



QUALIFICATION SYSTEM – XXV OLYMPIC WINTER GAMES – MILANO CORTINA 2026

INTERNATIONAL SKI AND SNOWBOARD FEDERATION (FIS)

CROSS-COUNTRY SKIING

A. EVENTS (12)

Men's events (6)	Women's events (6)
Men's 10km + 10km Skiathlon	Women's 10km + 10km Skiathlon
Men's Sprint Classic	Women's Sprint Classic
Men's Team Sprint Free	Women's Team Sprint Free
Men's 4 x 7.5km Relay	Women's 4 x 7.5 km Relay
Men's 10km Free	Women's 10km Free
Men's 50km Mass Start Classic	Women's 50km Mass Start Classic

B. QUOTA PLACES

1. Total quota places for discipline:

	Quota places	Host country quota places	Total
Men	144	4*	148
Women	144	4*	148
Total	288	8*	296

* Athletes must fulfil the requirements defined in article C.

2. Maximum number of athletes per National Olympic Committee (NOC) (per sport/discipline and/or per event):

	Maximum quota places per NOC
Men	8
Women	8
Total	16



3. Maximum number of athletes per event (where applicable)

	Maximum number of athletes per event
Men's events	4 per individual event 1 team per team event
Women events	4 per individual event 1 team per team event

4. Type of allocation of quota places:

The quota place/s is/are allocated to the NOC and is/are gender specific. The selection of athletes for any quota place(s) are at the discretion of the NOC subject to the eligibility requirements.

C. ATHLETE ELIGIBILITY

Compliance with the Olympic Charter and other relevant rules

All athletes must respect and comply with the provisions of the Olympic Charter currently in force, including but not limited to Rule 41 (Nationality of Competitors) and Rule 43 (World Anti-Doping Code and the Olympic Movement Code on the Prevention of Manipulation of Competitions).

Only those athletes who respect and comply with the Olympic Charter, the World Anti-Doping Code and the Olympic Movement Code on the Prevention of the Manipulation of Competitions, including the conditions of participation established by the IOC, plus the rules of FIS, may participate in the Olympic Games Milano Cortina 2026.

C.1 Age requirements

All athletes participating in the Olympic Winter Games Milano-Cortina 2026 must be born before 1 January 2011 in accordance with Article 341.1.5: Age Categories of the International Ski Competition Rules (ICR).

C.2 Medical Requirements:

To be eligible to participate in the Olympic Winter Games Milano Cortina 2026, all athletes must satisfy the medical requirements in accordance with Article 221: Medical Services, Examinations and Doping of the International Ski Competition Rules (ICR).

C.3 Additional IF eligibility criteria

Athletes must also comply with the following criteria:

- Qualification Eligibility Criteria: Only athletes who have up to a maximum of 150.00 Distance FIS points (on the list published on 19 January 2026) are eligible for selection by their NOC to participate in the distance and/or sprint events.
- B Qualification Eligibility Criteria Distance



Only athletes who have up to a maximum of 350.00 Distance FIS points (on the list published on 19 January 2026) are eligible for selection by their NOC to participate in the 10 km (women) or 10 km (men) events and team events (relay and team sprint).

- B Qualification Eligibility Criteria Sprint

Only athletes who have up to a maximum of 350.00 Sprint FIS points (on the list published on 19 January 2026) are eligible for selection by their NOC to participate in the sprint event and team sprint.

- Qualification eligibility in the different Cross-Country events:

Sprint	10km	10 km C + 10 km F Skiathlon & 50km Mass Start	Relay	Team Sprint
≤150.00 distance points* or ≤ 350.00 sprint points*	≤ 350 distance points*	≤ 150.00 distance points*	≤ 350.00 distance points*	≤ 350.00 distance points* or ≤ 350.00 sprint points*

*Points on the FIS points lists (Distance or Sprint) published on 19 January 2026

- Participation in the Relay (4 x 7.5km Men and 4 x 7.5 km Women):

For the relay events, each NOC is allowed to use a maximum of one (1) athlete per gender from Biathlon or Nordic Combined who is already qualified and entered in their respective event at the 2026 Olympic Winter Games. These athletes must have a valid FIS Code and meet the athlete eligibility and Relay eligibility as outlined in this Section C in order to start.

D. QUALIFICATION PATHWAY

QUOTA PLACES

Within the maximum of eight (8) athletes per gender per NOC and up to a maximum of 148 Cross-Country Skiing quota places per gender, quotas will be allocated per NOC as follows:

Number of quota places	Qualification events
D.1: 1 Men 1 Women	<p>D.1. Basic Quota</p> <p>Within the maximum of one (1) athlete per NOC and per gender the basic quotas will be assigned as follows:</p> <p>D.1.1 Basic quota male</p> <p>The basic quota for one (1) male athlete will be assigned to all NOCs who have at least one (1) male athlete scoring 300.00 FIS points (including penalty) or less at one (1) individual competition held at the FIS Nordic World Championships 2025</p>



	<p>(including the qualification race) or at the FIS Under-23 World Championships 2025 (list is available after the respective event on the FIS Website, fis-ski.com).</p> <p>D.1.2 Basic quota female</p> <p>The basic quota for one (1) female athlete will be assigned to all NOCs who have at least one (1) female athlete scoring 330.00 FIS points (including penalty) or less at one (1) individual competition held at the FIS Nordic World Championships 2025 (including the qualification race) or at the FIS Under-23 World Championships 2025 (list is available after the respective event on the FIS Website, fis-ski.com).</p>										
D.2:	<p>D.2. NOC quota</p> <p>The number of athletes per NOC and per gender is calculated according to the FIS Cross-Country Nation Rankings 2024-2025 (calculation rules will be published in June 2024) per gender as follows (according to availability):</p> <table border="0" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th style="text-align: center;">RANK (Nation Ranking per gender)</th> <th style="text-align: center;">QUOTA (for the respective gender)</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">1 – 5</td> <td style="text-align: center;">4</td> </tr> <tr> <td style="text-align: center;">6 – 10</td> <td style="text-align: center;">3</td> </tr> <tr> <td style="text-align: center;">11 – 20</td> <td style="text-align: center;">2</td> </tr> <tr> <td style="text-align: center;">21 - 30</td> <td style="text-align: center;">1</td> </tr> </tbody> </table>	RANK (Nation Ranking per gender)	QUOTA (for the respective gender)	1 – 5	4	6 – 10	3	11 – 20	2	21 - 30	1
RANK (Nation Ranking per gender)	QUOTA (for the respective gender)										
1 – 5	4										
6 – 10	3										
11 – 20	2										
21 - 30	1										
D.3	<p>D.3 Remaining quota places</p> <p>The remaining quota places, up to a maximum total of 138 per gender, will be allocated to NOCs based on the FIS Cross Country Nation Ranking 2024-2025 per gender in four (4) allocation rounds:</p> <ul style="list-style-type: none"> • Round 1: the allocation will be made by assigning one (1) quota place per nation ranked from 1 to 5 from the top of the standing downwards; • Round 2: the allocation will be made by assigning one (1) quota place per nation ranked from 1 to 10 from the top of the standing downwards; • Round 3: the allocation will be made by assigning one (1) quota place per nation ranked from 1 to 20 from the top of the standing downwards; • Round 4: the allocation will be made by assigning one (1) quota place per nation from the top of the standing downwards; • During this process once an NOC has achieved the maximum total number of eight (8) places per gender it will no longer be counted and the next eligible NOC on the FIS Cross-Country Nation Ranking 2024-2025 per gender will be allocated a place. • The remaining 10 quota places by gender will be assigned to all NOCs which were not able to achieve a quota until the end of the season 2024/2025 if they have at least one (1) male athlete respectively one (1) female athlete scoring less than 300.00 FIS points (including penalty) at one (1) individual FIS World Cup competition in the first World Cup period 2025/2026. If any of these quotas are unused, they will be reallocated according to the general reallocation process for unused quota places . 										



	<ul style="list-style-type: none">• In case there are more nations than ten (10) not ranked in the Nations Ranking 2024-25 applying for the remaining quota places, the quota (max 1 per NOC) will be allocated in the order of the nations represented by their best athlete FIS points achieved at FIS Cross-Country World Cup events during the 1st World Cup period 2025/26.
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HOST COUNTRY PLACES

In case the host country is not allocated a total of four (4) quota places per gender through qualification pathway according to D.1, D.2 and D.3, it will be allocated additional quota places until four (4) athletes per gender is reached. Athletes selected by NOC must meet the athlete eligibility as described in Section C.

E. CONFIRMATION PROCESS FOR QUOTA PLACES

CONFIRMATION OF QUOTA PLACES

The confirmation process for quota places will be carried out via the FIS online system. Each NOC will be provided with login details prior to 19 January 2026.

All athletes (including the athletes from the host country) must be eligible according to Section C. If an NOC is not able to fulfil its allocated quota with eligible athletes, the quota places will be reallocated according to Section F.

All NOCs (including the host country) must confirm the use of their allocated quota places before the confirmation of quota place deadline.

CONFIRMATION OF HOST COUNTRY PLACES

The Host Country must confirm the use of its Host City Places via the FIS on-line system by 20 January 2026.

F. REALLOCATION OF UNUSED QUOTA PLACES

REALLOCATION OF UNUSED QUOTA PLACES

If an allocated quota place is not confirmed by the NOC by the confirmation of quota place deadline 20 January 2026, or is declined by the NOC, the quota place will be reallocated according to Round 4 in D.3 to the next eligible NOC.



REALLOCATION OF UNUSED HOST COUNTRY PLACES

Unused Host Country Place(s) will be reallocated to the next eligible NOC according to Round 4 in D.3.

G. QUALIFICATION TIMELINE

Date	Milestone
1 July 2024 – 18 January 2026	Period to achieve FIS Points
29 November 2024 – 23 March 2025	Period to achieve points for Nation ranking
3 – 9 February 2025	2025 FIS Under-23 World Championships in Schilpario (ITA)
TBD*	First World Cup period 2025/2026
26 February - 9 March 2025	FIS Nordic World Championships 2025 (including the qualification race) in Trondheim
19 January 2026	FIS informs NOCs and NFs of their allocated quota places through publication on the FIS Website and provide the login details to access the FIS online system for confirmation of quota places.
19 - 20 January 2026	The NOCs to confirm to the FIS the use of the allocated quota places.
21 – 22 January 2026	FIS to reallocate all unused quota places and NOCs to confirm within 12 hours
26 January 2026	Milano Cortina 2026 Sport Entries deadline
6 – 22 February 2026	Olympic Winter Games Milano Cortina 2026

*To Be Confirmed