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2012 NORDIC COMPETITION GUIDE

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2012 USSA NORDIC COMPETITION GUIDE

On The Cover

U.S. Ski Team member Kikkan Randall

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www.usskiteam.org

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Chapter 1 Getting Started

2012 Competition Guide



www.ussa.org

Thank you for your participation in USSA programs. The USSA provides opportunities for athletes to develop their skiing or snowboarding skills in a competitive and educational environment. Use this guide as a roadmap to USSA programs, rules and rankings.

The U.S. Ski and Snowboard Association (USSA) is an Olympic sports organization and parent body for the U.S. Ski Team, U.S. Snowboarding and U.S. Freeskiing. It is driven by a vision to be best in the world in Olympic skiing and snowboarding with an emphasis on building character through personal values. The USSA's mission is to provide strong leadership that establishes and supports athletic excellence in accordance with the USSA core values.

The USSA's programs provide education, skill development and competition opportunities for young athletes with grassroots USSA club programs up through national teams and the Olympic Winter Games.

The USSA supports athletic programs in skiing, snowboarding and freeskiing disciplines. Local USSA Clubs make up over 425 professional coaching outlets for athletes and logistical support for competitions. USSA clubs, with both professional staffs and local volunteers, comprised of about 30,000 members, are the backbone of the USSA supporting individual athletes and managing most of the USSA's over 4,500 domestic competitions. In season 2011 our resort partners, clubs, officials and volunteers hosted over 4,500 domestic competitions where more than 150,000 athletes went out of the start.

Services provided by the USSA are based around the three "R's": rules, races and rankings. Rules are established to ensure a consistent and fair playing field for all athletes. Races, or competitions, are the backbone of the USSA's programs, providing competitive programs for athletes. Rankings are a means of evaluating performance in competitions to determine advancement on the USSA's athlete development pipeline, or to assist in determining start positions in specific competitions.

The USSA provides educational resources to key constituent groups through the USSA's Center of Excellence, the national training and education facility. Education is provided to athletes, parents, officials, coaches and clubs in areas such as sport technique, fitness and exercise, sport science and sports medicine.

USSA regions and divisions/states are volunteer-run programs which implement USSA programs within small, multi-state geographic areas, including scheduling of divisional competitions, selection of divisional teams and training of competition officials.

Athletic Advancement

Now that you're a USSA member, you have access to compete in sports both in your home area and nationally. The following are steps you can take to make the most out of your competitive skiing or snowboarding experience.

Join a USSA Club - Linking up with a USSA club will allow you access to the best professional coaching and logistical support. A complete club directory is available at www.ussa.org.

Compete - Pick the proper competition programs for your age and ability. Contact the event organizer or your local USSA club for entry information. The USSA's programs offer both introductory non-scored events for youth athletes to promote skill development and fun and scored competitions to improve ranking.

USSA Ranking - Compete in USSA scored competitions to gain a USSA ranking, which will be used for advancement up the USSA athlete development pipeline. You can monitor your USSA ranking at www.ussa.org.

FIS Competition - As you advance up the pipeline with your USSA ranking, you may be eligible for ranking on the International Ski Federation (FIS) ranking list. Check with your club coach or divisional contact for more information. FIS registration is managed through the USSA. You can monitor your FIS ranking or print a FIS registration form at www.ussa.org.

Team Selection - As you continue to advance, your USSA ranking may qualify you for a regional/state or divisional team. This includes the Junior Championships, U.S. Championships and all the way up to the U.S. Team.

In addition to these tips towards advancement, each of the USSA's sports has a specific development pipeline with defined action tips designed to educate athletes in every age group as they progress in their sport. Please see the development pipeline for your particular sport by logging on to www.ussa.org and clicking on your sport in the drop-down menu and scrolling to the advancement tab.

Where to Find More Information

As you continue competitive skiing or snowboarding, you might have questions along the way. The following are helpful resources to guide you on your path to success.

USSA Web Site - www.ussa.org is the best source of member information. Simply click on your sport on the home page. There you will find contact information, criteria and advancement protocol on your sport as well as the latest in national news from your sport.

USSA Competition Guide - This handbook is a guide for athletes, parents, coaches and officials that provides a roadmap to USSA programs. Here you can find information on rules and rankings for your sport.

Local USSA Club - Over 425 USSA Clubs are the heart of the sport. These organizations have the background and knowledge to help answer most of your questions. Check your local USSA Club for information on schedules and qualifying procedures within your division or state.

Regional/Divisional/State Contact - Each region, division and state for your sport has a contact person who can help you answer questions. Your divisional contact appears in the front of this Competition Guide and may also be found at www.ussa.org.

USSA National Office - Every USSA sport has full-time staff in the USSA national office in Park City, UT. Contact the office at 435.647.2666 with national membership or ranking questions. For a quicker response, please send an email to the email links found at www.ussa.org.

Magazines - USSA members will receive a subscription to their choice of Ski Racing Magazine, SkiTrax or Snowboarding Magazine to stay informed on sport news.

USSA Membership Categories

The USSA offers a variety of membership opportunities depending on your area of interest. Take a look at the options below to select the best fit for you.

USSA Nordic Kids - An entry-level, non-scored membership designed for athletes 13 years-old and younger (based on Dec. 31 age). USSA Kids membership allows participation in selected divisional or state competitions, but is not scored on USSA ranking lists.

USSA Competitor - The primary USSA membership for athletes 13 and older (based on Dec. 31 age) to gain entry into the full range of USSA competitions and scoring on USSA ranking lists. This membership is required for athletic advancement in this age group.

Volunteers - The USSA club system exists because of the help and dedication of volunteers including parents of competitive athletes. Opportunities for young athletes are available because of the volunteerism of parents and other dedicated individuals. You can become a volunteer by getting involved with your local club. The USSA also provides membership for officials and professional coaches, plus a low-cost associate membership for parents, volunteers, and other supporters exists to allow continued support even after your competitive career is over.

Code of Conduct

A condition of USSA membership is the agreement to abide by the USSA Code of Conduct including provisions regarding drug testing. The Code of Conduct can be found in the chapter USSA Alpine Competition Regulations

PARENTS

Your son or daughter is on their way to growing their career in skiing or snowboarding. Supporting them in their endeavors is the number one way to help them achieve success. However, there are other ways to participate along the way to enhance the experience of competitive skiing and snowboarding.

Become a volunteer - A great way to be a part of the team is to become an official. Parents may attend officials clinics and work out of town competitions so that they will be better able to help with races at their own competition venues.

Another way to be involved is to serve on steering committees and competition committees for a sport. Contact your USSA athletic sport director for more information.

Education - The USSA provides a variety of educational opportunities for parents. Through www.ussa.org, local clubs and USSA produced educational resources, parents can gather information to help support their child in their quest towards victory. The Successful Sports Parenting DVD, produced in partnership with USA Swimming, featuring Deborah Phelps, mother of Olympic and World Champion swimmer Michael Phelps, is a suggested guide to lead you through tips to support the development and success of young athletes. Find more information at educationshop.ussa.org.

Stay involved in your child's club - Ask questions to club leaders, look at annual reports and attend orientation if offered. These activities will help you better understand your child's club and the USSA development pipeline.

USSA INSURANCE COVERAGE

USSA requires Members to have valid and sufficient primary medical/accident insurance coverage and to accept full responsibility for understanding the provisions of such coverage as a condition of becoming a USSA member and participating in official USSA training and competition. Such primary coverage must be in effect for the entire term of the membership year in order for the member to have coverage under USSA's excess accident medical policy. Members must carry proof of primary insurance and such proof must be available at each event so that prompt medical/hospital care can be authorized, if needed. USSA provides properly registered members with excess accident medical coverage, as follows:

Excess Accident Medical Insurance for Members of Non-Gold Member Clubs

Current USSA Members and USSA temporary registrants of a non-Gold Member club have excess accident medical coverage during sanctioned or registered events including official training (as defined by the policy) at such events. Please see http://www.amerspec.com/ussa_cov/ for a detailed description of coverage.

Excess Accident Medical Insurance for Members of Gold Member Club

Current USSA Members, USSA trial participants and USSA temporary registrants of a USSA Gold Member Club have excess accident medical coverage during skiing and snowboarding competition, while training to compete and conditioning to compete in ski and snowboard competition that is supervised by a USSA representative and/or representative of a USSA Gold Member Club, and during club activities that are supervised by a representative of a USSA Gold Member Club. Please see http://www.amerspec.com/ussa_cov/ for a detailed

description of coverage including activities that are excluded from the policy.

Liability Insurance

USSA will provide liability coverage for:

- Event Organizers with respect to their ordinary negligence if such is alleged to have arisen in connection with competition in or conduct of sanctioned events (meaning a Schedule Agreement has been executed) and/or activities conducted or approved by USSA (including official training at such event as defined by the policy). Please see http://www.amerspec.com/ussa_cov/ for a detailed description of coverage.
- Gold Member Clubs and the members and supervisory staff of such clubs and USSA member coaches and USSA member officials while acting in their capacity as such on behalf of Gold Member Clubs. Such coverage applies during (1) ski and snowboard competition; (2) while training to compete and conditioning to compete in ski and snowboard competition that is supervised by a USSA representative and/or representative of a USSA Gold Member Club; and (3) during club activities that are supervised by a representative of a USSA Gold Member Club. Please see http://www.amerspec.com/ussa_cov/ for a detailed description of coverage.

Note: This summary provides a general overview of insurance coverage that applies for USSA members. It is not a complete explanation of all policy provisions or specifics of the policy benefits. No coverage is extended, and no representations are made, other than what is stated in the actual insurance policies.

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Chapter 2

Points and Rankings

2012 Competition Guide



www.ussa.org

CROSS COUNTRY RANKING

There are several different scoring systems used in USSA cross country skiing. Familiarity with this material will help a competitor know how to best improve his or her points or ranking. More detailed information is available at www.ussa.org.

USSA National Ranking List

The USSA National Ranking List is used to rank all eligible USSA athletes in scored races based on the FIS point calculation. Racers may obtain points by entering any races designated as USSA National Ranking List Events or scored races. Competitors must be current competitor-members of the USSA and on the most current USSA points list at the time of the competition to be eligible for points. A competitor's USSA number must appear on the official results in order to be scored. The updated NRL will be posted at www.ussa.org. Minimum and maximum penalties, which may affect the points in each race, are applied based on quality and importance of the competition. Categories of races to be scored and their corresponding minimum penalties are:

Event Category	Minimum/Maximum Penalty ¹
World Cup, Olympic and World Championships	0
Continental Cup, NCAA Champs, American Birkebeiner ² , SuperTour	15
U.S. Championships	15 (min)/50 men and 75 women (max)
U23 World Championships	25 (max)
World Junior Championships	35 (max)
Marriott Junior Nationals	No min/max
Regional Scored Events, College Events	50 men and 65 women

¹ For races scored to FIS other than USSA SuperTour, U.S. Championships, College Championships and the American Birkebeiner, the Regional penalties will be used.

² Note: Only the top-30 finishers at the American Birkebeiner will be scored.

Method

The USSA National Ranking List (Overall) is based on a racer's four best results during the previous 12 months, which are used to determine his or her final points. Those athletes with fewer than four scored events will be penalized 22% (with a minimum of 4 and a maximum of 26 points) of their overall points. Ranking for both sprint and distance disciplines will also be calculated, using a racer's best three results in that discipline. While the USSA NRL is based on the FIS point calculation, it is a separate list from the FIS list.

To more closely align athletes' NRL points with FIS points, the USSA NRL points list will be adjusted annually as follows:

1. For the USSA distance points, the difference in points for the top 10 male and female athletes, between their USSA and their FIS points, will be averaged to create a modifier, and
2. For the USSA sprint points, the difference in points for the top 5 male and female athletes, between their USSA and their FIS points, will be averaged to create a modifier.

Calculation of the modifier will be made by the USSA Competition Services Department and subject to the oversight of a Technical Committee of coaches, timers and the USSA Nordic Director. The Technical Committee will be appointed annually at USSA Congress.

Beginning with the 4th USSA points list and for each following list in the competition year, athletes' overall points will be calculated by using a minimum of two (2) races from the current season of the total of 4 races used to calculate their overall points.

FIS International Ranking List

The International Ski Federation (FIS) International Ranking List is used to rank all FIS competitors internationally. Athletes are required to register with the FIS (through USSA Member Services) to be scored on the FIS International Ranking List, to participate on the U.S. Ski Team (including World Championship, World Cup and Olympic teams), to be seeded at the Junior World Championships or to be seeded in the FIS seed during FIS events. To compete in the Olympics, competitors must attain a minimum of one FIS result under 100.00 points. To compete in the World Cup, competitors must attain a minimum of:

- Women, one FIS distance result under 90.00 or one FIS sprint result under 120.00
- Men, one FIS distance result under 60.00 or one FIS sprint result under 120.00

The FIS points list may be downloaded at www.fisski.com.

Calculating Penalties - USSA Points

Penalties are assigned to each competitor's score, based on the strength of the field. The race penalty is calculated by adding the three best values of the top five finishers' discipline points and dividing by 3.75 (except for Marriott Junior Nationals as these athletes have less experience with sprinting; for JNs, athletes' overall points will be used). The result is rounded to two decimal places.

For the purpose of calculation, any U.S. competitors in the top five without USSA points or without a current USSA competitor membership, will receive 200 points for men or 250 points for women. If a foreign competitor is in the top five, their active FIS points, in discipline, will be used. If they have no FIS points, 160 points will be used for the purpose of calculation. If two or more competitors in the top five are tied, the athletes with the best current available points will be used in the calculation of the penalty. If the calculated penalty is higher than the minimum penalty for the race, the calculated penalty is applied. If not, the minimum penalty is applied.

If a foreign or U.S. athlete ends up in the penalty (top 5) in a FIS/USSA race and does not have points (Active, but no points) the USSA may use their last known FIS points to calculate the USSA (not FIS) penalty for the benefit of the USSA field, but only if the last known FIS points were from the current or previous season.

Calculating Points

All Races Calculated by

$$P = ((Tx - To) / To) \times F + Pn \quad \text{or} \quad P = ((Tx / To) - 1) \times F + Pn$$

P = Points

Tx = Time of the classified competitor in seconds (including tenths of seconds)

To = Time of winner in seconds (including tenths of seconds)

F = F-Value (a constant based upon the type of competition - see below)

Pn = Race Penalty

Note: In all calculations, the race points should be truncated to two decimal places before the penalty is added to them.

Team Events

No Team Events and no 4 x Relays will be scored to the NRL.

The F-Value

The F-Value is assigned as follows:

- | | |
|---|------|
| • Mass Start and Pursuit (with no break) | 1400 |
| • Sprint, 2-day Pursuit, and Uphill Climbs | 1200 |
| • All Other Competitions (including Individual Start) | 800 |

Ranking List Deadlines

The USSA NRL and FIS lists will be updated according to the following schedule:

	USSA		FIS	
	Closing	Valid	Closing	Valid
1.	Aug. 8	Aug. 12	Jun. 30	Jul. 1
2.	Oct. 24	Oct. 25	Oct. 23	Oct. 26
3.	Nov. 17	Nov. 22	Dec. 11	Dec. 14
4.	Dec. 19	Dec. 23	Jan. 8	Jan. 11
5.	Jan. 9	Jan. 13	Feb. 12	Feb. 15
6.	Jan. 30	Feb. 3	Apr. 29	May 2
7.	Feb. 27	Mar. 2		
8.	Mar. 19	Mar. 23		
9.	Apr. 5	Apr. 6		

Conditions

For a competition to be considered for scoring to the NRL, the following conditions must normally be met:

- The event must be scheduled at the USSA Spring Congress
- The date, location and program must be published in the USSA Competition Guide
- A USSA Schedule Agreement must be executed (December 1st deadline)
- USSA rules must be enforced, under the supervision of a USSA Technical Delegate
- At least 5 competitors must be USSA members
- USSA numbers for each member competitor must be listed on the official results
- Results must be electronically submitted to USSA within 3 days of the competition
- Results containing only J2 skiers will not be scored (except Marriott Junior Nationals)

Protest Period

Any athlete may contest the accuracy of the USSA points within 3 days of its publication by contacting the USSA Nordic Director. Any protest received after that period may not be considered. Inaccuracies due to errors on the official results may or may not be corrected.

NRL competitions, which were not submitted according to the published deadline or in the required format, may be scored during the period between the last NRL publication of that season (typically mid-April), and the first NRL publication of the next season. Competitors whose protests to the NRL were not received according to the published deadlines may also have their protests considered during this period. Any changes made to the NRL during this period will not be retroactive.

Race Results

It is critical for calculation purposes that race sites provide complete and usable race results. Coaches and athletes should review all official race results to ensure that the information is accurate (race distance/technique, skier's official time, spelling of first and last names, current USSA and current FIS competition codes). Organizing Committees should take care to make space on the entry forms for skiers to report membership number and code information. If any of these details are submitted for national scoring in an incorrect form, problems will result! Skiers must have a current FIS registration and their FIS code noted on the results to be scored on the FIS list, and USSA registration and their current USSA membership number noted on the results to be scored to the NRL. Organizing Committees must submit results together with the Report of the Technical Delegate to USSA, in the prescribed electronic format, within 3 days of the completion of the competition. Information on race result transmission can be found at www.ussa.org.

USSA SuperTour Scoring

The USSA SuperTour scores the top 20 in each event.

Place	Points	Place	Points	Place	Points
1	30	8	13	15	6
2	25	9	12	16	5
3	21	10	11	17	4
4	18	11	10	18	3
5	16	12	9	19	2
6	15	13	8	20	1
7	14	14	7		

World Cup Scoring

The FIS World Cup scoring system awards points to the top 30 competitors.

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

Tie-Breaking Procedure

A skier will move ahead in the final championship or trials standings, and on selections lists, based on the following procedures until a tie is broken.

1. Highest/higher single finish
2. The second-highest single finish
3. The third-highest single finish
4. The fourth-highest single finish
5. Lowest USSA points in an event

Cross Country Age Classes

USSA Class	Year of Birth	Age
Youth/J5	2002 or later	9 & under
Youth/J4	2000-01	10-11
Youth/J3	1998-99	12-13
J2	1996-97	14-15
J1	1994-95	16-17
OJ	1992-93	18-19
SR	1982-91	20-29
MA	1981 or before	30-39

NOTE: Age as of Dec. 31 of competition season

SKI JUMPING / **NORDIC COMBINED RANKING**

USSA National Ranking List

A new National Ranking List (NRL) system is being designed and hopefully tested this season. The USSA Jumping/Nordic Combined Sport Committee will review the new system and results will be posted at www.ussa.org.

NRL Competitions

Those events that have been determined to be NRL events for this season can be found in Chapter 3 of this guide.

Ski Jumping & Nordic Combined Age Classes

USSA Age Classes

USSA Class	Year of Birth	Age
Youth/JR5	2002 or later	9 & under
Youth/JR4	2000-01	10-11
Youth/JR3	1998-99	12-13
JR2	1996-97	14-15
JR1	1992-95	16-19
SR	1982-91	20-29
MA	1981 or before	30-39

NOTE: Age as of Dec. 31 of competition season

FIS Age Classes

FIS Class	Age
FIS Junior	Up to 19 years on Dec. 31 of current competition season
FIS Senior	All competitors over the age limit for Juniors



Chapter 3

Competition Programs

2012 Competition Guide



www.ussa.org

CROSS COUNTRY

This section of the USSA Nordic Competition Guide provides general information on major events and series, some of which are invitational or only open to skiers qualifying through previous competitions.

All cross country competitions outlined in this chapter (except the Junior Scandinavian Cup Championships, unless otherwise noted) will be scored to the National Ranking List. See Chapter 2 for a list of minimum penalties.

Any changes to the information contained in this chapter will be communicated at www.ussa.org.

Selection Criteria and Calendars

Selection criteria and calendars are available at www.ussa.org. For criteria click on sports > cross country > advancement. For calendars click sports > cross country > events.

U.S. Cross Country Championships

Rumford, ME Jan. 2-8, 2012

Eligibility for Competition

The U.S. Cross Country Championships are the premier U.S. event of the season. Competitors include top club racers, foreign skiers, and members of the U.S. Ski Team. All skiers must enter the U.S. Cross Country Championships individually through the race organizers. This event is open to all USSA and FIS competitors. The U.S. Cross Country Championships and the USSA SuperTour Finals are a part of the USSA SuperTour series. Double USSA SuperTour points are awarded during the Championships and the USSA SuperTour Finals.

Schedule

Date	Men	Women
Jan. 2	Sprint F (30 in finals)	Sprint F (30 in finals)
Jan. 4	15 km F	10 km F
Jan. 6	30 km C MST	20 km C MST
Jan. 8	Sprint C (30 in finals)	Sprint C (30 in finals)

Entry Contact

www.uscrosscountrychampionships2012.org

Roger Arsenault, Chair cecfuel@roadrunner.com

Right to Participate

To be eligible for U.S. Cross Country Championship medals, competitors must be either a U.S. citizen, or if foreign, be a resident alien (must have a green card) or have filed a declaration of intent to become a U.S. citizen. Competitors must be members of USSA, and classified as licensed competitors, and in possession of their USSA membership card at the time of check in/bib pick-up. Proof of USSA competitor membership is the responsibility of each individual competitor and will be required before entry is accepted into the draw.

All coaches must be USSA member coaches to participate.

Guest Class

Citizens of foreign nations, who are not resident aliens, may compete in the U.S. Championships as long as they are current FIS code number holders, or USSA competitors. These athletes are not eligible to win U.S. Championship titles or national championship medals and awards, but are eligible to receive any prize money that may be awarded, as well as USSA SuperTour points. At the time of registration, all entrants must present a current, paid-in-full USSA membership and competition license, or FIS code from their home

federation. The top three overall male and female finishers will be recognized at the official flower ceremony and presented with awards.

National College Cup

The two distance events at the U.S. Cross Country Championships will serve as a scoring event for the “National College Cup”, which will acknowledge the best women’s and best men’s college teams and individuals at the event. The scoring system will be managed by a college coaches’ oversight committee, but will be done using standard NCAA ski meet scoring with base scoring using three athletes per gender per team.

Seeding

Seeding will be done according to USSA rule 50.2.

U.S. Championships Prize Money *

*Prize money payable to current USSA/FIS members only. Prize winners are expected to make themselves available at the established prize ceremonies or they may forfeit prize money.

1st - \$1200 2nd - \$600 3rd - \$300

Grand National Champion

A men’s and a women’s “Grand National Champion” will be named by scoring a competitor’s best five U.S. Cross Country Championship races, using the USSA SuperTour scoring system and the tie-breaking procedures outlined in this Guide. Foreign competitors are excluded from the scoring for the national champion.

USSA SuperTour Finals

Craftsbury, VT Mar. 24-31, 2012

This season-ending event determines the Overall, the Sprint and the Distance leaders for the entire USSA SuperTour. It also includes the U.S. Championship 30/50 km races. The Overall leader earns start rights for FIS Period 1 in the subsequent season.

All races are FIS and USSA sanctioned, and earn double USSA SuperTour points.

Schedule

Date	Men	Women
Mar. 24	Prologue F	Prologue F
Mar. 25	15 km C MST	10 km C MST
Mar. 27	Sprint C	Sprint C
Mar. 28	6 km F uphill pursuit	6 km F uphill pursuit
Mar. 30		30 km F MST
Mar. 31	50 km F MST	

Entry Contact

Judy Geer

geerjudy@gmail.com

www.craftsbury.com

Continental Cups (Scandinavian (Scando) and Alpen (OPA) Cups)

The Continental Cups are the European version of the USSA SuperTour. The Scando Cup competitions will take place (tentatively) Nov. 11-27, 2011 and will be scored to the National Ranking List. The OPA Cup competitions will take place (tentatively) Feb. 5 - Mar. 20, 2012 and will be scored to the National Ranking List. The location for these two events had not been finalized at press time.

Contact Bryan Fish at USSA (bfish@ussa.org) for dates, locations, race formats and registration information. As race details are finalized, they will also be posted to the USSA website (www.ussa.org).

USSA SuperTour

The USSA SuperTour is the premier cross country race series in North America. Prize money and incentives are offered at every stop, as well as FIS scoring for those racers who are registered with the FIS. Links to event information will be posted to www.ussa.org as they become available.

Athlete Lodging and Entry

Lodging (no meals) and Entry will be provided by the Organizer for the best 4 male and female competitors in the current USSA SuperTour Overall standings (as measured 5 days prior to the competition) for at least two nights before the first competition, until at least the night before the final competition (not valid for U.S. Championships or SuperTour Finals).

USSA SuperTour Schedule

Nov. 23-26	West Yellowstone, MT	Sprint Qual C & F, 10/15 km F, 5/10 km C
Dec. 3-4	Bozeman, MT	Sprint Qual F & 5/10 km F, 15/20 km C
Jan. 2-8	Rumford, ME	Sprint F, 10/15 km F, 20/30 km C MST (Jr 5/10 km), Sprint C
Jan. 21-22	Minneapolis, MN	5/10 km C, 15/20 km F (not FIS scored)
Jan. 25,28-29	St. Paul, MN	Sprint Qual F, 5/10 km C MST, 10/15 km F pursuit
Feb. 11-12	Aspen, CO	Sprint Qual C & 5/10 km C, 21 km F MST
Feb. 18-19	Madison, WI	Sprint C, Sprint F
Feb. 25	Hayward, WI	52 km F MST
Mar. 24-31	Craftsbury, VT	Prologue F, 10/15 km C MST, Sprint C, 6 km F hill climb pursuit, 30/50 km F MST

USSA SuperTour Prize Money*

*Prize money payable only to licensed FIS members on the most current FIS points list.

Each site on the USSA SuperTour schedule will pay prize money according to the following scale (with the exception of U.S. Championship events, Sprint Qualifier Only events and others as approved by the USSA Nordic Program Director).

1st - \$750, 2nd - \$500, 3rd - \$250, 4th - \$200, 5th - \$150, 6th - \$100

For Sprint Qualifier Only events, USSA SuperTour points, NRL and FIS points will be earned based on the Qualifier results.

Skiers who do not make themselves available at the established USSA SuperTour prize ceremonies will forfeit prize money.

Overall Winner

The USSA SuperTour Overall champions are determined by the best cumulative total of a competitor's SuperTour points. The USSA SuperTour Sprint champions are determined by the best cumulative total of a competitor's sprint races and the Distance champions is determined by the best cumulative total of a competitor's distance races. Double USSA SuperTour points will be awarded at all U.S. Championship and USSA SuperTour Finals races.

Earning World Cup Starts

The USSA SuperTour Overall leaders, male and female, after the first USSA SuperTour period (Dec. 4, 2011) will be able to start in all World Cup competitions between Jan. 14 - 22, 2012, if the FIS point standards are met. The USSA SuperTour Overall leaders after the U.S. Cross Country Championships (Jan. 9, 2012) will be able to start in the World Cup competitions (Feb. 2-19, 2012), if the FIS point standards are met. The USSA SuperTour

Overall, Distance and Sprint leaders as of Jan. 30, 2012 can start in all World Cup competitions (Mar. 3-10, 2012), if the FIS point standards are met. The expenses of the Overall leaders will be paid by FIS according to World Cup rules. The USSA SuperTour 2012 Overall winners can start in the first World Cup period (tentatively Nov. 11 - Dec. 19, 2012) next season, if the FIS point standards are met.

National Ranking List Series

All USSA competitors competing in NRL events will be scored to the USSA National Ranking List (as per Chapter 2). Race organizers are responsible for submitting electronic results to USSA within 3 days of the event, complete with USSA numbers for USSA competitors. The race entry form should include a place for competitors to include their USSA number for all USSA scored events. All World Cup races in which USSA members compete are scored to the NRL.

NRL Series Schedule

Date	Location	Details
Nov. 11-27	Scandinavia	TBD
Nov. 18-20	Fairbanks, AK	Prologue F, 6/8 km F MST, 5/10 km C Pursuit
Nov. 23-26	West Yellowstone, MT	Sprint Qual C & F, 10/15 km F, 5/10 km C
Dec. 3-4	Bozeman, MT	Sprint Qual F & 5/10 km F, 15/20 km C
Dec. 3-4	Summit, CO	5/5 km F, 5/10 km C
Dec. 10-11	Ironwood, MI	5/10 km F, 5/10 km C
Dec. 10-11	Vernon, AB, CAN	Sprint C, 10/15 km C
Dec. 17-18	Rossland, BlackJack, CAN	Sprint F, 10/15 km F MST
Dec. 17-18	Sun Valley, ID	2.8/3.3 km F Prologue, 5/7 km C MST
Dec. 17-18	Craftsbury, VT	Sprint Qual C & Prologue, 5/10 km F
Dec. 17-18	Wausau, WI	Sprint F, Sprint C
Dec. 17-18	Crested Butte, CO	5/5 km C, 5/5 km F
Dec. 17	Anchorage, AK	Sprint
Dec. 18	Chugiak, AK	DIS tbd
Dec. 28	Soda Springs, CA	Sprint C
Jan. 2-8	Rumford, ME	Sprint F, 10/15 km F, 20/30 km C MST (Jr 5/10 km), Sprint C
Jan. 13-14	Steamboat Springs, CO	5/10 km F, 15/20 km C MST
Jan. 14	Augusta, ME	Sprint C
Jan. 15	Farmington, ME	5/10/15 km F
Jan. 14-15	West Yellowstone, MT	Sprint F, 5/10 km C
Jan. 20-21	Winter Park, CO	5/10 km C, 10/15 km F MST
Jan. 21-22	Homer, AK	Sprint tbd, DIS tbd
Jan. 21-22	Minneapolis, MN	5/10 km C, 15/20 km F
Jan. 21	Mt. Van Hoevenberg, NY	7.5 km C
Jan. 27-28	Jackson, NH	Sprint C, 15/20 km F MST
Jan. 27-28	Midway, UT	Sprint C, 5/10/15 km F MST
Jan. 25, 28-29	St. Paul, MN	Sprint Qual F, 5/10 km C MST, 10/15 km F Pursuit
Feb. 4-10	Anchorage, AK	5/5 km C, 10/10 km F, 5/10 km F, 15/20 km C MST
Feb. 4-5	Stowe, VT	5/10 km C, 5/10/10 km F
Feb. 4-5	Fairbanks, AK	DIS tbd, DIS tbd MST
Feb. 10-11	Hanover, NH	5/10 km F, 10/15 km C MST

Feb. 11	Aspen, CO	Sprint Qual C, 5/10 km C
Feb. 11-12	McCall, ID	5/10/10 km F, 5 km C MST
Feb. 17	Woodford, VT	10/10 km C MST
Feb. 18-19	Madison, WI	Sprint C, Sprint F
Feb. 18	Hanover, NH	5/10 km F
Feb. 19	Plymouth, NH	5/10/10 km C
Feb. 23-24	Anchorage, AK	DIS F tbd, DIS tbd C MST
Feb. 24-25	Bozeman, MT	5/10 km F, 15/20 km C MST
Feb. 24-25	Ripton, VT	5/10 km C, 15/20 km F MST
Feb. 24-25	Durango, CO	Sprint C, 10/10 km F
Feb. 25	Hayward, WI	52 km F MST
Feb. 5 - Mar. 20	Central Europe	TBD
Mar. 5-10	Midway, UT	Sprint C, 5/10/15 km F MST, 5/10 km C, Sprint Relay F
Mar. 7-9	Bozeman, MT	5/10 km F, 15/20 km C MST
Mar. 17-24	Mont Ste-Anne, QC CAN	Team Sprint C, 5/10 km C, 10/15 km F, Sprint F, 30/50 km C
Mar. 24-31	Craftsbury, VT	Prologue F, 10/15 km C MST, Sprint C, 6 km F hill climb pursuit, 30/50 km F MST

F = Freestyle, C = Classic, MST = Mass Start

* Must have a valid FIS License to be scored to the USSA NRL.

** Note: Only the top 30 finishers in the Birkie will be scored.

Junior Cross Country Programs

One of the most active areas of competition for the USSA is its junior cross country programs. Junior programs incorporate skiers from early teens to age 19. This is a major means for developing top national and international class athletes. Each division has volunteer coaches who work with junior athletes, often conducting racing camps, clinics or seminars. Some divisions have the additional benefit of high school racing programs. The junior program is the introduction to USSA competitions and qualification procedures, which are the fundamental basis for regional/national competition, as well as for U.S. Ski Team selection.

The USSA divisional race calendar includes a wide-ranging schedule of events for junior skiers, including specially designated "Junior National Qualifiers." Results from these "JNQ's" are used to determine the team that will represent their division at the USSA Marriott Junior National Championships.

The junior categories include skiers of all levels of experience and interest. Many areas use the J3 and J2 age groups to introduce ski skills and techniques to novice racers. Skiers, parents and coaches interested in becoming more involved with junior racing should contact the local coordinator in their respective USSA division for more information.

World Junior Championship Trials

Rumford, ME Jan. 2-8, 2012

The World Junior Championship Team will compete at the Junior World Championships in Erzurum, TUR, Feb. 19-26, 2012 and will be selected from the U.S. Cross Country Championships. All racers must have a USSA competitor membership to enter. See "U.S. Cross Country Championships" in this chapter for other information.

Junior Scandinavian Cup

Jan. TBD, 2012

The Junior Scandinavian Cup Championships is open to J1 and J2 competitors only, and is the premier international competition for skiers 17 years and younger. Team selection will be done through the first Sprint, 10/15 km and 5/10 km events at the U.S. Cross Country Championships.

USSA Marriott Junior Nationals

Midway, UT Mar. 5-10, 2012

Eligibility for Competition

All competitors in the USSA Marriott Junior Nationals must hold a current USSA competitor membership. Competition will be in the J2, J1 and OJ classes. There is no J3 class at the USSA Marriott Junior Nationals. J3 skiers may only compete if permitted to do so by their respective division and must then qualify as a J2 or older and compete within the J2 or older class. Each division is responsible for developing and administering qualifying criteria for its own team, and entering athletes through its divisional quota.

Division Quota

The quota is 21 boys and 21 girls maximum. In addition, U.S. Ski Team members including current members of the World Jr. Team, and skiers who ranked in the top 20 males and top 20 females on the final World Jr. Trial Selection List (January 2012) may represent their home Division in addition to the Division quotas. (Rule 070.1.2) NCAA skiers may be added to a divisional or district's team above their quota according to Rule 070.1.4. Athletes who qualify for and attend the Junior Scandinavian Cup Championships, the Biathlon Junior World Championships, or the Nordic Combined Junior World Championships may be added to a divisions or districts team above their quota according to rules 070.1.3 and 070.1.5.

Registration-Age Classes

Skiers must register and compete in the same age division in the Sprint, Classic and Freestyle races. Skiers/coaches may NOT change age divisions after the start of Junior Olympic competition in any of the individual-start races. Skiers will be allowed to ski up into an older age category for the relay event. All team rosters will be reviewed and formally approved by the Jury and team leaders prior to the first draw meeting.

Schedule

Date	Event	Boys			Girls		
		OJ	J1	J2	OJ	J1	J2
Mar. 5	Sprint C	1 km	1 km	1 km	1 km	1 km	1 km
Mar. 7	Freestyle (MST)	15 km	10 km	5 km	10 km	10 km	5 km
Mar. 9	Classic	10 km	10 km	5 km	5 km	5 km	5 km
Mar. 10	Relay F (3xF)	~1.5 km	~1.5 km	~1.5 km	~1.5 km	~1.5 km	~1.5 km

Race Registration

Additional information is available at www.soldierhollow.com.

Seeding

All J1 and OJ competitors will be seeded according USSA rule 083.1.

Team Membership-USSA Regulation

Only competitors entered by and a member of their USSA division/district team may participate. Each division or district is responsible for developing and publishing a Code of Conduct, which must be signed by all competitors (and their parents in the case of minors) who participate in the USSA Marriott Junior Nationals. Competitors will be represented at the coaches/draw meetings by divisional or district coaches, who are USSA member coaches.

Dave Quinn, All-American Awards and the Alaska Cup

The Dave Quinn award is presented to the outstanding junior athlete at the USSA Marriott Junior Nationals, and is based on results as well as sportsmanship.

The Alaska Cup Award, recognizing the outstanding divisional team performance at the USSA Marriott Junior Nationals, is awarded at the conclusion of the USSA Marriott Junior Nationals. Scoring is done according to USSA rule 087.

USSA All-American status will be awarded to competitors according to USSA rule 086.

Collegiate Skiing

Collegiate cross country skiing is very active in the U.S. Many athletes find National Collegiate Athletic Association (NCAA) and United States Collegiate Ski and Snowboard Association (USCSA) racing to be a secondary alternative to full time training and racing.

USSA competitors should be aware of the eligibility rules, which may apply to them as they plan to continue their ski racing activities while furthering their education. With a number of USSA racers taking advantage of the opportunities in collegiate ski competition, racers, coaches and parents should pay particular attention to the various rules describing cash prizes, age eligibility, high school academic requirements, and reimbursement for training and competition expenses.

Collegiate and scholastic institutions have eligibility rules, which differ from those of the IOC, FIS and USSA. In particular, athletes should be aware that the rules of college skiing specifically prohibit a present or POTENTIAL athlete from accepting such cash prizes as are legal under FIS and USSA rules.

For more information on NCAA eligibility and requirements, contact any college coach, the NCAA rules compliance officer at most colleges and universities or call the NCAA Eligibility Hotline at 800.638.3731.

You can contact the USCSA for a list of schools that offer nordic programs at 413.634.0110 or uscsa@uscsa.com.

NCAA events have restricted entry. Athletes must qualify based upon NCAA rules.

ADAPTIVE NORDIC SKIING

Adaptive nordic skiing, including the U.S. Paralympic National Ski Team, is now managed as part of the U.S. Olympic Committee's Paralympic division. More information can be found at www.usparalympics.org or by contacting jessica.smith@usoc.org.

U.S. Adaptive Cross Country Championships

Rumford, ME Jan. 2-6, 2012

Schedule (tentative)

Jan. 1	Official training day
Jan.2	Freestyle Sprints - stand-up adaptive
Jan. 3	Adaptive sitski Freestyle Sprints
Jan. 4	10/15 km Freestyle individual start - stand-up adaptive
Jan. 5	Adaptive sitski 10/15 km classic
Jan. 6	5/10 km classic - stand-up adaptive
Jan. 7	Adaptive sitski 5/10 km classic

Procedure for Entry

www.uscrosscountryskichampionships2012.org

Roger Arseneault, Chair cecfuel@roadrunner.com

JUMPING AND NORDIC COMBINED

The nature of ski jumping and nordic combined generally requires participation in a club which operates a ski jumping facility and has a coaching program. Such programs exist in many areas of the country. Check with divisions for other program locations.

Selection Criteria and Calendars

Selection criteria and calendars are available at www.ussa.org. For criteria click on sports > jumping/nordic > advancement. For calendars click sports > jumping/nordic > events. The most up to date FIS calendars can be found at the FIS website, www.fisski.com.

2012 U.S. Ski Jumping and Nordic Combined Championships

Park City and Midway, UT Jul. 26-31, 2011 - Large Hill

Fox River Grove, IL Oct. 1-2, 2011 - Normal Hill

Results from the 2012 U.S. Ski Jumping and Nordic Combined Championships can be found at www.olymparks.com and at www.norgeskiclub.com.

National Competition Calendar

Links for event information will be posted at www.ussa.org as they become available.

Schedule

Jul. 2	Lake Placid, NY	LP summer event
Jul. 3-4	Steamboat, CO	July 4th Ski Jumping Extravaganza
Jul. 26-31	Park City, UT	Springer Tournee & U.S. Championships - LH
Sep. 10-11	Coleraine, MN	
Sep. 11	Ishpeming, MI	Ishpeming Ski Club Fall Tour
Sep. 16-18	St Paul, MN	St Paul Ski Club Hall of Fame
Sep. 24-25	WI Rapids, WI	Tri Norse Fall Tournament
Oct. 1-2	Fox River Grove, IL	U.S. Championships - Normal Hill
Oct. 8-9	Lake Placid, NY	Flaming Leaves Festival & YOG Trials
Dec. 3	Steamboat, CO	RMD Winter Start
Dec. 9-11	Park City, UT	COC-NC (FIS)
Dec. 16-18	Lake Placid, NY	COC-NC (FIS)
Dec. 17-18	Coleraine, MN	Northern Flights Central JNQ#1, JNQNC#1
Dec. 30-31	Lake Placid, NY	USCSA Qual #1/New Years' Masters Ski Jump
Dec. 31 - Jan. 3	Calgary, AB, CAN	NAJC / JWC Trials
Jan. 6-7	Steamboat, CO	RMD/IMD JNQ #1
Jan. 6-7	Minneapolis, MN	Central JNQ#2, JNQNC#2
Jan. 8	St Paul, MN	John R Lyons Memorial Tourn
Jan. 13-22	Innsbruck, AUS	Youth Olympic Games
Jan. 14	Westby, WI	Central JNQ#3, JNQNC#3
Jan. 15	WI Rapids, WI	Central Altn-JNQ#1
Jan. 18	Ishpeming, MI	5 Hills Tour
Jan. 20-21	Eau Claire, WI	USCSA Qual#2/5 Hills Tour - Silver Mine Inv
Jan. 20-21	Park City, UT	RMD/IMD JNQ #2
Jan. 25	Minneapolis, MN	5 Hills Tour / SuperTour
Jan. 28-29	Fox River Grove, IL	5 Hills Tour / JNQ#4

Feb. 3-4	Westby, WI	5 Hills Tour / Snowflake Tournament
Feb. 3-4	Steamboat, CO	RMD/IMD JNQ#3 / USCSA Qual#3
Feb. 4	Lake Placid, NY	Empire State Games
Feb. 10-12	Salisbury, CT	Target Jump / Invitational / Eastern Champs
Feb. 11-12	Iron Mountain, MI	COC-J (FIS)
Feb. 18-19	Brattleboro, VT	FIS Cup/USCSA Championships
Feb. 19-26	Erzurum, TUR	Junior World Championships
Mar. 3-6	Park City, UT	Junior National Championships
Mar. 10-11	Steamboat, CO	JNC Western Regional Championships

* The Four Hills Central Tour events will all count as one National event for scoring purposes.

National Rankings

National Ranking Lists will be posted at www.ussa.org when available.

USSA Marriott Junior Nationals

Park City, UT Mar. 2-6, 2012

Eligibility for Competition

All competitors in the USSA Marriott Junior Nationals must hold a current USSA competitor membership and agree to abide by the USSA Code of Conduct. Competition is held in class, 17 years-old and younger (J1 through J5).

Qualifying Criteria

Only competitors entered by and a member of their USSA divisional team may participate. Each division is responsible for developing and publishing a Code of Conduct, which must be signed by all competitors who participate in the USSA Marriott Junior Nationals. Competitors will be represented at the coaches meetings by divisional coaches, who must be USSA member coaches.

Procedure for Entry

Competitors may only enter the USSA Marriott Junior Nationals through their respective USSA division. Contact your divisional representative for qualifying criteria.

Contact

Polly-Jo Clark polly-jo.clark@olymparks.com www.olymparks.com

Schedule

Mar. 2	Open training
Mar. 3	Official training and Opening Ceremonies
Mar. 4	NC and Special Jump HS 68 individual events NC 5 km F
Mar. 5	Elimination or Target Jump HS 68
Mar. 6	NC and Special Jump HS 68 team events NC Team Sprint Awards Banquet

World Junior Championship Trials

Calgary, AB, CAN Dec. 31 - Jan. 3, 2012

The World Junior Championships are held annually and organized by the FIS. This is the highest-level event for junior skiers in the world. Qualified skiers will compete at the Junior World Championships in Erzurum, TUR, Feb. 19-26, 2012.

Schedule

The World Junior Championship Trials will be held in conjunction with the North American Junior Championships.

North American Junior Championships

Calgary, AB, CAN Dec. 31 - Jan. 3, 2012

Eligibility for Competition

All competitors in the North American Junior Championships must hold a current USSA competitor membership and agree to abide by the USSA Code of Conduct. Competition is held in one class for all juniors.

Qualifying Criteria

Only competitors entered by and a member of their USSA divisional team may participate. Each division is responsible for developing and publishing a Code of Conduct, which must be signed by all competitors who participate in the North American Junior Championships. Competitors will be represented at the coaches meetings by divisional coaches, who must be USSA member coaches.

Procedure for Entry

Competitors may only enter the North American Junior Championships through their respective USSA division. Contact your divisional representative for qualifying criteria.

Schedule

Dec. 31	Official training HS 67 and HS 95
Jan. 1	SJ/NC event #1 HS 95 SJ event #1 HS 67 NC event #1 HS 95 / 10 km F
Jan. 2	SJ Team event HS 95 SJ/NC Team event HS 67 / 3 km F Target Jump HS 95 Banquet and Awards
Jan. 3	SJ Event #3 HS 95 NC event #2 HS 95 / 5 km F

Thank You

to the following partners of the
U.S. Ski Team, U.S. Snowboarding and U.S. Freeskiing.





Chapter 4

Rules

2012 Competition Guide



www.ussa.org

COMPETITION EQUIPMENT

Cross Country Skiing

1. Cross Country Racing Skis

1.1 Definitions

The cross country racing ski is a type of ski whose features guarantee the best possible application of the gliding techniques to master cross country pistes (uphills, bumpy terrain, downhills). The basic features of this type of ski are defined in these rules.

1.2 Restrictions

1.2.1 Geometric Features

1.2.1.1 Ski Length

Minimum: height of skier - 10 cm; maximum: 230 cm.

1.2.1.2 Ski Width

The middle of the ski, that is 40 cm behind the tip and 15 cm in front of the tail, must measure 47 mm maximum and 43 mm minimum.

1.2.1.3 Tip

Minimum shovel curvature is 5 cm for classical and 3 cm for skating skis.

1.2.1.4 Tail

The tail must not rise more than 3 cm on the unweighted ski when lying on a flat surface.

1.2.1.5 Overall Height of Sectional View

Maximum: 35 mm; minimum: 20 mm

1.2.1.6 Both skis must be constructed in the same way, and must be the same length.

1.2.2. Flexibility

No restrictions with regard to the rigidity in all grades of flex.

1.2.3 Mass

Skis must weigh at least 750g per pair. No limitations with regard to distribution of mass.

1.2.4 Construction

1.2.4.1 Type of Construction

No limitations.

1.2.4.2 Ski Components

1.2.4.2.1 Running Surface

The entire width of the running surface can be smooth or slightly grooved lengthwise with the exception of the running groove. However, the level must be constant in the entire length and width. Climbing aids in the form of scale patterns or step patterns are permitted. Models driven by means of foreign energy of any kind are not permitted.

1.2.4.2.2 Top Surface

No limitations.

1.2.4.2.3 Edges

The edges must not face up and outward making the running surface narrower than the top surface (no wedge shape).

1.2.5 Durability

No limitations.

1.2.6 Additional Equipment

- 1.2.6.1 No additional equipment is permitted which:
- a. Makes use of foreign energy (e.g. Heaters, chemical energy, accumulators, electric batteries, mechanical aids, etc.)
 - b. Causes or intends to cause changes in the outer conditions of the competition to the disadvantage of fellow competitors (e.g. Changes to piste or snow).
 - c. Increases the risk of injury to users or other persons, when used for the purpose it was intended.

2. Cross Country Racing Bindings

No limitations with regard to material and make, subject to decisions 1.2.6.1 b and c.

3. Cross Country Racing Boots

No limitations with regard to material and make.

4. Cross Country Racing Poles

4.1 Definition

The cross country racing pole is a pole whose features guarantee the best possible application of the gliding techniques to master cross country pistes (uphills, bumpy terrain, downhill).

4.2 General Rules

4.2.1 Two poles of equal length must be used in competition, with one pole held in each hand.

4.2.2 The maximum pole length must not exceed the competitor's height, nor measure below the hips. (Measurements are taken by placing the tip of the pole on the ski in front of the binding.)

4.2.3 The pole must have a constant length. It may not, for example, possess a telescopic system.

4.2.4 The pole must not create any foreign energy to favor push-off (e.g. springs or mechanical devices).

4.2.5 There are no restrictions regarding the weight of the pole.

4.2.6 The poles may be constructed asymmetrically (e.g. there may be a difference between left-and right-handed poles).

4.3 Technical Definitions

4.3.1 The grip must be attached to the shaft. There are no limitations with regard to geometrical features or material.

4.3.2 The straps must be joined to the grip or the shaft. They may be adjustable in length and width.

4.3.3 The Shaft

There are no limitations with regard to material and make of the shaft or distribution of mass.

4.3.4 Baskets with varying geometric features and materials are permitted to master various snow conditions. The baskets, however, must not change the conditions of the track, so that other competitors suffer disadvantages.

4.3.5 Tips may be joined to the shaft at any angle. It is permitted to use one or more tips per pole. There are no limitations with regard to material.

U.S. CROSS COUNTRY CHAMPIONSHIPS

36 The USSA's Own Competitions

36.1 The U.S. Cross Country Championships (USCCC) are the USSA's own competitions. They are subject to invitation only. They are to be organized in accordance with the USSA Rules, and under the control of the USSA. These Championships may also include a disabled competitor class, a master class, a junior class, a guest class and tryout competitions as approved by the USSA Cross Country Sport Committee (CCC).

37 U.S. Championships

37.1 Candidates for the organization of USCCC must respond to the USSA Request for Proposal, and state that they are prepared in all instances to respect the USSA Rules for the Organization of Cross Country Championships.

38 Year and Dates

38.1 The USCCC will be organized every year.

38.2 In order to have the USCCC carried out at a time when all the best skiers in the country may compete so that the USCCC will be a true U.S. Championship, the events should take place when no World Cup competitions are scheduled, in an attempt to assure the participation of the international group of Ski Team athletes.

39 U.S. Championships and Other National Calendar Events

39.1 When the USCCC takes place, no other USSA scored competitions may be held elsewhere in the country on the same dates without permission from the CCC.

40 Organizers of U.S. Championships

40.1 The task of organizing and carrying out the USCCC is delegated by USSA to a Host Site or Organizer, which will form an OC.

40.2 The USSA Events Department will select the Host Site and Organizer.

41 Applications for a USCCC Championship

41.1 A site wishing to organize the USCCC must complete a bid as per the guidelines established by the USSA Request for Proposal (RFP), and submit the bid to the USSA at the latest by the USSA Congress one and a half years before the event is to take place.

41.2 The material required includes the following:

41.2.1 Probable time and place of each competition including statistics on weather and snow conditions.

41.2.2 Travel connections with different regions and connections from the closest airport.

41.2.3 Accommodation facilities (number of hotels, beds, etc.)

41.2.4 Profiles and descriptions of the proposed courses for the cross country events, with indication of the HD, MM, and MT, as well as elevation. All courses, except for Disabled, must be approved by the USSA, and meet USSA Event Pipeline standards.

41.2.5 Contingency plans in the case of poor snow conditions.

41.2.6 A statement that the applicant will not allow any discrimination in regard to Divisions, Districts or Regions or its separate members on account of racial, religious, political or other grounds.

41.2.7 Other information of value for the applicant and for the USSA.

41.3 If at the time of filing the application for the organization of USCCC, the technical conditions of the competitions (for example, reserve courses and means of accommodation) are not yet ready, the Organizing Committee (OC) must be able

to guarantee that all necessary arrangements will be undertaken and ready within the two remaining years before the events are to take place. The OC must present a timetable in which all construction is to be completed in detail, giving a time limit for each phase of the work to be finished.

42 Program

42.1 The USSA, at its Congress the spring before the USCCC are to take place, decides the program for the competitions.

44 Events, Disciplines, Daily Program

44.2 The Cross Country program may include (but is not limited to) these events:

44.2.1 Men: 7.5 km, 10 km, 15 km, 30 km, 50 km, 70 km; Relay; Pursuit Races; Team Races; Sprint Races; and Overall

44.2.2 Women: 5 km, 7.5 km, 10 km, 15 km, 20 km, 30 km, 50 km; Relay; Pursuit Races; Team Races; Sprint Races; and Overall

44.2.3 Adaptive Men: 2.5 km, 5 km, 10 km, Pursuit races, 20 km, 30 km, Relay, sit-ski, and Overall

44.2.4 Adaptive Women: 2.5 km, 5 km, 7.5 km, Pursuit races, 10 km, 20 km, Relay, sit-ski and Overall

44.2.5 The draft daily program for the USCCC will be approved by the USSA/CCC at the Congress one and a half years before the event.

44.3 The whole USCCC program will, as a rule, be organized within a period of not more than nine days.

45 Citizenship, USSA Membership, Divisional and Club Representation

45.1 The citizenship of competitors in a USCCC in Cross Country (except for entries in a Foreign or Guest class) must be either:

45.1.1 United States, or

45.1.2 If foreign

45.1.2.1 a resident alien (Immigration and Naturalization Service classification card must be shown as proof at check in), or

45.1.2.2 have filed a "Declaration of Intention" to become a citizen, or

45.1.2.3 be a citizen of a nation whose NGB has a reciprocal agreement with the USSA covering participation in National Championship events.

45.2 Membership Status. Competitors must be:

45.2.1 current, paid-in-full competitor members of USSA, or if foreign, FIS licensed competitors, and

45.2.2 in possession of their USSA membership card or FIS code at the time of check in.

45.3 In Team Sprint events, both team members must meet these citizenship requirements to be eligible for national championship titles/medals.

46 Number of Participants

46.1 The CCC and the USSA will decide upon the final limits of field size.

46.2 Athletes desiring to petition for admission to USCCC must do so through USSA.

47 Control by Technical Delegates and USSA

47.1 All Cross Country Courses must be approved by the Technical Delegate.

47.2 The direct control of the USCCC is through the USSA Technical Delegate(s) (TD) for the respective events.

47.3 The OC shall conform to the recommendations of USSA.

48 USSA Officials to U.S. Championships

48.1 See special USSA rules regarding TD and Assistant TD assignment at art. 304.2.

See special USSA rules regarding TD and Assistant TD compensation at art. 305.

- 48.2 USSA/USST Representative. The OC shall be responsible for providing room expenses and full credentials, but no travel or meals, for at least 1 representative of USSA/USST for the period beginning 3 days prior to the first race through 1 day after the last race. Also, if deemed necessary, the OC must provide housing for USSA/USST representative(s) for a preliminary site visit. Specific details will be outlined in the Event Organizer Agreement.

50 Announcement and Entry

- 50.1 The OC shall prepare and distribute Event Announcement and Entry to all USSA members, USSA and CCC not more than 2 weeks after the USSA Congress held prior to the start of the event. Event Announcement and entry materials must be sent to USSA Nordic Program Manager in electronic form by the same deadline. Announcement and Entry must include information regarding:

- schedules
- time and date of first team captains meeting
- location of official notice board
- official website URL
- seeding method
- commercial markings limitations
- classes
- how to reach the venue
- time and dates of official training
- names of principle officials
- postponement and cancellation policy
- doping control
- sponsors
- hotel and restaurant information and contacts
- prize money
- time and place of prize giving
- final date of entry and address for entries, including phone, fax, and email address
- deadlines, fees and membership requirements
- refund policy

A competitor may not be entered unless they have satisfied all deadlines and fees.

- 50.1.1 For the USCCC, the maximum permissible entry fee for 1-2 events is \$125 and for 3-4 events is \$150. The maximum permissible late fee cannot exceed \$25 (minimum 1 week before the event).

- 50.2 Time and place for the Draw of each race is decided by the Race Committee well in advance of the competitions and in agreement with the TD. Time limit: not earlier than 72 hours, and not later than 12 hours before the starting time of the race. Seeding will be based on current USSA discipline rank. The following system will be used:

Competitors will be placed in draw groups of 20, seeded into the groups according to their best available (FIS or USSA) points in the current published list (not the “athlete profile”) in the respective discipline (sprint or distance). Team sprints will be seeded according to the total best available distance points. For team sprint competitors without current distance points, 990.00 will be substituted (160.00 for foreign skiers). Competitors with neither USSA NRL points nor FIS points in the respective discipline will be placed in a single group and randomized within that

group.

Groups will be lettered A through Z, with the competitors with the best points in group A, the competitors with the next-best points in group B, and so on, and the last group containing the competitors with neither USSA NRL nor FIS points.

The Competition Jury will decide the start order of the groups. In special circumstances, the Competition Jury may also create a special “snow seed” of 10 to 20 competitors. This group will be the first group to start.

The Competition Jury may take other measures, as needed, to ensure that the draw ensures a fair competition.

50.2.2 Adaptive skiers will be seeded at the discretion of the Jury.

50.3 At the USCCC, there are no age classes. Junior men or women will be seeded and drawn with the seniors, without penalty, i.e., they may compete as juniors in all other races throughout that season, or any other season in which the athlete remains a junior.

51 Doping Control

51.1 For all regulations in detail concerning doping control, refer to the USSA Doping Control Policy.

52 Prizes

52.1 At USCCC, the following prizes must be awarded:

52.1.1 A USSA Championship gold, silver and bronze medal will be awarded to the 1st, 2nd and 3rd finishers in each event. Disabled competitors shall compete for combined disabled racing class titles using the percentage finish time formula system.

52.1.2 An award for the Grand Champions, male and female, should be awarded. The competitors’ best 5 competitions are scored using the USSA SuperTour system for the Grand Champions. Competitors are not required to race all USCCC events to be eligible for the Grand Champions’ awards. Race results for foreign competitors are excluded when calculating points to determine the Grand Champions.

52.1.3 A memento or souvenir should be awarded to all participant athletes and official coaches.

53 Ceremonies

53.1 The OC will, in principle, include the following ceremonies in the USCCC program:

53.1.1 Flower Ceremony. Immediately after the competitors seeded in groups A and B have finished, a flower ceremony must be organized based on the unofficial results of the competition. Media should be informed of the ceremony, and athletes should be placed on a podium in an area conducive to photography. Athletes should be instructed to wear their competition bibs to the podium. Commercial marking restrictions continue to apply for all awards ceremonies. The main presentation should be made excluding Guest-class competitors, and a presentation should also be held including Guest-class competitors. Public announcement should be made that these results are not official, and are subject to change. No awards or list of results should be distributed at this time.

53.1.2 Official Prize-giving Ceremonies. Ceremonies should include introduction and entrance of the competitors having won first, second and third place in the competition. Winners take the victory stand and receive medals. Copies of the day’s results should be available for all competitors. Athletes not in attendance at the time of official prize giving may forfeit their awards.

53.1.3 Banquet. When possible, there should be a closing banquet in conjunction with the closing ceremonies with remarks thanking the OC for their work, presentation of any appropriate remaining awards, a meal for all competitors (included with

the registration fee) and entertainment (music, slide show, dancing, etc.). At this time, the complete Results Booklet should be made available to all competitors and official coaches. The Banquet should be held the evening after the final competition, but if it is anticipated that most competitors will depart before the final event, the Banquet may be moved earlier during the competition upon approval by USSA.

54 Finances

- 54.1 The OC will plan and carry out the USCCC arrangements at its own financial risk and at its own expense.
- 54.2 The USCCC OC must submit a budget at the time of the bid. The budget must include a fee per competitor. Once the bid is accepted, the fee is to remain fixed.
 - 54.2.1 The entry fee, in its entirety, is due from the individual competitor at the time specified by the race organizer.
 - 54.2.2 A skier who is on the USST/USDST shall have the entry fee waived. All athletes are responsible for completing all entry forms in a timely manner.
 - 54.2.3 The USCCC OC shall submit, to USSA, a budget with the bid, an updated budget one month prior to the event, and a final financial statement after the event. The purpose of this is to aid future host clubs in preparing bids and budget proposals.
- 54.3 The OC will attempt to work with hotels, motels and restaurants in the area to secure a reduced rate on lodging for all participating competitors, coaches, and officials. Trail fees will be free of charge for official participants in USCCC for a period of two days prior to the first event and for all days between events for official training. The competitors, accredited coaches and USCCC officials, are entitled to all these reductions.

55 Television

- 55.1 All television rights of the USCCC or any other NCE of the USSA are the exclusive property of the USSA.
- 55.2 The USSA will negotiate directly with the TV corporations and site.

56 Information and General Report to the USSA

- 56.1 The OC will keep the USSA and CCC informed of work in progress.
- 56.2 Official Results. Official competition results in booklet format - for USCCC only - listing all results by event, class and sex shall be provided to all coaches at the Banquet. If Banquet takes place before all events are completed, an insert of results for the final event must be made available at final awards ceremony. A booklet containing ALL results, start lists, and jury minutes must be sent to USSA within 1 week of completion of event.

Skier booklet should include: race identification, class, sex, distance, technique, weather conditions, date and MM, MT, HD OF COURSE.

Skier identification shall be done in accordance with Rules of the Cross Country Rule Book and shall include: Rank, bib#, Name, Club, Year of Birth, Division/District, Hometown, USSA#, FIS# and Elapsed Time. Results are certified by identifying jury and obtaining signatures of the TD and Race Secretary.

There shall be no cost to the official coaches for the results booklet.
- 56.2.1 Each organizer of the USCCC must maintain an official event website, and that website's URL must be provided to USSA at least three months in advance of the event. Official results must be posted to the website within two hours of the results becoming official.
- 56.3 As soon as possible after the competitions, the OC will forward to the USSA NCCO a general financial report on the U.S. Championships and five sets of official results, complete with Jury meeting minutes.

57 Special Regulations.

These are special technical regulations concerning USCCC. Some are included in the USSA Competition Rules, and some are special rules included here, which apply only to USCCC.

- 57.1 Method of Start. At the USCCC, single starts with thirty (30) second start intervals should be used. Mass starts, Dual, wave, modified wave or 15 second intervals may be used with the approval of the Jury and the TD. All disabled competitions may follow similar start formats.
- 57.2 Official Coaches. Credentials shall be limited to current USSA coach members only. Credentials shall be made available to coaches for a fee not to exceed \$35. Credentials shall include a trail pass, memento and meal/award ceremony package. Only USSA members are allowed on the competition jury, at team captains meetings, and on the competition course during the competitions. Official Coaches should be issued an approved bib, or use their USSA-issued "Coach" bib signifying their Level 100 (or above) certified status, which they must wear to be allowed to move on the competition course during the competition. Only competitors with competition bibs for the day's event, or coaches with an approved bib shall be permitted to move on the race course during the competition. The event organizer is required to enforce these regulations at team captain's meetings and during the competition.
- 57.3 Altitude. The USCCC must be held on courses approved by the USSA Rules and Tech Sub Committee. At elevations between 1800 m and 2200 m, the MT and MM must be at least 10% below the maximums. Courses with elevations over 2200 m are generally considered unacceptable for the USCCC unless specifically approved by the CCC.
- 57.4 Homologation Guidelines. USSA CCC requires all U.S. Championship sites be homologated according to FIS and the following standards; a) Stadium sufficient for proposed events (mass start, team sprint, relay, individual starts, pursuit), b) Course width according to FIS homologation standards (ICR 313.1.4), c) Hill location and height may vary 5-10% less than homologation standard for distance races, d) Sprint should be close to FIS standards - 2 hills important - climbs within 10%.
- 57.5 Ski Exchanges. When possible, the Organizer should offer exchange boxes for the 30 km and 50 km races. One ski exchange is allowable for the 30 km; two for the 50 km.

CROSS COUNTRY USSA JUNIOR NATIONALS

61 The Role of the U.S. Ski and Snowboard Association

- 61.1 The USSA Junior Nationals are the official national championships for juniors sanctioned by the U.S. Ski and Snowboard Association.
- 61.2 The right to host and organize the USSA Junior Nationals will be awarded in accordance with USSA rules and procedures.
- 61.3 With the exceptions listed herein, all competitions at the USSA Junior Nationals will be conducted in accordance with the USSA Cross Country Competition Rules.
- 61.4 Eight months prior to the competition, the USSA Cross Country Officials Committee appoints the Technical Delegate (TD). USSA will also appoint an Assistant Technical Delegate (TDA), from the division in which the event is being hosted.

62 The Role of the USSA Junior Cross Country Subcommittee

- 62.1 All rules, procedures and guidelines specific to USSA Junior Nationals are established by the USSA Cross Country Sport Committee (CCC), under recommendation by the USSA Junior Cross Country Subcommittee.
- 62.2 Amendments and exceptions to these special rules for USSA Junior Nationals may only be recommended by the USSA Junior Cross Country Subcommittee in its annual meeting at the Junior Nationals, or via mail ballot or teleconference. Recommended rules changes must be approved by the USSA Cross Country Rules and Technical Subcommittee and forwarded to the USSA CCC for final approval or rejection.
- 62.3 The USSA Junior Cross Country Subcommittee may appoint a special working group with the responsibility to oversee the preparations for the Junior Nationals.

63 Bid Procedure for USSA Junior Nationals

- 63.1 All bids for Junior Nationals must be submitted to the USSA Junior Cross Country Subcommittee for review. All bids must comply with the standards set forth in the USSA Event/Venue Development Pipeline and USSA Event Organizers Handbook. Course homologation must be completed at the time the bid is submitted.
- 63.2 The USSA Junior Cross Country Subcommittee shall recommend to the USSA CCC the Region in which the Junior Nationals are to be held, and may specify the organizing body and site for the events in the case that more than one bid is submitted by a single Region.
 - 63.2.1 In the case of multiple bids from within a Region, the Region may choose to exercise its right to recommend the bid to be submitted to the USSA Junior Cross Country Subcommittee for approval.
 - 63.2.2 If a Region does not choose to exercise its right to select the bid to be submitted from that region, the USSA Junior Cross Country Subcommittee is responsible for making the decision, with final approval given by the CCC.
- 63.3 Bids for Junior Nationals should be awarded at least two years in advance in order to allow for adequate planning and distribution of information and to allow a major competition to be held at the site in the year prior to Junior Nationals.
- 63.4 Any potential organizer must consult the USSA Cross Country Event Organizer Handbook and submit all bids according to the procedures and performance outcome specifications listed therein.
- 63.5 The USSA Cross Country Event Organizer Handbook is available from the USSA Cross Country Office.

64 Financial and Organizational Responsibilities of the OC

- 64.1 See special USSA rules regarding TD and TDA assignment at art. 304.2. See special USSA rules regarding TD and TDA compensation at art. 305.
- 64.2 Room costs and a credential, but no meals or travel, for a representative of USSA for the period of the Junior Nationals, not to exceed Sunday through Sunday
- 64.3 Securing all officials other than the TD
- 64.4 All competitor bibs, unless otherwise specified by the USSA
- 64.5 All special mementos required by these rules, unless otherwise specified by USSA
- 64.6 All general organizational costs including grooming, award ceremonies, other functions
- 64.7 All awards and medals required by these rules, including guest class awards, unless otherwise specified by USSA
- 64.8 All necessary race materials, such as fencing, signs, etc.
 - 64.8.1 Wax space, either trailers or rooms, must be provided by the Organizer.

- 64.8.2 High speed photo finish cameras (60 frames per second minimum) are required for Sprints, Mass Starts and Relays.
- 64.9 Working with local hotels, motels, restaurants, car rental agencies and travel agents to provide the best rates possible for visiting teams.
- 64.10 Organizer must provide a well-designed and frequently updated website at least 6 months prior to the competition. All race details including seed lists, start lists and results must be posted as they become available. Web cams at the start/finish areas should be offered when feasible.
- 64.11 Other financial obligations as outlined in the USSA Cross Country Event Organizer Agreement.

65 Financial and Organizational Responsibilities of the Divisions and Districts

- 65.1 All arrangements and expenses for travel to and from the Junior Nationals.
- 65.2 All arrangements and expenses for housing at the Junior Nationals.
- 65.3 All arrangements and expenses for ground transportation at the Junior Nationals.
- 65.4 All arrangements and expenses for meals at the Junior Nationals, other than the final awards banquet, which is covered by the entry fee.

66 Entry Fees

- 66.1 The OC must submit a budget at the time of the bid. The budget must specify an entry fee per competitor. Once the bid is accepted, the approved entry fee is to remain fixed, unless approved by the USSA CCC and Junior Subcommittee.
 - 66.1.1 The maximum permissible entry fee is \$150 per competitor.

The maximum permissible charge for coach credentials in addition to those specified in rule 075 is \$50 per credential (\$50 fee includes the price of a ticket to the final banquet), up to a maximum total of 15 coach credentials. The OC may establish its own price for coach credentials in excess of 15.
 - 66.1.3 The entry fees for all athletes on a Division or District team are due from that Division or District at the time of on-site registration
 - 66.1.4 The entry fee will be waived for any skier who is, at the time of the Junior Nationals, on the USST or who was a member of the Junior World Championships team during the current season.
 - 66.1.5 Trail use will be free of charge for accredited participants in the Junior Nationals for a period commencing two days prior to the sprint event, and including the duration of the Junior Nationals up until the time of the closing banquet.

67 Prizes and Awards

- 67.1 For the purposes of prize-giving, awards, and publication of results, the competition within each class and gender is considered a separate and distinct event.
- 67.2 These prizes are to be awarded:
 - 67.2.1 Individual Events

A gold medal to the winner of each event, a silver medal to the second-place finisher of each event, and a bronze medal to the third-place finisher in each event. A commemorative medal to the finishers in places 4 through 10 in the individual events.
 - 67.2.2 Relays

A gold medal to each member of a winning team, a silver medal to each member of a second-place team, and a bronze medal to each member of a third-place team. Commemorative medals to each member of the teams in places 4 and 5 in the relay events.

- 67.3 In the event of a tie, equal awards shall be given
- 67.4 A memento should be presented to each participating competitor and to each accredited coach who are members of each Division or District's team.
- 67.5 Guest Class medal winners will be included at the mid-week awards ceremony, or at the final awards banquet. Guest Class medal winners do not displace U.S. Skiers but are in addition to.

68 Backup Sites, Relocation, Postponement and Cancellation

- 68.1 For each Junior Nationals, a backup site must be specified. This site must be approved by the USSA Junior Cross Country Subcommittee.
- 68.2 A decision to relocate the Junior Nationals to a backup site must be made not less than 10 days prior to the first event of the Junior Nationals, and must be recommended by the USSA Junior Cross Country Subcommittee and approved by the USSA CCC Executive Board.
- 68.3 Postponement, cancellation or transfer of the Junior Nationals to an alternate site must be communicated by the OC to the USSA Junior Cross Country Subcommittee, the USSA Cross Country Office, all Divisions and Districts, the TD and other officials with the least possible delay, via phone, fax, email, and through a webpage.

69 Financial and Technical Reports

- 69.1 Financial Reports
- 69.1.1 The OC must submit a preliminary budget with the bid proposal. There must be updates to the budget every six months from the awarding of the bid through the start of the event.
- 69.1.2 A final financial recapitulation including actual revenues (including gifts of any kind) and expenses, shall be submitted to the USSA office, and USSA Junior Subcommittee Chairman within one month of the completion of the event.
- 69.2 Technical Reports
- 69.2.1 The OC must submit reports on the progress of preparations for the Junior Nationals to the USSA Junior Cross Country Subcommittee, the TD, the TDA and the USSA Program Manager quarterly from the awarding of the bid through the completion of the competition. Minutes of all OC meetings should be submitted to these same parties within 1 week of the completion of the meeting.
- 69.2.2 A final report on the technical aspects of the event, including minutes of coaches meetings, minutes of Jury meetings, and a summary of the event from the point of view of the TD and the OC must be submitted one month after the close of the event.
- 69.3 Circulation of Reports
- Copies of all reports must be sent to the USSA Program Manager, all members of the USSA Junior Cross Country Subcommittee, the TD, and the TDA.

70 Right to Participate, Division/District and National Selection Criteria

- 70.1 The 10 USSA Divisions and Districts are entitled to participate in the Junior Nationals. Only competitors entered by or with the permission of their Division/District Cross Country Committee may participate, i.e. participation by unaffiliated individuals is not permitted.
- 70.1.1 Each Division or District is responsible for developing and publishing selection criteria used within that Division or District to select that Division or District's team to the Junior Nationals. All Divisions or Districts must have an appeal procedure in place for any skier who feels he or she has been unfairly excluded

from his/her Division or District team.

- 70.1.2 Skiers ranked in the first 20 men or the first 20 women on the final ranking list at the Junior World Championships team trials are automatically qualified to enter the Junior Nationals but are not counted against their Division's or District's quota specified in rule 074.
- 70.1.3 Skiers who qualify for and attend the J1 Scandinavian Cup with the U.S. Ski Team are automatically qualified to enter the Junior Nationals as a part of the team from their home division, but are not counted against their Division's or District's quota specified in rule 074.
- 70.1.4 The top-5 U.S. juniors on the final NCAA East, NCAA West, or NCAA Central ranking lists are automatically qualified to enter the Junior Nationals but are not counted against their Division's or District's quota specified in rule 074.
- 70.1.5 Members of the World Junior Championship Team in Biathlon or Nordic Combined, are automatically qualified to enter the Junior Nationals as a part of the team from their home division, but are not counted against their Division's or District's quota specified in rule 074.

71 Invitation and Entry

- 71.1 The OC must prepare invitations to all the Divisions and Districts for distribution at the USSA Junior Nationals the year prior to the event. The invitation must include:
 - 71.1.1 Date and place of the competition, with time and site of each race together with course maps and profiles
 - 71.1.2 Travel information including commercial air carriers flying to the nearest major airport, and suggested local travel agent contact
 - 71.1.3 Accommodation information including motels and hotels which accept block booking for the various teams, approximate costs, and contact persons to arrange housing and meal plans. Meal plans should include sample menus and costs.
 - 71.1.4 Name and address of race secretary to whom entries should be mailed
 - 71.1.5 The entry fee per competitor.
 - 71.1.6 Time and place for the first coaches'/team leaders' meeting.
 - 71.1.7 Timetable for the beginning of official training, and start times for training
 - 71.1.8 Time and place for award ceremonies and banquet activities
 - 71.1.9 Any other information outlined in the USSA Cross Country Event Organizer Handbook.
- 71.2 Each Division or District must notify the organizer of the approximate size of its team, including athletes and support staff by Feb. 1, prior to the Junior Nationals
- 71.3 Team entry lists for each Division or District must include name, date of birth, USSA membership number, class, sex, home address, club, and school or team for each competitor.
- 71.4 Final team lists for each Division or District must be received by the Race Secretary not less than 5 days prior to the first competition. Changes to a team roster between receipt of entries and the start of the competition may be made only in the case of injury or illness.
- 71.5 No substitutions or changes in a team roster may be made after the first team captains' meeting.

72 Year and Dates

- 72.1 The USSA Junior Nationals will take place every year.
The Championships should rotate every five years through the Regions which comprise the USSA in this order: (East, Pacific, Central, Mountain, Alaska)

The USSA Junior Nationals may be held in conjunction with the USSA Jumping and Nordic Combined Junior Nationals.

The USSA Junior Nationals will take place in March. The Sprint event will normally be held on the Monday after the first Friday in March.

2012 - Mountain; 2013 - Alaska; future per above rotation.

73 Events, Distances Daily Program

73.1 The competition calendar at the Junior Nationals consists of not less than four (4) medal events. These include a sprint event, two individual competitions and a relay competition.

73.2	Class	Men	Women
73.2.1	Junior 2:	Sprint-5 km-5 km-Relay	Sprint-5 km-5 km-Relay
73.2.2	Junior 1:	Sprint-10 km-10 km-Relay	Sprint-10 km-5 km-Relay
73.2.3	Older Junior:	Sprint-15 km-10 km-Relay	Sprint-10 km-5 km-Relay

73.3 Technique will alternate in each discipline each year.

73.4 The competition program at the Junior Nationals is:

Saturday	travel day; arrival on-site
Sunday	training day, course inspection
Monday	sprint event
Tuesday	training
Wednesday	longer individual event - mass-start
Thursday	off day
Friday	shorter individual event
Saturday	relays 3x in the same technique, awards banquet
Sunday	departure; travel home.

73.5 Any deviation from this calendar must be recommended to the CCC by a unanimous vote of the Junior Committee not less than 12 months prior to the Junior Nationals.

74 Number of Competitors

74.1 Quotas for the Junior Nationals are:

Division or District	Males	Females
Alaska	21	21
Central/Great Lakes	21	21
Central/Midwest	21	21
East/Mid-Atlantic	21	21
East/New England	21	21
Far West	21	21
High Plains	21	21
Intermountain/Northern	21	21
Pacific Northwest	21	21
Rocky Mountain	21	21

74.2 Competitors qualifying through Junior World Championships Trials, Biathlon or Nordic Combined World Championship Team membership, J1 Scandinavian Cup Team membership and NCAA Regional Qualifying lists are not counted against the Division/District quota of 21 males and 21 females.

75 Staff: Coaching Staff and Support Staff Size and Composition

75.1 Definition of Staff

75.1.1 A team's staff is defined as all those individuals, coaches and non-coaches alike, who have an official role with the team in support of the athletes on the team.

- 75.1.2 The size of the staff brought by any Division or District team may not be limited by the OC
- 75.1.3 At the time of the team entry, all staff must be listed on the Division or District entry form
- 75.1.4 Staff must be classified as either Coaching Staff or Support Staff
- 75.2 Coaching Staff
- 75.2.1 The coaching staff consists of those individuals whose function is primarily coaching, and who need access to: coaches' and team leaders' meetings, the course during the races, wax cabins, and all areas accessible to competitors. Access to these areas and functions are possible only with a coaching credential. The TD may limit the number of coaches allowed to attend the Team Captains meetings, but this number may not exceed 3 per division or district.
- 75.2.2 In order to receive a coaching credential, a coach must be a current coaching member of USSA; only accredited coaches may serve as jury members and team representatives at team leaders meetings. All issued coaching credentials must be approved by the division's team leader or head coach.
- 75.2.3 Each Division or District is entitled to a minimum of six coaching credentials without charge
- 75.2.4 Teams with less than 30 athletes will be entitled to six coaching credentials without charge
- 75.2.5 Teams with 30-42 or more athletes will be entitled to seven coaching credentials without charge
- 75.2.6 Teams with more than 43 athletes will be entitled to eight credentials without charge
- 75.2.7 Coaching credential in excess of the above-stated numbers may be purchased by each Division or District from the OC as per Rule 066.1.2.
- 75.2.8 All issued coaches credentials must be approved by the divisional team leader prior to the accreditation being issued.
- 75.3 Support Staff (non-coaching)
- 75.3.1 Staff members who are not credentialed coaches are permitted only in event areas designated as public.
- 75.4 On Course Identification of Coaches
USSA may make available to each host site, a quantity of numbered, red and green cloth bibs or armbands for purposes of on-course identification and for access to restricted areas, such as the start and finish pens and competition courses. Only credentials (not bibs) are required to enter the waxing cabin area.
- 75.4.1 Each Divisional team is entitled to a number of identification (colored) bibs equal to the number of coaching credentials purchased, up to a maximum of 15, of which 4 are designated for free movement during the races on the course and the remainder for non movement during the races. Coaches may also opt to use their USSA-issued "Coach" bib signifying their Level 100 (or above) certified status. Practice times and days all colored bibs are permitted free movement.
- 75.4.2 Colored Coaching identification bibs may be revoked by the OC with approval from the TD for inappropriate conduct, and will be withheld for the remainder of the Junior Nationals.
- 75.4.3 Designated Free Movement colored Numbered Bibs
Staff members wearing free movement colored numbered bibs are permitted to move on the course during the event, to test kick-wax during the event, with the flow of traffic, and to have access to all racer-service and care areas, if so determined by the Jury.

- 75.4.4 Staff members wearing non movement numbered bibs are permitted close access to the competition course for purposes of split-timing, are permitted to move along the course (with the flow of traffic) during breaks between classes or course changes, and may have access to the start pen and the finish pen if so determined by the Jury.
- 75.4.5 The organizers may establish their own method of assigning colors to the bib identification and regulating access to the start area and to the finish area, in consultation with the Jury.
- 75.4.6 Close access to the course, and movement on the course from the start of the first competitor to the finish of the last competitor is prohibited to all personnel who are not wearing official colored numbered bibs.

76 Qualifications of Competitors Eligible for Championships

- 76.1 To be eligible for USSA JN titles and medals, a competitor must be a U.S. citizen, or if foreign,
 - 76.2 a resident alien (i.e. a “green-card” holder).
 - 76.2.1 If so requested, “green card” must be shown as proof of status upon arrival at the Junior Nationals.
- 76.3 USSA Membership
 - 76.3.1 At the time of the Junior Nationals, competitors must be current, paid-in-full members of the USSA, and must hold a USSA Cross Country Competitor Membership.
 - 76.3.2 Competitors must be able to prove their USSA membership status if so requested upon their arrival at the Junior Nationals. USSA Nordic Program Manager will provide organizers with the most current membership list possible prior to the event.
- 76.4 Division or District Representation
 - 76.4.1 A skier represents the District or Division in which they reside. Only athletes currently enrolled in a college/university may choose to compete in either the division of their primary residency or the division in which their college/university is located. All divisional eligibility issues are arbitrated by the USSA Nordic Program Director.
 - 76.4.2 When USSA SRNC precede the Junior Nationals, skiers must compete for the same Division or District at the Junior Nationals as they represented at SRNC/Junior World Championships Trials.
 - 76.4.3 A U.S. citizen who resides outside of the United States may qualify for Junior Nationals by achieving top twenty on the junior ranking list at the Senior National Championships. This skier has the right to participate at Junior Nationals as an independent athlete but may not represent a division for the purpose of scoring Alaska Cup points. They may also participate in a divisional Junior National qualification series of their choosing as an alternative method of qualification. If qualifying through this method, a skier may represent only that division at Junior Nationals for the purpose of scoring the Alaska Cup.

77 Guest Class - Qualifications of Competitors, Procedures

- When competitors not meeting the qualifications in Rule 077 are competing at the USSA Junior Nationals, a Guest Class shall be included. Non-citizen, non-resident-alien athletes who are in the U.S. as exchange students or on student visas, and individuals who are members of invited foreign clubs or teams may compete only within the Guest Class
- 77.1 Guest Class competitors are not eligible for USSA JN championships or official awards.
 - 77.2 Exchange Students competing within the guest class athletes are not part of any

Division or District quota.

- 77.3 Each nationality represented within the guest class is considered a national team, and functions as a Division or District regarding seeding and representation at team leaders meetings.
- 77.4 Guest Class competitors are integrated into the regular draw groups
- 77.5 Qualifications - Exchange Students:
- 77.5.1 Must be current, paid-in-full USSA Cross Country Competitor members.
- 77.5.2 The CCC in a Division or District in which such competitors temporarily reside must attest that these competitors have been performing at a level which would have enabled them to qualify for the JN team in that Division or District, had they been eligible.
- 77.6 Qualifications - Visiting Foreign Athletes (non-exchange students)
- 77.6.1 Must be current, paid-in-full members and competition license-holders in their home association or National Governing Body. Visiting foreign athletes must provide a completed standard USSA waiver and release, including all necessary signatures, prior to competing.
- 77.7 In official results, race times of competitors on these teams will appear on a separate, guest class result list. In unofficial results, it is permissible that times for Guest Class competitors may be integrated into the same result list as all other competitors.
- 77.8 Invitations to participate in the Junior Nationals should be forwarded by the OC to the national association office of foreign guest teams not later than Oct. 1st prior to the event.

78 Age Classes

- 78.1 At the Junior Nationals, competition will be held in three age classes: Older Junior, Junior 1, and Junior 2.
- 78.1.1 In the Older Junior Class, the competitor may not be older than 20 during the calendar year in which the competition is held.
- 78.1.2 In the Junior 1 Class, the competitor may not be older than 18 during the calendar year in which the competition is held.
- 78.1.3 In the Junior 2 Class, the competitor may not be older than 16 during the calendar year in which the competition is held.
- 78.1.4 Age-class eligibility table: (Year of the Junior Nationals and Year of Birth)
- | Class | 2012 | 2013 |
|--------------|---------|---------|
| Older Junior | 1992-93 | 1993-94 |
| Junior 1 | 1994-95 | 1995-96 |
| Junior 2 | 1996-97 | 1997-98 |
- 78.2 A competitor may compete in one and only one age-class in all individual events throughout the Junior Nationals.
- 78.2.1 Competitors may “move up” in age class for the relay competition.
- 78.3 There is no minimum age in the Junior 2 class
- 78.4 If fewer than 24 J1 or OJ competitors per sex are registered for the mass-start competition, then those classes will be started together in those events.

79 The Competition Jury shall consist of:

- the USSA TD
- the Assistant TD
- the USSA Technical Office Representative
- the Chief of Competition

A Jury member selected by the OC in consultation with the host region competition

committee, the TD, and the USSA Representative

80 Timing and Start Formats

- 80.1 In all JN events, electronic timing with start wand(s) and finish beam must be used.
- 80.2 Sprint Event
- 80.3 In the Sprint qualification and individual events, skiers will start one every 15 seconds. However, the Jury may approve the use of other start intervals, or the use of dual starts, if the timing capabilities are available.
- 80.4 In the semi-final and final rounds of the sprint event, mass/relay start rules and procedures shall be used.
- 80.5 The relay events shall be mass start events, in either a distance (3x3 km) format or sprint (3x ± 1.5 km) format, using normal relay rules and procedures
- 80.6 All individual distance mass start events at Junior Nationals are to be organized according to the Chevron start method with 11 lanes being the standard. For relays, a minimum of 10 lanes, one for each Division, is required.
- 80.7 The J2, J1 and OJ age class races in the mass start race are to be run as separate events.

81 The Courses and Facilities

- 81.1 The OC should specifically design all courses so as to be suitable for junior championship competition.
- 81.2 The courses used for the competition must be homologated by the USSA, in accordance with the USSA Event Venue Development pipeline.
- 81.3 Technical specifications for Junior National cross country courses:
- | | Girls Courses | Boys' Courses |
|----------|------------------------------|------------------------------|
| Distance | 3 km 5 km 10 km | 5 km 10 km 15 km |
| HD | 50 m 100 m 150 m | 100 m 150 m 200 m |
| MC | 50 m 50 m 80 m | 50 m 80 m 100 m |
| TC | 80-120 m 150-200 m 250-400 m | 50-200 m 250-400 m 400-600 m |
- 81.3.1 Two different sprint courses (approximately 900-1000 m and 1150-1250 m) may be required.
- 81.4 The high point for any courses used at Junior Nationals must not exceed 2200 m/7218' in elevation. A site lying above 2200 m may apply for an altitude exception in conjunction with its Junior National bid.
- 81.5 At elevations between 1650 m/5413' and 2200 m/7218', the TC and MC must be at least 10% below the maximum limit specified above.
- 81.6 All courses and facilities should be used for a major competition during the season prior to the Junior Nationals to attest to the appropriateness of the courses, stadium, marking controls, etc.
- 81.7 Homologation Guidelines. USSA Cross Country Committee requires all JN/Junior National sites be homologated according to FIS and the following standards; a) Stadium sufficient for proposed events (mass start, team sprint, relay, individual starts, pursuit), b) Course width according to FIS homologation standards (ICR 313.1.4), c) Hill location and height may vary 5-10% less than homologation standard for distance races, d) Sprint should be close to FIS standards - 2 hills important - climbs within 10%.

82 Sprint Rules

- Junior Olympic Sprint Event Management will be in accordance with FIS ICR 360.
- 82.1 Additional General Technical Details
- 82.1.1 The sprint event will generally be held on a course of not less than 750 m nor more

than 1250 m.

- 82.1.2 There must be a minimum of six start lanes and not less than four finish lanes
- 82.1.3 The qualifying round will be held in the morning, and the elimination round later in the day.
- 82.1.4 The break between the qualifying round and the elimination round should be such that for any competitor making it to the qualifying there is a minimum of 90 min. between completing the qualifying round and taking the starting line for the first time in the elimination round.
- 82.1.5 For the elimination round, new bibs will be assigned to all competitors who have qualified. These bib numbers should reflect the competitor's qualifying rank. Each competitor will wear this assigned bib throughout the elimination round.
- 82.1.6 A guest class skier who qualifies in the qualifying round for the elimination finals will displace a U.S. Skier in the elimination finals and advance according to rule 82.0.
- 82.2 Structure of Classes
 - 82.2.1 In the qualification round, OJ/J1 classes will be combined.
 - 82.2.2 The start order of the OJ and J1 classes will be seeded based on the NRL points; lowest points (best skier) will start first. Skiers without points will be assigned random draw and placed behind the seeded skiers.
- 82.3 Start Order of Classes
 - 82.3.1 The order the classes/genders will be same in both qualifying round and the elimination round.
 - 82.3.2 The start order of the genders will alternate from year to year.
 - 82.3.3 Order of Classes in elimination will follow of the qualification rounds and should be run as follows:
Even Number Years: J2 Boys/Girls, OJ/J1 Boys, OJ/J1 Girls
Odd Numbered Years: OJ/J1 Boys, OJ/J1 Girls and J2 Boys/Girls.
- 82.4 Determination of 3rd ranked competitor (lucky loser) position will be assigned according to the lowest bib number method. Timing will not be used to determine ranking of 3rd place competitors.
- 82.5 If in the case that a class had less than 20 competitors, than that classes eliminations rounds will consist of semis and finals only.

83 Seeding and the Draw

- 83.1 The final entry and seed list for a competition for each Division or District is due approximately 24 hours prior to the competition. This entry deadline will be established by the OC and should be included in the invitation/announcement.
- 83.2 The draw will take place prior to the coaches' meeting, which is normally held the evening prior to each race.
- 83.3 Junior 1 and Older Junior Classes
 - 83.3.1 In individual events, the J1/OJ skiers will be drawn and seeded as one combined class. For mass-start, the classes will not be combined and the start order will be based on the NRL and only combined according to rule 78.4.
 - 83.3.2 Competitors who do not have valid NRL points will be placed in the last seed group and randomly drawn within that group
 - 83.3.3 Competitors who are ranked on the NRL and who have valid NRL points are considered "seeded" and will be grouped with other competitors who have valid points
 - 83.3.4 The 30 highest-ranked competitors will be considered to be the Red Group for the entire Junior Nationals.

- 83.3.5 If the number of seeded competitors (with valid points) is 120 or less, there will be four seeded groups: the Red Group of 30, and three other groups, divided as equally as possible.
- 83.3.6 If the number of seeded competitors is 121 or more, there will be five seeded groups: the Red Group of 30, and four other groups, divided as equally as possible.
- 83.3.7 From fastest to slowest, the seeded groups are: Red Group(A), B, C, D, E.
- 83.3.8 The Jury will seed the red group in the most advantageous start position. The competition Jury may alter the start of the groups if conditions warranted the change.
- 83.3.9 A normal start order for interval start races other than Sprints will be B, A, C, D, E.
- 83.4 The race start order of the age-classes may vary so as to assure that each class will have the opportunity to experience "optimum racing conditions" in such situations as varying temperature, etc.
- 83.5 Each Division or District is entitled to not more than 12 competitors (under its quota of 21 males and 21 females) in a single class in each event.
- 83.5.1 Competitors who have qualified for Junior Nationals through their performance at Junior World Championships Trials, their final Regional NCAA Ranking, qualification for the J1 Scandinavian Trip, or as members of the Junior World Championships Biathlon Team may be entered by their Division or District in excess of the per-class limit of 12 competitors per Division or District.
- 83.6 In individual, mass-start and pursuit events, the field in the J2 class will be divided into 4 seeding groups regardless of the size of the class. The seed sheet shall specify which seed group starts first and last.
- 83.6.00 J2 Mass Start Seeding
- 83.6.1 The J2 mass start race is seeded directly from the results of the qualifying round of the sprint event. The number 1 qualifier is seeded as the number 1 starter in the mass start.
- 83.6.2 In the case of a skier who did not start in the sprint qualification. Each division may substitute one athlete into any earned seed start from the divisions earned start positions. If in the case that more than one skier DNS, than any and all skiers over the one allowable substitute may be included in the start but the start position will be randomized at the rear of the J2 seeded start field.
- 83.6.2.1 When a skier who has not started in the sprint is substituted into a divisions earned start position in the mass start that divisions other skiers are relegated to their divisions next earned slot in the same order in which those divisional skiers finished the sprint. The final skier will be placed at the rear of the field. Substitutions must be submitted according to the OC entry requirements and timelines.
- 83.7 The entries from each Division or District must be divided as evenly as possible among the four seeding groups. The number of entries from a single Division or District in one seed group may not exceed by more than one, the number of entries from that Division or District in any other seed group.
- 83.8 Start lists must be published the evening prior to a competition, and must include a starting time expressed as a time of day for each starter.
- 83.9 Seeding and the Draw - with Nordic Combined Competitors
When Nordic Combined competitors are starting in a cross country event, these rules apply:
- 83.9.1 NC skiers will be considered to be in addition to, and not part of, the quota from their Division or District. Such skiers, however, may not score Alaska Cup points unless they are part of the cross country quota for their Division or District.
- 83.9.2 NC skiers must, within their respective classes, be drawn as a single group at the

center of the field. When the Gundersen start method is utilized, the NC skiers will start last, the first NC competitor starting 30 seconds after the final special cross country competitor.

84 Relay Regulations

- 84.1 Relay teams will be comprised of three-skiers per team.
- 84.2 Race day changes in start order for relay teams in all classes must be submitted to the race secretary not later than 30 min. prior to the start of the first relay event of the day.
- 84.3 The courses used for the classic legs of relays shall have multiple tracks.
- 84.4 Ideally, the number of lanes set in the start shall be equal to not less than two times the number of division and districts in the Junior Nationals. If terrain permits a fair and functional start, additional start lanes may be set. As few teams as possible should start on a third row of the start grid. Unofficial teams including Mixed teams and Guest Class Skiers will be placed behind the field and only given a lane if the terrain permits.
- 84.5 When a division, district or national group receives more than one starting lane, , the lanes assigned to that division, district or national group shall be adjacent to one another.
- 84.6 The Jury will determine the starting grid in accordance with rule 84.8. The Jury may allocate multiple lanes to those divisions or districts entering more teams, and may allocate single lanes to those divisions or districts entering fewer teams.
- 84.7 The Junior 1 and Older Junior class boys and girls, respectively, will race as single groups, with simultaneous starts for both classes within each respective sex. Separate result lists will be published for each class.
- 84.8 Lanes positions for the divisions in the combined J1/OJ Relay will be assigned based upon the relay finish order in the combined J1/OJ classes at the previous Junior Nationals (i.e. the Division or District whose team was first across the finish line at the previous Junior Nationals, regardless of whether that team was a J1 or an OJ team, will draw lane 1, etc.).
Additional teams for each division will fill in behind their respective front-row teams.
- 84.9 Lane positions on the front row for the J2 classes will be assigned based upon the relay finish order in the class at the previous Junior Nationals. Additional teams for each division will fill in behind their respective front-row teams.
- 84.10 Unofficial teams to include mixed teams and Guest Class Skiers will be started in any empty start position in the rear-most row of the starting grid.
- 84.12 Identification for J1/OJ Relay Bibs
- 84.12.1 In order to identify an OJ versus a J1 skier, Race Organizers will differentiate between the classes by assigning respectively 2 and 3 digit bibs to J1 and OJ teams. Example: OJ bib #223 and J1 bib #23.

85 Other Event-Specific Technical Regulations

- 85.1 Issues Not Covered In These Rules
- 85.1.1 Technical issues not covered in these rules shall be as per the pertinent USSA/FIS regulations.
- 85.1.2 Rulings on any questions not covered in these rules or the pertinent USSA/FIS rules shall be the responsibility of the Jury.
- 85.2 Commercial Markings
- 85.2.1 USSA commercial markings regulations apply to all athletes to include races and podium conduct.

- 85.2.2 There will be no official ski marking at the USSA Junior Nationals
- 85.3 Results
- 85.3.1 Interim Results will be posted on the official notice board during each event as available. At a minimum, complete results for each class should be posted shortly after the conclusion of competition for that class.
- 85.3.2 Unofficial Results will be posted for all classes combined within 20 min. of the completion of a competition. The time period during which protests may be filed begins at the moment the Unofficial Results are posted.
- 85.3.3 Final result lists should include, for each competitor: rank, name, Division or District, year of birth (last 2 digits), USSA membership number, club affiliation, finish time, Alaska Cup points and USSA NRL race points.
- 85.3.4 Five complete sets of official results must be provided for each Division at or immediately following the final awards banquet.
- 85.3.5 All official results must be available online.
- 85.4 Medical Health and Safety
- 85.4.1 The Ski Patrol, a doctor, and emergency medical care facilities must be available daily during the entire Junior Nationals.
- 85.5 Doping Control
- 85.5.1 Doping control, if conducted, shall be conducted in accordance with USOC/FIS guidelines.
- 85.5.2 For all regulations concerning doping control, the USOC Medical Committee is responsible.
- 85.6 Start Format
- 85.6.1 In cases of extreme weather or snow conditions, the Jury may recommend a rearrangement of the competition program.
- 85.7 Ski Marking
- 85.7.1 There will be no ski-marking in any events at the Junior Nationals.
- 86 All-America Team**
- 86.1 U.S. Citizen finishing in the top ten of any individual event will be recognized as All-American.
- 86.2 The top three teams in each relay class will be recognized as All-American.
- 86.3 Competitors achieving All-America status shall receive recognition in the form of two copies of an All-America certificate, one for the individual competitor, and one for the competitor's club or school.
- 86.4 Competitors qualifying in both individual events need only receive one set of certificates.
- 86.5 The OC is responsible for including USSA NRL points on the official results, so that it is possible to clearly see which competitors have earned All-America status.
- 86.6 The organizers of the Junior Nationals are responsible for completing the All-America certificates and mailing them to the recipients within 30 days of the completion of the event.
- 86.7 The USSA Cross Country Office will provide the host organizers with the All-America certificates. It is not the obligation of the host organization to provide these certificates.
- 87 The Alaska Cup**
- 87.1 History
- At the 1986 Junior Nationals in Royal Gorge, CA, the Auburn (CA) Ski Club sponsored a cup which was to be awarded to the outstanding Division or District

team at the 1986 Junior Nationals. The first cup was won by the Alaska team. The concept was very popular with all coaches and athletes; however, the Auburn Ski Club's trophy was only a one-time occurrence. In response, Alaska Division purchased a permanent, commemorative cup to be awarded each year to the outstanding Division or District team at the Junior Nationals, and christened it the "Alaska Cup." Since that time the Alaska Cup competition has been one of the highlights of the Junior Nationals.

87.2 The Alaska Cup is a traveling trophy to be awarded to the Division or District at the Junior Nationals which scores the most points according to the scoring system specified below. The Alaska Cup will reside within the geographic boundaries of the winning Division or District from one Junior Nationals to the next. The Cup will be brought to the Junior Nationals by the defending champion Division or District for presentation to the new winner.

87.3 Points will be scored in the sprint, the two individual races and the relay.

87.4 Sprint and Individual Race Point Schedule. Points in the sprint and individual races will be scored according to this schedule:

1st-30 points, 2nd-25 points, 3rd-20 points, 4th-17 points, 5th-16 points, 15-14-13-12-etc.

In cases of a tie, each of the skiers will receive the normal points awarded to that place.

87.5 Scoring In Individual Races.

The five highest placing skiers from one Division or District in one class may score points. The 6th-fastest skier and other slower skiers may not score points, even if they finish among the top 20 in the class. A Division or District's 6th, 7th etc. individual will not displace points for individuals from other Divisions or Districts finishing below them. Guest class competitors do not score Alaska Cup points.

87.6 Relay Race Point Schedule. Points in relay races will be scored according to this schedule:

1st-70 points, 2nd-60 points, 3rd-50 points, 4th-40 points, 5th-35 points, 30-25-20-15-10.

In cases of a tie, points for the two or more places tied for will be averaged, and the average points will be awarded to each of the teams.

87.7 Scoring In Relay Races.

Only the fastest relay team from one Division or District in one class may score points. A Division or District's 2nd, 3rd, 4th or 5th relay team will not displace points for relay teams finishing below it.

87.8 The OC is responsible for keeping track of Alaska Cup scoring for each event, for including Alaska Cup points on the official result lists, and for providing current rankings for press, coaches, athletes and spectators after each race.

88 The Dave Quinn Award

88.1 Each year the USSA Junior Cross Country Subcommittee presents the Dave Quinn award to recognize that Junior Olympic athlete who best exemplifies the ideals of the cross country ski sport which Dave Quinn expressed through his life. In addition to outstanding results, nominees should have special attributes such as love for the sport, leadership, overcoming hardship, work ethic, etc., which make them unique.

88.2 Each Division or District may nominate one candidate for the Dave Quinn Award. The nominee may be from a Division or District other than the one making the nomination.

- 88.3 At the final coaches'/team leaders' meeting, a representative from each Division or District makes a brief presentation about their nominee, and the qualities which make their nominee a good candidate for the award.
- 88.4 Each Division or District may cast one vote.
- 88.5 The winner of the award is decided by a plurality of votes cast.
- 88.6 In case of a tie, additional rounds of balloting may be held.
- 88.7 At the final awards banquet, all nominees are called to the awards podium, after which the name of the winner is announced, and presented with the Dave Quinn Award.
- 88.8 Each nominee should receive a commemorative certificate or other memento of their nomination.
- 88.9 The USSA provides the official Dave Quinn Award.

89 The Roger Weston High School Team Award (HSTA)

- 89.1 The Roger Weston Award honors the top high school boys and top high school girls teams competing at U.S. Junior National Championships. The award was initiated to recognize the valuable contribution from high school skiing to the development of cross country ski racing across the USA. Roger Weston was instrumental in developing the sport of cross country skiing in the Mid-Atlantic division and across the U.S.
- 89.2 The High School Boys and the HS Girls Trophies will be presented at the final JN Awards banquet
- 89.2.1 Skiers must be currently enrolled and attending high school at the time of the competition to be eligible. Any skier who has received a high school diploma or the equivalent certification, is ineligible, even if they are attending a school as a PG skier
- 89.2.2 Each skier's high school membership must be listed on the official divisional team entry form at the time of official team registration to be included in the scoring of the event
- 89.2.3 A high school Team must have at least 3 members to be scored for the HSTA. There is no limit to the number of skiers a HST may enter.
- 89.3 Points towards scoring of the HSTA will be collected from the individual sprint, and two individual distance events
- 89.4 Scoring for team awards is separate for the boys and the girls. Scoring described hereafter applies to both genders. Within each gender, the points earned by a High school team are collected from the three age classes, J2, J1, OJ are combined to sum one total boys score.
- 89.5 Within each age class scoring is as follows, 1st - 100 points, 2nd-99, 3rd - 98, 4th-97, 5th - 96 and so on until all competitors are scored or 100 skiers are scored
- 89.6 A HST team's score for a given event is calculated by adding the best three individual scores from any of the three age classes.
- 89.7 The final team score is calculated by adding their team scores from each of the three individual events
- 89.8 The JN organizer has the responsibility to compile the High School Team scores
- 89.9 The Boys Team and Girls Team Trophies are provided by the National Cross Country Ski Foundation. The winning team is presented the traveling team trophy to be maintained in their possession until the next JN's. In addition, a plaque is to be presented to each winning team.

90 The USSA Junior National Club Team Awards (JNCTA)

- 90.1 The JNCTA recognizes the top boys, girls and combined boys and girls club teams

competing at U.S. Junior Championships. The award was initiated to recognize the importance of strong year round club programs to the development of a strong national ski program.

- 90.1.1 Collegiate teams are not eligible for this award.
- 90.2 The JNCTA Trophies will be presented at the final JN Awards banquet.
- 90.2.1 To be eligible for inclusion in the club scoring, a club must be recognized as a current USSA member cross country ski club at the start of the competitive season, to be determined as the first official event on the U.S. NRL calendar. All club applications must be submitted and processed by the USSA membership department prior to the first NRL event.
- 90.2.2 A skier's club membership must be listed on the official divisional team entry form at the time of official team registration to be included in the scoring of the event.
- 90.2.3 A club team must have at least one female and one male skier present to be eligible for the overall JNCTA. There is no limit to the number of skiers a club may enter.
- 90.2.4 A given skier may only represent one club team during the course of the competitive season.
- 90.2.5 NCAA programs differ in seasonal start dates thus making it difficult to determine whether an athlete is eligible to participate per NCAA rules. In the case of a NCAA collegiate athlete who may also ski for a club. It will be up to that athlete and the individual coaches to determine in accordance NCAA rules whether that athlete is eligible to participate in this scoring and award to be included in the club scoring. All responsibility for this will rely on the athlete and division not the organizing body.
- 90.3 Points towards scoring of the JNCTA will be collected from the individual sprint, and two individual distance events
- 90.4 Scoring for team awards is separate for the boys and the girls. Scoring described hereafter applies to both genders. Within each gender, the points earned by a club team are collected from the three age classes, J2, J1 and OJ. Each age class is scored and combined to sum one total boys score and one total girls score. The boys score and girls scores are then added together to compile a combined club team score
- 90.5 The World Cup scoring method is used.
- 90.6 A club team's score for a given event is calculated by adding all the points earned by their skiers in all age classes. There is no limit on how many individuals from a team may score. There is no displacement in the scoring method
- 90.7 A final club team score is calculated by adding their team scores from each of the three individual events
- 90.8 The JN organizer has the responsibility to compile the club team scores.
- 90.9 The Boys, Girls and Overall Club Team Trophies are provided by the National Cross Country Ski Education Foundation.

CROSS COUNTRY

USSA SUPERTOUR

91 USSA SuperTour OC Responsibilities

91.1 The OC must provide high quality competition venues and facilities (according to FIS homologation standards), conduct the competitions under FIS and USSA competition rules, provide all necessary fencing to secure the event and finish areas, provide warming area and changing rooms for competitors, provide a USSA approved timing and data service, and an enclosed workspace for timing. The OC must provide flowers, medals and awards for awards ceremonies, provide a quality sound system and announcer, as well as a competition doctor and emergency medical services.

A limited number of USSA SuperTour events may be held each year that are not scored to FIS when there is a strategic purpose for being at the site.

92 Marketing

92.1 The OC is offered the right to sell site and sponsor identification on bibs, print and broadcast material, start/finish signs or structures, awards stand, fencing, banners and flagging (all sales must be approved by USSA - must be sponsors in a non-competing category for the major USSA sponsorship group).

92.2 USSA will provide the USSA SuperTour logo(s), and the official USSA SuperTour Leader bibs to the organizer. The yellow bib is worn by the overall male and female leaders, the blue bib is worn by the distance leaders, and the green bib is worn by the sprint leaders. If any of the leaders are not present no bib is worn for that position. For the first competition of the season the previous season's leaders should wear the bibs if present.

92.3 The OC must include the official USSA SuperTour logo on all printed and promotional materials, including any competition bibs, as well as provide an official event website/page, and coordinate invitations and team registration.

92.4 OC has event merchandise rights (subject to a USSA Royalty Agreement).

93 Entry

93.1 Collection of USSA SuperTour entry fee, not to exceed \$35 for a single race, \$60 for two races, or \$85 for 3 races, \$105 for 4 races or \$125 for 5 races. For Qualifier-only sprints, the entry fee may not exceed \$20 per race. Late fees cannot be charged until 1 week before the first race, and cannot exceed \$10 per race.

93.2 The OC must provide complimentary entries for all U.S. Ski Team athletes, up to 10 top foreign competitors (in consultation with the USSA Nordic Program Director), and athletes ranked in the top-4 of the current overall SuperTour ranking. In the event there is a tie for points where more than 4 athletes could comprise the top-4, highest average place in the prior, current-season USSA SuperTour races will be used.

94 Facilities and Lodging

94.1 The OC must provide waxing facilities for athletes, teams and USSA Official Suppliers. The OC must also provide adequate venue parking for all guests, as well as facilities and personnel for registration room, Team Captains meeting room, and Jury room that meet FIS standards.

94.2 Complimentary lodging must be provided during the entirety of the event (the night before official training until the completion of the competitions) for athletes ranked in the top-4 of the current overall SuperTour standings (not valid for U.S. Championship events or USSA SuperTour Finals), two double rooms for USSA,

and the TD & TDA. In the event there is a tie for points where more than 4 athletes could comprise the top-4, highest average place in the prior, current- season USSA SuperTour races will be used.

95 Accreditation

95.1 OC must provide complimentary trail access for all USSA SuperTour competitors, coaches, officials, press, sponsors and VIP guests, as well as provide industry accreditation for USSA Pool Suppliers.

96 Prize money

96.1 The OC must provide payment of all cash prizes required under USSA SuperTour regulations (or alternative plan approved by USSA). The USSA SuperTour prize money equals \$3900 per day. Distribution is 1st \$750, 2nd \$500, 3rd \$250, 4th \$200, 5th \$150, 6th \$100. Payments are only to be made to competitors with an active FIS code who are on the most current FIS points list. Organizers must follow IRS code for prize money distribution, including: sending 1099's on behalf of the U.S. winners and withholding 30% from winners who cannot produce proof of U.S. citizenship. Check with a CPA for current IRS rules.

97 Fees and Sanction

97.1 The OC must pay the USSA/FIS SuperTour sanction fee of \$500 for all USSA SuperTour events held at the same site. No headtax fees are to be paid.

Cross Country USSA SuperTour Finals

98 Special Rules

98.1 Entry fees are designed to encourage athletes to compete in the entire mini-Tour. The maximum entry that can be charged is \$150 for up to 4 races, \$180 for 5 or more races. The Tour format should include the following: 30/50 km U.S. Championships, a 10/15 km mass start race, a sprint race, a hill climb with pursuit start and a prologue, when feasible. Race technique and additional events are negotiable with the USSA Nordic Director.

98.1.1 Free entry will be granted to U.S. Ski Teams A and B athletes and the top 4 USSA SuperTour overall leaders (men and women).

98.2 Total prize purse for USSA SuperTour Finals is based on the number of races in the series multiplied by the current applicable USSA SuperTour prize schedule. In consultation with the USSA Nordic Director, OC may devise an alternate payout scheme, such as providing race day premiums and enhancing the final day payout.

98.3 If any races are used as U.S. Championship races, prize money will be provided by the USSA. Competitors must have a USSA license; FIS license if foreign.

98.4 Coaches should be issued an approved bib, or use their USSA-issued "Coach" bib signifying their Level 100 (or above) certified status, which they must wear to be allowed to move on the competition course during the competition.

99 Facilities and Lodging

99.1 No free lodging is required to be provided by the Organizer.

JUMPING/NORDIC COMBINED CHAMPIONSHIPS

100 The USSA's Own Competitions

- 100.1 The U.S. Jumping and Nordic Combined Championships (USJNCC) are under the control of the USSA.
- 100.2 Television
 - 100.2.1 All television rights of the USJNCC or any other National Championship Events of the USSA are the exclusive property of the USSA.
 - 100.2.1 The USSA will negotiate directly with the TV corporations and site.
- 100.3 Organizers of U.S. Championships
 - 100.3.1 The task of organizing and carrying out the USJNCC is delegated by USSA to a Host Site or Organizer, which will form and OC.
 - 100.3.2 The USSA Events Department will select the Host Site and Organizer.
- 100.4 Year and Dates
 - 100.4.1 The USJNCC will be organized every year.
 - 100.4.2 In order to have the USJNCC carried out at a time when all the best skiers in the country may compete so that the USJNCC will be a true National Championship, the events should take place when no World Cup competitions are scheduled, in an attempt to assure the participation of the international group of U.S. Ski Team athletes.
- 100.5 U.S. Championships and Other National Calendar Events
 - 100.5.1 When the USJNCC takes place no other USSA scored competitions may be held elsewhere in the country on the same dates without permission from the USSA Jumping & Nordic Combined Sport Committee (JNCSC).

101 Applications for a USJNC Championship

- 101.1 A site wishing to organize the USJNCC should complete a bid as per the guidelines established by the USSA Request For Proposal (RFP), and submit the bid to the USSA at the latest by the USSA Congress.
- 101.2 The material required includes the following:
 - 101.2.1 Probable time and place of each competition, including statistics on weather and snow conditions.
 - 101.2.2 Travel connections from regions, and connections from the closest airport.
 - 101.2.3 Accommodation facilities (number of hotels, beds, etc.) Profiles and descriptions of the proposed Jump(s) and Cross Country Course(s). All facilities must be approved by the USSA.
 - 101.2.4 Profiles and descriptions of the proposed Jump(s) and Cross Country Course(s). All facilities must be approved by the USSA.
 - 101.2.5 Contingency plans in the case of poor snow conditions.
 - 101.2.6 A statement that the applicant will not allow any discrimination in regard to Divisions, Districts or Regions or its separate members on account of racial, religious, political or other grounds.
 - 101.2.7 Other information of value for the applicant and for the USSA.
- 101.3 If at the time of filing the application for the organization of USJNCC, the technical conditions of the competitions (for example, venues and/or means of accommodation) are not yet ready, the OC must be able to guarantee that all necessary arrangements will be undertaken and ready within the remaining time before the events are to take place. The OC must present a timetable in which all

construction is to be completed in detail, giving a time limit for each phase of the work to be finished.

102 Finances and Entry Fees

- 102.1 The OC will plan and carry out the USJNCC arrangements at its own financial risk and at its own expense.
- 102.2 The USJNCC OC must submit a budget at the time of the bid. The budget must include a fee per competitor. Once the bid is accepted, the fee is to remain fixed. For National Championships the maximum permissible entry fee is negotiated with the USSA Events Department but is usually not more than \$100.
- 102.2.1 The entry fee, in its entirety, is due from the individual competitor at the time specified by the race organizer.
- 102.2.2 A skier who is on the USSST/USDST shall have the entry fee waived. All athletes are responsible for completing all entry forms in a timely manner.
- 102.2.3 The USJNCC organizer shall submit, to USSA, a budget with the bid, an updated budget one month prior to the event, and a final financial statement after the event. The purpose of this is to aid future host clubs in preparing bids and budget proposals.
- 102.3 The OC will attempt to work with hotels, motels and restaurants in the area to secure a reduced rate on lodging for all participating competitors, coaches, and officials. Jump and Trail fees will be free of charge for official participants in USJNCC from the first scheduled official training thru all remaining official trainings and competitions, including the duration of the USJNCC. The competitors, accredited coaches and USJNCC officials, are entitled to all these reductions.

103 Information and General Report to the USSA

- 103.1 The OC will keep the USSA and JNCC informed of work in progress.
- 103.2 Official Results. Official competition results in booklet format - for USJNCC only - listing all results by event, class and gender shall be provided to all competitors and coaches at the Banquet. If Banquet takes place before all events are completed, an insert of results for the final event must be made available at final awards ceremony. A booklet containing ALL results, start lists, and jury minutes must be sent to USSA within 3 days of completion of event.
- There shall be no cost to the competitors or official coaches for the results booklet.
- 103.2.1 Each organizer of the USJNCC must maintain an official event website, and that website's URL must be provided to USSA at least 90 days in advance of the event. Official results must be posted to the website within two hours of the results becoming official.
- 103.3 As soon as possible after the competitions, the OC will forward to the USSA a general financial report on the U.S. Championships and five sets of official results, complete with Jury meeting minutes.

104 Announcement and Entry

- 104.1 Organizer shall prepare and distribute Event Announcement and Entry to all USSA members, USSA and JNCSC not less than 90 days prior to the start of the event. Event Announcement and entry materials must be sent to USSA Program Manager in electronic form by the same deadline.
- 104.2 Announcement and Entry must include information regarding:
- schedules
 - time and date of first team captains meeting
 - location of official notice board
 - official website URL
 - seeding method

- commercial markings limitations
- classes
- how to reach the venue
- time and dates of official training
- names of principle officials
- postponement and cancellation policy
- doping control
- sponsors
- hotel and restaurant information and contacts
- prize money
- time and place of prize giving
- final date of entry and address for entries, including phone, fax, and email address
- deadlines, fees and membership requirements
- refund policy

- 104.3 A competitor may not be entered unless they have satisfied all deadlines and fees.
- 104.4 At the U.S. Jumping & Nordic Combined Championships (USJNCC), there are no age classes. Junior men or women will be seeded and drawn with the seniors, without penalty, i.e., they may compete as juniors in all other competitions throughout that season, or any other season in which the athlete remains a junior.

105 Program & Events

- 105.1 The USSA, at its congress the spring before the USJNCC are to take place, decides the program for the competitions.
- 105.2 The Program must include these events:
- 105.2.1 Men: Individual Special Jumping, Nordic Combined Individual Event
- 105.2.2 Women: Individual Special Jumping. If the minimum requirement for a class of women exists, a female skier may only ski in that class. If they are unable to produce a women's class or combination of three female skiers/teams between class then the women may ski in the men's class for both individual and team events. (Also see General Rules art. 158)
- 105.3 The program may include the following events:
NC Team Sprint, Women's Individual Nordic Combined or Team Sprint Event, Team Jumping.
- 105.4 The draft daily program for the USJNCC will be approved by the USSA/JNCSC at the Congress preceding the event.
- 105.5 The whole USJNCC program will, as a rule, be organized within a period of not more than four days
- 105.6 The organizer shall when possible include Large Hill and Normal Hill competitions
- 105.7 The Jumping and Nordic Combined events will be run in accordance to current FIS rules (i.e. number of jumps, distance of race, points per meter, etc.).

108 Prizes and Awards

- 108.1 At USJNCC, the following prizes must be awarded:
- 108.1.1 A USSA Championship gold, silver and bronze medal will be awarded to the 1st, 2nd and 3rd place finishers in each event.
- 108.1.3 A memento or souvenir should be awarded to all participant athletes and official coaches.
- 108.2 At U.S. Championship, awards will be presented according to the overall result list. Citizens of foreign nations who are not resident aliens may compete in the U.S. Jumping & Nordic Combined Championships. These athletes are not eligible

to win championship titles or medals, awards and prize money.

109 Ceremonies

- 109.1 The OC will, in principle, include the following ceremonies in the USJNCC program:
- 109.1.1 A Flower Ceremony must be organized based on the unofficial results of the competition, immediately after the competitions. Media should be informed of the ceremony, and athletes should be placed on a podium in an area conducive to photography. Athletes should be instructed to wear their competition bibs to the podium, or will be supplied with podium bibs corresponding to their place. Commercial marking restrictions continue to apply for all awards ceremonies. The main presentation should be made excluding Guest-class competitors, and a presentation should also be held including Guest-class competitors. Public announcement should be made that these results are not official, and are subject to change. No awards or list of results should be distributed at this time.
- 109.1.2 Official Prize-giving Ceremonies. Ceremonies should include introduction and entrance of the competitors having won first, second and third place in the competition. Winners take the victory stand and receive medals. Copies of the day's results should be available for all competitors. Athletes not in attendance at the time of official prize giving may forfeit their awards.
- 109.1.3 Banquet. When possible, there should be a closing banquet in conjunction with the closing ceremonies with remarks thanking the OC for their work, presentation of any appropriate remaining awards, a meal for all competitors (included with the registration fee) and entertainment (music, slide show, dancing, etc.). At this time, the complete Results Booklet should be made available to all competitors and official coaches. The Banquet should be held the evening after the final competition, but if it is anticipated that most competitors will depart before the final event, the Banquet may be moved earlier during the competition upon approval by USSA.

JUMPING/NORDIC COMBINED

USSA JUNIOR NATIONALS

110 Role of the U.S. Ski and Snowboard Association

- 110.1 The USSA Junior Nationals (JNs) are the official U.S. championships for juniors sanctioned by the U.S. Ski and Snowboard Association.
- 110.2 The right to host and organize the USSA JNs will be awarded in accordance with USSA rules and procedures.
- 110.3 With the exceptions listed herein, all competitions at the USSA JNs will be conducted in accordance with the USSA Jumping & Nordic Combined Competition Rules.
- 110.4 Prior to the competition, the USSA J/NC Officials Subcommittee appoints the Technical Delegate (TD.) USSA will also appoint an Assistant Technical Delegate (TDA), from the division in which the event is being hosted.

111 The Role of the USSA Jumping & Nordic Combined Sport Committee

- 111.1 All rules, procedures and guidelines specific to USSA Junior National Championships are established by the USSA Jumping & Nordic Combined Sport Committee, under recommendation by the USSA Jumping & Nordic Combined Sport Committee (JNCSC).
- 111.2 Amendments and exceptions to these special rules for USSA JNs may only be recommended by the USSA Jumping & Nordic Combined Coaches Subcommittee or by the Jumping & Nordic Combined Officials Subcommittee at its annual meeting, or via mail ballot, e-mail ballot or teleconference. Recommended rules changes must be approved by the USSA Jumping & Nordic Combined Officials Subcommittee and forwarded to the USSA JNCSC for final approval or rejection.
- 111.3 The USSA JNCSC may appoint a special working group with the responsibility to oversee the preparations for the JNs.

112 Bid Procedure for USSA JNs

- 112.1 All bids for JNs must be submitted to the USSA Jumping & Nordic Combined Coaches Subcommittee for review. All bids must comply with the standards set forth in the USSA Event/Venue Development Pipeline and USSA Event Organizers Handbook. Jump and Course homologation must be completed at the time the bid is submitted.
- 112.2 The USSA Junior Jumping & Nordic Combined Subcommittee shall recommend the Division in which the JNs are to be held, and may specify the organizing body and site for the events in the case that more than one bid is submitted by a single Division.
 - 112.2.1 In the case of multiple bids from within a Region, the Region may choose to exercise its right to recommend the bid to be submitted to the USSA JNCSC for approval.
 - 112.2.2 If a Region does not choose to exercise its right to select the bid to be submitted from that region, the USSA Jumping & Nordic Combined Coaches Committee is responsible for making the decision, with final approval given by the USSA JNCSC.
- 112.3 A 'letter of intent' should be delivered to the USSA Jumping/Nordic Combined Sport Committee and its Sub-committees at USSA Congress two years prior to the event. Bids for JNs will be awarded at USSA Congress one year in advance to allow for adequate planning and distribution of information and to allow a major competition to be held at the site in the year prior to JNs.
- 112.4 Any potential organizer must consult the USSA Jumping & Nordic Combined

Event Organizer Handbook and submit all bids according to the procedures and performance outcome specifications listed therein.

112.5 The USSA Organizer Handbook is available from the USSA Nordic Office.

113 Financial and Organizational Responsibilities

113.1 Financial and Organizational Responsibilities of the OC include:

113.1.1 All competitor bibs, unless otherwise specified by USSA

113.1.2 All special mementos required by these rules, unless otherwise specified by USSA

113.1.3 All general organizational costs including grooming, award ceremonies, other functions

113.1.4 All awards and medals required by these rules, including guest class awards, unless otherwise specified by USSA

113.1.5 All necessary race materials, such as fencing, signs, etc.

113.1.6 Working with local hotels, motels, restaurants, car rental agencies and travel agents to provide the best rates possible for visiting teams

113.1.7 Other financial obligations as outlined in the USSA Jumping & Nordic Combined Event Organizer Agreement.

113.2 Financial and Organizational Responsibilities of the Divisions include:

113.2.1 All arrangements and expenses for travel to and from the JNs

113.2.2 All arrangements and expenses for housing at JNs

113.2.3 All arrangements and expenses for ground transportation at JNs

113.2.4 All arrangements and expenses for meals at JNs, other than the final awards banquet, which is covered by the entry fee.

114 Entry Fees

114.1 The OC must submit a budget at the time of the bid. The budget must specify an entry fee per competitor. Once the bid is accepted, the approved entry fee is to remain fixed, unless approved by the USSA CCC and Junior Subcommittee.

114.1.1 The maximum permissible entry fee is \$200 per competitor.

114.1.3 The entry fees for all athletes on a Division team are due from that Division at the time of on-site registration

114.1.4 The entry fee will be waived for any skier who is, at the time of JNs, on the U.S. Ski Team or who was a member of the Junior World Championships team during the current season.

114.1.5 Jump and Trail access will be free of charge for official participants in USJNCC from the first scheduled official training thru all remaining official trainings and competitions, including the duration of the JNs. The competitors, accredited coaches and USJNCC officials, are entitled to all these reductions.

115 Relocation, Postponement and Cancellation

115.1 A decision to relocate JNs to a backup site must be made not less than 10 days prior to the first event of the JNs, and must be recommended by the USSA Junior Jumping & Nordic Combined Coaches Subcommittee and approved by the USSA JNCSC Executive Board.

115.2 Postponement, cancellation or transfer of JNs to an alternate site must be communicated by the OC to the USSA Junior Jumping & Nordic Combined Sport Committee, the USSA Nordic Office, all Divisions and Districts, the TD and other officials with the least possible delay, via phone, fax, email, and through a webpage.

116 Financial and Technical Reports

116.1 Financial Reports

- 116.1.1 The OC must submit a preliminary budget with the bid proposal.
- 116.1.2 A final financial recapitulation including actual revenues (including gifts of any kind) and expenses shall be submitted to the USSA Nordic Office and the USSA JNCSC Chairman within one month of the completion of the event.
- 116.2 Technical Reports
- 116.2.1 The OC must submit reports on the progress of preparations for the JNs to the USSA JNCSC, the TD, the TDA and the USSA Nordic Program Director quarterly from the awarding of the bid through the completion of the competition. Minutes of all OC meetings should be submitted to these same parties within 1 week of the completion of the meeting.
- 116.2.2 A final report on the technical aspects of the event, including minutes of coaches meetings, minutes of Jury meetings, and a summary of the event from the point of view of the TD and the OC must be submitted to these parties one month after the close of the event.
- 116.3 Circulation of Reports
Copies of all reports must be sent to the USSA Nordic Program Director, all members of the USSA JNCSC, TD, and the TDA.
- 117 Right to Participate, Division Selection Criteria**
- 117.1 Only USSA Divisions are entitled to participate in the JNs. Only competitors entered by or with the permission of their Division i.e. participation by unaffiliated individuals is not permitted. Guest Classes are allowed.
- 117.1.1 Each Division is responsible for developing and publishing selection criteria used within that Division to select that Division's to the JNs. All Divisions must have an appeal procedure in place for any skier who feels he or she has been unfairly excluded from his/her Division team.
- 118 Invitation and Entry**
- 118.1 The OC must prepare invitations to all the Divisions for distribution a minimum of 90 Days prior to the event.
- 118.2 The invitation must include:
- Date and place of the competition, with time and site of each race together with course maps and profiles
 - Travel information including commercial air carriers flying to the nearest major airport, and suggested local travel agent contact
 - Accommodation information including motels and hotels that accept block booking for the various teams, approximate costs, and contact persons to arrange housing and meal plans. Meal plans should include sample menus and costs.
 - Name and address of race secretary to whom entries should be mailed
 - The entry fee per competitor.
 - Time and place for the first coaches'/team leaders' meeting.
 - Timetable for the beginning of official training, and start times for training
 - Time and place for award ceremonies and banquet activities
 - Any other information outlined in the USSA Event Organizer Handbook
- 118.3 Each Division must notify the organizer of the approximate size of its team, including athletes and support staff by Feb. 1, prior to JNs
- 118.4 Team entry lists for each Division must include name, date of birth, USSA membership number, class, gender, home address, club, and school or team for each competitor.
- 118.5 Final team lists for each Division or District must be received by the Race Secretary not less than 5 days prior to the first competition. Changes to a team roster between

receipt of entries and the start of the competition may be made only in the case of injury or illness.

- 118.6 No substitutions or changes in a team roster may be made after the first team captains' meeting.

120 Number of Competitors

120.1 Quotas for JNs: Each division will establish its own quota.

120.2 Competitors qualified through World Junior World Championships are not counted against the Division quota.

121 Division and Team Size

121.1 The JNs are open to athletes who are current competitor members of USSA and who are representing the division in which they are registered. It is also open to guests who are current members of their national federation. For the JNs, divisions are allowed to place limitations on their team size.

122 Staff: Coaching Staff and Support Staff Size and Composition

122.1 Definition of Staff

122.1.1 A team's staff is defined as all those individuals, coaches and non-coaches alike, who have an official role with the team in support of the athletes on the team.

122.1.2 The size of the staff brought by any Division or District team may not be limited by the OC

122.1.3 At the time of the team entry, all staff must be listed on the Division entry form

122.1.4 Staff must be classified as either Coaching Staff or Support Staff

122.2 Coaching Staff

122.2.1 The coaching staff consists of those individuals whose function is primarily coaching, and who need access to: coaches' and team leaders' meetings, the jump and course during the competitions, and all areas accessible to competitors. Access to these areas and functions are possible only with a coaching credential. The TD may limit the number of coaches allowed to participate at the Team Captains' meetings,

122.2.2 In order to receive a coaching credential, a coach must be a current coaching member of USSA

122.2.3 Each Division is entitled to a minimum of 4 coaching credentials without extra charge

122.3 Support Staff (non-coaching)

122.3.1 Staff members who do not need access to coaches' and team leaders' meetings, wax rooms, course during competition or the holding pen at the start area are not required to possess coach credentials.

122.3.2 The OC must make available, for a reasonable fee, a quantity of non-coaching Support Staff credentials which permit support staff access to appropriate areas, and which include a pass to the final banquet.

124 Year and Dates

124.1 The USSA JNs will take place every year.

124.2 The Championships should rotate every five years through the USSA Divisions (Alaska, RMD, East, IMD, and Central) in that order.

124.2.1 The USSA JNs may be held in conjunction with the Cross Country JNs.

124.3 The USSA JNs should be completed by the first Saturday in March. All JN competitions shall take place within a four-day time period.

125 Events, Distances Daily Program

125.1 The competition calendar at the JNs consists of not less than four (4) medal events. These include a NC Team or Team Sprint event, two individual competitions (1

- Jumping and 1 Nordic Combined) and a Jumping Team Competition.
- 125.2 At JNs, competition will be held in two age classes and two gender classes: Junior 1 and Junior 2 for both male and female.
- 125.2.1 A competitor may compete only in their age class in all individual and team events throughout the JNs.
- 125.2.2 There is no minimum age in the Junior 2 class
- 125.3 Nordic Combined Events
- 125.3.1 Junior 2: NC –Team Sprint 1 jump and 2 x 1 km x 3 (30 pts/min);
NC Individual Gundersen-2 jumps and 5 km (25pts/min);
- 125.3.2 Junior 1: NC –Team Sprint 1 jump and 2 x 1 km x 3 (30 pts/min);
NC Individual Gundersen- 1 jump and 5 km (15pts/min);
- 125.4 Daily Program Example
- 125.4.1 It is up to the organizer, but they may include another optional event during the JNs with approval of the USSA Junior Jumping and Nordic Combined Subcommittee
- 125.4.2 A recommended competition schedule at JNs is:
- | | |
|-----------|-----------------------------|
| Wednesday | Official Training |
| Thursday | Individual Events |
| Friday | Optional Host Event |
| Saturday | Team Events; awards banquet |
| Sunday | Departure |

127 Prizes and Awards

- 127.1 For the purposes of prize-giving, awards, and publication of results, the competition within each class and gender is considered a separate and distinct event.
- 127.2 These prizes are to be awarded:
- 127.2.1 Individual Events
- A gold medal to the winner of each event, a silver medal to the second-place finisher of each event, and a bronze medal to the third-place finisher in each event. A commemorative award to the finishers in places 4 through 10.
- 127.2.2 Team Competitions
- A gold medal to each member of a winning team, a silver medal to each member of a second-place team, and a bronze medal to each member of a third-place team. Commemorative awards to each member of the teams in places 4 and 5 in the relay events.
- 127.3 In the event of a tie, equal awards shall be given.
- 127.4 A memento should be presented to each participating competitor and to each accredited coach who are members of each Division team.
- 127.5 At the JNs there will be no guest class; all skiers will compete in their appropriate gender and age class.
- 127.6 There will be one list of results produced for each discipline and class.
- 127.7 The top U.S. finishers in each discipline and class will be awarded the title U.S. Junior Olympic Champion and will receive the JN medals
- 127.8 Memento: A memento of participation shall be given to all registered skiers and coaches.

128 Results

- 128.1 Competition Result Booklets, Electronic files or DVDs: The full set of competition results, listing all results by class, including any unofficial events, shall be provided to all competitors and coaches at the completion of the event. These should be available prior to the team departures or must be mailed to each coach and

competitor within seven days after the last event.

- 128.2 Cost of Result Booklets: There shall be no cost to the competitors or coaches for these result booklets. This cost is a benefit of the entry fee and is borne by the OC. Three copies shall also be forwarded to the USSA Nordic Office and one complete copy that includes all medical incident reports and meeting minutes (Jury, Coaches, and/or OC) shall be forwarded to the TD and the TDA.
- 128.3 Results Faxing/Electronic: For each team that submits a list of fax or email addresses, the OC shall fax/email results of each competition to up to five news organizations per division. A set of results shall be faxed/emailed to the USSA Nordic Office. Such faxing/emailing shall be done within 12 hours of the posting of official results for each competition day. A division requesting more than five sets shall be responsible for the cost of any number over five.

129 Ceremonies

- 129.1 The OC will, in principle, include the following ceremonies in the JN program:
- 129.1.1 A Flower Ceremony must be organized based on the unofficial results of the competition, immediately after the competitions. Media should be informed of the ceremony, and athletes should be placed on a podium in an area conducive to photography. Athletes should be instructed to wear their competition bibs to the podium. Commercial marking restrictions continue to apply for all awards ceremonies. The main presentation should be made excluding Guest-class competitors, and a presentation should also be held including Guest-class competitors. Public announcement should be made that these results are not official, and are subject to change. No awards or list of results should be distributed at this time.
- 129.1.2 Official Prize-giving Ceremonies. Ceremonies should include introduction and entrance of the competitors having won first, second and third place in the competition. Winners take the victory stand and receive medals. Copies of the day's results should be available for all competitors. Athletes not in attendance at the time of official prize giving may forfeit their awards.
- 129.1.3 Banquet. There should be a closing banquet in conjunction with the closing ceremonies with remarks thanking the OC for their work, presentation of any appropriate remaining awards, a meal for all competitors (included with the registration fee) and entertainment (music, slide show, dancing, etc.). At this time, the complete Results Booklet should be made available to all competitors and official coaches. The Banquet should be held the evening after the final competition, but if it is anticipated that most competitors will depart before the final event, the Banquet may be moved earlier during the competition upon approval by the USSA. (Also See Rule 131.4)

130 Other Facilities

- 130.1 Waxing Facilities: It is recommended that there be a waxing area designated for each divisional team. If possible, the waxing area shall be protected from the elements and should have a minimum of two electrical outlets available for each team. If in an enclosed area, an exhaust system should be included to eliminate some of the gases developed during the waxing process.
- 130.2 Wax Testing Areas: There shall be an area(s) set aside in close proximity to the waxing area which shall be groomed in a way identical to the courses which shall allow for speed testing on a hill. Sufficient amount of test area shall be available to allow access to all competitors and coaches without interfering with the conduct of the competition.

131 Ancillary Services to be provided

- 131.1 Complimentary Services for Competition Officials: Each of the officials shall be credentialed at all times during the JNs. In exchange for their services and by showing the credential when asked, they should have at least the following services provided: Meals or lunches provided when in actual officiating posture during a meal hour, bag lunches on competition days, and some memento of recognition (hat, jacket, arm band, or pin), and if possible discounts on certain amenities associated with the skiing community such as ski rentals and lift ticket, use of a fitness club, etc.
- 131.2 Non-Competitive Events: The host may choose to add a competition to the schedule at their discretion (with-in USSA Rules)
- 131.3 Opening Ceremony: There shall be an opening ceremony, which shall bring all coaches, competitors, and officials together for introduction to the community, spectators and the press. This event shall be held one or two days prior to the first championship competition but not prior to the arrival of all teams. The date and time of the Opening Ceremony shall be included with the schedule of events forwarded to the division at the time the invitations are sent so as to allow teams to plan their arrival accordingly.
- 131.4 Awards Banquet: There shall be a closing awards banquet and/or party following the final day of competition. All competitors, coaches, and officials shall be entitled to come without fee. Parents, guests, and spectators shall be offered an opportunity to purchase tickets to attend this event. It shall include a meal, and awards ceremony to include the final awarding of any special awards or special team selections.
- 131.5 Because the JNs involve young skiers who are students, the event should also be a learning experience. It is recognized that many of the competitors may be visiting a part of the country that they may never visit again. An effort should be made therefore to try to include at least one opportunity to experience a social, cultural or historical site or activity that is unique to the area or region. The OC shall make arrangements for such an event and shall offer it with advance notice and at nominal cost to the participants. The opportunity for such an event shall be included with the invitation indicating the cost involved.

132 Team Housing Facilities

- 132.1 Because all skiers will attend only as a member of a divisional team, all members of a given team will normally be housed together in the same facility. The OC will, with their bid, provide preliminary information regarding housing for each team. Final information on available housing including pricing shall be made available to the designated team leader for each division not less than six months prior to the onset of the competitions.
- 132.2 Housing Proximity: The housing shall be in reasonably close proximity to the competition venues in order to allow for ease of travel for meetings, training, and competitions.
- 132.3 Provision at each housing facility for waxing in a specific location other than the rooms must be made.
- 132.4 It is the responsibility of the OC to negotiate a group rate with each housing site and for securing enough potential spaces for all athletes and coaching staffs.
- 132.5 Teams shall be responsible for the payment for housing and for making the final negotiations and arrangements with the housing sites for their stay. This includes whatever amenities are to be provided at the housing site.

133 Meal Plans/Costs:

- 133.1 The OC shall be responsible for obtaining information regarding meal plans

adequate for feeding all skiers and coaches/staff for the duration of the competition. As with the housing, preliminary information regarding meal plans, including proposed menus, meal sites, times and plans for feeding the teams that would be at the meal site(s) shall be presented with the bid application. A final menu and cost presentation shall be given to the team leaders at least six months prior to the competition.

JUMPING/NORDIC COMBINED NORAM CHAMPIONSHIPS

135 North American Junior Championships

135.1 The North American Junior Championships (NAJC) will rotate as follows; RMD, East, Canada, IMD, Central, Canada.

135.2 If no host from the Division makes a bid by two years in advance of the event, any club may bid.

135.3 Eligibility

The NAJC are open to athletes who are current competitor members of the USSA and Canadian Ski Association who are representing the division and the Country in which they are registered. It is also open to guests who are current members of their national federation. At NAJC, divisions are allowed to place limitations on their team size.

135.4 Age Classifications

The NAJC is open to Junior skiers who are listed up to 19 years of age on Dec. 31 of the competition season.

136 Entry Fees

136.1 For NAJC, the maximum permissible entry fee is \$150 per competitor.

136.2 The entry fee will be waived for any skier who is, at the time of NAJC, on the U.S. Ski Team or who was/is a member of the World Junior Championship Team.

137 Invitations

137.1 The invitations shall be sent directly to the designated team leader or to the jumping/nordic combined chairman of each division. The invitation must be sent out no later than 90 days prior to the competition.

138 Dates and Duration of Championships:

138.1 There are no fixed dates for the NAJC. All competitions, however, should take place within a four-day period.

139 Competition Requirements

139.1 NAJC

Special Jumping Team and Individual events

Nordic Combined Individual and Team events (at the discretion of the organizers)

Girls Events in both sports as necessary

139.2 In team events, all team members do not have to represent the same USSA division.

General Rules and Guidelines

150 Age classification follows the standards set forth by the USSA

See Chapter 2 of the Nordic Competition Guide.

151 Qualifications of Competitors Eligible for Championships

151.1 To be eligible for the USSA championship titles and medals, a competitor must be a U.S. citizen, or if foreign,

- 151.2 a resident alien (Immigration and Naturalization Service classification card must be shown as proof at check in).
- 151.2.1 If so requested, “green card” must be shown as proof of status upon arrival at Championship Events.
- 151.3 Current, paid-in-full competitor members of the USSA
- 151.3.1 Competitors must be able to prove their USSA membership status if so requested upon their arrival. USSA Nordic Program Director will provide organizers with the most current membership list possible prior to the event.
- 151.4 Division Representation
- 151.4.1 A skier represents the Division in which they reside. In the event of dual residence (such as attending college or school outside their primary residence), the skier must declare at the start of the season the Division or District for which they will compete during the competition year.
- 151.4.2 When the USSA USJNCC precedes JNs, skiers must compete for the same Division at JNs as they represented at USJNCC and Junior World Championships Trials.
- 151.5 Citizens of foreign nations who are not resident aliens may compete in the USJNCC and JNs in a Guest Class. These athletes are not eligible to win national championship titles or medals, awards and prize money. Guest class entrants must present at the time of registration either a current, paid in full USSA competitor membership or FIS code from their home association/national governing body (except in the case where the USSA holds a reciprocal agreement). Registrations are subject to qualification or invitation.

152 Guest Class – Qualifications of Competitors, Procedures

- When competitors not meeting the qualifications in Rule 117 are competing at the JNs, a Guest Class shall be included. Non-citizen, non-resident- alien athletes who are in the U.S. as exchange students or on student visas, and individuals who are members of invited foreign clubs or teams may compete only within the Guest Class.
- 152.1 Guest Class competitors are not eligible for USSA JN championships or awards.
 - 152.2 Exchange Students competing within the guest class athletes are not part of any Division or District quota.
 - 152.3 Each nationality represented within the guest class is considered a national team, and functions as a Division or District regarding seeding and representation at team leaders’ meetings.
 - 152.4 Guest Class competitors are integrated into the regular draw groups.
 - 152.5 Qualifications – Exchange Students:
 - 152.5.1 Must be current, paid-in-full USSA Competitor members.
 - 152.5.2 The Division in which such competitors temporarily reside must attest that these competitors have been performing at a level which would have enabled them to qualify for the JN team in that Division, had they been eligible.
 - 152.6 Qualifications – Visiting Foreign Athletes (non-exchange students)
 - 152.6.1 Must be current, paid-in-full members and competition license-holders in their home association or National Governing Body. Visiting foreign athletes must provide a completed standard USSA waiver and release, including all necessary signatures, prior to competing.

154 Doping Control

- 154.1 For all regulations in detail concerning doping control, refer to the USSA Doping Control Policy.

155 Draw and Seeding for Individual Events

- 155.1 Time and place for the Draw of each race is decided by the OC well in advance of

the competitions and in agreement with the TD.

- 155.1.1 Seed groups will be based on current World Cup, Continental Cup, FIS Cup, NRL rank and those without any points. Each seed group will then be randomly drawn for start order. The first group to ski will be the skiers without points thru the last group of skiers with World Cup points. Consecutive events at USJNCC will use reverse start from preceding events at the USJNCC.
- 155.1.2 The most current ranking list(s) should be used with the skiers placed into proper seed groups and then the skiers shall be randomly drawn with in their respective seed groups, or, Divisions should try to equally disperse their skiers over the four seed Groups
- 155.1.3 At the USJNCC, there are no age classes. Junior men or women will be seeded and drawn with the seniors at USJNCC, without penalty, i.e., they may compete as juniors in all other competitions throughout that season, or any other season in which the athlete remains a junior.
- 155.1.4 At USJNCC a change of seed groups among the competitors is not allowed after the USJNCC have commenced, until after the completion of all the USJNCC events.
- 155.3 Seeding Individual Competitions at Junior Nationals
- 155.3.1 At JNs there may be up to four seed groups in each competition. Skiers in the first seed jump first and skiers in the fourth seed jump last.
- 155.3.2 Divisions should try to equally disperse their skiers over the four seed Groups
- 155.5 Team events
- 155.5.1 In team Events, a division may only have mixed athletes on a mixed team after they have filled the maximum potential number of teams with its divisional skiers. This is to allow as many athletes as possible to compete, not to allow the creation of a strong team, which can challenge a strong divisional team. Mixed teams will be included in the results but will be pulled out when National Championship awards are presented.
- 155.5.2 Mixed gender teams shall be allowed in Team Events.
- 155.5.3 A special jumping team will consist of up to four skiers. Each skier will get two jumps the best three jumpers scores will be totaled together for the final score.
- 155.5.4 A Nordic Combined Team Sprint consists of two skiers each skier will each score one jump and then ski alternate laps during the cross country event.
- 155.6 Seeding in Team Competition
There will be up to four seed groups in each team competition. Teams in the first seed jump first and teams in the fourth seed jump last. Seeds are determined as follows:
- 155.6.1 Each division will place one team in the Fourth seed.
- 155.6.2 All other teams including all mixed teams will be placed in the remaining seeds evenly distributed. Seed preference may be indicated by the Team Captain, however, a division's teams should be evenly distributed amongst the seeds.
- 155.6.3 The start order of teams in each seed will be drawn at the team captains' meeting.
- 155.6.4 Athletes will jump in groups in team order. In special jumping competitions, there will be four groups: group 1 jumps first and group 4 jumps last. Coaches will assign the groups in which athletes will jump in the round.
- 155.6.5 The start order of the second round in each team competition will be the same as the first round.

156 Official Training

- 156.1 For official jumping training, the order of teams will be alphabetical with the host team going first and then the order of jumpers will be assigned alphabetical within

each team. When there are consecutive days of training the order of teams will rotate with the first team going last in the order on the next day of training and so forth, or, skiers may be ranked as they will in the competition in their proper seed group and/or randomly drawn within their respective seed groups

- 156.2 If two hills are jumped on the same day, jumpers will wear the same bibs but the first team to jump on the second hill will then be the second team, which jumped the first hill.

160 Points per Meter, Timing and Start Formats

- 160.1 The Jumping and Nordic Combined events will be run in accordance to current FIS rules (i.e. Number of jumps, distance of race, points per meter, etc.).

- 160.1.1 For Nordic Combined Junior Events which are not listed in the FIS ICR use the following:

Race Distance	Points/Min	Race Distance	Points/Min
1 km	40	3 km	30
2 km	35	5 km	15/25 (1/2 jumps)

(If a Division or Club wants to try different points per minute or start processes, that is fully acceptable and encouraged. The priority for the younger juniors is that this is fun. Those Divisions/Clubs that use alternate points per minutes or processes, please report these back to USSA for future consideration.)

170 Equipment

- 170.1 All USSA J2 athletes and those competing in that class who are trying out for and competing at Junior Nationals shall use a ski length of 143% of body height and no BMI. Exceptions to the rule are all athletes skiing in WJC Tryouts, NorAms, SuperTours and all other National level events (excluding JNs) those athletes will follow rules set forth by FIS in the Equipment Specifications Rule 1.2.1.1.

- 170.2 All skiers age J1 and above will follow FIS rules governing equipment and all other controls

- 170.9 Beginning skiers may start the learning process on and compete on alpine type equipment, although skiers are encouraged to transfer to specific Nordic Equipment as soon as possible.

180 Officials and Competition Jury

The Competition Jury shall be comprised of:

- The TD, who shall act as the chairman,
- The Chief of Competition,
- The TDA

181 USSA Officials to Junior Nationals & U.S. Championships

- 181.1 The USSA and the J/NC Officials Committee will appoint the following officials for JNs & USJNCC: Technical Delegate(s), who will also be the chair of the Jury for each event. An Assistant Technical Delegate will be appointed, and may be from the host Division to lessen the financial impact to the host site. The Five Jumping Judges will be appointed two from the host site and one each from the other Divisions. These officials may not be members of their respective Divisional Teams.

USSA* See special USSA rule regarding TD, TDA and Judge compensation at art. 405.3.2.

182 Officials to North American Championships

- 182.1 The USSA J/NC Officials along with the Canadian J/NC Officials will appoint the following officials for North American Championships: Technical Delegate(s), who will also be the chair of the Jury for each event. The TD will be assigned by and from the visiting nation. An Assistant Technical Delegate will be appointed, and may be from the host Division to lessen the financial impact to the host site.

The Five Jumping Judges will be appointed four from the host Division and one from the other respective visiting nation. These officials may not be members of their respective Divisional Teams.

- 183.1 The TD shall arrive at least the day prior to Official Training in time for site inspection(s)
- 183.2 The Judges shall arrive at least in time for Official Training
- 183.3 The TD need not be a member of the USSA JNC, but must be a National Level USSA TD at the time of their appointment. The TDA and the Five jumping Judges must be a least National Level.
- 183.4 The OC of the competition is responsible for round trip airfare or mileage, as per the TD expense form, from the hometown of the TD, TDA and the Jumping Judges to the place of competition and for room and meal expenses (as per the TD expense form). This is also the case for other necessary inspection trip(s) of the TD as deemed necessary. The USSA will give all necessary instructions in this matter.

184 Divisional Events

For divisional events with hills having a K-point greater than 75 m, a TD, TDA and five judges should be assigned. For events where the K-point is less than 75 m, a TD, TDA and three judges should be assigned.

190 USSA Jumping Hill Certification

Rules governing the process that will be employed to certify all ski jumping hills in the U.S. were approved at the 2011 USSA Congress by the USSA Jumping & Nordic Combined Sport Committee. They are now subject to approval by the USSA Board of Directors at the Nov. 2011 meeting. Once approved, the rules will be posted at www.ussa.org.

192 Jump Specifications for USJNCC and JNs

- 192.1 The hill must hold a current USSA Homologation /Certification
- 192.8 Hill size for USJNCC should be on a K70 or larger hill
- 192.8.1 The Organizer shall when possible include Large Hill and Normal Hill competitions
- 192.8.2 Events held during the Summer or Fall season may use Porcelain/Plastic Mat as a competitions format, assuming the intentions of the bid were to do so and were clearly made known at the Congress during its presentation, in negotiations with USSA and in the invitation. (Coordinating Nordic Combined Events may then use Roller skis)
- 192.9 Appropriate sites for JNs will have a Jump K-point between 50 m and 70 m.
- 192.9.1 The OC should specifically design all Facilities so as to be suitable for junior championship competition.
- 192.9.2 The Jump and Cross Country Courses used for the competition must be homologated by the USSA, in accordance with the USSA Event Venue Development pipeline.
- 192.9.3 It is the goal of the USSA JNCSC to hold the JNs at different sites within each division.

193 USSA Cross Country Course Homologation
194 Course Specifications

194.1 For the Juniors and Seniors, the following specifications are recommended:

	ALL	ALL	ALL	GIRLS	BOYS	ALL
Distance	3 km	5 km	7.5 km	10 km	10 km	15 km
HD	50 m	100 m	125 m	150 m	150 m	200 m
MM	50 m	50 m	50 m	50 m	75 m	100 m
MT	60-100 m	120-200 m	150-400 m	250-400 m	250-400 m	400-500 m

- 194.2 All events must be held on a course with a high point that does not exceed 2200 m. At elevations between 1650 and 2200 m, the MT and MM must be reduced by 10%.
- 194.3 The cross country venue for the competition should be within one-hour driving time of the jumping venue.
- 194.4 Jumps and/or Cross Country Courses outside of those parameters need to apply for an exception with their bid.
- 194.5 All facilities should be used for a major Divisional competition during the season prior to a Championship to attest to the appropriateness of the jump, Nordic Combined courses, stadium, calculations, controls, etc.

195 Venue Equipment Requirements

- 195.1 Video Distance Measuring equipment is required at the U.S. Championship events (excluding Junior Nationals and NorAms).
- 195.2 The Video Distance Measuring equipment shall be operated by an approved operator who has been trained on the Video Distance Measuring operating system.
- 195.2.1 The host venue /OC of the USJNCC is responsible for round trip airfare or mileage, as per the TD expense form, from the hometown of the video distance marker/operator and the Jumping Judges to the place of competition and for room and meal expenses (as per the TD expense form) accommodations.
- 195.3 Only Video Distance Measuring systems approved by the Officials Sub-Committee shall be used. (i.e. DartFish, Swiss Timing (Utah Olympic Park), and Z-tek, TBD.)

196 Other Facilities

- 196.1 Waxing Facilities: It is recommended that there be a waxing area. If possible, the waxing area shall be protected from the elements and should have a minimum of two electrical outlets available for each team. If in an enclosed area, an exhaust system should be included to eliminate some of the gases developed during the waxing process.
- 196.2 Wax Testing Areas: There shall be an area(s) set aside in close proximity to the waxing area which shall be groomed in a way identical to the courses which shall allow for speed testing on a hill. Sufficient amount of test area shall be available to allow access to all competitors and coaches without interfering with the conduct of the competition.

TARGET SKI JUMPING

Target ski jumping is a relatively new format of competition for ski jumping. The premise is that a safe distance is set by the jury and through numerous rounds the skier that lands closest to it without exceeding the Hill Size (if there is not a HS then K-point will be used) in the final round is the winner.

Event Format

The event is set-up with the field of skiers entered in the competition. The organizer may limit the number of entries in the event. The organizer must clearly state in their invitation or prior to the commencement of the competition the format they have chosen.

The target is set each round and may continually get closer to the HS/K-point or may remain static. Skiers may remain in the competition by being within the next round's cut number of skiers closest to the Target without exceeding the HS. No variation of the format may allow skiers who jump past HS/K-point, to remain in the competition.

There are numerous variations of the event format. The following are examples of typical event formats.

After the first round or qualification round the field size may be cut in half or 32 skiers or 16 skiers. Then subsequent rounds are cut in half. Those skiers with ties should be carried forward in addition to the round's quota. The tie breaker should only be used in the final round.

Example 1

Round 1	All Entries	Cut to 32 plus ties
Round 2	32 plus Skiers	Cut to 16 plus ties
Round 3	16 plus Skiers	Cut to 8 plus ties
Round 4	8 plus Skiers	Cut to 4 plus ties
Round 5	4 plus Skiers	Final no cut

Winner Declared

Example 2

Round 1	All Entries	Cut to Half plus ties
Round 2	Half plus of Round 1	Cut to Half plus ties
Round 3	Half plus of Round 2	Cut to Half plus ties
Round 4	Half plus of Round 3	Cut to 4-6 plus ties
Round 5	4-6 plus Skiers	Final no cut

Winner Declared

Example 3

If after a traditional ski jumping competition a Target Jump Competition is held, all skiers entering the Target competition get one jump. The skier closest to the Target distance without exceeding it, is declared the winner. In the case of a tie, those skiers may be asked to take additional jumps until a winner is declared.

Target Distance

The target distance is a safe distance set by the event jury. The target distance will never exceed the HS of the ski jump. Any skier exceeding the HS distance will be disqualified.

Start Gate

The jury may elect to set a maximum in-run length depending on the conditions and caliber of skiers in attendance at the event.

Result Publication and Tie Breaker

Results are based on skiers who come closest to the target distance without exceeding the predetermined distance. The tie breaker for the final round is based on the skiers jump in the previous round and its proximity to the Target distance. If a tie still remains in the final round the organizer may request the tied skiers to compete in another round.

Elimination Jump Guidelines

A competition format very similar to a target jump format may also be used called Elimination jump where as the longest jumps in each round move on to the next round in similar fashion as is done with the Target Jump Brackets.

Thank You

to the following partners of the
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The remaining rules are reprints of the FIS ICRs for Cross Country, Ski Jumping and Nordic Combined. There has been selective editing of these books to remove rules specific to Olympic Winter Games, world Ski Championships, World Junior Ski Championships, construction of Ski Jumping hills, etc. To find the complete rules, see the individual ICRs which can be downloaded from the FIS website.

JOINT REGULATIONS FOR ALL NORDIC COMPETITIONS

200 Joint Regulations for all Competitions

- 200.1 All events in the FIS Calendar must be held under the applicable FIS Rules.
- 200.2 Organization and Conduct
Rules and instructions for the Organization 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 authorize a National Ski Association to adopt rules and regulations to organize 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 recognized 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 neighboring 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
The FIS Council can authorize one of its member National Ski Associations to invite a non-member Organization (military etc.) to competitions, or accept invitations from such an Organization.
- 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
- 201.4 Types of Competitions
International competitions consist of:
- 201.4.1 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

202 FIS Calendar Conference and FIS Calendar

202.1 Candidature and Announcement

202.1.1 Each National Ski Association is entitled to present its candidature for the organizing of the FIS World Ski Championships in accordance with the published "Rules for the Organization 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 registrations of the National Ski Associations have to be sent to the FIS by Apr. 30.

202.1.2.2 Allocation of competitions

Allocation of the competitions to the National Ski Associations is made at the FIS Calendar Conference which takes place annually in May/June.

202.1.2.4 Publication of the Ski Calendar

The final calendar is published by FIS before July 1st on the FIS website www.fis-ski.com. It will be updated to reflect cancellations, postponements and other changes on their receipt 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 Fees

In addition to the annual subscription, a calendar fee fixed by the FIS Congress is due for each year and for each event listed in the international FIS Calendar. For additional events approved by the FIS after the 30th June, a 50% surcharge has to be paid in addition to the regular calendar fee.

All calendar fees will be debited directly from the FIS current account of the corresponding country according to the invoice.

202.1.3 Appointment of Race organizer

In the event that the National Ski Association appoints a race organizer, such as an affiliated ski club, it shall do so using the form "Registration Form National Ski Association and organizer" 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 organize the event has been established.

In the event that the National Ski Association is itself the organizer, its calendar application serves as confirmation that the National Ski Association itself is the organizer.

202.2 The FIS Calendar Conference will be held every year in spring.

202.3 The FIS Calendar is published on the Internet.

202.4 Organization of Races in other Countries

Competitions which are organized 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 organized gives its approval.

202.5 Calendar Fees

202.5.1 In addition to the annual subscription the FIS Congress fixes a calendar fee for each

event published in the FIS Calendar.

202.5.2 The actual scale of fees is published by the FIS.

203 FIS License

203.1 The FIS license year begins on July 1 and finishes on June 30 of the following year.

203.2 To be eligible for participation in FIS events, a competitor must have a FIS license issued by his National Ski Association. Such a license shall be valid in the Northern and Southern hemispheres for the license year only. The validity of a license can be limited to participation in one specific country or in one or more specific events.

The FIS license will only be issued to competitors who have personally signed the Athletes Declaration, in the actual form approved by the FIS Council. All forms from under-age applicants must be counter-signed by their legal guardians.

203.2.1 The National Ski Association must guarantee that all competitors registered for a FIS License 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 license when the competitor has signed the Athletes Declaration and returned it to his National Ski Association.

203.4 During the FIS license year, a competitor may only participate in International FIS competitions with one FIS license issued by his respective National Ski Association.

203.5 A competitor must be a citizen of the country of which National Ski Association he has a license and prove this with a valid passport.

203.5.1 In case of geographical enclaves the FIS Council can grant exceptions on request of both National Ski Associations concerned.

203.5.2 Competitors who have more than one nationality are only allowed to compete for the National Ski Association in which they have their permanent place of residence.

203.5.3 If a competitor has already participated at international events for a National Ski Association, in case of a change of nationality and the National Ski Association, he may not participate in any international FIS competitions for a period of twelve months from the departure from his previous National Ski Association, nor may he be issued with a license from a new National Ski Association during this period.

These rules are also valid when a competitor has more than one nationality and would like to compete for another National Ski Association than his current one.

The FIS Council, after consultation with the parties concerned, may grant exceptions for justifiable cases, following review of a written explanation with the reason(s) for requesting a change of nationality from the National Ski Association applying.

203.5.4 Every competitor automatically loses his old FIS points if he changes his National Ski Association. The FIS Council may grant exceptions for justifiable cases.

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

204 Qualification of Competitors

204.1 A National Ski Association shall not issue a license 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 art. 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:

204.1.6 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", has not signed the Athletes Declaration,

204.1.7 is under suspension.

204.2 With the issuance of a license 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 OC, officials and the public.

205.6 Support for the Competitors

205.6.1 A competitor who has a valid FIS license 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 judgment of his National Ski Association.

206 Sponsorships and Advertising

206.1 A National Ski Association or its pool may enter into contracts with a commercial firm or Organization for financial sponsorship and or the supply of goods or equipment if the specific company or Organization 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 trademarks, conform to 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 organizer.
- 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 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 organizer's own risk. Visible wearing of the starting bibs is mandatory. Holding/carrying equipment (skis/board, poles, ski boots, helmet, glasses) is allowed.
- 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. For its own competitions, including SuperTour and National Championship competitions, USSA may grant exceptions at the discretion of the Nordic Program Director, who must be informed of a request for exception well in advance of the event.
- 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 license. 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 organizers.

208 Television

Rules regarding Television can be found in the ICR.

209 Film Rights

Rules regarding Film Rights can be found in the ICR.

210 Organization of Competition

211 The Organization

211.1. The organizer

211.1.1 The organizer 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 organizer, it may appoint an affiliated club to be the organizer.

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

211.2 The OC

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

211.3 Organizers 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 organizer must take out liability insurance for all members of the OC. The FIS shall provide its employees and appointed officials, who are not members of the OC (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 organizer must be in possession of a binder or cover note issued by a recognized insurance company and present it to the Technical Delegate. The OC is required to carry liability insurance with coverage of at least CHF 1 million; this sum can be increased according to special rules (World Cup etc).

212.3 The organizer respectively its' National Ski Association may request the FIS insurance broker to arrange cover for the competition (at the cost of the organizer) if the organizer 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 OC.

213 Program

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

213.1 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 phone, fax and email address.

214 Announcements

- 214.1 The OC must publish an announcement for the event. It must contain the information required by art. 213.
- 214.2 Organizers 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 program alterations must be communicated immediately by phone, email or fax 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 OC receives them before the final date of entry. The organizers 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 discipline for which the entry is made.
- 215.4 Entries for FIS World Championships see Rules for the Organization 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 organizer 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 program. 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 organizers 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 provided written entries have been received by the organizer 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 phone, email or fax 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 discipline.

218.2 The data and timing generated from all FIS competitions is at the disposal of FIS, the organizer, 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 program has been developed for the free use of National Ski Associations and other third parties. An updated .dat file containing revised calendar information will be available every week from the ftp site: <ftp://ftp.fis.ch> for uploading into the FIS Calendar program.

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 Organization 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', Organizers' and participants' websites and may not be passed on for commercial use to third parties or organizations.

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.

For example, for results: www.fis-ski.com/results/index.php

For cup standings: www.fis-ski.com/cupstandings/index.php

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 Organizers access to results

Organizers 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. This 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 <ftp://ftp.fis-ski.ch>/All pdf files/ 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 section.

219 Prizes

219.1 The detailed rules concerning the awarding of prizes will be published by the FIS. Prizes shall consist of mementoes, diplomas, checks 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 organizers have to inform the FIS by Oct. 15 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 OC 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 organizers 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 organizer 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 organizers who do not

have FIS accreditation are not permitted entry to the courses and restricted service areas.

221 Medical 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 offense 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.

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 dangers 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 endanger the health of the competitors or increase the danger 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. 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 recognized institution. In cases of protest against items of the competition equipment, the losing party will bear the investigation costs.

223 Sanctions

223.1 General Conditions

223.1.1 An offense 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 behavior

223.1.2 The following conduct shall also be considered an offense:

- attempting to commit an offense
- causing or facilitating others to commit an offense
- counseling others to commit an offense

223.1.3 In determining whether conduct constitutes an offense 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 organizer 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 offense 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

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 favor of the organizer
- 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 offense 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 organizer 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 an 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 authorized to issue oral reprimands and withdraw the accreditation which is issued for the current event.

224.3 Collective Offenses

If several persons commit the same offense 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 offense.

224.5 Each person who is a witness to an alleged offense 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 offense shall be given the opportunity to present a defense at a hearing, orally or in writing.

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

- 224.8.1 The offense alleged to have been committed
- 224.8.2 The evidence of the offense
- 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 offense. 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).
- 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 offense 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.

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

225.3.5 Decisions of the Appeals Commission shall 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, where they acted in the first instance, may be appealed to the FIS Court.

225.4.2 Appeals to the FIS Court shall be in writing and submitted to the FIS Secretary-General within 8 days 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 offense was imposed, a violation of the suspension will cause a two year suspension; if a two year suspension for a doping offense 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, membership of FIS Committees.

CROSS COUNTRY COMPETITIONS

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. Organization

301 The OC (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 organizer. See art. 210.

302 The Competition Officials

302.1 Appointment of the Competition Officials

302.1.1 FIS appointed officials are

- 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 OC Appointed Members

The Organizer 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.

302.1.5 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 organization 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, commercial markings, 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
- 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 organization 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

303.1.3 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)

*USSA For U.S. Championship events, USSA SuperTour Finals and JNs, Jury members will be assigned in conjunction with the TD, USSA and Organizer and must be at least a level 1 USSA 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.

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
- 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 art. 334
- any questions not covered by FIS Rules

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 and for Competitions in the U.S.

304.1 Authority

304.1.1 The TD is the delegate of the FIS to the organizing 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 organizing the work of the jury.

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.

*USSA TDs and Assistant TDs will be assigned by the official’s committee assignments group for U.S. Championship events and JNs. NCAA Championship assignments will be in conjunction with the NCAA. Wherever possible, the TD shall be from out of the region and the Assistant TD shall be from the region.

The TDs and Assistant TDs for USSA SuperTour and other USSA sanctioned races will be assigned by the Regional Coordinators. USSA SuperTour TDs must be at least level 3 TDs. USSA sanctioned race TDs must be at least level 2 TDs. Assistant TDs may be any level.

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 art. 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.
- keeping the CCC informed of the preparations being made for the competition
- ensuring that official training is organized according to art. 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 organizer, 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 organization of the medical care
- reviewing the accreditation and authorization for entry to the competition courses and restricted zones.
- checking if the organizer 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 organizer the locations for technique control
- checking the liability insurance

The TD should be able to ski the course, and make a judgment 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 organizer and the association of the organizer, a detailed written report on the preparation, the organization 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.

305 Reimbursement of Expenses

305.1 Requirements of the Organizers

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 km 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.

- 305.1.2 Reimbursement applies as follows:
- at other international competitions for the TD and the national appointed assistant TD.
- *USSA All TD, TDA and Jury expenses will be at rates provided on the TD expense form found at www.ussa.org. For U.S. Championship events, USSA SuperTour Finals and JNs, expenses for TDs and Assistant TDs will be travel, room and meal reimbursement at rates provided on the TD expense form found at www.ussa.org. The Jury Member will be provided with room and meal reimbursement. A means of local transportation will be provided for the TD. The TD will be paid \$50 per day from start of training to last day of competition. For NCAA Championships, expenses will be as per NCAA rules.
- For USSA SuperTour and other USSA sanctioned races, the TD will be paid \$50 per day for official training days and each day of the event plus room and meal reimbursement and travel expenses. The Assistant TD will receive room and meal reimbursement and travel expenses for USSA SuperTour events, and will receive a room for USSA sanctioned events. The rooms can be shared by the TDs and can be in a local house if not shared with a family member. The number of days provided for the room can extend from the night before the official training to the night of the last race day if needed.
- 306 FIS Race Director (RD) / USSA Nordic Program Director**
- 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.
- *USSA The USSA Nordic Program Director is the chief contact at the cross country sport governing body in the U.S.
- 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 have to be published in the competition program (art. 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.
- 307.1.5 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 (art. 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 (art. 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 (art. 333 and 334)
- draw (art. 336)
- description of the stadium (access, 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 Organizer
- 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 Competition Formats and Programs

311.1 Table for Distances and Course Lengths

Race Format	Competition Distance (km)	Course Length (km)
Interval start	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	2.5, 3.3, 5, 7.5, 10	2.5, 3.3, 3.75, 5
(teams with 3 or 4 competitors, can include mixed gender)		
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

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.

- 311.6 Other FIS competitions
 Format and distances in accordance with art. 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

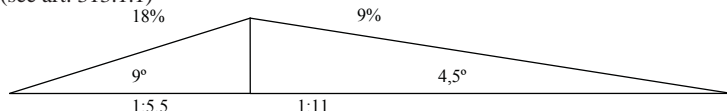
312.1 Fundamental Characteristics

- 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 m plus some short climbs steeper than 18% (see art. 313.1.1)



- One-third undulating, rolling terrain, utilizing all terrain features with short climbs and downhills (with height differences of 1-9 m).
- 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

- *USSA All venues hosting competitions that will be scored to the FIS Points List must conduct their races on courses homologated to FIS specifications.

Formal procedures have been approved by USSA for venues seeking to homologate trails. To view the document, go to www.ussa.org > members > judges/officials > education/training > cross country and scroll to the bottom of the page.

For competitions in the U.S., the homologation inspector will be reimbursed the same as U.S. Championship TDs (see special USSA rule at art. 305) and should receive \$50 per day, room, meal reimbursement and travel expenses.

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 forerunners 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 is 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 m 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 colored 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 m. 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 colored line. This zone is a minimum of 9 m 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 m. 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 m.

315.6 Preparation for Mass Start Competitions

315.6.1 The Mass Start Grid should have 100 m 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 art. 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 colors 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 km.

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 (art. 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
 - 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 Organizer'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 2010 from 1st July 2009 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 2011 on
 - 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 2011 on:
 - 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.
 - 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, art. 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).

333 Official Entries for the Organizer

- 333.1 Official FIS entry forms must be sent by the Organizer 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 art. 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 cannot be changed during the draw.

The start numbers will be drawn within each group.

334 Using a Points System to Determine the Starting Order

To determine the start order for USSA-FIS (art. 50.2), USSA-Scored (art. 50.2), U.S. Championships (art. 50.2) and Junior Nationals (art. 83), see the specific articles for those competitions at the front of this chapter.

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 cannot 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 cannot 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 (art. 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 cannot be changed. The Organizer 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.

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. A single ski, or a pair of skis may be changed only if:

1. The ski or bindings is broken or damaged. The equipment failure must be proven to the Jury after the competition.

2. Equipment exchange boxes are in place at the competition.

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.

340.1.6 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).

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 min. 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 m 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 Ski marking will not be used unless requested in advance by the sanctioning body of the competition. For purposes of control, both skis are marked immediately before the start. The competitor must come to the official marking place in person and in due time wearing his starting bib.
- 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 art. 334) or by using only the current FIS Points List (see art. 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.
 - 351.3.3 Late entries see ICR art. 335.
 - 351.3.4 The starting procedures for a Mass Start will begin two min. 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 "restart" 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.
- *USSA For other USSA NRL races, electronic timing with a start wand must be used. A photo cell and/or plungers must be used for the finish. A photo finish camera using at least 1000 frames per second may be substituted for the photo beam. Timing chips may be used for skier identification and intermediate timing. Electronic timing will always be supplemented by hand timing as a backup system and the results cross-checked between the two systems. At USSA sanctioned US Championship mass start races (including sprints and relays) a "photo finish camera system" must be used (i.e. FinishLynx, Omega Scan'O'Vision STAR, Alge).
- 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 m 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 (art. 206.5). Violations will be reported to the Jury.
- 353.1.8 Electricity supply cables must not be buried within +/- 2 m 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 (art. 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 min. of the posting. The result list becomes official immediately following the Jury's decision.

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 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

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 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 Heats (Quarterfinals, Semi-finals, and Finals)

360.3.1 In OWG, WSC and WC heats will include quarterfinals, semifinals and the A-Final. In other competitions the heats will be as decided by the organizer including the addition of a B-Final.

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

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
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:

360.3.2.2 For the 6th positions in the semi-final heats the next two fastest competitors from the quarterfinal heats who are ranked 3rd or 4th will be advanced. The fastest will be assigned to S1 and the next fastest to S2. For the A-Final the 1st & 2nd ranked competitor from each Semi-final heat are assigned to the A-Final plus the next 2 fastest competitors from either Semi-final heat who are ranked 3rd or 4th will also be assigned to the A-final, all other Semi-finalists are assigned to the B-Final. In case of equal times in the heats for positions 5 and 6 (lucky losers), their qualification times will apply.

360.3.2.3 In sprint competitions with less than 20 competitors in the Qualification Round the

jury can decide to use a reduced version of Table A or they can assign competitors directly into the Semi-finals or the A-Final when the number of entries is very low.

- 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 m 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 m.
- 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:

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

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 #	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 m of the course must be prepared to a width of at least 6 m.

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 art. 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 min. 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 art. 340.1.5.

F. Relay Competitions

371 Organization

- 371.1 Fundamental Rule
- 371.1.1 The organization 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 art. 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 m of straight tracks. The starting tracks in the grid must be at least 1.5 m apart.
- 372.1.2 The Relay Start Grid
The relay start lines will be prepared as an arrowhead grid, refer to ICR art. 351.3.
- 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 4 m 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.
- 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 art. 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 (9 m).

374 Relay Exchange

374.1 Procedure

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

375 Colors

375.1 Start Numbers

- 375.1.1 Separate colors shall be used for the start numbers for each relay leg.

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

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.

- 376.5 Ski Marking
- 376.5.1 The colors 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 m 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.

381 Entries and Competitors

- 381.1 Entries
- 381.1.1 Entries should be forwarded promptly by mail, by email or by fax 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 art. 207 "Advertising and Commercial Marking" and with art. 222 "Competition Equipment"

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 Organizer 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.

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.

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 m should have a width

of at least 10 m 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 m 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 downhill or other locations as designated by the TD and chief of competition, no tracks should be set. In the finish area, the last 200 m 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 art. 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 m and the last 200 m should also be marked. Places such as steep downhill, 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 Organizer (seeded competitors must comply with art. 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 organizer.

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 OC must immediately inform the NSAs, the media and post the information on the Internet. This decision will be made by the OC 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 cannot 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 art. 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 (art. 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 & 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 behavior (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 presences
392.2 either jeopardizes 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.

393 Protests

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:

- 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.
- 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 min. after the end of official training

393.3.3 Against another competitor or competitor's equipment or against an official because of irregular behavior during the competition

- within 15 min. after the last competitor has passed the finish.

393.3.4 Against the timekeeping

- within 15 min. after the posting of the unofficial result list.

393.3.5 Against decisions of the Jury

- within 15 min. 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 Authorization

The following are authorized 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.

JOINT REGULATIONS FOR SKI-JUMPING COMPETITIONS

400 Organization

401 The Competition Committee and Officials

401.1 Members:

- the chief of competition
- the competition secretary
- the chief of hill
- the chief distance measurer
- the chief of calculations
- the chief of security
- the chief of technical facilities
- the chief of equipment
- the chief of first aid services

Additional officials may be appointed to the Competition Committee as specific needs arise.

401.2 The Officials and their Duties

401.2.1 The Chief of Competition

is responsible for the preparation of all technical and administrative aspects of the competition. He directs, controls and monitors the work of all officials.

He chairs the Team Captains' Meeting in coordination with the Technical Delegate (TD) / Race Director (RD).

He directs on assignment of the Jury the technical aspects during both official

trainings and the competition.

*USSA He must attend a USSA seminar within the two years prior to his duties.

401.2.1.1 The Competition Secretary

is responsible for all administrative and secretarial work associated with the competition. This official is in charge of preparing for other officials all forms, lists, and tables, including start lists, results lists, minutes of the team captains meeting, and informational bulletins on the competition. The competition secretary also accepts any protests arising from the competition and works as secretary of the Jury.

401.2.1.2 The Starter

is responsible to ensure that all participants start from the designated start place in the proper order and within the designated start time.

Whenever a competitor violates the rule for the starting procedure, the starter must immediately report to the Jury.

401.2.3 The Chief of Hill

is responsible for the preparation of the jumping hill. He coordinates and controls the work of the chief of the inrun and the chief of the landing area.

During both training and the competition he remains in continual contact with the chief of the competition and keeps him informed about hill conditions.

401.2.3.1 The Chief of the Inrun

is responsible for the preparation of the takeoff and the inrun.

During the competition, the chief of the inrun observes and controls the entire length of the inrun. In the case of a fall or an obstruction on the inrun, the Jury uses information from the chief of the inrun to determine whether to allow the competitor a re-jump.

On jumping hills not equipped with automatic start lights, the chief of the inrun must position an assistant at the takeoff to give the signal that the hill is clear. This assistant receives the signal to open the jump from chief of competition.

401.2.3.2 The Chief of the Landing Area

is responsible for preparing the landing slope and the outrun area with manual packing and grooming techniques with suitable skis (alpine skis) or mechanical equipment. This is to provide optimal conditions for the competition.

401.2.4 The Chief of Forerunners

has the responsibility, immediately prior to the start of the training, the competition and at all times during the competition to organize and coordinate the experimental test of inrun length. In situations of changing environmental weather conditions (snow) during the competition he must ensure that forerunners keep the inrun track open and clear of snow.

This official must work closely with the chief of hill and chief of competition to determine how many forerunners will be needed and on what occasions they will be used.

The organizer is responsible for the arrangement of eight (8) qualified forejumpers on each day. These jumpers may not be part of the official competition. All of them must be capable to start from the starting point established by the Jury for the competition round. The Jury may appoint additional forejumpers from non qualified competitors.

401.2.5 The Chief Distance Measurer

The responsibilities of this position are as follows:

- the correct placement of the distance markings on both sides of the landing hill (art. 415.1)

- the placement of measurers according to ICR Rules and of the distance recorder (art. 404.2.1 and 404.2.2)

The chief distance measurer must supervise the efforts of distance measurers.

He must arrange the measurers in such an order that the least experienced and skilled are situated above the P point of the landing hill. He must constantly oversee the reporting by measurers of the distances jumped and the communication of these distances to calculations personnel and the public announcer.

Before the competition, the chief distance measurer shall instruct distance measurers in the measuring techniques to be used.

It is mandatory for each distance measurer to be present during the training prior to the competition in order to receive the instruction of the chief distance measurer. Non-participation during this training shall bar the measurer from acting in the role as a measurer for the competition.

401.2.6 The Chief of Calculations

is responsible for the calculation of the results. Together with his assistants the chief of calculations is responsible for the quick collection of the basic scoring data and making a quick and correct calculation.

401.2.7 The Chief of Security

is responsible for ensuring that persons not involved in running the competition are kept at a safe distance from the hill so that they do not interfere with or disturb the work of the officials. Specific responsibilities include the following:

- ensuring that only authorized personnel are allowed access to the Judges tower and coaches platform
- ensuring that an appropriate area for journalists and photographers has been set up and fenced off for control
- ensuring before the competition that entrances, stands, and other facilities for competitors, officials, and spectators are properly marked, fenced off for control, and in good order
- ensuring that only authorized personnel and competitors have access to the inrun and the take off. Team officials and members of media/press are not permitted at the inrun and take off.

Giving information to the jumper on the inrun with the help of technical equipment is prohibited. Information given by the organizer is permissible.

401.2.8 The Chief of Technical Facilities

is responsible for the control and orderly functioning of all technical systems and devices used during the competition. This official shall ensure that the following are functioning properly:

- devices to measure and display the jumping distances, the inrun and wind velocities
- spotlight
- all systems of artificial inrun cooling
- internal phone or radio communication lines
- the electronic-scoreboard display of start numbers, distances jumped, style points, and overall points of each participant.

401.2.9 The Chief of Equipment

is responsible for supplying proper equipment to the chief of competition. The chief of equipment must also work closely with the chief of competition before the competition to make sure that the proper equipment and tools will be on hand during the competition.

401.2.10 The Chief of First Aid Services

is responsible for the treatment of first aid for everyone at both the official training and the competition - competitors, spectators, officials, etc. This official is also responsible for establishing emergency procedures for transportation to a medical facility. Specific responsibilities include ensuring that proper medical teams and the necessary medical equipment are present during both official training and the competition. Details of the Medical Support Requirements are given in chapter 1 of the FIS Medical Guide containing Medical Rules and Guidelines.

402 The Jury and Competition Management

402.1 The Jury

402.1.1 The Jury consists of the following members:

- the Technical Delegate (TD)
- the Chief of the competition
- the Assistant of the TD

402.1.2 The Duties of the Jury

The Jury must ensure that the entire competition, including the official training sessions, is organized and carried out in accordance with the Rules of the International Competition Rules (ICR).

The Jury must decide:

402.1.2.1 From which maximum inrun-length the jumpers must start.

The length of the inrun must be determined in such a way, that the jumping hill is used to its full capacity.

For the competition, the Jury is required to meet, once a jump has reached 95 % of the established Hill Size (HS) to consider whether the round of jumps is to continue. The Jury must decide whether the round in progress can be continued with the same inrun speed, or whether it must be cancelled and repeated from a lower starting gate.

If the jumps are too short, the round can be stopped, cancelled, and started over from a higher gate.

402.1.2.2 In which sphere of the wind condition (velocity) the jumper is allowed to start.

402.1.2.3 The need to interrupt, postpone or cancel the competition.

402.1.2.4 About the starting order for a competitor who is either delayed arriving at the start due to “force majeure”, or concerning a re-jump for a competitor who has been obstructed.

In cases in which the Jury cannot take an immediate decision the jump or rejump may be provisionally granted. This decision must be announced to the public.

402.1.2.5 All protests, disqualifications, sanctions and questions that occur during the competition and are not covered or not covered completely by the ICR Rules and Regulations.

402.1.3 Decisions

All decisions by the Jury must be made by open vote and a resolutions protocol must be drawn up on all decisions which were taken. Each of the members has one vote. All the decisions of the Jury require a plain/simple majority.

The members must vote (agreement or rejection, abstention is not possible) with the following exceptions:

- member is prevented from voting due to “force majeure”,

In case of a tie, the respective chairman of the Jury has the decisive vote.

402.2 The Competition Management

402.2.2 At COC competitions the Competition Management consists of the following members:

- the COC Coordinator
- the Technical Delegate (TD)
- the Chief of competition and
- the Assistant of the TD

403 FIS Officials for Jury and Competition Management

403.1 The FIS Technical Delegate (TD)

403.1.1 TDs are appointed for all Ski Jumping competitions on the FIS Calendar (nomination art. 405). The TD is responsible for ensuring that the competition is carried out in accordance with ICR Rules and with the appropriate Cup Competition Regulations. At OWG, WSC, WCSF, JWSC, WCJ, GP and COCJ events the TD cannot in general be a member of the host Nation's Ski Association; however, the FIS Council may make exceptions to this rule.

The TD is obliged to uphold the decisions of the Jumping Committee and must possess a valid license at the time of appointment.

403.1.2 Requirements and Qualifications

A TD candidate must have an extensive background in support roles for officials. The TD must be able to communicate clearly in the official FIS language of English. The TD candidate's National Ski Association submits the candidate's qualifications to the Sub-Committee for Officials, Rules and Control for review. The qualification period for a new candidate is three years. When starting this qualification period, the candidate should be under 43 years of age. The Jumping Committee will grant exceptions to this rule in well-substantiated cases in which the National Ski Association files a petition for admission on behalf of the candidate.

The guidelines for TD qualifications as ratified by the FIS Council are valid for certification as a TD. Candidates for TD are not entitled to reimbursement for their expenses during the qualification period.

403.1.3 Examination and License

After completing all requirements for qualification, the candidate is granted admission to the examination. The guidelines for the FIS TD examination as ratified by the FIS Council are valid for the examination.

After passing the examination, the candidate will receive a license; this license consists of a passbook and a TD badge.

403.1.4 Further Qualification and Revocation

To retain a FIS license, a TD must participate every two years in a certification course organized by the FIS.

A TD's license will be revoked if the TD fails to work as an assigned TD for two consecutive years without justified cause. Re-appointment and certification are possible only after the FIS receives a support letter from the National Ski Association's chairman of officials and the head course instructor verifies the TD's successful participation in a FIS TD certification course. The re-appointment has to be confirmed by the Sub-Committee for Officials, Rules and Control.

The guidelines for further qualification and revocation as ratified by the FIS Council are valid for TD qualification courses.

403.1.5 The Duties of the Technical Delegate

403.1.5.1 Before the Competition

The inspection points to be covered by the TD include the following:

- the organization of the event, lodging conditions, meals, transportation, preparation for the media, and working conditions must be inspected.
- the jumping hill(s). The preparation of the hill, the agreement between the hill's

actual profile and that in certificates, jumpers' safety, and measuring devices must be reviewed. The control of the measurement of lengths, widths and inclinations as well as the control of the layout, operational elements and installations as defined in the TD report.

- technical and organizational planning for the competition. The TD must assess working conditions for Judges, distance measurers, and calculation personnel; this official must also
- evaluate the communication network (phone and radio), the coaches' stand, the scoreboard display, start lights, start control, first aid services, and spectator control.
- control of all technical devices
- the competition program. Inspection must cover training times; team captains meetings, the competition schedule, doping control, equipment control, and the awards ceremony.
- control of the passes for the Jumping Judges and the confirmation of their participation.

The TD has the authority to ask the OC for any support deemed necessary to the fulfilling of these tasks.

403.1.5.2 During the Competition

It is the responsibility of the TD to ensure that the competition is carried out in accordance with ICR Rules. The TD must be present throughout the entire competition and must be located in the Judges tower. It is essential that the TD has a direct communication line with the Jury, thereby making possible quick and accurate decisions by the Jury.

Whenever a problem arises that is not completely covered in ICR Rules or arises from a concern of Jury members, the TD must initiate both the discussion and the decision-making processes.

403.1.5.3 After the Competition

Immediately after the competition ends, the TD must send the FIS Nordic Office, CH-3653 Oberhofen a written report on all aspects of the event; the report shall consist of the designated report form and any additional comments deemed relevant. This report shall include but is not limited to a discussion of organizational preparation, preparation of the hill(s), an evaluation of the competitive event, a final results list and a complete set of minutes from all meetings and Jury decisions.

403.3 TD-Assistant

The TD-Assistant must possess a TD-license for Ski Jumping.

Additionally, he is responsible for the following special functions:

- Inspection of the validity of the hill certificate after arrival
- Responsible for the correct and duly preparation of the competition facility (athletes area, chairlift, warm up area, starting area, in-run, take off, landing area as well as out run area)
- Inspection of the security relevant installations (sideboards, fences)
- Connection to trainers
- Completion of the TD report form with any additional comments deemed relevant.

403.5 COC-Coordinator

This official is nominated by the FIS for COC competitions (see art. 402.2.2).

The COC-Coordinator must possess a TD-license for Ski Jumping.

403.5.1 The Duties of the COC-Coordinator include:

- Represents the interests of the International Ski Federation.
- Supervises that all aspects of the organizer contract are correctly fulfilled.

- Monitors the proper operation of the event according to the regulations and guidelines of FIS and reports to the resp. technical Committees.
- Responsibilities for the coordination of all persons and parties involved.
- Coordination concerning postponements and replacements of an event after cancellations.

The COC-Coordinator has the authority to ask the OC for any support deemed necessary to the fulfilling of these tasks.

403.6 Equipment Controller

This official is nominated by FIS for competitions of the highest category (see art. 402.2.1). The Equipment Controller must possess a TD-license for Ski Jumping.

403.6.1 The Duties of the Equipment Controller are:

- Responsibilities for the correct preparation and maintenance of the necessary equipment control devices.
- Controls the equipment, records of any infringements and makes reports to the Jury.

404 Judges and Referees

404.1 Jumping Judges

404.1.1 Jumping Judges are appointed for all competitions sanctioned on the FIS

Calendar (nomination art. 405). At this level of competition, five Jumping Judges must be in attendance. These Judges must hold a current FIS license and one of them can be recognized as a candidate for Jumping Judge.

The Jumping Judge's mandate is based on the instructions and rules set out by the Sub-Committee for Officials, Rules and Controls.

404.1.2 Requirements and Qualifications

Candidates applying for certification as a Jumping Judge must have a minimum of three years of practical experience as a national-level Judge. The candidate's National Ski Association brings the relevant qualifications to the chairman of the Sub-Committee for Officials, Rules and Control. It is the responsibility of the National Ski Association's chairman of officials to indicate in written form that the candidate possesses the understanding of Ski Jumping sport necessary to qualify for a Jumping Judge's license. The candidate's qualification period shall be a minimum of two years. During this period, it is the responsibility of the National Ski Association to provide the candidate with the necessary training and practical assignments. Candidates should be no older than 43 before the start of their qualification period. In exceptional cases, the National Ski Association may file a petition on behalf of the candidate with the Sub-Committee for Officials, Rules and Control for an exception to this rule.

After having qualified, candidates for Jumping Judge should familiarize themselves with all aspects of Ski Jumping. They must learn the following:

- the optimal aerodynamic flight positions and the sequence of movements from flight to landing and on to the outrun
- the standards for position and movement during flight, during landing, and on the outrun (art. 431)
- the point deductions for faults during flight, during landing, and on the outrun (art. 431.2).

All candidates must possess good communication skills in at least one of the official FIS languages.

The guidelines for qualification as a Jumping Judge as ratified by the FIS Council are valid for certification. Candidates for Jumping Judges are not entitled to be

reimbursement for their expenses during the qualification period.

404.1.3 Examination

After all requirements for qualification have been completed, the National Ski Association's Obman informs the chairman of the Sub-Committee for Officials, Rules and Control of the candidate's satisfactory completion of the qualifications. At this time, the national chairman of officials also informs the FIS chairman of the candidate's assignment to an international jumping competition for the taking of the practical examination.

The candidate should be at most 45 years old at the time of the practical examination. For the examination of the Jumping Judges the rules approved by the FIS-Council are used.

404.1.4 License

After passing the practical examination, the candidate will receive a license; this license consists of a Jumping Judges passbook and a FIS Judges badge. All assignments as a Jumping Judge and all participation in FIS courses must be recorded in the passbook.

To confirm the assignments or participation in the Jumping Judges passbook, the TD, TD-Assistant, another jury member or the responsible of the education are the only persons authorized.

404.1.5 Further Qualification and Revocation

All licensed Jumping Judges must participate annually in either an international or a national update/certification course. Further qualification guidelines as ratified by the FIS Council are valid for these courses.

If either of the following occurs, the Judge may no longer officiate as a Jumping Judge at international competitions:

- The Judge cannot show proof of any judging assignments or activity.
- The Judge fails to participate in a certification course for Judges for a period of two consecutive years.

Reinstatement of the Judge's FIS license is possible after successfully completing an international Judges course and receiving a written recommendation from the national Obman and from the head instructor and by the confirmation of the Sub-Committee for Officials, Rules and Control.

Once Jumping Judges reach the age of 60, they are automatically retired as Jumping Judges. However, they may continue to function as a Jumping Judge for competitions at "Continental Cup", "FIS Cup" and "International competition"-level until 65 and in their own Ski Associations at national-level competitions.

404.1.6 Duties

404.1.6.1 The Jumping Judge shall follow the fundamental principle of scoring all jumps objectively as an expert. By appointing individuals as Jumping Judges, the FIS indicates its confidence that these Judges will follow rules of conduct to the best of their ability. Judges are expected to do as follows:

- prepare themselves for competitions with extensive on-hill practice throughout the skiing season
- strive to judge each jumper objectively and in an unprejudiced manner. Jumping Judges need both constant practice and a multitude of competitive assignments on a variety of jumping hills. When judging at a competition, Judges must
- be present in the Judges compartment during training
- be familiar with all aspects of the jumping hill and be familiar with the place assigned in the Judges tower

- be familiar with the system to be used to record style points
- be in position well before the start of the trial round of competition

404.1.6.2 The Jumping Judge must judge each jump independently from the other Jumping Judges and other persons according to the regulations of the ICR (art. 430). He must not use or have on his person any means of communication to other persons. The Jumping Judge must enter their given points deduction personally and without assistance into the data system and/or on the style note card. In the case of all discrepancies the deduction (score) entered by the Judge into the data system is decisive.

Within the entire length of an interval of the respective athlete discrepancies of the entries (scores) can be announced and corrected.

404.2 Distance Measuring Officials

For all Ski Jumping competitions listed in the FIS Calendar of events, the distances jumped shall be reported by distance measurers (art. 432.1 and 432.2).

Each National Ski Association participating in the event may enter one distance measurer as long as the person nominated possesses the required qualifications and performs these duties during all official training periods.

Foreign distance measurers are not entitled to be reimbursement for expenses arising from their appointment by the organizers.

404.2.1 Distance Measurers

take their place on one side of the landing hill on the prepared standing positions behind the distance boards according to the measuring area assigned to them by the chief of distance measurer. If foreign distance measurers are appointed, they must be assigned to measuring areas which lie between the landing segment K-point up to Hill Size (w) and must be determined by a draw, which is supervised by the chief distance measurer.

The measuring area of a distance measurer must not exceed the following ranges:

up to 60 % of the Hill Size (HS) 5 m;

from 60 % to 80 % HS 4 m and

from 80 % to 100 % HS 3 m.

Every distance measurer has the clear responsibility to watch only over the measuring area which he was assigned to, and to show the given landing spots in his measuring area immediately and to give those to the distance recorder clearly (according to art. 432.2) regardless of the actions of the people beside him.

At OWG, SWC, WSFC, JWSC and World Cup, Grand Prix, COC and FIS Cup events video distance measuring will be used, so that the distance measurers who are positioned in the landing segment of the video distance measuring will only then go into action if there is a technical failure of the video measuring.

For this reason the measuring distance, which these distance measurers are assigned to, can be up to 10 m long, and the distance measurers have to stand higher off to the side. In addition, there must be cross-lines marked every 5 m on the landing hill.

404.2.2 The Distance Recorder

The distance recorder shall be located in a suitable location on the landing hill opposite of the distance measurers but offers the distance recorder an advantageous position from which to receive reported distances. The distance recorder is responsible for the accurate recording and reporting of jumping distances indicated by the distance measurers. At the conclusion of the competition, the distance recorder must deliver the original Distance Record Chart to the competition secretary for processing and final review by calculations personnel.

405 The Nomination, Reimbursement, and Insurance of Competition Officials

405.1 Nominations

The FIS shall nominate certain officials for international Ski Jumping competitions. Jumping Judges may not be assigned to events in which a family member is participating (grandparents, parents, children, brother, sister, husband, wife)

405.1.3 Continental Cup Ski Jumping Competitions (COCJ)

- the TD
- the COC Coordinator
- the TD Assistant
- one foreign Jumping Judge

The Sub-Committee for Officials, Rules and Control nominates the TD and TD-assistant and determines which National Ski Association may nominate one of their own qualified Jumping Judges to officiate at the event.

The National Ski Association of the host country shall nominate the four remaining Jumping Judges.

405.1.4 FIS Cup Ski Jumping (FCJ) and International Ski Jumping Competitions (FIS)

The National Ski Association of the host country shall nominate the TD, the TD Assistant and the five Jumping Judges. The TD and the TD Assistant and the five Judges must possess a valid FIS license at the time of appointment.

405.2 The Nomination of Substitutes

Whenever a competition official nominated by the FIS is unable to attend the competition and fulfill an assignment ("force majeure"), the official must be replaced. For OWG, WSC, WSFC, JWSC, WCJ, GPJ and COCJ events, the substitute nomination must be confirmed by the FIS Office.

405.3 The Reimbursement of Expenses for FIS sanctioned competitions

The competition OC is responsible for the cost of travel and accommodation to the following amounts:

405.3.1 Travel Expenses

- first class train fare,
- air fare for longer distances (economy class)
- or CHF 0.70 per km for travel by car

Prior to his travel the nominated competition official must confer with the organizer regarding the travel arrangements (train, plane or car).

405.3.2 Daily Allowance

CHF 100 per day of travel to and from the event. The TD and TD Assistant get in addition during OWG, WSC, WSFC, WCJ and GPJ, COC, JWSC and, if necessary, for FCJ (see 405.4.5) competitions CHF 100 per day for the duration of the event.

*USSA At U.S. Championships and at U.S. Junior Nationals, the TD and the TDA will be paid \$50 per day. Each Judge will be paid \$25 per day. Payment will begin with the first day of official training and continue through the last day of competition.

405.3.3 Accommodation

Free room and board in an adequate hotel at the event.

The stay at the event shall be coordinated with the OC, including both the days of official training and the days of the competition.

405.4 The reimbursement of expenses mentioned above will apply to the competitions and officials listed below:

405.4.4 COCJ Competitions

- the TD
- the TD-Assistant and
- one foreign Jumping Judge.

405.4.5 FIS Cup (FCS) and International Ski Jumping Competitions (FIS)
The nominated foreign TD, TD Assistant and Jumping Judges have to be paid according to art. 405.3.2

405.4.6 National nominations for FIS Officials at FIS Cup and International Competitions
For the nominated TD, TD Assistant and the five Jumping Judges the National Ski Association resp. the Organizer is responsible for providing at least traveling expenses, full board and accommodation during the event according to the national rules.
TD and TD-Assistant get (except the expenses) at least one daily allowance as reimbursement.

406 The Age Classification of Competitors

406.1 Two age classifications have been established for FIS Ski Jumping Competitions:

- Juniors up to 20 years of age on Jan. 1 of the current calendar year.
- Seniors: all competitors over the age limit for Juniors.

In OWG, WSC and World Cup competitions, all competitors shall start in one category. For JWSC competitions, the age regulations are as follows:

Juniors can be no older than 20 during the competition year. The birth years for juniors from 2011 on:

- 2011, competitors born in 1991 and younger
- 2012, competitors born in 1992 and younger
- 2013, competitors born in 1993 and younger

406.2 In OWG, WSC, and WSFC competition, all competitors shall start in one class. For JWSC competition, the age regulations are as in art. 406.1.

406.3 For all other international Ski Jumping competitions, separate age groups may be established. The entry form must advise participants what the various age groups will be.

406.4 Junior competitors may start in the Senior classification provided their National Ski Association has entered their name in that category. However, Juniors wishing to start in this category must have the skills to compete in that class.

410 The Jumping Hill

Rules for Jumping Hill construction and homologations (art. 411-415) can be found in the FIS ICR.

415 Measuring Devices

415.1 Jumping Distances

Distance markings shall be put on both sides of the landing from the distance of 0.5 w down to 5 m below the point L (HS). Specific rules for Ski Flying hills are determined by the respective jury To correctly put the distance markings, take a measuring tape, and measure from the two extreme sides of the takeoff edge down the landing slope to the point that is 50% of the K-point (rounded up to a full m). At this measured point, put the appropriate distance marking on both left and right sides of the landing slope. Measure along the slope in 1 m intervals to mark the location of the other distance markings.

For the measuring of the distances with a technical system (technical distance measuring), the approval of the Jumping Committee is required for its operational validity.

415.2 Inrun Speed

The devices for the measurement of inrun velocity v_0 shall be placed as follows:

- The measured distance is 8 m.
- The second photocell beam must be located 10 m before the edge of the takeoff.
- The photocell beam must be 0.2 m above the snow profile.

For jumping hills listed on the FIS competition calendar HS 85 m and larger, inrun velocities must be measured during all training periods and throughout competition.

415.3 Wind Velocity and Direction

The wind measuring instruments must be placed alongside the landing slope at the height of the optimal flight trajectory. The measurement data for these devices must be available to competition officials in the judges' tower and shown in the most consolidated, readable form possible. Measuring instruments must be placed in three locations on normal, large and Ski Flying hills (at the edge of the takeoff as well as at approximately 50% and approximately 100% of the distance to the K-point). In addition, at least 8 wind flags or wind socks must be placed along each side of the landing hill at the height of the flight trajectory.

415.4 Start Permission and Start Time Control

415.4.1 Three phase mode

Start permission and starting time control at OWG, WSC, WSFC, JWSC as well as WCJ, GPJ and COCJ events will be determined by means of a three-colored (red-yellow-green) stoplight and a digital clock which are connected and running automatically depending on the adjustable starting rhythm program.

During the red phase (start preparation) the clock runs backward from the adjusted time to zero seconds. The red phase is for the direction of the competition and can be stopped whenever needed. During the consecutive yellow phase the clock runs forward. The competitor is allowed to take the position on the starting bar with the beginning of the yellow phase. According to the external conditions, the Jury decides about the minimal duration of the yellow phase (usually between 10 and 15 seconds). The duration of the yellow phase can be between 10 and 45 seconds. If the conditions do not allow to start the competitor, the yellow phase switches to red automatically. In this case the competitor must leave the starting bar and prepare for the new starting procedure. The yellow phase switches to the green phase after 10 seconds at the earliest.

With the switching to green light, the starting time begins and will be finished after 10 seconds. Within these 10 seconds the competitor must start and leave the starting bar. The light automatically switches back to red and the starting procedure for the next jumper begins.

The times for yellow and red phase must be clearly visible to the athletes on the separate display on the starting semaphore.

415.4.2 Two phase mode

The start permission and the start time control for COCJ and other FIS events must be done with an automatically controlled light signal (traffic light). The light shall be a steady green for 5 seconds, a flashing green for a minimum of 5 seconds up to a maximum of 10 seconds.

After the entire start time period of a minimum of 10 seconds up to a maximum of 15 seconds, a red light thereafter. The established start time period must be clearly visible to the athletes. The countdown of starting time may also be shown by an automatically directed clock.

The chief of competition, or an assigned assistant or a Jury member is responsible

for controlling the start-time device.

To ensure a correct starting procedure, further technical measures may be used (e.g. order to take the start position through visual or an audible signal), which have special regulations established by the Jumping Committee. This modus can also be used at COCJ-events.

415.5 Lengths, Angles, and Temperatures

The following measuring devices and instruments must be available on site for the TD-Assistant at all times:

- a 50 m measuring tape (digital level)
- a hydrostatic balance
- a balance bar
- a goniom
- a thermometer
- a metric tape measure (minimum 3 m)

These measuring devices will allow the TD to review the actual and current snow profile, snow temperature, and air temperature.

416 Information for Spectators and Facilities for Media Representatives

416.1 Information for Spectators

In addition to receiving information via the loudspeaker system, competitors and spectators should be informed by scoreboards. The scoreboard shall display the competitor's start number, the distance jumped, the style score given by each Judge, the total point score, and current place in the competition.

The scores of the five Judges must be published at the same time.

416.2 Stands for Media Representatives

Optimal working conditions and places shall be provided for representatives from television, radio, newspapers, periodicals, and photography agencies.

These conditions shall include continuous information (start lists, current positions and changes of ranking), access to optimal viewing positions, and an assigned area equipped with trouble-free technical devices to facilitate the performance of their duties.

The use of flashbulbs or other lighting devices is prohibited during the jumping competition, for these devices can interrupt and disturb jumpers and their movements.

417 Snow Preparation

Before the start of training and through the entire competition period, the hill - from the start point at the top of the inrun to the end of the outrun - must be prepared in exact accordance with requirements.

417.1 Requirements for the Inrun and Takeoff

The preparation of the snow must be such that it is completely level and at the exact height of the profile boards. This profile should allow a snow depth of minimally 20 cm. The necessary snow density is achieved through packing.

The tracks must be prepared with the help of technical equipment (a track cutter, track plane or inserted profile boards or something similar) according to the following measurements:

- Distance between both centers of tracks for Jumping hills with w over 75 m: 30 - 33 cm
- Width of track: 13.0 - 13.5 cm

- Depth of track: at least 2 cm for normal hills and at least 3 cm for large and flying hills.

The following regulations are valid for OWG, WSC, SFWC, JWSC and WCS events:

- In winter, the inrun tracks must be prepared with artificial snow or ice.
- The inrun tracks must be able to be cooled if required.
- The tracks have to be made by track cutters.
- It has to be assured that surface water caused by rain or warm weather can be drained from the track.

The preparation of the inrun and takeoff must provide all competitors with the same conditions throughout each competition round. If it is necessary to change or prepare the inrun during the competition because of snowfall, falls, or long holds, there must be a sufficient number of trial jumps before the competition can continue. In the case of poor and hazardous conditions, the Jury will base its decision on the performance of the forerunners and the effects of the weather on them.

If the length or inclination of the takeoff is changed during one official round of competition, the round must be cancelled and restarted.

It is the Jury's responsibility to decide at the conclusion of a day of jumping whether the inrun track shall be left in or taken out and the inrun prepared anew.

In exceptional cases the Jury is entitled to decide to use an artificial in-run track.

417.2 Requirements for the Landing Slope and Outrun

The snow must be prepared so that it possesses the necessary density and firmness. The snow depth must be minimal 30 cm (35 cm for the hills with plastic covering). For sites hosting OWG, WSC, WSFC, JWSC and WC competitions, it is mandatory that the preparation, grooming and packing of snow can be accomplished through the use of an appropriate on-site snow grooming machine. Chemicals may be used to ensure that the necessary firmness can be achieved. The prepared snow surface shall be completely level and concur with the planned (designed) snow profile. This requirement is extremely important for the area from the first distance paddle to U (end of transition curve).

417.3 The Marking of the Landing Hill

The Hill Size (HS) has to be marked on the landing hill by a crossline of spruce twigs or equivalent. This crossline should be marked with red ink color at each side of the landing slope for a distance of approximately 5 m.

Furthermore, on both sides of the landing slope it is recommended that banners with different colors shall be laid down as follows:

- between the construction point (K) and the Hill Size (HS) a red banner on each side;
- from the K-point towards the P-point a blue banner on each side in an equivalent length of the distance between K and HS, as well as
- from the fall line towards the HS a green banner on each side in an equivalent length of the distance between K and HS.

For the orientation of the measurers, Jumping Judges and spectators regarding distances reached and for calibrating the video-distance measuring, crosslines also have to be placed on the landing slope from 10 m before P point to the Hill Size (HS) for the Jumping lengths at intervals of five m (e.g. 60 m, 65 m, 70 m, 75 m ...). If needed, the Jury is entitled to add additional markings.

417.4 The Fall Line

It is the responsibility of the Jury to define the placement of the fall line on the

outrun. After this decision has been reached, a crossline shall be marked with either a painted line or spruce twigs. As a rule, the fall line shall be located at the lowest point of the r2.

420 The Administration of the Competition

421 Entries, Draws, and the Admission of Reserves

421.1 Homogeneous rules apply to the entry of athletes by name for FIS ski competitions (art. 215).

421.2 The draw for the starting order shall take place according to the regulations for the accomplishment of competitions (championships on normal or large hills, art. 451; individual competitions on normal or large hills, art. 452; team competitions, art. 453; and Ski Flying competitions, art. 454).

421.3 At Ski Jumping competitions where the participating nations (clubs) are allowed to enter only a limited number of competitors, a reserve may be substituted for a non-starting competitor.

The Jury is responsible for determining the eligibility and admission of the reserve to be entered.

422 The Competition

422.1 The Jury shall decide the length of inrun (starting place) to be used. Once a majority decision has been reached on the start to be used, its length must remain the same for the entire round of jumps unless the round is stopped and restarted. No jumper is permitted to use a greater length of inrun (higher start) than that determined by the Jury.

422.2 The jumper is not allowed to use ski poles or any other kind of assistance. Nor is the jumper allowed to obtain outside assistance. Competitors who violate this ruling will be disqualified.

422.3 When the hill is clear and the officials are ready, the chief of competition or an authorized and instructed assistant from the Jury shall give the start signal from the Judges tower for each competitor. No more than one signal should be used to initiate the exact time of the start control.

422.4 The start signal shall be determined by a green light displayed on the traffic light. If such a starting device is not available, the jumper can be signaled that the hill is clear by the waving of a flag by a control official located on the takeoff platform.

422.5 The jumper must have completely finished the jump before the next starting signal may be given.

422.6 It is the responsibility of the chief of competition to coordinate communication among the chief of hill and this official's various assistants at the takeoff, on the outrun, and at the wind-measuring devices that the hill is clear, that all officials are ready, and that weather (wind) conditions are fair.

422.7 The starter shall report to the chief of competition the number of the upcoming jumper and the competitor's readiness to start.

422.8 It is the competitor's responsibility to be ready at the start when the starting number is called. The Jumper has according to the respective mode of the start time installation (5 seconds in case of three phase mode and 10 - 15 seconds in case of two phase mode) to leave the start after the start signal has been given. If the jumper has not left the start gate by the end of the start time, the hill will automatically be closed (see art. 415.4).

422.9 During the starting procedure the jumper must have the opportunity to clearly observe the automatic countdown display (e.g. a programmable digital clock) (art. 415.4).

422.10 The Jumper has to start within the start time. If the start signal is interrupted during

the competitor's starting period for any reason, for example unstable weather conditions, the starting process will begin again.

- 422.11 The jumper must not start before the official starting signal or intentionally delay readiness to receive signals from a third person. Feigning problems with skis, bindings, equipment, or clothing is inexcusable. Both types of actions will as a rule cause disqualification.
- 422.12 A competitor hindered by "force majeure" who arrives late at the start may appeal to the Jury. After considering all the facts reported, the Jury may allow the competitor to participate in the remaining part of the competition out of starting order.
- 422.13 If possible, style points shall be displayed after each competitor's jump (open scoring). An acoustic announcement concerning style points awarded is not permitted.

423 The Repetition of a Jump

A competitor hindered or interfered with during the jump by an error on the part of an official, an animal, spectators or any other "force majeure" may appeal to the Jury. After considering the facts reported, the Jury shall either allow or reject a repeat of the jump. In case of one of the above mentioned reasons, the Jury is entitled to allow repetition of the jump from their own point of view.

424 Training on the Jumping Hill before the Competition

- 424.1 The training on the competition jumping hill before the competition (official training) is in the schedule assigned to the organization and under the responsibility of the Jury.

Any additional training under self responsibility and direction of the trainer (free training) during the scheduled organization days is not permissible.

- 424.2 At the official training for the competition only the registered competitors as well as the additional fore jumpers specified by the Competition Committee can participate. At the OWG, WSC, WSFC JWSC and Cup competitions the right to participate at the official training is based on the actual rules and regulations.
- 424.3 Each official training session is carried out according to a starting order determined by the Jury and each competitor shall wear a start number. For OWG, WSC, WSFC, JWSC and Cup competitions special regulations will be applied.
- 424.4 For FIS International competitions, the jumping hill must be available for training a minimum of one day. For the OWG and the WSC, the jumping hill must be available for training three days before the competition. The Competition Committee shall consider both snow and weather conditions when scheduling training sessions. It is the responsibility of the Competition Committee to provide optimal training conditions for all competitors.
- The TD has to give advice and support the Competition Committee in these questions.
- 424.5 If possible, training sessions shall be scheduled at the same time of day as the competition. All information pertaining to the training schedule or possible changes must be presented in due time.
- 424.6 The jumping hill must be in good condition for all training sessions and must be prepared as it would be for the competition. An adequate number of officials and hill packers must be present during the training sessions.
- 424.7 During all training sessions, distances shall be supervised and the maximum length of inrun decided and fixed by the Jury.
- 424.8 Working and observation positions shall be assigned to the Jumping Judges and coaches during all training sessions.

424.9 On-site first-aid personnel must be present during all training sessions to provide any necessary medical assistance. Details of the Medical Support Requirements are given in Ch. 1 of the FIS Medical Guide containing Medical Rules and Guidelines.

430 The Judging of the Ski Jump

The overall result in jumping consists of the distance jumped and the style points achieved. Distance points are related to the K-point, which also serves as the table point. A jumper reaching the K-point receives 60 points. Style points may reach a maximum of 60 points.

431 The Judging of the Ski Jump Performance

431.1 Principles

The Judges must judge the outer appearance of the succession of the jumpers movements, from the end of the take off to the passing of the “fall line” in the outrun, from the aspect of precision (timing of takeoff), perfection (carrying out of the movements), stability (flight-position, outrun) and general impression.

The calculated points that should be given for the ideal performance of the jump are concerned with the

- utilization of the aerodynamic efficiency of body and ski
- posture of arms and legs, as well as ski position during flight
- succession of movements during landing and
- conduct during outrun.

Also, flight, landing and outrun should convey an aesthetic overall impression.

The point deduction for faults and deficiencies must be carried out according to the three groups of appearance of the successions of the jumper’s movements: flight, landing and outrun. The judges have to submit their point deductions separately according to the three groups; flight, landing and outrun to calculations (computer and/or calculation office).

431.2 Standards for Position and Movement

431.2.1 The Flight

Jumpers must raise their flight trajectory by moving as follows:

- making a bold and aggressive move at takeoff
- proceeding rapidly and smoothly to achieve an optimal flight position
- and initiating preparations for landing at the right moment

Judging criteria

- Actively utilization of the air pressure
- Combination of body and ski to build an entire flying system
- Getting into an optimal and stable body position with left and right sides symmetrically positioned skis, legs and arms.
- The legs have to be fully stretched

Point deductions:

- Maximum point deduction for the entire group of faults 5.0 pts

431.2.2 Landing

The jumper must

- come from a stable flight position raises head and upper body moves the arms on the sides forwards/upwards and turns the skis into a parallel position
- just before touching ground with the end of the skis splitting the legs and bending the knees
- after touching ground by utilizing their own muscle power to reduce the landing impact to obtain a smooth landing

- and at the same time increase the distance between the legs and bend the back leg even more (telemark position) with the skis parallel and obtain the pressure equal on both legs to obtain stability stretch both arms horizontally and forwards upwards

Judging criteria

- A smooth movement from the flight position to landing by straightening the upper body
- split legs and bend knees when touching ground
- take an active part to obtain the impact from landing to reduce speed
- by correct bended knees to obtain a smooth landing (not too deep and not too long)
- positioning the legs in correct telemark position after having obtained the landing impact e.g. separation between feet should be approximately the length of a foot, at least a separation has to be evaluated at the moment of touching ground and in this case the separation has to be expanded during the landing impact.
- skis parallel with distance not more than two ski widths and equal pressure on both skis and on their total surface

Point Deductions:

- Maximum point deduction for landing 5.0 pts
- No telemark landing (feet parallel) at the end of the landing phase (as a single fault) minimum 2.0 pts

431.2.3 Outrun

The jumper must:

- After obtaining the landing impact with the correct leg position and bending knees, remain in this telemark position and then rise the upper body and
- Pass through the transition curve and pass the fall line in a higher but stable and relaxed body position with skis parallel or with skis in snowplough position.

Judging criteria

- After landing a short period of time remaining in a stable telemark position (approximately 10 to 15 m)
- Skis parallel with distance not more than two ski widths, see art. 431.2.2 (snowplough position is allowed)
- With equal weight on both legs in upright body position skiing safely through the fall line with arms and legs in any relaxed position.

Point Deductions

- Maximum point deduction for the entire group of faults 7.0 pts
- unsteadiness and /or not correct body position throughout the transition curve until passing the fall line 0.5 to 3.0 pts
- passing through the transition curve with both hands back and/or posterior of the body touching the ski/snow/mats. This will also be applied for passing the fall line in this position 4.0 to 5.0 pts
- fall before crossing or on the fall line 7.0 pts

432 The Measuring of Distance

432.1 The Definition of Jumping Distance

The distance to be awarded is measured from the edge of the takeoff to the point where the jumper touches the landing slope. The landing is considered complete when both feet are in full contact with the landing slope. For abnormal landings (one foot landing, e.g. one foot on the snow and the other remaining in the air noticeably longer than it would take for a normal landing) the distance measured will be the point where the first foot is in full contact with the landing slope.

If the landing does not proceed by placing the skis on the snow (a fall), the distance measured will be the point where any part of the jumper's body first touches the landing slope.

432.2 The Measuring of the Jumping Distance by the Distance Measurers

The distance measurers stand on one side of the landing slope and follow the jumper's trajectory with their eyes up to the landing point. The measurer in whose measuring area the viewed jump landed shall mark the jumping distance to an accuracy of 0.5 m. The mark to be awarded is indicated by the placement of the measurer's hand on the distance markings. Half meters are indicated by an additional raising of the free arm. The distance markings shall be placed on both sides of the landing slope to prevent parallax mistakes by the markers (art. 415.1)

432.3 Technical Distance Measuring

432.3.1 Technical measuring devices that measure distances to an accuracy of 0.5 m and tabulate the distance are permitted for the recording of the jumping distance and the calculation of distance points.

432.3.2 Distances must also be practically measured by distance measurers as a back-up and in case of mechanical failure of the technical measuring device.

433 The Calculating and Announcing of Results

433.1 Style Points

Scoring starts with the scores of five Jumping Judges, and then the highest and lowest scores are eliminated. The three remaining scores are added. The sum of these scores is the total score for style points for a jump.

433.2 Distance Points

The points scored for the distances jumped are calculated on basis of the table point. The point for one m is based on a points table predicated on the K-point of the hill.

K-point Distance	Meter Value
20 to 24 m	4.8 pts./m
25 to 29 m	4.4 pts./m
30 to 34 m	4.0 pts./m
35 to 39 m	3.6 pts./m
40 to 49 m	3.2 pts./m
50 to 59 m	2.8 pts./m
60 to 69 m	2.4 pts./m
70 to 79 m	2.2 pts./m
80 to 99 m	2.0 pts./m
100 m and larger	1.8 pts./m
170 m and larger	1.2 pts./m

The K-point of the jumping hill acts as the table point; consequently, the K-point distance equals 60 distance points. After the m value of the hill has been determined, the distance difference of the measured lengths for jumps must be calculated. Distances shorter than the K-point are calculated by multiplying the m value by the length difference and subtracting this number from 60; by contrast, distances longer than the K-point are calculated by multiplying the m value by the length difference and adding this number to 60.

433.3 The Collective Point Score

This score is calculated by adding style and distance points together. If the total of the style and distance points results in a negative sum, the minimum score is at

least zero (no negative points).

433.4 The Total Point Score

This score is calculated by adding together the collective point scores from the competitive jumping rounds. The jumper with the highest total point score is the winner. When two or more jumpers have identical scores, a tie is declared, and the jumpers are awarded the same place. The following position(s) shall be displaced (eliminated) in accordance with the number of tied places. In the final result list, tie placings shall be listed in reverse order of the jumper's start number (the higher start number at first).

433.5 The Announcement of the Results

An unofficial results list will be posted immediately after the competition. The chief of calculations and the competition secretary examine and compare the unofficial results list with the original recording lists. The competition secretary then presents the final list for approval to the Jury. If the Jury has not received any protests, the results list will be published as the official results after the protest time. The protest time is as a rule 15 min. after the end of the competition. Team captains' meeting can decide on a shorter protest time. The results list shall include the following details:

- the name of the competition
- the date and place of the competition
- the name of the hill and reference to its K-point and Hill Size (HS)
- the name and country of each Jumping Judge
- the name and country of each Jury member
- information on the weather (snow conditions, temperature, wind, etc.)
- the number of entered, started, and qualified competitors
- the place, start number, last and first name, country or club, distance jumped, inrun velocity, distance points, style points, collective points per round and at the end of the line total point score for each competitor.

Official results lists must be signed by the TD and the chief of competition.

The official results list sent to the FIS must be written in Latin characters.

Additional list of points deductions for flight, landing and out-run, see art. 431.1.

440 **Sanctions, Protests, Disciplinary Measures**

The following articles 441, 442 and 443 have to be applied on the basis of art. 223 (sanctions),

art. 224 (procedural guidelines) and

art. 225 (appeals commission)

of the joint regulations for all competitions.

441 **Sanctions, Disqualifications**

The Jury shall sanction a competitor if he violates the regulations of the ICR or the competition rules or doesn't follow decisions of the Jury. In particular, if he

441.1 doesn't meet the eligibility requirements of art. 203 (FIS-license);

441.2 enters under or by false data;

441.3 doesn't meet the age-group regulations (art. 406):

441.4 violates the provisions of article:

204 Qualification of Competitors,

205 Competitors Obligations and Rights,

205.6 Support for the competitors,

206 Sponsorship and Advertising,

207 Advertising and Commercial Markings,

215 Entries,
217 Draw,
221 Medical Examinations and Doping

- 441.5 The Jury shall disqualify a competitor by any of the following reasons:
441.5.1 Competition Equipment (art. 222)
441.5.2 Training on the jumping hill when it is explicitly closed
441.5.3 Arriving late at the start (art. 422.8 and 422.12)
441.5.4 Violating the decision on the length of the inrun (art. 422.1 and 422.2)
441.5.5 Exceeding the start control time (art. 422.10)
441.5.6 Starting before the hill-clear signal or intentionally delaying readiness to start (art. 422.11).

Reasons for disqualification after:

- art. 441.5.1 Competition Equipment
art. 441.5.3 (arriving late at the start);
art. 441.5.4 (violating the decision on the length of the inrun or using non authorized start help);
art. 441.5.5 (exceeding the start control time) or
art. 441.5.6 (starting before the hill-clear signal or intentionally delaying readiness to start).

This refers only on the affected jump during the current round. The jumper will keep an overall standing for that round, zero points.

442 Protests

- 442.1 Protests against the entry of a competitor must be delivered in writing to the competition secretary before the start of the competition.
442.2 Protests against the actions made by another competitor or an official during the competition must be made in writing to the competition secretary within 15 min. after the completion of the competition.
442.3 Protests concerning incorrect calculations or result misprints shall be considered if sent by registered mail from the competitor's National Ski Association to the event organizing association within one month of the date of the competition.
If a mistake is proven, the correct results shall be republished and the awards redistributed if necessary.
442.4 The Jury must consider protests if they are made within the allowable time limit and a sum of CHF 100 has been deposited with the competition secretary.
442.5 Distances measured manually by distance measurers and style scorings of jumping judges are subjective decisions (so called "statements of facts") on real facts which are not repeatable and therefore, cannot be corrected.
Therefore, protests against such subjective decisions aiming at a correction of the result are not allowed. This to include, protests concerning the start control procedure for Ski Jumping in situations of variable wind conditions.

443 Disciplinary Measures

- 443.1 The Jumping Committee can take the following disciplinary measures against a TD or Jumping Judge who has made irregular or unfair decisions or judgments and has personally misbehaved:

- a written reprimand
- a temporary retraction of the license

Applications for disciplinary action must be made in writing to the Sub-Committee for Officials, Rules and Control, which will hear the statement of the accused

- official and then submit a proposal for decision to the Jumping Committee.
- 443.2 The Jury may take disciplinary measures against a distance measurer who intentionally executes false or improper measurements and has personally misbehaved. The following can be done only if the Jury has been advised by the chief distance measurer to do so:
- an oral reprimand
 - a written notification
 - temporary exclusion from duties as a distance measurer
- 443.3 If a team captain or trainer in a competition infringes the ICR Rules, decisions of the FIS Ski Jumping Committee, of the Jury or if he behaves in an unsporting manner, the Jury may impose a sanction.

3rd Section

Regulations for the Administration of Specific Types of Competitions

450 Types of Ski Jumping Competitions

The following types of Ski Jumping competitions may be held:

- international championships on normal and large hills
- international competitions on one hill (normal or large hill)
- team competitions
- Ski Flying competitions

451 International Championships on Normal and Large Hills

See the FIS ICR for International Championship rules.

452 International Competitions on One Hill (Normal or Large Hill)

452.1 Entries, Groupings, the Draw, and Starting Order

452.1.1 A list of competitor entries from each participating National Ski Association must be presented to the race office at least 2 hours before the draw. The list of entry has to contain the following:

Family Name/First Name/Club/Year of birth/Seeded Group.

In exceptional cases the Jury may shorten this time period.

452.1.2 As a rule, competitors will be divided into four groups. Each team may enter one competitor in each group. The number sequence of the groups is IV (best jumpers), III, II, and I (poorest jumpers). This procedure is to be repeated if teams are entering more than four competitors per event.

452.1.3 If a team wishes to enter more than eight competitors, it is necessary to decide at the team captains meeting which group additional competitors will be placed in. In this case, it is possible to form an additional group of competitors, group I-A.

452.1.4 If a team is entering fewer than four competitors, the team leader may choose which group(s) these competitors will be seeded in. However, the team leader may enter only one competitor per Seeded Group.

452.1.5 For competitions with fewer than 40 competitors, the number of Seeded Groups will be decided at the team captains meeting.

452.1.6 For World Cup, Continental Cup and FIS Cup competitions, specific regulations concerning the number of participants per National Ski Association, the Seeded Group resp. for the general mode of execution (e.g. KO-modus) may be issued.

452.1.7 For the draw of the start order, each Seeded Group will be done separately.

452.1.8 As a rule, the starting order is based on the same sequence as the Seeded Groups, that is, groups I, II, III, and IV. In special situations or conditions, the team captains may decide that a different starting sequence of the groups should occur.

- 452.1.9 The start order of the second competitive round may be the reverse of the order of the collective scores from the first competitive round. In addition, it is possible to limit the number of competitors allowed to jump.
- 452.1.10 The start order procedures and the field size (number of competitors) must be announced in the invitation or the Cup competition regulations sent to the participating National Ski Associations.
- 452.1.11 If announcements concerning art. 452.1.9 were not received by the participating National Ski Associations, it must be decided at the team captains meeting whether to carry out the competition according to art. 452.1.9.
- 452.2 The Number of Jumps
- 452.2.1 At all international Ski Jumping competitions, two official competitive rounds shall be held. The competition program must also include one trial round. The decision to participate in the trial round is up to the jumper.
- 452.2.2 In exceptionally poor weather situations where the second official competitive round cannot take place, the collective scores from the first competitive round shall be used as the final result. In the exception on grounds of unfavorable weather conditions or other unusual circumstances the trial can be cancelled, when on one of the previous days, at least one complete training round has been made. Such a decision must be taken by the Jury before the competition starts. Declaring the trial round of jumps as the first competitive round after this situation has occurred is not permitted.
- 452.3 Summer Competitions on Plastic Mats
Between June 15 and Oct. 15 (Nov. 15 to Mar. 15 in the southern hemisphere), FIS-sanctioned jumping competitions may take place on plastic hills. These competitions must be registered in the FIS Calendar. During these types of competitions, ICR Rules are in effect.
- 453 Team Competitions for Ski Jumping**
- 453.1 For a team competition, each team will be made up of four competitors.
- 453.2 Results are calculated as stated in art. 433 and by addition of the collective points of the four jumpers of the team. Individual competitions cannot occur simultaneously with a team competition. Team competitions cannot be scored as individual competitions.
- 453.3 The start order of the competitors shall be decided at the previous team captains' meeting.
- 453.4 For both the trial round and the two official competitive jumps, there are four groups, with one jumper from each team entered per group. The sequential numbers of each member of a group are determined by a specific color:
- Group I red start numbers
 - Group II green start numbers
 - Group III yellow start numbers
 - Group IV blue start numbers
- Within a group, the sequence of the start order of the team (nation) member is as selected in the draw. Each team decides the order in which its jumpers will start. The competitors must remain in the same group as well in trial round and in both competitive jumps. Immediately after the draw of the team order, a list of the starting order of the jumpers within the team must be submitted to the Competition Committee.
- 453.5 If the conditions so demand, the length of the inrun can be changed after each group, or a round of only one specific group can be cancelled and restarted.
- 453.6 The start order will be based on reverse order of the actual World Cup standing.

By equal point standings will the start order be made by draw in team captains' meeting between the equal placed teams. Teams without World Cup points start in the beginning of the competition. The start order must be made by draw.

454 Ski Flying Competitions

See the FIS ICR Ski Flying rules.

JOINT REGULATIONS FOR NORDIC COMBINED COMPETITIONS

(*Nordic Combined Rules are to be used in conjunction with, and as an addendum to the Ski Jumping Rules)

500 Organization

501 The Competition Committee and Officials

501.1 Members

- the chief of competition
- the competition secretary
- the chief of hill
- the chief distance measurer
- the chief of calculations
- the chief of course
- the chief of timekeeping
- the chief of stadium and competition control
- the chief of security
- the chief of technical facilities
- the chief of equipment and
- the chief of first aid services

Additional officials may be appointed to the Competition Committee as specific needs arise.

501.2 The Officials and their Duties (other definitions can be found in the Jumping section of this guide).

501.2.10 The Chief of Course

is responsible for an optimal course preparation and has the knowledge how to use the course preparation equipment related to different snow conditions.

He should be familiar with the course homologation requirements.

He 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.

He uses the course preparation groups and the forerunners to ensure the course is in the best possible condition and he must send at least two course closers or a vehicle around the course after the last competitor.

501.2.11 The Chief of Timekeeping

is responsible for the direction and coordination of the officials working in the timing area. He supervises manual timers, electronic timers, intermediate timekeepers and calculations of officials' work. He coordinates the work of the starter, the finish referee and the finish controller with the chief of stadium.

He supervises the data processing services and supports the distribution and collecting of transponders.

501.2.12 The Chief of Stadium and Competition control

is responsible for all activities in the stadium area and the controllers along the course. This includes flow of competitors to the start, ski-marking, skimarking control at the finish, flow from the finish area. He is responsible to provide fencing, course markings and signs in the stadium area, to coordinate the placement of the start and finish lines with the chief of timekeeping. He decides together with the chief of competition and the TD on the suitable placing of controllers, he informs the controllers of their duties and equips controllers with control cards and other material that may be necessary and assigns them to their locations. After the competition he must collect all pertinent information and control cards and reports any incidents to the Jury.

He coordinates with the chief of control and competition security for the effective stadium access and control for competitors, coaches, service personnel and the media.

502 The Jury and Competition Management

502.1 The Jury

502.1.1 The Jury consists of the following members:

- the Technical Delegate (TD) as chairman
- the Chief of Competition
- the Assistant of the TD

502.1.2 The Duties of the Jury

The Jury must ensure that the entire competition, including the official training sessions, are organized and carried out in accordance with the Rules of the International Competition Rules (ICR).

The Jury must decide whether a competition shall be postponed, interrupted or cancelled. The Jury must decide all protests, disqualifications, sanctions and questions that occur during the competition and are not covered or not covered completely by the ICR Rules and Regulations, the checking and recognition of late entries.

502.1.2.1 Duties for Ski Jumping

From which maximum inrun-length the jumpers must start.

The length of the inrun must be determined in such a way, that the jumping hill is used to its full capacity.

For the competition, the Jury is required to meet, once a jump has reached 95 % of the established Hill Size (HS) to consider whether the round of jumps is to continue. The Jury must decide whether the round in progress can be continued with the same inrun speed, or whether it must be cancelled and repeated from a lower starting gate.

If the jumps are too short, the round can be stopped, cancelled, and restarted from a higher gate.

In which sphere of the wind condition (velocity) the jumper is allowed to start.

About the starting order for a competitor who is either when delayed arriving at the start due to "force majeure", or concerning a re-jump for a competitor who has been obstructed.

In cases in which the Jury cannot make an immediate decision the jump or re-jump may be provisionally granted. This decision must be announced to the public.

502.1.2.2 Duties for Cross Country

If the temperature is below -20° C, measured at the coldest point of the course, the competition can be postponed or cancelled by the Jury. The checking and recognition of a reserve course, if the homologated course cannot be used due to

poor snow conditions.

502.1.3 Decisions of the Jury

All decisions by the Jury must be made by open vote and a resolutions protocol must be drawn up on all decisions taken. Each member has one vote. All the decisions of the Jury require plain/simple majority.

The members must vote (agreement or rejection, abstention is not possible) with the following exceptions:

- member is prevented from voting due to “force majeure.”

In case of a tie, the respective chairman of the Jury has the decisive vote.

502.2 The Competition Management

502.2.2 At COC-NC competitions the Competition Management consists of the following members:

- the COC-NC Coordinator
- the Technical Delegate (TD)
- the Chief of Competition
- the Chief of Course
- the Assistant of the TD

503 FIS Officials for Jury and Competition Management

503.1 The FIS Technical Delegate (TD)

503.1.1 TDs are appointed for all Nordic Combined competitions on the FIS Calendar (nomination art. 505). The TD is responsible for ensuring that the competition is carried out in accordance with ICR Rules and with the appropriate Cup Competition Regulations.

At OWG, WSC, JWSC, WC-NC, GP-NC and COC-NC events the TD cannot in general be a member of the host Nation’s Ski Association; however, the FIS Council may make exceptions to this rule.

The TD is obliged to uphold the decisions of the Nordic Combined Committee and must possess a valid license at the time of appointment.

503.1.2 Requirements and Qualifications

A TD candidate must have an extensive background in support roles for officials and must also be able to communicate clearly in one of the official FIS languages (at least English). The TD candidate’s National Ski Association submits the candidate’s qualifications to the Nordic Combined Committee for review. The qualification for a new candidate is to take part on two consecutive FIS-seminars. When starting this qualification period, the candidate should be under 43 years of age. The Nordic Combined Committee will grant exceptions to this rule in well-substantiated cases in which the National Ski Association files a petition for admission on behalf of the candidate.

The guidelines for TD qualifications as ratified by the FIS Council are valid for certification as a TD. Candidates for TD are not entitled to reimbursement for their expenses during the qualification period.

503.1.3 Examination and License

After completing all requirements for qualification and participation at the first FIS-seminar, the candidate is granted admission to the examination.

After passing the examination, the candidate will receive a license; this license consists of a passbook.

After successful passing the second seminar and examination the passport will be declare valid and the new TD gets a TD badge. Between the first and the second examinations the candidate must have practical experience at the national level.

503.1.4 Further Qualification and Revocation

To retain a FIS license, a TD must participate every two years in a certification course organized by the FIS.

A TD's license will be revoked if the TD fails to work as an assigned TD for two consecutive years without justified cause. Re-appointment and certification are possible only after the FIS receives a letter of support from the National Ski Association's chairman of officials and the head course instructor verifies the TD's successful participation in a FIS TD certification course.

The guidelines for further qualification and revocation as ratified by the FIS Council are valid for TD qualification courses.

Once a TD reaches the age of 65, they are automatically removed as a FIS TD.

503.1.5 The Duties of the Technical Delegate:

503.1.5.1 Before the Competition

The TD must contact the OC in advance of the event and know the stage of preparation the organizer has reached. The TD must arrive at the event site at least one day in advance of the scheduled official training (jumping) to inspect the preparation of the hill and cross country course and assess the organizational readiness.

The TD must inspect the homologation documents (jumping/cross country).

It is the responsibility of the organizer to provide the TD with a copy of the hill and cross country certificates without being asked.

The inspection points to be covered by the TD include the following:

- the organization of the event, lodging conditions, meals, transportation, preparation and working conditions for the media, for the preparation of team captains meeting must be inspected.
- the jumping hill(s). The preparation of the hill, the conformity of the hill's actual profile to the certificates, jumpers' safety, and measuring devices must be reviewed.
- technical and organizational planning for the jumping competition. The TD must assess working conditions for Judges, distance measurers, and calculation personnel; he must also evaluate the communication network (phone and radio), the coaches' stand, the scoreboard display, start lights, start control, first aid services, and spectator control.
- to control of all technical devices
- to control the cross country course, stadium, check profile, stadium layout, start and finish zone and fencing for all these zones.
- technical check of organizational planning for the cross country competition (timekeeping, video-control, photo finish)
- the competition program. Inspection must cover training times, team captains meetings, draw, the competition schedule, doping control, equipment control, and the awards ceremony.
- checking the liability insurance (art. 212.2)

The TD has the authority to ask the OC for any support deemed necessary to the fulfilling of these tasks. The TD should be able to ski the course, and make a judgment of the course preparations.

503.1.5.2 During the Competition

503.1.5.2.1 Ski Jumping

It is the responsibility of the TD to ensure that the competition is carried out in accordance with ICR Rules. The TD must be present throughout the entire competition and must be located in the Judges tower. It is essential that the TD has

a direct communication line with the Jury-members, thereby making it possible for quick and accurate decisions by the Jury. Immediately after the competition the results and the start list for the cross country race must be checked (Gundersen method).

503.1.5.2.2 Cross Country

On the competition day the TD must be informed about the preparations at the cross country area within the appropriate time. He must control all points at the start and finish area; he must supervise the start process and be in connection with all Jury-members. At the Mass start competition he must check immediately after the race the results and the start list for the jumping competition.

503.1.5.3 After the competition

Immediately after the competition, the TD is responsible for the final Jury meeting, where the conclusion of the competition or decisions of the protests are prepared in writing. Within ten days after the competition, the TD must send the FIS Nordic Office, CH-3653 Oberhofen a written report on all aspects of the event; the report shall consist of the designated report form and any additional comments deemed relevant. This report shall include but is not limited to a discussion of organizational preparation, preparation of the hill(s) and course, an evaluation of the competitive event, a final results list and a complete set of minutes from all meetings and Jury decisions. For OWG, WSC and JSWC, this report must also be submitted to the FIS Council.

503.3 TD-Assistant

503.3.1 The TD-Assistant must possess a TD-license for Nordic Combined. Additionally, he is responsible for the following special tasks in Ski Jumping:

- Responsible for the correct and due preparation of the competition facility (athletes area, chairlift, warm up area, starting area, in-run, take off, landing area as well as out run area)
 - Inspection of the relevant security installations (sideboards, fences)
 - Connection to trainers
 - Completion of the TD report with any additional comments deemed relevant
- 503.3.2 in Cross Country:
- Check the measurements of the course, control the structure and function of elements from the course profile according to the TD report and the installation of the start and finish area
 - Control the start lists, the function of the ski marking and the start procedures
 - Control of fixed parts of course during the competition
 - Evaluation of the control cards from the controllers
 - Control of competition equipment and commercial marking
 - As well as further, all assignments from the Jury

503.5 COC-NC Coordinator

This official is nominated by the FIS for COC-NC competitions (see art. 502.2.2). The COC-NC Coordinator must possess a TD-license for Nordic Combined.

503.6 Equipment Controller

This official is nominated by FIS for competitions of the highest category (see art. 502.2.1). The Equipment Controller must possess a TD-license for Nordic Combined.

503.6.1 The Duties of the Equipment Controller are:

- Responsibilities for the correct preparation and maintenance of the necessary equipment control devices.
- Controls the equipment, records of any infringements and makes reports to the

Jury.

504 Judges and Referees

504.1 Ski Jumping

504.1.1 Jumping Judges

The duties, education and nomination of the jumping judges are described in the ICR Book III, art. 404. The appointment for competitions in Nordic Combined will be coordinated by the Nordic Combined Committee and the Sub-Committee for Officials, Rules and Controls.

504.1.2 Distance Measuring Officials

For all Ski Jumping competitions listed in the FIS Calendar of events, the distances jumped shall be reported by distance measurers (art. 506.1.2.1).

Each National Ski Association participating in the event may enter one distance measurer as long as the person nominated possesses the required qualifications and performs these duties during all official training periods.

Foreign distance measurers are not entitled to reimbursement by the organizers of expenses arising from their assignment.

504.1.2.1 The Distance Measurers

take their place on one side of the landing hill on the prepared standing positions behind the distance boards according to the measuring area assigned to them by the chief distance measurer. If foreign distance measurers are appointed, they must be assigned to measuring areas between the landing segment P-point down to K-point and must be determined by a draw, which is supervised by the chief distance measurer.

The measuring area of a distance measurer must not exceed the following ranges: until 60% w every 5 m; from 60% w until 80% w every 4 m; from 80% w until HS every 3 m.

All the distance measurers have the clear responsibility to view the measuring area which they were assigned to, and to note the landing distance within this measuring area immediately and to provide the marked distance clearly to the distance recorder (according to art. 514.1.3) regardless of the actions of the people beside them.

At OWG, WSC, JWSC, WC-NC, GP-NC and COC-NC events video distance measuring will be used, so that the distance measurers who are positioned in the landing segment of the video distance measuring will only be used if there is a technical failure of the video measuring. For this reason the measuring distance, which these distance measurers are assigned to, can be up to 10 m long, and the distance measurers have to stand higher off to the side. In addition, there must be cross-lines marked every 5 m on the landing hill.

504.1.2.2 Distance Recorder

The distance recorder shall be located in a suitable location on the landing hill opposite the distance measurers but offers the distance recorder an advantageous position from which to receive reported distances. The distance recorder is responsible for the accurate recording and reporting of jumping distances indicated by the distance measurers. At the conclusion of the competition, the distance recorder must deliver the original Distance Record Chart to the competition secretary for processing and final review by calculations personnel.

504.2 Cross Country

504.2.1 Start official Cross Country

The starter must ensure that all provided preconditions are fulfilled so that all

competitors can start at their correct times.

504.2.2 Finish Referee

The finish referee is responsible for keeping a list and a voice recorder (dictaphone) of the order in which the competitors cross the finish line. He gives this list and the tape to the chief of timekeeping.

504.2.3 Finish Controller

A control line is marked 8-10 m 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 (art. 206.5).

505 Nomination and Reimbursement of Competition Officials

505.1 Nominations

The FIS shall nominate certain officials for international Nordic Combined competitions. Jumping Judges may not be assigned to events in which a family member is participating (grandparents, parents, children, brother, sister, husband, wife)

505.1.3 Continental Cup competitions (COC-NC)

- TD
- TD-Assistant (host country)
- one foreign Jumping Judge
- four Jumping Judges from the host country

The Nordic Combined Committee nominates the TD and the TD-Assst. The nomination of the Jumping Judges is carried out in coordination with the Sub-Committee Official, Rules and Controls.

505.1.4 International Nordic Combined Competitions (FIS)

- TD

The Nordic Combined Committee nominates the TD. The National Ski Association of the host country shall nominate the TD Assistant and the five Jumping Judges.

The TD and the TD-Assistant and the five Judges must possess valid FIS license at the time of appointment.

505.2 Nomination of Substitutes

Whenever a competition official nominated by the FIS is unable to attend the competition and fulfill an assignment ("force majeure"), the official must be replaced.

For OWG, WSC, JWSC, WC-NC, GP-NC and COC-NC events, the substitute nomination is carried out by the FIS Office.

505.3 Reimbursement of Expenses for FIS competitions

The competition OC is responsible for the cost of travel and accommodation to the following amounts:

505.3.1 Travel Expenses

- first class train fare,
- air fare for longer distances (economy class)
- or CHF 0.70 per km for travel by car

Prior to travel, the nominated competition official must confer with the organizer regarding the travel arrangements (train, plane or car).

505.3.2 Daily Allowance

CHF 100 per day of travel to and from the event. The TD and TD Assistant receive in addition CHF 100 per day for the duration of the event during OWG, WSC, WC-

NC, GP-NC, COC-NC and JWSC competitions.

505.3.3 Accommodation

Free room and board in an adequate hotel at the event.

The stay at the event shall be coordinated with the OC, including both the days of official training and the days of the competition.

505.4 The reimbursement of expenses mentioned above will apply to the competitions and officials listed below:

505.4.4 COC-NC competitions

- the TD
- the TD-Assistant and
- one foreign Jumping Judge

505.4.5 FIS-NC competitions

- the TD

505.4.6 National nominations for FIS Officials for International Competitions

The Organizer is responsible for providing at least traveling expenses, full board and accommodation during the event according to the national rules.

506 Team Captains' Meeting

506.1 Procedure

For each competition a team captain meeting is carried out. It should take place one day before the official training and before the competition.

The date, time and place of the team captains' meeting has to be published in the competition program (art. 216). In principal two representatives per participating team are allowed to take part in the team captains' meeting.

506.2 Agenda

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. At all international competitions the agenda normally contains the following items:

- Roll call
- Introduction of the members of the OC
- Introduction of the Jury
- Introduction and draw of the Jumping Judges
- Weather forecast
- Checking of the entries or grouping of the competitors and if necessary draw
- Information to the competition areas (jumping hill, stadium, course, ski marking, start, finish, exchange zone for relay, security problems, fencings etc.)
- Preparation of Jumping hill and Cross Country course
- Training and competition program
- Equipment controls
- Medical controls
- General information from TD
- General information from the Organizer
- General information from FIS RD / FIS Coordinator

Minutes which contain all topics of discussion and the recommendations made must be taken at the team captains' meeting.

510 Technical Facilities

Rules for Jumping Hill construction and homologations and cross country courses (art. 510-512) can be found in the FIS ICR.

513 Working conditions at the Competition areas

513.1 At the Jumping Hill

513.1.1 Judges Tower

The following requirements in and around the judges tower must be fulfilled:

- Ensure that enough space for Jury and additional staff (TV, Data-Service, technical equipment wind measuring system, Info PC, start control)
- Contact to the environment (it must be possible to open the window)
- The view to the start, to the takeoff and landing area including the out-run
- Communication to all important points and officials on the jumping hill
- Judges compartments
- Room for the announcer

513.1.2 Coaches Stand

For jumping hill facilities, where international competitions are to be organized, coaches must have their own stand (for 20 persons) with an unobstructed view of the first portion of the jumpers' flight.

513.2 Cross Country Stadium

513.2.1 A Cross Country stadium has to be prepared for OWG, WSC, JWSC and WC-NC competitions, with a well-designed start/finish area.

513.2.2 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 Individual starts, Team starts, and mass starts and the finish can be as wide and long as required.

513.2.3 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, equipment control and transponder distribution
- 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

513.2.4 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.

513.2.5 Jury Room

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

513.2.6 Timekeeping Building

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

513.2.7 Ski Test Area

A ski glide testing area with tracks for all participating teams must be located near

to the stadium. It should also be in close proximity to the team wax cabins and warm up track.

513.3 Requirements for Competition areas

513.3.1 Team areas and wax cabins

For OWG, WSC, JWSC, WC-NC and COC-NC a secured team preparation area with wax cabins equipped with electrical current supply must be installed in the immediate vicinity of the Jumping hill and the stadium.

513.3.2 Medical Services Room

See specifications of the Medical Committee in the Medical Guide.

514 Measuring Devices

514.1 Ski Jumping

514.1.1 Jumping Distances

Distance markings shall be placed on both sides of the landing from the distance of 0.5 K to the HS. To correctly position the distance markings, take a measuring tape, and measure from the two sides of the takeoff edge down the landing slope to the point that is 50% of the K-point (w rounded up to a full m). At this measured point, fasten the appropriate distance marking on both left and right sides of the landing slope. Measure along the slope in 1 m intervals to mark the location of the other distance markings.

For the measuring of the distances with a technical system (technical distance measuring), the approval of the Jumping Committee is required for its operational validity.

514.1.2 Definition of Jumping Distance

The distance to be awarded is measured from the edge of the takeoff to the jumpers landing place on the landing slope. The landing is considered complete when both feet are in full contact with the landing slope. For abnormal landings (e.g. only one foot is in full contact with the slope and the other foot is raised in the air) the distance measured will be the point where the first foot is in full contact with the landing slope.

The landing point is determined by the exact place where the jumper's feet touch the landing slope. For the jumper landing in the telemark position, the distance to be measured is the midpoint between the feet.

If the landing does not proceed by placing the skis on the snow (a fall), the distance measured will be the point where any part of the jumper's body first touches the landing slope.

514.1.3 Measuring of the Jumping Distance by the Distance Measurers

The distance measurers stand on one side of the landing slope and follow the jumper's trajectory with their eyes up to the landing point. The measurer in whose measuring area the viewed jump landed shall mark the jumping distance to an accuracy of 0.5 m. The mark to be awarded is indicated by the placement of the measurer's hand on the distance markings. Half meters are indicated by an additional raising of the free arm. The distance markings shall be placed on both sides of the landing slope to prevent parallax mistakes by the markers.

514.1.4 Technical measuring devices that measure distances to an accuracy of 0.5 m and tabulate the distance are permitted for the recording of the jumping distance and the calculation of distance points.

Distances must also be practically measured by distance measurers as a back-up and in case of mechanical failure of the technical measuring device.

514.1.5 Inrun Speed

The devices for the measurement of inrun velocity (v_0) shall be placed as follows:

- the measured distance is 8 m
- the second photocell beam must be located 10 m before the edge of the takeoff
- the photocell beam must be 0.2 m above the snow profile

For jumping hills listed on the FIS competition calendar Hill Size (HS) 85 m and larger, inrun velocities must be measured during all training periods and throughout competition.

514.1.6 Wind Velocity and Direction

The wind measuring instruments must be placed alongside the landing slope at the height of the optimal flight trajectory. The measurement data for these devices must be available to competition officials in the Judges Tower and shown in the most consolidated, readable form possible. Measuring instruments must be placed in three locations on normal and large hills (at the edge of the takeoff as well as at approximately 50% and approximately 100% of the distance to the K-point). In addition, at least 8 wind flags or wind socks must be placed along each side of the landing hill at the height of the flight trajectory.

514.1.7 Start Permission and Start Time Control

514.1.7.1 Three phase mode

Start permission and starting time control at OWG, WSC, JWSC, WC-NC, GP-NC as well as COC-NC will be determined by means of a three-colored (red-yellow-green) stoplight and a digital clock which are connected and running automatically depending on the adjustable starting rhythm program. During the red phase (start preparation) the clock runs backward from the adjusted time to zero seconds. The red phase is for the direction of the competition and can be stopped whenever needed. During the consecutive yellow phase the clock runs forward. The competitor is allowed to take the position on the starting bar with the beginning of the yellow phase. According to the external conditions the Jury decides about the minimal duration of the yellow phase (usually between 10 and 15 seconds). The duration of the yellow phase can be between 10 and 45 seconds. If the conditions do not allow to start the competitor, the yellow phase switches to red automatically.

In this case the competitor must leave the starting bar and prepare for the new starting procedure. The yellow phase switches to the green phase after 10 seconds at the earliest.

With the switching to green light the starting time begins and will be finished after 10 seconds. Within this 10 seconds the competitor must start and leave the starting bar. The light automatically switches back to red and the starting procedure for the next jumper begins.

The times for yellow and red phase must be clearly visible to the athletes on the separate display on the starting semaphore.

514.1.7.2 Two phase mode

The start permission and the start time control FIS events must be done with an automatically controlled light signal (traffic light). The light shall be a steady green for 5 seconds, a flashing green for a minimum of 5 seconds up to a maximum of 10 seconds.

After the entire start time period of a minimum of 10 seconds up to a maximum of 15 seconds, a red light thereafter. The established start time period must be clearly visible to the athletes. The countdown of starting time may also be shown by an automatically directed clock. The chief of competition or an assigned assistant is responsible for controlling the start-time device.

- 514.1.8 Lengths, Angles, and Temperatures Measurements
The following measuring devices and instruments must be available on site for the TD and the TD Assistant at all times:
- a 50 m measuring tape
 - a hydrostatic balance (digital level)
 - a balance bar
 - a goniom
 - a thermometer
 - a metric tape measure (minim. 3 m).
- These measuring devices will allow the TD to review the actual and current snow profile, snow temperature, and air temperature.
- 514.2 Measuring Devices for Cross Country
For all competitions listed in the FIS Calendar, electronic timekeeping is mandatory. Electronic timing will always be supported by hand timing as a backup system and the results cross checked between the two systems.
- 514.2.1 Timekeeping - Start
The Gundersen start is carried out without an electronic start gate. In order to guarantee an exact start, a large display digital clock must be used. The clock is started by zero time when the first competitor starts. At the same time, the starters must start an additional stop watch for control. The starting procedure must be recorded.
- 514.2.2 Intermediate Time
An intermediate timing point will be established according to the local circumstances and the respective length of the course. In principle it should be 1 - 2 intermediate timing points per round.
- 514.2.3 Finish Timing
Times will be measured in full tenths of a second. Times to one hundredth of a second will not be used.
When using hand timing, the time is taken when the competitor's first foot crosses the finish line.
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.
Additionally, the finish is to be recorded by video cameras. The first camera must be positioned on one the side of the finish line providing a picture of the finish and an additional camera positioned to identify the starting bibs.
- 514.2.5 Photo-Finish
The use of technical measurements (Video camera, Line-CCD camera) shall be used in the following situations for the determination of the actual final ranking:
- if the finishing times are identical
 - a difference in the finish ranking list made by the finish referees
 - the difference between two or more athletes crossing the finish cannot be clearly witnessed
- 514.4 Current Information Facilities
A notice board is showing the air and snow temperature. These temperatures must be displayed at the following times: two hours before the start, one hour before the start, half an hour before the start, at the start, half an hour after the start, and one hour after the start.

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.

Notice boards must be used for intermediate times and unofficial results.

Loudspeakers must be used for announcing the competition and other important information concerning the event.

In order to inform competitors, trainers, spectators, etc., at least one language (English or German) must be used in addition to the Organizer's language.

515 Preparation of the Competition areas

515.1 Ski Jumping Hill

515.1.1 General Snow Preparation

Before the start of official training and throughout the entire competition period, the hill - from the start point at the top of the inrun to the end of the outrun - must be prepared in exact accordance with the requirements.

515.1.2 Requirements for the Inrun and Takeoff

The preparation of the snow must be such that it is completely level and at the exact height of the profile boards. This profile should allow a snow depth of 20 cm minimally. The necessary snow density is achieved through packing.

The tracks must be prepared with the help of technical equipment (a track cutter, track plane or inserted profile boards or something similar) according to the following measurements:

- distance between both centers of tracks for Jumping hills with w over 75 m: 30 - 33 cm
- width of track: 13.0 - 13.5 cm
- depth of track: at least 2 cm for normal hills and 3 cm for large and flying hills

The following regulations are valid for OWG, WSC, JWSC, WC-NC events:

- In winter, the inrun tracks must be prepared with artificial snow or ice.
- The inrun tracks must be able to be cooled if required.
- The track have to be made by track cutters
- It has to be assured that surface water caused by rain or warm weather can be drained from the track.

The preparation of the inrun and takeoff must provide all competitors with the same conditions throughout each competition round. If it is necessary to change or prepare the inrun during the competition because of snowfall, falls, or long holds, there must be a sufficient number of trial jumps before the competition can continue. In the case of poor and hazardous conditions, the Jury will base its decision on the performance of the trial jumpers and the effects of the weather on them.

If the length or inclination of the takeoff is changed during one official round of competition, the round must be cancelled and restarted.

It is the Jury's responsibility to decide at the conclusion of a day of jumping whether the inrun track shall be left in or taken out and the inrun prepared anew.

515.1.3 Requirements for the Landing Slope and Outrun

The snow must be prepared so that it possesses the necessary density and firmness. The snow depth must be a minimal of 30 cm (35 cm for the hills with plastic covering).

For sites hosting OWG, WSC, JWSC and WC-NC competitions, it is mandatory that the preparation, grooming and packing of snow will be accomplished through the use of an appropriate on-site snow grooming machine. Chemicals may be used to ensure that the necessary firmness can be achieved. The prepared snow surface

shall be completely level and concur with the planned (designed) snow profile. This requirement is extremely important for the area from the first distance paddle to U (end of transition curve).

515.1.4 The Marking of the Landing Hill

The Hill Size (HS) has to be marked on the landing hill by a crossline of spruce twigs or equivalent. This crossline should be marked with red ink color at each side of the landing slope for a distance of 5 m.

Furthermore, on both sides of the landing slope it is recommended that banners with different colors shall be laid down as follows:

- between the construction point (K) and the Hill Size (HS) a red banner on each side;
- from the K-point towards the P-point a blue banner on each side in an equivalent length of the distance between K and HS, as well as
- from the fall line towards the HS a green banner on each side in an equivalent length of the distance between K and HS.

For the orientation of the measurers, Jumping Judges and spectators regarding distances reached and for calibrating the video-distance measuring, crosslines also have to be placed on the landing slope from 10 m before P point to the Hill Size (HS) for the jumping lengths at intervals of five m (e.g. 60 m, 65 m, 70 m, 75 m, 80 m...). If needed, the Jury is entitled to add additional markings.

515.1.5 Fall Line

It is the responsibility of the Jury to define the placement of the fall line on the outrun. After this decision has been reached, a crossline shall be marked with either a painted line or spruce twigs. As a rule, the fall line shall be located at the lowest point on the r2.

515.2 Cross Country Course

515.2.1 Pre-Season Preparation

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.

515.2.2 General Snow Preparation

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.

515.2.3 Preparation for Free Technique

The course must be prepared to the recommended width from 6 to 8 m. 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.

515.2.4 Preparation for Mass start

The first 30 - 50 m after the start will be prepared with parallel tracks where each competitor is forbidden to leave the track and is forbidden to use skating techniques. The next 50 - 100 m (without tracks) should be like a funnel until the normal width of 6 - 8 m is reached. Narrow sections along the course must be eliminated.

515.2.5 Preparation for Training

The courses 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.
- 515.2.6 Employment of Chemical
All use of artificial means in order to improve the glide on the snow is forbidden. In special situations, the use of chemicals to preserve a solid surface is permitted.
- 515.2.7 Start Area
The start must be prepared according to the terrain, with the first 100 - 200 m prepared to a width at 6 - 9 m.
In order to guarantee an exact start, a large digital clock and a board with the starting numbers and starting times for each starting lane must be used. The clock is started by zero time when the first competitor starts. At the same time, the starters have to start an additional stop watch for control. An additional assistant is responsible to control the lane start boards by crossing off the names of the competitors after they have started.
- 515.2.8 Individual Gundersen Competition
The start must be prepared so that in principle 3 competitors may start side by side.
- 515.2.9 Mass start
The start layout for a Mass start competition is prepared in a straight line.
The distance between each track in the starting area should be 1.2 - 1.5 m.
If there are more competitors in any one group than there are start lanes, then the higher start number will be positioned in the next row. The distance between the rows should be 4 m minimally. To ensure a fair starting procedure, additional modifications due to the terrain and snow conditions can be made. Start number 1 starts on the middle track, no. 2 to his right, no. 3 to the left of the middle track etc.
- 515.2.10 Team Gundersen Competition
The start must be prepared so that in principle 2 competitors may start side by side.
- 515.2.11 Relay Exchange Zone
The relay exchange zone should be a rectangle 30 m long and sufficiently wide, clearly marked and roped off and located on flat or smoothly rising terrain near to the start and finish.
- 515.2.12 Marking the Course
The marking of the course must be clear so that the competitor is never in doubt where the course goes. At OWG and WSC the colors of the markings have to be determined and described in the course descriptions.
- 515.2.13 Kilometer signs must mark the accumulated distance skied along the course.
At OWG, WSC, JWSC and WC-NC competitions, every kilometer must be marked. For all other FIS competitions, this marking should be done whenever possible.
- 515.2.14 Forks and intersections on the course must be marked clearly by visible signage, and fences must be placed across unused parts of the course.
- 515.2.15 Course Protection
At OWG, WSC, JWSC and WC-NC competitions the courses must be fenced along both sides at all places where spectators can potentially interfere with the competitors.
- 515.2.16 Structure of Finish Area
The layout of the finish area in Nordic Combined consists of the home stretch, as straight as possible to the finish line approximately 100 - 150 m and the finish zone which is the last 50 m before the finish line. The beginning of this zone must be clearly marked with a colored line. This zone is a minimum of 9 m wide and is separated in 3 corridors that must be clearly marked and highly visible but do not

interfere with the skis.

515.2.17 Marking Finish Line

The finish line must be clearly marked by a colored line with a width of 10 cm. The use of colored planks (v-boards) placed lower than the prepared snow is recommended. The finish line must be placed at a right angle to the incoming finish lanes.

516 Information for Spectators and Press

516.1 Information for Spectators

In addition to receiving information via the public address system, competitors and spectators should be informed by electronic scoreboards.

The scoreboard shall display the competitor's start number, the distance jumped, the style score given by each Judge, the total point score, and current place in the competition. The scores of the five Judges must be published at the same time. At the Cross Country competition the scoreboards must show the intermediate times and the ranking with the time differences.

520 Competition and Competitors

521 Requirements of the Competitors

521.1 Age Categories

Two age categories have been established for FIS Nordic Combined competitions:

- Juniors up to 20 years of age on Jan. 1 of the current competitive year and
- Seniors all competitors over the age limit for Juniors

521.1.1 In OWG, WSC and World Cup competitions, all competitors shall start in one category. For JWSC competition, the age regulations are as follows:

Juniors can be no older than 20 during the competition year. The birth years for juniors from 2011 on:

- in 2011, competitors born in 1991 and younger
- in 2012, competitors born in 1992 and younger
- in 2013, competitors born in 1993 and younger
- in 2014, competitors born in 1994 and younger

521.1.2 For all other international competitions, separate age groups may be established. The entry form must advise participants what the various age groups will be.

521.1.3 Junior competitors may start in the Senior category provided their National Ski Association has entered their name in that category. However, Juniors wishing to start in this category must have the skills to compete in the Senior class.

522 Entry

522.1 Each National Ski Association must enter their competitors for international competitions according to the final entry date or by the participation conditions within the official FIS entry form.

522.2 Competition Entry

At OWG, WSC and JWSC two hours prior to the designated team captains' meeting, each nation must present at the race office the starting order of their competitors by name. This entry form must contain: FIS-Code / Family name / first name / Club / year of birth / starting group or ranking position.

In exceptional cases the Jury may shorten this time period.

522.3 Entry by Team

Entry for the nations as per the rules art. 522.2. The entry by competitor's name and position for the first discipline must be made two hours prior to the team captain's meeting, for the second discipline immediately after the end of the first competition

but no later than 15 min. after the announcement of unofficial result. In exceptional cases the Jury may shorten or extend these time periods.

522.4 Entering Reserves and Late Entries

A late entry in a Gundersen competition is possible only if it occurs prior to the start of the jumping competition and in a Mass start competition prior to the start of the Cross Country race. At international competitions with limited team entries, reserves may only be substituted for a competitor if the originally drawn competitor cannot start due to force majeure (injury, illness, etc., certified by a physician) and if the Jury permits the entry. The Jury has to make also the decision, in which place in the starter field the substituted competitor may start (e.g. in the same place, in its ranking position or at the beginning of a group).

523 Draw

523.1 Principles

523.1.1 For international competitions, the draw is carried out by using a random double selection.

523.1.2 It is possible to have the draw conducted prior to the team captains' meeting under the supervision of the Jury.

523.2 Individual Competitions

523.2.1 Gundersen method

The starting order at OWG, WSC, WC-NC and COC-NC in Ski Jumping for the official trainings, provisional competition round, trial and competition round will be based on the reverse order of the actual Cup standings.

Competitors without any points in the Cup Standings will be drawn in groups before those competitors with points.

A draw is only carried out for Ski Jumping at JWSC. The starting order for the groups is: I, II, III, IV.

523.2.3 FIS Competitions

At competitions without ranking lists, the start order is realized by draw. The Jury must decide on the number of groups and the number of athletes per nation within a group based on the field size.

523.3.2 FIS Competitions

The start position will be made by draw or as per a special rule.

524 Training before the Competitions

524.1 Ski Jumping

524.1.1 All training on the competition jumping hill before the competition (official training) must be within the schedule assigned by the OC and under the supervision of the Jury.

Any additional training made independently under self responsibility and/or direction of a trainer (free training) during the scheduled organization days is not permissible.

524.1.2 At the official training for the competition only the registered competitors as well as the additional fore jumpers specified by the Competition Committee can participate. At the OWG, WSC, JWSC and Cup competitions the right to participate during the official training is based on the actual rules and regulations.

524.1.3 For FIS International competitions, the jumping hill must be available for training a minimum of one day. For the OWG and the WSC, the jumping hill must be available for training three days before the competition. The Competition Committee shall consider both snow and weather conditions when scheduling training sessions. It is the responsibility of the Competition Committee to provide

optimal training conditions for all competitors.

- 524.1.4 If possible, training sessions shall be scheduled at the same time of day as the competition. All information pertaining to the training schedule or possible changes must be presented in due time.
- 524.1.5 The jumping hill must be in good condition for all training sessions and must be prepared as it would be for the competition. An adequate number of officials and hill packers must be present during the training sessions.
- 524.1.6 During all training sessions, distances shall be supervised and the maximum length of inrun decided and fixed by the Jury.
- 524.1.7 On-site first-aid personnel must be present during all training sessions to provide any necessary medical assistance.
- 524.1.8 To guarantee an equal opportunity, both jumping hills are to be closed for training and competition 14 days prior the first training day of the OWG respectively WSC. The competition dates have to be scheduled in such a way that all three training days, according to the above articles are realized on the first jumping hill to be used prior to the first competition, subsequent training on the same hill for the second competition is additional. The same condition must be present for training days prior to the second jumping competition on the new jumping hill.

524.2 Cross Country

Competitors must be given the opportunity to train and inspect the race 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.

525 Competition Realization

525.1 Ski Jumping

525.1.1 Number of Jumps

For all competitions, with exception of the Mass start (two scored competition rounds Ski Jumping), one competition round in Ski Jumping will be held which will give the calculation basis for the converted time difference for the Gundersen method. One trial jump (round) must be included in the competition program. The decision to use the trial jump is the jumpers.

- 525.1.2 The Jury shall decide the length of inrun (starting place) to be used. Once a majority decision has been reached on the start to be used, its length must remain the same for the entire round of jumps unless the round is stopped and restarted. No jumper is permitted to use a greater length of inrun (higher start) than that determined by the Jury.
- 525.1.3 The jumper is not allowed to use ski poles or any other kind of assistance. Nor is the jumper allowed to obtain outside assistance. Competitors who violate this rule will be disqualified.
- 525.1.4 When the hill is clear and the officials are ready, the chief of competition or authorized assistant shall give the start signal from the Judges tower for each competitor. No more than one signal should be used to initiate the exact time of the start control.
- 525.1.5 The start signal shall be determined by a green light displayed on the traffic light. If such a starting device is not available, the jumper can be signaled that the hill is clear by the waving of a flag by a control official located on the takeoff platform.
- 525.1.6 The jumper must have completely finished the jump before the next starting signal may be given.
- 525.1.7 It is the responsibility of the chief of competition to coordinate communication

among all officials. This to include, the chief of hill, his various assistants at the takeoff, on the outrun, at the wind-measuring devices that the hill is clear, that all officials are ready, and that weather (wind) conditions are fair.

525.1.8 The starter shall report to the chief of competition the number of the upcoming jumper and the competitor's readiness to start.

525.1.9 It is the competitor's responsibility to be ready at the start when the starting number is called. The Jumper has according to the respective mode of the start time installation (10 seconds in case of three phase mode and 10 - 15 seconds in case of two phase mode) to leave the start after the start signal has been given. If the jumper has not left the start gate by the end of the start time, the hill will automatically be closed (see art. 514.1.7.1, 514.1.7.2).

525.1.10 During the starting procedure the jumper must have the opportunity to clearly observe the automatic countdown display (e.g. a programmable digital clock) (see art. above)

525.1.11 The jumper has to start within the start time. If the start signal is interrupted during the competitor's starting period for any reason, for example unstable weather conditions, the starting process will begin again.

525.1.12 The jumper must not start before the official starting signal or intentionally delay readiness to receive signals from a third person. Feigning problems with skis, bindings, equipment, or clothing is inexcusable. Both types of actions will as a rule cause disqualification.

525.1.13 A competitor hindered by "force majeure" who arrives late at the start may appeal to the Jury. After considering all the facts reported, the Jury may allow the competitor to participate in the remaining part of the competition out of starting order.

525.1.14 Repetition of a Jump

A competitor hindered or interfered with during the jump by an error on the part of an official, an animal, spectators or any other "force majeure" may appeal to the Jury. After considering the facts reported, the Jury shall either allow or reject a repeat of the jump. In case of one of the above mentioned reasons, the Jury is entitled to allow repetition of the jump from their own point of view.

525.1.15 If combined ski jumping is carried out together with special ski jumping, the combined competitors should be drawn in a separate group. The combined competitors can be divided into subgroups.

525.2 Cross Country

525.2.1 Gundersen Method

For the Gundersen method the winner of the jumping competition starts first, the second ranked starts next, etc. The start interval is the result of the converted point differences into time differences. The start times are rounded to full seconds.

525.2.3 Instruction for the "Wave start" The Jury is responsible to make the decision about the "Wave start" and appropriate start time within the start list. The competitors start in groups in 10 sec. interval. The decision for these groups will be made according to the length of the course and the venue. Competitors who have been lapped must be pulled from the race. For the final result, the removed athlete(s) will be ranked and get their corresponding cup points at the place when they were removed.

525.2.4 Ski Marking

525.2.4.1 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.

525.2.5 For order and control on the courses the following principles apply:

- from 5 min. before the start until the time the post runners 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 m beside the competitors.
- while doing this work officials and others have to ensure not to obstruct competitors.

525.2.6 Wax testing and warming up on the race course must always be done in the competition course direction. Electronic timing devices used for testing skis will not be allowed on the course during the competition.

525.2.7 Schedule Postponement

With difficult weather conditions the Jury may postpone the competition. The decision by the Jury must be made not later than 30 min. before regular starting time.

525.2.8 The competitor has the responsibility to arrive at the start on time and with marked skis.

525.2.9 Competitors must follow the marked course from start to finish and must pass all controllers. 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.

525.2.10 In all competitions poles and one ski may be changed.

525.2.11 Waxing or cleaning of skis during the competition is possible when it is done outside the track and without help from any other people.

525.2.12 Position for a Competitor at the Start

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 should be placed in front of the starting line.

525.2.13 Early Start for a Competitor

Each competitor is responsible himself to start at the right starting time. A competitor who starts too early must come back and pass through the starting line again. In this case, his starting time will be the time on the start list.

Competitors who do not re-cross the starting line after an early start must be disqualified. In order to get a clear presentation of evidence, adequate technical equipment must be installed in the starting area to cover the start procedure.

525.2.14 Late Start for a Competitor

A competitor who starts late must not interfere with the start of other competitors.

525.2.15 A competitor who is overtaken must give way on the first request except in marked zones (see 525.2.17). This applies in free technique courses when the skier being overtaken may have to restrict his skating action.

525.2.16 When overtaking other competitors, the faster skier is not allowed to obstruct the actions of the competitor(s) he is passing, this to include:

- the competitor who was overtaken must be able to continue the competition in an unobstructed way.
- the overtaking competitor must not step on the skis of the overtaken competitor.
- intentional body contacts are forbidden.
- wrongful use of poles is forbidden.

The overtaking procedure is finished when the behind leg of the overtaking competitor is in front of the tip of the other competitor's skis.

- 525.2.17 The hand off 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. If an exchange contravenes the rules, both competitors must come back to the relay exchange zone where a correct handover must take place before the next competitor taking over can start. The next competitor may only enter the relay exchange zone when summoned.
- 525.2.18 Once the competitor selects a lane where corridors are marked they must remain in their chosen corridor unless they are overtaking another competitor.
- 525.2.19 The competitor is ranked if all the parts of his body have crossed the finish line without any outside help.
- 525.2.20 The competitors must comply with the instructions of competition officials.
The competitor must comply with all aspects of the medical code (see art. 221)

526 Bibs

- 526.1 It is mandatory for the competitor to wear his start number during the official training (Ski Jumping and Cross Country) and competition at OWG, WSC and WC-NC.
- 526.2 For JWSC and COC-NC events the competitor must wear the assigned start number during the official jumping training.
- 526.3 The start numbers must be legible from the back and the front. They must not hinder the competitor in any way. The size and the shape are described in the rules for competition equipment. It is not permitted to change the size, the shape and the method of attachment of the start number.
- 526.4 Cross Country
For OWG, WSC, JWSC and WC-NC all start numbers used in all competition formats must also have numbers on both sides of the bib.
- 526.5 Leg Bibs
At OWG, WSC, JWSC, WC-NC and COC-NC for all Gundersen, the Mass start and the last competitor of the Team competitions numbers are fastened to the thighs (outside) for the identification of the competitor and the verification of results.
- 526.6 Team Competitions
For each group, the team start numbers will be a different color (same for both Ski Jumping and Cross Country). For OWG, WSC, JWSC, WC-NC and COC-NC competitions they will be:
1st group = red; 2nd group = green; 3rd group = yellow and 4th group = blue.

527 Calculating and Announcement of Results

527.1 Start and Result Lists

The following elements provide the basic format information for all lists:

- Name of the competition
- Date and place of competition
- Name of the hill and reference to its K-point and Hill Size (HS) or
- Name of course and reference to technical parameters
- HD, MC, TC, length of rounds
- Names and country of each Jumping Judge
- Names and country of each Jury member
- Information on the current weather (snow conditions, temperature, wind, etc.)
- Number of entered, started, finished, not finished and disqualified competitors
- Additional for each competitor
- Rank
- Bib number

- Last and first name, nation and/or club
- For each jump, the following information shall be recorded separately:
- Distance jumped, inrun velocity, distance points
- Style points
- Collective points per round and
- on the end of the line the total points or
- Cross Country time and rank
- Calculated points after Cross Country race (Mass start)

527.2 Ski Jumping

527.2.1 Format for Trainings Lists

For the official training results, in addition to the general points listed above, the following elements must be listed:

inrun velocity/rank, distance jumped/rank, starting gate for each round

527.2.2 Instructions for the Start Lists

See art. 527

527.2.3 Final Result Lists

See art. 527

527.2.3.1 Style Points

Scoring starts with the scores of five Jumping Judges, and then the highest and lowest scores are eliminated. The three remaining scores are added.

The sum of these scores is the total style points for a jump. The guidelines for the recording of the Jumping Judges note are given within the ICR book III art. 431.

527.2.3.2 Distance Points

The points scored for the distances jumped are calculated on basis of the jumping hill. The point for one m is based on a points table determined on the K-point of the hill.

K-point Distance	Meter Value
20 - 24 m	4.8 pts./m
25 - 29 m	4.4 pts./m
30 - 34 m	4.0 pts./m
35 - 39 m	3.6 pts./m
40 - 44 m	3.2 pts./m
45 - 59 m	2.8 pts./m
60 - 74 m	2.4 pts./m
75 - 99 m	2.0 pts./m
100 and larger	1.5 pts./m

The K-point of the jumping hill acts as the table point; consequently, the K-point distance equals 60 distance points. After the m value of the hill has been determined, the distance difference of the measured lengths for jumps must be calculated. Distances shorter than the K-point are calculated by multiplying the m value by the length difference and subtracting this number from 60. By contrast, distances longer than the K-point are calculated by multiplying the m value by the length difference and adding this number to 60.

527.2.3.3 Collective Point Score

This score is calculated by adding the style points and the distance points together.

527.2.3.4 Total Point Score

This score is calculated by adding together the collective point scores from the competitive jumping rounds. The jumper with the highest total point score is the winner.

527.2.3.5 Identical Scores

When two or more jumpers have identical scores, a tie is declared, and the jumpers are awarded the same place. The following position(s) shall be displaced (eliminated) in accordance with the number of tied places. In the final result list, ties shall be listed in reverse order of the jumper's start number (the higher start number first).

527.3 Announcement of the Jumping Results (Intermediate result)

An unofficial results list will be posted immediately after the competition. The chief of calculations and the competition secretary examine and compare the unofficial results list with the original recording lists. The competition secretary then presents the final list for approval to the Jury. If the Jury has not received any protests, the results list will be published as the intermediate results after the protest time. The protest time as a rule is 15 min. after the end of the competition. Team captains' meeting can decide on a shorter protest time. The official results list sent to the FIS must be written in Latin characters.

527.3.1 Style Judges Deduction Point List

At OWG, WSC, WC-NC and COC-NC for each round of jumps an additional list concerning the style point deductions must be made.

527.4 Cross Country

527.4.1 Cross Country Calculation Table

The points or time differences between the competitors and to the winner of the Jumping competition or Cross Country competition will be calculated for establishing the result difference between the competitors. This calculation based on the Nordic Combined table. The value of either time or points must be mathematically rounded depending on the competition format.

According to the length of the race course the following tables will be used.

For the calculation a six decimal point place is used:

10 km course: 1 min. = 15 points

5 km course: 1 min. = 15 points

4 x 5 km course: 1 min. = 45 points

Conversion tables by deviating distances are to be specified in sole responsibility of the national Ski Federations.

527.5 Final Result List

After finishing of a Nordic Combined competition the TD and the Chief of Competition must sign the Official result list to confirm the correctness of the result.

530 Sanctions and Protests

The following articles 531, 532 and 533 have to be applied on the basis of

- art. 223 (sanctions),
- art. 224 (procedural guidelines) and
- art. 225 (appeals commission) of the joint regulations for all competitions.

531 Sanctions

531.1 General Conditions (see art. 223.1)

531.1.1 Sanction may apply,

- 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 behavior is to consider whether the conduct was intentional or unintentional behavior is present or whether the conduct arose from

circumstances of an emergency.

- 531.1.2 Sanctions may apply by the FIS Nordic Combined Committee
- against a TD or TD Assistant who has made irregular or unfair decisions and has personally misbehaved
 - against a distance measurer who intentionally executes false or improper measurements and has personally misbehaved.
- 531.1.3 Not Permitted to Start
- A competitor will not be permitted to start in any FIS International Ski competition who:
- 531.1.3.1 doesn't meet the eligibility requirements of art. 203 (FIS-license);
- 531.1.3.2 enters under or by false data
- 531.1.3.3 doesn't meet the age-group regulations (art. 521.1.1)
- 531.1.3.4 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)
- 531.1.3.5 violates the FIS rules in regard to equipment (art. 222) and commercial markings (art. 207)
- 531.1.3.6 refuses to undertake a FIS required medical examination (art. 221.2)
- 531.1.3.7 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.
- 531.2 Penalties
- A penalty will be assessed by the Jury where the competitor:
- 531.2.1 violates the rules governing advertising on equipment (art. 207.1)
- 531.2.2 alters the start number in a way which is not allowed (art. 526.3)
- 531.2.3 does not wear or carry the official start number according to the rules. (art. 526.1, 526.2)
- 531.2.4 violates the rules of responsibility of competitor during the competition or demonstrates unsportsmanlike behavior (art. 525.2.16)
- 531.2.5 removes skis before crossing the red line (art. 206.5)
- 531.2.6 takes skis to the official ceremonies (art. 206.6)
- 531.3 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). A competitor will be considered to be disqualified if he
- 531.3.1 violates the rules of start procedure (art. 525.1.3, 525.1.4, 525.1.12, 525.1.13, 514.1.7.1, 514.1.7.2, 525.2.13)
- 531.3.2 does not ski the entire marked course (art. 525.2.9)
- 531.3.3 violates the rules of ski marking and using transponder (art. 525.2.4, 514.3)
- 531.3.4 intentionally causes obstruction.
- 531.3.5 After disqualification, a competitor's name will be shown on a revised result list indicating his status as DSQ and no times must be printed for this competitor.
- 531.3.6 According to the rule 223.3.3 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.

532 Protests

- 532.1 Protests against the entry of a competitor must be delivered in writing to the competition secretary before the start of the competition.
- 532.2 Protests against the actions made by another competitor or an official during the

competition must be made in writing to the competition secretary within 15 min. after the completion of the competition.

532.3 Protests concerning incorrect calculations or result misprints shall be considered if sent by registered mail from the competitor's National Ski Association to the event organizing association within one month of the date of the competition. If a mistake is proven, the correct results shall be republished and the awards redistributed if necessary.

532.4 The Jury must consider protests if they are made within the allowable time limit and a sum of CHF 100 has been deposited with the competition secretary.

532.5 Distances measured manually by distance measurers and style scorings of jumping judges or scoring at a Mass start competition by a Jury are subjective decisions (so called "statements of facts") on real facts which are not repeatable and therefore, cannot be corrected. Therefore, protests against such subjective decisions aiming at a correction of the result are not allowed.

This to include, protests concerning the start control procedure for ski jumping in situations of variable wind conditions.

3rd Section

Special Regulations for the Competition Formats

540 Individual Gundersen Competition

540.1 Competition Realization

For the Gundersen Individual competition, the Jumping competition is held first with the Cross Country race being the second event. To have start right for the Cross Country race it is necessary for the competitor to have taken part in the competition round for Ski Jumping.

540.2 Calculation

The calculation is based on the appropriate meter and point value according the art. 527.2.3.2 and 527.4.1. For the final result list the ranking must be fixed, if necessary with technical help. In case of two or more athletes arriving at the finish line with the identical times a decision is made by the use of the photo finish video or by finish referee (art. 514.2.5). In case when no visual differences between competitors can be determined with the assistance of the technical equipment, the same rank will be given in the final result. For cup competitions, the same points will be awarded.

540.3 Special Regulations

To prevent too large start time differences, the Jury can decide upon the use of the "wave start" (art. 526.2.4). According to the adjusted final result list it is possible that a tie in the final ranking may occur. The ranking of the competitors in this situation is based upon art. 527.2.3.4.1. When this occurs in a cup point event, the following rule applies: the tie competitors get the same points, with the following points value being eliminated.

542 Team Gundersen Competition

542.1 Competition Realization

The Gundersen Team format consists of a ski jumping event by one round and a relay Cross Country competition. At OWG, WSC, WC-NC and JWSC a team consists of four competitors.

542.2 Calculation

The calculation is based on the appropriate meter and point value according the art. 527.2.3.2 and 527.4.1. For the final result list the ranking must be fixed, if necessary with technical help. In case of two or more athletes arriving at the finish

line with the identical times a decision is made by the use of the photo finish video or by finish referee (art. 514.2.5). In case when no visual differences between competitors can be determined with the assistance of the technical equipment, the same rank will be given in the final result. For cup competitions, the same points will be awarded. The start differences for the Cross Country race will be calculated from the actual total points scored by each team from the Jump event.

542.3 Special Regulation

542.3.1 The selected 5 km course should use two times 2.5 km lap layout and meet the FIS homologation guidelines for this event.

542.3.2 A competitor who did not start in one round of the jump competition, or was disqualified within a round will get zero points.

542.3.3 If the conditions so demand, the length of the inrun can be adjusted for each group, or a round of jumps for one specific group can be cancelled and restarted.

543 Summer Competitions

Summer competitions in Nordic Combined are possible. For the Jumping event the same regulations as winter competitions are valid. The Cross Country event can be held using different equipment (Roller skis, Inline-Skates) or a running race. The invitation must state the competition format and race method.

4th Section

Tables for Nordic Combined Cross Country

550 The Calculation of the Time Difference

550.1 In order to eliminate variations during the calculation of the time differences, the following principles are used:

550.2 The start differences for the Cross Country event are based on the Ski Jumping result, this calculation is made according to either seconds per point or points per second.

550.3 The calculation made will be taken to the sixth decimal place. This will ensure that each point value calculation is factored with sufficient accuracy. The value of the seventh decimal point is ignored. Therefore, no rounding of the sixth decimal place value is to occur.

Example:

Default = 45 points per minute

1 Minute per 45 points = 60 seconds per 45 points

60 seconds: 45 points = 1.333333...sec/pts.

For calculation = 1.333333...sec/pts. (6 decimal place)

550.4 Procedure for the Calculation of the Time Difference:

The calculated time differences will be rounded from 0.5 tenths to a full second:

0.499999 = 0

0.5 = 1

550.5 Calculation Example for Time Difference

Points difference	Seconds per point	Result	Time difference (sec)
50	1.333333	66.66665	67 (1:07)
22.3	1.333333	29.73333259	30 (0:30)
22.4	1.333333	29.333326	29 (0:29)

550.6 Procedure for the Calculation for the Point Difference

The calculated point difference will be rounded from 0.05 to a full tenth of a point:

0.0499999 = 0.0

$$0.05 = 0.1$$

550.7 Calculation Example for Point Difference

Time difference (sec)	Points per sec	Result	Point difference
41 (0:41)	1.333333	30.7500077	30.8
106 (1:46)	1.333333	79.5000199	79.5
188 (3:08)	1.333333	141.000035	141.0

551 Table Value

Course (km)	Points/Minute	Seconds/Points
10	15	4.0
5	15	4.0
4 x 5 km	45	1.333333

CODE OF CONDUCT

Membership in the United States Ski and Snowboard Association is a privilege, not a right. All USSA members (athletes, coaches, and officials) when participating in any USSA activity must agree to conduct themselves according to USSA's core values of Team, Loyalty, Integrity, Respect, Perseverance, and Accountability and abide by the spirit and dictates of this Code of Conduct. All members must agree to comport themselves in a sportsmanlike manner, and are responsible for their actions while attending or participating in all USSA activities (including but not limited to camps, competitions, and projects).

Sportsmanlike conduct is defined as, but is not limited to: respect for competition officials, resort employees, and the skiing and snowboarding public, respect for facilities, privileges and operating procedures, the use of courtesy and good manners, acting responsibly and maturely, refraining from the use of profane or abusive language, and abstinence from illegal or immoderate use of alcohol and use of illegal or banned drugs.

While participating in any USSA activity:

1. USSA members shall be subject to the jurisdiction of the International Ski Federation Statutes, the United States Olympic Committee Bylaws, the USSA Bylaws, and the USSA Code of Conduct.
2. USSA members shall conduct themselves at all times and in all places as befits worthy representatives of the United States of America, the United States Olympic Committee, USSA, their region, division, state or club and in accordance with the best traditions of national and international competition.
3. USSA members are responsible for knowledge of and adherence to competition rules and procedures. Members are also responsible for knowledge of and adherence to the rules and procedures of the USSA national teams, camps or other projects when participating in such.
4. USSA members shall maintain high standards of moral and ethical conduct, which includes self-control and responsible behavior, consideration for the physical and emotional well-being of others, and courtesy and good manners.
5. USSA members shall abide by USSA rules and procedures while traveling to and from and participating in official USSA activities.
6. USSA members shall abstain from illegal and/or immoderate consumption of alcohol. Absolutely no consumption of alcohol is permitted for those individuals under the age of 21. Members under 21 years of age shall not participate in gatherings involving consumption of alcohol unless it is an official USSA or event organizer function.

7. No USSA member shall violate the customs, travel or currency regulations of a country while traveling with a USSA group or on a USSA ticket.
8. No USSA member shall commit a criminal act.
9. No USSA member shall engage in any conduct that could be perceived as harassment based upon gender, age, race, religion or disability.
10. USSA members will avoid profane or abusive language and disruptive behavior.
11. USSA members agree to abide by anti-doping rules and procedures established by WADA, USADA, and/or FIS.

Failure to comply with any of the above provisions may lead to disciplinary action by the appropriate team or competition leader. Disciplinary action may include:

- Removal from the team trip or training camp.
- Suspension from training and/or competition.
- Elimination of coaching, travel, and other benefits.
- Forfeiture of USSA membership.

USSA is committed to principles of fairness, due process and equal opportunity. Members are entitled to be treated fairly and in compliance with USSA's Bylaws, policies and procedures. Members are entitled to notice and an opportunity for a hearing before being prevented from participating in protected competition as that term is defined by the USOC Bylaws. Information on the processes for grievances, suspensions and appeals is available at www.ussa.org.

Nothing in this Code shall be deemed to restrict the individual freedom of a USSA member in matters not involving activities in which one could not be perceived as representing USSA. In choices of appearance, lifestyle, behavior and speech while not representing USSA, competitors shall have complete freedom, provided their statements and actions do not adversely affect the name and reputation of the USSA. However, in those events where one is representing or could be perceived as representing USSA, USSA demands that its members understand and agree to behave in a manner consistent with the best traditions of sportsmanship and USSA's core values.

Last revised May 18, 2008

CONCUSSION CHECKLIST

Signs and Symptoms

Athletes who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

Signs Observed by Coaches / Officials	Symptoms Reported by Athlete
Appears dazed or stunned	Headache or "pressure" in head
Moves clumsily	Nausea or vomiting
Answers questions slowly	Balance problems or dizziness
Loses consciousness (even briefly)	Double or blurry vision
Shows behavior, or personality changes	Sensitivity to light or noise
Can't recall events prior to hit or fall	Feeling sluggish, hazy, foggy or groggy
Can't recall events after hit or fall	Concentration or memory problems
	Does not "feel right"
	Confusion

Action Plan

If you suspect that an athlete has a concussion

1. Remove the athlete from training and competition.
2. Provide athlete/family with USSA concussion parent information and medical evaluation forms.
3. Notify the USSA of suspected concussion - jweinman@ussa.org.
4. The athlete will be placed on USSA medical hold until the completed medical evaluation form is received with the signature of a medical professional who has been trained in concussion management within the past three years.

More Information

www.cdc.gov/ConcussionInYouthSports

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