



PRECISIONS, INFORMATION AND INSTRUCTIONS

PARA CROSS-COUNTRY

NORTHERN HEMISPHERE

EDITION 2024/25

Oberhofen, November 2024

PRECISIONS, INFORMATION AND INSTRUCTIONS NORTHERN HEMISPHERE 2024/2025

FIS Council Meeting: 8th November 2024

1) Introduction

This document presents the rule changes within the Para Cross-Country International Competition Rules (ICR), Rules for the FIS Para Cross-Country Points and Para Cross-Country World Cup Points, FIS Para Cross-Country Homologation Guide and Equipment Specifications following the approval of the proposals by the FIS Council on 8th November 2024.

Special Consideration: All references to Para Biathlon have been removed from the documents, and Para Nordic has been updated with Para Cross-Country throughout all documents. Those changes are not listed below but incorporated in all documents as approved by the Council.

Changes related to the distance table under art. 12310.1 have been also incorporated in art. 12323.1 to ensure consistency of the Sprint Distances in the different categories across the complete ICR.

Furthermore, it was necessary to make adjustments to the numbering of certain rules, due to many rule deletions (mostly related to Para Biathlon rules) and the insertion of the Para Mass Start competition format.

The above adjustments are displayed in the following document.

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 Belarussian 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 Snowsports

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

7) Qualification Criteria Para Cross-Country Competitions

The Qualification Criteria for season 2024/2025 has been approved and can be found under the following [link](#).

8) Qualification Criteria 2025 World Championships

The Qualification Criteria for the 2025 World Championships has been approved and can be found under the following [link](#).

9) Percentage List – Season 2024/2025

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

Annex 1 – International Competition Rules Para Cross-Country

201.6.1 *Nordic and ~~Para-Nordic~~ Para 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~~.

12200 **Joint Regulations for all Para ~~Nordic~~ Cross-Country Competitions**

12200.1 Classification of Para ~~Nordic~~ Cross-Country Competitions

12200.1.1 Continental Cups (COC)

12200.1.2 FISU World University Games (UVS)

12200.1.~~23~~ International FIS Para ~~Nordic~~ Cross-Country Competitions (FIS)

12200.1.~~34~~ Open National Championships (NC)

12200.2 Types of Competitions International FIS Para ~~Nordic~~ Cross-Country competitions consist of:

~~12200.2.1 Cross-Country Skiing Event~~

~~Sprint, 5km, 10km, 20km Interval Start Competition, Pursuit Competition, Para Mass Start Competition, Mixed and Open Relay~~

12201.1.1 If competing at a sanctioned lower level event an athlete with N Status must compete in the class with the highest factor of his/her category (NSB3, LW4, LW12).

12201.1.2 Junior women and junior men must be no older than 20 during the calendar year (1st January – 31st December) in which the season ends.

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-Nordic~~ Para Cross-Country however, athletes in different Sport Classes are grouped together into three (3) different Categories as follows:

Category	Sport Classes
Vision Impaired	<u>NSB1, BNS2, BNS3</u>
Standing	LW2, LW3, LW4, LW5/7, LW6, LW8, LW9

12202**Entries**

For FIS Para ~~Nordic Cross-Country~~WC, WC and designated FIS Para ~~Nordic Cross-Country~~ competitions each NSA must submit its competition entries using the FIS Para Data Management System (FPDMS) online registration system (<https://profile.fis-ski.com/login>) according to the following dates:

- Entries by Number: 6 weeks prior to first competition
- Final Entries: 7 days prior to first competition
- Daily confirmation: 2 hours before team captains meeting or as directed by the jury.

12202.1 A 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 [FISU World University Games, World Championships and the Paralympic Winter Games](#). ~~For PWG all entries are subject to the Qualification Regulations which are published by the 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 access to the online registration system to monitor entry data.

12303.1.2 For WC the Jury will consist of the following:

- The FIS TD, who is chair of the Jury ([appointed by FIS](#))
- FIS ~~Para Nordic~~[Para Cross-Country](#) Race Director ([appointed by FIS](#))
- FIS Assistant Technical Delegate ~~Cross Country~~ (TDA ~~CC~~) ([appointed by FIS](#))
- ~~International Referee Shooting Range (in case when Para Biathlon races are scheduled)~~
- National Assistant TD (appointed by the NSA in cooperation with the ~~national regional~~ TD coordinator; ~~at events where only Para Cross-Country races are scheduled~~)
- The Chief of Competition
- Adaptive Equipment Controller (Classification) ([appointed by FIS](#) – non voting Jury member)
- FIS Equipment Controller – if appointed, ([appointed by FIS](#) - non voting Jury member)

12303.2.2.3 For PWG and, WSC ~~and WC~~ competitions the TDs are appointed by the FIS Para Snowsports Committee based on the nominations prepared by the FIS ~~Para Nordic~~Para Cross-Country Race Director in consultation with the ~~Sub-Committee Para Nordic and the~~Chair of the Cross-Country Sub-Committee for Rules & Control. For WC competitions the TDs are appointed by the FIS Para Cross-Country Race Director in consultation with the Chair of the Cross-Country Sub-Committee for Rules & Control. For other international competitions the TDs are appointed by the regional TD coordinators. For PWG and WSC the appointments must be confirmed by the FIS Council. For WC ~~(where only Para Cross-Country races are scheduled)~~, COC and FIS Competitions the NSA must appoint a National Assistant TD who is supervised and instructed by the TD. In case the NSA has not appointed a National Assistant TD, latest one month before the start of the competition, FIS may assign a Jury Member on their discretion to the event.

12303.3.2 The Jury must clarify and decide:

- Whether a competition shall be delayed, postponed, interrupted, resumed, rescheduled, restarted or cancelled.
- 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
- Whether late entries and substitutions may be accepted.
- Whether protests should be accepted, and sanctions or disqualification announced.
- Whether to apply for sanctions against an athlete or coach.
- Whether there will be a change of starting order and method of start in special cases.
- Any questions not covered by FIS Rules.

12304.2.1 Reimbursement applies as follows:

- For PWG special regulations apply.
- At WSC for the TD, Assistant TD ~~CG (not applicable for BT WSC), International Referee Shooting Range, Jury member, International Referee Material Control Biathlon, Adaptive Equipment Controller (Classification)~~, further officials as required
- At WC for the TD, Assistant TD ~~CG, International Referee Shooting Range (in case when Para Biathlon races are scheduled), and the National TD assistant and the Adaptive Equipment Controller (Classification) (in case when only Para Cross-Country races are scheduled), International Referee~~

~~Material Control Biathlon (in case Para Biathlon races are scheduled),~~

- at other international competitions for the TD and National Assistant TD,
- includes official site inspection and homologation visits.

~~12310.1.1 Cross-Country Skiing~~

Competition	Class	Gender	Total Distance	Course	Loops	
CC Sprint	LW 10-12	men	800 - 1000m	sit ski	400 - 1000m	1 or 2
	Qualification (all)	women	800 - 1000m	sit ski	400 - 1000m	1 or 2
	Semifinal B1-3 (best 8)	men	1200 - 1400m	standing	600 - 1400m	1 or 2
	Semifinal LW (best 12)	men	1200 - 1400m	standing	600 - 1400m	1 or 2
	Final B1-3 (best 4)	women	1200 - 1400m	standing	600 - 1400m	1 or 2
	Final LW (best 6)	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
	B1-3	men	5.0 km	standing	2.5 km	2
	LW 2-9	women	5.0 km	standing	2.5 km	2
	B 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
	B1-3	men	10 km	standing	2.5 km	4
	LW 2-9	women	10 km	standing	2.5 km	4
	B 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
	B1-3	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
	B 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-	classic	5km	sit-ski	2.5km	2
	(335%)	free	5km	standing	2.5km	2
	open-	classic	5km	sit-ski	2.5km	2
	(375%)	free	5km	standing	2.5km	2

<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>10</u>	<u>2.5</u>

12310.2.1 The jury may ban or enforce the use of specific techniques on marked sections of the course for the vision impaired athletes (incl. guides). All infractions will be reported to the jury.

~~12311.1.2 At PWG and WSC the course may only be used in the direction established in the homologation certificates.~~

12311.2.1 All FIS ~~Para Nordic~~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 ~~details on~~ homologation procedures are described in the Homologation procedure for cross-country skiing courses and FIS Cross-Country Homologation Manual and the FIS ~~Para Nordic~~Para Cross-Country Homologation Guide.

12311.2.2 For WC events, it is possible to homologate courses outside of norms for climb and course length, provided they have been verified as safe and fair by a homologation inspector.

12311.2.~~32~~ The organiser must supply copies of the approved course maps and the homologation certificate (when applicable) to the appointed TD. A graduated scale and a north direction arrow as well as Height Difference (HD), Maximum Climb (MC), and Total Climb (TC) information must be included.

12311.2.~~43~~ At PWG, WSC, and WC competitions, the highest point of a Cross-Country ~~and Biathlon~~ course should not exceed ~~182000~~ 2000 m. For courses with highest point above 1,800 m elevation, the requirements

for MC and TC described in the homologation manual should be reduced by 20 %.

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

12313.1.3 In all VIB classes the competitor and their guide are a team. Therefore, the guide(s) name for each VI 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	<u>NSB</u> 1-3
Men	LW 2-9
Women	<u>NSB</u> 1-3
Women	LW 2-9

12315.2.3 The competitor must have their feet (standing classes) or front binding (sitting classes) 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. VIB-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.

12315.4.5 If there is a need (e.g. VIB-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.

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.

~~—Electronic timing system using Sub-Committee Para-Nordic approved timing applications (eg apps).~~

12316.4.3 For all VIB 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.

12316.6.3 Calculation of start in Para Mass Start Competition

The start time is calculated by taking the Basic time from a defined previous interval race of the same technique (classic or free) and the same loop, as outlined under art. 12316.6.2. In case where the distance of the previous race is shorter than the distance of the Para Mass Start Competition, the basic time will be multiplied up to the relevant distance and a “slow down” factor of 5% 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.

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 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.

The results of Sprint heats, ~~and~~ 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 12316.4.4.

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

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

LW 10 – 12 (Sit ski), LW 2 – 9 (Standing), NSB 1 – 3. (Vision Impaired)

12317.1.5 Percentage System

The percentages are determined by the Factors Expert Group and are approved by the Para Snowsports Committee. ~~Sub Committee Para Nordic and~~ The percentages are subject to change. The valid percentages can be downloaded from the FIS Para Nordic website <https://www.fis-ski.com/en/para-snowsports/para-nordic/documents>

12317.1.6.2 Relay competition:

The ranking of standing athletes (LW 2-9/NSB1-3) 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 (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.

~~12321~~12320 Interval Start Competitions

123204.1 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
	<u>NSB</u> 1-3	women	5 km
	<u>NSB</u> 1-3	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
	<u>NSB</u> 1-3	women	10 km
	<u>NSB</u> 1-3	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
	<u>NSB</u> 1-3	women	18 - 20 km
	<u>NSB</u> 1-3	men	18 - 20 km

123204.7 Competition interruption

In case of competition interruption while competitors are still competing, the competition will be cancelled. When the interruption is temporary, the jury can decide to resume the start.

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 Race 2 (Para Mass Start) athletes are determined by the percentage according to the athlete's classification class and calculated winner result of the previous interval competition (see art. 12316.6.2). 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.

<u>Para Mass Start</u>	<u>Sit ski only</u>	<u>Sit Ski + Standing</u>	<u>Standing only</u>
	<u>Classical Technique</u>	<u>Classical + Classical</u>	<u>Classical Technique</u>
<u>COURSE</u>			
<u>Category</u>	<u>C</u>	<u>C</u>	<u>C</u>
<u>Width (minimum)</u>	<u>6 m</u>	<u>6 m</u>	<u>6 m</u>

<u>Classic tracks</u>	<u>3 tracks in ideal line</u>	<u>3 tracks in ideal line</u>	<u>3 tracks in ideal line</u>
<u>Distance between tracks</u>	<u>Minimum 1.2 m</u>	<u>Minimum 1.2 m</u>	<u>Minimum 1.2 m</u>
<u>START</u>			
<u>Width (minimum)</u>	<u>5 m</u>	<u>5 m</u>	<u>5 m</u>
<u>Organization/preparation</u>	<u>3 corridors</u>	<u>3 corridors</u>	<u>3 corridors</u>
<u>Classical tracks</u>	<u>3</u>	<u>3</u>	<u>3</u>
<u>FINISH</u>			
<u>Width (minimum)</u>	<u>12 m</u>	<u>12 m</u>	<u>12 m</u>
<u>Number of corridors</u>	<u>4</u>	<u>4</u>	<u>4</u>
<u>Number of tracks</u>	<u>4 in center of corridor</u>	<u>4 in center of corridor</u>	<u>4 in center of corridor</u>

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

12321.3 Entries – Substitution

12321.3.1 Substitution is possible according to ICR 12313.4.

12321.4 Starting Order and Start Procedure

12321.4.1 Pursuit start procedure must be used (see ICR art. 12315.4).

12321.5 Timing and Results: see ICR art. 12316/12317

12321.5.1 Overlapping Rules normally apply. For skiers who are lapped refer to ICR art. 12332.14.1.

12321.6 Jury and protests

No specific rules.

12321.7 Competition interruption

In case of competition interruption while competitors are still competing, the competition will be valid if there are at least 4 ranked competitors. The competitors still on course at the time of interruption will be ranked in final results as lapped according to their respective position at last intermediate point.

12322 Pursuit Competitions

12322.7 Competition interruption

In case of competition interruption while competitors are still competing, the competition will be valid if there are at least 4 ranked competitors. The competitors still on course at the time of interruption will be ranked in final results as lapped according to their respective position at last intermediate point.

12323 Sprint Competitions

12323.1 Definition

Cross Country skiing 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. 12315.4) and finish ranking by order of finish / real time. (ICR art. 12317)

Distance:	LW 10-12	women	8 600 - 10 200 m
	LW 10-12	men	8 600 – 10 200 m

m	LW 2-9	women	<u>8004.2</u> – 1 <u>600.4 k</u>
m	LW 2-9	men	<u>8004.2</u> – 1 <u>600.4 k</u>
1 <u>600.4 k</u> _m	<u>NSB</u> 1-3	women	<u>8004.2</u> –
1 <u>600.4 k</u> _m	<u>NSB</u> 1-3	men	<u>8004.2</u> –

Course	Sit Ski	Standing
Men + women	<u>300800</u> – 1 <u>2000</u> m	<u>4004.2</u> – 1 <u>600.4 k</u> _m
loops	1 - 2	1 - 2

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

12323.2.5 Technique: classic or free

Free: There shall be one track set along the side of the entire course for LW 2-9 / NSB 1-3 whenever possible.

12323.3.6.2 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:

<u>NSB</u>	8 or more	4	heat 1) 1,4,5,8	4
			heat 2) 2,3,6,7	
	7	3 and 4	heat 1) 1,4,5	4
			heat 2) 2,3,6,7	
3* to 6	no semi-finals		4	

12323.3.6.5 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. VIB-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.

12323.3.6.8 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. (LW 10-12, LW 2-9, NSB1-3).

12323.3.6.9 The starting positions are chosen by the athletes according to the following order:

Lane choice is determined by:

Semi-finals – qualification times (rankings) are used.

Finals - rankings from the semi-finals and qualification times are used.

If fewer than 6 start lanes are available, and athletes are permitted to start in the same lane, lane choice is determined by:

Semi-finals – qualification times (rankings) are used.

Finals - rankings from the semi-finals and qualification times are used.

12323.6 Competition interruption

12323.6.1 In case of competition interruption of qualification while competitors are still competing, the competition will be cancelled. When the interruption is temporary, the jury can decide to resume the start.

12323.6.2 In case of competition interruption during sprint heats before the last competitor of final has finished the race, the competition will be cancelled.

12323.6.3 In case interrupted and cancelled competition is re-scheduled, the qualification race must be carried out again.

12324 Relay Competitions

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.

If there is a need (eg VIB-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.

12324.5.5 Competition interruption

In case of competition interruption while teams are still competing, the competition will be valid if there are at least 3 ranked teams. The teams still on course at the time of interruption will be ranked in final results as lapped according to their respective position at last intermediate point.

12330.2.4 NSB1 Athletes

During FIS ~~Para-Nordic~~Para Cross-Country sanctioned competitions all competitors in class NSB1 (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.

12331.1 For NSB1 athletes a guide is obligatory. For NSB2 and NSB3 athletes a guide is also allowed. A competitor may change guides during the competition if the guide has an accident or cannot keep up.

12331.5 For reasons of safety on course, the guide is allowed to hold a VIB 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.

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. (LW 5/7 and NSB1-3 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.

12335.1.3 For PWG, WSC and WC competitions sanctions can be given by a unanimous decision of two jury members (including TD) providing that they are not from the same nation. RD is considered FIS/Neutral.

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 ~~and 30th for 1/4 finals~~).

12336.2.1 Protests according to the art. 12310 – 12333.6 at the ~~location~~race office or the email address designated in the official program on the official notice board or at the team captains' meeting.

12336.3.5 Against Jury decisions ~~that are not sanctioned~~

- within 15 minutes after the posting of the unofficial result list or the official communication.

Annex 2 - Rules for 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 <u>distance</u> competitions using courses that do not meet the homologation norms for elevation profiles (<u>Sit-Ski TC <11m/km; Standing/VI TC <25m/km</u>) and for all Para Roller Ski competitions.

3.2 Categories

The points calculation will be done for the categories NSB1-3, LW2-9 and LW10-12 for both genders

4 Injury Status

4.1 Request Injury Status

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

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

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

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

4.2 Conditions

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

4.3 Duration

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

4.4 Termination of the injury status

The injury status ends:

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

6.1 Application

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

7 Anti-Doping Rule Violation

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

9.3.1.2 The points of the top five competitors are considered and the ~~three~~ two best value are added and divided by ~~2.53~~ 75. This is the race penalty. The points shall be rounded to two decimals.

~~9.3.1.3 If there are less than three competitors with points among the first five on the result list, the Sub Committee Para Nordic decides about the race penalty for this race or may decide that this race won't be taken into consideration for the FIS Points.~~

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

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

9.3.1.4 The ~~Sub Committee Para Nordic may apply the~~ following methods may be applied to calculate a race penalty ~~at their discretion~~ if there are fewer than ~~3~~ 2 competitors with 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):

- ~~If there are two competitors with points among the top 5 in the results, the two-point values are added and then divided by 2.25 to determine the race penalty.~~
- Standing and Vision Impaired classes may be combined in order to calculate a race penalty. The percentage for classes will remain the same.
- Men and women in the same category may be combined in order to calculate the results and race points. 15% (or current percentage for relay

races according to the Para Nordic-Cross-Country ICR art. 12324.1.2) will be subtracted from women's percentages before combining.

- Standing and VI athletes may compete with sit-ski athletes; the factor of the sit-ski athletes will be reduced by 12% (or current percentage for relay races according to the Para Nordic-Cross-Country ICR art. 12324.1.2) before results and race points are calculated. This combination is only possible if classic technique and sit-ski courses are used.

~~9.3.1.6 The Sub-Committee Para Nordic may establish a fixed maximum penalty applicable to Continental Cups. The maximum penalty will be determined by the Sub-Committee Para Nordic. The maximum penalty shall be applied by adding the fixed amount to the best (lowest) points holding participant. Example: if there is an athlete in the field with 0 points the maximum penalty would be 0 + 'x' points. If the lowest holding athlete has 20.95 points the maximum penalty would be 20.95 + 'x' points.~~

9.4 Minimum Penalties

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

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

EXAMPLE:

1 ROGOWIEC Katarzyna LW5/7 10:08,3 ((608,3/608,3)-1)*8600=0

2 KONONOVA Oleksandra LW8 10:33,0 ((633/608,3)-1)*8600=32,4824,36

3 BURMISTROVA Anna LW8 10:35,4 (600*635,4/608,3)-8600=35,6426,73

~~12.4 The following table will be used to determine the number of World Cup points awarded depending on number of finishers:~~

# Competitors	5 or more	4	3	2	1
Rank					
1	100	90	80	60	50
2	95	75	50	40	

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

~~12.5 To calculate the nations ranking (Para Cross-Country Skiing and Para Biathlon together), 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.).

13 Guidelines relating to the distribution of World Cup Points for Para-Biathlon and Cross-Country Skiing events

13.1 The following number of points will be awarded to each athlete according to their finish place with the restrictions listed in the below paragraphs:

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

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

<u># Competitors</u>	<u>5 or more</u>	<u>4</u>	<u>3</u>	<u>2</u>	<u>1</u>
<u>Rank</u>					
<u>1</u>	<u>100</u>	<u>90</u>	<u>80</u>	<u>60</u>	<u>50</u>
<u>2</u>	<u>95</u>	<u>75</u>	<u>50</u>	<u>40</u>	
<u>3</u>	<u>90</u>	<u>50</u>	<u>30</u>		
<u>4</u>	<u>85</u>	<u>20</u>			
<u>5</u>	<u>80</u>				
<u>6</u>	<u>75</u>				
<u>7</u>	<u>72</u>				
<u>8</u>	<u>69</u>				

<u>9</u>	<u>66</u>				
<u>10</u>	<u>63</u>				
<u>11</u>	<u>60</u>				
<u>12</u>	<u>58</u>				
<u>13</u>	<u>56</u>				
<u>14</u>	<u>54</u>				
<u>15</u>	<u>52</u>				
<u>16</u>	<u>50</u>				
<u>17</u>	<u>48</u>				
<u>18</u>	<u>46</u>				
<u>19</u>	<u>44</u>				
<u>20</u>	<u>42</u>				
<u>21</u>	<u>40</u>				
<u>22</u>	<u>38</u>				
<u>23</u>	<u>36</u>				
<u>24</u>	<u>34</u>				
<u>25</u>	<u>32</u>				
<u>26</u>	<u>30</u>				
<u>27</u>	<u>28</u>				
<u>28</u>	<u>26</u>				
<u>29</u>	<u>24</u>				
<u>30</u>	<u>22</u>				

13.2 Multi-Stage Tours

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

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

<u>11th place = 24 points</u>	<u>26th place = 5 points</u>
<u>12th place = 22 points</u>	<u>27th place = 4 points</u>
<u>13th place = 20 points</u>	<u>28th place = 3 points</u>
<u>14th place = 18 points</u>	<u>29th place = 2 points</u>
<u>15th place = 16 points</u>	<u>30th place = 1 points</u>

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

<u>5 Stage Races</u>		<u>6 Stage Races</u>		<u>7 Stage Races</u>	
<u>Rank</u>	<u>WC Points</u>	<u>Rank</u>	<u>WC Points</u>	<u>Rank</u>	<u>WC Points</u>
<u>1</u>	<u>250</u>	<u>1</u>	<u>300</u>	<u>1</u>	<u>350</u>
<u>2</u>	<u>230</u>	<u>2</u>	<u>276</u>	<u>2</u>	<u>322</u>
<u>3</u>	<u>215</u>	<u>3</u>	<u>258</u>	<u>3</u>	<u>301</u>
<u>4</u>	<u>200</u>	<u>4</u>	<u>240</u>	<u>4</u>	<u>280</u>
<u>5</u>	<u>185</u>	<u>5</u>	<u>222</u>	<u>5</u>	<u>259</u>
<u>6</u>	<u>170</u>	<u>6</u>	<u>204</u>	<u>6</u>	<u>238</u>
<u>7</u>	<u>160</u>	<u>7</u>	<u>192</u>	<u>7</u>	<u>224</u>
<u>8</u>	<u>150</u>	<u>8</u>	<u>180</u>	<u>8</u>	<u>210</u>
<u>9</u>	<u>140</u>	<u>9</u>	<u>168</u>	<u>9</u>	<u>196</u>
<u>10</u>	<u>130</u>	<u>10</u>	<u>156</u>	<u>10</u>	<u>182</u>
<u>11</u>	<u>120</u>	<u>11</u>	<u>144</u>	<u>11</u>	<u>168</u>
<u>12</u>	<u>110</u>	<u>12</u>	<u>132</u>	<u>12</u>	<u>154</u>
<u>13</u>	<u>100</u>	<u>13</u>	<u>120</u>	<u>13</u>	<u>140</u>
<u>14</u>	<u>90</u>	<u>14</u>	<u>108</u>	<u>14</u>	<u>126</u>
<u>15</u>	<u>80</u>	<u>15</u>	<u>96</u>	<u>15</u>	<u>112</u>
<u>16</u>	<u>75</u>	<u>16</u>	<u>90</u>	<u>16</u>	<u>105</u>
<u>17</u>	<u>70</u>	<u>17</u>	<u>84</u>	<u>17</u>	<u>98</u>
<u>18</u>	<u>65</u>	<u>18</u>	<u>78</u>	<u>18</u>	<u>91</u>
<u>19</u>	<u>60</u>	<u>19</u>	<u>72</u>	<u>19</u>	<u>84</u>
<u>20</u>	<u>55</u>	<u>20</u>	<u>66</u>	<u>20</u>	<u>77</u>
<u>21</u>	<u>50</u>	<u>21</u>	<u>60</u>	<u>21</u>	<u>70</u>
<u>22</u>	<u>45</u>	<u>22</u>	<u>54</u>	<u>22</u>	<u>63</u>
<u>23</u>	<u>40</u>	<u>23</u>	<u>48</u>	<u>23</u>	<u>56</u>
<u>24</u>	<u>35</u>	<u>24</u>	<u>42</u>	<u>24</u>	<u>49</u>
<u>25</u>	<u>30</u>	<u>25</u>	<u>36</u>	<u>25</u>	<u>42</u>
<u>26</u>	<u>25</u>	<u>26</u>	<u>30</u>	<u>26</u>	<u>35</u>
<u>27</u>	<u>20</u>	<u>27</u>	<u>24</u>	<u>27</u>	<u>28</u>
<u>28</u>	<u>15</u>	<u>28</u>	<u>18</u>	<u>28</u>	<u>21</u>
<u>29</u>	<u>10</u>	<u>29</u>	<u>12</u>	<u>29</u>	<u>14</u>
<u>30</u>	<u>5</u>	<u>30</u>	<u>6</u>	<u>30</u>	<u>7</u>

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

13.3 World Cup points in individual Sprint races

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

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

14 FIS Nations Cup

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

Only one team per nation will count for each event.

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

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

~~16 Para Nordic FIS Points earned during FIS Cross-Country Competitions~~

~~16.1 Para athletes may earn FIS CC points by participating in FIS CC competitions. To be awarded FIS CC points from FIS CC results, the following steps must be completed:~~

- ~~• Athlete must hold a FIS CC and FIS Para Nordic license~~
- ~~• Athlete must have a valid and current Para Nordic classification~~
- ~~• A FIS Para Nordic licensed athlete who earns FIS CC points can petition for those points to be converted to Para Nordic FIS points. (*they must appear on official FIS CC results)~~
- ~~• Conversion steps:
 - ~~1. Athlete or nation submits a points conversion proposal, including relevant information: official FIS registered name, date, race location, distance, codex etc. as well as the athlete's FIS Para Nordic (FPDMS) license number.~~
 - ~~2. Athlete's race time is then modified according to their official classification percentage, as it would be in a FIS Para Nordic event.~~~~

~~3. FIS CC points are modified according to adjusted time (if there is an adjustment).~~

- ~~• FIS converts modified FIS CC points to the Para Nordic system based on a points conversion formula (exact conversion numbers to be determined by the Sub Committee Para Nordic and reviewed annually).~~
- Conversion system is reviewed annually to ensure conversions are accurate and fair.

Annex 3 – FIS Para Cross-Country Homologation Guide

Vision Impaired	NS1B4	Light perception without measurable visual acuity or no light perception Slight to no light perception in either eye	Must ski with a guide Must wear blackout glasses
	NS2B2	Visual acuity of LogMAR 2.3 - 3.5 Up to visual acuity of 2/60 and/or visual field of less than 5 degrees	May ski with a guide
	NS3B3	Visual acuity of LogMAR 0.9 – 2.2 and/or binocular visual field of less than or equal to 60 degrees Up to visual acuity of 6/60 and/or visual field of less than 20 degrees	May ski with a guide

Annex 4 – 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 ~~s~~Safety
- 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
Ski Length measurement tolerance of – 1cm	DH Men	205 cm
	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 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.

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

Functional component, mounted between skis and release bindings.

Interfaces ~~Anti-vibration plates~~ can be mounted if the following conditions are taken into consideration:

Width of the interfacesski surface: At each point of the interface, its ~~The~~ 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 preCarve, 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 SKIING~~CROSS-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 Nordic~~Para 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 Nordic~~Para 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 Nordic~~Para 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

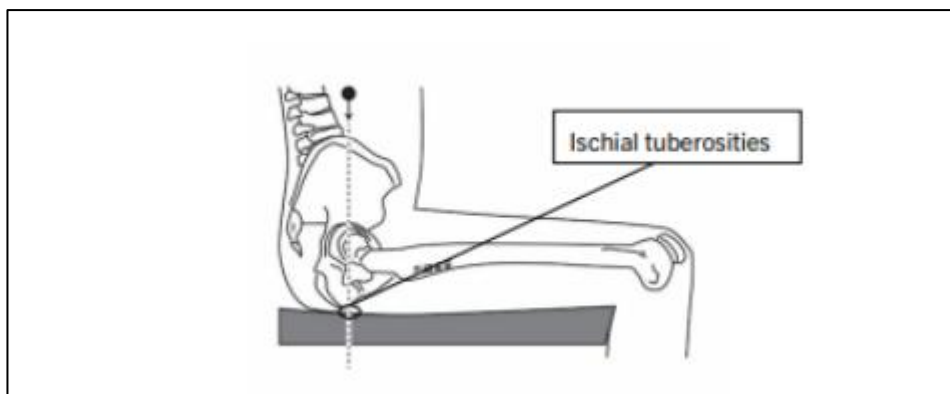
7.2.1 SIT SKI

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 Protheses (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.