



# **RULES FOR THE PARA NORDIC POINTS AND PARA NORDIC WORLD CUP POINTS**

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# **1 Para Nordic Points – General Information**

## **1.1 Para Nordic Points regulation**

The Para Nordic Point Rules are an integral part of the FIS Para Nordic Competition Rules (“ICR”).

## **1.2 Factor-Value**

The factor is 600 for all Biathlon and Cross-Country competitions. The factor is evaluated every second year based on the last two years competition results in PWG, WSC and World Cups.

## **1.3 Calculation of the race points**

Formula and example – see art. 10.0

## **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 classified competitor the points of the competition. For further explanation see art. 10.0 and Para Nordic Points Rules, 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 official FIS Para Snow Sports Data Management System (FPDMS).

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

## **1.6 FPDMS Codes on result lists**

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

## **2 The Competition**

### **2.1 Conditions**

For the 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 Competition is carried out according to the FIS Para Nordic Rules
- 2.1.4 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
- 2.1.5 All FIS competitions should be carried out on homologated courses

### **2.2 Changes of schedule/competition site**

In case of changing of the original schedule or competition site the Sub Committee Para Nordic will decide about the status of the race.

- 2.3 For sprint and pursuit competition, only the result from the first race (qualification) counts for points.

## **3 The Competitors**

### **3.1 FIS Para Data Management System (FPDMS)**

Only competitors with a FPDMS ID that are classified for FIS Para Nordic and that have paid the license fee for the ongoing season are allowed to participate at FIS Para Nordic competitions. Registration is according to the procedure described in the FIS Para Nordic Regulation.

### **3.2 Categories**

The points calculation will be done for the categories B1-3, LW2-9 and LW10-12 for both genders

### **3.3 Re-registrations after Medical Absence (illness, studies, pregnancy etc.)**

When a competitor injured himself and applies for the single penalty, the National Ski Association must apply to FIS Para Nordic as soon as possible for the approval of a single penalty and submit a medical certificate. If approved, the revised points will equal their previous points value (from valid list at time of leaving) plus a penalty. The penalty is equal to 22 % of the previous points and must be minimum 4 points and maximum 26 points.

If the Medical Absence is more than 365 days, the National Ski Association has to apply for the injury status again.

## **4 Injury Status**

### **4.1 Request Injury Status**

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

If a status as injured is approved and according to the valid 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 points before the injury break.

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

### **4.2 Conditions**

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

### **4.3 Duration**

The injury status can be applied for maximum 365 days. If the injury is longer, the National Ski Association has to apply for the injury status again with a written request and medical certificate for FIS.

## **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 (License) 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 points during the break**

The points of the competitor (according to the last 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 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 points. The penalty will be calculated as 22% of the original points with a minimum of 4 points and maximum of 26 points to be added.

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

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

## **6 Professional Obligation or Military Service**

If a 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.

## **7 Anti-Doping Rule Violation**

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

## **8 Evaluation Period**

- 8.1 Points earned are valid for current and next season. The point lists are updated after each World Cup event.

## **9 Calculation Process**

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

### 9.2 Para Nordic Points

#### 9.2.1 Biathlon Points

A competitor's points will be the average of his or her best five results in biathlon competitions over current and previous season. Final race in pursuit competitions does not count.

#### 9.2.2 Cross Country Points

A competitor's points will be the average of his or her best five results in cross country competitions over current and previous season. For sprint and pursuit competitions, only qualification races give race points.

#### 9.2.3 Less than 5 results

If the competitor has less than five valid results, the average will be adjusted according to the following:

4 results x 1,1 = points

3 results x 1,2 = points

2 results x 1,3 = points

1 result x 1,4 = points

In cases where a competitor has only one valid result with a value of 0 points, 4 points will be added to the competitors points displayed on the ranking list.



### 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 points of the top five competitors are considered and the three best value are added and divided by 3.75. 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 points among the first five on the result list, the Sub Committee Para Nordic decides about the race penalty for this race or may decide that this race won't be taken into consideration for the FIS-Points.

9.3.1.4 The Sub Committee Para Nordic may apply the following methods to calculate a race penalty at their discretion if there are fewer than 3 competitors with points in the top 5 finishers on the results list (the same tracks and distances have to be used in cases where categories or genders are combined):

- If there are two competitors with points among the top 5 in the results, the two-point values are added and then divided by 2.25 to determine the race penalty.
- Standing and Vision Impaired classes may be combined in order to calculate a race penalty. The percentage for classes will remain the same.
- Men and women in the same category may be combined in order to calculate the results and race points. 15% (or current percentage for relay races according to the Para Nordic ICR art. 12324.1.2) will be subtracted from women's percentages before combining.
- Standing and VI athletes may compete with sit-ski athletes; the factor of the sit-ski athletes will be reduced by 12% (or current percentage for relay races according to the Para Nordic ICR art. 12324.1.2) before results and race points are calculated. This combination is only possible if classic technique and sit-ski courses are used.

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.

4.3.1.6 The Sub Committee Para Nordic may establish a fixed maximum penalty applicable to Continental Cups. The maximum penalty will be determined by the Sub Committee Para Nordic. The maximum penalty shall be applied by adding the fixed amount to the best (lowest) points holding participant. Example: if there is an athlete in the field with 0 points the maximum penalty would be 0 + 'x' points. If the lowest holding athlete has 20.95 points the maximum penalty would be 20.95 + 'x' points.

## 9.4 Minimum Penalties

9.4.1 Minimum penalties will be applied for the following competition categories:

- Paralympic Winter Games (PWG) 0
- FIS World Championships (WSC) 0
- World Cups 0
- FIS Sanctioned Races 25

## 10 The Para Nordic Points Formula

### 10.1 Formula

$$P = (F * T_x/T_o) - F \quad \text{or} \quad P = ((T_x/T_o) - 1)*F$$

P = Race Points

T<sub>o</sub> = Result=Calculated Time of the winner in seconds

T<sub>x</sub> = Result= Calculated Time of the classified competitor in seconds

F = Factor = 600 for all races

EXAMPLE:

1	ROGOWIEC Katarzyna	LW5/7	10:08,3 ((608,3/608,3)-1)*600= <u>0</u>
2	KONONOVA Oleksandra	LW8	10:33,0 ((633/608,3)-1)*600= <u>24,36</u>
3	BURMISTROVA Anna	LW8	10:35,4 (600*635,4/608,3)- 600= <u>26,73</u>

## **11 FIS Para Nordic World Cup Points – General Information**

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

## **12 World Cup/Individual**

- 12.1 To calculate the individual rankings for each discipline (BT and CC), all points acquired in each discipline over the competition season are added.
- 12.2 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.
- 12.3 All Para Biathlon & Cross-Country Skiing World Cup races will be counted for the World Cup Points. Biathlon and Cross-Country World Championships count for World Cup Points.
- 12.4 A minimum number of five ranked athletes on the result list per category and gender is required to award World Cup points. In cases that the minimum cannot be achieved no World Cup Points will be awarded.
- 12.5 To calculate the nations ranking (Para Cross-Country Skiing and Para Biathlon together), all points from the competition season's individual standing of each nation and to this sum each country's Relay & Team Sprint scores will be added for a final total for the Nations Cup.

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 2<sup>nd</sup> places, most 3<sup>rd</sup> places, etc.).

## **13 Guidelines relating to the distribution of World Cup Points for Para Biathlon and Cross-Country Skiing events**

- 13.1 The following number of points will be awarded to each athlete according to their finish place with the restrictions listed in the below paragraphs:

1st place = 100 points	16th place = 50 points
2nd place = 95 points	17th place = 48 points
3rd place = 90 points	18th place = 46 points
4th place = 85 points	19th place = 44 points

5th place = 80 points	20th place = 42 points
6th place = 75 points	21st place = 40 points
7th place = 72 points	22nd place = 38 points
8th place = 69 points	23rd place = 36 points
9th place = 66 points	24th place = 34 points
10th place = 63 points	25th place = 32 points
11th place = 60 points	26th place = 30 points
12th place = 58 points	27th place = 28 points
13th place = 56 points	28th place = 26 points
14th place = 54 points	29th place = 24 points
15th place = 52 points	30th place = 22 points

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

- 13.1.1 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.
- 13.1.2 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.
- 13.1.3 All World Cup events will count toward the overall World Cup rankings. Rankings for Biathlon and Cross-Country Skiing will be calculated separately.
- 13.1.4 World Cup Points are updated following each race.
- 13.1.5 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.

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

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

## 14 Overall Ranking

- 14.1 Overall World Cup awards will be given to the top 3 male and top 3 female athletes in each category according to the overall ranking at the end of the season and to the top three nations. (Globes for the winners and medals for the top 3)

## **15 Tie-Breaker**

- 15.1 If two or more competitors score the same number of points in the final evaluation, the winner is the competitor who has:
- 15.2 The highest number of individual wins
- 15.3 The best results (i.e. most 2nd places, most 3rd places, etc.)
- 15.4 Points
- 15.5 If the competitors are still equal, two (or more) World Cup trophies for that position will be awarded.

## **16 Para Nordic FIS Points earned during FIS Cross-Country Competitions**

- 16.1 Para athletes may earn FIS CC points by participating in FIS CC competitions. To be awarded FIS CC points from FIS CC results, the following steps must be completed:
  - Athlete must hold a FIS CC and FIS Para Nordic license
  - Athlete must have a valid and current Para Nordic classification
  - A FIS Para Nordic licensed athlete who earns FIS CC points can petition for those points to be converted to Para Nordic FIS points. (\*they must appear on official FIS CC results)
  - Conversion steps:
    1. Athlete or nation submits a points conversion proposal, including relevant information: official FIS registered name, date, race location, distance, codex etc. as well as the athlete's FIS Para Nordic (FPDMS) license number.
    2. Athlete's race time is then modified according to their official classification percentage, as it would be in a FIS Para Nordic event.
    3. FIS CC points are modified according to adjusted time (if there is an adjustment).
  - FIS converts modified FIS CC points to the Para Nordic system based on a points conversion formula (exact conversion numbers to be determined by the Sub Committee Para Nordic and reviewed annually).
  - Conversion system is reviewed annually to ensure conversions are accurate and fair.