

CROSS COUNTRY CANADA



CROSS COUNTRY SKIING
RULES AND REGULATIONS

September 2009

2008 International (FIS) Competition Rules with Canadian Modifications

CROSS COUNTRY CANADA Rules and Regulations

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INTRODUCTION

The Cross Country Canada Rules and Regulations 2009 edition includes the FIS International Ski Competition Rules 2008 which have always formed the basis of our Canadian rulebook. The Canadian rules have been modified to reflect changes to age groups, race distances and temperature recommendations for younger athletes emanating from implementation of the LTAD model. Officials and coaches should also review the Competition Model Review (CMR) which discusses these changes and their impact on young athletes in more detail.

The changes to the Canadian rules will be implemented for the 2010 Haywood Ski Nationals and reflected in the technical packages for Nationals. Divisions may choose to roll these changes out over a one or two year period, but should recognize that they will be in effect at Nationals in 2010.

The rules are based on the fundamental premise that they must ensure each competitor a fair and equal opportunity to win. As such, the rules impose a performance code on the competitors, the competition organizers and the officials.

Since many competitions held in Canada do not necessarily require the complexity of the FIS Rules, where necessary, Cross Country Canada has added Canadian rules and interpretations in boxes following the FIS rule. This is particularly evident in situations where the many different age categories in most Canadian competitions have different requirements than the single age categories legislated by the FIS. The FIS Rules with the Canadian inserted rules and the principles embodied therein, forms the Cross Country Canada Rules and Regulations and as such must be followed at all events sanctioned by Cross Country Canada and its divisions.

FIS is the sanctioning body for our Nor-Ams – Open Classes (on rare occasions a Canada Cup), World Cups and Olympic Games. For these competitions the FIS Rules (without the Canadian rules and interpretations) must be followed. (A separate FIS International Ski Competition Rules Book is available on the FIS website <http://www.fis-ski.com/crosscountry/>)

Some events will also have Technical Packages prepared by the sanctioning sport governing body. Technical Packages will contain further guidelines for the conduct of that particular competition. They should be consulted by the competition committee, coaches and athletes.

The 1st Section containing the Rules 100 to 122.2 (General Rules for All CCC Sanctioned Events) has been written specifically for officials, coaches and competitors involved in Canadian events sanctioned only by a Canadian sport governing body. It does not contain the detail of the FIS 200 section. The 200 section still applies to CCC sanctioned events when a particular rule has not been re-written into the 100 section.

Events Committee
Cross Country Canada
September 2009

Some number sequences are purposefully omitted to retain alignment with the FIS ICR 200 Section

100 General Rules for all CCC Sanctioned Competitions

100.1 How to use this Rule Book. This 100 level section of the rules has been written specifically for events which are sanctioned by CCC or by CCC and a CCC Division. It follows the same guidelines as the 200 level sections of the FIS rules but has been simplified to meet the needs of Canadian competitions. Note that for FIS sanctioned competitions held in Canada, the 200 level sections prevails.

All events listed in the Cross Country Canada calendar must be held under Cross Country Canada rules with the exception of Continental Cup or other events which are sanctioned by FIS but are held in Canada, in which case the FIS rules will prevail. The organizer may introduce minor modifications or simplifications to CCC sanctioned events provided they have been approved in advance by the CCC Events Committee or by the Technical Delegate. Rules in which the word “must” is used may not be changed by the CCC Events Committee or by the Competition Jury in any circumstances.

100.1.1 Competitions for athletes with special needs or with controlled entries may be held under adapted rules, provided such rules conform with the basic principles of Cross Country Canada. All changes must be stated in the competition’s technical package.

100.1.2 Amendments to these rules can be requested by the Board of Directors of Cross Country Canada or the Executive Director. Such requests are presented directly to the Events Committee for review. If the Events Committee is in support of such an amendment, it will be presented to the Executive Director for approval at the next Board of Directors meeting.

100.5 Control

All competitions listed in the CCC Calendar must be supervised by a Technical Delegate appointed by the appropriate sport governing association.

100.6 Every legal sanction imposed and published in respect of a competitor, official or coach will be recognized by CCC, its Divisions and their and member clubs respectively.

101 Classification and Types of Competitions

101.3 Classification of Competitions

101.3.1 National Championships

101.3.2 Canada Winter Games

101.3.3 Eastern/Western Canadian Championships

101.3.4 Division Competitions

101.3.5 Club Competitions

101.4 Types of Competitions

CCC Competitions consist of:

101.4.1 Olympic Style Events

101.4.2 Popular Cross Country Competitions, - Loppets

102 CCC Calendar

102.1 Candidature and Announcement

102.1.1 Each Division is entitled to present its candidature for the organizing of the National Championships in accordance with the published criteria for the hosting of National Championships.

102.2 CCC will publish the CCC Calendar on the Internet.

102.5 Calendar Fees

102.5.1 CCC fixes a sanctioning fee for each event published in the CCC Calendar.

103 CCC License

103.1 The CCC license year begins on July 1st and finishes on June 30th of the following year.

103.2 To be eligible for participation in National Championships and Canada Winter Games, a competitor must have a CCC racing license. To be eligible for preferred seeding in other CCC sanctioned events, a competitor must have a CCC racing license. Foreign competitors must have a valid license issued by their National Association.

103.4 During the CCC license year, a competitor may only participate in CCC competitions for the club through which the license was first registered in the current CCC license year.

103.5.5 A competitor whose license has been suspended may have a new license issued after he has proved that any sanctions imposed have been fulfilled.

104 Qualification of Competitors

104.1 CCC will not issue a license to any competitor who:

104.1.1 has conducted himself in an improper or unsportsman-like manner or is not in good standing with CCC, its member divisions or their member clubs.

105 Competitors Obligations and Rights

105.1 The competitors are obliged to make themselves familiar with the appropriate FIS/CCC Rules and must comply with the additional instructions of the Jury.

105.2 Competitors are not permitted to use drugs prohibited by the Canadian Centre for Ethics in Sport

105.3 Competitors must follow the FIS/CCC rules and regulations and instructions of the Jury.

105.5 Competitors must behave in a correct and sportsmanlike manner towards members of the Organizing Committee, officials and the public.

105.6 Support for the Competitors

105.6.1 During a period of preparation, to be defined from time to time by CCC, and during the period of actual competition, a competitor may accept:

105.6.1.1- full compensation for travel to training and competition sites by train, air, car or other means of transport;

105.6.1.2- full reimbursement for accommodation during training and competitions;

105.6.1.3- pocket money;

105.6.1.4- compensation for loss of income according to decisions of CCC;

105.6.1.5- social security including insurance, also covering accident or illness in connection with training or competition;

105.6.1.6- scholarships.

105.7 CCC may reserve funds to secure a competitor's education and future career after retiring from active competitive skiing.
The competitor has no claim to these funds directly. Funds shall be dispensed only according to the judgment of CCC.

106 Sponsorships and Advertising

- 106.1 CCC through its Director for Marketing and Events Management must authorize contracts with a commercial firm or organization for financial sponsorship and/or the supply of goods or equipment. This pertains to agreements that result in corporate branding at the event and is intended to avoid conflicts with CCC brands.

Advertising with reference to tobacco or drugs (narcotics) is forbidden. Advertising with reference to alcohol products is forbidden for junior age athletes.

106.7 Competition equipment at CCC Sanctioned Events

Obscene names and/or symbols on clothing and equipment are forbidden.

107 Advertising and Commercial Markings

Technical Specifications about the size, the form and the number of commercial markings are decided and published by CCC in this rule book. For CCC sanctioned events that do not include any FIS sanctioning, there are no commercial marking rules. (See also Rule 106).

110 Organization of Competition

111 Competition Organization

111.1. The Organizer

- 111.1.1 The organizer of a CCC competition is the person or group of persons who make the necessary preparations and directly carry out the running of the competition.

- 111.1.3 The organizer must ensure that accredited persons accept the regulations regarding the competition rules and Jury decisions.

111.2 The Organizing Committee

The Organizing Committee consists of those members (physical or legal) who are delegated by the organizer. It carries the rights, duties and obligations of the organizer.

112 Insurance

- 112.1 The organizer must ensure liability insurance coverage for all aspects of the competition.

113 Programme

A programme (race notice) of events must be published by the organizers for each competition listed in the CCC Calendar. The program must contain the following:

- 113.1 date and place of the competitions, together with information on the competition sites and the best ways of reaching them;
- 113.2 technical data on the individual competitions and conditions for participation;
- 113.3 names of principal officials;
- 113.4 time and place for the first team captains' meeting and the draw;
- 113.5 timetable for the beginning of the official training and the start times;
- 113.6 location of the official notice board;
- 113.7 time and place for the prize-giving;
- 113.8 final date of entry and address for entries, including telephone, fax and e-mail address and website location

114 Announcements

- 114.1 The Organizing Committee must publish an announcement for the event. It must contain the information required by art. 113. This should be provided through a website format and an associated email notice about the website.
- 114.3 Postponements or cancellations and program alterations of competitions listed in the CCC Calendar must be communicated immediately by telephone, e-mail or telefax to all invited or entered divisions or clubs, and the appointed TD.

115 Entries

- 115.1 All entries must be received by the Organizing Committee before the entry deadline. The Organizing Committee is not obliged to accept any late entries. An online registration process is expected for all NorAm and National Championships events (For example. Zone4 registration)

116 Team Captains' Meetings

- 116.4 Team Captains and coaches must obey the decisions of the Jury and must behave in a proper and sportsmanlike manner.

117 Draw

- 117.1 Competitors' starting order for each event is decided according to a specific formula by draw and/or point order as outlined in the official event announcement and/or the event technical package.(See section 333 and 334 for principles)

118 Publication of Results

- 118.1 The unofficial and official results will be published in accordance with the rules. (Rule 355.1.1)
- 118.2 The Organizing Committee must publish and distribute official results in accordance with instructions outlined in the appropriate technical package.

119 Prizes

- 119.1 The detailed rules concerning the awarding of prizes will be published by CCC. Prizes shall consist of mementos, cheques or cash.

Where numbers warrant, for age groups from Atom B/G to Junior M/F, it is recommended that the event organizing committee provide awards for participants by year of birth in addition to awards for the total category.

- 119.2 If two or more competitors finish with the same time or receive the same points, they shall be given the same placing. They will be awarded the same prizes, titles or diplomas. The allocation of titles or prizes by drawing lots or by another competition is not allowed.
- 119.3 All prizes are to be awarded no later than the final day of a competition or event series.

121 Medical Examinations and Doping

- 121.2 The competitor is responsible for ensuring that the condition of their health is suitable for the competition.
- 121.3 Doping is forbidden in accordance with the WADA Anti-Doping Protocols and those of the Canadian Centre for Ethics in Sport (CCES). Any offence under these rules will be punished to the full extent of these protocols.

122 Competition Equipment

- 122.1 A competitor may only take part in a CCC competition with equipment which conforms to the CCC Regulations. A competitor is responsible for the equipment that they use. It is their duty to check that the equipment they use conforms to CCC specifications and general safety requirements and is in working order.
- 122.2 The term competition equipment encompasses all items of equipment which the athlete uses in competitions. This includes clothing as well as apparatus with technical functions. The entire competition equipment forms a functional unit.

1st Section

200 Joint Regulations for all Competitions

200.1 All events in the FIS Calendar must be held under the applicable FIS Rules.

200.2 Organisation and Conduct

Rules and instructions for the organisation and conduct of the various competitions are to be found in their respective rules.

200.3 Participation

Competitions listed in the FIS Calendar are only open to all properly licensed competitors entered by their National Ski Associations in accordance with current quotas.

200.4 Special Regulations

The FIS Council can authorise a National Ski Association to adopt rules and regulations to organise national or international competitions with different grounds for qualification but only provided that they do not go beyond the limits laid down in the present rules.

200.5 Control

All competitions listed in the FIS Calendar must be supervised by a Technical Delegate of the FIS.

200.6 Every legal sanction imposed and published in respect of a competitor, official or trainer will be recognised by the FIS and the National Ski Associations respectively.

201 Classification and Types of Competitions

201.1 Competitions with Special Rules and/or Limited Participation

National Ski Associations affiliated with the FIS - or clubs belonging to these National Ski Associations with the approval of their association - may invite neighbouring National Ski Associations or their clubs to their own competitions. But these competitions must not be promulgated or announced as international competitions, and the limitation must be made clear in the announcement.

201.1.1 Competitions with special rules and/or limited participation or including non-members may be held under special competition rules as approved by the FIS Council. Any such rules must be published in the announcement.

201.2 Competitions with Non-Members of the FIS

The FIS Council can authorise one of its member National Ski Associations to invite a non-member organisation (military etc.) to competitions, or accept invitations from such an organisation.

201.3 Classification of Competitions

- 201.3.1 Olympic Winter Games, FIS World Ski Championships and FIS World Junior Ski Championships
- 201.3.2 FIS World Cups
- 201.3.3 FIS Continental Cups
- 201.3.4 International FIS Competitions (FIS Races)
- 201.3.5 Competitions with Special Participation and/or Qualifications
- 201.3.6 Competitions with Non-Members of the FIS

201.4 FIS Disciplines

A discipline is a branch of a sport and may comprise one or several events. For example Cross-Country Skiing is a FIS Discipline, whereas the Cross-Country Sprint is an Event.

- 201.4.1 *Recognition of Disciplines in the International Ski Federation*
New disciplines, comprising one or several events, widely practised in at least twenty-five countries and on three continents may be included as part of the programme of the International Ski Federation.

- 201.4.2 *Exclusion of Disciplines from the International Ski Federation*
If a discipline is no longer practised in at least twelve National Ski Associations on at least two continents the FIS Congress may decide to exclude the discipline from the programme of the International Ski Federation.

201.5 FIS Events

An event is a competition in a sport or in one of its disciplines. It results in a ranking and gives rise to the award of medals and/or diplomas.

201.6 Types of Competitions

International competitions consist of:

- 201.6.1 *Nordic Events*
Cross-Country, Rollerskiing, Ski-Jumping, Ski-Flying, Nordic Combined, Team Competitions in Nordic Combined, Nordic Combined with Rollerskiing or In-line, Team Ski-Jumping, Ski-Jumping on plastic jumping hills, Popular Cross-Country
- 201.6.2 *Alpine Events*
Downhill, Slalom, Giant Slalom, Super-G, Parallel Competitions, Combined, KO, Team Competitions
- 201.6.3 *Freestyle Events*
Moguls, Dual Moguls, Aerials, Ski Cross, Half Pipe, Team Event

- 201.6.4 **Snowboard Events**
Slalom, Parallel Slalom, Giant Slalom, Parallel Giant Slalom, Super-G, Half Pipe, Snowboard Cross, Big Air, Special competitions, Slopestyle
- 201.6.5 **Telemark Events**
- 201.6.6 **Firngleiten**
- 201.6.7 **Speed Skiing Events**
- 201.6.8 **Grass Ski Events**
- 201.6.9 **Combined Events with other Sports**
- 201.6.10 **Children's, Masters, Disabled Events, etc.**

201.7 FIS World Championship Programme

- 201.7.1 To be included in the programme of the FIS World Championships, events must have a recognised international standing both numerically and geographically, and have been included for at least two seasons in the World Cup before a decision about their admission can be considered.
- 201.7.2 Events are admitted no later than three years before specific FIS World Championships.
- 201.7.3 A single event cannot simultaneously give rise to both an individual and a team ranking.
- 201.7.4 Medals may only be awarded at the FIS World Championships and FIS Junior World Championships in all disciplines (Alpine, Nordic, Snowboard, Freestyle, Grass Skiing, Rollerski, Telemark, Speed Skiing) when there are a minimum of 8 nations participating in team competitions and 8 nations represented in an individual event.

202 FIS Calendar

202.1 Candidature and Announcement

- 202.1.1 Each National Ski Association is entitled to present its candidature for the organising of the FIS World Ski Championships in accordance with the published "Rules for the Organisation of World Championships"
- 202.1.2 For all other competitions, the registrations for inclusion in the International Ski Calendar have to be made to FIS by the National Ski Association according to the Rules for the FIS Calendar Conference published by the FIS.
 - 202.1.2.1 The applications of the National Ski Associations (NSA) have to be sent to FIS using the FIS Calendar program (<ftp://ftp.fisski.ch/Software/Programs/>) by 31st August (31st May for the Southern Hemisphere).

202.1.2.2 *Allocation of competitions*

Allocation of the competitions to the National Ski Associations is made through the electronic communication process between FIS and the National Ski Associations. In the case of FIS World Cup competitions, the calendars are subject to the approval of the Council, on proposal of the respective Technical Committee.

202.1.2.3 *Homologations*

Competitions that appear in the FIS Calendar may only take place on competition courses or jumping hills homologated by the FIS. The homologation certificate number must be indicated when applying for the inclusion of competition in the FIS Calendar.

202.1.2.4 *Publication of the FIS Calendar*

The FIS calendar is published by FIS on the FIS website www.fis-ski.com. It will be updated to reflect cancellations, postponements and other changes continuously by FIS.

202.1.2.5 *Postponements*

In case of the postponement of a competition listed in the FIS Calendar, the FIS has to be informed immediately and a new invitation must be sent to the National Ski Associations, otherwise the competition cannot be considered for FIS points.

202.1.2.6 *Calendar Fees*

In addition to the annual subscription, a calendar fee is set by the FIS Congress and is due for each year and for each event listed in the FIS Calendar. For additional events, a 50% surcharge will be made in addition to the regular calendar fee for applications submitted 30 days before the date of the competition. The calendar fee for a competition that has to be rescheduled remains the responsibility for payment in full of the original organising National Ski Association.

At the beginning of the season, each NSA will receive an invoice for 70 % of its total invoice from the previous season. This amount will be debited from its FIS account. At the end of the season each NSA will receive a detailed invoice for all registered competitions during the season. The balance will be subsequently be debited or credited to the NSA account at FIS.

202.1.3 *Appointment of Race Organiser*

In the event that the National Ski Association appoints a race organiser, such as an affiliated ski club, it shall do so using the form "Registration Form National Ski Association and Organiser" or by means of a similar written agreement. An application by a National Ski Association for inclusion of an event on the International Ski Calendar shall mean that the necessary agreement to organise the event has been established.

202.2 **Organisation of Races in other Countries**

Competitions which are organised by other National Ski Associations may only be included in the FIS Calendar when the National Ski Association of

the country concerned where the competitions will be organised gives its approval.

203 Licence to participate in FIS Races (FIS Licence)

A licence to participate in FIS races is issued by a National Ski Association to competitors who fulfil the criteria for participation through registering the competitor with FIS in the respective discipline(s).

- 203.1 The FIS licence year begins on July 1st and finishes on June 30th of the following year.
- 203.2 To be eligible for participation in FIS events, a competitor must have a licence issued by his National Ski Association. Such a licence shall be valid in the Northern and Southern hemispheres for the licence year only. The validity of a licence can be limited to participation in one specific country or in one or more specific events.
 - 203.2.1 The National Ski Association must guarantee that all competitors registered with a FIS License to participate in FIS races accept the Rules of the International Ski Federation, in particular the provision which foresees the exclusive competence of the Court of Arbitration for Sport as the court of appeal in doping cases.
- 203.3 A National Ski Association may only issue a FIS licence to participate in FIS races when the competitor has signed the Athletes Declaration in the form approved by the FIS Council and returned it to his National Ski Association. All forms from under-age applicants must be counter signed by their legal guardians.
- 203.4 During the FIS licence year, a competitor may only participate in International FIS competitions with a FIS licence to participate in FIS races issued by one National Ski Association.
- 203.5 A competitor must possess the citizenship and passport of the country for which he/she wishes to compete.
 - 203.5.1 In addition, the competitor must have had his/her principal legal and effective place of residence in the new country for a minimum of two (2) years immediately prior to the date of the request to change registration to the new country/National Ski Association, except where the competitor is born in the territory of the new country or whose mother or father is a national of the new country.
 - 203.5.2 The FIS Council reserves the right in its absolute discretion, to grant or to decline to grant, a change of licence notwithstanding the fulfilment of the aforementioned conditions where it deems there to be truly exceptional circumstances and it is in the best interests of snow sport to do so.
 - 203.5.3 The onus shall be on the athlete to demonstrate in writing to the satisfaction of the FIS Council that such exceptional circumstances exist.

- 203.5.4 Every competitor automatically loses his FIS points if he changes his National Ski Association. The FIS Council may grant exceptions for justifiable cases.
- 203.5.5 A competitor whose licence to participate in FIS races has been suspended may have a new licence to participate in FIS races issued after he has proved that any sanctions imposed have been fulfilled.

204 Qualification of Competitors

204.1 A National Ski Association shall not support or recognise within its structure, nor shall it issue a licence to participate in FIS or national races to any competitor who:

- 204.1.1 has conducted himself in an improper or unsportsmanlike manner or has not respected the FIS medical code or anti-doping rules,
- 204.1.2 accepts or has accepted, directly or indirectly, any money-payments for the participation at competitions,
- 204.1.3 accepts or has accepted a prize of a higher value than fixed by article 219,
- 204.1.4 permits or has permitted his name, title or individual picture to be used for advertising, except when the National Ski Association concerned, or its pool for this purpose, is party to the contract for sponsorship, equipment or advertisements.
- 204.1.5 knowingly competes or has competed against any skier not eligible according to the FIS Rules, except if:
- 204.1.5.1 the competition is approved by the FIS Council, is directly controlled by the FIS or by a National Ski Association, and the competition is announced "open",
- 204.1.6 has not signed the Athletes Declaration,
- 204.1.7 is under suspension.
- 204.2 With the issuance of a licence to participate in FIS races and race entry the National Ski Association confirms, that valid and sufficient accident insurance for training and competition is in place for the competitor and assumes full responsibility.

205 Competitors Obligations and Rights

- 205.1 The competitors are obliged to make themselves familiar with the appropriate FIS Rules and must comply with the additional instructions of the Jury.
- 205.2 Competitors are not permitted to compete while under the influence of doping.

205.3 Competitors must follow the FIS rules and regulations and instructions of the Jury.

205.4 Competitors who do not attend the prize-giving ceremonies without excuse lose their claim to any prize including prize money.
In exceptional circumstances, the competitor may be represented by another member of his team, but this person has no right to take his place on the podium.

205.5 Competitors must behave in a correct and sportsmanlike manner towards members of the Organising Committee, officials and the public.

205.6 Support for the Competitors

205.6.1 *A competitor is registered with FIS by his National Ski Association to participate in FIS races may accept:*

205.6.2 full compensation for travel cost to training and competition,

205.6.3 full reimbursement for accommodation during training and competitions,

205.6.4 pocket money,

205.6.5 compensation for loss of income according to decisions of his National Ski Association,

205.6.6 social security including insurance for training and competition,

205.6.7 scholarships.

205.7 A National Ski Association may reserve funds to secure a competitor's education and future career after retiring from active competitive skiing. The competitor has no claim to these funds which shall be dispensed only according to the judgement of his National Ski Association.

205.8 Gambling on Competitions

Competitors, trainers, team officials and technical officials are prohibited from betting on the outcome of competitions in which they are involved.

206 Sponsorships and Advertising

206.1 A National Ski Association or its pool may enter into contracts with a commercial firm or organisation for financial sponsorship and or the supply of goods or equipment if the specific company or organisation is acknowledged as an Official Supplier or Sponsor by the National Ski Association.

Advertising using photographs, likeness or names of FIS competitors with any sportsman not eligible according to either the FIS eligibility rules or the eligibility rules of the IOC, is forbidden.

Advertising with or on competitors with tobacco or alcohol products or drugs (narcotics) is forbidden.

- 206.2 All compensation under such contracts must be made to the National Ski Association or its ski pool which shall receive the compensation subject to the regulations of each National Ski Association. Competitors may not directly receive any part of such compensation except as stated in art. 205.6. The FIS may at any time call for a copy of the contract.
- 206.3 Equipment goods supplied to and used by the national team must, with reference to markings and trade marks, conform with the specifications stated in art. 207.
- 206.4 Competition Equipment at FIS Events**
Only the competition equipment, according to the FIS rules on advertising, provided by the National Ski Association, complete with the commercial markings approved by the National Ski Association, may be worn in FIS World Cup and FIS World Ski Championship competitions. Obscene names and/or symbols on clothing and equipment are forbidden.
- 206.5 Competitors are not permitted to take off one or both skis or snowboard before crossing the red line in the finish area, as defined by the organiser.
- 206.6 At FIS World Ski Championships, FIS World Cups and all events of the FIS Calendar, a competitor is not allowed to take equipment (skis/board, poles, ski boots, helmet, glasses) to the official ceremonies which have anthems and/or flag raising. Holding/carrying equipment on the victory podium after conclusion of the whole ceremony (handing over trophies and medals, national anthems) for press photos, pictures, etc. is however permitted.
- 206.7 Winners presentation / Equipment on the podium**
At FIS World Ski Championships and all events of the FIS Calendar, a competitor is allowed to take the following equipment on the podium:
- Skis / Snowboards
 - Footwear: The athletes may wear their boots on their feet, but are not allowed to wear them anywhere else (such as around their neck). Other shoes cannot be taken on the podium during presentation except if they are worn on the feet.
 - Poles: not on/around skis, normally in the other hand
 - Goggles: either worn or around the neck
 - Helmet: if worn only on the head and not on another piece of equipment, e.g. skis or poles
 - Ski straps: maximum of two with name of the producer of skis; eventually one can be used for a wax company
 - Nordic Combined and Cross-Country Ski Poles Clips. A clip can be used to hold the two poles together. The clip can be the width of the two poles, though not wider than 4 cm. The length (height) can be 10 cm. The long side of the clip is to be parallel to the poles. The commercial marking of the pole manufacturer can cover the entire surface of the clip.
 - All other accessories are prohibited: waist bags with belt, phones on neckbands, bottles, rucksack/backpack, etc.

206.8 An unofficial presentation (flower ceremony) of the winner, and the winners ceremony immediately after the event in the event area with the national anthem even before the protest time has expired, is allowed at the organiser's own risk. Visible wearing of the starting bibs is mandatory.

206.9 Visible wearing of the starting bib of the event or other outerwear of the NSA is mandatory in the restricted corridor (including the leaderboard and TV interview locations).

207 Advertising and Commercial Markings

Technical Specifications about the size, the form and the number of commercial markings are decided by the FIS Council each spring for the following competition season and published by the FIS.

207.1 The rules covering advertising on equipment must be followed.

207.2 Any competitor who breaches these rules shall be reported to the FIS forthwith.

207.3 If a National Ski Association fails to enforce these rules or for any reason prefers to refer the case to the FIS, the FIS may take immediate steps to suspend a competitor's licence. The competitor concerned and/or his National Ski Association have the right to make an appeal before a final decision is taken.

207.4 If an advertiser uses the name, title or individual picture of a competitor in connection with any advertisement, recommendation or sale of goods without the approval or knowledge of the competitor, the competitor may give a "power of attorney" to his National Ski Association or to the FIS to enable them, if necessary, to take legal action against the company in question. If the competitor concerned fails to do so, the FIS shall judge the situation as if the competitor had given permission to the company.

207.5 The FIS Council shall review if and how far infractions or breaches of rules have taken place in regard to qualification of competitors, sponsorship and advertising and support for the competitors.

207.6 In all competitions of the FIS Calendar (especially for the FIS World Cups) the "FIS Advertising Guidelines" must be observed in regard to advertising possibilities in the competition area, respectively in the TV area. These "FIS Advertising Guidelines", approved by the FIS Council, are an integral part of the FIS contracts with cup organisers.

208 Electronic Media including Television, Radio and New Media

208.1 Definitions

In the context of this rule the following definitions will apply:

Television is defined as the distribution and reception of television programmes, both analogue and digital, comprising video and sound, by means of a television screen receiving signals over the air, by wire, or

through connection with a cable or satellite service. Pay-per-view, subscription, interactive, video on demand services and IPTV may also be included in this definition, depending on the rights acquired and exploited.

Radio is defined as the distribution and reception of radio programmes, both analogue and digital, over the air, by wire or via cable to devices, both fixed and portable.

New Media are defined as the distribution and reception of digital content (text, audio, video, images, etc) to fixed, mobile or portable devices by means of wireless communications technologies, the Internet and any other similar technology existing or still to be invented.

208.2 General Principles

208.2.1 Rights of the National Member Associations

Each of the FIS affiliated National Ski Associations, and only those Associations, is entitled to enter into contracts regarding the sale of rights to television, radio and new media distribution of FIS events which the Association organises in its country.

In cases where a National Ski Association organises events outside its own country, the following rules also apply to bi-lateral agreement.

Such contracts shall be prepared in consultation with the FIS and shall be in the best interest of the sports of skiing and snowboarding and of the National Ski Associations.

This applies to the transmission in the Association's own country as well as for transmission in other countries.

208.2.2 Access to events

In all cases, admission to the different media areas will be determined by the type of access granted to rights holders and non-rights holders.

208.2.3 Control by the FIS Council

The FIS Council exercises control over the adherence by National Ski Associations and all organisers to the principles of art. 208.2.1. Contracts, or individual clauses thereof, which adversely affect the interests of the FIS, of a member National Ski Association, or of its organiser must be appropriately evaluated by the FIS Council.

208.2.4 Olympic Winter Games, FIS World Championships

All Electronic Media rights to the Olympic Winter Games and FIS World Championships belong to the IOC and to the FIS respectively.

208.3 Television

208.3.1 Best and most extensive publicity through high quality TV

In terms of agreements with a TV organisation or agency, attention must be paid to the quality of TV transmissions for all ski and snowboard events - especially for FIS World Cup competitions - published in the FIS Calendar, in particular concerning:

- Top quality and optimal production of a TV signal in which sport is the centrepiece;
- Adequate consideration and presentation of advertising and event sponsors;
- A standard of production appropriate to current market conditions for the discipline and level of the FIS competition series, especially the production of the entire event for live transmission, including coverage of all competitors and a world feed;
 - Transmission on those TV channels offering the greatest potential audience exposures based on size and/or demographics.
- Where it is appropriate to the nature of TV market in the region of the host nation, there should be live TV transmission in the country where the event takes place and in the most interested other countries.
- Live TV transmission must include appropriate graphics, particularly the official FIS logo, timing and data information and results, and international sound.

208.3.2 *Production costs*

The expenses relating to accessing the basic television signal (original picture and sound without commentary) and other production costs have to be agreed between the producing company or the agency/company managing the rights, as applicable, and the networks having bought the rights.

208.3.3 *Short Reports*

Short reports and information (news access) are to be provided to television companies according to the following rules, recognising that in a number of countries national legislation and broadcaster relations govern the use of news material.

- a) In those countries where legislation exists regarding news access to sporting events then this legislation will apply for reporting on FIS events.
- b) In those countries where agreements exist between competing broadcasters regarding news access on programme material acquired on an exclusive basis by one network, then those agreements will apply.
- c) In those countries where the TV rights on FIS competitions are acquired and transmitted on an exclusive basis and no agreement exists regarding news access by competing networks, then a maximum of 180 seconds news access will be granted to competing networks four hours after the rights holder has shown the competition. The use of this material will cease 48 hours after the end of the competition. If the rights holding network delays its transmissions by more than 72 hours from the end of the competition, then competing networks can show 60 seconds of news material 48 hours after the event itself.
- d) In those countries where no transmission rights have been purchased by a national television company, all television organisations will be able to transmit news access of 180 seconds as soon as the material is available.

News reports will be produced and distributed by the host broadcaster or the agency/company managing the rights, unless an alternative arrangement is agreed, and will be restricted to regularly scheduled news bulletins.

208.4 Radio

The promotion of FIS events through radio programmes will be encouraged by making available accreditation to the principle radio station(s) in each interested country. The access granted will be solely for the production of radio programmes, which can also be distributed without change to their content on the internet site of the radio station.

208.5 New Media

208.5.1 Internet

On a national level, if the television rights holder has acquired the necessary rights, it can distribute moving images on his own web site, provided that the site is geoblocked against access from outside its own territory.

If the necessary rights have not been acquired, and also for access from outside the country, broadcasters will be able to place photographs of the competition (maximum one photo per minute) on their websites. For access to video material they will direct the visitor to the FIS website which will be the only source of Internet news access on an international scale.

The maximum duration of the news material from the competitions to be placed on the FIS website will be 30 seconds per discipline/per session. There will be no limit on non competition material. The news material will be provided within two hours and a half of the end of the competition or, for major events, within four and a half hours by the company responsible for the international programme of FIS World Cup events, and will be available on the website until 48 hours after the end of the event.

208.5.2 Mobile and portable devices

The content of any live streaming of television programmes on a national basis through mobile and portable devices shall not be different to the programmes available through normal distribution channels.

News clips of a maximum duration of 20 seconds will be offered to operators on the condition that they pay all related editing and distribution costs as well as any rights payment that may be requested by and negotiated with the rights owner concerned. Should they seek to have more material for their services then this will be a matter of negotiation with the relevant rights holder. To ensure that this provision is not abused, these longer reports shall be produced and distributed by the company responsible for the international programme of FIS World Cup events.

208.5.3 Future technologies

The principles governing New Media contained in this Rule 208.5 shall be the basis for the exploitation of FIS rights by future technologies, and the FIS Council, on the recommendation of the relevant commissions and experts will establish the limitations considered appropriate.

209 Film Rights

Agreement between a film producer and an organiser of FIS World Championships or other international competitions regarding film recording of those events must be approved by the FIS Council if the films are to be shown for commercial purposes in other countries than those in which the competition takes place.

210 Organisation of Competition

211 The Organisation

211.1 The Organiser

211.1.1 The organiser of a FIS competition is the person or group of persons who make the necessary preparations and directly carry out the running of the competition in the resort.

211.1.2 If the National Ski Association itself is not the competition organiser, it may appoint an affiliated club to be the organiser.

211.1.3 The organiser must ensure that accredited persons accept the regulations regarding the competition rules and Jury decisions, and in World Cup races the organiser is obliged to obtain the signature of all persons who do not have a valid FIS season accreditation to this effect.

211.2 The Organising Committee

The Organising Committee consists of those members (physical or legal) who are delegated by the organiser and by the FIS. It carries the rights, duties and obligations of the organiser.

211.3 Organisers which hold competitions involving competitors not qualified under art. 203 - 204 have violated the International Competition Rules and measures are to be taken against them by the FIS Council.

212 Insurance

212.1 The organiser must take out liability insurance for all members of the Organising Committee. The FIS shall provide its employees and appointed officials, who are not members of the Organising Committee (e.g. equipment controller, medical supervisor, etc.), with liability insurance when they are acting on behalf of the FIS.

212.2 Before the first training day or competition, the organiser must be in possession of a binder or cover notes issued by a recognised insurance company and present it to the Technical Delegate. The Organising Committee requires liability insurance with coverage of at least CHF 1 million; whereby it is recommended that this sum is at least CHF 3 million; this sum can be increased according to decisions of the FIS Council (World Cup etc).

Additionally, the policy must explicitly include liability insurance claims by any accredited participant, including athletes, against any other participant including but not limited to officials, course workers, coaches, etc

212.3 The Organiser respectively its' National Ski Association may request the FIS insurance broker to arrange cover for the competition (at the cost of the Organiser) if the organiser does not have the necessary insurance cover in place.

212.4 All racers participating in FIS events must carry accident insurance, in sufficient amounts to cover accident, transport and rescue costs including race risks. The National Associations are responsible for adequate insurance coverage of all their racers sent and inscribed by them. The National Ski Association or their competitors must be able to show proof of the respective insurance coverage at any time on request of the FIS, one of its representatives or the organising committee.

213 Programme

A programme must be published by the organisers for each competition listed in the FIS Calendar which must contain the following:

213.1 name, date and place of the competitions, together with information on the competition sites and the best ways of reaching them,

213.2 technical data on the individual competitions and conditions for participation,

213.3 names of principal officials,

213.4 time and place for the first team captains' meeting and the draw,

213.5 timetable for the beginning of the official training and the start times,

213.6 location of the official notice board,

213.7 time and place for the prize-giving,

213.8 final date of entry and address for entries, including telephone, telefax and e-mail address.

214 Announcements

214.1 The Organising Committee must publish an announcement for the event. It must contain the information required by art. 213.

214.2 Organisers are bound by the rules and decisions of the FIS in limiting the number of entries. A further reduction in entries is possible under art. 201.1 provided it is made clear in the announcement.

214.3 Postponements or cancellations of competitions and programme alterations must be communicated immediately by telephone, e-mail or telefax to the FIS, all invited or entered National Ski Associations and the

appointed TD. Competitions moved to an earlier date must be approved by the FIS.

215 Entries

- 215.1 All entries must be sent so that the Organising Committee receives them before the final date of entry. The organisers must have a final and complete list not later than 24 hours before the first draw.
- 215.2 National Ski Associations are not permitted to enter the same competitors in more than one competition on the same date.
- 215.3 Only National Ski Associations are entitled to make entries for international competitions. Every entry should include:
- 215.3.1 code number, name, first name, year of birth, National Ski Association;
- 215.3.2 an exact definition of the event for which the entry is made.
- 215.4 Entries for FIS World Championships (see Rules for the Organisation of FIS World Championships).
- 215.5 The entry of a competitor by the National Ski Association for a race shall constitute a contract solely between the competitor and the organiser and shall be governed by the Athletes Declaration.

216 Team Captains' Meetings

- 216.1 The time and location of the first team captains' meeting and of the draw must be shown in the programme. The invitations for all other meetings have to be announced to the team captains at their first meeting. Emergency meetings must be announced in good time.
- 216.2 Representation by a substitute from another nation during discussions at team captains' meetings is not allowed.
- 216.3 The team captains and trainers must be accredited by the organisers according to quota.
- 216.4 Team captains and trainers must obey the ICR and the decisions of the Jury and must behave in a proper and sportsmanlike manner.

217 Draw

- 217.1 Competitors' starting order for each event and each discipline is decided according to a specific formula by draw and/or point order.
- 217.2 The competitors entered by a National Ski Association will only be drawn if provided written entries have been received by the organiser before the closing date.
- 217.3 If a competitor is not represented at the draw by a team captain or trainer, he will only be drawn if it is confirmed by telephone, telegram, e-mail or

telefax by the beginning of the meeting that the competitors who are entered will participate.

217.4 Competitors who have been drawn and are not present during the competition, must be named by the TD in his report, indicating if possible the reasons for absence.

217.5 Representatives of all the nations taking part must be invited to the draw.

217.6 If a competition has to be postponed by at least one day, the draw must be done again.

218 Publication of Results

218.1 The unofficial and official results will be published in accordance with the rules for the specific event.

218.1.1 Transmission of Results

For all international competitions, there must be direct communication between the Start and the Finish. In Olympic Winter Games the communications must be assured by fixed wiring.

In the data service area, access to the internet (at least ADSL speed) is required for World Cup, World Championships and Olympic Winter Games competitions.

218.2 The data and timing generated from all FIS competitions is at the disposal of FIS, the organiser, the National Ski Association and participants for use in their own publications, including websites. Use of data and timing on websites is subject to the conditions laid down in the FIS Internet Policies.

218.3 FIS Internet Policies and Exchange of Data relating to the FIS Competitions

218.3.1 General

As part of the ongoing promotion of skiing and snowboard, the International Ski Federation encourages and appreciates the efforts made by the National Ski Associations to provide messages and information to their members and fans. An increasingly important medium for this provision of information is through the Internet.

The following policy has been established in order to assist National Ski Associations through the provision of data from FIS competitions, and to clarify certain conditions that relate to the use and presentation of the data from FIS competitions.

218.3.2 FIS Calendar data

A specific FIS Calendar programme has been developed for the free use of National Ski Associations and other third parties. An updated Fiscal zip file containing revised calendar information will be available every week from the ftp site: <ftp://ftp.fis.ch> for uploading into the FIS Calendar programme.

Thereafter it may be exported into National Ski Association's own software if necessary for planning purposes, etc. This data may not be passed on to third parties or organisation for commercial use.

218.3.3

Results and Standings

National Ski Associations can obtain official results, after they have been approved by the FIS points verification procedure at the FIS Office. This data will be available on request to the FIS IT Manager who will provide the necessary instructions and/or routines on a case-by-case basis. The FIS World Cup results will include a credit to the results service providers. Standings from the various Cup series will also be available after receipt from the results service providers in the case of the FIS World Cup, or they have been input manually for other Cup series.

1. The results and data from FIS competitions may only be used on the National Ski Associations', Organisers' and participants' websites and may not be passed on for commercial use to third parties or organisations.

The National Ski Association may download the data into its' own software for evaluating performances, etc.

2. National Ski Associations who wish to display results on their website, but do not have a database structure to upload the raw data can create a link to the relevant page of the FIS website. The exact addresses can be obtained from the FIS IT Manager.
3. A link will be established from the FIS Website to all National Ski Associations with their own website, as well as the ski industry and relevant media websites on requests. A reciprocal link to the FIS website should also be created.

218.3.4

Organisers access to results

Organisers of FIS World Cup races can obtain official results from their races after they have been approved by the FIS points verification procedure in the results database. The upload is a computer-automated procedure for World Cup races and takes place immediately after the end of the race.

The pdf file containing the results and standings can be downloaded from www.fis-ski.com and from <ftp://ftp.fis-ski.ch/> followed by the discipline code and the name of the site: AL (Alpine), CC (Cross-Country), JP (Ski Jumping), NK (Nordic Combined); SB (Snowboarding), FS (Freestyle) etc. The individual competition can be identified by the competition codex as published on the detailed page of the calendar on www.fis-ski.com.

219

Prizes

219.1

The detailed rules concerning the awarding of prizes will be published by the FIS. Prizes shall consist of mementos, diplomas, cheques or cash. Prizes for records are forbidden. The FIS Council decides in the autumn on the minimum respectively maximum values of the prize money

approximately one and a half years before the competition season. The organisers have to inform the FIS by October 15th of the amount.

219.2 If two or more competitors finish with the same time or receive the same points, they shall be given the same placing. They will be awarded the same prizes, titles or diplomas. The allocation of titles or prizes by drawing lots or by another competition is not allowed.

219.3 All prizes are to be awarded no later than the final day of a competition or event series.

220 Service Personnel, Suppliers and Firms' Representatives

In principle these regulations apply to all disciplines, taking into consideration the special rules.

220.1 The Organising Committee of an event must provide the Technical Delegate with a list of suppliers and equipment service personnel accredited to the competition.

220.2 It is forbidden for suppliers and for persons in their service to advertise inside the restricted area or to wear clearly visible commercial markings on their clothing or equipment which do not conform with art. 207.

220.3 Accredited service personnel and suppliers receive from the FIS an official FIS accreditation and must perform their specified function. The individual organisers are free to accredit additional company representatives or other important persons.

220.4 All accredited service personnel, suppliers and other persons who have the official FIS accreditation or a special accreditation from the organiser for course or jumping-hill have access to the courses and jumping-hills (according to special rules of the discipline).

220.5 The Different Types of Accreditation

220.5.1 Technical Delegates, the Jury, and the persons mentioned in art. 220.3 with clearly visible accreditation have access to the courses and jumping-hills.

220.5.2 Servicemen attached to teams are permitted entry to start area and service area at the finish. They are not allowed entry to the courses or jumping-hills.

220.5.3 Company representatives accredited at the discretion of the organisers who do not have FIS accreditation are not permitted entry to the courses and restricted service areas.

221 Medical Services, Examinations and Doping

221.1 National Ski Associations are responsible for the fitness of their competitors to race. All competitors, male and female are required to undergo a thorough evaluation of their medical health. This evaluation is to be conducted within the competitor's own nation.

221.2 If requested by the FIS Medical Committee or its representative, competitors must undergo a medical examination before or after the competition.

221.3 Doping is forbidden. Any offence under these FIS Anti Doping Rules will be punished under the provisions of the FIS Anti-Doping Rules.

221.4 Doping controls may be carried out at any FIS competition (as well as out-of competition). Rules and procedures are published in the FIS Anti-Doping Rules and FIS Procedural Guidelines.

221.5 Gender of the Competitor

If any question or protest arises as to the gender of the competitor, FIS shall assume responsibility for taking the necessary steps to determine the gender of the competitor.

221.6 Medical Services Required from Event Organisers

The health and safety of all those involved in a FIS competition is a primary concern of all event Organisers. This includes the competitors as well as volunteers, course workers and spectators.

The specific composition of the medical support system is dependent on several variables:

- The size and level of the event being held (World Championships, World Cup, Continental Cup, FIS-level, etc.)
- The estimated number of competitors, support staff and spectators
- The scope of responsibility for the Event Medical Organisation (competitors, support staff, spectators) should also be determined.

The Organiser / The Chief of Medical and Rescue Services must confirm with the race director or technical delegate that the required rescue facilities are in place before starting the official training or competition. In the event of an incident, the back up plan must be in place before recommencing the official training or competition.

The specific requirements concerning facilities, resources, personnel and team physicians are contained in the respective discipline rules and the FIS Medical Guide containing Medical Rules and Guidelines.

222 Competition Equipment

222.1 A competitor may only take part in a FIS competition with equipment which conforms to the FIS Regulations. A competitor is responsible for the equipment that he uses (skis, snowboard, bindings, ski boots, suit, etc). It is his duty to check that the equipment he uses conforms to the FIS specifications and general safety requirements and is in working order.

222.2 The term competition equipment encompasses all items of equipment which the competitor uses in competitions. This includes clothing as well as apparatus with technical functions. The entire competition equipment forms a functional unit.

222.3 All new developments in the field of competition equipment must be approved in principle by the FIS.
The FIS does not take any responsibility for the approval of new technical developments, which at the time of introduction may contain unknown risk to the health or cause an increase in the risk of accidents.

222.4 New developments must be submitted by May 1st, at the latest, for the following season. The first year new developments can only be approved provisionally for the following season and must be finally confirmed prior to the subsequent competition season.

222.5 The Committee for Competition Equipment publishes equipment by-laws after approval by the FIS Council (definitions or descriptions of the equipment items which are allowed).
In principle unnatural or artificial aids which modify the performance of the competitors and/or constitute a technical correction of the individual's physical predisposition to a defective performance, as well as competition equipment which impact the health of the competitors or increase the risk of accidents are to be excluded.

222.6 Controls

Before and during the competition season or on submission of protests to the Technical Delegate at the competition concerned, various controls can be carried out by members of the Committee for Competition Equipment or official FIS Equipment Controllers. Should there be a well-founded suspicion that regulations were violated, the equipment items must be confiscated immediately by the controllers or Technical Delegates in the presence of witnesses and be forwarded sealed to the FIS, which will submit the items to a final control by an officially recognised institution. In cases of protest against items of the competition equipment, the losing party will bear the investigation costs.

No testing of equipment or material in independent laboratories may be requested at races where a FIS Technical Expert has performed the controls, unless it can be demonstrated that the controls have not been carried out according to the rules.

222.6.1 At all FIS events where official FIS measurement experts using the official FIS measurement tools are appointed, the result of measurements carried out at the time are valid and final, irrespective of previous measurements.

223 Sanctions

223.1 General Conditions

223.1.1 *An offence for which a sanction may apply and a penalty be imposed is defined as conduct that:*

- is in violation or non-observance of competition rules, or
- constitutes non-compliance with directives of the jury or individual members of the jury in accordance with 224.2 or
- constitutes unsportsmanlike behaviour

- 223.1.2 *The following conduct shall also be considered an offence:*
- attempting to commit an offence
 - causing or facilitating others to commit an offence
 - counselling others to commit an offence
- 223.1.3 *In determining whether conduct constitutes an offence consideration should be given to:*
- whether the conduct was intentional or unintentional,
 - whether the conduct arose from circumstances of an emergency
- 223.1.4 All FIS affiliated associations, including their members registered for accreditation, shall accept and acknowledge these rules and sanctions imposed, subject only to the right to appeal pursuant to the FIS Statutes and ICR
- 223.2 Applicability**
- 223.2.1 *Persons*
These sanctions apply to:
- all persons who are accredited by the FIS or the organiser for an event published in the FIS calendar (an event) both within and without the confines of the competition area and any location connected with the competition, and
 - all persons who are not accredited, within the confines of the competition area
- 223.3 Penalties**
- 223.3.1 *The commission of an offence may subject a person to the following penalties:*
- Reprimand - written or verbal
 - Withdrawal of accreditation
 - Denial of accreditation
 - Monetary fine not more than CHF 100'000.--
 - A time penalty
- 223.3.1.1 FIS-affiliated associations are liable to the FIS for the payment of any fines and incurred administrative expenses imposed on persons whose registration for accreditation they arranged.
- 223.3.1.2 Persons not subject 223.3.1.1 also are liable to the FIS for fines and incurred administrative expenses. If such persons do not pay these fines, they shall be subject to a withdrawal of any permission to apply for accreditation to FIS events for a period of one year.
- 223.3.1.3 Payment of fines is due within 8 (eight) days following their imposition.
- 223.3.2 *All competing competitors may be subject to the following additional penalties:*
- Disqualification
 - Impairment of their starting position
 - Forfeiture of prizes and benefits in favour of the organiser
 - Suspension from FIS events

223.3.3 A competitor shall only be disqualified if his mistake would result in an advantage for him with regard to the end result, unless the Rules state otherwise in an individual case.

223.4 A jury may impose the penalties provided in 223.3.1 and 223.3.2, however they may not impose a monetary fine of more than CHF 5'000.-- or suspend a competitor beyond the FIS event at which the offence occurred.

223.5 The following Penalty decisions may be given verbally:

- reprimands
- the withdrawal of accreditation for the current event from persons who had not been registered with the organiser through their National Associations
- the withdrawal of the accreditation for the current event from FIS-accredited persons
- the denial of accreditation to the current event from persons who are within the confines of the competition area or any other location connected with the competition.

223.6 The following Penalty decisions shall be in writing:

- monetary fines
- disqualification
- impaired starting position
- competition suspensions
- withdrawal of accreditation from persons who had been registered through their National Association
- withdrawal of accreditation of FIS accredited persons

223.7 Written Penalty decisions must be sent to the offender (if it is not a competitor), the offender's National Association and the Secretary General of FIS.

223.8 Any disqualification shall be recorded in the Referee's and/or the TD's Report.

223.9 All penalties shall be recorded in the TD's Report.

224 Procedural Guidelines

224.1 Competence of Jury

The Jury at the event has the right to impose sanctions according to the above rules by majority vote. In the case of a tie, the chairman of the Jury has the deciding vote.

224.2 Within the location, especially during the training and the competition period, each voting Jury member is authorised to issue oral reprimands and withdraw the accreditation which is issued for the current event.

224.3 Collective Offences

If several persons commit the same offence at the same time and under the same circumstances, the Jury's decision as to one offender may be considered binding upon all offenders. The written decision shall include

the names of all offenders concerned, and the scope of the penalty to be assessed upon each of them. The decision will be delivered to each offender.

224.4

Limitation

A person shall not be sanctioned if proceedings to invoke such sanction have not been commenced against that person within 72 hours following the offence.

224.5

Each person who is a witness to an alleged offence is required to testify at any hearing called by the Jury, and the Jury is required to consider all relevant evidence.

224.6

The Jury may confiscate objects that are suspected of being used in violation of equipment guidelines.

224.7

Prior to the imposition of a penalty (except in cases of reprimands and withdrawal of accreditation according to 223.5 and 224.2), the person accused of an offence shall be given the opportunity to present a defence at a hearing, orally or in writing.

224.8

All Jury decisions shall be recorded in writing and shall include:

224.8.1

The offence alleged to have been committed

224.8.2

The evidence of the offence

224.8.3

The rule (s) or Jury directives that have been violated

224.8.4

The penalty imposed.

224.9

The penalty shall be appropriate to the offence. The scope of any penalty imposed by the Jury must consider any mitigating and aggravating circumstances.

224.10

Remedies

224.10.1

Except as provided for in 224.11, a penalty decision of the Jury may be appealed in accordance with the provisions in the ICR.

224.10.2

If an appeal is not filed within the deadline established in the ICR, the penalty decision of the Jury becomes final.

224.11

The following decisions of the Jury are not subject to appeal:

224.11.1

Oral penalties imposed under 223.5 and 224.2

224.11.2

Monetary fines less than CHF 1'000.-- (One Thousand Swiss Francs) for single offence and a further CHF 2'500.-- for repeated offences by the same person.

224.12

In all remaining cases, appeals are to be directed to the Appeals Commission, as per the ICR.

224.13 The Jury shall have the right to submit to the Appeals Commission recommendations for penalties in excess of monetary fines of CHF 5'000.- and suspensions beyond the event in which the offence occurred (223.4).

224.14 FIS Council shall have the right to submit to the Appeals Commission comments with respect to any written penalty decisions by the Jury.

224.15 Costs of Proceedings

Fees and cash expenses, including travel expenses (costs of the proceedings) are to be calculated comparable to costs paid to TD's and are to be paid by the offender. In the case of a reversal of Jury decisions, in whole or in part, the FIS covers all costs.

224.16 Enforcement of Monetary Fines

224.16.1 The FIS oversees the enforcement of monetary fines and the costs of proceedings. Enforcement costs are considered costs of the proceedings.

224.16.2 Any outstanding monetary fines imposed on an offender is considered a debt of the National Association to which the offender is a member.

224.17 Benefit Fund

All monetary fines are paid into the FIS Youth Promotion Fund.

224.18 These rules are not applicable to any violation of FIS Doping rules.

225 Appeals Commission

225.1 Appointments

225.1.1 The FIS Council shall appoint from the Discipline Sub-committee for Rules (or Discipline Committee if there is no Rules Sub-Committee) a Chairman and a Vice Chairman of the Appeals Commission. The Vice Chairman shall preside when the Chairman is either unavailable or is disqualified for bias and prejudice.

225.1.2 The Chairman shall appoint 3 members, which may include himself, to the Appeals Commission from the Discipline Rules Sub-Committee (or Discipline Committee if there is no Rules Sub-committee) for each case appealed or submitted to be heard, whose decisions shall be by majority vote. When serving on an Appeals Commission, members are independent of the FIS Council.

225.1.3 To avoid either actual bias and prejudice or the appearance of bias and prejudice, members appointed to an Appeals Commission shall not be members of the same National Association as the offender whose case is under appeal. In addition, members appointed to an Appeals Commission must report voluntarily to the Chairman any bias and prejudice they may hold for or against the offender. Persons who are biased and prejudiced shall be disqualified from serving on the Appeals Commission by the Chairman or, in the event the Chairman is disqualified, by the Vice Chairman.

225.2 Responsibility

225.2.1 The Appeals Commission shall only hold hearings with respect to appeals by offenders or by the FIS Council from decisions of competition juries, or matters referred to it by competition juries recommending penalties in excess of those provided for in the Sanction rules.

225.3 Procedures

225.3.1 The Appeal must be decided within 72 hours of receipt of the Appeal by the Chairman, unless all parties involved in the Appeal agree in writing to an extension of time for the hearing.

225.3.2 All appeals and responses must be submitted in writing, including any evidence the parties intend to offer in support of or in response to the Appeal.

225.3.3 The Appeals Commission shall decide on the location and format for the Appeal.
The Appeals Commission members are required to respect the confidentiality of the appeal until the decision is made public and to consult only with the other members of the panel during the deliberations.
The Chairman of the Appeals Commission may request additional evidence from any of the parties involved, providing this does not require disproportionate means.

225.3.4 The Appeals Commission shall allocate costs of the appeal pursuant to 224.15.

225.3.5 Decisions of the Appeals Commission may be announced orally at the conclusion of the hearing. The decision, together with its reasoning, shall be submitted in writing to the FIS, which shall deliver them to the parties involved, their National Associations and all members of the Jury whose decision was appealed. In addition, the written decision shall be available at the FIS Office.

225.4 Further Appeals

225.4.1 Decisions of the Appeals Commission, may be appealed to the FIS Court in accordance with Article 52; 52.1 and 52.2 of the Statutes.

225.4.2 Appeals to the FIS Court shall be in writing and submitted to the FIS Secretary-General in accordance with the time limits prescribed in Article 52; 52.1 and 52.2 of the Statutes from the date of the publication of the Appeals Commission decision.

225.4.3 An Appeal to the Appeals Commission or to the FIS Court will not delay the implementation of any penalty decision of the Competition Jury or Appeals Commission.

226 Violation of Sanctions

Where there is a violation of a sanction that has been imposed (according to ICR 223 or the FIS Anti-Doping Rules, the Council may impose such further and other sanctions that it considers appropriate.

In such cases, some or all of the following sanctions may apply:

226.1 Sanctions against individuals involved:

- a written reprimand;

and/or

- a monetary fine not to exceed the sum of CHF 100'000.--

and/or

- competition suspension at the next level of sanction - for example if a three month suspension for a doping offence was imposed, a violation of the suspension will cause a two year suspension; if a two year suspension for a doping offence was imposed, a violation of the suspension will cause a lifetime suspension;

and/or

- withdrawal of accreditation from individuals involved.

226.2 Sanctions against a National Ski Association:

- withdrawal of FIS funding to the National Ski Association;

and/or

- cancellation of future FIS events in the country involved;

and/or

- withdrawal of some or all FIS membership rights, including participation in all FIS calendar competitions, voting rights at the FIS Congress,

2nd Section

300 Cross-Country Competitions

300.1 FIS sanctioned competitions are governed by the following FIS publications: ICR – first section (200s), second section (300s), World Cup Rules, Rules and Guidelines of the FIS Points and annual Cross-Country Guidelines approved by the Cross-Country Committee.

A. Organisation

301 The Organising Committee (OC)

301.1 An OC must be appointed for an international competition. The OC consists of members appointed by the National Ski Association (NSA) and the OC. The OC administers the rights, duties and obligations of the organiser. See article 210.

For Canadian competitions: An OC must be appointed for a national championship.

302 The Competition Officials

302.1 Appointment of the Competition Officials

302.1.1 *FIS appointed officials are*

- At Olympic Winter Games (OWG) and World Ski Championships (WSC): the Technical Delegate (TD), Assistant TD, Jury Members and FIS Race Director (RD)
- At World Cup (WC) and Junior World Ski Championships (JWSC): the TD, Assistant TD and FIS Race Director
- At Continental Cups (COC) and FIS competitions: the TD

302.1.2 *NSA appointed officials are*

- At JWSC, WC, COC and FIS-competitions: National Assistant TD

302.1.3 *Organising Committee Appointed Members*

The Organiser appoints all other members. The Chair of the OC or his/her Assistant represents the OC to the public and chairs the meetings of the OC. He/she cooperates before and after the competition closely together with FIS see art. 210.

Within the OC there must be one person appointed as the Chief of Competition who is qualified to conduct the competition and to supervise the technical aspects of the competition. The Competition Officials are specialists who are particularly well qualified for their assigned duties. Each official is allowed to do only one job. Officials must be easily recognized by their uniforms, armbands or badges.

302.1.4 *For the OWG, WSC and JWSC the chief of competition must be a qualified FIS TD.*

302.1.5 *The TD must be constantly informed by the OC of progress in their preparatory work and of changes that may have to be made.*

302.2 Competition Officials Appointed by the Chief of Competition

302.2.1 *The Competition Officials are*

- competition secretary
- chief of course
- chief of timekeeping and data processing
- chief of stadium
- chief of control and competition security

The chief of competition will appoint other officials as necessary.

302.3 The Competition Officials and their Duties

302.3.1 *The chief of competition*

- is responsible for all aspects of the competition
- informs the TD constantly about the preparatory work and about changes that may have to be made
- must check that all officials responsible for the organisation of the competition are qualified enough to ensure that the competition is carried out in accordance with the International Competition Rules (ICR)
- supervises the work of the competition officials
- is chair of the Team Captains' meetings, a member of the Jury and the OC's representative in dealings with the TD.
- is responsible for the control functions and the security aspects of the competition.
- Provides for optimal TV coverage and media working conditions

302.3.2 *The competition secretary*

- reports to the chief of competition
- is responsible for all secretarial work concerned with the technical aspects of the competition
- prepares all the forms for the start, timing, calculation, draw and controls
- checks that the entries are correct and with valid FIS code
- checks the FIS Points and quotas on the limited start competitions
- organizes Team Captains' meetings
- prepares and distributes start lists
- prepares and distributes competition information (invitation, team communications and results package)
- records and distributes the minutes of the Team Captains' meetings and Jury meetings with the approval of the TD
- arranges for the earliest possible publication of unofficial results and for the distribution of the official results, including any possible disqualification
- must hand over protests immediately to the Jury.

- 302.3.3 *The chief of course*
- reports to the chief of competition
 - should be familiar with the course homologation requirements
 - has the knowledge how to use the course preparation equipment related to different snow conditions to obtain the optimal course preparation.
 - must be able to set the track in the ideal line and place it or remove it correctly in curves and in the downhill
 - is responsible for the preparation of the ski-testing areas, warm-up tracks, the marking and fencing of the course, temperature measurements, first aid posts, feeding stations, and for providing the facilities for intermediate timing
 - uses the course preparation groups and the forerunners to ensure the course is in the best possible condition.
 - must send at least two course closers or a vehicle around the course after the last competitor
- 302.3.4 *The chief of timekeeping and data processing*
- reports to the chief of competition
 - is responsible for the direction and coordination of the officials working in the timing area
 - supervises manual timers, electronic timers, intermediate timekeepers and calculations officials' work
 - coordinates the locations of intermediate timing with the host broadcaster.
 - coordinates the work of the starter, the finish referee and the finish controller with the chief of stadium.
 - Supervises the data processing services and provides media information support
- 302.3.5 *The chief of stadium*
- reports to the chief of competition
 - is responsible for all activities in the stadium area. This includes flow of competitors to the start, ski-marking, commercial markings, ski-marking control at the finish, flow from the finish area, support for anti-doping controllers
 - provides fencing, course markings and signs in the stadium area
 - coordinates the placement of the start and finish lines with the chief of timekeeping
 - coordinates all course preparations on the stadium with the chief of course.
 - coordinates with the chief of control and competition security for the effective stadium access and control for competitors, coaches, service personnel and the media.
 - prepares mixed zone in the finish area (refer to the FIS Cross-Country Homologation Manual).
- 302.3.6 *The chief of control and competition security*
- reports to the chief of competition
 - coordinates his activities with the chief of stadium and the chief of course

- decides together with the chief of competition and the TD on the suitable placing of controllers
- informs controllers of their duties, particularly about the articles 314, 340 and 341
- equips controllers with control cards and other material that may be necessary and assigns them to their locations
- collects all pertinent information and control cards after the competition and reports any incidents to the Jury
- for OWG, WSC, WC and JWSC competitions, is responsible for security and access into and along the course, in team preparation areas and in the stadium area.
- Two controllers are necessary for each post. The number and placing of the controllers is determined without notifying the competitors, coaches or other officials. The controllers at each post record violations and the passing of the competitors. They may use video equipment. After the competition they must inform the chief of control and competition security of any violations to the rules and be ready to testify before the Jury.

302.3.7 *Other Officials of the Competition are*

302.3.7.1 *The chief of media information*

- In cooperation with the chief of competition and chief of course, chief of stadium, chief of control and competition security is responsible for providing optimal working conditions for media, equipment suppliers and competition officials in the media areas and the mixed zone. This includes the layout of the mixed zone, the positions for photographers, journalists and commentators. Rooms for press conferences and related media infrastructure must be provided.
- is also responsible for the flow of pertinent information to the press, radio and TV, and for the efficient functioning of the loudspeakers at the stadium area.

302.3.7.2 *The chief of medical services*

- is responsible for the organisation of all medical and first aid arrangements and for the quick transport of patients to the nearest appropriate medical facility
- is responsible for providing facilities for medical testing and treatment.

The first aid and medical services must be completely operational during all training times. Details of the Medical Support Requirements are given in chapter 1 of the FIS Medical Guide containing Medical Rules and Guidelines.

303 The Jury and its Duties

303.1 Members of the Jury

303.1.1 *For all Olympic Winter Games (OWG) and World Ski Championships (WSC) the following will serve in the Jury*

- the TD, who is chair of the Jury
- the Assistant TD

- the Chief of Competition
- two other foreign members appointed by the FIS.
They are appointed by the FIS Council on proposal by the CCC.

303.1.2 *For WC and JWSC the Jury will consist of the following*

- the TD, who is chair of the Jury and carries the deciding vote
- the Assistant TD (appointed by FIS)
- the Chief of Competition
- the National TD Assistant (appointed by the host NSA in cooperation with the regional TD coordinator)

303.1.3 *For COC and FIS competitions the Jury will consist of the following*

- the TD, who is chair of the Jury
- the Chief of Competition
- the National TD Assistant (appointed by the host NSA)

303.1.2 *If a CCC sanctioned competition is run concurrently with a FIS sanctioned competition and for the Canada Winter Games, the Jury will be composed as in the FIS rule 303.1.3 above.*

303.1.3 *For other Cross Country Canada sanctioned competition not covered by CAN-303.1.2, the jury will consist of the following:*

- *the TD who is chair of the Jury*
- *the Chief of Competition*
- *plus one of the following appointments:*
 - *a Visiting Team Coach (appointed by the Team Leaders)*
 - *a P/TSO appointee to act as an Assistant TD*

303.2 **Duties of the Jury**

303.2.1 The Jury must ensure that the competition is organized and carried out according to the FIS Rules. The responsibilities begin when the jury is appointed and are ended when protests from the final competition have been decided and the Official Results are produced. The first Jury meeting should be held before the first official training.

For Canadian competitions: The Jury must ensure that the competition is organized and carried out according to the CCC Rules. The responsibilities begin when the jury is appointed and are ended when protests from the final competition have been decided.

303.2.2 *The Jury must clarify and decide*

- whether a competition shall be postponed, interrupted or cancelled. If the temperature is below -20 ° C, measured at the coldest point of the course, a competition will be postponed or cancelled by the Jury. With difficult weather conditions (e.g., strong wind, high air humidity, heavy snowfall, or high temperature) the Jury may, in consultation with the Team Captains of the participating teams and the doctor responsible for the competition, postpone or cancel the competition

For Canadian competitions: With air temperatures below -20°C (temperature measured at the coldest point of the course and without wind factor) and competition distances less than or equal to 15 km, the Jury must postpone or cancel the competition. With competition distances greater than 15 km and temperature less than -18°C without wind factor, the Jury must postpone or cancel the competition.

For Atom and Pee Wee age groups, with air temperatures below -15C (temperature measured at the coldest part of the course and without wind factor), the Jury must postpone or cancel the competition.

With any difficult weather conditions (e.g. strong winds, high air humidity, heavy snow, icy track conditions) at any air temperature, the Jury may, on consultation with the Team Leaders of the participating teams and the doctor responsible for the competition, postpone, cancel or shorten the competition:

- if "force majeure" was the reason for a competitor's late arrival at the start
- whether reserves may be included and late entries accepted
- whether protests should be accepted and sanctions or disqualification announced
- whether to apply for sanctions against an athlete or coach
- whether there will be a change of starting order and method of start in special cases, see article 334

- any questions not covered by FIS Rules

For Canadian competitions: While adhering to the basic principles of the rules, the Jury may effect minor modifications to the rules providing the word "must" has not been used in formulating the rule.

303.2.3 Within the location, especially during the official training and competition times, each voting Jury member is authorized to issue oral reprimands and withdraw the accreditation which is valid for the current event.

303.2.4 Decisions of the Jury are made by a majority vote. In the case of a tie, the chairman of the Jury has the casting vote.

304 The Role of the Technical Delegate (TD) and Assistant Technical Delegate (ATD) at WC, WSC, OWG, JWSC

304.1 Authority

304.1.1 The TD is the delegate of the FIS to the organising body, and is a guarantor for the FIS that the competition is conducted in accordance with the FIS Rules. The TD must have a valid TD license. The TD has the responsibility to involve and utilize the FIS appointed assistant TD and the NSA appointed assistant TD in the preparation, the carrying out and the follow up of the competition. The TD is responsible for organising the work of the jury.

For Canadian competitions: The TD is the delegate of the sport governing body to the organizing body, and is a guarantor for CCC that the competition is conducted in accordance with the CCC Rules. The TD is responsible for organizing the work of the jury. The TD must advise and assist the organizers in a helpful manner.

304.2 Appointment

304.2.1 For all OWG, WSC and WC competitions the TD and Assistant TD must be from another nation. For other international competitions, TDs from the same nation may be appointed. Competitions which appear regularly in the FIS Calendar shall have a foreign TD at least every four years.

304.2.2 For OWG, WSC, JWSC and WC competitions the TD and Assistant TD are appointed by the FIS CCC. For OWG and WSC the appointments of the CCC must be confirmed by the FIS Council. For other international competitions the TDs are appointed by the Sub-Committee for Rules and Control. For JWSC, WC, COC and FIS competitions the NSA must appoint a National Assistant TD who is supervised and instructed by the TD.

304.2.3 Persons holding a position of responsibility for a Nations Team are not permitted to be nominated for the position of a TD or Jury member for OWG, WSC, JWSC and WC.

304.3 TD Duties before the Competition

304.3.1 The TD must arrive at the site in due time before the competition so that a check can be made before the beginning of the official training, and that the correct preparations for training and competition are being carried out, and make any necessary improvements prior to the start of competition. At competitions where the FIS Race Director is not present the tasks of the RD become the responsibility of the TD see article 306.1.

304.3.2 Before the competition the TD is responsible for

- being in touch with the FIS Race Director and the OC from the time of his appointment.
- visiting the site for OWG and WSC the summer prior to the competition, and if decided by CCC to other organisers as well
- keeping the CCC informed of the preparations being made for the competition
- ensuring that official training is organized according to article 338
- checking that the accommodation, meal and travel arrangements for the competitors are satisfactory and make recommendations for improvement when necessary
- deciding if a reserve course, or changes on parts of the homologated course, proposed by the organiser, should be used due to poor snow conditions, or conditions caused by force majeure.
- checking the homologation documents for WC, COC and FIS competitions
- ensuring that sufficient equipment is available for the correct preparation of the courses

- checking that all documents (plans and profiles of the courses with all technical data, invitations, etc.) necessary for the information of the participating teams are available in due time
- ensure that wax cabins have adequate heating and ventilation.
- deciding, in collaboration with the chief of competition and the chief of course, when the course shall be prepared, the optimal line, the width of the track, and safety precautions.
- reviewing the layout of the stadium with the chief of competition to ensure suitable working conditions in the start and finish area for the Jury, the competition officials and coaches, and controlled access to the start and from the finish for the competitors
- checking the start procedures for the competition format
- checking the arrangements for Jury and Team Captains' meetings
- checking with the competition secretary for the procedures for entries, grouping, the draw and the production of prompt start and result lists
- checking the quality and accuracy of information given to the teams
- performing a test draw prior to the actual draw when a computer draw is being used
- preparing the agenda together with the chief of competition
- supervising the Team Captains' meetings
- giving general information and clarify rule changes
- supervising, the grouping and the draw, and determining the place and time of Jury meetings
- supervising the location of the first aid service and the organisation of the medical care
- reviewing the accreditation and authorization for entry to the competition courses and restricted zones.
- checking if the organiser is in possession of a valid rule book and a valid FIS-points list, and preparing the inclusion of the athletes codes into the result list
- coordinating with the organiser the locations for technique control
- checking the liability insurance

The TD should be able to ski the course, and make a judgement of the course preparations. He can designate this responsibility to a Jury member.

304.4 TD Duties during the Competition

304.4.1 During the competition the TD must

- arrive at the race site two hours before the start of the first competition or earlier if weather conditions are difficult
- review, on arrival, a report from the chief of competition and the chief of course that provides a detailed update of all preparations for the competition
- ensure that competition equipment and commercial marking comply with the rules
- be present in the stadium area unless other arrangements have been communicated to the chief of competition
- supervise every aspect that might influence the success of the competition, and make the necessary decisions or adjustments

- try to stay in regular contact by radio with members of the Jury or at least have permanent contact with the chief of competition and the chief of course
- actively encourage good team work and quality assurance among time keeping, data management and information distribution personnel.

304.5 TD Duties after the Competition

304.5.1 After the competition the TD must

- receive a final report from the chief of competition, the chief of course, the chief of control and competition security and others
- meet with the Jury to make any necessary decisions
- obtain the unofficial result list from the competition secretary and checks it together with him
- check that the athlete's codes and FIS points are included in the result list
- calculate the race penalty.
- check that the official results are published (including FIS Website)

304.5.2 Within three days after the competition, the TD shall submit to the FIS Office, the organiser and the association of the organiser, a detailed written report on the preparation, the organisation and the carrying-out of the competition as well as the competence of the technical preparations. For OWG and WSC, this report must be submitted also to the FIS Council.

304.5.3 If a disqualification or a sanction has occurred provide quality documentation sufficient for the appeal process.

304.6 Assistant TD (WC, WSC, OWG, JWSC)

The Assistant TD must possess a TD-licence for Cross-Country and is responsible for the following special functions:

- Determine by inspection the validity of the stadium and courses after arrival
- Insure that the correct and timely preparation of the competition facility (Stadium, course, athletes area, warm up track, service area)
- Provide early communication with coaches and team leaders for feedback
- Completion of the TD report form with any additional comments deemed relevant.

305 Reimbursement of Expenses

305.1 Requirements of the Organisers

305.1.1 The TD has a right to reimbursement for his travel expenses (highway taxes included), as well as free accommodation and meals during the assignment. This rule also applies to agreed inspections as well as the trip to the competition (train, first class; for longer distances air fare, tourist class; or payment of a per kilometre fee of CHF 0.70 or equivalent). In addition a fixed daily rate of CHF 100 is added for the travel days to and from, as well as each day of the assignment, which includes postage charges for

mailing reports, etc. Double charges (e.g. travelling home on the same day as the last race) are not permitted. If overnight accommodation during the journey to and from the assignment is necessary, this must be justified and reimbursed separately.

The maximum payment for personal vehicle transportation cannot exceed the equivalent cost of an airfare in economy class.

For Canadian competitions: The Event Organizer must reimburse Cross Country Canada and/or Divisional TDs for travel expenses, car mileage at the rate of \$0.42 per kilometre or, if travelling a long distance, air fare must be offered as an alternative and any mileage claim cannot exceed the cost of an economy airfare.. They must provide room and board near the competition site.

305.1.2 *Reimbursement applies as follows:*

- For OWG, WSC and JWSC special regulations applies.
- at WC for the TD, the foreign Assistant TD, and the national appointed assistant TD
- at other international competitions for the TD and the national appointed assistant TD.

306 FIS Race Director (RD)

This official is nominated by the FIS for competitions of the highest category (see art. 302.1.1 and 302.1.2). The FIS Race Director must possess a TD-License for Cross-Country.

306.1 The main duties of RD are

- to represent the interests of the International Ski Federation
- to schedule and conduct inspections of the OWG, WSC ,WC, JWSC sites
- to ensure that the FIS Hosting Agreement is signed between FIS, the NSA and the LO/OC
- to oversee that all aspects of the organizer's contract are correctly fulfilled
- to monitor the proper operation of the event according to the regulations and guidelines of FIS and to report issues to the FIS Sub-Committees as necessary
- to provide coordination and support to all Jury members by providing information and advice
- to manage and collaborate with FIS Cross-Country Marketing aspects
- to be the main representative from FIS who will interface with the Host Broadcaster and determine specific race schedules and contingencies.

307 Team Captains' Meeting

307.1 Procedure

307.1.1 Before each competition a Team Captains' meeting is carried out. It should take place one day before the competition.

- 307.1.2 The date, time and place of the Team Captains' meeting has to be published in the competition program (article 216). The TD and the chief of competition decide how many representatives per participating team and how many accredited officials are allowed to take part in the Team Captains' meeting.
- 307.1.3 At OWG, WSC, WC and JWSC competitions the seating arrangements of the participating teams have to be marked.
- 307.1.4 At OWG, WSC, WC and JWSC competitions the Team Captains' meeting is held in English and also in the original language of the Organiser if necessary. Supplementary translations should be provided.
- 307.1.5 The Team Captains' meeting is conducted by the chief of competition.
- 307.1.6 At the Team Captains' meeting, a majority of the voting members is enough for a jury recommendation. Each team has one vote.
- 307.1.7 When necessary, the Jury may decide to interrupt the meeting in order to make a decision on recommendations and bring this result back to the meeting (article 303.2.2).
- 307.2 Agenda**
- 307.2.1 A written agenda has to be distributed for the Team Captains' meeting. It is prepared by the competition secretary in cooperation with the chief of competition and the TD (article 304.3.2).
- 307.2.2 *At all international competitions the agenda normally contains the following items*
- Roll call
 - introduction of the members of the OC
 - introduction of the Jury, if necessary appointment of the Jury
 - weather forecast
 - checking of the entries or grouping of the competitors (article 333 and 334)
 - draw (article 336)
 - description of the stadium (access, ski marking, start, finish, exchange zone for relay, tents for clothes changing, exit etc.)
 - description of the course (access, profile, locations for intermediate timing and feeding, security problems, course markings etc.)
 - preparation of the course
 - time, locations and regulations for ski testing
 - times and courses for training
 - general information from the TD
 - general information from the Organiser
 - general information from the FIS Race Director.
- 307.2.3 Minutes which contain all topics of discussion, jury decisions and the recommendations made must be taken at the Team Captains' meeting.

B. The Cross-Country Courses - Homologation - Technique Definitions - Preparations - Stadium

311
311.1

Competition Formats and Programs Table for Distances and Course Lengths

Race Format	Competition Distance (km)	Course Length (km)
Interval start competition	5, 7.5, 10, 15, 30, 50	2.5, 3.3, 3.75, 5, 7.5, 10, 12.5, 15, 16.7
Mass Start competition	10, 15, 30, 50	2.5, 3.3, 3.75, 5, 7.5, 10
Popular competitions	No limitations	No limitations
Pursuit competition	5, 7.5, 10, 15	2.5, 3.3, 3.75, 5, 7.5, 10
Relay competition (teams with 3 or 4 competitors, can include mixed gender)	2.5, 3, 3, 5, 7.5, 10	2.5, 3.3, 3.75, 5
Individual Sprint Men	1 – 1.8	0.5 – 1.8
Individual Sprint Ladies	0.8 – 1.4	0.4 – 1.4
Team Sprint Men	2x(3-6) 1 – 1.8	0.5 – 1.8
Team Sprint Ladies	2x(3-6) 0.8 – 1.4	0.4 – 1.4

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	7.5 km	Midget Girls	7.5 km
Juvenile Boys	15 km	Juvenile Girls	10 km
Junior Male	30 km	Junior Female	20 km
Senior Men*	50 km	Senior Women*	30 km
Masters Men*	50 km	Masters Women*	30 km

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

This table is valid for organizing multi-lap races but when choosing a short course with many laps the overall distance, start format and course width must be considered.

Individual sprint competitions can be carried out on one or more laps. Team Sprint competitions should normally be carried out on one lap.

311.2 The Programs for OWG, WSC, JWSC, WC and FIS Competitions

311.2.1 As a principle the number of competitions in the two techniques should be equal in WC every year, and the same for the championships.

311.3 OWG and WSC

311.3.1 *For the OWG and the WSC competitions, the program is*

Interval start competitions:	Men:	15 km C/F
	Ladies:	10 km C/F
Mass start competitions:	Men:	50 km C/F
	Ladies:	30 km C/F
Pursuit competitions: (Without a break)	Men:	15 km C – 15 km F
	Ladies:	7.5 km C – 7.5 km F
Relay competitions:	Men:	4 x 10 km C/F
	Ladies:	4 x 5 km C/F
Individual Sprint competitions:	Men:	1.0 – 1.8 km C/F
	Ladies:	0.8 – 1.4 km C/F
Team Sprint competitions (one team composed of two athletes per nation):	Men	1.0 – 1.8 km C/F
	Ladies	0.8 – 1.4 km C/F

The composition of the program can change due to the fact that there are more competition days available during the OWG than at WSC. The TV coverage will be a major factor in these considerations.

The pursuit competition will take place without a break, one set of medals, and the order of technique will always be classical first, then free. The relay competitions will be conducted using two legs classical first, then two free technique legs.

311.4 World Cup

The program for the World Cup season is determined by the FIS every year. The program is normally based on the competition formats and distances used in the WSC program. Distances and techniques are decided annually. To be able to make a further development of the Cross-Country sport, test competitions can be a part of the WC program. Long distance competitions may be included. In the Team Sprint Competition a maximum of two teams per nation can start (see also FIS World Cup Rules and Guidelines available on the FIS Website).

311.5 JWSC

311.5.1 *For JWSC competitions the formats, distances and techniques will be*

	Ladies	Men
Interval	5 km F*	10 km F*
Pursuit	5/5 km C/F	10/10 km C/F

Sprint	0.8 – 1.4 km C*	1 – 1.8 km C*
Relay	4 x 3.3 km C/F	4 x 5 km C/F

* Interval and Sprint competitions will alternate techniques each year.

311.6 Other FIS competitions

Format and distances in accordance with article 311.1.

- Other sprint formats and longer distances in accordance with FIS Cross-Country guidelines
- Pursuit competitions with a break may be organized on the same day or on different days with alternating techniques and equal or different distances.

312 Description of the Cross-Country Competition Courses

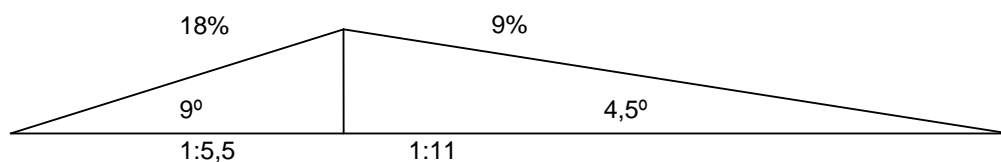
312.1 Fundamental Characteristics

312.1.1 Cross-Country courses must be laid out so that they provide a technical, tactical and physical test of the competitors' qualifications. The degree of difficulty should be in accordance with the level of the competition. The course should be laid out as naturally as possible to avoid any monotony, with rolling undulating sections, climbs, and downhill sections. Where possible, the course should be laid out through woodland.

Rhythm should not be broken by too many sharp changes in direction or steep climbs. The downhill sections must be laid out so that they create a challenge to the competitors. At the same time it should be possible to ski the course even under fast conditions.

312.1.2 *In principal, the Cross-Country course should consist of*

- One-third up hills defined as climbs with a gradient between 9% (1:11) and 18% (1:5.5) with height differences over 10 meters plus some short climbs steeper than 18% (see article 313.1.1)



- One-third undulating, rolling terrain, utilizing all terrain features with short climbs and downhills (with height differences of 1-9 meters).
- One-third varied downhills, demanding versatile downhill techniques.

312.1.3 At FIS Cross-Country competitions the courses may only be used in the direction established for the competition.

312.1.4 A ski glide testing area with testing tracks for all participating teams must be located close to the stadium. It should be close to the team wax cabins and warm up track. The testing tracks must be prepared to the same standard as the competition tracks.

312.1.5 A separate track along the side of the competition course should be available for officials and spectators.

313 The Homologation

313.1 Norms for Courses

For Canadian competitions: The height differences, maximum climbs, and total climb norms as stated below are considered guidelines for designing courses. Therefore, these limits may be exceeded in competitions to take into consideration that there is often more than one category competing on the same course.

313.1.1 *Height Difference (HD)*

The difference in height (HD) between the lowest and highest points of a competition course may not exceed:

0.4 –1.8 km Sprint	50 m
2,5 km	50 m
3,3 km	65 m
3,75 km	75 m
5 km	100 m
7.5 km	125 m
10 km	150 m
15 km and over	200 m

For Canadian Competitions

Course or Loop Length (km)						
Category	1.5	3.3	5	7.5	10	>10
Atom Girls	10m					
Atom Boys	10m					
Peewee Girls	10m	25m				
Pewee Boys	10m	25m				
Midget Girls	20m	30m	75m	100m		
Midget Boys	20m	30m	75m	100m		
Juvenile Girls			100m	125m	150m	
Juvenile Boys			100m	125m	150m	
Junior Female		65m	100m	125m	150m	200m
Junior Male		65m	100m	125m	150m	200m
Senior Women		65m	100m	125m	150m	200m
Senior Men		65m	100m	125m	150m	200m
Master Women		65m	100m	125m	150m	200m
Master Men		65m	100m	125m	150m	200m

313.1.2 *Maximum Climb (MC)*

The difference in height of a single climb (PHD) must not exceed these limits but can be interrupted by a section of undulating terrain that does not exceed 200 m in length or a down hill that does not exceed 10 m. PHD.

0.4-1.8 km Sprint free	0-30 m
0.4-1.8 km Sprint classical	10-30 m, (average gradient 12-18 %)
2.5 km	50 m
3,3 km	50 m
3,75 km	50 m
5 km	50 m
7.5 km	65 m
10 km and over	80 m

For Canadian competitions-Recommended Limits:

Course or Loop Length (km)									
Category	Sprint	1.5	2.5	3.3	3.75	5.0	7.5	10	>10
Atom Girls		5m							
Atom Boys		5m							
Peewee Girls		5m	10m	10m					
Peewee Boys		5m	10m	10m					
Midget Girls			10m	15m	15m	20m	20m	20m	
Midget Boys			15m	20m	20m	25m	25m	25m	
Juvenile Girls	15m*		20m	20m	20m	25m	30m	30m	
Juvenile Boys	15m*		20m	20m	20m	25m	30m	30m	
Junior Female	30m		45m	45m	45m	45m	45m	75m	75m
Junior Male	30m		45m	45m	45m	45m	55m	65m	65m
Senior Women	30m		50m	50m	50m	50m	65m	75m	75m
Senior Men	30m		50m	50m	50m	50m	65m	75m	75m
Master Women			40m	40m	40m	45m	45m	50m	50m
Master Men			40m	40m	40m	45m	45m	50m	50m

* For sprint distances greater than 600 m.

313.1.3

Total Climb (TC)

The total climb (TC) should be within:

0.4 – 1.8 km Sprint free	0 – 60 m
0.4 – 1.8 km Sprint classical	20 – 60 m
2,5 km	75 – 105 m
3,3 km	100 – 135 m
3,75 km	100 – 150 m
5 km	150 – 210 m
7.5 km	200 – 315 m
10 km	250 – 420 m
15 km	400 – 600 m
30 km	800 – 1200 m
50 km	1400 – 2000 m

For Canadian competitions-Recommended Limits:

Category	Course Length (km)											
	Sprint	1.5	2.5	3.3	3.75	5.0	7.5	10	15	20	30	50
Atom Girls		10m										
Atom Boys		10m										
Pewee Girls		15m	25m	30m								
Pewee Boys		15m	25m	30m								
Midget Girls			35m	55m	65m	75m	125m					
Midget Boys			50m	60m	75m	100m	150m					
Juvenile Girls	20m*		65m	85m	100m	125m	175m	250m				
Juvenile Boys	20m*		75m	100m	125m	150m	220m	300m	400m			
Junior Female	30m		85m	120m	135m	175m	250m	300m	400m	650m		
Junior Male	30m		105m	135m	150m	210m	315m	400m	600m	800m	1200m	
Senior Women	30m		85m	120m	135m	175m	250m	300m	400m	650m	1000m	
Senior Men	30m		105m	135m	150m	210m	315m	420m	600m	800m	1200m	2000m
Master Women			85m	120m	135m	175m	250m	330m	400m	650m	800m	
Master Men			105m	135m	150m	210m	315m	400m	500m	650m	1000m	1400m

* For sprint distances greater than 600 m.

313.1.4

Width of Courses:

The width of courses must be according to the following table from the Homologation Manual.

Category Homologated for these competitions

- A Individual CLASSIC technique. (minimum width 3 m)
- B Same as A + Individual FREE technique, Relay CLASSIC technique (normal width in up hills 4 m)
- C Same as B + Relay FREE technique, Mass Start CLASSIC technique, Sprint CLASSIC technique (normal width in up hills 6 m)
- D Same as C + Relay BOTH techniques, Mass Start FREE technique, Sprint FREE technique (normal width in uphill is 9 m)
- E Pursuit competitions: Two courses category C and D or one course with a minimum width in uphill 12 m.

The requirements for width are based on measurements when the course is prepared for skiing and fenced off for the competition.

313.1.5

At OWG, WSC, JWSC and WC competitions, the highest point of a Cross-Country course should not exceed 1800 m.

313.2 Norms for Course Profiles and Homologation Procedure

See Homologation Manual available on FIS Website.

313.3 Homologation Procedure

313.3.1 All FIS Cross-Country competitions should be carried out on homologated courses. For WC competitions the courses must be homologated two years before the competition.

For Canadian competitions:

All sites hosting Junior and Senior National Championship, Continental Cup, and Canada Winter Games competitions must have homologated courses.

Cross Country Canada will adopt the general philosophy and principles for homologation as set out in Article 313.3 and in accordance with the practical interpretations found in the FIS Homologation Guidelines for Inspectors. The principles contained in these documents will be endorsed with the following modifications:

Adjustment to the requirements for major climbs. One but not both reductions may be applied.

A1: Reduce the lower limit for PHD (Partial Height Difference) to 80% of FIS requirements. (see FIS Table 313.3.2)

A2: Reduce the number of A climbs by 1 from the stated number on courses greater than 5 km (see FIS Table 313.2.2) The target accuracies for measuring distances will be +/- 2% up to a maximum of 500 metres, whichever is less. FIS does not state allowances.

For example: 5 km. +/- 2% = 100 metres; 10 km. +/- 2% = 200 metres; etc.

313.3.2 NSAs who plan to host these competitions must apply to the FIS Office for homologation of the courses of their Organisers. For more information refer to the FIS Homologation Manual.

For Canadian competitions: Bid Procedures and Homologation

Sites bidding for National Championships (Junior, Senior or combined) must show that they have courses which meet homologation standards.

313.3.3 For OWG, WSC, JWSC, and WC the FIS Cross-Country Committee will appoint a homologation inspector from another country for these Organisers. This inspector will remain in charge of the homologation process until the final homologation report has been submitted. A homologation fee must be paid to the FIS Office in order to complete the homologation process. The amount of the fee will be calculated as follows:

- Application fee CHF 100.-- plus
- Homologation fee CHF 100.-- for each course

313.3.4 The Organiser is required to contact the inspector within one month of the appointment.

313.4 Duties and Responsibilities of the Organisers

313.4.1 To begin the homologation process the Organisers must consult with the inspector in order to start the work. The following information must be made available:

- name and address of their official contact person for homologation
- the proposed competition maps and all the engineering data used to produce them
- a proposed stadium layout
- the planned infrastructure for the competition site.

313.4.2 The measurement techniques and map scales used by the Organiser should have a minimum scale that is in accordance with article 313.4.3.

313.4.3 The plans of the course must be produced in good time and drawn at a scale of 1:10 000. The profiles should be drawn at a scale of 1:50 000 horizontally and 1:5000 vertically.

The Organisers must supply these course maps, indicating on them the total climb (TC), the height difference (HD) and the maximum climb (MC) so the inspector can check the figures. The location of the following climbs must be shown on the profile:

- A major uphill
- B short uphill
- C steep uphill

313.4.4 The Organiser must supply copies of the approved course maps and the homologation report to its TD. A graduated scale and a north direction arrow must be included.

313.4.5 The Organisers must pay the expenses of the inspector as per article 305.

313.5 Duties and Responsibilities of the Inspector

313.5.1 Following the receipt of the Organisers' initial information, the inspector will develop a detailed plan for an inspection schedule together with the Organiser.

313.5.2 The inspector, when required, should send examples of approved technical maps and technical data to the Organisers.

313.5.3 The inspector must submit the following documents to the appointed coordinator from the Sub-Committee for Rules and Control:

- the completed homologation report
- a record of any changes made to the course during the homologation process

- the final course maps and profiles
- a final stadium plan.

313.6 Duties and Responsibilities of the FIS Office

- 313.6.1 To receive requests for homologation from National Ski Federations and to notify the Sub-Committee for Rules and Control of these requests.
- 313.6.2 To notify inspectors of their appointment and to provide them with rules and guidelines that outline the homologation process, including sample documents, maps and report forms.
- 313.6.3 To collect the required fee from the Organisers or NSA.
- 313.6.4 To notify the Organiser of their appointed inspector and to provide the Organiser with the FIS Homologation Manual.
- 313.6.5 To receive completed homologation reports from the inspectors and to submit these for final approval to the Sub-Committee for Rules and Control.
- 313.6.6 To establish a documentation of the homologated courses, which must be homologated in accordance to article 313, and to assign each approved course a homologation number.
- 313.6.7 Following final approval, the FIS office must supply the Organiser or NSA with an invoice. After this is paid an official homologation certificate for each approved course will be sent to the Organiser.

Any changes to a homologated course are to be reported to the FIS immediately. Any significant change on a course will require a review of the homologation and a new certificate.

The certification is valid for 5 years. By the end of this period the certificate is to be renewed through a request by the organiser to the FIS Office prior to May 1st of the final year. This may be issued administratively for a new 5 year period provided the courses have been used continuously without remarks from a TD. The FIS can, however, demand an inspection at the expense of the Organiser.

314 Technique Definitions

314.1 Classical Technique

- 314.1.1 Classical technique includes the diagonal techniques, the double poling techniques, herringbone techniques without a gliding phase, downhill techniques and turning techniques. Single or double-skating is not allowed. Turning techniques comprise steps and pushes in order to change directions. Where there is a set track, turning techniques with pushing are NOT allowed. This will also apply to competitors skiing outside of the set track.

314.2 Free Technique

- 314.2.1 Free technique includes all Cross-Country skiing techniques.

315 Preparation of the Course

315.1 Pre-Season Preparation

315.1.1 Rocks, stones, roots, stumps, brush and similar obstacles should be removed. The courses must be prepared before the winter so that they can be raced even with very little snow. Sections of the course that have drainage problems must be corrected. The summer preparations should be of a standard which allows for carrying out of competitions with approximately 30 cm of snow. Special attention must be given to downhill sections and the need for banking the curves.

315.2 General Preparation for the competition

315.2.1 The course should be completely prepared with mechanical equipment. If heavy machines are used, they should follow the original configuration of the ground as much as possible in order to preserve the undulations of the terrain.

315.2.2 The course must be prepared to the recommended width according to the Homologation Manual and the format of the competition. The course must be prepared so that competitors can ski and pass unobstructed. On slopes where the trails traverse, they must be wide enough to allow for good preparation.

315.2.3 The courses and the warm up tracks must be completely prepared before the official training, correctly marked and with the kilometer signs in place. The testing tracks should have the same preparation as the competition course.

315.2.4 The same conditions must be ensured for all competitors during the competition. If it is snowing or blowing hard, a sufficient number of qualified fore-runners and/or especially equipped patrols must be available and utilized in order to maintain constant conditions. An action plan has to be prepared.

315.2.5 All use of artificial means in order to improve the glide on the snow are forbidden. In special cases use of chemicals to preserve a solid surface is allowed.

315.3 Preparation for Classical Technique

315.3.1 For interval start competitions in classical technique a single track should be set along the ideal skiing line of the competition course. The track is normally set in the middle of the course except through curves. In curves there should only be set track where the skis can glide unrestrained in the set track. Where the curves are too sharp and the speed is considered to be too high to stay in the track, the track should be removed. To decide the proper course preparation and track setting, the best competitors and highest possible speed must be taken into consideration. In curves the track is to be set close to the fence to avoid the possibility to ski between the track and the fence.

- 315.3.2 The ski tracks must be prepared so that ski control and gliding are possible without a lateral braking effect by any parts of the bindings. The two tracks should be set 17-30 cm apart, measured from the middle of each track. The depth of the track should be 2-5 cm, even in hard or frozen snow.
- 315.3.3 Where two or more tracks are used, they should be 1.00-1.20 meter apart measured from the middle of each pair of tracks.
- 315.3.4 The last straight 100 m will be the finish zone. The beginning of this zone must be clearly marked with a coloured line. This zone is normally separated into 3 corridors with set tracks. They must be clearly marked and highly visible but not interfering with the skis. For individual sprint competitions see 360.4.5 and 360.4.6.
- 315.4 Preparation for Free Technique**
- 315.4.1 For interval start competitions in free technique the course must be well-packed for a width of at least 4 meters. On downhill sections where the tracks are set they must follow the ideal line of the course.
- 315.4.2 The last straight 100 m will be the finish zone. The beginning of this zone must be clearly marked with a coloured line. This zone is a minimum of 9 meters wide and is separated into 3 corridors that must be clearly marked and highly visible but not interfering with the skis. For individual sprint competitions see 360.4.5 and 360.4.6.
- 315.5 Preparation for Pursuit competitions**
- 315.5.1 For Pursuit competitions without a break, the classical course should be wide enough to allow 4 tracks to be set around the whole course. The free technique course should allow 3 athletes to ski side by side, which means 9 m width in the up hills. See also ICR art. 364.2 – 364.4
- 315.5.2 For pursuit competitions with a break, the classical course has to comply with the requirements for an interval start competition, while the free technique course must be well-packed for a width of at least 6 meters. For the pursuit start the start area must be organized using 2 – 5 start corridors. The width of each corridor must be a minimum of 3 meters.
- 315.6 Preparation for Mass Start Competitions**
- 315.6.1 The Mass Start Grid should have 100 meters of parallel tracks where the competitors are forbidden to leave their tracks. Then there will be a zone where the course converges into a course width allowing four classical tracks to be set, or in free technique three competitors to ski side by side without interference over major parts of the course. There must be no factors along the course that cause congestion.
- 315.7 Preparation for Sprint Competitions – refer to articles 360.4 and 361.5.

316 Marking the Course

- 316.1 The marking of the course must be so clear that the competitor is never in doubt where the course goes. At OWG and WSC the colours of the markings have to be determined and described in the course descriptions.
- 316.2 Kilometer signs must mark the accumulated distance skied along the course. At OWG, WSC, JWSC and WC competitions, every kilometer must be marked. At other competitions, this should be done when possible; however, it is compulsory for the last 5 kilometers.
- 316.3 Forks and intersections on the course must be clearly marked by visible signage, and fences must be placed across unused parts of the course.

317 Refreshment Stations

317.1 Locations

- 317.1.1 On courses up to 15 km one refreshment station must be provided (at the stadium). On courses up to 30 km three stations, up to 50 km six stations must be provided, so placed that the competitors can use the service.
- 317.1.2 For all mass start competitions the coaches must maintain a fixed position while giving refreshment to the competitor.

318 Course Protection

- 318.1 At OWG, WSC, JWSC and WC competitions the courses must be fenced along both sides at all places where spectators can potentially interfere with the competitors.

320 The Cross-Country Stadium

320.1 Stadium Area

- 320.1.1 A Cross-Country stadium has to be prepared for OWG, WSC, JWSC and WC competitions, with a well-designed start/finish area.
- 320.1.2 The stadium arrangement should provide a functional entity divided and controlled as necessary by gates, fences and marked zones. It must be prepared in such a way that
- the competitors may pass through it several times
 - competitors, officials, media, service people and spectators may reach their respective areas easily
 - there is enough space to carry out interval starts, pursuit starts, mass starts and relay starts and the finish can be as long as required (article 315).
- 320.1.3 *Competitors should be able to reach the following areas, without being disturbed*
- the team preparation area (wax cabins)
 - the ski testing area and the warm-up tracks
 - ski-marking and equipment control

- the storage for warm-up clothing
- the start
- the through lap or relay exchange (with exit)
- the finish
- the ski control after the finish line
- the immediate care area (tents for the exchange of clothes, refreshments etc.)
- the exit.

320.2 Working Conditions

320.2.1 Competition officials and Jury members must have proper working conditions. Coaches, officials, media and service people must have proper working zones within the stadium area so that they can work without disturbing the process of start and finish. The access of these persons to the stadium area must be regulated by accreditations.

320.2.2 Timekeeping and calculation should be located in a building with a good view of the start and finish.

320.2.3 With electronic timing the starting gate should be situated on the start line and the photo cells on the finish line. The timekeeping for intermediate lap times should be to the side of the start or finish.

320.2.4 At OWG, WSC, JWSC and WC competitions, FIS officials and Jury members must be provided a working room in the immediate vicinity of the stadium.

320.2.5 A heated room must be provided for the chief medical officer near the stadium.

320.3 Additional Facilities

320.3.1 Warm-up tracks must lead to the stadium. Outgoing tracks for competitors, coaches, and officials must be provided along the stadium to the course. The tracks must be fenced off and may only be used with special accreditation.

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.

320.3.3 Toilets and wash rooms must be installed for competitors near the stadium. They must be easily reached from the stadium.

320.4 Current Information Facilities

320.4.1 A notice board showing the air and snow temperature should be located close to the wax cabins and the stadium. These temperatures must be displayed for the following times: two hours before the start, one hour before the start, one-half hour before the start, at the start, one-half hour after the start, one hour after the start.

- 320.4.2 Temperature measurements must be taken in the stadium area and at places where extreme temperatures (low points, high points, windy, shady or sunny places) can be expected.
- 320.4.3 Notice boards must be used for intermediate times and unofficial results.
- 320.4.4 Loudspeakers must be used for announcing the competition and important information.
- 320.4.5 In order to inform competitors, trainers, spectators, etc., at least one language (English, French or German) must be used in addition to the Organiser's language.

C. The Competition and the Competitors

331 Requirements of the Competitors

331.1 Age Categories

- 331.1.1 The FIS competition year is July 1st - June 30th of the following year.
- 331.1.2 Seniors (ladies and men) must be at least 21 years old during the calendar year (01.01.-31.12.). The right to start begins with the beginning of the competition season (e.g. for 2009 from 1st July 2008 onwards).
- 331.1.3 Junior ladies and junior men must be no older than 20 during the calendar year (01.01.-31.12.). Years of birth for juniors from 2009 on
- in 2009, competitors born in 1989 and younger
 - in 2010, competitors born in 1990 and younger
 - in 2011, competitors born in 1991 and younger
 - in 2012, competitors born in 1992 and younger
 - in 2013, competitors born in 1993 and younger
 - etc
- U23 Ladies and U23 Men must be no older than 23 during the calendar year (01.01.-31.12.). Years of birth for U23 from 2009 on:
- in 2009, competitors born in 1986 and younger
 - in 2010, competitors born in 1987 and younger
 - in 2011, competitors born in 1988 and younger
 - in 2012, competitors born in 1989 and younger
 - in 2013, competitors born in 1990 and younger
 - etc

For Canadian competitions					
	Age at the beginning of competition year	2010 comp year	2011 comp year	2012 comp year	2013 comp year
Category		Year of birth	Year of birth	Year of birth	Year of birth
Atom girls	5 - 8	2001 - 2004	2002 - 2005	2003 - 2006	2004 - 2007
PeeWee girls	8 - 11	1998 - 2001	1999 - 2002	2000 - 2003	2001 - 2004
Midget girls	11 - 13	1996 - 1998	1997 - 1999	1998 - 2000	1999 - 2001
Juvenile girls	13 - 15	1994 - 1996	1995 - 1997	1996 - 1998	1997 - 1999
Junior Female	15 - 19	1990 - 1994	1991 - 1995	1992 - 1996	1993 - 1997
Senior U23 women	20 - 22	1987 - 1989	1988 - 1990	1989 - 1991	1990 - 1992
Senior women	23 - 30	1979 - 1986	1980 - 1987	1981 - 1988	1982 - 1989
Masters women	31 & older	1978 & earlier	1979 & earlier	1980 & earlier	1981 & earlier
Atom boys	5 - 8	2001 - 2004	2002 - 2005	2003 - 2006	2004 - 2007
PeeWee boys	9 - 12	1997 - 2000	1998 - 2001	1999 - 2002	2000 - 2003
Midget boys	12 - 14	1995 - 1997	1996 - 1998	1997 - 1999	1998 - 2000
Juvenile boys	14 - 16	1993 - 1995	1994 - 1996	1995 - 1997	1996 - 1998
Junior Male	17 - 19	1990 - 1992	1991 - 1993	1992 - 1994	1993 - 1995
Senior U23 men	20 - 22	1987 - 1989	1988 - 1990	1989 - 1991	1990 - 1992
Senior men	23 - 30	1979 - 1986	1980 - 1987	1981 - 1988	1982 - 1989
Masters men	31 & older	1978 & earlier	1979 & earlier	1980 & earlier	1981 & earlier

331.1.4 Junior ladies and junior men should normally start in their own classes. They may start in the respective ladies or men classes.

331.1.5 At WSC there are no age limits, but at the JWSC, article 331.1.3 applies.

331.2 FIS Points System

331.2.1 The FIS Points are used particularly for establishing the qualification for OWG, WSC and World Cup competitions, grouping and start list creation (see: World Cup rules and Rules and Guidelines of the FIS Points available on the FIS Website).

332 Medical Examinations

332.1 State of Health

332.1.1 The National Associations are responsible for the health of the competitors they enter. The competition doctor will only carry out a medical examination at the request of the competitor's Team Captain, competitor or the representative of the FIS Medical Committee (see article 221).

333 Official Entries for the Organiser

333.1 Official FIS entry forms must be sent by the Organiser to all relevant Nations in an electronic or paper form. As a minimum, the required data fields shown in the Official FIS Entry Form must be included. An online registration process should also be provided; this method also must include all required data fields. For WC this entry process must include the required information for all competitors within the defined quota and as well for any additional Nations' quota that has been determined by the FIS Cross-Country Committee.

333.2 Receiving Official Entry Information for a Specific Competition

333.2.1 Official entries and grouping information (when required) must be received and checked by the competition secretary two hours before the Team Captains' meeting.

333.2.2 If grouping will be used to determine the starting order, then the competition secretary will use the order of the written entry to assign the competitors into groups unless other specific instructions are provided.

333.2.3 The starting order will be determined so that the competitor with the best points will have the most advantageous start position. For this purpose, the Competition Secretary will be required to compile the current point values for each competitor within the valid points list as per defined in Article 334.

333.2.4 At the OWG, WSC and WC the Team Captains for competitors in the Seeded Group must attend a meeting with the TD at least three hours before the Team Captains' meeting in order to give their recommendations regarding the starting position of the Seeded Group.

333.3 Grouping

333.3.1 Each Team Captain may propose the grouping of his competitors. Before the draw, the Team Captain must distribute his competitors evenly within the groups. If a nation enters more competitors than there are groups, the extra competitors must be distributed among the groups, one per group, at the option of the Team Captain. This rule also holds for teams with fewer competitors than groups.

Example:

Teams:		Groups:			
		I	II	III	IV
Team A	8 entries	2	2	2	2
Team B	6 entries	1	2	1	2
Team C	3 entries	1	-	1	1

With 20 competitors or less, use groups I and II; with 21 - 40 competitors, use groups I, II and III; with more than 40 competitors, use all four groups.

The normal starting order of the groups will be I, II, III, and IV.

The groups are drawn in starting order. The grouping of the competitors can not be changed during the draw.

The start numbers will be drawn within each group.

For Canadian competitions: In events where participants do not hold a current National License, these participants will be treated as an additional group above and beyond the number of groups required by the size of the entry. This additional group will be drawn as one group regardless of size.

334 Using a Points System to Determine the Starting Order

334.1 The starting order will normally be made on the basis of the FIS Points; overall list, distance list or sprint list. The Seeded Group is an exception and can also be determined by current World Cup Standings. Refer to the Rules and Guidelines of the FIS Points to determine valid lists. Current WC Standings for the first competitions in a new season will refer to the distance or sprint standings from the previous year.

For Canadian competitions: Grouping will be made according to the Distance or Sprint Canadian Points List (CPL) unless the race organizers specifically state otherwise in the Race Notice.

334.2 At OWG, WSC and WC, a Seeded Group will be formed from the top 30 men or ladies on the World Ranking List. No men or ladies within the ranking of 30 will be substituted. Maximum 4 competitors per nation plus the World Champion of the respective discipline are allowed to start in a WSC. The start order of groups for Distance or Sprint competitions has the following priority: the Seeded Group has the most advantageous position, next a group for competitors with FIS points for the required discipline; ordered by pts and lastly a group for those with no FIS points are drawn.

334.3 At OWG, WSC and WC, the Seeded Group is defined as the top 30 competitors in the current World Cup Standing (distance or sprint). The current Overall WC Leader is added as one additional if not already included. No men or ladies within the ranking of top 30 will be substituted if they are not entered. All competitors who are eligible to be in the Seeded Group must start the competition within the Seeded Group. Maximum 4 competitors per nation plus the World Champion of the respective discipline are allowed to start in a WSC.

334.3.1 For interval start distance competitions the Seeded Group normally starts last. Within this Seeded Group competitors are started in reverse order of their current distance WC standing (best are at the end). The Overall World Cup Leader is always assigned the last starting position in this group. The remaining competitors are ordered by FIS Distance Points according to the priorities in art. 334.2.

334.3.2 For mass start competitions (including pursuits) the Overall WC Leader is always assigned the first start position and the remaining competitors in the Seeded Group are assigned the next start positions in order of their current distance WC standing. Following the Seeded Group all other competitors will be assigned start positions according to the priorities in art. 334.2.

334.3.3 For the individual sprint qualification round the Seeded Group starts first and the starting order within the group is drawn. Following the Seeded Group all other competitors will be assigned start positions according to the priorities in art. 334.2.

335 Entering Reserves and Late Entries

335.1 Exceptions

335.1.1 After the draw at OWG, WSC, JWSC and international competitions with limited team entries, reserves may only be substituted for a competitor if the originally drawn competitor can not start due to force majeure (injury, illness, etc., certified by a medical doctor) and if the Jury permits the substitution. If the withdrawn competitor was selected for doping control then this test must still be carried out and must also be carried out on the substitute competitor. If the withdrawn competitor produces a positive test, no substitute is allowed.

For Mass start

- a substitute is possible but not later than two hours before the start
- the substituted athlete's start position in the arrow start format will be according to his or her ranking in the World Cup Ranking List (WRL) or according to his or her FIS points
- the athlete's start position will be in between the starting positions (lines) of the competitors adjacent to him
- the athlete takes the bib of the one he is replacing.

For Interval start

- a substitute is possible but their starting position will be determined by the Jury.

Late entries are not admitted.

335.1.2 For other international competitions, the Jury can give the competitor permission to start in cases worthy of special consideration. The start time of any competitor thus entered must not give him any advantage over other competitors. If more than one competitor is entered late, the numbers will be drawn by lot.

335.1.3 Competitors, who are on the starting list and can not take part in the competition because of illness or other reasons, must be reported by the team captain to the competition secretary at latest 30 min. before the start. If any of these competitors were selected for doping control, they must still be tested.

336 Draw - Creating the Start List

336.1 Principles

336.1.1 Manual and computer methods are allowed for the draw. It is also possible to create a start list without a draw; in this case the order of start is determined by the current FIS Points list. In OWG, WSC and WC, for the starting order of the Seeded group the current WC discipline standings can be used. See ICR section 334.

336.1.2 The draw is carried out by using a random double selection.

336.1.3 If a competition has to be postponed to a different date, the draw must be repeated (article 217.6).

336.1.4 It is possible to have the draw conducted before the Team Captains' meeting under the supervision of the Jury.

336.2 Manual Draw

336.2.1 In this method, each competitor receives one number from a sequence determined by the number of competitors in his group (for instance, 23 competitors in the group, the competitor is assigned a number between 1 and 23). In the first random selection, one of the numbers 1-23, is drawn. At the same time, a start number that has been assigned to that group is drawn (for example, group II with 23 competitors will race with bibs 45-67 inclusive). This number that is drawn is the start number for the competitor whose number was drawn in the first random selection. For both random selections, balls with the appropriate numbers on them are usually drawn by hand from a closed box or container. After the two balls are drawn, the nameplates of the competitors are transferred from the board with the grouping to the board with the starting order.

336.3 Computer Draw

336.3.1 The computer draw procedures must be inspected by a member of the Jury in order to validate the process.

336.3.2 This method requires that the names and the grouping of the competitors will be entered into the computer. The program provides at least four stages of output on the monitor.

1. The list with the registered competitors and their sequential numbers within a group appears on the monitor.
2. The computer randomly selects the name of one competitor and displays it on the monitor.
3. The computer randomly selects a start number for this competitor. The start number and the name of the competitor now appear on the monitor.
4. The monitor then shows the start list order with this competitor listed.

337 Start Numbers

337.1 Design

337.1.1 Start numbers must be legible from the back and the front. They must not hinder the competitor in any way. The size, the shape and the method of attachment can not be changed. The Organiser is responsible for obtaining practical start numbers. Start numbers used in sprints and in competitions with pursuit- and mass starts must also have numbers on both sides under the arms, this is also possible for other competitions

337.2 Leg Numbers

337.2.1 For Mass Start, Pursuit, Individual Sprints, Team Sprint and Relay competitions it is also required to affix start numbers to the competitor's thigh that is closest to the finish-line camera.

338 Training and Inspection of the Course

338.1 Training Opportunities

338.1.1 Competitors must be given the opportunity to train and inspect the course in competition conditions. When possible, the course must be open two days before the competition. In exceptional circumstances, the Jury may close the course or limit the competitors to certain sections or hours.

For Canadian competitions: Competitors must be given an opportunity to train on and inspect the course in racing condition. In Canadian domestic races, the course must be open at least one day prior to the race. At National Championships, the course must be open at least two days before the race. Only in exceptional circumstances may the TD close the course or limit access to certain sections during certain hours. During official training, the course must be prepared and marked as it will be during the event.

340 Competitors during the Competition

340.1 Responsibilities

340.1.1 The competitor is responsible for arriving at the start and starting at the correct time. Competitors must follow the marked course from start to finish and must pass all controllers and behave in a fair manner towards other competitors. They have to cover the whole distance on their marked skis using only their own means of propulsion. Help from pacemakers or pushing is not allowed.

340.1.2 In all competitions poles may be changed. Skis may be changed only if:

1. The skis or bindings are 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 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, corks). The competitor must do this outside of the track without help from any other people.

340.1.3 A competitor who is overtaken must give way on the first demand except in sprint competitions and in marked zones (see 340.1.4). This applies in classical technique courses even when there are two tracks and in free technique courses when the skier being overtaken may have to restrict his skating action. When overtaking, competitors must not obstruct each other.

340.1.4 Once the competitors enter a zone where corridors are marked they must remain in their chosen corridor unless they are overtaking another competitor in the same corridor.

340.1.5 For OWG, WSC and WC, in Pursuit competitions, Mass start, Team Sprint and Relay competitions, competitors or teams, who are lapped, must abandon the competition. In all competitions the competitors or teams will be ranked in the final results (no time) according to their last position when on the course.

For all CCC sanctioned competitions this rule does not normally apply unless specifically stated in the Technical Package or Race Notice. In exceptional circumstance the Jury may choose to invoke this requirement.

340.1.6 The competitors must comply with the instructions of competition officials.

340.1.7 The competitor must comply with all aspects of the medical code (see 221).

For Canadian competitions:

Any competitor withdrawing from the competition due to an accident or for any other reason must be reported to the officials at the Finish Line and the bib returned.

341 Officials and Others during the Competition

341.1 Responsibilities

341.1.1 If required, the TD will issue special regulations for officials, media and service people and any other non-competitors, which will ensure order on

the course, in the stadium and in the team preparation area before, during and after the competition.

- 341.1.2 *For order and control on the courses the following principles apply*
- from 5 minutes before the start until the time the course closers have passed, all officials, coaches, non-competitors and other accredited persons, are no longer permitted to ski on the course. At this time, these people must have taken fixed locations beside the course and must stand without skis on
 - while giving intermediate times and information to competitors, officials, coaches and others are not allowed to run more than 30 meters beside the competitors
 - while doing this work officials and others have to ensure not to obstruct competitors.
 - a wireless support connection between competitor and coach is not allowed.
- 341.1.3 In order to obtain clean TV-coverage and for safety reasons parts of the competition course may be closed for all but the competitors taking part in the competition. The Jury restricts ski testing and warming up by competitors on parts of the competition course before and during the competition. Athletes and service personnel, wearing special bibs may be allowed to ski on these parts of the competition course.
- 341.1.4 Wax testing and warming up on the ski competition course must always be done in the competition course direction. Anyone testing skis on the competition course must consider the safety of others on the course and the course preparation. Electronic timing devices used for testing skis will not be allowed on the course during the competition.

342 Marking of Skis

342.1 Procedure

- 342.1.1 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.
- 342.1.2 At OWG, WSC, WC and WJSC competitions, the ski-marking must contain the starting number of the competitor.
- 342.1.3 In all Sprint competitions there is no ski marking.
- 342.1.4 In pursuit competitions both pairs of skis must be marked. For the pursuit format without a break both pairs must be marked prior to the mass start and the skis are not allowed to be handled or removed until the competitor has finished the competition (see ICR Art 364.4).

D. Starts, Timing, Finish and Results

351 Starts

351.1 Types of Starts

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 may approve shorter or longer intervals in order to have fair conditions for the competitors.

351.2 Interval Start Procedure

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.

351.2.2 The competitor must have his feet behind the start line and remain stationary before the starter gives his starting commands. The poles remain stationary and must be placed over the starting line and/or starting gate.

351.2.3 When hand-timing is used, a competitor who starts early will be declared as a false start. In this case, his starting time will be the time on the start list (see also 351.5).

351.2.4 If electronic timing is used, the competitor may start any time between three seconds before and three seconds after the start signal. If he starts more than three seconds before the start signal, it is a false start (see also 351.5). If he starts more than three seconds late, the start list time will count.

351.2.5 A competitor who starts late must not interfere with the start of others.

351.2.6 With both electric and hand-timing, the competitor's actual start time must be noted in case the Jury decides his late start was due to force majeure.

351.3 Mass Start Procedure

351.3.1 Starting positions may be determined by a draw (see article 334) or by using only the current FIS Points List (see article 336.1.1).

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.

For Canadian competitions: the Distance CPL will be used to rank athletes.

351.3.3 Late entries see ICR art. 335.

351.3.4 The starting procedures for a Mass Start will begin two minutes before the start signal. At this time instructions about the start will be given to all competitors assembled in their start lanes. These instructions should end with the competitors being instructed to stand at their start positions and a “**one minute to start warning**” is given. Next there will be the command “**30 seconds to start**”. When all competitors are motionless and in the “set” position then the next sound will be the **start command or signal**. This same procedure should be followed in all mass start formats used in relays, pursuits and team sprints.

351.4 Duties of the Start Officials

351.4.1 The starter must provide all competitors with the opportunity to start at their correct times. An assistant must be placed near the starter and is responsible for recording the details for any violations at the start.

351.5 False Start Consequences

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 Jury Member. These false start infractions must be reported to the Jury and the Jury will decide on the appropriate sanction.

351.5.2 For all competitions using a mass start, any false start will result in a “re-start” of the competition. The starter is required to give a restart signal (second shot) and must have assistants placed an effective distance down the tracks where it is possible to turn the competitors back.

352 Timing

352.1 Procedure

352.1.1 For all competitions listed in the FIS Calendar, electronic timekeeping must be used. Electronic timing will always be supplemented by hand-timing as a backup system and the results cross-checked between the two systems.

352.1.2 For the calculation of results all start and finish times will be recorded to at least 1/100 (0.01) precision. The calculated net time for each competitor is determined by subtracting the recorded start time from the recorded finish time. The final result for each skier will be determined to 1/10 (0.1) precision by truncating the calculated net time. For example, 38:24.38 becomes 38:24.3.

352.1.3 For OWG, WSC, WJSC and WC sprint qualifying round, start and finish times are recorded to 1/1000 precision and the final result is determined to 1/100 precision. For other FIS sprint competitions it is possible to use timing equipment that only has 1/100 precision but still the final results report the hundredths of a second.

352.1.4 If transponders are used it is mandatory for the competitors to wear the transponders.

352.1.5 If the electronic timing temporarily fails hand times will be used by correcting the average time difference which develops between the electronic timing and the hand-timing. If the electronic timing fails frequently or completely during the competition, the hand times will be used for all the competitors. When hand times are used to calculate results, the actual start times must be used.

352.2 Intermediate Times

352.2.1 On a 10 km course one intermediate time should be taken, for 15 km one to two intermediate times, for 30 km two to three times, and for 50 km at least three intermediate times must be taken.

353 Finish

353.1 Procedure

353.1.1 When using hand-timing, the time is taken when the competitor's first foot crosses the finish line.

353.1.2 In case of electronic timing, the time is taken when the contact is broken. The measuring point of the light or photo barrier must be at a height of 25 cm above the snow surface.

353.1.3 In the case of competitors falling as they cross the finish line, the competitors will be assigned their finish time as per articles 353.1.1 or 353.1.2 if all the parts of their bodies are moved across the finish line without any outside assistance.

353.1.4 The finish referee is responsible for keeping a list of the order in which the competitors cross the finish line. He gives this list to the chief of timekeeping.

353.1.5 In OWG, WSC, JWSC and WC two video cameras are to be available, one on each side of the finish line, whereby one of the videos should be placed in an angle of 85 ° to the finish line from the front of the athlete. In addition to that, a third video camera is recommended in order to identify the starting bibs from behind. The photo finish camera must be aligned to the front edge of the finish line marking.

353.1.6 The ranking of athletes involved in a photo finish will be established according to the order they crossed the vertical plane of the finish line by the toe of the front foot. The width of the finish line is maximum 10 cm.

353.1.7 A control line is marked 10 -15 meters after the finish line and equipped with a sign "ski control". There, the finish controller checks the competitor to ensure that he has crossed the finish line with at least one marked ski. Competitors are not allowed to take off their skis until after the control line (article 206.5). Violations will be reported to the Jury.

353.1.8 Electricity supply cables must not be buried within +/- 2 metres of the finishing line.

354 Calculations of Results

354.1 Procedure

- 354.1.1 The results are calculated by taking the difference between the finish and start times.
- 354.1.2 If two or more competitors have the same time, they shall have the same placing on the result list, and the competitor with the lower starting number will be listed first (article 219.2).
- 354.1.3 For additional results information in Individual Sprints, Team Sprints and Pursuit competitions see ICR art. 340.1.5, 360.5.1, 361.6.2, 363.3.1 and 364.5.2.

355 Publication of Results

355.1 Procedure

- 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.

For Canadian competitions: The unofficial result list will be posted on the official results board as soon as possible after the competition, with the time of posting noted. The Jury must deal with any infractions or protests within one hour of the finish of the day's competitions (refer to Rule 392.1 for the time limit for filing protests). The result list becomes official immediately following the Jury's decision. Medals and awards may be presented using the unofficial results which are subject to review.

- 355.1.2 The official result list must contain the final order of the competitors, their FIS-codes, starting number, times, intermediate times and competition points. Skiing technique, the number of competitors, names of the competitors who started but did not finish, any disqualified competitors, the technical details of the course; length, HD, MC, TC, the weather, temperature data, and the composition of the Jury. Examples can be found on the FIS Website—Cross-Country and through the FIS Nordic Office.
- 355.1.3 In countries where the Latin alphabet is not used, information and results should also be given in Latin characters.
- 355.1.4 The competition secretary signs after control by the TD the official result list and certifies that it is correct.

E. New Competition Formats

For Canadian competitions: See current applicable Canadian Technical Package for any specific rules relevant to Canadian competitions.

360 Individual Sprint Competitions

360.1 Individual sprint competitions begin with a qualification part, organized as an interval start. After the qualification, selected athletes compete in the sprint finals using heats of different formats with mass start.

360.2 Qualification

360.2.1 Starting order of the qualification will be in accordance with the FIS-sprint point list, then according to the FIS-point list and finally for those competitors who are not present on these lists a draw must be made. At OWG, WSC and WC the Seeded Group has to be drawn.

360.2.2 Start intervals can be 10, 15, 20 or 30 seconds for an interval start.

360.2.3 The course used for the qualification round and the course used for the Finals must in principle to be the same.

360.2.4 If two laps are used with interval starts, separate corridors must be used for the first and second lap. If this is not possible an interval block start should be used. (see rules on FIS website)

360.2.5 In case of equal qualification times, the competitors who will be advancing to the quarterfinals will be ranked according to their FIS sprint points on the qualification results (see art. 360.2.1). Competitors with the same qualification time who did not advance to the quarterfinals will have the same ranking on this result list.

360.3 Sprint Finals (Quarterfinals, Semi-finals, and Finals)

360.3.1 In OWG, WSC, WC and JWSC heats will start with the quarterfinals, in other competitions as decided by the organizer.

360.3.2 The assignment of competitors to quarterfinal heats is determined from the finish rankings in the qualification round. Positions in subsequent heats are also assigned based on rankings or times in the previous round of heats. Examples for each sprint format can be found on the FIS Website – Cross-Country and through the FIS Nordic Office. The table below illustrates the principle of allocating the competitors to their heats when the heats are not timed.

TABLE A Quarter Finals with 6 competitors in 5 Heats, maximum 30 advance					
Assigned to heats	Q1	Q2	Q3	Q4	Q5
Distribution 1 - 20	1	4	5	2	3
	10	7	6	9	8
	11	14	15	12	13
	20	17	16	19	18
Distribution 21 - 25	21	24	25	22	23
Distribution 26 - 30	30	27	26	29	28

Table A continued			
Semi Finals (12)		Finals (6 + 6)	
S1	S2	B Final	A Final
Q1 #1	Q4 #1	S1 #4	S1 #1
Q1 #2	Q4 #2	S2 #4	S2 #1
Q2 #1	Q5 #1	S1 #5	S1 #2
Q2 #2	Q5 #2	S2 #5	S2 #2
Q3 #2	Q3 #1	S1 #6	S1 #3
R3-1*	R3-2*	S2 #6	S2 #3

*In competitions when the heats are not timed, the 6th positions in the semi-final heats are assigned from the 3rd ranked competitors in all the quarter final heats. The 3rd ranked competitor with the fastest qualifying time (Q R3-1) is assigned to the first semi-final heat S1 and the 3rd ranked competitor with the second best qualifying time (Q R3-2) is assigned to S2.

Or using

TABLE B Quarter Finals using 4 Heats, maximum 24 advance				
Assigned to heats	Q1	Q2	Q3	Q4
Distribution 1 – 16	1	4	2	3
	8	5	7	6
	9	12	10	11
	16	13	15	14
Extended Distribution 17 – 20	17	20	18	19
Extended Distribution 21 – 24	24	21	23	22

Table B continued			
Semi Finals (8)		Finals (4 + 4)	
S1	S2	B Final	A Final
Q1 #1	Q3 #1	S1 #3	S1 #1
Q1 #2	Q3 #2	S1 #4	S1 #2
Q2 #1	Q4 #1	S2 #3	S2 #1
Q2 #2	Q4 #2	S2 #4	S2 #2

- 360.3.2.1 For OWG, WSC, WJSC and WC the heats must be timed and the assignment of competitors into the semi-final heats and the A-Final is according to the following principles:
- 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.
- 360.3.2.2 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.
- 360.3.3 In the sprint finals the starting positions are chosen according to the following:
- Quarterfinals – qualification times (rankings) are used
 - Semi-finals – rankings from the Quarterfinals and qualification times are used
 - Finals - rankings from the Semi-finals and qualification times are used.
- 360.3.4 Competitors with the same rank in the quarterfinals or semi-finals (if there is no B-final) who do not reach the next round are ranked according their qualification times in the final results.
- 360.3.5 In case of a tie (“dead heat”) in quarterfinals or semi-finals, the competitor with the better qualification time is ranked ahead. If there is a tie in the A or B finals the competitors are ranked on the same place in the final results.
- 360.3.6 Start Procedures and False Starts**
- 360.3.6.1 Electronic and/or mechanical start gates can be used for the elimination heats if approved by the TD, Assistant TD or FIS RD. For WC they must accommodate 6 competitors in a single row for the quarter finals (18 m wide for free technique). The start area is prepared with a start line and a pre-start line that are 2 meters apart. Competitors are organized on the pre-start line where instructions are given and start lanes designated. The starter gives the command “take your start positions” and the competitors advance to the start line and take a “set” position. When all competitors are in their set positions the starter will give the command “Set”. After the set command is given, all competitors must remain motionless and in their “set” position. After approximately 2-5 seconds from when the set command is given the start gates are opened with a simultaneous start signal.
- 360.3.6.2 Starts that do not use gates follow the same principles and procedures as stated above.

- 360.3.6.3 False starts may be declared by the starter due to an error by a competitor or due to a mechanical failure of the start gate. Following the first false start in a heat, any competitor who causes a subsequent false start in the same heat will be required to withdraw from the competition. The competitor will be ranked at in the last position of these finals, semi-finals or quarter finals (rank 6, 12, 30 or 4, 8, 16).
- 360.3.7 If the competitor does not start or ski the entire course in each heat the competitor will be ranked in the last position of these finals, semi-finals or quarterfinals (rank 6, 12, 30 or 4, 8, 16).
- 360.3.8 If a competitor does not finish a heat due to force majeure he is ranked last in this heat.
- 360.3.9 If an obstruction leads to disqualification, and the obstruction caused another athlete not to advance to the next round, he will be allowed to proceed into the next round. In this case the competitor concerned will start in a second row, 6 m behind. This rule will only be applied in exceptional cases where the obstruction was intentional (see Art. 223.1.3)
- 360.3.10 Obstructions can also be sanctioned by competition suspension (ranking the competitor in last place of the relevant heat) accompanied by a written reprimand (see art. 223.3)

360.4 Course

- 360.4.1 The start should be organized with straight corridors or straight set tracks for the first 30 – 50 meters.
- 360.4.2 The course must be sufficiently wide (6 – 10 m) and without many sharp corners, so that the conditions are equal for all competitors.
- 360.4.3 Sections of the course must be designed straight, wide and long enough to make overtaking possible.
Along straight parts of the course corridors may be marked. The corridors should be each 3 m wide for free technique and 1.5 m wide for classic technique.
- 360.4.5 The number of finish corridors that are placed in the finish zone should be equal to the number of competitors in the heat up to a maximum of 4 finish corridors. For OWG, WSC, JWSC and WC, this is a requirement. These marked corridors should be a minimum of 50 m.
- 360.4.6 The length of the finish zone should be a minimum of 80 m.

360.5 Results

- 360.5.1 In sprint competitions with 30 competitors to the quarterfinal (see Table A 360.3.2) the result list will be made as follows:
- 31st to last rank, the results from the qualification round will be used
 - 26th – 30th rank, the 6th place finisher from each heat in the quarterfinal will be assigned based their respective ranking in the qualifying round

- 21st – 25th rank, the 5th place finisher from each heat in the quarterfinal will be assigned based their respective ranking in the qualifying round
- 16th/17th - 20th rank, the 4th place finisher from each heat in the quarterfinal will be assigned based their respective ranking in the qualifying round (Exception, if one of those 4th place finishers will advance to the semi final)
- 13th – 15th/16th rank, the 3rd place finisher from each heat in the quarterfinal, who did not advance to the semi-finals will be assigned based their respective ranking in the qualifying round
- 7th – 12th rank, based on the order of finish in the B final
- 1st – 6th rank, based on the order of finish in the A final

360.5.2 In sprint competitions with 16 competitors to the quarterfinal (see Table B 360.3.2) the result list will be made as follows:

- | | |
|--|---|
| 17 th to last rank | the results from the qualification round will be used |
| 13 th – 16 th rank | the 4th place finisher from each heat in the quarterfinal will be assigned based their respective ranking in the qualifying round |
| 9 th – 12 th rank | the 3rd place finisher from each heat in the quarterfinal will be assigned based their respective ranking in the qualifying round |
| 5 th – 8 th rank | based on the order of finish in the B final |
| 1 st – 4 th rank | based on the order of finish in the A final |

With a different number of competitors in the sprint finals the same principles apply.

360.6 **Jury**

360.6.1 In heat sprints at OWG, SWC, JSWC and WC the unanimous decision of minimum three jury members (including TD) equates to a jury decision.

360.7 **Protest**

360.7.1 Due to the timeline pressure of running successive heats it is not possible to allow protests during quarterfinals and semi-finals. Protests will only be accepted after the finals (as it is in other competitions).

361 **Team Sprint Competitions**

361.1 Team-Sprints are competitions carried out as relays with 2 athletes who alternately ski between 3 – 6 legs each. The numbers and distances of the legs have to be published in the official invitation.

361.2 **Entry/Quota**

361.2.1 The number of teams in one semi-final heat should not exceed 15 and the number of teams in the final should not exceed 10.

Normally 2 semi-final heats will be used to select the teams for the final in a team sprint competition. The composition of the semi-final heats and the final is in accordance with the guidelines and principles for sprint competitions. Refer to the FIS Website for WC examples. The advancement of teams from the semi-final heats to the finals is done according to the following principles:

If the semi-final heats are not timed, the top 5 teams from each of the 2 semi-final heats will advance. When the heats are timed, then the top 3 teams from each heat will advance and the next 4 fastest teams from the 4th-7th ranked teams will advance.

361.3 Starting Order

361.3.1 The team with the lowest sprint-points 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.

361.3.2 A change of team composition may be made up to two hours before the start. However, the team will lose its starting position and will have to start at the end of the field. If more than one team has to be placed at the end of the field, the start order at the end of the field will be the same as the original starting order. The original start positions will be left empty.

361.4 Starting Position

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.

361.5 Course and Exchange Zone

361.5.1 Sections of the course must be designed straight, wide and long enough to make overtaking possible.

361.5.2 The exchange zone should be 15 m wide and at least 45 m long. The exchange zone should be well situated and prepared so that the speed of the competitors is slow enough to permit a clean exchange.

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 use of waxing tables depends on the space in this zone and has to be decided by the jury.

361.5.4 Finish: There must be minimum three corridors for the finish. Rules for photo finish and finishing zone also apply, see ICR art. 353.1. For OWG, WSC, JWSC and WC four corridors are required.

361.6 Scoring and Results

361.6.1 For skiers who are lapped refer to ICR article 340.1.5

361.6.2 The final results will be published according to the following
All teams in the final will be placed in the results list according to their rank in the final. When semi-final heats are used the teams who do not advance to the final round will be placed on the results list so that each team with the same rank in their heat will be given a ranking for the next available rank on the result list. As an example if 5 teams from two semi-final heats advance to the final then the teams ranked 6th in each heat will be given the rank of 11th and 12th according to their time in their respective semi-final heats, the teams ranked 7th in each heat will be given a rank of 13th and 14th etc. in the final results.

361.7 Jury

361.7.1 In team sprints at OWG, WSC, and WC the unanimous decision of minimum three jury members (including TD) equates to the jury decision.

361.8 Protest

361.8.1 Due to the timeline pressure of running successive heats it is not possible to allow protests during the semi-finals. Protests will only be accepted after the finals.

362 Pursuit Competitions (with and without a break)

362.1 Pursuit competitions are carried out as a combined competition where one half is in classic technique and the other half is in free technique. There can be a break between this technique change that can carry over to another race day or it can be as short as 1.5 hours on the same day. For OWG, WSC, JWSC and WC the pursuit competition is conducted without a break.

363 Pursuit Competitions with a break

363.1 This format of pursuit competition is made up of two separate parts that produce an overall result at the end of the second part. Each part is carried out in different techniques.

363.2 Start Procedures

363.2.1 The first competition is carried out as a standard interval start race which produces its own interim results. (see ICR art. 351.2)

363.2.2 In the second race of this pursuit competition, the winner of the first race starts first, the second ranked finisher starts next, etc. The starting intervals are the same as the differences between the competitors' times from the first race results, from which the tenths of seconds have been deleted.

Rank	Name	Country	Final
1	SVENSSON, Lars	SWE	25:12.(9)
2	ARKJANOW, Nikolai	RUS	25:14.(2)
3	KRECEK, Jan	CZE	25:21.(7)

The start list should be prepared according to the following example:

Start number	Name	Country	Start time
1	SVENSSON, Lars	SWE	0:00
2	ARKJANOW, Nikolai	RUS	0:02
3	KRECEK, Jan	CZE	0:09

363.2.3 To avoid competitors starting first from overtaking late starting competitors, the Jury may allow a mass or heat start for the late starting competitors. The Jury is allowed to reduce the number of starting competitors for the second race of the pursuit competition.

363.2.4 The pursuit start is carried out without an electronic start gate. The starting officials must ensure that all competitors are ready for their starts.

363.2.5 In order to guarantee an exact start, a large display clock must be used. The start must be prepared so that two or more competitors may start side by side. The first 100-200 meters of the course must be prepared to a width of at least six meters.

363.2.6 The second part of the pursuit competition must be carried out with the pursuit start. Under difficult weather conditions the Jury may decide to postpone the start or to cancel the competition. If it is cancelled the result from the first part of the competition will count as the final result.

363.3 Results

The calculation of the final results in this pursuit competition format will be done by combining the final results of the first race without the tenths of a second with the final results of the second race with the tenths of a second. See also ICR article 340.1.5 and 363.2.6.

364 Pursuit Competitions without a break

364.1 Pursuit competitions without a break consist of a first part with mass start, followed by the changing of skis in an exchange box in the stadium and then continues with a second part. Each part uses different techniques.

364.2 Start

364.2.1 A Mass Start handicap start system (arrow >>>) must be used.

364.2.2 The starting order is according FIS Distance points.

364.2.3 Ski marking for both C and F skis is obligatory.

364.3 Course

364.3.1 Distances: Men 10 km + 10 km or 15 km + 15 km
Ladies 5 km + 5 km or 7,5 km + 7,5 km

364.3.2 Two separated courses for classical and free technique will normally be used. The course must have homologation category E.

364.4 Exchange Box

364.4.1 Box : length 2 m – 2.5 m; width: 1.2 m - 1,5 m

364.4.2 Within the exchange box area there is no technique control

364.4.3 The course along the access to the boxes must be a minimum of 4 m wide. The course on the exit side of the boxes must be a minimum of 6 m wide.

364.4.4 Overtaking along the access corridors to the boxes is only allowed on the side that is farthest from the boxes.

364.4.5 The free technique equipment must be deposited into the assigned box before the mass start. Clothes are not allowed to be deposited in the boxes.

364.4.6 Skis must be exchanged, poles and boots may also be exchanged. All equipment exchanges must be done by the athlete within the assigned box without any assistance. The exchanged equipment must be left in the box until the competitor has finished the competition.

364.4.7 5 minutes before the start coaches or service people have to leave the exchange box area.

364.5 Results

364.5.1 The lap lane will be closed as soon as the first competitor has finished the competition.

364.5.2 For skiers who are lapped refer to ICR article 340.1.5.

F. Relay Competitions

371 Organisation

371.1 Fundamental Rule

371.1.1 The organisation of relay competitions is the same as for other Cross-Country competitions with the following additions:

371.2 Special Officials

371.2.1 The Chief of Competition appoints a chief of the mass start and relay exchange who, with his assistants, starts the relay and then ensures that the handover in the relay exchange zone conforms to article 376.8.1. One of his assistants summons the competitors to the relay exchange zone and another records the details about competitors after any incorrect exchange.

371.2.2 The Jury appoints one of its own members as a relay referee to supervise the mass start and relay exchange.

372 Technical Facilities and Preparations

372.1 The Start

372.1.1 The Start Area

The start area must be laid out in relatively flat terrain and can provide at least 100 meters of straight tracks. The starting tracks in the grid must be at least 1.5 meters apart.

372.1.2 The Relay Start Grid

The relay start lines will be prepared as an arrowhead grid, refer to ICR Article 351.3.

For Canadian competitions: The first kilometre of the course should not have narrow sections or sharp bends.

372.2 Starting Positions

372.2.1 The competitors of the first relay section start on the start line. Start number 1 starts on the middle track, no. 2 to his right, no. 3 to the left of the middle track etc. On uneven terrain the starting line should be so situated that each starting competitor has the same conditions. The numbering mark should be placed to the right of the track.

372.2.2 Normally each nation can enter more than one official team. The first team for each nation must be placed on the start grid before the second teams and likewise for the third teams etc. Unofficial teams should have the least favorable starting positions.

372.2.3 Normally there is not enough space to start all competitors side by side, it is therefore permissible to have two or more rows at least four meters behind each other. All rows start simultaneously.

373 The Course

373.1 Distances

373.1.1 The relay distance for men and junior men is normally 10 km, for ladies and junior ladies normally 5 km.

For Canadian Competitions-recommended ranges:

Category	Length of relay sections
Atom Girls	0.5-1.0 km (closer to 0.5 km)
PeeWee Girls	1-1.5 km
Midget Girls	1.5-3.0 km
Juvenile Girls	3-5.0 km
Junior Female	3-5.0 km
Senior U23 Women	3-5.0 km
Senior & Master Women	3-5.0 km
Atom Boys	0.5-1.0 km (closer to 0.5 km)

PeeWee Boys	1-1.5 km
Midget Boys	1.5-3.0 km (closer to 3 km)
Juvenile Boys	3-5.0 km
Junior Male	3-10 km
Senior U23 Men	3-10 km
Senior & Master Men	3-10 km

373.1.2 The length of the first relay leg can deviate +/- 5% from the other legs, according to the stadium layout.

373.2 Classical Technique

373.2.1 In principle, the relay course is prepared with two tracks.

373.3 Free Technique

373.3.1 The course shall be prepared as wide as possible with a minimum of 6 m. For the preparation, see article 315.4.1.

373.4 Combination of Classical and Free Technique

373.4.1 In OWG, WSC and JWSC the first two legs will be raced using the classical technique on a classical course and the second two legs using free technique on a free technique course. However where possible both techniques can be skied on the same course provided that the course is wide enough (9m).

374 Relay Exchange

374.1 Procedure

374.1.1 The relay exchange zone should be a rectangle 30 meters long and sufficiently wide, clearly marked and roped off and located on flat or smoothly rising ground near to the start and finish.

375 Colours

375.1 Start Numbers

375.1.1 Separate colours shall be used for the start numbers for each relay leg. For OWG, WSC and WC competitions they will be: 1st leg=red; 2nd leg=green; 3rd leg=yellow and 4th leg=blue.

376 The Competition and the Competitors

376.1 Relay Team

376.1.1 The relay team consists of three or four competitors, according to the invitation, of whom each may run only one leg. At OWG, WSC, JWSC and WC competitions, a relay consists of four competitors.

376.2 Entries

376.2.1 Two hours before the Team Captains' Meeting the names of the four competitors actually competing and their starting order must be delivered to the Organiser (Race Office).

After this time they can only be substituted due to "force majeure" (see 335.1.1 for conditions).

For Canadian competitions:

The Team Captain is responsible for submitting the relay team lists to the Competition Secretary 2 hours before the draw. These lists, which may include the team skiing order, will be held in confidence by the Competition Secretary until the start list is circulated.

Team Order. Team names, in their skiing order must be submitted to the Competition Secretary by 20:00 hours the evening prior to the race or 1 hour after the draw whichever is the latest. If no team skiing order is submitted, the start order will be the order originally listed on the relay team list.

Reserves: Prior to the draw, two additional racers may be added to a team list as reserves. One or both may become eligible to race at the discretion of the Jury in the event of illness or injury to one of the registered team members. A reserve skier may also be named to another team.

376.3 The Draw

376.3.1 Start numbers will normally be drawn. At OWG, WSC and JWSC the placings in the previous OWG, WSC or JWSC will determine the starting order. At WC, placings in the last year's Nation Cup will decide the starting order. Teams which do not appear in those results will be drawn after those that did. This method can also be used at other competitions.

376.4 Late Entries

376.4.1 In OWG, WSC, JWSC and WC late entries after the draw are not allowed. In other competitions, the Jury makes the decision regarding late entries.

For Canadian competitions:

Late Entries: Late entries (entries after the draw) are not permitted in Canadian Ski Championships. In other competitions, the Jury may decide to allow late entries.

376.5 Ski-Marking

376.5.1 The colours will be the same as for each relay leg at OWG, and WSC competitions 1=red, 2=green, 3=yellow, and 4=blue (art. 375.1.1).

376.6 Start Procedure

376.6.1 The start is a mass start.

376.7 Start Signal

376.7.1 The starter must position himself at the start so that he can easily be heard by all competitors.

376.7.2 For Mass Start procedures see ICR 351.3.4

376.7.3 If there is a false start, the starter's assistant, who stands 100 meters in front of the start line, responds to the starter's signal by barring the way, whereupon the starter arranges a new start.

376.8 The Exchange

376.8.1 This is achieved by the arriving competitor, with a tap of the hand on any part of the next competitor's body while both competitors are in the relay exchange zone. The jury will determine the sanction if an exchange contravenes this rule. The next competitor may only enter the relay exchange zone when summoned. Any method of pushing the starting competitor is forbidden

377 Timekeeping and Results

377.1 Fundamental Rule

377.1.1 Timekeeping and calculations are the same as for other Cross-Country competitions. See articles 351-355 and 340.1.5 with the following additions:

377.2 Timekeeping

377.2.1 Intermediate times for the individual legs of the course are taken when the competitor crosses the line for the intermediate timing. This is also the starting time for the next competitor.

377.2.2 The total time of a relay team is the time which elapses between the start and team's final competitor crossing the finish line. The order in which the competitors finish the last relay leg determines the result list (see also 353.1.4, 353.1.5).

G. Guidelines for Popular Cross-Country Competitions

380 Definition of Popular Cross-Country Competitions (PCCC)

380.1 Competitions

380.1.1 Popular Cross-Country Competitions (PCCC) are competitions open to all Cross-Country competitors, licensed and non-licensed, without limitation on competition distance or format.

380.1.2 "Popular" refers to a format in Cross-Country racing, with mass-start distances of at least 30 km for ladies and 50 km for men, full -length competition courses, and terrain dictated by the natural landscape.

380.1 For Canadian competitions: Distances

380.1.1 Canadian Ski Odyssey loppets must offer at least one distance of 30 km or greater in length. The event may be run in two loops of 15 km in length or longer.

380.2.2 Shorter distances should be offered to encourage new loppet skiers to partake in skiing a loppet.

380.2.3 Shorter distances must be offered for Jackrabbits (1-10 km), Challenge skiers (5-15), and Juniors (10-30 km).

381 Entries and Competitors

381.1 Entries

381.1.1 Entries should be forwarded promptly by mail, by e-mail or by facsimile transmission in accordance with regulations in the invitation. Early entries may receive a reduced entry fee. Additional fees may be charged for late entries.

381.2 Licenses

381.2.1 Licensed competitors are responsible for complying with the license requirements of their own NSAs.

381.3 Seeding

381.3.1 Competitors may be placed in different starting positions according to their competitive abilities. The seeding may include an elite start group, whose composition may be based on known previous performance or by nomination of the competitors NSA, or by FIS-points.

381.4 Grouping

381.4.1 Competitors may be grouped in accordance with results from previous years' competitions or other competitions. They may also be grouped by sex and age or by date of submission of competition entry.

381.5 Results

381.5.1 Separate result list must be published for men and ladies.

381.6 Competitors

381.6.1 PCCC are organized for the enjoyment of all participating competitors. Because these competitions involve competitors with a wide range of experience and ability, good sportsmanship and courtesy toward other competitors are essential. Competitors who demonstrate unsportsmanlike behavior or do not follow these Rules or the rules of the competitions may be disqualified by the Jury. During a PCCC competitors must

- follow the marked course from the start to finish passing all control points
- complete the course on skis using only their own means of propulsion and without assistance from others
- neither hinder nor interfere with other competitors
- make a reasonable effort to allow faster competitors to pass. Normally slower competitors should use the right track or side of the course, faster competitors the left.

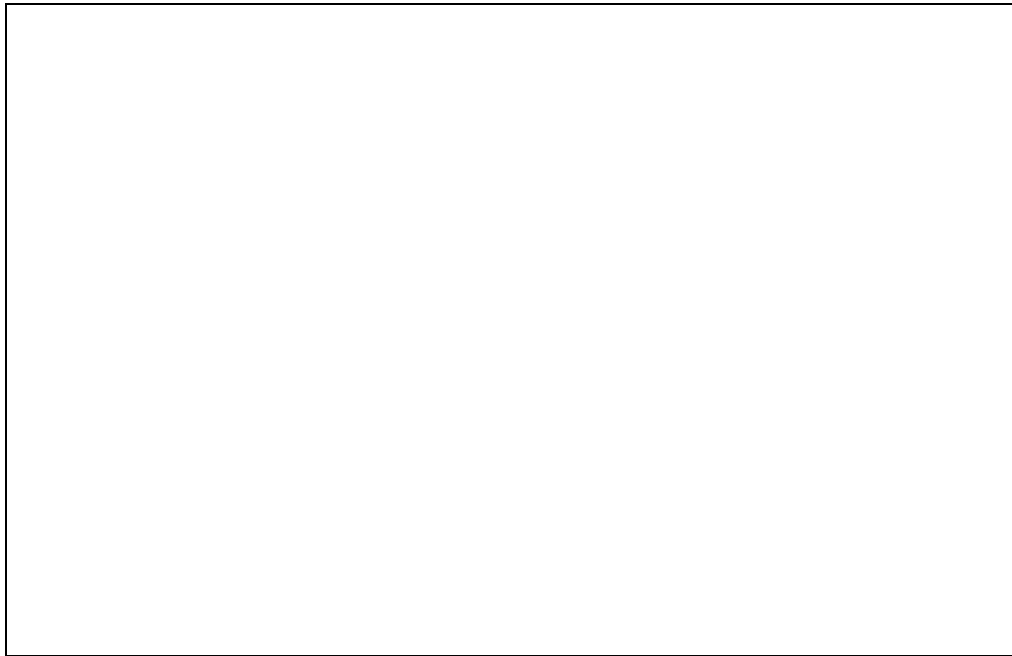
381.7 For Popular Cross-Country races on the FIS WC or Marathon Cup calendar, all Competitors placed in an elite group must comply with ICR article 207 "Advertising and Commercial Marking" and with article 222 "Competition Equipment"

For Canadian competitions: Age Groups

The following minimum number of age classes will be used at all Canadian Ski Odyssey (C.S.O.) events and are recommended for other loppets: [See 331 for definition.]

<i>Class</i>	<i>Sex</i>	<i>Age</i>
1	M	21-30
2	F	21-30
3	M	31-40
4	F	31-40
5	M	41-50
6	F	41-50
7	M	51-60
8	F	51-60
9	M	61 +
10	F	61 +

<i>Jackrabbits</i>	<i>12 & under</i>
<i>Challenge</i>	<i>13 - 16</i>
<i>Juniors</i>	<i>17 - 20</i>



382 Information

382.1 Announcement

382.1.1 The announcement should contain the following information

- name of the competition
- competition site and the alternative site, if any
- course distance (s) and technique (s)
- competition date and starting time
- seeding procedures
- entry deadline
- registration fee
- lodging and transportation information
- prizes and awards
- refund policy if the competition is cancelled
- insurance regulations
- any other useful or necessary information

382.2 Information for Competitors

382.2.1 Before the start of the competition, competitors should receive information regarding the following

- starting time
- course description and profile
- technique(s)
- transportation information
- identification sticker and control card, if any
- ski-marking
- starting procedures

- warm-up area and procedures
- feeding station locations and refreshments available
- procedure to follow if a skier does not complete the competition
- finish line procedure
- information regarding emergency medical procedures
- cut-off times, if any
- clothing drop off and pickup sites
- changing area, shower location, and food sites
- results service with grouping and announcements
- protest procedures
- prizes and awards
- procedures for short notice competition cancellation
- time and location of Team Captains' and Jury meetings, press conferences and other meetings
- communication services
- other necessary information

383 Jury

383.1 The Jury

383.1.1 In addition to being a forum for dispute resolution, the Jury should act as an adviser for the competition Organiser in dealing with various aspects of the competition. In PCCC the safety of the competitor should be given priority. The Jury should consist of

- the TD who is the chairman of the jury
- the National Assistant TD, appointed by the NSA
- the chief of competition

The TD may invite additional persons to attend Jury meetings where appropriate. These persons are advisory in capacity and do not carry a vote.

*For Canadian competitions:
The Technical Delegate or Advisor shall form a Jury comprised of the Chief of Course, Chief of Loppet and two seasoned participants, at least one of whom should be a visitor. A Jury meeting should take place the evening before the event. The Jury will act by the same rules (CCC Rules) as apply to ski races.*

384 The Course

384.1 Width

384.1.1 All obstacles must be cleared from the course to a width that allows, at a minimum, double tracks to be set throughout the length of the course. For free technique competitions the course width should allow unhindered overtaking.

384.2 Start Area

384.2.1 The start area should be flat or nearly flat. It should lead directly into the course and be wide enough to avoid excessive crowding. The start should gradually narrow to the width of the course over a distance sufficient in length to allow competitors to spread out before entering the tracks.

The start area should be organized to provide for

- ski-marking
- control of competitor identification
- control of commercial markings
- competitor seeding
- crowd control.

<i>For Canadian competitions:</i>	
384.7	Course
384.8.1	Design <i>The course should be designed and laid out according to CCC standards.</i>
384.8.1.1	<i>Length: Major loppet courses shall be at least 30 km in length. Shorter events should be offered to provide a variety of opportunities for different ages and abilities of skiers.</i>
384.8.1.2	<i>Width: The prepared course should have a width of at least 3.5 meters.</i>
384.8.1.3	<i>Configuration: In principle, courses shall be laid out so that no portion of the course is skied more than twice by each skier (two loops maximum). No course shall cross itself (unless this is done using an overpass) or be designed so that two way traffic is on the same tracks.</i>
384.8.1.4	<i>All travelled road or highway crossings must be straight, marked, highly visible, safe and controlled. The crossing itself must be kept packed with snow when this is compatible with local regulations and is feasible. Skiers must be warned well in advance if there is no snow cover on approaching crossway.</i>
384.8.1.5	<i>Approaches to all trail intersections must be marked with caution signs or barricaded. Downhill, high speed or blind intersections must be avoided.</i>
384.8.1.6	<i>The course must be well marked so that skiers are never in doubt as to where to go. Hazards of all sorts must be marked with caution signs. These signs must be prominently displayed and conform in shape, size and colour to the CCC standard. (See Officials manual).</i>
384.8.1.7	<i>Downhills: Safety of skiers must be kept in mind on downhills. Slopes that are so steep and long as to present excessive speed should be avoided. Downhills should be laid out so that fallen skiers can be avoided by other skiers. Run outs should be straight for a sufficient distance so that a skier can lose speed before negotiating sharp turns.</i>
384.8.1.8	<i>Course marking: The course should have frequent identification markers, easily understood by participants so they are never in doubt as to where the course goes.</i>
384.8.1.9	<i>Distance markers: should be located at least every 5 kilometres along the course showing distance skied.</i>
384.8.1.10	<i>Alternate Site: An alternate course should be planned and available in case of unforeseen circumstances preventing the loppet from being run on the primary course.</i>

384.3 Finish Area

384.3.1 The course should enter the finish area on a straight and flat approach. The finish area should be flat and sufficiently wide to allow several competitors to finish at the same time without impeding each other. The last 200 meters should have a width of at least 10 meters and be divided into at least 3 lanes separated with appropriate markings. Where more than one competition (two races of different distances) are held over the same course at the same time, separate finishing lanes should be provided to ensure that the leaders in the longer competition are not hindered by slower finishers in the shorter competition. The finish area should be designed and equipped for the necessary control functions and to avoid crowding. Feeding, access to clothing, showers or transportation to such facilities should be clearly marked in different languages and available near the finish area.

384.4 Course Preparation

384.4.1 Pre-season

The course should be groomed and maintained to ensure that the competition can be held safely with a minimum of snow cover.

384.4.2 Winter preparation

The course should be packed and groomed throughout the winter to ensure a solid base for final preparation.

384.4.3 Free Technique

In free technique competitions, the course should be well packed and wide enough to allow two competitors to ski side by side. Where appropriate, one single track may be set along the side of the course. The last 200 meters should be prepared to a width of at least 10 m. This section should be divided into at least 3 lanes and separated with appropriate markings.

384.4.4 Classical Technique

Normally the course should be set with two tracks. Where the width makes it possible, more tracks should be set. In curves the tracks should only be set if the skis can glide unrestrained in the set track. Where the curves are too sharp or the speed is too great to remain in the tracks, then the tracks should be removed. In steep downhills or other locations as designated by the TD and chief of competition, no tracks should be set. In the finish area, the last 200 meters should be set with as many tracks as possible. In appropriate situations, with approval of the TD and the chief of competition, course grooming may take place during the competition.

384.4.5 Both Techniques

Competitions may be carried out in both techniques at the same time and on the same course. In such cases, the course for free technique should be separated from the classical course with appropriate barriers or markings so classical competitors do not have the opportunity to use the other

course and vice versa. Each course should be packed and prepared in accordance with article 384.4.3 and 384.4.4.

384.5 Measuring and Marking

384.5.1 The competition course must be measured for length from start to finish by chain, tape or measuring wheel. Each kilometer should be marked. The last 500 meters and the last 200 meters should also be marked. Places such as steep downhills, curves, crossings should be given special marking.

384.6 Feeding

384.6.1 Feeding stations should be provided approximately every 10 km. If the course is difficult, the distance between the feeding stations may be shortened. In easy terrain, the distance may be increased. For competitions longer than 50 km different types of drinks and other appropriate nourishment should be provided.

384.7 Course Layout

384.7.1 PCCC should be conducted to accommodate all levels of competitors from recreational racers to elite athletes. Course layout should be adapted to the skill levels of the participants.

385 Control

385.1 Control Procedure

385.1.1 All aspects of the competitions must be controlled in a manner to ensure the safe and fair conduct of the competition for the competitors. The location of control points and utilization of controllers should be determined by the chief of competition in consultation with the TD, giving particular attention to the following

- technique control, if any
- completion of the entire competition course without shortcuts
- completion of the entire competition on skis marked as required by the Organiser (seeded competitors must comply with article 340.1.1, all others are allowed to change one ski during the competition)
- ensuring any support or assistance given competitors is in accordance with the ICR
- compliance with ICR commercial markings regulations
- providing a competition course free from obstructions
- ensuring competitors do not obstruct or hinder one another
- other control aspects as required.

385.1.2 Controllers should be qualified to perform their assigned duties.

386 Medical and Safety

386.1 Medical Officer

386.1.1 A chief medical officer will be appointed for every PCCC. He will be a member of the Competition Committee, and may be invited to attend the Jury meetings. The chief medical officer must be a licensed medical officer.

386.1.2 First Aid and Medical Service

The first aid and medical services must be completely operational during all training times. Details of the Medical Support Requirements are given in chapter 1 of the FIS Medical Guide containing Medical Rules and Guidelines.

386.2 Planning

386.2.1 The medical officer shall prepare an emergency first aid, evacuation, and notification plan for injuries, accidents, or deaths. Information regarding this plan and procedures to be followed in the event of injury, accident, or death should be provided to participants and competition officials.

386.3 Training

386.3.1 The medical officer shall designate, inform and train a sufficient number of medical, safety and emergency personnel to provide for the safety and medical needs of the competitors.

386.4 First Aid Stations

386.4.1 The location of first aid stations shall be marked by appropriate signs along the course. There shall be heated first aid stations in the start and finish areas.

387 Cold Weather Precautions

387.1 Background

387.1.1 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 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.

387.2 Between minus 15° and minus 25° C

387.2.1 If the temperature level is forecast to be between minus 15° and minus 25° C at any point on the course, recommendations regarding cold weather protection should be made available to the participants. Under such conditions it is the responsibility of the participants to seek the information and to follow the recommendations given by the organiser.

For Canadian competitions: Guidelines

Alternatives for Staging Loppet Events in Adverse Weather or under Severe Temperature Conditions (-22 degrees C or colder).

- Give participants the option of skiing on a well prepared course.
- Shorten loppet distances.
- No times will be taken
- No awards will be given
- Feed stations should provide hot drink.
- Provide extra checkers for frostbite on course and at checkpoint stations. - Must have better than adequate evacuation and warming spots along the course. - Use multiple loop courses to limit the time skiers are exposed to the weather unobserved.
- Attract participants to the final banquet with "draw prizes".

387.3 Minus 25° C and below

387.3.1 If the temperature in a major portion of the course is minus 25° C or below, the competition shall be delayed or cancelled.

387.4 Warm Weather Precautions

387.4.1 If the temperature is forecast to rise above 5 degrees C during the course of the competition, and exposure to sunshine is expected, recommendations must be given to competitors concerning clothing, skin protection and the need to consume adequate liquid before and during the competition. Feeding stations must ensure that they have adequate drinks to meet the increased demand. First aid stations must be briefed to be alert for signs of dehydration or any damage from sun exposure, and be prepared to take necessary measures in cases of dehydration or sunburn.

388 Cancellation Procedure

388.1 Policy

388.1.1 Normally the factors to be considered for the cancellation or the postponement of a competition are: temperature, weather conditions, snow conditions and course conditions. If a competition is postponed, a new date should be arranged with the NSA concerned.

388.1.2 *Cancellation or Postponement more than Six Days Before the Competition*
If a decision to cancel or postpone a competition is taken at least 6 days before the date of the original competition, the organising committee must immediately inform the NSAs, the media and post the information on the Internet. This decision will be made by the Organising Committee in consultation with the TD.

388.1.3 Short Notice Cancellation

A short notice cancellation is made six or fewer days before the date of the competition. However, a competition can not be cancelled less than three hours before the scheduled start time except for the competitors' and officials' safety. The cancellation procedure must be included in the information to the competitors (see article 382.2). The cancellation decision shall be made by the Jury.

- 388.1.4** *Refund Policy*
If a competition is postponed, competitors who have paid the entry fee should be allowed to compete in the postponed competition without additional charge. If a competitor decides not to compete in the postponed competition, the entry fee will not be refunded. The policy for refunds in a cancelled competition should be stated in the announcement for the competition (article 382.1).

389 **International Ski Competition Rules**

389.1 **Fundamental Rule**

- 389.1.1 All matters not covered within this section G are subject to the provisions in section A – H of the International Ski Competition Rules, book II.

H. Not Permitted to Start, Penalties, Disqualifications, Protests and Appeals

390 **Not Permitted to Start**

A competitor will not be permitted to start in any FIS International Ski competition who:

- 390.1 wears obscene names and/or symbols on clothing and equipment (art. 206.7) or behaves in an unsportsmanlike manner in the start area (art. 205.5)
- 390.2 violates the FIS rules in regard to equipment (art. 222) and commercial markings (art. 207)
- 390.3 refuses to undertake a FIS required medical examination (art. 221.2)
- 390.4 If a competitor has actually started in a competition and is later determined by the Jury to have been in violation of these rules the Jury must sanction the competitor.

391 **Penalties**

A penalty will be assessed by the Jury where the competitor:

- 391.1 violates the rules governing advertising on equipment (art. 207.1)
- 391.2 alters the start number in a way which is not allowed (art. 337.1.1)
- 391.3 does not wear or carry the official start number according to the rules. (art. 337.1.1)
- 391.4 violates the rules of ski marking (art. 342.1.1, 342.1.3, 342.1.4)
- 391.5 violates the rules of start procedure (art. 351.2.2 - 351.2.5)
- 391.6 violates the rules of restricted ski testing and warming up (art. 341.1.3, 341.1.4)

- 391.7 violates the rules of responsibility of competitor during the competition or demonstrates unsportsmanlike behaviour (art. 340.1 – 340.1.7)
- 391.8 violates the rules relating to exchange boxes (art. 364.4.4 – 364.4.7, art. 376.8.1)
- 391.9 runs more than one leg of the course in a relay competition (art. 376.1.1)
- 391.10 removes skis before crossing the red line (art. 206.5, 353.1)
- 391.11 takes skis to the official ceremonies (art. 206.6)

392 Disqualifications

The jury must meet and decide if a competitor is to be disqualified (see art. 223.3.3) All relevant evidence must be carefully considered and the competitor must have the opportunity to defend himself (see art 224.7). The Jury must also take into account the level of the competition and the age of the competitors. Examples that can lead to a disqualification.

- 392.1 participates in the competition under false pretences
- 392.2 either jeopardises the security of persons or property or actually causes injury or damage
- 392.3 does not ski the entire marked course (art. 340.1.1)
- 392.4 violates the use of correct technique (314.1.1)
- 392.5 intentionally causes obstruction
- 392.6 runs more than one leg of the course in a relay competition (art. 376.1)
- 392.7 receives a second written reprimand in the same season (mandatory DSQ). Written reprimands given during the season are not valid in the WSC and OWG periods. Written reprimands given during WSC or OWG are valid until the end of the season.
- 392.8 After disqualification, a competitor's name will be shown on a revised result list indicating his/her status as DSQ and no times must be printed for this competitor.

For Canadian competitions: After disqualification, a competitor's time will be deleted from the official results and their name will be listed at the bottom of the class and marked DSQ.

393 Protests

393.1 Types of Protests

- 393.1.1 Against admittance of competitors or their competition equipment,
- 393.1.2 Against the course or its condition,

- 393.1.3 Against another competitor or against an official during the competition,
- 393.1.4 Against timekeeping results,
- 393.1.5 Against decisions of the Jury, excluding disqualifications also see exceptions 360.7.1 and 361.8.1, see appeal procedures 225.3.
- 393.1.6 Against clerical errors or violations of the FIS Rules after the competition

393.2 Place of Submission

The various protests are to be submitted as follows:

- 393.2.1 Protests according to the art. 331.1 – 377.2.4 and art. 389.1.1 at the location designated on the official notice board or at a place announced at a team captains' meeting.
- 393.2.2 Protests concerning clerical errors or violations of the FIS Rules after the competition must be sent by registered post through the competitor's National Association to the FIS Office. within one month of the competition.

393.3 Deadlines for Submission

- 393.3.1 Against the admittance of a competitor
 - before the draw
- 393.3.2 Against the course or its condition
 - not later than 15 minutes after the end of official training
- 393.3.3 Against another competitor or competitor's equipment or against an official because of irregular behaviour during the competition
 - within 15 minutes after the last competitor has passed the finish.
- 393.3.4 Against the timekeeping
 - within 15 minutes after the posting of the unofficial result list.
- 393.3.5 Against decisions of the Jury
 - within 15 minutes after the posting of the unofficial result list.
- 393.3.6 Against clerical errors or violations of the FIS Rules after the competition
 - within one month of the competition.

393.4 Form of Protests

- 393.4.1 Protests are to be submitted in writing.
- 393.4.2 Protests must be substantiated in detail. Proof must be submitted and any evidence must be included.
- 393.4.3 CHF 100.– or the equivalent in another valid currency must be deposited with the submittal of the protest. This deposit will be returned if the protest is upheld. Otherwise it goes to the account of the FIS.
- 393.4.4 A protest may be withdrawn by the protesting party before the publication of a decision by the Jury. In this case, the money deposit must be returned.

393.4.5 Protests not submitted on time or submitted without the protest fee are not to be considered.

393.5 Authorisation

The following are authorised to submit protests

- the National Ski Associations
- team captains.

393.6 Settlement of Protests by the Jury

393.6.1 The Jury meets to deal with the protests at a predetermined place and time fixed and announced by it.

393.6.2 At the vote on the protest, only the Jury members are to be present. The TD chairs the proceedings. Minutes of the proceedings are to be kept and signed by all voting members of the Jury. The decision requires a majority of all voting members of the Jury, not just of those present. In case of a tie, the TD's vote is decisive.

The principle of a free evaluation of the evidence is maintained. The rules on which the decision is to be based shall be applied and interpreted in such a way that fair proceedings taking into account the maintenance of discipline are guaranteed.

393.6.3 The decision is to be made public immediately after the proceedings by posting on the official notice board with the publication time stated.

394 Right of Appeal

394.1 The Appeal

394.1.1 It can be made

- against all decisions of the Jury
- against the official result lists. This appeal has to be directed exclusively against an obvious and proved calculation mistake.

394.1.2 Appeals must be submitted to the FIS by the NSA.

394.1.3 Deadlines

394.1.3.1. Appeals against the decisions on the Jury are to be submitted within 72 hours of the publication of the official results list

394.1.3.2 The appeals against the official results are to be submitted within 30 days, including the day of the competition.

394.1.4 The decision concerning the appeals are taken by

- the Appeals Commission
- the FIS Court.

394.2 Postponing Effect

The evidence submitted (protest, appeal) may not cause a postponement of the appeal.

394.3 Submission

All evidence must be in writing to be substantiated. Proof and evidence are to be included. Evidence submitted too late must be declined by the FIS. (See 225.3). In order to file an appeal it must be accompanied with a deposit of CHF 500, which will be refunded if the appeal is upheld.

For Canadian competitions: Appeals and their processes are covered by a global CCC Appeals Policy. A current copy is available on the CCC Website in the Policies and Procedures section under About CCC.

I. Guidelines for Rollerski Competitions

396 Rollerski Competitions

396.1 Rollerski ICR Definitions

396.1.1 The matters covered within this section of the ICR are intended to focus on the unique aspects of Rollerski sport that are significantly different from the methodologies used in Cross-Country ski sport as outlined in the previous sections of this ICR publication.

396.1.2 The previous sections in this ICR will be used to give specific requirements in areas where there is direct similarity between Rollerski and Cross-Country (including ICR 200-226.2).

396.1.3 In addition, the underlying principles that apply in the Cross-Country sections of this ICR must also be applied to Rollerski sport.

396.2 Competition Equipment

396.2.1 Rollerski sport equipment must be available as a commercially produced product that is available to the general public.

396.2.2 Random controls will be carried out during the competition.

396.2.3 The diameter of the wheels must not be more than 100 mm.

396.2.4 The distance between the axles of the Rollerskis must not be less than 530 mm.

396.2.5 Two ski poles with specific Rollerski or Cross-Country skiing tips must be used.

396.2.6 Approved cycling helmets and eye protection must be worn.

396.2.7 Shoes or ski boots have to be fixed on the Rollerskis with a Cross-Country binding.

396.2.8 The changing of poles and Rollerskis is allowed during the competition.

396.3 Competition Formats and Programs

396.3.1 The following competition formats and recommended distances may be used and the competitions may be carried out in either classic or free technique:

Prologue

Up-hill 4 – 6 km

all categories

Undulating 8 – 12 km

all categories

Interval Start or Pursuit

20 km

all Ladies and Junior Men

30 km

Senior Men

Uphill (Interval or Pursuit or Mass Start)

Up to 10 km

all Ladies and Junior Men

Up to 15 km	Senior Men
Individual Sprint 150 – 1000 m	all categories
Pursuit (with or without a break) 4 – 20 km 4 – 30 km	all Ladies and Junior Men Senior Men
Team Sprint (2 members per team) 2 x 2 km x 3 laps 2 x 2 km x 5 laps	all Ladies and Junior Men Senior Men
Team Relay 4 km x 3 laps 6 km x 3 laps	all Ladies and Junior Men Senior Men

All distances shall be measured to +/- 10% accuracy

396.4 Course Design Standards

- 396.4.1 Rollerski competitions are held on asphalt or similar artificial or natural surfaces which are hard packed.
- 396.4.2 The course must be designed with the highest priority being given to the safety of competitors.
- 396.4.3 Obstacles or hazardous objects along or beside the track must be removed, or if not possible, they must be clearly marked and where necessary protected by padding.
- 396.4.4 The course has to be at least 4 metres wide.
- 396.4.5 The downhill sections must not have any sharp curves.
- 396.4.6 Warm up and cool down areas must exist and be secured.

396.5 General Course Preparations

- 396.5.1 Courses should be ready for inspection and for official training by the teams at least one day before the competition.
- 396.5.2 Courses must be closed to normal traffic. Only the OC, Jury, security cars/motorbikes are allowed to be on the course during the competition or during official training.

396.6 Requirements of the Competitors

- 396.6.1 The competition season is defined as 1st January to 31st December. See CC ICR article 331.1 for age categories.
- 396.6.2 Final entries should be received at least 14 days before the competition starts.
- 396.6.3 Methods of grouping
- 396.6.4 Refer to World Cup Rules for special seeding rules.

396.7 Refreshment Stations

- 396.7.1 During competitions which are 15 km or less, refreshment services are only permitted in the finish zone after the finish line.
- 396.7.2 For competitions greater than 15 km but less than 40 km, refreshment services are allowed along the course without the use of motorized vehicles. For competitions greater than 40 km, motorbikes may be allowed at the discretion of the jury.
- 396.7.3 Bicycles are forbidden on the course.
- 396.7.4 Competitors are permitted to change or repair equipment during the competition but they must do this without any outside assistance other than being handed the replacement equipment or tools.

396.8 Start and Finish Requirements

- 396.8.1 The start line must be clearly marked on the surface using paint.
 - 396.8.1.1 Mass start areas must be a minimum of 6 m wide in order to permit a fair start.
 - 396.8.1.2 Skating is not permitted for the first 70 m after the start.
 - 396.8.1.3 Pursuit starts must have a minimum of two corridors that are a minimum of 10 m in length and each corridor must be a minimum of 2 m wide.
 - 396.8.1.4 For World Cup during Mass Starts and Pursuit Starts it is required to video tape the no-skating areas at the start and the finish with a minimum of two digital video cameras.
 - 396.8.1.5 There must be radio or phone contact between the start and the finish area.
 - 396.8.1.6 There must be a loudspeaker system at the start and the finish area.
- 396.8.2 Finish Area Requirements
 - 396.8.2.1 Three finish corridors which are 2m wide must be marked for the final 100 m before the finish line. The final 200 m of the course should be relatively straight.
 - 396.8.2.2 For Rollerski World Cup and Rollerski World Championships the finish corridors must be video taped using a minimum of 2 digital video cameras. Play back units must be available in the jury room.
 - 396.8.2.3 The finish line must be clearly painted on the surface of the course.
 - 396.8.2.4 The Finish Zone (Roll Out Zone) which follows the finish line must be a minimum of 100 m.
 - 396.8.2.5 The start area, the finish area and the exchange area must be secure from spectators and unauthorised coaches and service personnel.

396.9 Timing

396.9.1 For Relay or Sprint competitions a photo finish camera must be used.

396.10 Exchange Zone

396.10.1 The exchange zone for Team Relay or Team Sprint must be a minimum of 15 m wide and 50 m in length.

396.10.2 The exchange zone must be clearly marked with a line at the beginning of the zone. When the front wheel of the arriving competitor reaches this exchange line the corresponding team mate is allowed to depart the exchange zone. No physical contact between the competitors is required.