



RULES OF THE FIS POINTS TELEMARK

EDITION 2025/2026



**INTERNATIONAL
SKI AND SNOWBOARD
FEDERATION**

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1. Definition of FIS points

FIS points are calculated per competitor and are meant to represent the competitor's skill in a just way. The points are used for putting the competitor in the right seeding group in different races.

FIS points are sorted in ascending order, meaning that a lower value implies a better result. FIS points are awarded in Classic (CL) and Sprint (SP) separately and are published in the FIS points lists.

2. Competitions

2.1 Definition of a FIS Competition

All competitions that are part of a National Cup, International Cup, World Cup, or a National or International Championships are considered as FIS competitions and should be registered in FIS calendar.

2.2 Junior competitions

If there is no special race codex for juniors, they have to be included in the senior results. If there is a special race codex for juniors, the juniors must run their separate race and be ranked separately from the seniors. Juniors may not get two results from one race.

2.3 Schedule changes, Cancellation

Changes in FIS calendar registration, cancellations or essential changes in the race program must be communicated at once to:

- FIS office: alexandra.blum@fis-ski.com or Tel. +41 33 244 61 36
- National Ski Associations
- Technical Delegate (TD) assigned to the competition

2.4 Criteria for FIS point consideration

Only races that meet the following requirements will be taken into consideration for FIS points:

- Registration of the competition in FIS calendar
- Strict observation of the International Competitions Rules (ICR)
- complies with art. 8 ffComplies with Art 5.2.1 when less than 3 competitors have FIS points.
- Only Sprint and Classic competitions can be taken into consideration for FIS points (not Parallel Sprint and Team Parallel Sprint).

3. Competitors

3.1 Registration

- Competitors are registered by using the FOU System on the FIS website via the Member Section, <http://www.fis-ski.com/>. 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.
- All competitors who reached the 15th birthday before the end of the calendar year (Art. 607 of the Alpine ICR) will be considered.
- Only competitors who have signed the athlete's declaration as per ICR art. 203.3 may be registered for a FIS licence.
- The National Ski Association is responsible that they have appropriate insurance and have signed the FIS athlete's declaration.
- Active (in the FIS points list). The status "active" remains also if athletes do not participate at a FIS event. Status changes from "active" to "inactive" can be done until 31st December.
- Only competitors with an active FIS code are allowed to participate in FIS events. Entries are controlled by the Organiser and the FIS Technical Delegate.

- 3.2 **Registration fee**
The FIS code registration fee for the competitors who are included in the World Cup Overall Standings is CHF 50— per season. The amount can be paid cash on site to the Telemark World Cup Race Director or the Telemark Committee will send an invoice to the National Ski Associations.
- 3.3 **No refund**
If a competitor retires during the season or there is an incorrect registration made by the National Ski Association, no refund will be made.

4. Calculations

4.1 Terms

Term	Symbol	Description
FIS point list		List of competitors containing FIS points for Classic and Sprint
Current FIS point list		The FIS points list valid today.
Basic list		The Basic list will be published in May .
Validity period		Defines a FIS point list's duration period.
CL		Classic
SP		Sprint
FIS points list		The FIS points lists are published during the season according the printing deadlines.
Maximum value	M	200 for CL and SP (only used for penalty calculation in exceptional cases according art. 5.2.1)
FIS points	P	Are published in the current FIS points list.
Factor	F	Calculation factor: 500 for CL and SP
Race points	R	Points calculated for each result in a race.
Race penalty	A	Calculation based upon results and FIS points. One value per race.
FIS value	V	Sum of race points and race penalty.
Result	T	Actual result (time plus gate and jump penalties) in fractions of seconds.
Single penalty	SP	22% of the FIS points, but minimum 4.00 (according art. 6.)

Double penalty	DP	Single penalty doubled.
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4.2 The Calculation Process

4.2.1 General

For each considered competition held in the current FIS point list's validity period, all the FIS values are calculated for each competitor.

All the calculations here and in the following, are done for each competitor for CL and SP.

4.2.2 FIS Points – Basic List

The **Basic List (BL)** will be published in May.

4.2.3 Average of the best two results

The average of the best two results in Sprint and Classic during the past season will be used for the calculation of the Basic List.

4.2.4 Only one result

For a competitor who has obtained only one result in Sprint or Classic during the past season, a 20% (+) of his result will be added to the result.

4.2.5 No result

For a competitor who has not obtained any results in Sprint or Classic during the past season, a 50% (>) will be added to the previous Basic List points.

4.2.6 FIS Points – **FIS Points List**

The 1st FIS Points list will be published in July based on the Basic List.

4.2.7 The FIS Points List will reflect the average of a competitor's best two results in Sprint and Classic during the current period if the points are better as the Basic List points.

4.2.8 Only one result and no Basic List points

20% will be added to the competitor's result.

4.2.9 Only one result and Basic List points

If the competitor has only one result in Sprint or Classic during the current period, but has Basic List points, then the Basic List points will count.

4.2.10 Validity Period

The validity period of the results is the current season.

5. Race Points

5.1 Race points (R) calculation

$$R = [(T/T_1) - 1] * F$$

where T_1 is the winner's result.

R is calculated for each competitor on the result list without quit code.

5.2 Race penalty (A) calculation

The race penalty is based on the FIS points of the competitors on the start list, on the result list and their race points. The race penalty is added to each competitor's race points giving the FIS value (V).

Three sums are calculated (see also example on page 9):

- Sum A: Select the five best FIS points on the start list ignoring competitors who did not start. The sum of these FIS points forms "sum A". Competitors without FIS points defaults to maximum value (M).

- Sum B: From the result list, select the top ten ranked competitors. Among these ten, select the five competitors with the best FIS points. If less than five competitors among these ten have FIS points or if there are not five competitors who started with FIS points, then those competitors without FIS points, i.e. the remaining competitors will receive the maximum value (M). Add to the selection competitors having the highest number of race points and give them maximum value (M). The sum of the FIS points for these five selected competitors, forms "sum B".
- Sum C: Sum of the race points for the five competitors selected in "sum B".

The race penalty is then defined as

$$A = (\text{sum A} + \text{sum B} - \text{sum C}) / 10.$$

The result is rounded to two decimals.

5.2.1 Less than five competitors: maximum value

If there are less than five competitors with FIS points amongst the first ten of the result list, or there are not five competitors who started with FIS points, then those competitors without FIS points, e.g. the remaining competitors will receive the maximum value (M).

If less than three competitors with FIS points are ranked within the five, which are taken into consideration or at least three competitors without FIS points are classified, the competition will be considered for FIS points with a double of the maximum value (of the respective event) minimum penalty. At least three competitors must have FIS points (irrespective of the number of points) and at least five competitors have to be classified.

5.2.2 Two or more competitors are ranked 10th

In the event where two or more competitors are ranked 10th in the race, they shall all be taken into consideration for the penalty calculation, as long as they are included in the five with the best FIS points.

5.2.3 Two or more competitors have the fifth best FIS points

If two or more competitors have the fifth best FIS points, which should be taken into consideration for the penalty calculation, the competitor with the higher race points will be considered for the penalty calculation (reason: better penalty).

5.2.4 Rounding Up and Down the Penalties

The points shall be rounded down from four thousandths of a point and rounded up from five thousandths of a point (e.g. 13.654 = 13.65 or 21.849 = 21.85)

5.2.5 Minimum Race Penalty

For the FIS World Championships and the FIS World Cup, the minimum race penalty applied is 0.00, all other FIS sanctioned events the minimum race penalty applied is 5.00.

If the calculated penalty is less than the minimum penalty, the minimum penalty will be applied to the race.

Example for World Cup:

If the calculated penalty is "-2.32" then the applied penalty "0" will be used.

If the calculated penalty is "+3.45" then the applied penalty "+3.45" will be used.

6. Single Penalty

6.1 Injury Status – Registration

In case of injury the National Ski Association must apply to FIS as soon as possible or latest until 15th April for approval submitting the official form and a medical certificate to FIS. This official form and medical certificate are only valid for one season.

- Name and address of the injured,
- Time and place of the accident,
- Type of injury,
- Duration of inability to compete,
- FIS points at the time when the accident occurred.

In case one or more of the above items are omitted, a single penalty cannot be granted.

6.2 Injury Status – Conditions

- At least 8 months must have been passed between the time of the injury and the competitors 1st start.
- Competitors must remain registered as active with the FIS to maintain injury protection.
- A competitor has not started more than two (2) times in one discipline and/or six (6) times across all disciplines during the valid season.

6.2.1 If injury status is awarded then 10% (#) will be added to the competitor's BL if the current points are not better than the protected points.

6.3 Pregnancy. The protection status starts as soon as the medical certificate is received and confirmed by FIS (or after her last start) until the birth of the child. The expected date of birth of the child must be written in the medical certificate. After the birth of the child the protection status is still valid for a maximum of 9 (nine) months. Then it expires if the National Ski Association does not apply in writing to FIS for prolongation of the FIS point's protection status mentioning the exact medical reason. The procedure will be handled according art. 6.2.

7. FIS Points Lists

The FIS points lists are only available electronically and are published on FIS Website: www.fis-ski.com and can be downloaded free of charge.

TMFPxxx.zip is the file and valid with the FIS points list program (the "xxx" is always the number of the list and season - for example 1st List 2015/2016 = TMFP116F.zip = full list or TMFP116P = only updated information since last list).

7.1 Identification

- * Base List
- # Injury Status protection according art. 6.1 and 6.2.
- + competitors who have only one result in that discipline during the past season according art. 4.2.4 (20%)
- > Competitors who have not obtained results in that discipline during the past season according art 4.2.5 (50%)
- Injured with real points

7.2 Printing Deadlines and Validity of the Individual List

A FIS points list has its creation date and a validity period. The Printing Deadlines are published on FIS Website.

8. Instructions for organisers and Technical Delegates

8.1 Electronic data transmission

The results must be transmitted electronically and in the FIS format (email: alpinere-sults@fis-ski.com). The TD must supervise the correct transmission of the results and make a corresponding report online immediately after the event and he must check if the results on the website are correct. Results without TD and Timing reports will be no longer included in the FIS points list.

E-Mail: alpineresults@fisski.com

8.1.1 Composition of the file name for the transmission of race results:

- Nation of OC (three letters as listed in the FIS ICR)
- Codex (according to the FIS calendar)
- After the point: - xml (for example: AUT3069.xml)

8.2 Reports

The Technical Delegate must fill out the following files in the FIS Member Section:

- The official result in xml format
- The form "calculation of the penalty" or the controlled penalty calculation made by computer
- The official "Technical Delegate Report"
- The "Timing Technical Report"
- The Injury Report (if necessary)
- The official entry form for any DNS1 competitors where the Technical Delegate cannot confirm the reason for the DNS (e.g. injury, illness).

For World Cup and World Championship races, the files must be submitted within **24 hours** of the race completion. All other race types require submission within **48 hours**. Failure to meet these deadlines will result in race cancellation.

8.3 Signature of the Technical Delegate

Official results and the penalty calculation made by computer must bear the authentic signature of the Technical Delegate.

8.4 Recommendation for evaluation or non-evaluation

Should there be valid reasons to exclude the competition from being evaluated for FIS points, these reasons must be indicated on the "Report of the Technical Delegate".

If a race has to be cancelled after a large number of racers have finished; the Technical Delegate must submit a report with a recommendation for evaluation or non-evaluation of the race.

WORLD CUP

SPRINT

PENALTY CALCULATION

THE BEST 10 AT FINISH:

RACE RESULT	BIB Nr.	CODE COMPETITOR SURNAME+NAME	FIS POINTS	BEST 5	RACE POINTS
1.	4		20.14	20.14	0.00
2.	7		52.67	52.67	32.27
3.	2		68.08	68.08	37.19
4.	11		73.87	-	-
5.	6		42.36	42.36	48.29
6.	8		69.99	-	-
7.	3		31.12	31.12	56.91
8.	10		70.14	-	-
9.	17		-	-	-
10.	16		-	-	-

THE BEST 5 AT START:

1.	4	20.14		
7.	3	31.12		
5.	6	42.36		
2.	7	52.67		
DNF	5	67.25		
TOTALS				
B	FIS POINTS OF BEST 5 STARTED	213.54		
A	FIS POINTS OF BEST 5 TO FINISH IN TOP 10		214.37	
C	RACE POINTS OF CORRESPONDING COMPETITORS			174.66

Calculated penalty

A	FIS Points of best 5 to finish in top 10	214.37		
B	FIS Points of best 5 started	213.54		
C	Race Points of corresponding competitors	minus 174.66		
Calculated Penalty		253.25	:	10
Penalty applied for World Cup Races				25.33

Signature TD