



PRECISIONS, INFORMATION AND INSTRUCTIONS

PARA CROSS-COUNTRY

NORTHERN HEMISPHERE

EDITION 2025/26

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PRECISIONS, INFORMATION AND INSTRUCTIONS NORTHERN HEMISPHERE 2025/2026

FIS Council Meeting: 21st October 2025

1) Introduction

This document presents the rule changes within the Para Cross-Country International Competition Rules (ICR), Rules for the Para Cross-Country Points and Para Cross-Country World Cup Points, and Regulations and Equipment Specifications following the approval of the proposals by the FIS Council on 21st October 2025.

All updated documents are now available on the FIS Website.

2) Participation of Russian and Belarussian Athletes in FIS competitions

FIS Council voted not to facilitate the participation of athletes from Russia and Belarus as Individual Neutral Athletes (AIN) in FIS qualification events for the Milano Cortina 2026 Olympic Winter Games and Paralympic Winter Games.

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 Equipment Specifications for Para Snow Sports

All approved rule changes can be seen under [Annex 3 – Equipment Specifications for Para Snow Sports](#)

Annex 1 – International Competition Rules Para Cross-Country

213.8 final date of entry and address for entries, including telephone, ~~telefax~~ and e-mail address.

12201 Participation in FIS Para Cross-Country Events Race Licence

12201.1 FIS Code

An athlete must hold an active FIS Code for Para Cross-Country issued in accordance with art. 203. Cross-Country FIS Codes are not applicable for Para Cross-Country races and vice versa.

12201.2 Athlete Evaluation and Sport Class Status

12201.2.1 To compete at FIS Para Cross-Country sanctioned events and acquire Para Cross-Country points, an athlete should be internationally classified in accordance with the FIS Para Nordic Classification Rules and Regulations. Until an athlete has been Internationally Classified, they will be designated with the Sport Class Status New. Athletes must be internationally classified to compete at Continental Cups, World Cups, World Championships or Paralympic Winter Games, the applicable Qualification Criteria are accessible under <https://www.fis-ski.com/para-cross-country/documents>.

12201.~~21.21~~ If competing at a sanctioned lower level event an athlete with New Status must compete in the Sport Class with the highest factor of his/her category, as follows: Vision Impaired: NS3, Standing: LW4, Sitting: LW12 (see art. 12201.3).

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

~~12201.2 The FIS Para Licence will only be issued to athletes/guides who meet the requirements of the FIS Para Cross-Country minimum age limit requirements. In order to be eligible for FIS Para Cross-Country competitions, athletes/guides must have reached their 16th birthday before the end of the calendar year (1st January – 31st December) in which the season ends.~~

12201.3 Age Limit

Age of the competitors: see art. 12340.1

12202 Entries

All entries for the participation in international competitions must be made through the FIS Online Entries For FIS Para Cross-Country WC

and designated FIS Para 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~~deadlines:

World Cups

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

COC, FIS and NC

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

~~12202.3 FIS may provide the organiser access to the online registration system to monitor entry data.~~

12203.1 Race Entry Fee (Athletes and Guides)

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

12311.2.6 Course width categories

Course widths for particular competition formats should follow the following table:

<u>Category</u>	<u>Minimum course width</u>			<u>Used for</u>
	<u>Uphills</u>	<u>Undulated terrain</u>	<u>Downhill</u>	
<u>A</u>	<u>3 m</u>	<u>3 m</u>	<u>3 m</u>	<u>Interval Start C</u>
<u>B</u>	<u>4 m</u>	<u>4 m</u>	<u>4 m</u>	<u>Interval Start F</u> <u>Relay C</u>
<u>C</u>	<u>6 m</u>	<u>6 m</u>	<u>6 m</u>	<u>Para Mass Start C</u> <u>Relay F</u> <u>Sprint C</u>
<u>D</u>	<u>9 m</u>	<u>7,5 m</u>	<u>6 m</u>	<u>Para Mass Start F</u> <u>Sprint F</u>

12311.2.6.1 It is possible to use a lower category course for a particular format at COC or FIS level competitions providing it is approved by the TD. The number and level of competitors must be considered.

12313 Official entries for the organiser

12313.1 Procedure

12313.1.1 Official entry forms must be sent by the Organiser to all relevant Nations in an electronic or paper form. All ~~sanctioned~~ events listed on the FIS Para Cross-Country calendar must use the FIS Online Entriesonline FPDMS registration system.

12313.1.2 As a minimum, the required data fields shown in the Official FIS Entry Form must be included.

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

12313.2 Receiving daily-official entry confirmation for a specific competition

12313.2.1 ~~Daily-Official~~ entries and grouping information (when required) ~~for each race~~ must be received and checked by the competition secretary latest two hours before the Team Captains' meeting ~~or the time specified by the jury at the first team captain's meeting~~.

12313.2.2 If grouping will be used to determine the starting order, then the competition secretary will use the order of the written entry to assign the competitors into groups unless other specific instructions are provided.

12313.2.3 When the starting order will be determined according to the FIS Points, the Competition Secretary will be required to compile the current point values for each competitor within the valid points list.

12314.1.1 The start list can be created with a draw, using a point system, a cup standing, a stage event overall standing, a qualification system or other methods.

For PWG, WSC and WC the start list shall be created by using the FIS Para Cross-Country points. The jury may determine the grouping and group order. If a group with the best athletes will be used, this group shall include the top 1/3 of the field according to the points.

12314.1.2 The starting order, including grouping and group order when applicable shall be determined by the Jury in such a way as to avoid

overtaking as much as possible. In principle faster Sport Celasses start first when more than one Sport Celass is racing at the same time.

12314.7.1 Design

Bibs must be fully readable from the back and the front. They must not hinder the competitor in any way. The size, the shape and the method of attachment cannot be changed. The Organiser is responsible for obtaining practical bibs. Bibs used in sprints and in competitions with Pursuit start or Mass starts procedures should also have numbers on both sides under the arms; this is also possible for other competitions.

12314.7.3 Leg and Sit Ski Bib Numbers

12314.7.3.1 For Para Mass Start and, Pursuit, Individual Sprint competitions (heats only) it is required to affix bib numbers to the standing competitor's leg or side of the sit ski that is closest to the finish line camera.

12315.2 Interval Start Procedure

12315.2.8 Examples of start and result lists for Interval Start Procedure (Interval Start and Sprint Qualification) competitions can be found at:

- Start List (Interval Start Competition): <https://assets.fis-ski.com/f/252177/x/d61c5be2de/start-list-example-interval-start-competition.pdf>
- Result List (Interval Start Competition): <https://assets.fis-ski.com/f/252177/x/d61c5be2de/start-list-example-interval-start-competition.pdf>
- Start List (Sprint Qualification): https://assets.fis-ski.com/f/252177/x/8ec747e6eb/start-list-example_sprint-qualification.pdf
- Result List (Sprint Qualification): https://assets.fis-ski.com/f/252177/x/335128f3c0/result-list-example_sprint-qualification.pdf and https://assets.fis-ski.com/f/252177/x/d8ade7c2a8/result-list-example-ii_sprint-qualification.pdf

12315.3 Mass Start Procedure

12315.3.5 Examples of start and result lists for Mass Start Procedure competitions (Open and Mixed Relay) can be found at:

- Start List: https://assets.fis-ski.com/f/252177/x/28cdf24b10/start-list-example_open-and-mixed-relays.pdf
- Result List: https://assets.fis-ski.com/f/252177/x/d647c97e3b/result-list-example_open-and-mixed-relay.pdf

12315.4 Pursuit and Wave Start Procedure

12315.4.7 Examples of start and result lists for Pursuit Start Procedure competitions (Sprint Heats and Para Mass Start) can be found at:

- Start List – Sprint Heats: https://assets.fis-ski.com/f/252177/x/0f3acf0adf/1-start-list-example_semi-finals.pdf and https://assets.fis-ski.com/f/252177/x/705d689f6b/7-start-list-example_semi-finals.pdf
- Result List (Brackets) – Sprint Heats: https://assets.fis-ski.com/f/252177/x/e82f1c5599/6-result-list-example_finals.pdf and https://assets.fis-ski.com/f/252177/x/ec87732f1c/8-result-list-example_sprint-finals.pdf
- Start List (Para Mass Start): https://assets.fis-ski.com/f/252177/x/873af0f2df/start-list-example_para-mass-start.pdf
- Result List (Para Mass Start): https://assets.fis-ski.com/f/252177/x/aaad43bdd4/result-list-example_para-mass-start.pdf

12315.7 False Start Consequences

12315.7.1 For competitions using Interval Start or Pursuit and Wave Start procedures competitors ~~all competitions a competitor~~ who makes a false start will not be recalled to the start line. False start infractions must be reported to the Jury.

12315.7.2 For competitions using Mass Start procedures, any False Start will result in a “restart” of the competition. The starter must give a False Start signal. There must be assistants placed an effective distance down the tracks where it is possible to turn the competitors back.

12316.5.1 For PWG, WSC and WC sprint ~~and pursuit~~ qualifying round, start and finish times are recorded to 1/1000 precision and the real time is determined to 1/100 precision.

12316.5.4 Calculation of start times in Para Mass Start Competition

The start time is calculated by taking the fastest real time (independently from the winner) from a defined previous interval race of the same technique (classic or free) and the same loop, as outlined under art. **Error! Reference source not found..** This fastest real time is used as the basis for calculating the relative start times of all competitors.

In case where the distance of the previous interval race is shorter or longer than the distance of the Para Mass Start Competition, the fastest real time will be multiplied up or divided down to the relevant distance. In case of a longer distance in the Para Mass Start race, than

in the reference race a descent speed factor may be added to the winner's real time (e.g. 5%), which is determined by the Jury.

The jury may also decide to change the race to an interval start race if fairness of all Sport Classes cannot be ensured.

Example:

Fastest real time: 28:22,5 (athletes' percentage is 96%)

Distance calculation (10km to 20km): $28:22,5 \times 2 = 56:45,0$

Descent speed factor (3%): $56:45,0 \times 1,03 = 58:27,1$

The basic time (B) is 58:27,1

For the exact calculation steps of the start times, see art. 12316.5.3.

12317.1.1

The results in interval start competitions are calculated by taking the difference between the finish and start times as described in 12316.5. If Sport Classes are combined, the real time has to be multiplied by the applicable percentages.

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

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

The results of Sprint heats, ~~Pursuit start~~ and Para Mass Start or Relay competitions are determined according to the order the athletes cross the finish line and are recorded and presented in the results list in real time. For photo finish decisions see art 12316.3.4.

~~12317.1.6 Tie-Breakers:~~

~~If two or more competitors have the same time in a competition, the following tie-breaking rules shall apply:-~~

~~12317.1.6.1 Individual competition:-~~

~~If two or more competitors have the same result (1/10 of a second), they shall have the same ranking in the result list, and the competitor with the lower starting number will be listed first.~~

~~12317.1.6.2 Relay competition:~~

~~The ranking of athletes in the Standing and VI categories 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 athletes in the Sitting category involved in a photo finish will be established according to the order they crossed the vertical plane of the finish line by the front binding.~~

~~12317.1.6.3 Sprint competition:~~

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

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

~~1. Calculated time: All available digits of the calculated time shall be used~~

~~2.1. FIS Points (current FIS points list)~~

~~3.1. Highest number of individual World Cup wins (current season, at first competition previous season)~~

~~4.1. Best World Cup result (current season, at first competition, previous season)~~

~~12317.1.6.3.2 Semifinals: In case of a tie ("dead heat") or when more than one competitor ranked as last in semi finals, the competitor with the better qualification time is ranked ahead.~~

~~12317.1.6.3.3 Final: In case of a tie ("dead heat") in the Final, the competitors are ranked on the same place in the final results and the competitor with the better qualification time is ranked ahead. If more than one competitor is ranked as last in the final heat, the competitor with best semi final result is ranked ahead, or in the case of same semi final results, the competitor with the better qualification time is ranked ahead.~~

~~12317.1.6.4 Pursuit competition:~~

~~12317.1.6.4.1 First race~~

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

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

~~1. Calculated time: All available digits of the calculated time shall be used~~

~~2. FIS Points (current FIS points list)~~

~~3. Highest number of individual World Cup wins (current season, at first competition previous season)~~

~~4. Best World Cup result (current season, at first competition previous season)~~

~~12317.1.6.4.2 Second race: In case of a tie ("dead heat") in the second race, the competitors are ranked on the same place in the final results. The competitor with the better result in the first race is ranked ahead. Final results are presented and ranked according to real time.~~

12321 Interval Start Competitions

12321.2 Courses and stadium

12321.2.1 Recommended norms

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

Interval Start	Sitting Category only	Sitting, Standing and VI Categories	Standing and VI Categories only
	Classical Technique	Classical + Free	Free Technique

COURSE			
<u>Category</u>		<u>C</u>	<u>C</u>
Width (minimum)	3 m	69 m	6 m
Classical tracks	2 tracks in ideal line	2 tracks on the side	1 track on the side
Distance between tracks	Minimum 1.2 m		
START			
Width (minimum)	3 m	5 m	4 m
Organization/preparation	1 corridor	1 corridor	1 corridor
Classical tracks	1	1	0
FINISH			
Width (minimum)	12 m	12 m	12 m
Number of corridors	4	3	3
Number of tracks	4 in center of corridor	4-2 (2 between corridors)(2 on both sides of the finish corridor, 2 between corridors)	24 (2 on both sides of the finish corridor, 2 between corridors)

12321.5 Timing and results

12321.5.1 If two or more competitors have the same time (result), they shall have the same ranking in the result list, and the competitor with the lower starting number will be listed first (art. ~~219.2~~ ~~12317.1.6.1~~).

12322 Para Mass Start Competitions

12322.5.1 Overlapping Rules normally apply. For skiers who are lapped refer to ICR art. ~~12343.14~~ ~~12343.14.1~~.

12322.5.2 Tie Breaker

If the photo finish cannot break the tie, athletes will share the same rank.

~~12324 Pursuit Competitions~~

~~12324.1 Definition~~

~~Pursuit competitions are carried out as combined competitions where starting times of athletes are determined by the percentage according to the athletes Sport Class and result(s) of previous competition(s) or a Qualification round (in calculated time). The final result (second race)~~

is determined by finish arrival order of the last competition (in real time). (see art.12316.5.3)

12324.2 Courses and stadium

12324.2.1 Recommended norms.

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

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

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

~~12324.3 Entries Substitution~~

~~12324.3.1 Substitution according to ICR 12313.4 is only possible before the first part of a Pursuit competition.~~

~~12324.4 Starting Order and Start Procedure~~

~~12324.4.1 Pursuit start procedure must be used (see ICR art. 12315.4).~~

~~12324.5 Timing and Results: see ICR art. 12316/12317~~

~~12324.5.1 Overlapping Rules normally apply. For skiers who are lapped refer to ICR art. 12343.14.1.~~

~~12324.5.2 Under difficult weather conditions the Jury may decide to postpone the start or to cancel the competition. If it is cancelled the result from the first part of the competition will count as the final result.~~

~~12324.6 Jury and protests~~

~~No specific rules.~~

~~12324.7 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.~~

12325 Sprint Competitions

12325.2 Courses and stadium

12325.2.1 Recommended norms.

Sprint	Sitting Category only	Sitting, Standing and VI Categories	Standing and VI Categories only
	Classical Technique	Classical + Classical	Classical Technique
COURSE			

<u>Category</u>	<u>C</u>	<u>C</u>	<u>C</u>
Width (minimum)	6m	6 m	6 m
Classical tracks	2 - 3 tracks	2 - 3 tracks	2 - 3 tracks
Distance between tracks	Minimum 1.2 m	Minimum 1.2 m	Minimum 1.2 m
START			
Width (minimum)	12 m	12 m	12 m
Organization/ preparation	<u>Extra corridor for qualification round, 6 corridors for sprint heats</u>	<u>Extra corridor for qualification round, 6 corridors for sprint heats</u>	<u>Extra corridor for qualification round, 6 corridors for sprint heats</u>
Classical tracks	6	6	6
FINISH			
Width (minimum)	12-6 m	12-6 m	12 m
Number of corridors	4 <u>3 minimum</u>	3 <u>3 minimum</u> 4	3 <u>3 minimum</u> 4
Number of tracks	4 in center of corridor <u>Minimum 1.2m</u>	4 in center of corridor <u>Minimum 1.2m</u>	4 in center of corridor <u>Minimum 1.2m</u>

Sprint	Sitting Category only	Sitting, Standing and VI Categories	Standing and VI Categories only
	Classical Technique	Classical + Free	Free Technique
COURSE			
<u>Category</u>		<u>D</u>	<u>D</u>
Width (minimum)	6m	12-9 m	9 m
Classical tracks	2-3 tracks	2 tracks on the side	1 track on the side
Distance between tracks	Minimum 1.2 m		
START			
Width (minimum)	12 m	18 - 24 14 m	14 m
Organization/ preparation	3 corridors	<u>Extra corridor for qualification round, 6 corridors for sprint heats</u> 3-corridors	<u>Extra corridor for qualification round, 6 corridors for sprint heats</u> 3-corridors

Classical tracks	4	4	0
FINISH			
Width (minimum)	9 m	9-12 m	9-12 m
Number of corridors	3	24	24
Number of tracks	3 in center of corridor	3 (as corridor dividers)4 (2 on both sides of the finish corridor, 2 between corridors)	3 (as corridor dividers)4 (2 on both sides of the finish corridor, 2 between corridors)

~~12325.3.5.3 Tie breaker rule: see ICR art. 12317.1.6~~

12325.4 Timing and results: see ICR art. **Error! Reference source not found./Error! Reference source not found.**

12325.4.1 Tie Breakers

12325.4.1.1 Qualification: If two athletes have the same result in the qualification round (calculated time in hundreds of a second) and none of them qualifies for the next round they shall be ranked on the same place in the result list and shall get the same amount of WC points.

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

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

12325.4.1.2 Semifinals: In case of a tie (“dead heat”) or when more than one competitor ranked as last in semi-finals, the competitor with the better qualification time is ranked ahead.

12325.4.1.3 Final: In case of a tie (“dead heat”) in the Final, the competitors are ranked on the same place in the final results and the competitor with the better qualification time is ranked ahead. If more than one competitor is ranked as last in the final heat, the competitor with best semi-final result is ranked ahead, or in the case of same semi-final results, the competitor with the better qualification time is ranked ahead.

- 12325.45.2 Due to the timeline pressure of running successive heats it is not possible to allow protests during semifinals. Protests will only be accepted after-on the final heats.

12327 Relay Competitions

12327.1 Definition

- 12327.1.1 At PWG and WSC, each nation can enter 1 team per relay competition. Any athlete can only participate in one relay competition. In other events the jury may decide to allow more than one team per nation, mixed nation teams, and athlete participation in more than one relay competition. An athlete may not compete for more than one team per competition. The result is determined by finish arrival order (in real time).

12327.1.5 Course and Stadium

- 12327.1.6 The relay distance is based on two alternating courses each 2,5 km. Each course shall be used 2 times, giving a total distance of 10 km for the whole race. First and third stage is in classical technique (C), second and fourth stage is in free technique (F).

Recommended norms

Relay	Sitting Category only	Sitting, Standing and VI Categories	Standing and VI Categories only
	Classical Technique	Classical + Free	Free Technique
COURSE			
<u>Category</u>	<u>C</u>	<u>D</u>	<u>D</u>
Width (minimum)	3 6m	9- 12 m	6 -9 m
Classical tracks	2 tracks	2 tracks on the side	1 track on the side
Distance between tracks	Minimum 1.2 m	Minimum 1.2 m	
START			
Width (minimum)		9 - 12 m	
Organization/preparation		Arrow start grid	
Classical tracks		5 or 7	
Distance between tracks		1.5 m	
FINISH			
Width (minimum)		12 m	

Number of corridors		34	
Number of tracks	-	4 (2 on both sides of the finish-corridor, 2 between-corridors)	-

12327.5.2 The total time of a relay team is the time which elapses between the start and team's final competitor crossing the finish line. The order in which the competitors finish the last relay leg determines the result list. Results are recorded and presented in real time ~~(ICR art. 12317)~~.

12327.5.3 Tie Breaker

12327.5.3.1 If the photo finish cannot break the tie, the teams will share the same rank.

12340.1 Age of the competitors: ~~see art. 12201.2~~

12340.1.1 The FIS competition year (or season) is 1st July – 30th June of the following year.

12340.1.2 Junior women and junior men must be no older than 20 during the calendar year (1st January – 31st December) in which the season ends.

12340.1.3 At all FIS competitions competitors (incl. guides) must have reached their 16th birthday before the end of the calendar year (1st January – 31st December) in which the season ends:
- in season 2025/26, competitors born in 2010 and earlier
- in season 2026/27, competitors born in 2011 and earlier
- in season 2027/28, competitors born in 2012 and earlier
- in season 2028/29, competitors born in 2013 and earlier

12340.2 FIS Points System

12340.2.1 The FIS Points are used particularly for establishing the qualification for PWG, WSC and World Cup competitions, grouping and start list creation (see: Qualification Criteria and Rules and Guidelines of the FIS Points available on the FIS Website).

12343.1 In all training and competition situations the athlete must act sportsmanlike and with due care taking into account the course conditions, visibility and competitor congestion available space, speed and skiing direction of other competitors etc.

12343.5 Competitors must wear/use all means of identification (bibs, leg bibs, transponders, ski markings, GPS...) provided by the organiser.

- 12343.6 Competitors must follow the marked course in correct sequence from start to finish and must pass all control points¹.
- ~~12343.6.1 If a competitor ski on a wrong section or leaves the marked course, the competitor should return to the point where the error was made. In order to do so, the competitor may have to ski against the correct ski direction and shall be totally responsible for ensuring that there is no obstruction and that other competitors are not endangered.~~
- 12343.12.5 When ski exchange boxes (pit boxes) are provided for long distance competitions, the competitor is permitted to change skis inside the pit box. 2 officials are allowed in the exchange box to assist the athletes per nation. The jury may allow big teams to have additional officials in the exchange box if needed. The replacement skis must be placed in exchange (pit) box before the competition, except when stated differently by the Jury.
- 12343.12.7 Waxing, structuring or cleaning of the competitor's skis bases during the competition is forbidden, with the following exception: In classical distance competitions, competitors may scrape their skis to remove snow and ice, and add kick wax. They must make these adjustments without assistance from other persons and without interfering with other competitors. (Athletes in the Sport Class LW-5/7, LW6 and LW8 and in the VI category 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.
- 12343.14 Overlapping
- 12343.14.1 In ~~Pursuit competitions and~~ Relay competitions, ~~competitors, or~~ teams, who are lapped or instructed by competition officials to stop the competition, must abandon the competition. The ~~competitors or~~ teams who are stopped will be ranked in the final results (no time) according to their ranking at their last intermediate timing point. The jury may decide to let all teams to finish the competition.
- 12352.2 Disqualification
- 12352.2.1 Disqualification should be used ~~only~~ for infractions with a clear impact on the final result of a competition.
- 12352.2.2 In addition, a competitor shall automatically be disqualified if they:
- participate in the competition under false pretences

¹ A competitor making a mistake can correct it by returning to the point where the mistake was made. If he/she does that, he/she is responsible for ensuring that there is no obstruction and that other competitors are not endangered.

- either jeopardizes the security of persons or property or actually causes injury or damage;
- ~~commits a serious violation of the principles of fair play or sportsmanlike behavior;~~
- intentionally causes obstruction;
- receives prohibited assistance (see art. **Error! Reference source not found.**) from a member of their team staff or non-competing athlete on their team;
- participates in a competition using equipment that does not comply with competition equipment rules (art. 207);
- modifies equipment which has been inspected (in a prohibited way)

12352.2.4 Serious or repeated unsportsmanlike conduct, including but not limited to abusive language, physical aggression, deliberate disrespect toward officials, or actions contrary to the spirit of fair play, may result in immediate disqualification of the offending participant.

12352.2.45 During stage events ~~or first part of pursuit competitions~~, or relay competitions art. **Error! Reference source not found.** can apply.

12352.4.1.2 In competitions with Pursuit start, early start infractions should be sanctioned by a time penalty equal to the time gained (posted start time minus actual start time) + 10 seconds minimum penalty for Sprint Heats and 30 seconds minimum penalty for ~~Pursuit and~~ Para Mass Start competitions.

12352.7 Monetary Fine

12352.7.1 Monetary fines can be given to any accredited person.

12352.7.2 Monetary fine should be used for:

- infractions of advertising and commercial markings rules
- minor course discipline infractions
- for infractions to ICR **Error! Reference source not found.** and 12314.7.1
- violation of restrictions on ski testing and warming up
- delayed skis delivery for equipment control up to 5 minutes ~~(minimum 250 CHF)~~

- late entries²

12362.1.4.3 Appeals filed according ICR **Error! Reference source not found.** and ICR 224.13 are to be submitted within 48 hours after the publication of the official results list.

12396.2 Competition Equipment

12396.2.1 All rules and guidelines related to the competition equipment as set forth by the FIS Para Snowsports Equipment Specifications under art. 3.6 and published on the FIS Para Cross-Country website apply.

~~12396.2.1 Roller Ski sport equipment must be available as a commercially produced product that is available to the general public.~~

~~12396.2.2 The OC in cooperation with TD must carry out equipment control before the start and after finish of each competition. Roller Ski wheel dimensions, wheel material hardness and frame length must be controlled.~~

~~12396.2.3 The diameter of the wheels must not be more than 100 mm.~~

~~12396.2.4 The distance between the axles of the Roller Skis must not be less than 530 mm.~~

~~12396.2.5 In classic technique competitions, each Roller Ski must have a ratchet mechanism.
The ratchet mechanism is always mandatory for Sitting category in all races.~~

~~12396.2.6 Cross-Country ski poles must be used with Cross-Country skiing tips. Alternatively pole tips must have safety rigid plastic protections with diameter ≥30 mm. These protections must be placed maximum 45 mm above the metallic tips.~~

~~12396.2.7 Safety helmets (e.g. DIN EN 1078 or equivalent) and eye protection must be worn during official training and competition. The jury may permit competitors to not use eye protection when conditions cause poor visibility.~~

~~12396.2.8 Shoes or ski boots have to be fixed on the Roller Skis with a Cross-Country ski binding. Roller Ski exchange must be done according to art. 12343.12.2.~~

12396.2.92 Competitors are permitted to change or repair equipment during the competition but they must do this without any outside assistance other than being handed the replacement equipment or tools (athletes in the Sport Class LW5/7, LW6, LW8 and the VI category can be supported

² Jury must decide whether late entries (according to ICR 12313.3) may be accepted or not (according to 12303.3.2). Furthermore, when the jury decides to accept a late entry, it can decide to sanction the delay with a monetary fine.

| by a team official). Roller Ski change must be done according to article
Error! Reference source not found..

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

1.5 Entry for Competition Participants

All entries for the participation in international competitions must be made through the FIS Online Entries~~official FIS Para Snow Sports Data Management System (FPDMS)~~.

The competitors ~~FPDMS FIS~~ code number has to be specified. Otherwise, the entry is not valid.

1.6 ~~FPDMS FIS~~ Codes on result lists

The TDs are responsible that every result list contains all competitors including their ~~FPDMS FIS~~ Codes. Competitors without a valid ~~FPDMS FIS~~ Code are not allowed to start at the competition. Lists with missing ~~FPDMS FIS~~ Codes cannot be accepted.

3 The Competitors

3.1 ~~FIS Para Data Management System (FPDMS) Code Number~~

Only competitors with an active ~~FPDMS FIS Code for Para Cross-Country~~~~ID~~ are allowed to participate at FIS Para Cross-Country competitions.

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

Registration is according to the procedure described in the FIS Para Cross-Country Regulation.

3.2 Registration

The registration of competitors for the 1st FIS points list has to be done after calculation of the last FIS points list of the previous season and before the calculation of the 1st FIS points list for next season (see the exact date in the FIS points list printing deadlines on FIS Website). Competitors are registered by using the FOU System on the FIS website via the Member Section: <http://www.fis-ski.com/>.

The Login and password can be received by FIS Office.

3.2.1 With this system the status of the competitors can be changed, the biographies can be updated and new competitors can be added. The FIS Codes will be distributed automatically.

3.2.2 At all FIS competitions a competitor and guide must have reached her/his 16th birthday before the end of the calendar year, 1st January – 31st December (art. 12340.1 of the ICR).

3.2.3 Change the status “active” to “inactive” for all those competitors who should not be included on the FIS points list anymore. Competitors with the status “active” will be considered as registered for the coming season. Injured competitors must remain active with the FIS to maintain injury protection.

3.2.4 Only competitors who have signed the “athlete’s declaration” as per ICR art. 203.3 may be registered for a FIS license by his/her National Ski Association. The National Ski Association is responsible that they have appropriate insurance and have signed the FIS athlete’s declaration.

3.2.5 Active (in the FIS points list). The status “active” remains also if competitors do not participate at a FIS event. Status changes from “active” to “inactive” can only be done between 01.06. and 31.12. Only competitors with an active FIS code are allowed to participate in FIS events. Entries are controlled by the FIS Office, the Organiser and the FIS Technical Delegate.

3.32 Categories

The points calculation will be done for the categories Vision Impaired, Standing and Sitting for both genders.

3.4 Conditions

Only those competitors will be taken into consideration for FIS points:

- who are qualified according to ICR art. 204;
- who have been registered by their National Ski Association;
- whose FIS Codes, name, first name and year of birth is listed in full and is clearly readable;
- whose National Ski Association has fully paid for the previous season;
- whose existing FIS Codes are listed on the results

4.2 Conditions

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

5.1 Conditions

When a competitor is pregnant, the National Ski Association must apply to FIS for the approval of a maternity protection status. Applications must use the dedicated form (available on the FIS website) and include a medical certificate with the expected date of birth of the child.

Competitors must remain registered as active with FIS ~~-(License)~~ to maintain the maternity protection status.

9.2 FIS Points

A competitor’s points will be the average of his or her best five results in cross country competitions over current and previous season. For sprint ~~and pursuit~~ competitions, only qualification races give race points. Sprint competitions must be longer than 600m for Sitting and 800m for Standing/VI to be considered for points.

10.2 Publication of the FIS Points list

The ~~printing deadlines and validity date point lists publishing dates~~ are published on the FIS website.

14.2 Multi-Stage Tours

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:

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

26	25	26	30	26	35
27	20	27	24	27	28
28	15	28	18	28	21
29	10	29	12	29	14
30	5	30	6	30	7

* 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. In case the number of races drops below five races due to cancellations or other reasons, the World Cup points will be awarded as per art. 14.1.

- 15.1** 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 scores will be added for a final total for the Nations Cup, including the multi-stage tour overall points.

Annex 3 - Equipment Specifications for Para Snowsports

3.5.2.1 Poles of equal length

Two poles of equal length must be used in competition, with one pole held in each hand. Para Athletes must use the number of poles applicable to their Sport Class, as per art 7 of Appendix One of the Para Nordic Classification Rules and Regulations.

3.6 ROLLER SKI COMPETITION EQUIPMENT

3.6.1 Roller Ski sport equipment must be available as a commercially produced product that is available to the general public.

3.6.2 The OC in cooperation with TD must carry out equipment control before the start and after finish of each competition. Roller Ski wheel dimensions, wheel material hardness and frame length must be controlled.

3.6.3 The diameter of the wheels must not be more than 100 mm.

3.6.4 The distance between the axles of the Roller Skis must not be less than 530 mm.

3.6.5 In classic technique competitions, each Roller Ski must have a ratchet mechanism.
The ratchet mechanism is always mandatory for Sitting category in all races.

3.6.6 Cross-Country ski poles must be used with Cross-Country skiing tips. Alternatively pole tips must have safety rigid plastic protections with diameter ≥ 30 mm. These protections must be placed maximum 45 mm above the metallic tips.

3.6.7 Safety helmets (e.g. DIN EN 1078 or equivalent) and eye protection must be worn during official training and competition. The jury may permit competitors to not use eye protection when conditions cause poor visibility.

3.6.8 Shoes or ski boots have to be fixed on the Roller Skis with a Cross-Country ski binding.

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, 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 (see graphic below)) is 40cm. ~~(see graphic below)~~