



# **RULES FOR FIS CROSS-COUNTRY POINTS 2020- 2021**

**EDITION October 2020**

## **INTERNATIONAL SKI FEDERATION**

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FIS points list and inscription programme: <ftp://ftp.fis-ski.com>

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### **Cross-Country FIS Points and race results administration**

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#### **Results:**

Please e-mail the results in .xml format immediately after the event to [results@fis-ski.com](mailto:results@fis-ski.com).

#### **Resultate:**

Bitte die Resultate im .xml Format sofort nach den Rennen mailen an: [results@fis-ski.com](mailto:results@fis-ski.com).

#### **TD online report:**

Please enter in FIS member section with your login/password and fill in the TD online report at latest 3 days after the event.

#### **TD online Bericht:**

Der TD online Bericht sollte spätestens 3 Tage nach den Rennen via FIS member section (Zugang mit eigenem Login/Passwort) ausgefüllt werden.

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## 1. **General Information**

### 1.1 **FIS Points regulation**

The FIS Points rulebook is integral part of the ICR.

### 1.2 **F-Value**

<b>Factor</b>		<b>Competition format</b>
Factor	800	CC with interval start ROL Competitions with interval start (on competition courses with TC >28 m/km)
Factor	1200	CC Sprints and Pursuit competitions 2 <sup>nd</sup> part ROL Sprints ROL Pursuit competitions 2 <sup>nd</sup> part (on competition courses with TC >28 m/km)
Factor	1400	CC Competitions with Mass start and Skiathlon ROL Mass start (on competition courses with TC >28 m/km)
Factor	2800	ROL Mass start, Interval Start and Pursuit competitions (on competition courses with TC <28 m/km) CC FIS long distance popular competitions (art. 2.1.8)

### 1.3 **Calculation of the Race Points**

Formula and example – see illustration 1a and 1b

### 1.4 **Race Penalty**

The importance of a competition is determined by the quality of the competitors participating. This quality affects the calculation of the race penalty.

The race points gained in the competition and calculated according to the formula, plus the calculated race penalty will give each classified competitor the FIS points of the competition.

For further explanations please see the rules, art. 5.3 as well as 1a/1b.

### 1.5 **Entry for Competition Participation**

All entries for the participation in international competitions must be made on the official entry form (ICR article 215). Please see illustration 1c.

The competitors FIS code number has to be specified. Otherwise the entry is not valid.

### 1.6 **FIS Codes on result lists**

The TD's are responsible that every result list contains all competitors including their FIS Codes! Competitors without a valid FIS Code are not allowed to start at the competition! Lists with missing FIS Codes cannot be accepted.

## **2. The Competition**

### **2.1 Conditions**

For the FIS points evaluation, only those competitions can be considered who meet the following standards:

2.1.1 Announcement of the competition in the FIS International Ski Calendar.

2.1.2 Strict observance of the International Competition Rules (ICR).

2.1.3 At least five competitors have to be classified.

2.1.4 No bonus seconds are included in any result.

2.1.5 All FIS competitions should be carried out on FIS homologated courses (ICR art. 311.2.1 and Rules for FIS calendar fees).

2.1.6 Distance FIS points in senior class will only be awarded for competitions:

- 5 km or more for women
- 10 km or more for men

2.1.7 Roller Skiing

Sprint FIS Points will be awarded only for Sprint Qualification and for competitions longer than 800 m.

Distance FIS points in senior class will only be awarded for competitions:

- 5 km or more for women
- 10 km or more for men

2.1.8 FIS long distance popular competitions

FIS points will be distributed for all FIS long distance popular competitions with a distance of 30km or more. Only one competition per event will count for FIS points (main competition).

Exception approved by the R&C Sub Committee:

- Kortelopet (also counting for Continental Cup series)

All ranked athletes with active FIS Code will be taken into consideration for the FIS points calculation.

### **2.2 Schedule Changes, Moving Site Location and Cancellation**

Changes in the race schedule, i.e. shifting the race to another date, cancellation of the competition or any other significant changes in the race program must be communicated immediately to the

FIS Nordic Office, CH-3653 Oberhofen/Thunersee,  
Phone: +41 (33) 244 61 05  
e-mail: [aschhoff@fisski.com](mailto:aschhoff@fisski.com)

as well as to the National Ski Federations and to the Technical Delegate (TD) assigned to the competition. In special case if the competition will be carried out on a non-homologated substitute course, the Technical Delegate (TD) has to confirm the norms of the course according to ICR article 311.

If for any reason a FIS World Cup, WSC or OWG competition cannot be held on the planned homologated course and must be held on an

alternate course approved by the jury, the competition will be considered as valid for FIS points evaluation.

### **2.3 Junior competitions**

Senior competitors are not allowed to participate at junior competitions which are included in the FIS Calendar. It is possible to combine age categories (Art. 3.3)

### **2.4 Stage events (three competitions and more)**

Only the real race time of the competitors will be accepted for FIS point calculation. In case of a pursuit start, the FIS points will be calculated on fastest time on this competition for those specific kilometres. The result list must be published day by day and competition by competition using the correct factor. The overall result on a stage event will not be calculated for FIS point list.

### **2.5 Pursuit race**

The FIS points will be distributed in the first part of the Pursuit race as well as in the second part of the Pursuit race. For the second race, the FIS points will be calculated on fastest time on this competition for those specific kilometres. There are two race codex, one for the first day and the other one for the total result of both days together.

## **3. The Competitors**

### **3.1 FIS Code Number**

Only competitors (Women and Men) with an active FIS Code are allowed to participate at FIS competitions.

The FIS code numbers can be ordered at the National Ski Associations.

### **3.2 Registration**

The registration of competitors for the 1<sup>st</sup> FIS points list has to be done after calculation of the last FIS points list of the previous season and before the calculation of the 1<sup>st</sup> FIS points list for next season (see the exact date in the FIS points list printing deadlines on FIS Website). Competitors are registered by using the FOU System on the FIS website via the Member Section. <http://www.fis-ski.com/>

The Login and password can be received by the respective discipline administrators.

3.2.1 With this system the status of the competitors can be changed, the biographies can be updated and new competitors can be added. The FIS Codes will be distributed automatically.

3.2.2 At all FIS competitions a competitor must have reached her/his 16<sup>th</sup> birthday before the end of the calendar year, 1<sup>st</sup> January – 31<sup>st</sup> December (art. 341.1.5 of the ICR).

3.2.3 Change the status “active” to “inactive” for all those competitors who should not be included on the FIS points list anymore. Competitors with the status “active” will be considered as registered for the coming season. Injured competitors must remain active with the FIS to maintain injury protection.

3.2.4 Only competitors who have signed the “athlete’s declaration” as per ICR art. 203.3 may be registered for a FIS license by his/her National Ski Association. The National Ski Association is responsible that they have appropriate insurance and have signed the FIS athlete’s declaration.

3.2.5 Active (in the FIS points list). The status “active” remains also if competitors do not participate at a FIS event. Status changes from “active” to “inactive” can only be done between 01.06. and 31.12. Only competitors with an active FIS code are allowed to participate in FIS events. Entries are controlled by the Organiser and the FIS Technical Delegate.

### 3.3 **Age Categories**

The points calculation will be made for the age category seniors, men and women separately. Juniors will be listed in the seniors’ category when they have the same start groups, same distance and starting time. In these cases we should get only one result list including both, juniors and seniors!

### 3.4 **Conditions**

Only those competitors will be taken into consideration for FIS points:

- who are qualified according to ICR art. 204;
- who have been registered by their National Ski Association;
- whose FIS Codes, name, first name and year of birth is listed in full and is clearly readable;
- whose National Ski Association has fully paid for the previous season.
- whose existing FIS Codes are listed on the results

### 3.5 **Injury Status**

#### 3.5.1 Request injury status

When competitors injure themselves and applies for the single penalty, the National Ski Association must apply to the FIS within 3 weeks for the approval of a single penalty using the official form “Single Penalty” and submitting a medical certificate.

If the status as injured is approved and according to the valid FIS points at the date of injury there will be added a penalty of 22%, but minimum 4 points respectively maximum 26 points to the original FIS points before the injury break.

As soon as the competitor started at a FIS competition she/he will lose her/his injury status.

#### 3.5.1.1. Conditions

Competitors must remain registered as active with the FIS to maintain injury protection.

#### 3.5.1.2. Duration

The injury status can be applied for maximum 365 days. If the injury is longer, the National Ski Association has to apply for the injury status again with a written request and medical certificate to FIS.

### **3.6 Maternity Protection Status**

#### **3.6.1 Conditions**

When a competitor is pregnant, the National Ski Association must apply to the FIS for the approval of a maternity protection status. Applications must use the dedicated form (available on the FIS website) and include a medical certificate with the expected date of birth of the child.

Competitors must remain registered as active with the FIS to maintain the maternity protection status.

#### **3.6.2 Duration**

The maternity protection status begins on the date that the application form and medical certificate are received by FIS and applies until a maximum 24 months (2 years) after the birth of the child or end of the pregnancy or upon return to competition.

A medical certificate with the date of birth of the child or end of the pregnancy must be sent to the FIS within 6 months.

#### **3.6.3 Protection of FIS points during the break**

The FIS points of the competitor (according to the last FIS points list published after the start of the protection status of the competitor) will be protected as follows:

If the competitor returns to FIS competitions within 12 months after the birth of the child, she will retain her original FIS points in effect at the beginning of the maternity protection status.

If the competitor returns to FIS competitions between 12 and 24 months after the birth of the child, a single penalty will be added to her original FIS points. The penalty will be calculated as 22% of the original FIS points with a minimum of 4 points and maximum of 26 points to be added.

#### **3.6.4 Protection of FIS points after return to FIS competitions**

Upon return to competition, the FIS points that apply according to 3.6.3 will be protected into the next evaluation period only if the calculated points of that next FIS points list are higher than the protected points.

### **3.7 Professional Obligations or Military Service**

If a National Ski Association submits in advance an application for a "study or military status" certifying that a racer will not be able to compete due to professional obligations (studies) or military service and has indicated why and how long the competitor was prevented from racing, the procedure will be handled according art. 3.5.

#### **3.7.1. Applications**

Applications for status due to professional obligations or military service must be submitted to the FIS Office prior to the beginning of the professional obligation.

### **3.8 Anti-Doping Rule violation**

A competitor subject to an anti-doping rule violation will have previously achieved FIS points deleted, according to article 10.1.2 FIS Anti-Doping Rules and must re-qualify to become eligible for World Cup upon their re-eligibility for competition.



## **4. Evaluation Period**

- 4.1 FIS points earned by a competitor are valid for 365 days.
- 4.2 A competitor who did not compete for more than one year since the last considered results, will lose all her/his FIS points earned so far.
- 4.3 The evaluation period can be extended in case of exceptional circumstances leading to a large number of cancellations. This decision will be taken by unanimous decision of the Chair of the Rules & Control Sub-Committee, the Chair of the Cross-Country Committee and the FIS Race Director.

## **5. Calculation Process**

### **5.1 Race Points**

- 5.1.1 The race points will be calculated by computer (see enclosure 1a). They shall be rounded down from four thousandths of a point downwards and rounded up from five thousandths of a point upward (e.g. 23.654 = 23.65 or 23.849 = 23.85).

### **5.2 FIS Points**

- 5.2.1 Distance (longer than Sprint)  
A competitor's points will be the average of his or her best five results in distance competitions over the period of the last twelve months.
- 5.2.2 Sprint  
A competitor's points will be the average of his or her best five results in sprint competitions over the period of the last twelve months.
- 5.2.3 Less than 5 results  
A competitor's Sprint FIS points and Distance FIS points represent the average of the best 5 valid results for each format. If the competitor has less than 5 valid results the average will be adjusted according to the following table, but with a minimum of 4 FIS points:

∅ best 4 results x 1.1 = FIS points
∅ best 3 results x 1.2 = FIS points
∅ best 2 results x 1.3 = FIS points
only 1 result x 1.4 = FIS points

### **5.3 Calculating Penalties**

- 5.3.1 To calculate the race penalty, the following are considered (see fig.1a/1b).
- 5.3.1.1 The competitors who finish among the top five of the race.
- 5.3.1.2 The FIS points of the top five competitors (Art. 5.3.1.1) from the actual FIS points list are considered and the three best values are added and divided by 3.75. This is the race penalty. The points shall be rounded down from four thousandths of a point downwards and rounded up from five thousandths of a point upward (e.g. 13.654 = 13.65 or 21.849 = 21.85).
- 5.3.1.3 If there are less than three competitors with FIS points among the first five of the result list or if a competitor is not included in the actual FIS

points list or if points are above the maximum value stated below, the competitors will receive following maximum value:

- 176 for competitions with Interval start
- 264 for Sprints and Pursuit competitions
- 308 for Competitions with Mass start and Skiathlon
- 528 for Roller Skiing and FIS long distance popular competitions (according art. 2.1.8)

5.3.1.4 In the event two or more competitors are tied for fifth, three or more are tied for fourth, etc. the skiers having the best FIS points will be used in the calculation of the penalty.

5.3.2. Competitions with minimum Penalties

5.3.2.1. If the calculated penalty (according to art. 5.3.1.2) is higher than the minimum penalty (see art. 5.3.2.3.), the calculated penalty will be applied to the race.

5.3.2.2. If the calculated penalty is less than the minimum penalty, the minimum penalty will be applied to the race.

### 5.3.2.3. Table of minimum Penalties

	Women	Men
U23 World Championships	25	25
Junior World Championships	35	35
Senior COC and FIS competitions	20	20
FIS long distance popular competitions longer than 30km, only main competition	35	35
Junior COC and FIS competitions	35	35
EYOF	60	60
Youth Olympic Games YOG	50	50
FIS ROL WC/WSC	15	15
FIS ROL Juniors WC/WSC	50	50
FIS ROL competitions	45	45
FIS ROL Juniors competitions	60	60

### 5.3.4. Competitions with fixed Penalties

5.3.4.1. For Olympic Winter Games, Ski World Championships and World Cup a fixed Penalty of 0 will be applied.

#### 5.3.4.2. Table with fixed Penalties

	Women	Men
Olympic Winter Games	0	0
World Ski Championships	0	0
World Cup	0	0

## 6. The FIS Points Lists

6.1 The FIS points list is only available electronically (<ftp://ftp.fis-ski.com> or from the website at <https://data.fis-ski.com/cross-country/fis-points-lists.html>) and can be downloaded free of charge.

CCFPxxx.zip is the file and valid with the FIS points list program (the "xxx" is always the number of the list and season - e.g. 1<sup>st</sup> List 2016/2017=CCFP117F.zip = full list or CCFP117P = only updated information since the last list) CCFPxxxP.zip is the same, but smaller and only with the modifications.

TIP: Install the FIS list program on your computer, also available on <ftp://ftp.fis-ski.com/Software/Files/Fislist/>. With this you can easily work with the FIS points!

### 6.2 **Effective Dates of the Individual List**

The printing deadlines and validity date are published on the FIS Website!

## **7. Annual Fees (Renewal)**

### **7.1 Fees**

A registration fee for each registered competitor will be charged. This amount will be debited from the FIS account of the respective National Ski Association. Please refer to the document "FIS Calendar, FIS Calendar and Registration Fees": <https://www.fis-ski.com/en/inside-fis/document-library/general-regulations>

### **7.2 No refund**

If a competitor retires during the season or there is an incorrect registration made by the National Ski Association, no refund will be made.

## **8. Instructions for Organisers and Technical Delegates**

### **8.1 Technical Norms of the Competition Course**

Check the competition course with regard to the technical norms (ICR article 311), such as:

- competition distance
- height difference (HD)
- maximum climb (MC)
- total climb (TC)
- highest point above sea level

### **8.2 FIS Codes**

Check that the FIS Codes are shown on the results list. Please see illustration. Competitors without a FIS Code are not allowed to start at the competition! Otherwise the competition cannot be counted!

### **8.3 Penalty calculation**

The penalty calculation in TD online report (page 4) will be done automatically by using the updated FIS points list (see illustration 1b).

### **8.4 Evaluation or Non-Evaluation for FIS Points**

Taking into consideration the conditions stated at article 2, the jury must discuss and decide if the race will be validated for FIS points evaluation.

The TD is in charge of the implementation of the decision on the "TD online report".

Should there be valid reasons to exclude the competition from being evaluated for FIS ratings, these reasons must be indicated on the "TD online report".

### **8.5 Electronic Data Transmission**

After confirmation of the jury the results and timing reports must be transmitted electronically and in FIS XML format (E-Mail: [results@fisski.com](mailto:results@fisski.com)).

The TD must supervise the correct transmission of the results and make a corresponding TD report online immediately after the event.

The TD also has to check if the results on the website are correct. Without TD and timing reports the competition will not be included in the FIS points list!

**If the results are not sent electronically and in time by correct xml format, they will not count for the FIS Points List!**

E-Mail: [results@fisski.com](mailto:results@fisski.com)  
Fax No. +41 (33) 244 61 71 (TD report)  
Direct Tel No FIS Points (J. Aschhoff): +41 (33) 244 61 05  
E-mail: [aschhoff@fisski.com](mailto:aschhoff@fisski.com)  
Software for FIS format: <ftp://ftp.fisski.ch>

- 8.5.1 Composition of the file name for the transmission of race results:
- Nation of OC (three letters as listed in the FIS Bulletin)
  - Codex (according to the FIS Calendar)
- Example: ITA2060
- 8.6 **TD online report**  
The Technical Delegate has to fill in through the FIS member section the TD online report at latest three days after the competition.
- 8.7 **Signature of the Technical Delegate**  
Before the official results will be published they must be signed by the Technical Delegate.

**THE CROSS-COUNTRY FORMULA**  
**LA FORMULE DU SKI DE FOND**  
**DIE LANGLAUF FORMEL**

1a

$$P = \frac{F \cdot T_x}{T_o} - F \quad \text{or/oder} \quad \left(\frac{T_x}{T_o} - 1\right) \cdot F$$

- P = Race points                      Rennpunkte
- To = Time of the winner  
in seconds                      Zeit des Siegers  
in Sekunden
- Tx = Time of the clas-  
sified competitor                      Zeit des klassier-  
in seconds                      ten Wettkämpfers  
in Sekunden

Factor	Competition format
Factor 800	CC with interval start ROL Competitions with interval start (on competition courses with TC >28 m/km)
Factor 1200	CC Sprints and Pursuit competitions 2nd part ROL Sprints, ROL Pursuit competitions 2nd part (on competition courses with TC >28 m/km)
Factor 1400	CC Competitions with Mass start and Skiathlon ROL Mass start (on competition courses with TC >28 m/km)
Factor 2800	ROL Mass start, Interval Start and Pursuit competitions (on competition courses with TC <28 m/km) CC FIS long distance popular competitions (art. 2.1.8)

**Example:/Beispiel:**  
**2x5 km (Skiathlon)**

- |                      |              |
|----------------------|--------------|
| 1. Smigun, EST       | 26.38.4 (To) |
| 2. Sachenbacher, GER | 26.39.0      |
| 3. Savialova, RUS    | 26.39.0      |

Race points (P) Sachenbacher (Tx):

$$P = \frac{1400 \cdot 1599}{1598.4} - 1400 = 0.53$$

Race points (P) for Savialova (Tx) - (alternative formula):

$$P = \frac{1599}{1598.4} - 1 \cdot 1400 = 0.53$$

**PROGRAM FOR NON-PROGRAMMABLE CALCULATORS  
PROGRAMM FÜR NICHT-PROGRAMMIERBARE  
TASCHENRECHNER**

(1)	<b>ON</b>		
(2)	<b>F</b> ⇨	800 1200 1400 2800	
(3)	<b>:</b>		
(4)	<b>To</b> ⇨	Winning Time Bestzeit	
(4a)	<b>(=)</b>	Required on some models Nötig bei einigen Modellen	Stores F ÷ To in memory Speichert F ÷ To
(5)	<b>M +</b> ⇨		↑

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(I)	<b>MR</b>		
(II)	<b>X</b>		
(III)	<b>Tx</b> ⇨		Points for xth competitor Punkte für x. Wettkämpfer
(IV)	<b>-</b>		
(V)	<b>F</b>		
(VI)	<b>=</b>	Round/Runden	

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(I)	<b>MR</b>		
(II)	<b>X</b>		
(III)	<b>Tx</b> ⇨		Points for xth competitor Punkte für x. Wettkämpfer
(IV)	<b>-</b>		
(V)	<b>F</b>		
(VI)	<b>=</b>	Round/Runden	
	<b>etc.</b>		