



THE INTERNATIONAL SKI COMPETITION RULES (ICR)

BOOK II CROSS-COUNTRY

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396 Roller Ski Competitions

396.1 Roller Ski ICR Definitions

396.1.1 The matters covered within this section of the ICR are intended to focus on the unique aspects of Roller Ski sport that are significantly different from the methodologies used in Cross-Country ski sport as outlined in the previous sections of this ICR publication.

396.1.2 The previous sections in this ICR will be used to give specific requirements in areas where there is direct similarity between Roller Ski and Cross-Country.

396.1.3 In addition, the underlying principles and format procedures that apply in the Cross-Country sections of this ICR must also be applied to Roller Ski sport.

396.2 Competition Equipment

396.2.1 Roller Ski sport equipment must be available as a commercially produced product that is available to the general public.

396.2.2 The OC in cooperation with TD must carry out equipment control before the start and after finish of each competition. Roller Ski wheel dimensions, wheel material hardness and frame length must be controlled.

396.2.3 The diameter of the wheels must not be more than 100 mm.

396.2.4 The distance between the axles of the Roller Skis must not be less than 530 mm.

396.2.5 In classic technique competitions, each Roller Ski must have ratched mechanism.

396.2.6 Cross-Country ski poles must be used.

396.2.7 Safety helmets (e.g. DIN EN 1078 or equivalent) and eye protection must be worn during official training and competition.

396.2.8 Shoes or ski boots have to be fixed on the Roller Skis with a Cross-Country ski binding. Roller Ski exchange must be done according to art. 343.12.2.

396.2.9 Competitors are permitted to change or repair equipment during the competition but they must do this without any outside assistance other than being handed the replacement equipment or tools. Roller Ski change must be done according to article 343.12.

396.2.10 In order to provide safe and fair conditions for the competition the organiser and jury can limit the technical parameters for Roller Ski equipment (wheels, etc.) by announcing it in advance in the competition invitation.

396.2.11 The competition organiser can provide Roller Skis from an official Roller Ski equipment supplier for all athletes entered in competition. This must be

clearly announced in official invitation. The Roller Skis must be distributed to the athletes by a draw supervised by a jury member.

396.2.12 If the competition organiser provides official Roller Ski equipment, Roller Ski exchange during the competition may be done only at an official service point (boxes) according to articles 343.12.2 – 343.12.3.

396.2.13 If the Competition Organizer provides official Roller Ski equipment, Roller Ski repair during official training or before competition may be done only at an official service point provided by the organizer.

396.3 Competition Formats and Programmes

396.3.1 The following competition formats and recommended distances may be used and the competitions may be carried out in either classic or free technique:

Competition format	Competition distance (km)	Course length (km)
Individual Start	2.5, 3.3, 3.75, 5, 7.5, 10, 15, 30, 50	2.5, 3.3, 3.75, 5, 7.5, 8.3, 10, 12.5, 15, 16.7
Mass Start	10, 15, 30, 50	2.5, 3.3, 3.75, 5, 7.5, 8.3, 10, 12.5, 16.7
Popular Roller Ski	No limit	No limit
Skiathlon	5+5, 7.5+7.5, 10+10, 15+15	2.5, 3.3, 3.75, 5, 7.5, 10
Pursuit (2 nd part)	5, 7.5, 10, 15	2.5, 3.3, 3.75, 5, 7.5, 10
Relay Teams with 3 or 4 athletes, can have mixed genders	2.5, 3.3, 5, 7.5, 10	2.5, 3.3, 3.75, 5
Individual Sprint	0.2 – 1.8	0.2 – 1.8
Team Sprint	2x(3-6) x 0.8 – 1.8	0.4 – 1.8

This table is valid for organizing multi-lap races but when choosing a short course with many laps the overall distance, start format and course width must be considered.

Actual competition distances can vary by $\pm 5\%$. Interval Start, Mass Start and Skiathlon competitions can be organized on undulating or uphill courses. Individual Sprint up to 200m may be organized on flat or uphill course (with a maximum allowed average inclination of 10%).

396.4 Course and Stadium

396.4.1 Roller Ski competitions are held on asphalt or similar artificial or natural surfaces that are hard packed.

396.4.2 The course must be designed with the highest priority being given to the safety of competitors.

396.4.2.1 A Roller Ski competition course does not have any homologation requirements, but should include some demanding uphill sections.

396.4.3 Obstacles or hazardous objects along or beside the track must be removed, or if not possible, they must be clearly marked and where necessary protected by padding.

396.4.4 Recommended course norms:

Race Format	Classical technique	Free technique
INTERVAL START		
Course		
Width of course (minimum)	3 m	4 m
Start		
Number of corridors	1	1
Finish		
Total width (minimum)	3.6 m	6 m
Number of corridors	3	3
PURSUIT		
Course		
Width of course (minimum)	4 m	5 m
Start		
Organisation/preparation	2 - 4 corridors	2 - 4 corridors
Width of start area (minimum)	4 m	6 m
Finish		
Total width (minimum)	4 m – 5 m	6 m – 8 m
Number of corridors	3 – 4*	3 – 4*
MASS START, SKIATHLON		
Course		
Width of course (minimum)	4 m	6 m
Start		
Organisation/preparation	Arrow start grid	Arrow start grid
Width of start area (minimum)	5 m	6 m
Number of corridors	Odd number 3;5*	Odd number 3;5*
Finish		
Total width (minimum)	4 m – 5 m	6 m – 8 m
Number of corridors	3 – 4*	3 – 4*

*) The number, width and length of corridors will be determined by the Jury according to the competition formats and finish area layout (uphill or flat).

396.4.5 The downhill sections must not have any sharp curves. If a downhill or curve is deemed dangerous, the OC and jury must implement speed-reducing measures (carpet, artificial turf etc).

396.4.6 Safe and secured warm up and cool down areas must be available near the competition course.

396.5 General Course Preparations

396.5.1 The competition courses should be ready for inspection and for official training by the competitors at least one day before the competition.

396.5.2 The competition courses must be closed to normal traffic. Only the competitors, OC, safety guards, Jury and security/TV vehicles are allowed to be on the competition course during the competition or during official training.

396.6 Requirements of the Competitors

396.6.1 The competition season is defined as 1st July to 30th June (see CC ICR article 341 for age categories).

396.6.2 Methods of grouping

396.6.2.1 Refer to the Rules for the FIS Roller Ski World Cup/World Championships for special seeding rules.

396.7 Refreshment Stations

396.7.1 During competitions which are 8 km or less, refreshment services are only permitted in the Finish Zone after the finish line.

396.7.2 For competitions longer than 8 km but less than 30 km, refreshment services are allowed along the course without the use of motorized vehicles. For competitions longer than 30 km, motorbikes may be allowed at the discretion of the Jury.

396.7.3 For uphill competitions the Jury decides the location of the refreshment stations.

396.8 Start and Finish Requirements

396.8.1 The start line, finish line, corridors and exchange zone must be clearly marked on the surface.

396.8.1.1 At Mass Start free technique competitions, a no skating zone must be clearly marked after the start.

396.8.1.2 For World Cup during Mass Starts and Pursuit competitions, it is required to video tape the no-skating areas at the start and the finish with a minimum of two digital video cameras.

396.8.1.3 There must be radio or phone contact between the start and the finish area.

396.8.2 Finish Area Requirements

396.8.2.1 For Roller Ski World Cup and Roller Ski World Championships the finish corridors must be videotaped using a minimum of 2 digital video cameras. Play back units must be available in the Jury room.

396.8.2.2 The Finish Zone (Roll Out Zone) which follows the finish line must be a minimum of 70 m long for sprint competitions (depending on inclination). For distance competitions the Jury will decide on the length. The finish control line must be after the roll out zone. Competitors are not allowed to take off their Roller Skis until they cross the control line.

396.8.2.3 The start area, the finish area and the exchange area must be secure and completely fenced off from spectators and unauthorized personnel.

396.9 Exchange Zone

396.9.1 The exchange zone for Team Relay or Team Sprint should be a minimum of 10 m wide and 15 m in length.

396.9.2 The exchange zone must be clearly marked with a line at the beginning of the zone. When the front wheel of the arriving competitor reaches this exchange line the corresponding team mate is allowed to depart the exchange zone. No physical contact between the competitors is required.

Early start during Team Relay or Team Sprint exchange must be sanctioned by time penalty (actual time gained + 15 seconds minimum penalty).

396.10 Classical Roller Ski technique

396.10.1 In classical technique competitions, the maximum pole length must not exceed 83% of the competitor's body height plus 2 cm. The measurements and rounding must correspond to the provisions of ICR art 343.8.1.