



RULES FOR THE FIS NORDIC COMBINED CONTINENTAL CUP (WOMEN)

EDITION 2023/2024

RULES FIS CONTINENTAL CUP NORDIC COMBINED WOMEN 2023-2024

Legend: COCNC-W = Continental Cup Nordic Combined Women

1. Calendar Planning, Entry and Appointment of the Competitions

1.1 Continental Cup Nordic Combined

1.1.1 Each National Ski Association is entitled to apply to host COCNC-W competitions to the Committee for Nordic Combined by the pre-established deadline.

1.1.2 The application has to be made two years in advance and on the official FIS entry form. The application form must show the expiration date of the hill and course certificate.

1.1.3 Only one COCNC-W competition can be carried out on the same date.

1.1.4 The last COCNC-W event in a competition season is carried out as the COCNC-W final. In connection with the COCNC-W final the overall COCNC-W prize-giving ceremony will take place.

1.1.5 **The official time and data provider for the COCNC is Ewoxx. It is the responsibility of the OC to contact Ewoxx at office@ewoxx.com in a timely manner.**

1.2 Appointment of the COCNC-W events

1.2.1 The Nordic Combined Committee examines:

- the suitability of the hill and course in question for COCNC-W competitions by means of the valid certificate
- the accommodation capacity and the spectator appeal of the competition site
- the standard of the race organization

1.2.2 According to the result of this evaluation and the proposed dates the Nordic Combined Committee establishes a provisional COCNC-W competition schedule for the upcoming two years. The final COCNC-W competition calendar for the current season requires the approval of the FIS Council.

1.3 Cancellations

In the event that the selected competition site cannot be used, the respective National Ski Association must cancel the event(s) and this must be done at the latest eight (8) days before the competition.

1.4 Waxing Cabins and Changing Area

The Organizing Committee is obliged to provide the necessary waxing cabins, as well as a separate changing area at disposal of the teams without any additional costs for the nations.

2. Participation Right for COCNC-W Competitions

2.1 Allowed to start are:

- a) Competitors, who are born in **2008** an earlier.

- b) Only competitors with a FIS-Code are allowed to be entered.
- c) Each National Ski Association has full responsibility for the qualification of its competitors for COCNC-W competitions and for their ability to handle the jumping hills being used.

2.2 Number of Participants for the National Ski Associations

- Each National Ski Association can enter, for a COCNC-W event, a maximum of five (5) athletes.
- The host nation has the right to enter an additional National Group of four (4) athletes
- If more than four (4) COCNC-W competitions are planned to be carried out in one country, the host nation is only entitled to enter a National Group in a maximum of 4 competitions per competition season. This limit will be not applied to competitions replaced from another host country.

3. COCNC-W Evaluation

3.1 Individual Competitions

1 st place = 100 points	21 st place = 20 points
2 nd place = 90 points	22 nd place = 19 points
3 rd place = 80 points	23 rd place = 18 points
4 th place = 70 points	24 th place = 17 points
5 th place = 60 points	25 th place = 16 points
6 th place = 55 points	26 th place = 15 points
7 th place = 52 points	27 th place = 14 points
8 th place = 49 points	28 th place = 13 points
9 th place = 46 points	29 th place = 12 points
10 th place = 43 points	30 th place = 11 points
11 th place = 40 points	31 st place = 10 points
12 th place = 38 points	32 nd place = 9 points
13 th place = 36 points	33 rd place = 8 points
14 th place = 34 points	34 th place = 7 points
15 th place = 32 points	35 th place = 6 points
16 th place = 30 points	36 th place = 5 points
17 th place = 28 points	37 th place = 4 points
18 th place = 26 points	38 th place = 3 points
19 th place = 24 points	39 th place = 2 points
20 th place = 22 points	40 th place = 1 point

- 3.1.1 In case of equality in points between competitors each athlete receives the points corresponding to the rank (the following place is omitted).
- 3.1.2 A minimum of five (5) National Ski Associations must participate if a COCNC-W competition is to count for the COCNC-W evaluation.

3.1.3 Continental Cup Standing

The COCNC-W points of all individual competitions of the current season will be counted for the COCNC-W overall winner.

In case of an equality of points in the COCNC-W standings the better ranking order of the different competitions will be used to decide the ranking. If the competitors are still equal, the starting order will be drawn.

3.1.4 The current leader of COCNC-W overall evaluation receives the "COCNC-W Leader bib" (the colour is green / RAL6018), which she is allowed to keep. The "COCNC-W Leader bib" has to be worn by the leader at the COCNC-W event, at the official winner's ceremony and in all official trainings.

The leader bib has to be provided by the OC.

3.1.5 The leg bibs have to be provided by the OC.

3.2 Team Competitions

3.2.1 Team competition / Mixed Team competition (aliquote per gender)

1 st place = 400 / 200 points	5 th place = 200 / 100 points
2 nd place = 352 / 176 points	6 th place = 152 / 76 points
3 rd place = 300 / 150 points	7 th place = 100 / 50 points
4 th place = 248 / 124 points	8 th place = 48 / 24 points

3.2.2 Team-Sprint competition / Mixed Team-Sprint competition (aliquote per gender)

1 st place = 200 / 100 points	5 th place = 100 / 50 points
2 nd place = 176 / 88 points	6 th place = 76 / 38 points
3 rd place = 150 / 75 points	7 th place = 50 / 25 points
4 th place = 124 / 62 points	8 th place = 24 / 12 points

3.2.3 In case of equality of points of teams, each team obtains the points corresponding to the rank. The following place is omitted.

3.2.4 At least five (5) National Ski Associations must participate if a COCNC-W Team competition is to count for the COCNC-W Nations Cup.

3.2.5 COCNC-W Nations Cup

The sum of the points of all competitors from one nation of all COCNC-W competitions of the current season – including the points of the Team, share of Mixed Team, Team-Sprint and share of Mixed Team-Sprint competitions – will be taken into consideration for the COCNC-W evaluation per nation.

In case of an equality of points in the COCNC-W nation's evaluation, the better ranking order of the different competitions (Individual, Team, Mixed Team, Team-Sprint and Mixed Team-Sprint competition) will decide.

4. Competition Mode and Starting Order

4.1 The COCNC-W competitions have to be carried out according to ICR art. 540 and 541 (Individual competitions) with the following supplements:

4.1.1 For the competition round in Ski Jumping the number of competitors will be divided into three groups. The number sequence of the groups is as follows:

- Group I-A of the organizing country
- Group I and II (athletes without COCNC-W points)
- Group III (athletes with COCNC-W points)

The starting order within the group will be determined as follows:

- Group I-A: draw or seeding
- Group I and II: draw
- Group III: reverse order of the actual COCNC-W standings. As soon as athletes appear in the COCNC-W standings they are seeded in group III according to their ranking. For the first COCNC-W competition of the season, the final COCNC-W standing of the past season is decisive.

4.1.1.1 Course length

- Individual competitions: 5 km, 7,5 km
- Women's Team Sprint: 2 x 4,5 km per athlete

4.1.2 The COCNC-W Team competition, Team-Sprint competition, Mixed Team and the Mixed Team-Sprint competitions have to be carried out according to the ICR rules art. 542, 543 and 544 (Team competitions) with the following supplements:

Each nation can start with one (1) team in Team and Mixed Team competitions. At a Team-Sprint and Mixed Team-Sprint competition three (3) teams per Nation are qualified.

The organizing nation can enter an additional team.

The distribution of points will be carried out only for one (1) team per nation.

4.1.2.1 Starting order in Team competitions

The starting order will be based on the reverse order of the actual COCNC-W Nations standings. The starting order for the Mixed Team/Mixed Team-Sprint event will be based on the reverse order of the total sum of the COCNC Nations standings women and men.

4.1.3 Provisional Competition round (PCR)

The Jury is entitled to decide if a PCR takes place.

Addition: The Provisional Competition round will be carried out according to the regulations of a competition round. The scores can be used as a result for the start of the CC race only if the actual Competition Round ski jumping cannot be carried out. This score can be used only one time as a maximum for a weekend.

If the PCR will be used all athletes starting in the PCR can start at the Cross-Country race.

4.1.4 **Non-qualified athletes**

Non-qualified athletes cannot be nominated as fore jumpers for the respective competition if another Individual competition of the series is scheduled for the same competition weekend / event / place.

The jury is allowed to nominate fore-jumpers from the non-qualified athletes in exceptional cases. The respective athletes need to be qualified according to FIS and NSA rules and regulations.

4.1.5 **Season Finale**

If the last competition of the season is a “final with 2 jumps and 7,5 km race” for the second competitive jumping round (final round), they start with the same start number but in reverse order of the collective points score from the first Competitive Round.

The final round must start 15 minutes after the end of the first Competition round. The jumpers who are not at the start on time are disqualified.

4.1.6 **Formats**

The Nordic Combined Committee is entitled to propose other formats to use in the Continental Cup series as long as the format is described in the ICR, the WCNC-W or COCNC-W rules.

4.2 **Continental Cup Tour**

- Day 1: 1 jump / Individual competition
- Day 2: 1 jump / Individual competition
- Day 3: 1 jump / 5 km Individual Gundersen

Addition:

- All athletes are allowed to start.
- Each Individual competition will receive Continental Cup points, see art. 3.1 and count to the overall Continental Cup women.

In case of equality in points between competitors, each athlete receives the points corresponding to the rank (the following place is omitted).

The sum of the Continental Cup points of all tour competitions will be taken into consideration for the overall tour ranking.

In case of an equality of points in the overall tour ranking, the better ranking in the different competitions will decide

4.2.1 **Competition realization - Continental Cup Tour**

Ski jumping: See ICR art 525.1.

Cross-Country race: See ICR art 525.2.

The PCR will be carried out according art 4.1.3.

4.2.2 Prize Money - Continental Cup Tour

The top three (3) athletes in each Individual competition share the prize-money of CHF 800,-- see art 4.2.2.1.

The rest of the prize money goes in an overall pool which is distributed to the overall top 6 athletes of the tour ranking, see art. 4.2.2.2.

4.2.2.1 Table top three (3) athletes in each Individual competition

Place	Day 1 - CHF	Day 2 - CHF	Day 3 - CHF
1	400,--	400,--	400,--
2	250,--	250,--	250,--
3	150,--	150,--	150,--

4.2.2.2 Table overall pool of the tour ranking for the top 6 athletes of the tour ranking

1 st place = CHF 600,--	4 th place = CHF 250,--
2 nd place = CHF 500,--	5 th place = CHF 200,--
3 rd place = CHF 400,--	6 th place = CHF 150,--

4.3 Individual Compact Competition

4.3.1 Competition Realisation

4.3.1.1 Ski jumping: See ICR art 525.1

4.3.1.2 Cross-Country: See ICR 523.2

4.3.1.3 For the Individual Compact competition, the Jumping competition is held first with the Cross-Country race being the second event. To have start right for the Cross-Country race it is necessary for the competitor to have taken part in the competition round for Ski Jumping. The start of the Cross-Country race is according to the fixed start intervals, (see art. 4.6.1.4)

4.3.1.4 Fixed start intervals

Place	Start time	Place	Start time
1	00:00	14	00:46
2	00:06	15	00:48
3	00:12	16	00:50
4	00:17	17	00:52
5	00:22	18	00:54
8	00:26	19	00:56
7	00:30	20	01:00
8	00:33	21 - 23	01:05
9	00:36	24 - 26	01:10
10	00:38	27 - 29	01:15
11	00:40	30 - 32	01:20
12	00:42	33 - 35	01:25

13	00:44	36 – all others	01:30
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4.3.1.5

Calculation

The calculation is based on the appropriate meter and point value according the ICR art. 527.2.3.2 and 527.4.1. For the final result list the ranking must be fixed, if necessary with technical help. In case of two or more athletes arriving at the finish line with the identical times a decision is made by the use of the photo finish video or by finish referee (art. 514.2.5). In case when no visual differences between competitors can be determined with the assistance of the technical equipment, the same rank will be given in the final result. For cup competitions, the same points will be awarded.

4.4

Super Sprint

4.4.1

Definition

Individual Super Sprint competition begin with a qualification round, organized as a Cross Country Interval Start competition. After the qualification, qualified athletes compete in the sprint finals using elimination rounds (sprint heats).

4.4.2

Course and stadium

Recommended norms

Course

- Course length 700 – 800 meters in free technique
- Prolog time should be approx. 1 min 30 sec.

Start

- Organization Extra corridor for qualification round with no track,
5 corridors for sprint heats
- Classical tracks Optional, 1 per corridor
(if not enough space for skating)
- Length of tracks (after start line) 30 to 50 m
- Distance between tracks 3 m per corridor when no tracks,
with tracks 1,8 m

Finish

- Width 9 m (minimum)
- Number of corridors 3 - 4 corridors (3 m each)

Competitors are not allowed to change lane within marked corridors the first 30 to 50 m after the start line (start zone).

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

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

4.4.3

Starting Order and Start Procedure

4.4.3.1

Qualification

4.4.3.2 Interval Start procedure

Interval Starts will normally use fifteen seconds for sprint qualifying round. The Jury may approve shorter or longer intervals

The start command consists of a countdown starting 5 seconds before the start time ("5-4-3-2-1") and start signal ("GO!").

The command can be given verbally or by audible signals.

The competitor must have their feet behind the start line.

The poles must be placed in front of the starting line and/or starting gate.

The competitor may start any time between three seconds before and three seconds after the start signal. If he/she starts more than three seconds before the start signal, it is a False Start.

If **the competitor** starts more than three seconds after the start signal, it is late start and the start list time will count.

Competitors who start late must not **obstruct** with the start of others.

With both electric and hand-timing, the competitor's actual start time must be noted in case the Jury decides their late start was due to force majeure.

4.4.4 Finals Heats - *Quarterfinals, Semifinals and Finals*

4.4.4.1 Heat Start procedure

The start area is prepared with a start line and a pre-start line that are 1 meter apart.

Electronic and/or mechanical start gates can be used if approved by the Jury.

Competitors are organized on the pre-start line where instructions are given and start lanes designated. The starter will give the command "take your start positions" and the competitors advance to the start line where they must place their poles behind the start line and/or start gates. When all competitors are at the start line, the starter will give the command "Set" and all the competitors must remain motionless until the starter gives the start signal announced at the TCM.

Starts that do not use gates follow the same principles and procedures as stated above.

The assignment of competitors to quarterfinal heats is determined from the finish rankings in the qualification round (Top 25). The table below illustrates the principle of allocating the competitors to their heats.

4.4.4.2 Table: Quarterfinals with five (5) competitors in five (5) heats

- Top 2 from each quarterfinal advances to Semifinals
- Top 2 from each Semifinal advances to the Final
- The start order in the heats are based on the result of the prolog result
- heat result (5 – 3 – 1 – 2 – 4)

TABLE A Quarterfinals with five (5) competitors in five (5) heats, maximum 25 advance					
Assigned to heats	Q1	Q2	Q3	Q4	Q5
Distribution 1 – 20	1	4	5	2	3
	10	7	6	9	8
	11	14	15	12	13
	20	17	16	19	18
Distribution 21 – 25	21	24	25	22	23

4.4.4.3 Table: Semifinals and Finals

Semifinals with 8 competitors		Finals with 4 competitors
S1	S2	Final
Q1 #1	Q3 #2	S1 #1
Q1 #2	Q4 #1	S1 #2
Q2 #1	Q4 #2	S2 #1
Q2 #2	Q5 #1	S2 #2
Q3 #1	Q5 #2	

4.4.4.4 In case of lower number of qualified athletes, the following table can be used for Semifinals with no Quarterfinals:

Distribution 1 - 10	S1	S2
	1	2
	4	3
	5	6
	7	8
	10	9

In Super **S**print competitions with less than 20 competitors in the Qualification Round the Jury can decide to use a reduced version of Table A or they can assign competitors directly into the Semifinals or the Final.

4.4.4.5 False Start in qualification

In qualification, early start infractions will be sanctioned by a time penalty of 15 seconds (the competitor's actual skiing time + 15 seconds penalty). Competitors who make a False Start will not be recalled to the start line. False Start infractions must be reported to the Jury.

Equal qualification time

In case of equal qualification times, the competitors who will be advancing to the Quarterfinals will be ranked according to their COC points. If a tie remains, the positions are determined by a draw. The tie in qualification results will not change maximum number of qualified competitors (25). Competitors with the same qualification time who did not advance to the Quarterfinals will have the same ranking on this result list.

4.4.4.6 False Start in a heat

Any competitor who causes a False Start will be sanctioned by a written reprimand. Following the first False Start in a heat, any competitor who causes a subsequent False Start in the same heat will be required to with-draw from the competition. The competitor will be ranked as the last position of the applicable Final, Semifinals or Quarterfinals round (rank 6, 12, 30 or 4, 8, 16).

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

4.4.4.7 Final heats

In the Quarterfinals and Semifinals, the competitors are ranked in the following orders:

- The competitors without IRM (DNF-DNS-NPS) are listed first according to their arrival order. In case of a tie, the competitors are ranked according to their prolog time.
- Competitors with IRM (DNF-DNS ore NPS) are listed according to their prolog time.

4.4.5 Timing and results

For sprint Qualifying round, start and finish times are recorded to 1/1000 precision and the final result is determined to 1/100 precision. For other FIS sprint competitions, it is possible to use timing equipment that only has 1/100 precision but still the final results report the hundredths of a second.

For FIS COCNC sprint competitions, it is possible to use timing equipment that only has 1/100 precision.

4.4.6 Calculation

Base time = Prologue time x 4 (this to have CC time that equals a 5 km race, to make the calculation for the SJ part according to the Mass Start rules).

End time = Base time – Bonus seconds, see Matrix 4.4.6.1

4.4.6.1

	1. pls	2. pls	3. pls	4. pls	5. pls
Finale	- 90	- 82	- 74	- 66	
Semifinal			- 44	- 38	- 32
Quarterfinal			- 16	- 12	- 8

Example 1: Athlete with Prologue time 1:35 and finished 3rd in the Final.

Example on calculation:

Prologue Time: 1:35sec
Base Time: 1:35" x 4 = 6:20"
End Time: 6:20" – 74" = 5:06"

Calculation for the SJ part is the same as Mass Start (ICR 550/551) the End time is used.

All athletes that started in the Prologue are entitled to start in the Ski Jumping round, based on their end time in the Prologue.

4.4.7 **Competition interruption**

In case of competition interruption of qualification while competitors are still competing, the competition will be cancelled.

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

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

4.4.8 **Protest**

Due to the timeline pressure of running successive heats it is not possible to allow protests during Quarterfinals and Semifinals. Protests will only be accepted after the finals.

To be tested during season 2023-24 and revised by the Committee in spring 2024.

5. **COCNC-W Prizes**

5.1 **Prize Money**

The Organizing Committee must provide prize money of at least the following amount in Swiss Francs (CHF) per competition:

Individual competition: CHF 1'500,--
divided between the top six (6) athletes:

1 st place = CHF 500,--	4 th place = CHF 150,--
2 nd place = CHF 400,--	5 th place = CHF 100,--
3 rd place = CHF 300,--	6 th place = CHF 50,--

Team / Mixed Team competition: CHF 1'500,--
divided between the top three (3) teams:

1 st place = CHF 800.--
2 nd place = CHF 500. --
3 rd place = CHF 200.--

Team-Sprint / Mixed Team-Sprint competition: CHF 1'500,--
divided between the top three (3) teams:

1 st place = CHF 800.--
2 nd place = CHF 500. --
3 rd place = CHF 200.--

5.2 FIS Continental Cup Trophy

The COCNC-W overall winner receives the Continental Cup trophy.
The first six (6) competitors receive FIS COC medal.

5.3 FIS Nations Continental Cup Trophy

The winner of the FIS Nations Continental Cup receives the FIS Nations Continental Cup Trophy.

5.4 Provision of Awards

The trophies and the medals will be provided by the FIS.

5.5 Presentation

The Continental Cup trophies and the medals shall only be awarded at the COCNC-W final.

6. Payment of COCNC-W Expenses

6.1 COCNC Women

Every COCNC-W organizer must take over the following costs for each participating National Association according to the following key:

- three (3) athletes per nation (except National Group)
- one (1) official per nation

6.1.1 COCNC Men and Women competition together in the same place

Every COCNC organizer must take over the following costs for each participating National Association according to the following key:

COCNC-M

- two (2) athletes per nation (except National Group)
- one (1) official per nation and

COCNC-W

- two (2) athletes per nation
- one (1) official per nation

6.1.2 Accommodation

Room and full pension in a good hotel in the competition resort for the duration of the event, beginning one night before the first official training resp. the following night after the last competition. Remark: Only until the last day of the competition, if wind/gate system is used.

For competitors and officials not included in the quota, the Organizing Committee has to provide accommodation and meals at least 25% below the normal price at the host venues, whereby CHF 125,- is the maximum price.

Teams booking accommodation themselves have to present the invoice to the OC for reimbursement. Max CHF 125,- will be reimbursed pr. competitor.

An invitation and information packet must be sent by the organizer to each National Ski Association. Participating teams must enter their competitors prior to the

published entry deadline (at least 8 days before the first competition). By doing so, secure their required number of booked reservation.

For booked room reservation not used, the organizer has the right to demand a cancellation fee from the resp. National Ski Association.

By no means is the organizer or the hotel manager are allowed to demand the vacating of the rooms on the day of the competition without agreement of the team captain.

6.1.3 **Transportation**

The organizer has to provide and take over a shuttle service between the accommodation and the competition site.

6.2 The reimbursement of expenses for travel and accommodation for the TD, the TD Assistant and the foreign Jumping Judge has to be paid according to ICR art. 505.3

7. Media Service

Each Continental Cup organizer should get in touch with the FIS Media Coordinator Nordic Combined before the season to discuss the cooperation before and during the event weekend and the expectations/deliverables regarding information/result and media services.

The press-/media service has to be organized and performed according to the recommendations and guidelines of the International Ski Federation as well as the International Association of Ski Journalists (AIPS).

8. Rescue Service - Medical Support Requirements

The Organizer is responsible for setting up and operating during all competition times (training and competitions) an appropriate rescue service. The Medical Support Requirements for FIS Event Organizers are set forth in the ICR, art. 221.6 as well as chapter 1 of the FIS Medical Guide (containing Medical Rules and Guidelines).

9. COCNC-W Report

The TD is responsible for the report on the COCNC-W competition. The online report of the TD and TD-Assistant has to be done within five days after competition.

10. Coordination

The FIS nominates a COC Coordinator who must possess a TD-license for Nordic Combined. The COC Coordinator reports to the Nordic Combined Race Director. FIS will also appoint an Equipment Controller for each COC event.

The respective organizer has to pay for accommodation, board and travel expenses of the COC Coordinator and the COCNC-W Coordinator/Equipment Controller if COCNC Men and Women compete together in the same place.