



RULES FOR THE FIS PARA CROSS-COUNTRY POINTS AND PARA CROSS-COUNTRY WORLD CUP POINTS

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1 FIS Para Cross-Country Points – General Information

1.1 FIS Para Cross-Country Points regulation

The FIS Para Cross-Country Point Rules are an integral part of the FIS Para Cross-Country Competition Rules (“ICR”).

1.2 Factor-Value

Factor	Competition Format
Factor 800	All competitions with below exception.
Factor 2800	For distance competitions using courses that do not meet the homologation norms for elevation profiles (Sit-Ski TC<11m/km; Standing/VI TC<25m/km) and for all Para Roller Ski competitions.

1.3 Calculation of the race points

Formula and example – see art. 10.0

1.4 Race penalty

The importance of a competition is determined by the quality of the competitors participating. This quality affects the calculation of the race penalty.

The race points gained in the competition is calculated according to the formula, plus the calculated race penalty will give each classified competitor the FIS points of the competition.

For further explanation see art. 10.0, art. 9.3 and 9.4.

1.5 Entry for Competition Participants

All entries for the participation in international competitions must be made through the official FIS Para Snow Sports Data Management System (FPDMS).

The competitors FPDMS code number has to be specified. Otherwise, the entry is not valid.

1.6 FPDMS Codes on result lists

The TDs are responsible that every result list contains all competitors including their FPDMS Codes. Competitors without a valid FPDMS Code are not allowed to start at the competition. Lists with missing FPDMS Codes cannot be accepted.

2 The Competition

2.1 Conditions

For the FIS points evaluation, only those competitions can be considered who meet the following standards:

- 2.1.1 Announcement of the competition in the FIS Calendar
- 2.1.2 Strict observance of the International Competition Rules (ICR)
- 2.1.3 The result list contains at least five ranked competitors for each class and gender, refer to section 9.3 for further details on situations with less than five ranked competitors for each class and gender
- 2.1.4 All FIS competitions should be carried out on homologated courses

2.2 Schedule Changes, Moving Site Location and Cancellation

Changes in the race schedule, i.e. shifting the race to another date, cancellation of the competition or any other significant changes in the race program must be communicated immediately to the FIS Para Cross-Country Office as well as to the National Ski Federations and to the Technical Delegate (TD) assigned to the competition. In special case if the competition will be carried out on a non-homologated substitute course, the Technical Delegate (TD) has to confirm the norms of the course according to ICR article 12311. If for any reason a World Cup, WSC or PWG competition cannot be held on the planned homologated course and must be held on an alternate course approved by the jury, the competition will be considered as valid for FIS points evaluation.

- 2.3 For sprint and pursuit competition, only the result from the first race (qualification) counts for FIS points.

3 The Competitors

3.1 FIS Para Data Management System (FPDMS)

Only competitors with a FPDMS ID that are classified for FIS Para Cross-Country and that have paid the license fee for the ongoing season are allowed to participate at FIS Para Cross-Country competitions. Registration is according to the procedure described in the FIS Para Cross-Country Regulation.

3.2 Categories

The points calculation will be done for the categories NS1-3, LW2-9 and LW10-12 for both genders

3.3 Re-registrations after Medical Absence (illness, studies, pregnancy etc.)

When a competitor injured themselves and applies for the single penalty, the National Ski Association must apply to FIS Para Cross-Country as soon as possible for the approval of a single penalty and submit a medical certificate. If approved, the revised

FIS points will equal their previous FIS points value (from valid list at time of leaving) plus a penalty. The penalty is equal to 22 % of the previous FIS points and must be minimum 4 points and maximum 26 points.

If the Medical Absence is more than 365 days, the National Ski Association has to apply for the injury status again.

4 Injury Status

4.1 Request Injury Status

When a competitor injures themselves and apply for the single penalty, the National Ski Association must apply to FIS within three weeks after the day of the injury or medical operation for the approval of a single penalty using the official form “Single Penalty” and submitting a medical certificate.

The medical certificate must contain an estimation of the length of the injury.

If a status as injured is approved and according to the valid FIS points at the date of injury there will be added a penalty of 22%, but minimum 4 points respectively maximum 26 points to the original FIS points before the injury break.

As soon as the competitor starts in a FIS competition she/he will lose her/his injury status.

4.2 Conditions

Competitors must remain registered as active with the FIS (Licence) to maintain injury protection.

4.3 Duration

The injury status shall start on the day of the injury or medical operation. The injury status can be applied for maximum 365 days. The medical certificate must contain an estimated date of return to competition. The injury status is not extended automatically. If the injury is longer than 365 days, the National Ski Association must apply for the injury status again with a written request and medical certificate for FIS.

4.4 Termination of the injury status

The injury status ends:

- After a maximum of 365 days since the day of the injury or medical operation
- If a competitor starts in a FIS competition during the injury status period

5 Maternity Protection Status

5.1 Conditions

When a competitor is pregnant, the National Ski Association must apply to FIS for the approval of a maternity protection status. Applications must use the dedicated form (available on the FIS website) and include a medical certificate with the expected date of birth of the child.

Competitors must remain registered as active with FIS (License) to maintain the maternity protection status.

5.2 Duration

The maternity protection status begins on the date that the application form and medical certificate are received by FIS and applies until a maximum 24 months (2 years) after the birth of the child or end of the pregnancy or upon return to competition

A medical certificate with the date of birth of the child or end of the pregnancy must be sent to FIS within six months.

5.3 Protection of FIS points during the break

The FIS points of the competitor (according to the last FIS points list published after the start of the protection status of the competitor) will be protected as follows:

If the competitor returns to FIS competitions within 12 months after the birth of the child, she will retain her original FIS points in effect at the beginning of the maternity protection status.

If the competitor returns to FIS competitions between 12 and 24 months after the birth of the child, a single penalty will be added to her original FIS points. The penalty will be calculated as 22% of the original FIS points with a minimum of 4 points and maximum of 26 points to be added.

5.4 Protection of FIS points after return to FIS competitions

Upon return to competition, the FIS points that apply according to 5.3 will be protected into the next evaluation period only if the calculated points of that next FIS points list are higher than the protected points.

6 Professional Obligation or Military Service

If a NSA submits in advance an application for a “study or military status” certifying that a racer will not be able to compete due to professional obligations (studies) or military service and has indicated why and how long the competitor was prevented from racing, the procedure will be handled according to the Injury Status Rules.

6.1 Application

Application for status due to professional obligations or military service must be submitted to FIS prior to the beginning of the professional obligation or the military service.

7 Anti-Doping Rule Violation

A competitor subject to an anti-doping rule violation will have previously achieved FIS points deleted, according to article 10.1.2 FIS Anti-Doping Rules and must re-qualify to become eligible for World Cup upon their re-eligibility for competition.

8 Evaluation Period

- 8.1 FIS Points earned are valid for current and next season. The point lists are updated after each World Cup event.

9 Calculation Process

- 9.1 The race points are calculated and rounded to two decimals, see FIS Para Cross-Country Points Formula.

9.2 FIS Points

A competitor's points will be the average of his or her best five results in cross country competitions over current and previous season. For sprint and pursuit competitions, only qualification races give race points.

9.2.1 Less than 5 results

If the competitor has less than five valid results, the average will be adjusted according to the following:

4 results x 1,1 = FIS points

3 results x 1,2 = FIS points

2 results x 1,3 = FIS points

1 result x 1,4 = FIS points

In cases where a competitor has only one valid result with a value of 0 FIS points, 4 FIS points will be added to the competitors FIS points displayed on the ranking list.

9.3 Calculation Penalties

9.3.1 To calculate the race penalty, the following are considered:

9.3.1.1 The competitors who finish among the top five of the race.

9.3.1.2 The FIS points of the top five competitors are considered and the two best values are added and divided by 2.5. This is the race penalty. The points shall be rounded to two decimals.

9.3.1.3 If there are less than two competitors with FIS points among the first five on the result list or if a competitor is not included in the actual points list the competitors will receive the following maximum value:

- 400 for all competitions with below exception
- 1200 for distance competitions using courses that do not meet the homologation norms for elevation profiles (Sit-Ski TC <11m/km; Standing/VI TC <25m/km) and for all Para Roller Ski competitions

9.3.1.4 The following methods may be applied to calculate a race penalty if there are fewer than 2 competitors with FIS points in the top 5 finishers on the results list (the same tracks and distances have to be used in cases where categories or genders are combined):

- Standing and Vision Impaired classes may be combined in order to calculate a race penalty. The percentage for classes will remain the same.
- Men and women in the same category may be combined in order to calculate the results and race points. 15% (or current percentage for relay races according to the Para Cross-Country ICR art. 12325.1.2) will be subtracted from women's percentages before combining.
- Standing and VI athletes may compete with sit-ski athletes; the factor of the sit-ski athletes will be reduced by 12% (or current percentage for relay races according to the Para Cross-Country ICR art. 12325.1.2) before results and race points are calculated. This combination is only possible if classic technique and sit-ski courses are used.

9.3.1.5 In the event two or more competitors are tied for fifth, three or more are tied for fourth, etc. the skiers having the best points will be used in the calculation of the penalty.

9.4 Minimum Penalties

9.4.1 Minimum penalties will be applied for the following competition categories:

▪ Paralympic Winter Games (PWG)	0
▪ FIS World Championships (WSC)	0
▪ World Cups	0
▪ Continental Cups	20
▪ FISU World University Games (UVS)	20
▪ International FIS Para Cross-Country Competitions (FIS)	20
▪ Open National Championships	20

10 The Para Cross-Country Points Formula

10.1 Formula

$$P = (F * Tx/To) - F \quad \text{or} \quad P = ((Tx/To) - 1)*F$$

P = Race Points

To = Result=Calculated Time of the winner in seconds

Tx = Result= Calculated Time of the classified competitor in seconds

F = F – Value (Factors to be used, see Article 1.2)

EXAMPLE:

1 ROGOWIEC Katarzyna	LW5/7	10:08,3 $((608,3/608,3)-1)*800=0$
2 KONONOVA Oleksandra	LW8	10:33,0 $((633/608,3)-1)*800=32,48$
3 BURMISTROVA Anna	LW8	10:35,4 $(600*635,4/608,3)-800=35,64$

11 FIS Para Cross-Country World Cup Points – General Information

- 11.1 The FIS Para Cross-Country World Cup point system shall be used to rank athletes participating in the FIS Para Cross-Country World Cup Series and is an integral part of the FIS Para Cross-Country ICR.

12 World Cup/Individual

- 12.1 To calculate the individual ranking all points acquired over the competition season are added.
- 12.2 In the event of a tie for the top three places, the number of first, second and third place finishes (and so on) will be used to break the tie otherwise the Points will be used.
- 12.3 All Para Cross-Country World Cup races will be counted for the World Cup Points. World Championships count for World Cup Points.

13 Guidelines relating to the distribution of World Cup Points

- 13.1 The following table will be used to determine the number of World Cup points awarded depending on number of finishers:

# Competitors	5 or more	4	3	2	1
Rank					
1	100	90	80	60	50
2	95	75	50	40	
3	90	50	30		
4	85	20			
5	80				
6	75				
7	72				
8	69				
9	66				
10	63				
11	60				
12	58				
13	56				
14	54				

15	52				
16	50				
17	48				
18	46				
19	44				
20	42				
21	40				
22	38				
23	36				
24	34				
25	32				
26	30				
27	28				
28	26				
29	24				
30	22				

13.2 Multi-Stage Tours

For each stage of the multi-stage tour the following World Cup points will be awarded (no Sprint Qualification bonus points apply):

1st place = 50 points	16th place = 15 points
2nd place = 47 points	17th place = 14 points
3rd place = 44 points	18th place = 13 points
4th place = 41 points	19th place = 12 points
5th place = 38 points	20th place = 11 points
6th place = 35 points	21st place = 10 points
7th place = 32 points	22nd place = 9 points
8th place = 30 points	23rd place = 8 points
9th place = 28 points	24th place = 7 points
10th place = 26 points	25th place = 6 points
11th place = 24 points	26th place = 5 points
12th place = 22 points	27th place = 4 points

13th place = 20 points	28th place = 3 points
14th place = 18 points	29th place = 2 points
15th place = 16 points	30th place = 1 points

The following World Cup points will be awarded after the last race of a multi-stage tour, according to the Tour standing and will count for the overall World Cup standing:

5 Stage Races		6 Stage Races		7 Stage Races	
Rank	WC Points	Rank	WC Points	Rank	WC Points
1	250	1	300	1	350
2	230	2	276	2	322
3	215	3	258	3	301
4	200	4	240	4	280
5	185	5	222	5	259
6	170	6	204	6	238
7	160	7	192	7	224
8	150	8	180	8	210
9	140	9	168	9	196
10	130	10	156	10	182
11	120	11	144	11	168
12	110	12	132	12	154
13	100	13	120	13	140
14	90	14	108	14	126
15	80	15	96	15	112
16	75	16	90	16	105
17	70	17	84	17	98
18	65	18	78	18	91
19	60	19	72	19	84
20	55	20	66	20	77
21	50	21	60	21	70
22	45	22	54	22	63
23	40	23	48	23	56
24	35	24	42	24	49

25	30	25	36	25	42
26	25	26	30	26	35
27	20	27	24	27	28
28	15	28	18	28	21
29	10	29	12	29	14
30	5	30	6	30	7

* Multi-stage tours refer to two or more WC stages, with minimum five races (excl. team events), in the same region, which are announced as such over the FIS Para Cross-Country Calendar and which are subject to Multi-Stage Tour World Cup Points.

13.3 World Cup points in individual Sprint races

The following number of points will be awarded to each athlete according to their finish place at World Cup races in Sprint Qualification with the restrictions listed in the below paragraphs:

1st place = 15 points	6th place = 5 points
2nd place = 12 points	7th place = 4 points
3rd place = 10 points	8th place = 3 points
4th place = 8 points	9th place = 2 points
5th place = 6 points	10th place = 1 point

13.3.1 For Distance events, the athlete is only awarded points if he/she has an adjusted finish time less than 30% behind the adjusted finish time of the winner in the same category.

13.3.2 For Sprint events, points will be awarded on the finish ranking of the final (heats) results and the finish place in Sprint Qualification, but athletes will only be awarded points if their qualification round finish time (adjusted time) is less than 30% behind the finish time of the fastest qualification time (adjusted time) in the same category.

13.3.3 All World Cup events will count toward the overall World Cup rankings.

13.3.4 World Cup Points are updated following each race.

13.3.5 In case of a tie, each competitor receives the points for that placing.

Example: Three-way tie for 12th place. All three competitors get 58 points;

The next competitor gets 52 points for the 15th place.

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

1st place = 100 points	16th place = 50 points
2nd place = 95 points	17th place = 48 points
3rd place = 90 points	18th place = 46 points
4th place = 85 points	19th place = 44 points
5th place = 80 points	20th place = 42 points
6th place = 75 points	21st place = 40 points
7th place = 72 points	22nd place = 38 points
8th place = 69 points	23rd place = 36 points
9th place = 66 points	24th place = 34 points
10th place = 63 points	25th place = 32 points
11th place = 60 points	26th place = 30 points
12th place = 58 points	27th place = 28 points
13th place = 56 points	28th place = 26 points
14th place = 54 points	29th place = 24 points
15th place = 52 points	30th place = 22 points

14 FIS Nations Cup

- 14.1 To calculate the nations ranking, all points from the competition season's individual standing of each nation and to this sum each country's Relay & Team Sprint scores will be added for a final total for the Nations Cup.

Only one team per nation will count for each event.

The winner of the Nations Cup is that country with the highest number of points calculated by adding the men's and women's World Cups.

If two or more nations have the same number of points the winner is that country which has the highest number of first places and then the best results (most 2nd places, most 3rd places, etc.).

15 Overall Ranking

- 15.1 Overall World Cup awards will be given to the winning male and female athletes in each category according to the overall ranking at the end of the season (Globes for the winners and medals for the top 3) and to the winning nation (Nations Trophy).

16 Tie-Breaker

- 16.1 If two or more competitors score the same number of points in the final evaluation, the winner is the competitor who has:
- 16.2 The highest number of individual wins
- 16.3 The best results (i.e. most 2nd places, most 3rd places, etc.)
- 16.4 FIS Points
- 16.5 If the competitors are still equal, two (or more) World Cup trophies for that position will be awarded.