



PRECISIONS, INFORMATION AND INSTRUCTIONS

PARA NORDIC

Oberhofen, November 2022

PRECISIONS, INFORMATION AND INSTRUCTIONS 2022/2023

FIS Council Meeting: 22nd October 2022.

1) INTRODUCTION

As the governance of the Para Snow Sports has been transferred to FIS in July 2022, the first Rule Books, Qualification Criteria and other important documents that will govern Para Snow Sports at FIS were approved by the FIS Council at its October 22nd Meeting.

1.1) Para Snow Sports Committee, Sub-Committees and Working Groups

The FIS Rules and Terms of Reference for Committees received a new chapter for Para Snow Sports (please see items 61-65) that can be found [HERE](#).

1.2) Para Nordic International Competition Rules

The first edition of the Para Nordic International Competition Rules under FIS governance can be found [HERE](#).

1.3) Para Nordic World Cup and Continental Cup Qualification Criteria

The Qualification Criteria for WC & CoC for the Season 2022-2023 can be found [HERE](#).

1.4) Para Nordic Skiing World Championships Östersund 2023 Qualification Guide

The Qualification Guide for the Para Nordic WSC 2023 can be found [HERE](#).

1.5) FIS Para Nordic Classification Rules and Regulations

The first set of Classification Rules can be found [HERE](#).

1.6) FIS Para Snow Sports Equipment Specifications

The Specifications for Sports and Adaptive Equipment can be seen [HERE](#).

2) FLUOR BAN IMPLEMENTATION TO BEGIN SEASON 2023-2024

The full fluor wax ban implementation will be postponed to the 2023/2024 season in order to allow additional time for the further refinement of the fluor testing device and to define the procedures to protect the integrity of FIS competitions.

3) COVID-19

Please find below the chart with the FIS three COVID-19 scenarios.

SCENARIO 1



SCENARIO 2



SCENARIO 3



4) APPROVED RULE CHANGES

The International Para Nordic Competition Rules (ICR)

With the transfer of governance from the International Paralympic Committee (IPC) to FIS, the International Competition Rules had to be adapted to the structure of the new organisation. The following changes have been done and are not included in the tables below:

- Integration of FIS 200 Section
- Deletion of duplicated rules in the 300 Section caused by the integration of the 200 Section
- Adjustment of numbering of former 200 and 300 section to 12200 and 12300 respectively
- Adaptation of EUR prices to CHF (all fee amounts remain the same)
- Adaptions to Cross-Country Skiing International Competition Rules – e. g. integration and adaptation of Protests and Appeals (art. 12339)
- Change and/or removal of references to ‘World Para’, ‘STC’, ‘IPC’ etc.

The tables below display the most significant Rule Changes:

ARTICLE	Amendment in the Para Nordic International Competition Rules (ICR)
12203.2	The WPNS-FIS Para Licence will only be issued to athletes/guides who meet the requirements of the World-FIS Para Nordic minimum age limit requirements. In order to be eligible for WPNS-FIS Para Nordic competitions, the athletes/guides must <u>have reached their 16th birthday before the end of the calendar year (1st January – 31st December)</u> be 14 years old during the calendar year (01.01 – 31.12) in which the ski season ends, begins.
12204	For WPNS-FIS Para Nordic WC and designated WPNS-FIS Para Nordic competitions each NSANPC/NSF must submit its competition entries using the <u>FIS Para Data Management System (FPDMS)</u> WPNS online registration system (https://db.ipc-services.org/fpdms/entries/index Paralympic.org/entries) according to the following dates: <ul style="list-style-type: none"> • Preliminary Entries<u>Entries by Number</u>: 6 weeks prior to first competition • Final Entries: 10 days<u>7 days</u> prior to first competition Daily confirmation: 2 hours before team captains meeting or as directed by the jury.
12310.1	Race Distance Updates: see Appendix I
12314.1.1	For PWG, WCH-WSC and WC the start list shall be created by using the WPNS <u>Para Nordic FIS</u> points. <u>The jury may determine the grouping and group order. If a group with the best athletes will be used, this group shall include the top 1/3 of the field according to the FIS Points.</u>
12314.7.1 .2	S <u>During biathlon competitions,</u> sit-skiers must display start numbers on both sides of the sit ski. <u>On both sides of the sit ski must be a flat part of 15 x 15cm where the start bib sticker can be fixed.</u>
12331	Addition of rules for Biathlon Team Sprint competition format

12332.3.4	<p>Rifles must be checked and marked before the zeroing prior to the official training and competition.</p> <p><u>As a part of rifle inspection, all nations will be afforded an opportunity to complete their required comprehensive rifle inspection for all rifles that may potentially be used during competition prior to official training day and/or competition day.</u></p> <p>Rifles presented at competition must correspond to the equipment inventory submission and been approved.</p> <p>Unchecked rifles or rifles that do not correspond to the approved equipment inventory may not be used in competition.</p> <p><u>In addition to the complete rifle inspection, random rifle inspections will be carried out on official training and on competition days. Typically, a random check will only include trigger weight confirmation, but may also incorporate a complete rifle inspection, including power. If a rifle fails inspection prior to a competition, the rifle may be adjusted to pass and then permitted to be used in competition. If the rifle fails an inspection during or immediately following competition, the jury may disqualify the athlete from that competition.</u></p>
12332.4.3 .1	<p>Rifle zeroing may take place only on the range and only paper targets will be used for zeroing. <u>Zeroing target paper will be changed at 20 minutes. The time required for the change may not be deducted from the time allocated for zeroing. If the paper targets have to be changed during zeroing, the time required for the change will not be deducted from the time allocated for zeroing.</u></p>
12332.5.1	<p>Each competitor must stop at the shooting position at each shooting round and must fire all five shots per round. <u>five times.</u></p>
12332.2.5	<p>All amplification systems used by the B classes are not allowed to be used inside the guide waiting area <u>shooting range.</u></p>
12338.5.3	<p>Biathlon penalties:</p> <p>Two minutes Penalty</p> <p>A time penalty of two (2) minutes shall be imposed on athletes or teams for:</p> <ul style="list-style-type: none"> ▪ every penalty loop, as a result of shot-penalties, not done immediately after each prone shooting by an Athlete; ▪ <u>every round not fired if the Athlete recommences skiing before he/she has fired all five shots in a competition.</u> ▪ <u>if a competitor interferes with another competitor by extending outside of their lane.</u>
12332. 9.2	<p>If a target fails to function or is suspected of malfunction, the competitor must be directed to another target. The malfunctioning target must not be reset and must be taken out of service until it can be inspected by an official. <u>the IR and at least one jury member. Usually this will occur at the end of that specific category.</u></p>

5) APPROVED RULE CHANGES

The Rules for the Para Nordic FIS Points and Para Nordic World Cup Points

Not included in the below table are the following amendments:	
	<ul style="list-style-type: none"> • Alignment of wording and structure to Rules for FIS Cross-Country Points • Change and/or removal of references to 'World Para', 'STC', 'IPC' etc. • Adaptions to FIS Cross-Country Skiing Points Rules – Maternity Protection Status (article 5) • Adjustment to article 16: Para Nordic FIS Points earned during FIS Cross-Country Competitions to reflect correctly correlation between Para Nordic FIS and CC FIS Points

ARTICLE	Amendment in the Rules for the Para Nordic FIS Points and Para Nordic World Cup Points	
2.1.5	<u>All FIS competitions should be carried out on FIS homologated courses</u>	
9.2.3	<u>In cases where a competitor has only one valid result with a value of 0 FIS points, 4 FIS points will be added to the competitors FIS points displayed on the ranking list.</u>	
12.4	<u>A minimum number of five ranked athletes on the result list per category and gender is required to award World Cup points. In cases that the minimum cannot be achieved no World Cup points will be awarded.</u>	
13.1	World Cup Points adjustments:	
	<u>1st place = 100 points</u>	<u>16th place = 50 points</u>
	<u>2nd place = 95 points</u>	<u>17th place = 48 points</u>
	<u>3rd place = 90 points</u>	<u>18th place = 46 points</u>
	<u>4th place = 85 points</u>	<u>19th place = 44 points</u>
	<u>5th place = 80 points</u>	<u>20th place = 42 points</u>
	<u>6th place = 75 points</u>	<u>21st place = 40 points</u>
	<u>7th place = 72 points</u>	<u>22nd place = 38 points</u>
	<u>8th place = 69 points</u>	<u>23rd place = 36 points</u>
	<u>9th place = 66 points</u>	<u>24th place = 34 points</u>
	<u>10th place = 63 points</u>	<u>25th place = 32 points</u>
	<u>11th place = 60 points</u>	<u>26th place = 30 points</u>
	<u>12th place = 58 points</u>	<u>27th place = 28 points</u>
	<u>13th place = 56 points</u>	<u>28th place = 26 points</u>
	<u>14th place = 54 points</u>	<u>29th place = 24 points</u>
<u>15th place = 52 points</u>	<u>30th place = 22 points</u>	

The following number of points will be awarded to each athlete according to their finish place at World Cup races in Sprint Qualification with the restrictions listed in the below paragraphs:

<u>1st place = 15 points</u>	<u>6th place = 5 points</u>
<u>2nd place = 12 points</u>	<u>7th place = 4 points</u>
<u>3rd place = 10 points</u>	<u>8th place = 3 points</u>
<u>4th place = 8 points</u>	<u>9th place = 2 points</u>
<u>5th place = 6 points</u>	<u>10th place = 1 point</u>

Appendices

Appendix I. Tables for distances and course lengths (art. 12310.1)

Cross-Country Skiing

Competition	Class	Gender	Total Distance		Course	Loops	
CC Sprint	LW 10-12	men	800m (+/-300m)	sit ski	800m (+/-200m)	1	
	Qualification (all)	LW 10-12	women	800m (+/-300m)	sit ski	800m (+/-200m)	1
	Semifinal B1-3 (best 8)	LW 2-9	men	1200m (+/-400m)	standing	1200m (+/-400m)	1
	Semifinal LW (best 12)	B1-3	men	1200m (+/-400m)	standing	1200m (+/-400m)	1
	Final B1-3 (best 4)	LW 2-9	women	1200m (+/-400m)	standing	1200m (+/-400m)	1
	Final LW (best 6)	B 1-3	women	1200m (+/-400m)	standing	1200m (+/-400m)	1
CC short5 km	LW 10-12	men	5.0 km	sit ski	2.5 km	2	
	LW 10-12	women	5.0 km	sit ski	2.5 km	2	
	LW 2-9	men	7.5 5.0 km	standing	2.5 km	23	
	B1-3	men	7.5 5.0 km	standing	2.5 km	23	
	LW 2-9	women	5.0 km	standing	2.5 km	2	
	B 1-3	women	5.0 km	standing	2.5 km	2	
CC middle10 km	LW 10-12	men	10 km	sit ski	2.5 km	4	
	LW 10-12	women	7.5 10 km	sit ski	2.5 km	34	
	LW 2-9	men	12.5 10 km	standing	2.5 km	54	
	B1-3	men	12.5 10 km	standing	2.5 km	54	
	LW 2-9	women	10 km	standing	2.5 km	4	
	B 1-3	women	10 km	standing	2.5 km	4	
CC long20 km	LW 10-12	men	18-18 - 20 km	sit ski	3.0 - 5.0 km	4 - 6	
	LW 10-12	women	15-18 - 20 km	sit ski	3.0 - 5.0 km	4 - 65	
	LW 2-9	men	18 - 20 km	standing	3.0 - 5.0 km	4 - 6	
	B1-3	men	18 - 20 km	standing	3.0 - 5.0 km	4 - 6	
	LW 2-9	women	15-18 - 20 km	standing	3.0 - 5.0 km	4 - 63	
	B 1-3	women	15-18 - 20 km	standing	3.0 - 5.0 km	4 - 63	
Relay 2 x 2.5km classic + 2 x 2.5km free	mixed (335%)	classic	5km	sit ski	2.5km	2	
		free	5km	standing	2.5km	2	
	open (375%)	classic	5km	sit ski	2.5km	2	
		free	5km	standing	2.5km	2	

Biathlon

Competition	Class	Gender	Total Distance		Course	Loops
BT 7.5 km Sprint Penalty loop sit ski: 100m standing: 150m 2 shootings	LW 10-12	men	7.56-0 km	sit ski	2.5 km	3
	LW 10-12	women	7.56-0 km	sit ski	2.5 km	3
	LW 2-9	men	7.56-0 km	standing	2.5 km	3
	B1-3	men	7.56-0 km	standing	2.5 km	3
	LW 2-9	women	7.56-0 km	standing	2.5 km	3
	B 1-3	women	7.56-0 km	standing	-2.5 km	3
BT 10 km Middle Penalty loop sit ski: 100m standing: 150m 4 shootings	LW 10-12	men	10 km	sit ski	2.0 km	5
	LW 10-12	women	10 km	sit ski	2.0 km	5
	LW 2-9	men	10 km	standing	2.0 km	5
	B1-3	men	10 km	standing	2.0 km	5
	LW 2-9	women	10 km	standing	2.0 km	5
	B 1-3	women	10 km	standing	2.0 km	5
BT 12.5 km Individual Penalty 1 minute 4 shootings	LW 10-12	men	12.5 km	sit ski	2.5 km	5
	LW 10-12	women	12.5 km	sit ski	2.5 km	5
	LW 2-9	men	12.5 km	standing	2.5 km	5
	B1-3	men	12.5 km	standing	2.5 km	5
	LW 2-9	women	12.5 km	standing	2.5 km	5
	B 1-3	women	12.5 km	standing	2.5 km	5
BT 10 km Pursuit 2 day Pursuit Penalty loop sit ski: 100m standing: 150m 4 shootings	LW 10-12	men	10 km	sit ski	2.0 km	5
	LW 10-12	women	10 km	sit ski	2.0 km	5
	LW 2-9	men	10 km	standing	2.0 km	5
	B1-3	men	10 km	standing	2.0 km	5
	LW 2-9	women	10 km	standing	2.0 km	5
	B 1-3	women	10 km	standing	2.0 km	5
BT Sprint Pursuit Qualification + Final Penalty loop sit ski: 80m standing: 80m 2 shootings	LW 10-12	men	2.4 - 3.0 km	sit ski	800m (+/-200m)	3
	LW 10-12	women	2.4 - 3.0 km	sit ski	800m (+/-200m)	3
	LW 2-9	men	3.6 - 4.8 km	standing	1200m (+/-400m)	3
	B1-3	men	3.6 - 4.8 km	standing	1200m (+/-400m)	3
	LW 2-9	women	3.6 - 4.8 km	standing	1200m (+/-400m)	3
	B 1-3	women	3.6 - 4.8 km	standing	1200m (+/-400m)	3
BT Team Sprint Qualification + Final Penalty loop 80m 4 shootings	<u>LW10-12</u>	<u>Mixed</u>	<u>800m (+/-300m)</u>	<u>sit ski</u>	<u>800m (+/-200m)</u>	<u>4</u>
	<u>LW 2-9</u> <u>B1-3</u>	<u>Mixed</u>	<u>1200m (+/-400m)</u>	<u>standing</u>	<u>1200m (+/-400m)</u>	<u>4</u>