Cross-Country Canada – Events Committee

- **Canadian Competition Rules (CCR) Precisions for 2010-12**
- **Canadian TD/Jury, OC & Homologation Guidelines for 2010-11**

Reference documents:

- CCC-FIS Competition Rule Book Edition September 2009
- FIS International Competition Rules (ICR) 2008
- FIS ICR Precisions 2009-2011 and 2011-2012, Edition October 2011
- FIS Guidelines for Jury Work 2011-2012
- Guidelines for FIS Cross-Country World Cup Organizers 2010-11

PART 1: Rules Precisions

Cross Country Canada has reviewed the *2011/2012* International Rule Precisions (Rules changes) and have provided the following subset as a summary relevant to all Canadian FIS and CCC sanctioned competitions. For a complete copy of the International Precisions please visit: http://www.fis-ski.com/uk/disciplines/cross-country-rules/cross-country-rules/rules.html

For the Cross Country Canada Competition rulebook (CCR 2009), past CCR Precisions (2010/11) and related documentation please visit:

http://www.cccski.com/Events/Rules-and-Regulations.aspx

Relevant changes noted in these Precisions will be incorporated into the CCC Rules & Regulations (*CCR* 2009) when next published prior to the 2012 season. *Note that FIS will be reorganizing the ICR prior to publishing the next version during the summer 2012. This reorganization will also be reflected in the new CCR.*

ICR/CCR Clause	Text *(red indicates new/added text, ~~strikethrough indicates deleted text~~, black indicates existing text)*	Comments	Year of precision
225	Appeals	CCC is in the process of updating these procedures which will be subsequently posted on the website. A Canadian update to 225 will be added before this season.	2011/12
313.1.6	In competitions designed for CC sport promotion it is possible to use courses outside of these homologation standards providing they have been approved by the Sub-Committee for Rules and Control.	New clause enables non-standard course such as the hill climb in TDS or city courses.	2010/11
313.3.1	All FIS Cross-Country competitions should be	Included for reference	2008,

	carried out on homologated courses. For WC competitions the courses must be homologated two years before the competition.	per recent FIS reiteration and transition policy.	2010/11
315.3.3	Where two or more tracks are used, they should be ~~1.00~~ a minimum 1.20-meter apart measured from the middle of each pair of tracks.	Edited to reflect normal practice	2011/12
317.1.2	~~For all mass start competitions the coaches must maintain a fixed position while giving refreshment to the competitor.~~ *While giving refreshments to the competitors, coaches must maintain a fixed position.*	Expands applicability to all types of starts.	2011/12
320.2.4	At OWG, WSC, JWSC, ~~and~~ WC *and COC* competitions, FIS officials and Jury members must be provided a working room *with a good view of the stadium and* in the immediate vicinity of the stadium.	Jury room should have a view of the stadium.	2011/12
320.3.2	In the immediate vicinity of the stadium at OWG, WSC, JWSC and WC a closed team preparation area with wax cabins must be installed. Equipment manufacturers may rent space or cabins in this area. The cabins must be heated and well ventilated *using forced air exchangers.*	The reference to forced air exchange was added to the FIS ICR last year. FIS has included additional guidelines in their World Cup Rules. OC's need to be aware and working towards this.	2010/11
340.1.1	In all training and competition situations the athlete must act with due care taking into account the course conditions, visibility and competitor congestion.	New clause relating to athlete responsibility to ski according to conditions.	2010/11
340.1.3	In all competitions poles may be changed. A single ski or a pair of skis may be changed only if: 1. A ski or binding is broken or damaged. The equipment failure must be proven to the Jury after the competition. 2. Equipment exchange boxes are in place at the competition. In the case of any ski exchange, the competitor must do it outside of the track without help from any other people. Waxing, scraping or cleaning of the competitor's skis during the competition is forbidden. **Exception:** In classical technique competitions competitors may scrape their skis to remove snow and ice, and add wax if necessary. Competitors can only be handed tools and materials that are available in retail stores (wax, scrapers, and corks). The competitor must do this outside of the track without help from any other people.	Clarification of exception to rule.	2010/11
340.1.4	In all competitions obstruction is defined as deliberately impeding, blocking (by not following best line), charging or pushing any competitor	2010/11: Clarification of rough skiing definition + overtaking onus.	2010/11 2011/12

	with any part of the body or ski equipment. When overtaking occurs, competitors must not cause any obstruction. ~~In general it is the responsibility of the overtaking skier to avoid any obstruction.~~ The responsibility for a correct passing without obstruction is on the overtaking skier. The overtaking skier must have his/her skis in front of the skis of the overtaken skier before skiing his/her best line.	*Replaces old 340.1.4, marked zone reference now addressed in 340.1.5* 2011/12: Further clarification to 340.1.4	
340.1.~~3~~5	In an interval start competition a competitor who is being overtaken must give way on the first demand except ~~in sprint competitions and~~ in marked zones (see 340.1.4).	Clarification that 'track' rule only applies to interval start competitions (includes sprint qualification)	2010/11
342.1.1	Ski marking will not be used unless requested in advance by the sanctioning body of the competition. For purposes of control, both skis are marked immediately before the start. The competitor must come to the official marking place in person and in due time wearing his starting bib.	The end of ski marking! References have also been removed from clauses: 340.1.~~1~~2, 342.1.2, 342.1.3	2010/11
351.1.1	For competitions on the International Calendar, interval starts, mass starts, heat starts and pursuit starts will be used. Interval starts will normally use half-minute intervals. The ~~TD~~ *jury* may approve shorter or longer intervals in order to have fair conditions for the competitors.	Jury responsibility	2011/12
351.2.1	~~The starter gives every competitor the warning "Attention", ten seconds before the start. At five seconds before the start, he begins the countdown "5-4-3-2-1", followed by the start signal "Los", or "Allez", or "Go". With electronic timing, an audible electric start signal will be given simultaneously with the command to start. The start clock must be placed so that the competitor can see it clearly.~~ The start command consists of a countdown starting 5 seconds before the start time ("5-4-3-2-1") and start signal ("GO!"). The command can be given verbally or by audible signals.	This applies to interval start procedures (351.2) Simplification.	2010/11
351.3.2	The mass start should be carried out using a handicap start system. This means that the highest ranked athlete (FIS Points List) has the most favorable start position followed by the next highest ranked athlete or team etc. This can be organized using angled start lines (arrow >>>) with each competitor separated by a fixed distance interval. *Number one will be in the middle position; even numbers are placed on the right and odd numbers on the left side of the arrow.*	Additional clarification to mass start layout.	2011/12

351.5.1	For competitions using interval starts or pursuit starts (Pursuit with a break) any competitor who makes a false start will not be recalled to the start line by a race official or *a* Jury Member. These start infractions must be reported to the Jury and the Jury will decide on the appropriate sanction. *Early start infractions will normally be sanctioned by minimum 15 seconds penalty added to the competitor's final result (finish time minus original start time plus penalty)*	This is a minimum penalty to be added. The jury maintains discretion to increase this (ie according to type of competition) and/or include time gained from an early start to the penalty.	2011/12
355.1.1	The unofficial result list will be distributed and posted on the official notice board as soon as possible after the competition, with the time of its publication noted. ~~The Jury must deal with any infractions or protests within 15 minutes of the posting. The result list becomes official immediately following the Jury's decision.~~	Clean up of rules to redundancy. Protest rules are dealt with in section 393	2010/11
355.1.4	355.1.4 The competition secretary and the TD signs ~~after control by the TD~~ the official result list and certify that it is correct.	Clearer language.	2010/11
360.3.2.2	For the 6th positions in the semi-final heats the next two fastest competitors from the quarterfinal heats who are ranked 3rd or 4th will be advanced. The fastest will be assigned to S1 and the next fastest to S2. For the A-Final the 1st & 2nd ranked competitor from each Semi-final heat are assigned to the A-Final plus the next 2 fastest competitors from either Semi-final heat who are ranked 3rd or 4th will also be assigned to the A final, all other Semi-finalists are assigned to the B Final. In case of equal times in the heats for positions 5 and 6 (lucky losers), their qualification times will apply. *If the tie still remains current sprint points will apply; if a tie still remains, then it will be broken by a draw.*	This clause is given its own number for consistency with the ICR. The existing CCR clause 360.3.2.2 is renumbered as 360.3.2.3. (see below) Tie breaking rule added.	2010/11 2011/12
360.3.2.*3*	In sprint competitions with less than 20 competitors in the Qualification Round the jury can decide to use a reduced version of Table A or they can assign competitors directly into the Semi-finals or the A-Final when the number of entries is very low.	Clause number change only.	2011/12
360.3.10	Obstructions can also be sanctioned by competition suspension (ranking the competitor in last place of the relevant heat *and relevant round*) accompanied by a written reprimand (see art. 223.3)		2011/12
360.6.2	*During quarter- and semi-finals, ICR 224.7 does*	*Added for consistency*	2011/12

	not apply.	*and to clean up potential appeal loopholes. Basically says that during sprint heats there is no time to hear from an athlete prior to imposing a sanction.*	
361.3.1	The team with the lowest ~~sprint~~ points *among distance and sprint points of relay team members* starts as number one, the team with the second lowest score as number two and so on. In the case of more teams having an equal total score, the team with the lowest point-holder starts ahead of the other. If this is not sufficient to determine the starting order, then starting order is drawn by lot.	For Team Sprint Competitions - expanded to include sprint and distance points.	2011/12
361.3.3	The start position for the finals will be according to the results from the semifinals (rankings followed by times).	Added clause in association with changes to 361.3.1 (Team Sprint Competitions)	2011/12
361.4	Start~~ing~~ Position *The start will be organized as a mass start (see ICR 351.3.2)* ~~Depending on the starting area, two to six parallel tracks/corridors should be prepared which are straight for approx. 100 m. The starting competitor for team number one starts in lane number one on the starting line. The starter for team number two starts in lane number two, 1 – 3 meters behind the starting line, and so on. The competitors may not change lanes until they have passed the designated end of the starting lanes. This is a mass start competition, see ICR 351.3.~~	For team sprint competitions use mass start set up.	2010/11 2011/12
361.5.3	A ski preparation zone must be provided close to the exchange zone. ~~One service man per team is allowed to work on the competitor's skis during the semifinal and final heats.~~ *The jury decides on the number of service men per team and ~~T~~the* use of waxing tables. ~~depends on the space in this zone and has to be decided by the jury.~~	For team sprints, clarification to provide additional flexibility.	2011/12
394.1.1	It can be made - against decisions of the Jury (see also ICR 224.11) - against the official result lists. This appeal has to be directed exclusively against an obvious and proven calculation mistake.	Link to 224.11 – decisions of a jury not subject to appeal – for clarity	2010/11

PART 2: Updates to Technical Guidelines

The following excerpted guidelines will be implemented at FIS level competitions held in Canada and are based on FIS updates to technical guidelines for World Cup competitions. A full version of the FIS document (Guidelines for FIS Cross Country World Cup Organizers) is available on the FIS website at

http://www.fis-ski.com/uk/disciplines/cross-country-rules/cross-country-rules/wcandcoc.html

- **Start procedure and setting**

Start procedures and settings are standardized:

a. ***Sprint competitions***
Qualifications: A separate track will be set at least in the first 10 meters. Sprint heats: the start positions will be set on a line. A classical track will be set in the first 10 meters (approx.) for all competitions (both Free & Classical technique). Distance between 2 tracks: 1.8m.

b. ***Team Sprint competitions***
Classical tracks will be set in the first 10 to 30 meters for both techniques.

The start positions will be set on a double arrow. (Max 7 athletes/arrow to reduce bottleneck)

c. ***Mass Start***
Classical tracks will be set in the first 10 to 30 meters for both techniques.

The start positions will be set on a double arrow.

A corridor will be prepared in the pre-start zone. The athletes will wait in this zone and enter the starting area in this order: first Bibs 1 to 10 and then the rest of the field.

- **Track setting in competitions in classical technique**

In Mass Start competitions 4 tracks will be set all around the course (except in steep downhills, start). Recommended distance between 2 tracks: 1.3 meters.
In Individual Start competitions 1 track will be set in the ideal line, except in straight uphills (2 tracks), downhill and tight curves (no tracks), if loop is shorter as 5 km (valid for 10 km and 15 km), two tracks might be set.

- **Forerunners**

A sufficient number of forerunners (between 15 and 30) should be available. Classical technique and Mass Start competitions require more forerunners than the other competition formats.

- **Ski testing on the competition course**

Ski testing areas on the competition course are fixed, prepared and organized by the chief of competition (in agreement with the jury).

These zones will be clearly marked and a separate way to ski back to the top/beginning of the zone will be organized.

Ski testing with electronic equipments is not allowed on the competition course. In some exceptional cases the chief of competition in agreement with the jury has the possibility to allow it on a suitable zone (wide part of the course).

- ***No Coaching / Coaching Zones***

  "No Coaching Zones" or "coaching zones" can be used. The chief of competition (in agreement with the jury) can choose between the 2 systems according to the courses and camera plan. In general we should use:

  - *"coaching zones" for sprint competitions*
  - *"no coaching zones" for distance races*

  Their positions will be fixed by the chief of competition (in agreement with the jury) and clearly communicated to the teams at their arrival (map in the team boxes) and confirmed during the TCM.

  NO COACHING ZONES should be marked as follow:

  - *Beginning marked with a red signage and the text "NO COACH BEGIN"*
  - *End of the zone marked with a green signage and the text "NO COACH END"*

  COACHING ZONES should be marked as follow:

  - *Beginning marked with a green signage and the text "COACH BEGIN"*
  - *End of the zone marked with a red signage and the text "COACH END"*

- **Feeding zones:** designate/use several positions/options around the course rather than concentrating feeding into one zone (creates congestion and problems), ensure transit lanes through feeding zones with feeding lanes along the sides, in classic races, classic tracks should extend through the feeding zone - avoid the use of technique free zones in feeding zones

- **Warm-up:** need to have a separate warmup track available and it has to be prepared at the same time as the race course. But it is also desirable to find sections of the course where athletes can warm up providing it is wide enough/ out of TV view etc - responsibility of chief of comp to have a clear warm up plan.

- **Sanctions** for athlete skiing/warming up on closed course - especially during the race or against direction of course marshals: this can be considered as an advantage gained and therefore an infraction that warrants sanction - first time offence may be a verbal warning/written warning. Depending on timing of offence and nature of advantage gained this infraction may also lead to disqualification.

- **Information** regarding potential sanctions needs to clearly communicated in TCM and preferably in writing, use careful language - ie xyz infractions "may lead to a DSQ" never" will lead to a DSQ". Please refer to Jury Guidelines document published: September 2010

- FIS will set up a designated location on the FTP server where all sanctions/video analysis with an explanation and summary of the jury decisions (world cup only for now) will be posted for reference

- In case of jury decisions, especially during sprint heats, quick and efficient communication of decision to all jury members and all stakeholders (TV, commentators, swiss timing, coaches etc) is very important. In domestic events, the Chief of Competition should initiate this process to a predetermined need to know distribution list.
- **TCM:** slides/templates should be prepared by the OC before the TD arrives, FIS will create a standard ppt template for content and agenda (per ICR) and make it available to OC's
- At the fall meetings in Zurich (2010) there was discussion regarding scope of jury responsibility with respect to unsportsmanlike behaviour issues outside of competition (fights in athlete compound, poor behaviour in hotel at night etc): Conclusion - while the 200 section of ICR enables jury responsibility, there was consensus amongst the group that the jury is best to handle issues specific to field of play and venue (incl wax cabins) but that other or larger problems outside of venue (ie evening/hotel/damage/parties/fights etc) are best handled by the respective national federations

Homologation Tables

The following homologation tables from the Canadian Competition Rules have been updated to reflect the new Competition Model (May 2010). These tables are being provided as guidelines pending further review of homologation standards for Canadian competitions.

331 Requirements of the Competitors

331.1 Official Age Categories

For Canadian competitions					
		2012 Comp year	2013 Comp year	2014 Comp year	2015 Comp year
Category		Year of Birth	Year of Birth	Year of Birth	Year of Birth
Atom girls		2003-2005	2004-2006	2005-2007	2006-2008
Pee Wee girls		2000-2002	2001-2003	2002-2004	2003-2005
Midget girls		1998-1999	1999-2000	2000-2001	2001-2002
Juvenile girls		1996-1997	1997-1998	1998-1999	1999-2000
Junior girls		1994-1995	1995-1996	1996-1997	1997-1998
Junior Women		1992-1993	1993-1994	1994-1995	1995-1996
Open women	U23	1989-1991	1990-1992	1991-1993	1992-1994
	Senior	1991 & earlier	1992 & earlier	1993 & earlier	1994 & earlier
Master women	31 and older	1980 & earlier	1981 & earlier	1982 & earlier	1983 & earlier
Atom boys		2003-2005	2004-2006	2005-2007	2006-2008
Pee Wee boys		1999-2002	2000-2003	2001-2004	2002-2005
Midget boys		1997-1998	1998-1999	1999-2000	2000-2001
Juvenile boys		1996	1997	1998	1999
Junior boys		1994-1995	1995-1996	1996-1997	1997-1998
Junior men		1992-1993	1993-1994	1994-1995	1995-1996
Open men	U23	1989-1991	1990-1992	1991-1993	1992-1994
	Senior men	1991 & earlier	1992 & earlier	1993 & earlier	1994 & earlier
Master men	31 and older	1980 & earlier	1981 & earlier	1982 & earlier	1983 & earlier

311.1 **Table for Distances and Course Lengths**

The maximum competition distances for Canadian events are:			
Atom Boys	1.5 km	Atom Girls	1.5 km
PeeWee Boys	3 km	PeeWee Girls	3 km
Midget Boys	10 km	Midget Girls	7.5 km
Juvenile Boys	15 km	Juvenile Girls	10 km
Junior Boys	30km	Junior Girls	20km
Junior Men	30 km	Junior Women	20 km
Senior Men*	50 km	Senior Women*	30 km
Master men*	50km	Master women*	30km

* Racer's in these categories may race beyond these distances in some circumstances (e.g. marathon cup races).

313.1.1 Height Difference (HD)

For Canadian Competitions

Course or Loop Length (km)									
Category	Sprint 0.4-1.8	1.5	2.5	3.0-3.3	3.75	5	7.5	10	15 and over
Atom Girls	10m	10m							
Atom Boys	10m	10m							
Peewee Girls	10m	10m	10m	20m					
Pewee Boys	10m	10m	10m	20m					
Midget Girls	20m	20m	20m	40m	50m	60m	80m		
Midget Boys	20m	20m	20m	40m	50m	60m	80m	80m	
Juvenile Girls	30m	30m	30m	50m	60m	75m	100m	125m	
Juvenile Boys	30m	30m	30m	50m	60m	75m	100m	125m	150m
Junior Boys	50m	50m	50m	65m	75m	100m	125m	150m	200m
Junior Girls	50m	50m	50m	65m	75m	100m	125m	150m	200m
Junior Women	50m	50m	50m	65m	75m	100m	125m	150m	200m
Junior Men	50m	50m	50m	65m	75m	100m	125m	150m	200m
Senior Women	50m	50m	50m	65m	75m	100m	125m	150m	200m
Senior Men	50m	50m	50m	65m	75m	100m	125m	150m	200m
Master Women	50m	50m	50m	65m	75m	100m	125m	150m	200m
Master Men	50m	50m	50m	65m	75m	100m	125m	150m	200m

313.1.2 Maximum Climb (MC)

For Canadian competitions-Recommended Limits:

Category	Sprint Cl 0.4-1.8	1.5	2.5	3.0-3.3	3.75	5.0	7.5	10 and over
Atom Girls	0-10m	10m						
Atom Boys	0-10m	10m						
Peewee Girls	0-10m	10m	10m	10m				
Peewee Boys	0-10m	10m	10m	10m				
Midget Girls	5-15m	15m	25m	25m	25m	25m	30m	
Midget Boys	5-15m	15m	25m	25m	25m	25m	30m	30m
Juvenile Girls	5-20m	20m	35m	35m	35m	35m	50m	50m
Juvenile Boys	5-20m	20m	35m	35m	35m	35m	50m	50m
Junior Boys	10-30m	30m	50m	50m	50m	50m	65m	80m
Junior Girls	10-30m	30m	50m	50m	50m	50m	65m	80m
Junior Women	10-30m	30m	50m	50m	50m	50m	65m	80m
Junior Men	10-30m	30m	50m	50m	50m	50m	65m	80m
Senior Women	10-30m	30m	50m	50m	50m	50m	65m	80m
Senior Men	10-30m	30m	50m	50m	50m	50m	65m	80m
Master Women	10-30m	30m	50m	50m	50m	50m	65m	80m
Master Men	10-30m	30m	50m	50m	50m	50m	65m	80m

313.1.3 Total Climb (TC) – Cdn Competitions

Course Length (km)												
Category	Sprint Cl 0.4-1.8	1.5	2.5	3.0-3.3	3.75	5	7.5	10	15	20	30	50
Atom Girls	0-10m	0-10m										
Atom Boys	0-10m	0-10m										
Peewee Girls	0-10m	10-20m	20-45m	30-60m								
Pewee Boys	0-10m	10-20m	20-45m	30-60m								
Midget Girls	5-15m	10-30m	30-60m	40-75m	40-85m	60-120m	80-180m					
Midget Boys	5-15m	10-30m	30-60m	40-75m	40-85m	60-120m	80-180m	100-210m				
Juvenile Girls	5-20m	10-40m	50-80m	65-90m	65-100m	100-160m	130-220m	175-300m				
Juvenile Boys	5-20m	10-40m	50-80m	65-90m	65-100m	100-160m	130-220m	175-300m	230-400m			
Junior boys	20-60m	20-60m	60-90m	80-110m	80-120m	120-180m	160-265m	200-350m	300-500m	400-650m	500-850m	
Junior girls	20-60m	20-60m	60-90m	80-110m	80-120m	120-180m	160-265m	200-350m	300-500m	400-650m		
Junior Women	20-60m	20-60m	75-105m	100-135m	100-150m	150-210m	200-315m	250-420m	400-600m	600-800m		
Junior Men	20-60m	20-60m	75-105m	100-135m	100-150m	150-210m	200-315m	250-420m	400-600m	600-800m	800-1200m	
Senior Women	20-60m	20-60m	75-105m	100-135m	100-150m	150-210m	200-315m	250-420m	400-600m	600-800m	800-1200m	
Senior Men	20-60m	20-60m	75-105m	100-135m	100-150m	150-210m	200-315m	250-420m	400-600m	600-800m	800-1200	1400-2000
Master Women	20-60m	20-60m	75-105m	100-135m	100-150m	150-210m	200-315m	250-420m	400-600m	600-800	800-1200	1400-2000
Master Men	20-60m	20-60m	75-105m	100-135m	100-150m	150-210m	200-315m	250-420m	400-600m	600-800	800-1200	1400-2000