THE INTERNATIONAL SKI COMPETITION RULES (ICR)

BOOK II
CROSS-COUNTRY

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INTERNATIONAL
SKI AND SNOWBOARD
FEDERATION

INTERNATIONAL SKI AND SNOWBOARD FEDERATION

Blochstrasse 2; CH- 3653 Oberhofen / Thunersee; Switzerland

Telephone: +41 (33) 244 61 61
Website: www.fis-ski.com

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Table of Contents

1st Section

200 Joint Regulations for all Competitions 3
201 Classification and Types of Competitions 3
202 FIS Calendar 5
203 Licence to participate in FIS Races (FIS Licence) 7
204 Qualification of Competitors 9
205 Competitors Obligations and Rights 9
206 Advertising and Sponsorship 10
207 Competition Equipment and Commercial Markings 12
208 Exploitation of Electronic Media Rights 14
209 Film Rights 17

210 Organisation of Competition 18
211 The Organisation 18
212 Insurance 18
213 Programme 19
214 Announcements 19
215 Entries 19
216 Team Captains' Meetings 20
217 Draw 20
218 Publication of Results 21
219 Prizes 22

220 Team Officials, Coaches, Service Personnel, Suppliers and Firms' Representatives 23
221 Medical Services, Examinations and Doping ..... 24~~23~~
222 Competition Equipment ..... 25~~24~~
223 Sanctions 26
224 Procedural Guidelines 28
225 Appeals Commission ..... 30~~29~~
226 Violation of Sanctions 31

2nd Section

300 Cross-Country Competitions ..... 33~~32~~

A. Organisation ..... 33~~32~~
301 The Organising Committee (OC) ..... 33~~32~~
302 The Competition Officials ..... 33~~32~~
303 The Jury and its Duties ..... 35~~34~~
305 Team Captains' Meeting ..... 41~~40~~

B. The Cross-Country Competitions ..... 43~~41~~
310 Competition Formats and Programmes ..... 43~~41~~
311 Cross-Country Competition Courses ..... 46~~44~~
312 The Cross-Country Stadium ..... 50~~48~~
313 Official Entries for the Organiser ..... 52~~50~~
314 Starting Order ..... 53~~51~~
315 Start Procedures ..... 55~~53~~
316 Timing ..... 58~~56~~
317 Results ..... 60~~58~~

C. Competition Formats ..... 61~~59~~
321 Interval Start Competitions ..... 61~~59~~
322 Mass Start Competitions ..... 62~~60~~
323 Skiathlon Competitions ..... 64~~62~~
324 Pursuit ..... 65~~63~~
325 Individual Sprint Competitions ..... 67~~65~~
326 Team Sprint Competitions ..... 72~~69~~
327 Relay Competitions ..... 74~~72~~

D. The Competition and the Competitors ..... 76~~74~~
341 Requirements of the Competitors ..... 76~~74~~
342 Medical Examinations ..... 77~~75~~
343 Responsibilities of the competitors ..... 77~~75~~
344 Responsibilities of Officials and Others ..... 81~~78~~

E. Not Permitted to Start, Sanctions ..... 81~~79~~
351 Not Permitted to Start ..... 81~~79~~
352 Sanctions ..... 82~~79~~

F. Protests and Appeals ..... 86~~82~~
361 Protests ..... 86~~82~~
362 Right of Appeal ..... 87~~84~~

G. Popular Cross-Country Competitions ..... 88~~85~~
380 Definition of Popular Cross-Country Competitions ..... 88~~85~~
381 Entries and Competitors ..... 88~~85~~
382 Information ..... 90~~86~~
384 The Course ..... 91~~87~~
385 Control ..... 93~~89~~
386 Medical and Safety ..... 93~~89~~
387 Sanctions, protests and appeals ..... 94~~90~~
388 Cold Weather Precautions ..... 94~~90~~
389 Cancellation Procedure ..... 95~~91~~
390 International Ski Competition Rules ..... 95~~92~~

H. Roller Ski Competitions ..... 96~~93~~
396 Roller Ski Competitions ..... 96~~93~~

1st Section

200 Joint Regulations for all Competitions

200.1 All events in the FIS Calendar must be held under the applicable FIS Rules[1].

200.2 Organisation and Conduct

Rules and instructions for the organisation and conduct of the various competitions are to be found in their respective rules.

200.3 Participation

Competitions listed in the FIS Calendar are only open to all properly licensed competitors entered by their National Ski Associations in accordance with current quotas.

200.4 Special Regulations

The FIS Council can authorise a National Ski Association to adopt rules and regulations to organise national or international competitions with different grounds for qualification but only provided that they do not go beyond the limits laid down in the present rules.

200.5 Control

All competitions listed in the FIS Calendar must be supervised by a Technical Delegate of the FIS.

200.6 Every legal sanction imposed and published in respect of competitors, official or trainer will be recognised by the FIS and the National Ski Associations respectively.

201 Classification and Types of Competitions

201.1 Competitions with Special Rules and/or Limited Participation

National Ski Associations affiliated with the FIS – or clubs belonging to these National Ski Associations with the approval of their association – may invite neighbouring National Ski Associations or their clubs to their own competitions. But these competitions must not be promulgated or announced as international competitions, and the limitation must be made clear in the announcement.

201.1.1 Competitions with special rules and/or limited participation or including non-members may be held under special competition rules as approved by the FIS Council. Any such rules must be published in the announcement.

201.2 Competitions with Non-Members of the FIS

The FIS Council can authorise one of its member National Ski Associations to invite a non-member organisation (military etc.) to competitions, or accept invitations from such an organisation.

201.3 Classification of Competitions

201.3.1 Olympic Winter Games, Paralympic Winter Games, FIS World Ski Championships and FIS World Junior Ski Championships

201.3.2 FIS World Cups

201.3.3 FIS Continental Cups

201.3.4 International FIS Competitions (FIS Races)

201.3.5 Competitions with Special Participation and/or Qualifications

201.3.6 Competitions with Non-Members of the FIS

201.4 FIS Disciplines

A discipline is a branch of a sport and may comprise one or several events. For example Cross-Country Skiing is a FIS Discipline, whereas the Cross-Country Sprint is an Event.

201.4.1 Recognition of Disciplines in the International Ski Federation

New disciplines, comprising one or several events, widely practised in at least twenty-five countries and on three continents may be included as part of the programme of the International Ski Federation.

201.4.2 Exclusion of Disciplines from the International Ski Federation

If a discipline is no longer practised in at least twelve National Ski Associations on at least two continents the FIS Congress may decide to exclude the discipline from the programme of the International Ski Federation.

201.5 FIS Events

An event is a competition in a sport or in one of its disciplines. It results in a ranking and gives rise to the award of medals and/or diplomas.

201.6 Types of Competitions

International competitions consist of:

201.6.1 Nordic and 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.

201.6.2 Alpine and Para Alpine Events

Downhill, Slalom, Giant Slalom, Super-G, Parallel Competitions, Combined, KO, Team Competitions

201.6.3 Freestyle Ski Events

Moguls, Dual Moguls, Aerials, Aerials Synchro, Ski Cross, Half Pipe, Slopestyle, Big Air, Street Style, Team Competitions

201.6.4 *Snowboard and Para Snowboard Events*
Slalom, Parallel Slalom, Giant Slalom, Parallel Giant Slalom, Halfpipe, Snowboard Cross, Big Air, Slopestyle, Street Style, Team Competitions, Banked slalom and Dual Banked slalom.

201.6.5 *Telemark Events*

201.6.6 *Firngleiten*

201.6.7 *Speed Skiing Events*
Speed 1 (S1), Speed 2 (S2), Speed 2 Junior (S2J)

201.6.8 *Grass Ski Events*

201.6.9 *Combined Events with other Sports*

201.6.10 *Youth, Masters, etc.*

201.7 FIS World Championship Programme

201.7.1 To be included in the programme of the FIS World Championships, events must have a recognised international standing both numerically and geographically, and have been included for at least two seasons in the World Cup before a decision about their admission can be considered.

201.7.2 Events are admitted no later than three years before specific FIS World Championships.

201.7.3 A single event cannot simultaneously give rise to both an individual and a team ranking.

201.7.4 Medals may only be awarded at the FIS World Championships and FIS Junior World Championships in all disciplines (Alpine, Nordic, Snowboard, Freestyle Ski, Grass Skiing, Roller Ski, Telemark, Speed Skiing) when there are a minimum of 8 nations participating in team competitions and 8 nations represented in an individual event.

201.7.5 The article 201.7.4 shall not be applied to the Para Snow Sports events (all levels) until the competition season 2026/2027 when specific Para numbers will be defined.

202 FIS Calendar

202.1 Candidature and Announcement

202.1.1 Each National Ski Association is entitled to present its candidature for the organising of the FIS World Ski Championships in accordance with the published "Rules for the Organisation of World Championships"

202.1.2 For all other competitions, the registrations for inclusion in the International Ski Calendar have to be made to FIS by the National Ski Association according to the Rules for the FIS Calendar Conference published by the FIS.

202.1.2.1 The applications of the National Ski Associations (NSA) are entered by using the FIS Calendar program in the member section of the FIS website www.fis-ski.com by 31st August (31st May for the Southern Hemisphere).

202.1.2.2 *Allocation of competitions*

Allocation of the competitions to the National Ski Associations is made through the electronic communication process between FIS and the National Ski Associations. In the case of FIS World Cup competitions, the calendars are subject to the approval of the Council, on proposal of the respective Technical Committee.

202.1.2.3 *Homologations*

Competitions that appear in the FIS Calendar may only take place on competition courses or jumping hills homologated by the FIS.
The homologation certificate number must be indicated when applying for the inclusion of the competition in the FIS Calendar. In a number of Snowboard, Freestyle Ski, Freeski events the course or facility is built up for each competition that therefore do not have a permanent homologation. The course or facility approval process is therefore defined in the respective rules

202.1.2.4 *Publication of the FIS Calendar*

The FIS calendar is published by FIS on the FIS website www.fis-ski.com. It will be updated to reflect cancellations, postponements and other changes continuously by FIS.

202.1.2.5 *Postponements*

In case of the postponement of a competition listed in the FIS Calendar, the FIS has to be informed immediately and a new invitation must be sent to the National Ski Associations, otherwise the competition cannot be considered for FIS Points.

202.1.2.6 *Calendar Fees*

In addition to the annual subscription, a calendar fee is set by the FIS Congress and is due for each year and for each event listed in the FIS Calendar. For additional events, a 50% surcharge will be made in addition to the regular calendar fee for applications submitted 30 days before the date of the competition. The calendar fee for a competition that has to be rescheduled remains the responsibility for payment in full of the original organising National Ski Association.

At the beginning of the season, each NSA will receive an invoice for 70 % of its total invoice from the previous season. This amount will be debited from its FIS account. At the end of the season each NSA will receive a detailed invoice for all registered competitions during the season. The balance will be subsequently be debited or credited to the NSA account at FIS.

202.1.3 *Appointment of Race Organiser*

In the event that the National Ski Association appoints a race organiser, such as an affiliated ski club, it shall do so using the form “Registration Form National Ski Association and Organiser” or by means of a similar written agreement. An application by a National Ski Association for inclusion of an

event on the International Ski Calendar shall mean that the necessary agreement to organise the event has been established.

202.2 Organisation of Races in other Countries

Competitions which are organised by other National Ski Associations may only be included in the FIS Calendar when the National Ski Association of the country concerned where the competitions will be organised gives its approval.

203 Licence to participate in FIS Races (FIS Licence)

A licence to participate in FIS races is issued by a National Ski Association to competitors who fulfil the criteria for participation through registering the competitor with FIS in the respective discipline(s).

203.1 The FIS licence year begins on July 1st and finishes on June 30th of the following year.

203.2 To be eligible for participation in FIS events, competitors must have a licence issued by their National Ski Association. Such a licence shall be valid in the Northern and Southern hemispheres for the licence year only. The validity of a licence can be limited to participation in one specific country or in one or more specific events.

203.2.1 The National Ski Association must guarantee that all competitors registered with a FIS License to participate in FIS races accept the Rules of the International Ski Federation, in particular the provision which foresees the exclusive competence of the Court of Arbitration for Sport as the court of appeal in doping cases.

203.3 A National Ski Association may only issue a FIS licence to participate in FIS races when the competitors have proven their nationality and therefore eligibility by submitting a copy of their passport and signed the Athletes Declaration in the form approved by the FIS Council and returned it to their National Ski Association. All forms from under-age applicants must be counter signed by their legal guardians. Both the copy of the passport and signed Athletes Declaration must be made available to FIS on request.

203.4 During the FIS licence year, competitors may only participate in International FIS competitions with a FIS licence to participate in FIS races issued by one National Ski Association.

203.5 Application for a change of FIS Licence Registration

All applications to change licence registration from one member National Ski Association to another are subject to consideration by the FIS Council at its Meetings in the spring (applications may only be submitted by 1st May each year). In principle an application to change licence registration will not be granted unless the competitors demonstrate their personal association with the new nation.

Prior to submitting an application to change licence registration competitors must possess the citizenship and passport of the country for which they wish to compete. In addition, competitors must have had their principal legal and effective place of residence in the new country for a minimum of two (2) years immediately prior to the date of the request to change registration to

the new country/National Ski Association. An exception to the two year residency rule may be waived if the competitor was born in the territory of the new country, or whose mother or father is a national of the new country. Applications will not be accepted if a parent has obtained a passport for the new country, but is not resident, and/or there is no family ancestry.
Furthermore competitors are required to submit a detailed explanation with the application about their personal circumstances and the reason for requesting a change of licence registration. A change of nation can only be made once and after confirmation by the FIS Council. A change back or a second change is not allowed.

203.5.1 If competitors have already participated in FIS calendar events for a National Ski Association, they must have the written agreement to be released from the former National Ski Association in addition to the citizenship, passport and residency requirements in art. 203.5 before the new National Ski Association may submit a request to FIS for a change of registration.
If such a written agreement is not given, the competitor may not participate in any FIS calendar events for a period of twelve months from the end of the last season in which they competed for their present National Ski Association, nor may they be issued with a licence to participate in FIS races by the new National Ski Association.
These rules are also valid when a competitor has more than one nationality and would like to change National Ski Association licence registration.

203.5.2 The FIS Council reserves the right in its absolute discretion, to grant or to decline to grant, a change of licence notwithstanding the fulfilment of the aforementioned conditions where it deems it is contrary to the spirit of the rule and in the best interests of the International Ski Federation to do so (e.g. to decline to grant a change of licence if a member National Ski Association tries to “import” a competitor).

203.5.3 In the event that a competitor does not fulfil all the criteria required to apply for a change of National Ski Association licence registration, the onus shall be on the competitor to demonstrate in writing to the satisfaction of the FIS Council that exceptional circumstances exist and it is in the best interests of the International Ski Federation to grant the change.

203.5.4 Competitors will retain their FIS Points if they change their National Ski Association under the condition that the former National Ski Association granted the release of the competitor.

203.5.5 In the event that any of the documents for an application to change licence registration submitted by the National Ski Association (letter of release from the former National Ski Association, passport, residency papers) are found to be false, the FIS Council will sanction the competitor and the new National Ski Association.

204 Qualification of Competitors

204.1 A National Ski Association shall not support or recognise within its structure, nor shall it issue a licence to participate in FIS or national races to competitors who:

204.1.1 have conducted themselves in an improper or unsportsmanlike manner or have not respected the FIS medical code or anti-doping rules,

204.1.2 accept or have accepted, directly or indirectly, any money-payments for the participation at competitions,

204.1.3 accept or have accepted a prize of a higher value than fixed by article 219,

204.1.4 permit or have permitted their names, titles or individual pictures to be used for advertising, except when the National Ski Association concerned, or its pool for this purpose, is party to the contract for sponsorship, equipment or advertisements.

204.1.5 knowingly compete or have competed against any skier not eligible according to the FIS Rules, except if:

204.1.5.1 the competition is approved by the FIS Council, is directly controlled by the FIS or by a National Ski Association, and the competition is announced "open",

204.1.6 have not signed the Athletes Declaration,

204.1.7 are under suspension.

204.2 With the issuance of a licence to participate in FIS competitions and entry the National Ski Association confirms, that valid and sufficient accident insurance for training and competition is in place for the competitors and assumes full responsibility.

205 Competitors Obligations and Rights

Competitors whatever their age, gender, race, religion or belief, sexual orientation, ability or disability have the right to participate in snow sports in a secure environment and protected from abuse.
FIS encourages all member nations to develop policies to safeguard and promote the welfare of children and young persons.

205.1 The competitors are obliged to make themselves familiar with the appropriate FIS Rules and must comply with the additional instructions of the Jury. Competitors must also follow the FIS rules regulations.

205.2 Competitors are not permitted to use doping. (see FIS Anti-Doping Rules and Procedural Guidelines).

205.3 As stated in the Athletes Declaration, competitors have the right to inform the Jury of safety concerns they may have regarding the training and competition courses. More details are given in the corresponding discipline rules.

205.4 Competitors who do not attend the prize-giving ceremonies without excuse lose their claim to any prize including prize money.
In exceptional circumstances, competitors may be represented by another member of their team, but this person has no right to take their place on the podium.

205.5 Competitors must behave in a correct and sportsmanlike manner towards members of the Organising Committee, volunteers, officials and the public.

205.6 Support for the Competitors

205.6.1 Competitors is registered with FIS by their National Ski Association to participate in FIS races may accept:

205.6.2 full compensation for travel cost to training and competition,

205.6.3 full reimbursement for accommodation during training and competitions,

205.6.4 pocket money,

205.6.5 compensation for loss of income according to decisions of their National Ski Association,

205.6.6 social security including insurance for training and competition,

205.6.7 scholarships.

205.7 A National Ski Association may reserve funds to secure their competitors' education and future career after retiring from active competitive skiing.
The competitors have no claim to these funds which shall be dispensed only according to the judgement of their National Ski Association.

205.8 Gambling on Competitions

Competitors, trainers, team officials and technical officials are prohibited from betting on the outcome of competitions in which they are involved.
Reference is made to the FIS Rules on the Prevention of the Manipulation of Competitions:
https://www.fis-ski.com/en/inside-fis/document-library/general-regulations

206 Advertising and Sponsorship

In the context of this rule advertising is considered as the presentation, of signage or other visibility at the venue informing the public of the name of a product or service to achieve awareness of a company or an organisation and its brand name, activities, products or service. On the other hand Sponsorship provides a company with the opportunity to have a direct association with the competition or series of events.

206.1 Olympic Winter Games, Paralympic Winter Games and FIS World Championships

All Advertising and Sponsorship rights to the Olympic Winter Games, Paralympic Winter Games and FIS World Championships belong to the IOC, IPC and to the FIS respectively and are subject to separate contractual arrangements.

206.2 FIS Events

For all FIS Events the FIS Advertising Rules define the advertising opportunities in the competition area and are subject to the approval of the FIS Council. For the FIS World Cup Events the FIS Advertising Rules form an integral part of the FIS Organisers Agreement with the National Ski Associations and Organisers.

206.3 Member National Ski Associations

Each FIS affiliated National Ski Association that organises events in its country which are included in the FIS calendars, has the authority as the owner of the event advertising rights to enter into contracts for their sale. In the case of FIS World Cup competitions these rights shall be defined in the Organiser Agreement upon approval of the FIS Council and considering the National Ski Associations responsibilities. In cases where a National Ski Association organises events outside its own country these FIS Advertising rules also apply.

206.4 Title and Presenting Sponsorship Rights

In the case of FIS series approved by the FIS Council, FIS markets the rights of the title/presenting sponsor (alternative naming possible) package. For the FIS World Cup series these are marketed to appropriate sponsors that promote the image and values of the discipline concerned. The revenue generated from the sale of the title/presenting sponsor rights is invested by FIS to provide a professional organisation.

In cases where a National Ski Association organises events outside its own country these FIS Advertising rules also apply.

206.5 Use of Markings and supports

All Advertising and commercial markings and supports used shall comply with the technical specifications set forth in the applicable FIS Advertising Rules.

206.6 Advertising Packages

Location, number, size and form of the advertising are specified in the FIS Advertising Rules for each discipline. Detailed information including graphical illustrations is laid out in the discipline-specific Marketing Guides which are published on the FIS Website. The Marketing Guides are reviewed and updated as necessary by the Committee for Advertising Matters and approved by the FIS Council prior to their publication.

206.7 Sponsorships by commercial betting companies

206.7.1 FIS will not allocate Title / Presenting Sponsor rights to commercial betting companies

206.7.2 Sponsorships of events by commercial betting companies is permitted subject to 206.7.4 below.

206.7.3 Advertising of betting companies is allowed on bibs after approval by FIS; valid for 3 years. 206.7.4 Approval by FIS will be given under the

condition that the betting company/ies actively work/s against sport competition manipulation.

206.8 *A National Ski Association or its pool may enter into contracts with a commercial firm or organisation for financial sponsorship and or the supply of goods or equipment if the specific company or organisation is acknowledged as an Official Supplier or Sponsor by the National Ski Association. Advertising using photographs, likeness or names of FIS competitors with any sportsman not eligible according to either the FIS eligibility rules or the eligibility rules of the IOC and IPC, is forbidden.*

Advertising with or on competitors with tobacco or alcohol products or drugs (narcotics) is forbidden.

206.9 All compensation under such contracts must be made to the National Ski Association or its ski pool which shall receive the compensation subject to the regulations of each National Ski Association. Competitors may not directly receive any part of such compensation except as stated in art. 205.6. The FIS may at any time call for a copy of the contract.

206.10 Equipment goods supplied to and used by the national team must, with reference to markings and trademarks, conform with the specifications stated in art. 207.

207 Competition Equipment and Commercial Markings

207.1 Competition Equipment at FIS Events

Only the competition equipment, according to the FIS rules on advertising, provided by the National Ski Association, complete with the commercial markings approved by the National Ski Association, may be worn in FIS World Cup and FIS World Ski Championships competitions. Obscene names and/or symbols on clothing and equipment are forbidden.

207.1.1 At FIS World Ski Championships, FIS World Cup and all events on the FIS Calendar, a competitor is not allowed to take equipment (skis,/board, poles, ski boots, helmet, glasses) to the official ceremonies involving anthems and/or flag raising. Holding/carrying equipment on the victory podium after conclusion of the whole ceremony (handing over trophies and medals, national anthems) for press photos, pictures, etc. is however permitted.

207.1.2 *Winners presentation / Equipment on the podium*

At FIS World Ski Championships and all events of the FIS Calendar, a competitor is allowed to take the following equipment on the podium:

- Skis / Snowboards
- Footwear: The athletes may wear their boots on their feet, but are not allowed to wear them anywhere else (such as around their neck). Other shoes cannot be taken on the podium during presentation except if they are worn on the feet.
- Poles: not on/around skis, normally in the other hand. Para athletes are exempt from this rule and may bring poles on/around the skis.
- Goggles: either worn or around the neck
- Helmet: if worn only on the head and not on another piece of equipment, e.g. skis or poles

- Ski straps: maximum of two with name of the producer of skis; eventually one can be used for a wax company
- Nordic Combined and Cross-Country Ski Poles Clips. A clip can be used to hold the two poles together. The clip can be the width of the two poles, though not wider than 4 cm. The length (height) can be 10 cm. The long side of the clip is to be parallel to the poles. The commercial marking of the pole manufacturer can cover the entire surface of the clip.
- All other accessories are prohibited: waist bags with belt, phones on neck-bands, bottles, rucksack/backpack, etc.

207.1.3 An unofficial presentation (flower ceremony) of the winner, and the winners ceremony immediately after the event in the event area with the national anthem even before the protest time has expired, is allowed at the organiser's own risk. Visible wearing of the starting bibs is mandatory.

207.1.4 Visible wearing of the starting bib of the event or other outerwear of the NSA is mandatory in the restricted corridor (including the leader board and TV interview locations).

207.2 Commercial Markings

Specifications about the size, the form and the number of commercial markings on equipment and clothing as well as the by-laws for commercial markings and for advertising are to be reviewed by the Committee for Advertising Matters and approved by the FIS Council each spring for the following competition season and published by the FIS.

207.2.1 The rules governing commercial markings and advertising on equipment and clothing as well as the relevant by-laws published in the Specifications for Competition Equipment/Commercial Markings must be followed.

207.2.2 Any competitor who breaches the advertising rules is subject to sanction, as provided for in art. 223.1.1. An offence for which a sanction may apply and a penalty be imposed is defined as conduct that is in violation or non – observance of competition rules.

207.2.3 If a National Ski Association fails to enforce these rules with on their own competitor(s) or for any reason prefers to refer the case to the FIS, the FIS may take immediate steps to suspend a competitor's licence. The competitors concerned and/or their National Ski Association have the right to make an appeal before a final decision is taken.

207.2.4 If an advertiser uses the name, title or individual picture of competitors in connection with any advertisement, recommendation or sale of goods without the approval or knowledge of the competitor, the competitor may give a "power of attorney" to their National Ski Association or to the FIS to enable them, if necessary, to take legal action against the company in question. If the competitor concerned fails to do so, the FIS shall judge the situation as if the competitor had given permission to the company.

207.2.5 The FIS Council shall be informed of infractions or breaches of these rules that have taken place with regard to the qualification of competitors, sponsorship and advertising and support for the competitors, and shall review what measures to take to deal with cases.

208 Exploitation of Electronic Media Rights

208.1 General Principles

208.1.1 *Olympic Winter Games, Paralympic Winter Games and FIS World Championships*

All Media rights to the Olympic Winter Games, Paralympic Winter Games and FIS World Championships belong to the IOC, IPC and to the FIS respectively, and are subject to separate contractual arrangements.

208.1.2 *Rights owned by the member National Ski Associations*

Each FIS affiliated National Ski Association that organises events in its country which are included in the annual FIS calendars, has the authority as the owner of the electronic media rights to enter into contracts for the sale of the electronic media rights on those events. In cases where a National Ski Association organises events outside its own country, these rules also apply, subject to bilateral agreement with the National Ski Association of the country where the event takes place.

208.1.3 *Promotion*

Contracts shall be prepared in consultation with the FIS with the intention of giving the widest promotion and exposure to the sports of skiing and snowboarding and considering the best interests of the National Ski Associations.

208.1.4 *Access to events*

For all competitions, admission of personnel and their equipment to the media areas will be limited to those having the necessary accreditation and access passes. Priority access will be given to rights holders and the system of accreditation and access control must avoid possible abuse by non-rights holders.

208.1.5 *Control by the FIS Council*

The FIS Council exercises control over the adherence to the principles of this Rule by National Ski Associations and all organisers. Should a contract or individual clauses thereof, create a major conflict of interest for the FIS, a member National Ski Association or its organiser, then this will be evaluated by the FIS Council. Full information will be provided so that the appropriate solution can be found.

208.2 Definitions

In the context of this rule the following definitions will apply:

“Electronic Media Rights” means the rights for Television, Radio, Internet and Mobile devices.

“Television rights” means the distribution of television images, both analogue and digital, comprising video and sound, by means of terrestrial transmitters, satellite, cable, fibre or wire for public and private viewing on television screens. Pay-per-view, subscription, interactive TV, video on demand services, IPTV or similar technologies, are also included in this definition.

"Radio rights" means the distribution and reception of radio programmes, both analogue and digital, over the air, by wire or via cable to devices, both fixed and portable.

"Internet" means access to images and sound through interconnected computer networks.

"Mobile and portable devices" means the provision of images and sound through a telephone operator and receivable on mobile telephone or other non fixed devices, such as Personal Digital Assistants.

208.3 Television

208.3.1 *Standard of production and promotion of competitions*

In the agreements concerning production with a TV organisation or agency acting as host broadcaster, the quality of TV transmissions for ski and snowboard events published in the FIS Calendar – especially for FIS World Cup competitions – must be considered. Of particular importance, while taking into consideration applicable national laws and rules affecting broadcasting, are:

a) Top quality and optimal production of a TV signal (for live or deferred transmission depending on the event) in which sport is the centrepiece;

b) Adequate consideration and appearance of venue advertising and event sponsors;

c) A standard of production in conformity with the FIS TV Production Guidelines and appropriate to current market conditions for the discipline and to the level of the FIS competition series. This means live coverage of the entire event including the winner presentation for live transmission (unless circumstances determine that a live production is not provided). This coverage shall be produced in a neutral way, shall not concentrate on any athlete or nation and shall show all competitors

d) The live international signal of the host broadcaster must include appropriate graphics in English, particularly the official FIS logo, timing and data information and results, and international sound.

e) Where it is appropriate to the individual TV market, there should be live TV transmission in the country where the event takes place and in other countries with a high interest.

208.3.2 *Production and Technical costs*

Except when otherwise agreed between the National Ski Association and the agency/company managing the rights, the cost of producing the television signal for the exploitation of the different rights will be borne by the broadcaster having acquired the rights in the country where the competition takes place or a production company mandated to produce the signal by the company owning the rights. In certain cases, the organiser or the National Ski Association may assume these costs.

For each of the different rights granted under this rule the technical expenses that are to be paid for by those organisations that have acquired the rights and which are seeking to access the television signal (original picture and sound without commentary), have to be agreed between the producing company or

the agency/company managing the rights, as applicable. This also applies to any other production costs that may be requested.

208.3.3 *Short extracts*

Short extracts granting news access for non-rights holders are to be provided to television companies according to the following rules. It is noted that in a number of countries national legislation governs the showing of short extracts in news programmes.

These extracts may only be used in regularly scheduled news programmes and cannot be kept for archive purposes

a) In those countries where legislation exists regarding news access to sporting events then this legislation will always hold precedence for reporting on FIS events.

b) In those countries where no legislation exists regarding news access by competing networks and provided that agreements between the company managing the rights and the primary rights holder take precedence then short extracts of a maximum of 90 seconds news access will be granted to competing networks by the agency/company managing the rights for transmission four hours after the rights holding network has shown the competition. The use of this material will cease 48 hours after the end of the competition. If the rights holding network delays its transmissions by more than 72 hours from the end of the competition, then competing networks can show extracts of a maximum of 45 seconds commencing 48 hours after and ending 72 hours after the event itself. Any request to exploit short extracts shall be addressed to the agency/company managing the rights which shall grant to the broadcasters access to the short extracts subject to agreement regarding the technical costs incurred to receive the material.

c) In those countries where no transmission rights have been purchased by a television company, all television organisations will be able to transmit short extracts of 45 seconds as soon as the material is available, subject to agreement with the agency/company managing the rights regarding the technical costs to be incurred to receive the material. Permission for the use of this material will expire after 48 hours.

d) Short extracts will be produced by the host broadcaster or the agency/ company managing the rights and distributed by that agency/company, taking into consideration 208.3.2 above.

208.4 Radio

The promotion of FIS events through radio programmes will be encouraged by making available accreditation to the principle radio station(s) in each interested country. Access to the venue will be granted solely to those radio organisations that have obtained the necessary contractual authorisation from the rights holder, and will be only for the production of radio (audio) programmes. If accepted by national practice and the authorisation is granted, these programmes can also be distributed on the internet site of the radio station.

208.5 Internet

Unless the contract for the sale of the Electronic Media Rights on FIS events states otherwise, each television rights holder that also acquires the internet

rights, will ensure that video streams from its website other than short extracts are geoblocked against access from outside its own territory. Regularly scheduled news bulletins containing material of FIS events may be streamed on the rights holding broadcaster's website, provided no changes are made to the bulletin as transmitted in the original programme. Video and audio material produced in public areas where accreditation, tickets or other permissions are not required to gain access must not contain race footage. It is recognised that new technology provides members of the public with the possibility to produce unauthorised video recordings that may be posted on websites. Appropriate information advising that the unauthorised production and use of video material is prohibited and that legal proceedings could be taken, will be shown at all entrances and printed on entrance tickets.
All National Ski Associations and the rights holders/agencies will give permission for short extracts to be placed on the FIS website for non-commercial use subject to the following conditions:

a) When short extracts have not been acquired for Internet distribution the maximum duration of the news material from FIS competitions will be 30 seconds per discipline/per session and will be accessible on the FIS website until 48 hours after the end of the competition. The financial conditions relating to the provision of this material will be agreed between the FIS and the rights owner.

b) The material will be provided by the rights owner or host broadcaster as soon as possible, but at the latest six hours after the end of the competition.

208.6 Mobile and portable devices

In the cases where the rights for distribution by mobile and portable devices have been awarded, the rights purchaser/operator will be free to produce from the television signal the content it considers best meets the needs of its customers. Any live streaming of television programmes on a national basis using these devices shall not be altered from that available through other distribution channels.

In countries where no mobile distribution rights have been sold, short extracts or clips of a maximum duration of 20 seconds will be offered to operators when the material has been produced and for a period of 48 hours on the condition that the operators pay all related technical costs to the agency/company managing the rights.

208.7 Future developments

The principles contained in this Rule 208 shall be the basis for the exploitation of Electronic Media Rights to FIS events in the future. The FIS Council, on the recommendation of the National Ski Associations, the relevant commissions and experts, will establish the conditions considered appropriate to each new development.

209 Film Rights

All agreements regarding film productions of FIS competitions will be between the film producer and the National Ski Association or the company managing the related rights. All contractual arrangements regarding the exploitation of other media rights will be respected.

210 Organisation of Competition

211 The Organisation

211.1 The Organiser

211.1.1 The Organiser of a FIS competition is the person or group of persons who make the necessary preparations and directly carry out the running of the competition in the resort.

211.1.2 If the National Ski Association itself is not the competition organiser, it may appoint an affiliated club to be the organiser.

211.1.3 The organiser must ensure that accredited persons accept the regulations regarding the competition rules and Jury decisions, and in World Cup races the organiser is obliged to obtain the signature of all persons who do not have a valid FIS season accreditation to this effect.

211.2 The Organising Committee

The Organising Committee consists of those members (physical or legal) who are delegated by the organiser and by the FIS. It carries the rights, duties and obligations of the organiser.

211.3 Organisers which hold competitions involving competitors not qualified under art. 203 - 204 have violated the International Competition Rules and measures are to be taken against them by the FIS Council.

212 Insurance

212.1 The organiser must take out liability insurance for all members of the Organising Committee. The FIS shall provide its employees and appointed officials, who are not members of the Organising Committee (e.g. equipment controller, medical supervisor, etc.), with liability insurance when they are acting on behalf of the FIS.

212.2 Before the first training day or competition, the organiser must be in possession of a binder or cover notes issued by a recognised insurance company and present it to the Technical Delegate. The Organising Committee requires liability insurance with coverage of at least CHF 1 million; whereby it is recommended that this sum is at least CHF 3 million; this sum can be increased according to decisions of the FIS Council (World Cup etc).
Additionally, the policy must explicitly include liability insurance claims by any accredited participant, including competitors, against any other participant including but not limited to officials, course workers, coaches, etc

212.3 All competitors participating in FIS events must carry accident insurance, in sufficient amounts to cover accident, transport and rescue costs including race risks, as well as an appropriate third-party liability insurance. The National Associations are responsible for adequate insurance coverage of all their competitors sent and inscribed by them.

The National Ski Association or their competitors must be able to show proof of the respective insurance coverage at any time on request of the FIS, one of its representatives or the organising committee.

212.4 All trainers and officials inscribed and sent to FIS events by a National Association must carry accident and third-party liability insurance, in sufficient amounts to cover accident, transport and rescue costs from damages caused. The National Ski Association or their trainers and officials must be able to show proof of the respective insurance coverage at any time on request of the FIS, one of its representatives or the organising committee.

213 Programme

A programme must be published by the organisers for each competition listed in the FIS Calendar which must contain the following:

213.1 name, date and place of the competitions, together with information on the competition sites and the best ways of reaching them,

213.2 technical data on the individual competitions and conditions for participation,

213.3 names of principal officials,

213.4 time and place for the first team captains' meeting and the draw,

213.5 timetable for the beginning of the official training and the start times,

213.6 location of the official notice board,

213.7 time and place for the prize-giving,

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

214 Announcements

214.1 The Organising Committee must publish an announcement for the event. It must contain the information required by art. 213.

214.2 Organisers are bound by the rules and decisions of the FIS in limiting the number of entries. A further reduction in entries is possible under art. 201.1 provided it is made clear in the announcement.

214.3 Postponements or cancellations of competitions and programme alterations must be communicated immediately by telephone or e-mail to the FIS, all invited or entered National Ski Associations and the appointed TD. Competitions moved to an earlier date must be approved by the FIS.

215 Entries

215.1 All entries must be sent so that the Organising Committee receives them before the final date of entry. The organisers must have a final and complete list not later than 24 hours before the first draw.

215.2 National Ski Associations are not permitted to enter and draw the same competitors in more than one competition on the same date.

215.3 Only National Ski Associations are entitled to make entries for international competitions. Every entry should include:

215.3.1 code number, name, first name, year of birth, National Ski Association;

215.3.2 an exact definition of the event for which the entry is made.

215.4 Entries for FIS World Championships (see Rules for the Organisation of FIS World Championships).

215.5 The entry of a competitor by the National Ski Association for a race shall constitute a contract solely between the competitor and the organiser and shall be governed by the Athletes Declaration.

216 Team Captains' Meetings

216.1 The time and location of the first team captains' meeting and of the draw must be shown in the programme. The invitations for all other meetings have to be announced to the team captains at their first meeting. Emergency meetings must be announced in good time.

216.2 Representation by a substitute from another nation during discussions at team captains' meetings is not allowed.

216.3 The team captains and trainers must be accredited by the organisers according to quota.

216.4 Team captains and trainers must obey the ICR and the decisions of the Jury and must behave in a proper and sportsmanlike manner.

217 Draw

217.1 Competitors' starting order for each event and each discipline is decided according to a specific formula by draw and/or point order.

217.2 The competitors entered by a National Ski Association will only be drawn if provided written entries have been received by the organiser before the closing date.

217.3 If competitors are not represented at the draw by a team captain or trainer, they will only be drawn if it is confirmed by telephone, or e-mail by the beginning of the meeting that the competitors who are entered will participate.

217.4 Representatives of all the nations taking part must be invited to the draw.

217.5 If a competition has to be postponed by at least one day, the draw must be done again.

218 Creation and Distribution of Digital Content

218.1 Introduction

Information and data are an essential part of understanding and presenting sport, both as a means of measuring and reporting on athletic performance and communicating and promoting sport to the public. FIS, as the international body governing the sports of Skiing and Snowboarding, and with the cooperation of its National Ski Associations, is entrusted for the development, management and accuracy of data related to their common activities.

As an important part of the promotion of Skiing and Snowboarding, FIS encourages National Ski Associations to provide their members, stakeholders and fans with data and information related to FIS activities.

All National Ski Associations are encouraged to provide general information relating to the events and competitions on the FIS calendar, for use by interested parties,

The purpose of this Rule is to define digital content and identify how it can be exploited.

218.2 Definition of Digital Content

Digital Content shall mean all information related to FIS activities, which is made available in a digital form.

Digital Content is comprised of two elements:

- basic written digital content that is freely available, in the public domain and can be used without restriction. This includes documentary archives, reports, rules, official calendars, start and results lists including names of competitors, competition and venue information, running orders, statistics, rankings and standings and information regarding weather conditions, and

- specialist digital content which includes real time information provided by the Official Data and Timing Providers, athlete biographical information and performance data, event and other related content produced by stakeholders, including content on the social media sites of athletes, sponsors and officials

Also included are all video archives for which exploitation rights are available.

Digital content includes all formats, together with any graphical, textual, video or other representations of such data, information and statistics.

218.3 Ownership of Digital Content

The ownership of digital content is determined by the relevant permissions and the contractual relationship, if any, under which such content has been produced and the conditions to be applied for its exploitation.

218.4 Use of Specialist Digital Content

The development of digital technology has made it possible for the consumer to have instant access to specialist digital content that enhances the viewing experience and interest in sport.

Access to moving pictures can stimulate interest in FIS competitions, and the inclusion of live timing and data feeds adds to the attraction of any video production. Use of the live timing and data feeds on World Cup and World Championships competitions is subject to obtaining the agreement of the owner of these feeds.

218.5 Access to Specialist Digital Content

Each party seeking to access specialist digital content must find an agreement with the owner/rights holder of the digital content and defining the terms and conditions under which this content can be used. In all cases, and particularly with regard to personal data, a strict adherence to the GDPR or other equivalent law or regulation must be enforced.

The FIS shall advise anyone seeking to use specialist digital content, the name of the owner/rights holder and provide contact numbers.

Should individual owners/rights holders of specialist digital content consider it appropriate, their content could be bundled and offered centrally to the market using the FIS as their representative.

218.6 Review

In view of constant change and development in technology this rule will be kept under constant review and when appropriate updated on a regular basis.

219 Prizes

219.1 The detailed rules concerning the awarding of prizes will be published by the FIS. Prizes shall consist of mementos, diplomas, cheques or cash. Prizes for records are forbidden. The FIS Council decides in the autumn on the minimum respectively maximum values of the prize money approximately one and a half years before the competition season. The organisers have to inform the FIS by October 15th of the amount.

219.2 If two or more competitors finish with the same time or receive the same points, they shall be given the same placing. They will be awarded the same prizes, titles or diplomas. The allocation of titles or prizes by drawing lots or by another competition is not allowed.

219.3 All prizes are to be awarded no later than the final day of a competition or event series.

220 Team Officials, Coaches, Service Personnel, Suppliers and Firms' Representatives

In principle these regulations apply to all disciplines, taking into consideration the special rules.

220.1 The Organising Committee of an event must provide the Technical Delegate with a list of persons accredited to the competition.

220.2 It is forbidden for suppliers and for persons in their service to advertise inside the restricted area or to wear clearly visible commercial markings on their clothing or equipment which do not conform with art. 207.

220.3 Team officials accredited service personnel and suppliers receive from the FIS an official FIS accreditation and must perform their specified function. The individual organisers are free to accredit additional company representatives or other important persons.

220.4 Only persons who have the official FIS accreditation or a special accreditation from the organiser for course or jumping-hill have access to the courses and jumping-hills (according to special rules of the discipline).

220.5 The Different Types of Accreditation

220.5.1 Technical Delegates, the Jury, and the persons mentioned in art. 220 with clearly visible accreditation have access to the courses and jumping-hills.

220.5.2 Servicemen attached to teams are permitted entry to start area and service area at the finish. They are not allowed entry to the courses or jumping-hills.

220.5.3 Company representatives accredited at the discretion of the organisers who do not have FIS accreditation are not permitted entry to the courses and restricted service areas.

220.6 FIS Education

FIS licensed Technical Officials must follow the education pathway outlined in the FIS Technical Official Education Guidelines and its related Discipline-specific Annex Documents agreed upon. After the fullfillment of all criteria, they receive a FIS license that needs to be actively renewed following the specific guidelines defined. In principle, this regulation applies to all disciplines, taking into consideration the special rules of the disciplines as outlined in sections 220.6.1 - 220.6.5.

220.6.1 Technical Delegate

The education pathways as well as the conditions of containing a license are outlined in the discipline-specific Annex Documents for Technical Delegates.

220.6.2 Judge

The education pathways as well as the conditions of containing a license are outlined in the discipline-specific Annex Documents for Judges.

220.6.3 Chief of Competition

The education pathways as well as the conditions of containing a license are outlined in the discipline-specific Annex Documents for Chief of Competition.

220.6.4 Homologation Inspector

The education pathways as well as the conditions of containing a license are outlined in the discipline-specific Annex Documents for Homologation Inspectors.

220.6.5 Para Classifier

The education pathways as well as the conditions of containing a license are outlined in the discipline-specific Annex Documents for Para Classifier.

220.6.6 Equipment Controller

The education pathways as well as the conditions of containing a license are outlined in the discipline-specific Annex Documents for Equipment Controller

221 Medical Services, Examinations and Doping

221.1 National Ski Associations are responsible for the fitness of their competitors to race. All competitors, male and female are required to undergo a thorough evaluation of their medical health. This evaluation is to be conducted within the competitor's own nation.

221.2 If requested by the FIS Medical Committee or its representative, competitors must undergo a medical examination before or after the competition.

221.3 Doping is forbidden. Any offence under these FIS Anti Doping Rules will be punished under the provisions of the FIS Anti-Doping Rules.

221.4 Doping controls may be carried out at any FIS competition (as well as out-of competition). Rules and procedures are published in the FIS Anti-Doping Rules and FIS Procedural Guidelines.

221.5 Gender of the Competitor

If any question or protest arises as to the gender of the competitor, FIS shall assume responsibility for taking the necessary steps to determine the gender of the competitor.

221.6 Medical Services Required from Event Organisers

The health and safety of all those involved in a FIS competition is a primary concern of all event Organisers. This includes the competitors as well as volunteers, course workers and spectators.
The specific composition of the medical support system is dependent on several variables:

- The size, level, type of the event being held (World Championships, World Cup, Continental Cup, FIS-level, etc.) together with the local medical standards of care and geographic locations and circumstances.
- The estimated number of competitors, support staff and spectators

- The scope of responsibility for the Event Medical Organisation (competitors, support staff, spectators) should also be determined.

The Organiser / The Chief of Medical and Rescue Services must confirm with the race director or technical delegate that the required rescue facilities are in place before starting the official training or competition. In the event of an incident, or issue that prevents the primary medical plan from being utilized, the back-up plan must be in place before recommencing the official training or competition.
The specific requirements concerning facilities, resources, personnel and team physicians are contained in the respective discipline rules and the FIS Medical Guide.

222 Competition Equipment

222.1 Competitors may only take part in a FIS competition with equipment which conforms to the FIS Regulations. Competitors are responsible for the equipment that they use (skis, snowboard, bindings, ski boots, suit, etc). It is their duty to check that the equipment they use conforms to the FIS specifications and general safety requirements and is in working order.

222.2 The term competition equipment encompasses all items of equipment which the competitor uses in competitions. This includes clothing as well as apparatus with technical functions. The entire competition equipment forms a functional unit.

222.3 All new developments in the field of competition equipment must be approved in principle by the FIS.
The FIS does not take any responsibility for the approval of new technical developments, which at the time of introduction may contain unknown risk to the health or cause an increase in the risk of accidents.

222.4 New developments must be submitted by May 1st, (Grass Ski August 1st) at the latest, for the following season. The first year new developments can only be approved provisionally for the following season and must be finally confirmed prior to the subsequent competition season.

222.5 The Committee for Competition Equipment publishes equipment by-laws after approval by the FIS Council (definitions or descriptions of the equipment items which are allowed).
In principle unnatural or artificial aids which modify the performance of the competitors and/or constitute a technical correction of the individual's physical predisposition to a defective performance, as well as competition equipment which impact the health of the competitors or increase the risk of accidents are to be excluded. This article does not apply to Para athletes.

222.6 Controls

Before and during the competition season or on submission of protests to the Technical Delegate at the competition concerned, various controls can be carried out by members of the Committee for Competition Equipment or official FIS Equipment Controllers. Should there be a well-founded suspicion that regulations were violated, the equipment items must be confiscated immediately by the controllers or Technical Delegates in the presence of witnesses and be forwarded sealed to the FIS, which will submit the items

to a final control by an officially recognised institution. In cases of protest against items of the competition equipment, the losing party will bear the investigation costs.
No testing of equipment or material in independent laboratories may be requested at races where a FIS Technical Expert has performed the controls, unless it can be demonstrated that the controls have not been carried out according to the rules.

222.6.1 At all FIS events where official FIS measurement experts using the official FIS measurement tools are appointed, the result of measurements carried out at the time are valid and final, irrespective of previous measurements.

222.7 Prohibited of scientific and medical Equipment at FIS Events

It is prohibited for any National Ski Association, its representative or team members to bring and/or use any of the following scientific or medical equipment ("Equipment") into/at any Event Venue during FIS World Championships, World Cups and other competitions registered in the FIS Calendar:

- Oxygen tanks, cylinders and related devices;
- Hypoxic or hyperoxic tents, chambers and related devices;
- Cryogenic chambers for whole body cryotherapy and related devices.

It is the responsibility of the National Ski Association to ensure compliance with this Article 222.7 by all its representatives or team members. Failure to respect this Article 222.7 will be subject to Penalties provided by Article 223.3. In case of recurrence, disqualification of an athlete shall be imposed irrespectively of whether the violation of this provision would result in an advantage for the Athlete(s) with regard to the end result of the competition.

In addition to the sanctions listed above, the FIS may order the immediate removal of the Equipment from the Event Venue at the costs of the responsible NSA.

222.8 Fluorinated ski wax prohibition

Use of fluorinated wax or tuning products containing fluorine is prohibited for all FIS disciplines and levels.
Fluorinated wax can be a competitive advantage and its use in competition will result in disqualification. (see competition rules and equipment specifications.)

223 Sanctions

223.1 General Conditions

223.1.1 An offence for which a sanction may apply and a penalty be imposed is defined as conduct that:

- is in violation or non-observance of competition rules, or
- constitutes non-compliance with directives of the jury or individual members of the jury in accordance with 224.2 or
- constitutes unsportsmanlike behaviour

223.1.2 The following conduct shall also be considered an offence:

- attempting to commit an offence
- causing or facilitating others to commit an offence
- counselling others to commit an offence

223.1.3 *In determining whether conduct constitutes an offence consideration should be given to:*
- whether the conduct was intentional or unintentional,
- whether the conduct arose from circumstances of an emergency

223.1.4 All FIS affiliated associations, including their members registered for accreditation, shall accept and acknowledge these rules and sanctions imposed, subject only to the right to appeal pursuant to the FIS Statutes and ICR

223.2 Applicability

223.2.1 *Persons*
These sanctions apply to:
- all persons who are registered with or accredited by the FIS or the organiser of an event published in the FIS calendar (an event) both within and without the confines of the competition area and any location connected with the competition, and
- all persons who are not accredited, within the confines of the competition area

223.3 Penalties

223.3.1 *The commission of an offence may subject a person to the following penalties:*
- Reprimand - written or verbal
- Withdrawal of accreditation
- Denial of accreditation
- Monetary fine not more than CHF 100’000.--
- A time penalty

223.3.1.1 FIS-affiliated associations are liable to the FIS for the payment of any fines and incurred administrative expenses imposed on persons whose registration or accreditation they arranged.

223.3.1.2 Persons not subject 223.3.1.1 also are liable to the FIS for fines and incurred administrative expenses. If such persons do not pay these fines, they shall be subject to a withdrawal of any permission to apply for accreditation to FIS events for a period of one year.

223.3.1.3 Payment of fines is due within 8 (eight) days following their imposition.

223.3.2 *All competing competitors may be subject to the following additional penalties:*
- Disqualification
- Impairment of their starting position
- Forfeiture of prizes and benefits in favour of the organiser
- Suspension from FIS events

223.3.3 Competitors shall only be disqualified if their mistake would result in an advantage for them with regard to the end result, unless the Rules state otherwise in an individual case.

223.4 A jury may impose the penalties provided in 223.3.1 and 223.3.2, however they may not impose a monetary fine of more than CHF 5'000.-- or suspend a competitor beyond the FIS event at which the offence occurred.

223.5 The following Penalty decisions may be given verbally:

- reprimands
- the withdrawal of accreditation for the current event from persons who had not been registered with the organiser through their National Associations
- the withdrawal of the accreditation for the current event from FIS-accredited persons
- the denial of accreditation to the current event from persons who are within the confines of the competition area or any other location connected with the competition.

223.6 The following Penalty decisions shall be in writing:

- monetary fines
- disqualification
- impaired starting position
- competition suspensions
- withdrawal of accreditation from persons who had been registered through their National Association
- withdrawal of accreditation of FIS accredited persons

223.7 Written Penalty decisions must be sent to the offender (if it is not a competitor), the offender's National Association and the Secretary General of FIS.

223.8 Any disqualification shall be recorded in the Referee's and/or the TD`s Report.

223.9 All penalties shall be recorded in the TD's Report.

224 Procedural Guidelines

224.1 Competence of Jury

The Jury at the event has the right to impose sanctions according to the above rules by majority vote. In the case of a tie, the Chair of the Jury has the deciding vote.

224.2 Within the location, especially during the training and the competition period, each voting Jury member is authorised to issue oral reprimands and withdraw the accreditation which is issued for the current event.

224.3 Collective Offences

If several persons commit the same offence at the same time and under the same circumstances, the Jury's decision as to one offender may be considered binding upon all offenders. The written decision shall include the names of all offenders concerned, and the scope of the penalty to be assessed upon each of them. The decision will be delivered to each offender.

224.4 Limitation

A person shall not be sanctioned if proceedings to invoke such sanction have not been commenced against that person within 72 hours following the offence.

224.5 Each person who is a witness to an alleged offence is required to testify at any hearing called by the Jury, and the Jury is required to consider all relevant evidence.

224.6 The Jury may confiscate objects that are suspected of being used in violation of equipment guidelines.

224.7 Prior to the imposition of a penalty (except in cases of reprimands and withdrawal of accreditation according to 223.5 and 224.2), the person accused of an offence shall be given the opportunity to present a defence at a hearing, orally or in writing.

224.8 All Jury decisions shall be recorded in writing and shall include:

224.8.1 The offence alleged to have been committed

224.8.2 The evidence of the offence

224.8.3 The rule (s) or Jury directives that have been violated

224.8.4 The penalty imposed.

224.9 The penalty shall be appropriate to the offence. The scope of any penalty imposed by the Jury must consider any mitigating and aggravating circumstances.

224.10 Remedies

224.10.1 Except as provided for in 224.11, a penalty decision of the Jury may be appealed in accordance with the provisions in the ICR.

224.10.2 If an appeal is not filed within the deadline established in the ICR, the penalty decision of the Jury becomes final.

224.11 The following decisions of the Jury are not subject to appeal:

224.11.1 Oral penalties imposed under 223.5 and 224.2

224.11.2 Monetary fines less than CHF 1'000.-- (One Thousand Swiss Francs) for single offence and a further CHF 2'500.-- for repeated offences by the same person.

224.11.3 Sanctions imposed on competitors in competition formats where 2 or more competitors simultaneously compete against one another in the field of play and where the elimination heats lead to the determination of the final results other than sanctions imposed during the final phase / rounds of the competition (e.g., Small Final, Big Final)

224.12 In all remaining cases, appeals are to be directed to the Appeals Commission, as per the ICR.

224.13 The Jury shall have the right to submit to the Appeals Commission recommendations for penalties in excess of monetary fines of CHF 5'000.- and suspensions beyond the event in which the offence occurred (223.4).

224.14 FIS Council shall have the right to submit to the Appeals Commission comments with respect to any written penalty decisions by the Jury.

224.15 Costs of Proceedings

Fees and cash expenses, including travel expenses (costs of the proceedings) are to be calculated comparable to costs paid to TD's and are to be paid by the offender. In the case of a reversal of Jury decisions, in whole or in part, the FIS covers all costs.

224.16 Enforcement of Monetary Fines

224.16.1 The FIS oversees the enforcement of monetary fines and the costs of proceedings. Enforcement costs are considered costs of the proceedings.

224.16.2 Any outstanding monetary fines imposed on an offender is considered a debt of the National Association to which the offender is a member.

224.17 Benefit Fund

All monetary fines are paid into the FIS Youth Promotion Fund.

224.18 These rules are not applicable to any violation of FIS Doping rules.

225 Appeals Commission

225.1 Appointments

225.1.1 The FIS Council shall appoint from the Discipline Sub-Committee for Rules (or Discipline Committee if there is no Rules Sub-Committee) a Chair and a Vice Chair of the Appeals Commission. The Vice Chair shall preside when the Chair is either unavailable or is disqualified for bias and prejudice.

225.1.2 The Chair shall appoint 3 members to the Appeals Commission from the Discipline Rules Sub-Committee or Discipline Committee for each case appealed or submitted to be heard, which may include the Chair, whose decisions shall be by majority vote.

225.1.3 To avoid either actual bias and prejudice or the appearance of bias and prejudice, members appointed to an Appeals Commission shall not be members of the same National Association as the offender whose case is under appeal. In addition, members appointed to an Appeals Commission must report voluntarily to the Chair any bias and prejudice they may hold for or against the offender. Persons who are biased and prejudiced shall be disqualified from serving on the Appeals Commission by the Chair or, in the event the Chair is disqualified, by the Vice Chair.

225.2 Responsibility

225.2.1 The Appeals Commission shall only hold hearings with respect to appeals by offenders or by the FIS Council from decisions of competition juries, or matters referred to it by competition juries recommending penalties in excess of those provided for in the Sanction rules.

225.3 Procedures

225.3.1 The Appeal must be decided within 72 hours of receipt of the Appeal by the Chair, unless all parties involved in the Appeal agree in writing to an extension of time for the hearing.

225.3.2 All appeals and responses must be submitted in writing, including any evidence the parties intend to offer in support of or in response to the Appeal.

225.3.3 The Appeals Commission shall decide on the location and format for the Appeal (phone conference, in person, e-mail exchanges).
The Appeals Commission members are required to respect the confidentiality of the appeal until the decision is made public and to consult only with the other members of the panel during the deliberations.
The Chair of the Appeals Commission may request additional evidence from any of the parties involved, providing this does not require disproportionate means.

225.3.4 The Appeals Commission shall allocate costs of the appeal pursuant to 224.15.

225.3.5 Decisions of the Appeals Commission may be announced orally at the conclusion of the deliberations or hearing should one take place. The decision, together with its reasoning, shall be submitted in writing to the FIS, which shall deliver them to the parties involved, their National Associations and all members of the Jury whose decision was appealed. In addition, the written decision shall be available at the FIS Office.

225.4 Further Appeals

225.4.1 Decisions of the Appeals Commission may be appealed to the Court of Arbitration CAS for Sports (CAS) in accordance with Article 16.7.6 of the Statutes.

225.4.2 Appeals to the CAS shall be in accordance with the Code of Sports-related Arbitration.

225.4.3 An Appeal to the Appeals Commission or to the CAS will not delay the implementation of any penalty decision of the Competition Jury, Appeals Commission or Council.

226 Violation of Sanctions

Where there is a violation of a sanction that has been imposed (according to ICR 223 or the FIS Anti-Doping Rules, the Council may impose such further and other sanctions that it considers appropriate.
In such cases, some or all of the following sanctions may apply:

226.1 Sanctions against individuals involved:

- a written reprimand;

and/or

- a monetary fine not to exceed the sum of CHF 100'000.--

and/or

- competition suspension at the next level of sanction - for example if a three month suspension for a doping offence was imposed, a violation of

the suspension will cause a two year suspension; if a two year suspension for a doping offence was imposed, a violation of the suspension will cause a lifetime suspension;

and/or

- withdrawal of accreditation from individuals involved.

226.2 **Sanctions against a National Ski Association:**

- withdrawal of FIS funding to the National Ski Association;

and/or

- cancellation of future FIS events in the country involved;

and/or

- withdrawal of some or all FIS membership rights, including participation in all FIS calendar competitions, voting rights at the FIS Congress, membership of FIS Committees.

2nd Section

300 Cross-Country Competitions

300.1 FIS sanctioned competitions are governed by the following FIS publications: ICR – first section (200s), second section (300s), World Cup Rules, Rules and Guidelines of the FIS Points and annual Cross-Country Guidelines approved by the FIS Cross-Country Committee.

A. Organisation

301 The Organising Committee (OC)

301.1 An OC must be appointed for an international competition. The OC consists of members appointed by the National Ski Association (NSA) and the OC. The OC administers the rights, duties and obligations of the organiser. See article 210.

302 The Competition Officials

302.1 Appointment of the Competition Officials

302.1.1 FIS appointed officials are

- At Olympic Winter Games (OWG) and World Ski Championships (WSC): the Technical Delegate (TD), Assistant TD, Jury Members, FIS Race Director (RD), FIS Race Director Assistant (RDA) and FIS Equipment Controller.
- At World Cup (WC): the TD, Assistant TD, FIS Race Director (RD), FIS Race Director Assistant and FIS Equipment Controller.
- At Junior World Ski Championships (JWSC): the TD, Assistant TD, one Jury member and FIS Equipment Controller.
- At Continental Cups (COC) and FIS competitions: the TD
- At ROL World Championships (ROL WSC) and ROL World Cup (ROLWC): the TD, Assistant TD, FIS Roller Ski Coordinator

302.1.2 NSA appointed officials are

- At JWSC, WC, COC and FIS competitions: National Assistant TD

302.1.3 Organising Committee Appointed Members

302.1.3.1 The Organiser appoints all other members. For all Olympic Winter Games (OWG, YOG) and World Ski Championships (WSC, JWSC) the following key technical officials have to be submitted to the FIS Council for approval:

- Chief of Competition
- Ass. Chief of Competition
- Competition Secretary
- Chief of Course
- Chief of Stadium
- Course Designer[2]

[2] *the name of the course designer must be submitted and approved by the R&C SC during the first meeting after the assignment of the event*

302.1.3.2 The Chair of the OC or his/her Assistant represents the OC to the public and chairs the meetings of the OC. He/she cooperates before and after the competition closely together with FIS. See art. 210.

Within the OC there must be one person appointed as the Chief of Competition who is qualified to conduct the competition and to supervise the technical aspects of the competition as well as be a member of the jury. The Competition Officials are specialists who are particularly well qualified for their assigned duties. Each official is allowed to do only one job. Officials must be easily recognized by their uniforms, armbands or badges.

302.2 Competition Officials Appointed by the Chief of Competition

302.2.1 The Competition Officials are

- Competition secretary
- Chief of course
- Chief of timekeeping and data processing
- Chief of stadium
- Chief of control and competition security

The chief of competition will appoint other officials as necessary.

302.3 The Competition Officials and their Duties

302.3.1 The chief of competition is responsible for all aspects of the competition and supervises the work of all other competition officials. They must periodically inform the jury about the preparatory work and about changes that may have to be made. They must provide course maps, course profiles, stadium plans, timetable etc. to the jury members in due time prior their arrival to the competition site.

302.3.2 The competition secretary is responsible for all secretarial work concerned with the technical aspects of the competition: entries, team captains' meeting, minutes, publication of start lists and results, protests.

302.3.3 The chief of course is responsible for the preparation (grooming, markings, and fencing) of the competition course, ski testing areas, warm-up course as well as proper setup and safe placement of any commercial marketing frames and structures.

302.3.4 The chief of timekeeping and data processing is responsible for the direction and coordination of the officials working in the timing area (starter, finish referee, finish controller, manual timers, electronic timers, intermediate timekeepers and calculations officials' work). The chief of timekeeping and data processing oversees the preparation of the Timing and Data Technical Report (TDTR) and xml file for the electronic transmittal to FIS following the competition. A copy of the report may also be printed (only if the TD has no access to their report) for review prior to the transmission of the xml file. The TDTR Software can be found on the FIS website.

302.3.5 The chief of stadium is responsible for all activities in the stadium "field of play" area. This includes the course preparation and markings in the stadium, proper setup and safe placement of any commercial marketing frames and structures in the stadium, safe and well-marked pathways for competitors to the start. The chief of stadium is responsible for ensuring sufficient

areas for athletes clothing, coaches, equipment suppliers, anti-doping officials and medical staff in the finish area as well as good cooperation with media and ceremonies in the finish area.

302.3.6 The chief of control and competition security is responsible to organizing together with the Jury the suitable placing of controllers, to collect all pertinent information and to report any incidents to the Jury as soon as possible.

Two controllers are necessary for each post. The number and placing of the controllers is determined without notifying the competitors, coaches or other officials. The controllers at each post record violations and the passing of the competitors. They may use video equipment. After the competition they must inform the chief of control and competition security of any violations to the rules and be ready to testify before the Jury.

302.3.7 The chief of media is responsible for providing optimal working conditions for media, equipment suppliers and competition officials in the media areas. This includes responsibility for the layout, setup, signage and operation of the mix zone. The mix zone includes the interview positions for host broadcaster, TV stations, radio, and journalists, as well as an area for photographers. Rooms for press conferences and related media infrastructure must be provided. They are also responsible for the flow of pertinent information to the press, radio and TV.

302.3.8 The chief of medical and rescue services is responsible for the organizing of all medical and first aid arrangements and for the quick transport of patients to the nearest appropriate medical facility.

The first aid and medical services must be fully operational during all official training times.

Details of the Medical Support Requirements are given in chapter 1 of the FIS Medical Guide containing Medical Rules and Guidelines.

303 The Jury and its Duties

303.1 Members of the Jury

303.1.1 For all Olympic Winter Games (OWG) and World Ski Championships (WSC) the following will serve in the Jury:
- The TD, who is chair of the Jury (appointed by FIS)
- The Assistant TD (appointed by FIS)
- The Chief of Competition (subject to approval by the FIS Council)
- Two other foreign members (appointed by FIS)
- The FIS Race Director or the FIS Race Director Assistant (appointed by FIS)
- The Equipment Controller (appointed by FIS – non voting Jury member)

The FIS officials mentioned above are appointed by the FIS Council on proposal by the FIS Cross-Country Committee.

303.1.2 For WC the Jury will consist of the following
- The TD, who is chair of the Jury (appointed by FIS)
- The Assistant TD (appointed by FIS)
- The FIS Race Director or the FIS Race Director Assistant (appointed by

FIS)
- The Chief of Competition
- The National TD Assistant (appointed by the host NSA in cooperation with the regional TD coordinator)
- The Equipment Controller (appointed by FIS – non voting Jury member)

303.1.3 For JWSC/U23 WSC the Jury will consist of the following

- The TD, who is chair of the Jury (appointed by FIS)
- The Assistant TD (appointed by FIS)
- The FIS Race Director or the FIS Race Director Assistant (appointed by FIS)
- One Jury member (appointed by FIS)
- The Chief of Competition
- The National TD Assistant (appointed by the host NSA in cooperation with the regional TD coordinator)

303.1.4 For University Winter Games (UWG) the jury will consist of the following:

- The TD, who is chair of the Jury (appointed by FIS)
- The Assistant TD (appointed by FIS)
- Race Director (appointed by FISU)
- The Chief of Competition
- The National TD Assistant (appointed by the host NSA in cooperation with the regional TD coordinator)

303.1.5 For EYOF, and Asian Winter Games (AWG) the jury will consist of the following:

- The TD, who is chair of the Jury (appointed by FIS)
- The Assistant TD (appointed by FIS)
- The Chief of Competition
- The National TD Assistant (appointed by the host NSA in cooperation with the regional TD coordinator)

303.1.6 For ROL WSC and ROL WC COC competitions the Jury will consist of the following:

- The TD, who is chair of the Jury (appointed by FIS)
- The Chief of Competition
- FIS Roller Ski Coordinator (appointed by FIS)
- Assistant TD (appointed by FIS in those WC ROL events where official roller ski equipment provider is used)
- The National TD Assistant (appointed by the host NSA in cooperation with the regional TD coordinator)

303.1.7 For YOG the Jury will consist of the following:

- The TD, who is chair of the Jury (appointed by FIS)
- The Assistant TD (appointed by FIS)
- The Chief of Competition

303.1. 8 For FIS Ski Classic competitions the Jury will consist of the following:
- The TD, who is chair of the Jury (appointed by FIS)
- The Ski Classic Race Director (only when SC RD has a valid FIS TD license)
- The Chief of Competition
- The National TD Assistant (appointed by the host NSA in cooperation with the regional TD coordinator)

303.1. 9~~8~~ For COC and the other FIS competitions, for Roller skiing FIS competitions the Jury will consist of the following:
- The TD, who is chair of the Jury (appointed by FIS)
- The Chief of Competition
- The National TD Assistant (appointed by the host NSA in cooperation with the regional TD coordinator)

303.2 The Role of the Technical Delegate (TD) and Assistant Technical Delegate (ATD) at WC, WSC, OWG, JWSC, COC and FIS competitions

303.2.1 Authority

The TD is the delegate of the FIS to the organizing body, and is a guarantor for the FIS that the competition is conducted in accordance with the FIS Rules. The TD must have a valid TD license and they must be able to speak and write in the English language. The TD has the responsibility to involve and utilize the FIS appointed Assistant TD and the NSA appointed Assistant TD in the preparation, the carrying out and the follow up of the competition. The TD is responsible for organizing the work of the Jury.

303.2.2 Appointment

303.2.2.1 For OWG, WSC, WC and JWSC, the TD, Assistant TD and other Jury members must possess a TD-license for Cross-Country.

303.2.2.2 For all OWG, WSC and WC competitions the TD and Assistant TD must be from another nation. For other international competitions, TDs from the same nation may be appointed. Competitions which appear regularly in the FIS Calendar shall have a foreign TD at least every four years.

303.2.2.3 For OWG, WSC, JWSC and WC competitions the TD and Assistant TD are appointed by the FIS Cross-Country Committee. For OWG, WSC and JWSC the appointments of the FIS Cross-Country Committee must be confirmed by the FIS Council. For other international competitions the TDs are appointed by the Sub-Committee for Rules and Control. For JWSC, WC, COC and FIS competitions the NSA must appoint a National Assistant TD who is supervised and instructed by the TD.

303.2.2.4 Persons holding a position of responsibility for a Nations Team are not permitted to be nominated for the position of a TD or Jury member for OWG, WSC, JWSC and WC.

303.3 Duties of the Jury

303.3.1 The Jury must ensure that the competition is organized and carried out according to the FIS Rules. The responsibilities begin when the Jury is appointed and end when protests from the final competition have been decided and the official results are published. The first Jury meeting should be held before the first official training.

303.3.2 The Jury must clarify and decide

- Whether a competition shall be delayed, postponed, interrupted, resumed, rescheduled or cancelled[3].
- 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.

303.3.3 Within the location, especially during the official training and competition times, each voting Jury member is authorized to issue verbal reprimands and withdraw the accreditation which is valid for the current event (see also 224.2).

303.4 Jury Duties before and during the Competition

303.4.1 Normally jury members should arrive at the venue early enough to have 2 full working days before first competition day.

The TD is responsible that all Jury duties are carried out and should distribute tasks among Jury members according to their abilities and experience.

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[3] **Explanatory notes :Delayed**: the competition did not start as scheduled but is expected to begin later the same day. Example: start of the competition is delayed because of a malfunctioning start gate

Postponed: the competition did not start as scheduled, and the new date and start time are currently unknown.

Example: the competition has not started yet and because of the temperature below -20°C. It will start later; the start time is not known.

Rescheduled: the new date and/or start time of the competition are known. Example: the competition has not started yet. Because of temperatures below -20°C the competition was rescheduled from one day to the other.

Interrupted: An unplanned interruption occurred after the competition began. The competition may either be canceled or resumed, and competitors are required to follow the instructions of the competition officials. Example: the race started. It got interrupted because protesters pulled a rope across the course and competitors could not pass this part safely.

Resumed: the competition continues after unplanned interruption. Competitors must follow the instructions of the competition officials. Example: after the competition has been interrupted (see above), the obstacle was removed. Competitors can continue competing.

Restarted: the competition or heat/round will be neutralized and will be started from the beginning. Explanation: we are considering allowing to restart a heat in individual sprint or final in the team sprint.

Cancelled: the competition will not take place at all and will not be rescheduled.

Jury members should be able to ski the course and make a judgment of the course preparations.

303.4.2 Jury duties before arrival to competition site are related but not limited to

- Invitation
- Competition programme
- Entries and eligibility questions
- Course and stadium plans
- Snow conditions, contingency plans (in case of bad snow conditions)
- Site visits (if decided by FIS Cross-Country Committee)

303.4.3 Jury duties on competition site before competition are related but not limited to

- Liability insurance (ICR 212.2)
- Course:
  Homologation, preparation (snow conditions, grooming, grooming equipment, forerunners, snow patrols, plans in case of extreme weather conditions, including salting plan), course marking, safety measures, coach/no coach areas, feeding stations, ski doo access paths (if applicable)
- Team area:
  Waxing facilities, test area, warm-up courses
- Stadium:
  Detailed plans, markings, fencing, general logistics, information points, loudspeakers
- Medical service
  First aid stations, rescue plans, doping control (facilities, chaperons)
- Team accommodation:
  Level, distance, pricing, meal arrangements and quality
- Race office:
  Location, organizing, equipment, opening hours, information for the teams, forms, lists (FIS Points, cup standings, written reprimand), entries (eligibility, quotas, FIS Codes, grouping – if applicable)
- Team Captains' meeting:
  Place, schedule, room equipment, refreshments, agenda, presentation, information for teams, test draw (if applicable), monitor the meeting and make decisions during the meeting if necessary
- Timing:
  Start and finish procedures, intermediate timing, photo finish, main timing, backup timing, data processing, start list content and layout, result list content and layout, XML data transmission to FIS, XML timing report data transmission to FIS
- Competition control:
  Posts, technique control, equipment, procedures, ski marking (if applicable)
- Jury:
  Working conditions, identification, communication
- Ceremonies:
  Schedule, award of prizes, protocol

- Media (if applicable):
  Press center, media information, press conferences
- Security:
  Accreditation system, identification, access points and access control
- Transportation and parking

303.4.4 Jury duties during competition are related but not limited to

- All Jury members should be present on competition site in good time (normally 2 hours before first start)
- Can competitions start as scheduled (stadium and course preparation, weather conditions, teams on site?)
- Substitutions and late entries
- Changes to warm-up and ski test procedures on course
- Decide on re-grooming, rescheduling of forerunners and use of snow patrols if necessary
- Decide on salting of the course if necessary
- Inform teams on Jury decisions
- Monitor the execution of competitions
- Decide on all reported infractions including ICR 207 and late starts (if force majeure was the reason for late start)
- Decide on valid protests
- Document Jury decisions along with used evidence to be used in case of appeal
- Check timing and results, calculate race penalty, declare official results
- Check that official results are published on FIS website
- In case of injuries during training/ competition, the TD must complete FIS Injury Reports (see also FIS Medical Guide)
- TD must prepare his/her TD report within 3 days after the competition and send it to all the Jury members.

~~304 Reimbursement of Expenses~~

~~304.1 Requirements of the Organisers~~

~~304.1.1 The competition officials have a right to reimbursement for all appointment related travel expenses (including but not limited to airfare, baggage fees, car rental or mileage, airport transfer, visa, health insurance, airport parking and highway taxes), as well as free accommodation and meals during the assignment. This rule also applies to agreed inspections as well as the trip to the competition (train, first class; for longer distances air fare, tourist class; or payment of a per kilometer fee of CHF 0.70 or equivalent). In addition a fixed daily rate of CHF 125 net is added for the travel days to and from, as well as each day of the assignment, which includes postage charges for mailing reports, etc. Double charges (e.g. travelling home on the same day as the last race) are not permitted. If overnight accommodation during the journey to and from the assignment is necessary, this must be justified and reimbursed separately.~~

~~The maximum payment for personal vehicle transportation cannot exceed the equivalent cost of an airfare in economy class.~~

~~**304.1.2** Reimbursement applies as follows:~~

~~- For OWG special regulations apply.~~
~~- At WSC for the TD, the TD Assistant and the Jury members~~
~~- At JWSC for the TD, the TD Assistant, the Jury member and the National TD Assistant~~
~~- At WC, UWG, AWG and EYOF for the TD, the foreign TD Assistant and the National TD Assistant.~~
~~- At YOG for the TD, the TD Assistant~~
~~- At other international competitions for the TD and the National TD Assistant.~~

~~304.1.3 The right of reimbursement also applies in the event of race cancellation or postponement. Daily fees apply to the actual travel and assignment days. Travel expenses including non-refundable ticket costs or ticket change fees must also be reimbursed.~~

~~304.1.4 In case of late protests (ICR 387.2) or appeals against the jury decisions (ICR 362), the TD has the right of reimbursement of one additional day.~~

~~**304.1.5** The reimbursement will be done by the organizer by bank transfer or cash (the OC has the right to choose) latest 1 week after the expenses sheet was received by the OC.~~

305 Team Captains' Meeting

305.1 Procedure

305.1.1 Before each competition a Team Captains' meeting is carried out. It should take place one day before the competition.

305.1.2 The date, time and place of the Team Captains' meeting have to be published in the competition programme (article 216). The Jury decides how many representatives per participating team and how many accredited officials are allowed to take part in the Team Captains' meeting.

305.1.3 At OWG, WSC, WC and JWSC competitions the seating arrangements of the participating teams have to be marked.

305.1.4 At OWG, WSC, WC and JWSC competitions the Team Captains' meeting is held in English and also in the original language of the organizing if necessary. Supplementary translations should be provided.

305.1.5 The Team Captains' meeting is conducted by the chief of competition.

305.1.6 At the Team Captains' meeting, a majority of the voting members is enough for a Jury recommendation. Each team has one vote.

305.1.7 When necessary, the Jury may decide to interrupt the meeting in order to make a decision on recommendations and bring this result back to the meeting (article 303.3.2).

305.2 Agenda

305.2.1 A written agenda has to be distributed for the Team Captains' meeting. It is prepared by the competition secretary in cooperation with the chief of competition and the Jury.

305.2.2 At all international competitions the agenda normally contains the following items

- Roll call
- introduction of the members of the OC
- introduction of the Jury, if necessary appointment of the Jury
- weather forecast
- checking of the entries or grouping of the competitors
- draw or start list composition
- description of the stadium (access, ski marking [if applicable], start, finish, exchange zone for relay, tents for clothes changing, exit etc.)
- description of the course (access, profile, locations for intermediate timing and feeding, security problems, course markings etc.)
- preparation of the course
- time, locations and regulations for ski testing
- times and courses for training
- general information from the TD
- general information from the FIS Race Director
- general information from the Organiser

305.2.3 Minutes which contain all topics of discussion, Jury decisions and the recommendations made must be taken at the Team Captains' meeting.

B. The Cross-Country Competitions

310 Competition Formats and Programmes

310.1 Table for Distances and Course Lengths

Competition Type	Competition Length (km)	Nominal Course Length (km)
Distance	5 to 20	2.5, 3.3, 3.75, 4.0, 5.0, 6.6, 7.5, 10.0, 15.0
	Greater than 20	5 km and greater
Individual and Team Sprint	1.0 – 1.8	0.5 to 1.8
Relay	10 and less per team member	2.5, 3.3, 3.75, 5.0, 7.5, 10.0

This table is valid for organizing multi-lap races but when choosing a short course with many laps the overall distance, start format and course width must be considered.

Individual Sprint and Team Sprint competitions can be carried out on one or more laps.

310.2 Technique Definitions

310.2.1 The jury may ban or enforce the use of specific techniques on marked sections of the course. All infractions will be reported to the jury.

310.2.2 Classical Technique

310.2.2.1 Classical technique includes the Diagonal Stride techniques, the double poling with or without diagonal kick, herringbone or half herringbone without a gliding phase and turning techniques.

310.2.2.2 Diagonal Stride technique is comprised of alternating diagonal movements of both arms and legs and includes diagonal stride and herringbone techniques without a gliding phase. In diagonal technique only one or no pole is in the ground at any time.

310.2.2.3 Turning techniques comprise of steps with the inner ski and pushes with the outer ski in order to change skiing direction. The sections of the course where turning techniques are allowed must be clearly marked.

310.2.2.4 Where there are one or more set tracks, repeatedly changing or stepping in and out of tracks is not allowed.

310.2.2.5 Single or double-skating is not allowed.

310.2.3 Free Technique

Free technique includes all Cross-Country skiing techniques.

310.3 The Programmes for OWG, WSC, JWSC, WC and FIS Competitions

310.3.1 OWG and WSC

310.3.1.1 For the OWG and the WSC competitions, the programme is:

Interval Start competitions:	Men:	10 km C/F
	Women:	10 km C/F
Mass Start competitions:	Men:	50 km C/F
	Women:	50 km C/F
Skiathlon:	Men:	10 km C – 10 km F
	Women	10 km C – 10 km F
Relay competitions:	Men:	4 x 7.5 km C/F
	Women	4 x 7.5 km C/F
Individual Sprint comp:	Men:	1.0 – 1.8 km C/F
	Women:	1.0 – 1.8 km C/F
Team Sprint competitions	Men:	1.0 – 1.8 km C/F
	Women:	1.0 – 1.8 km C/F

NOTE: Techniques (C/F) will alternate between OWG and WSC, as well as between Individual and Team Sprint competitions, and between Interval Start and Mass Start competitions.

The composition of the programme can change due to the fact that there are more competition days available during the OWG than at WSC. The TV coverage will be a major factor in these considerations.

The Relay competitions will be conducted using two legs classical first and then two free technique legs.

310.3.1.2 At WSC a qualification competition will be scheduled for the athletes who did not reach the entry requirements (check the WSC Rules).

310.3.2 World Cup

The programme for the World Cup season is determined by the FIS every year. Distances and techniques are decided annually. To be able to support development of the Cross-Country sport, test competitions can be a part of the WC programme. Long distance competitions may be included.

310.3.3 JWSC

For JWSC competitions the formats, distances and techniques will be

Format	**Distance (women and men)**
Interval Start	10 km F/C*
Mass Start	20 km C/F*
Sprint	1.0 – 1.8 km C/F*
Mixed Relay (M/W/M/W)	4 x 5 km C/F

* Interval Start and Sprint competitions will alternate techniques each year.

Sprint and Mass Start competitions will be held in the same technique.

310.3.4 U23 WSC

Format	**Distance (women and men)**
Interval Start	10 km F/C*
Mass Start	20 km C/F*
Sprint	1.0 – 1.8 km C/F*
Mixed Relay (M/W/M/W)	4 x 5 km C/F

* Interval Start, Mass Start and Sprint competitions will alternate techniques each year.

310.3.5 YOG

Format	**Distance (women and men)**
Interval Start	7.5 km C
Sprint	1.0 – 1.8 km F
Mixed Relay (W/M/W/M)	4 x 5 km C/F

310.4 In order to provide safe and fair conditions for the competition, common waxing can be organized by announcing it in advance in the competition invitation.

311 Cross-Country Competition Courses

311.1 Fundamental Characteristics

311.1.1 Cross-Country courses must be laid out so that they provide a technical, tactical and physical test of the competitors' qualifications. The degree of difficulty should be in accordance with the level of the competition. The course should be laid out as naturally as possible to avoid any monotony, with rolling undulating sections, climbs, and downhill sections.

Rhythm should not be broken by too many sharp changes in direction or steep climbs. The downhill sections must be laid out so that they create a challenge to the competitors. At the same time it should be possible to ski the course even under fast conditions.

311.1.2 In principle, the Cross-Country course should consist of

- One third uphills defined as climbs with a gradient between 9% (1:11) and 18% (1:5.5) with height differences over 10 meters plus some short climbs steeper than 18%.
- One third undulating, rolling terrain, utilizing all terrain features with short climbs and downhills (with height differences of 1-9 meters).
- One third varied downhills, demanding versatile downhill techniques.

311.1.3 A test area should be prepared and clearly marked along or near the competition course.

311.1.4 Warm up courses should be prepared as close as possible to the stadium.

311.2 The Homologation

311.2.1 All FIS Cross-Country competitions should be carried out on homologated courses. Exceptions are: popular competitions, Roller Skiing competitions, masters and children competitions, substitute courses if approved by the Jury. The homologation procedure is described in FIS Homologation procedure for cross-country skiing courses..

https://www.fis-ski.com/cross-country/documents

311.2.2 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.

311.2.3 The organiser must supply copies of the approved course maps and the homologation certificate to its TD. A graduated scale and a north direction arrow must be included.

311.2.4 Definitions

311.2.4.1 HD (height difference) is the difference in height between the lowest and highest points of a competition course.

311.2.4.2 MC (Maximum climb) is the climb with the highest partial total climb (PTC), in other terms, the biggest uphill. The uphill can be interrupted by a section of undulating terrain that does not exceed 150 m in length or a downhill that does not exceed 10 m PHD.

311.2.4.3 TC (Total climb) represents a total of all climbs on the course.

311.2.5 Norms for Cross-Country courses.

311.2.5.1 The HD, TC and MC of the homologated competition courses for OWG, WSC, U23 WSC, JWSC and WC competitions should be within the following norms:

Course length	**Minimum climb (in PHD m)*[4]**	**HD**	**MC (in PTC m)**	**TC**
Sprint F	-	max. 50 m	0 – 30 m	0 – 60 m
Sprint C	1 climb ≥ 15 m	max. 50 m	15 – 40 m	20 – 60 m
2.5 km	1 climb ≥ 25 m	max. 50 m	25 – 50 m	75 – 105 m
3.3 km	1 climb ≥ 25 m	max. 65 m	25 – 65 m	100 –140 m
3.75 km	1 climb ≥ 30 m	max. 80 m	30 – 80 m	110 – 160 m
4 km	1 climb ≥ 30 m	Max. 90 m	30 – 80 m	120 – 170 m
5 km	1 climb ≥ 30 m	max. 100 m	30 – 80 m	150 – 210 m
> 5 km	2 climbs ≥ 30 m	< 12 m/km	≥ 30 m	Average 25 – 42 m/km

311.2.5.2 The HD, TC and MC of the homologated competition courses for other levels of FIS competitions should be within the following norms:

Course length	**Minimum climb (in PHD m)*[2]**	**HD**	**MC (in PTC m)**	**TC**
Sprint F	-	max. 50 m	0 – 30 m	0 – 60 m
Sprint C	1 climb ≥15 m	max. 50 m	15 – 40 m	20 – 60 m
2.5 km	1 climb ≥ 25 m	max. 50 m	25 – 50 m	68 – 105 m
3.3 km	1 climb ≥ 25 m	max. 65 m	25 – 65 m	90 –140 m
3.75 km	1 climb ≥ 25m	max. 80 m	25 – 80 m	100– 160 m
4 km	1 climb ≥ 25 m	max. 90 m	25 – 80 m	110 – 170 m
5 km	1 climb ≥ 25 m	max. 100 m	25 – 80 m	135 – 210 m
> 5 km	2 climbs ≥ 25 m	< 12 m/km	≥ 25 m	Average 25 – 42 m/km

311.2.5.3 For courses 15 km in length and less, the actual length should be not less than 5% shorter or 10% longer than the nominal course length.

311.2.6 Course width categories

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

Category	Minimum course width			Used for
	Uphills	Undulated terrain	Downhills	
A	3 m	3 m	3 m	Interval Start C
B	4 m	4 m	4 m	Interval Start F Relay C
C	6 m	6 m	6 m	Mass Start C Skiathlon C part Pursuit C Relay F Sprint C Team sprint C
D	9 m	7,5 m	6 m	Mass Start F Skiathlon F part Pursuit F Sprint F Team sprint F
E	12 m	9 m	6 m	Skiathlon (when both techniques are used on the same course)

311.2.6.1 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.

311.2.7 At OWG, WSC, JWSC and WC competitions, the highest point of a Cross-Country course should not exceed 2000 m.

311.2.8 For courses with the highest point above 1800 m elevation, the requirements for MC and TC in table 311.2.5.1 should be reduced by 20%.

311.2.9 At OWG, WSC, JWSC/U23 and WC, the minimum lap length for interval start competitions of distances 10 km or longer should be 5 km.

311.3 Preparation of the Course

311.3.1 Pre-Season Preparation

The courses must be prepared before the winter so that they can be raced even with very little snow. Rocks, stones, roots, stumps, brush and similar obstacles should be removed. Sections of the course that have drainage problems must be corrected. The summer preparations should be of a standard which allows for carrying out of competitions with approximately 30 cm of snow. Special attention must be given to downhill sections and the need for banking the curves.

311.3.2 General Preparation for the competition

311.3.2.1 The course should be completely prepared with mechanical equipment. If heavy machines are used, they should follow the original configuration of the ground as much as possible in order to preserve the undulations of the terrain.

311.3.2.2 The course must be prepared to the recommended width according to the Homologation Manual and the competition format (see ICR articles section C). The course must be prepared so that competitors can ski and pass unobstructed. On slopes where the courses traverse, they must be wide enough to allow for good preparation.

311.3.2.3 The courses and the warm up tracks must be completely prepared before the official training, correctly marked and with the kilometer signs in place.

311.3.2.4 The same conditions must be ensured for all competitors during the competition. If it is snowing or blowing hard, a sufficient number of qualified forerunners and/or especially equipped patrols must be available and utilized in order to maintain constant conditions. An action plan has to be prepared in cooperation with the Jury.

311.3.2.5 All use of artificial means in order to improve the glide on the snow are forbidden. In special cases use of chemicals to prevent a soft surface is allowed.

311.3.3 Preparation for Classical Technique

311.3.3.1 The number of tracks will be decided by the Jury according to the length, the width, the profile of the course, the competition format and number of entries (see ICR articles section C).

311.3.3.2 The tracks should be in general set along the ideal skiing line of the competition course. The track is normally set in the middle of the course except through curves.

311.3.3.3 In curves there should only be set track where the skis can glide unrestrained in the set track. Where the curves are too sharp and the speed is considered to be too high for the skier to stay in the track, the track should be removed. In curves the track is to be set close to the fence to avoid the possibility to ski between the track and the edge of the course.

311.3.3.4 To decide the proper course preparation and track setting, the best competitors and highest possible speed must be taken into consideration.

311.3.3.5 The ski tracks must be prepared so that ski control and gliding are possible without a lateral braking effect by any parts of the bindings. The two tracks should be set 17-30 cm apart, measured from the middle of each track. The depth of the track should be 2-5 cm, even in hard or frozen snow.

311.3.3.6 Where two or more tracks are used, they should be a minimum 1.20 meter apart measured from the middle of each pair of tracks.

311.3.4 Preparation for Free Technique

311.3.4.1 The course must be well-packed the entire width. The width of the course should be suitable with the competition format (see ICR articles section C).

311.3.4.2 The Jury determines where and how tracks will be set in the downhills.

311.4 Marking the Course

311.4.1 The marking of the course must be so clear that the competitor is never in doubt where the course goes. Hard material course markings and commercial markings should only be placed at the sides of the course.

311.4.2 Kilometer signs should mark the accumulated distance skied along the course.

311.4.3 Forks and intersections on the course must be clearly marked by visible signage, and fences or V-boards must be placed across unused parts of the course.

311.5 Refreshment Stations

311.5.1 The OC must at a minimum provide a refreshment station (in the finish area).

311.5.2 The Jury decides on positions or limitations on feeding stations on the competition course.

311.6 Training and Inspection of the Course

311.6.1 Competitors and team officials should be given the opportunity to train and inspect the course in competition conditions. When possible, the course should be open two days before the competition. The Jury may close the course or limit the use of the course to certain sections or hours.

312 The Cross-Country Stadium

312.1 Stadium Area

312.1.1 A Cross-Country stadium has to be prepared with a well-designed start/finish area.

312.1.2 The stadium arrangement should provide a functional entity divided and controlled as necessary by gates, fences and marked zones. It must be prepared in such a way that

- the competitors may pass through it several times,
- competitors, officials, media, service people and spectators may reach their respective areas easily,
- there is enough space to carry out all competition formats.

312.2 Start Zone

312.2.1 The first 50 m will be the start zone. This zone may be separated into corridors and classical tracks may be set. The number, width and length of corridors will be determined by the Jury according to the competition formats (see ICR articles section C) and the stadium layout.

312.2.2 The starting positions will be set according to the competition formats (see ICR articles section C).

312.3 Finish Zone

312.3.1 The last straight 50 m or more will be the Finish Zone. This zone is normally separated into corridors. They must be clearly marked and highly visible but the markings must not interfere with the skis. The corridors should be as long as possible. The number, width and length of corridors will be determined by the Jury according to the competition formats (see ICR articles section C) and the stadium layout.

312.3.2 The finish line must be clearly marked with a colored line. The width of the finish line is maximum 10 cm.

312.4 Exchange zone

312.4.1 In team events, the exchange zone should be sufficiently wide and long, clearly marked and located on flat or smoothly rising ground in the stadium.

312.4.2 The size (length and width) should be adapted to the competition formats (see also ICR articles section C) and the available space in the stadium.

312.5 Pit boxes

312.5.1 When ski exchange is allowed, the pit box area must be designed so that each competitor has a designated box marked by his/her bib number and an exit is provided that minimizes any chance for interference. A bypass corridor must be provided so that any competitors who do not enter their pit boxes will have the shortest skiing distance past this ski exchange area. The course along the access to the boxes should be minimum 4 m wide. The width of the course on the exit side of the boxes should be minimum 6 m.

312.6 Working Conditions

312.6.1 Competition officials, Jury members, Coaches, media and service people must have proper working zones within the stadium area so that they can work without disturbing the process of start and finish. The access of these persons to the stadium area must be controlled.

312.6.2 Timekeeping and calculation should be located in a building with a good view of the start and finish.

312.6.3 At OWG, WSC, JWSC, WC and COC competitions, FIS Officials and Jury members must be provided a working room with a good view of the stadium, and in the immediate vicinity of the stadium.

312.6.4 A heated room must be provided for the medical office near the stadium.

312.7 Additional Facilities

312.7.1 In the immediate vicinity of the stadium at OWG, WSC, JWSC and WC a controlled (with fences or manual control) team preparation area with wax cabins and space for wax trucks must be installed. The cabins must be heated and well ventilated using forced air exchangers. Additional rules may apply for OWG, WSC, JWSC and WC.

312.7.2 Toilets and wash rooms must be installed for competitors near the stadium. They must be easily reached from the start area.

312.8 Current Information Facilities

312.8.1 A notice board showing results, important information from the OC and the Jury should be located close to the wax cabins and the stadium.

312.8.2 Loudspeakers must be used for announcing the competition and important information.

312.8.3 In order to inform international competitors, trainers, spectators, English language must be used.

313 Official Entries for the Organiser

313.1 Procedure

313.1.1 Official entry forms must be sent by the Organiser to all relevant Nations in an electronic or paper form. An online registration process can also be provided.

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

313.1.3 For WC this entry process will be determined by the FIS Cross-Country Committee.

313.2 Receiving official entry information for a specific competition

313.2.1 Official entries and grouping information (when required) must be received and checked by the competition secretary latest two hours before the Team Captains' meeting.

313.2.2 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.

313.2.3 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.

313.3 Late Entries

313.3.1 Late entries can be admitted by the Jury before the draw.

313.3.2 Late entries are not admitted after the draw.

313.4 Substitution

313.4.1 After the draw competitors can only be substituted if they cannot start due to force majeure (injury, illness, etc.) and if the Jury permits the substitution. This has to be certified by a medical doctor and communicated to the Jury until 2 hours before the start.

313.4.2 In the event of an accident during warming up the Jury can permit a substitution up to the start of the competition if the accident is reported to and certified by the Chief of medical and rescue service of the OC.

313.4.3 If the withdrawn competitor was selected for doping control then this test must still be carried out and must also be carried out on the substitute competitor. If the withdrawn competitor produces a positive test, no substitute will be allowed.

313.4.4 The starting position of the substitute competitor will be according to ICR articles section C „competition formats “

313.4.5 Competitors, who are on the starting list and cannot take part in the competition because of illness or other reasons, must be reported by the team captain to the competition secretary at latest 30 min. before the start. If any of these competitors were selected for doping control, they must still be tested.

313.5 Grouping

313.5.1 If grouping is used to determine the starting order, the Team Captain must distribute his/her competitors evenly within the groups. This must be done latest 2 hours before the draw. If a nation enters more competitors than there are groups, the extra competitors must be distributed among the groups, one per group, at the option of the Team Captain. This rule also holds for teams with fewer competitors than groups.

Example:

Teams:		Groups:			
		I	II	III	IV
Team A	8 entries	2	2	2	2
Team B	6 entries	1	2	1	2
Team C	3 entries	1	-	1	1

313.5.2 With 20 competitors or less, use groups I and II; with 21 - 40 competitors, use groups I, II and III; with more than 40 competitors, use all four groups.

314 Starting Order

314.1 Principles

314.1.1 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.

314.2 Draw

314.2.1 Manual and computer methods are allowed for the draw.

314.2.2 The draw is carried out by using a random double selection.

314.2.3 If grouping is used, the start numbers will be drawn within each group. The normal starting order of the groups will be I, II, III and IV. The grouping of the competitors cannot be changed during the draw.

314.2.4 If a competition has to be postponed to a different date, the draw must be repeated (article 217.6).

314.2.5 It is possible to have the draw conducted before the Team Captains' Meeting under the supervision of the Jury.

314.3 Manual Draw

314.3.1 In this method, each competitor receives one number from a sequence determined by the number of competitors in their group (for instance, 23 competitors in the group, the competitor is assigned a number between 1 and 23). In the first random selection, one of the numbers 1-23, is drawn. At the same time, a start number that has been assigned to that group is drawn (for example, group II with 23 competitors will race with bibs 45-67 inclusive). This number that is drawn is the start number for the competitor whose number was drawn in the first random selection. For both random selections, balls with the appropriate numbers on them are usually drawn by hand from a closed box or container. After the two balls are drawn, the nameplates of the competitors are transferred from the board with the grouping to the board with the starting order.

314.4 Computer Draw

314.4.1 The computer draw procedures must be inspected by a member of the Jury in order to validate the process.

314.4.2 This method requires that the names and the grouping of the competitors will be entered into the computer. The programme provides at least four stages of output on the monitor.

1. The list with the registered competitors and their sequential numbers within a group appears on the monitor.
2. The computer randomly selects the name of one competitor and displays it on the monitor.
3. The computer randomly selects a start number for this competitor. The start number and the name of the competitor now appear on the monitor.
4. The monitor then shows the start list order with this competitor listed.

314.5 Using a Points System to Determine the Starting Order

314.5.1 The starting order can be made on the basis of the FIS Points; overall list, distance list or sprint list.

314.5.2 Refer to the Rules and Guidelines of the FIS Points to determine valid lists.

314.6 Seeded Group

314.6.1 The Seeded Group is an exception and is composed of the best athletes entered in a competition. The seeded group can be determined according to the FIS Points, to a current Cup Standing or a current stage event standing.

314.6.2 All competitors who are eligible to be in the Seeded Group must start the competition within the Seeded Group.

314.6.3 The starting position of the seeded Group will be determined for each different competition formats by the Jury according to the specific competition rules. As a principle, the seeded Group should start with the most advantageous position.

314.7 Bibs (Start Numbers)

314.7.1 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 Start procedures should also have numbers on both sides under the arms; this is also possible for other competitions.

314.7.2 Leg Numbers

314.7.2.1 For Mass Start, Skiathlon, Pursuit, Individual Sprint competitions it is required to affix bibs to the competitor's leg that is closest to the finish line camera.

314.7.2.2 For Team Sprint and Relay competitions it is required to affix bibs to the finishing competitor's leg that is closest to the finish line camera.

314.8 Start list

314.8.1 Start list must contain the starting order of competitors, their start numbers, years of births, respective FIS points, start time(s), the technical details of the course; length, HD, MC, TC, number of participating nations and composition of the jury.

315 Start Procedures

315.1 Types of Starts

315.1.1 For competitions on the International Ski Calendar, Interval Start, Mass Start, Pursuit Start, and Heat Start will be used.

315.2 Interval Start Procedure

315.2.1 Interval Starts will normally use half-minute intervals and fifteen seconds for sprint qualifying round. The Jury may approve shorter or longer intervals.

315.2.2 The start command consists of a countdown starting 5 seconds before the start time ("5-4-3-2-1") and start signal ("GO!"). The command can be given verbally or by audible signals.

315.2.3 The competitor must have their feet behind the start line. The poles must be placed in front of the starting line and/or starting gate.

315.2.4 The competitor may start any time between three seconds before and three seconds after the start signal. If he/she starts more than three seconds before the start signal, it is a False Start. If he/she starts more than three seconds after the start signal, it is late start and the start list time will count.

315.2.5 Competitors who start late must not interfere with the start of others.

315.2.6 With both electronic and hand-timing, the competitor's actual start time must be noted in case the Jury decides their late start was due to force majeure.

315.2.7 Example of start list for Interval Start can be found at:
http://data.fis-ski.com/pdf/2017/CC/2228/2017CC2228SL.pdf

315.3 Mass Start Procedure

315.3.1 The Jury can decide to organize a Mass Start

- using angled start lines in shape of an arrow. This means that the athlete with start number 1 has the most favorable start position followed by start number 2 etc. Each competitor should be separated by a fixed distance interval. Number one will be in the middle position; even numbers are placed on the right and odd numbers on the left side of the arrow. The numbering mark should be placed to the right or in the middle of the track.

- using an angled start line (in case of even number of starting corridors),where number one will still have the most favorable position on the left or on the right of the starting field. Even in this case each competitor should be separated by a fixed distance interval.

- using a flat line

315.3.2 The jury shall decide whether to set classical tracks in the start grid.

315.3.3 The starting procedures for a Mass Start will begin two minutes before the start signal. At this time instructions about the start will be given to all competitors assembled in their start lanes. These instructions should end with the competitors being instructed to stand at their start positions and a “one minute to start warning” is given. Next there will be the command “30 seconds to start”. When all competitors are motionless then the next sound will be the start command or signal.

315.3.4 If the start grid is set with classical tracks, then competitors must use only classical technique and are not allowed to leave their assigned tracks within their start position and end of marked corridors the first 15-50 m after the start line.

315.3.5 Example of start list for Mass Start can be found at:
http://data.fis-ski.com/pdf/2017/CC/2267/2017CC2267SL.pdf

315.4 Pursuit Start Procedure

315.4.1 The starting order and intervals are set according the results of a first competition or a stage event current overall standing. The tenths of seconds will be deleted to establish the start list.

Rank	Name	Country	Final
1	SVENSSON, Lars	SWE	25:12.9
2	ARKJANOW, Nikolai	RUS	25:14.2
3	KRECEK, Jan	CZE	25:21.7

The start list should be prepared according to the following example:

Start number	Name	Country	Start time
1	SVENSSON, Lars	SWE	0:00
2	ARKJANOW, Nikolai	RUS	0:02
3	KRECEK, Jan	CZE	0:09

315.4.2 In order to avoid overlapping or competition taking too long, the Jury may allow a Mass or Heat Start for the late starting competitors. The Jury is also allowed to reduce the number of starting competitors.

315.4.3 The Pursuit Start is carried out without an electronic start gate. A video camera should be used to record the entire start such that a review by the Jury can be done.

315.4.4 In order to guarantee an exact start, a large display board must be used for each starting lane together with bib number and starting times for respective competitors for that lane. The start must be prepared so that two or more competitors may start side by side.

315.4.5 The competitors are not allowed to change corridors within the marked corridor area after the start line.

315.4.6 Example of start list for Pursuit competition can be found at http://data.fis-ski.com/pdf/2017/CC/3033/2017CC3033SL.pdf

315.5 Heat Start procedure

315.5.1 The start area is prepared with a start line and a pre-start line that are 1 meter apart.

315.5.2 Competitors are organised on the pre-start line where instructions are given and start lanes designated. The starter will give the command “take your start positions” and the competitors advance to the start line where they must place their poles behind the start line and/or start gates. When all competitors are at the start line, the starter will give the command “Set” and all the competitors must remain motionless until the starter gives the start signal.

315.5.3 Starts that do not use gates follow the same principles and procedures as stated above.

315.5.4 Competitors must use classical technique and are not allowed to leave their assigned tracks within marked corridors the first 10-15 m after the start line.

315.5.5 Example of a start list for Heat Starts can be found at http://medias3.fis-ski.com/pdf/2017/CC/2221/2017CC2221SL.pdf

315.6 Duties of the Start Officials

315.6.1 Start officials must provide all competitors with the opportunity to start at their correct times. An assistant must be placed near the starter and is responsible for recording the details for any violations at the start.

315.7 False Start Consequences

315.7.1 For competitions using Interval Start or Pursuit Start procedures competitors who make a False Start will not be recalled to the start line. False Start infractions must be reported to the Jury.

315.7.2 For all competitions using a Mass Start or Heat Start procedures, any False Start will result in a “restart” of the competition. The starter or the start gate 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.

315.8 Marking of Skis

315.8.1 Ski marking will not be used unless requested in advance by the sanctioning body of the competition. For purposes of control, both skis are marked shortly before the start. The competitor must come to the official marking place in person and in due time wearing their starting bib.

315.9 Temperature

If the temperature is below -20° C, measured at the coldest point of the course, a competition will be postponed or cancelled by the Jury. With difficult weather conditions (e.g., strong wind, high air humidity, heavy snowfall, or high temperature) the Jury may, in consultation with the Team Captains of the participating teams and the Chief of medical and rescue service responsible for the competition, postpone or cancel the competition.

316 Timing

316.1 For all competitions listed in the FIS Calendar, electronic timing devices homologated by FIS must be used. Electronic timing will always be supplemented by hand-timing as a backup system and the results cross-checked between the two systems. Competitions using timing equipment other than those on the homologated device list might not be considered for FIS points. All technical details related to the timing equipment specification, installation, timing and procedures are described in the FIS timing booklet.

316.1.1 Level 0 requirements described in the FIS timing booklet applies to OWC, WSC, JWSC, U23 and WC. Level 1 requirements applies to all the other FIS events.

316.2 With hand timing the time will be taken when the toe of the first boot crosses the finish line. The finish controller determines the correctness of passage across the finish line.

316.2.1 In the case of competitors falling as they cross the finish line, the competitors will be assigned their finish time as per articles 316.2 316.3.5 or 316.3.6 if all the parts of their bodies are moved across the finish line without any outside assistance.

316.3 Electronic Timing

316.3.1 For all competitions two synchronised electronically isolated timing systems operating in time-of-day must be used. One system will be designated system A (main system), the other system B (back-up system) prior to the beginning of the competition.

316.3.1.1 One of the following electronic timing technologies must be used to identify the official finish times:

- Electronic timing system based on photo cells.
- Photo finish system.

316.3.2 Transponder

Transponders (active systems) can be used as a supporting system to the official timing system to determine race times and ranking sequences at intermediate timing points, pre-timing points, and finish (unofficial result). The official result must be confirmed according to ICR 316.3.1.1

316.3.3 Start Gate

The start gate must have separate electronically isolated switch contacts for triggering the start inputs of both system A & B.

316.3.4 Heat start gates

Electronic and/or mechanical heat start gates can be used if approved by the Jury. Use of start gates is mandatory at level 0 competitions.

316.3.5 Photocells

If photocells are used, two photocell systems must be installed at the finish line. One is connected to system A. The other is connected to system B. The measuring point of the light or photo barrier must be at a height of 20-30 cm above the ground surface and the time is taken when a competitor triggers the beam between the photo cells.

316.3.6 Photo Finish Camera

The photo finish time is taken when the toe of the first boot meeting the finish line. The photo finish result is to be provided at first to the Jury . Photo finish at Finish is mandatory for level 0 competition.

316.3.7 Start Clock

For competitions with interval start the use of a start clock that provides at least an acoustic countdown signal on the fixed start interval as prescribed by the Jury should be used as an aid to race management.

316.4 **Hand Timing**

Manual (hand) timing, completely separate and independent of the electronic timing, must be used for all competitions listed in the FIS Calendar. Stopwatches or hand operated battery powered timers that are installed at both the Start and the Finish and capable of expressing the time of day to at least 1/100th (0.01) precision qualify as proper hand timing devices. They must be synchronized prior to the start of the first run, with the same time-of-day as system A and system B. Printed

records, either automatic or hand-written, of recorded hand times must be immediately available at the start and at the finish.

316.5 The OC is responsible for keeping a list of the order in which the competitors cross the finish line.

316.6 An electronic timing report for every competition must be transmitted to FIS.

316.7 In any case the authority to validate the results and awarded FIS Points remains vested at the FIS Technical Delegate.

317 Results

317.1 Calculation of Results

317.1.1 For the calculation of results all start and finish time of the day will be recorded in the precision of the timer used. The calculated net time for each competitor is determined by subtracting the recorded start time of the day from the recorded finish time of the day. The final result for each competitor will be determined to 1/10th (0.1) or 1/100th (0.01) precision by truncating the calculated net time.

Examples:
38:24.381 becomes 38:24.3
2:27.576 becomes 2:27.57

317.2 Result time precision

Individual	Sprint Qualification	Sprint Heats	Mass Start	Pursuit	Team Sprint	Relay
1/10s (0.1)	1/100s (0.01)	1/100s (0.01)*	1/10s (0.1)	1/10s (0.1)	1/100s (0.01)	1/10s (0.1)

* For Level 0 result times must be available in 1/1000s (0.001) to determine lucky loser between different heats

317.1.3 The overall standing in a stage competition will be calculated by accumulating:

- the results (actual times) where tenths of seconds are truncated from each stage prior to last stage. The results of the qualification round will be used for sprint competitions.
- The result (actual times) with the tenths of seconds from the last stage.
- Bonus seconds and time penalties from each stage

317.1.3.1 Ties in overall standings
In case of a tie on the current overall standing (standings, published after each stage prior the final stage), the competitors will be ranked according to the highest number of individual wins and then the bests results (i.e. most 2nd places, most 3rd places…).

In case of a tie after the final stage (final overall ranking) the competitors will be ranked:

Stages with Pursuit start or Mass start: according to the finish arrival order of the last competition. If a tie remains, the competitors will have the same ranking on the result list.

Stages with interval start: The competitors will have the same ranking.

317.1.4 The ranking of athletes 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.

317.5 Publication of Results

317.5.1 The unofficial result list will be posted on the official notice board as soon as possible after the competition, with the time of its publication noted.

317.5.2 The official result list must contain the final order of the competitors, their FIS Codes, starting number, times, intermediate times and competition points, skiing technique, the number of competitors, names of the competitors who started but did not finish, any written sanctions to competitors, the technical details of the course; length, HD, MC, TC, the weather, temperature data, number of competitors (entered, ranked, DNS and DNF), number of participating nations and the composition of the Jury.

Examples can be found on the FIS Website Cross-Country and through the FIS Nordic Office.

317.5.3 In countries where the Latin alphabet is not used, information and results should also be given in Latin characters.

317.5.4 When the 15 minutes protest period has expired, or if all protests have been resolved, or if there are no protests or requests for additional checking, the Jury will make results official. The competition secretary and the TD sign the official result list and certify that it is correct.

317.5.5 All official results must also be electronically transmitted to FIS in XML format.

C. Competition Formats

321 Interval Start Competitions

321.1 Definition

At Interval Start competition, each competitor starts at his/her designated starting time and final result is determined by difference between finish time and start time.

321.2 Courses and stadium

321.2.1 Recommended Norms

Items	Preparation for	
	Classical technique	**Free technique**
COURSE		
Category	A	B
Classical tracks	1 or 2 tracks in ideal line	/
Distance between tracks	Minimum 1.2 m	/
START		
Organisation/preparation	1 corridor	1 corridor
Classical tracks	1	No
Length of tracks (after start line)	end of start zone	/
Distance between tracks	/	
FINISH		
Width (minimum)	4 m	9 m
Number of corridors	3-4 tracks	3 or 4 corridors (3 m each)
Distance between tracks	Minimum 1.2 m	/

321.3 Entries - Substitution

321.3.1 Substitution is possible according to ICR art. 313.4.

321.3.2 The substitute athlete's start position will be determined by the Jury.

321.4 Starting Order and Start Procedure

321.4.1 Interval Start procedure must be used (see ICR art. 315.2)

321.5 Results

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

321.6 Jury and protests

No specific rules

321.7 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.

322 Mass Start Competitions

322.1 Definition

At Mass Start competitions, all athletes start at the same time and final results are determined by finish arrival order.

322.2 Courses and stadium

322.2.1 Recommended norms

Items	Preparation for	
	Classical technique	**Free technique**
COURSE		
Category	C	D
Classical tracks	3 - 4 tracks	/
Distance between tracks	Minimum 1.2 m	/
START		
Organisation/preparation	Arrow or flat start grid	Arrow or flat start grid
Classical tracks	3 or more	(Optional) 3 or more
Length of start corridors (after start line)	30 to 50 m	15 to 30 m
Distance between tracks	Minimum 1.2 m	(Optional) Minimum 1.2 m
FINISH		
Width (minimum)	6 m	12 m
Number of corridors	Minimum 3 tracks	3-4 corridors (3 m each)
Distance between tracks	Minimum 1.2 m	/

322.2. 2 When pit boxes are organized only skis can be deposited into the assigned box.

322.3 Entries – Substitution

322.3.1 Substitution is possible according to ICR art. 313.4.

322.3.2 The substitute athlete must start in the same position as the substituted athlete if their FIS points are the same or better than those of the substituted athlete. If their FIS points are worse, they must start at the end of the field. In such case, the original start position will be left empty.

322.3.3 The athlete takes the bib of the one they are replacing.

322.4 Starting Order and Start Procedure

322.4.1 Mass Start procedure must be used (see ICR art. 315.3).

322.5 Results

322.5.1 Overlapping Rules normally apply. For skiers who are lapped refer to ICR article 343.14.

322.6 Jury and protests

No specific rules.

322.7 Competition interruption

In case of competition interruption while competitors are still competing, the competition will be valid if there are at least 6 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.

323 Skiathlon Competitions

323.1 Definition

Skiathlon is a Mass Start competition in which competitors start in classical technique in first part, followed by mandatory ski exchange in a pit box in the stadium and then second part in free technique.

323.2 Courses and stadium

323.2.1 Recommended norms

Items	Preparation for	
	Classical technique	**Free technique**
COURSE		
Category	C or E	D or E
Classical tracks	3 - 4 tracks	/
Distance between tracks	Minimum 1.2 m	/
START		
Organization/preparation	Arrow or flat start grid	/
Classical tracks	3 or more	/
Length of tracks (after start line)	50 to 100 m	/
Distance between tracks	1.2 m	/
FINISH		
Width (minimum)	/	12 m minimum
Number of corridors	/	3-4 corridors (3 m each)
Distance between tracks	/	/
PIT BOXES		
Recommended size	length 2 m – 2.5 m	width 1.2 m – 1.5 m

323.2.2 Pit Box area

323.2.2.1 Within the pit box area there is no technique control.

323.2.2.2 The free technique equipment must be deposited into the assigned box.When the control of fluorinated wax is in place the free technique skis must be deposited in the designated area before the deadline decided by the Jury. Other equipment is not allowed to be deposited in the boxes.

323.2.2.3 The exchanged equipment must be left in the box until the competitor has finished the competition.

323.2.2.4 5 minutes before the start coaches or service people have to leave the pit box area.

323.3 Entries - Substitution

323.3.1 Substitution is possible according to ICR art. 313.4

323.3.2 The substitute athlete must start in the same position as the substituted athlete if their FIS points are the same or better than those of the replaced

athlete. If their FIS points are worse, they must start at the end of the field. In such case, the original start position will be left empty.

323.3.3 The athlete takes the bib of the one they are replacing.

323.4 Starting Order and Start Procedure

323.4.1 Mass Start procedure must be used (see ICR art. 315.3).

323.5 Results

323.5.1 Overlapping Rules normally apply. For skiers who are lapped refer to ICR article 343.14.

323.6 Jury and protests

No specific rules.

323.7 Competition interruption

In case of competition interruption while competitors are still competing, the competition will be valid if there are at least 6 ranked competitors. The competitors are 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.

324 Pursuit

324.1 Definition

Pursuit competitions are carried out as combined competitions where starting times of athletes are determined by result(s) of previous competition(s) and the final result is determined by finish arrival order of the last competition.

324.2 Courses and stadium

324.2.1 Recommended norms

Items	Preparation for	
	Classical technique	**Free technique**
COURSE		
Category	C	D
Classical tracks	2 - 4 tracks	/
Distance between tracks	Minimum 1.2 m	/
START		
Organization/preparation	2 – 5 corridors	2 – 5 corridors
Classical tracks	1 per corridor	-
Length of start corridors (after start line)	End of start zone	10 m
Distance between tracks	3 m	(Optional) 3 m
FINISH		
Width (minimum)	6 m minimum	12 m minimum

Number of corridors	3-4 tracks	3-4 corridors (3m each)
Distance between tracks	Minimum 1.2 m	/

324.3 Entries – Substitution

324.3.1 Substitution according to ICR 313.4 is only possible before the first competition.

324.4 Starting Order and Start Procedure

324.4.1 Pursuit Start procedure must be used (see ICR art. 315.4).

324.5 Results

324.5.1 The calculation of the final times in a Pursuit competition will be done by combining the results (actual skiing time) in the previous race without the tenths of a second with the final results of the second race with the tenths of a second. For competitors that use the Pursuit Start method the order of finish determines the final ranking.

The result list should contain times of previous race(s) (without tenths of seconds), actual racing times of the pursuit competition (with tenths of seconds) and total time (with tenths of seconds).

EXAMPLE

Rank	Bib	FIS Code	Name	NSA	Year	Time previous races(s)	Rank prev. races	Total time	Time difference	FIS points time	Rank FIS points time	FIS points
1	99	3190353	CHAUVIN Valentin	FRA	1995	39:51	7	1:19:02,9	00,0	39:11,9	1	26.54
2	94	3190358	TIBERGHIEN Jean	FRA	1995	39:11	2	1:19:03,4	00,5	39:52,4	4	47.20
3	93	3190529	LAPALUS Hugo	FRA	1998	39:09	1	1:19:12,8	09,9	39:40,8	7	53.20

Note: Race penalty = 26,54

Fig: Example for Individual race

324.5.2 The fastest competitor of the day results must also be calculated and published as real race time on the distance of the pursuit competition only.

324.5.3 Overlapping Rules normally apply. For skiers who are lapped refer to ICR article 343.14.

324.6 Jury and protests

No specific rules.

324.7 Competition interruption

In case of competition interruption while competitors are still competing, the competition will be valid if there are at least 6 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.

325 Individual Sprint Competitions

325.1 Definition

Individual sprint competitions begin with a qualification round, organised as an Interval Start competition. After the qualification, qualified athletes compete in the sprint finals using elimination rounds (sprint heats).

325.2 Courses and stadium

325.2.1 Recommended Norms

Items	Preparation for	
	Classical technique	**Free technique**
COURSE		
Category	C	D
Classical tracks	4 tracks	/
Distance between tracks	Minimum 1.2 m	/

START		
Organisation/preparation	Extra corridor for qualification round, 6 corridors / gates for sprint heats	Extra corridor for qualification round with no track, 6 corridors / gates for sprint heats
Classical tracks	1 per corridor	Optional, 1 per corridor
Length of tracks (after start line)	End of start zone	15 m
Distance between tracks	1.8 m	1.8 m minimum 3 m per corridor when no tracks
FINISH		
Width (minimum)	6 m minimum	12 m minimum
Number of corridors	3 minimum	3-4 corridors (3 m each)
Distance between tracks	Minimum 1.2 m	/

325.2.2 The course used for the qualification round and the course used for the Finals Heats should be the same.

325.2.3 Sections of the course must be designed straight, wide and long enough to make overtaking possible.

325.2.4 During the sprint finals (from ¼ to final), no waxing of skis is allowed. For exceptions see 343.12.7.

325.3 Entries – Substitution

325.3.1 Substitution is possible before qualification according to ICR art. 313.4

325.3.2 The substitute athlete's start position will be determined by the Jury.

325.4 Starting Order and Start Procedure

325.4.1 Qualification

325.4.1.1 Interval Start procedure must be used (see ICR Art. 315.2). Start intervals can be 10, 15, 20 or 30 seconds.

325.4.1.2 If two laps are used an interval block start can be used.

325.4.2 Finals Heats (Quarterfinals, Semi-finals and Finals)

325.4.2.1 Heat Start procedure must be used (see ICR Art. 315.5)

325.4.2.2 In OWG, WSC, WC heats will include quarterfinals, semi-finals and the A-Final. In other competitions, the heats will be decided by the organizer including the addition of a B-Final.

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

- Quarterfinals: qualification times (rankings) are used
- Semi-finals: rankings from the Quarterfinals and qualification times are used
- Finals: rankings from the Semi-finals and qualification times are used.

325.4.2.4 The assignment of competitors to quarterfinal heats is determined from the finish rankings in the qualification round. Positions in subsequent heats are also assigned based on rankings or times in the previous round of heats. The table below illustrates the principle of allocating the competitors to their heats when the heats are not timed.

325.4.2.5 Table A: quarter finals with 6 competitors in 5 heats

TABLE A Quarterfinals with 6 competitors in 5 Heats, maximum 30 advance					
Assigned to heats	**Q1**	**Q2**	**Q3**	**Q4**	**Q5**
Distribution 1 – 20	1	4	5	2	3
	10	7	6	9	8
	11	14	15	12	13
	20	17	16	19	18
Distribution 21 – 25	21	24	25	22	23
Distribution 26 – 30	30	27	26	29	28

Semi Finals (12)		Finals (6 + 6)	
S1	S2	B Final	A Final
Q1 #1	Q4 #1	S1 #4	S1 #1
Q1 #2	Q4 #2	S2 #4	S2 #1
Q2 #1	Q5 #1	S1 #5	S1 #2
Q2 #2	Q5 #2	S2 #5	S2 #2
Q3 #1	Q3 #2	S1 #6	S1 #3
R3-2*	R3-1*	S2 #6	S2 #3

* In competitions when the heats are not timed, the 6th positions in the semi-final heats are assigned from the 3rd ranked competitors in all the quarter final heats. The 3rd ranked competitor with the fastest qualifying time (Q R3-1) is assigned to the second semi-final heat S2 and the 3rd ranked competitor with the second best qualifying time (Q R3-2) is assigned to semi-final heat S1.

325.4.2.6 Or using Table B: quarter Finals using 4 heats

TABLE B Quarter Finals using 4 Heats, maximum 24 advance				
Assigned to heats	**Q1**	**Q2**	**Q3**	**Q4**
Distribution 1 – 16	1	4	2	3
	8	5	7	6
	9	12	10	11
	16	13	15	14
Extended Distribution 17 – 20	17	20	18	19
Extended Distribution 21 – 24	24	21	23	22

Table B continued			
Semi Finals (8)	Finals (4 + 4)		
S1	S2	B Final	A Final
Q1 #1	Q3 #1	S1 #3	S1 #1
Q1 #2	Q3 #2	S1 #4	S1 #2
Q2 #1	Q4 #1	S2 #3	S2 #1
Q2 #2	Q4 #2	S2 #4	S2 #2

325.4.2.7 In case of lower number of qualified athletes, the following table can be used for semi-finals with no quarter finals:

Distribution 1- 12	S1	S2
	1	2
	4	3
	5	6
	7	8
	10	9
	12	11

325.4.2.8 For OWG, WSC, JWSC and WC the heats must be timed and the assignment of competitors into the semi-final heats and the A-Final is according to the following principles:

For the 6th positions in the semi-final heats the next two fastest competitors from the quarterfinal heats who are ranked 3rd or 4th will be advanced. The fastest will be assigned to S2 and the next fastest to S1. For the A-Final the 1st & 2nd ranked competitor from each Semi-final heat are assigned to the A-Final plus the next 2 fastest competitors from either Semi-final heat who are ranked 3rd or 4th will also be assigned to the A-final, all other Semi-finalists are assigned to the B-Final.
In case of equal times in the heats for positions 5 and 6 (lucky losers), their qualification times will apply. If the tie still remains current sprint FIS Points will apply; if a tie still remains, then the positions are determined by a draw.

325.4.2.9 In sprint competitions with less than 20 competitors in the Qualification Round the Jury can decide to use a reduced version of Table A or they can assign competitors directly into the Semi-finals or the A-Final.

325.4.2.10 Any competitor who causes a False Start will be sanctioned by a written reprimand. Following the first False Start in a heat, any competitor who causes a subsequent False Start in the same heat will be required to withdraw from the competition. The competitor will be ranked as the last position of the applicable final, semi-finals or quarter finals round (rank 6, 12, 30 or 4, 8, 16).

325.4.3 Heat selection can be also used

325.4.3.1 The heat selection and bib distribution will be organized in the finish area (or other selected area) and all athletes must be present. ~~Except, in case of a force majeure (certified by the Medical Responsible and rescue service of the OC).~~

325.4.3.2 The qualified athletes will be responsible for choosing their quarterfinal heat according to the following order:
- 11th to 1st position from the qualification round
- 12th to 30th position from the qualification round

325.4.3.3 If an athlete is not present at time of the heat selection and bib distribution, the athlete will lose their right to choose their quarterfinal and will receive the last available spot. If several athletes are not present at time of the bib distribution, the athletes will receive the available spots in the order of their qualification results and in the order of the quarterfinal heats (quarterfinal 1 will be completed first, the quarterfinal 2, 3, 4 and 5).

325.5 Results

325.5.1 Qualification

325.5.1.1 In case of equal qualification times, the competitors who will be advancing to the quarterfinals will be ranked according to their FIS sprint points. If a tie remains, the positions are determined by a draw. The tie in qualification results will not change maximum number of qualified competitors (30 / 24 / 16). Competitors with the same qualification time who did not advance to the quarterfinals will have the same ranking on this result list.

325.5.2 Final heats

325.5.2.1 In the quarterfinals and semi-finals, the competitors will be ranked in the following order:

- The competitors without IRM (RAL, DNF, DNS, NPS) are listed first according to their arrival order. In case of a tie (dead heat) the competitors are ranked according to their qualification times.
- Competitors with IRM (RAL, DNF, DNS or NPS) are listed according to their qualification times.

325.5.2.2 In the Final (and B-Final) the competitors will be ranked in the following order:

- The competitors without IRM (RAL, DNF, DNS, NPS) are listed first according to their arrival order. In case of a tie (dead heat) the competitors are ranked in the same place.
- Competitors with IRM (RAL, DNF, DNS or NPS) are listed according to their qualification times.

325.5.2.3 In sprint competitions with 16 competitors to the quarterfinal the result list will be made as follows:

- 17th to last rank	the results from the qualification round will be used
- 13th – 16th rank	the 4th place finisher from each heat in the quarterfinal will be assigned based on their respective ranking in the qualifying round
- 9th – 12th rank	the 3rd place finisher from each heat in the quarterfinal will be assigned based on their respective ranking in the qualifying round
- 5th – 8th rank	based on the order of finish in the B final in case of no B Final, the athletes are ranked according to their ranking in semi-final and their qualification round
- 1st – 4th rank	based on the order of finish in the A final

With a different number of competitors in the sprint finals the same principles apply.

325.5.2.4 Final result

Competitors will be ranked on the final result list in the following order:
Competitors qualified for the Final (and B-Final) are listed first according to their arrival order. In case of a tie the competitors are ranked on the same place.
If there is no B-Final, the competitors from the semi-finals who do not reach the Final are listed in the following order:
- The competitors without IRM (RAL, DNF, DNS, NPS) are listed first according to their ranking in their respective heat and their qualification times
- Competitors with IRM (RAL, DNF, DNS, NPS) are listed according to their ranking in their respective heat and their qualification times

Competitors from the quarterfinals who do not reach the semi-finals are listed in the following order:
- The competitors without IRM (RAL, DNF, DNS, NPS), are listed first according to their ranking in their respective heat and their qualification times
- Competitors with IRM (RAL, DNF, DNS, NPS) are listed according to their ranking in their respective heat and their qualification times

325.6 Jury and Protest

325.6.1 In sprint heats at OWG, WSC, JWSC and WC the unanimous decision of minimum two Jury members (including TD) equates to a Jury decision.

325.6.2 Due to the timeline pressure of running successive heats it is not possible to allow protests during quarterfinals and semi-finals. Protests will only be accepted on the final heats.

325.6.3 During quarter- and semi-finals, ICR 224.7 does not apply.

325.7 Competition interruption

325.7.1 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.

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

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

326 Team Sprint Competitions

326.1 Definition

Team Sprintcompetitions begin with a qualification round, organized as an Interval Start competition where each athlete will ski one round. After the qualification round, the final takes place which is organized as a relay with 2 athletes who alternately ski between 3 – 6 legs each. The numbers and distances of the legs have to be published in the official invitation.

326.2 Course and Stadium

326.2.1 Recommended Norms

Items	Preparation for	
	Classical technique	**Free technique**
COURSE		
Category	C	D
Classical tracks	4 tracks	/
Distance between tracks	Minimum 1.2 m	/
START		
Organization/preparation	Arrow or flat start grid	Arrow or flat start grid
Classical tracks	3 or more	(Optional) 3 or more
Length of tracks (after start line)	End of start zone	(Optional) 15 m
Distance between tracks	1.2 m	(Optional) 1.2 m
FINISH		
Width (minimum)	6 m	12 m
Number of corridors	3 tracks minimum	3-4 corridors (3m each)
Distance between tracks	Minimum 1.2 m	/
EXCHANGE ZONE		
Minimum length	45 m	45 m
Minimum width	9 m	15 m

326.2.2 The course used for the qualification round and the course used for the finals should be the same.

326.2.4 During the team sprint finals, no waxing of skis is allowed.

326.3 Entries – Substitution

326.3.1 The names of the competitors actually competing and their starting order for the finals must be delivered to the organiser latest 2 hours before the Team Captains' Meeting.

326.3.2 Substitution is possible according to ICR art. 313.4 only before the qualification round.

326.3.2.1 The substitution cannot change the starting order of the members of the team.

326.3.2.2 The substitute athlete must start in the same position as the substituted athlete if his/her FIS points are the same or better. If his/her FIS points are worse, the position will be decided by the Jury. In such case, the original start position will be left empty. The better points of distance and sprint FIS Points of competitors will be considered. In case the entered competitor does not have FIS Points, 999 points will be used.

326.4 Starting Order and Start Procedure

326.4.1 **Qualification**

326.4.1.1 Interval Start procedure must be used (see ICR art. 315.2). Start intervals can be 10, 15, 20 or 30 seconds. The competitors entered for the first leg should start before the competitors entered for the second leg. Their times will be summed and will determine the results of the qualification round.

326.4.1.2 If two laps are used in an interval, block start can be used.

326.4.1.3 Starting list: the team with lowest total points using either sprint or distance FIS Points of the relay team members will have the bib number one. The team with the second lowest total points will have the bib number two and so on. In the case of more teams having equal total points, the team with the lowest point-holderhas the bib with the lowest number . If this is not sufficient drawn will be used.

326.4.2 Finals

326.4.2.1 The start position for the finals will be according to the results of the qualification round. In case of a tie, the teams will be ranked according to their team total FIS points. If a tie still remains, then the positions are determined by a draw.

326.4.2.2 The number of teams in the final should be 15. When 15 or less teams are entered, the jury can decide to reduce the number of qualified teams or to skip the qualifications.

326.4.2.3 In case of no qualification, the team with lowest total points using either sprint or distance FIS Points of the relay team members will start as number one. The team with the second lowest total points will start as number two and so on.

326.4.3 Separate colors shall be used for the start numbers for each relay leg. For OWG, WSC and WC competitions they will be: 1st leg=red; 2nd leg= blue.

326.5 Results

326.5.1 Overlapping Rules normally apply. For teams/skiers that are lapped refer to ICR article 343.14

326.5.2 The final results will be published according to the following:

All teams in the final will be placed in the results list according to their rank in the final. The remaining teams by order of qualification.

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326.6 Jury and Protest

326.6.1 In Team Sprints at OWG, WSC, JWSC and WC the unanimous decision of minimum two Jury members (including TD) equates to the Jury decision.

326.7 Competition interruption

326.7.1 If qualification is interrupted while there are competitors still on course, then the competition will be cancelled.

326.7.2 If team sprint final is interrupted when at least 3 teams have finished the competition, the competition will be valid and results published. The teams still on course at the time of interruption will be ranked as Lapped according their last respective intermediate times.

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

327 Relay Competitions

327.1 Definition

327.1.1 The relay team consists of three or four competitors, according to the invitation, of whom each may run only one leg. At OWG, WSC, JWSC and WC competitions, a Relay consists of four competitors.

327.1.2 In OWG, WSC, WC and JWSC the first two legs will be raced using the classical technique on a classical course and the second two legs using free technique on a free technique course.

327.2 Course and Stadium

327.2.1 Recommended norms

Items	Preparation for	
	Classical technique	Free technique
COURSE		
Category	B	C

Items	Preparation for	
	Classical technique	**Free technique**
Classical tracks	2 tracks	/
Distance between tracks	Minimum 1.2 m	/
START		
Organisation/preparation	Arrow or flat start grid	Arrow or flat start grid
Classical tracks	3 or more	(Optional) 3 or more
Length of tracks (after start line)	End of start zone	(Optional) 15 m
Distance between tracks	1.2 m	(Optional) 1.2 m
FINISH		
Width (minimum)	6 m	12 m
Number of corridors	3 tracks minimum	3-4 corridors (3 m each)
Distance between tracks	Minimum 1.2 m	/
EXCHANGE ZONE		
Minimum length	30 m	30 m
Minimum width	9 m	9 m

327.2.2 The length of the first relay leg can deviate +/- 5% from the other legs, according to the stadium layout.

327.3 Entries - Substitution

327.3.1 The names of the competitors actually competing, and their starting order must be delivered to the organiser latest 2 hours before the Team Captains' Meeting.

327.3.2 Substitution is possible according to ICR art. 313.4.

327.3.3 The starting order cannot be changed by substitution.

327.3.4 The Team starting position on the start grid will remain the same.

327.4 Starting order and Start Procedure

327.4.1 Mass Start procedure must be used (see ICR art. 315.3).

327.4.2 Start numbers will normally be drawn. At OWG, WSC and JWSC the placing in the previous OWG, WSC or JWSC will determine the starting order. At WC, placing in the current Nation's Cup will decide the starting order. Teams which do not appear in those results will be drawn after those that did.

327.4.3 When each nation can enter more than one official team, the first team for each nation must be placed on the start grid before the second teams and likewise for the third teams etc. Unofficial teams should have the least favorable starting positions.

327.4.4 Colors: Separate colors shall be used for the start numbers for each relay leg. For OWG, WSC and WC competitions they will be: 1st leg=red; 2nd leg=green; 3rd leg=yellow and 4th leg=blue.

327.5 Timing and Results

327.5.1 Intermediate times for the individual legs of the course are taken when the competitor crosses the line for the intermediate timing. This is also the starting time for the next competitor.

327.5.2 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.

327.5.3 Overlapping Rules normally apply. For teams/skiers that are lapped refer to ICR article 343.14

327.6 Jury and Protest

No specific rules.

327.7 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.

D. The Competition and the Competitors

341 Requirements of the Competitors

341.1 Age Categories

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

341.1.2 Seniors (women and men) must be at least 21 years old during the calendar year (01.01.-31.12.). The right to start begins with the beginning of the competition season (e.g. for 2020 from 1st July 2019 onwards).

341.1.3 Junior women and junior men must be no older than 20 during the calendar year (01.01.-31.12.) in which the season ends.

Nordic Junior World Ski Championships

Competitors must have reached their 16th birthday before the end of the calendar year (1st January – 31st December) in which the season ends.

Season	Age	Years of birth
2026/27	16-20	2007, 2008, 2009, 2010, 2011
2027/28	16-20	2008, 2009, 2010, 2011, 2012
2028/29	16-20	2009, 2010, 2011, 2012, 2013

U23 World Ski Championships Cross-Country

U23 women and U23 men must be no older than 23 during the calendar year (01.01.-31.12.) in which the season ends.

Season	Age	Years of birth
2026/27	21-23	2004, 2005, 2006

2027/28	21-23	2005, 2006, 2007
2028/29	21-23	2006, 2007, 2008

341.1.4 Junior women and junior men should normally start in their own classes. They may start in the respective women or men's classes, which also include general classes at long distance popular competitions.

341.1.5 At all FIS competitions competitors 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

341.2 FIS Points System

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

342 Medical Examinations

342.1 State of Health

342.1.1 The National Associations are responsible for the health of the competitors they enter. The Chief of medical and rescue service will only carry out a medical examination at the request of the competitor's Team Captain, competitor or the representative of the FIS Medical Committee (see article 221).

343 Responsibilities of the competitors

343.1 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 directions of other competitors etc.

343.2 In all training and competition situations the athletes must always ski in the competition course direction.

343.3 Competitors must follow the instructions (course opening times, wearing bibs, training, ski testing, etc.) issued by the Jury or OC in order to ensure order on the course, in the stadium and in the team preparation area before, during and after the competition.

343.4 The competitor is responsible for arriving at the start and starting at the correct time.

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

343.6 Competitors must follow the marked course in correct sequence from start to finish and must pass all control points[5].

343.7 Competitors have to cover the whole distance on their skis using only their own means of propulsion. Help from outside pacemakers is not allowed.

343.8 In classical technique competitions, the competitors must use classical technique only.

343.8.1 In classical technique competitions (except Popular Cross-Country Competitions), the maximum pole length must not exceed 83% of the competitor's body height. In free technique competitions, the maximum pole length must not exceed 100% of the competitor's height. The body height is measured with ski boots on from a flat surface, to the top of the uncovered head.

The pole length is measured from the bottom of the pole to the highest attachment of the strap.

All measurements will be rounded to the nearest centimetre as follows: less than 0.5 cm will be rounded down and 0.5 cm and above will be rounded up.

Body height	Pole length	Body height	Pole length	Body height	Pole length	Body height	Pole length	Body height	Pole length	Body height	Pole length
200	166,00	190	158,00	180	149,00	170	141,00	160	133,00	150	125,00
199	165,00	189	157,00	179	149,00	169	140,00	159	132,00	149	124,00
198	164,00	188	156,00	178	148,00	168	139,00	158	131,00	148	123,00
197	164,00	187	155,00	177	147,00	167	139,00	157	130,00	147	122,00
196	163,00	186	154,00	176	146,00	166	138,00	156	129,00	146	121,00
195	162,00	185	154,00	175	145,00	165	137,00	155	129,00	145	120,00
194	161,00	184	153,00	174	144,00	164	136,00	154	128,00	144	120,00
193	160,00	183	152,00	173	144,00	163	135,00	153	127,00	143	119,00
192	159,00	182	151,00	172	143,00	162	134,00	152	126,00	142	118,00
191	159,00	181	150,00	171	142,00	161	134,00	151	125,00	141	117,00

343.9 As a general rule applying to all competitions, competitors shall not obstruct other competitors.

343.10 Passing of other competitors

343.10.1 **Process of passing during Interval Starts**

Competitors who are being passed must give way on first demand. This applies in classical technique courses even when there are two tracks and in free technique courses when the skier being overtaken may have to restrict his/her skiing movements.

343.10.2 **Process of passing during other competitions**

[5] * *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.*

343.10.2.1 Competitors in front have the right to choose their best line.[6]

343.10.2.2 Competitors in front shall not obstruct competitors coming from behind.[7]

343.10.2.3 Competitors intending to pass shall do so without obstructing the competitor being passed.[8]

343.10.2.4 When competitors are alongside, they have mutual duties not to obstruct each other's movements.[9]

343.10.2.5 A process of passing is considered completed when the passing competitor has his/her body at the front of the ski-tips of the competitor being passed.[10]

343.11 In sections with marked corridors, the competitors should choose a corridor. Competitors are allowed to leave the chosen corridor as long as ICR 343.9 and ICR 343.10 are upheld.

343.12 Equipment exchange

343.12.1 In all competitions pole exchange is only allowed in the case that a pole is broken or damaged. In classical technique competitions, if both poles are exchanged, they must comply with ICR 343.8.1.
It is however permitted to exchange poles in equipment pit boxes during ski exchange in Skiathlon competitions.

343.12.2. Skis may be changed only if:

- The skis or bindings are broken or damaged. The equipment failure must be proven to the Jury after the competition.[11]
- Equipment exchange boxes (pit boxes) are in place at the competition.
- During classical individual sprint competition finals, when more than one pair of skis is allowed to go through the controls of fluorinated wax. Jury may add instructions or deadlines for changing pair of skis (among the controlled ones).

343.12.3 Only skis that passed the controls of fluorinated wax (when present) can be left in the exchange (pit) boxes.

343.12.4 In the case of any ski exchange, the competitor must do it outside of the track without help from any other person.

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[6] Explanatory note: The provision reflects the reality that competitors in front generally do not see competitors coming from behind, and that competitors behind generally direct their course according to the positioning of the competitor in front. However, this right is not unrestricted, see the next provisions.

[7] Explanatory note: The provision reflects restrictions in freedom ofthe competitor being front, meaning that this privilege shall not be abused to the detriment of other competitors, e.g. by abruptly changing the line or by unduly persisting in a line chosen.

[8] Explanatory note: The provision reflects the spirit and intent of the preceding ones, meaning that a competitor intending to pass shall not initiate a pass if he/she realizes or ought to realize that there is not, or will not be, sufficient room to complete the pass without obstructing the competitor intended to be passed.

[9] Explanatory note: The provision reflects the idea that when the competitors are skiing side by side, there is no privilege of anyone being in front, as set out in the preceding provisions. It is connected to 343.10.2.3 e.g. in the sense that a skier coming from behind shall not be allowed to force his/her way into a situation of mutual duties.

[10] Explanatory note: The process of passing needs some guideline as to when that process is completed so as to determine when the passing competitor obtains the position described in Rule 343.10.2.1 and343.10.2.2. The decisive criterion is, as a main rule, the point in time when the body – if need be, measured at the position of the boots – is ahead of the ski tips of the competitor being passed.

[11] The substitute ski/s can be given to the competitor also by another competitor, who can then receive a substitute ski/s

343.12.5 When ski exchange boxes (pit boxes) are provided for long distance or Skiathlon competitions, the competitor is permitted to change skis inside the pit box. All equipment exchanges must be done by the competitor within the assigned box without any assistance. ~~Number of ski exchanges is limited to maximum 1 time.~~ Every competitor can have only 1 pair ski in the pit box.[12] The replacement skis must be placed in exchange (pit) box before the competition, except when stated differently by the jury.

343.12.6 When ski exchange boxes (pit boxes) are provided, overtaking along the access corridors to the boxes is only allowed on the side that is farthest from the boxes.

343.12.7 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. 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.

343.13 Relay exchange

343.13.1 In a team event, the exchange is achieved by the arriving competitor, with a tap of the hand on any part of the next competitor's body while both competitors are in the relay exchange zone. The next competitor may only enter the relay exchange zone when summoned. Any method of pushing the starting competitor is forbidden.

343.14 Overlapping

343.14.1 In Pursuit competitions, Skiathlon, Mass Start, Team Sprint 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.

343.14.2 ICR art. 343.14.1 must be applied for OWG, WSC and WC.

343.14.3 For all other FIS competition the Jury decides if ICR art. 343.14.1 applies.

343.15 Communication devices that support wireless communication between coaches and athletes or between athletes are not allowed during competition. Exceptions are popular competitions mass start 30 km or longer A-B, where two-way communication is allowed[13].

[12] When ski exchange boxes (pit boxes) are provided for long distance competitions competitors can ski through it and change skis more times.

[13] Experimentation 2026/2027 proposed by the popular SC

343.16 The competitors must comply with the instructions of competition officials.

343.17 The competitor must comply with all aspects of the medical code (see 221).

344 Responsibilities of Officials and Others

344.1 If required, the Jury will issue special regulations for officials, media and service people and any other non-competitors, to ensure order on the course, in the stadium and in the team preparation area before, during and after the competition.

344.2 For order and control on the courses the following principles apply:

- from 5 minutes before the start until the time the course closers have passed, all officials, coaches, non-competitors and other accredited persons, are not permitted to ski on the course. During the competition, these persons must take fixed locations beside the course and must stand without skis on.
- while giving intermediate times and information to competitors, officials, coaches and others are not allowed to run more than 30 meters beside the competitors
- while doing this work officials and others have to ensure not to obstruct competitors
- while giving refreshments to the competitors the coaches must ensure not to obstruct competitors and must maintain a fixed position.

344.3 In order to obtain clean TV coverage and for safety reasons parts of the competition course may be closed for all but the competitors taking part in the competition. The Jury can allow ski testing and warming up by competitors on parts of the competition course before and during the competition. Athletes and service personnel, wearing special bibs may be allowed to ski on these parts of the competition course.

344.4 Wax testing and warming up on the ski competition course must always be done in the competition course direction. Anyone testing skis on the competition course must consider the safety of others on the course and the course preparation. Electronic timing devices used for testing skis will not be allowed on the course during the competition or official training.

E. Not Permitted to Start, Sanctions

351 Not Permitted to Start

Competitors will not be permitted to start in any FIS international ski competition who:

351.1 wears obscene names and/or symbols on clothing and equipment (art. 206.7) or behaves in an unsportsmanlike manner in the start area (art. 205.5)

351.2 violates the FIS rules in regard to equipment (art. 222) and commercial markings (art. 207 and art. 396.2)

351.3 do not wear competition bib or wear it with covered[14]

351.~~4~~3 refuses to undertake a FIS required medical examination (art. 221.2)

351.4 competitors

- whose skis have been found positive at the controls of fluorinated wax before the start.

- present skis to the control of fluorinated wax later than 5 minutes after the deadline.

351.5 If a competitor has actually started in a competition and is later determined by the Jury to have been in violation of these rules the Jury must sanction the competitor.[15]

352 Sanctions

352.1 Procedure

352.1.1 When an infraction to the rules occurs, the Jury must meet and decide the appropriate sanction by taking into consideration:

- the specific circumstances
- the gain or advantage for the offender (see ICR art. 223.3.3)
- the negative impact on other competitors
- the impact on the final result or intermediate results (sprint heats or bonus sprints)
- the level of the competition
- the age and experience of the competitors

352.1.1.1 The following decision chart must be used when deciding on a sanction:

[14] No part of the bib can be covered

[15] Explanatory note: when skis for the ski exchange are positive for flourinated wax before the skis are skied on, the athlete will be sanctioned with a DSQ.

352.1.2 **A hearing of the offender (ICR 224.7) may be organized:**

- on demand of the jury if necessary
- on demand of the offender in case of submission of a protest according to ICR 361.

352.1.3 **Sanctions for the violation of the technique rules can be given by a unanimous decision of two jury members (including TD) without video evidence.**

352.1.4 For OWG, 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 and RDA are considered FIS/Neutral.

352.2 Disqualification

352.2.1 Disqualification should be used for infractions with a clear impact on the final result of a competition.

352.2.2 In addition, competitors should automatically be disqualified if they:

- participate in the competition under false pretences
- either jeopardize the security of persons or property or actually causes injury or damage
- run more than one leg in a Relay competition (ICR art. 327.1.1)

352.2.3 Competitors who receive a second written reprimand in the same season will be automatically disqualified. Written reprimands given during the season are not valid in the JWSC, U23WSC, ROL WSC, ROLJWSC WSC and OWG events. Written reprimands given during JWSC, U23 WSC, WSC, ROL JWSC, ROL WSC or OWG are valid until the end of the season.

352.2.4 During stage events or first part of pursuit competitions, team sprint competitions or relay competitions 352.4.2 can apply.

352.2.5 In mass starts, skiathlons, pursuits and mass start popular competitions 352.8.1 can apply.

352.2.6~~5~~ After disqualification, the competitor's name will be shown on a revised result list indicating his/her status as DSQ and no times must be printed for this competitor.

352.2.7~~6~~ Competitors disqualified in Sprints heats at Sprint competitions will keep their qualification result and will not be disqualified from qualification result list.

352.3 Competition suspension

352.3.1 Competition suspension can only be used for ICR infractions during sprint heats, team sprint heats, bonus sprints (both intermediate and finish) and popular competitions.

352.3.2 In Sprint competitions, a competition suspension means that the competitor will be ranked last in the heat and last in the round (6^{th} for final, 12^{th} for 1⁄2 finals and 30^{th} for 1⁄4 finals).

352.3.3 In Mass Start or Skiathlon competitions, a competition suspension means that the competitor will be relegated out of the result of a bonus sprint.

352.3.4 In popular competitions, suspension means that the competitor is ranked on last rank and his/her time is not published.

352.3.5 Competition suspension will always be accompanied by a written reprimand.

352.3.6 In Team sprint competitions, a competition suspension means that the team will be ranked last in the final heat..

352.4 Time Penalty

352.4.1 The following false start infractions should be sanctioned by time penalties:

352.4.1.1 In Interval Start competitions or Sprint qualifications, early start infractions should be sanctioned by a minimum time penalty of 15 seconds (the competitor's actual skiing time + 15 seconds minimum penalty).

352.4.1.2 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) + 30 seconds minimum penalty.

352.4.2 In stage events, team sprint competitions or relay competitions, the Jury can decide to substitute a DSQ with a 3 minutes time penalty (see ICR art. 352.2.4).

352.4.3 Relay exchange infractions in relay and team sprint competitions will be sanctioned by time penalties as follows:

- relay competitions: minimum 30 seconds time penalty
- team sprint competitions: minimum 15 seconds time penalty

352.5 Written Reprimand

352.5.1 Written reprimand should be used for infractions of the rules that do not lead to a clear advantage for the offender.

352.6 Verbal Reprimand

352.6.1 Verbal reprimand should be used to inform competitors that their technique or behaviour is very close to being in violation of the rules.

352.7 Monetary Fine

352.7.1 Monetary fines can be given to any accredited person.

352.7.2 Monetary fine should be used for

- infractions of advertising and commercial markings rules

- minor course discipline infractions

- for infractions to ICR 343.5 and 314.7.1

- violation of restrictions on ski testing and warming up

- delayed skis delivery for equipment control up to 5 minutes (minimum 250 CHF)

- late entries[16]

352.7.3 For competitors, a monetary fine may also be accompanied or substituted by a written reprimand.

352.8 Rank penalty

352.8.1 In mass starts, skiathlons, pursuits and mass start popular competitions the Jury can decide to substitute a DSQ for obstruction with a Rank penalty.

352.8.2 Rank penalty means that the sanctioned competitor is placed behind the competitor who was affected. Both will have the time of the affected competitor.

352.8.3 If more than one competitor is affected by the obstruction, the sanctioned competitor is ranked last in the affected group. He will have the time of the last athlete from the affected group.

[16] *Jury must decide whether late entries (according to ICR 313.3) may be accepted or not (according to 303.3.2). Furthermore, when the jury decides to accept a late entry, it can decide to sanction the delay with a monetary fine.*

352.8.4 A group of skiers in a competition is a formation in which two or more competitors ski together. Two groups are considered separate when at least two seconds divide the last competitor of the leading group and the first competitor of the chasing group at the finish line.

352.8.5 Rank penalty will always be accompanied by a written reprimand.

F. Protests and Appeals

361 Protests

361.1 Types of Protests

361.1.1 Against admittance of competitors or their competition equipment,

361.1.2 Against the course or its condition,

361.1.3 Against another competitor or against an official during the competition,

361.1.4 Against timekeeping results,

361.1.5 Against decisions of the Jury. Also see exceptions 325.6.2

361.1.6 Against clerical errors or violations of the FIS rules after the competition

361.2 Place of Submission

The various protests are to be submitted as follows:

361.2.1 Protests according to the art. 361.1.1 – 361.1.5 at the race office or the email address designated in the official program or on the official notice board or at the team captains' meeting.

361.2.2 Protests concerning clerical errors or violations of the FIS rules after the competition must be sent by registered mail through the competitor's National Ski Association to the FIS Office within one month of the competition.

361.2.3 Protests against Jury decisions that cannot be appealed (art. 224.11) will not be accepted.

361.3 Deadlines for Submission

361.3.1 Against the admittance of competitors
- before the draw

361.3.2 Against the course or its condition
- not later than 15 minutes after the end of official training

361.3.3 Against another competitor or competitor's equipment or against an official because of irregular behavior during the competition

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

361.3.4 Against the timekeeping
- within 15 minutes after the posting of the unofficial result list.

361.3.5 Against Jury decisions
- within 15 minutes after the posting of the unofficial result list or the official communication.

361.3.6 Against clerical errors or violations of the FIS Rules after the competition
- within one month of the competition.

361.4 Form of Protests

361.4.1 Protests are to be submitted in writing and in English language.

361.4.2 Protests must be substantiated in detail. Proof must be submitted and any evidence must be included.

361.4.3 CHF 100.– or the equivalent in another valid currency must be deposited with the submittal of the protest. This deposit will be returned if the protest is upheld. Otherwise it goes to the account of the FIS.

361.4.4 A protest may be withdrawn by the protesting party before the publication of a decision by the Jury. In this case, the money deposit must be returned.

361.4.5 Protests not submitted on time or submitted without the protest fee are not to be considered.

361.5 Authorization

The following are authorized to submit protests:
- the National Ski Associations
- Team Captains.

361.6 Settlement of Protests by the Jury

361.6.1 The Jury meets to deal with the protests at a predetermined place and time fixed and announced by it.

361.6.2 At the vote on the protest, only the Jury members are to be present. The TD chairs the proceedings. Minutes of the proceedings are to be kept and signed by all voting members of the Jury. The decision requires a majority of all voting members of the Jury, not just of those present. In case of a tie, the TD’s vote is decisive.

361.6.3 The decision is to be made public immediately after the proceedings by posting on the official notice board with the publication time stated.

362 Right of Appeal

362.1 The Appeal

362.1.1 It can be made
- against all decisions of the Jury (see also ICR 224.11)

- against the official result lists. This appeal has to be directed exclusively against an obvious and proven calculation mistake.

362.1.2 Appeals must be submitted to the FIS by the NSA.

362.1.3 FIS Office or respective competition Jury can start Appeal procedure also for other cases that could not be addressed before the publication of official result list.

362.1.4 Deadlines

362.1.4.1. Appeals against the decisions of the Jury are to be submitted within 48 hours of the publication of the official results list.

362.1.4.2 Appeals against the official results are to be submitted within 30 days, including the day of the competition.

362.1.4.3 Appeals filed according ICR 362.1.3 and ICR 224.13 are to be submitted within 48 hours after the publication of the official results list.

362.1.5 The decision concerning the appeals are taken by
- the Appeals Commission
- the FIS Court.

362.2 Postponing Effect

The evidence submitted (protest, appeal) may not cause a postponement of the appeal.

362.3 Submission

All evidence must be in writing to be substantiated. Proof and evidence are to be included. Evidence submitted too late must be declined by the FIS (see 225.3). In order to file an appeal it must be accompanied with a deposit of CHF 500, which will be refunded if the appeal is upheld.

G. Popular Cross-Country Competitions

380 Definition of Popular Cross-Country Competitions

380.1 Competitions

380.1.1 Popular Cross-Country Competitions are competitions open to all Cross-Country competitors, licensed and non-licensed, without limitation on competition distance or format.

381 Entries and Competitors

381.1 Entries

381.1.1 Entries should be forwarded promptly by e-mail, by facsimile transmission or online in accordance with regulations in the invitation. Early entries may receive a reduced entry fee. Additional fees may be charged for late entries.

381.2 Licenses

381.2.1 Licensed competitors are responsible for complying with the license requirements of their own NSAs.

381.3 Seeding

381.3.1 Competitors may be placed in different starting positions according to their competitive abilities. The seeding may include an elite start group. The seeding of the elite start group should be according to the competitors FIS Points or other ranking systems and competitors without FIS Points should be seeded based on known previous performance or by nomination of the competitors NSA.

381.4 Grouping

381.4.1 Competitors may be grouped in accordance with results from previous years' competitions or other competitions. They may also be grouped by gender and age or by date of submission of competition entry.

381.5 Results

381.5.1 Separate result list must be published for men and women.

381.6 Competitors

381.6.1 Popular Cross-Country Competitions are organised for the enjoyment of all participating competitors. Because these competitions involve competitors with a wide range of experience and ability, good sportsmanship and courtesy toward other competitors are essential. Competitors who demonstrate unsportsmanlike behavior or do not follow these rules or the rules of the competitions may be sanctioned by the Jury. During a competition competitors must

- follow the marked course from the start to finish passing all control points
- complete the course on skis using only their own means of propulsion and without assistance from others
- neither hinder nor interfere with other competitors
- make a reasonable effort to allow faster competitors to pass. Normally slower competitors should use the right track or side of the course, faster competitors the left
- comply with the special regulations of the competition (e.g. littering).

381.6.2 The age classes should follow the same principles as defined in ICR 341.1

381.7 For Popular Cross-Country races on the FIS calendar, all competitors with FIS Codes placed in an elite/ seeded group must comply with ICR article 207 "Advertising and Commercial Marking" and with article 222 „Competition Equipment".

381.8 ICR 343.12.7 does not apply for competitors outside the seeded group.

382 Information

382.1 Announcement

382.1.1 The announcement should contain the following information

- name of the competition
- competition site and the alternative site, if any
- course distance (s) and technique (s)
- competition date and starting time
- seeding procedures
- entry deadline
- registration fee
- lodging and transportation information
- prizes and awards
- refund policy if the competition is cancelled
- insurance regulations
- any other useful or necessary information

382.2 Information for Competitors

382.2.1 Before the start of the competition, competitors should receive information regarding the following

- starting time
- course description and profile
- technique(s)
- transportation information
- identification sticker and control card, if any
- ski marking
- starting procedures
- warm-up area and procedures
- feeding station locations and refreshments available
- procedure to follow if a skier does not complete the competition
- finish line procedure
- information regarding emergency medical procedures
- cut-off times, if any
- clothing drop off and pickup sites
- changing area, shower location, and food sites
- results service with grouping and announcements
- protest procedures
- prizes and awards
- procedures for short notice competition cancellation
- time and location of Team Captains' and Jury meetings, press conferences and other meetings
- communication services
- other necessary information

384 The Course

384.1 Width

384.1.1 All obstacles must be cleared from the course to a width that allows, at a minimum, double tracks to be set throughout the length of the course. For free technique competitions, the course width should allow unhindered overtaking.

384.2 Start Area

384.2.1 The start area should be flat or nearly flat. It should lead directly into the course and be wide enough to avoid excessive crowding. The start should gradually narrow to the width of the course over a distance sufficient in length to allow competitors to spread out before entering the tracks. The start area should be organised to provide for

- ski marking
- control of competitor identification
- control of commercial markings
- competitor seeding
- crowd control.

384.3 Finish Area

384.3.1 The course should enter the finish area on a straight and flat approach. The finish area should be flat and sufficiently wide to allow several competitors to finish at the same time without impeding each other.

The last 200 meters should have a width of at least 10 meters and be divided into at least 3 lanes separated with appropriate markings. Where more than one competition (two races of different distances) are held over the same course at the same time, separate finishing lanes should be provided to ensure that the leaders in the longer competition are not hindered by slower finishers in the shorter competition. The finish area should be designed and equipped for the necessary control functions and to avoid crowding. Interview (mixed) and flowers ceremony zones should be fenced and separated from the crowd of finishing participants and spectators. Feeding, access to clothing, showers or transportation to such facilities should be clearly marked in different languages and available near the finish area.

384.4 Course Preparation

384.4.1 Pre-season

The course should be groomed and maintained to ensure that the competition can be held safely with a minimum of snow cover.

384.4.2 Winter preparation

The course should be packed and groomed throughout the winter to ensure a solid base for final preparation.

384.4.3 Free Technique

In free technique competitions, the course should be well packed and wide enough to allow two competitors to ski side by side. Where appropriate, one

single track may be set along the side of the course. The last 200 meters should be prepared to a width of at least 10 m. This section should be divided into at least 3 lanes and separated with appropriate markings.

384.4.4 Classical Technique

Normally the course should be set with two tracks. Where the width makes it possible, more tracks should be set. In steep downhills or other locations as designated by the TD and chief of competition, no tracks should be set. In the finish area, the last 200 meters should be set with as many tracks as possible. In appropriate situations, with approval of the TD and the chief of competition, course grooming may take place during the competition.

384.4.5 Both Techniques

Competitions may be carried out in both techniques at the same time and on the same course. In such cases, the course for free technique should be separated from the classical course with appropriate barriers or markings so classical competitors do not have the opportunity to use the other course and vice versa. Each course should be packed and prepared in accordance with article 384.4.3 and 384.4.4.

384.5 Measuring and Marking

384.5.1 The competition course must be measured for length from start to finish by GPS device, chain, tape or measuring wheel. Each kilometer should be marked. The last 500 meters and the last 200 m should also be marked. Places such as steep downhills, curves, crossings should be given special marking.

384.6 Feeding

384.6.1 Feeding stations should be provided approximately every 10 km. If the course is difficult, the distance between the feeding stations may be shortened. In easy terrain, the distance may be increased. For competitions longer than 50 km different types of drinks and other appropriate nourishment should be provided.

384.6.2 When team officials give refreshments to their competitors, they must follow ICR 344.2.

384.7 Course Layout

384.7.1 Popular Cross-Country competitions should be conducted to accommodate all levels of competitors from recreational racers to elite athletes. Course layout should be adapted to the skill levels of the participants.

384.8 Bonus sprints

384.8.1 When having sprints along the course, the final approach to the sprint should be at least 75 m straight that is wide enough for 2 competitors to sprint side by side. The bonus sprint finish line must be clearly marked. Sprint controllers must be assigned to each bonus sprint.

385 Control

385.1 Control Procedure

385.1.1 All aspects of the competitions must be controlled in a manner to ensure the safe and fair conduct of the competition for the competitors. The location of control points and utilization of controllers should be determined by the chief of competition in consultation with the TD, giving particular attention to the following

- technique control, if any
- completion of the entire competition course without shortcuts
- completion of the entire competition on skis
- ensuring any support or assistance given competitors is in accordance with the ICR
- compliance with ICR commercial markings regulations
- providing a competition course free from obstructions
- ensuring competitors do not obstruct or hinder one another
- control at sprint positions and finish line
- other control aspects as required.

385.1.2 Controllers should be qualified to perform their assigned duties.

386 Medical and Safety

386.1 Chief of Medical and Rescue Service

386.1.1 A chief of medical and rescue service will be appointed for every PCCC. They will be a member of the Competition Committee, and may be invited to attend the Jury meetings. The chief of medical and rescue service must be a licensed medical officer.

386.1.2 First Aid and Medical Service

The first aid and medical services must be completely operational during all training times. Details of the Medical Support Requirements are given in chapter 1 of the FIS Medical Guide containing Medical Rules and Guidelines.

386.2 Planning

386.2.1 The medical officer shall prepare an emergency first aid, evacuation, and notification plan for injuries, accidents, or deaths. Information regarding this plan and procedures to be followed in the event of injury, accident, or death should be provided to competitors and competition officials.

386.3 Training

386.3.1 The medical officer shall designate, inform and train a sufficient number of medical, safety and emergency personnel to provide for the safety and medical needs of the competitors.

386.4 First Aid Stations

386.4.1 The location of first aid stations shall be marked by appropriate signs along the course. There shall be heated first aid stations in the start and finish areas.

387 Sanctions, protests and appeals

387.1 In principle art. 352 applies. Any evidence on rules infraction, submitted within 48 hours after the last participant has finished the main race, must be considered and decided by competition jury within 72 hours after the first competitor has finished the race.

387.2 Protests concerning competitors with active FIS codes can be filed within 1 hour after the first participant has finished the main race. Such a protest must be filed according to ICR 361.4 and 361.5.

387.3 Protests concerning other competitors can be filed within 48 hours after the first competitor has finished the main race. Such a protest must be filed according to ICR 361.4.

387.4 The deadline for an appeal against the jury decisions for competitors with active FIS codes expires at midnight 2 days after the competition. Competitors with no active FIS codes have no right to appeal.

387.5 In competition with Block (wave) start, early start infraction should be sanctioned by a time penalty equal to the time gained (actual wave start time minus actual offender's start time) + 30 minutes minimum time penalty.

388 Cold Weather Precautions

388.1 Background

388.1.1 There are three main factors to be considered by the Jury regarding cold weather safety: the temperature; the duration of the exposure; and, the clothing and other protection against cold weather. These factors together with any other relevant information such as the “wind chill factor” must be taken into consideration when a decision is made regarding cold weather.

388.2 Between minus 15 ° and minus 25 °C

388.2.1 If the temperature level is forecast to be between minus 15 °C and minus 25 °C at any point on the course, recommendations regarding cold weather protection should be made available to the competitors. Under such conditions it is the responsibility of the competitors to seek the information and to follow the recommendations given by the organiser.

388.3 Minus 25 °C and below

388.3.1 If the temperature in a major portion of the course is minus 25 °C or below, the competition shall be delayed or cancelled.

388.4 Warm Weather Precautions

388.4.1 If the temperature is forecast to rise above 5 °C during the course of the competition, and exposure to sunshine is expected, recommendations must be given to competitors concerning clothing, skin protection and the need to consume adequate liquid before and during the competition. Feeding stations must ensure that they have adequate drinks to meet the increased demand. First aid stations must be briefed to be alert for signs of dehydration or any damage from sun exposure, and be prepared to take necessary measures in cases of dehydration or sunburn.

389 Cancellation Procedure

389.1 Policy

389.1.1 Normally the factors to be considered for the cancellation or the postponement of a competition are: temperature, weather conditions, snow conditions and course conditions. If a competition is postponed, a new date should be arranged with the NSA concerned.

389.1.2 Cancellation or Postponement more than six days before the competition

If a decision to cancel or postpone a competition is taken at least 6 days before the date of the original competition, the organising committee must immediately inform the NSAs, the media and post the information on the Internet. This decision will be made by the Organising Committee in consultation with the TD.

389.1.3 Short Notice Cancellation

A short notice cancellation is made six or fewer days before the date of the competition. However, a competition cannot be cancelled less than three hours before the scheduled start time except for the competitors' and officials' safety. The cancellation procedure must be included in the information to the competitors (see article 382.2). The cancellation decision shall be made by the Jury.

389.1.4 Refund Policy

If a competition is postponed, competitors who have paid the entry fee should be allowed to compete in the postponed competition without additional charge. If competitors decide not to compete in the postponed competition, the entry fee will not be refunded. The policy for refunds in a cancelled competition should be stated in the announcement for the competition (article 382.1).

390 International Ski Competition Rules

390.1 Fundamental rule

3901.1 All matters not covered within this section G are subject to the provisions in section A – H of the International Ski Competition Rules, book II.

H. Roller Ski Competitions

396 Roller Ski Competitions

396.1 Roller Ski ICR Definitions

396.1.1 The matters covered within this section of the ICR are intended to focus on the unique aspects of Roller Ski sport that are significantly different from the methodologies used in Cross-Country ski sport as outlined in the previous sections of this ICR publication.

396.1.2 The previous sections in this ICR will be used to give specific requirements in areas where there is direct similarity between Roller Ski and Cross-Country.

396.1.3 In addition, the underlying principles and format procedures that apply in the Cross-Country sections of this ICR must also be applied to Roller Ski sport.

396.2 Competition Equipment

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

396.2.2 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.

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

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

396.2.5 In classic technique competitions, each Roller Ski must have ratched mechanism.

396.2.6 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.

396.2.7 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.

396.2.8 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. 343.12.2.

396.2.9 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. Roller Ski change must be done according to article 343.12.

396.2.10 In order to provide safe and fair conditions for the competition the organiser and jury can limit the technical parameters for Roller Ski equipment (wheels, etc.) by announcing it in advance in the competition invitation.

396.2.11 The competition organiser can provide Roller Skis from an official Roller Ski equipment supplier for all athletes entered in competition. This must be clearly announced in official invitation. The Roller Skis must be distributed to the athletes by a draw supervised by a jury member.

396.2.12 If the competition organiser provides official Roller Ski equipment, this equipment must be used by athletes. In case of Roller Ski exchange during the competition may be done only at an official service point (boxes) according to articles 343.12.2 – 343.12.3.

396.2.13 If the Competition Organizer provides official Roller Ski equipment, Roller Ski repair during official training or before competition may be done only at an official service point provided by the organizer.

396.3 Competition Formats and Programmes

396.3.1 The following competition formats and recommended distances may be used and the competitions may be carried out in either classic or free technique:

Competition Type	Competition length (km)	Nominal Course length (km)
Distance	5 to 20	2.5, 3.3, 3.75, 4.0, 5.0, 6.6, 7.5, 10.0, 15.0
	Greater than 20	5 km amd greater
Popular Roller Ski	No limit	No limit
Relay Teams with 3 or 4 athletes, can have mixed genders	10 and less per team member	2.5, 3.3,3.75, 5.0, 7.5, 10.0
Individual and Team Sprint	0.2 – 1.8	0.2 – 1.8 (not more than 2 laps)

This table is valid for organizing multi-lap races but when choosing a short course with many laps the overall distance, start format and course width must be considered.

Actual competition distances can vary by ±5%. Interval Start, Mass Start and Skiathlon competitions can be organized on undulating or uphill courses. Individual Sprint up to 200m may be organized on flat or uphill course (with a maximum allowed average inclination of 10%).

396.4 Course and Stadium

396.4.1 Roller Ski competitions are held on asphalt or similar artificial or natural surfaces that are hard packed.

396.4.2 The course must be designed with the highest priority being given to the safety of competitors.

396.4.2.1 A Roller Ski competition course does not have any homologation requirements, but should include some demanding uphill sections.

396.4.3 Obstacles or hazardous objects along or beside the track must be removed, or if not possible, they must be clearly marked and where necessary protected by padding.

396.4.4 Recommended course norms:

Race Format	Classical technique	Free technique
INTERVAL START		
Course		
Width of course (minimum)	3 m	4 m
Start		
Number of corridors	1	1
Finish		
Total width (minimum)	3.6 m	6 m
Number of corridors	3	3
PURSUIT		
Course		
Width of course (minimum)	4 m	5 m
Start		
Organisation/preparation	2 – 4 corridors	2 – 4 corridors
Width of start area (minimum)	4 m	6 m
Finish		
Total width (minimum)	4 m – 5 m	6 m – 8 m
Number of corridors	3 – 4*	3 – 4*
MASS START, SKIATHLON		
Course		
Width of course (minimum)	4 m	6 m
Start		
Organisation/preparation	Arrow or flat start grid	Arrow or flat start grid
Width of start area (minimum)	5 m	6 m
Number of corridors		

	3 or more *	3 or more*
Finish		
Total width (minimum)	4 m – 5 m	6 m – 8 m
Number of corridors	3 – 4*	3 – 4*

*) The number, width and length of corridors will be determined by the Jury according to the competition formats and finish area layout (uphill or flat).

396.4.5 The downhill sections must not have any sharp curves. If a downhill or curve is deemed dangerous, the OC and jury must implement speed-reducing measures (carpet, artificial turf etc).

396.4.6 Safe and secured warm up and cool down areas must be available near the competition course.

396.5 General Course Preparations

396.5.1 The competition courses should be ready for inspection and for official training by the competitors at least one day before the competition.

396.5.2 The competition courses must be closed to normal traffic. Only the competitors, OC, safety guards, Jury and security/TV vehicles are allowed to be on the competition course during the competition or during official training.

396.6 Requirements of the Competitors

396.6.1 The competition season is defined as 1st July to 30th June (see CC ICR article 341 for age categories).

396.6.2 Methods of grouping

396.6.2.1 Refer to the Rules for the FIS Roller Ski World Cup/World Championships for special seeding rules.

396.7 Coaching Zones and Refreshment Stations

396.7.1 The Jury may decide about the number and locations of the coaching zones and refreshment stations on the competition course.

396.7.2 The Jury may decide whether team officials can use bicycles (or similar means of transportation) to reach refreshment stations or coaching areas. In such case, the team officials are only allowed to move to the respective zones and provide assistance in accordance with ICR 344.2. They are not allowed to follow the athletes along the course.

396.8 Start and Finish Requirements

396.8.1 The start line, finish line, corridors and exchange zone must be clearly marked on the surface.

396.8.1.1 At Mass Start free technique competitions, a no skating zone must be clearly marked after the start.

396.8.1.2 For World Cup during Mass Starts and Pursuit competitions, it is required to video tape the no-skating areas at the start and the finish with a minimum of two digital video cameras.

396.8.1.3 There must be radio or phone contact between the start and the finish area.

396.8.2 Finish Area Requirements

396.8.2.1 The Finish Zone (Roll Out Zone) which follows the finish line must be a minimum of 70 m long for sprint competitions (depending on inclination). For distance competitions the Jury will decide on the length. The finish control line must be after the roll out zone. Competitors are not allowed to take off their Roller Skis until they cross the control line.

396.8.2.2 The start area, the finish area and the exchange area must be secure and completely fenced off from spectators and unauthorized personnel.

396.9 Exchange Zone

396.9.1 The exchange zone for Team Relay or Team Sprint should be a minimum of 10 m wide and 15 m in length.

396.9.2 The exchange zone must be clearly marked with a line at the beginning of the zone. When the front wheel of the arriving competitor reaches this exchange line the corresponding team mate is allowed to depart the exchange zone. No physical contact between the competitors is required.

False start during Team Relay or Team Sprint exchange must be sanctioned by time penalty (actual time gained + 15 seconds minimum penalty).

396.10 Classical Roller Ski technique

396.10.1 In classical technique competitions (except Popular Rollerski Competitions), the maximum pole length must not exceed 83% of the competitor's body height plus 2 cm. The measurements and rounding must correspond to the provisions of ICR art 343.8.1.