

INTERNATIONAL SKI AND SNOWBOARD FEDERATION (FIS)

POPULAR CROSS-COUNTRY TECHNICAL DELEGATE GUIDE

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May 2025



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PREFACE

This booklet, which was first produced in 1999 by the International Ski Federation's Sub-Committee for Popular Cross-Country Skiing is designed to assist Technical Delegates appointed to officiate at popular long distance races, as well as the Organizing Committees of such races, in the preparation and administration of their events. The booklet has now been revised several times with the latest update in 2025.

Popular cross-country races are open to all cross-country competitors, whether licensed or non-licensed. Although popular races are normally held over longer (marathon) distances, there is no limitation either on the competition distance or the format of the race. Courses are not required to be homologated, since they will vary according to the nature of the local terrain, to the availability of suitable route, and to the historical origins of the competition. The guidance in this book amplifies, but does not supersede, the rules for Popular Cross-Country Competitions contained in ICR.

Combining popular skiing with FIS sanctioned events allows the best skiers in the world to compete alongside or on the same course as citizen skiers. Citizen skiers are the largest supporters of elite racing and become more engaged with opportunities to spectate and compete in the same event or weekend as the best in the world. This guideline is intended for organizers and TDs who incorporate FIS sanctioned events into popular skiing races. The following recommendations are best practices.

1.0 DEFINITION OF POPULAR CROSS-COUNTRY COMPETITIONS (ICR 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.

There is no limitation on the competition distance or format of Popular CrossCountry competitions and the main race may be supported by a series of shorter races to create a varied program with opportunities for skiers of all ages and abilities to compete. However, it is typical for only one of the races to be designated a FIS race and be eligible for points.

2.0 Organization of Competition (ICR 210)

2.1 The Organizer

The Organizer 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 at the venue. If the National Ski Association itself is not the competition organizer, it may appoint an affiliated club to be the organizer. The organizer must ensure that accredited persons accept the regulations regarding the competition rules and Jury decisions, and in World Cup races the organizer is obliged to obtain the signature of all persons who do not have a valid FIS season accreditation to this effect.

2.2 THE ORGANIZING COMMITTEE (ICR 211.2)

2.21 Responsibilities

The Organizing Committee consists of those members (physical or legal) who are delegated by the organizer and by the FIS. It carries the rights, duties and obligations of the organizer. (ICR 211)

The Organizing Committee will bear the legal and financial responsibility for the conduct of the race and should be formed of experienced persons, each responsible for a specific area of technical or administrative expertise. These committee members will normally include the key officials as set out in paragraph 2.2.

2.22 Appointment of Key Officials

The Organizing Committee must appoint individuals or sub-committees to oversee all of the administrative and technical aspects of the competition. These may well vary according to the exact nature of the competition, but may include:

2.23 Competition Officials

- Chief of Competition
- Competition Secretary (Race Secretary)
- Chief of Course
- Chief of Stadium
- Chief of Timekeeping
- Chief of Control and Competition Security
- Chief of Control
- Chief of Medical
- Chief of Media
- Chief of Administration and Finances

2.24 The Competition Officials and their Duties

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 to their arrival at the competition site.

The **Competition Secretary or Race 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.

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 on course.

The **Chief of Timekeeping** 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 oversees the preparation of the Timing and Data Technical Report (TDTR) and xml file for the electronic transmittal to FIS following the competition. This person works closely with the Technical Delegate (TD) and the Race Secretary.

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, equipment control officials and medical staff in the finish area as well as good cooperation with media and ceremonies in the finish area.

The **Chief of Control** is responsible for ensuring competitors are following equipment and technique rules. The Chief develops plans with input from the TD and Jury on suitable control locations, collects all pertinent information, and reports any incidents to the Jury as soon as possible. The Chief is responsible for organizing a group of controllers, determining the use of video equipment, and creating a plan for data sharing with the TD and Jury.

Other OC Appointed Chiefs:

- Chief of Medical
- Chief of Media
- Chief of Administration and Finances

The **Chief of Medical** is responsible for organizing medical and first aid plans. Plans must include on site care and transport of patients to the nearest appropriate medical facility. The first aid and medical services must be fully operational during all official training and race times. The Chief should be competent in Emergency Medical Care, triage and evacuation procedures. A good understanding of operational procedures with respect to the event is needed and a good understanding of the sport with regard to possible injuries or incidents that could occur. Details of the Medical Support Requirements are given in chapter 1 of the FIS Medical Guide containing Medical Rules and Guidelines.

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.

The **Chief of Administration and Finances** is in charge of the budget and ensuring the Organizing Committee is fiscally responsible. The Chief will monitor revenue and expenses and ensure the event is staying within a predetermined budget.

2.24 Liaison with Outside Authorities

The organization of a major race, often attracting thousands of competitors and spectators, will involve a wide range of organizations to deal with traffic, security and other matters. The Organizing Committee must establish early liaison with these organizations and must work closely with them to ensure the success of the event.

Important outside organizations may include:

- Local Government Authority (Regional, Departmental, County, Municipal etc)
- Police and Traffic Authorities
- Ambulance and First Aid organizations
- Education Authority (e.g. for the use of school premises)
- Meteorological Office
- Other permitting agencies

In some areas, the use of military personnel or local volunteer groups may also be possible and early contact to determine the availability and scope of such help is essential.

2.3 Insurance (ICR 212)

The Organizer must acquire the appropriate insurance coverage for the event to share with the Technical Delegate (TD), National Governing Agency (NGA), and other partners.

The Organizing Committee requires liability insurance with coverage according to ICR. art 212.

2.4 Press and Media

Press coverage and media at events can be a great asset in advertising the event, attracting sponsors, and increasing the reach of an event. Organizers should be prepared for opportunities at events and also new opportunities created by social media pre, post, and during events. A dedicated space at events for press and media, along with access to athletes, is typically needed.

Where large numbers of Press and Media representatives are likely to be present, a pre-race Press Briefing (generally the day before the race) should be held. Provision must be made for media facilities near the start and finish areas i.e workspace with internet connection. Assistance with transportation and appropriate routes should be given to ensure media are able to travel along the course in a timely manner. Press and Media must also be afforded the opportunity to interview the winners and top athletes shortly after the finish. Dedicated facilities must be provided for these interviews and a post race press conference.

2.5 Finance

Race budgets and finances must be created and monitored through race planning and execution. Many factors must be considered in order to put on a successful event. A few of the essential line items include:

- The salaries of any paid staff, whether part- or full-time
- The costs of preparing the course, including the provision of flags, notice boards and other ancillary equipment
- The cost of race numbers
- Prizes in different categories and commemorative medals for finishers
- Accommodation and subsistence for key officials and invited (elite) athletes
- Official transport
- Any payments to local authorities, police or contractors
- Advertising
- Provisions (drinks, food) at feeding stations
- Transport to start, or from finish, if provided for competitors
- The cost of baggage sacks and their transport from start to finish, if necessary
- Post-race meal for competitors, officials and Press
- The cost of entering the race in the FIS Calendar and any fees payable to national federations
- Hire of buildings, marquees, portable toilets etc
- Payments for medical, first aid and rescue services
- Insurance premiums
- TD expenses

This is not an exhaustive list and organizers should add to it in the light of local circumstances.

In many cases, income raised from entry fees will be insufficient to cover the total budget. The Organizing Committee will be responsible for seeking event sponsorships, which may come in the form of cash or through contributions in kind, e.g. the provision of food and drink at refreshment stations, the provision of race numbers etc. Income can also be derived from advertising on the course, website, or other areas.

For major races, additional income may be generated through the negotiation of payments for local, national or international TV coverage.

3.0 Technical Delegate and Jury

3.1 Technical Delegate (ICR 303.2)

The Technical Delegate (TD) is the delegate of FIS or the governing body which appoints him/her (see below) and is a guarantor for the FIS or other governing body that the competition is conducted in accordance with the FIS Rules. The TD must have a valid TD license. The TD acts as a consultant to the organizing committee in all matters relating to the preparation, carrying out and following up of the competition and is responsible for organizing the work of the Jury. The TD is the chair of the Jury ICR 303.3-304.1.5

For races entered in the FIS Calendar, the TD will be appointed by the International Ski Federation (FIS). In other cases, the TD will be appointed by the relevant National Ski Associations (NSA). Where a FIS TD is appointed, the NSA shall appoint an Assistant TD to help the TD. The organizing committee must liaise with the TD from the date of their appointment. They are responsible for the payment of the TD's expenses in accordance with ICR.

The TD is expected to arrive at the race venue in time to have two full working days prior to the competition. One of his/her first actions must be to organize a meeting with the principal members of the Organizing Committee and other members of the Jury.

3.2 Reimbursement of TD Expenses

The Organizing Committee is responsible for reimbursement of the TD's expenses, including travel, accommodation and subsistence costs, in accordance with ICR 304.1.1.

3.3 The Jury (ICR383)

In addition to being a forum for dispute resolution, the Jury should act as an adviser for the competition Organizer in dealing with various aspects of the competition. The safety of the competitor should be given priority. The Jury should consist of:

- TD, acting Chair of the Jury

- National Assistant TD, appointed by the NSA
- Chief of Competition

The TD may invite additional persons to attend Jury meetings where appropriate. These persons are advisory in capacity and do not carry a vote. Specific duties of the Jury are found in ICR 303.3.

4.0 Fees and Participant Information

All information about registration and event details should be found on the event website and in a participant guide. The participant guide can be published at a date close to the event and contain specific information on the current event details.

4.1 Fees

Pricing may be limited by NSAs and may differ between early and late entries. Additional fees may be charged for late registrations.

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

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

4.2 Licenses

Licensed competitors are responsible for complying with the license requirements of their own NSAs. Organizers must ensure that licensed participants are current in their requirements.

4.3 Seeding

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.

4.4 Grouping

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.

4.5 Results

Separate result lists must be published for men and women.

4.6 Competitors

Popular Cross-Country Competitions are organized 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:

1. follow the marked course from the start to finish passing all control points
2. complete the course on skis using only their own means of propulsion and without assistance from others
3. neither hinder nor interfere with other competitors
4. 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
5. comply with the special regulations of the competition (e.g. littering).

4.7 Age Classes

The age classes should follow the same principles as defined in ICR 341.1. At Popular Cross-Country Competitions a competitor must have reached his/her birthday before the end of the calendar year (1st January – 31st December) to be registered in the certain age group.

4.8 Advertising and Commercial Marking

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“.

4.9 Wax Policy

There are cases of ICR rules that do not apply to the popular skiers, only to the FIS group. ICR 343.12.7, in regards to waxing, does not apply to competitors outside the seeded group. However, most popular races also have wax policies that all participants should adhere to.

4.10 Information for Competitors

All pertinent information should be found on the event website. Specific details for participants may be shared via a participant guide document on the website or sent by email. Information on spectating should also be provided via the website. Before the start of the competition, competitors should receive information regarding the following:

1. starting time
2. course description and profile
3. technique(s)
4. transportation information
5. identification sticker and control card, if any
6. ski marking
7. starting procedures
8. warm-up area and procedures
9. feeding station locations and refreshments available
10. procedure to follow if a skier does not complete the competition
11. finish line procedure
12. information regarding emergency medical procedures
13. cut-off times, if any
14. clothing drop off and pickup sites
15. changing area, shower location, and food sites
16. results service with grouping and announcements
17. protest procedures
18. prizes and awards
19. procedures for short notice competition cancellation
20. time and location of Team Captains' and Jury meetings, press conferences and other meetings
21. communication services
22. other necessary information

5. The Course (ICR 384)

5.1 Recommended Norms

Items	Preparation for	
	Classical technique	Free technique
COURSE		
Uphills width	4 – 6 m	6 – 9 m
Undulated terrain width	4 – 6 m	6 – 9 m
Downhills width	4 m	6 m

Classical tracks	2 tracks minimum in ideal line	1 track in 0.5 m from border line
Distance between tracks	Minimum 1.2 m	
START		
Organization/pre paration	Mass start	Mass start
Classical tracks		
Length of tracks (after the start line)	50 to 100 m	30 to 50 m
Distance between tracks	Minimum 1.2 m	

FINISH		
Width (minimum)	6 m	9 m
Length of the finish (min)	100 m	100 m
Number of corridors	3 tracks minimum	3 corridors (3 m each)
Length of the corridors	50-100 m	50-100 m
Distance between tracks	Minimum 1.2 m	

5.2 Width

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.

5.3 Start Area

There are various methods of starting a popular race, the most common types are mass and wave starts. The objective must be to ensure that there is a smooth flow of competitors along the course and that bottlenecks in narrow areas are avoided.

The start area should be flat, or nearly flat, and be wide enough to accommodate the anticipated number of participants to enable the start to take place smoothly. 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 and avoid excessive crowding. The start area should be organized to provide for:

- ski marking
- control of competitor identification
- control of commercial markings
- competitor seeding
- crowd control

To accommodate citizen skiers and FIS skiers, the Start area in a popular race should have additional infrastructure. The Start Area must be fenced off to prevent spectators and other unauthorized persons gaining access. Only race participants, staff, and accredited delegates should be permitted to enter the start area. Such entry should be through one or more control points.

The following facilities should be provided within the immediate vicinity of the Start Area:

- Sufficient toilets for the number of competitors (minimum recommended ratio 1:100, depending on the total number of skiers and the start time period)
- Parking area for competitors, spectators, press and officials
- Ski waxing facilities (often provided by specialist firms)
- Medical facilities
- Late collection of race numbers
- A collection area for outer clothing/baggage (to be transported to the finish or otherwise safeguarded)
- Advertising space for sponsors
- A Press/Media area, suitably sited to attract the best possible photographic possibilities
- A loudspeaker system, with announcements being made in at least the local language(s) and English.

5.4 Starting Procedures

The start will normally take place on an audible signal, such as a shot from a gun or other loud noise, and when the start gates are lifted to allow the competitors to start.

Where there is a large number of competitors, racers may start in groups. The group in which any competitor is placed may be determined by:

- Invited top athletes
- Elite competitors with FIS points
- Results in previous years' competitions
- Results in other competitions
- Date on which entry is received
- Age
- Gender

Invited racers, leaders of respective national cups, winners of previous editions or those entered by their national ski federations should be placed in an elite group, which will start in front of the rest of the racers and the best elite racers should have an individual marked start position.

5.5 Equipment Exchange at Start

Mass starts frequently result in breakages of equipment. Poles should be available near the start. The Organizing Committee will need to ensure that the start area is equipped with poles of different lengths to cover possible breakages.

6.0 Finish Area

The course should enter the finish area on a straight and flat approach. The finish area should be flat and must be sufficiently wide to allow several competitors to finish at the same time without impeding each other.

The last 100 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.

The area selected for the finish must be chosen bearing in mind not only the space available to accommodate the finish of the race, but also for the services required at the finish line., but also the many supporting services and facilities that are required. Access to the finish area must be restricted to competitors and officials and the general public must be confined to defined spectator areas and physically restricted, normally with barriers, from entering the finish area itself.

The finish line must be clearly marked in the snow by a red line and visible to participants, officials, and spectators, as well as the Press and Media.

6.1 Finish Facilities

Immediately after they have finished the race, competitors should be channeled through the following functions:

- Award of commemorative medal (if awarded)
- Baggage pickup/clothing area
- Recovery food and drink
- First aid and recuperation
- Toilets and changing rooms are necessary, other amenities, like showers, are also suggested
- Transport to parking lots, transit, etc. (if needed)

Additionally, the finish area should also make provision for:

- Stands for spectators, including special provision for VIPs
- Sponsors signs and advertisements
- Press and Media
- Doping control room
- Prize giving ceremony

6.2 Mixed Zone

Immediately after the end of the competition, the winning athletes are requested for TV and Radio interviews. The Mixed Zone is the pathway that the athletes are required to walk through after finishing the competitions. The design of the finish area must allow radio and TV reporters to interview athletes and winners (especially for live transmissions). There should be a photographers' stand with a frontal view on the finishing straight. The public must be kept away from this corridor.

6.3 Timekeeping and Recording

Timekeeping facilities must be immediately adjacent to the finish line. A separate backup system must be provided in case of computer failure. See ICR 316.

7.0 Course Preparation

Course preparation is a year round process in order to ensure the best grooming is able to be accomplished with a minimum amount of snow.

7.1 Pre-season

Course preparation includes mowing, erosion control, and trail work that may enable grooming with a minimum of amount of snow cover.

7.2 Winter preparation

The course should be packed and groomed throughout the winter to ensure a solid base for final preparation.

7.3 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 100 meters should be prepared to a width of at least 8 meters. The last 50 m should be divided into at least three equal lanes each 3m wide, separated by appropriate markings which will not interfere with the skis.

7.4 Classical Technique

The course should be set with at least two sets of tracks. Where the width makes it possible, more tracks should be set. In steep downhill or other locations as designated by the TD and chief of competition, no tracks should be set.

In curves, the tracks should only be set if skis can glide unrestrained in the set track. Where the curves are too sharp or the speed is too great to remain in the tracks, then the tracks should be removed. In steep downhill, or other locations designated by the TD and the Chief of Competition, no tracks should be set.

In appropriate conditions (e.g. heavy snowfall) with the approval of the TD and the Chief of Competition, course grooming may take place during the competition.

7.5 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.

Where more than one race is being held over the course at the same time, more lanes should be provided and certain lanes dedicated to the finishers in each technique, leaving a minimum of three lanes each 3m wide for the finish of the main race.

7.6 Measuring and Marking

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 downhill, curves, crossings should be given special marking.

There should be a detailed plan for course markings, barricading and fencing. There must be a final check of course marking just prior to the race.

The course should be well marked with flags, signs, and/or V-boards.

The competition course must be measured for length from start to finish. Homologation of a course is not required, however an accurate map of distance and elevation should be produced.

Each kilometer should be marked with an indicator board counting down the distance to finish.

Courses should normally be confined to one single lap to avoid the situation where the leading skiers, on a second lap, have to thread their way through groups of slower competitors who are being overtaken. Given snow conditions, lap races may be necessary to implement. Calculations should be done to determine how many participants can ski on a course at the same time and still maintain race speed.

7.7 Feeding on Course

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.

When team officials give refreshments to their competitors, they must follow ICR 344.2.

The exact location of each feeding station may be dictated by the terrain and (e.g.) the location of villages or access points along the course. The feeding stations should be set up on flat stretches or at the top of uphill stretches and should be clearly visible to approaching racers. Boards should also be set up 1000 m before each feeding station informing competitors that they are nearing the feeding station and information about the distance to the next feeding station. These should be written in several languages or should use internationally recognized signs. If the terrain or weather conditions make the course unusually difficult, the distance between feeding stations may be shortened, whereas on a relatively easy course the distance may be increased.

The types of food and drink available at feeding stations should be made known beforehand to competitors and, wherever possible, should be laid out in the same order at each feeding station, so that racers do not have to spend time searching for their preferred refreshment. This also aids the flow of skiers through the feeding station.

Stations should also be prepared for equipment exchange and minor repair. Poles should be available, especially if there are technically difficult sections of the course prior to the station.

7.8 Course Layout

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.

7.9 Bonus sprints

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.

7.10 Equipment Exchange on Course

Consideration should be given to providing equipment exchange posts for broken equipment following difficult descents or congested sections of the course. Equipment exchange posts may be conveniently located at feeding stations.

7.11 Time Limits

Where the information to competitors has indicated time limits at various points along the course, controls must be set up to enforce those limits, which may only be varied with the prior consent of the TD. The purpose of setting time limits at intermediate points is to ensure the safety of the competitors. **Skiers arriving late at a time check should not be permitted to proceed even if they undertake to do so at their own risk.**

8.0 Control

8.1 Control Procedure

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 Control 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.

8.2 Fluor Control- ICR 222.8

Fluoro testing may be done in cooperation with NSA and FIS.

8.3 Advertising

See the FIS Visual Guide of Commercial Markings on Clothing and Equipment, ICR 207

8.4 Doping

Facilities for doping controls must be available in or near to the Finish Area for use by national or international specialist teams. See paragraph 15.5.

8.5 Technique Controls

Where the race is being conducted in Classical Technique, periodic controls, which may be either static or mobile, must ensure that competitors complete the course without skating. These control posts must be manned by people of suitable qualification or experience, who may be supported by video cameras. Organizers should provide equipment and staff for technique controls and to support the Jury. Any infringements, by recreational skiers as well as by athletes in the elite group, must be reported to the Jury.

9.0 MEDICAL AND SAFETY

9.1 Safety of Competitors

Popular races are generally long distance events, which may take place in all weather conditions and in arduous terrain. The safety of the competitors in these competitions is the primary responsibility of the Technical Delegate and the Organizing Committee.

9.2 The Chief Medical Officer

The Organizing Committee must appoint a Chief Medical Officer (CMO) for every race. The CMO will be a member of the Competition Committee and may be invited to attend Jury meetings in an advisory capacity. The CMO must be a licensed medical officer. The CMO will be responsible for equipping and setting up medical controls along the route and for ensuring that the staff is properly trained. The CMO will also be responsible for ensuring that adequate backup and evacuation facilities are available and that there is an effective communication link between the various elements under his/her control, as well as with outside medical agencies. He/she will be responsible for liaison with the national doping agency/WADA.

The detailed regulations concerning the medical and safety aspects of the competition are contained in ICR 386 and 387.

9.3 Medical and Safety Plan

The CMO is responsible for developing the Medical Plan. A detailed Medical and Safety Plan must include procedure for dropping out of the race, transport of drops to the finish line or medical facility, coordinate with emergency services, determine need for outside contracts to handle multiple situations during an event based on number of participants, etc. The plan must also identify measures for the rapid evacuation of casualties during the race in case of a traumatic situation. The success of the plan will be heavily dependent on the efficiency of communications and all elements of the plan should be rehearsed before the event.

9.4 Medical Report

The CMO is required to submit an injury report to be included in the TD report.

10.0 Sanctions, protests and appeals

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.

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.

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.

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.

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.

10.1 Protests

All protests concerning race results and breaking the regulations etc. must be brought up to the Jury as follows:

- Concerning elite finishers during 1 hour after first participant have finished;
- Jury has the right to disqualify the participants for the violation of technique (skating at classical events), skis exchange or start with the bib of another person.

Athletes without FIS license cannot be disqualified for technique violation, but they can be sanctioned (ranked last in the results).

See ICR 361 for the monetary amount that must be deposited with the submittal of the protest. This deposit will be returned if the protest is upheld.

11.0 Cold Weather Precautions

The FIS temperature limit for popular races is -25C, 5 degrees lower than in other FIS races. The FIS Medical Committee has determined that popular competitors are less likely to push their limits in cold conditions and are more likely than elite racers to dress conservatively for the races. See the following from ICR 387 regarding temperature regulations.

11.1 Background

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.

11.2 Between minus 15 ° and minus 25 °C

If the temperature 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 organizer.

11.3 Minus 25 °C and below

If the temperature in a major portion of the course is minus 25 °C or below, the competition shall be delayed or canceled.

11.4 Warm Weather Precautions

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.

11.5 Medical Aid Stations

Medical stations with shelter, blankets and first aid equipment should be set up at the same intervals as feeding stations along the course. These medical aid stations must be manned by qualified staff and equipment to respond to common injuries found at endurance events. An AED at each station and on roving medical personnel is recommended. All staff must be provided with communications equipment linking them to a central control point, and with the means to evacuate sick, injured or exhausted competitors. In warm weather conditions, plenty of liquid should be available at feeding and medical stations to combat the effects of dehydration; in very cold weather, extra blankets and clothing should be provided to protect competitors showing signs of hypothermia. In very cold conditions, staff must be designated to physically check the features of competitors for signs of frostbite.

The medical aid stations will be under the overall control of the chief medical officer, who must be a licensed medical officer. He/she will be responsible for the production of a written safety plan, coordinating the work of the medical and rescue services.

12.0 CANCELLATION OR POSTPONEMENT

12.1 Cancellation Procedure

Weather, snow conditions, course conditions, and temperature are main factors that may determine a cancellation or postponement of an event. When making a decision to cancel or postpone a race, the procedures to be followed are set out in ICR 389.

12.2 Policy

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.

12.3 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 organizing 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.

12.4 Short Notice Cancellation

A short notice cancellation is made six or fewer days before the date of the competition. However, a competition cannot be canceled 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.

12.5 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).

12.6 Alternate Course

Alternate courses may be used if the original course cannot be utilized. Given no homologation requirements for longer events, this will likely not affect the FIS sanctioning.

12.7 Announcement of Cancellation, Postponement, or Change in Event

Communication of a change, postponement, or cancellation in the race will be done in a similar fashion to all race communication- website, social media, SMS, etc.

12.8 Refund policy if the competition is canceled

Every Organizing Committee has their own Refund Policy that they will follow in the case of a change or cancellation in the event.

13.0 International Ski Competition Rules

13.1 Fundamental rule

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.

