

General Rules of the FIS Cross-Country World Cup 2023/24

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1 **Organization of the FIS Cross-Country World Cup**

The regulations stated in the agreement signed by FIS, the hosting NSA and the OC, the Cross-Country World Cup Organizer Manual with all checklists, the ICR and this document of the Rules for the FIS Cross-Country World Cup are binding for all organizers of FIS Cross-Country World Cup events.

1.1 **FIS Event Management**

The management of the events is placed under the responsibility of the Organizing Committee (OC) and the FIS Cross-Country staff (FIS staff). The FIS staff is responsible to follow and support the OC during all the preparation period, on site during the events and from the FIS Nordic Office in the headquarter of FIS.

The OC must periodically inform the FIS staff about all major preparation steps and the FIS staff must inform the OC about impacting rule changes.

All the important decisions will be taken after a joint discussion between the OC and the FIS staff.

FIS Cross-Country Staff Contacts for 2023/24:

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**Reference to art. 8.3*

1.1.1 **Jury Members**

A Technical Delegate (TD) and an Assistant TD from another nation than the hosting nation is appointed by FIS for every World Cup competition. An additional National TD is to be appointed by the National Ski Association (NSA) of the hosting nation.

The Jury members must arrive on site around 72 hours before the first race to get familiar with the conditions and preparations around the event.

The daily allowance for the Jury members must be paid according to ICR 304. Bank transfer fees and added value tax are covered by the OC. In case a nominated official must withdraw his/her participation due to sickness or force majeure, the OC is responsible for covering the already occurred expenses.

1.1.2 **Event Preparation Group**

In case of difficult snow conditions or any situation liable to jeopardize the organization of the events (such as pandemic, security issues, etc.), an Event Preparation Group will be appointed to decide possibilities to hold the events as planned or to make necessary changes (such as postponement, rescheduling of the event, etc.).

To maximize the possibility to organize World Cup events - and in close collaboration with all stakeholders (NSA's, rights holders, OC's, FIS Medical

Committee, etc.) - the Event Preparation Group can adapt the competition schedule, race formats, race course and, if necessary, the World Cup rules and World Cup calendars.

Decisions from the Event Preparation Group will be communicated by the FIS Race Director to the FIS General Secretary and FIS President for approval.

The members of the Event Preparation Group are:

- The FIS Cross-Country Staff
- 1 representative of the OC
- 1 representative of the hosting National Ski Association
- The chair of the FIS Cross-Country Committee
- 1 representative of the athletes

If necessary, the FIS Race Director can nominate an expert (such as FIS TD or FIS homologation inspector) to be sent on site to inform the event preparation group of the preparation.

All the travelling and accommodation costs will be paid by the OC.

In addition, the expert will receive a daily rate paid by the OC according to ICR 304.1.1.

A World Cup event can only take place if at least 7 nations from the top 10 nations (according to the Nation's Cup 2022/23) are eligible to participate. The eligibility requirements include a free access to the organizing country and departure from the organizing country to the Schengen area.

1.2 Substitution, Cancellation, Postponement

If for any reason a FIS World Cup competition cannot take place, the FIS Race Director must be informed immediately by the OC and/or the National Ski Association. The Race Director then activates the Event Preparation Group who defines the necessary actions before communicating officially.

Depending on the circumstances, the competitions can be transferred to an alternate location, cancelled, or postponed to a later date in the season.

1.2.1 Alternate Location

In principle, a transferred competition shall be carried out in the same country. The involved NSA is responsible to coordinate and ensure the transfer of knowledge, information and finances to the new OC.

If that is not possible, the competition may be carried out in another country. In this case - and to reduce the cost of the organization - the new OC has the right to ask for the cancellation of the payments of the red group lists (art. 6).

If the decision is taken later than 8 days before the event, the original OC must pay the travel costs to the teams entered at the date of the decision and be in charge for cancellation fees of the accommodation according to art. 6.

1.2.2 Cancellation

In the case of cancellation later than 8 days before the event and except in case of force majeure (storm, cold weather and unpredictable circumstances) the OC must pay the travel costs to the teams entered and willing to compete at the date of the cancellation according to art. 6.

1.3 Snow and Weather Conditions

1.3.1 Snow Control

The OC must regularly inform the FIS Race Director about snow conditions and preparations, especially during the last 3 weeks before the event.

A snow controller is nominated by the FIS Nordic Office for each World Cup stage and is responsible for sending a report to the FIS Nordic Office 15 days before the event.

The snow report needs to include information about guaranteed training courses available from 5 days before the event. The Event Preparation Group will evaluate the training possibilities and inform the teams.

If the snow report is negative the FIS Race Director will coordinate the work of the Event Preparation Group as described in article 1.1.2.

1.3.2 Snow Guarantee, Salting, Snow Transportation

The capacity of snow production, snow storage and ability to guarantee safe snow conditions in general are taken into consideration when the World Cup calendars are established.

Each World Cup venue must prepare and present a detailed plan for snow guarantee during the summer site inspection.

In any case, the possibility to use salt on the courses and to transport snow from other locations must be checked and approved by the appropriate authorities. Enough salt must be available.

1.3.3 Extreme Weather Conditions

The OC is responsible to provide a local and professional weather forecast. In case of extreme weather conditions expected during the event (official training and competition days), the Event Preparation Group will be activated to make decisions on the possibility to hold the events as planned or to make any necessary changes.

During this process a local weather expert must be provided by the OC and be available to give some inputs to the Event Preparation Group. The Jury will be consulted and represented by the FIS Race Director.

1.4 Medical Support Requirements

The OC is responsible for setting up an appropriate rescue service during all training and competition times. The medical support requirements for FIS event organizers are given in the ICR and in chapter 1 of the FIS Medical Guide.

2 **Sport Regulations**

2.1 **World Cup Entry Requirements**

2.1.1 **Basic entry requirements***

The quota is valid under the condition that every individual competitor (women and men) has an active FIS code number and has reached - during the last 365 days - at least one (1) result better than or equalizing:

Sprint World Cup:

- **120 FIS Points (Sprint or Distance)**

Distance World Cup:

- **60 FIS Distance Points men**
- **90 FIS Distance Points women**
- **120 FIS Distance Points for National Group athletes (art. 2.2.5)**

** To be discussed at the FIS Autumn Technical Committee Meeting*

2.1.2 **Exception for the NSA's not carrying out a FIS World Cup**

Each FIS affiliated National Ski Association not carrying out a FIS World Cup can register one (1) competitor per gender in the Distance competition if they have reached at least one (1) result better than or equalizing **120 FIS Distance Points** during the last 365 days.

2.1.3 **Other exceptions**

In exceptional circumstances (top athletes from Biathlon, Nordic Combined and developing nations, etc.), athletes who did not reach the World Cup entry requirements can be allowed to start.

The respective NSA must apply in a written way to the FIS Nordic Office latest 1 week before the event. With taking all into consideration, the FIS Race Director will take the decision and will inform the OC and the Jury.

2.2 **Athletes Start Quotas for Individual Events**

Start quotas for FIS Cross-Country World Cup

Each nation has right for a maximum of 10 start quotas for all World Cup stages.

This number includes:

- Basic nations quota (art. 2.2.1)
- Extra quota for Overall FIS World Cup (art. 2.2.3) and COC winner/leader (art. 2.2.4)
- National Group quota (art. 2.2.5)

Please check on the exceptions for stage events (art. 2.2.5 and art. 2.2.6).

In addition to the maximum quota of 10: The host nation has the right to enter a maximum of two U23 athletes per gender.

Please check definition of "U23 athlete" in ICR art. 341.1.3.

2.2.1 Basic Nations Quotas

The basic nations quotas are calculated according to the Team Cup standings 2022/23 (women and men) as follows:

Rank (Team Cup standing)	Nation Quota
1 - 8	6
9 - 12	5
13 - 16	4
17 - ...	3
Not ranked	Basic quota = 2

2.2.2 Calculated Basic Nations Quotas for 2023/24

Nation	Women		Men	
	Rank	Quota Q1	Rank	Quota Q2
AND	22	3	17	3
ARM	28	3	24	3
AUS	21	3	22	3
AUT	10	5	13	4
BRA	18	3		2
CAN	11	5	11	5
CRO	24	3		2
CZE	8	6	9	5
ESP		2	20	3
EST	17	3	14	4
FIN	4	6	5	6
FRA	7	6	3	6
GBR		2	10	5
GER	5	6	8	6
IRI	23	3		2
IRL		2	18	3
ISL		2	23	3
ITA	9	5	4	6
JPN	14	4	16	4
KAZ	16	4	19	3
KOR	27	3		2
LAT	13	4	21	3
MKD	20	3		2
MGL	26	3		2
NOR	1	6	1	6
POL	15	4	12	5
SLO	12	5	15	4
SRB	25	3		2

SUI	6	6	7	6
SWE	2	6	2	6
UKR	19	3		2
USA	3	6	6	6
Other NSA				

2.2.3 Extra quota for Overall FIS World Cup leader or winners

The previous season's Overall FIS World Cup winners may start in addition to the calculated nations quotas during the 1st World Cup period in the following season.

The Overall FIS World Cup leaders at the end of each World Cup period have the right to start in World Cup competitions during the next World Cup period in addition to the calculated nations quotas.

2.2.4 Extra quota for COC leaders or winners

The Overall winners from the previous season's COC have the right to start in the 1st World Cup period in the following season.

The leaders (women and men) of all COC Cups at the following dates have the right to start in World Cup competitions during the next World Cup period:

1st World Cup Period 2023-2024	COC Winners season 2022/23
2nd World Cup Period 2023-2024	Leaders at 25th December 2023
3rd World Cup Period 2023-2024	Leaders at 15th January 2024
4th World Cup Period 2023-2024	Leaders at 5th March February 2024
5th World Cup Period 2023-2024	Leaders at 26th February 2024

A valid list of these qualified athletes will be published on the FIS website.

Each COC Coordinator is responsible to send the names of the qualified athletes to the FIS Nordic Office (directly to: nordics@fiski.com) according to the following deadlines:

1st World Cup Period	1st November 2023
2nd World Cup Period	25th December 2023
3rd World Cup Period	15th January 2024
4th World Cup Period	5th February 2024
5th World Cup Period	26th February 2024

These additional quotas are nominative, the athletes cannot be substituted if they cannot start due to force majeure.

The athletes must reach the World Cup entry requirements (see art. 2.1).

The winners or the current leaders (1 person per gender) of all listed COC will get reimbursement according to art. 6.

In case of a tie, the spot will be awarded according to the following principle: If two or more competitors score the same number of points, the spot will be given to the competitor who has:

- the highest number of individual COC wins
- the best results (e.g. most 2nd places, most 3rd places, etc.)

If the competitors are still equal, they will all get an additional quota.

Cancellation of COC events:

If no event could be organized in the 2022/23 season (there is no COC winner) the relevant COC will lose its right for additional quota for the 1st World Cup period.

If no event can be organized before the start of the 2nd World Cup period (Tour de Ski) but the COC has winners (woman and man) from 2022/23, the winners from the previous season have the right to start during the 2nd World Cup period.

If no event can be organized before the start of the 3rd World Cup period, the relevant COC will lose its right for the additional COC quota for the 3rd World Cup period.

If no event can be organized before the start of the 4th World Cup period, the relevant COC will lose its right for the additional COC quota for the 4th World Cup period.

2.2.5 National group quota

The organizing country has the right to enter a maximum of 10 additional competitors as “national group” (except Tour de Ski where a maximum 5 competitors per organizing nation applies).

If a competition is transferred to another country, the right for a national group quota of maximum 10 additional athletes is transferred to the new country. The original country will keep the right for an additional quota of maximum 5 athletes.

Notice: Please check art. 2.2 (maximum number of athletes from the same nation).

2.2.5.1 World Cup in Canmore and Minneapolis

USA and CAN have the right to use national group quota both at FIS Cross-Country World Cup in Canmore (CAN) and in Minneapolis (USA).

2.2.6 Start quotas for stage events (FIS Tour de Ski)

Each nation has right for a maximum of 10 start quotas per gender. This number includes:

- The basic start quota “nation quota” (art. 2.2.1)
- World Cup Overall and COC leaders extra quota (art. 2.2.3 and art. 2.2.4)
- National Group quota (art 2.2.5)
- The 20 best athletes (women and men) according to the current Sprint World Cup standing before the start of the stage event.

2.2.7 Team competition quota exception

Each nation has the right to enter 4 athletes per gender in all individual competitions if there will be a Relay or Team Sprint during the same World Cup stage (even if their basic quota is lower than 4). This will not apply for the organizing nation (due to the national group quota).

2.3 Starting Order World Cup Individual Events

2.3.1 Seeded group

The seeded group is defined as the top 15 competitors registered to compete according to the current Distance or Sprint World Cup standing.

The current Overall World Cup leader is added as one extra athlete if not already included.

Please check specifics on the starting order for the “Stage Events” (see enclosure).

2.3.2 Starting order for Mass start

For mass start competitions (including Skiathlon) the Overall World Cup leader is always assigned the first start position, followed by the competitors of the seeded group (art 2.3.1), who are assigned the next start positions in order of their current Distance World Cup standing.

Following the seeded group, all other competitors will be assigned start positions according to their FIS Distance points (sorted by points).

Lastly a group for those with no FIS Distance points is drawn.

2.3.3 Starting order for individual Sprint

The seeded group is defined as the 15 best athletes registered to compete: the Overall World Cup leader and the rest according to the current Sprint World Cup Standing.

Please check specifics on the starting order for the “Stage Events” (see enclosure).

2.3.3.1 Groups for qualification round

The athletes registered to compete will be assigned to 3 groups as follows:

Group 1: seeded group (art. 2.3.1)

Group 2: the 15 best athletes after the seeded group according to the FIS Sprint points

Group 3: the rest of the registered athletes

If less than 60 athletes are registered to compete, the number of athletes assigned to group 1 and 2 will be reduced accordingly.

2.3.3.2 Starting order for qualification round

The start list will be established as follows:

Group 1 and group 2:

Seeded athletes will start each second start number and the athletes assigned to group 2 will start between them (according to their FIS Sprint points in reverse order).

Seeded athletes choose even numbers, athletes from group 2 are set to odd numbers.

During the Team Captains Meeting, the start numbers for seeded athletes will be determined by a draw.

Group 3:

After the seeded group, the athletes will start according to their FIS Sprint points.

2.3.3.3 Heat selection for the quarterfinals

The qualified athletes will be responsible for choosing their quarterfinal heat.

The athletes will choose according to the following order:

11th to 1st position from the qualification round, followed by 12th to 30th position from the qualification round.

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

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

2.3.4 Starting order for Interval start (Distance races)

The seeded group is defined as the 15 best athletes registered to compete: the Overall World Cup leader and the rest according to the current World Cup Distance Standing.

Please check specifics on the starting order for the “Stage Events” (see enclosure).

2.3.4.1 Groups for Interval start competitions

The athletes registered to compete will be assigned to 4 groups as follows:

Group 1: seeded group (art. 2.3.1)

Group 2: the 30 best athletes women and the 40 best athletes men after the seeded group according to the FIS Distance points

Group 3: the 15 best athletes after group 2 according to the FIS Distance points

Group 4: the rest of the registered athletes

If less than 60 women and 70 men are registered to compete the number athletes assigned in Group 2 will be reduced accordingly.

2.3.4.2 Grouping order for Interval start competitions

The start list will be established as follows:

Group 2:

From the first start number to the beginning of the seeded group, the athletes will start according to their FIS Distance points in reverse order (higher FIS points start first)

Group 1 (seeded group) and group 3:

The seeded athletes will start each second start number and the athletes assigned to group 3 will start between them (according to their FIS Distance points in reverse order).

During the Team Captains Meeting, the start numbers for seeded athletes will be determined by a draw.

Group 4:

After the seeded group, the athletes will start according to their FIS Distance points.

2.4 Athletes Start Quotas for Team Competitions

Each nation has right to enter two (2) teams.

Mixed teams (different nations) are possible only for those National Ski Associations, which do not have enough athletes to form their own team. No more than two NSAs (nations) can form one (1) team.

If a NSA already has their own team in a team event (relay, mixed relay) it is not allowed to make another team with another NSA.

All athletes need to have an active FIS code number and to have reached during the last 365 days at least one (1) result better than or equalizing:

- **For Relay: 120 FIS Distance Points**
- **For Team Sprint: 120 FIS Distance or Sprint Points**

Mixed Relay

Each team consists of 2 women and 2 men.

Each athlete will race 5 km in the following order*:

- Woman / Man / Woman / Man* (Goms 2024)

** To be discussed at the FIS Autumn Technical Committee Meeting*

2.4.1 Team Sprint: Number of teams qualified for the final

For World Cup Team Sprint competitions, the top 15 teams from qualification will advance to the final.

2.4.2 In case of a tie

In case of a tie, the teams will be ranked according to their team total FIS points. If a tie remains, then the positions are determined by a draw. If a tie still remains, then the positions are determined by a draw.

2.5 Staff Quota (Number of Team Officials)

A maximum number of team officials is fixed for each NSA (valid for all World Cup competitions incl. stage events). The quota is calculated according to the nations quotas (art. 2.2.1):

Number of athletes Q = Q1+Q2	Staff Quota	Number of athletes Q = Q1+Q2	Staff Quota
12	22	8	12
11	18	7	10
10	16	5 - 6	8
9	14	Basic = 4	6

Teams are not allowed to enter additional team officials.

The OC will organize accommodation (according to art. 5) and transportation (according to art. 5.2 - airport/venue and hotels/venue) only for people included in the staff quota.

The teams will receive World Cup training bibs according to their staff quota (art. 2.6.1) and the table included in art. 2.7.2.

2.5.1 Calculation Staff Quota 2023/24

Nation	Quota	Quota	Total athletes	Staff
	Women Q1	Men Q2	Q = Q1+Q2	Quota
AND	3	3	6	8
ARM	3	3	6	8
AUS	3	3	6	8
AUT	5	4	9	14
BRA	3	2	5	8
CAN	5	5	10	16
CRO	3	2	5	8
CZE	6	5	11	18
ESP	2	3	5	8
EST	3	4	7	10
FIN	6	6	12	22
FRA	6	6	12	22
GBR	2	5	7	10
GER	6	6	12	22
IRI	3	2	5	8
IRL	2	3	5	8
ISL	2	3	5	8
ITA	5	6	11	18
JPN	4	4	8	12
KAZ	4	3	7	10
KOR	3	2	5	8
LAT	4	3	7	1
MKD	3	2	5	8
MGL	3	2	5	8
NOR	6	6	12	22
POL	4	5	9	14
SLO	5	4	9	14
SRB	3	2	5	8
SUI	6	6	12	22
SWE	6	6	12	22
UKR	3	2	5	8
USA	6	6	12	22
Other NSA				

2.6 Training Bibs

2.6.1 Use of training bibs

Bibs will be used to control the access to different zones and especially the race course.

The bibs will be provided by FIS and it is mandatory to use them and follow the instructions from the Jury. The bibs must be readable from the back and the front. The size, shape and design cannot be changed.

2.6.2 Number of bibs

Each team will receive 2 types of bibs (Course and Team) according to their Nation Cup 2022/23 ranking. The following table allocation will be used:

Rank Nations Cup 2022/23	Course	Team
1 – 20	4	3 + 1 Press Att. Plus staff quota
Other NSAs ranked	2	1 to 2 plus staff quota
Not ranked	Decided by RD	1 plus staff quota
National Group		2 plus 8 staff quota

It is not allowed to use bibs from another nation. The user must be accredited (season accreditation) for the same nation as the nation code written on the bib.

SRS bibs are only to be used by SRS companies; no cooperation with teams is permitted.

TV experts or other stakeholders can get course access via request to the FIS Staff. No cooperation with teams is permitted.

2.6.3 Additional course bibs

2.6.3.1 Additional course bibs for female staff members

A maximum of two (2) additional course bibs are made available to each nation that are reserved only for women.

The bibs are intended to encourage nations to develop and appoint female coaches and technicians in the World Cup.

2.6.3.2 Additional course bibs for cooperation's between nations

A maximum of two (2) additional course bibs are made available to the nations signing a cooperation agreement (max 2 bibs per cooperation agreement, regardless of the number of cooperating nations).

These bibs can be used by the respective cooperating nations during the entire World Cup season (whether athletes from that nation are present at start or not).

The bibs are intended to encourage nations to cooperate or bigger nations to support smaller nations on the World Cup.

The agreement between nations must be officially declared to the FIS Nordic Office (nordics@fisski.com) by 15th September and approved by the FIS Cross-Country Committee (during FIS autumn meetings).

A working group, appointed by the FIS Cross-Country Committee, will analyze the agreement, check its validity, effectiveness and propose the number of extra bibs distributed.

For the 2023/24 World Cup season the following partnerships are approved:

COOPERATING NATIONS	NUMBER OF EXTRA BIBS
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2.6.4 Access to the race course

The type of bibs and the course opening times will be defined by the Jury for testing and warming-up from one day before the first race until the end of the last competition. A preliminary plan will be communicated to the teams two days before the first race (evening).

On competition days, the race course will, in principle, be open from 3 hours before the first race until 5 minutes before the start.

Restrictions might be decided by the Jury according to the snow conditions and specific course situations (for example at City Sprints).

3 World Cup Points and Rankings

3.1 World Cup Points

3.1.1 World Cup points individual competitions

The first 50 athletes will get the following World Cup points in all individual competitions:

1 st place =	100 points	26 th place =	30 points
2 nd place =	95 points	27 th place =	28 points
3 rd place =	90 points	28 th place =	26 points
4 th place =	85 points	29 th place =	24 points
5 th place =	80 points	30 th place =	22 points
6 th place =	75 points	31 st place =	20 points
7 th place =	72 points	32 nd place =	19 points
8 th place =	69 points	33 rd place =	18 points
9 th place =	66 points	34 th place =	17 points
10 th place =	63 points	35 th place =	16 points
11 th place =	60 points	36 th place =	15 points
12 th place =	58 points	37 th place =	14 points
13 th place =	56 points	38 th place =	13 points
14 th place =	54 points	39 th place =	12 points
15 th place =	52 points	40 th place =	11 points
16 th place =	50 points	41 st place =	10 points
17 th place =	48 points	42 nd place =	9 points
18 th place =	46 points	43 rd place =	8 points
19 th place =	44 points	44 th place =	7 points
20 th place =	42 points	45 th place =	6 points
21 st place =	40 points	46 th place =	5 points
22 nd place =	38 points	47 th place =	4 points
23 rd place =	36 points	48 th place =	3 points
24 th place =	34 points	49 th place =	2 points
25 th place =	32 points	50 th place =	1 point

Bonus World Cup points in Mass Start races

The first 10 athletes will get the following World Cup points at the defined bonus positions as mentioned below:

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

For these World Cup points to be awarded, the competitor must complete the competition (reach the finish line).

Bonus World Cup points in Mass Start races will count for the Distance and Overall World Cup.

If an athlete is ranked in the top 10 in an intermediate sprint and does not finish the competition, the positions and bonus points in the intermediate sprints remain the same for the other athletes. There is no reallocation of the points that were earned by the athlete who did not finish. In case of disqualification (DSQ) the

competitor will lose bonus World Cup point, which were earned in that specific competition.

In all Mass Start races the additional bonus positions should be implemented as follows:

Race length	Number of bonus positions
until 10 km	1
11 - 20 km	2
30 km	4
50 km	6

A maximum of 2 bonus positions per competition are possible in a stage race.

3.1.2 Stage events incl. FIS Tour de Ski

The following World Cup points will be awarded after the last stage according to the FIS Tour de Ski Final standing and will count for the overall and the discipline World Cup standings.

1 st place =	300 points	26 th place =	90 points
2 nd place =	285 points	27 th place =	84 points
3 rd place =	270 points	28 th place =	78 points
4 th place =	255 points	29 th place =	72 points
5 th place =	240 points	30 th place =	66 points
6 th place =	225 points	31 st place =	60 points
7 th place =	216 points	32 nd place =	57 points
8 th place =	207 points	33 rd place =	54 points
9 th place =	198 points	34 th place =	51 points
10 th place =	189 points	35 th place =	48 points
11 th place =	180 points	36 th place =	45 points
12 th place =	174 points	37 th place =	42 points
13 th place =	168 points	38 th place =	39 points
14 th place =	162 points	39 th place =	36 points
15 th place =	156 points	40 th place =	33 points
16 th place =	150 points	41 st place =	30 points
17 th place =	144 points	42 nd place =	27 points
18 th place =	138 points	43 rd place =	24 points
19 th place =	132 points	44 th place =	21 points
20 th place =	126 points	45 th place =	18 points
21 st place =	120 points	46 th place =	15 points
22 nd place =	114 points	47 th place =	12 points
23 rd place =	108 points	48 th place =	9 points
24 th place =	102 points	49 th place =	6 points
25 th place =	96 points	50 th place =	3 points

In addition, the following daily World Cup points will be awarded after each stage and will count for the Overall and the Discipline World Cup standings (World Cup points for Sprint qualification and for Sprint final result will count for the Sprint World Cup, all other stages will count for the Distance World Cup):

1. =	50 points	11. =	24 points	21. =	10 points
2. =	47 points	12. =	22 points	22. =	9 points
3. =	44 points	13. =	20 points	23. =	8 points
4. =	41 points	14. =	18 points	24. =	7 points

5. = 38 points	15. = 16 points	25. = 6 points
6. = 35 points	16. = 15 points	26. = 5 points
7. = 32 points	17. = 14 points	27. = 4 points
8. = 30 points	18. = 13 points	28. = 3 points
9. = 28 points	19. = 12 points	29. = 2 points
10. = 26 points	20. = 11 points	30. = 1 point

3.1.3 World Cup points in individual Sprint races

Sprint qualification

The first 10 athletes in the Sprint qualification will get the following World Cup points:

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

Bonus World Cup points in Sprint qualification will count for the Sprint and Overall World Cup.

3.1.4 World Cup points for a tie

Each competitor receives the points for that ranking. Example: Three-way tie for 12th place. All three competitors get 22 points; the competitor gets 16 points for the 15th place.

3.2 FIS Cross-Country World Cup Winners

3.2.1 Overall FIS Cross-Country World Cup

The winner of the **Overall FIS Cross-Country World Cup** is the athlete, male and female, who scores the highest number of World Cup Distance points, World Cup Sprint points and the final ranking of the “Stage” events for the Overall World Cup.

3.2.2 FIS Distance World Cup

The winner of the **FIS Distance World Cup** is the competitor, male and female, who scores the highest number of World Cup Distance points in the final scoring in all individual Distance competitions.

3.2.3 FIS Sprint World Cup

The winner of the **FIS Sprint World Cup** is the competitor, male and female, who scores the highest number of World Cup Sprint points in the final scoring in all individual Sprint competitions.

3.2.4 FIS U23 Standing

The winner of the **U23 Standing** is the competitor, male and female, who scores the highest number of World Cup Distance points, World Cup Sprint points and the final ranking of the “Stage” Events for the Overall World Cup.

Please check definition of “U23 athlete” in ICR art. 341.1.3.

3.2.5 Tiebreaker

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

- a) the highest number of individual World Cup wins
- b) the best results (i.e. most 2nd places, most 3rd places, etc.)

If the competitors are still equal, two (or more) World Cups will be awarded.

3.3 The FIS Nations Cup

The individual scores of each country's 3 best competitors will be added and to this sum each country's Relay & Team Sprint scores will be added for a final total for the Nations Cup. The Relay & Team Sprint competitions are scored as follows:

1st place =	200 points	16th place =	30 points
2nd place =	160 points	17th place =	28 points
3rd place =	120 points	18th place =	26 points
4th place =	100 points	19th place =	24 points
5th place =	90 points	20th place =	22 points
6th place =	80 points	21st place =	20 points
7th place =	72 points	22nd place =	18 points
8th place =	64 points	23rd place =	16 points
9th place =	58 points	24th place =	14 points
10th place =	52 points	25th place =	12 points
11th place =	48 points	26th place =	10 points
12th place =	44 points	27th place =	8 points
13th place =	40 points	28th place =	6 points
14th place =	36 points	29th place =	4 points
15th place =	32 points	30th place =	2 points

Only one men's team per nation and one women's team per nation will count for each event.

For mixed Relays and Team Sprints (women and men) the same rules and point-giving system as above will be used.

3.3.1 The winners of the FIS Nations Cup

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

Tiebreaker

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.).

3.4 FIS World Cup Rewards

3.4.1 World Cup leader bibs

If an athlete leads several standings at the same time, he/she wears the higher ranked bib during the race.

The leader of the Overall World Cup wears the yellow bib.

The leaders of the Sprint and Distance World Cups wear the red bib of their respective discipline.

The leader of the U23 ranking wears the green U23 bib.

The current leading teams of the FIS World Cup Team ranking wear the leader bib. Naturally, only the first team will wear it.

3.4.2 FIS World Cup globes

- The Overall World Cup winners receive the big FIS World Cup crystal globe.
- The Distance and the Sprint World Cup winners receive each a small FIS World Cup crystal globe.
- Separate FIS trophies for the „Tour de Ski“ are awarded.
- The U23 trophy is awarded per gender.
- One FIS World Cup Nation crystal globe is awarded for the most successful Nation (women and men combined).
- Two FIS World Cup Team crystal globes are awarded for the most successful teams per gender.

3.4.3 FIS World Cup medals

The 1st, 2nd and 3rd finishers of the standings receive a FIS World Cup crystal medal.

3.4.4 FIS Nations Cup / Team Cup

The trophies and medals will be provided by FIS. The FIS World Cup Trophy and all other awards will be given at the World Cup Finals.

3.5 Prize Money

3.5.1 Currency and transfer deadlines

The prize money must be transferred in the currency of the athletes' bank account.

The prize money must be paid electronically latest 1 week after the last competition to the respective athlete (also in team competitions, in Team Sprint both athletes get 50% of the total amount, in Relay all four athletes get 25% of the total amount).

A late payment charge will apply for organizers from the second week on: CHF 999 per week in default. Excluded from this is a delay due to wrong or missing bank account information.

3.5.2 Other requirements

NSAs are responsible for entering the personal bank information for each athlete using the athlete registration module in the FIS member section.

Organizers must send receipts to the athlete and a copy needs to be transmitted to the FIS Nordic Office (nordics@fisski.com) latest 7 days after the final competition at the respective venue. The copies of the receipts at the FIS Nordic Office will be deleted after one year.

Bank transfer fees and value added tax (VAT) are covered by the organizer. The below mentioned prize money is declared without VAT.

3.5.3 Prize money individual competitions*

CHF 55'000 per competition, divided between positions 1–20:

1.	CHF	15'000.—	11.	CHF	900.—
2.	CHF	10'000.—	12.	CHF	800.—
3.	CHF	5'000.—	13.	CHF	700.—
4.	CHF	4'300.—	14.	CHF	600.—
5.	CHF	3'300.—	15.	CHF	500.—
6.	CHF	2'300.—	16.	CHF	400.—
7.	CHF	1'700.—	17.	CHF	350.—
8.	CHF	1'300.—	18.	CHF	300.—
9.	CHF	1'100.—	19.	CHF	250.—
10.	CHF	1'000.—	20.	CHF	200.—

In the case of a tie result, both prize money will be added, divided by two and each athlete gets 50%.

Please check specifics on the starting order for the “Stage Events” (see enclosure).

3.5.4 Prize money for Relay and Team Sprint *

CHF 44'000 per competition, divided between teams 1 – 6:

1.	CHF	15'000.—	4.	CHF	4'000.—
2.	CHF	10'000.—	5.	CHF	3'000.—
3.	CHF	6'000.—	6.	CHF	2'000.—

In case of a tie result, both price money will be added and divided by 2. and each team gets 50%.

- * Prize money split after the increase to be discussed at the FIS Autumn Technical Committee Meeting

3.5.5 Overall prize money**

For the overall prize money, the amount of CHF 2'500 per competition shall be paid by each organizer into a so-called “overall pool”. In addition, the extra prize money (10% increase) will be collected from all the World Cup competitions (except Tour de Ski) and put in the overall pool. The prize money will be distributed at the last World Cup stage (and last stage of the Tour de Ski) from the respective organizer.

Calculation for 2023/24:

Prize-Money Calculation 2023/24 (CHF) *	
Amount for Overall Pool	2500
Number of events per gender	36
Gender	2
Number of mixed gender events	1
Total Overall Pool	182'500
Total for each gender Overall Pool	91'250

Individual. WC events (without TdS) per gender	26
Gender specific team events	3
Mixed team events	1
10% increase per Individ. Event	5000
10% increase Team (gender specific) per gender	4000
10% increase mixed team event per gender	2000
10% increase overall per gender	131 000
10% increase overall	262 000
Total Overall Prize Money	432 000
U23 Winners	6 000

Place	Overall Prize Money (CHF)
1 st	50 000,00 CHF
2 nd	40 000,00 CHF
3 rd	30 000,00 CHF
4 th	20 000,00 CHF
5 th	15 000,00 CHF
6 th	10 000,00 CHF
7 th	8 000,00 CHF
8 th	6 500,00 CHF
9 th	5 000,00 CHF
10 th	4 500,00 CHF
11 th	4 000,00 CHF
12 th	3 500,00 CHF
13 th	3 000,00 CHF
14 th	2 200,00 CHF
15 th	2 000,00 CHF
16 th	1 750,00 CHF
17 th	1 500,00 CHF
18 th	1 250,00 CHF
19 th	1 000,00 CHF
20 th	800,00 CHF
TOTAL applied	210 000,00 CHF

* If a competition has to be cancelled, the prize money has to be adapted.

- ** * Prize money split after the increase to be discussed at the FIS Autumn Technical Committee Meeting

The overall prize money has also to be paid if a competition is moved in another country.

3.5.6 U23 final ranking

Each winner of the U23 ranking receives 6'000 CHF (one female winner, one male winner).

4 **Registration & Entries**

In preparation for the upcoming season, National Ski Federations must register their team members and athletes into the FIS Accreditation System by the given deadlines.

National Ski Association have to apply for the FIS Season Accreditation until 31st August.

From 1st September, the FIS Competition Online Entry System opens, where teams can sign up the registered team members from the Accreditation System to specific events.

The Online Entry System is a three-step based system for registering teams, SRS, and officials (according to art 5.1.1):

1. **The Preliminary Entry closes 8 weeks before the respective competition.**
2. **The Entry (entry by name) closes 8 days before the respective competition.**
3. **The Final Competition Entry closes 2 hours before the TCM of the respective competition.**

NSA's have one login for the FIS accreditation system and separate logins for the FIS competition online entry system.

Important: All deadlines must be followed so that the OC receives the information on time and can provide the needed services.

4.1 **FIS Accreditation System**

National Ski Federations can request FIS season accreditations online for all team members that are following most of the World Cup. The accreditation system is open from June and closes on 31st August.

The FIS season accreditation and FIS season parking stickers which are provided by the FIS must be accepted by the OC and implemented into their accreditation system.

4.2 **FIS Competition Online Entry System**

Teams and SRS companies must use the FIS competition online entry system for:

- Preliminary entry (art. 4.2.1)
- Entries by name (art. 4.2.2)
- Final competition entries (art. 4.2.3)

4.2.1 Preliminary entries

Preliminary entries are mandatory for all teams (also for teams booking their accommodation by themselves) and for all World Cup stages (including all Tour de Ski stages).

The preliminary entry counts as a booking. Preliminary entries will be used by the OC for:

- Accommodation booking
- Wax cabin order / special request regarding wax truck
- Transportation request
- Other special requests

For each World Cup, all participating teams must register through the FIS competition online entry system latest **8 weeks (56 full days)** before the first competition.

For example: if the first competition is on Saturday the deadline will be on Friday evening at 24:00 8 weeks before.

Late preliminary entries might still be accepted after the deadline, if the OC has the capacity (accommodation, wax cabins, etc.).

Different financial conditions can be applied by OC (regarding FIS price for accommodation, wax cabins free of charge, etc.).

Cancellation or changes will still be possible until the day before the first competition. Please check and note the accommodation cancellation rules art. 5.1.1.

~~Please note: In a difficult and tight situation with accommodation, OC's work with the principle "first come — first serve".~~

4.2.2 Entries by name

For each World Cup stage, all participating teams must send their entries by names through the FIS competition online entry system.

For each event, the system to enter the specific names will open as soon as the preliminary entries have been sent.

Entries by name will be used by the OC to communicate the rooming list to the hotels, to prepare additional local accreditations for the additional staff members and to prepare the final entries list.

Cancellation or changes will still be possible until the day before the first competition. Please check and note the accommodation cancellation rules art. 5.1.1.

4.2.3 Final competition entries

The final competition entries for each competition must be done until 2 hours before the Team Captains meeting in the FIS competition online entry system.

4.2.4 FIS Family tickets

Athletes are entitled to receive two free of charge tickets from the OC for each competition in which they are competing. An overview of the needed tickets is provided by the FIS staff.

5 Accommodation, Catering and Transportation

5.1 Accommodation and Catering

Each OC is obliged to nominate a responsible person for accommodation. The contact of this responsible must be published in the event program on the FIS website.

The teams must be informed in advance about the type of their accommodation: standard, costs, catering options, distance to the stadium, facilities (gym, parking, internet, meeting rooms, etc.).

5.1.1 Reservation process, deadlines, cancellation rules

Teams and SRS companies must use the FIS competition online entry system for accommodation reservation according to the following deadlines:

- **Latest 8 weeks before the first competition:**
Teams and SRS must provide the team size with number of rooms and special requests to the OC.
- **Until 13 days before the first competition:**
Teams and SRS can change their bookings by adapting the preliminary entry. Cancellation (entire team or only some rooms) is free of charge for 25% of the rooms booked.
- **Between 13 days until 8 days before the first race:**
Teams and SRS have to provide their final entry to the OC latest 8 days before the first competition. The OC has the right to charge a cancellation fee between 13 days and 8 days before the first race with a size tolerance of - 10% (cancellation free of charge for 10% of the rooms booked).
- **Between 8 days and until the end of the events** (departure date chosen by the team):
The OC has the right to charge a cancellation fee.

The amount of cancellation fees should be announced for each venue in the event program on the FIS website.

The cancellations fees (hotel, wax cabin, power for truck) will be carefully checked by the OC together with the FIS staff.

The offset of Nation Support will be evaluated on a case-by-case basis and a determination will be made through mutual agreement between the OC, FIS staff and the nation in question.

It is in the responsibility of the teams/SRS to cancel their rooms if they do not need it, as the preliminary entry counts as a booking.

NSA's who are not using the FIS competition online entry system and do not respect the deadlines are losing their rights for World Cup prices and/or conditions.

5.1.2 Duration of provided accommodation

General requirement

Each OC shall offer all teams (quota applies) and SRS members accommodation and catering within the price range stated at art. 5.1.3 to art. 5.1.5, for at least 5 nights before the first competition until at least the morning after the last competition.

Stage events

For stage events, the OC together with the FIS staff can set-up mandatory arrival and departure dates for each competition venue.

The detailed travel plan must be approved by the Cross-Country Committee latest at the FIS autumn meeting.

5.1.3 Hotel requirements

- Each OC shall offer to all team (quota applies) and SRS members rooms at a 3-star hotel level, including full board and non-alcoholic beverages for at least 5 nights before the first competition until at least the morning after the last competition.
- Lunch and dinner should be served in the hotel or next to the hotel in an adequate restaurant. No tent solution is accepted. The restaurant or hotel must reserve a separate area for the teams to guarantee that they can eat when they arrive for lunch or dinner.
- The distance between the hotel and the competition site should not exceed a 30 minute drive. All accommodation situated further than a 30 minute drive needs to be approved by the FIS staff.
- There shall be a maximum of 2 persons per room with separate beds (bunk beds should not be used).
- Rooms or apartments shall be cleaned each day (except for individual agreements between the hotel and the team).
- Hotels must be informed by the OC that flexibility is requested concerning meal times.
- Hotels must be informed by the OC that late checkout is usually requested by the teams. Teams have right for late checkout for at least 40% of the rooms without any additional cost.
- A free of charge internet connection is requested in the hotels.
- Teams should be provided with free of charge parking at their accommodation.

5.1.4 Quality and quantity of meals

Food must be healthy, plentiful and correspond to the needs of highly competitive athletes. The meals must meet at least the following guidelines and the menu plan needs to change at every meal.

5.1.5 Maximum price

Team members

- The price may not be higher than the official local prices offered at the time of the World Cup event and at a maximum price of CHF 125. — per person including taxes (full board and non-alcoholic drinks).

- In case a team accepts or requests an accommodation offer that is not reaching the 3-star level and/or includes self-catering, the price needs to be reduced according to local market prices.
- Each team has the right (for each gender) to have one single room without any additional cost. All other single rooms will be charged.
- Each team has the right for a late checkout for at least 40% of the rooms without any additional cost.
- In the FIS price of CHF 125 must include all local taxes (tourism tax, etc.). No additional fee has to be paid by the teams, SRS or other service providers.
- Teams that are doing their own arrangements and not booking via the OC may have to pay for the team hospitality at the venue (10 CHF per day).
- If a team has booked via FIS competition online entry system (which includes accommodation with full board), lunch taken at the venue can not be charged for.

SRS Industry

- The price for SRS company members may not be higher than CHF 125 per person (full board and non-alcoholic beverage).
- Each company has the right to have one single room for CHF 125 per person (full board and non-alcoholic beverage), additional single rooms may not be higher than local market prices. The entry will be done directly by each SRS industry company through the FIS competition online entry system.
- SRS that are doing their own arrangements and not booking via the OC may have to pay for the team hospitality at the venue (10 CHF per day).

5.2 Transportation

Transport between airport and hotel

Teams arriving or leaving by plane have to be transported to and from the venue free of charge under the following conditions:

- Only one free of charge transfer per team from the official airport to the venue and one from the venue to the airport.
- Only for the staff included in the staff quota.
- The arriving and departing times have to be communicated to the OC latest 8 days before arrival.
- The official airport(s) has/have to be chosen in cooperation between the OC and FIS. The official airport has to offer sufficient flight possibilities for all the teams and must be named in the official event program on the FIS website.

Transport between hotel and stadium

The OC must provide a shuttle service between the hotels and the stadium from 5 days before the first race until the last competition day, accessible to all teams free of charge. A suitable transport schedule must be fixed in cooperation between the teams and the OC. The preliminary shuttle schedule has to be shared with the FIS Staff prior to the event.

Teams booking accommodation by their own are responsible to arrange their own transportation. The OC does not have to provide a shuttle service for these teams.

Transport at stage events

Please check specifics on the starting order for the “Stage Events” (see enclosure).

6 Team Reimbursement

The organizer shall pay for the travel and living costs:

- for the Red Group and COC athletes (art. 6.1)
- for an additional season quota per nation (art. 6.4)

Maximum number:

A maximum number of athletes per nation is fixed (art. 6.4.2).

6.1 **Red Group**

The Red Group List consists of the 15 best women and the 15 best men in the current Distance and Sprint World Ranking Lists (WRL).

Distance World Ranking List is calculated as the sum of distance World Cup points during the period of includes defined as standing after each World Cup period. For the applicable period 2 best distance results at WSC / OWG are included.

Sprint World Ranking List is defined as Sprint World Cup standing after each World Cup period. For the applicable period 1 sprint results at WSC / OWG is included.

After each WRL period a new WRL will be compiled which is valid for the next WRL period. WRL period corresponds with the World Cup period.

<u>World Cup 2023/24</u>	<u>Valid WRL</u>
<u>Period I</u>	<u>WC period I-IV 22/23 + WSC 2023</u>
<u>Period II</u>	<u>WC period II-IV 22/23 + WSC 2023 + WC period I 23/24</u>
<u>Period III</u>	<u>WC period III - IV 22/23 + WSC 2023 + WC period I-II 23/24</u>
<u>Period IV</u>	<u>WC period IV - 22/23 + WSC 2023 + WC period I-III 23/24</u>
<u>Period V</u>	<u>WC period I-IV 23/4</u>

~~All World Cup results – and maximum two results of the Distance and one Sprint competitions at OWG or WSC – will count for the Red Group.~~ Athletes who withdraw before the start of the season will be substituted by the following athlete.

If a competitor on the World Ranking Lists is unable to start for one (1) year, a new penalty as follows will be calculated according to the rank after his/her last penalty: The application for status as injured must be confirmed by the FIS Cross-Country Committee (Executive Board).

Scale for penalties according to ranks:

<u>Ranks</u>	<u>Penalties</u>
1 - 5	4
6 - 10	6
11 - 15	8
16 - 20	10
21 - 25	12
26 - 30	14

The OC shall pay (per gender and per Red Group list) for the travel and living costs for the competitors on the current Red Group lists and for the current leaders or winners of the COC Cups (1 athlete per gender).

The payment will be based on personal places.

The official arrival day is two nights before the first competition.

Athletes will also be reimbursed if they only participate in a team competition.

If a competition is cancelled or an athlete gets sick after the official day of arrival, the travel and accommodation expenses must also be paid to the corresponding teams having athletes on the pay lists, if they are present on the site.

The medical responsible from the OC has to approve that the athlete is in no condition to participate at the event in cooperation and agreement of the team doctor.

6.2 Travel Costs for Red Group and COC athletes

The travel costs will be calculated according to the chart in art. 6.2.1.

World Cup stages with Distance and Sprint events

Travel costs will be paid only once if an athlete belongs to both Red Group lists. In the season 2023/24 this concerns the following World Cup Stages:

Ruka, Östersund, Tour de Ski, Oberhof, Goms, Canmore, Minneapolis, Lahti, Oslo/Drammen, Falun

The travel costs will be paid by the organizer to the teams by bank transfer or cash (the OC has the right to choose) latest 1 week after the last competition.

A late payment charge will apply for organizers from the second week on: CHF 999 per week in default. Excluded from this is a delay due to wrong or missing bank account information (respective NSA is responsible for delivering the right data to the OC directly).

Receipts for the travel cost must be sent by mail at the latest two days after the last competition by the OC to the head coach of the team.

6.2.1 Regions

The FIS members are divided into five travel regions:

- 1) **Northern Europe:**
DEN, EST, FIN, ISL, NOR, SWE
- 2) **East Europe:**
ARM, BLR, BUL, GEO, KAZ, LAT, LTU, RUM, RUS, UKR, UZB
- 3) **Middle and Southern Europe:**
AND, AUT, BEL, BIH, CRO, CZE, ESP, FRA, GER, GBR, GRE, HUN, IRL, ITA, LIE, LUX, MON, NED, POL, RSM, SVK, SLO, SUI, TUR
- 4) **Overseas I:**
ALG, CAN, EGY, IRI, ISR, LIB, MAR, MEX, RSA, SEN, SUD, SWZ, USA, ZIM
- 5) **Overseas II:**
ARG, AUS, BRA, CHI, CHN, FIJ, GUA, HON, JPN, KOR, PRK, MGL, NZE, PHI, PUR, URU, ISV

	Region 1 North Europe	Region 2 East Europe	Region 3 Middle/South Europe	Region 4 Overseas I	Region 5 Overseas II
Region 1 North. Europe	CHF 300	CHF 500	CHF 500	CHF 750	CHF 750
Region 2 East Europe	CHF 500	CHF 300	CHF 500	CHF 750	CHF 750
Region 3 Middle/South Europe	CHF 500	CHF 500	CHF 300	CHF 750	CHF 750
Region 4 Overseas I	CHF 750	CHF 750	CHF 750	CHF 300	CHF 750
Region 5 Overseas II	CHF 750	CHF 750	CHF 750	CHF 750	CHF 300

6.3 Living Costs for Red Group and COC athletes

The organizer shall pay the accommodation costs according to art. 6.1 for at least two nights before the first competition until at least the morning after the last competition.

For World Cup stages with Distance and Sprint events the organizer shall pay:

- For at least two nights before the first Sprint competition until at least the morning after the last Sprint competition or team event if an athlete belongs to the Sprint Red Group list.
- For at least two nights before the first Distance competition until at least the morning after the last Distance competition or team event if an athlete belongs to the Distance Red Group list.
- For at least two nights before the first competition until at least the morning after the last competition if an athlete belongs to both Red Group lists and for the COC leaders.
- For stage events, all Red Group list athletes need to be paid from two nights before the first competition until at least the morning after the last competition.
- For at least two nights before the first Team competition (Relays and Teamsprint) until at least the morning after the last sprint competition if an athlete belongs to the Sprint Red Group list.
- For at least two nights before the first Team competition (Relays and Teamsprint) until at least the morning after the last distance competition if an athlete belongs to the Distance Red Group list.

In the season 2023/24 this concerns the following World Cup Stages:

Ruka, Östersund, Tour de Ski, Oberhof, Goms, Canmore, Minneapolis, Lahti, Oslo/Drammen, Falun

If teams wish to use (for the whole period or only for some nights) other hotels than the ones proposed by the OC, the OC must pay maximum CHF 125. per day to the NSA, who has members in the pay lists (art. 6) that are booked at another hotel (on-site in the region where the World Cup takes place or at the

airport). The OC can ask to teams a hotel booking confirmation as a proof of the actual cost and the OC needs to be clearly informed ahead of the event in accordance with the entry deadline. The living costs are not paid if the athlete is staying at his/her home.

6.4 Nation Support - Season Quota per Nation

The organizer shall pay an additional quota (factor) per nation and per gender fixed for the all season and based on the Team Cup rankings from the previous season according to the following table:

Rank Team Cup per gender	Quota 1 (factor F) for events with Distance or Sprint races	Quota 2 (factor F) for events with Distance and Sprint races
1 - 3	2.5	4
4 - 6	2	3
7 - 9	1.5	2.5
10 - 12	1	1.5
13 - 20	0.5	1
21 - 30	0,25	0,5

Attention: please check and notice article 5.2.1

Calculation for 2023/24:

Nation	Women			Men		
	Rank	Quota 1	Quota 2	Rank	Quota 1	Quota 2
AND	22	0,25	0,5	17	0,5	1
ARM	28	0,25	0,5	24	0,25	0,5
AUS	21	0,25	0,5	22	0,25	0,5
AUT	10	1	1,5	13	0,5	1
BRA	18	0,5	1	0		
CAN	11	1	1,5	11	1	1,5
CRO	24	0,25	0,5	0		
CZE	8	1,5	2,5	9	1,5	2,5
ESP	0			20	0,5	1
EST	17	0,5	1	14	0,5	1
FIN	4	2	3	5	2	3
FRA	7	1,5	2,5	3	2,5	4
GBR	0			10	1	1,5
GER	5	2	3	8	1,5	2,5
IRI	23	0,25	0,5	0		
IRL	0			18	0,5	1
ISL	0			23	0,25	0,5
ITA	9	1,5	2,5	4	2	3
JPN	14	0,5	1	16	0,5	1
KAZ	16	0,5	1	19	0,5	1
KOR	27	0,25	0,5	0		
LAT	13	0,5	1	21	0,25	0,5
MKD	20	0,5	1	0		
MGL	26	0,25	0,5	0		
NOR	1	2,5	4	1	2,5	4
POL	15	0,5	1	12	1	1,5
SLO	12	1	1,5	15	0,5	1
SRB	25	0,25	0,5	0		
SUI	6	2	3	7	1,5	2,5
SWE	2	2,5	4	2	2,5	4
UKR	19	0,5	1	0		
USA	3	2,5	4	6	2	3

6.4.1 Travel and living costs

The organizers must pay for the travel and living expenses of the teams as follow:

World Cup stages with 2 competitions days: CHF 850 x quota (factor F)

World Cup stages with 3 competitions days: CHF 950 x quota (factor F)

World Cup stages with 4 competitions days: CHF 1'050 x quota (factor F)

Drammen/Oslo: CHF 1050 x quota (factor F)

Tour de Ski : CHF 1550 x quota (factor F)

Please check specifics for "Stage Events incl. Tour de Ski" (in separate annex).

6.4.2 Maximum per nation

A maximum number of athletes (Red Group + COC + season quota) per nation and per gender are fixed as follows.

Calculation per gender:

RGd = number of athletes in the Red Group Distance list

RGs = number of athletes in the Red Group Sprint list

COC = COC winner or leader

F = quota per nation (see 6.4)

RGd + COC + F = maximum 5 for the World Cup stages with only Distance competitions.

RGs + COC + F = maximum 5 for the World Cup stages with only Sprint competitions.

RGd + RGs + COC + F = maximum 9 for the World Cup stages with Distance and Sprint competitions.

In the season 2023/24 this concerns the following World Cup Stages:

Ruka, Östersund, Tour de Ski, Oberhof, Goms, Canmore, Minneapolis, Lahti, Oslo/Drammen, Falun

In any case the organizers will not pay more than the number of participating athletes per nation.

7 Team and SRS Facilities

7.1 Waxing Facilities

At all FIS World Cup Sprint and Distance competitions each team has the right for wax cabins or parking space and power supply for the teams arriving with their own waxing trucks.

7.1.1 Wax cabins

- The wax cabins size is fixed and calculated according to the nation's quotas (art. 2.2.1) and the following table:

Nation's Quotas	Number of containers	Approx. size in m ²
12	3	45 m ²
10 – 11	2	30 m ²
5 – 9	1	15 m ²
All others	3m ² per athlete (max. 15m ²)	

- The wax cabin allocation should be sent to the FIS staff for approval ahead of the event.
- If a nation doesn't fulfill its nation quota, the OC, after approval of the FIS staff, can reduce the number of containers or m² allocated. The level of the entered athletes will be taken into consideration.
- The organizing country has right for additional space for the national group athletes.
- The containers available in each country are different standard sizes; therefore, the size of wax cabins is decided by the size of these containers.
- If a team needs more capacity, the NSA must order the additional cabins through the FIS competition online entry system (in the preliminary entries form) latest 8 weeks before the first competition. The price for an additional container (15 m²) is CHF 900 (independent of duration).
- To reduce the costs for both the OC and the NSA, a waxing service can be provided to the developing nations. In this case, the OC - after approval by the FIS staff - will provide only storage space and changing space to the related athletes.

7.1.2 Wax cabins size calculation 2023/24

Nation	Total athletes Q = Q1+Q2	Wax cabins calculation
AND	6	1
ARM	6	1
AUS	6	1
AUT	9	1
BRA	5	1
CAN	10	2

CRO	5	1
CZE	11	2
ESP	5	1
EST	7	1
FIN	12	3
FRA	12	3
GBR	7	1
GER	12	3
IRI	5	1
IRL	5	1
ISL	5	1
ITA	11	2
JPN	8	1
KAZ	7	1
KOR	5	1
LAT	7	1
MKD	5	1
MGL	5	1
NOR	12	3
POL	9	1
SLO	9	1
SRB	5	1
SUI	12	3
SWE	12	3
UKR	5	1
USA	12	3
Other NSAs		3m2 per athlete, max 15 m2
National Group		1 or 2

* No wax cabins for teams coming with their waxing trucks

7.1.3 Wax cabins requirements

- The wax cabins must be ready 5 nights before the first competition and 1 night after the last competition.
- For safety reasons, containers or separate waxing rooms must be used. Big common tents or buildings can not be used.

- The cabins should be equipped with locking doors and teams are to be issued with keys. If the entrances cannot be locked, the organizer must provide security service for the cabins.
- Parking space for teams must be provided within a reasonable distance of the cabins.
- Wireless network must be provided in wax cabin, wax truck and athletes' areas.
- Venues must have clearly labelled waste collection bins. This should include recycling receptacles (for cardboard, glass, aluminum, etc.), wax waste and general garbage.

7.1.4 Wax cabins for SRS companies

SRS members are divided in 3 categories:

- **Category 1:**
Ski/boots/poles/wax companies with high engagement and contribution to the development of Cross-Country.
- **Category 2:**
Ski/boots/poles/wax companies with medium engagement and contribution to the development of Cross-Country.
- **Category 3:**
All other companies and ski/boots/poles/wax companies with low engagement and contribution to the development of Cross-Country.

A detailed list of the companies per category will be published every year and approved at the FIS autumn meetings.

SRS members will have the following rights for wax cabins (independent of duration):

- SRS members cat. 1 have the right to order 1 wax cabin (15m²) free of charge.
- SRS members cat. 2 have the right to order 1/2 wax cabin (1 cabin shared with another company) free of charge or the right to order their own cabin for CHF 450.
- SRS members cat. 3 have the right to order a cabin (15m²) for CHF 900.
- If an SRS member needs additional capacity, the company can order an additional cabin (15m²) for CHF 900.
- A financial penalty (CHF 900 per cabin) will be applied to the company which have ordered waxing cabin and not shown up.
- The companies must order the cabins according to the preliminary booking deadlines stated in art. 4.2. The overall coordination of the bookings is done by SRS.

SRS members coming with a waxing vehicle and requiring power supply will be charged CHF 100 per World Cup event (independent of duration).

The companies must communicate their requests (parking size, power supply, etc.) for the vehicle to the OC.

7.1.5 Safety guidelines for wax cabins

- All wax room staff must wear approved protective masks with filters.
- The masks should ideally have intercom systems to enable the staff to communicate without removing the masks.

- Suction for ventilation should be set up close to the waxing iron and the rotating polishing machines – this will reduce the smoke and pollution in the room.
- General good heating and efficient ventilation.
- The wax rooms must be cleaned and fully ventilated daily.
- The time of exposure to smoke and pollution must be reduced to the absolute minimum per day.
- Access to the waxing rooms without protective masks must be limited.

7.1.6 Wax trucks

- Parking space as close as possible from the wax cabins area needs to be available for the teams arriving with a waxing truck.
- Power supply dedicated to each truck must be available maximum 30m from the parking space.
- The teams arriving with a waxing truck will not receive any wax cabin but only changing space as stated in art. 7.2.
- NSA's using a wax truck during the World Cup season must inform the FIS Nordic office before the FIS Autumn meeting.
The following nations will have a waxing truck in the season 2023/24:
SWE, NOR, GER, SUI, CAN, FIN, RUS, USA, FRA, CZE.
- Teams must confirm their wax use or needs to the OC through the FIS competition online registration system (in the preliminary entries form) latest 8 weeks before the first competition.
- Teams must communicate their requests (parking size, power supply, etc.) for the truck to the OC.
- Teams using trucks or buses as changing or living space for athletes must follow the same information process. The parking space must be available as well for these trucks but the priority (in term of distance to the stadium) will be given to the waxing trucks.

7.2 Athletes Room

To prevent breathing of waxing fumes by the athletes, the OC should provide a separate athletes room for changing.

The nations listed in the table in art. 7.1.2 should receive a separate changing room (separate cabin or divided boxes with about 15m² in a common tent).

The nations not listed in the table in art. 7.1.2 share the athletes room with other nations.

To prevent excessive costs for the OC, the FIS staff can approve exceptions to these specific rules (for example at City Sprints, single stage events, limited space, high costs generated, etc.).

These rooms must be heated, equipped with locking doors, chairs, power sources and situated close to the wax cabins area.

7.3 Team Catering

The organizers must provide a neutral meeting space (outdoor or indoor) in the team area where team can eat a lunch package or get lunch including drinks (only for those that made the lunch booking at the venue in the FIS competition online entry system at least 4 days ahead of the event).

Food trucks and/or other smart as well sustainable solutions are welcome.

Warm and cold drinks as well as fruits and other snacks for pick up during the day should be provided.

The team service meeting place should be available from the start of the official training days until the last competition is completed.

Details to the food service per venue need to be published by the OC in the event program on the FIS website at least 8 weeks before the event.

Teams and SRS that are making their own arrangements and not booking via the OC may have to pay for the team hospitality at the venue (10 CHF per person/day, booking via the FIS online entry system). The OC is responsible to inform teams and SRS in the event program about their offer and also needs to guarantee sufficient quality and quantity of food and drinks.

7.4 Arrangements Field of Play

Nation boxes

If the layout of the stadium allows, each team will be assigned a dedicated space which shall be used as start/finishes changing area for the teams. The teams are obliged to leave those so-called nations boxes through the mixed zone.

Toilets at start

Depending on the race formats, the organizers should provide between 2 and 4 toilets near to the start.

Training Opportunities

Competitors and team officials should be given the opportunity to train and inspect the competition courses for at least 5 days before the first competition until at least the morning after the last competition.

The Jury may close the course or limit the use of the course to certain sections or hours.

Further arrangements

Further arrangements around the organization of the World Cup venue and team area are expected to be put in place as stated in the Cross-Country World Cup Organizer Manual, available in the Cross-Country document section on the FIS website.

8 Advertising, Media Service

The marketing fee will not be charged if an OC is taking over a competition due to a late cancellation (art. 1.2.2). **OC Media Service**

The OC media service must conform to the FIS PR and media regulations including the Media Guidelines elaborated by the FIS Communications Management and the respective stakeholders.

The OC must appoint a Chief of Media into the OC management that coordinates the event media services on various channels in cooperation with the marketing team.

All official communications concerning major changes of the event (confirmation, re-scheduling, cancellation, etc.) must be coordinated with the FIS Cross-Country Media Coordinator. No official communication concerning the event schedule can be sent out without the approval of the FIS staff.

For media services on site, the OC Chief of Media is responsible to coordinate the needs for the rightsholder and their clients and provide non-rightsholder with the respective installations and media services needed.

8.1.1 **Mixed zone**

A draft of the mixed zone must be shared with the FIS MC and the responsible contact of the right holder in order to discuss the overall flow of the field of play.

During the event, the OC Chief of media is responsible for all non-rights holder in the mixed zone and the on-site contact of the rights holder is responsible for their clients.

The FIS MC coordinates between sports and non-sports matters.

8.2 **Cooperation with FIS World Cup Media Coordinator**

The OC Chief of Media will be supported by the FIS World Cup Media Coordinator, who is part of the FIS staff and assists with general services regarding PR, information and media service before, during as well as after the event and acts on behalf of FIS. The FIS Media Coordinator takes over the needs for the TV world feed from the events and supplies a network of international media with the latest news from the World Cup.

The OC must implement the needs of the FIS Media Coordinator to fulfil his/her job duties on site.

The OC must pay his/her expenses for accommodation, meals (full board & non-alcoholic drinks), travel (arranged by FIS) and eventual fees for visa.

9 Other

9.1 Athletes' Decision

No skier shall be forced to enter a FIS World Cup competition.

9.2 Athletes Obligations

If athletes repeatedly refuse to take part or do not show up at an official appointment organized by FIS and/or the OC (approved by FIS), the organizer together with the FIS staff have the right to hold back prize money or team support for the respective athlete/team.

Examples of official appointments: opening ceremonies, media talks (in person or online), bib distribution, team presentation, TV pre-flash interview, TV winner flash interview, leader chair, top-three picture, winner ceremony, official ceremony, press conference, photo shooting, going through the mixed zone, etc.

The FIS staff take into consideration departure flight schedules and “force majeure” may authorize the distribution in the absence of the athlete.

9.3 Annex

Annex I: Stage events including Tour de Ski