points
6th place = 66~~75~~ points	21st place = 20~~40~~ points
7th place = 62~~72~~ points	22nd place =18~~38~~ points
8th place = 58~~69~~ points	23rd place = 16~~36~~ points
9th place = 54~~66~~ points	24th place = 14~~34~~ points
10th place = 50~~63~~ points	25th place = 12~~32~~ points
11th place = 47~~60~~ points	26th place = 10~~30~~ points
12th place = 44~~58~~ points	27th place = 8~~28~~ points
13th place = 41~~56~~ points	28th place = 6~~26~~ points
14th place = 38~~54~~ points	29th place = 4~~24~~ points
15th place = ~~52~~35 points	30th place = 2~~22~~ points

Annex 3 – Para Snowsports Adaptive Equipment Regulations

Section A – General Provisions

1.4 General Principles

1.4.1 (Adaptive) Equipment shall compensate for activity limitations resulting from an eligible impairment and shall not provide a net performance advantage beyond functional equivalence.

1.4.2 Adaptive Equipment shall comply with the intent and application of the Classification Rules and shall not alter classification outcomes.

1.4.3 Adaptive Equipment must be safe and shall not pose a risk to the athlete or others.

1.4.4 Adaptive Equipment must be reproducible and available in principle to all athletes within the same sport class.

1.4.5 FIS may prohibit or restrict equipment that is contrary to fair competition.

1.4.6 Adaptive Equipment must not incorporate any technology that produces athletic performance by means of machines, engines, electronics, motors, robotic mechanisms, or comparable systems.

1.10.3 Registration Deadlines and Obligations

1.10.3.1 For all licensed athletes, all Adaptive Equipment including but not limited to sit-skis, prostheses, orthoses, blacked-out goggles (AS1 and NS1 only), and adaptive support must be registered in FPDMS by 30 September each year, in accordance with the Adaptive Equipment Registration Manual published on the FIS Website. In case of participation in competitions before 30 September (e.g. Competitions in the Southern Hemisphere and Rollerski competitions), the adaptive equipment must be registered minimum three weeks prior to the respective competition.

1.10.3.2 For newly licensed athletes Adaptive Equipment must be submitted as soon as practicably possible.

1.10.3.3 Any changes, adjustments or modifications after the registration deadline must be immediately communicated to FIS at: ParaAlpine@fis-ski.com, ParaCrossCountry@fis-ski.com or ParaSnowboard@fis-ski.com.

1.10.3.4 Approval of Adaptive Equipment registered after 30 September is at the discretion of FIS.

Section C – Para Cross-Country Adaptive Equipment Rules

1.1.5 To prevent movement of the ischial tuberosities off the seat, the athlete's upper thigh (most proximal femur) / hip must be strapped securely to the seat. The specifications below will apply to all sit skis with athlete's positioned with hips level to or higher than knees:

- The athlete's proximal hips must be strapped securely to the seat,
- The strap must connect to the back of the seat frame,

- The strap must be made of strong, non-stretch material,
- The buckle must lock securely and remain tight throughout competition,
- The strap must be secured tightly across the hips.

~~at a point as proximal to the hip joint as possible, using a non-flexible material and a stable securing feature anchored posteriorly to the rear aspect of the seat frame.~~

1.1.6 The athlete's sitting surface must not be covered by any clothing or race bib and must be easily seen at all times.

1.1.7 For sit skis that obstruct clear visualization of the athlete's ischial tuberosities rising from the seat, competition officials will perform detailed individualized assessments prior to and during competition to ensure adherence to art. 1.1.4 – Section C.

1.1.8~~6~~ On both sides of the sit ski there must be an area of at least 15cm x 15cm where the bib number sticker can be clearly displayed.

1.3.2 For standing athletes competing with Prostheses (i.e., Unilateral or bilateral above knee amputations, unilateral or bilateral below knee amputations, bilateral lower limb dysmelia, or combined above knee and below knee amputations,), the following formulas apply for measuring the maximum allowable standing height (all measures are taken in centimetres (cm) rounded at 1 digit behind the comma):