



RULES FOR THE FIS CROSS-COUNTRY CONTINENTAL CUP

EDITION 2025/2026

**INTERNATIONAL
SKI AND SNOWBOARD
FEDERATION**

RULES FIS CONTINENTAL CUP CROSS-COUNTRY 2025-26

1. General

1.1 All events in the Continental Cups will be conducted under the rules and regulations of the International Ski Federation (ICR and COC: Section A), and the Sub-Committee for World and Continental Cups and National Ski Associations (Cup Rules: Section B).

1.2 Groups of nations

The following Continental Cups are currently officially recognized.

- **ANC (AUSTRALIA NEW ZEALAND CUP)**
AUS, NZE
- **SEE (SOUTH EAST EUROPE CUP)**
ALB, BIH, BUL, CRO, MKD, MNE, GRE, MDA, ROU, SRB, TUR
- **EEC (EASTERN EUROPE CUP)**
KAZ
- **FEC (FAR EAST CUP / COUPE FAR EAST)**
CHN, IRA, JPN, KOR, MGL, PRK, TPE, UZB
- **NAC (NORAM CUP)**
CAN
- **FESA (FESA CUP)**
AND, CZE, GER, SUI, FRA, ESP, AUT, ITA, LIE, SLO
- **SCAN (SCANDINAVIAN CUP)**
DAN, ISL, NOR, SWE, FIN, EST, LAT, LTU
- **SC (SLAVIC CUP)**
SVK, POL, HUN, UKR
- **UST (USA SUPER TOUR)**
USA
- **SAC (SOUTH AMERICAN CUP)**
ARG, BRA, CHI

If a National Ski Association wishes to become a member of one of these COC or to change its geographical region to become a member of another COC the NSA has sent an official application to the FIS. The S.C. for World and Continental Cup must approve this change and forward the request to the COC coordinator.

1.3 COC Coordinators

A COC Coordinator must be nominated for each Continental Cup. The COC Coordinators will be nominated by the National Ski Associations during their annual COC meeting. The FIS office (nordics@fis-ski.com) must be informed of any change latest during the FIS autumn meeting.

2. Entries

Only National Ski Associations are entitled to send entries for the Continental Cup Competitions. Entries made by e.g. individual athletes, ski clubs or private teams cannot be accepted.

3. Rankings

3.1 Points

It is up to every Continental Cup to decide the points system for individual competitions and stage events. The points system cannot be changed during the season and must be published on the National Ski Association website. FIS has to receive description of the points system.

3.2 The Winners

3.2.1 *Rankings per discipline*

It is up to the decision of each Continental Cup to decide on the number of competitions valid for the overall ranking and for the classification of the disciplines

3.2.2 *Tie breaker*

If two or more competitors score the same number of points in the final evaluation, the winner is the competitor who has:

- a) the highest number of individual wins
- b) the best results (i.e. most 2nd places, most 3rd places, etc.)

If the competitors are still equal, they will each receive the medals corresponding to their placing.

3.3 Medals

The first three competitors of the overall ranking (women and men) receive medals provided by FIS. Each COC might decide to pay out some prize money or other prizes.

4. Personal qualification for World Cup

4.1

The Overall Winners from the previous season's COC have the right to start in the 1st World Cup period in the following season.

The leaders (women and men) of all COC Cups at the following dates have the right to start in World Cup competitions during the next World Cup period:

1 st World Cup Period 2024-2025	COC Winners season 2024/25
2 nd World Cup Period 2024-2025	Leaders on 24 th December 2025
3 rd World Cup Period 2024-2025	Leaders on 14 th January 2026
4 th World Cup Period 2024-2025	Leaders on 25 th February 2026

4.2 Names announcement

A valid list of qualified athletes is published on the FIS website.

Each COC Coordinator is responsible to send the names of the qualified athletes to the FIS Office (nordics@fis-ski.com) according the following deadlines:

1 st World Cup Period 2025/26	1 st November 2025
2 nd World Cup Period 2025/26	23 rd December 2025
3 rd World Cup Period 2025/26	13 th January 2026
4 th World Cup Period 2025/26	24 th February 2026

These additional quotas are nominative, the athletes cannot be substituted if they cannot start due to force majeure.

The athletes have to reach the World Cup entry requirements (see World Cup Rules art. 3.3).

General principles about qualification for the World Cup can be found in the World Cup rules (art. 3.1.4).

- 4.2.1 Special Rules for South American Cup
That World Cup start quota for SAC will be delayed by 1-2 years until the athletes have reached the necessary competition level, upon the decision by the Cross-Country Committee
- 4.3 **Geographical requirements**
Competitors are only eligible to qualify through the Continental Cup in the geographical region of which their National Association is a member. If the winner or competitor(s) in the World Cup qualifying positions come from another continent, the personal start place(s) will be awarded to the best placed competitor(s) from the Continental Cup concerned.
- 4.4 **Reimbursement**
The winners and the current leaders of these Continental Cups will get reimbursement according to the World Cup Rules art. 10.1.
5. **Accommodation**
- 5.1 **Prices**

The organiser should offer accommodation at an affordable price, including full board per person. The cost will depend on the standard and distance from the venue. Each Continental Cup region can specify accommodation rules, such as a maximum price. These rules should be published in the respective COC rules or the competition invitation.
- 5.2 **Room Reservations**
Each National Association has to announce to the organisers the total number of team members (competitors, coaches, accompanying persons and service personnel) with their dates of arrival and departure as well as an eventual withdrawal for the event latest on the last Monday before the event.
If the NSA changes this figures later than 10 days before the first competition with more than 10 %, the NSA's are obliged to pay the difference between the effective and announced persons. In any case if the team size will be bigger than previously announced the effective costs must be paid.
- 5.3 **Accommodation standards**
Accommodation for the athletes and coaches should be provided in rooms with a maximum of 2 beds with bath/shower. In exceptional cases also 3-bed rooms with bath/shower may be offered, but such solution should lead to a prize reduction and must be agreed by the team in advance.
- 5.4 **Mealtimes**
The hotel must adapt itself to the needs of the schedule which depend on the training and competition programme. In general, breakfast is served very early in the morning. The hotel must be able to serve hot meals on the return of athletes and coaches. The Organiser is responsible for informing the hotel management of the agreement with regard to accommodation and food and of the daily programme, including any changes.
6. **Calendar and Planning**
The Continental Cups are organised each year according to the evaluation period. Northern Hemisphere November 15th - April 15th.

COC Coordinators are responsible for making the COC calendar. A first draft of the calendar for each Continental Cup should be presented at the spring meeting before the season.

The final version of the calendar should be approved by the respective NSAs before the FIS autumn meetings and presented by COC Coordinators to the Sub-Committee for World and Continental Cups (at least in a written way to the FIS Office).

6.1 Period of rest

The calendar should contain a rest period of at least 15 days.

6.2 The addition of another race

The Organisers of a Continental Cup event are forbidden to add any further FIS races to their program, if this event has not already been included in the International Ski Calendar. Under no circumstances must this race disrupt the Continental Cup program concerned.

6.3 Last minute decisions

For any reason a competition may be cancelled, postponed or transferred to another site. Such a decision has to be done in joint agreement between the OC, the TD and approved by the COC Coordinator and the respective NSAs (majority vote, in case of a tie the decisive vote belongs to the COC coordinator) according the following deadlines:

- | | |
|--------------------------------|---------------------------|
| - Australia / New Zealand Cup: | 10 days prior to the race |
| - NorAm Cup, USA Super Tour: | 10 days prior to the race |
| - Other cups: | 6 days prior to the race |

A replacement race must in no way interfere with the organising of another which already figures in the Continental Cup calendar.

Book of Duties for Organisers of Continental Cup Events

Publicity

A.1 Event Title

The Organisers are obliged to put the designation: 'FIS Continental Cup' or 'FIS Continental Cup-Trophy (sponsor's name)' in all posters, notices, press reports, programs and start lists as well as on the results lists.

A.2 Other Advertising

It is not permitted to put any other advertisement on the finishing banner than the above mentioned text and the name and place of the event without the permission of the FIS.

B. Electronic Result Administration

B.1 Results Distribution

The Organiser publishes the results and overall classification as soon as possible after each event.

B.2 Electronic result transmission

Immediately after approval of the Technical Delegate, the Organisers must transmit the official results and standings in xml format by e-mail to:

results@fisski.com.

If the results are not sent electronically and in time by correct xml format, they will not count for the FIS Points List.

The penalty calculation has to be verified/validated by the FIS TD through the TD online report.

This is according to the FIS Points Rules which are available on the FIS Website:

<http://www.fis-ski.com/inside-fis/document-library/cross-country/index.html#deeplink=rules>

Madeline Nappey, FIS Points Administrator, e-mail: nappey@fisski.com

Phone: +41 (33) 244 61 05

xml description: <ftp://ftp.fisski.ch/Software/XML/>

C. Press service

The press and media service is the key issue to promote the event and distribute the news of the COC.

The chief of media has to provide the following items for the FIS Cross-Country website:

- Press releases in English before the event (150 - 200 words)
- 1 press release in English after the COC races (same or following day of the competition/150 - 200 words) incl. quotes of the top 3
- 3 – 5 pictures (high resolution) from the event
- Information to be sent to Synne Dyrhaug (dyrhaug@fisski.com).

The press service generally should conform to the recommendations of the International Association of the Ski Journalists. Press accreditation for the Continental Cup races must be made according to the media guidelines of FIS. The Organisers of a competition that counts for the Continental Cup commits themselves to put sufficient accommodation at the disposal of the press, radio and television, according to the requests submitted in time. They also commit to provide working rooms that correspond in number to the accreditation applications and essential technical aids (telephone, fax, e-mail). They should appoint an experienced press secretary who draws up the provisional classifications of each competition and passes on, if necessary, verbally, the decisions of the competition juries.

D. Prize Giving Ceremony

Prize giving ceremony has to take place immediately after the competition (about 4-5 minutes after the last arrival) and will be standardized respectively a real ritual is celebrated. If an appropriate stage (location, town etc.) is available, the award ceremony can be carried out separately, otherwise the following procedure will be carried out.

Procedure:

- Introduction with the FIS Fanfare
- Winner Ceremony / Award Ceremony
- Ranking of the day: announcement 3-1 , prizes giving over from 1-3
- Photos
- In case of a new leader in the overall Continental Cup standing: Handing over of the yellow bib (overall leader)
- Official persons OC (1-2) & maid of honors.

E. Expenses for the Coordinator

Accommodation and meals for Continental Cup Coordinator are to be covered by the Organisers for the duration of their assignment.

F. Waxing Facilities

At all FIS Continental Cups each team has the right for waxing and parking space in a reasonable distance from the stadium. Organizers must provide heated, ventilated and lockable waxing facilities