



TELEMARK JUDGING COURSE

GIANT SLALOM
SPRINT
CLASSIC
PARALLEL SPRINT
TEAM PARALLEL SPRINT
PARALLEL SLALOM

EDITION 2016/17

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AIM OF THE BROCHURE

The aim of this brochure is to outline what Telemark Racing includes from the technical perspective as:

- Planning and Organising a Race
- Outline of Organisational Roles
- Teach you the rules you need to know Technical and Penalties
- What ifs as Falling, Obstruction, Protest and Others
- Parallel Sprint and Team Parallel Sprint
- Show you where to find more information

The Brochure is drawn from TICR (Telemark International Competition Rules) and other sources. Please be aware that this document is no rule book only a guidance.

WHAT IS TELEMAR RACING

Telemark racing is a combination of Alpine racing, Nordic Cross Country and Ski Jumping – all with a free heel. The turn originated mid to late 19th century in the Telemark region of Norway. Nowadays Telemark racing has its own rules and governing body within FIS, headed up by the Telemark Committee. The rules are based upon Alpine racing rules with variations. Telemark races can be participated on different levels as National / FIS and World Cup.

TYPES OF RACES

Giant Slalom (GS), Classic (CL) and Sprint (SP)

A succession of direction changes that are marked by either one or two control gates. The course will consist of Giant Slalom gates and a jump; CL and SP include a 360 and a cross country section.

- A CL is one run, with a run time in excess of two minutes
- GS and SP are two runs with the times aggregated for a result
- May use conventional double gates or single gate setup

Dual Slalom, Parallel Sprint (PS) and Team Parallel Sprint (TPS)

- Two identical courses set side by side, skiers race in a knockout competition
- One red course and one blue course (red on skiers left looking downhill)
- Succession of direction changes marked by a single control gate, with a jump
- 360 and cross country section for PS and TPS

COURSE DETAILS

- Each course must meet the correct Vertical Drop (VD) and length as laid out in TCR to allow the results to be ratified
- An aide mémoire of course specifications can be found at TCR Article 1716

| Race | GS | SP | CL | PS | TPS | Parallel slalom |
|--|-----------------|---------------|-----------------|--------------|---------------------|-----------------|
| VD | 125-350m | 100-150m | 250-500m | 70-120m | 70-120m | 60-100m |
| Planned run time Recommendation best 10 skiers | 55-75 | 45-70 seconds | 100-170 secs | 30-50 secs | 30-50 secs | 20-25 secs |
| Recommended Gate distance | 23-28m | 20-25m | 23-30m | 20-24m | 20-24m | 20-24m |
| Number of Runs | 2 | 2 | 1 | 1 per heat | 1 per pair per heat | |
| Jump height | <1m | <1m | <1.5m | <1m | <1m | <1m |
| Number of jumps | 1 | 1 | 1 or 2 | 1 | 1 | 1 |
| Jump length | 5-25m | 5-25m | 5-30m | 5-20m | 5-20m | |
| No of 360 | 0 | 1 | 01.févr | 1 | 1 | 0 |
| 360 radius | --- | 4-7m | 4-7m | 4-7mif | | --- |
| Start Type | Slalom or fixed | Slalom | Slalom or fixed | Course clear | | Course clear |

PLANNING A RACE

- | | |
|--|------------------------------|
| 1. Decision by NSA or Club to run a race | 5. TD assigned by FIS or NSA |
| 2. Application for Calendar Entry | 6. Officials gather |
| 3. Sanctioned by FIS or NSA | 7. Course prepared |
| 4. Race Organising Committee formed; Chief of Race confirmed | 8. Race starts |

ORGANISATION ROLES

Technical Delegate (TD)

- Represents the Governing Body (FIS or NSA)
- Responsible for the safety of the event and fair application of Governing Body rules
- Advises the ROC as appropriate
- Chair of the Jury, with casting vote
- The technical delegate controls the technical aspects of the race, the organisations and the application of rules and instructions
- Appoints Referee and Assistant Referee
- Provides guidance to the jury on matters arising that are not covered by the rules
- Conciliates and mediates between parties as Technical staff, coaches and racers

Race committee (Chaired by CoR)

- Identifies the CoR
- Designates the course setters and forerunners
- Confirms the schedule
- Recommends start intervals
- Checks the registered racers
- Draws the start list

The Jury

- Made up by representatives from FIS/NSA, the ROC and a someone to represent the athletes. The Jury may change between races in the same event (usually a change of referee):
 - o Technical Delegate (TD)
 - o Chief of Race
 - o Referee (often a coach)
 - o Their task is to ensure that the official practice and the race itself follow the TICR rules.
- Decisions are made by vote (if required); the TD's vote is the casting vote
- The Jury cannot include a racer
- During a race the Jury should normally be positioned along the length of the course to see all elements (where possible)
- The Jury will work on their own radio net

Chief of Race

- Overall responsibility for running the race
 - o Leads the ROC
 - o Will also be qualified as a competition judge
 - o Directs all preparation work
 - o Supervises the activity of all personnel
 - o Chairs the Team Captains meeting

Referee

- Nominated at the Team Captains Meeting
- Athletes representative on the Jury, who is ideally a qualified and experienced official, may be a coach
- Responsible for production of protocol after each run (DSQ and DNF)
- For CL and PS/TPS there is an assistant referee who is part of the Jury but has no voting rights

Chief of Course

- Responsible for slope preparation and safety materiel (netting etc)

Start Referee

- Ensures racers present at start correctly equipped with helmets done up and leashes/stoppers correctly fitted
- Assists Jury with any problems at the start
- Verifies all rules are applied and respected
- Notes false starts, late starts and re-runs
- Responsible for keeping to the inspection and start schedules
- Make sure there are spare bibs at the start
- Gives racers information about any possible course modifications

Starter

- In radio contact with the time keeper
- Enforces start intervals
- Replaces start wand before every racer
- Counts down start

Start Marshal (if available)

- Organises racers in correct start sequence
- Assists Start Referee with ensuring helmets and leashes/stoppers are correctly fitted

Back up/Manual time keeper

- Provides manual back up for time system at start and finish

Finish Referee

- Ensures racers cross finish line correctly and fields racers queries as first point of contact
- Verifies all rules are applied and respected
- Pays attention to the final gate keeper
- Pays attention to the finish area
- Ensure that order is kept
- Indicates to the referee, all racers that have not completed the course
- Must ensure that all racers leave the finish area quickly after their run, and ensure the finish area remain free (no ski, equipment, ruts)

Chief Gate Judge

- Assigns Gate Judges to position, ensures they are correctly equipped and know their tasks, collect penalty sheets or oversees radio penalties as appropriate

Chief of Timing and Calcs.

- Responsible for the production of start lists, results and oversees all timing

Race Secretary

- Collects entries, produces all paperwork, assists referee with publication of Protocol

Forerunners

- The ROC should have at least 2 forerunners for the race
- Forerunners are part of the organisation committee and must not be racers
- Forerunners should be capable of racing the course at speeds similar to the racers
- Forerunners need not be FIS or NSA registered but must be insured
- Forerunners must wear a forerunner bib and conform to FIS equipment regulations, especially with regard helmets and leashes/stoppers
- They cannot take part in the competition

- A racer who is DNS/NPS/DNF/DSQ may not forerun
- Forerunners times must not be published

Gate Judges

Ensure racers ski the course correctly (line and technique), submit penalties as directed

Why Judge Gates?

- To ensure safety and fairness
- Ensure all skiers make correct passage of gates
- Judge whether racers apply the correct Telemark technique
- Fair application of penalties as required, ensuring consistency across all competitors (without outside interference)
- Only the gate judge should decide on who gets a penalty, once a run has started
- Assist with fixing minor problems (gate flags)
- Provide (limited) direction to the racer if necessary
- A gate judge should control a maximum of 3 gates
- Ideally two judges on Jump, one for distance one for technique
- All gate judges are overseen by a Chief Gate Judge

Chief Gate Judge Tasks

- Numbers all gates after the course has been set and before inspection by competitors. The number of turning gates (red and blue) should be passed to the Jury and Timing and Calcs to be put onto the results sheet
- Ensure gate judges are briefed
- Places gate judges in position (max 3 gates per judge) and designates their gates for observation
- Ensures gate judges are in place for inspection (essential for Jump Judge)
- Distributes all necessary gate keeping equipment (control sheet, pencils, radios et cetera)
- Ensures all Gate judges have a working radio (if required for radio penalties)
- Assists gate judges as necessary
- Collect all gate control sheets after each run
- Participates in the disqualification protocol with the referee
- *Remain at the jury's disposal during the protest period (15 minutes)*

Experience

The ideal gate judge will have:

- Reached the age of majority. (18 years)
- Be registered with a National Ski Association (NSA) if required for National Insurance
- Have attended a training or refresher course at least every five years
- Officiated at least twice per season
- Where these prerequisites cannot be met then the Race Organising committee should discuss training with the TD/Jury

Gate Keeping

- The gate judge is responsible for observing the correct passage of a competitor through the gates during a competition and that competitors ski with the correct Telemark technique
- Any errors or penalties are marked down and passed to timing and calcs; either by pencil and paper, or by signal and radio
- DSQ is marked down on judge sheets irrespective of method used to pass penalties, include a diagram
- Assist with any other incidents that may occur. Be wary of moving on a steep slope with slippery footwear

Gate Judge Duties

- Be on the course during inspection; ensure racers are displaying bibs (and numbers).
- Ensure competitors are inspecting in the correct manner
 - o Snow plough and side slipping only, no skiing or shadowing
 - o Inform jury of any infringements during inspection
 - o Observe the correct passage of the competitor through the gates during the race.
- Note the bib number and gate number if there is an infringement
- Fill in the gate control form to record penalties, DNF and DSQ
- Mark all DSQ and submit diagram, irrespective of how penalties transmitted
- Can request another member of the jury to help, or an adjacent judge
- Await the passage of the chief gate judge at the end of each run
- Remain at the jury's disposal during the protocol period and possibly longer if a protest is submitted

Rules Pertaining to Gate Judges

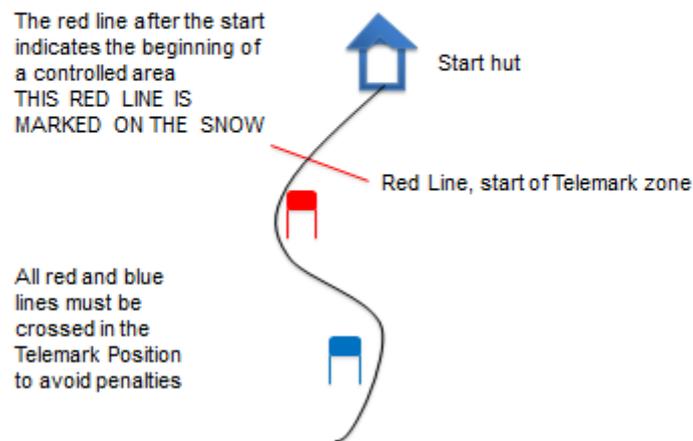
- A gate judge must have full knowledge of the rules concerning correct passage of the gates and the rules and instructions for gate judges
- A gate judge's decision must be clear and unbiased.
- The organiser, whose responsibility it is to have a sufficient number of qualified gate judges available, appoints the gate judges
- Gate judges should not control more than 3 turns.
- The Gate Judge's decisions with regards penalties are final and cannot be protested
- If the organiser supplies video controlling, the jury may use it for judging the jump

Where to Stand

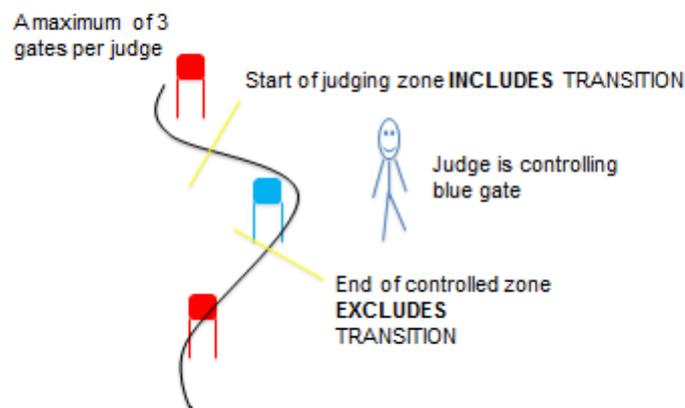
- Gate Judges are positioned by the Chief Gate Judge
- Ideally perpendicular to the racing line
- Keep clear of the racing line and out of competitors line of sight
- Stay out of fall zones
- Avoid looking into the sun
- Ensure equipment is stowed at side of course away from danger, outside of the fall-line Skis laid flat on snow (not upright)
- Hi-vis vest if provided.

- Bring rubber mat to help keep feet insulated from snow
- Warm clothes and drink

START OF TELEMARK ZONE

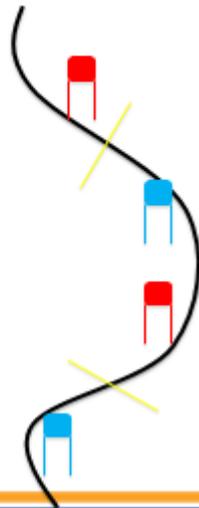


GATE JUDGE AREA OF RESPONSIBILITY



* Yellow lines are NOT marked, they are virtual

DELAY (OR BANANA) GATES

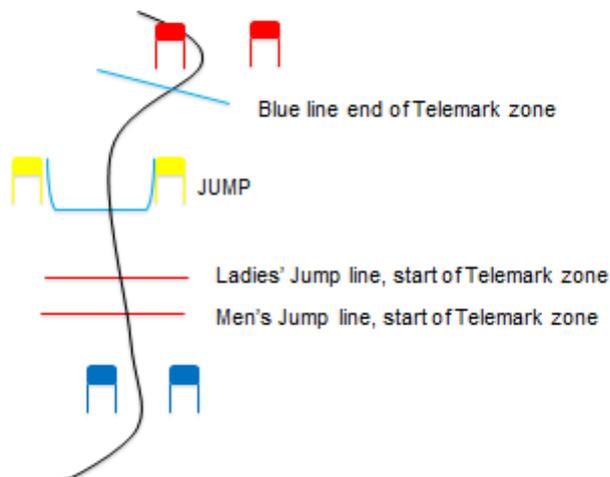


In the case of a delay gate (banana) the competitor executes a single turn with no transition. Max penalty is 1 for both gates.

Judge is controlling blue gate and red gate

* Yellow lines are NOT marked, they are virtual

JUMP LAYOUT



Blue line end of Telemark zone

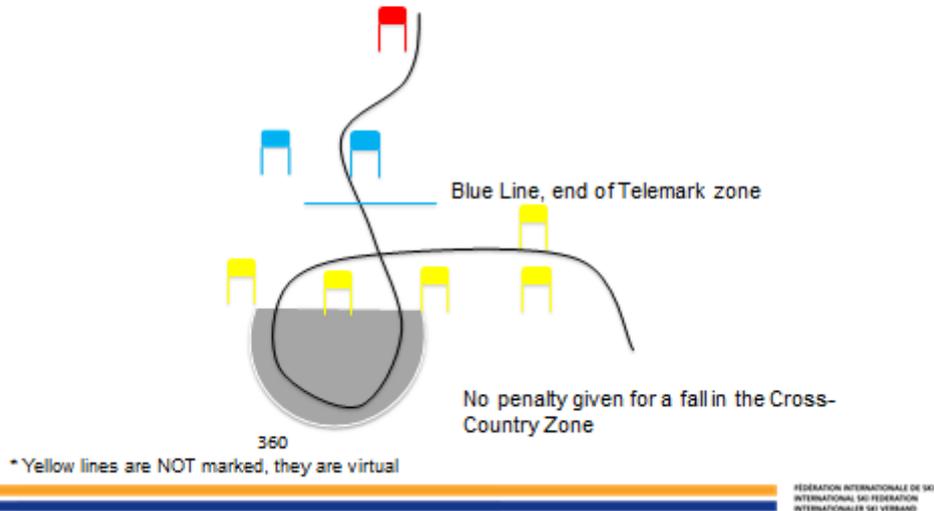
JUMP

Ladies' Jump line, start of Telemark zone

Men's Jump line, start of Telemark zone

* Yellow lines are NOT marked, they are virtual

CROSS COUNTRY LAYOUT

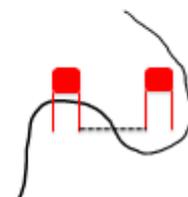
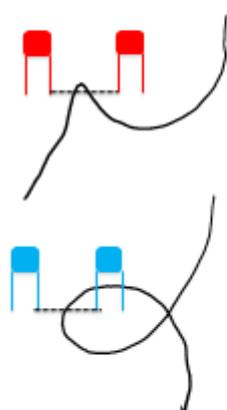
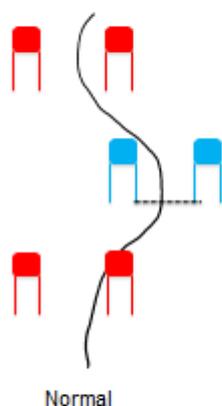


TELEMARK GATES PASSAGE

What is correct passage of the gates?

- Conventional Course. A gate has been passed correctly when both the competitor's ski tips and both feet have passed across the gate line. A competitor who has missed a gate must climb back until both his feet and ski tips cross the line of the gate
- Single Gate Course. Where there are no outside poles, both feet and tips must have passed the turning pole on the same side, following the normal race line of the course crossing the imaginary line from turning pole to turning pole. If a racer has not correctly crossed the imaginary line and does not follow the normal racing line, then they must climb back up and pass around the missed turning pole. Any direction is acceptable

CORRECT PASSAGE OF CONVENTIONAL GATES

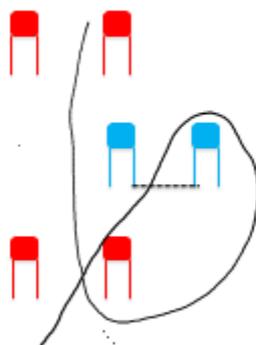


Both feet and tips must cross gate line
Gate line is the imaginary line between inner poles (shown here as dotted line).

* Yellow lines are NOT marked, they are virtual

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UNCONVENTIONAL BUT CORRECT PASSAGE OF CONVENTIONAL GATES

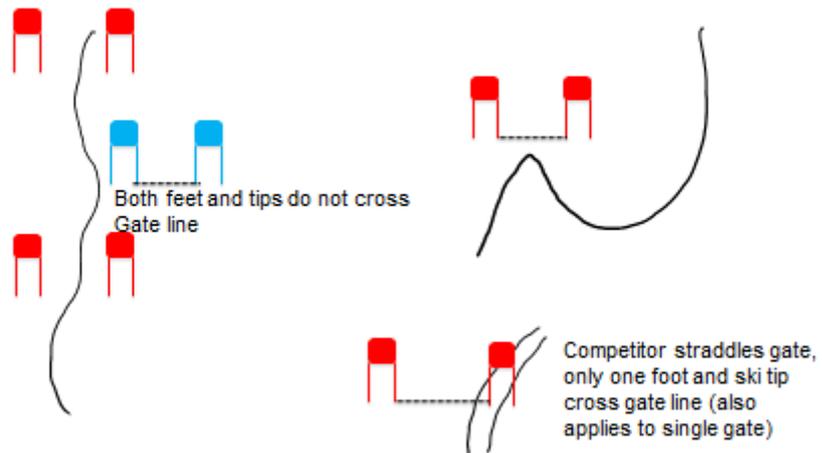


Correct, but very slow and unconventional.
If obstructs next racer then DSQ

* Yellow lines are NOT marked, they are virtual

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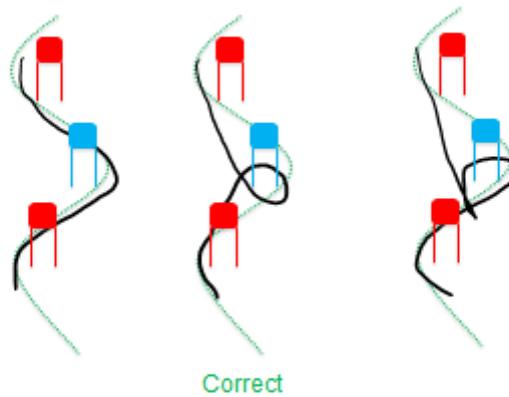
INCORRECT PASSAGE OF CONVENTIONAL GATES



* Yellow lines are NOT marked, they are virtual

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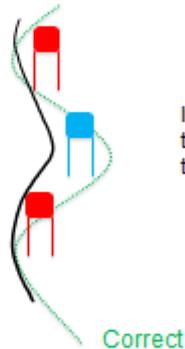
CORRECT PASSAGE OF SINGLE GATES



* Yellow lines are NOT marked, they are virtual

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INCORRECT PASSAGE OF SINGLE GATES



Incorrect as does not cross imaginary line from turning pole to turning pole (dashed line) and follow the normal racing line around the gates.

* Yellow lines are NOT marked, they are virtual

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What is correct Telemark technique?

Telemark technique:

- For each improper execution of the telemark turn (Rule 1710) a penalty of one (1) second is added to the competitors' time
- Maximum penalty per turn is one (1) second
- Falling through a gate, or passing through a gate on one ski only, is a penalty; finish gate and yellow sections excepted
- To start a turn in the Telemark technique and end it as a parallel turn, or vice versa, is not allowed

The Turn

All turns in a Telemark zone are to be executed in the Telemark technique.

- Definition of the Telemark technique
- The inner ski must be the hindmost ski. The distance between the tip of the inner boot and the heel of the outer boot must be at least one boot length, measured in the direction of the ski
- The heel of the inner ski must be clearly lifted from the ski
- The turns must be linked together in one single, uninterrupted movement from one Telemark turn to the next. At all times there must be at least one boot length between the tip of the inner boot and the heel of the outer boot unless the next turn is being initiated
- The competitors themselves decide where to execute the turn in relation to the gate
- Skating steps are permitted as long as the rules in article 1710 are adhered to
- To start a turn in the Telemark technique and end it as a parallel turn, or vice versa, is not allowed
- Falling through a gate, passing through a gate on one ski only, is a penalty, finish gate and yellow zone excepted

JUMP DISTANCE AND PENALTIES

Judging and Penalties Jump

- If a competitor does not land in the telemark position a penalty of one (1) second is added to the total time of the competitor
- Landing with parallel feet (alpine) is allowed if the competitor, directly at impact, executes an uninterrupted movement into the Telemark position
- If the competitor does not reach the jump line (Rule 1711.1.4) a penalty of three (3) seconds is added to the total time of the competitor
- The jump distance is measured at the first point of impact of the feet. The front foot must be completely over the line, or both feet if landing in alpine style

YELLOW ZONES

Cross Country or Super Telemark

- Racer must pass through all yellow gates, DSQ for missed gates
- No penalties for style
- No penalties for falling
- In 360 competitor must cross his own tracks on exit
- 360 direction will be marked for inspection, racers must go the correct way

PENALTY RECAP

Turn Penalties

- Insufficient distance between feet
- Inside foot leading
- Rear heel not clearly lifted
- Transition pause between 2 turns
- Turning in alpine style
- Fall (shoulders or hips touch the ground)
- A maximum of ONE penalty per turn may be applied
- A banana gate is one turn

Jump Penalties

- Jump line not reached - 3 penalties
- Landing in alpine position - penalty

DSQ

- Missed gate
- Causing an obstruction

You are judging the turn not the gate. No penalties in Yellow Zones. In case of doubt, NO PENALTY.

WHAT ELSE DO YOU NEED TO KNOW?

Course Inspection

- Judges should be in position prior to start of inspection
- Competitors must wear bibs and helmets
- Competitors may not ski or shadow the course – they must snowplough or sideslip.
- Competitors may only practice the jump or 360 under supervision
- Competitors may not skate the cross country section but must walk on skis or as directed by the Jury

The Start

- The start is controlled by the Starter and the Start Referee and Marshal
- The starter has direct communications with the timing hut who will conform to the start intervals directed by the jury
- The start interval may be variable (normal) or fixed interval
- The Start Referee/Marshal ensure racers are ready in the correct order and correctly equipped
- On the starters orders, the racer must place both poles on the course side of the wand.
- The racer will only start by using his poles for propulsion
- Push off using any other device is forbidden, less for PS and TPS

Start Order

First Run

- Bib Order
- Late starters or re-runs will be slotted in as appropriate

Second run

- Fastest 15/30 will run in reverse order
- Remainder will run in first run result order
- Re-runs will be slotted in as appropriate

Falling

- If a racer falls and comes to a complete stop or has to climb back up then the options available to them depend on the type of start (TICR Article 1708)

Variable Start Interval

- A racer may continue to race, including climbing back up to a gate, if they fall and come to a complete stop, so long as the race is on a variable start interval; provided they do not interfere with a following competitor or have been overtaken

Fixed Start Interval

- If the race is on fixed start intervals then Alpine ICR 614.2.3 applies and a competitor may not continue if he falls and comes to a complete stop. In such a

case the competitor must retire and ensure their equipment does not obstruct the course

Outside Assistance

- A racer may not receive any outside assistance, except for replacing a broken pole within a yellow zone (TICR Article 1714)
- Outside assistance includes, but is not limited to:
 - o Assistance in standing up or extricating from a net
 - o Help recovering or replacing a ski
 - o Fixing a binding
 - o Verbal direction, other than from the gate judge

Obstruction and Re-Run

- An Obstruction is anything that interferes with the normal race of a competitor on the race line. It could be an official, spectator, another competitor or equipment
- If a competitor is obstructed then they may stop immediately and request a re-run
 - o Immediately means as soon as reasonable given their momentum, i.e. 1-2 gates maximum and not after making a mistake 4 gates later
 - o They must immediately notify the nearest gate judge and then report to the finish referee
- They must not ski through the finish line. If they do they cannot be granted a re-run
- Gate judge should record the reason for the obstruction and pass it to the jury
- Only the jury may grant a re-run, which may be conditional pending further investigation
- Once the obstruction is cleared inform the Jury to allow the race to recommence.
- A missing gate is not grounds for obstruction or a re-run
- Losing a ski is not grounds for a re-run, but the competitor may continue provide they do not obstruct another competitor

DSQ/DNF

- A racer may be disqualified (DSQ) by the Jury in the course for a number of reasons :
 - o Missing a Gate
 - o Causing an Obstruction
 - o Not retiring after falling (fixed start interval only).
- If a racer should be DSQ in your judging area then record the incident on your sheet, you must include a diagram of what happened
- You need not tell anyone immediately but must highlight the DSQ circumstances to the Chief Gate Judge at the end of the run
 - o Wait to be debriefed by the referee or Jury.
 - o Do not depart until released by the TD.
 - o If a competitor retires mark them as DNF

ACCIDENTS

If a competitor falls:

- Do not rush to assist – there may be other competitors still racing and you must not cause an obstruction or further injury
 - o Wait for 'Start Stop' confirmation
- If the competitor can recover themselves then let them do so
- If a competitor is not moving then, when directed, move to their position
- Try to assess the situation and if appropriate call for medical rescue
- Do not move the casualty unless you absolutely must
 - o Never remove helmet.
 - o Do not remove boots or other safety equipment unless directed by appropriate medical staff
- Prevent further accidents by providing security above the casualty
- Keep the Jury informed of what is happening

Sliding / Course Maintenance

During the race course sliders will come down to maintain the course.

- Assist them by warning of approaching competitors
- Competitors who have yet to race may not slide the course
- Competitors who have completed their run may slide the course if directed by the Jury
- Sliders may not carry skis on their shoulders

Being Asked for Help

You should not offer assistance:

- If a competitor asks for help you may only say one of two things:
 - o Go – if the racer has not missed any gates
 - o Back – if the racer needs to climb back to a gate
 - o It is the competitor's responsibility to complete the course correctly
- There is no other contact between a competitor and a gate judge
- The gate judge may note down any remarks made to their attention by a racer, and communicate them to the jury
 - o Do this if a racer is abusive
 - o A racer may enquire about his eventual disqualification to the Jury, but not direct to the gate judge

END OF RUN OR RACE

After the last competitor wait for direction before assuming the course is clear, re-runs may still occur.

- Competitors should not ski the course with skis on their shoulders. Report misdemeanours to the Jury
- Collect your belongings
- Follow instructions of Chief Gate Judge
- Wait to have judge sheets and radios collected
- Meet at the bottom by the timing tower

- If you have marked any racer DSQ, or they asked for a re-run, wait by the timing tower until released by the Jury

Other People on the Slope

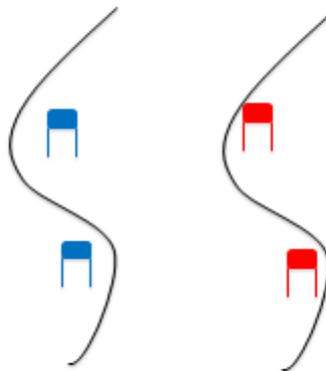
- Only accredited (those licenced by the ROC) people should be on the slope
- During the race no-one should be moving down the course other than:
 - o Jury
 - o Chief of Course and maintainers
 - o Course sliders
 - o Medical personnel
 - o Competitors when racing
 - o Competitors who have retired or been DSQ should move down the outside of the course area.
- If you see anyone else you should challenge them and move them to the side of the course until the race has finished

SPECIAL RULES FOR PS AND TPS

Complicated by

- The speed of the event
- Two concurrent competitors
- Necessity for penalties to be displayed when competitor exits the 360
- Needs Radios and hand signals

PARALLEL RACES



PS and TPS Judging and Penalties (1)

Course Judges

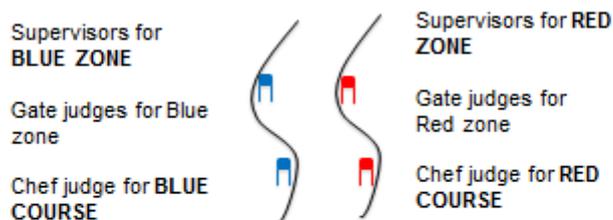
- The race must have two course judges, one for each course
- Penalties and disqualifications are indicated by the course judges after the 360-turn. Such indications must be by the use of clearly displayed panels. Penalties are indicated with 0, 1, 2, X. Where:
 - 0 = no penalty
 - 1 = 1 penalty
 - 2 = 2 penalties
 - X = Maximum penalty (3 or more penalties)
- Panels must correspond with the colour of the course they refer to. The panels must be at least 80 cm (h) x 60 cm (w)
- A racer with Maximum penalties(X) may still win the heat

Parallel Race Judge Layout

- Gate judges face their supervisors for clear flag indications.
- Red and Blue course supervisors are in radio contact with the respective chief judges.
- The supervisors transmit the penalty total to be added and displayed on the “boxes”.



PARALLEL RACE JUDGE LAYOUT



1 gate judge for 2 gates

PS and TPS Judging and Penalties (2)

The Turn

- During qualification, penalties are applied as per SP rules. In the knockout rounds penalties are applied through extra skating distance
- The jump judge and gate judge signal penalties with flags in the same colour as the course (red or blue)
- For each flag a penalty of approx. 1 second of extra skating will be applied
- Three or more flags (incl. jump) result in a maximum penalty for that run
- The jury may demand a re-run of the pair

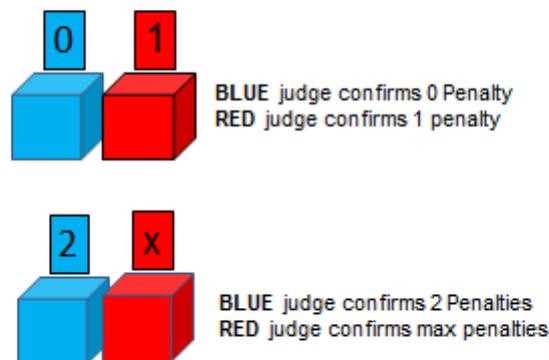
The Jump

- There is one Jump Judge for each course. They measure distance and style
- The competitor must clear the distance and has to perform Telemark style on the landing to avoid a penalty in the Jump Zone

PARALLEL PENALTY BOXES

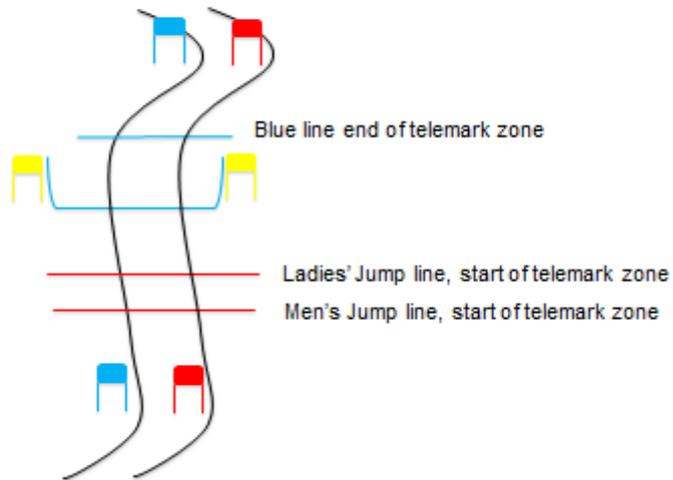


PARALLEL PENALTY BOXES



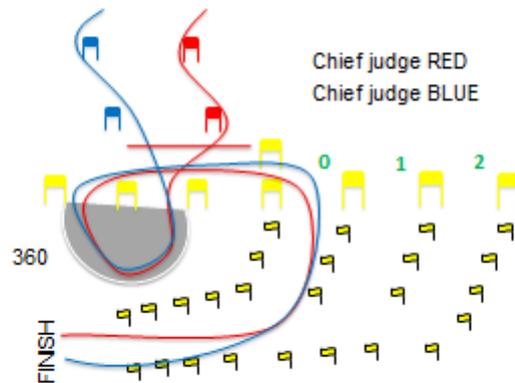
PARALLEL JUMP LAYOUT AND MARKINGS

PARALLEL JUMP LAYOUT AND MARKINGS



PARALLEL CROSS COUNTRY LAYOUT

PARALLEL CROSS COUNTRY LAYOUT (OPTION)



PARALLEL PENALTIES RECAP

Penalties as per SP

- One penalty per turn

Maximum of one penalty on jump

- Distance or Technique or both

Obstruction

- If you see any obstruction report to jury
- Deliberate obstruction must be reported.

One jump judge per course

GATE JUDGING FLAG/HAND SIGNALS

Gate Judging Signals

- Zero Penalties – both arms point to ground
- Judges confirms clean passage of racer. 0 penalty
- One penalty – one arm raised vertically
- Judges confirms 1 penalty. 1 penalty
- Two penalties – two arms raised vertically
- Judges confirms 2 penalties. 2 penalties
- Three penalties – two arms extended horizontally out to the side at 90 degrees to the body
- DSQ - Both arms crossed above head

Gate Judge Flag/Hand Signals



GATE JUDGE FLAG/HAND SIGNALS



Gate keeper confirms passage of racer
0 penalty



Gate keeper confirms
1 penalty



Gate keeper confirms
2 penalties



Gate keeper confirms
DSQ

NOMENCLATURE

- **FIS:** International Ski Federation. The world governing body
- **NSA:** National Ski Association. The national governing body
- **ROC:** Race Organising Committee, responsible for all aspect of planning, financing and conducting the race; assisted by the TD at the later stages
- **CoR:** Chief of Race is the ROC member that leads all activities throughout the race, they work to the TD
- **TD:** Technical Delegate. Person independent of ROC assigned by FIS or NSA to ensure a fair and safe competition
- **Jury:** Formed for the race itself to rule on breaches of the rules or other matters arising, chaired by the TD
- **Jump:** Designed to ensure racers travel 5-25m through the air. Marked by yellow gates
- **360:** Turn in excess of 180 degrees where the skier exits the turn crossing their own tracks. Marked by yellow control gates and usually built with a large berm of banked snow in a semi-circle
- **Variable:** A racer starts when the previous racer has cleared the course (often after jump or 360 at discretion of Race Jury)
- **Fixed:** Racers go on a fixed interval, usually about 40 secs. As the course may not be clear this has safety implications
- **CODEX:** Code given to all races, giving to possibility to trace its history in time. A race cannot be validated without a CODEX
- **BIBO:** «Bulk In, Bags Out » Abbreviation for process that produces the starting order for the second run of a race. An inversion of the fastest times for the top 15 or 30 racers
- **Protest:** A complaint made on paper by a coach on which the Jury will rule. Usually accompanied by a monetary deposit to reduce unnecessary protests.
- **Protocol:** Process for announcing results, including DSQ after Each run.
- **Re-Run:** Competitor being given a second attempt at a run due to extenuating circumstances
- **FIS Points:** Points given to a racer, with respect to the winner and race points, to allow comparison between race results.

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- **Penalty:** Faults of style, transition or jumps, made by a competitor, translated into additional time in the results
- **Cross Country Section:** No mandatory style. Marked with yellow gates and maybe paint, stubbies or fencing. Where paint is used the skier may cross the paint line
- **Super Telemark:** A section of the course that allows for larger radius turns and higher speeds
- **Zone lines:** Lines across the course, red or blue, that mark the changes between Telemark and freestyle sections
- **Start Interval:** The time between racers. This may be of two types
- **Officials and Marshals:** Appointed to specific roles to ensure a smooth and safe running of the race. Directed in tasks by the Chief of Race
- **Start Interval:** The time between racers. This may be of two types

SUMMARY

The training course is based on

- FIS Telemark International Competition Rules (TICR), Approved by the 50th International Ski Congress, Cancun (MEX) 2016.
- National Telemark Racing rules as appropriate.
- Special recommendations made by the Race Director for certain events.

Supporting online media can be found at:

- Telemark Gate judging FIS: <https://www.youtube.com/watch?v=xGrRIgCWPXk>
- Telemark Sprint parallel - the new format: <https://www.youtube.com/watch?v=Mttsq-YwOA>
- Organise telemark parallel: <https://www.youtube.com/watch?v=Oti09O8y-0I>
- Gate judge: <https://www.youtube.com/watch?v=Xiuovy5SGsA>
- Slipping: <https://www.youtube.com/watch?v=lpNc-rboNmQ>
- Gate handling: <https://www.youtube.com/watch?v=TkNifsmEZul>
- Piste painting/marking: <https://www.youtube.com/watch?v=K-Qz9FnWZmQ>
- C nets: <https://www.youtube.com/watch?v=gVEQQKzgTjE>
- B nets: <https://www.youtube.com/watch?v=4XLTRtuJzmY>