# RULES FOR THE FIS PARA CROSS-COUNTRY POINTS AND PARA CROSS-COUNTRY WORLD CUP POINTS

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SKI AND SNOWBOARD
FEDERATION

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Results:
Please e-mail the results in .xml format immediately after the event to results@fis-ski.com.

# Table of Contents


1 FIS Para Cross-Country Points – General Information ..... 4
2 The Competition ..... 5
3 The Competitors ..... 5
4 Injury Status ..... 6
5 Maternity Protection Status ..... 7
6 Professional Obligation or Military Service ..... 8
7 Anti-Doping Rule Violation ..... 8
8 Evaluation Period ..... 8
9 Calculation Process ..... 9
10 The FIS Points Lists ..... 10
11 The FIS Para Cross-Country Points Formula ..... 11
12 FIS Para Cross-Country World Cup Points – General Information ..... 12
13 World Cup/Individual ..... 12
14 Guidelines relating to the distribution of World Cup Points ..... 12
15 FIS Nations Cup ..... 16
16 Overall Ranking ..... 16
17 Tie-Breaker ..... 17

# 1 FIS Para Cross-Country Points – General Information

## 1.1 FIS Para Cross-Country Points regulation

The FIS Para Cross-Country Point Rules are an integral part of the FIS Para Cross-Country Competition Rules ("ICR").

## 1.2 Factor-Value

| Factor | Competition Format |
|---|---|
| Factor 800 | All competitions with below exception. |
| Factor 2800 | For distance competitions using courses that do not meet the homologation norms for elevation profiles (Sitting TC<11m/km; Standing/VI TC<25m/km) and for all Para Roller Ski competitions. |

## 1.3 Calculation of the race points

Formula and example – see art. 11.

## 1.4 Race penalty

The importance of a competition is determined by the quality of the competitors participating. This quality affects the calculation of the race penalty.

The race points gained in the competition is calculated according to the formula, plus the calculated race penalty will give each competitor the FIS points of the competition.

For further explanation see art. 11.1, art. 9.3 and 9.4.

## 1.5 Entry for Competition Participants

All entries for the participation in international competitions must be made through the FIS Online Entries.

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

## 1.6 FIS Codes on result lists

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

# 2 The Competition

## 2.1 Conditions

For the FIS points evaluation, only those competitions can be considered who meet the following standards:

2.1.1 Announcement of the competition in the FIS Calendar

2.1.2 Strict observance of the International Competition Rules (ICR)

2.1.3 The result list contains at least five ranked competitors for each class and gender, refer to section 9.3 for further details on situations with less than five ranked competitors for each class and gender

2.1.4 All FIS competitions should be carried out on homologated courses

2.1.5 Para Roller Skiing Sprint FIS Points will be awarded only for Sprint Qualification and for competitions longer than 600 m.

## 2.2 Schedule Changes, Moving Site Location and Cancellation

Changes in the race schedule, i.e. shifting the race to another date, cancellation of the competition or any other significant changes in the race program must be communicated immediately to the FIS Para Cross-Country Office as well as to the National Ski Federations and to the Technical Delegate (TD) assigned to the competition. In special case if the competition will be carried out on a non-homologated substitute course, the Technical Delegate (TD) has to confirm the norms of the course according to ICR article 12311.

If for any reason a World Cup, WSC or PWG competition cannot be held on the planned homologated course and must be held on an alternate course approved by the jury, the competition will be considered as valid for FIS points evaluation.

# 3 The Competitors

## 3.1 FIS Code Number

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

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

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

## 3.2 Registration

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

The Login and password can be received by FIS Office.

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

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

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

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

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

### 3.3 Categories

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

### 3.4 Conditions

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

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

# 4 Injury Status

### 4.1 Request Injury Status

When a competitor injures themselves and apply for the single penalty, the National Ski Association must apply to FIS within three weeks after the day of the injury or medical operation for the approval of a single penalty using the official form “Single Penalty” and submitting a medical certificate.

The medical certificate must contain an estimation of the length of the injury.

If a status as injured is approved and according to the valid FIS points at the date of injury there will be added a penalty of 22%, but minimum 4 points respectively maximum 26 points to the original FIS points before the injury break.

As soon as the competitor starts in a FIS competition she/he will lose her/his injury status.

### 4.2 Conditions

Competitors must remain registered as active with the FIS to maintain injury protection.

### 4.3 Duration

The injury status shall start on the day of the injury or medical operation. The injury status can be applied for maximum 365 days. The medical certificate must contain an estimated date of return to competition. The injury status is not extended automatically. If the injury is longer than 365 days, the National Ski Association must apply for the injury status again with a written request and medical certificate for FIS.

### 4.4 Termination of the injury status

The injury status ends:

- After a maximum of 365 days since the day of the injury or medical operation
- If a competitor starts in a FIS competition during the injury status period

## 5 Maternity Protection Status

### 5.1 Conditions

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

Competitors must remain registered as active with FIS to maintain the maternity protection status.

### 5.2 Duration

The maternity protection status begins on the date that the application form and medical certificate are received by FIS and applies until a maximum 24 months (2 years) after the birth of the child or end of the pregnancy or upon return to competition

A medical certificate with the date of birth of the child or end of the pregnancy must be sent to FIS within six months.

### 5.3 Protection of FIS points during the break

The FIS points of the competitor (according to the last FIS points list published after the start of the protection status of the competitor) will be protected as follows:

If the competitor returns to FIS competitions within 12 months after the birth of the child, she will retain her original FIS points in effect at the beginning of the maternity protection status.

If the competitor returns to FIS competitions between 12 and 24 months after the birth of the child, a single penalty will be added to her original FIS points. The penalty will be calculated as 22% of the original FIS points with a minimum of 4 points and maximum of 26 points to be added.

### 5.4 Protection of FIS points after return to FIS competitions

Upon return to competition, the FIS points that apply according to 5.3 will be protected into the next evaluation period only if the calculated points of that next FIS points list are higher than the protected points.

# 6 Professional Obligation or Military Service

If an NSA submits in advance an application for a “study or military status” certifying that a racer will not be able to compete due to professional obligations (studies) or military service and has indicated why and how long the competitor was prevented from racing, the procedure will be handled according to the Injury Status Rules.

### 6.1 Application

Application for status due to professional obligations or military service must be submitted to FIS prior to the beginning of the professional obligation or the military service.

# 7 Anti-Doping Rule Violation

A competitor subject to an anti-doping rule violation will have previously achieved FIS points deleted, according to article 10.1.2 FIS Anti-Doping Rules and must re-qualify to become eligible for World Cup upon their re-eligibility for competition.

# 8 Evaluation Period

8.1 FIS Points earned by a competitor are valid for 365 days.

8.2 A competitor who did not compete for more than one year since the last considered results, will lose all her/his FIS points earned so far.

# 9 Calculation Process

9.1 The race points are calculated and rounded to two decimals, see FIS Para Cross-Country Points Formula.

9.2 FIS Points

A competitor's points will be the average of his or her best five results over the period of the last twelve months. For Sprint and Team Sprint competitions, only qualification races give race points. Sprint and Team Sprint competitions must be longer than 600m for Sitting and 800m for Standing/VI to be considered for points.

9.2.1 Less than 5 results

If the competitor has less than five valid results, the average will be adjusted according to the following table, but with a minimum of 4 FIS Points:

4 results x 1.1 = FIS points

3 results x 1.2 = FIS points

2 results x 1.3 = FIS points

1 result x 1.4 = FIS points

### 9.3 Calculation Penalties

9.3.1 To calculate the race penalty, the following are considered:

9.3.1.1 The competitors who finish among the top five of the race.

9.3.1.2 The FIS points of the top five competitors are considered, and the three best values are added and divided by 3.5. This is the race penalty. The points shall be rounded to two decimals.

9.3.1.3 If there are less than three competitors with FIS points among the first five on the result list or if a competitor is not included in the actual points list the competitors will receive the following maximum value: 400.

9.3.1.4 If there are less than three competitors on the results list for a given category and gender, the missing competitors are replaced by a fixed value of 400 to ensure a total of three values for the calculation.

See the below penalty calculation examples:

- Only one athlete is on the result list in a category and gender:
  - (265.45 (Athlete #1) + 400 + 400) ÷ 3.5 = 304.41
- Only two athletes are on the result list in a category and gender:
  - (265.45 (Athlete #1) + 124.15 (Athlete #2) + 400) ÷ 3.5 = 225.60

9.3.1.5 In the event two or more competitors are tied for fifth, three or more are tied for fourth, etc. the skiers having the best points will be used in the calculation of the penalty.

### 9.4 Competitions with minimum Penalties

9.4.1 If the calculated penalty (according to art. 9.3) is higher than the minimum penalty (see art. 9.4.3), the calculated penalty will be applied to the race.

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

9.4.3 Table of minimum Penalties

| Competition Level | Penalty |
|---|---|
| Continental Cups (COC) | 20 |
| FISU World University Games (UVS) | 20 |
| International FIS Para Cross-Country Competitions (FIS) | 20 |
| Open National Championships (NC) | 20 |
| FIS ROL Competitions (ROL) | 45 |

### 9.5 Competition with fixed Penalties

9.5.1 For Paralympic Winter Games, World Championships and World Cup a fixed Penalty of 0 will be applied.

9.5.2 Table with fixed Penalties

| Competition Level | Penalty |
|---|---|
| Paralympic Winter Games | 0 |
| World Championships | 0 |
| World Cup | 0 |

## 10 The FIS Points Lists

**10.1** The FIS points list is only available electronically from the website at: https://www.fis-ski.com/DB/para-snowsports/para-cross-country/fis-points-lists.html?mi=menu-fis-points.

**10.2** Publication of the FIS Points list

The printing deadlines and validity date are published on the FIS website.

# 11 The FIS Para Cross-Country Points Formula

## 11.1 Formula

P = (F * Tx/To) – F or P = ((Tx/To) – 1)*F

P = Race Points

To = Result = Calculated Time of the winner in seconds

Tx = Result = Calculated Time of the classified competitor in seconds

F = F – Value (Factors to be used, see Article 1.2)

EXAMPLE:

| | | |
|---|---|---|
| 1 ROGOWIEC Katarzyna | LW5/7 | 10:08.3 ((608.3/608.3)-1)*800=0 |
| 2 KONONOVA Oleksandra | LW8 | 10:33.0 ((633/608.3)-1)*800=32.48 |
| 3 BURMISTROVA Anna | LW8 | 10:35.4 (800*635.4/608.3)-800=35.64 |

# 12 FIS Para Cross-Country World Cup Points – General Information

12.1 The FIS Para Cross-Country World Cup point system shall be used to rank athletes participating in the FIS Para Cross-Country World Cup Series and is an integral part of the FIS Para Cross-Country ICR.

# 13 World Cup/Individual

13.1 To calculate the individual ranking all points acquired over the competition season are added.

13.2 In the event of a tie for the top three places, the number of first, second and third place finishes (and so on) will be used to break the tie otherwise the Points will be used.

13.3 All Para Cross-Country World Cup races will be counted for the World Cup Points. World Championships count for World Cup Points.

# 14 Guidelines relating to the distribution of World Cup Points

14.1 The following table will be used to determine the number of World Cup points awarded depending on number of finishers:

| Rank | # of Competitors | | | | |
|---|---|---|---|---|---|
| | 5 or more | 4 | 3 | 2 | 1 |
| 1 | 100 | 90 | 80 | 60 | 50 |
| 2 | 90 | 75 | 50 | 40 | |
| 3 | 80 | 50 | 30 | | |
| 4 | 75 | 20 | | | |
| 5 | 70 | | | | |
| 6 | 66 | | | | |
| 7 | 62 | | | | |
| 8 | 58 | | | | |
| 9 | 54 | | | | |
| 10 | 50 | | | | |
| 11 | 47 | | | | |
| 12 | 44 | | | | |
| 13 | 41 | | | | |
| 14 | 38 | | | | |

| | | | | | |
|---|---|---|---|---|---|
| 15 | 35 | | | | |
| 16 | 32 | | | | |
| 17 | 29 | | | | |
| 18 | 26 | | | | |
| 19 | 24 | | | | |
| 20 | 22 | | | | |
| 21 | 20 | | | | |
| 22 | 18 | | | | |
| 23 | 16 | | | | |
| 24 | 14 | | | | |
| 25 | 12 | | | | |
| 26 | 10 | | | | |
| 27 | 8 | | | | |
| 28 | 6 | | | | |
| 29 | 4 | | | | |
| 30 | 2 | | | | |

### 14.2 Multi-Stage Tours

For each stage of the multi-stage tour the following World Cup points will be awarded (no Sprint Qualification bonus points apply):

| | |
|---|---|
| 1st place = 50 points | 16th place = 15 points |
| 2nd place = 47 points | 17th place = 14 points |
| 3rd place = 44 points | 18th place = 13 points |
| 4th place = 41 points | 19th place = 12 points |
| 5th place = 38 points | 20th place = 11 points |
| 6th place = 35 points | 21st place = 10 points |
| 7th place = 32 points | 22nd place = 9 points |
| 8th place = 30 points | 23rd place = 8 points |
| 9th place = 28 points | 24th place = 7 points |
| 10th place = 26 points | 25th place = 6 points |
| 11th place = 24 points | 26th place = 5 points |
| 12th place = 22 points | 27th place = 4 points |

| | |
|---|---|
| 13th place = 20 points | 28th place = 3 points |
| 14th place = 18 points | 29th place = 2 points |
| 15th place = 16 points | 30th place = 1 points |

The following World Cup points will be awarded after the last race of a multi-stage tour, according to the Tour standing and will count for the overall World Cup standing:

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

| | | | | | |
|---|---|---|---|---|---|
| 25 | 30 | 25 | 36 | 25 | 42 |
| 26 | 25 | 26 | 30 | 26 | 35 |
| 27 | 20 | 27 | 24 | 27 | 28 |
| 28 | 15 | 28 | 18 | 28 | 21 |
| 29 | 10 | 29 | 12 | 29 | 14 |
| 30 | 5 | 30 | 6 | 30 | 7 |

* Multi-stage tours refer to two or more WC stages, with minimum five races (excl. team events), in the same region, which are announced as such over the FIS Para Cross-Country Calendar and which are subject to Multi-Stage Tour World Cup Points. In case the number of races drops below five races due to cancellations or other reasons, the World Cup points will be awarded as per art. 14.1.

### 14.3 World Cup points in individual Sprint races

The following number of points will be awarded to each athlete according to their finish place at World Cup races in Sprint Qualification with the restrictions listed in the below paragraphs:

| | |
|---|---|
| 1st place = 15 points | 6th place = 5 points |
| 2nd place = 12 points | 7th place = 4 points |
| 3rd place = 10 points | 8th place = 3 points |
| 4th place = 8 points | 9th place = 2 points |
| 5th place = 6 points | 10th place = 1 point |

14.3.1 For Distance events, the athlete is only awarded points if he/she has an adjusted finish time less than 30% behind the adjusted finish time of the winner in the same category.

14.3.2 For Sprint events, points will be awarded on the finish ranking of the final (heats) results and the finish place in Sprint Qualification, but athletes will only be awarded points if their qualification round finish time (adjusted time) is less than 30% behind the finish time of the fastest qualification time (adjusted time) in the same category.

14.3.3 All World Cup events will count toward the overall World Cup rankings.

14.3.4 World Cup Points are updated following each race.

14.3.5 In case of a tie, each competitor receives the points for that placing.

Example: Three-way tie for 12th place. All three competitors get 58 points;

The next competitor gets 52 points for the 15th place.

**14.4** The following number of points will be awarded to each team according to their finish place:

| | |
|---|---|
| 1st place = 100 points | 16th place = 32 points |
| 2nd place = 90 points | 17th place = 29 points |
| 3rd place = 80 points | 18th place = 26 points |
| 4th place = 75 points | 19th place = 24 points |
| 5th place = 70 points | 20th place = 22 points |
| 6th place = 66 points | 21st place = 20 points |
| 7th place = 62 points | 22nd place =18 points |
| 8th place = 58 points | 23rd place = 16 points |
| 9th place = 54 points | 24th place = 14 points |
| 10th place = 50 points | 25th place = 12 points |
| 11th place = 47 points | 26th place = 10 points |
| 12th place = 44 points | 27th place = 8 points |
| 13th place = 41 points | 28th place = 6 points |
| 14th place = 38 points | 29th place = 4 points |
| 15th place = 35 points | 30th place = 2 points |

# 15 FIS Nations Cup

**15.1** To calculate the nations ranking, all points from the competition season's individual standing of each nation and to this sum each country's Relay scores will be added for a final total for the Nations Cup, including the multi-stage tour overall points.

Only one team per nation will count for each event.

The winner of the Nations Cup is that country with the highest number of points calculated by adding the men's and women's World Cups.

If two or more nations have the same number of points the winner is that country which has the highest number of first places and then the best results (most 2nd places, most 3rd places, etc.).

# 16 Overall Ranking

**16.1** Overall World Cup awards will be given to the winning male and female athletes in each category according to the overall ranking at the end of the season (Globes for the winners and medals for the top 3) and to the winning nation (Nations Trophy).

# 17 Tie-Breaker

**17.1** If two or more competitors score the same number of points in the final evaluation, the winner is the competitor who has:

**17.2** The highest number of individual World Cup wins in the applicable season

**17.3** The best World Cup results (i.e. most 2nd places, most 3rd places, etc.)

**17.4** FIS Points (current FIS points list)

**17.5** If the competitors are still equal, two (or more) World Cup trophies for that position will be awarded.