



PRECISIONS, INFORMATION AND INSTRUCTIONS

PARA ALPINE SKIING

NORTHERN HEMISPHERE

EDITION 2024/25

Oberhofen, November 2024

PRECISIONS, INFORMATION AND INSTRUCTIONS SOUTHERN HEMISPHERE 2024/2025

FIS Council Meeting: 8th November 2024.

1) Introduction

This document presents the rule changes within the Para Alpine Skiing International Competition Rules (ICR), Rules of the FIS Points, Classification Rules and Regulations, as well as the Qualification Criteria/Regulations, following the approval of the proposals by the FIS Council on 8th November 2024.

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 Alpine Skiing](#)

4) Approved Rule Changes to the Equipment Specifications for Para Snowsports

All approved rule changes can be seen under [Annex 2 - Equipment Specifications for Para Snowsports](#)

5) Factors List – Season 2024/2025

The percentage list for season 2024/2025 has been approved and can be found under the [Rules section](#).

Annex 1 - International Competition Rules Para Alpine Skiing

201.6.1 Nordic and Para ~~Nordic-Cross-Country~~ Events

Cross-Country, Roller Skiing, Ski-Jumping, Ski-Flying, Nordic Combined, Team Competitions in Nordic Combined, Nordic Combined with Roller Skiing or In-line, Team Ski-Jumping, Ski-Jumping on plastic jumping hills, Popular Cross-Country races, Para Cross-Country ~~and~~, Para Roller Skiing ~~and Para Biathlon~~

301 Para Alpine Skiing Competition Levels

The following Para Alpine Skiing competitions are sanctioned by FIS and are subject to regulations regarding participation and/or qualification:

- Paralympic Winter Games (PWG) Level 0
- FIS World Ski Championships (WSC) Level 0
- FIS Para Alpine Skiing World Cups (WC) Level 0
- FIS Para Alpine Skiing Continental Cups (COC) Level 1
 - European Cup (EC)
 - North American Cup (NAC)
 - South American Cup (SAC)
 - Asian Cup (AC)
 - Australia New Zealand Cup (ANC)
- FISU World University Games (UVS) Level 1
- National Championships (NC) Level 2
- FIS Races (FIS) Level 3
- Entry League (ENL) Level 4

302.2.2 An athlete with Sport Class Status New must compete in the highest class of their category as follows:

- Vision Impaired athletes will race as ~~AS4B3~~
- Standing athletes will race with as LW6/8-2
- Sitting athletes will race as LW12-2

302.2.3

Category	Sport Classes
Vision Impaired	B1, B2, B3 <u>AS1, AS2, AS3, AS4</u>
Standing	LW1, LW2, LW3, LW4, LW5/7-1, LW5/7-2, LW5/7-3, LW6/8-1, LW6/8-2, LW9-1, LW9-2
Sitting	LW10-1, LW10-2, LW11, LW12-1, LW12-2

303.2 Race Entry Fee

303.2.1 The OC may decide to charge a race entry fee of maximum CHF 30 per athlete per race (including the official downhill training run). Such decision must be announced in the race invitation. [The OC shall not charge race entry fee for guides.](#)

412.4 The Official Result List must contain:

- ...
- all details concerning the competitors, ranking, start number, code number, name and first name, sport class (e.g., [B1AS1](#), LW6/8-2 etc.), Factored Time and race points
- ...

416.1 Start Intervals in Para Alpine Skiing Races

The start can take place in each event at variable intervals as determined by the Jury. The competitor on the course does not need to cross the Finish Line before the next competitor starts. Athletes in the [B1AS1](#) class should have nearly completed the course prior to the next athlete starting.

1240.1.2 Representation from both genders and at least two out of three categories (VI, Standing and Sitting) represented. One competitor must be from one of the following classes: [B1AS1](#) – LW1 or LW9 - LW10.

1302.6 In Level 0 and 1 competitions, [B1AS1](#) competitors must ski behind their Guide.

In Level 2 and 3 competitions, [B1AS1](#) competitors may ski either: (i) in front of; or (ii) behind their Guide. The competitor must inform the competition Jury before the start of each run whether they wish to ski in front of or behind their Guide on that run. Once they have started the run, they may not change their decision in this respect or switch position with their Guide during that run.

VI competitors in all other sport classes must always ski behind their Guide in all competitions. Physical contact between the Guide and competitor, including the equipment, during the race is not permitted. Any breach of this rule by an athlete and/or Guide will lead to disqualification.

1302.7 All competitors in class [B1AS1](#) must wear blacked-out goggles during the competition. The model of the blacked-out goggles is optional, but the Jury can control them.

1262.1 Qualification Criteria/Regulations

FIS will review and publish the criteria for participation in Para Alpine Skiing competitions at the beginning of the competition year. For WSC, WC, EC and NAC competitions, all entries are subject to the FIS Qualification Criteria for each

respective season, located on the FIS Website. For PWG all entries are subject to the Qualification Regulations which are published by the IPC. [For UVS all entries are subject to the Regulations for the FISU World University Games, which are published by FISU.](#)

Annex 2 - Equipment Specifications for Para Snowsports

A. DEFINITIONS

1 COMPETITION EQUIPMENT

The term “competition equipment” implies all items of equipment used by athletes/guides in competitive skiing, including clothing and implements that serve a technical function. The entire ~~set of~~ competition equipment forms a functional unit. In this connection the following points must be observed:

- The principle of sSafety
- The principle of fairness

1.1 EFFECTIVE MANUFACTURER

“Effective Manufacturer” means the enterprise which itself manufactures the Competition Equipment and/or effectively controls and manages the manufacturing of the Competition Equipment under its own responsibility through customary subcontracting processes, and whose Competition Equipment is effectively offered on the market to end users. If requested by FIS, the manufacturer shall provide documentary evidence of such commercial activities at retail level (such as manufacturing activity in the market of the relevant Competition Equipment, including control over the manufacturing process, retail activity and marketing expenditures linking the brand to the relevant piece of equipment) as a condition for the commercial markings to be accepted as a Manufacturer’s Identification as further defined in these Specifications.

1.2 MANUFACTURER’S IDENTIFICATION

“Manufacturer’s Identification” means the trade name, brand, logo, or other designation of the Effective Manufacturer under which the particular Competition Equipment is manufactured and commercially offered to the market.

The Manufacturer’s Identification must be a sports equipment brand, which means that the Manufacturer’s Identification is principally used for Competition Equipment and is (i) not principally used for non-sports equipment, and/or (ii) cannot be confused with a similar or identical article used in another line of business, unrelated to Competition Equipment.

1.3 COMPETITION IMPLEMENTS

Competition implements refer to equipment which fulfil essential functions during the competition but which can be separated from the actual competition.

Examples: skis, bindings, boots, poles, clothing, helmets, ski goggles, ~~back protectors.~~

1.4 ADDITIONAL EQUIPMENT (ACCESSORIES)

Additional competition equipment (accessories) are those components or implements which exert an influence on the technical function of the competition equipment and which are attached directly to the equipment by means of recognised fastenings. Such accessories do not perform essential functions during the competition.

Example: para-bleaks, plastic tip covers, additional weights, back protectors, cut resistant undergarment.

Athletes/Guides must use equipment appropriate for their gender.

1.5 AUXILIARY EQUIPMENT

Auxiliary equipment refers to those components of the competition equipment which do not fulfil an essential function, and which do not fall under the heading of additional equipment.

Example: measuring instruments

2 SPECIFICATIONS FOR PARA ALPINE SKIING COMPETITION EQUIPMENT

2.1 PARA ALPINE SKIING RACING SKIS

2.1.1 DEFINITION

Skis, predominantly for use in Downhill (DH), Slalom (SL), Giant Slalom (GS) and Super- G (SG), racing on suitable terrain and utilising the force of gravity. In order to allow transmission of lateral forces, the edges of the running surface of the ski are made mainly of a hard material resistant to wear and tear.

2.1.5 SPECIFICATIONS OF COMPETITION EQUIPMENT APPLICABLE TO ALL FIS SANCTIONED COMPETITIONS.

Ski Length (Minimum)	DH Women	200 cm
	DH Men	205 cm

Ski Length measurement tolerance of – 1cm	SG Women	200 cm
	SG Men	205 cm
	GS Women	183 cm
	GS Men	188 cm
	SL Women	155 cm
	SL Men	165 cm
<u>Profile Width in front of Binding</u> <u>Width of the shoulder of the ski (Maximum)</u>	DH Women	≤95 mm
	DH Men	≤95 mm
	SG Women	≤95 mm
	SG Men	≤95 mm
	GS Women	≤103mm
	GS Men	≤103mm
	SL Women	None
	SL Men	None
Radius (Minimum)	DH Women	40-m
	DH Men	40m
	SG Women	40m
	SG Men	40m
	GS Women	30m
	GS Men	30m
	SL Women	None
	SL Men	None
Maximum Standing Height (ski/plate/binding)		50mm

- VI AS1B4 athletes (men) may use 155 cm skis for SL
- Ski length must be marked on the skis by the manufacturer
- SG skis may be used in DH competitions at all race levels
- VI AS1B4 athletes may ~~continue to~~ use GS skis for speed events

2.2.1 RELEASE SAFETY BINDINGS

Ski binding, which releases the boot from the ski, when during alpine ski racing conditions certain loads reach pre-set values.

~~Safety bindings function as strain limiters. That is, these devices transfer specific (should this be 'force') demands occurring during skiing to an acceptable limit, and when this limit is overstepped, they release their firm hold on the boot.~~

2.2.2 RETENTION DEVICE

Retention device for alpine skiing is a ski brake which is designed to slow down a ski which has come off after the release of a ski binding. The use of skis without ski brake during competitions or unofficial training runs is prohibited. The functioning of the bindings release mechanism must not be compromised by the method of its mounting.

2.2.3 ANTI-VIBRATION PLATES INTERFACES (EG- PLATES, LIFTERS)

Functional component, mounted between skis and release bindings.

InterfacesAnti-vibration plates can be mounted if the following conditions are taken into consideration:

Width of the interfacesski surface: At each point of the interface, itsThe width ~~of the plates~~ must not exceed the width of the runningski-surface.

Maximum height: Maximum height (distance between the bottom of the running surface of the ski and the ski boot sole) for all categories is 50 mm (Women, Men).

SKI STOPPERS

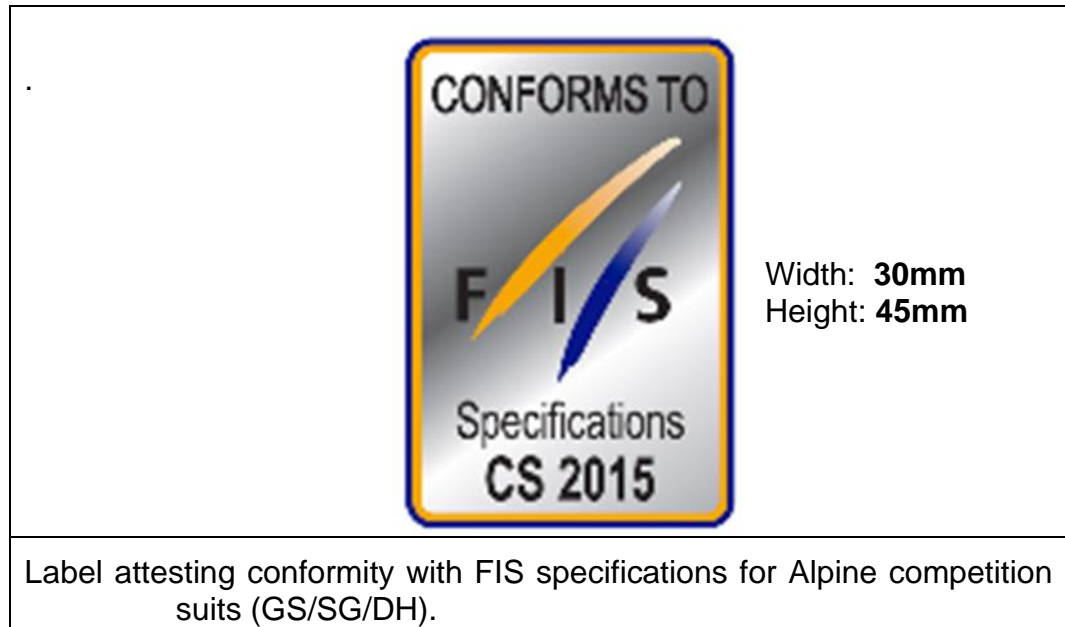
~~The ski stopper is a braking apparatus for skis, the function of which following the release of the safety binding is to stop or bring to a standstill the loose ski within the immediate vicinity of the skier's fall. The use of skis without ski stoppers during competitions or official training runs is prohibited. The functioning of the release mechanism must not be compromised by the method of its mounting. It is the manufacturers' responsibility to ensure that the ski stopper functions correctly.~~

2.2.6 COMPETITION RACING SUITS

Competition suits used in DH, SG and GS and clothing ~~is~~ worn underneath, such as undergarments, etc., must have a textile surface on the inside and the outside. The surfaces may not be plasticised or treated by any chemical means (gaseous, liquid or solid) and must have a minimum permeability of 30 litres per m²/sec. Seams may only exist in order to join the portions of the suit. Outer tucks and darts are not allowed. The suits must be equally porous in all parts, both from the outside in and from the inside out. Minimum air permeability is established whereby the un-stretched fabric must show a medium air permeability of a minimum of 30 litres per m²/sec under 10 mm of water pressure (with a measurement tolerance of 3.0 litres per m²/sec).

Label attesting conformity with FIS specifications for competition suits (DH/SG/GS):-

Fulfilment of requirements is to be attested by a specific standardized conformity label affixed in a non-removable way.



~~In Downhill, protectors may not be integrated into the competition suit itself. In all events these protectors must be worn underneath the racing suit. (Exception forearm protection used in SG, GS and SL and shin protection used in SL)~~
~~Protectors must fulfil the 30 litre permeability rule with the exception of the shoulder, scapular region, chest, arms and legs. The anatomical body shape may not be changed.~~

2.2.7 CRASH HELMETS

The use of crash helmets is compulsory for all events. ^[1] Only helmets specifically designed for Alpine ski racing with the embedded FIS sticker are permitted. Helmets must have a shell and padding which cover the head and ears. Only in Slalom events are soft ear helmets are allowed. Helmets with edges that protrude are not permitted. Helmets cannot be modified.

** Exception is use of certified full face cycle helmets for sit ski athletes in SL

2.2.9. SKI GLOVES

Gloves offer a protective covering against weather and external forces. The wearing of gloves is urgently recommended. Reshaping the glove, the application of a plastic coating on the outer surface, or the use of skai (imitation leather) with the aim of attaining more aerodynamic features, are not allowed.

The glove must not reach beyond the elbow. Protective padding along the entire length of the glove is permitted. The use of protective guards in the form of shields, which are pulled over the glove, is permitted.

2.2.10 PROTECTORS

~~Protectors are an additional item of equipment, which protects the athlete's back against weather and external forces. Competitors are allowed to protect all parts of the body with so called protectors in all events:~~

~~It remains in the athlete's/NSA's discretion and responsibility to individually decide about the use of protectors.~~

~~In Downhill, protectors may not be integrated into the competition suit itself.~~

~~In all events these protectors must be worn underneath the conforming competition racing suit. (Exception forearm protection used in SG, GS and SL and shin protection used in SL)~~

~~Protectors must fulfil the 30 litre permeability measurement with a measurement tolerance of 3.0 liters per m²/sec rule with the exception of the shoulder, scapular region, chest, arms and legs. The anatomical body shape may not be changed.~~

Back protectors must adapt to the anatomical bend of the athlete's spine and lie flat against the body. The top edge of the back protector must be situated in the area of the spinal column and may not go above the 7th cervical vertebrae (C7). The maximum thickness must be in the middle part and may not exceed 45 mm; the thickness reduces at the edges of the back protector. Designs with the view to improve aerodynamic properties are forbidden. The back protector must be worn underneath the competition suit. It is strongly recommended to use protectors that are certified according to the latest EN 1621:2 standard.

~~Any additional protectors such as chest and shoulder protectors must be designed for alpine ski racing and worn under the racing suit.~~

3 SPECIFICATIONS FOR PARA NORDICPARA CROSS-COUNTRY COMPETITION EQUIPMENT

3.2 CROSS-COUNTRY RACING SKIS

3.2.1 DEFINITION

The Cross-Country racing ski is a type of ski, whose features guarantee the best possible application of the gliding techniques to master Cross-Country pistes (uphills, bumpy terrain, downhill). The basic features of this type of ski are defined in these rules.

3.3 CROSS-COUNTRY RACING BINDINGS

As commercially available. No limitations with regard to material and make, subject to the restrictions described at article 1.

3.4 CROSS-COUNTRY RACING BOOTS

As commercially available. No limitations with regard to material and make, subject to the restrictions described at article 1.

3.5 CROSS-COUNTRY RACING POLES

6 SPECIFICATIONS FOR PARA ALPINE SKIING ADAPTIVE EQUIPMENT

6.5.2 ATHLETES WITH A LOWER LIMB IMPAIRMENT/AMPUTATION:

1. Lower limb prostheses must be used with ski boots. Exceptions may apply for certain prostheses proCarve, which that have been designed to be used without a ski boot. In this case, the NSA must follow the Adaptive Equipment approval process.

7 SPECIFICATIONS FOR PARA NORDIC SKIINGCROSS-COUNTRY ADAPTIVE EQUIPMENT

7.1 EQUIPMENT CONTROLS

7.1.1 FIS, through its appointed officials, will monitor the use of technology and equipment prior to and/or at FIS Para NordicPara Cross-Country Sanctioned Competitions to ensure that it conforms to the principles outlined in the IPC Policy on Sport Equipment. This may include, but will not be limited to, the assessment of:

7.1.1.3 whether equipment conforms with the terms of Specifications for Para NordicPara Cross-Country Adaptive Equipment art. 7.2 and 7.3.

7.1.2 For all licensed athletes, all adaptive equipment, including but not limited to sit skis, prostheses, orthoses, goggles (for NSB1 athletes), corrective lenses, air rifles and adaptive support must be registered by 15 November in the competition season, or prior to the first event the athlete is competing in, in that season (e.g. COC, International FIS Para NordicPara Cross-Country Competitions, NC) using the FPDMS Adaptive Equipment online registration.

~~7.1.2.1 All air rifles must be submitted whether they have adaptations related to impairments or not.~~

7.1.2.2 Changes, adjustments or modifications to equipment made during the season must be registered as soon as practicably possible and a

notification must be sent to ParaNordic@fis-ski.com ~~ParaCrossCountry@fis-ski.com~~.

7.1.2.32 Before and during the competition season, or on submission of protests to the Technical Delegate at the competition concerned, controls may be carried out by the appointed official. The FIS ~~Para~~ NordicPara Cross-Country Race Director will coordinate this process.

7.1.3 The final decision as to any applicable sanction(s) in respect of any breach by a competitor of competition equipment and technology rules pursuant to these Specifications for ~~Para-Nordic~~ Para Cross-Country Adaptive Equipment shall lie with the jury.

7.2 EQUIPMENT RULES

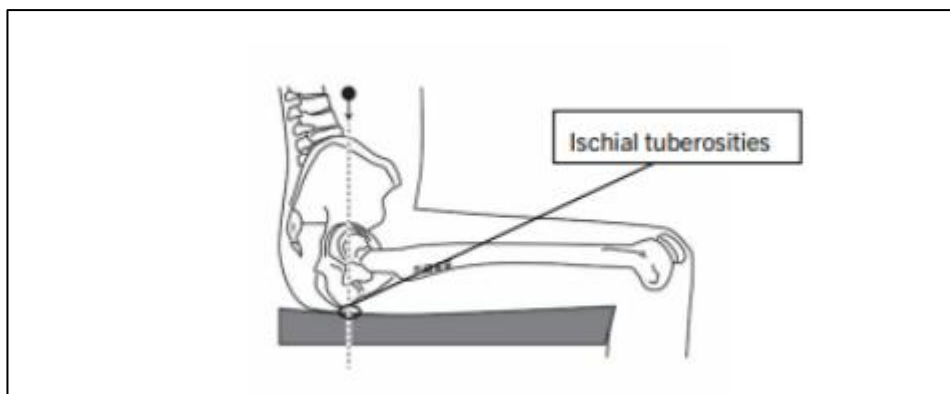
7.2.1 SIT SKI

7.2.1.1 The ~~Nordic-Para Cross-Country~~ sit-ski shall consist of a sitting device with a fixed seat, which is not adjustable during the race. ~~except for the purpose of shooting in a biathlon competition. In this case, the adjustment must be made on the shooting point and be returned before leaving the shooting point.~~ The sit-ski is mounted on a pair of cross-country skis or rolling devices (summer competition). No springs or flexible articulations are allowed in any segment of the sit ski, including the connection with the skis. The connection with the skis must be rigid.

7.2.1.2 The maximum allowable height difference between the athlete's seat surface (the point at which the athlete's most inferior aspect of the ischial tuberosity is positioned on a compressed seat cushion, if applicable, ~~during competition conditions~~, on the seat surface/seat cushion) and the top of the ski (the point on the ski, not including the binding, vertically aligned below the athlete's ischial tuberosity) is 40cm. (see graphic below)

7.2.1.3 Individual exceptions / allowances in the 40 cm seat height limit will be considered by FIS ~~Para-Nordic~~ Para Cross-Country / Classification, on a case by case basis if the athlete experiences sit ski fitting limitations due to large stature/ large body proportions/ long lower extremity length. All 'Exception Requests' must be sent to ~~ParaNordic@fis-ski.com~~ ParaCrossCountry@fis-ski.com as per the deadlines outlined under 7.1.2.

7.2.1.4 The sit-ski athlete shall be seated on the sit-ski at all times during the race, meaning that the athlete's ischial tuberosities shall 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.

7.2.2 AIR RIFLES

~~7.2.2.1 Biathlon air rifles must conform to art. 12332.3 and 12332.6.2 of the Para Nordic International Competition Rules.~~

~~7.2.2.2 Adaptations to rifles related to an athlete's impairment (such as loading and triggering mechanisms) must be identified in the inventory and approved through the FIS Adaptive Equipment Inventory.~~

7.2.23 GOGGLES, OPAQUE SHADES OR GLASSES

7.2.23.1 Goggles, opaque shades or glasses worn by NSB1 athletes must conform to art. 12333.2.4 of the Para Nordic Para Cross-Country International Competition Rules.

7.2.34 PROSTHESIS

7.2.34.1 A prosthesis or prosthetic device is an externally applied device used to replace wholly, or in part, an absent or deficient limb segment. Prosthetic devices used in FIS Para Nordic Para Cross-Country Competitions must conform with these Equipment Rules.

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

7.2.45 ORTHOSIS; ORTHOTIC DEVICE

7.2.45.1 An orthosis or an orthotic device is an externally applied device used to modify the structural and functional characteristics of the neuro-muscular and skeletal systems (For stabilizing, support, compensation, protection, prevention). Orthosis/orthotic devices worn by athletes during competition must conform to these Equipment Rules. Athletes wearing orthotic devices during competition must declare this during Athlete Evaluation. If an athlete changes or starts wearing an orthotic device after Athlete Evaluation, the athlete must declare the change to FIS.

7.3 PROHIBITED TECHNOLOGY

7.3.1 Use of the following technology is prohibited at FIS ~~Para-Nordic~~Para Cross-Country Sanctioned Competitions:

7.3.1.1 equipment that breaches the fundamental principles outlined in the IPC Policy on Sport Equipment;

7.3.1.2 equipment that results in athletic performance being generated by machines, engines, electronics, motors, robotic mechanisms or the like; and

7.3.1.3 osteo-integrated prosthesis.

7.3.2 At any IPC Games and FIS ~~Para-Nordic~~Para Cross-Country Sanctioned Competitions the FIS ~~Para-Nordic~~Para Cross-Country Technical Delegate shall be entitled to prohibit the use of any equipment prohibited by these Regulations. In every case of a suspected breach the FIS ~~Para-Nordic~~Para Cross-Country Technical Delegate must report the matter to FIS ~~Para-Nordic~~Para Cross-Country. Any further investigation and/or action will be determined by the FIS on a case by case basis.

7.3.3 FIS ~~Para-Nordic~~Para Cross-Country shall be entitled to prohibit the use of equipment either permanently or on a temporary basis (to allow for further investigation) where it considers, acting reasonably, that any of the fundamental principles of equipment design and availability are breached.