



PRECISIONS, INFORMATION AND INSTRUCTIONS

PARA CROSS-COUNTRY

SOUTHERN HEMISPHERE

EDITION 2025/26

FIS Council Meeting: 13th June 2025

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 Regulations and Equipment Specifications following the approval of the proposals by the FIS Council on 13th June 2025.

All updated documents are now available on the FIS Website.

2) Participation of Russian and Belarussian Athletes in FIS competitions

The current FIS policy, which does not allow the participation of Russian and Belarusian athletes and officials at FIS competitions, will remain in effect until further notice.

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 FIS Para Cross-Country Homologation Guide

All approved rule changes can be seen under [Annex 3 - FIS Para Cross-Country Homologation Guide](#)

6) Approved Rule Changes to the Equipment Specifications for Para Snow Sports

All approved rule changes can be seen under [Annex 4 – Equipment Specifications for Para Snow Sports](#)

7) Qualification Regulations – FIS Para Cross-Country Competitions Season 2025/2026

The Qualification Regulations for season 2025/2026 have been approved and can be found under this [link](#).

Annex 1 – International Competition Rules Para Cross-Country

203.5

Application for a change of FIS Licence Registration

All applications to change licence registration from one member National Ski Association to another are subject to consideration by the FIS Council at its Meetings in the spring (applications may only be submitted by 1st May each year). In principle an application to change licence registration will not be granted unless competitors demonstrate their personal association with the new nation.

Prior to submitting an application to change licence registration competitors must possess the citizenship and passport of the country for which they wish to compete. In addition, competitors must have had their principal legal and effective place of residence in the new country for a minimum of two (2) years immediately prior to the date of the request to change registration to the new country/National Ski Association. An exception to the two-year residency rule may be waived if the competitor was born in the territory of the new country, or whose mother or father is a national of the new country. Applications will not be accepted if a parent has obtained a passport for the new country, but is not resident, and/or there is no family ancestry.

Furthermore, competitors are required to submit a detailed explanation with the application about their personal circumstances and the reason for requesting a change of licence registration. A change of nation can only be made once and after confirmation by the FIS Council. A change back or a second change is not allowed.

12200 Joint Regulations for all Para Cross-Country Competitions

12200.1 ~~Classification of~~ Para Cross-Country Competitions ~~s~~ Levels

12200.1.1 Paralympic Winter Games (PWG)

12200.1.2 FIS World Championships (WSC)

12200.1.3 FIS Para Cross-Country World Cup (WC)

12200.1.~~14~~ Continental Cups (COC)

12200.1.~~25~~ FISU World University Games (UVS)

12200.1.~~36~~ International FIS Para Cross-Country Competitions (FIS)

12200.1.~~47~~ Open National Championships (NC)

12200.1.8 Para Roller Ski (ROL)

~~12200.2~~ ~~Types of Competitions~~

~~International FIS Para Cross-Country competitions consist of:~~

~~Sprint, Interval Start Competition, Pursuit Competition, Para Mass-Start Competition, Mixed and Open Relay~~

12201 FIS Para Cross-Country Race Licence

12201.1 To compete at FIS Para Cross-Country sanctioned events and acquire Para Cross-Country points, an athlete ~~must-should~~ be internationally classified in accordance with the FIS Para Nordic Classification Rules and Regulations by FIS. Until an athlete has been Internationally (FIS) Classified, they will be designated with the Sport Class Status New ~~status (New)~~. Athletes must be internationally classified to compete at Continental Cups, World Cups, World Championships or Paralympic Winter Games, the applicable Qualification Criteria are accessible under <https://www.fis-ski.com/para-cross-country/documents>.

12201.1.1 If competing at a sanctioned lower level event an athlete with New Status must compete in the Sport Class with the highest factor of his/her category, as follows: - (Vision Impaired: NS3, Standing: LW4, Sitting: LW12 (see art. 12201.3).

12201.3 In accordance with the IPC Classification Code, and general principles of classification, athletes will generally compete against athletes with the same Sport Class. In Para Cross-Country however, athletes in different Sport Classes are grouped together into three (3) different Categories as follows:

Category	Sport Classes*
Vision Impaired (VI)	NS1, NS2, NS3
Standing	LW2, LW3, LW4, LW5/7, LW6, LW8, LW9
Sitting	LW10, LW10.5, LW11, LW11.5, LW12

*NS: Nordic Skiing, LW: Locomotor Winter

12202.1 An [organiser](#)–[LOC](#) may request preliminary entry information for planning and accommodation purposes separate from the online registration.

12202.2 Special entry timelines and procedures shall apply for [Fédération Internationale du Sport Universitaire \(FISU\)](#) World University Games, World Championships and the Paralympic Winter Games ([PWG](#)). For [the](#) PWG all entries are subject to the Qualification Regulations which are published by the [International Paralympic Committee \(IPC\)](#). For FISU all entries are subject to the Regulations for the FISU World University Games, which are published by FISU.

12202.3 FIS may provide the [LOC-organiser](#) access to the online registration system to monitor entry data.

12203 Competition and Calendar Fees

12203.1 Race Entry Fee (Athletes and Guides)

The race entry fee is the amount that must be paid per athlete and guides to the [LOCorganiser](#), for each race entered on the event competition programme. The race fee is based on the final entries. In cases athletes and/or guides are added after the final entries it is on the discretion of the [LOC-organiser](#) to charge for late entries.

12204.2 At World Cup competitions prizes, titles or diplomas, provided by the [LOCorganiser](#), will be awarded to the top three competitors in each event.

12204.3 For [athletes in the VI category](#)~~vision-impaired categories~~, if the athlete skied with a guide, the guide will also be awarded the same medal, prize, title or diploma awarded to the athlete. ~~Only one~~ guide per athlete is entitled to receive the same medal, prize, title or diploma, [in situations where a guide exchange took place \(e.g. due to an accident\)](#). ~~In the event an athlete has more than one guide, t~~The team manager must communicate the name to [the representative of](#) FIS and [the organiser](#)~~LOC representatives~~ at the last Team Captains Meeting before the award ceremony.

12204.4 World Cup Trophies

12204.4.1 A World Cup Trophy for the winner and medals for the top three (3) ranked athletes/guides will be awarded in each category / discipline. A

Nations Cup Trophy will be awarded for to the top ranked World Cup nation in a season.

12204.4.2 For athletes in the VI Categoriescategory, if the athlete skied with a guide only one guide per VI athlete will be awarded per discipline and overall trophies. In the event an athlete has skied with more than one guide during the season, the team manager must communicate the name to FIS and LOC-organiser representatives at the last Team Captains Meeting before the award ceremony.

12300 Cross-Country Skiing Competitions

12302.1.1 FIS appointed officials are:

At **Paralympic Winter Games** (PWG) and **World Championships** (WSC):

- FIS Para Cross-Country Race Director (RD),
- FIS Technical Delegate (TD),
- FIS Assistant Technical Delegate (TDA) ,
- Jury Member,
- OVR (On-Venue Result) Race Administrator (only for PWG),
- Adaptive Equipment Controller (Classification),
- FIS Equipment Controller

12302.1.3.2 The Chair of the OC or his/her Assistant represents the OC to the public and chairs the meetings of the OC. He/she cooperates before and after the competition closely together with the FIS. See art. 210.

Within the OC there must be one person appointed as the Chief of Competition who is qualified to conduct the competition and to supervise the technical aspects of the competition as well as be a member of the main interface with the jury. The Competition Officials are specialists who are particularly well qualified for their assigned duties. Each official can do only one job. Officials must be easily recognized by their uniforms, armbands or badges.

12302.2.1 The Competition Officials are

- Competition secretary
- Chief of course
- Chief of timekeeping and data processing
- Chief of stadium
- Chief of control and competition security
- Chief of media

- Chief of medical

The chief of competition will appoint other officials as necessary.

- 12302.3.4 The chief of timekeeping and data processing is responsible for the ~~timing systems; providing electronic raw timing data to the Results system, and the~~ direction and coordination of the officials working in the timing area (starter, finish referee, finish controller, manual timers, electronic timers, intermediate timekeepers and calculations officials' work). The chief of timekeeping and data processing oversees the preparation of the Timing and Data Technical Report (TDTR) and xml file for the electronic transmittal to FIS following the competition. A copy of the report may also be printed (only if the TD has no access to their report) for review prior to the transmission of the xml file. The TDTR Software can be found on the FIS website.
- 12302.3.6 The chief of control and competition security is responsible to organise together with the Jury the suitable placing of controllers, to collect and all pertinent information and to report any incidents to the Jury as soon as possible.
- 12303.3.2 The Jury must clarify and decide:
- Whether a competition shall be delayed, postponed, interrupted, resumed, rescheduled, restarted or cancelled¹.
 - 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

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.

Cancelled: The competition will not take place at all and will not be rescheduled.

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 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 40	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 competitions can be carried out on one or more laps.

12310.2

Technique Definitions

12310.2.1

The jury may ban or enforce the use of specific techniques on marked sections of the course for ~~the athletes in the VI category~~vision impaired athletes (incl. guides). All infractions will be reported to the jury.

12310.3

The Programs for PWG, WSC, WC and FIS Competitions

~~12310.3.1~~

~~As a principle the number of competitions in the two techniques should be equal in WC every year, and the same for championships.~~

12310.3.~~12~~

PWG and WSC

12310.3.~~12~~.1

For the PWG and the WSC, the programme is:

Cross country skiing:

Interval Start Competitions: 10km C/F & 20km C/F

Sprint Competition: Sitting: 0.6 – 1.2km C/F

Standing~~VI~~: 0.8 – 1.6km C/F

Relay Competitions: Mixed & Open Relays (4 x 2.5km)

Standing & VI men: Sprint, 10 km and 20 km

sit-ski men: Sprint, 10 km and 20 km

standing & VI women: Sprint, 10 km and 20 km

sit-ski women: Sprint, 10 km, and 20 km

all mixed & open relays (4 x 2.5 km)

12310.3.32 World Cup

The program for the World Cup season is determined by FIS every year. Distances and techniques are decided annually. To be able to support development of the Para Cross-Country sport, ~~and~~ new formats, test competitions, and distances can be a part of the WC program. Long distance competitions may be included.

12311.1.23 ~~A ski glide testing area with testing tracks for all participating teams must be located close to the stadium. It should be close to the team wax cabins and warm up track. The testing tracks must be prepared to the same standard as the competition course. These may include sections of the course not being used for competition or occur on wide sections of the course if they can be segregated. A test area should be prepared and clearly marked along or near the competition course.~~

12311.1.43 Warm up courses (also for the Sitting categorysit-ski) should be prepared as close as possible to the stadium.

12311.2 The Homologation

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 Cup 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 crossCross-Country skiing courses and the FIS Para Cross-Country Homologation Guide.

12311.3.4.2 The Jury determines where and how tracks will be set ~~in the downhill~~.

~~12311.3.4.3 One single track shall be set on one side of the course for athletes skiing in classical technique.~~

12311.3.4.43 In sections where athletes in the Standing and Sitting categories ~~standing athletes and sitting athletes~~ use the same course 2 classical tracks shall be set if possible.

12311.4 Marking the Course

12311.4.1 The marking of the course must be so clear that the competitor is never in doubt where the course goes. ~~At PWG and WSC the colors of the markings have to be determined and described in the course~~

~~descriptions.~~ Hard material course markings and commercial markings should only be placed at the sides of the course.

12311.6 Course Protection

12311.6.1 ~~At PWG, WSC competitions the courses should be fenced along both sides at all places where spectators can potentially interfere with the competitors.~~

12312.8.2 Loudspeakers must be used for announcing the competition and important information. The volume of the announcements must be modified for the VI category ~~Glass competitors~~ as required by the TD's.

12313.1.3 In the all VI category ~~classes~~ the competitor and their guide are a team. Therefore, the guide(s) name for each competitor in the VI category ~~competitor~~ must be included on the entry form prior to the start of each race.

12314.1.4 ~~The recommended start order of different classes if the same track is being used is as follows:-~~

~~Men ————— LW 10-12~~

~~Women ————— LW 10-12~~

~~Men ————— NS 1-3~~

~~Men ————— LW 2-9~~

~~Women ————— NS 1-3~~

~~Women ————— LW 2-9~~

~~This is a recommended start order only, and different start orders may be considered on a case by case basis to provide all classes with an opportunity to start under the most favorable circumstances, depending on snow and weather conditions, and access to warm-up tracks before the start of their race.~~

12314.2.4 If a competition must be postponed to a different date, the draw must be repeated (article 217.6). ~~If points are used to create the start order and a competition must be postponed, the points list in effect at the time of the postponed competition will apply for determining the start order.~~

12314.7.2 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.

12314.8 Start list

12314.8.1 Start list must contain the starting order of competitors, their start numbers, years of births, respective FIS points, start time(s), the

technical details of the course; length, HD, MC, TC, number of participating nations and composition of the jury.

12315.2.3 The competitor must have their feet (~~standing~~ Standing and VI classescategories) or front binding (~~S~~sitting classescategory) behind the start line and remain stationary before the starter gives their starting commands. The poles remain stationary and should be placed over the starting line and/or starting gate at the discretion of the starter. ~~VI class athletes will be guided to the start gate and may be held back until the exact start time by an official by placing a hand on the shoulder of the athlete.~~

12315.3 Mass Start Procedure

12315.3.1 The Jury can decide to organise a Mass Start

~~- using angled start lines in shape of an arrow. This means that the athlete with start number 1 has the most favorable start position followed by start number 2 etc. Each competitor should be separated by a fixed distance interval. Number one will be in the middle position; even numbers are placed on the right and odd numbers on the left side of the arrow. The numbering mark should be placed to the right or in the middle of the track.~~

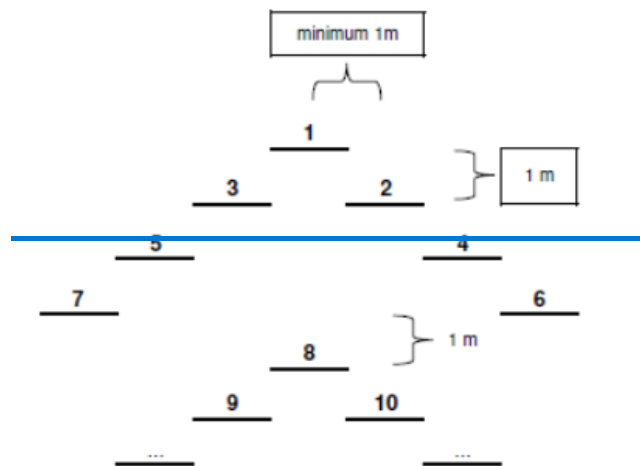
~~- using an angled start line (in case of even number of starting corridors), where number one will still have the most favorable position on the left or on the right of the starting field. Even in this case each competitor should be separated by a fixed distance interval.~~

~~- using a flat line~~

12315.3.2 The jury shall decide whether to set classical tracks in the start grid.

~~12315.3.1 The mass start should be carried out using angled start lines in shape of an arrow. This means that the athlete with start number 1 has the most favorable start position followed by start number 2 etc. Each competitor should be separated by a fixed distance interval.~~

~~Number one will be in the middle position; even numbers are placed on the right and odd numbers on the left side of the arrow. The numbering mark should be placed to the right or in the middle of the track. To provide a fair start, modifications can be done if required due to the terrain and snow conditions.~~



12315.3.43 The starting procedures for a Mass Start will begin two minutes before the start signal. At this time instruction about the start will be given to all competitors assembled in their start lanes. These instructions should end with the competitors being instructed to stand at their start positions and a “one minute to start warning” is given. Next there will be the command “30 seconds to start”. When all competitors are motionless then the next sound will be the start command or signal.

12315.3.4 If the start grid is set with classical tracks, then competitors must use only classical technique and are not allowed to leave their assigned tracks within their start position and end of marked corridors the first 15-50 m after the start line.~~The mass start should have 20-50 meters of parallel tracks or corridors, where each competitor is forbidden to leave the track or corridor. Then there will be a zone where the tracks or corridors converge into the competition course. There must be no factors along the course that cause congestion.~~

12315.4 Pursuit and Wave Start Procedure

12315.4.1 The starting order and intervals are set according the calculation with the applicable [Sport Celass](#) percentages and the results of a first competition, see art. 0. The tenths of seconds will be deleted to establish the start list.

12315.4.5 The competitors are not allowed to change corridors within the marked corridor area after the start line.

12315.4.56 If there is a need, ~~(e.g. athletes in the VI category-Class)~~, athletes may be held by a team member or an official (on request by the team) with a hand on the shoulder of the athlete until they can start.

~~12315.5 Wave or Heat Start procedure~~

~~12315.5.1 The start area is prepared with a start line and a pre-start area that are 1 – 2.5 meter apart. This shall ensure adequate space for VI athletes.~~

~~12315.5.2 Electronic and/or mechanical start gates can be used if approved by the Jury.~~

~~12315.5.3 Competitors are organised in the pre-start area where instructions are given and start lanes designated.~~

~~For specific start procedures see Section C~~

12315.76 False Start Consequences

12315.76.1 For all competitions a competitor who makes a false start will not be recalled to the start line ~~but may return to the start line and restart providing they do not obstruct other competitors~~. False start infractions must be reported to the Jury.

12316.3 When using hand-timing, the time is taken when the competitor's first foot or for ~~LW 10-12~~ the Sitting category the front binding crosses the finish line.

12316.4 Electronic Timing

12316.4.1 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 or 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 the Sitting category ~~LW 10-12~~ the front binding.

12316.4.2 Transponder Timekeeping:

Transponders (active and passive 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 by using electronic timing systems in accordance with ICR 12316.4.1.

For the Sitting category ~~LW 10-12~~: The transponder must not be fixed ahead of the front binding.

12316.4.3 For ~~athletes in the VI category~~ all VI classes the chronometer will be started and stopped as the competitor (not the guide) crosses the line. The time of the guide must not be recorded.

12316.4.4 The ranking of athletes involved in a photo finish will be established according to the order they crossed the vertical plane of the finish line by the toe of the front foot.

For the Sitting category LW 10—12: In a photo finish, the competitor whose front binding first crosses the finish line is ahead.

12316.6.2 Delta time (Δ): is the time (in real time) the skier would have to ski faster in order to tie the winner's result (in adjusted time).

$$DELTA = r_i - \left(\frac{w}{p_i} \right)$$

r_i Real time (for competitor i)
w: Calculated time of the winner
 p_i Percentage (for competitor i)

12316.6.23 Calculation of Start times based on the qualification or previous competition

12316.6.34 Calculation of start times in Para Mass Start Competition

The start time is calculated by taking the fastest real time (independently from the winner) ~~Basic time~~ from a defined previous interval race of the same technique (classic or free) and the same loop, as outlined under art. 12316.6.23. 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 ~~basic 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 and a descent speed “slow down” factor may be added to the winner's real time (e.g. of 5%), which is determined by the Jury. ~~will be added to the calculation.~~

~~If the conditions are different from Race 1 to Race 2, the jury will decide on an additional slow down or speed up percentage to apply to the standard “slow down factor”.~~ The jury may also decide to change the race to an interval start race if fairness of all 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 basic time (B) is 58:27,1

12317.1 Calculation of Results

12317.1.1 The results in interval start competitions are calculated by taking the difference between the finish and start times as described in 12316.6. If [Sport Classes](#) are combined, the real time has to be multiplied by the applicable percentages.

The result (calculated time) is rounded to 1/10th of a second.

For Sprint Qualification the result (calculated time) is rounded to 1/100th of a second.

The results of Sprint heats, Pursuit start and Para Mass Start or Relay competitions are determined according to the order the athletes cross the finish line and are recorded and presented in the results list in real time. For photo finish decisions see art 0.

The result list shows the time behind the winner (real time in 1/10th of a second)

12317.1.2 Time adjustments (except time penalties) shall be added/subtracted to/from the real skiing time, before calculating with their percentage according to their [classification-Sport eClass](#).

12317.1.3 The number of categories in total is three per gender:

LW 10 – 12 ([Sitting-ski](#)), LW 2 – 9 (Standing), NS 1 – 3. (Vision Impaired)

12317.1.4 In the use of 3 categories with combined [Sport Classes](#), the percentage system will be used. Each competitor has their own percentage according to their [classification-Sport eClass](#).

12317.1.6.2 Relay competition:

The ranking of [athletes in the Standing and VI categories](#)~~standing athletes (LW 2-9/NS1-3)~~ involved in a photo finish will be established according to the order they crossed the vertical plane of the finish line by the toe of the front foot.

The ranking of ~~sitting~~-athletes [in the Sitting category](#)~~(LW 10-12)~~ involved in a photo finish will be established according to the order they crossed the vertical plane of the finish line by the front binding.

12317.1.6.3 Sprint competition:

12317.1.6.3.1 Qualification: If two athletes have the same result in the qualification round (calculated time in hundreds of a second) and none of them qualifies for the next round they shall be ranked on the same place in the result list and shall get the same amount of WC points.

If two athletes have the same result in the qualification round (calculated time in hundreds of a second) and both or only one of them

qualifies for the next round the following order of “tie breakers” shall be used:

1. Calculated time: All available digits of the calculated time shall be used
2. FIS Points (current [FIS points list](#)~~season, at first competition previous season~~)
3. Highest number of individual [World Cup](#) wins (current season, at first competition previous season)
4. Best [World Cup](#) result (current season, at first competition, previous season)

12317.1.6.4 Pursuit competition:

12317.1.6.4.1 First race

If two athletes have the same result in the first race (calculated time in hundreds of a second) and none of them qualifies for the next round they shall be ranked on the same place in the result list and shall get the same amount of WC points. The athlete with the higher start number is listed first.

If two athletes have the same result in the first race (calculated time in hundreds of a second) and both or only one of them qualifies for the next round the following order of “tie breakers” shall be used:

1. Calculated time: All available digits of the calculated time shall be used
2. FIS Points (current FIS points list)
3. Highest number of individual [World Cup](#) wins (current season, at first competition previous season)
4. Best [World Cup](#) result (current season, at first competition previous season)

12317.2.2 The official result list must contain the final rank of the competitors, their FPDMS Codes, starting number, [Sport eClass](#), percentages, intermediate times, real time, calculated time and the delta time (where applicable see art 12317), points, Skiing technique, the number of competitors, names of the competitors who started but did not finish, any disqualified competitors, any written sanctions to competitors, time penalties, the technical details of the course; length, HD, MC, TC, the weather, temperature data, number of competitors (entered, ranked, DNS and DNF), number of participating nations and the composition of the Jury.

12320 Interval Start Competitions

12320.1 Definition

At interval start competition, each competitor starts at his/her designated starting time and the final result is determined by difference between finish time and start time and recorded in the results according to art. 12317.

5 km: LW 10-12 women 5 km
LW 10-12 men 5 km
LW 2-9 women 5 km
LW 2-9 men 5 km
NS1-3 women 5 km
NS1-3 men 5 km

Course	Sit Ski	Standing
women	2.5 km	2.5 km
men	2.5 km	2.5 km
loops	2	2

10 km: LW 10-12 women 10 km
LW 10-12 men 10 km
LW 2-9 women 10 km
LW 2-9 men 10 km
NS1-3 women 10 km
NS1-3 men 10 km

Course	Sit Ski	Standing
Women	2.5 km	2.5 km
Men	2.5 km	2.5 km
Loops	4	4

20 km: LW 10-12 women 18-20 km
LW 10-12 men 18-20 km
LW 2-9 women 18-20 km
LW 2-9 men 18-20 km
NS1-3 women 18-20 km
NS1-3 men 18-20 km

Course	Sit Ski	Standing
women	3–5 km	3–5 km
men	3–5 km	3–5 km
loops	4–6	4–6

12320.2 Courses and stadium

12320.2.1 ~~Norms for WSC and PWG. For WC the Jury is allowed to modify if needed~~Recommended norms:

Interval start <u>Start</u>	Sitting Category <u>sitting Category</u> ski only	Sit Ski + <u>Sitting, Standing and VI</u> Standing and VI <u>Categories</u>	Standing and VI <u>Categories</u> only
	Classical Technique	Classical + Classical	Classical Technique
COURSE			
Width (minimum)	3 m	3 m	3 m
Classical <u>al</u> tracks	2 tracks in ideal line	2 tracks in ideal line	2 tracks in ideal line
Distance between tracks	Minimum 1.2 m	Minimum 1.2 m	Minimum 1.2 m
START			
Width (minimum)	3 m	3 m	3 m
Organization/preparation	1 corridor	1 corridor	1 corridor
Classical tracks	1	1	1
FINISH			
Width (minimum)	12 m	12 m	12 m
Number of corridors	4	4	4
Number of tracks	4 in center of corridor	4 in center of corridor	4 in center of corridor

Interval start <u>Start</u>	<u>Sitting Category</u> only <u>Sit-ski only</u>	<u>Sitting, Standing and VI</u> Categories <u>Sit-Ski + Standing</u>	<u>Standing and VI</u> Categories <u>only</u> <u>Standing only</u>
	Classical Technique	Classical + Free	Free Technique
COURSE			
Width (minimum)	3 m	9 m	6 m
Classical <u>al</u> tracks	2 tracks in ideal line	2 tracks on the side	1 track on the side
Distance between tracks	Minimum 1.2 m		

START			
Width (minimum)	3 m	5 m	4 m
Organization/preparation	1 corridor	1 corridor	1 corridor
Classical tracks	1	1	0
FINISH			
Width (minimum)	12 m	12 m	12 m
Number of corridors	4	3	3
Number of tracks	4 in center of corridor	4 (2 on both sides of the finish corridor, 2 between corridors)	4 (2 on both sides of the finish corridor, 2 between corridors)

12321 Para Mass Start Competitions

12321.1 Definition

Para Mass Start competitions are carried out based on a previous interval race (~~Race 1~~) where starting times of the Race 2 (Para Mass Start) competition athletes are determined by the fastest real time (independently from the winner) percentage according to the athlete's classification class and calculated winner result of the previous interval competition (see art. ~~12316.6.20~~). The result is determined by finish arrival order (in real time).

12321.2 Courses and stadium

12321.2.1 ~~Norms for WSC and PWG. For WC the Jury is allowed to modify if needed~~ Recommended norms:

Para Mass Start	<u>Sitting Category only</u> Sit ski only	<u>Sitting, Standing and VI Categories</u> Sit Ski + Standing	<u>Standing and VI Categories only</u> Standing only
	Classical Technique	Classical + Classical	Classical Technique
COURSE			
Category	C	C	C
Width (minimum)	6 m	6 m	6 m
Classical <u>a</u> tracks	3 tracks in ideal line	3 tracks in ideal line	3 tracks in ideal line
Distance between tracks	Minimum 1.2 m	Minimum 1.2 m	Minimum 1.2 m
START			
Width (minimum)	5 m	5 m	5 m

Organization/preparation	3 corridors	3 corridors	3 corridors
Classical tracks	3	3	3
FINISH			
Width (minimum)	12 m	12 m	12 m
Number of corridors	4	4	4
Number of tracks	4 in center of corridor	4 in center of corridor	4 in center of corridor

Para Mass Start	<u>Sitting, Standing and VI Categories Sit Ski + Standing</u>	<u>Standing and VI Categories only Standing-only</u>
	Classical + Free	Free Technique
COURSE		
Category	D	D
Width (minimum)	9 m	9 m
Classical tracks	2 tracks on the side	1 track on the side
START		
Width (minimum)	14 m	14 m
Organization/preparation	3 corridors	3 corridors
Classical tracks	4	0
FINISH		
Width (minimum)	12 m	12 m
Number of corridors	4	4
Number of tracks	3 (as corridor dividers)	

12322 Pursuit Competitions

12322.1 Definition

Pursuit competitions are carried out as combined competitions where starting times of athletes are determined by the percentage according to the athletes classification-Sport Class and result(s) of previous competition(s) or a Qualification round (in calculated time). The final result (second race) is determined by finish arrival order of the last competition (in real time). (see art. 0)

12322.2 Courses and stadium

12322.2.1 [Recommended norms](#) ~~Norms for WSC and PWG. For WC the Jury is allowed to modify if needed.~~

Pursuit Start	Sitting Category only Sit-ski only	Sitting, Standing and VI Categories Sit-Ski + Standing	Standing and VI Categories only Standing only
	Classical Technique	Classical + Classical	Classical Technique
COURSE			
Width (minimum)	5 m	5 m	5 m
Classical al tracks	3 tracks in ideal line	3 tracks in ideal line	3 tracks in ideal line
Distance between tracks	Minimum 1.2 m	Minimum 1.2 m	Minimum 1.2 m
START			
Width (minimum)	5 m	5 m	5 m
Organization/preparation	3 corridors	3 corridors	3 corridors
Classical tracks	3	3	3
FINISH			
Width (minimum)	12 m	12 m	12 m
Number of corridors	4	4	4
Number of tracks	4 in center of corridor	4 in center of corridor	4 in center of corridor

Pursuit Start	Sitting Category only Sit-ski only	Sitting, Standing and VI Categories Sit-Ski + Standing	Standing and VI Categories only Standing only
	Classical Technique	Classical + Free	Free Technique
COURSE			
Width (minimum)	3 m	9 m	9 m
Classical al tracks	3 tracks in ideal line	2 tracks on the side	1 track on the side
Distance between tracks	Minimum 1.2 m		
START			
Width (minimum)	6 m	14 m	14 m
Organization/preparation	3 corridors	3 corridors	3 corridors
Classical tracks	4	4	0

FINISH			
Width (minimum)	12 m	12 m	12 m
Number of corridors	4	3	3
Number of tracks	4 in center of corridor	4 (2 on both sides of the finish corridor, 2 between corridors)	

12323 Sprint Competitions

12323.1 Definition

~~Cross Country skiing sprint~~Sprint competitions begin with a qualification round, organised as an interval start competition (ranking by calculated time). After the qualification, qualified athletes compete in the sprint finals using heats of different formats with pursuit start (ICR art. 0) and finish ranking by order of finish / real time. (ICR art. 12317)

Distance:	LW 10-12	women	600-1200 m
	LW 10-12	men	600-1200 m
	LW 2-9	women	800-1600 m
	LW 2-9	men	800-1600 m
	NS1-3	women	800-1600 m
	NS1-3	men	800-1600 m

Course	Sit-Ski	Standing
Men + women	300-1200 m	400-1600 m
loops	1-2	1-2

12323.1.1 ~~The categories in sprint competitions are: LW 10-12, LW 2-9, NS 1-3 per gender.~~

12323.2 Courses and stadium

12323.2.1 ~~Recommended norms~~Norms for WSC and PWG. For WC the Jury is allowed to modify if needed.

Sprint	<u>Sitting Category only</u> Sit-ski only	<u>Sitting, Standing and VI Categories</u> Sit-Ski + Standing	<u>Standing and VI Categories only</u> Standing only
	Classical Technique	Classical + Classical	Classical Technique

COURSE			
Width (minimum)	6m	6 m	6 m
Classical <u>a</u> l 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	6 corridors	6 corridors	6 corridors
Classical tracks	6	6	6
FINISH			
Width (minimum)	12 m	12 m	12 m
Number of corridors	4	4	4
Number of tracks	4 in center of corridor	4 in center of corridor	4 in center of corridor

Sprint	<u>Sitting Category only</u> Sit-ski only	<u>Sitting, Standing and VI Categories</u> Sit-Ski + Standing	<u>Standing and VI Categories</u> only Standing only
	Classical Technique	Classical + Free	Free Technique
COURSE			
Width (minimum)	6m	12 m	9 m
Classical <u>a</u> l tracks	2-3 tracks	2 tracks on the side	1 track on the side
Distance between tracks	Minimum 1.2 m		

START			
Width (minimum)	12 m	14 m	14 m
Organization/ preparation	3 corridors	3 corridors	3 corridors
Classical tracks	4	4	0
FINISH			
Width (minimum)	9 m	9 m	9 m
Number of corridors	3	2	2

Number of tracks	3 in center of corridor	4 (2 on both sides of the finish corridor, 2 between corridors)	4 (2 on both sides of the finish corridor, 2 between corridors)
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12323.2.5 Technique: classic or free

Free: There shall be one track set along the side of the entire course for [athletes of the Standing and VI categories](#)~~LW 2-9 / NS 1-3~~ whenever possible.

On parts of the course that are also used by [athletes of the Sitting category](#)~~LW 10-12~~, there should be 2 tracks set along the side of the course. The course width should be maximized to allow for passing outside of the tracks.

12323.3.6 [Finals](#) Heats: [\(Semi-finals and Finals\)](#)

[12323.3.6.1 Pursuit Start procedure must be used \(see ICR art. 12315.4\)](#)

12323.3.6.[12](#) In PWG, WSC and WC heats will start with the semi-finals, in other competitions as decided by the organizer.

12323.3.6.[23](#) 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	Athletes per semi-final	Heats	Athletes in final
LW Sitting/ Standing	12 or more	6 ^{**}	heat 1) 1,4,5,8,9,12 heat 2) 2,3,6,7,10,11	6
	11	5 and 6 ^{**}	heat 1) 1,4,5,8,9 heat 2) 2,3,6,7,10,11	6
	10	5 ^{**}	heat 1) 1,4,5,8,9 heat 2) 2,3,6,7,10	6
	9	4 and 5 ^{**}	heat 1) 1,4,5,8,9 heat 2) 2,3,6,7	6
	7 to 8	no semi-final		6
	3* to 6	no semi-final		All athletes in final

NS Vision Impaired	8 or more	4 ^{***}	heat 1) 1,4,5,8 heat 2) 2,3,6,7	4
	7	3 and 4 ^{***}	heat 1) 1,4,5 heat 2) 2,3,6,7	4
	3* to 6	no semi-finals		4

* applies to WC or below only as per 12323.3.3

^{**} [best three of each heat advance to final](#)

^{***} [best two of each heat advance to final](#)

12323.3.6.56 Athletes are responsible for leaving at the right time. Start times for each heat will be posted in the start area.

Competitors are organised on the pre-start line where instructions are given and lanes are designated according to rule 12323.3.6.9.

~~If there is a need (e.g. VI-Class), athletes may be held by a team member or an official (on request) with a hand on the shoulder of the athlete until they can start.~~

The starting procedure for sprint heat starts will begin one minute before the start of the heat at which point a "one minute to start" warning will be given and competitors must be standing in their start lanes at the prestart line. Next there will be a command to "Take your start positions" and the competitors will advance to the start line.

~~12323.3.6.7 The competitors are not allowed to change corridors/tracks within marked corridor area. the first 15-30m after the start line.~~

12323.3.6.8 Athlete start time (for heats) ~~Start time for pursuit start (%):~~

The start time of each athlete is based on the final calculated time of the winner of the qualification round, per category / gender. (Sitting, Standing and VI ~~LW 10-12, LW 2-9, NS1-3~~).

12323.3.6.10 A false start will be sanctioned according to art. 12335.5.1.2 ~~in the heats means that the competitor must stop the competition unless they return to the start and then restart the competition. In the case of a false start the competitor will be ranked last of these final or semifinals heats.~~

12323.4.2 In the Qualification and Finals, competitors with IRM (RAL, DNF, DNS and NPS)² are listed according to their ranking in their respective heat and their qualification times, below the competitors without IRM.

12324 Relay Competitions

12324.1 Definition

12324.1.1 At PWG and WSC, each nation can enter 1 team per relay competition. Any athlete can only participate in one relay competition. In other events the jury may decide to allow more than one team per nation, mixed nation teams, and athlete participation in more than one relay competition. An athlete may not compete for more than one team per competition.

Distance: Mixed relay and Open relay 4 x 2.5 km

1st leg: 2.5 km classical Sitting ~~sit-ski~~ course 2.5 km

²Invalid Result Marks (IRM) Definitions:

RAL: Ranked as Last; DNF: Did Not Finish; DNS: Did Not Start; NPS: Not Permitted to Start

2nd leg: 2.5 km free [Standing/VI standing](#) course
2.5 km

3rd leg: 2.5 km classical [Sittingsit-ski](#) course 2.5 km

4th leg: 2.5 km free ~~standing~~ [Standing/VI](#) course
2.5 km

12324.1.2 Mixed Relay: the combined percentage of each team must be 335% or less, calculated by summing the individual percentages of the athlete in each leg with reductions of 15% per leg for female athletes and 12% per leg for [athletes in the Sitting categorysit-ski-athletes](#) (female [athletes, competing in the Sitting categorysit-ski-athlete](#): minus 27%). There must be at least one-woman taking part.

12324.1.3 Open Relay: the combined percentage of each team must be 375% or less, calculated by summing the individual percentages of the athlete in each leg with reductions of 15% per leg for female athletes and 12% per leg for [athletes in the Sitting categorysit-ski-athletes](#) (female [athletes, competing in the Sitting categorysit-ski-athlete](#): minus 27%).

12324.1.5 Course and Stadium

12324.1.6 ~~Norms for WSC and PWG. For WC the Jury is allowed to modify if needed.~~

The relay distance is based on two alternating courses each 2,5 km. Each course shall be used 2 times, giving a total distance of 10 km for the whole race. First and third stage is in classical technique (C), second and fourth stage is in free technique (F).

[Recommended norms](#)

Relay	Sitting Category onlySit-ski only	Sitting, Standing and VI CategoriesSit-Ski + Standing	Standing and VI Categories onlyStanding only
	Classical Technique	Classical + Free	Free Technique
COURSE			
Width (minimum)	3m	9-12 m	6-9 m
Classical tracks	2 tracks	2 tracks on the side	1 track on the side
Distance between tracks	Minimum 1.2 m	Minimum 1.2 m	
START			

Width (minimum)		9 - 12 m	
Organization/preparation		Arrow start grid	
Classical tracks		5 or 7	
Distance between tracks		1.5 m	
FINISH			
Width (minimum)		12 m	
Number of corridors		3	
Number of tracks		4 (2 on both sides of the finish corridor, 2 between corridors)	

12324.1.8 Classical Technique

In principal, the course is prepared with two tracks, and homologated for [athletes competing in the Sitting-ski competitions category](#).

12324.3 Starting order and Start Procedure

12324.3.1 Mass start procedure must be used (see ICR art. 12315.3).

12324.3.2 Start numbers will be assigned to teams (using the modified percentage: ~~LW—10-12~~[Sitting category](#): minus 12%, [Female athletes:women](#) minus 15% of the athletes starting in the first leg). Athletes with the higher percentage will be assigned the lower bib numbers. In cases where more than one athlete has the same percentage the lower bib number will be assigned to the athlete with the lower points. At PWG and WSC the placing in the previous PWG and WSC will determine the starting order of the first team, with the remaining teams assigned as above.

12324.3.4 Relay Exchange Zone

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

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

12324.4 Relay exchange

12324.4.1 As soon as the incoming competitor has passed the finish line in the exchange zone with the whole body, the next competitor can start. [The starting athlete must start from a stationary position.](#)

~~If there is a need (eg VI Class), athletes may be held by a team member or an official (on request of the team) with a hand on the shoulder of the athlete until they can start.~~

Marshals shall guide the incoming competitors out of the exchange zone so they do not interfere with the starting competitors.

12324.4.2 An early start in the relay will be sanctioned by a minimum time penalty of 30 seconds, added to the final result (Jury to decide), ~~unless the competitor returns to the start and restarts their leg of the race.~~

12330.2.2 Classification:

All rules and guidelines related to classification as set forth by the FIS Para Nordic Classification Rules [and Regulations](#) and published on the FIS Para Cross-Country website apply. This includes the use or prohibition of equipment and/or adaptive equipment as described for specific ~~s~~Sport ~~C~~lasses.

12330.2.3 Adaptive Equipment

During Para Cross-Country sanctioned competitions all competitors must comply with the FIS Para Snowsports Equipment Specification.

12330.2.4 [Athletes in the NS1 Sport Class](#)~~Athletes~~

During FIS Para Cross-Country sanctioned competitions all competitors in [the Sport class-Class](#) NS1 (with the exception of those with prosthesis in both eyes) must wear their own opaque shades or glasses approved through the FIS Adaptive Equipment Inventory, for the full duration of the event. The glasses must be worn so that no light can be seen by the competitor (inside must be black). Athletes whose facial structure will not support goggles shall be required to cover the eyes with an opaque covering.

12331 Guides

12331.1 For [athletes in the NS1 Sport Class](#)~~athletes~~ a guide is obligatory. [Athletes in the classes](#)For NS2 and NS3 [may compete without a guide](#)~~athletes a guide is also allowed~~. A competitor may change guides during the competition if the guide has an accident or cannot keep up.

12331.2 Guiding must be by voice only. Radio communication between guide and competitor is allowed. The guide may also use an amplifier. No

other means of communication is allowed. The amplifier must not disturb other competitors.

12331.3 The role of the guide is to be responsible for the safety of the athlete, vision impaired competitor while following all rules of the Para Cross-Country ICR ~~and assist the athlete to follow the rules.~~ He/she may lead or follow the vision impaired competitor athlete in the same track or ski alongside the parallel track providing he/she does not obstruct another skier. (Obstruction rule 12332.9 also applies for guides)

12331.4 No physical contact between guides and the athlete vision impaired competitors during the race is allowed except according to 0. After a fall a guide or a marshal may hand the athlete their skis and/or poles.

12331.5 For reasons of safety on course, the guide is allowed to hold thea athlete they are guiding VI Class athlete (one arm or one pole). During holding it is forbidden to actively pull or push the competitor or to be actively skating or striding.

12331.7 The guide must start together with the athlete, from a position in front of the athlete, in the same start corridor. The start line for the guide must be marked.

12331.8 Art. 203.3 applies to both the competitor and the Guide. Therefore, both the competitor and the Guide will be nationals of the country or territory of the NSA that enters them in any FIS sanctioned competition.

12332.7.1 Fallen competitors, that compete in the Sitting category (LW 10 — 12) classes may be helped back to the track by officials or coaches. They have to re-enter the race at the same place.

12332.7.2 Athletes competing in the Sitting category LW10-12 athletes are not allowed to use one or both of their legs to steer or brake the sledge sit-ski during competition.

12332.8.1 In Interval Start competitions and Sprint qualification any violation of classical technique (for example skating strides to maintain or increase the speed) will be considered to affect the results (due to improved time and better points caused by the skating), and the jury will apply

~~the appropriate sanction regardless of the time difference between skiers.~~

12332.10 Passing of other competitors

12332.10.1 ~~Process of passing During an interval starts competition~~

~~Competitors who are being passed must give way on the first demand. Exceptions may apply for athletes competing in the Sitting ski classes category.~~

~~12332.10.2 For all other competitions, when passing occurs, competitors must not cause any obstruction.~~

~~The responsibility for a correct passing without obstruction is on the overtaking skier/guide. The overtaking skier/guide must have his/her skis in front of the skis of the overtaken skier before skiing his/her best line.~~

12332.13 Waxing, structuring or cleaning of the competitor's skis bases during the competition is forbidden, with the following exception: In classical distance competitions, competitors may scrape their skis to remove snow and ice, and add kick wax. They must make these adjustments without assistance from other persons and without interfering with other competitors. (Athletes in the Sport Class LW 5/7 and in the VI category NS1-3 athletes can be supported by a team official). During classic individual sprint competitions, adjustments of the kick zone may be made between the rounds by the competitor or authorized personnel within the designed Control Area. Any adjustment of the glide zones is not allowed. It is not allowed to place branches, tools or materials on or adjacent to the groomed course.

12333.2 For order and control on the courses the following principles apply:

- from 5 minutes before the start until the ~~time the end of competition~~course closers have passed, all officials, coaches, non-competitors, and other accredited persons, are not permitted to ski on the course. During the competition, these persons must take fixed locations beside the course and must stand without skis on.

12335 Sanctions

12335.1 Procedure

When an infraction to the rules occurs, the Jury must meet and decide the appropriate sanction by taking into consideration:

- the specific circumstances,
- the gain or advantage for the offender (see ICR art. 223.3.3),
- the negative impact on other competitors,

- the impact on the final result or intermediate results (sprint heats),
- the level of the competition,
- the age and experience of the competitors
- ~~the FIS jury decision chart and guidelines for Jury work.~~

12335.1.4 The consequences of a sanction assessed on a guide during a competition automatically applies to the athlete/guide team. ~~This includes the consequences of a second written reprimand regardless of team composition.~~

12335.2 Disqualification

12335.2.1 Disqualification should be used only for infractions with a clear impact on the final result of a competition.

In addition, a competitor shall automatically be disqualified if they:

- participate in the competition under false pretences
- either jeopardizes the security of persons or property or actually causes injury or damage;
- commits a serious violation of the principles of fair play or sportsmanlike behavior;
- intentionally causes obstruction;
- receives prohibited assistance (see art. 12333.6) from a member of their team staff or non-competing athlete on their team;
- participates in a competition using equipment that does not comply with competition equipment rules (art. 207);
- modifies equipment which has been inspected (in a prohibited way);
- ~~participates in a competition with a start number or start number sequence color which has not been assigned to them on the competition start list, regardless of whether this is deliberate or due to a mistake made by them or by their team;~~

12335.2.2 Competitors who receive a second written reprimand in the same season will be automatically disqualified. Written reprimands given during the season are not valid in the WSC and PWG periods. Written reprimands given during WSC or PWG are valid until the end of the season. If a competitor has two reprimands on file after games-WSC or PWG (one prior to WSC or PWG and one during WSC or PWG),

then the next two written reprimands will each automatically result in disqualification.

- 12335.2.3 During stage events or first part of pursuit competitions, or relay competitions art. 12335.4.2 can apply an offence that is normally sanctioned with a DSQ can instead be sanctioned by a time penalty. Using DSQ or time penalty will be the Jury's decision.
- 12335.3.2 In Sprint competitions, a competition suspension means that the competitor will be ranked last in the heat and last in the round (6th for final and 12th for 1/2 finals (for Standing and Sitting categories), and 4th for final and 8th for 1/2 finals (for Vision Impaired category)).
- ~~12335.5 In Team sprint competitions, a competition suspension means that the team will be ranked last in the heat and last in the round.~~
- 12335.65.1.2 In competitions with Pursuit start, early start infractions should be sanctioned by a time penalty equal to the time gained (posted start time minus actual start time) + 310 seconds minimum penalty for Sprint Heats and 30 seconds minimum penalty for Pursuit and Para Mass Start competitions.
- 12335.65.1.3 In ~~team sprint competitions or~~ relay competitions, the Jury can decide to substitute a DSQ with a 3 minutes time penalty (see ICR art. 0)
- 12335.65.2 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 penalty~~

H. Para Roller Ski Competitions

12396 Para Roller Ski Competitions

12396.1 Para Roller Ski ICR Definitions

- 12396.1.1 The matters covered within this section of the ICR are intended to focus on the unique aspects of Para Roller Ski sport that are significantly different from the methodologies used in Para Cross-Country ski sport as outlined in the previous sections of this ICR publication.
- 12396.1.2 The previous sections in this ICR will be used to give specific requirements in areas where there is direct similarity between Para Roller Ski and Para Cross-Country.
- 12396.1.3 In addition, the underlying principles and format procedures that apply in the Para Cross-Country sections of this ICR must also be applied to Para Roller Ski sport.

- 12396.2 Competition Equipment
- 12396.2.1 Roller Ski sport equipment must be available as a commercially produced product that is available to the general public.
- 12396.2.2 The OC in cooperation with TD must carry out equipment control before the start and after finish of each competition. Roller Ski wheel dimensions, wheel material hardness and frame length must be controlled.
- 12396.2.3 The diameter of the wheels must not be more than 100 mm.
- 12396.2.4 The distance between the axles of the Roller Skis must not be less than 530 mm.
- 12396.2.5 In classic technique competitions, each Roller Ski must have a ratchet mechanism.
The ratchet mechanism is always mandatory for Sitting category in all races.
- 12396.2.6 Cross-Country ski poles must be used with Cross-Country skiing tips. Alternatively pole tips must have safety rigid plastic protections with diameter ≥ 30 mm. These protections must be placed maximum 45 mm above the metallic tips.
- 12396.2.7 Safety helmets (e.g. DIN EN 1078 or equivalent) and eye protection must be worn during official training and competition. The jury may permit competitors to not use eye protection when conditions cause poor visibility.
- 12396.2.8 Shoes or ski boots have to be fixed on the Roller Skis with a Cross-Country ski binding. Roller Ski exchange must be done according to art. 12332.12.2.
- 12396.2.9 Competitors are permitted to change or repair equipment during the competition but they must do this without any outside assistance other than being handed the replacement equipment or tools. Roller Ski change must be done according to article 12332.12.
- 12396.2.10 In order to provide safe and fair conditions for the competition the organiser and jury can limit the technical parameters for Roller Ski equipment (wheels, etc.) by announcing it in advance in the competition invitation.
- 12396.2.11 The competition organiser can provide Roller Skis from an official Roller Ski equipment supplier for all athletes entered in competition. This must be clearly announced in official invitation. The Roller Skis must be distributed to the athletes by a draw supervised by a jury member.
- 12396.2.12 If the competition organiser provides official Roller Ski equipment, this equipment must be used by athletes. In case of Roller Ski exchange during the competition may be done only at an official service point (boxes) according to articles 12332.5 – 12332.6.

12396.2.13 If the Competition Organizer provides official Roller Ski equipment, Roller Ski repair during official training or before competition may be done only at an official service point provided by the organizer.

12396.3 Competition Formats and Programmes

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:

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

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.

Actual competition distances can vary by $\pm 5\%$. Distance competitions can be organized on undulating or uphill courses. Individual Sprint up to 200m may be organized on flat or uphill course (with a maximum allowed average inclination of 10%).

12396.4 Course and Stadium

12396.4.1 Roller Ski competitions are held on asphalt or similar artificial or natural surfaces that are hard packed.

12396.4.2 The course must be designed with the highest priority being given to the safety of competitors.

12396.4.2.1 A Roller Ski competition course does not have any homologation requirements, but should include some demanding uphill sections.

12396.4.3 Obstacles or hazardous objects along or beside the track must be removed, or if not possible, they must be clearly marked and where necessary protected by padding.

12396.4.4 Recommended course norms:

<u>Race Format</u>	<u>Classical technique</u>	<u>Free technique</u>
<u>INTERVAL START</u>		
<u>Course</u>		
<u>Width of course (minimum)</u>	<u>3 m</u>	<u>4 m</u>
<u>Start</u>		
<u>Number of corridors</u>	<u>1</u>	<u>1</u>
<u>Finish</u>		
<u>Total width (minimum)</u>	<u>3.6 m</u>	<u>6 m</u>
<u>Number of corridors</u>	<u>3</u>	<u>3</u>
<u>PURSUIT</u>		
<u>Course</u>		
<u>Width of course (minimum)</u>	<u>4 m</u>	<u>5 m</u>
<u>Start</u>		
<u>Organisation/preparation</u>	<u>2 – 4 corridors</u>	<u>2 – 4 corridors</u>
<u>Width of start area (minimum)</u>	<u>4 m</u>	<u>6 m</u>
<u>Finish</u>		
<u>Total width (minimum)</u>	<u>4 m – 5 m</u>	<u>6 m – 8 m</u>
<u>Number of corridors</u>	<u>3 – 4*</u>	<u>3 – 4*</u>
<u>MASS START</u>		
<u>Course</u>		
<u>Width of course (minimum)</u>	<u>4 m</u>	<u>6 m</u>
<u>Start</u>		
<u>Organisation/preparation</u>	<u>2 – 4 corridors</u>	<u>2 – 4 corridors</u>
<u>Width of start area (minimum)</u>	<u>5 m</u>	<u>6 m</u>
<u>Finish</u>		
<u>Total width (minimum)</u>	<u>4 m – 5 m</u>	<u>6 m – 8 m</u>
<u>Number of corridors</u>	<u>3 – 4*</u>	<u>3 – 4*</u>

*) The number, width and length of corridors will be determined by the Jury according to the competition formats and finish area layout (uphill or flat).

12396.4.5 The downhill sections must not have any sharp curves. If a downhill or curve is deemed dangerous, the OC and jury must implement speed-reducing measures (carpet, artificial turf etc).

12396.4.6 Safe and secured warm up and cool down areas must be available near the competition course.

12396.5 General Course Preparations

12396.5.1 The competition courses should be ready for inspection and for official training by the competitors at least one day before the competition.

12396.5.2 The competition courses must be closed to normal traffic. Only the competitors, OC, safety guards, Jury and security/TV vehicles are

allowed to be on the competition course during the competition or during official training.

12396.6 Requirements of the Competitors

12396.6.1 The competition season is defined as 1st July to 30th June (see CC ICR article 12330 for age categories).

12396.7 Coaching Zones and Refreshment Stations

12396.7.1 The Jury may decide about the number and locations of the coaching zones and refreshment stations on the competition course.

12396.7.2 The Jury may decide whether team officials can use bicycles (or similar means of transportation) to reach refreshment stations or coaching areas. In such case, the team officials are only allowed to move to the respective zones and provide assistance in accordance with ICR 12333.2. They are not allowed to follow the athletes along the course.

12396.8 Start and Finish Requirements

12396.8.1 The start line, finish line, corridors and exchange zone must be clearly marked on the surface.

12396.8.1.1 At Mass Start free technique competitions, a no skating zone must be clearly marked after the start.

12396.8.1.2 For high-level competitions, it is required to video tape the no-skating areas at the start and the finish with a minimum of two digital video cameras.

12396.8.1.3 There must be radio or phone contact between the start and the finish area.

12396.8.2 Finish Area Requirements

12396.8.2.1 The Finish Zone (Roll Out Zone) which follows the finish line must be a minimum of 70 m long for sprint competitions (depending on inclination). For distance competitions the Jury will decide on the length. The finish control line must be after the roll out zone. Competitors are not allowed to take off their Roller Skis until they cross the control line.

12396.8.2.2 The start area, the finish area and the exchange area must be secure and completely fenced off from spectators and unauthorized personnel.

12396.9 Exchange Zone

12396.9.1 The exchange zone for Relay 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 exchange must be sanctioned by time penalty (actual time gained + 30 seconds minimum penalty).

Introduction of frames to highlight Para specific rules and alignment of numbering to CC ICR for improved orientation in the ICR:

Link to document: [Para Cross-Country ICR](#)

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

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 (Sitting Sit-Ski TC<11m/km; Standing/VI TC<25m/km) and for all Para Roller Ski competitions.

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.

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
- [2.1.5 Para Roller Skiing Sprint FIS Points will be awarded only for Sprint Qualification and for competitions longer than 600 m.](#)

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 an active 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.

The FPDMS ID numbers can be ordered at the National Ski Associations.

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 Vision Impaired, Standing and Sitting~~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.~~

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.~~

9.3.1.3 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-SkiSitting 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):

- Athletes in the Standing and Vision Impaired classes-categories 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.
- Athletes in the Standing and VI categories athletes may compete with sit-ski-athletes in the Sitting category; the factor of the sit-ski-athletes in the Sitting category 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-skiSitting courses are used.

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 (<u>WC</u>)	0
▪ Continental Cups (<u>COC</u>)	20
▪ FISU World University Games (UVS)	20
▪ International FIS Para Cross-Country Competitions (FIS)	20
▪ <u>Open National Championships (NC)</u>	20
▪ <u>FIS ROL Competitions (ROL)</u>	<u>45</u>

10 The FIS Points Lists

10.1 The FIS points list is only available electronically from the website at: <https://www.fis-ski.com/para-cross-country/fis-points-rankings>.

10.2 Publication of the FIS Points list

The point lists publishing dates are published on the FIS website.

101 The FIS Para Cross-Country Points Formula

1011.1 **Formula**

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

P = Race Points

T_o = Result=Calculated Time of the winner in seconds

T_x = 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 $(\frac{8600}{600} * \frac{635,4}{608,3}) - 800 = 35,64$

134 Guidelines relating to the distribution of World Cup Points

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

# Competitors	# of Competitors				
Rank	<u>5 or more</u>	<u>4</u>	<u>3</u>	<u>2</u>	<u>1</u>
1	100	90	80	60	50
2	95	75	50	40	
3	90	50	30		
4	85	20			

145 FIS Nations Cup

145.1 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.).

167 Tie-Breaker

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

167.2 The highest number of individual World Cup wins in the applicable season

167.3 The best World Cup results (i.e. most 2nd places, most 3rd places, etc.)

167.4 FIS Points (current FIS points list)

167.5 If the competitors are still equal, two (or more) World Cup trophies for that position will be awarded.

Annex 3 – FIS Para Cross-Country Homologation Guide

2 Classification

Para Cross-Country athletes are classified according to the following table:

Category	Class	Region Impairment	Main sport equipment and degree of impairment
Standing	LW2	Impairments in one lower limb (ex. above knee)	Skiing with 2 skis and 2 poles
	LW3	Impairments in both lower limbs	Skiing with 2 skis and 2 poles
	LW4	Impairments in one lower limb (ex. below knee)	Skiing with 2 skis and 2 poles
	LW5/7	Impairment in both upper limbs	Skiing with 2 skis and no poles
	LW6	Impairment in one upper limb	Skiing with 2 skis and 1 pole
	LW8	Impairment in one upper limb (ex. below elbow)	Skiing with 2 skis and 1 pole
	LW9	Impairment in one upper limb and one lower limb	Equipment of choice, but with 2 skis
Sit-ski Sitting	LW10, 10.5	Impairments in both lower limbs (no sitting balance)	Using sit-ski
	LW11, 11.5	Impairments in both lower limbs (fair sitting balance)	Using sit-ski
	LW12	Impairments in both lower limbs (good sitting balance)	Using sit-ski
Vision Impaired	NS1	Light perception without measurable visual acuity or no light perception	Must ski with a guide Must wear blackout glasses
	NS2	Visual acuity of LogMAR 2.3 - 3.5	May ski with a guide
	NS3	Visual acuity of LogMAR 0.9 – 2.2 and/or binocular visual field of less than or equal to 60 degrees	May ski with a guide

FIS Para Cross-Country Event Distances and Recommended Courses

The table below shows the ~~standard possible~~ event distances that are used at FIS Para Cross-Country ~~Competitions, World Cup, FIS Para Cross-Country World Ski Championships and Paralympic Winter Games.~~

Courses: ~~LW 10-12~~Sitting 300 - 1200~~800~~m, 2.0km, 2.5km, 3.0km, 5.0km

~~LW 2-9 / NS 1-3~~Standing/VI 800 - 12600m, 2.0km, 2.5km, 3.0km, 4.0/5.0km

3 Para Cross-Country

<u>Competition Type</u>	<u>Competition Length (km)</u>	<u>Nominal Course Length (km)</u>
<u>Distance</u>	<u>5 to 20</u>	<u>2.0, 2.5, 3.3, 3.75, 4.0, 5.0</u>
	<u>Greater than 20</u>	<u>5 and greater</u>
<u>Individual Sprint</u>	<u>Sitting: 0.6 – 1.2</u>	<u>0.3 to 1.2</u>

	<u>Standing: 0.8 – 1.6</u>	<u>0.4 to 1.6</u>
<u>Relay</u>	<u>2.5 per leg</u>	<u>2.5</u>

Competition	Class	Gender	Total Distance	Course	Loops
CC Sprint	LW 10-12	men	800–1000m	sit-ski	400–1000m- 1 or 2
Qualification (all)	LW 10-12	women	800–1000m	sit-ski	400–1000m- 1 or 2
Semifinal NS1-3 (best 8)	LW 2-9	men	1200–1400m	standing	600–1400m- 1 or 2
Semifinal LW (best 12)	NS 1-3	men	1200–1400m	standing	600–1400m- 1 or 2
Final NS1-3 (best 4)	LW 2-9	women	1200–1400m	standing	600–1400m- 1 or 2
Final LW (best 6)	NS 1-3	women	1200–1400m	standing	600–1400m- 1 or 2
CC 5-km	LW 10-12	men	5.0 km	sit-ski	2.5 km 2
	LW 10-12	women	5.0 km	sit-ski	2.5 km 2
	LW 2-9	men	5.0 km	standing	2.5 km 2
	NS 1-3	men	5.0 km	standing	2.5 km 2
	LW 2-9	women	5.0 km	standing	2.5 km 2
	NS 1-3	women	5.0 km	standing	2.5 km 2
CC 10-km	LW 10-12	men	10 km	sit-ski	2.5 km 4
	LW 10-12	women	10 km	sit-ski	2.5 km 4
	LW 2-9	men	10 km	standing	2.5 km 4
	NS 1-3	men	10 km	standing	2.5 km 4
	LW 2-9	women	10 km	standing	2.5 km 4
	NS 1-3	women	10 km	standing	2.5 km 4
CC 20-km	LW 10-12	men	18–20 km	sit-ski	3.0–5.0 km 4–6
	LW 10-12	women	18–20 km	sit-ski	3.0–5.0 km 4–6
	LW 2-9	men	18–20 km	standing	3.0–5.0 km 4–6
	NS 1-3	men	18–20 km	standing	3.0–5.0 km 4–6
	LW 2-9	women	18–20 km	standing	3.0–5.0 km 4–6
	NS 1-3	Women	18–20 km	standing	3.0–5.0 km 4–6
Relay 2 x 2.5km classic- + 2 x 2.5km free	mixed- (335%)	classic	5km	sit-ski	2.5km 2
		free	5km	standing	2.5km 2
	open- (375%)	classic	5km	sit-ski	2.5km 2
		free	5km	standing	2.5km 2

4 Course width categories

Course widths for competition formats should conform with the following table:

Category	Minimum course width			Used for
	Uphills	Undulated terrain	Downhills	
sit-ski Sitting	3 m	3 m	3 m	Sit-ski Sitting only (2 tracks) Relay classical technique
Sittingsit-ski	5 m	5 m	5 m	Sprint, Pursuit (3 tracks)
standing-Standing/VI classicalCl assical	3 m	3 m	3 m	Interval start-Start (2 tracks)
Standing/VI standing- classicalCl assical	5 m	5 m	5 m	Sprint, Pursuit (3 tracks)
Standing/VI standing- freeFree	6 m	6 m	6 m	individual, standing Standing/VI only (1 track along the side of the entire course)
Standing/VI standing- freeFree	9 m	9 m	6 m	Sprint, Pursuit, standing Standing/VI only (1 track along the side of the entire course)
Sitting sit ski + Standing/VI standing- classicalCl assical	3m	3m	3m	Interval Start, Relay (2 tracks)
Sitting sit ski + Standing/VI standing- classicalCl assical	5 m	5m	5 m	Pursuit, Sprint (3 tracks)
Sitting sit ski + Standing/VI standing- freeFree	3m + 6 m	3m + 6m	3m + 6 m	Interval start-Start (2 tracks for sit-ski Sitting, 1 track for Sstanding/VI)
Sitting sit ski + Standing/VI standing- freeFree	3m + 9 m	3m + 9m	3m + 9 m	Pursuit, Sprint (2 tracks for Sittingsit-ski , 1 track for standingStanding/VI)

5 Standing and Vision Impaired categories

In general, the [athletes in the](#) Standing and Vision Impaired categories can ski on courses that are very close to FIS homologation standards. However, design considerations in the following areas should be considered:

- Fast down hills with curves and corners that can be difficult and unsafe for [athletes in the](#) Vision Impaired [skierscategory](#).
- Use of shorter loops such that [athletes in the](#) Vision Impaired [skier-category can become](#) more easily ~~can become~~ familiar with the course
- Reduction of A-climbs (should be replaced by B-climbs)

- Range for TC should in general be in the low range (for example 150 – 180 m for 5 km)

6 Norms FIS Para Cross-Country courses

6.1 Norms for [Standing \(LW 2 – 9\) and Vision Impaired \(NS 1 – 3\)](#) ~~LW 2-9 / NS 1-3~~ ~~(Standing and Vision Impaired)~~ courses

6.2 Norms for [Sitting \(LW 10 - 12\)](#) courses.

The HD, TC and MC of the homologated competition courses should be within the following norms:

Course	TC	MC	HD	Hills
3.0 km	35-65	15	40	1 – 2 A hills, 2 – 4 B hills
2.5 km	30-60	15	40	0 – 1 A hills, 1 – 3 B hills
2.0 km	25-55	15	40	0 – 1 A hills, 1 – 3 B hills
800 m	0 - 30	15		
WC: In case the above-mentioned courses aren't available, the following courses can also be used.				
5 km	60 - 120	15	50	1 - 2 A hills, 3 – 6 B hills
3.75	45-70	15	40	1 – 2 A hills, 2 – 4 B hills
3.33 km	35-70	15	40	1 – 2 A hills, 1 – 3 B hills

6.2.1 Courses for the [Sittingsit-ski](#) category cannot follow FIS Cross-Country homologation rules due to the fact that [athletes in the Sitting categorysit-skiers](#) have no use of their lower body, and push/pull themselves forward with poles from a sitting position (on their [sledgesit-skis](#)).

The categories for A, B and C hills are therefore:

A-hills 10 – 15 m PHD and gradient between 4 – 12 %

B-hills 4 – 9 m PHD and gradient between 4 – 12 %

C-hills 2 – 4 m PHD distance < 30 m long and gradient > 12 %, **maximum 16 %**

Climbs with < 4m will be included as undulating terrain or as part of an A or B climb.

6.2.2 The following points should also be considered when designing courses for the [Sittingsit-ski](#) category:

- [SittingSit-ski](#) courses should be placed on undulating terrain (not long flat courses) so that skiers have chances to rest. The 1/3 up, 1/3 down, 1/3 UT criteria applies equally to [Sittingsit-ski](#) courses.
- up hills should in general not be steeper than **10 - 12 %** gradient
- A-hills should not be too long (**not over 200 m in length**)
- down hills should have straight run-outs preferably with a slight uphill to break the speed, the hills should not be steeper than 12 – 14 % gradient
- corners and turns should be placed where the speed is slow.
 - Corners on flat part of the course should optimally not be less than 90° angle (larger angle required for downhill corners). This applies in the stadium as well, for example for lapping. (NOTE: If you as a standing skier are poling without using the legs, the skis should easily follow the track both in curves/bends in flat parts and also in down hills – if we have to “work” with the legs, a sledge will have problems).

- Banking to inside can help the skier make a sharp or a high-speed turn. Corners must not bank to the outside of the curve. 180° turning platforms at top of climbs must be flat and wide enough for passing.
- Sit ski turns of 180° can be made at the top of climbs where speed is very low.
- The minimum radius of a turn in a flat section or downhill section shall be 15m.
- Courses should be long and flowing and should not contain unnecessary sharp technical turns and steep uphill. A too technical course is a disadvantage to [athletes in the classes LW10 and LW/ 10.5](#).
- Courses must be flat from side to side through all sections (except on banked on corners)
- Junctions and merging zones require special placement and design and should occur in areas of lower speeds.

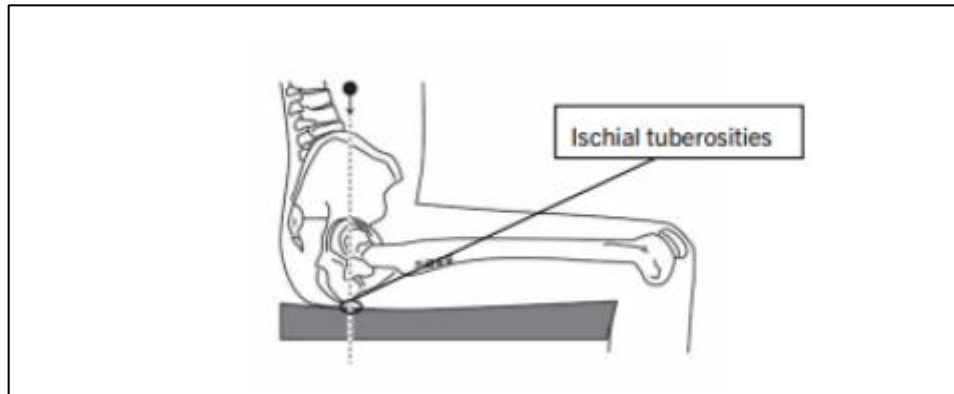
7 Stadium layout

In contrast to the newest development of stadiums and course layouts for FIS competitions, it is less important to ski through the stadium often, since most Para Cross-Country races are interval start races. Since Para Cross-Country events are divided into 6 categories (3 for men and 3 for women), it is difficult for announcers and spectators to follow the event if several categories are starting, passing through the stadium or finishing at the same time. For competitions with small fields, this situation can however be solved by letting each category finish the race before the next one starts.

A special consideration should be given to the transition and staging area for the [sit-skiSitting](#) category. This should be provided with an easy and flat access to start & finish areas, with nearby covered and heated area for transition from wheelchair to sit-ski, as well as storage of wheelchairs out of the weather.

Annex 4 - Equipment Specifications for Para Snowsports

- 7.2.1.4 The sit-ski athlete ~~shall~~must be seated on the sit-ski at all times during the race, meaning that the athlete's ischial tuberosities ~~shall~~must remain in contact with the seat throughout all competition.



- 7.2.1.5 To prevent movement of the ischial tuberosities off the seat, ~~it is expected that~~ the athlete's upper thigh (most proximal femur) / hip must be strapped securely to the seat 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.