



THE INTERNATIONAL SKI COMPETITION RULES (ICR)

REGULATIONS FOR TELEMARK

**INCL. CHANGES AND PRECISIONS SPRING
2020**

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INTERNATIONAL SKI FEDERATION
FEDERATION INTERNATIONALE DE SKI
INTERNATIONALER SKI VERBAND

Blochstrasse 2; CH- 3653 Oberhofen / Thunersee; Switzerland

Telephone: +41 (33) 244 61 61
Fax: +41 (33) 244 61 71
Website: www.fis-ski.com

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1st Section

1600 Rules from Alpine Events

1601 Planning for a FIS Sanctioned Event

1601.1 Application for FIS Sanctioned Event

1601.1.1 Prospective organizers shall submit an Application for a FIS Sanctioned Event for all FIS World Cups and World Championships to the FIS Telemark Committee no later than February 28 of the calendar year preceding the proposed event, or submission of such application after that date is subject to the FIS Telemark Committee's discretion.

1601.1.2 Prospective organizers for **national** level FIS sanctioned events shall apply to their National Ski Association for approval. Such events should be listed in the event in the FIS Calendar and payment of the respective fees. Failure to list an event in the FIS Calendar may disqualify an event from FIS sanction. 1601.1.3 The prospective organiser shall complete the FIS Telemark Competition Application form. The form is available on the web

1601.2 Application Fees

1601.2.1 Application fees to organize a FIS World Cup Race or FIS World Championship event shall be submitted together with the Application for a FIS Sanctioned Event in the prescribed amount. No application will be considered or awarded without such fees. These fees are in addition to FIS Calendar Fees. See published schedule of fees.

1601.2.2 No refund shall be provided in the event of a withdrawal of such Application by the organiser or cancellation of an event by an organiser.

1601.2.3 No Application fee shall be assessed where the FIS Telemark Committee appoints a replacement organiser to remedy a withdrawal of Application or cancellation of an event as per paragraph 1601.2.2.

1601.3 The Technical Delegate (TD)

1601.3.1 The Primary Duties of the TD

The duties and responsibilities of the TD are set out in detail in Section 602 of the Alpine ICR. Without limiting the scope of these responsibilities, the primary duties of the TD are:

- to make sure that the rules and directions of the FIS are adhered to
- to see that the event runs smoothly
- to advise the organizers within the scope of their duties
- to be the official representative of the FIS

1601.3.2 Prerequisites

The TD must be a qualified official within the meaning of such qualification by each National Telemark Ski association and should possess a valid National certification or license, and a Certification from the FIS Telemark Committee or by the Committee's discretion. TD's for Telemark competitions should be familiar with the rules of the TICR and ICR.

1601.3.3 Certification of the Technical Delegate

A Technical Delegate may obtain certification by completing the following:

- 1601.3.3.1 Be nominated by the National Telemark Ski Federation to be a TD. Such nomination should include a statement of qualifications and any national certifications.
- 1601.3.3.2 Participate in two World Cup events as an unpaid assistant TD.
- 1601.3.3.3 Receive the recommendation of the TD's who supervised him/her and the World Cup Coordinator.

1601.4 World Cup Coordinator

Is appointed by the Telemark Committee. See separate "Duties" document for complete job description.

1602 Officials, Medical and Technical Personnel

- 1602.1 Quotas for the right of access to the racecourse for each nations' personnel; trainers, doctors and technicians, are decided by the jury. These quotas include the national team officials (team captain's etc.). For World Championships the maximum number is 10 persons. Armbands must identify these persons. Shape, size, lettering and attachment method may not be altered on penalty of disqualification. The figures must be at least 12 cm high and easily legible. Persons accredited to ICR art. 220.3 and 220.5 as well as the official technicians and medical personnel must comply with the directions of the officials charged by the organizers with responsibility for overall security (stewards, police etc.) insofar as these directions concern administrative matters. Instructions given by the jury have priority in all cases in regard to accredited journalists, coaches and team captains. *Medical personnel includes doctors, physiotherapists, first aid people etc.

Details of the Medical Support Requirements are given in chapter 1 of the FIS Medical Guide.

1603 Special Rules for Calculation of World Championships Overall Results

- 1603.1 The World Champion is the one who has the lowest sum of ranking points in all official disciplines.
- 1603.2 If two or more racers get the same total ranking points, the one with the lowest ranking points in Classic will be awarded the higher ranking.
- 1603.3 If 1603.1-1603.2 cannot separate the best placing, the racer with the lowest total ranking points in Sprint will be awarded the higher ranking. If the latter results are the same the racers in question share the place.
- 1603.4 From fourth place onwards, rankings will be decided based only on the total ranking points of the official disciplines.

1604 Special Rules for Calculation of World Cup Overall Results

- 1604.1 The winner of the overall Telemark World Cup is the racer who gets the highest overall sum of World Cup points across all the official disciplines.
- 1604.2 The winners of the individual discipline World Cups are racers who gets the sum of World Cup points in each of the official Telemark events.
- 1604.3 If two or more racers are placed equally in the overall classification, or, if in the classification of the disciplines a number of participants have achieved an equal number of points, then they shall be placed according to the number of their 1st places, then their 2nd places, 3rd places, etc. If they cannot be classified by this system, they will each receive the medals corresponding to their placing.

1605 World Cup points

Competitors ranking first to 30th are awarded points in accordance with the following schedule:

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 points

- 1605.1 The World Cup Nations Cup is awarded to the nation whose accumulated World Cup points are the highest at the end of the season. In the event that there is a tie then the team with the highest World Cup points in the Classic will be awarded the better result.

1700 Rules Common to Telemark Events

1701 General Characteristics

1701.1 A telemark race has up to 5 components that are designed to test the all-round skiing techniques of the competitor. A correct and swift execution of all the turns must be possible. The course must not impose the use of acrobatic movements but may contain jumps, a 360, a cross country section, whoops as appropriate, and super-telemark.

1701.1.1 Zones where the Telemark technique is not compulsory must be marked with yellow panels.

1701.1.2 The speed upon entering the various elements (jump and 360 included), and the way these elements are laid out, should not be such as to cause the best participants any more difficulties than in the regular turns part. The elements must not be such as to constitute any kind of danger to the participants

1701.2 Telemark section

1701.2.1 Usually 60-70% of the race time (except for Giant Slalom).

1701.2.2 The Telemark (or Giant Slalom) section contains a series of direction changes, denoted by gates marked with red and blue flags.

1701.2.3 Turns must be adapted to the Telemark technique with large, medium and small radius in a natural variation.

1701.2.4 The course must make it possible to take all turns in the Telemark technique.

1701.3 Jump

1701.3.1 The height of the jump is discipline dependent and the profile must follow the profile of the hill, dimensions are found at Rule 1716.

1701.3.2 The flight curve must be low and the first gate after the jump must be placed at a sufficient distance to avoid punishing competitors making long jumps.

1701.3.3 The hill must be suited for jumps greater than 5 metres but not exceeding 30 metres.

1701.3.4 Jump inclination should not be more than 20° greater than the landing zone.

1701.3.5 Kick jumps are not allowed.

1701.3.6 Racers must complete one practice jump during the inspection for the first run of the day.

1701.3.7 The Course Setter shall set the length of the jump lines. The lines will be confirmed from jury by observing the racers practice jumps.

1701.3.7.1 The first gate after the MEN's jump line is a minimum 50% further distance than the jump line.

- 1701.3.8 Minimum number of jumps in a course is one, maximum is two
- 1701.3.9 There shall be a clear zone around the jump. This area will be 5 metres minimum on each side of the jump, measured at the lip of the jump. The clear zone shall extend on both sides of the jump at the same distance to a point 50 meters below the jump and 10 meters above the jump. This area must be kept clear of shovels, gates, bamboo, etc., except for breakaway gates, jump judges and the jury. Contrast indicators, such as pine boughs or paint may be placed for safety.
- 1701.4 The 360**
- 1701.4.1 The 360 shall ensure the competitor turns at least 180 degrees and at the end of the turn cross their own tracks.
- 1701.4.2 Dimensions for the 360 are discipline dependent and found at Rule 1716.
- 1701.4.3 The 360 should be in the shape of a semi-circle.
- 1701.4.4 Where the 360 is surrounded by banked snow the height of the snow should not exceed 2m.
- 1701.4.5 Where the 360 is surrounded by banked snow there must be a B-net around it. (0.8m behind the highest point and it must not interfere with the racer). On the top edge of the loom (especially for PS) there MUST be a 0.5m wide, flat surface. The first protection B-Net must have slide-on surfaces installed from the ground up to at least 80cm of height. A second B-Net should be added to support the first B-Net.
- 1701.4.6 The 360 must be laid out so that the competitors are able to take the full turn without walking.
- 1701.4.7 The direction of the 360 will be decided by the course setter prior to the racer's course inspection and marked clearly.
- 1701.5 Cross Country Section (Skating)**
- 1701.5.1 The Cross Country section (where applicable) should make up 30-40% of the race time.
- 1701.5.2 There is no mandatory style or technique in the cross-country part.
- 1701.5.3 The cross-country part uses varying terrain with mostly flat, undulating or easy uphill.
- 1701.5.4 The cross-country part should be placed in the last half of the course and be laid out so that the competitors may overtake one another easily.
- 1701.5.5 The track must be clearly marked with yellow flags, color, flags or other means at the inspection so there is only one way to pass the gates. The racer must follow all the marks in sequence.

1701.5.6 Where paint or other indicators are used to show the track they are indicative and not absolute; racers may cross such markings but must pass through all gate.

1701.6 Super Tele

1701.6.1 The super-T part must allow for a higher speed than for the giant slalom part.

1701.6.2 The course must be set so that the Telemark technique comes naturally.

1701.6.3 Gates where the Telemark technique is not compulsory must be marked.

1702 The Jury

1702.1 Sprint

- The Technical Delegate
- The Chief of Race of the Organizing Committee
- The Referee

1702.2 Classic, Parallel Slalom and Team Parallel

- The Technical Delegate (with deciding vote FIS & NC)
- The Chief of Race
- The Referee (with deciding vote WC & WSC)
- Assistant Referee

1703 Start Order and Group Draw

1703.1 For national races special regulations may be issued.

1703.2 The Jury makes the classification of the competitors who are present.

1703.3 The FIS ranking list must be used for the classification of competitors. Competitors, who do not appear in the last valid list, shall be assigned to the group to which competitors without points are assigned. In all cases of doubt, the jury will decide.

1703.4 A first group of the 7 best ranked Women and the 7 best ranked men will be drawn.

1703.5 The remaining competitors with FIS points start in the second group in the order of the ranking list.

1703.6 All competitors without FIS points will be drawn in the last group.

1703.7 Accepted late entries start as the last ones in their group. If there are more than one, the start order is drawn.

1704 The Course

1704.1 All FIS Telemark Races must be run on a course homologated by a recognised authority for Alpine GS or SL. If a SL Homologation is used the TD must assure sufficient width and any additional controls.

- 1704.2 Where, outside of the control of the organisers, the course does not meet the technical requirements laid out in TIGR the jury may accept the course.
- 1704.3 The GS or telemark parts of the course may be set with single gates according to the Alpine ICR arts 904.2, 904.3 and 904.4.
- 1704.4 Where single gates are used the first and last gates, gates before and after the jump, gates at the start or end of a Telemark or freestyle zone and the gate before and all gates within the cross country section must have outside gates.
- 1704.5 The degree of difficulty must correspond to the average ability of the 30 best competitors in the race. Gates should be set to suit the rhythm of the skiers and the hill.
- 1704.6 The jury may adjust a gate, or gates, before or during the jury inspection to ensure the course is safe and appropriate.
- 1705 Gates and Course Setting**
- 1705.1 Gates distances are set according to discipline and terrain and as shown in the course aide memoire at Article 1716.
- 1705.2 Course Setter Prerequisites**
- 1705.2.1 For World Championships: nomination by the national association to the Telemark Committee and proof of appropriate experience in the setting of courses for international races.
- 1705.2.2 For World Cup, as approved by the World Cup Coordinator.
- 1705.2.3 For all other international races - nomination by the Telemark Committee or by the captains' meeting.
- 1705.3 Course Setter Appointment**
- 1705.3.1 For World Championships, World Cup and Continental Cup the appointment is made by the jury at the Team Captains' meeting. The FIS Telemark Committee may, where appropriate, appoint course setters in advance of an event and will notify the Jury as necessary. Decisions made by the FIS Telemark Committee cannot be overruled except for Force Majeure.
- 1705.3.2 For all other international competitions, the appointment is made by the Jury.
- 1705.3.3 For competitions in two runs, each run is set by a different course setter.
- 1705.3.4 For PS the Qualification and the Final run.
- 1705.4 Course Setter Duty Assignment**
- 1705.4.1 The duty assignment of the course setters is determined by the FIS Telemark Committee.

1705.5 Replacement of Course Setters

- 1705.5.1 For World Championships, the FIS Telemark Committee is to be notified of the non-availability of a nominated course-setter, as well as the national association to which the course setter belongs. The Telemark Committee then immediately names a replacement course setter.
- 1705.5.2 For all other competitions, either the Telemark Committee or the Jury names a replacement course setter.
- 1705.5.3 The replacement course setter must have the same qualifications as the absent course setter.

1706 Marking of the Course

- 1706.1 To mark hollows and changes in the terrain, colour may be used in the course. This is especially important when the light is flat.
- 1706.2 Colour markings must not be placed so as to cause confusion with the marking of the distance line on the jump.

1706.3 Lines

- 1706.3.1 Red Lines. Red lines are used to mark the start of a Telemark zone. They must be placed at the first gate and the start of any Telemark zone, always at the pole of the gate and connect the poles of the inside and outside gate. Red lines are used to mark the racing line on the red parallel course for visibility and the finish line.
- 1706.3.2 Blue Lines. Blue lines mark the end of a Telemark zone and the start of a yellow zone. They must be placed prior to the jump and at the last gate, always at the pole of the gate and connect the poles of the inside and outside gate. Blue lines may be used to mark the racing line, and should be used to mark the loom and the gates in GS/CL/SP, especially when the visibility is bad.
- 1706.3.2.1 If the last gate is set less than 8 meters before the jump or entering the 360, it must be a yellow gate.
- 1706.3.3 Colour should be used to highlight the jump and the loom.
- 1706.3.4 For PS a horizontal line in the middle of the loom, parallel to the top should be used as reference.

1707 Inspection

- 1707.1 The course will remain closed for training on the day of the event.
- 1707.1.1 Official training is recommended the day before the race. Incl. only freeskiing on the race slope, training of the jump and the 360. Official trainings and times must be clearly announced at the team captains meeting.
- 1707.2 The gates must be finally set prior to the course being opened for inspection.

- 1707.3 The time reserved for inspection must be sufficiently long to allow the competitors to inspect and make at least one practice jump and circuit of the 360 (if appropriate).
- 1707.4 The competitor must execute at least one practice jump during inspection. The organiser shall keep a record of the practice jumps. A competitor who fails to make a practice jump must be disqualified.
- 1707.5 Uncontrolled or unauthorised practice jumps must not be performed during inspection. The competitors must stop in an area so not to interfere with the next competitors.
- 1707.6 The competitor must not ski through consecutive blue or red gates leading up to or exiting the practice jump or loom. The exception is for one gate before the jump and loom and the first gate after the jump. It is not permitted to pass these gates in Telemark technique.
- 1707.7 A competitor must execute one practice passage of the 360 during the inspection.
- 1707.8 The Jury decides the method of inspection of the 360.
- 1707.9 Parts of the course where Telemark technique is not compulsory must be marked before the inspection starts. The jump lines shall be set during the first practice jump period and not before the inspection.
- 1707.10 The Jury decides the method of inspection. It may permit the passage of the gates by snowplough/side-slip or in and out inspection.
- 1707.11 The Jury decides the inspection style of the cross-country part.
- 1707.12 Inspection methods should normally be announced at the Team Captains meeting, but must be announced prior to the start of the inspection.
- 1707.13 Skiing, other than snowplough or side-slipping, through a gate, or practicing turns parallel to the course (shadowing) will lead to disqualification.
- 1707.14 Competitors must display their start numbers during inspection
- 1707.15 Competitors must wear helmets and skis with ski brake or safety leashes as designed and recommended by the manufacturer for the inspection.

1708 Start Intervals

- 1708.1 Variable start intervals are normally used, on a 'course clear' basis. In such situations ICR 614.2.3 does not apply.
- 1708.2 Where fixed start intervals are used, then ICR 614.2.3 applies. The jury will decide the length of start interval according to conditions. Start interval must not be less than 30 seconds.
- 1708.3 With variable start intervals the Chief of Timing and Calculations authorises the start of a competitor. They need not wait until the preceding competitor

has finished the run, but must be observant so that the competitor is not obstructed on the course (Course Clear).

1709 Passage of the Gates

1709.1 **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.

1709.2 **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.

1710 The Turn

1710.1 All turns in a Telemark zone are to be executed in the Telemark technique.

1710.1.1 Definition of the Telemark technique.

1710.1.2 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.

1710.1.3 The heel of the inner ski must be clearly lifted from the ski

1710.1.4 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.

1710.2 The competitor himself decides where to execute the turn in relation to the gate.

1710.3 Skating steps are permitted as long as the rules in article 1710 are adhered to.

1710.4 To start a turn in the Telemark technique and end it as a parallel turn, or vice versa, is not allowed.

1710.5 Falling through a gate, passing through a gate on one ski only, is a penalty, finish gate and yellow zone excepted.

1711 Judging and Penalties

1711.1 Jump

1711.1.1 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.

- 1711.1.2 Landing with parallel feet (alpine) is allowed if the competitor, directly at impact, executes an uninterrupted movement into the Telemark position
- 1711.1.3 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. If the qualification is run on the PS course a penalty of two (2) seconds (one line, one landing) is added to the race time.
- 1711.1.4 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.
- 1711.2 Telemark technique**
- 1711.2.1 For each improper execution of the telemark turn (Rule 1710) a penalty of one (1) second is added to the competitors' time.
- 1711.2.2 Maximum penalty per turn is one (1) second.
- 1711.2.3 Falling through a gate, or passing through a gate on one ski only, is a penalty; finish gate and yellow sections excepted.
- 1711.2.4 To start a turn in the Telemark technique and end it as a parallel turn, or vice versa, is not allowed.
- 1711.2.5 If the racer "collects" more penalties than half of total number of gates (excluding jump) will be DSQ.
- 1712 Gate Judges**
- 1712.1 A gate judge must have full knowledge of the rules concerning correct passage of the gates and the rules and instructions for gate judges.
- 1712.2 A gate judge's decision must be clear and unbiased.
- 1712.3 The organiser, whose responsibility it is to have a sufficient number of qualified gate judges available, appoints the gate judges.
- 1712.4 Gate judges should not control more than 3 turns.
- 1712.5 The Gate Judge's decisions with regards penalties are final and cannot be protested.
- 1712.6 For World Cup and World Championships it is mandatory to provide video controlling as back up the judging at the jump in CL and SP. A proper device (Tablet, extra battery and software) will be provided by the FIS TM Committee.
- 1712.7 Gate Judging Signals**
- 1712.7.1 Zero Penalties – both arms point to ground.
- 1712.7.2 One penalty – one arm raised vertically.

- 1712.7.3 Two penalties – two arms raised vertically.
- 1712.7.4 Three penalties – two arms extended horizontally out to the side at 90 degrees to the body.

1713 Second run

- 1713.1 All competitors who are classified in the first run may start the second run.
- 1713.2 For the second run the start list is derived from the results of the first run. The first 30 competitors will start in the reversed order.
- 1713.3 If there are less than 35 racers the Jury may reverse the entire qualified field for the 2nd run.
- 1713.4 If there are less than 30 racers the Jury may reduce the 2nd run reversed field from 30 to 15.

1714 Outside assistance.

- 1714.1 Outside assistance is not permitted, except for the replacement of a broken pole, or poles, within a yellow zone.
- 1714.2 Coaches, or other athletes and associated personnel up to a maximum of 2 persons per Nation per area, are only permitted to assist by replacement of broken poles at therefore clearly designated areas, along with general encouragement. Redirection of racers, verbally or physically, is not permitted.

1715 Factors for FIS points calculation

	Factors for race points calculation	Maximum value for Calculation
GS	500	200
CL	500	200
SP	500	200

1716 Telemark Race Aide Memoire

Race	GS	SP	CL	PS	TPS	Parallel slalom
Recommended Vertical Drop	125-350m	100-150m	250-500m	70-120m	70-120m	60-100m
Planned run time recommendation best 10 skiers	55-75	40-70 seconds	100-170 secs	30-50 secs	30-50 secs	20-25 secs
Recommended Gate distance	23-28m	20-25m	23-30m	18-22m	19-24m	19-24m
Number of Runs	2	2	1	1 pair per heat	1 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	1-2	1	1	0
360 radius	----	5-9m	5-9m	7-10m	7-10m	----
Start Type	Slalom or fixed	Slalom	Slalom or fixed	Course clear	Course clear	Course clear

1716.1 The number of gates is only counted for the Telemark or super Telemark elements and does not include the 360 or the cross country sections.

1717 Entry Fees

Race Organisers may charge entry fees.

1717.1 Where fees are charged they must be clearly announced in advance on the FIS website and must apply to all racers equally.

1717.2 Fees may not exceed CHF 110 per person per day including accommodation (full board), lift pass, racer entry fee and administration or CHF 95 for half board accommodation, lift pass, racer entry fee and accommodation.

1800 Special Rules for Telemark Giant Slalom

1800.1 The Giant Slalom is set to test downhill skiing techniques allowing technical ability parity with athleticism. Two runs test consistency.

1801 The Course

1801.1 Recommended Vertical drop: between 125 and 350m.

1801.2 Gate spacing should be 23-28m

1801.3 Must include one jump with a height not exceeding 1.0 m. The hill must be suited for jumps from 5 to 25 m.

1802 General Characteristics

1802.1 The Telemark Giant Slalom race must consist of two runs.

1802.2 The course must make it possible to take all turns in the Telemark technique.

1802.3 Planned run time should be 55-75 seconds for the top 10 racers

1803 Start List

1803.1 For the purposes of generating a start list the SP FIS points list should be used.

1900 Special Rules for Telemark Classic

1900.1 The Classic (CL) is set to test all-round skiing ability in varying types of terrain, along with stamina and endurance. The race should include a wide variety of turns, obstacles and differing techniques. The race is one long run to test aerobic endurance.

1901 The Course

1901.1 Recommended Vertical drop: between 250 m and 500 m.

1901.2 Gate spacing should be 23-30m

1901.2 Minimum number of jumps is one, maximum in one course is two.

1901.3 The height of the jumps must not exceed 1,5 m. The hill must be suited for jumps from 5 to 30 m.

1901.4 There must be one or two 360's - at least one jump and one other element, depending on what is possible with the terrain available.

1901.5 The radius of the 360 from the centre of the semi-circle must be from 5 m to 9 m.

1901.6 There must be a cross country section.

1901.7 The course may include a Super-Tele section.

1902 General Characteristics

1902.1 The Classic is one run only.

1902.2 Planned run time should be a minimum of 100 seconds for the best 10 racers.

1902.3 Each section (Telemark, Super-Tele and Cross-Country) and may include appropriate obstacles such as the jump, 360, whoops, S turns or other special elements.

2000 Special Rules for Telemark Sprint

2000.1 The Sprint (SP) is set to test anaerobic athletic ability in controlled terrain, with a quick tempo to test athleticism. The two runs test consistency

2001 The Course

2001.1 Recommended Vertical drop must be between 100 and 150 meters.

2001.2 Gate spacing should be 20-25m

2001.3 Must include one jump with a height not exceeding 1.0 m. The hill must be suited for jumps from 5 to 25 m

2001.4 Must include one cross country section

2001.5 Must include one 360 degree turn. The radius of the 360 from the centre of the semi-circle must be from 5 m to 9m.

2002 General Characteristics

2002.1 Telemark Sprint must consist of two runs.

2002.2 Planned run time should be between 40 and 70 seconds for the 10 best racers.

2100 Special Rules for Telemark Parallel Slalom

2101 General Rules

- 2101.1 Vertical drop: between 60 m and 100 m
- 2101.2 Average time for the 10 best should be between 20 sec. and 25 sec.
- 2101.3 One jump is permitted.
- 2101.4 Gate spacing should be 18-22m.

2102 Jump

- 2102.1 The jump must not exceed 1 m in height.
- 2102.2 There is no minimum jumping distance, only judging.
- 2102.3 Landing with parallel feet is allowed if one, directly at impact, executes an uninterrupted movement into the Telemark position. If not, a penalty of one second is added to the total time of the competitor.

2103 Judging

- 2103.1 A competitor may be penalized with one to two penalties per run without time added, however, if the competitor claims three or more penalties he must be penalized with 1.5 sec.

2200 Special Rules for Parallel Sprint

2200.1 The Parallel Sprint (PS) is a short sharp fast race that tests high tempo agility and competitive spirit. Multiple knockout rounds test athletic recovery and anaerobic endurance.

2201 Gates and Course setup

2201.1 General Characteristics

2201.1.1 Parallel Sprint (PS) is a knockout competition where two competitors compete simultaneously side by side down two parallel courses

2201.1.2 The PS format consists of a Qualification of one run, followed by Knockout rounds on parallel courses.

2201.1.3 Each knockout round consists of heats between pairs of racers; each heat consists of one run.

2201.1.4 The setting of the courses, the configuration of the terrain and the preparation of the snow are to be as identical as possible.

2201.1.5 The rules for Sprint apply for the Parallel Sprint.

2201.1.6 Planned time per run should be 30 sec. to 50 sec.

2201.2 The Course

2201.2.1 The length and vertical drop is decided by the slope. It is important that the whole course can be viewed from one location (preferably the finish area).

2201.2.2 Recommended vertical drop is between 70m and 120m.

2201.2.3 The 360 turn and cross-country section can be the same or separate for each course (see below).

2201.2.4 The red course is on the skiers left, the blue on the skiers' right.

2201.2.5 Each course must contain Telemark turns, one jump, a 360 turn and one cross-country section.

2201.2.6 The height of the jump must not exceed 1.0 m. The hill must be suited for jumps from 5 to 20 m.

2201.3 Gates

2201.3.1 Gates should consist of an inside turning gate only, which consists of two poles, and one flag. The distance between the two courses should be minimum 6 metres measured from the same poles at the two corresponding gates. The rules for passing the gate are the same as for the single gate GS rules.

2201.3.2 The distance between the turning gates should be 18-22m with a minimum offset of 3m. Discretion should be used where the terrain dictates otherwise.

2201.4 360-turn

There is one 360-turn for both courses the 360-turn should be at least 7-9 m in radius on the top of the 360 and 2m high. There must be a B-net around the 360 turn (0.8m behind the highest point and must not interfere the racer). On the top edge of the loom there MUST be a 0.5m wide, flat surface. The first protection B-Net must have slide-on surfaces installed from the ground up to at least 80cm of height.

For PS a second line in the vertical middle, parallel to the top should be used as reference.

2201.5 Cross-Country section

The cross-country section should be flat or slightly undulated, and must be sufficiently wide that the competitors can pass each other. The Jury decides whether there is only one cross-country track for both courses or two separate tracks.

2201.6 Jump

2201.6.1 Must include one jump with a height not exceeding 1.0 m.

2201.6.2 The jump line should be set to ensure a change of rhythm for racers but should be achievable for the majority.

2202 Start

2202.1 Start Ramp

The Start Ramp shall be prepared in such a way that the competitors can stand relaxed on the starting line and can quickly reach full speed after leaving the start. Push off posts should be installed on the starting installation for all events. The specifications will be adjusted to the needs of the specific events.

2202.2 Start Gates. The gates must open simultaneously for both courses and a competitor must not be able to push the gates open.

2202.3 False Starts. Sanction will take place:

2202.3.1 If a competitor manipulates the starting gates.

2202.3.2 If a competitor tries to pass the starting gates before the final starting signal has been given (audible and/or visible).

2202.4 Malfunction of the start gate. If one or both starting gates have been blocked because of technical malfunction, without the competitor touching the gate before the starting signal was given, the start must be repeated.

2202.5 Start command. Before the starter releases the start gate or gives the word of command "go" or single audible signal, he must first ensure that the competitors are ready by asking: "red course ready, blue course ready,

attention". "Racers ready" MUST only be used in conjunction with an audible command (series of short beeps followed by one louder starting beep when doors open).

2203 Finish

2203.1 The finish zones must be marked clearly with poles and finishing line in the same colour as the courses. The width of the finishing line must be sufficient for two competitors to pass at the same time.

2203.2 Separate tracks: The final section of the cross-country section must be at least 15m long and with separate tracks for the blue and red course. The competitor is not permitted to change track in this section.

2204 Timing

2204.1 Qualification

The running time of each competitor will be registered with two independently homologated timing systems as per SP. If the qualification is run on the PS course a penalty of two (2) seconds (one line, one landing) is added to the race time.

2204.2 Knockout rounds

As the start is simultaneous, only the difference in time between the competitors at the finish will be registered with two independent homologated timing systems. The first competitor that breaks one of the signals starts the chronometer and receives the time "zero", the following competitor (2nd) stops the clocks (chronometers) and receives the time difference in 1/100-seconds to the first competitor.

2205 Course Inspection

2205.1 Course inspection follows rules according to Article 17.

2205.2 If the qualification run and race is to be run on the same day using the same jump then no further jump is permitted during inspection of the parallel courses.

2206 Execution of the race

2206.1 Determining the starting sequence

2206.1.1 To determine the seeding/pairing, a qualification race should be run. It is acceptable for the results of a race the day before to be used. If it is not possible to execute a qualification or to use the results of the day before, the current SP FIS Points list should be used.

2206.1.2 The qualification must be executed with electronic timing as per SP.

2206.1.3 The qualification should be a race on the parallel slope in one run and run as per SP rules (Article 2000)

- 2206.1.5 If there is a qualification race, the results must be officially approved and distributed before the start of the knockout rounds.
- 2206.1.6 If two competitors register the same time in the qualification, then the racer with the higher bib number is ranked first.
- 2206.1.7 See illustration (the bracket) for the set-up of pairs. The knockout bracket should be 32 for the men and 16 for the women. In the event there are not 32 men and 16 women brackets will be filled with byes.

1/16 Round	1/8 Round	1/4 Round	Semi Final	Finals	
1	1 16	1 8	-	Semi Final Winners Final	-
32					
17	4 13	4 5	-	-	
16					5 12
9	3 14	-	-	-	
24					6 11
25	7 10	7 2	-	-	
8					15 2
5					
28					
21					
12					
13					
20					
29					
4					
3					
30					
19					
14					
11					
22					
27					
6					
7					
26					
23					
10					
15					
18					
31					
2					
Starting with 32	Starting with 16	Starting with 8			

- 2206.2 Execution**
- 2206.2.1 Each knockout round has one run per heat.
- 2206.2.2 The better ranked competitor following the qualification chooses the course.
- 2206.2.3 The winner of the heat continues to the next round. The diagram above illustrates the starting sequence.
- 2206.2.4 The two competitors losing the semi-final compete for the third and fourth place in the small final.
- 2206.2.5 If both men and women, or senior and junior compete, all the finals should be run in sequence (small and large finals should be run together).
- 2207 Gates and Course Judges**
- 2207.1 Gates Judges**
- 2207.1.1 The gate judges must stand outside the course preferable on both sides. Maximum two gates per judge.
- 2207.1.2 The gate judges must have flags with the same colour as the course they are supervising (red or blue), used to signal penalties.
- 2207.1.3 The gate judges must have a coloured flag to signal disqualification. See rule 2210 Disqualifications/Sanctions.
- 2207.2 Course Judges**
- 2207.2.1 The race must have two course judges, one for each course.
- 2207.2.2 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)
- 2207.2.3 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).
- 2207.2.4 A racer with Maximum penalties(X) may still win the heat.
- 2208 Judging and Penalties**
- 2208.1 The Turn**
- 2208.1.1 During qualification, penalties are applied as per SP rules. In the knockout rounds penalties are applied through extra skating distance.
- 2208.1.2 The jump judge and gate judge signal penalties with flags in the same colour as the course (red or blue).

- 2208.1.3 For each flag a penalty of approx. 1 second of extra skating will be applied.
- 2208.1.4 Three or more flags (incl. jump) result in a maximum penalty for that run.
- 2208.1.5 The jury may demand a re-run of the pair.
- 2208.2 The Jump**
- 2208.2.1 There is one Jump Judge for each course. They measure distance and style.
- 2208.2.2 The competitor must clear the distance and has to perform Telemark style on the landing to avoid a penalty in the Jump Zone.
- 2209 The Finish**
- 2209.1 The winner of a knockout heat is the competitor who crosses the finish line first.
- 2210 Disqualification/ Sanctions**
- 2210.1 Qualification round: As per SP rules (Article 2200).**
- 2210.1.1 In the case of DNF or DSQ during the qualification the competitor is not ranked and is out of the competition.
- 2210.2 Knockout round:**
- 2210.2.1 A false start, missing or incorrect passage of a gate, unintentional obstruction in the gates, or finishing the course without at least one ski will be deemed DSQ and cause the competitor to lose the heat.
- 2210.2.2 If the Course Judge considers there are grounds for disqualification, the jury must convene for the final decision.
- 2210.2.3 DSQ may be confirmed by the Jury after the heat has finished but must be announced before the next heat starts.
- 2210.2.4 DSQ decisions by the Jury are final.
- 2210.2.5 A competitor who is DSQ or DNF in a run loses the heat but retains the classification achieved by starting that round.
- 2210.2.6 Unsporting behaviour in any section of the course, including deliberate obstruction in the cross country section, must be sanctioned by the jury.
- 2210.2.7 The sanction for unsporting behaviour may be loss of classification for that competitor.
- 2210.2.8 In case both competitors do not finish (Abandon or DSQ), the competitor that passes the most gates wins the pair:
- 2210.3 Contact / Touch (Fairness):**

Intentional contact such as pushing, pulling, holding other racers on the arm, leg or stick as well as other means hindering other riders to fall or fail are not allowed and will be punished with a disqualification. The riders are not allowed to hold their arm or ski pole in front of another participant in order to move forward. Intentional blockage with body insert, movements and the deliberate leaving of the natural line is not allowed. The "natural line" is considered to be the fastest route that leads through the elements and around the gates. Any punishment against violations of these rules shall be at the discretion of the Jury. The decision of the race is final and can not be challenged

2210.3.1 Disqualification for Intentional Contact (DIC)

2210.3.2 Intentional Interference

Interference is often a complex offence, given that contact in Parallel Sprint is common. The Jury and gate judges have to determine whether the contact or interference was intentional or not. Intentional contact or interference between two competitors will be penalized with a DSQ.

2210.3.3 Intentional Actions

A competitor shall not force another competitor out of the course, nor intentionally cause them to slow down, lose balance, or crash. A competitor shall not cause any part of his body or skiing equipment to come into contact with another competitor's body or skiing equipment during a race with the intent of impeding that competitor's progress for the purpose of overtaking or causing them to be overtaken by another competitor.

2210.3.4 Obstruction on Obvious Straight Lines

The leading competitor shall have the right to choose his line on the course and through the corners. When on a straight section of the course, a competitor shall not intentionally block another competitor from passing.

2210.3.5 Disqualification for Intentional Contact (DIC)

Should a competitor be disqualified based upon an infraction of rule 2210.3.1 such competitor shall lose the heat for Intentional Contact.

Re-runs shall not be granted solely as a result of a violation of the rule, and all competitors in the heat, other than those that receive a DIC, shall be ranked as they finish.

All violations of the rule which result in a DIC shall be announced in the finish area and communicated to the competitor that received the DIC or their Team Captain as soon as possible and in any event prior to the commencement of the next heat. The DIC will then be posted on the official notice board at the bottom and top of the course indicating the section of the course where the infraction occurred. All DIC decisions must be recorded and reported by the FIS Technical Delegate in their TD Report.

2210.3.6 For World Cup and World Championships it is mandatory to provide video controlling / livestream at the loom and in the skating for PS and TPS. A member of the jury must check the videos and make the final decision together with the jury immediately after the heat and before the next heat starts.

2210.4 Right of way

2210.4.1 A competitor in front and 'clear ahead' upon entering or at any point during the Cross-Country section has the right of way, but must follow their best racing line.

2210.4.2 A competitor is clear ahead if the tails of their skis are clear of the tips of the skier behind.

2210.4.3 An overtaking or parallel competitor must not cause any obstruction or cause another competitor to change line or slow down, until clear ahead of the overtaken competitor.

2210.4.3 Unless a competitor is clear ahead (Article 2210.xx above) then racing space must be provided, either inside or outside as appropriate, especially at the entry to and passage through the 360 or a gate.

2211 Protests

2211.1 Protests must be made before the next heat starts.

2211.2 Only the competitor may protest their own run. Team Captains or coaches may not protest on behalf of the racer.

2211.3 The protest is made by registering the protest with a Jury member.

2211.4 If a racer is obstructed in the gates they must retire immediately and register a protest.

2211.5 If a racer is obstructed in the cross country section, they may protest immediately after crossing the finish line.

2211.6 The Jury will decide the protest on what they observed, with no further evidence from any party.

2211.7 The Jury must rule on all protests before the start of the next heat.

2212 Points

2212.1 Point scale to be applied for a Parallel Sprint:

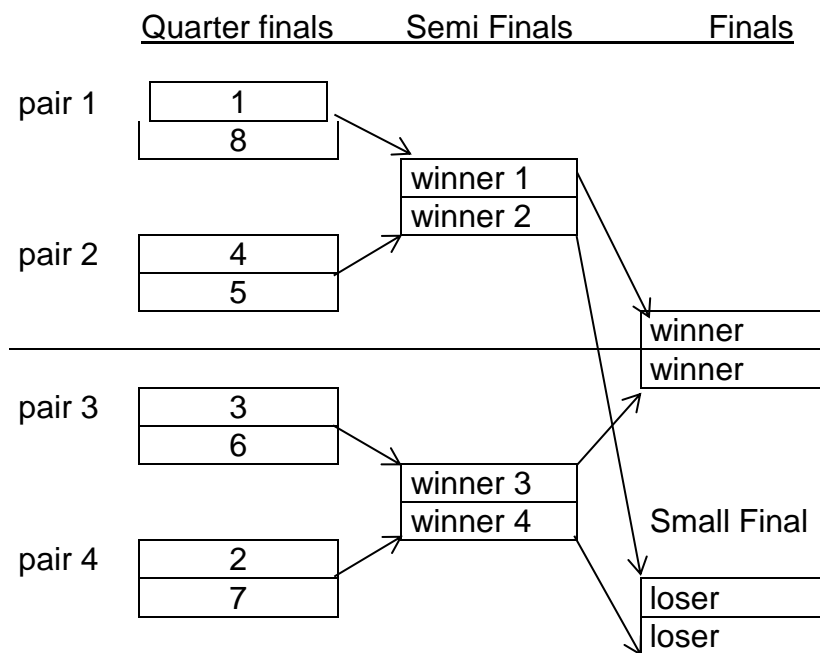
1 st	100 pts	9 th	29 pts	17 th	14 pts	25 th	6 pts
2 nd "	80 "	10 th "	26 "	18 th "	13 "	26 th "	5 "
3 rd "	60 "	11 th "	24 "	19 th "	12 "	27 th "	4 "
4 th "	50 "	12 th "	22 "	20 th "	11 "	28 th "	3 "
5 th "	45 "	13 th "	20 "	21 st "	10 "	29 th "	2 "
6 th "	40 "	14 th "	18 "	22 nd "	9 "	30 th "	1 "
7 th "	36 "	15 th "	16 "	23 rd "	8 "	31 st "	1 "
8 th "	32 "	16 th "	15 "	24 th "	7 "	32 nd "	1 "

2212.2 The losing racers in the same heat will be ranked according to the ranking of the qualification. .
5. – 8.
9. – 16.
17. – 32.

2213 Records and Results

- 2213.1 Penalties in the finals must be checked and recorded by the chief judge or a penalty judge in the skating area.
- 2213.2 All competitors who participate in the qualification are to be published on the result list.

- 2300 Special Rules for Team Parallel Sprint**
- 2301 Gates and Course setup**
- 2301.1 General**
- 2301.1.1 The Team Parallel Sprint (TPS) is a team event in accordance with the Parallel Sprint (PS) ICR Rules art. 2200.
- 2301.1.2 Teams of three race in knockout rounds. Each heat between teams in a round has 3 pairs of races, there is one run per pair.
- 2301.1.3 Teams are comprised of 1 women and 2 men.
- 2301.1.4 In every team there must be minimum one female and one male.
- 2302 Execution of the race**
- 2302.1 Determining the starting sequence**
Normally 1 Team per Nation / Constituent Group
- 2302.1.1 The best 8 nations according to the Overall Telemark World Cup Nations' Cup ranking will qualify for the TPS. If there are not 8 Teams able to nominate 3 competitors the pairs will be set up as follows:
1. Nations with 3 competitors
 2. Nations with 2 competitors according to the nations cup ranking
 3. Nations with a 2nd team of 3 competitors according to the WC ranking
 4. Nations with a 2nd team of 2 competitors according to the WC ranking
- 2302.1.2 Each nation may nominate up to 2 substitutes (1x women, 2x men) who can be a replacement for a competitor prior to the start of the first round. All competitors and substitutes must be nominated at the team captain's meeting and their start order must be declared. This order will remain for all rounds. All competitors and substitutes must conduct a course inspection.
- 2302.1.2.1 In case of an injury, the racer can be replaced by a substitute in the next round. The substitute must take the same start position.
- 2302.1.3 Where a nation is forced to withdraw their opposition will be given a bye. If the withdrawal is in the first run of any round, then the opposing nation does not need to complete that round.
- 2302.1.4 The setting of the pairs is 1 vs 8, 4 vs 5, 3 vs 6 and 2 vs 7
- 2302.1.5 See illustration for the set-up of pairs.



2302.2 Execution

2302.2.1 Women race women, men race men.

2302.2.2 First pair: Female vs. Female

2302.2.3 If there is a Team with only 2 competitors the female starts no. 1.

2302.2.4 The higher ranked team will choose the course.

2302.2.5 For the course chosen the 1st and 3rd team member ski on the selected course and the 2nd team member on the other. (i.e. if choosing red the 1st women on red, 1st man on blue and 2nd man on red).

2302.2.6 The winner of the round is the team who wins two pairs after three runs.

2302.2.7 In the event of a tie then the team with the least accumulated time difference will proceed to the next round. If after this there is still a tie then The jury may consider the number of penalties of the tie pair or order a re-run of the tie pair. In the event of a tie, one win each and one dead heat, then the jury may order a re-run of the tie pair if time differences of the pairs are not available.

2302.2.8 The small final must be run before the large final.

2302.3 For World Cup and World Championships it is mandatory to provide video controlling / livestream at the loom and in the skating for PS and TPS. A member of the jury must check the videos and make the final decision together with the jury immediately after the heat and before the next heat starts.

2500 Special Rules for Telemark Equipment

2501 Boots

2501.1 The boot must be commercially available.

2501.2 The boot must be made for Telemark (free heeled) skiing and have a sole which is flexible under the toe ball.

2501.3 The specific boot must be produced in more than 100 pairs per year.

2502 Fitting

2502.1 The boot may be custom fitted.

2502.2 The fitting may include non-rigid fit aids; footbeds, foam, inner boots etc.

2502.3 Stiff materials can be used provided they do not extend from the original shell, add to the rigidity of the boot or contribute to the structural integrity (jet sticks, non-stock cuffs)

2503 Up-dating

2503.1 Boot models may be updated.

2503.2 Closure systems (.i.e. buckles, laces, and straps) may be modified to upgrade previous generations of a specific model to be like its currently available generation. The number of buckles shall, however, not exceed the number of buckles of the currently available boot from the same manufacturer.

2504 Repairs

2504.1 Boot models may be repaired to restore "like new" structural integrity.

2504.2 Boots may be re-soled.

2504.3 Internal stiffeners may be welded or replaced with similar material.

2505 Skis

2505.1 The ski must be commercially available.

2505.2 The ski must be produced in more than 100 pairs per year, special racing skis of existing models exempt.

2506 Modifications

2506.1 The skis must be commercially available. There is no limitation of ski measurements.

2507 Bindings

2507.1 The binding must be commercially available.

- 2507.2 The binding shall attach the toe of the boot to the ski while leaving the heel free to execute the Telemark techniques.
- 2507.3 The binding must allow the sole of the boot to flex at the toe ball.
- 2507.4 The binding must be produced in more than 100 pairs per year.
- 2507.5 The binding must be intended for Telemark (free heeled) skiing.
- 2507.6 The binding may be modified in the following ways: the physical dimensions of the binding may be reduced - spacers may be added. There is no limit to the height.
- 2507.7 Ski stoppers or safety straps are mandatory.
- 2507.8 Release bindings are recommended.
- 2508 Poles**
- 2508.1 Two straps/grips are allowed on each pole.
- 2509 New equipment**
- 2509.1 Equipment resulting from new innovations or development, must be commercially available. See also the FIS Specifications for Competition Ski Equipment.
- 2510 Other Equipment**
- 2510.1 Equipment not specified in art. 2500-2508.1 is permitted as long as it is used as originally intended and complies with art. 2500-2508.1.
- 2511 Equipment Control**
- 2511.1 Competitors wearing non-regulation equipment shall not be allowed to start. The TD's decision is final and binding.
- 2511.2 It is the duty of the competitors to submit their equipment for control to the TD if there is any doubt about it being in accordance with the rules.
- 2511.3 It is not allowed to change competition equipment during the race, with exception of broken pole(s).
- 2512 Crash Helmet**
- 2512.1 If a competitor or forerunner fails to wear a crash helmet, he will not be allowed to start.
- 2512.2 Rule 2512.1 applies to all official disciplines.
- 2512.3 WC, WCS, JWC Requirements:
- The Helmet model has to fulfil and to be certified under both ASTM 2040 and EN 1077 (class A). In addition Helmet model to pass an additional specific

test under EN 1077 test procedure but at higher test speed of 6.8m/s. Additional test to be effected through CEN laboratories. The laboratory shall issue a test protocol showing that the tested model passed the EN test requirements at the increased speed. Label attesting conformity with FIS specifications for racing helmets (GS/SG/DH): Fulfilment of requirements is to be attested by a specific standardised conformity label affixed in a non-removable way at the back of the helmet in a location which is and shall remain visible. The label shall in particular not be covered by the goggle strap. The conformity label is shown in the attachment (see page 44). It shall include the following text: «Racing helmet conform to FIS specifications 2013». Labels affixed by manufacturers shall comply with the specifications set forth in the attachment. The conformity label attests that the manufacturer has obtained the required certifications (EN 1077 A and ASTM 2040) and obtained a test protocol confirming that the concerned helmet model fulfils the requirements set forth above under 6.2.1. Upon request, the certification documentation and test protocol shall be provided to the FIS.

2512.4 NAS Requirements:

Helmet model to be certified under EN 1077 (class B) or ASTM 2040 as minimum standards. NB1: soft ear padding is allowed. NB2: crash helmets fulfilling higher safety standards can be used.

2513 Race Suits

2513.1 All racers on the World Cup and the World Championships must wear an alpine (DH, SG, GS, SL) race suit.

2513.2 NAS Requirements: The wearing of a race suits is not mandatory on FIS and NC races.

2600 Special Rules for Cold Weather Safety

2600.1 There are three main factors to be considered by the Jury regarding cold weather safety; the temperature, the duration of the exposure and the clothing and other protection against cold weather. These factors must together with any other relevant information such as "the wind chill factor" must be taken into consideration when a decision is made regarding cold weather. A temperature in the air of minus 15 degrees C. corresponds to minus 40 degrees for a competitor skiing in 50 km p.h.

2600.2 *15 degrees C.* At temperatures down to minus 15 degrees C., races in all disciplines may be carried through, but there should be a warm shelter in the area.

2600.3 15.5 to - 20 degrees C

If the temperature is between minus 15 and minus 20 degrees C at any point on the course, all races for seniors may be carried through. There must, however, be a warm shelter available, recommendations regarding cold weather protection must be given to competitors and to competition officials. The medical personnel must check the competitors for frostbite, in particular in the face. The temperature may be much higher up at the start, and the safety measures and possible cancellation should be considered accordingly. If the 30 temperature at the start is very low, there should be a warming tent for the competitors awaiting their turn. Discarded warm clothing must be brought down to the arrival soonest possible.

2600.4 20.5 degrees C and lower

At temperatures below minus 20 degrees C in a major portion of the course, classic Telemark competitions must be delayed or cancelled.

2600.5 22.5 degrees C and lower

At temperatures below minus 22 degrees C in a major portion of the course, all Telemark competitions must be delayed or cancelled.