THE INTERNATIONAL SKI COMPETITION RULES (ICR)

PARA CROSS-COUNTRY

APPROVED BY THE FIS COUNCIL – NOVEMBER 2026

EDITION NOVEMBER 2026

INTERNATIONAL
SKI AND SNOWBOARD
FEDERATION

The base of this rule booklet is the Cross-Country ICR. Rules that differ and/or require special attention for Para Cross-Country are marked with a grey frame as displayed here for better orientation.

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200 Joint Regulations for all Competitions

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

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 a competitor, 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. 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, Combined, KO, Team Competitions

201.6.3 Freestyle Ski Events

Moguls, Dual Moguls, Aerials, Aerials Synchro, Ski Cross, Halfpipe, 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, 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, Rollerski, 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 2030/2031.

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 members 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 competition in the FIS Calendar. In a number of Snowboard, Freestyle Skiing, Free Ski disciplines and events the course or facility is built up for each competition that therefore does 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 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 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, a competitor 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 National Ski Association to another are subject to consideration by the FIS Council at its Spring Meetings. Applications must be submitted by 1st May of each year.

As a general principle, an application to change licence registration will only be approved where the competitor can demonstrate personal connection with the new nation.

To be eligible to apply for a change of licence registration, competitors must hold the citizenship and a valid 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) consecutive years immediately preceding the date of application. The two-year residency requirement may be exempted for a competitor who was born in the territory of the new country, or where the competitor's mother or father was born in, and holds the nationality of that country.
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 licence registration shall only become effective upon approval by the FIS Council. A competitor can make one change of licence registration. A second change may be approved only where the competitor returns to the National Ski Association and country originally presented, and only after a period of four (4) years has passed from the date of the previous change. Any further changes shall not be permitted. A competitor has the right to participate in FIS events for their current National Ski Association during the four-year eligibility period.

203.5.1 If competitors have already participated in FIS 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 no written agreement is provided, competitors may not participate in any FIS events or get a licence from a new National Ski Association for a period of twelve months from the end of the last season in which they competed for their present National Ski Association.

203.5.2 The FIS Council may approve or refuse change of licence at its sole discretion, regardless of whether the applicable requirements have been fulfilled, if it determines that the change of licence is contrary to the purpose of these rules or not in the best interests of FIS.

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 and Snowboard Federation to grant the change.

203.5.4 Competitors changing to a new National Ski Association shall retain their FIS points, provided that a release letter has been granted by their former National Ski Association.

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 has 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 picture 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 Athlete 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 competitor 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 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.

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.

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 on 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 winner's 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 Commercial Markings on Equipment, 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 a competitor 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 proceeding 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, e-mail or telefax 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, telegram, e-mail or telefax 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 ads 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 in the Event concerned 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 fulfilment 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 A competitor 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.

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 art. 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 to art. 223.3.1.1 are also 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 art. 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 series of 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 art. 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 art. 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 art. 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 a field of play and where elimination heats lead to the determination of the final results.

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 (art. 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 art. 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 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 art. 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.

12200 Joint Regulations for all Para Cross-Country Competitions

12200.1 Para Cross-Country Competition Levels

12200.1.1 Paralympic Winter Games (PWG)

12200.1.2 FIS World Championships (WSC)

12200.1.3 FIS Para Cross-Country World Cup (WC)

12200.1.4 Continental Cups (COC)

12200.1.5 FISU World University Games (UVS)

12200.1.6 International FIS Para Cross-Country Competitions (FIS)

12200.1.7 Open National Championships (NC)

12200.1.8 Para Roller Ski (ROL)

12201 Participation in FIS Para Cross-Country Events

12201.1 FIS Code
An athlete must hold an active FIS Code for Para Cross-Country issued in accordance with art. 203. Cross-Country FIS Codes are not applicable for Para Cross-Country races and vice versa.

12201.2 Athlete Evaluation and Sport Class Status

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

12201.2.2 If competing at a sanctioned lower level event an athlete with New Status must compete in the Sport Class with the highest factor of his/her category, as follows: Vision Impaired: NS3, Standing: LW4, Sitting: LW12 (see art. 12201.4).

12201.3 Age Limit
Age of the competitors: see art. 12340.1

12201.4 In accordance with the IPC Classification Code, and general principles of classification, athletes will generally compete against athletes with the same Sport Class. In Para Cross-Country however, athletes in

different Sport Classes are grouped together into three (3) different Categories as follows:

Category	**Sport Classes***
Vision Impaired (VI)	NS1, NS2, NS3
Standing	LW2, LW3, LW4, LW5/7, LW6, LW8, LW9
Sitting	LW10, LW10.5, LW11, LW11.5, LW12

*NS: Nordic Skiing, LW: Locomotor Winter

Athletes compete against other athletes from the same gender and category and the official results are determined as per art. 12317.

12202 Entries

All entries for the participation in international competitions must be made through the FIS Online Entries (https://profile.fis-ski.com/login) according to the following deadlines:

World Cups

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

COC, FIS and NC

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

12202.1 An organiser may request preliminary entry information for planning and accommodation purposes separate from the online registration.

12202.2 Special entry timelines and procedures shall apply for Fédération Internationale du Sport Universitaire (FISU) World University Games, World Championships and the Paralympic Winter Games (PWG). For the PWG all entries are subject to the Qualification Regulations which are published by the International Paralympic Committee (IPC). For FISU all entries are subject to the Regulations for the FISU World University Games, which are published by FISU.

12203 Competition and Calendar Fees

12203.1 Race Entry Fee (Athletes and Guides)

The race entry fee is the amount that must be paid per athlete and guides to the organiser, for each race entered on the event competition programme. The race fee is based on the entries. In cases athletes

and/or guides are added after the entries it is on the discretion of the organiser to charge for late entries.

The Race Entry Fee is non-refundable in the case that the Jury cancels the race.

The amount payable per athlete and per guide per race is as follows:

Competition	Race Fee
FIS Para Cross-Country sanctioned competitions (WC and below)	25 CHF

12203.2 Calendar Fee (Organizing Committee)

An Organizing Committee must pay all competition calendar fees to FIS according to art. 202.1.2.6 or as per the hosting agreement.

These calendar fees are published in the Rules for the FIS Calendar, FIS Calendar and Registration Fees are available on the FIS Website: https://www.fis-ski.com/inside-fis/document-library/general-regulations.

12204 Prizes

12204.1 At World Championships and Paralympic Winter Games medals will be awarded to the top three competitors in each event.

12204.2 At World Cup competitions prizes, titles or diplomas, provided by the organiser, will be awarded to the top three competitors in each event.

12204.3 For athletes in the VI category, only if the guide skied the full course and/or all stages of a competition with the athlete, the guide will also be awarded the same medal, prize, title or diploma awarded to the athlete.

12204.4 World Cup Trophies

12204.4.1 A World Cup Trophy for the winner and medals for the top three (3) ranked athletes/guides will be awarded in each category / discipline. A Nations Cup Trophy will be awarded to the top ranked World Cup nation in a season.

12204.4.2 For athletes in the VI category, if the athlete skied with a guide only one guide per VI athlete will be awarded per discipline and overall trophies. In the event an athlete has skied with more than one guide during the season, the team manager must communicate the name to FIS and organiser representatives at the last Team Captains Meeting before the award ceremony.

12204.4.3 FIS will provide the Trophies and Medals.

12205 Team officials, coaches, service personnel, suppliers and firm's representatives

Team officials will be issued a personally numbered bib to be visibly worn in accredited areas at all WC and WSC competitions. Team officials are individually responsible for their bibs and a fee to be determined from time to time by FIS will apply for replacements in the event of lost bibs. Team bibs remain the property of FIS.

12300 Cross-Country Competitions

12300.1 FIS sanctioned competitions are governed by the following FIS publications: ICR - first section (200s), second section (12200s), third section (12300s), Homologation Guidelines, FIS Para Nordic Classification Rules and Regulations, Rules for the Para Cross-Country Points and Para Cross-Country World Cup Points, FIS Para Snowsports Equipment Specifications and FIS Para Snowsports Adaptive Equipment Regulations approved by the Para Snowsports Committee and/or FIS Council.

A. Organisation

12301 The Organising Committee (OC)

12301.1 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.

12302 The Competition Officials

12302.1 Appointment of the Competition Officials

12302.1.1 FIS appointed officials are:

At **Paralympic Winter Games** (PWG) and **World Championships** (WSC):

- FIS Para Cross-Country Race Director (RD),
- FIS Technical Delegate (TD),
- FIS Assistant Technical Delegate (TDA),
- Jury Member,
- OVR (On-Venue Result) Race Administrator (only for PWG),
- Adaptive Equipment Controller (Classification),
- FIS Equipment Controller

At **World Cup** (WC):

- FIS Para Cross-Country Race Director,
- FIS Technical Delegate (TD),
- FIS Assistant Technical Delegate (TDA),
- Adaptive Equipment Controller (Classification),
- FIS Equipment Controller

At **Continental Cup** (COC) and other **FIS Competitions**:

- FIS Technical Delegate (TD) (in cooperation with the regional TD coordinator)
- FIS Para Cross-Country Race Director may be present on COC as part of the Jury

12302.1.2 NSA appointed officials are:

- At WC competitions: National Assistant TD
- At FIS Para Sanctioned Regional Competitions: National Assistant TD

12302.1.3 Organising Committee Appointed Members

12302.1.3.1 The Organiser appoints all other members. For all Paralympic Winter Games (PWG) and World Ski Championships (WSC) the following key technical officials must be submitted to the FIS Council for approval:

- Chief of Competition
- Ass. Chief of Competition
- Competition Secretary
- Chief of Course
- Chief of Stadium

12302.1.3.2 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 the 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 can do only one job. Officials must be easily recognized by their uniforms, armbands or badges.

12302.2 Competition Officials Appointed by the Chief of Competition

12302.2.1 The Competition Officials are

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

The chief of competition will appoint other officials as necessary.

12302.3 The Competition Officials and their Duties

12302.3.1 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 to their arrival to the competition site.

12302.3.2 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.

12302.3.3 The chief of course is responsible for the preparation (grooming including tracksetting, banking where required, markings, safety (crash) pads and fencing where required) 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.

12302.3.4 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.

12302.3.5 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 enough 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.

12302.3.6 The chief of control and competition security is responsible to organise 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 are determined without notifying the competitors, coaches or other officials. The controllers at each post record violations and 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.

12302.3.7 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.

12302.3.8 The chief of medical and rescue services is responsible for the organisation 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.

12303 The Jury and Its Duties

12303.1 Members of the Jury

12303.1.1 For all Paralympic Winter Games (PWG) and World Championships (WSC) the following will serve in the Jury:

- The FIS TD, who is chair of the Jury (appointed by FIS)
- The FIS Assistant TD (appointed by FIS)
- FIS Para Cross-Country Race Director (appointed by FIS)
- The Chief of Competition (subject to approval by the FIS Council)
- Jury member (appointed by FIS)
- Adaptive Equipment Controller (Classification) (appointed by FIS – non voting Jury member)
- FIS Equipment Controller – if appointed, (appointed by FIS - non voting Jury member)

The FIS Officials mentioned above are appointed by the FIS Council on proposal by the Para Snowsports Committee.

12303.1.2 For WC the Jury will consist of the following:

- The FIS TD, who is chair of the Jury (appointed by FIS)
- FIS Para Cross-Country Race Director (appointed by FIS)
- FIS Assistant Technical Delegate (TDA) (appointed by FIS)

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

12303.1.3 For other Para Cross-Country sanctioned competitions the Jury will consist of the following:

- The TD, who is the chair of the jury (appointed by FIS)
- the Chief of Competition
- National Assistant TD (appointed by the host NSA in cooperation with the regional TD coordinator)
- FIS Para Cross-Country Race Director (if present)

12303.1.4 For all events below World Cup the Chief Classifier or their designate shall provide information and/or interpretations regarding classification matters to the Jury as required.

12303.2 Role of the Technical Delegate (TD), Assistant Technical Delegate (ATD) and Race Director (RD), at WC, WSC, PWG, and other FIS competitions.

12303.2.1 Authority

The TD is the delegate of FIS to the organizing body and is a guarantor for FIS that the competition is conducted in accordance with the Para Cross-Country Rules. The TD must have a valid FIS TD license and 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 National 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.

12303.2.2 Appointment

12303.2.2.1 For PWG, WSC and WC the Assistant TD and the Jury Member must possess a FIS TD licence.

12303.2.2.2 For all PWG and WSC competitions the 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.

12303.2.2.3 For PWG and WSC competitions the TDs are appointed by the FIS Para Snowsports Committee based on the nominations prepared by the FIS Para Cross-Country Race Director in consultation with the Chair of the Cross-Country Sub-Committee for Rules & Control. For WC

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

12303.2.2.4 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 PWG, WSC and WC.

12303.3 Duties of the Jury

12303.3.1 The Jury must ensure that the competition is organized and carried out according to the FIS Para Cross-Country ICR. 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.

12303.3.2 The Jury must clarify and decide:

- Whether a competition shall be delayed, postponed, interrupted, resumed, rescheduled, restarted or cancelled[1].
- 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.

[1] 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, 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 cancelled 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 below), 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.

- 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.

12303.3.3 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).

12303.4 Jury Duties before and during the Competition

12303.4.1 Normally jury members should arrive at the venue early enough to have 2 full working days before the 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.

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

12303.4.2 Jury duties before arrival to competition site are related but not limited to:

- Invitation
- Competition program
- Entries and eligibility questions
- Course and stadium plans
- Snow conditions, contingency plans (in case of bad snow conditions)
- Site visits (if required)

12303.4.3 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, safety requirements
- Medical service:

First aid stations, rescue plans, doping control (facilities, chaperons)

- Team accommodation:

  Level, distance, pricing, meal arrangements and quality
- Race office:

  Location, organisation, equipment, opening hours, information for the teams, forms, lists (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, primary 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

12303.4.4 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 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 Jury members.

12304 Team Captain's Meeting

12304.1 Procedure

12304.1.1 Before each competition a Team Captains' meeting is carried out. It should take place one day before the competition.

12304.1.2 The date, time and place of the Team Captains' meeting have to be published in the competition program (ICR art. 213). The Jury decides how many representatives per participating team and how many accredited officials are allowed to take part in the Team Captains' meeting.

12304.1.3 At PWG, WSC and WC the seating arrangements of the participating teams have to be marked.

12304.1.4 At PWG, WSC and WC the Team Captains' meeting is held in English and also in the original language of the organiser if necessary.

12304.1.5 The Team Captains' meeting is conducted by the chief of competition.

12304.1.6 At the Team Captains' meeting, a majority of the voting members is enough for a Jury recommendation. Each team has one vote.

12304.1.7 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 (art. 12303.3.2).

12304.2 Agenda

12304.2.1 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.

12304.2.2 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 and warmup
- times and courses for training
- general information from the TD
- general information from the FIS Para Cross-Country Race Director
- general information from the Organiser

12304.2.3 Minutes, which contain all topics of discussion, Jury decisions and the recommendations made must be taken at the Team Captains' meeting.

B. Para Cross-Country Competitions

12310 Competition Formats and Programs

12310.1 Table for distances and course lengths

Competition Type	Competition Length (km)	Nominal Course Length (km)
Distance	5 to 20	2.0, 2.5, 3.3, 3.75, 4.0, 5.0
	Greater than 20	5 and greater
Individual and Team Sprint	Sitting: 0.6 – 1.2	0.3 to 1.2
	Standing/VI: 0.8 – 1.6	0.4 to 1.6
Relay	2.5 per leg	2.5

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.

12310.2 Technique Definitions

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

12310.2.2 Classical Technique

12310.2.2.1 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.

12310.2.2.2 Diagonal Stride technique is comprised of alternating diagonal movements of the arms and legs and includes diagonal stride and herringbone technique without a gliding phase. In diagonal technique only one or no pole is in the ground at any time.

12310.2.2.3 In Para competitions, athletes with lower limb impairments that make diagonal stride and herringbone technique impossible in steep uphills, may use an adaptive half herring bone technique with one ski gliding in the direction of travel and one ski pushing without a gliding phase.

12310.2.2.4 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.

12310.2.2.5 Where there are one or more set track, repeatedly changing or stepping in and out of the tracks is not allowed.

12310.2.2.6 Single or double-skating is not allowed.

12310.2.3 Free Technique

Free technique includes all Cross-Country skiing techniques.

12310.3 The Programs for PWG, WSC, WC and FIS Competitions

12310.3.1 PWG and WSC

12310.3.1.1 For the PWG and the WSC, the programme is:

Interval Start Competition: 10km C/F		
Para Mass Start Competition:	20km C/F	
Sprint Competition:	Sitting:	0.6 – 1.2km C/F
	Standing/VI:	0.8 – 1.6km C/F
Relay Competitions:	Mixed & Open Relays (4 x 2.5km)	

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

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

The relay competitions will be conducted using two classical legs (first and third leg) and two free technique legs (second and fourth).

12310.3.2 World Cup

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

12311 Cross-Country Competition Courses

12311.1 Fundamental Characteristics

12311.1.1 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.

See the Para Cross-Country Homologation Guide and FIS Cross-Country Course and Venue Design Guidelines.

12311.1.3 A test area should be prepared and clearly marked along or near the competition course.

12311.1.4 Warm up courses (also for the Sitting category) should be prepared as close as possible to the stadium.

12311.2 The Homologation

12311.2.1 All FIS Para Cross-Country competitions should be carried out on homologated courses. Exceptions are: popular competitions, Roller Skiing competitions, substitute courses if approved by the Jury and lower-level competitions (Continental Cup and below) if approved by FIS office and the jury, where the courses meet homologation criteria but where homologation is not yet available. The homologation procedures are described in the Homologation procedure for Cross-Country skiing courses and the FIS Para Cross-Country Homologation Guide.

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

12311.2.3 The organiser must supply copies of the approved course maps and the homologation certificate (when applicable) to the appointed TD. A graduated scale and a north direction arrow as well as Height Difference (HD), Maximum Climb (MC), and Total Climb (TC) information must be included.

12311.2.6 Course width categories

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

Category	Minimum course width			Used for
	Uphills	Undulated terrain	Downhill	
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	Para Mass Start C Skiathlon C part Relay F Sprint C Team Sprint C
D	9 m	7,5 m	6 m	Para Mass Start F Skiathlon F part Sprint F Team Sprint F

Category	Minimum course width			Used for
	Uphills	Undulated terrain	Downhill	
E	12 m	9 m	6 m	Skiathlon (when both techniques are used on the same course)

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

12311.2.7 At PWG, WSC, and WC competitions, the highest point of a Cross-Country course should not exceed 2000 m.

12311.2.8 For courses with highest point above 1,800 m elevation, the requirements for MC and TC described in the homologation manual should be reduced by 20 %.

12311.3 Preparation of the Course

12311.3.1 Pre-Season Preparation

The courses must be prepared before the winter so that they can be raced on 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 30cm of snow. Special attention must be given to downhill sections and the need for banking the curves.

12311.3.2 General Preparation for the competition

12311.3.2.1 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.

12311.3.2.2 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.

12311.3.2.3 The courses and the warmup tracks must be completely prepared before the official training, correctly marked and with the kilometer signs in place.

12311.3.2.4 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.

12311.3.2.5 All use of artificial means in order to improve the glide on the snow are forbidden. In special cases the use of chemicals to prevent a soft surface is allowed.

12311.3.3 Preparation for Classical Technique

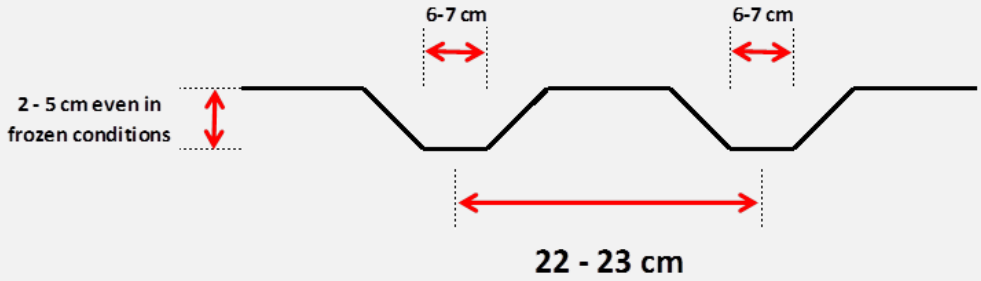
12311.3.3.1 The number of tracks will be decided by the Jury according to the length, the width, the profile of the course, the competition format and number of entries (see ICR articles section C).

12311.3.3.2 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.

12311.3.3.3 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.

12311.3.3.4 To decide the proper course preparation and track setting, the best competitors and highest possible speed must be taken into consideration.

12311.3.3.5 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 22cm - 23cm apart, measured from the middle of each track. The depth of the track should be 2-5cm, even in hard or frozen snow.



12311.3.3.6 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.

12311.3.4 Preparation for Free Technique

12311.3.4.1 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).

12311.3.4.2 The Jury determines where and how tracks will be set.

12311.3.4.3	In sections where athletes in the Standing and Sitting categories use the same course 2 classical tracks shall be set if possible.

12311.4 Marking the Course

12311.4.1 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.

12311.4.2 Kilometer signs should mark the accumulated distance skied along the course.

12311.4.3 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.

12311.5 Refreshment Stations

12311.5.1 The OC must at a minimum provide a refreshment station (in the finish area).

12311.5.2 The Jury decides on positions or limitations on feeding stations on the competition course.

12311.6 Training and Inspection of the Course

12311.6.1 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.

12311.6.2	At PWG all competitors and team staff who participate in Unofficial and Official Training must wear a training bib provided by the organizer. At WC and WSC the Para Cross-Country training bibs must be worn.

12312 The Cross-Country Stadium

12312.1 Stadium Area

12312.1.1 The stadium has to be prepared with a well-designed start/finish area.

12312.1.2 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.

12312.2 Start Zone

12312.2.1 The first 50m 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.

12312.2.2 The starting positions will be set according to the competition formats (see ICR articles section C).

12312.3 Finish Zone

12312.3.1 The last straight 50m 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.

12312.3.2 The finish line must be clearly marked with a colored line. The width of the finish line is maximum 10cm.

12312.4 Exchange zone

12312.4.1 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.

12312.4.2 The size (length and width) should be adapted to the competition format (see also ICR articles section C) and the available space in the stadium.

12312.5 Pit boxes

12312.5.1 When ski exchange is allowed, the pit box area must be designed so that each nation has a designated box marked by their national flag / national code and an exit is provided that minimizes any chance for interference. The minimum width of each exchange box shall be 2.5 metres. 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 jury decides about the layout of the ski exchange zone and the number of boxes per nation, taking in consideration the total number of competitors and the available space in the stadium.

The course along the access to the boxes should be minimum 4 m wide. The width of the course on the exit side on the boxes should be minimum 6 m.

12312.5.2 Pit boxes for Skiathlon Competitions

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. The minimum width of each exchange box shall be 2.5 metres. 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.

12312.6 Working Conditions

12312.6.1 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.

12312.6.2 Timekeeping and calculation should be located in a building with a good view of the start and finish.

12312.6.3 At PWG, WSC, 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.

12312.6.4 A heated room must be provided for the medical office near the stadium.

12312.7 Additional Facilities

12312.7.1 In the immediate vicinity of the stadium at PWG, WSC and WC, a controlled (with fences or manual control) team preparation area with wax cabins must be installed. The cabins must be heated and well ventilated using forced air exchangers. Additional rules may apply for PWG, WSC, and WC.

12312.7.2 Toilets and washrooms (both accessible for wheelchairs) must be installed for competitors near the stadium. They must be easily reached from the start area.

12312.8 Current Information Facilities

12312.8.1 A notice board showing results, important information from the OC and the Jury, should be located close to the wax cabins and the stadium.

12312.8.2 Loudspeakers must be used for announcing the competition and important information. The volume of the announcements must be modified for the VI category as required by the TD’s.

12312.8.3 In order to inform international competitors, trainers, spectators, English language must be used.

12313 Official entries for the organiser

12313.1 Procedure

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

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

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

12313.2 Receiving official entry confirmation for a specific competition

12313.2.1 Official entries and grouping information (when required) must be received and checked by the competition secretary latest two hours before the Team Captains' meeting.

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

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

12313.3 Late Entries

12313.3.1 Late entries can be admitted by the Jury before the draw.

12313.3.2 Late entries are not admitted after the draw.

12313.4 Substitution

12313.4.1 After the draw a competitor 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.

12313.4.2 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.

12313.4.3 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.

12313.4.4 The starting position of the substitute competitor will be according the ICR articles section C "Competition Formats "

12313.4.5 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.

12314 Starting Order

12314.1 Principles

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

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

12314.1.2 The starting order, including grouping and group order when applicable shall be determined by the Jury in such a way as to avoid overtaking as much as possible. In principle faster Sport Classes start first when more than one Sport Class is racing at the same time.

12314.1.3 Competitors who appear on the start list and are not present during the competition must be listed as DNS in the results.

12314.2 Draw

12314.2.1 Manual and computer methods are allowed for the draw.

12314.2.2 The draw is carried out by using a random double selection.

12314.2.3 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.

12314.2.4 If a competition must be postponed to a different date, the draw must be repeated (article 217.6).

12314.2.5 It is possible to have the draw conducted before the Team Captains Meeting under the supervision of the Jury.

12314.3 Manual Draw

12314.3.1 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.

12314.4 Computer Draw

12314.4.1 The computer draw procedures must be inspected by a member of the Jury in order to validate the process.

12314.4.2 This method requires that the names and the grouping of the competitors will be entered into the computer. The program 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.

12314.5 Using a Points System to Determine the Starting Order

12314.5.1 Start order will be defined by using the respective FIS Para Cross-Country points. Athletes without points will be drawn.

For interval start distance competitions competitors will normally start in reverse order of their current points standing (best are at the end) unless a randomized order within a group is selected. The overall WC leader will normally always be assigned the last starting position.

For individual Sprint qualification round the competitors start in the order of their current point standing (best start first). The overall WC leader is always assigned the first starting position.

The jury may also specify different grouping systems within the points order to determine order of start. In principle, the group with the best points will receive the most favorable starting position.

12314.7 Bibs (Start Numbers)

12314.7.1 Design

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

12314.7.2 The Guide bibs must meet the following specifications:

- Guide bibs must have a clearly visible “G” or “Guide” on the front. The colour needs to be yellow (Pantone 803) (preferred), orange (RAL 2005) or red (pantone 1795). Other colours may be approved by FIS.
- All Guides must use the Guide bib supplied to them.
- The back of the bib may be any colour and modified by adding a pattern with coloured tape or other coloured material which best accommodates the individual needs of vision impaired competitors. Any modifications must be affixed in such a way that the bib will stay secure during the race yet be able to be removed in order to return the bib back in its original condition.

12314.7.3 Leg and Sit Ski Bib Numbers

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

12314.7.3.2 For Team Sprint and Relay competitions it is required to affix bib numbers to the finishing competitor’s leg or side of the sit ski that is closest to the finish line camera.

12314.8 Start list

12314.8.1 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.

12315 Start Procedures

12315.1 Types of Starts

12315.1.1 For competitions on the International Ski Calendar, Interval Start, Mass Start, Pursuit Start, and Heat Start will be used.

12315.2 Interval Start Procedure

12315.2.1 Interval starts will normally use half-minute intervals and fifteen seconds for sprint qualifying round. The Jury may approve shorter or longer intervals.

12315.2.2 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.

12315.2.3	The competitor must have their feet (Standing and VI categories) or front binding (Sitting category) behind the start line and remain stationary before the starter gives their starting commands. The poles remain stationary and should be placed over the starting line and/or starting gate at the discretion of the starter.

12315.2.4 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 and must be reported to the jury. If he/she starts more than three seconds after the start signal, it is a late start and the start list time will count.

12315.2.5 Competitors who start late must not interfere with the start of others.

12315.2.6 With both electric 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.

12315.2.7 Examples of start and result lists for Interval Start Procedure (Interval Start and Sprint Qualification) competitions can be found at:

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

12315.3 Mass Start Procedure

12315.3.1 The Jury can decide to organise 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

12315.3.2 The jury shall decide whether to set classical tracks in the start grid.

12315.3.3 The starting procedures for a Mass Start will begin two minutes before the start signal. At this time instruction 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.

12315.3.4 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.

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

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

12315.4 Pursuit and Wave Start Procedure

12315.4.1 The starting order and intervals are set according the calculation with the applicable Sport Class percentages and the results of a first competition, see art. 12316.8.1. The tenths of seconds will be deleted to establish the start list.

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

12315.4.2 In order to avoid overlapping or competition taking too long, the Jury may allow a Mass, Wave or Heat start for the late starting competitors. The Jury is also allowed to reduce the number of starting competitors.

12315.4.3 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.

12315.4.4 In order to guarantee an exact start, a large digital display clock must be used. The start must be prepared so that two or more competitors may start side by side.

12315.4.5 The competitors are not allowed to change corridors within the marked corridor area after the start line.

12315.4.6 If there is a need, athletes in the VI category may be held by a team member or an official (on request by the team) with a hand on the shoulder of the athlete until they can start.

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

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

12315.6 Duties of the Start Officials

12315.6.1 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.

12315.7 False Start Consequences

12315.7.1 For competitions using Interval Start or Pursuit and Wave 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.

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

12315.8 Marking of Skis

12315.8.1 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.

12315.9 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.

12316 Timing

12316.1 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.

12316.1.1 Level 0 requirements described in the FIS timing booklet applies to PWG and WSC. Level 1 requirements apply to all the other FIS Para Cross-Country events.

12316.2 With hand timing the time will be taken when for the Standing and Vision Impaired categories the toe of the boot crosses the finish line; and for the Sitting category the front binding. The finish controller determines the correctness of the passage across the finish line.

12316.2.1 In the case of competitors falling as they cross the finish line, the competitors will be assigned their finish time as per articles 12316.2, 12316.3.5 or 12316.3.6 if all the parts of their bodies are moved across the finish line without any outside assistance.

12316.3 Electronic Timing

12316.3.1 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.

12316.3.1.1 One of the following electronic timing technologies can be used to identify the official finish times:

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

12316.3.1.2 For the VI category the clock will be started and stopped as the competitor (not the guide) crosses the line. The time of the guide must not be recorded.

12316.3.2 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 12316.3.1.1.

For the Sitting category: The transponder must not be fixed ahead of the front binding.

12316.3.3 Start Gate

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

12316.3.5 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.

12316.3.6 Photo Finish Camera

The photo finish time is taken when for the Standing and Vision Impaired categories the toe of the first boot meeting the finish line; and for the Sitting category the front binding. The photo finish result is to be provided at first to the Jury. Photo finish at Finish is mandatory for level 0 competition.

12316.3.7 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.

12316.4 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, or recorded hand times must be immediately available at the start and at the finish.

12316.5 The OC is responsible for keeping a list of the order in which the competitors cross the finish line.

12316.6 An electronic timing report for every competition must be transmitted to FIS.

12316.7 In any case the authority to validate the results and awarded FIS Points remains vested at the FIS Technical Delegate.

12316.8 Calculation of Start Times

12316.8.1 Calculation of Start times based on the Sprint, Team Sprint qualification, previous competition for Para Mass Start, or meter per second approach for Skiathlon Competitions

In the finals of the Sprint, start times of the athletes are determined by using the calculated time of the winner from the qualification race. For Para Mass Start races, the calculated time of the actual fastest real time (independently from the winner) from a defined previous interval start race held on the same course is used. This qualification race or previous competition is used to estimate the calculated time of the athlete that provided the reference time for the upcoming Sprint heats or competition, referred to as the Basic Time. The reference time for Team Sprint Competitions is determined as outlined under art. 12326.5.1. For Skiathlon competitions no reference race is required, the determination of the reference time is described under art. 12316.8.3.

This Basic Time serves as the reference point for determining the start times of all other competitors within the same category (Sitting, Standing and Vision Impaired) and per gender. The purpose of this system is to ensure fair competition among athletes with different impairments by adjusting start times based on each athlete's Sport Class percentage.

The following formula calculates the required real time for each athlete to match the Basic Time, which is then used to populate the start list. Athletes with a lower percentage (indicating a more severe impairment) will start earlier than the athlete that provided the reference time, while those with a higher percentage (less severe impairment) will start later. This ensures that, if all athletes perform equally relative to their Sport Class, they would all have the same chance to win the heat or race.

Start times are rounded to whole seconds.

Example:

The real time of the athlete providing the reference time of the qualification/previous competition (wR) is 3:32.06, and their percentage is 94%.

The basic time B is therefore 3:19.34 (3:32.06 x 94%).

The relative start time for a competitor with 98% (iP) is found by subtracting the competitor's needed time to equal the reference time from the previous competition.

The formula is:

Applicable real time (aR) minus the time the competitor with 98% (iP) had to race to equal the reference time in the qualification/previous competition.

iT = aR – B*100/iP = 3:32:06 – 3:19.34*100/98 = 212.06 – 19934/98 = 212.06 – 203.41 = 8.65.

Rounded to nearest whole second gives 9 seconds. This means that the athlete with 98% will start 9 seconds later than the athletes with 94%.

Another example based on the result list from qualification race:

Rank	Bib	Name	NSA	Class	%	Real time	Cal. Time	iT	rT	S1	S2
1	20	BAUMANN Martin	GER	LW12	100%	2:06.61	2:06.61	0.00	0	8	
2	7	HANSEN Lars	SWE	LW10	86%	2:30.55	2:09.47	-20.61	-21		0
3	26	HAUGLAND Anders	NOR	LW12	100%	2:09.91	2:09.91	0.00	0		21
4	24	SMITH Noah	CAN	LW12	100%	2:10.94	2:10.94	0.00	0	8	
5	6	MOREAU Louis	FRA	LW11	94%	2:19.77	2:11.38	-8.08	-8	0	
6	18	MILLER Chris	USA	LW12	100%	2:11.53	2:11.53	0.00	0		21
7	15	LAHTINEN Tapio	FIN	LW11.5	98%	2:15.69	2:12.98	-2.58	-3		18
8	21	ROSSI Alessandro	ITA	LW11.5	98%	2:16.41	2:13.68	-2.58	-3	5	

iT is calculated with two (rounded) decimals. rT is the relative start time for each competitor rounded to seconds. S1 and S2 show the start time for the two heats. The start time for the first competitor per heat is set to 0 (zero), and the start times of the other athletes have to be adjusted according to rT.

12316.8.2 Further Considerations for the Calculation of start times in Para Mass Start Competition

The start time is calculated by taking the fastest real time (independently from the winner) from a defined previous interval race, which used the same loop, as outlined under art. 12316.8.1 of the athletes entered into the Para Mass Start competition (2 hours before the TCM). This fastest real time is used as the basis for calculating the relative start times of all competitors.

In case where the distance of the previous interval race is shorter or longer than the distance of the Para Mass Start Competition, the fastest real time will be multiplied up or divided down to the relevant distance. In case of a longer distance in the Para Mass Start race, than in the reference race a descent speed factor may be added to the winner's real time (e.g. 5%), which is determined by the Jury.

In case the technique differs between the reference race and the Para Mass Start Competition (this is only applicable for the Standing and VI Category), the following technique factors are applied to determine the applicable real time (the technique factors are reviewed every Spring and are based on the past four seasons):

Categories	Classic to Free	Free to Classic
Women Standing	0,91	1,09
Men Standing	0,89	1,13
Women VI	0,84	1,18
Men VI	0,86	1,17

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

Example:

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

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

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

The reference race was held in Classical Technique, and the Para Mass Start is a Free Technique competition: 58:27,1 x 0,89 = 52:01,3

The applicable real time is 52:01,3

For the exact calculation steps of the start times, see art. 12316.8.1.

12316.8.3 Calculation of start times in Skiathlon Competition

To calculate the start times, the expected fastest real time has to be determined, which provides the basis for the calculation. This is done by applying the respective meter per second values (see table below) to the competition distance across both skiing techniques per Gender and Category.

The following table displays the fastest real times of all distance 5km, and 10km Interval Start Competitions of the seasons 2022/2023 – 2025/2026, divided into Gender and Category. The Average % displays the average of the athletes' percentages that achieved the respective results:

	m/s		Average %	
Categories	**Classic**	**Free**	**Classic**	**Free**
Women Standing	5,3	5,8	96	
Men Standing	5,6	6,3	94,08	
Women VI	4,9	5,8	97,65	
Men VI	5,9	6,9	100	

Example (10km Skiathlon – Men Standing):

Course Length (same course length for Classic/Free): 2,537 metres

Technique	Meters	Calculation	Expected Real Times
Classic (2 laps)	5,074 m	5,074 m ÷ 5,6 m/s	15:06,1
Free (2 laps)	5,074 m	5,074 m ÷ 6,3 m/s	13:25,4
		Total	**28:31,5**

As final step the expected time (in real time) within the box area when changing from Classic to Free Technique Skis is added as follows:

- Standing Categories: + 20 seconds
- Vision Impaired Categories: + 30 seconds

Expected Fastest Real Time: 28:31,5 + 00:20,0 = 28:51,5 (94,08%)

For the exact calculation steps of the start times, see art. 12316.8.1.

12317 Results

12317.1 Calculation of Results

12317.1.1 For the calculation of results all start and finish time of the day will be recorded in the precision as per art. 12317.2. The real 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 real net time.

Examples:

38:24.381 becomes 38:24.3

2:27:576 becomes 2:27.57

12317.2 Result time precision

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

12317.3 Time adjustments (except time penalties) shall be added/subtracted to/from the real skiing time, before calculating with their percentage according to their Sport Class.

12317.4 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.

For the Sitting category: In a photo finish, the competitor whose front binding first crosses the finish line is ahead.

12317.5 Athletes are assigned to different Sport Classes and are grouped in three Categories as outlined in art. 12201.2.

12317.5.1 The real net time has to be multiplied by the applicable Sport Class percentages, in order to receive the calculated time.

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

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

12317.5.2 Percentage List

The percentages are determined by the Factors Expert Group and are approved by the Para Snowsports Committee. The percentages are subject to change. The valid percentages can be downloaded from the FIS Para Cross-Country website https://www.fis-ski.com/cross-country/documents.

12317.6 The Delta time (Δ) is the time (in real time) the skier would have to ski faster in order to tie the winner's result (in adjusted time) and be displayed on the result lists, see art. 12317.7.2.

$$DELTA = r_i - (\frac{w}{p_i})$$

r_i Real time (for competitor i)

w: Calculated time of the winner

p_i Percentage (for competitor i)

12317.7 Publication of Results

12317.7.1 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.

12317.7.2 The official result list must contain the final order of the competitors, their FIS Codes, starting number, Sport Class, percentages, year of birth, intermediate times, real time, calculated time and the delta time (for Interval Start and Sprint Qualification Result lists), competition points, Skiing technique, the number of competitors, names of the competitors who started but did not finish, any disqualified competitors, any written sanctions to competitors, time penalties, 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 under the respective start procedures and on the FIS Para Cross-Country Website.

12317.7.3 In countries where the Latin alphabet is not used, information and results should also be given in Latin characters.

12317.7.4 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.

12317.7.5 The percent of each competitor must be printed on all entry, start and result lists.

12317.7.6 The unofficial and official start and result lists shall include the last name and first name of the guide for each athlete in the vision impaired category.

12317.7.7 All official results must also be electronically transmitted to FIS in XML format.

12317.7.8 If changes are made to an athlete's Sport Class during competition (e.g. following Observation Assessment, IF Protest etc.), these changes come into effect from the next race in which the athlete is entered. A Sport Class change will not occur between different phases of the same race (e.g. Qualification and Finals). Results achieved by the athlete before the Sport Class change comes into effect remain valid.

C. Competition Formats

12321 Interval Start Competitions

12321.1 Definition

At interval start competition, each competitor starts at his/her designated starting time and the final result is determined by difference between finish time and start time and recorded in the results according to art. 12317.

12321.2 Courses and stadium

12321.2.1 Recommended norms

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

Interval Start	Sitting, Standing and VI Categories	Standing and VI Categories only
	Classical + Free	Free Technique
COURSE		
Category	C	C
Width (minimum)	6 m	6 m
Classical tracks	2 tracks on the side	1 track on the side

START		
Width (minimum)	5 m	4 m
Organization/preparation	1 corridor	1 corridor
Classical tracks	1	0
FINISH		
Width (minimum)	12 m	12 m
Number of corridors	3	3
Number of tracks	2 (2 between corridors)	2 (2 between corridors)

12321.3 Entries - Substitution

12321.3.1 Substitution is possible according to ICR art. 12313.4.

12321.3.2 The substitute athlete's start position will be determined by the Jury.

12321.4 Starting Order and Start Procedure

12321.4.1 Interval start procedure must be used (see ICR art. 12315.2)

12321.5 Timing and results

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

12321.6 Jury and protests

No specific rules

12321.7 Competition interruption

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

12322 Para Mass Start Competitions

12322.1 Definition

Para Mass Start competitions are carried out based on a previous interval race where starting times of the Para Mass Start competition are determined by the fastest real time (independently from the winner) of the previous interval competition (see art. 12316.8.1 and 12316.8.2). The result is determined by finish arrival order (in real time).

12322.2 Courses and stadium

12322.2.1 Recommended norms

Para Mass Start	Sitting Category only	Sitting, Standing and VI Categories	Standing and VI Categories only
	Classical Technique	**Classical + Classical**	**Classical Technique**
COURSE			
Category	C	C	C
Width (minimum)	6 m	6 m	6 m
Classical tracks	3 tracks in ideal line	3 tracks in ideal line	3 tracks in ideal line
Distance between tracks	Minimum 1.2 m	Minimum 1.2 m	Minimum 1.2 m
START			
Width (minimum)	5 m	5 m	5 m
Organization/preparation	3 corridors	3 corridors	3 corridors
Classical tracks	3	3	3
FINISH			
Width (minimum)	12 m	12 m	12 m
Number of corridors	4	4	4
Number of tracks	4 in center of corridor	4 in center of corridor	4 in center of corridor

Para Mass Start	Sitting, Standing and VI Categories	Standing and VI Categories only
	Classical + Free	**Free Technique**
COURSE		
Category	D	D
Width (minimum)	9 m	9 m
Classical tracks	2 tracks on the side	1 track on the side
START		
Width (minimum)	14 m	14 m
Organization/preparation	3 corridors	3 corridors
Classical tracks	4	0
FINISH		
Width (minimum)	12 m	12 m

Number of corridors	4	4
Number of tracks	3 (as corridor dividers)	

12322.3 Entries – Substitution

12322.3.1 Substitution is possible according to ICR 12313.4.

12322.3.2 The substitute athlete's start position will be determined by the Jury.

12322.4 Starting Order and Start Procedure

12322.4.1 Pursuit start procedure must be used (see ICR art. 12315.4).

12322.5 Timing and Results: see ICR art. 12316/12317

12322.5.1 Tie Breaker
If the photo finish cannot break the tie, athletes will share the same rank.

12322.6 Jury and protests

No specific rules.

12322.7 Competition interruption

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

12323 Skiathlon Competitions

12323.1 Definition
Skiathlon is a Mass Start competition with Pursuit Start Procedure, 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. For athletes in the Sitting Category, either an Interval or Para Mass Start competition is organized.

12323.2 Courses and stadium

12323.2.1 Recommended norms

Skiathlon	**Preparation for**	
	Classical technique	**Free technique**
COURSE		
Category	C	D

Skiathlon	Preparation for	
	Classical technique	Free technique
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 2.5 m

12323.2.2 Pit Box area

12323.2.2.1 Within the pit box area there is no technique control, which begins after a marked line.

12323.2.2.2 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.

12323.2.2.3 The exchanged equipment must be left in the box until the competitor has finished the competition.

12323.2.2.4 5 minutes before the start coaches or service people have to leave the pit box area.

12323.2.2.5 Athletes in the Standing Classes: LW5/7, LW6, LW8 and LW9, can be supported by one team member with changing skis and poles. Coaches and service people that support athletes can enter the pit boxes once the last athlete enters the second lap. Athletes in the Vision Impaired Category shall be supported by their Guide.

12323.3 Entries - Substitution

12323.3.1 Substitution is possible according to ICR art. 12313.4.

12323.3.2 The substitute athlete’s start position will be determined by the Jury.

12323.3.3 The athlete takes the bib of the one they are replacing.

12323.4 Starting Order and Start Procedure

12323.4.1 Pursuit Start procedure must be used (see ICR art. 12315.4).

12323.5 Timing and Results: see ICR art. 12316/12317

12323.6 Jury and protests

No specific rules.

12323.7 Competition interruption

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

12325 Sprint Competitions

12325.1 Definition

Sprint competitions begin with a qualification round, organised as an interval start competition (ranking by calculated time). After the qualification, qualified athletes compete in the sprint finals using heats of different formats with pursuit start (ICR art. 12315.4) and finish ranking by order of finish / real time. (ICR art. 12317)

12325.2 Courses and stadium

12325.2.1 Recommended norms.

Sprint	**Sitting Category only**	**Sitting, Standing and VI Categories**	**Standing and VI Categories only**
	Classical Technique	**Classical + Classical**	**Classical Technique**
COURSE			
Category	C	C	C
Width (minimum)	6m	6 m	6 m
Classical tracks	2 - 3 tracks	2 - 3 tracks	2 - 3 tracks
Distance between tracks	Minimum 1.2 m	Minimum 1.2 m	Minimum 1.2 m
START			
Width (minimum)	12 m	12 m	12 m
Organization/ preparation	Extra corridor for qualification round, 6 corridors for sprint heats	Extra corridor for qualification round, 6 corridors for sprint heats	Extra corridor for qualification round, 6 corridors for sprint heats

Classical tracks	6	6	6
FINISH			
Width (minimum)	6 m	6 m	12 m
Number of corridors	3 minimum	3 minimum	3 minimum
Number of tracks	Minimum 2	Minimum 2	Minimum 2

Sprint	**Sitting, Standing and VI Categories**	**Standing and VI Categories only**
	Classical + Free	**Free Technique**
COURSE		
Category	D	D
Width (minimum)	9 m	9 m
Classical tracks	2 tracks on the side	1 track on the side
START		
Width (minimum)	18 - 24 m	14 m
Organization/ preparation	Extra corridor for qualification round, 6 corridors for sprint heats	Extra corridor for qualification round, 6 corridors for sprint heats
Classical tracks	4	0
FINISH		
Width (minimum)	12 m	12 m
Number of corridors	4	4
Number of tracks	3 (as corridor dividers)	3 (as corridor dividers)

12325.2.2 The course used for the qualification round and the course used for the Finals heats should be the same.

12325.2.3 Sections of the course must be designed straight, wide and long enough to make overtaking possible.

12325.2.4 During the sprint heats, no waxing of skis is allowed. For exceptions see 12343.12.7.

12325.2.5 Technique: classic or free

Free: There shall be one track set along the side of the entire course for athletes of the Standing and VI categories whenever possible.

On parts of the course that are also used by athletes of the Sitting category, there should be 2 tracks set along the side of the course. The

course width should be maximized to allow for passing outside of the tracks.

12325.2.6 The course must be sufficiently wide (6 – 12 m) and without sharp corners, so that the conditions are equal for all competitors.

12325.2.7 Finish

In classical technique (for all) there shall be 4 corridors with 4 tracks.

In free technique, there shall be 4 corridors (3m wide). The corridors shall be separated by 3 classic tracks for the sit skiers. The jury can modify the lay-out of the finish if needed.

12325.3 Entries – Substitution

12325.3.1 Substitution is possible before qualification according to ICR art. 12313.4

12325.3.2 The substitute athlete's start position will be determined by the Jury.

12325.3.3 For WSC and PWG a minimum of 5 athletes per category is required to create the start list. At WC or below a start list may be allowed if there are fewer than 5 athletes in a category.

12325.3.4 Starting Order and Start Procedure

12325.3.5 Qualification

12325.3.5.1 Interval Start procedure must be used (see ICR art. 12315.2). Start intervals can be 10, 15, 20 or 30 seconds.

12325.3.5.2 If two laps are used an interval block start can be used were several athletes start together at the same time. The jury decides about the number of athletes in one block.

12325.3.6 Finals Heats (Quarterfinals, Semi-finals and Finals)

12325.3.6.1 Pursuit Start procedure must be used (see ICR art. 12315.4)

12325.3.6.2 In PWG, WSC and WC heats may start with the quarterfinals, in other competitions as decided by the Jury and the organizer.

12325.3.6.3 The allocation of athletes in the heats is determined from the finish ranking in the qualification round. Positions in subsequent heats are assigned based on rankings in the previous round of heats:

Category	Number of entered athletes	Athletes per quarter-final	Quarterfinals	Athletes per semi-final	Semi-Finals	Athletes in final
Sitting/ Standing	25 or more	6**	heat 1) 1, 8, 9, 16, 17, 24 heat 2) 4, 5, 12, 13, 20, 21 heat 3) 2, 7, 10, 15, 18, 23 heat 4) 3, 6, 11, 14, 19, 22	6**	heat 1) Q1 #1, Q1 #2, Q1 #3 Q2 #1, Q2 #2, Q2 #3 heat 2) Q3 #1, Q3 #2, Q3 #3, Q4 #1, Q4 #2, Q4 #3	6
	12 to 24	no quarterfinals		6**	heat 1) 1,4,5,8,9,12 heat 2) 2,3,6,7,10,11	6
	11	no quarterfinals		5 and 6**	heat 1) 1,4,5,8,9 heat 2) 2,3,6,7,10,11	6
	10	no quarterfinals		5**	heat 1) 1,4,5,8,9 heat 2) 2,3,6,7,10	6
	9	no quarterfinals		4 and 5**	heat 1) 1,4,5,8,9 heat 2) 2,3,6,7	6
	7 to 8	no quarterfinals		no semi-final		6
	3* to 6	no quarterfinals		no semi-final		All athletes in final

Vision Impaired	17 or more	4***	heat 1) 1, 8, 9, 16 heat 2) 4, 5, 12, 13 heat 3) 2, 7, 10, 15 heat 4) 3, 6, 11, 14	4***	heat 1) Q1 #1, Q1 #2, Q2 #1, Q2 #2 heat 2) Q3 #1, Q3 #2, Q4 #1, Q4 #2	4
	8 to 16	no quarterfinals		4***	heat 1) 1,4,5,8 heat 2) 2,3,6,7	4
	7	no quarterfinals		3 and 4***	heat 1) 1,4,5 heat 2) 2,3,6,7	4
	3* to 6	no quarterfinals		no semi-finals		4

* applies to WC or below only as per 12325.3.3
** best three of each heat advance to final
*** best two of each heat advance to final

12325.3.6.4 In sprint competitions with less than 25 (for PI) or less than 17 (for VI) competitors in the Qualification Round the Jury can decide to use a reduced version of heat allocation.

12325.3.6.5 For PWG, WSC and WC new bibs and copies of start lists for the heats must be handed out at the same time. The bibs are assigned according to the ranking in the qualification.

Athletes will keep the same bibs for the final.

12325.3.6.6 Start lanes:

Classic style: 6 start corridors with tracks, the start is monitored by video.

Free technique: 6 start corridors, the start is monitored by video.

12325.3.6.7 Athletes are responsible for leaving at the right time. Start times for each heat will be posted in the start area.

Competitors are organised on the pre-start line where instructions are given and lanes are designated according to rule 12325.3.6.10.

The starting procedure for sprint heat starts will begin one minute before the start of the heat at which point a “one minute to start” warning will be given and competitors must be standing in their start lanes at the prestart line. Next there will be a command to “Take your start positions” and the competitors will advance to the start line.

12325.3.6.8 In order to guarantee an exact start, a large display clock with running countdown time or time of day must be used. All digits of the start time must be visible on the start clock before the athlete is allowed to cross the start line with the binding.

12325.3.6.9 Athlete start time (for heats):

The start time of each athlete is based on the final calculated time of the winner of the qualification round, per category / gender. (Sitting, Standing and VI).

See ICR art 12316.8.1

12325.3.6.10 The starting positions are chosen by the athletes according to the following order:

Lane choice is determined by:

Quarterfinals: qualification times (rankings) are used (if applicable)

Semi-finals – qualification times (rankings) are used or in case of quarterfinals: rankings from the Quarterfinals and the qualification times are used.

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

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

Quarterfinals: qualification times (rankings) are used (if applicable)

Semi-finals – qualification times (rankings) are used or in case of quarterfinals: rankings from the Quarterfinals and the qualification times are used.

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

12325.3.6.11 A false start will be sanctioned according to art. 12352.4.1.2.

12325.4 Timing and results: see ICR art. 12316/12317

12325.4.1 Tie Breakers

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

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

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

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

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

12325.4.2 In sprint competitions with 12 competitors in the semi-final, the result list will be made as follows:

* 13th to last rank: all athletes will be assigned based their respective ranking in the qualifying round

* 7th – 12th rank: all athletes not moving up to the final will be assigned based their respective ranking in the semi-final and the qualifying round.

* 1st – 6th rank: based on the order of finish in the final

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

12325.4.3 In the Qualification and Finals, competitors with IRM (DNF, DSQ, DNS and NPS)[2] are listed according to their ranking in their respective heat and their qualification times, after the competitors without IRM.

[2]Invalid Result Marks (IRM) Definitions:
DNF: Did Not Finish; DSQ: Disqualified; DNS: Did Not Start; NPS: Not Permitted to Start

12325.4.4 Only athletes that completed a heat (including athletes with RAL[3]) are eligible for advancing to the next round and for receiving prizes. Not eligible for advancing to the next round and for prizes are athletes with one of the following IRMs: DNF, DSQ, DNS and NPS in the respective heat.

12325.5 Jury and Protest

12325.5.1 In sprint heats at PWG, WSC, and WC the unanimous decision of minimum two Jury members (including TD) equates to a Jury decision.

12325.5.2 Due to the timeline pressure of running successive heats it is not possible to allow protests during quarter- and semifinals. Protests will only be accepted on the final heat.

12325.5.3 During quarter- and semi-finals, ICR art. 224.7 does not apply.

12325.5.4 If an obstruction leads to disqualification, the obstructing athlete will not be ranked in the final result list. If the obstruction caused another athlete not to advance to the next round, the obstructed athlete will be allowed to proceed into the next round. This rule will only be applied in exceptional cases where the obstruction was intentional.

12325.5.5 Obstructions can also be sanctioned by competition suspension (ranking the competitor in the last place of the relevant heat and relevant round) accompanied by a written reprimand.

12325.6 Competition interruption

12325.6.1 In case of competition interruption of qualification while competitors are still competing, the competition will be cancelled. When the interruption is temporary, the jury can decide to resume the start.

12325.6.2 In case of competition interruption during sprint heats before the last competitor of final has finished the race, the competition will be cancelled.

12325.6.3 In case interrupted and cancelled competition is re-scheduled, the qualification race must be carried out again.

12326 Team Sprint Competitions

12326.1 Definition

Team Sprint competitions begin with a qualification round, organized as an Interval Start competition (ranking by calculated time) 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 2 - 3 legs each. The result is determined by finish arrival order (in real time). The numbers and distances of the legs have to be

[3]RAL: Ranked as Last

published in the official invitation. Each team must be comprised of two athletes from the same gender within the same Category. Mixed nation teams are allowed, with the exception of WSC and PWG. Only one team per nation can advance to the Finals at WSC and PWG.

12326.2 Course and Stadium

12326.2.1 Recommended norms

Team Sprint	**Sitting Category only**	**Sitting, Standing and VI Categories**	**Standing and VI Categories only**
	Classical Technique	**Classical + Classical**	**Classical Technique**
COURSE			
Category	C	C	C
Classical tracks	2 - 3 tracks	2 - 3 tracks	2 - 3 tracks
Distance between tracks	Minimum 1.2 m	Minimum 1.2 m	Minimum 1.2 m
START			
Organization/preparation	Arrow or flat start grid	Arrow or flat start grid	Arrow or flat start grid
Classical tracks	3 – 4 tracks	3 – 4 tracks	3 – 4 tracks
Length of tracks (after start line)	End of start zone	End of start zone	End of start zone
Distance between tracks	1.2 m	1.2 m	1.2 m
FINISH			
Width (minimum)	6 m	6 m	12 m
Number of corridors	3 tracks minimum	3 tracks minimum	3 tracks minimum
Distance between tracks	Minimum 1.2 m	Minimum 1.2 m	Minimum 1.2 m
EXCHANGE ZONE			
Minimum length	45 m	45 m	45 m
Minimum width	9 m	9 m	9 m

Team Sprint	**Sitting, Standing and VI Categories**	**Standing and VI Categories only**
	Classical + Free	**Free Technique**
COURSE		
Category	D	D

Team Sprint	Sitting, Standing and VI Categories	Standing and VI Categories only
	Classical + Free	Free Technique
Classical tracks	2 - 3 tracks	1 track on the side
Distance between tracks	Minimum 1.2 m	
START		
Organization/preparation	Arrow or flat start grid	Arrow or flat start grid
Classical tracks	3 – 4 tracks	3 – 4 tracks
Length of tracks (after start line)	End of start zone	End of start zone
Distance between tracks	1.2 m	1.2 m
FINISH		
Width (minimum)	6 m	6 m
Number of corridors	3 tracks minimum	3 tracks minimum
Distance between tracks	Minimum 1.2 m	Minimum 1.2 m
EXCHANGE ZONE		
Minimum length	45 m	45 m
Minimum width	9 m	9 m

12326.2.2 The course used for the qualification round and the course used for the finals should be the same.

12326.2.4 During the team sprint finals, no waxing of skis is allowed.

12326.3 Entries – Substitution

12326.3.1 The names of the competitors actually competing and their starting order for the finals must be submitted with the final entries latest 2 hours before the Team Captains' Meeting.

12326.3.2 Substitution is possible according to ICR art. 12313.4 only before the qualification round.

12326.3.2.1 The substitution cannot change the starting order of the members of the team.

12326.3.2.2 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.

12326.4 Starting Order and Start Procedure

12326.4.1 Qualification

12326.4.1.1 Interval Start procedure must be used (see ICR art. 12315.2). 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.

12326.4.1.2 If two laps are used in an interval, block start can be used.

12326.4.1.3 Starting list: the team with lowest total FIS Points of the team sprint 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-holder has the bib with the lowest number. If this is not sufficient a draw will be used.

12326.4.2 Finals

12326.4.2.1 The start position for the finals will be according to start time calculations as described under 12326.5.1.

In case of same starting times, 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.

12326.4.2.2 The number of teams in the final should be 10 for the Sitting and Standing Category and 8 for the Vision Impaired Category. When for the Sitting and Standing Category 10 or less teams and/or for the Vision Impaired Category 8 or less teams are entered, the jury can decide to reduce the number of qualified teams.

12326.4.2.4 The result is determined by finish arrival order (in real time).

12326.4.3 Separate colors shall be used for the start numbers for each team sprint leg. For PWG, WSC and WC competitions they will be: 1st leg=red; 2nd leg= blue.

12326.5 Timing and Results

12326.5.1 To calculate start times for the Team Sprint Final, the real time of the team that has the fastest accumulated real time result in the qualification is multiplied by the number of laps each athlete has to ski. This value, together with the accumulated percentage of the team with the fastest real time, provide the base for the calculation as outlined under art. 12316.8.1.

12326.5.2 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.

12326.6 Jury and Protest

12326.6.1 In Team Sprints at PWG, WSC and WC the unanimous decision of minimum two Jury members (including TD) equates to the Jury decision.

12326.7 Competition interruption

12326.7.1 If qualification is interrupted while there are competitors still on course, then the competition will be cancelled.

12326.7.2 If the 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.

12326.7.3 In case that interrupted and cancelled competition is re-scheduled, the qualification must be carried out again.

12327 Relay Competitions

12327.1 Definition

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

Distance: Mixed relay and Open relay 4 x 2.5 km

The following two options are available for the relay, whereby the competition calendar clearly outlines with option is scheduled:

Option A:

1st leg:	2.5 km classical	Sitting course	2.5 km
2nd leg:	2.5 km free	Standing/VI course	2.5 km
3rd leg:	2.5 km classical	Sitting course	2.5 km
4th leg:	2.5 km free	Standing/VI course	2.5 km

Option B:

1st leg:	2.5 km classical	Sitting course	2.5 km
2nd leg:	2.5 km free	Sitting course	2.5 km
3rd leg:	2.5 km classical	Standing/VI course	2.5 km
4th leg:	2.5 km free	Standing/VI course	2.5 km

12327.1.2 Mixed Relay: the combined percentage of each team must be 335% or less, calculated by summing the individual percentages of the athlete in each leg with reductions of 15% per leg for female athletes and 12% per leg for athletes in the Sitting category (female athletes, competing in the Sitting category: minus 27%). The relay composition must include both genders.

12327.1.3 Open Relay: the combined percentage of each team must be 375% or less, calculated by summing the individual percentages of the athlete in each leg with reductions of 15% per leg for female athletes and 12% per leg for athletes in the Sitting category (female athletes, competing in the Sitting category: minus 27%).

12327.1.4 Each team may consist of 2, 3 or 4 athletes. For examples of possible team compositions see “Examples for composition of relay teams” published on the FIS website under the rules section.

12327.1.5 Course and Stadium

12327.1.6 Each course consists of 2.5km and shall be used 2 times (for Option A, the courses are alternating, for Option B, the courses are used two times in a row each), giving a total distance of 10 km for the whole race. First and third stage is in classical technique (C), second and fourth stage is in free technique (F).

Recommended norms

Relay	**Sitting, Standing and VI Categories**	**Standing and VI Categories only**
	Classical + Free	**Free Technique**
COURSE		
Category	D	D
Width (minimum)	9 m	9 m
Classical tracks	2 tracks on the side	2 tracks in ideal line
Distance between tracks	Minimum 1.2 m	Minimum 1.2m
START		
Width (minimum)	9 - 12 m	
Organization/preparation	Arrow or flat start grid	
Classical tracks	3 or more	
Distance between tracks	1.5 m	
FINISH		
Width (minimum)		12 m
Number of corridors		3

12327.1.7 The length of the first relay leg can deviate +/- 5% from the other legs, according to the stadium layout.

12327.1.8 Courses for Option A:

12327.1.8.1 Classical Technique

In principle, the course is prepared with two tracks, and homologated for athletes competing in the Sitting category.

12327.1.8.2 Free Technique

The course shall be prepared as wide as possible (6-9m).

One track has to be set along the side of the entire course.

12327.1.9 Courses for Option B:

12327.1.9.1 Sitting Course (Classical and Free Technique)

The course shall be prepared following the norms of Sitting courses for Classical Technique and Free Technique combined.

12327.1.9.2 Standing Course (Classical and Free Technique)

The course shall be prepared following the norms of Standing courses for Classical and Free Technique combined.

12327.2 Entries - Substitution

12327.2.1 The names of the competitors competing on each team, and their starting order must be delivered to the organiser latest 2 hours before the Team Captains' Meeting. In PWG and WSC, late entries are not allowed. In other competitions, the Jury makes the decision regarding late entries.

12327.2.2 Substitution is possible according to ICR art. 12313.4.

12327.2.3 In case of substitution, the Team will lose its starting position and will have to start at the end of the field. The start order at the end of the field will be the same as the original starting order. The original start positions will be left empty.

12327.3 Starting order and Start Procedure

12327.3.1 Mass start procedure must be used (see ICR art. 12315.3).

12327.3.2 Start numbers will be assigned to teams (using the modified percentage: Sitting category: minus 12%, Female athletes: minus 15% of the athletes starting in the first leg). Athletes with the higher percentage will be assigned the lower bib numbers. In cases where more than one athlete has the same percentage the lower bib number will be assigned to the athlete with the lower points. At PWG and WSC

the placing in the previous PWG and WSC will determine the starting order of the first team, with the remaining teams assigned as above.

12327.3.3 Unofficial teams should have the least favorable starting positions.

12327.3.4 Colors: Separate colors shall be used for the start numbers for each relay leg. For PWG, WSC they will be: 1st leg=red; 2nd leg=green; 3rd leg=yellow and 4th leg=blue.

When Option B is applied, and an athlete skis the 1st and 2nd or the 3rd and 4th leg, they will wear the means of identification matching the first leg they are skiing, and they will not change the means of identification for their second leg.

12327.3.5 Relay Exchange Zone

The exchange zone for Team Relay should be a minimum of 10 m wide and 15 m in length.

The exchange zone must be clearly marked with a line at the beginning of the zone. No physical contact between the competitors is required.

12327.4 Relay exchange

12327.4.1 As soon as the incoming competitor has passed the finish line in the exchange zone with the whole body, the next competitor can start. The starting athlete must start from a stationary position.

Marshals shall guide the incoming competitors out of the exchange zone so they do not interfere with the starting competitors.

12327.4.2 An early start in the relay will be sanctioned by a minimum time penalty of 30 seconds, added to the final result (Jury to decide).

12327.5 Timing and Results

12327.5.1 Intermediate times (real time) for the individual legs of the course are taken when the competitor crosses the exchange line. This is also the starting time for the next competitor.

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

12327.5.3 Tie Breaker

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

12327.5.4 Lapping Rules normally apply. For teams/skiers that are lapped refer to ICR art. 12343.14.1

12327.5.5 Jury and Protest

The Jury appoints one of its own members to supervise the mass start and relay exchange.

12327.5.6 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

12340 Requirements of the competitors

12340.1 Age of the competitors:

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

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

12340.1.3 At all FIS competitions competitors (incl. guides) must have reached their 16th birthday before the end of the calendar year (1st January – 31st December) in which the season ends:
- in season 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
- in season 2029/30, competitors born in 2014 and earlier

12340.2 FIS Points System

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

12341 Medical examinations and classification

12341.1.1 State of Health

12341.1.1.1 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 art. 221)

12341.1.2 Classification

All rules and guidelines related to classification as set forth by the FIS Para Nordic Classification Rules and Regulations and published on the FIS Para Cross-Country website apply. This includes the use or prohibition of equipment and/or adaptive equipment as described for specific Sport Classes.

12341.1.3 Adaptive Equipment

During Para Cross-Country sanctioned competitions all competitors must comply with the FIS Para Snowsports Adaptive Equipment Regulations (published on the FIS website).

12341.1.4 Athletes in the NS1 Sport Class

During FIS Para Cross-Country sanctioned competitions all competitors in the Sport Class NS1 (with the exception of those with prosthesis in both eyes) must wear their own opaque shades or glasses approved through the FIS Adaptive Equipment Inventory, for the full duration of the event. The glasses must be worn so that no light can be seen by the competitor (inside must be black). Athletes whose facial structure will not support goggles shall be required to cover the eyes with an opaque covering.

12342 Guides

12342.1 For athletes in the NS1 and NS2 Sport Class a guide is obligatory. Athletes in the NS3 Sport Class may compete without a guide. A competitor may change guides during the competition if the guide has an accident or cannot keep up.

12342.2 Guiding must be by voice only. Radio communication between guide and competitor is allowed. The guide may also use an amplifier. No other means of communication is allowed. The amplifier must not disturb other competitors.

12342.3 A guide change is only permitted in a dedicated guide exchange area, which is marked in the stadium. If an NSA intends to change the guide, the name of the second guide has to be communicated together with the final entries by the entry deadline 2 hours before the respective TCM the day before the competition. Only one interchange is permitted per athlete for races above 5 km, two interchanges for races above 10 km.

12342.4 The role of the guide is to be responsible for the safety of the athlete, while following all rules of the Para Cross-Country ICR. He/she may lead or follow the athlete in the same track or ski alongside the parallel track providing he/she does not obstruct another skier. (Obstruction rule 12343.9 also applies for guides)

12342.5 No physical contact between guides and the athlete during the race is allowed except according to 12342.6. After a fall a guide or a marshal may hand the athlete their skis and/or poles.

12342.6 For reasons of safety on course, the guide is allowed to hold the athlete they are guiding (one arm or one pole). During holding it is forbidden to actively pull or push the athlete or for the athlete and the guide to be actively skating or striding.

12342.7 The guide is treated the same as a competitor with respect to all rules governing the sport.

12342.8 The guide must start together with the athlete, from a position in front of the athlete, in the same start corridor. The start line for the guide must be marked.

12342.9	A guide may not be listed or entered into a competition as guiding more than one athlete on the same day.
12342.10	Art. 203.3 applies to both the competitor and the Guide. Therefore, both the competitor and the Guide will be nationals of the country or territory of the NSA that enters them in any FIS sanctioned competition.

12343 Responsibilities of the competitors (including guides)

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

12343.2 In all training and competition situations the athletes must always ski in the competition course direction.

12343.3 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.

12343.4 The competitor is responsible for arriving at the start and starting at the correct time.

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

12343.6 Competitors must follow the marked course in correct sequence from start to finish and must pass all control points[4].

12343.7 Competitors have to cover the whole distance on their skis using only their own means of propulsion. Help from outside pacemakers is not allowed.

12343.7.1	Fallen competitors, that compete in the Sitting category (LW 10 – 12) may be helped back to the track by officials or coaches. They have to re-enter the race at the same place.
12343.7.2	Athletes competing in the Sitting category are not allowed to use one or both of their legs to steer or brake the sit-ski during competition.

12343.8 In classical technique competitions, the competitors must use classical technique only.

12343.9 In all competitions obstruction is not allowed. This behavior is defined as deliberately: impeding, blocking (by not following best line), skiing between an athlete and their guide, charging or pushing any competitor with any part of the body or ski equipment.

[4] 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.

12343.10 Passing of other competitors

12343.10.1 Process of passing during Interval Starts

Competitors who are being passed must give way on the first demand. Exceptions may apply for athletes competing in the Sitting category.

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 skating movements.

12343.10.2 Process of passing during other competitions

12343.10.2.1 Competitors in front have the right to choose their best line.[5]

12343.10.2.2 Competitors in front shall not obstruct competitors coming from behind.[6]

12343.10.2.3 Competitors intending to pass shall do so without obstructing the competitor being passed.[7]

12343.10.2.4 When competitors are alongside, they have mutual duties not to obstruct each other's movements.[8]

12343.10.2.5 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.[9]

12343.11 In sections with marked corridors, the competitors should choose a corridor. Competitors are allowed to leave the chosen corridor as long as the ICR art 12343.9 is upheld.

12343.11.1 An athlete/guide should ski in the same corridor/track as their guide/athlete to avoid obstruction of other teams.

12343.11.2 Skiing in between or outside corridors or tracks increases the risk of obstruction to athletes skiing inside corridors / tracks and should be

[5] 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.

[6] Explanatory note: The provision reflects restrictions in freedom of the 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.

[7] 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.

[8] 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 12343.10.2.3 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.

[9] 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 12343.10.2.1 and 12343.10.2.2. 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.

avoided. In cases of obstruction involving competitors skiing between or outside of corridors / tracks, responsibility will normally be assessed against the competitor skiing outside of or between the corridor/track or in favor of the competitor skiing within the corridor/track.

12343.12 Equipment exchange

12343.12.1 In all competitions, pole exchange is only allowed in the case that a pole is broken or damaged.

It is however permitted to exchange poles in equipment pit boxes during ski exchange in Skiathlon competitions.

12343.12.2 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.
- 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).

12343.12.3 Only skis that passed the controls of fluorinated wax (when present) can be left in the exchange (pit) boxes.

12343.12.4 In the case of any ski exchange, the competitor must do it outside of the track to avoid obstruction. The athlete can be supported by a team official.

12343.12.5 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. Two officials are allowed in the exchange box to assist the athletes per nation for interval start competitions. For Skiathlon, one official is allowed in the exchange box for athletes in the classes LW5/7, LW6, LW8 and LW9. The jury may allow big teams to have additional officials in the exchange box if needed. Every competitor can have only one pair of ski in the pit box.[10] The replacement skis must be placed in exchange (pit) box before the competition, except when stated differently by the Jury.

12343.12.6 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.

12343.12.7 Waxing, structuring or cleaning of the competitor's skis bases during the competition is forbidden, with the following exception: In classical distance competitions, competitors may scrape their skis to remove

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

snow and ice, and add kick wax. They must make these adjustments without assistance from other persons and without interfering with other competitors. (Athletes in the Sport Class LW5/7, LW6 and LW8 and in the VI category can be supported by a team official). During classic individual sprint competitions, adjustments of the kick zone may be made between the rounds by the competitor or authorized personnel within the designed Control Area. Any adjustment of the glide zones is not allowed. It is not allowed to place branches, tools or materials on or adjacent to the groomed course.

12343.14 Overlapping

12343.14.1 In Relay competitions, teams, who are lapped or instructed by competition officials to stop the competition, must abandon the competition. The teams who are stopped will be ranked in the final results (no time) according to their ranking at their last intermediate timing point. The jury may decide to let all teams to finish the competition.

12343.15 Communication devices that support wireless communication between coaches and athletes or between athletes are not allowed during competition. Radio communication between guide and competitor is accepted.

12343.16 The competitors must comply with the instructions of competition officials.

12343.17 The competitor must comply with all aspects of the medical code (see 223).

12344 Responsibilities of Officials and Others

12344.1 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.

12344.2 For order and control on the courses the following principles apply:

- from 5 minutes before the start until the end of competition, 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 must 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.

12344.3 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.

12344.4 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.

12344.5 For evaluation and further development of the classification systems, medical and technical, including the percentage system; FIS has the authority to give permission to video recording the athletes during medical and technical classification and during training and competition at all FIS Para Cross-Country events if necessary.

12344.6 Unfair assistance or assistance not allowed by these rules to competitors during a competition is prohibited.

E. Not Permitted to Start, Sanctions

12351 Not Permitted to Start

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

12351.1 wears obscene names and/or symbols on clothing and equipment (art. 207) or behaves in an unsportsmanlike manner in the start area (art. 205.5);

12351.2 violates the FIS rules in regard to equipment (art. 222) and commercial markings (art. 207);

12351.3 do not wear competition bib or wear it covered[11];

12351.4 refuses to undertake a FIS required medical examination (rule 221.2)

12351.5 competitors

- whose skis have been 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.

12351.6 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 competitors.[12]

12352 Sanctions

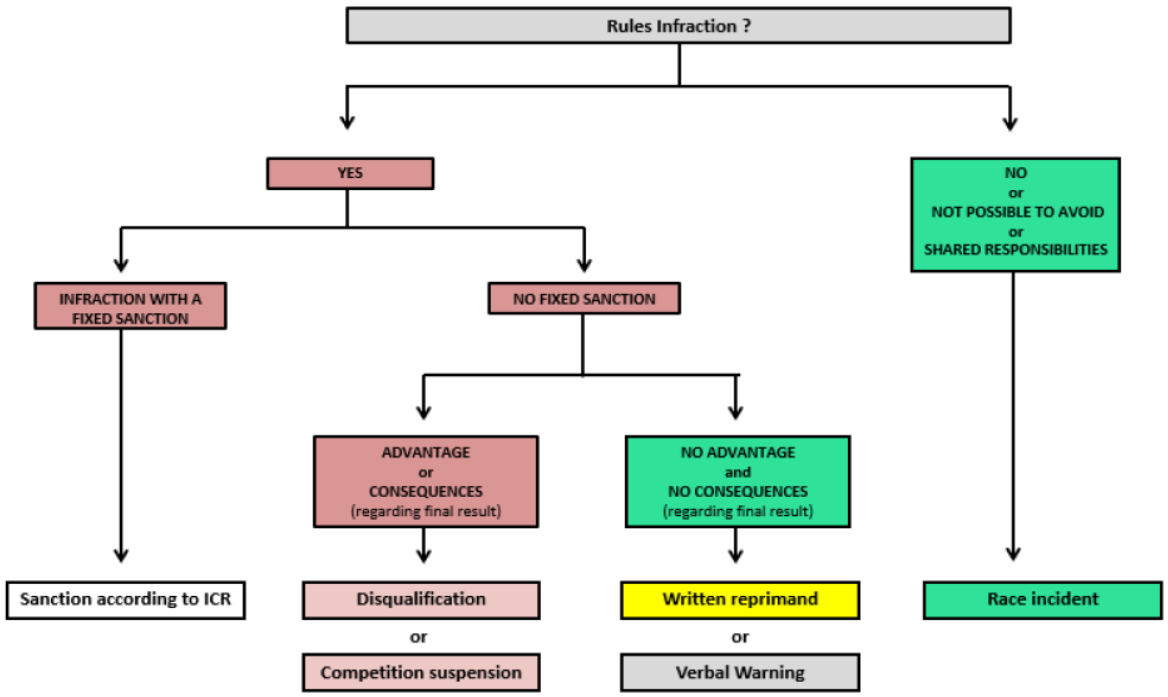
12352.1 Procedure

12352.1.1 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),
- the level of the competition,
- the age and experience of the competitors

[11] No part of the bib can be covered
[12] Explanatory note: when skis for the ski exchange are positive for fluorinated wax before the skis are skied on, the athlete will be sanctioned with a DSQ.

12352.1.1.1 The following decision chart must be used when deciding on a sanction:



12352.1.2 A hearing of the offender (ICR 224.7) may be organised:

− on demand of the jury if necessary

− on demand of the offender in case of submission of a protest according to ICR 12361.

12352.1.3 Sanctions for the violation of technique rules can be given by a unanimous decision of two jury members (including TD) without video evidence.

12352.1.4 For PWG, WSC and WC competitions sanctions can be given by a unanimous decision of two jury members (including TD) providing that they are not from the same nation. RD is considered FIS/Neutral.

12352.1.5 The consequences of a sanction assessed on a guide during a competition automatically applies to the athlete/guide team.

12352.2 Disqualification

12352.2.1 Disqualification should be used for infractions with a clear impact on the final result of a competition.

12352.2.2 In addition, a competitor shall automatically be disqualified if they:

- participate in the competition under false pretences
- either jeopardizes the security of persons or property or actually causes injury or damage;

- intentionally causes obstruction;
- receives prohibited assistance (see art. 12344.6) from a member of their team staff or non-competing athlete on their team;
- participates in a competition using equipment that does not comply with competition equipment rules (art. 207);
- modifies equipment which has been inspected (in a prohibited way)

12352.2.3 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 WSC and PWG periods. Written reprimands given during WSC or PWG are valid until the end of the season. If a competitor has two reprimands on file after WSC or PWG (one prior to WSC or PWG and one during WSC or PWG), then the next two written reprimands will each automatically result in disqualification.

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

12352.2.5 During stage events, or relay competitions art. 12352.4.2 can apply.

12352.2.6 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.

12352.2.7 Competitors disqualified in Sprint heats at Sprint competitions will keep their qualification result and will not be disqualified from qualification result list.

12352.3 Competition suspension

12352.3.1 Competition suspension can only be used for ICR infractions during sprint heats and team sprint heats.

12352.3.2 In Sprint competitions, a competition suspension means that the competitor will be ranked last in the heat and last in the round (6th for final and 12th for ½ finals (for Standing and Sitting categories), and 4th for final and 8th for 1/2 finals (for Vision Impaired category)).

12352.3.5 Competition suspension will always be accompanied by a written reprimand.

12352.3.6 In Team sprint competitions, a competition suspension means that the team will be ranked last in the final heat.

12352.4 Time Penalty

12352.4.1 The following false start infractions should be sanctioned by time penalties:

12352.4.1.1 In Interval Start competitions or Sprint qualifications, early start infractions should be sanctioned by a minimum time penalty of 15 seconds (the competitor's calculated time + 15 seconds minimum penalty).

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

12352.4.2 In team sprint competitions or relay competitions, the Jury can decide to substitute a DSQ with a 3 minutes time penalty.

12352.4.3 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

12352.5 Written Reprimand

12352.5.1 Written reprimand should be used for all infractions of the rules that do not lead to a clear advantage for the offender

12352.6 Verbal Reprimand

12352.6.1 Verbal reprimand should be used to inform a competitor that their technique or behavior is very close to being in violation of the rules.

12352.7 Monetary Fine

12352.7.1 Monetary fines can be given to any accredited person.

12352.7.2 Monetary fine should be used for:

- infractions of advertising and commercial markings rules
- minor course discipline infractions
- for infractions to ICR 12343.5 and 12314.7.1
- violation of restrictions on ski testing and warming up
- delayed skis delivery for equipment control up to 5 minutes
- late entries[13]

12352.7.3 For competitors, a monetary fine may also be accompanied by a written reprimand.

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

F. Protests and Appeals

12361 Protests

12361.1 Types of Protests

12361.1.1 Against admittance of competitors or their competition equipment,

12361.1.2 Against the course or its condition,

12361.1.3 Against another competitor or against an official during the competition,

12361.1.4 Against timekeeping results,

12361.1.5 Against decisions of the Jury. Also see (See exception 12325.5.2).

12361.1.6 Against clerical errors of violations of the FIS rules after the competition

12361.2 Place of Submission

The various protests are to be submitted as follows:

12361.2.1 Protests according to the art. 12361.1.1 – 12361.1.5 at the race office or the email address designated in the official program on the official notice board or at the team captains' meeting.

12336.2.2 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.

12336.2.3 Protests against Jury decisions that cannot be appealed (art. 224.11) will not be accepted.

12361.3 Deadlines for Submission

12361.3.1 Against the admittance of a competitor

- before the draw

12361.3.2 Against the course or its condition

- not later than 15 minutes after the end of official training

12361.3.3 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.

12361.3.4 Against the timekeeping

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

12361.3.5 Against Jury decisions

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

12361.3.6 Against clerical errors or violations of the FIS Rules after the competition

- within one month of the competition.

12361.4 Form of Protests

12361.4.1 Protests are to be submitted in writing and in English language.

12361.4.2 Protests must be substantiated in detail. Proof must be submitted, and any evidence must be included.

12361.4.3 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 up-held. Otherwise it goes to the account of FIS and is used for the development of the sport.

12361.4.4 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.

12361.4.5 Protests not submitted on time or submitted without the protest fee are not to be considered.

12361.5 Authorization

The following are authorized to submit protests:

- the National Ski Associations
- Team Captains.

12361.6 Settlement of Protests by the Jury

12361.6.1 The Jury meets to deal with the protests at a predetermined place and time fixed and announced by it.

12361.6.2 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.

12361.6.3 The decision is to be made public immediately after the proceedings by posting on the official notice board with the publication time stated.

12362 Right of Appeal

12362.1 The Appeal

12362.1.1 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.

12362.1.2 Appeals must be submitted to the FIS by the NSA.

12362.1.3 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.

12362.1.4 Deadlines

12362.1.4.1 Appeals against the decisions of the Jury are to be submitted within 48 hours of the publication of the official results list.

12362.1.4.2 Appeals against the official results are to be submitted within 30 days, including the day of the competition.

12362.1.4.3 Appeals filed according ICR 12362.1.3 and ICR 224.13 are to be submitted within 48 hours after the publication of the official results list.

12362.1.5 The decision concerning the appeals are taken by

- the Appeals Commission
- the FIS Court.

12362.2 Postponing Effect

The evidence submitted (protest, appeal) may not cause a postponement of the appeal.

12362.3 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.

H. Para Roller Ski Competitions

12396 Para Roller Ski Competitions

12396.1 Para Roller Ski ICR Definitions

12396.1.1 The matters covered within this section of the ICR are intended to focus on the unique aspects of Para Roller Ski sport that are significantly different from the methodologies used in Para Cross-Country ski sport as outlined in the previous sections of this ICR publication.

12396.1.2 The previous sections in this ICR will be used to give specific requirements in areas where there is direct similarity between Para Roller Ski and Para Cross-Country.

12396.1.3 In addition, the underlying principles and format procedures that apply in the Para Cross-Country sections of this ICR must also be applied to Para Roller Ski sport.

12396.2 Competition Equipment

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

12396.2.2 Competitors are permitted to change or repair equipment during the competition but they must do this without any outside assistance other than being handed the replacement equipment or tools (athletes in the Sport Class LW5/7, LW6, LW8 and the VI category can be supported by a team official). Roller Ski change must be done according to article 12343.12.

12396.2.3 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.

12396.2.4 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.

12396.2.5 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 12343.12.2 – 12343.12.3.

12396.2.6 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.

12396.3 Competition Formats and Programmes

12396.3.1 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	2.0, 2.5, 3.3, 3.75, 4.0, 5.0
	Greater than 20	5 and greater
Popular Roller Ski	No limit	No limit
Relay	2.5 per team member	2.5
Individual and Team Sprint	Sitting: 0.1-1.2	0.1-1.2
	Standing/VI: 0.2 – 1.6	0.2 – 1.6

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%. Distance 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%).

12396.4 Course and Stadium

12396.4.1 Roller Ski competitions are held on asphalt or similar artificial or natural surfaces that are hard packed.

12396.4.2 The course must be designed with the highest priority being given to the safety of competitors.

12396.4.2.1 A Roller Ski competition course does not have any homologation requirements, but should include some demanding uphill sections.

12396.4.3 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.

12396.4.4 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		
Course		
Width of course (minimum)	4 m	6 m
Start		
Organisation/preparation	2 – 4 corridors	2 – 4 corridors
Width of start area (minimum)	5 m	6 m
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).

12396.4.5 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).

12396.4.6 Safe and secured warm up and cool down areas must be available near the competition course.

12396.5 General Course Preparations

12396.5.1 The competition courses should be ready for inspection and for official training by the competitors at least one day before the competition.

12396.5.2 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.

12396.6 Requirements of the Competitors

12396.6.1 The competition season is defined as 1st July to 30th June (see CC ICR article 12340.1 for age categories).

12396.7 Coaching Zones and Refreshment Stations

12396.7.1 The Jury may decide about the number and locations of the coaching zones and refreshment stations on the competition course.

12396.7.2 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 12344.2. They are not allowed to follow the athletes along the course.

12396.8 Start and Finish Requirements

12396.8.1 The start line, finish line, corridors and exchange zone must be clearly marked on the surface.

12396.8.1.1 At Mass Start free technique competitions, a no skating zone must be clearly marked after the start.

12396.8.1.2 For high-level 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.

12396.8.1.3 There must be radio or phone contact between the start and the finish area.

12396.8.2 Finish Area Requirements

12396.8.2.1 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.

12396.8.2.2 The start area, the finish area and the exchange area must be secure and completely fenced off from spectators and unauthorized personnel.

12396.9 Exchange Zone

12396.9.1 The exchange zone for Relay or Team Sprint should be a minimum of 10 m wide and 15 m in length.

12396.9.2 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 teammate is allowed to depart the exchange zone. No physical contact between the competitors is required.

False start during Relay or Team Sprint exchange must be sanctioned by time penalty (actual time gained + 30 seconds minimum penalty).