

Guide on how to start Para Cross-Country Skiing on a competitive level

1 Athlete Registration and Licencing

The athlete registration and licencing is a mandatory pre-requisite for any athlete that wishes to compete at FIS sanctioned competitions (in this case Para Cross-Country competitions).

The athletes and guides are registered via the [FIS Member Section](#) which is connected to the FIS Para Snowsports Data Management System (FPDMS). In case your National Ski and Snowboard Association (NSA) does not have access to the FIS Member Section, please contact FIS at ParaNordic@fis-ski.com.

Note that the newly registered athletes can only be selected the highest sport class of their category in the athlete registration as follows:

- Vision Impaired: NS3
- Standing: LW4
- Sitting: LW12

The **Medical Diagnostic Form (MDF)** is a mandatory document that needs to be filled out by the athlete's medical doctor and submitted in the FPDMS. Without this document, no athlete can be licenced. It is available on the [Para Cross-Country Documents](#) page under Para Classification.

Detailed athlete registration and licencing process is outlined in the [Calendar Management, Athlete Registration and Licensing Manual](#) that is available under [Guidelines & Manuals](#).

2 Classification

2.1 About

In order to safeguard the integrity of fair competition, all Para sports have a system in place which aims to ensure that winning is determined by sporting factors such as skill, fitness, power, endurance, tactical ability and mental focus, the same factors that account for success in sport for able bodied athletes. This system is called classification. Prior to competing, all athletes must undergo classification to ensure they are eligible for Para Cross-Country Skiing, and to be allocated a Sport Class for competition. The 10 Steps to Para Snow Sports Classification can be found here: [10 Steps to Classification](#).

More about classification, including the [eligible impairments and sport classes](#) is available on the [About Para Cross-Country Classification page](#) and in the [Para Nordic Classification Rules and Regulations](#).

2.2 Competition Participation

To compete at FIS Para Cross-Country [Continental Cups, World Cups, World Championships and Paralympic Winter Games](#), an athlete must be internationally classified by FIS.

If an athlete has not been internationally classified by FIS, they can compete [at FIS-level and National Championships](#) events with N status (New) with the highest factor of their category (Vision Impaired – NS3; Standing – LW4, Sitting – LW12).

The Competition Calendar can be accessed [here](#).

2.3 Classification Events

The list of classification events is published on the [FIS website](#). It is important to notify FIS at ParaNordic@fis-ski.com about your interest in attending the classification events. FIS will ensure the athletes' documents provide sufficient information for them to be classified and will inform the NSAs accordingly.

3 Equipment and Adaptive Equipment

All registered athletes must register their adaptive equipment by 15 November in the competition season, or prior to the first event the athlete is competing in [using FPDMS Adaptive Equipment Online Registration](#). New athletes must submit the adaptive equipment as soon as practicably possible. The equipment that is required to be registered includes (but is not limited to):

- A) Sit skis including all anchor points for strapping, and all strapping
- B) Prostheses and/or Orthosis
- C) Arm-to-body strapping
- D) VI adaptive eyewear (e.g. goggles, opaque shades, glasses, etc.)
- E) Any other adaptive equipment, including all sit ski sitting surface interface, i.e. seating cushion, foam...

The following documents are relevant for this section and should be carefully reviewed: [Equipment Specifications](#) which define the competition equipment rules, Para Cross-Country [Competition Equipment Registration User Manual](#), [Commercial Markings](#) including a visual guide.

4 Qualification Criteria

The athletes' participation at the different event levels is subject to additional requirements, particularly their Para Cross-Country points. The latest qualification criteria for the Para Cross-Country Competitions including, Continental Cups, World Cups, World Championships and Paralympic Winter Games are available on the [Para Cross-Country Documents](#) page under Rules.

Athletes' points and rankings can be accessed [here](#).

5 Development Camps

The information about FIS Development Programmes can be accessed via this [link](#).

Para Cross-Country Quick Links:

- [About Para Classification](#)
- [FIS Calendar](#)
- [Documents](#)
- [FIS Member Section](#)
- Media Channels
 - o [Facebook](#)
 - o [Instagram](#)
 - o [Twitter](#)
 - o [FIS TV](#)
- ParaNordic@fis-ski.com as email address for any questions