



RULES FOR THE FIS CROSS-COUNTRY WORLD CUP

STAGE (3 DAYS) WORLD CUP

STAGE TOUR DE SKI

STAGE SKI TOUR

STAGE SPRINT TOUR

STAGE WORLD CUP FINAL

EDITION 2019/2020

RULES FIS CROSS-COUNTRY WORLD CUP 2019-2020

1. **General Rules**

1.1 **Calendar planning**

- 1.1.1 FIS Cross-Country World Cup calendars are established by the FIS Cross-Country Sub-Committee for World and Continental Cups in close collaboration with the National Ski Associations. The FIS Sub-Committee for World and Continental Cups, however, has the right to make venue changes in order to guarantee the quality of an event.
- 1.1.2 The FIS Overall Cross-Country World Cup consists of individual competitions of distances longer than 1.8 km (Distance World Cup) and sprints which are shorter than 1.8 km (Sprint World Cup). World Cup Relays and Team Sprints are counted under the Nations Cup standings.
- 1.1.3 **Techniques**
In principle, the World Cup season should be carried out with 50 % free technique and 50 % classical technique.
- 1.2 **Substitution, Cancellation**
If for any reason a FIS World Cup competition cannot take place, the FIS Race Director must be informed immediately.
Depending on the case, the competitions can be transferred to an alternate location, cancelled or postponed to a later date in the season.
If such a situation occurs the FIS Cross-Country management (FIS staff and the Chairman of the Cross-Country Committee) will evaluate the situation, consult the rights holders, establish a proposal and report to the FIS Council for approval.
- 1.2.1 **Alternate Location**
In principle, a transferred competition shall be carried out in the same country. The National Ski Association 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 in order to reduce the cost of the organisation, the new OC has the right to ask for the cancellation of the payments of the red group lists (article 10 and 11).

If the decision is taken later than 9 days before the event, the original OC must pay the travel costs to the teams entered at the date of the decision according to article 11 and be in charge for cancellation fees of the accommodation.
- 1.2.2 **Cancellation**
In the case of cancellation later than 9 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 at the date of the cancellation according to article 11.

2. **Snow and weather conditions**

2.1 **Snow Control**

The Organising Committee must constantly inform the FIS Race Director on the snow conditions and preparations, especially during the last 3 weeks before the event.

A snow controller is nominated by the FIS Office for each World Cup stage and is responsible to send a report to the FIS Office (friedrich@fisski.com) 13 days before the event.

If the snow report is negative the Race Director will coordinate the work of an event preparation group that is comprised as described in article 2.2.

2.2 Event Preparation Group

In the case of difficult snow conditions 13 days before the event, an event preparation group will be appointed in order to make a decision on the possibility to hold the events as planned or to make any necessary changes.

The members of the event preparation group are:

- The FIS Race Director
- The FIS Assistant Race Director
- The FIS Event Coordinator
- 1 representative of the Organising Committee
- 1 representative of the National Ski Association
- The chairman of the FIS Cross-Country Skiing Committee

The event preparation group will make its decision at the latest 9 days before the event. In any case, the competition courses must be ready at the latest 5 days before the event.

In the meantime, both the host NSA and FIS will look for potential alternative locations within the same country or another country according to article 1.2.1.

If necessary, the FIS Race Director can nominate an expert (FIS TD or FIS homologation inspector) to be sent to the site in order to inform the event preparation group on the snow conditions, the snow production / transportation progress and the course 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.

This timeline do not apply for city sprints.

2.3 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 during the summer site inspection a detailed plan for snow guarantee.

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. A sufficient amount of salt must be available.

2.4 Extreme weather conditions

The LOC 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), an Event Preparation Group will be established (according to article 2.2) in order 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 LOC and be available to give some inputs to the event preparation group.

The jury will be consulted and represented by the Race Director.

3. **Number of Participants**

3.1 **Start quotas**

Each nation has right for a maximum of 15 start quotas for all World Cup stages.
This number includes:

- The basic start quota “nation quota” (art. 3.1.1)
- COC and World Cup Overall extra quotas (art. 3.1.2 & 3.1.3)
- National Group quota (art 3.1.5)

Check and notice the exceptions for the stage events (art. 3.1.6, 3.1.7 and 3.1.8).

3.1.1 **Nation's quotas**

The **nation's quotas** are calculated according to the Team Cup standings 2018-2019 (Women and Men) according to the following table:

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

3.1.2 **Calculated Nation's Quotas for 2019-2020**

Nation	Women		Men	
	Rank	Quota Q1	Rank	Quota Q2
AND		2	16	4
AUS	21	3		2
AUT	11	5	15	4
BLR	18	3	21	3
CAN	15	4	9	5
CHN	16	4	18	3
CZE	12	5	13	4
EST		2	17	3
FIN	5	6	6	6
FRA	13	4	3	6
GBR	19	3	10	5
GER	6	6	8	6
IRL		2	23	3
ISL		2	22	3
ITA	9	5	5	6
JPN	10	5	19	3
KAZ	14	4	12	5
NOR	1	6	1	6
POL	17	3	20	3
RUS	3	6	2	6
SLO	7	6	14	4
SUI	8	6	7	6
SVK	20	3		2
SWE	2	6	4	6
USA	4	6	11	5

Others	/	2	/	2
--------	---	---	---	---

3.1.3 **Additional quotas for FIS overall World Cup winners or leaders**

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

The FIS "Overall" World Cup leaders at the end of each World Cup periods have the right to start in World Cup competitions during the next World Cup period.

3.1.4 **Additional quotas 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 (beginning 2019-2020 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:

1 st World Cup Period 2019-2020	COC Winners season 2018-2019
2 nd World Cup Period 2019-2020	Leaders at 24 th of December 2019
3 rd World Cup Period 2019-2020	Leaders at 07 th of January 2020
4 th World Cup Period 2019-2020	Leaders at 11 th of February 2020
5 th World Cup Period 2019-2020	Leaders at 25 th of February 2020

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 Office (aschhoff@fisski.com) according to the following deadlines:

1 st World Cup Period	1 st of November 2019
2 nd World Cup Period	24 th of December 2019
3 rd World Cup Period	07 th of January 2020
4 th World Cup Period	11 th of February 2020
5 th World Cup Period	25 th of February 2020

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

The athletes have to reach the World Cup entry requirements (see art. 3.2).

The winners and the current leaders (1 person per gender) of these Continental Cups will get reimbursement according to art. 10.1.

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 (i.e. most 2nd places, most 3rd places, etc.)

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

3.1.5 **National quota**

The organising country has right to enter a maximum of ten (10) additional competitors as "national quota" (except for Tour de Ski and Ski Tour 2020 maximum 5 per organising nation).

If a competition is transferred to another country according to Art. 1.2.1 the right for a national quota of 10 additional is transferred to the new country. The original country will keep the right for an additional quota of 5 athletes.

Attention: check and notice art. 3.1.

3.1.6 Ruka Triple

Each nation has right for a maximum of 10 start quotas per gender (except the organising nation maximum 15). This number includes:

- The basic start quota “nation quota” (art. 3.1.1)
- COC and World Cup Overall extra quotas (art. 3.1.2 & 3.1.3)
- National Group quota (art 3.1.5)
- The 20 best athletes (women and men) according to the Sprint World Cup ranking 2018-2019.

3.1.7 Tour de Ski & Ski Tour 2020

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

- The basic start quota “nation quota” (art. 3.1.1)
- COC and World Cup Overall extra quotas (art. 3.1.2 & 3.1.3)
- National Group quota (art 3.1.5)
- The 20 best athletes (women and men) according to the current Sprint World Cup standing.

3.1.8 Sprint Tour Québec - Minneapolis

Each nation has right for a maximum of 10 start quotas per gender (except the organising nations maximum 15). This number includes:

- The basic start quota “nation quota” (art. 3.1.1)
- COC and World Cup Overall extra quotas (art. 3.1.2 & 3.1.3)
- National Group quota (art 3.1.5)
- The 20 best athletes (women and men) according to the current Sprint World Cup standing

3.1.9 World Cup Final

USA and Canada have right to enter a maximum of ten (10) additional competitors per gender as “national quota”.

Attention: check and notice art. 3.1.

3.1.10 Nations, which have a Distance or Sprint quota of 3, have the right to start with 4, if there will be a Relay or a Team Sprint during the same World Cup stage. This will not apply for the organising nation (due to the national quota) and to the nations with an additional quota for COC athletes (as per article 3.1.6).

3.2 World Cup Entry Requirements

3.2.1 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 the athletes from the National Group (art. 3.1.5)**

3.2.2 Exception for the NSAs not carrying out a FIS World Cup

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

3.2.3 Other exceptions

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

The respective NSAs have to apply in a written way to the FIS office latest 1 week before the event. With taking all in considerations, FIS Race Director will take the decision and will inform the OC and the jury.

3.4 Quotas for team events (Relay and Team Sprint)

Each nation has right to enter 2 teams.

Mixed teams (different nations) are not allowed. 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 (Canmore 2020)

Each team will consist in 2 women and 2 men.

Each athlete will race 5km in the following order: Woman / Man / Man / Woman.

The 2 first legs will be held in Classic technique and the 2 last legs in Free technique.

The number of teams per nation is not limited. Mixed teams (different nations) are not allowed.

3.5 Team officials

3.5.1 Number of team officials (staff quota)

A maximum number of team officials is fixed for each NSA (valid for all World Cup events incl. stage events). The quota is calculated according to the nation's quotas 2019-2020 (see art. 3.1.2):

Number of athletes Q = Q1+Q2	Staff Quota
12	22
11	18
10	16
9	14

Number of athletes Q = Q1+Q2	Staff Quota
8	12
7	10
5 - 6	8
Basic = 4	6

The Teams are not allowed to enter additional team officials.

The OC will organize accommodation (according to Art. 13) and transportation (according to art. 11 - airport/venue and hotels/venue) only for the people included in the staff quota.

The teams will receive a number of World Cup training bibs according to their Staff Quota and the table included in Art. 3.6

3.5.2 Calculation Staff Quota 2019-2020

Nation	Quota	Quota	Total	Staff quota
	Women Q1	Men Q2	Q = Q1+Q2	
AND	2	4	6	8
AUS	3	2	5	8
AUT	5	4	9	14
BLR	3	3	6	8
CAN	4	5	9	14
CHN	4	3	7	10
CZE	5	4	9	14
EST	2	3	5	8
FIN	6	6	12	22
FRA	4	6	10	16
GBR	3	5	8	12
GER	6	6	12	22
IRL	2	3	5	8
ISL	2	3	5	8
ITA	5	6	11	18
JPN	5	3	8	12
KAZ	4	5	9	14
NOR	6	6	12	22
POL	3	3	6	8
RUS	6	6	12	22
SLO	6	4	10	16
SUI	6	6	12	22
SVK	3	2	5	8
SWE	6	6	12	22
USA	6	5	11	18
Others	2	2	4	6

3.6 Training bibs

3.6.1 Use of the training bibs

Bibs will be used to control the access to different zones and especially the race course as follows:

Access to	Bibs			
	Course 1	Course 2	Start Finish	Staff
Warm-up loop & ski testing area	X	X	X	X
Race course training days	X	X	X	X
Race course competition days	X	X		
Start & finish			X	
Coaching zones	X	X	X	X
Team area	X	X	X	X

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, the shape and design cannot be changed.

3.6.2 Number of bibs

Each team ranked in the Team Cup standing 2018-2019 will receive different type of training bibs as follows:

- **Course 1:** 2 per nation
- **Course 2:** 2 per nation
- **Start / Finish:** 2 per nation + Press Attaché
- **Staff:** difference to the staff quota

For the other teams, the number of bibs will be decided by the Race Director after discussion with the team leader.

The national group will receive two (2) Start/Finish and eight (8) Staff bibs.

3.6.3 Co-operation between nations

In principle 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).

Nevertheless, cooperation between nation is allowed under the following conditions:

- The agreement between 2 nations must be officially declared to the FIS Race Director (mignerey@fisski.com) by September 15th and approved by the FIS Cross-Country Committee (autumn meeting).
- An agreement is only possible with one nation.
- In case of very limited course access and in order to provide fair conditions to every team, the jury can decide to restrain the possibility to use bibs from another nation.

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

TV experts or other stakeholders might also receive some bibs for the entire season or for a limited time. They have to follow the course opening times and to keep these bibs for their personal use only. No cooperation with teams is permitted.

3.6.4 Access to the race course

The access to the race course will be defined for every World Cup stage and approved by the FIS Cross-Country Committee latest at the autumn meeting. The type of bibs and the course opening times will be defined for glide testing, kick-wax testing, warming-up from 2 days before the first race until the end of the last competition.

Last minute adjustments might be decided by the jury on site.

Organised ski testing on the race course by team or SRS members (athletes, staff...) or any people in relation with a team is not allowed during the last 2 weeks (14 days) before the first race (except last 2 days).

All infractions will be reported to FIS and to the jury.

4. Red Group

The Red Group List consists of the 15 best Men and the 15 best Women in the current Distance and Sprint World Ranking Lists (WRL). After each WRL period a new WRL will be compiled and the latest list is valid for the next WRL period. 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. Racers having resigned 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 last penalty: The application for status as injured has to 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

5. Starting Order at OWG, WSC and WC

5.1 Seeded Group for Mass Start (including skiathlon) and Sprint

The Seeded Group is defined as the top 30 competitors in the current World Cup Standing (Distance or Sprint). The current Overall World Cup Leader is added as one additional if not already included. No Men or Women within the ranking of top 30 will be substituted if they are not entered. Maximum 4 competitors per nation plus the World Champion of the respective discipline are allowed to start in a WSC.

Check and notice the starting order for the “Stage Events” (see enclosure).

5.2 Starting Order for Mass Start

For mass start competitions (including skiathlon) the Overall World Cup Leader is always assigned the first start position and the remaining competitors in the seeded group 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 (ordered by pts) and lastly a group for those with no FIS distance points is drawn.

5.3 Starting Order individual Sprint

5.3.1 Qualification round

For the individual Sprint qualification round, the seeded group normally starts first and the starting order within the group is drawn. Following the seeded group all other competitors will be assigned start positions according to their FIS sprint points (ordered by pts) and lastly a group for those with no FIS sprint points is drawn.

5.3.2 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 from the qualification round,
- followed by 12th to 30th from the qualification round.

The bib distribution will be organised in the finish area and all athletes must be present. Except, in case of a force majeure (certified by the Chief of medical 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).

5.4 Starting Order for Interval Start (Distance Races)

5.4.1 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.

Check and notice the starting order for the “Stage Events” (see enclosure).

5.4.2 Grouping

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

- Group 1: seeded group (see art. 5.4.1)
- 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.

5.4.3 Starting order

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)
- 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).

The seeded athletes or their respective coaches will choose (during the Team Captains’ Meeting) their start number within 15 available start numbers according to the following order: 1st to 15th in the seeded group

If one or several athlete(s) or their respective coaches are not present at time of the draw, the athletes will lose their right to choose their start number and

will receive the last available spots in the order of their position in the red group and in the order of the available start numbers.

- Group 4: after the seeded group, the athletes will start according to their FIS distance points

Check and notice the starting order for the “Stage Events” (see enclosure).

6. Individual Rankings

6.1 World Cup Points

6.1.1 Individual competitions

The first 30 athletes will get the following World Cup points in all individual competitions:

1 st place =	100 points	16 th place =	15 points
2 nd place =	80 points	17 th place =	14 points
3 rd place =	60 points	18 th place =	13 points
4 th place =	50 points	19 th place =	12 points
5 th place =	45 points	20 th place =	11 points
6 th place =	40 points	21 st place =	10 points
7 th place =	36 points	22 nd place =	9 points
8 th place =	32 points	23 rd place =	8 points
9 th place =	29 points	24 th place =	7 points
10 th place =	26 points	25 th place =	6 points
11 th place =	24 points	26 th place =	5 points
12 th place =	22 points	27 th place =	4 points
13 th place =	20 points	28 th place =	3 points
14 th place =	18 points	29 th place =	2 points
15 th place =	16 points	30 th place =	1 point

6.1.2 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

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

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. This does not apply in the case of disqualification.

In all Mass Start races the additional bonus positions are implemented like:

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.

- 6.1.3 Stage events:** Check and notice the World Cup points rules for the „Stage” Events (see enclosure).
- 6.1.4 Sprints**
The first 30 athletes will get the same World Cup points as described in art. 6.1.1. The first 30 athletes will be ranked as follow:
- | | |
|---------|---|
| 1 – 6 | Final |
| 7 – 12 | will be fixed according to the results of the semi finals. See principles in ICR |
| 13 – 30 | will be fixed according to the results of the quarter finals. See principles in ICR |
- Selections for the next round in the final heats**
- Quarter Finals**
Nr. 1 and 2 are directly selected; in addition, the two quickest according to the time in the quarter finals. The faster of those two additionally selected athletes will be placed in Semi Final 1 and the slower of those athletes will be placed in Semi Final 2.
- Semi Finals**
Nr. 1 and 2 are directly selected in addition the two quickest according to the time in the Semi Finals for the Final.
- 6.2 In case of a tie,** each competitor receives the points for that placing. Example: Three-way tie for 12th place. All three competitors get 22 points; the competitor gets 16 points for the 15th place.
- 6.3 The Winners**
- 6.3.1** 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.
- 6.3.2** 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.
- 6.3.3** 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.
- 6.4 Tie-Breaker**
If two or more competitors score the same number of points in the final evaluation, the winner is the competitor who has:
- the highest number of individual World Cup wins
 - 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.
- 6.5 Audi quattro bonus ranking (TBC)**
- 6.5.1** Audi quattro bonus ranking
The Audi quattro bonus ranking will be calculated on the basis of the bonus seconds and bonus World Cup points awarded from the beginning to the end of the World Cup season.

6.5.2 **Winners**
The winner of the Audi quattro bonus ranking will be the athlete (male & female) who has collected the most bonus seconds or/and bonus points (1 second = 1 point) from the beginning to the end of the season.

6.5.3 **Tie-breaker**
If two or more competitors score the same number of bonus points and seconds, the winner or current leader is the competitor who has the highest number of individual World Cups wins and then the best results (i.e. most 2nd places, most 3rd places...). If the competitors are still equal, they will be ranked according to their ranking in the Overall World Cup standing.

7. Nations Cup Scoring

7.1 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 (Women and Men) the same rules and point-giving system as above will be used.

Team Sprint (Semi Final)

Each athlete runs three laps by changing after each lap. After the qualification, there must be a break of approx. 30 - 45 minutes, before starting the finales.

The best 2 teams are directly qualified according to the semi-final result, the rest of the teams (6 teams) will be qualified according to the times in the semi-finals.

Final: The athletes will run 3 laps by changing after each lap.

7.3 The Winners

7.3.1 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.

7.3.2 Tie-Breaker

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.).

8. Prizes

8.1 Prize-Money

8.1.1 The prize money should be transferred in the currency of the athlete's bank account.

8.1.2 The prize-money has to 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 organisers 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.

8.1.3 The athlete is responsible for transmitting their bank account information including all necessary data's (official form is available on the FIS Website) to the Organising Committee directly.

8.1.4 Receipts must be sent to the athlete and a copy needs to be transmitted to the Event Coordinator latest three days after the final competition at the respective venue.

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

8.1.6 Individual events and stage events overall rankings
CHF 40'000 per event, divided between positions 1–20:

1.	CHF	10'000.—	11.	CHF	800.—
2.	CHF	7'500.—	12.	CHF	700.—
3.	CHF	5'000.—	13.	CHF	600.—
4.	CHF	4'000.—	14.	CHF	500.—
5.	CHF	3'000.—	15.	CHF	400.—
6.	CHF	2'000.—	16.	CHF	300.—
7.	CHF	1'500.—	17.	CHF	250.—
8.	CHF	1'100.—	18.	CHF	200.—
9.	CHF	1'000.—	19.	CHF	150.—
10.	CHF	900.—	20.	CHF	100.—

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

Check and notice the rules of the „Stage“ Events (see enclosure).

8.1.7 Relay and Team Sprint events

CHF 30'000 per event, divided between teams 1 – 6:

1.	CHF	12'000.—	4.	CHF	3'000.—
2.	CHF	8'000.—	5.	CHF	2'000.—
3.	CHF	4'000.—	6.	CHF	1'000.—

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

8.1.8 Athletes Obligations

If athletes do not show up at an official ceremony, bib distribution, team presentation agreed by FIS they lose their right to receive their prize money and/or reimbursement of expenses (art.10).

Examples of official ceremonies or bib distribution, team presentation, pre-flash interview, march-in, winner TV flash interview, leader chair, top-three winner picture (single event or overall ranking), winner ceremony (single event or overall ranking), official ceremony, bib distribution, press conference, photo shooting and other ceremonies.

The FIS Office takes into consideration departure flight schedules and “force majeure” may authorize the distribution in the absence of the competitor.

8.1.9 Overall Prize-Money

For the 2019-2020 season, prize-money for an individual World Cup event, the amount of CHF 2'500 per competition shall be paid by the organisers in a so-called “overall pool” and will be distributed at the last World Cup stage (similar to the Tour de Ski) from the respective Organiser.

Calculation for 2019-2020 (39 competitions for each gender + 1 mixed relay):

Prize-Money Calculation 2019-2020 (CHF) *. TBC	
Amount	2500
Number of events pro gender	39
Genders	2
Number of mixed gender events	1
Total	197 500
Total for each gender	98 750
1st Place	36 750
2nd Place	25 000
3rd Place	15 000
4th Place	10 000
5th Place	7 000
6th Place	5 000
U23	
Distance WC winner	
Sprint World Cup winner	

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

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

8.2 FIS World Cup Trophies (for Women and Men)

- The Overall World Cup winners receive the big FIS World Cup trophy.
- The Distance and the Sprint World Cup winners receive each a small FIS World Cup trophy.
- Own FIS Trophies for the „Tour de Ski “(see enclosure).

8.3 FIS World Cup Medals

The 2nd and 3rd competitors receive a FIS World Cup medal.

- 8.4 FIS Nations Cup / Team Cup**
The best nation receives the FIS Nations Cup (women and men together) / Team Cup (ranking per gender).
- 8.5** The trophies and medals will be provided by the FIS.
- 8.6** The FIS World Cup Trophy and all other awards will be given at the conclusion of the last FIS World Cup event.
- 8.7 Leader Bib of the World Cup Leaders**
The leader of the Overall World Cup wears officially the yellow bib. The leaders of the Sprint and Distance World Cups wear the red bib of their respective discipline.
- 8.8 Leader Bib of the Team Events**
The current leading teams of the FIS World Cup (male and female) wear the leader bib. Naturally only the first team will wear it.
- 8.9 Winner Ceremony / Distribution of Prizes**
The Winner Ceremony / prize giving ceremony has to take place after the competition and will be standardised respectively a real ritual is celebrated. If an appropriate stage (location, town etc.) is available, the award ceremony will be carried out separately, otherwise the following procedure will be carried out.
- Procedure:
- Introduction with the FIS Fanfare
 - Winner Ceremony / Award Ceremony
 - Ranking of the day: announcement 3-1 (relay and Team Sprint 3-1), prizes giving over from 1-3
 - Photos
 - In case of a new leader in the overall World Cup standing: Handing over of the yellow bib (overall leader)
 - Official persons OC (1-2) & maid of honours.
- 8.10 Top three winner picture**
Right after the top three athletes of the respective race are decided and, in the finish, a brief photo shooting will take place. The position of the shooting needs to be defined with the HBC, the FIS Media Coordinator and the photo chief or FIS photographer and should not influence the on-going race.
- 9. Registration and Entries**
Teams and SRS companies must use the FIS online registration system for:
- Season accreditation requests
 - Accommodation reservations and requests
 - Transportation requests
 - Wax cabin order
 - Special requests concerning wax cabins/waxing trucks
 - Entries by name
- 9.1 Season Accreditation Requests**
FIS Season Accreditation for coaches and team staff that are following the entire World Cup should be requested online by the National Federation until 30th of September 2019. Detailed instructions are available latest by end of July 2019 on fis-ski.com
- 9.2 Registration**
To register the participating teams on each World Cup stage, the FIS online registration system must be used with 2 different mandatory steps:

- Preliminary entries (latest 6 weeks before the first competition)
- Entries by name

9.2.1 Preliminary Entries

For each World Cup stage, all the participating teams must register through the online system latest 6 weeks (42 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 6 weeks before.

Late preliminary entries will still be accepted after the deadline (the system will remain open) but the teams which didn't send their preliminary entries before the deadline will:

- lose their rights for accommodation, transportation and wax cabins (it will be up to the OC to organize it or not)
- or receive a financial penalty of CHF 999 which will be deducted immediately from their travel money or has to be paid directly on-site at the respective venue.

Preliminary entries are mandatory for all the teams (even for teams booking their accommodation by themselves) and count as a booking.

Preliminary entries will be used by the OC for accommodation matters, size of the wax cabins and for all other special requests.

Cancellation or changes will still be possible until the day before the first competition. Check and notice the accommodation cancellation rules art.13.1

Please note: in tight accommodation situation OC's are working with the principle "first come – first serve".

9.2.2 Entries by Name

For each World Cup stage, all the participating teams must send their entries by names through the online registration system. For each stage, the system will be open as soon as the preliminary entries are sent. The system will stay closed as long as the preliminary entries are not done.

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, to prepare the final entries list.

Cancellation or changes will still be possible until the day before the first competition. Check the accommodation cancellation rules art.13.1

9.2.3 Final Entries

The final entries for each competition have to be done until 2 hours before the Team Captain meeting at the race office.

10. Reimbursement lists

Organiser shall pay for the travel and living costs:

- for the red group and COC athletes (see art. 10.1)
- an additional season quota per nation (see art. 10.2)

Maximum number: a maximum number of athletes per nation is fixed (see art. 10.3).

10.1 Red Group lists and COC athletes

- 10.1.1** The organiser shall pay (per gender and per red group list) for the travel and living costs for the competitors on the current Red Group Lists (15 best according to the current World Ranking List) and for the current leaders or winners of the COC Cups (1 athlete per gender).
The payment will be based on personal places.

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

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 official arrival day is the earliest day after the final snow inspection.

10.1.2 Travel costs for the red group and COC athletes

The travel costs will be calculated according to the schedule in 10.1.3.

World Cup stages with Distance and Sprint events: the travel costs will be paid only once if an athlete belongs to both Red Group Lists. In the season 2019-2020 this concerns the following World Cup Stages:

Ruka, Davos, Tour de Ski, Oberstdorf, Falun, Ski Tour 2020, Drammen/Oslo

The travel costs will be paid by the organiser 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 organisers 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 Organising Committee directly).

Receipts for the travel cost must be handed out to the on-site coach or sent at the latest two days after the last competition by the respective venue to the head coach of the team or the FIS Event Coordinator.

10.1.3 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	CHF750
Region 5 Overseas II	CHF 750	CHF 750	CHF 750	CHF 750	CHF 300

10.1.4 Living costs

The organiser shall pay the accommodation costs according to art.10.1.1 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 organiser 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.

In the season 2019-2020 this concerns the following World Cup Stages:

Ruka, Davos, Tour de Ski, Oberstdorf, Falun, Ski Tour 2020, Drammen/Oslo

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 (according to art. 10) 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 the 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 home.

10.2 Season quota per nation

10.2.1 The organiser 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 <u>or</u> Sprint races	Quota 2 (factor F) for events with Distance <u>and</u> 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

Attention: please check and notice article 10.1.3

Calculation for 2019-2020:

Nation	Women			Men		
	Rank	Quota 1	Quota 2	Rank	Quota 1	Quota 2
AND				16	0.5	1
AUT	11	1	1.5	15	0.5	1
BLR	18	0.5	1	21		
CAN	15	0.5	1	9	1.5	2.5
CHN	16	0.5	1	18	0.5	1
CZE	12	1	1.5	13	0.5	1
EST				17	0.5	1
FIN	5	2	3	6	2	3
FRA	13	0.5	1	3	2.5	4
GBR	19	0.5	1	10	1	1.5
GER	6	2	3	8	1.5	2.5
ITA	9	1.5	2.5	5	2	3
JPN	10	1	1.5	19	0.5	1
KAZ	14	0.5	1	12	1	1.5
NOR	1	2.5	4	1	2.5	4
POL	17	0.5	1	20	0.5	1
RUS	3	2.5	4	2	2.5	4
SLO	7	1.5	2.5	14	0.5	1
SUI	8	1.5	2.5	7	1.5	2.5
SVK	20	0.5	1			
SWE	2	2.5	4	4	2	3
USA	4	2	3	11	1	1.5

10.2.2 Travel and living costs

The local organisers have to pay for the travel and living expenses of the teams as follow:

World Cup stages with 2 competitions days: CHF850 x quota (factor F)

Ruka Triple: CHF950 x quota (factor F)

Tour de Ski : CHF1550 x quota (factor F) *

* Check and notice the Tour de Ski rules

Ski Tour 2020 : CHF1550 x quota (factor F)

Drammen/Oslo: CHF1050 x quota (factor F)

- **World Cup finals:** CHF950 x quota (factor F)

10.3 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

RGs = number of athletes in the Red Group Sprint

COC = COC winner or leader

F = quota per nation (see 10.2.1)

RGd + COC + F = maximum 6 for the World Cup stages with only distance competitions

RGs + COC + F = maximum 6 for the World Cup stages with only sprint competitions

RGd + RGs + COC + F = maximum 12 for the World Cup stages with distance and sprint competitions

In the season 2019-2020 this concerns the following World Cup Stages:

Ruka, Davos, Tour de Ski, Oberstdorf, Falun, Ski Tour 2020, Drammen/Oslo

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

11. Transport

11.1 Transport Airport - Venue

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 people included in the staff quota.
- The arriving and departing times have to be communicated to the organiser latest 10 days before the first competition.
- The official airport(s) has to be chosen in cooperation between the organising committee and FIS. The official airport has to offer sufficient flight possibilities for all the teams and has to be named early in advance in the official team info book.

11.2 Transport Hotels - Stadium

The OC has to provide to the teams a shuttle service free of charge between the hotels and the stadium from 5 days before the first race until the last competition day.

A suitable transport schedule will be fixed in cooperation between the teams and the OC.

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.

11.3 Stage events: Check and notice the rules of the „Stage Events“(see enclosure).

12. Team and SRS Facilities

12.1 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.

12.1.1 Wax Cabins

- The wax cabins size is fixed and calculated according to the nation's quotas 2019-2020 (see art. 3.1.3) and the following table:

Nation's Quotas	Number of containers	Approx. size in m²
12	3	45 m²
10 - 11	2	30 m²
5 - 9	1	15 m²
All others	3m2 per athlete	

- The organising 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 nation needs more capacity, the nation has to order the additional Cabins through the online system (in the preliminary entries form) latest 6 weeks before the first competition. The price for an additional container (15 m²) is CHF 900 (independent of duration).

12.1.2 Wax Cabins Size Calculation 2019-2020

Nation	Number of Wax cabins		Nation	Number of Wax cabins
AND	1		JPN	1
AUS	1		KAZ	1
AUT	1*		NOR	3*
BLR	1		POL	1
CAN	1*		RUS	3*
CHN	1		SLO	2
CZE	1		SUI	3*
EST	1		SVK	1
FIN	3*		SWE	3*
FRA	2*		USA	2*
GBR	1			
GER	3*			
IRL	1			
ISL	1		Others	m2 / athlete
ITA	2		National Group	1 or 2

* No wax cabins for teams coming with their waxing trucks

12.1.3 Wax Cabins Requirements

- The wax cabins have to 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 organiser must provide security for the cabins.
- Parking space for teams must be provided within a reasonable distance of the cabins.
- A loudspeaker of the public address system should be placed near the cabins.
- Wireless network should be provided in wax cabin/or athletes' area.

12.1.4 Wax Cabins for SRS Companies

- SRS companies that join 75% of the FIS Cross-Country World Cup venues during a season (14 venues in 2019/2020) have the right for 1 container (15m²) free of charge.
- In addition, an industry-meeting-point, a shared cabin(s)/space, will be provided by the OC's according to the registered number of companies.
- If an SRS company needs additional capacity, the company can order an additional Cabin. The price for a container (15m²) is CHF 900 (independent of duration).
- The cabins shall be in one open room with at least one window and shall be equipped with locking doors and heater.
- All the industry cabins have to be concentrated in one spot.
- The company has to order the cabins before 15th October (through SRS).
- A financial penalty (CHF 900 per cabin) will be applied to the company which have ordered waxing cabin and not shown up.

12.1.5 Safety Guidelines for Wax Cabins

- All wax room staff should 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

12.1.6 Waxing Trucks

- Parking space has to be available for the teams arriving with a waxing truck as close as possible from the wax cabins area.
- Power supply has to be available maximum 30m from the parking space dedicated to each truck.
- The teams arriving with a waxing truck will not receive any wax cabin but only changing space according to art. 12.2.
- NSAs using a waxing truck during the World Cup season 2019-2020 have to inform the FIS Nordic office before the fall meeting.

The following nations will have a waxing truck in the season 2019-2020: SWE, NOR, GER, SUI, CAN, FIN, RUS, USA, FRA.

- The teams have to confirm to the OC through the online system (in the preliminary entries form) latest 6 weeks before the first competition.
- The teams have to communicate to the OC their requests (parking size, power supply, etc.) for the truck.
- Teams using trucks or buses as changing or living space for athletes have to follow the same information process. The parking space has to be available as well for these trucks but the priority (in term of distance to the stadium) will be given to the waxing trucks.

12.2 Athlete's room

In order to prevent breathing of waxing fumes by the athletes, the Organisers should provide a separate athlete's room for changing.

The nations listed in the table at article 12.1.2 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 at article 12.1.2 have to share the athlete's room with other nations.

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

12.3 Team Catering and rest room (FIS Family Room)

- The Organisers have to provide a heated separate room for team catering and "life space" nearby the wax cabins area (minimum size 60m²).
- Warm and cold food and drinks have to be available the all day. Type of food: pasta or rice, meal sandwiches, soup, fruit, etc. Type of drinks: water, soft drinks, tea, coffee, etc.
- This room should be equipped with tables, chairs, TV screens with winter sports live signal and 1 or 2 laptops with internet connection.
- Opening days with full service and catering: Official training day, competition days
- For unofficial training days the team catering should be open from 9:00h – 17:00h and serve cold and warm drinks as well as fruits and other cold snacks
- Teams and SRS that are doing their own arrangements and not booking via the Organising Committee may have to pay for the team hospitality at the venue (10 CHF per person/day). The OC is responsible to inform the teams and SRS at their registration and also needs to guarantee sufficient quality and quantity of food and drinks.

12.4 Training opportunities

Competitors and team officials must 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.

The period is in accordance with the regulations for Accommodation and Wax Cabins (art. 13.3 and 12.1.3).

12.5 Toilets at start

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

13. Accommodation (Teams and SRS Companies)

13.1 Each OC is obliged to nominate a responsible person for the accommodation and has the duty to inform the Teams. The teams have to be fully and clearly informed early in advance about their accommodation: type of accommodation, standard, distance to the stadium, facilities (internet connection, meeting rooms...) and cost.

13.2 Reservation Process

Teams and SRS companies must use the FIS online registration system for accommodation reservation (see art 9.).

Teams and SRS companies have to provide to the OC:

- the team size with number of rooms and special requests latest 6 weeks before the first competition
- the size of the team at least 9 days before the first competition (size tolerance $\pm 10\%$). If the NSA changes these figures until arrival day with more than 10 %, the NSA's are obliged to pay the difference between the effective and announced persons. In any case if the team size will be bigger than previously announced the effective costs must be paid.
- It's in responsibility of the teams/SRS to cancel their rooms if they do not need it, also the preliminary entry counts as a booking.

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

13.3 Duration

13.3.1 General situation

Each OC shall offer to all team (quota applies) and SRS members rooms at 3 Star hotels including full board for at least 5 nights before the first competition until at least the morning after the last competition (independent of the gender) with the following requirements and costs (art. 13.4 and 13.5).

13.3.2 Stage events

For stage events the organisers together with the FIS Cross-Country 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 autumn meeting.

13.4 Hotel Requirements

- Each OC shall offer to all team member rooms at 3 Star hotels 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 a adequate restaurant (up to 5 min walking distance). No tent solution is accepted. The restaurant or hotel must reserve a separate area for the teams to guarantee that the teams can eat when they arrive for lunch or dinner
- The distance between the hotel and the competition site should not exceed a 30 min drive. All accommodation situated further than a 30 min drive needs to be approved by the FIS Cross Country staff.
- There shall be a maximum of 2 persons per room with separate beds (bunk beds should not be used). If accommodation in apartments is used there shall be at least 1 bathroom and 2 toilets for 4 persons.
- Rooms or apartments shall be cleaned each day.

- Hotels have to be informed by the OC that flexibility is requested concerning the meal times.
- Hotels have to 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.

13.4.1 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 meal plan needs to change every meal.

Breakfast: bread, butter and jam, milk, coffee with milk or tea, eggs, cheese, sausages, cereals, yoghurt and fruits.

Lunch and dinner: soup, salad or appetizer, 200 g meat (steak, etc.) poultry or fish, in agreement with the teams. Vegetables and other supplements (noodles, rice, potatoes), cheese, fruit or deserts.

13.5 Maximum price

13.5.1 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).
- 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 late checkout for at least 40% of the rooms without any additional cost.
- In the FIS price of CHF 125 must be included all the local taxes (for example tourism tax etc.). No additional fee has to be paid by the teams, SRS or other service provider like FIS MAG and Swiss Timing
- Teams that are doing their own arrangements and not booking via the Organising Committee may have to pay for the team hospitality at the venue (10 CHF per day).

13.5.2 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 CHF 150. The entry will be done directly by each SRS industry company through the online registration system.
- SRS that are doing their own arrangements and not booking via the Organising Committee may have to pay for the team hospitality at the venue (10 CHF per day).

14. Advertising / FIS World Cup Sponsors / Media Service

14.1 Advertisement / Marketing

Advertising and marketing must conform to the FIS Advertising Rules and Guidelines. The marketing and sponsoring concept will be implemented by FIS Marketing AG. For the necessary rights acquisition, contracts have to be signed between NSA/LOC and FIS Marketing AG. These contracts are mandatory for each NSA/LOC, in order to organise FIS CC World Cup competitions.

14.2 Media

14.2.1 Press- and Media Service

The press and media service organised by the Organising Committee must conform to the FIS PR and media regulations including the Media Guidelines as well as the Media Check List, elaborated in cooperation between AIPS Nordic, the FIS PR and Media Committee and the FIS Marketing and Communications Management.

14.2.2 Press and Media accommodation

Press and Media persons should be accommodated with the conditions mentioned in the OC Contract.

14.2.3 FIS World Cup Media Coordinator

The OC's Chief of Press will be supported by the FIS World Cup media coordinator, who is nominated by the FIS and assists with general services in regard to PR, information, press service, winners press conference etc. on behalf of the FIS.

The organiser must provide good working conditions for the FIS media coordinator. The OC must consider his proposals. Furthermore, it has to pay his expenses for accommodation, meals (full board & non-alcoholic drinks), travel (arranged by FIS) and eventual fees for visa.

14.2.4 Each FIS World Cup Organiser must, before the beginning of winter, inform his national News Agency in time and make sure that, immediately after the World Cup competition the result list or at least the World Cup point ranks will be distributed by this agency.

14.2.5 A Mixed Zone draft and details of the OC Media Services with all necessary information (e.g. opening times of the Media Center, contacts, etc.) has to be sent to the Media Coordinator in autumn to be included in the FIS Media Information booklet (regular updates during the winter).

15. Rescue Service – Medical Support Requirements

The Organiser 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 Organisers are given in the ICR and in chapter 1 of the FIS Medical Guide.

16. Other

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

16.2 Event management

The management of the events is placed under the responsibility of the OC and the FIS Cross-Country staff.

The FIS Cross-Country Staff is responsible to follow and support the Organising Committees during all the preparation period and on site during the events.

The OC must periodically inform the FIS staff about all major preparation steps. All the important decisions will be taken after a joint discussion between the OC and the FIS Cross-Country Staff.

FIS Cross-Country staff for 2019-2020:

- Race Director: Pierre Mignerey – mignerey@fisski.com
- Event Coordinator: Sandra Spitz – spitz@fisski.com
- Assistant Race Director: Michal Lamplot – lamplot@fisski.com
- Media Coordinator: Doris Kallen – kallen@fisski.com

- 16.3** A Technical Delegate and an Assistant TD from another nation is appointed for every FIS Cross-Country World Cup competition. An additional Assistant TD is to be appointed by the National Ski Association. The jury members must arrive on site around 72 hours before the first race (for instance Wednesday for a first competition on Saturday). The daily allowance has to be paid according to ICR 304. Bank transfer fees and added value tax are covered by the LOC.
- 16.4** These regulations, the agreement signed by FIS and the organisers, the Organizer manual with his check lists and the rules of the ICR are binding for the organisers of FIS Cross-Country World Cup events.
- 16.5** By using GPS transponders, the athletes have to carry a GPS device. The device will be implemented in the bib.
- 16.6** The FIS Season Accreditation and FIS Season parking stickers which are provided to the key persons in the FIS Cross-Country World Cup has to be accepted by the World Cup Organizers. No exchange to a local accreditation or parking card is allowed.
- 16.7.** Athletes are entitled to receive two free of charge tickets from the LOC for each competition in which they are competing, ideally for a dedicated place which was agreed with the HBC.

17. Promotion Cross-Country

All World Cup organisers pay the following costs to promote Cross-Country skiing:

- A marketing fee of CHF 900 for 1 competition day
- A marketing fee of CHF 1'800 for 2 competitions days or more
- Accommodation costs for the Marketing Support Cross-Country (full board)

Value for the money (coordinated by FIS): World Cup clips and Press conferences.

The marketing fee will not be charged if an OC is taking over a competition due to a late cancellation (art. 1.2).

(Item 17 will be added to the FIS/NSA/OC contract)

RULES FOR THE RUKA TRIPLE

1. Entries and basic rules

- Only entry for all stages is possible. For the athletes and staff quotas, check World Cup Rules article 3.
- The FIS online registration system must be used to register (check World Cup Rules article 9). It's the responsibility of the respective team to inform immediately the following OC's about the abandonment of an athlete and the consequences in the hotel room bookings.
The registration deadlines are included in the official Team Info book.
- Abandonment, disqualification and overlapping (mass start & pursuit) in one race will lead to exclusion from the rest of the stage event.
- Time limits: in interval starts, prologue and sprint qualifications, athletes will be excluded from the rest of the Ruka Triple if they lose:
 - Interval start (5 km or more): more than 18% for the Women and more than 15% for the Men
 - Prologue, Short Interval start (< 5 km) and sprint qualifications: more than 23% for the Women and more than 20% for the Men.
 In special conditions the jury can adapt the percentages.

2. Ruka Triple overall standing

The overall standing of the RUKA TRIPLE will be calculated by accumulating:

- the results (actual times) where tenths of seconds are truncated from each stage prior to last stage. The results of qualification round will be used for sprint competitions.
- the results (actual times) with the tenths of seconds from the last stage.
- bonus seconds and time penalties from each stage.

Tie breakers:

In case of a tie on the current overall standing (standings, published after each stage prior the final stage), the competitors will be ranked according to the highest number of individual wins and then the bests results (i.e. most 2nd places, most 3rd places...). If a tie remains the competitors will be ranked according to their FIS Distance points. If a tie still remains the positions are determined by a draw.

In case of a tie after the final stage (final overall ranking) the competitors will be ranked according to the finish arrival order of the last competition. If a tie remains, the competitors will have the same ranking on the result list.

Bonus seconds: there will be bonus seconds for the sprint race.

The bonus seconds are subtracted from the competitor's actual race time before being added into the overall time score.

Sprint races: the top 30 will receive bonus seconds as follow.

1 st place = 30 seconds	9 th place = 14 seconds
2 nd place = 27 seconds	10 th place = 13 seconds
3 rd place = 24 seconds	11 th place = 12 seconds
4 th place = 23 seconds	12 st place = 11 seconds
5 th place = 22 seconds	13 th place to 15 th place = 5 seconds
6 th place = 21 seconds	16 th place to 20 th place = 4 seconds
7 th place = 16 seconds	21 st place to 25 th place = 3 seconds
8 th place = 15 seconds	26 th place to 30 th place = 2 seconds

3. FIS World Cup Points for the Ruka Triple

FIS World Cup points will be awarded after the last stage according to the RUKA TRIPLE Final ranking as follows:

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

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 (sprints will count for the Sprint World Cup, all other stages will count for the Distance World Cup).

On the last day, the winner of the day (fastest time on this stage for those specific kilometres) will get the World Cup points and Daily Prize-Money.

1. =	50 points	11. =	24 points	21. =	10 points
2. =	46	12. =	22	22. =	9
3. =	43	13. =	20	23. =	8
4. =	40	14. =	18	24. =	7
5. =	37	15. =	16	25. =	6
6. =	34	16. =	15	26. =	5
7. =	32	17. =	14	27. =	4
8. =	30	18. =	13	28. =	3
9. =	28	19. =	12	29. =	2
10. =	26	20. =	11	30. =	1

4. FIS RUKA TRIPLE Prize-Money

Place	Overall Prize Money (CHF)	TOUR Total (CHF)
1 st	22'500	
2 nd	17'500	
3 rd	11'000	
4 th	9'000	
5 th	6'750	
6 th	4'500	
7 th	3'500	
8 th	2'500	
9 th	2'250	
10 th	2'000	
11 th	1'750	
12 th	1'500	
13 th	1'250	
14 th	1'000	
15 th	750	
16 th	650	
17 th	550	
18 th	450	
19 th	350	
20 th	250	

Total	for each gender	90'000	180'000
--------------	------------------------	---------------	----------------

Place	Daily Prize-Money (CHF)	FINAL Total (CHF)
1 st	5'000	
2 nd	3'000	
3 rd	2'000	
Daily Total	for each gender	10'000
		60'000

GRAND TOTAL	CHF 240'000
--------------------	--------------------

All prize-money without VAT.

In case of competition cancellation the Prize-Money will be adapted.

The overall Prize-Money will be paid after the last Stage by bank transfer. Daily Prize-Money will be paid out on-site after the event by bank transfer.

5. Starting Order

Stage 1 (Sprint)

For the individual Sprint qualification round the seeded group (established according the Overall FIS World Cup ranking 2018-2019) starts first and the starting order within the group is drawn. Following the seeded group all other competitors will be assigned start positions according to their FIS Sprint points

Stage 2 (Interval start)

The seeded group is defined as the 15 best athletes according to the current RUKA TRIPLE overall standing after 1 stage. The starting order will be according to the World Cup Rules articles 5.4.

Stage 3 (Pursuit)

The starting bibs will be according to the current RUKA TRIPLE overall standing after 2 Stages. To prevent too large start time differences, the Jury can decide upon the use of the "wave start".

6. Reimbursement

The organisers pay for **the travel and living costs for both red group lists** according to the conditions mentioned in the World Cup rules (art 10).

DRAFT RULES FIS CROSS-COUNTRY TOUR DE SKI 2019-2020

1. Entries and basic rules

- Only entry for all stages is possible. For the athletes and staff quotas, check World Cup Rules article 3.
- The FIS online registration system must be used to register (check World Cup Rules article 9). It's the responsibility of the respective team to inform immediately the following OC's about the abandonment of an athlete and the consequences in the hotel room bookings.
The registration deadlines are included in the official Team Info book.
- Abandonment, disqualification and overlapping (mass start & pursuit) in one race will lead to exclusion from the rest of the Tour.
- Time limits: an athlete will be excluded from the rest of the Tour de Ski if he loses:
 - Interval start (5 km or more): more than 18% for the Women and more than 15% for the Men
 - Prologue, Short Interval start (< 5 km) and sprint qualifications: more than 23% for the Women and more than 20% for the Men.
 - Final Climb (Mass Start): more than 25% for the Women and for the Men.

TBC

In special conditions the jury can adapt the percentages.

2. Tour de Ski overall standing

The overall standing of the FIS TOUR DE SKI will be calculated by accumulating:

- the results (actual times) where tenths of seconds are truncated from each stage prior to last stage. The results of qualification round will be used for sprint competitions.
- the results (actual times) with the tenths of seconds from the last stage.
- bonus seconds and time penalties from each stage.

Tie breakers:

In case of a tie on the current overall standing (standings, published after each stage prior the final stage), the competitors will be ranked according to the highest number of individual wins and then the bests results (i.e. most 2nd places, most 3rd places...). If a tie remains the competitors will be ranked according to their FIS Distance points. If a tie still remains the positions are determined by a draw.

In case of a tie after the final stage (final overall ranking) the competitors will be ranked according to the finish arrival order of the last competition. If a tie remains, the competitors will have the same ranking on the result list.

Bonus seconds: there will be bonus seconds for sprint and mass start races. The bonus seconds are subtracted from the competitor's actual race time before being added into the overall time score.

Sprint races: the top 30 will receive bonus seconds as follow.

1 st place = 60 seconds	9 th place = 28 seconds
2 nd place = 54 seconds	10 th place = 26 seconds
3 rd place = 48 seconds	11 th place = 24 seconds
4 th place = 46 seconds	12 st place = 22 seconds
5 th place = 44 seconds	13 th place to 15 th place = 10 seconds
6 th place = 42 seconds	16 th place to 20 th place = 8 seconds
7 th place = 32 seconds	21 st place to 25 th place = 6 seconds
8 th place = 30 seconds	26 th place to 30 th place = 4 seconds

Mass start races: there will also be bonus seconds for the top 10 athletes at intermediate sprint(s) in Mass start competitions (except the last day Final Climb Alpe Cermis) as follow: 15, 12, 10, 8, 6, 5, 4, 3, 2 and 1 seconds.

If an athlete is ranked in the top 10 in an intermediate sprint and does not finish the competition, the positions and bonus seconds in the intermediate sprints remain the same for the other athletes. There is no reallocation of the seconds that were earned by the athlete who did not finish. This does not apply in the case of dsq.

3. **Tour de Ski Point standing**

The FIS TOUR DE SKI POINT STANDING will be calculated on the basis of the points scored at each race according to the table below. The winner will be the athlete (woman & man) who has collected the most points by the end of the Tour. Only the athletes who will finish the Tour will be ranked.

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. This does not apply in the case of disqualification.

Tie breaker: in case of a tie, the competitors will be ranked according to the highest number of individual wins and then the bests results (i.e. most 2nd places, most 3rd places...). If a tie remains, the competitors will have the same ranking on the result list.

Date & venue	Format	Points
Saturday 28/12/19 Lenzerheide (SUI)	10-15km Mass Start F	Intermediate sprint after one lap Top 10: 15/12/10/8/6/5/4/3/2/1
Sunday 29/12/19 Lenzerheide (SUI)	Sprint F	Final result Top 10: 30/24/20/16/12/10/8/6/4/2
Tuesday 31/12/19 Toblach (ITA)	10-15km F	Fastest times from start to the 1 st intermediate Top 10: 15/12/10/8/6/5/4/3/2/1
Wed. 01/01/20 Toblach (ITA)	10-15km Pursuit C	Final result Top 10: 15/12/10/8/6/5/4/3/2/1

Date & venue	Format	Points
Friday 03/01/20 Val di Fiemme (ITA)	10-15km Mass Start C	Intermediate sprint after one lap Top 10: 15/12/10/8/6/5/4/3/2/1
Saturday 04/01/20 Val di Fiemme (ITA)	Sprint C	Final result Top 10: 30/24/20/16/12/10/8/6/4/2
Sunday 05/01/20 Val di Fiemme (ITA)	Final Climb Mass Start F	Intermediate sprint in the stadium (Iago) & Intermediate sprint at the bottom of Alpe Cermis Top 10: 15/12/10/8/6/5/4/3/2/1

4. Tour de Ski Team Cup standing

The best two women and best two men from each nation from each stage will count for the Team Cup. All times (actual times where tenths of seconds are truncated) will be added.

5. FIS World Cup Points for the FIS Tour de Ski

FIS World Cup points will be awarded after the last stage according to the FIS TOUR DE SKI Final ranking as follows:

1. = 400 points	11. = 96 points	21. = 40 points
2. = 320	12. = 88	22. = 36
3. = 240	13. = 80	23. = 32
4. = 200	14. = 72	24. = 28
5. = 180	15. = 64	25. = 24
6. = 160	16. = 60	26. to 30 = 20 points
7. = 144	17. = 56	31. to 40 = 10 points
8. = 128	18. = 52	41 to the last = 5 points
9. = 116	19. = 48	
10. = 104	20. = 44	

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 (sprints 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. = 46	12. = 22	22. = 9
3. = 43	13. = 20	23. = 8
4. = 40	14. = 18	24. = 7
5. = 37	15. = 16	25. = 6
6. = 34	16. = 15	26. = 5
7. = 32	17. = 14	27. = 4
8. = 30	18. = 13	28. = 3
9. = 28	19. = 12	29. = 2
10. = 26	20. = 11	30. = 1

6. FIS TOUR DE SKI Prize-Money

Place	Overall Prize Money (CHF)	TOUR Total (CHF)
1 st	55'000	
2 nd	40'000	
3 rd	27'500	
4 th	22'000	
5 th	17'000	
6 th	12'500	
7 th	9'000	
8 th	7'000	
9 th	6'000	
10 th	5'000	
11 th	4'000	
12 th	3'500	
13 th	3'000	
14 th	2'500	
15 th	2'000	
16 th	1'500	
17 th	1'250	
18 th	1'000	
19 th	750	
20 th	500	
Total	for each gender 221'000	442'000

Place	Point Ranking Prize-Money (CHF)	TOUR Total (CHF)
1 st	6'000	
2 nd	3'000	
3 rd	2'000	
Total	for each gender 11'000	22'000

Place	Daily Prize-Money (CHF)	TOUR Total (CHF)
1 st	3'000	
2 nd	2'000	
3 rd	1'000	
Daily Total	for each gender 6'000	84'000

Place	Tour Leader (CHF), except the last stage	TOUR Total (CHF)
1 st	1'000	
Total	for each gender 6'000	12'000

GRAND TOTAL	CHF 560'000
--------------------	--------------------

All prize-money without VAT.

In case of competition cancellation, the Prize-Money will be adapted.
The overall Prize-Money will be paid after the last Stage by bank transfer. Daily Prize-Money will be paid out on-site after the event by bank transfer.

7. Starting Order

Stage 1 (Mass start)

The Seeded Group is defined as the top 30 competitors in the current Overall FIS World Cup standing.

The leader of the Overall FIS World Cup standing is assigned the first start position and the remaining competitors in the seeded group are assigned the next start positions in order of their ranking in the Overall FIS World Cup standing.

Following the seeded group all other competitors will be assigned start positions according to their FIS distance points (ordered by pts) and lastly a group for those with no FIS distance points will be drawn.

Stage 2 (Sprint)

For the individual Sprint qualification round the seeded group (established according to the current overall FIS TOUR DE SKI standing) starts first and the starting order within the group is drawn. Following the seeded group all other competitors will be assigned start positions according to their FIS Sprint points.

Stage 3 (Interval start)

The seeded group is defined as the 15 best athletes according to the current overall FIS TOUR DE SKI standing. The starting order will be according to the World Cup Rules article 5.4.

Stage 4 (Pursuit)

The starting numbers will be assigned according to the results of the FIS TOUR DE SKI stage 3 (actual time where tenths of seconds are truncated). To prevent too large start time differences, the Jury can decide upon the use of the "wave start".

Stage 5 (Mass start)

The Seeded Group is defined as the top 30 competitors in the current Overall FIS TOUR DE SKI standing.

The leader of the current Overall FIS TOUR DE SKI standing is assigned the first start position and the remaining competitors in the seeded group are assigned the next start positions in order of their ranking in the current Overall FIS TOUR DE SKI standing.

Following the seeded group all other competitors will be assigned start positions according to their FIS distance points (ordered by pts) and lastly a group for those with no FIS distance points will be drawn.

Stage 6 (Sprint)

For the individual Sprint qualification round the seeded group (established according to the current overall FIS TOUR DE SKI standing) starts first and the starting order within the group is drawn. Following the seeded group all other competitors will be assigned start positions according to their FIS Sprint points.

Stage 7 (Mass Start, Final Climb Alpe Cermis)

The starting bibs will be according to the current FIS TOUR DE SKI standing

8. Transport

For FIS TOUR DE SKI Stage-to-Stage transportation, the teams must have their own vehicles and are independent. There will be no transport provided by the FIS TOUR DE SKI from venue to venue, except the pick up at the first airport (before the first Stage) and transport to the final airport (after the last Stage) the teams are entitled to one transport in each direction (airport to the venue and venue to the airport) for free.

9. Travel schedule (obligatory travel schedule for teams) TBC

According to the World Cup rule 13.3.2 the organisers together with the FIS Cross-Country staff set-up mandatory arrival and departure dates for each competition venue as followed:

Venue	Arrival	Departure
Lenzerheide	26/27.12.2019	29.12.2019
Toblach	29.12.2019	02.01.2020
Val di Fiemme	02.01.2020	05/06.2020

10. Reimbursement

The organisers pay for **the travel and living costs** (accommodation, food etc.) according to the conditions mentioned in the World Cup rules art. 10. Travel expenses will be paid once and by bank transfer by the organisers to the teams at the last resort.

The **Red Group List get free accommodation**, for at least two nights before the first FIS TOUR DE SKI competition until at least the morning after the last FIS TOUR DE SKI competition.

Additional nation support (to be confirmed):

The organisers pay for the additional nation support according to the World Cup rules art. 10. For the Tour de Ski, a percentage will be applied on the living costs for the additional nation support (CHF 1100) as follow.

The percentage will be determined for each gender for each team by calculating the ratio B/A.

A = number of athletes starting at the first stage multiplied by the number of stages (7)

B = number of starts (accumulation of the number of athletes starting at each stage of the Tour)

Each eligible team will then receive (per gender):

- CHF 450 x nation quota (art 10.2.1)
- CHF 1100 x nation quota x calculated %

11. FIS TOUR DE SKI Trophy

The top three of the overall FIS TOUR DE SKI ranking (Women and Men) receive a FIS TOUR DE SKI Trophy.

The winning nation in the Tour Team Cup will receive a Tour Team Trophy.

12. Leader Bib

The current leader of the FIS TOUR DE SKI wears the FIS TOUR DE SKI overall leader bib.

The current leader of the Tour Point ranking wears the Sprint leader bib.

If the same athlete is leading the Overall and the Sprint ranking, the athlete will wear the Overall leader bib and the second in the Point ranking will wear the Point ranking leader bib.

13. Team presentation

The official Team Presentation is mandatory for all competitors including the head coach. If athletes do not show up at this Team Presentation, the team will receive a financial penalty.

DRAFT RULES FIS SKI TOUR 2020

1. Entries and basic rules

- Only entry for all stages is possible. For the athletes and staff quotas, check World Cup Rules article 3.
- The FIS online registration system must be used to register (check World Cup Rules article 9). It's the responsibility of the respective team to inform immediately the following OC's about the abandonment of an athlete and the consequences in the hotel room bookings.
The registration deadlines are included in the official Team Info book.
- Abandonment, disqualification and overlapping (mass start & pursuit) in one race will lead to exclusion from the rest of the tour.
- Time limits: an athlete will be excluded from the rest of the Tour if he loses:
 - Interval start (5 km or more): more than 18% for the Womens and more than 15% for the Men
 - Prologue, Short Interval start (< 5 km) and sprint qualifications: more than 23% for the Women and more than 20% for the Men
 - **Storlien – Meraker: more than X% for the Women and for the Men. TBC**

In special conditions the jury can adapt the percentages.

2. Ski Tour 2020 overall standing

The overall standing of the SKI TOUR 2020 will be calculated by accumulating:

- the results (actual times) where tenths of seconds are truncated from each stage prior to last stage. The results of qualification round will be used for sprint competitions.
- the results (actual times) with the tenths of seconds from the last stage.
- bonus seconds and time penalties from each stage.

Tie breakers:

In case of a tie on the current overall standing (standings, published after each stage prior the final stage), the competitors will be ranked according to the highest number of individual wins and then the bests results (i.e. most 2nd places, most 3rd places...). If a tie remains the competitors will be ranked according to their FIS Distance points. If a tie still remains the positions are determined by a draw.

In case of a tie after the final stage (final overall ranking) the competitors will be ranked according to the finish arrival order of the last competition. If a tie remains, the competitors will have the same ranking on the result list.

Bonus seconds: there will be bonus seconds for sprint and mass start races. The bonus seconds are subtracted from the competitor's actual race time before being added into the overall time score.

Sprint races: the top 30 will receive bonus seconds as follow.

1 st place = 60 seconds	9 th place = 28 seconds
2 nd place = 54 seconds	10 th place = 26 seconds
3 rd place = 48 seconds	11 th place = 24 seconds
4 th place = 46 seconds	12 st place = 22 seconds
5 th place = 44 seconds	13 th place to 15 th place = 10 seconds
6 th place = 42 seconds	16 th place to 20 th place = 8 seconds

7 th place = 32 seconds	21 st place to 25 th place = 6 seconds
8 th place = 30 seconds	26 th place to 30 th place = 4 seconds

Mass start races: there will also be bonus seconds for the top 10 athletes at intermediate sprint(s) in Mass start competitions as follow: 15, 12, 10, 8, 6, 5, 4, 3, 2 and 1 seconds.

If an athlete is ranked in the top 10 in an intermediate sprint and does not finish the competition, the positions and bonus seconds in the intermediate sprints remain the same for the other athletes. There is no reallocation of the seconds that were earned by the athlete who did not finish. This does not apply in the case of dsq.

3. **Ski Tour 2020 Point standing**

The SKI TOUR 2020 point standing will be calculated on the basis of the points scored at each race according to the table below. The winner will be the athlete (male & female) who has collected the most points by the end of the Tour. Only the athletes who will finish the Tour will be ranked.

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. This does not apply in the case of disqualification.

Tie breaker: in case of a tie, the competitors will be ranked according to the highest number of individual wins and then the bests results (i.e. most 2nd places, most 3rd places...). If a tie remains, the competitors will have the same ranking on the result list.

Date & venue	Format	Points
Saturday 15/02/20 Ostersund (SWE)	10-15km Interval Start F	Fastest times from start to the 1 st intermediate Top 10: 15/12/10/8/6/5/4/3/2/1
Sunday 16/02/20 Ostersund (SWE)	10-15km Pursuit C	Fastest times from start to the 1 st intermediate Top 10: 15/12/10/8/6/5/4/3/2/1
Tuesday 18/02/20 Are (SWE)	Sprint F	Final result Top 10: 30/24/20/16/12/10/8/6/4/2
Thursday 20/02/20 Storlien - Meraker	38km Mass Start F	Intermediate sprint after X km TBC Top 10: 15/12/10/8/6/5/4/3/2/1
Saturday 22/02/20 Trondheim (NOR)	Sprint C	Final result Top 10: 30/24/20/16/12/10/8/6/4/2
Sunday 23/02/20 Trondheim (NOR)	15-30km Pursuit C	Fastest times from start to the 1 st intermediate Top 10: 15/12/10/8/6/5/4/3/2/1

4. FIS World Cup Points for the FIS Ski Tour 2020

FIS World Cup points will be awarded after the last stage according to the FIS SKI TOUR 2020 Final ranking as follows:

1. =	300 points	11. =	72 points	21. =	30 points
2. =	240	12. =	66	22. =	27
3. =	180	13. =	60	23. =	24
4. =	150	14. =	54	24. =	21
5. =	135	15. =	48	25. =	18
6. =	120	16. =	45	26. =	15
7. =	108	17. =	42	27. =	12
8. =	96	18. =	39	28. =	9
9. =	87	19. =	36	29. =	6
10. =	78	20. =	33	30. =	3

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 (sprints will count for the Sprint World Cup, all other stages will count for the Distance World Cup).

On the last day, the winner of the day (fastest time on this stage for those specific kilometres) will get the World Cup points and Daily Prize-Money.

1. =	50 points	11. =	24 points	21. =	10 points
2. =	46	12. =	22	22. =	9
3. =	43	13. =	20	23. =	8
4. =	40	14. =	18	24. =	7
5. =	37	15. =	16	25. =	6
6. =	34	16. =	15	26. =	5
7. =	32	17. =	14	27. =	4
8. =	30	18. =	13	28. =	3
9. =	28	19. =	12	29. =	2
10. =	26	20. =	11	30. =	1

6. FIS SKI TOUR 2020 Prize-Money

Place	Overall Prize Money (CHF)	TOUR Total (CHF)
1 st	CHF 47 000	
2 nd	CHF 33 840	
3 rd	CHF 23 500	
4 th	CHF 18 800	
5 th	CHF 14 100	
6 th	CHF 8 460	
7 th	CHF 7 520	
8 th	CHF 6 580	
9 th	CHF 5 640	
10 th	CHF 4 700	
11 th	CHF 3 760	
12 th	CHF 3 290	
13 th	CHF 2 820	
14 th	CHF 2 350	
15 th	CHF 1 880	
16 th	CHF 1 128	
17 th	CHF 940	
18 th	CHF 752	
19 th	CHF 564	
20 th	CHF 376	

Total	for each gender	CHF 188 000	CHF 376 000
--------------	------------------------	--------------------	--------------------

Place	Point Ranking Prize-Money (CHF)	TOUR Total (CHF)
1 st	CHF 6 000	
2 nd	CHF 3 000	
3 rd	CHF 2 000	
Total	for each gender	CHF 11 000
		CHF 22 000

Place	Daily Prize-Money (CHF)	TOUR Total (CHF)
1 st	CHF 3 000	
2 nd	CHF 2 000	
3 rd	CHF 1 000	
Daily Total	for each gender	CHF 6 000
		CHF 72 000

Place	Tour Leader (CHF), except the last stage	TOUR Total (CHF)
1 st	CHF 1 000	
Total	for each gender	CHF 5 000
		CHF 10 000

GRAND TOTAL	CHF 480'000
--------------------	--------------------

All prize-money without VAT.

In case of competition cancellation the Prize-Money will be adapted.
The overall Prize-Money will be paid after the last Stage by bank transfer. Daily Prize-Money will be paid out on-site after the event by bank transfer.

7. Starting Order

Stage 1 (Mass start)

The seeded group is defined as the 15 best athletes according to the current overall World Cup standing. The starting order will be according to the World Cup Rules article 5.4.

Stage 2 (Pursuit)

The starting numbers will be assigned according to the results of the SKI TOUR 2020 stage 1 (actual time where tenths of seconds are truncated). To prevent too large start time differences, the Jury can decide upon the use of the "wave start".

Stage 3 (Sprint)

For the individual Sprint qualification round the seeded group (established according to the current SKI TOUR 2020 overall standing) starts first and the starting order within the group is drawn. Following the seeded group all other competitors will be assigned start positions according to their FIS Sprint points.

Stage 4 (Mass start)

The Seeded Group is defined as the top 30 competitors in the current SKI TOUR 2020 overall standing.

The leader of the current SKI TOUR 2020 overall standing is assigned the first start position and the remaining competitors in the seeded group are assigned the next start positions in order of their ranking in the current SKI TOUR 2020 overall standing.

Following the seeded group all other competitors will be assigned start positions according to their FIS distance points (ordered by pts) and lastly a group for those with no FIS distance points will be drawn.

Stage 5 (Sprint)

For the individual Sprint qualification round the seeded group (established according to the current SKI TOUR 2020 overall standing) starts first and the starting order within the group is drawn. Following the seeded group all other competitors will be assigned start positions according to their FIS Sprint points.

Stage 6 (Pursuit)

The starting numbers will be assigned according to the current SKI TOUR 2020 overall standing (actual time where tenths of seconds are truncated). To prevent too large start time differences, the Jury can decide upon the use of the "wave start".

8. Transport To be fixed

9. Accommodation To be fixed

10. Reimbursement

The organisers pay for **the travel and living costs** (accommodation, food etc.) according to the conditions mentioned in the World Cup rules art. 10.
Travel expenses will be paid once and by bank transfer by the organisers to the teams at the last resort.

The **Red Group List get free accommodation**, for at least two nights before the first competition until at least the morning after the last SKI TOUR competition.

11. Leader Bib TBC

The current leader of the SKI TOUR 2020 wears the SKI TOUR 2020 overall leader bib.

The current leader of the Tour Point ranking wears the Sprint leader bib.

If the same athlete is leading the Overall and the Sprint ranking, the athlete will wear the Overall leader bib and the second in the Point ranking will wear the Point ranking leader bib.

12. Team presentation

The official Team Presentation is mandatory for all competitors including the head coach. If athletes do not show up at this Team Presentation, the team will receive a financial penalty.

13. Feeding Storlien - Meraker To be fixed

DRAFT RULES FIS CROSS-COUNTRY SPRINT TOUR 2019-2020

1. Entries and basic rules

- Only entry for all stages is possible. For the athletes and staff quotas, check World Cup Rules article 3.
- The FIS online registration system must be used to register (check World Cup Rules article 9). It's the responsibility of the respective team to inform immediately the following OC's about the abandonment of an athlete and the consequences in the hotel room bookings.
The registration deadlines are included in the official Team Info book.
- Abandonment, disqualification in one race will lead to exclusion from the rest of the Tour.

2. Sprint Tour overall standing

The overall standing of the SPRINT TOUR will be calculated on the basis of the points scored at each stage according to the table below.

The winner will be the athlete (male & female) who has collected the most points by the end of the Tour. Only the athletes who will finish the Tour will be ranked.

Tie breaker: in case of a tie, the competitors will be ranked according to the highest number of individual wins and then the bests results (i.e. most 2nd places, most 3rd places...). If a tie remains, the competitors will have the same ranking on the result list.

Table TBC

Rank	Points	Rank	Points
1	150	7	120
2	145	8	118
3	140	9	116
4	135	10	114
5	132	11	112
6	130	12	110
From 13 to 30 (1/4 Finals): 100 to 83 points			
From 31 to 100: 70 to 1 points			
101 and more: 1 point			

3. FIS World Cup Points for the Sprint Tour 2020

FIS World Cup points will be awarded after the last stage according to the FIS SPRINT TOUR Final ranking as follows:

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

In addition, the following daily World Cup points will be awarded after each stage and will count for the overall and the Sprint World Cup standings

1. =	50 points	11. =	24 points	21. =	10 points
2. =	46	12. =	22	22. =	9
3. =	43	13. =	20	23. =	8
4. =	40	14. =	18	24. =	7
5. =	37	15. =	16	25. =	6
6. =	34	16. =	15	26. =	5
7. =	32	17. =	14	27. =	4
8. =	30	18. =	13	28. =	3
9. =	28	19. =	12	29. =	2
10. =	26	20. =	11	30. =	1

4. **FIS SPRINT TOUR Prize-Money - TBC**

Place	Overall Prize Money (CHF)	TOUR Total (CHF)
1st	CHF 15 000	
2nd	CHF 10 000	
3rd	CHF 7 500	
4th	CHF 6 000	
5th	CHF 4 500	
6th	CHF 3 500	
7th	CHF 2 500	
8th	CHF 2 000	
9th	CHF 1 500	
10th	CHF 1 300	
11th	CHF 1 100	
12th	CHF 1 000	
13th	CHF 900	
14th	CHF 800	
15th	CHF 650	
16th	CHF 500	
17th	CHF 400	
18th	CHF 350	
19th	CHF 275	
20th	CHF 225	
TOTAL	Per gender CHF 60 000	CHF 120 000

Place	Daily Prize Money (CHF)	TOUR Total (CHF)
1st	CHF 6 000	
2nd	CHF 4 500	
3rd	CHF 3 500	
4th	CHF 2 500	
5th	CHF 2 000	
6th	CHF 1 500	
TOTAL	CHF 20 000	CHF 120 000

GRAND TOTAL	CHF 240 000
--------------------	--------------------

All prize-money without VAT.

In case of competition cancellation, the Prize-Money will be adapted.
The overall Prize-Money will be paid after the last Stage by bank transfer. Daily Prize-Money will be paid out on-site after the event by bank transfer.

5. Starting Order

Stage 1

For the individual Sprint qualification round the seeded group (established according to the current Sprint World Cup standing) starts first and the starting order within the group is drawn. Following the seeded group all other competitors will be assigned start positions according to their FIS Sprint points.

Stage 2

For the individual Sprint qualification round the seeded group (established according to the current Sprint Tour overall standing) starts first and the starting order within the group is drawn. Following the seeded group all other competitors will be assigned start positions according to their FIS Sprint points.

Stage 3

For the individual Sprint qualification round the seeded group (established according to the current Sprint Tour overall standing) starts first and the starting order within the group is drawn. Following the seeded group all other competitors will be assigned start positions according to their FIS Sprint points.

6. Reimbursement

The organisers pay for the **travel and living costs for both red groups lists** according to the conditions mentioned in the World Cup rules (art 10).
Quebec and Minneapolis will be considered as two different organisers.