



**FEDERATION INTERNATIONALE DE SKI  
INTERNATIONAL SKI FEDERATION  
INTERNATIONALER SKI VERBAND**

**BOOK VII**

**NORDIC COMBINED**

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**INTERNATIONAL  
SKI COMPETITION RULES**

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(ICR)



APPROVED BY THE  
46<sup>th</sup> INTERNATIONAL SKI CONGRESS, CAPE TOWN (RSA)  
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## Table of Contents

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### 1<sup>st</sup> Section

---

<b>200</b>	<b>Joint Regulations for all Competitions</b> .....	3
201	Classification and Types of Competitions.....	3
202	FIS Calendar.....	5
203	Licence to participate in FIS Races (FIS Licence).....	7
204	Qualification of Competitors.....	8
205	Competitors Obligations and Rights.....	8
206	Sponsorships and Advertising.....	9
207	Advertising and Commercial Markings.....	11
208	Electronic Media including Television, Radio and New Media.....	11
209	Film Rights.....	14
<b>210</b>	<b>Organisation of Competition</b> .....	15
211	The Organisation.....	15
212	Insurance.....	15
213	Programme.....	16
214	Announcements.....	16
215	Entries.....	16
216	Team Captains' Meetings.....	17
217	Draw.....	17
218	Publication of Results.....	18
219	Prizes.....	19
<b>220</b>	<b>Service Personnel, Suppliers and Firms' Representatives</b> .....	20
221	Medical Services, Examinations and Doping.....	20
222	Competition Equipment.....	21
223	Sanctions.....	22
224	Procedural Guidelines.....	24
225	Appeals Commission.....	26
226	Violation of Sanctions.....	27

---

### 2<sup>nd</sup> Section

---

	<b>Joint Regulations for Nordic Combined Competitions</b> .....	29
<b>500</b>	<b>Organisation</b> .....	29
501	The Competition Committee and Officials.....	29
502	The Jury and Competition Management.....	32
503	FIS Officials for Jury and Competition Management.....	34
504	Judges and Referees.....	38
505	Nomination and Reimbursement of Competition Officials.....	39
506	Team Captains' Meeting.....	43
<b>510</b>	<b>Technical Facilities</b> .....	43
511	Information on the Jumping Hills.....	43
512	Information to the Cross-Country courses.....	47

513	Working conditions at the Competition areas .....	48
514	Measuring Devices.....	50
515	Preparation of the Competition areas.....	54
516	Information for Spectators and Press .....	58
<b>520</b>	<b>Competition and Competitors .....</b>	<b>58</b>
521	Requirements of the Competitors.....	58
522	Entry.....	59
523	Draw.....	59
524	Training before the Competitions .....	60
525	Competition Realization .....	61
526	Bibs .....	65
527	Calculating and Announcement of Results.....	66
<b>530</b>	<b>Sanctions and Protests .....</b>	<b>68</b>
531	Sanctions .....	68
532	Protests.....	70

---

### **3<sup>rd</sup> Section**

---

#### **Special Regulations for Competition Formats .....**

<b>540</b>	<b>Individual Gundersen Competition.....</b>	<b>72</b>
541	Individual Mass start Competition .....	72
542	Team Gundersen Competition .....	74
543	Summer Competitions.....	74

---

### **4<sup>th</sup> Section**

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#### **Tables for Nordic Combined Cross-Country .....**

<b>550</b>	<b>The Calculation of the Time Difference.....</b>	<b>75</b>
551	Table Value .....	76

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## **1<sup>st</sup> Section**

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### **200 Joint Regulations for all Competitions**

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

#### **200.2 Organisation and Conduct**

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

#### **200.3 Participation**

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

#### **200.4 Special Regulations**

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

#### **200.5 Control**

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

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

### **201 Classification and Types of Competitions**

#### **201.1 Competitions with Special Rules and/or Limited Participation**

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

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

#### **201.2 Competitions with Non-Members of the FIS**

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

### **201.3 Classification of Competitions**

201.3.1 Olympic Winter Games, FIS World Ski Championships and FIS World Junior Ski Championships

201.3.2 FIS World Cups

201.3.3 FIS Continental Cups

201.3.4 International FIS Competitions (FIS Races)

201.3.5 Competitions with Special Participation and/or Qualifications

201.3.6 Competitions with Non-Members of the FIS

### **201.4 FIS Disciplines**

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

#### *201.4.1 Recognition of Disciplines in the International Ski Federation*

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

#### *201.4.2 Exclusion of Disciplines from the International Ski Federation*

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

### **201.5 FIS Events**

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

### **201.6 Types of Competitions**

International competitions consist of:

#### *201.6.1 Nordic Events*

Cross-Country, Rollerskiing, Ski-Jumping, Ski-Flying, Nordic Combined, Team Competitions in Nordic Combined, Nordic Combined with Roller-skiing or In-line, Team Ski-Jumping, Ski-Jumping on plastic jumping hills, Popular Cross-Country

#### *201.6.2 Alpine Events*

Downhill, Slalom, Giant Slalom, Super-G, Parallel Competitions, Combined, KO, Team Competitions

#### *201.6.3 Freestyle Events*

Moguls, Dual Moguls, Aerials, Ski Cross, Half Pipe, Team Event

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

## **201.7 FIS World Championship Programme**

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

## **202 FIS Calendar**

### **202.1 Candidature and Announcement**

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

- 202.1.2.2**      *Allocation of competitions*  
Allocation of the competitions to the National Ski Associations is made through the electronic communication process between FIS and the National Ski Associations. In the case of FIS World Cup competitions, the calendars are subject to the approval of the Council, on proposal of the respective Technical Committee.
- 202.1.2.3**      *Homologations*  
Competitions that appear in the FIS Calendar may only take place on competition courses or jumping hills homologated by the FIS.  
The homologation certificate number must be indicated when applying for the inclusion of competition in the FIS Calendar.
- 202.1.2.4**      *Publication of the FIS Calendar*  
The FIS calendar is published by FIS on the FIS website [www.fis-ski.com](http://www.fis-ski.com). It will be updated to reflect cancellations, postponements and other changes continuously by FIS.
- 202.1.2.5**      *Postponements*  
In case of the postponement of a competition listed in the FIS Calendar, the FIS has to be informed immediately and a new invitation must be sent to the National Ski Associations, otherwise the competition cannot be considered for FIS points.
- 202.1.2.6**      *Calendar Fees*  
In addition to the annual subscription, a calendar fee is set by the FIS Congress and is due for each year and for each event listed in the FIS Calendar. For additional events, a 50% surcharge will be made in addition to the regular calendar fee for applications submitted 30 days before the date of the competition. The calendar fee for a competition that has to be rescheduled remains the responsibility for payment in full of the original organising National Ski Association.  
At the beginning of the season, each NSA will receive an invoice for 70 % of its total invoice from the previous season. This amount will be debited from its FIS account. At the end of the season each NSA will receive a detailed invoice for all registered competitions during the season. The balance will be subsequently be debited or credited to the NSA account at FIS.
- 202.1.3**      *Appointment of Race Organiser*  
In the event that the National Ski Association appoints a race organiser, such as an affiliated ski club, it shall do so using the form "Registration Form National Ski Association and Organiser" or by means of a similar written agreement. An application by a National Ski Association for inclusion of an event on the International Ski Calendar shall mean that the necessary agreement to organise the event has been established.
- 202.2**      **Organisation of Races in other Countries**  
Competitions which are organised by other National Ski Associations may only be included in the FIS Calendar when the National Ski Association of the country concerned where the competitions will be organised gives its approval.



## **203           Licence to participate in FIS Races (FIS Licence)**

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

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

203.5.5 A competitor whose licence to participate in FIS races has been suspended may have a new licence to participate in FIS races issued after he has proved that any sanctions imposed have been fulfilled.

## **204 Qualification of Competitors**

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

204.1.1 has conducted himself in an improper or unsportsmanlike manner or has not respected the FIS medical code or anti-doping rules,

204.1.2 accepts or has accepted, directly or indirectly, any money-payments for the participation at competitions,

204.1.3 accepts or has accepted a prize of a higher value than fixed by article 219,

204.1.4 permits or has permitted his name, title or individual picture to be used for advertising, except when the National Ski Association concerned, or its pool for this purpose, is party to the contract for sponsorship, equipment or advertisements.

204.1.5 knowingly competes or has competed against any skier not eligible according to the FIS Rules, except if:

204.1.5.1 the competition is approved by the FIS Council, is directly controlled by the FIS or by a National Ski Association, and the competition is announced «open»,

204.1.6 has not signed the Athletes Declaration,

204.1.7 is under suspension.

204.2 With the issuance of a licence to participate in FIS races and race entry the National Ski Association confirms, that valid and sufficient accident insurance for training and competition is in place for the competitor and assumes full responsibility.

## **205 Competitors Obligations and Rights**

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

205.2 Competitors are not permitted to compete while under the influence of doping.

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

205.4 Competitors who do not attend the prize-giving ceremonies without excuse lose their claim to any prize including prize money.

In exceptional circumstances, the competitor may be represented by another member of his team, but this person has no right to take his place on the podium.

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

## **205.6 Support for the Competitors**

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

205.6.2 full compensation for travel cost to training and competition,

205.6.3 full reimbursement for accommodation during training and competitions,

205.6.4 pocket money,

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

205.6.6 social security including insurance for training and competition,

205.6.7 scholarships.

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

## **205.8 Gambling on Competitions**

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

## **206 Sponsorships and Advertising**

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

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

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

206.2 All compensation under such contracts must be made to the National Ski Association or its ski pool which shall receive the compensation subject to the regulations of each National Ski Association.

Competitors may not directly receive any part of such compensation except as stated in art. 205.6. The FIS may at any time call for a copy of the contract.

206.3 Equipment goods supplied to and used by the national team must, with reference to markings and trade marks, conform with the specifications stated in art. 207.

**206.4 Competition Equipment at FIS Events**

Only the competition equipment, according to the FIS rules on advertising, provided by the National Ski Association, complete with the commercial markings approved by the National Ski Association, may be worn in FIS World Cup and FIS World Ski Championship competitions. Obscene names and/or symbols on clothing and equipment are forbidden.

206.5 Competitors are not permitted to take off one or both skis or snowboard before crossing the red line in the finish area, as defined by the organiser.

206.6 At FIS World Ski Championships, FIS World Cups and all events of the FIS Calendar, a competitor is not allowed to take equipment (skis/board, poles, ski boots, helmet, glasses) to the official ceremonies which have anthems and/or flag raising. Holding/carrying equipment on the victory podium after conclusion of the whole ceremony (handing over trophies and medals, national anthems) for press photos, pictures, etc. is however permitted.

**206.7 Winners presentation / Equipment on the podium**

At FIS World Ski Championships and all events of the FIS Calendar, a competitor is allowed to take the following equipment on the podium:

- Skis / Snowboards
- Footwear: The athletes may wear their boots on their feet, but are not allowed to wear them anywhere else (such as around their neck). Other shoes cannot be taken on the podium during presentation except if they are worn on the feet.
- Poles: not on/around skis, normally in the other hand
- Goggles: either worn or around the neck
- Helmet: if worn only on the head and not on another piece of equipment, e.g. skis or poles
- Ski straps: maximum of two with name of the producer of skis; eventually one can be used for a wax company
- Nordic Combined and Cross-Country Ski Poles Clips. A clip can be used to hold the two poles together. The clip can be the width of the two poles, though not wider than 4 cm. The length (height) can be 10 cm. The long side of the clip is to be parallel to the poles. The commercial marking of the pole manufacturer can cover the entire surface of the clip.
- All other accessories are prohibited: waist bags with belt, phones on neckbands, bottles, rucksack/backpack, etc.

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

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

## **207 Advertising and Commercial Markings**

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

- 207.1 The rules covering advertising on equipment must be followed.
- 207.2 Any competitor who breaches these rules shall be reported to the FIS forthwith.
- 207.3 If a National Ski Association fails to enforce these rules or for any reason prefers to refer the case to the FIS, the FIS may take immediate steps to suspend a competitor's licence. The competitor concerned and/or his National Ski Association have the right to make an appeal before a final decision is taken.
- 207.4 If an advertiser uses the name, title or individual picture of a competitor in connection with any advertisement, recommendation or sale of goods without the approval or knowledge of the competitor, the competitor may give a "power of attorney" to his National Ski Association or to the FIS to enable them, if necessary, to take legal action against the company in question. If the competitor concerned fails to do so, the FIS shall judge the situation as if the competitor had given permission to the company.
- 207.5 The FIS Council shall review if and how far infractions or breaches of rules have taken place in regard to qualification of competitors, sponsorship and advertising and support for the competitors.
- 207.6 In all competitions of the FIS Calendar (especially for the FIS World Cups) the "FIS Advertising Guidelines" must be observed in regard to advertising possibilities in the competition area, respectively in the TV area. These "FIS Advertising Guidelines", approved by the FIS Council, are an integral part of the FIS contracts with cup organisers.

## **208 Electronic Media including Television, Radio and New Media**

### **208.1 Definitions**

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

Television is defined as the distribution and reception of television programmes, both analogue and digital, comprising video and sound, by means of a television screen receiving signals over the air, by wire, or through connection with a cable or satellite service. Pay-per-view, subscription, interactive, video on demand services and IPTV may also be included in this definition, depending on the rights acquired and exploited.

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

New Media are defined as the distribution and reception of digital content (text, audio, video, images, etc) to fixed, mobile or portable devices by

means of wireless communications technologies, the Internet and any other similar technology existing or still to be invented.

## **208.2 General Principles**

### *208.2.1 Rights of the National Member Associations*

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

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

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

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

### *208.2.2 Access to events*

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

### *208.2.3 Control by the FIS Council*

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

### *208.2.4 Olympic Winter Games, FIS World Championships*

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

## **208.3 Television**

### *208.3.1 Best and most extensive publicity through high quality TV*

In terms of agreements with a TV organisation or agency, attention must be paid to the quality of TV transmissions for all ski and snowboard events

- especially for FIS World Cup competitions
- published in the FIS Calendar, in particular concerning:
  - Top quality and optimal production of a TV signal in which sport is the centrepiece;
  - Adequate consideration and presentation of advertising and event sponsors;
  - A standard of production appropriate to current market conditions for the discipline and level of the FIS competition series, especially the production of the entire event for live transmission, including coverage of all competitors and a world feed;
  - Transmission on those TV channels offering the greatest potential audience exposures based on size and/or demographics.

- Where it is appropriate to the nature of TV market in the region of the host nation, there should be live TV transmission in the country where the event takes place and in the most interested other countries.
- Live TV transmission must include appropriate graphics, particularly the official FIS logo, timing and data information and results, and international sound.

#### 208.3.2 *Production costs*

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

#### 208.3.3 *Short Reports*

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

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

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

#### 208.4 **Radio**

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

## **208.5 New Media**

### **208.5.1 *Internet***

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

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

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

### **208.5.2 *Mobile and portable devices***

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

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

### **208.5.3 *Future technologies***

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

## **209 Film Rights**

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



## **210 Organisation of Competition**

### **211 The Organisation**

#### **211.1 The Organiser**

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

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

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

#### **211.2 The Organising Committee**

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

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

## **212 Insurance**

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

212.2 Before the first training day or competition, the organiser must be in possession of a binder or cover notes issued by a recognised insurance company and present it to the Technical Delegate. The Organising Committee requires liability insurance with coverage of at least CHF 1 million; whereby it is recommended that this sum is at least CHF 3 million; this sum can be increased according to decisions of the FIS Council (World Cup etc).  
Additionally, the policy must explicitly include liability insurance claims by any accredited participant, including athletes, against any other participant including but not limited to officials, course workers, coaches, etc

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

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

## **213 Programme**

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

- 213.1 name, date and place of the competitions, together with information on the competition sites and the best ways of reaching them,
- 213.2 technical data on the individual competitions and conditions for participation,
- 213.3 names of principal officials,
- 213.4 time and place for the first team captains' meeting and the draw,
- 213.5 timetable for the beginning of the official training and the start times,
- 213.6 location of the official notice board,
- 213.7 time and place for the prize-giving,
- 213.8 final date of entry and address for entries, including telephone, telefax and e-mail address.

## **214 Announcements**

- 214.1 The Organising Committee must publish an announcement for the event. It must contain the information required by art. 213.
- 214.2 Organisers are bound by the rules and decisions of the FIS in limiting the number of entries. A further reduction in entries is possible under art. 201.1 provided it is made clear in the announcement.
- 214.3 Postponements or cancellations of competitions and programme alterations must be communicated immediately by telephone, e-mail or telefax to the FIS, all invited or entered National Ski Associations and the appointed TD. Competitions moved to an earlier date must be approved by the FIS.

## **215 Entries**

- 215.1 All entries must be sent so that the Organising Committee receives them before the final date of entry. The organisers must have a final and complete list not later than 24 hours before the first draw.

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

## **216 Team Captains' Meetings**

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

## **217 Draw**

- 217.1 Competitors' starting order for each event and each discipline is decided according to a specific formula by draw and/or point order.
- 217.2 The competitors entered by a National Ski Association will only be drawn if provided written entries have been received by the organiser before the closing date.
- 217.3 If a competitor is not represented at the draw by a team captain or trainer, he will only be drawn if it is confirmed by telephone, telegram, e-mail or telefax by the beginning of the meeting that the competitors who are entered will participate.
- 217.4 Competitors who have been drawn and are not present during the competition, must be named by the TD in his report, indicating if possible the reasons for absence.
- 217.5 Representatives of all the nations taking part must be invited to the draw.

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

## **218 Publication of Results**

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

### *218.1.1 Transmission of Results*

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

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

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

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

### *218.3.1 General*

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

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

### *218.3.2 FIS Calendar data*

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

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

### *218.3.3 Results and Standings*

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

from the results service providers in the case of the FIS World Cup, or they have been input manually for other Cup series.

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

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

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

#### 218.3.4

##### *Organisers access to results*

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

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

## 219

### **Prizes**

#### 219.1

The detailed rules concerning the awarding of prizes will be published by the FIS. Prizes shall consist of mementos, diplomas, cheques or cash. Prizes for records are forbidden. The FIS Council decides in the autumn on the minimum respectively maximum values of the prize money approximately one and a half years before the competition season. The organisers have to inform the FIS by October 15th of the amount.

#### 219.2

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

#### 219.3

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

## **220 Service Personnel, Suppliers and Firms' Representatives**

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

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

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

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

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

### **220.5 The Different Types of Accreditation**

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

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

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

## **221 Medical Services, Examinations and Doping**

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

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

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

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

## **221.5 Gender of the Competitor**

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

## **221.6 Medical Services Required from Event Organisers**

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

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

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

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

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

## **222 Competition Equipment**

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

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

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

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

222.5 The Committee for Competition Equipment publishes equipment by-laws after approval by the FIS Council (definitions or descriptions of the equipment items which are allowed).

In principle unnatural or artificial aids which modify the performance of the competitors and/or constitute a technical correction of the individual's physical predisposition to a defective performance, as well as competition equipment which impact the health of the competitors or increase the risk of accidents are to be excluded.

## 222.6 Controls

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

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

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

## 223 Sanctions

### 223.1 General Conditions

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

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

223.1.2 *The following conduct shall also be considered an offence:*

- attempting to commit an offence
- causing or facilitating others to commit an offence
- counselling others to commit an offence

223.1.3 *In determining whether conduct constitutes an offence consideration should be given to:*

- whether the conduct was intentional or unintentional,
- whether the conduct arose from circumstances of an emergency



223.1.4 All FIS affiliated associations, including their members registered for accreditation, shall accept and acknowledge these rules and sanctions imposed, subject only to the right to appeal pursuant to the FIS Statutes and ICR

## **223.2 Applicability**

### *223.2.1 Persons*

These sanctions apply to:

- all persons who are accredited by the FIS or the organiser for an event published in the FIS calendar (an event) both within and without the confines of the competition area and any location connected with the competition, and
- all persons who are not accredited, within the confines of the competition area

## **223.3 Penalties**

*223.3.1 The commission of an offence may subject a person to the following penalties:*

- Reprimand – written or verbal
- Withdrawal of accreditation
- Denial of accreditation
- Monetary fine not more than CHF 100'000.--
- A time penalty

223.3.1.1 FIS-affiliated associations are liable to the FIS for the payment of any fines and incurred administrative expenses imposed on persons whose registration for accreditation they arranged.

223.3.1.2 Persons not subject 223.3.1.1 also are liable to the FIS for fines and incurred administrative expenses. If such persons do not pay these fines, they shall be subject to a withdrawal of any permission to apply for accreditation to FIS events for a period of one year.

223.3.1.3 Payment of fines is due within 8 (eight) days following their imposition.

*223.3.2 All competing competitors may be subject to the following additional penalties:*

- Disqualification
- Impairment of their starting position
- Forfeiture of prizes and benefits in favour of the organiser
- Suspension from FIS events

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

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

- 223.5**      **The following Penalty decisions may be given verbally:**
- reprimands
  - the withdrawal of accreditation for the current event from persons who had not been registered with the organiser through their National Associations
  - the withdrawal of the accreditation for the current event from FIS-accredited persons
  - the denial of accreditation to the current event from persons who are within the confines of the competition area or any other location connected with the competition.
- 223.6**      **The following Penalty decisions shall be in writing:**
- monetary fines
  - disqualification
  - impaired starting position
  - competition suspensions
  - withdrawal of accreditation from persons who had been registered through their National Association
  - withdrawal of accreditation of FIS accredited persons
- 223.7      Written Penalty decisions must be sent to the offender (if it is not a competitor), the offender's National Association and the Secretary General of FIS.
- 223.8      Any disqualification shall be recorded in the Referee's and/or the TD's Report.
- 223.9      All penalties shall be recorded in the TD's Report.

## **224**                      **Procedural Guidelines**

### **224.1**                      **Competence of Jury**

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

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

### **224.3**                      **Collective Offences**

If several persons commit the same offence at the same time and under the same circumstances, the Jury's decision as to one offender may be considered binding upon all offenders. The written decision shall include the names of all offenders concerned, and the scope of the penalty to be assessed upon each of them. The decision will be delivered to each offender.

### **224.4**                      **Limitation**

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

- 224.5 Each person who is a witness to an alleged offence is required to testify at any hearing called by the Jury, and the Jury is required to consider all relevant evidence.
- 224.6 The Jury may confiscate objects that are suspected of being used in violation of equipment guidelines.
- 224.7 Prior to the imposition of a penalty (except in cases of reprimands and withdrawal of accreditation according to 223.5 and 224.2), the person accused of an offence shall be given the opportunity to present a defence at a hearing, orally or in writing.
- 224.8 All Jury decisions shall be recorded in writing and shall include:**
- 224.8.1 The offence alleged to have been committed
- 224.8.2 The evidence of the offence
- 224.8.3 The rule (s) or Jury directives that have been violated
- 224.8.4 The penalty imposed.
- 224.9 The penalty shall be appropriate to the offence. The scope of any penalty imposed by the Jury must consider any mitigating and aggravating circumstances.
- 224.10 Remedies**
- 224.10.1 Except as provided for in 224.11, a penalty decision of the Jury may be appealed in accordance with the provisions in the ICR.
- 224.10.2 If an appeal is not filed within the deadline established in the ICR, the penalty decision of the Jury becomes final.
- 224.11 The following decisions of the Jury are not subject to appeal:**
- 224.11.1 Oral penalties imposed under 223.5 and 224.2
- 224.11.2 Monetary fines less than CHF 1'000.– (One Thousand Swiss Francs) for single offence and a further CHF 2'500.– for repeated offences by the same person.
- 224.12 In all remaining cases, appeals are to be directed to the Appeals Commission, as per the ICR.
- 224.13 The Jury shall have the right to submit to the Appeals Commission recommendations for penalties in excess of monetary fines of CHF 5'000.– and suspensions beyond the event in which the offence occurred (223.4).
- 224.14 FIS Council shall have the right to submit to the Appeals Commission comments with respect to any written penalty decisions by the Jury.

- 224.15 Costs of Proceedings**  
Fees and cash expenses, including travel expenses (costs of the proceedings) are to be calculated comparable to costs paid to TD's and are to be paid by the offender. In the case of a reversal of Jury decisions, in whole or in part, the FIS covers all costs.
- 224.16 Enforcement of Monetary Fines**
- 224.16.1 The FIS oversees the enforcement of monetary fines and the costs of proceedings. Enforcement costs are considered costs of the proceedings.
- 224.16.2 Any outstanding monetary fines imposed on an offender is considered a debt of the National Association to which the offender is a member.
- 224.17 Benefit Fund**  
All monetary fines are paid into the FIS Youth Promotion Fund.
- 224.18 These rules are not applicable to any violation of FIS Doping rules.
- 225 Appeals Commission**
- 225.1 Appointments**
- 225.1.1 The FIS Council shall appoint from the Discipline Sub-committee for Rules (or Discipline Committee if there is no Rules Sub-Committee) a Chairman and a Vice Chairman of the Appeals Commission. The Vice Chairman shall preside when the Chairman is either unavailable or is disqualified for bias and prejudice.
- 225.1.2 The Chairman shall appoint 3 members, which may include himself, to the Appeals Commission from the Discipline Rules Sub-Committee (or Discipline Committee if there is no Rules Sub-committee) for each case appealed or submitted to be heard, whose decisions shall be by majority vote. When serving on an Appeals Commission, members are independent of the FIS Council.
- 225.1.3 To avoid either actual bias and prejudice or the appearance of bias and prejudice, members appointed to an Appeals Commission shall not be members of the same National Association as the offender whose case is under appeal. In addition, members appointed to an Appeals Commission must report voluntarily to the Chairman any bias and prejudice they may hold for or against the offender. Persons who are biased and prejudiced shall be disqualified from serving on the Appeals Commission by the Chairman or, in the event the Chairman is disqualified, by the Vice Chairman.
- 225.2 Responsibility**
- 225.2.1 The Appeals Commission shall only hold hearings with respect to appeals by offenders or by the FIS Council from decisions of competition juries, or matters referred to it by competition juries recommending penalties in excess of those provided for in the Sanction rules.

### **225.3 Procedures**

- 225.3.1 The Appeal must be decided within 72 hours of receipt of the Appeal by the Chairman, unless all parties involved in the Appeal agree in writing to an extension of time for the hearing.
- 225.3.2 All appeals and responses must be submitted in writing, including any evidence the parties intend to offer in support of or in response to the Appeal.
- 225.3.3 The Appeals Commission shall decide on the location and format for the Appeal.  
The Appeals Commission members are required to respect the confidentiality of the appeal until the decision is made public and to consult only with the other members of the panel during the deliberations.  
The Chairman of the Appeals Commission may request additional evidence from any of the parties involved, providing this does not require disproportionate means.
- 225.3.4 The Appeals Commission shall allocate costs of the appeal pursuant to 224.15.
- 225.3.5 Decisions of the Appeals Commission may be announced orally at the conclusion of the hearing. The decision, together with its reasoning, shall be submitted in writing to the FIS, which shall deliver them to the parties involved, their National Associations and all members of the Jury whose decision was appealed. In addition, the written decision shall be available at the FIS Office.

### **225.4 Further Appeals**

- 225.4.1 Decisions of the Appeals Commission, may be appealed to the FIS Court in accordance with Article 52; 52.1 and 52.2 of the Statutes.
- 225.4.2 Appeals to the FIS Court shall be in writing and submitted to the FIS Secretary-General in accordance with the time limits prescribed in Article 52; 52.1 and 52.2 of the Statutes from the date of the publication of the Appeals Commission decision.
- 225.4.3 An Appeal to the Appeals Commission or to the FIS Court will not delay the implementation of any penalty decision of the Competition Jury or Appeals Commission.

## **226 Violation of Sanctions**

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

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

### **226.1 Sanctions against individuals involved:**

- a written reprimand;
- and/or*

- a monetary fine not to exceed the sum of CHF 100'000.--
- and/or*
- competition suspension at the next level of sanction - for example if a three month suspension for a doping offence was imposed, a violation of the suspension will cause a two year suspension; if a two year suspension for a doping offence was imposed, a violation of the suspension will cause a lifetime suspension;
- and/or*
- withdrawal of accreditation from individuals involved.

## **226.2**

### **Sanctions against a National Ski Association:**

- withdrawal of FIS funding to the National Ski Association;
- and/or*
- cancellation of future FIS events in the country involved;
- and/or*
- withdrawal of some or all FIS membership rights, including participation in all FIS calendar competitions, voting rights at the FIS Congress, membership of FIS Committees.

### Joint Regulations for Nordic Combined Competitions

#### 500 Organisation

#### 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

###### 501.2.1 *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.

###### 501.2.2 *The Competition Secretary*

is responsible for all administrative and secretarial work associated with the competition and 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.

###### 501.2.3 *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.

#### 501.2.4

##### *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.

At OWG and WSC there is an additional start referee. He has to supervise that the starting procedure is carried out correctly and controls any infringements. He has to ensure that no unauthorized persons are present in the start area.

He has authority over the starter and his assistant.

#### 501.2.5

##### *The Chief of the Inrun*

is responsible for the preparation of the takeoff and the inrun. He ensures for a high quality of the prepared (mechanical or manual) inrun track and secures the presence of sufficient equipments to clean the inrun track by special conditions (e.g. strong snow fall).

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 the chief of competition.

#### 501.2.6

##### *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.

#### 501.2.7

##### *The Chief of Forejumpers*

has the responsibility, immediately prior to the start of training and 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 forejumpers 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 forejumpers will be needed and on what occasions they will be used.

The organiser 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.

#### 501.2.8

##### *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. 514.1.1)
- the placement of measurers according to ICR Rules and of the distance recorder (art. 514.1.3).



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.

**501.2.9**      *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. With the Chief of timekeeping he is responsible for the official final result.

**501.2.10**    *The Chief of Course*

is responsible for a 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 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, ski-marking 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.

#### 501.2.13

##### *The Chief of Security*

is responsible for ensuring that persons not involved in running the competition are kept at a safe distance from the specified area and zones so that the competitors, competition officials and additional officials with accreditation do not interfere with or disturb the work of the officials. He ensures that only authorized personnel are allowed access to specified area and zones at the competition area. He coordinates his activities with the chief of stadium, chief of hill and the chief of course. For OWG, WSC, WC-NC and JWSC competitions, he is responsible for security and access into and along the course, in team preparation areas and in the stadium area.

#### 501.2.14

##### *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
- internal telephone or radio communication lines
- the electronic-scoreboard display of start numbers, distances jumped, style points, and overall points of each participant.
- the start and finish equipments
- loudspeakers at the competition area
- all systems of artificial inrun cooling

#### 501.2.15

##### *The Chief of Equipment*

is responsible for supplying proper equipment and competition support items 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.

#### 501.2.16

##### *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 (at the jumping hill and the Cross-Country area). Details of the Medical Support Requirements are given in chapter 1 of the FIS Medical Guide containing Medical Rules and Guidelines.

## **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 organised 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 re-started 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  $-20\text{ }^{\circ}\text{C}$ , 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 can not 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 members 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**

502.2.1 At OWG, SWC, WC-NC and GP-NC competitions the Competition Management consists of:

- the Race Director FIS (RD)
- the Technical Delegate (TD)
- the Chief of Competition
- the Chief of Course
- the Assistant of the TD
- the Assistant of the RD
- the Equipment Controller

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 organised by the FIS.

A TDs 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 TDs 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 Organising Committee in advance of the event and know the stage of preparation the organiser 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 organisational readiness.

The TD must inspect the homologation documents (jumping/cross-country). It is the responsibility of the organiser 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 organisation 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 organisational 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 (telephone 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 organisational 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 Organising Committee for any support deemed necessary to the fulfilling of these tasks. The TD should be able to ski the course, and make a judgement 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 organisational 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.

#### **503.2 FIS Race Director (RD)**

This official is nominated by the FIS for competitions of the highest category (see art. 502.2.1). The FIS Race Director must possess a TD-license for Nordic Combined.

##### 503.2.1

The Duties of the Race Director include:

- Represents the interests of the International Ski Federation.
- Schedules and conducts inspections.
- Supervises that all aspects of the organizer agreement are correctly fulfilled.
- Monitors the proper operation of the event according to the regulations and guidelines of FIS and reports to the Head of Nordic Combined resp. to the Technical Committees.
- Responsibilities for the coordination of all persons and parties involved.
- Coordinates decisions concerning postponements and replacement of an event after cancellations.

The RD has the authority to ask the organizing committee for support deemed necessary to the fulfilling these tasks.

### **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

### **503.4 RD-Assistant**

This official is nominated by the FIS for competitions of the highest category (see art. 502.2.1). He must possess a TD-license for Nordic Combined and will be appointed by the RD for specific tasks.

Additionally, he is responsible for the following special tasks:

- Placement of the technical systems for the in-run speed measuring and the measuring of the wind velocity.
- Control and monitoring of the technical systems for Ski Jumping and Cross-Country.
- Coordinates and directs the starting procedure.
- Controls the preparation and main parameters of the Cross-Country courses.

### **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.

*503.5.1 The Duties of the COC-NC Coordinator include:*

- Represents the interest of the International Ski Federation.
- Supervises that all aspects of the organizer agreement are correctly fulfilled.
- Monitors the proper operation of the event according to the regulations and guidelines of FIS and reports to the Head of Nordic Combined resp. to the Technical Committees.

- Responsibilities for the coordination of all persons and parties involved.
- Coordinate decisions concerning postponements and replacement of an event after cancellations.

The COC-NC Coordinator has the authority to ask the organizing committee for support deemed necessary to the fulfilling of these tasks.

## **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 is 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 organisers 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 meters; from 60% w until 80% w every 4 meters; from 80% w until HS every 3 meters.

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 8-10meters after the finish line and equipped with a sign „ski control“. There, the finish controller checks the competitor to ensure that he has crossed the finish line with at least one marked ski. Competitors are not allowed to take off their skis until after the control line (article 206.5).

## **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)

#### **505.1.1**          *Olympic Winter Games (OWG), FIS World Ski Championships (WSC), FIS Junior World Ski Championships (JWSC)*

For OWG, WSC:

– RD

- TD
- TD-Assistant
- RD-Assistant
- Equipment controller
- Chief Distance Measurer\*
- two Video Distance Measurers \*
- six Jumping Judges\*

Five at a time, the nominated Jumping Judges will officiate at the respective Ski Jumping competitions at OWG and WSC, taking turns based on a draw decision.

The 6<sup>th</sup> Jumping Judge of the respective competition or competition day will act as start referee.

*FIS Junior World Ski Championships (JWSC)*

For JWSC:

- TD
- TD-Assistant
- Equipment controller
- Chief Distance Measurer \*
- two Video Distance Measurer \*
- five Jumping Judges \*

The nomination of all named competition officials is proposed by the Nordic Combined Committee and confirmed by the FIS Council. The Jumping Judges nominated must belong to different Ski Associations. One of the Jumping Judges should be a member of the Ski Association of the organising country.

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\* see nominations ICR Book III Ski Jumping

**505.1.2** *World Cup competitions (WC-NC), Grand Prix competitions (GP-NC)*

- RD
- TD
- TD-Assistant
- four foreign Jumping Judges and
- one Jumping Judges from the host country

The Nordic Combined Committee nominates the TD and the TD-Ass. for the event by name and determines which four National Ski Associations 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 remaining Jumping Judge from its own list of qualified Jumping Judges. The nomination of the Jumping Judges is carried out in coordination with the Sub-Committee Official, Rules and Controls

**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-Ass. 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**

The competition Organising Committee 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 organiser 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 Organising Committee, 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:
- 505.4.1**      *OWG and WSC*  
– the TD  
– the TD-Assistant  
– the RD-Assistant  
– the chief distance measurer  
– two video distance measurers  
– six Jumping Judges
- 505.4.2**      *JWSC*  
– the TD and  
– the TD-Assistant
- At JWSC, the reimbursement according to the regulations for JWSC shall apply to the following:  
– the chief distance measurer  
– the five Jumping Judges
- Free accommodation must be provided for the two video distance measurers.
- 505.4.3**      *WC-NC- and GP-NC competitions*  
– the TD  
– the TD-Assistant  
– the RD-Assistant  
– the four foreign Jumping Judges
- Free accommodation must be provided for the two video distance measurers.
- 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 Organiser 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 (article 216). In principal two representatives per participating team are allowed to take part in the team captains' meeting.

At OWG, WSC, WC-NC and JWSC competitions the seating arrangements of the participating teams have to be marked.

At OWG, WSC, WC-NC and JWSC competitions the team captains' meeting shall be held in English. Supplementary translations should be provided.

### **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 Organiser
- 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**

### **511 Information on the Jumping Hills**

511.1 The competitions for Nordic Combined will be carried out on normal hills and/or on large hills.

#### **511.2 Classification of the Jumping Hills according to sizes.**

The class of the hill will be determined by the distance of the L-point (HS). Hills are classified by sizes as follows:

<b>Description</b>	<b>Width HS</b>	<b>Respective Width w</b>
Small hills	to 49 m	to 44 m
Medium hills	50 m to 84 m	45 m to 74 m
Normal hills	85 m to 109 m	75 m to 99 m
Large hills	110 m and larger	100 m and larger
Flying hills	185 m and larger	170 m and larger

Large hills for which the height difference between the lowest point in the out-run and the edge of the takeoff exceeds 88 m will not be homologated by the FIS.

Whenever new twin-hill construction is to take place, the difference between the distances at HS on the normal and large hill should be a minimum of 25 meters.

### **511.3 Standards for Construction of Jumping Hills**

(Extract from the rules 411 – 414 ICR Book III Ski Jumping)

### **511.4 The Geometrical Elements for the Jumping Hill (Fig. 1)**

#### *Inrun*

- A highest start place
- B lowest start place
- E<sub>1</sub> the beginning of the radius curve
- E<sub>2</sub> the end of the curve, the beginning of the takeoff
- T the edge of the takeoff
- e the length of the inrun from the highest start place to the beginning of the takeoff table
- e<sub>s</sub> the length of the starting place area
- t the length of the takeoff
- γ the gradient of the straight section of the inrun
- α the gradient of the takeoff
- r<sub>1</sub> the radius of the curve of the inrun at point E<sub>2</sub>

#### *Profile of Landing Area*

- T the edge of the takeoff of the hill (=coordinate origin)
- s the height of the takeoff
- P the beginning of the landing area
- K construction point
- L the end of the landing area
- U the start of the outrun area, lowest point of the profile
- HS the measured distance (Hill Size) from the edge to the takeoff to the end of the landing area L
- w distance between the edge of the takeoff and the construction point K, measured according to ICR art. 415.1
- h the height difference from the edge of the takeoff to the K point
- n the horizontal distance from the edge of the takeoff to the K point
- zU the height difference from the edge of the takeoff to the lowest point U
- l<sub>1</sub> the length of the curve P-K
- l<sub>2</sub> the length of the curve K-L
- l the length of the curve of the landing area P-L
- a the length of the outrun

- $\beta_o$  the tangent angle of the landing hill knoll at the base of the takeoff
- $\beta_P$  the tangent angle at P point
- $\beta$  the tangent angle at K point
- $\beta_L$  the tangent angle at L
- $r_L$  the landing hill radius P-L
- $r_{2L}$  the radius curve at L
- $r_2$  the radius curve at U
- $b_1$  the clear width of the inrun
- $b_2$  width at the base of the takeoff
- $b_k$  the prepared width at the K point
- $b_u$  the prepared width at the end of the  $r_2$  radius and the start of the outrun

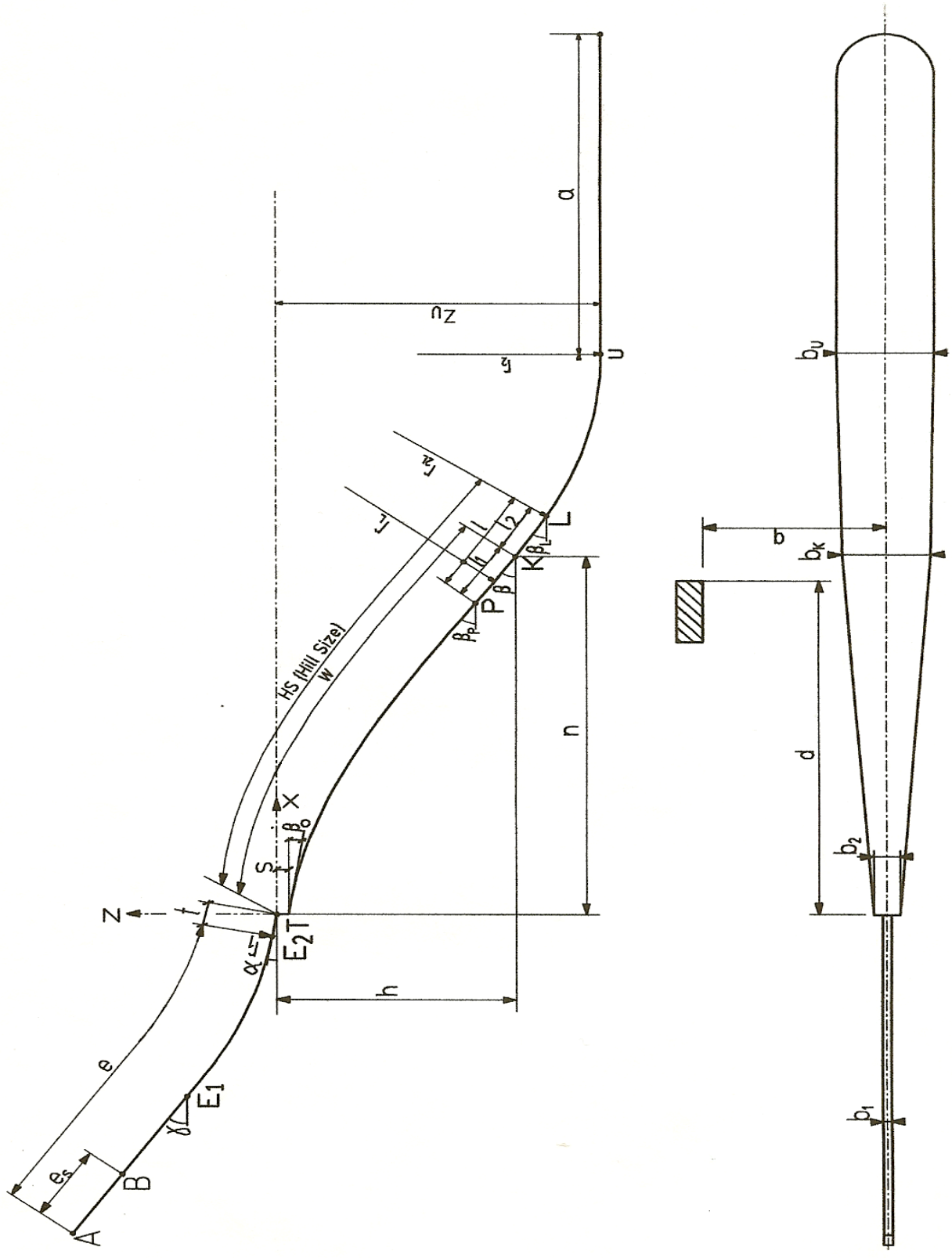


Fig. 1



## 512 Information to the Cross-Country courses

### 512.1 Classification of the courses

Competition format	Competition distance (km)	Course length (km)
Individual Gundersen	10	2.0, 2.5
Mass start	10	2.0, 2.5
Team	4 x 5	2.5

### 512.2 General information

At World Cup competitions, Cross-country courses exceeding the highest point (1800 m) must be approved by the FIS Council.

### 512.3 Norms for the Cross-Country course

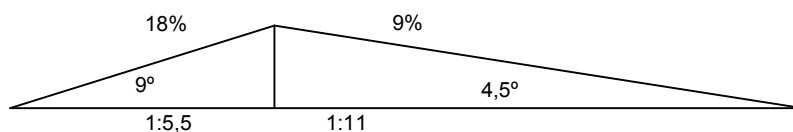
Cross-Country courses must be laid out so that they provide a technical, tactical and physical test of the competitors' qualifications. The degree of difficulty should be in accordance with the level of the competition. The course should be laid out as naturally as possible to avoid any monotony, with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

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

### 512.4 Competition course

In principle, the Cross-Country course should consist of:

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



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

The courses may only be used in the direction established for the competition.

### 512.5 Technical parameters of the Cross-Country courses

#### 512.5.1 Height Difference (HD)

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

800 – 1875 m	30 m
2500 m	50 m

3000 m	50 m
3300 m	65 m

#### 512.5.2 *Maximum Climb (MC)*

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

800 – 1875 m	30 m
2500 m	50 m
3000 m	50 m
3300 m	50 m

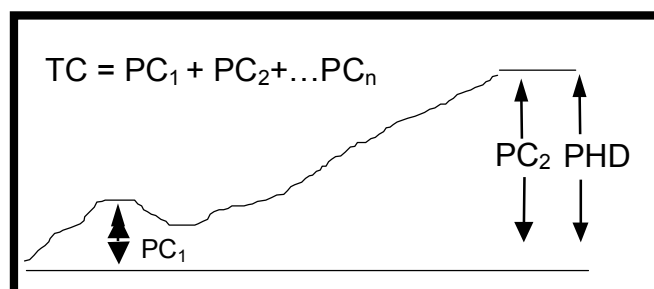
#### 512.5.3 *Total Climb (TC)*

The total climb (TC) should be within:

5 km	150 – 210 m
7.5 km	200 – 315 m
10 km	250 – 400 m

#### 512.5.4 *Description of Uphills*

The uphill is defined by the Partial Height Difference (PHD). PHD is the height difference from the lowest to the highest point of the uphill. Additional description of the uphill is given by the Partial Climb (PC). PC is the total climb of the uphill. Sum of all PCs is the Total Climb (TC) of the course.



#### 512.6 **Course Design**

Ideally the course should consist of several laps, so that spectators are entertained by repeated appearances of the competitors in the stadium.

#### 512.7 **Homologation**

The homologation of Nordic Combined cross-country tracks will be carried out by the Nordic Combined Committee based on ICR Book II art. 313.

### 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 take off 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.
- 513.1.3**      *Mechanical Lift*  
 For OWG, WSC and WC-NC (large hill) events, a mechanical lift for the jumpers is required.
- 513.1.4**      *Warming Area*  
 For OWG, WSC, JWSC and WC-NC competitions, a warming area large enough to accommodate 20 jumpers is required near the inrun.
- 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 meter 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-coloured (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 begin of the yellow phase. According to the external conditions the Jury decide 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 Ass. 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.

#### 514.2.4

At OWG, WSC and WC-NC special Photo-Finish cameras (Line-CCD) must be employed to record the correct order of finish. To attain a correct and swift result evaluation, it is imperative that every competitor wears an additional starting bib on the outside of his thigh where the camera position is. The height of the starting bib digits should not be less than 8 cm.

The Line-CCD camera must be able to register finish line crossing with a 1/1000 s precision. The CCD camera must be synchronised with the main timing system 1/2 hour before competition starts. The display of the time behind the winner or display of the running time is sufficient.

In the case of Photo-Finish decisions, the image of the Line-CCD camera must be presented on the system monitor to the Jury, additionally a colour print-out with time scale is required.

This system is subject to FIS homologation.

#### 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

### 514.3 **Transponder Timekeeping**

During OWG, WSC, WC-NC and COC-NC transponder systems are employed in order to improve the correct race times detection of the competitors at the intermediate timing points, the pre-timing points and the finish. At these timing points, the detection systems will be installed so that an accurate race time and place sequence of the competitors is guaranteed.

Every competitor is required to wear two transponders for the duration of the whole race. These transponders must be worn one at each leg and below the knee level.

The total weight of both transponder incl. fixing bands must not exceed 50g. The system must comply with the IEC (International Electronic Commission) standards and it shall not cause non-tolerable electro-magnetical interference.

The system is subject to FIS homologation.

#### **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 Organiser'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 75m: 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 colour at each side of the landing slope for a distance of 5 meters. Furthermore, on both sides of the landing slope it is recommended that banners with different colours 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 r<sub>2</sub>.

## **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 are 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 three 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 two competitors may start side by side.
- 515.2.11**     *Relay Exchange Zone*  
The relay exchange zone should be a rectangle 30 meters long and sufficiently wide, clearly marked and roped off and located on flat or smoothly rising 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 colours 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 approx. 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 coloured 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 coloured line with a width of 10 cm. The use of coloured 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.

### **516.2 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.

## **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 January 1st 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 2009 on:

- in 2009, competitors born in 1989 and younger
- in 2010, competitors born in 1990 and younger
- in 2011, competitors born in 1991 and younger
- in 2012, competitors born in 1992 and younger
- in 2013, competitors born in 1993 and younger

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 can not 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.

### *523.2.2 Mass start*

The start order by Mass start competitions is based on the actual World Cup standings. The leader of the ranking list will receive the first number. Competitors without any points will be drawn in groups at the end of the start field.

### *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 Team Competitions**

523.3.1 For OWG, WSC and WC-NC competitions the start order of Team Gundersen competitions will be based on reverse order of the actual Nation's Cup standings. By equal point standings the start order will be made by draw in the team captain's meeting between the equal placed teams. Teams without Nation's Cup points or rankings start in the beginning of the competition. The start order must be made by draw.

For JWSC the start order is determined according to the reserve ranking from the previous JWSC.

### *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 organisation 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 signalled 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.

525.2.2 *Mass start*  
Start positions will be determined by draw or an actual FIS Cup ranking list.

525.2.2.1 At WSC and WC-NC the start positions will be determined according the actual World Cup standing.

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.

525.2.4.2 At OWG, WSC, JWSC and WC-NC competitions, the ski marking must contain the starting number of the competitor.

- 525.2.5 For order and control on the courses the following principles apply:
- from 5 minutes 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 minutes 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 competitors 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 colour (same for both Ski Jumping and Cross-Country). For OWG, WSC, JWSC, WC-NC and COC-NC competitions they will be:

1<sup>st</sup> group = red; 2<sup>nd</sup> group = green; 3<sup>rd</sup> group = yellow and 4<sup>th</sup> 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 article 527

### *527.2.3*

#### *Final Result Lists*

See article 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 with in 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 minutes 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 behaviour is to consider whether the conduct was intentional or unintentional behaviour 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 behaviour (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 minutes after the completion of the competition.
- 532.2.1 At the OWG, a verbal protest must be submitted to any Jury Member within five (5) minutes.



- 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 organising 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.

## **Special Regulations for the Competition Formats**

### **540 Individual Gundersen Competition**

#### **540.1 Competition Realisation**

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.

### **541 Individual Mass start Competition**

#### **541.1 Competition Realisation**

The individual Mass start competition shall begin with a Mass start Cross-Country race followed by a two round Ski Jumping competition. The jump competition is held without the scoring of jumping style judges. The competition program must also include one trial round. The first round of the Jumping competition is in reverse order of Cross-Country results, i.e. the winner of Cross-Country race gets the last start number for Ski Jumping. The number of competitors in the final round will be reduced to the best 30 competitors (or different Cup rules) of the immediate result after the race and one jump.

#### **541.2 Calculation**

541.2.1 The time differences at the finish are rounded to the full second, calculated into points back, and then deducted from the 120 points base awarded to the

winner. See art. 527.2.3.2 for the valid point table to be used. By manual calculation from the table following rules are valid: at existing 2 values the first value applies, at three to seven values applies the middle value, is the number of the values more largely for four and uneven applies the left value apart from the center.

541.2.2 For the Jumping competition, only the calculated distance points will be used for the ranking of the competitors. No style judging scores are used. Penalties for falls and no telemark landing will be as follows:

Fall:

- penalty for normal hill = 5 m = 10,0 points
- penalty for large hill = 7 m = 10,5 points

No Telemark landing

- penalty for normal hill = 2 m = 4,0 points
- penalty for large hill = 3 m = 4,5 points

541.2.3 No Telemark landing

A landing, without a telemark position will receive deductions, if at the impact of landing and straight wards, the telemark position is not visible.

541.2.4 Fall

Any contact with the body on a ski, snow or plastic surface will be deducted as a fall.

541.2.5 Under special situations, the Jury has the right to decide to finalize the competition with only one jump, if the second round cannot be finished. A calculation in a new conversion factor does not take place.

541.2.6 At WSC and WC-NC three style Judges are selected by draw to make this scoring.

### **541.3 Special Regulations**

A unanimous decision concerning the penalty deduction must be taken, it must be decisive whether a telemark landing or fall occurred or not.

This penalty deduction will be considered a judging decision and therefore a decision that cannot be protested.

The start procedure for the Mass start is:

- The starter must position himself at the start so that he can easily be heard by all competitors.
- At the latest, one minute before the start the competitors are commanded to „go to the start“ line. Then they are informed „30 seconds to start“. At this time, the starting clock will be blocked and out of view of the competitors, only the starter can see the clock. At his discretion, the starter gives an acoustical start signal or a shot. (these commands should be given in English at all competitions).
- 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 track where it is possible to turn the competitors back. The competitor who made the false start will be put to the last row

## **542 Team Gundersen Competition**

### **542.1 Competition Realisation**

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.

542.2.2 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 re-started.

## **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.

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## 4<sup>th</sup> Section

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### 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**

<b>Time difference (sec)</b>	<b>Points per second</b>	<b>Result</b>	<b>Point difference</b>
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**

<b>Course (km)</b>	<b>Points/Minute</b>	<b>Seconds/Points</b>
10	15	4,0
5	15	4,0
4 x 5 km	45	1,333333

### Nordic Combined

Time Difference for **5 km** **10 km** **Individual Gundersen** 15.0 Pts/Min = 4.000000 sec/Pts

#### Masstart

Punkte	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
0	00:00	00:00	00:01	00:01	00:02	00:02	00:02	00:03	00:03	00:04
1	00:04	00:04	00:05	00:05	00:06	00:06	00:06	00:07	00:07	00:08
2	00:08	00:08	00:09	00:09	00:10	00:10	00:10	00:11	00:11	00:12
3	00:12	00:12	00:13	00:13	00:14	00:14	00:14	00:15	00:15	00:16
4	00:16	00:16	00:17	00:17	00:18	00:18	00:18	00:19	00:19	00:20
5	00:20	00:20	00:21	00:21	00:22	00:22	00:22	00:23	00:23	00:24
6	00:24	00:24	00:25	00:25	00:26	00:26	00:26	00:27	00:27	00:28
7	00:28	00:28	00:29	00:29	00:30	00:30	00:30	00:31	00:31	00:32
8	00:32	00:32	00:33	00:33	00:34	00:34	00:34	00:35	00:35	00:36
9	00:36	00:36	00:37	00:37	00:38	00:38	00:38	00:39	00:39	00:40
10	00:40	00:40	00:41	00:41	00:42	00:42	00:42	00:43	00:43	00:44
11	00:44	00:44	00:45	00:45	00:46	00:46	00:46	00:47	00:47	00:48
12	00:48	00:48	00:49	00:49	00:50	00:50	00:50	00:51	00:51	00:52
13	00:52	00:52	00:53	00:53	00:54	00:54	00:54	00:55	00:55	00:56
14	00:56	00:56	00:57	00:57	00:58	00:58	00:58	00:59	00:59	01:00
15	01:00	01:00	01:01	01:01	01:02	01:02	01:02	01:03	01:03	01:04
16	01:04	01:04	01:05	01:05	01:06	01:06	01:06	01:07	01:07	01:08
17	01:08	01:08	01:09	01:09	01:10	01:10	01:10	01:11	01:11	01:12
18	01:12	01:12	01:13	01:13	01:14	01:14	01:14	01:15	01:15	01:16
19	01:16	01:16	01:17	01:17	01:18	01:18	01:18	01:19	01:19	01:20
20	01:20	01:20	01:21	01:21	01:22	01:22	01:22	01:23	01:23	01:24
21	01:24	01:24	01:25	01:25	01:26	01:26	01:26	01:27	01:27	01:28
22	01:28	01:28	01:29	01:29	01:30	01:30	01:30	01:31	01:31	01:32
23	01:32	01:32	01:33	01:33	01:34	01:34	01:34	01:35	01:35	01:36
24	01:36	01:36	01:37	01:37	01:38	01:38	01:38	01:39	01:39	01:40
25	01:40	01:40	01:41	01:41	01:42	01:42	01:42	01:43	01:43	01:44
26	01:44	01:44	01:45	01:45	01:46	01:46	01:46	01:47	01:47	01:48
27	01:48	01:48	01:49	01:49	01:50	01:50	01:50	01:51	01:51	01:52
28	01:52	01:52	01:53	01:53	01:54	01:54	01:54	01:55	01:55	01:56
29	01:56	01:56	01:57	01:57	01:58	01:58	01:58	01:59	01:59	02:00
30	02:00	02:00	02:01	02:01	02:02	02:02	02:02	02:03	02:03	02:04
31	02:04	02:04	02:05	02:05	02:06	02:06	02:06	02:07	02:07	02:08
32	02:08	02:08	02:09	02:09	02:10	02:10	02:10	02:11	02:11	02:12
33	02:12	02:12	02:13	02:13	02:14	02:14	02:14	02:15	02:15	02:16
34	02:16	02:16	02:17	02:17	02:18	02:18	02:18	02:19	02:19	02:20
35	02:20	02:20	02:21	02:21	02:22	02:22	02:22	02:23	02:23	02:24
36	02:24	02:24	02:25	02:25	02:26	02:26	02:26	02:27	02:27	02:28
37	02:28	02:28	02:29	02:29	02:30	02:30	02:30	02:31	02:31	02:32
38	02:32	02:32	02:33	02:33	02:34	02:34	02:34	02:35	02:35	02:36
39	02:36	02:36	02:37	02:37	02:38	02:38	02:38	02:39	02:39	02:40

### Nordic Combined

Time Difference for **5 km** **10 km** **Individual Gundersen** 15.0 Pts/Min = 4.000000 sec/Pts  
**Masstart**

Punkte	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
40	02:40	02:40	02:41	02:41	02:42	02:42	02:42	02:43	02:43	02:44
41	02:44	02:44	02:45	02:45	02:46	02:46	02:46	02:47	02:47	02:48
42	02:48	02:48	02:49	02:49	02:50	02:50	02:50	02:51	02:51	02:52
43	02:52	02:52	02:53	02:53	02:54	02:54	02:54	02:55	02:55	02:56
44	02:56	02:56	02:57	02:57	02:58	02:58	02:58	02:59	02:59	03:00
45	03:00	03:00	03:01	03:01	03:02	03:02	03:02	03:03	03:03	03:04
46	03:04	03:04	03:05	03:05	03:06	03:06	03:06	03:07	03:07	03:08
47	03:08	03:08	03:09	03:09	03:10	03:10	03:10	03:11	03:11	03:12
48	03:12	03:12	03:13	03:13	03:14	03:14	03:14	03:15	03:15	03:16
49	03:16	03:16	03:17	03:17	03:18	03:18	03:18	03:19	03:19	03:20
50	03:20	03:20	03:21	03:21	03:22	03:22	03:22	03:23	03:23	03:24
51	03:24	03:24	03:25	03:25	03:26	03:26	03:26	03:27	03:27	03:28
52	03:28	03:28	03:29	03:29	03:30	03:30	03:30	03:31	03:31	03:32
53	03:32	03:32	03:33	03:33	03:34	03:34	03:34	03:35	03:35	03:36
54	03:36	03:36	03:37	03:37	03:38	03:38	03:38	03:39	03:39	03:40
55	03:40	03:40	03:41	03:41	03:42	03:42	03:42	03:43	03:43	03:44
56	03:44	03:44	03:45	03:45	03:46	03:46	03:46	03:47	03:47	03:48
57	03:48	03:48	03:49	03:49	03:50	03:50	03:50	03:51	03:51	03:52
58	03:52	03:52	03:53	03:53	03:54	03:54	03:54	03:55	03:55	03:56
59	03:56	03:56	03:57	03:57	03:58	03:58	03:58	03:59	03:59	04:00
60	04:00	04:00	04:01	04:01	04:02	04:02	04:02	04:03	04:03	04:04
61	04:04	04:04	04:05	04:05	04:06	04:06	04:06	04:07	04:07	04:08
62	04:08	04:08	04:09	04:09	04:10	04:10	04:10	04:11	04:11	04:12
63	04:12	04:12	04:13	04:13	04:14	04:14	04:14	04:15	04:15	04:16
64	04:16	04:16	04:17	04:17	04:18	04:18	04:18	04:19	04:19	04:20
65	04:20	04:20	04:21	04:21	04:22	04:22	04:22	04:23	04:23	04:24
66	04:24	04:24	04:25	04:25	04:26	04:26	04:26	04:27	04:27	04:28
67	04:28	04:28	04:29	04:29	04:30	04:30	04:30	04:31	04:31	04:32
68	04:32	04:32	04:33	04:33	04:34	04:34	04:34	04:35	04:35	04:36
69	04:36	04:36	04:37	04:37	04:38	04:38	04:38	04:39	04:39	04:40
70	04:40	04:40	04:41	04:41	04:42	04:42	04:42	04:43	04:43	04:44
71	04:44	04:44	04:45	04:45	04:46	04:46	04:46	04:47	04:47	04:48
72	04:48	04:48	04:49	04:49	04:50	04:50	04:50	04:51	04:51	04:52
73	04:52	04:52	04:53	04:53	04:54	04:54	04:54	04:55	04:55	04:56
74	04:56	04:56	04:57	04:57	04:58	04:58	04:58	04:59	04:59	05:00
75	05:00	05:00	05:01	05:01	05:02	05:02	05:02	05:03	05:03	05:04
76	05:04	05:04	05:05	05:05	05:06	05:06	05:06	05:07	05:07	05:08
77	05:08	05:08	05:09	05:09	05:10	05:10	05:10	05:11	05:11	05:12
78	05:12	05:12	05:13	05:13	05:14	05:14	05:14	05:15	05:15	05:16
79	05:16	05:16	05:17	05:17	05:18	05:18	05:18	05:19	05:19	05:20
80	05:20	05:20	05:21	05:21	05:22	05:22	05:22	05:23	05:23	05:24
81	05:24	05:24	05:25	05:25	05:26	05:26	05:26	05:27	05:27	05:28



### Nordic Combined

Time Difference for **5 km** **10 km** **Individual Gundersen** 15.0 Pts/Min = 4.000000 sec/Pts  
**Masstart**

Punkte	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
82	05:28	05:28	05:29	05:29	05:30	05:30	05:30	05:31	05:31	05:32
83	05:32	05:32	05:33	05:33	05:34	05:34	05:34	05:35	05:35	05:36
84	05:36	05:36	05:37	05:37	05:38	05:38	05:38	05:39	05:39	05:40
85	05:40	05:40	05:41	05:41	05:42	05:42	05:42	05:43	05:43	05:44
86	05:44	05:44	05:45	05:45	05:46	05:46	05:46	05:47	05:47	05:48
87	05:48	05:48	05:49	05:49	05:50	05:50	05:50	05:51	05:51	05:52
88	05:52	05:52	05:53	05:53	05:54	05:54	05:54	05:55	05:55	05:56
89	05:56	05:56	05:57	05:57	05:58	05:58	05:58	05:59	05:59	06:00
90	06:00	06:00	06:01	06:01	06:02	06:02	06:02	06:03	06:03	06:04
91	06:04	06:04	06:05	06:05	06:06	06:06	06:06	06:07	06:07	06:08
92	06:08	06:08	06:09	06:09	06:10	06:10	06:10	06:11	06:11	06:12
93	06:12	06:12	06:13	06:13	06:14	06:14	06:14	06:15	06:15	06:16
94	06:16	06:16	06:17	06:17	06:18	06:18	06:18	06:19	06:19	06:20
95	06:20	06:20	06:21	06:21	06:22	06:22	06:22	06:23	06:23	06:24
96	06:24	06:24	06:25	06:25	06:26	06:26	06:26	06:27	06:27	06:28
97	06:28	06:28	06:29	06:29	06:30	06:30	06:30	06:31	06:31	06:32
98	06:32	06:32	06:33	06:33	06:34	06:34	06:34	06:35	06:35	06:36
99	06:36	06:36	06:37	06:37	06:38	06:38	06:38	06:39	06:39	06:40
100	06:40	06:40	06:41	06:41	06:42	06:42	06:42	06:43	06:43	06:44
101	06:44	06:44	06:45	06:45	06:46	06:46	06:46	06:47	06:47	06:48
102	06:48	06:48	06:49	06:49	06:50	06:50	06:50	06:51	06:51	06:52
103	06:52	06:52	06:53	06:53	06:54	06:54	06:54	06:55	06:55	06:56
104	06:56	06:56	06:57	06:57	06:58	06:58	06:58	06:59	06:59	07:00
105	07:00	07:00	07:01	07:01	07:02	07:02	07:02	07:03	07:03	07:04
106	07:04	07:04	07:05	07:05	07:06	07:06	07:06	07:07	07:07	07:08
107	07:08	07:08	07:09	07:09	07:10	07:10	07:10	07:11	07:11	07:12
108	07:12	07:12	07:13	07:13	07:14	07:14	07:14	07:15	07:15	07:16
109	07:16	07:16	07:17	07:17	07:18	07:18	07:18	07:19	07:19	07:20
110	07:20	07:20	07:21	07:21	07:22	07:22	07:22	07:23	07:23	07:24
111	07:24	07:24	07:25	07:25	07:26	07:26	07:26	07:27	07:27	07:28
112	07:28	07:28	07:29	07:29	07:30	07:30	07:30	07:31	07:31	07:32
113	07:32	07:32	07:33	07:33	07:34	07:34	07:34	07:35	07:35	07:36
114	07:36	07:36	07:37	07:37	07:38	07:38	07:38	07:39	07:39	07:40
115	07:40	07:40	07:41	07:41	07:42	07:42	07:42	07:43	07:43	07:44
116	07:44	07:44	07:45	07:45	07:46	07:46	07:46	07:47	07:47	07:48
117	07:48	07:48	07:49	07:49	07:50	07:50	07:50	07:51	07:51	07:52
118	07:52	07:52	07:53	07:53	07:54	07:54	07:54	07:55	07:55	07:56
119	07:56	07:56	07:57	07:57	07:58	07:58	07:58	07:59	07:59	08:00
120	08:00	08:00	08:01	08:01	08:02	08:02	08:02	08:03	08:03	08:04
121	08:04	08:04	08:05	08:05	08:06	08:06	08:06	08:07	08:07	08:08
122	08:08	08:08	08:09	08:09	08:10	08:10	08:10	08:11	08:11	08:12
123	08:12	08:12	08:13	08:13	08:14	08:14	08:14	08:15	08:15	08:16

### Nordic Combined

Time Difference for **5 km** **10 km** **Individual Gundersen** 15.0 Pts/Min = 4.000000 sec/Pts  
**Masstart**

Punkte	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
124	08:16	08:16	08:17	08:17	08:18	08:18	08:18	08:19	08:19	08:20
125	08:20	08:20	08:21	08:21	08:22	08:22	08:22	08:23	08:23	08:24
126	08:24	08:24	08:25	08:25	08:26	08:26	08:26	08:27	08:27	08:28
127	08:28	08:28	08:29	08:29	08:30	08:30	08:30	08:31	08:31	08:32
128	08:32	08:32	08:33	08:33	08:34	08:34	08:34	08:35	08:35	08:36
129	08:36	08:36	08:37	08:37	08:38	08:38	08:38	08:39	08:39	08:40
130	08:40	08:40	08:41	08:41	08:42	08:42	08:42	08:43	08:43	08:44
131	08:44	08:44	08:45	08:45	08:46	08:46	08:46	08:47	08:47	08:48
132	08:48	08:48	08:49	08:49	08:50	08:50	08:50	08:51	08:51	08:52
133	08:52	08:52	08:53	08:53	08:54	08:54	08:54	08:55	08:55	08:56
134	08:56	08:56	08:57	08:57	08:58	08:58	08:58	08:59	08:59	09:00
135	09:00	09:00	09:01	09:01	09:02	09:02	09:02	09:03	09:03	09:04
136	09:04	09:04	09:05	09:05	09:06	09:06	09:06	09:07	09:07	09:08
137	09:08	09:08	09:09	09:09	09:10	09:10	09:10	09:11	09:11	09:12
138	09:12	09:12	09:13	09:13	09:14	09:14	09:14	09:15	09:15	09:16
139	09:16	09:16	09:17	09:17	09:18	09:18	09:18	09:19	09:19	09:20
140	09:20	09:20	09:21	09:21	09:22	09:22	09:22	09:23	09:23	09:24
141	09:24	09:24	09:25	09:25	09:26	09:26	09:26	09:27	09:27	09:28
142	09:28	09:28	09:29	09:29	09:30	09:30	09:30	09:31	09:31	09:32
143	09:32	09:32	09:33	09:33	09:34	09:34	09:34	09:35	09:35	09:36
144	09:36	09:36	09:37	09:37	09:38	09:38	09:38	09:39	09:39	09:40
145	09:40	09:40	09:41	09:41	09:42	09:42	09:42	09:43	09:43	09:44
146	09:44	09:44	09:45	09:45	09:46	09:46	09:46	09:47	09:47	09:48
147	09:48	09:48	09:49	09:49	09:50	09:50	09:50	09:51	09:51	09:52
148	09:52	09:52	09:53	09:53	09:54	09:54	09:54	09:55	09:55	09:56
149	09:56	09:56	09:57	09:57	09:58	09:58	09:58	09:59	09:59	10:00
150	10:00	10:00	10:01	10:01	10:02	10:02	10:02	10:03	10:03	10:04

Nordic Combined											
Time Difference for 4x5 km Team Gundersen							45.0	Pts/Min = 1.333 sec/Pt			
Punkte	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	
0	00:00	00:00	00:00	00:00	00:01	00:01	00:01	00:01	00:01	00:01	
1	00:01	00:01	00:02	00:02	00:02	00:02	00:02	00:02	00:02	00:03	
2	00:03	00:03	00:03	00:03	00:03	00:03	00:03	00:04	00:04	00:04	
3	00:04	00:04	00:04	00:04	00:05	00:05	00:05	00:05	00:05	00:05	
4	00:05	00:05	00:06	00:06	00:06	00:06	00:06	00:06	00:06	00:07	
5	00:07	00:07	00:07	00:07	00:07	00:07	00:07	00:08	00:08	00:08	
6	00:08	00:08	00:08	00:08	00:09	00:09	00:09	00:09	00:09	00:09	
7	00:09	00:09	00:10	00:10	00:10	00:10	00:10	00:10	00:10	00:11	
8	00:11	00:11	00:11	00:11	00:11	00:11	00:11	00:12	00:12	00:12	
9	00:12	00:12	00:12	00:12	00:13	00:13	00:13	00:13	00:13	00:13	
10	00:13	00:13	00:14	00:14	00:14	00:14	00:14	00:14	00:14	00:15	
11	00:15	00:15	00:15	00:15	00:15	00:15	00:15	00:16	00:16	00:16	
12	00:16	00:16	00:16	00:16	00:17	00:17	00:17	00:17	00:17	00:17	
13	00:17	00:17	00:18	00:18	00:18	00:18	00:18	00:18	00:18	00:19	
14	00:19	00:19	00:19	00:19	00:19	00:19	00:19	00:20	00:20	00:20	
15	00:20	00:20	00:20	00:20	00:21	00:21	00:21	00:21	00:21	00:21	
16	00:21	00:21	00:22	00:22	00:22	00:22	00:22	00:22	00:22	00:23	
17	00:23	00:23	00:23	00:23	00:23	00:23	00:23	00:24	00:24	00:24	
18	00:24	00:24	00:24	00:24	00:25	00:25	00:25	00:25	00:25	00:25	
19	00:25	00:25	00:26	00:26	00:26	00:26	00:26	00:26	00:26	00:27	
20	00:27	00:27	00:27	00:27	00:27	00:27	00:27	00:28	00:28	00:28	
21	00:28	00:28	00:28	00:28	00:29	00:29	00:29	00:29	00:29	00:29	
22	00:29	00:29	00:30	00:30	00:30	00:30	00:30	00:30	00:30	00:31	
23	00:31	00:31	00:31	00:31	00:31	00:31	00:31	00:32	00:32	00:32	
24	00:32	00:32	00:32	00:32	00:33	00:33	00:33	00:33	00:33	00:33	
25	00:33	00:33	00:34	00:34	00:34	00:34	00:34	00:34	00:34	00:35	
26	00:35	00:35	00:35	00:35	00:35	00:35	00:35	00:36	00:36	00:36	
27	00:36	00:36	00:36	00:36	00:37	00:37	00:37	00:37	00:37	00:37	
28	00:37	00:37	00:38	00:38	00:38	00:38	00:38	00:38	00:38	00:39	
29	00:39	00:39	00:39	00:39	00:39	00:39	00:39	00:40	00:40	00:40	
30	00:40	00:40	00:40	00:40	00:41	00:41	00:41	00:41	00:41	00:41	
31	00:41	00:41	00:42	00:42	00:42	00:42	00:42	00:42	00:42	00:43	
32	00:43	00:43	00:43	00:43	00:43	00:43	00:43	00:44	00:44	00:44	
33	00:44	00:44	00:44	00:44	00:45	00:45	00:45	00:45	00:45	00:45	
34	00:45	00:45	00:46	00:46	00:46	00:46	00:46	00:46	00:46	00:47	
35	00:47	00:47	00:47	00:47	00:47	00:47	00:47	00:48	00:48	00:48	
36	00:48	00:48	00:48	00:48	00:49	00:49	00:49	00:49	00:49	00:49	
37	00:49	00:49	00:50	00:50	00:50	00:50	00:50	00:50	00:50	00:51	

Nordic Combined											
Time Difference for	4x5 km		Team Gundersen				45.0	Pts/Min = 1.333 sec/Pt			
Punkte	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	
38	00:51	00:51	00:51	00:51	00:51	00:51	00:51	00:52	00:52	00:52	
39	00:52	00:52	00:52	00:52	00:53	00:53	00:53	00:53	00:53	00:53	
40	00:53	00:53	00:54	00:54	00:54	00:54	00:54	00:54	00:54	00:55	
41	00:55	00:55	00:55	00:55	00:55	00:55	00:55	00:56	00:56	00:56	
42	00:56	00:56	00:56	00:56	00:57	00:57	00:57	00:57	00:57	00:57	
43	00:57	00:57	00:58	00:58	00:58	00:58	00:58	00:58	00:58	00:59	
44	00:59	00:59	00:59	00:59	00:59	00:59	00:59	01:00	01:00	01:00	
45	01:00	01:00	01:00	01:00	01:01	01:01	01:01	01:01	01:01	01:01	
46	01:01	01:01	01:02	01:02	01:02	01:02	01:02	01:02	01:02	01:03	
47	01:03	01:03	01:03	01:03	01:03	01:03	01:03	01:04	01:04	01:04	
48	01:04	01:04	01:04	01:04	01:05	01:05	01:05	01:05	01:05	01:05	
49	01:05	01:05	01:06	01:06	01:06	01:06	01:06	01:06	01:06	01:07	
50	01:07	01:07	01:07	01:07	01:07	01:07	01:07	01:08	01:08	01:08	
51	01:08	01:08	01:08	01:08	01:09	01:09	01:09	01:09	01:09	01:09	
52	01:09	01:09	01:10	01:10	01:10	01:10	01:10	01:10	01:10	01:11	
53	01:11	01:11	01:11	01:11	01:11	01:11	01:11	01:12	01:12	01:12	
54	01:12	01:12	01:12	01:12	01:13	01:13	01:13	01:13	01:13	01:13	
55	01:13	01:13	01:14	01:14	01:14	01:14	01:14	01:14	01:14	01:15	
56	01:15	01:15	01:15	01:15	01:15	01:15	01:15	01:16	01:16	01:16	
57	01:16	01:16	01:16	01:16	01:17	01:17	01:17	01:17	01:17	01:17	
58	01:17	01:17	01:18	01:18	01:18	01:18	01:18	01:18	01:18	01:19	
59	01:19	01:19	01:19	01:19	01:19	01:19	01:19	01:20	01:20	01:20	
60	01:20	01:20	01:20	01:20	01:21	01:21	01:21	01:21	01:21	01:21	
61	01:21	01:21	01:22	01:22	01:22	01:22	01:22	01:22	01:22	01:23	
62	01:23	01:23	01:23	01:23	01:23	01:23	01:23	01:24	01:24	01:24	
63	01:24	01:24	01:24	01:24	01:25	01:25	01:25	01:25	01:25	01:25	
64	01:25	01:25	01:26	01:26	01:26	01:26	01:26	01:26	01:26	01:27	
65	01:27	01:27	01:27	01:27	01:27	01:27	01:27	01:28	01:28	01:28	
66	01:28	01:28	01:28	01:28	01:29	01:29	01:29	01:29	01:29	01:29	
67	01:29	01:29	01:30	01:30	01:30	01:30	01:30	01:30	01:30	01:31	
68	01:31	01:31	01:31	01:31	01:31	01:31	01:31	01:32	01:32	01:32	
69	01:32	01:32	01:32	01:32	01:33	01:33	01:33	01:33	01:33	01:33	
70	01:33	01:33	01:34	01:34	01:34	01:34	01:34	01:34	01:34	01:35	
71	01:35	01:35	01:35	01:35	01:35	01:35	01:35	01:36	01:36	01:36	
72	01:36	01:36	01:36	01:36	01:37	01:37	01:37	01:37	01:37	01:37	
73	01:37	01:37	01:38	01:38	01:38	01:38	01:38	01:38	01:38	01:39	
74	01:39	01:39	01:39	01:39	01:39	01:39	01:39	01:40	01:40	01:40	
75	01:40	01:40	01:40	01:40	01:41	01:41	01:41	01:41	01:41	01:41	
76	01:41	01:41	01:42	01:42	01:42	01:42	01:42	01:42	01:42	01:43	
77	01:43	01:43	01:43	01:43	01:43	01:43	01:43	01:44	01:44	01:44	

Nordic Combined											
Time Difference for	4x5 km		Team Gundersen				45.0	Pts/Min = 1.333 sec/Pt			
Punkte	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	
78	01:44	01:44	01:44	01:44	01:45	01:45	01:45	01:45	01:45	01:45	
79	01:45	01:45	01:46	01:46	01:46	01:46	01:46	01:46	01:46	01:47	
80	01:47	01:47	01:47	01:47	01:47	01:47	01:47	01:48	01:48	01:48	
81	01:48	01:48	01:48	01:48	01:49	01:49	01:49	01:49	01:49	01:49	
82	01:49	01:49	01:50	01:50	01:50	01:50	01:50	01:50	01:50	01:51	
83	01:51	01:51	01:51	01:51	01:51	01:51	01:51	01:52	01:52	01:52	
84	01:52	01:52	01:52	01:52	01:53	01:53	01:53	01:53	01:53	01:53	
85	01:53	01:53	01:54	01:54	01:54	01:54	01:54	01:54	01:54	01:55	
86	01:55	01:55	01:55	01:55	01:55	01:55	01:55	01:56	01:56	01:56	
87	01:56	01:56	01:56	01:56	01:57	01:57	01:57	01:57	01:57	01:57	
88	01:57	01:57	01:58	01:58	01:58	01:58	01:58	01:58	01:58	01:59	
89	01:59	01:59	01:59	01:59	01:59	01:59	01:59	02:00	02:00	02:00	
90	02:00	02:00	02:00	02:00	02:01	02:01	02:01	02:01	02:01	02:01	
91	02:01	02:01	02:02	02:02	02:02	02:02	02:02	02:02	02:02	02:03	
92	02:03	02:03	02:03	02:03	02:03	02:03	02:03	02:04	02:04	02:04	
93	02:04	02:04	02:04	02:04	02:05	02:05	02:05	02:05	02:05	02:05	
94	02:05	02:05	02:06	02:06	02:06	02:06	02:06	02:06	02:06	02:07	
95	02:07	02:07	02:07	02:07	02:07	02:07	02:07	02:08	02:08	02:08	
96	02:08	02:08	02:08	02:08	02:09	02:09	02:09	02:09	02:09	02:09	
97	02:09	02:09	02:10	02:10	02:10	02:10	02:10	02:10	02:10	02:11	
98	02:11	02:11	02:11	02:11	02:11	02:11	02:11	02:12	02:12	02:12	
99	02:12	02:12	02:12	02:12	02:13	02:13	02:13	02:13	02:13	02:13	
100	02:13	02:13	02:14	02:14	02:14	02:14	02:14	02:14	02:14	02:15	
101	02:15	02:15	02:15	02:15	02:15	02:15	02:15	02:16	02:16	02:16	
102	02:16	02:16	02:16	02:16	02:17	02:17	02:17	02:17	02:17	02:17	
103	02:17	02:17	02:18	02:18	02:18	02:18	02:18	02:18	02:18	02:19	
104	02:19	02:19	02:19	02:19	02:19	02:19	02:19	02:20	02:20	02:20	
105	02:20	02:20	02:20	02:20	02:21	02:21	02:21	02:21	02:21	02:21	
106	02:21	02:21	02:22	02:22	02:22	02:22	02:22	02:22	02:22	02:23	
107	02:23	02:23	02:23	02:23	02:23	02:23	02:23	02:24	02:24	02:24	
108	02:24	02:24	02:24	02:24	02:25	02:25	02:25	02:25	02:25	02:25	
109	02:25	02:25	02:26	02:26	02:26	02:26	02:26	02:26	02:26	02:27	
110	02:27	02:27	02:27	02:27	02:27	02:27	02:27	02:28	02:28	02:28	
111	02:28	02:28	02:28	02:28	02:29	02:29	02:29	02:29	02:29	02:29	
112	02:29	02:29	02:30	02:30	02:30	02:30	02:30	02:30	02:30	02:31	
113	02:31	02:31	02:31	02:31	02:31	02:31	02:31	02:32	02:32	02:32	
114	02:32	02:32	02:32	02:32	02:33	02:33	02:33	02:33	02:33	02:33	
115	02:33	02:33	02:34	02:34	02:34	02:34	02:34	02:34	02:34	02:35	
116	02:35	02:35	02:35	02:35	02:35	02:35	02:35	02:36	02:36	02:36	
117	02:36	02:36	02:36	02:36	02:37	02:37	02:37	02:37	02:37	02:37	

Nordic Combined											
Time Difference for	4x5 km		Team Gundersen				45.0	Pts/Min = 1.333 sec/Pt			
Punkte	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	
118	02:37	02:37	02:38	02:38	02:38	02:38	02:38	02:38	02:38	02:39	
119	02:39	02:39	02:39	02:39	02:39	02:39	02:39	02:40	02:40	02:40	
120	02:40	02:40	02:40	02:40	02:41	02:41	02:41	02:41	02:41	02:41	
121	02:41	02:41	02:42	02:42	02:42	02:42	02:42	02:42	02:42	02:43	
122	02:43	02:43	02:43	02:43	02:43	02:43	02:43	02:44	02:44	02:44	
123	02:44	02:44	02:44	02:44	02:45	02:45	02:45	02:45	02:45	02:45	
124	02:45	02:45	02:46	02:46	02:46	02:46	02:46	02:46	02:46	02:47	
125	02:47	02:47	02:47	02:47	02:47	02:47	02:47	02:48	02:48	02:48	
126	02:48	02:48	02:48	02:48	02:49	02:49	02:49	02:49	02:49	02:49	
127	02:49	02:49	02:50	02:50	02:50	02:50	02:50	02:50	02:50	02:51	
128	02:51	02:51	02:51	02:51	02:51	02:51	02:51	02:52	02:52	02:52	
129	02:52	02:52	02:52	02:52	02:53	02:53	02:53	02:53	02:53	02:53	
130	02:53	02:53	02:54	02:54	02:54	02:54	02:54	02:54	02:54	02:55	
131	02:55	02:55	02:55	02:55	02:55	02:55	02:55	02:56	02:56	02:56	
132	02:56	02:56	02:56	02:56	02:57	02:57	02:57	02:57	02:57	02:57	
133	02:57	02:57	02:58	02:58	02:58	02:58	02:58	02:58	02:58	02:59	
134	02:59	02:59	02:59	02:59	02:59	02:59	02:59	03:00	03:00	03:00	
135	03:00	03:00	03:00	03:00	03:01	03:01	03:01	03:01	03:01	03:01	
136	03:01	03:01	03:02	03:02	03:02	03:02	03:02	03:02	03:02	03:03	
137	03:03	03:03	03:03	03:03	03:03	03:03	03:03	03:04	03:04	03:04	
138	03:04	03:04	03:04	03:04	03:05	03:05	03:05	03:05	03:05	03:05	
139	03:05	03:05	03:06	03:06	03:06	03:06	03:06	03:06	03:06	03:07	
140	03:07	03:07	03:07	03:07	03:07	03:07	03:07	03:08	03:08	03:08	
141	03:08	03:08	03:08	03:08	03:09	03:09	03:09	03:09	03:09	03:09	
142	03:09	03:09	03:10	03:10	03:10	03:10	03:10	03:10	03:10	03:11	
143	03:11	03:11	03:11	03:11	03:11	03:11	03:11	03:12	03:12	03:12	
144	03:12	03:12	03:12	03:12	03:13	03:13	03:13	03:13	03:13	03:13	
145	03:13	03:13	03:14	03:14	03:14	03:14	03:14	03:14	03:14	03:15	
146	03:15	03:15	03:15	03:15	03:15	03:15	03:15	03:16	03:16	03:16	
147	03:16	03:16	03:16	03:16	03:17	03:17	03:17	03:17	03:17	03:17	
148	03:17	03:17	03:18	03:18	03:18	03:18	03:18	03:18	03:18	03:19	
149	03:19	03:19	03:19	03:19	03:19	03:19	03:19	03:20	03:20	03:20	
150	03:20	03:20	03:20	03:20	03:21	03:21	03:21	03:21	03:21	03:21	
151	03:21	03:21	03:22	03:22	03:22	03:22	03:22	03:22	03:22	03:23	
152	03:23	03:23	03:23	03:23	03:23	03:23	03:23	03:24	03:24	03:24	
153	03:24	03:24	03:24	03:24	03:25	03:25	03:25	03:25	03:25	03:25	
154	03:25	03:25	03:26	03:26	03:26	03:26	03:26	03:26	03:26	03:27	
155	03:27	03:27	03:27	03:27	03:27	03:27	03:27	03:28	03:28	03:28	
156	03:28	03:28	03:28	03:28	03:29	03:29	03:29	03:29	03:29	03:29	
157	03:29	03:29	03:30	03:30	03:30	03:30	03:30	03:30	03:30	03:31	

Nordic Combined											
Time Difference for	4x5 km		Team Gundersen				45.0	Pts/Min = 1.333 sec/Pt			
Punkte	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	
158	03:31	03:31	03:31	03:31	03:31	03:31	03:31	03:32	03:32	03:32	
159	03:32	03:32	03:32	03:32	03:33	03:33	03:33	03:33	03:33	03:33	
160	03:33	03:33	03:34	03:34	03:34	03:34	03:34	03:34	03:34	03:35	
161	03:35	03:35	03:35	03:35	03:35	03:35	03:35	03:36	03:36	03:36	
162	03:36	03:36	03:36	03:36	03:37	03:37	03:37	03:37	03:37	03:37	
163	03:37	03:37	03:38	03:38	03:38	03:38	03:38	03:38	03:38	03:39	
164	03:39	03:39	03:39	03:39	03:39	03:39	03:39	03:40	03:40	03:40	
165	03:40	03:40	03:40	03:40	03:41	03:41	03:41	03:41	03:41	03:41	
166	03:41	03:41	03:42	03:42	03:42	03:42	03:42	03:42	03:42	03:43	
167	03:43	03:43	03:43	03:43	03:43	03:43	03:43	03:44	03:44	03:44	
168	03:44	03:44	03:44	03:44	03:45	03:45	03:45	03:45	03:45	03:45	
169	03:45	03:45	03:46	03:46	03:46	03:46	03:46	03:46	03:46	03:47	
170	03:47	03:47	03:47	03:47	03:47	03:47	03:47	03:48	03:48	03:48	
171	03:48	03:48	03:48	03:48	03:49	03:49	03:49	03:49	03:49	03:49	
172	03:49	03:49	03:50	03:50	03:50	03:50	03:50	03:50	03:50	03:51	
173	03:51	03:51	03:51	03:51	03:51	03:51	03:51	03:52	03:52	03:52	
174	03:52	03:52	03:52	03:52	03:53	03:53	03:53	03:53	03:53	03:53	
175	03:53	03:53	03:54	03:54	03:54	03:54	03:54	03:54	03:54	03:55	
176	03:55	03:55	03:55	03:55	03:55	03:55	03:55	03:56	03:56	03:56	
177	03:56	03:56	03:56	03:56	03:57	03:57	03:57	03:57	03:57	03:57	
178	03:57	03:57	03:58	03:58	03:58	03:58	03:58	03:58	03:58	03:59	
179	03:59	03:59	03:59	03:59	03:59	03:59	03:59	04:00	04:00	04:00	
180	04:00	04:00	04:00	04:00	04:01	04:01	04:01	04:01	04:01	04:01	
181	04:01	04:01	04:02	04:02	04:02	04:02	04:02	04:02	04:02	04:03	
182	04:03	04:03	04:03	04:03	04:03	04:03	04:03	04:04	04:04	04:04	
183	04:04	04:04	04:04	04:04	04:05	04:05	04:05	04:05	04:05	04:05	
184	04:05	04:05	04:06	04:06	04:06	04:06	04:06	04:06	04:06	04:07	
185	04:07	04:07	04:07	04:07	04:07	04:07	04:07	04:08	04:08	04:08	
186	04:08	04:08	04:08	04:08	04:09	04:09	04:09	04:09	04:09	04:09	
187	04:09	04:09	04:10	04:10	04:10	04:10	04:10	04:10	04:10	04:11	
188	04:11	04:11	04:11	04:11	04:11	04:11	04:11	04:12	04:12	04:12	
189	04:12	04:12	04:12	04:12	04:13	04:13	04:13	04:13	04:13	04:13	
190	04:13	04:13	04:14	04:14	04:14	04:14	04:14	04:14	04:14	04:15	
191	04:15	04:15	04:15	04:15	04:15	04:15	04:15	04:16	04:16	04:16	
192	04:16	04:16	04:16	04:16	04:17	04:17	04:17	04:17	04:17	04:17	
193	04:17	04:17	04:18	04:18	04:18	04:18	04:18	04:18	04:18	04:19	
194	04:19	04:19	04:19	04:19	04:19	04:19	04:19	04:20	04:20	04:20	
195	04:20	04:20	04:20	04:20	04:21	04:21	04:21	04:21	04:21	04:21	
196	04:21	04:21	04:22	04:22	04:22	04:22	04:22	04:22	04:22	04:23	
197	04:23	04:23	04:23	04:23	04:23	04:23	04:23	04:24	04:24	04:24	

Nordic Combined											
Time Difference for	4x5 km		Team Gundersen				45.0	Pts/Min = 1.333 sec/Pt			
Punkte	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	
198	04:24	04:24	04:24	04:24	04:25	04:25	04:25	04:25	04:25	04:25	
199	04:25	04:25	04:26	04:26	04:26	04:26	04:26	04:26	04:26	04:27	
200	04:27	04:27	04:27	04:27	04:27	04:27	04:27	04:28	04:28	04:28	
201	04:28	04:28	04:28	04:28	04:29	04:29	04:29	04:29	04:29	04:29	
202	04:29	04:29	04:30	04:30	04:30	04:30	04:30	04:30	04:30	04:31	
203	04:31	04:31	04:31	04:31	04:31	04:31	04:31	04:32	04:32	04:32	
204	04:32	04:32	04:32	04:32	04:33	04:33	04:33	04:33	04:33	04:33	
205	04:33	04:33	04:34	04:34	04:34	04:34	04:34	04:34	04:34	04:35	
206	04:35	04:35	04:35	04:35	04:35	04:35	04:35	04:36	04:36	04:36	
207	04:36	04:36	04:36	04:36	04:37	04:37	04:37	04:37	04:37	04:37	
208	04:37	04:37	04:38	04:38	04:38	04:38	04:38	04:38	04:38	04:39	
209	04:39	04:39	04:39	04:39	04:39	04:39	04:39	04:40	04:40	04:40	
210	04:40	04:40	04:40	04:40	04:41	04:41	04:41	04:41	04:41	04:41	
211	04:41	04:41	04:42	04:42	04:42	04:42	04:42	04:42	04:42	04:43	
212	04:43	04:43	04:43	04:43	04:43	04:43	04:43	04:44	04:44	04:44	
213	04:44	04:44	04:44	04:44	04:45	04:45	04:45	04:45	04:45	04:45	
214	04:45	04:45	04:46	04:46	04:46	04:46	04:46	04:46	04:46	04:47	
215	04:47	04:47	04:47	04:47	04:47	04:47	04:47	04:48	04:48	04:48	
216	04:48	04:48	04:48	04:48	04:49	04:49	04:49	04:49	04:49	04:49	
217	04:49	04:49	04:50	04:50	04:50	04:50	04:50	04:50	04:50	04:51	
218	04:51	04:51	04:51	04:51	04:51	04:51	04:51	04:52	04:52	04:52	
219	04:52	04:52	04:52	04:52	04:53	04:53	04:53	04:53	04:53	04:53	
220	04:53	04:53	04:54	04:54	04:54	04:54	04:54	04:54	04:54	04:55	
221	04:55	04:55	04:55	04:55	04:55	04:55	04:55	04:56	04:56	04:56	
222	04:56	04:56	04:56	04:56	04:57	04:57	04:57	04:57	04:57	04:57	
223	04:57	04:57	04:58	04:58	04:58	04:58	04:58	04:58	04:58	04:59	
224	04:59	04:59	04:59	04:59	04:59	04:59	04:59	05:00	05:00	05:00	
225	05:00	05:00	05:00	05:00	05:01	05:01	05:01	05:01	05:01	05:01	
226	05:01	05:01	05:02	05:02	05:02	05:02	05:02	05:02	05:02	05:03	
227	05:03	05:03	05:03	05:03	05:03	05:03	05:03	05:04	05:04	05:04	
228	05:04	05:04	05:04	05:04	05:05	05:05	05:05	05:05	05:05	05:05	
229	05:05	05:05	05:06	05:06	05:06	05:06	05:06	05:06	05:06	05:07	
230	05:07	05:07	05:07	05:07	05:07	05:07	05:07	05:08	05:08	05:08	
231	05:08	05:08	05:08	05:08	05:09	05:09	05:09	05:09	05:09	05:09	
232	05:09	05:09	05:10	05:10	05:10	05:10	05:10	05:10	05:10	05:11	
233	05:11	05:11	05:11	05:11	05:11	05:11	05:11	05:12	05:12	05:12	
234	05:12	05:12	05:12	05:12	05:13	05:13	05:13	05:13	05:13	05:13	
235	05:13	05:13	05:14	05:14	05:14	05:14	05:14	05:14	05:14	05:15	
236	05:15	05:15	05:15	05:15	05:15	05:15	05:15	05:16	05:16	05:16	
237	05:16	05:16	05:16	05:16	05:17	05:17	05:17	05:17	05:17	05:17	



Nordic Combined										
Time Difference for 4x5 km Team Gundersen							45.0	Pts/Min = 1.333 sec/Pt		
Punkte	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
238	05:17	05:17	05:18	05:18	05:18	05:18	05:18	05:18	05:18	05:19
239	05:19	05:19	05:19	05:19	05:19	05:19	05:19	05:20	05:20	05:20
240	05:20	05:20	05:20	05:20	05:21	05:21	05:21	05:21	05:21	05:21
241	05:21	05:21	05:22	05:22	05:22	05:22	05:22	05:22	05:22	05:23
242	05:23	05:23	05:23	05:23	05:23	05:23	05:23	05:24	05:24	05:24
243	05:24	05:24	05:24	05:24	05:25	05:25	05:25	05:25	05:25	05:25
244	05:25	05:25	05:26	05:26	05:26	05:26	05:26	05:26	05:26	05:27
245	05:27	05:27	05:27	05:27	05:27	05:27	05:27	05:28	05:28	05:28
246	05:28	05:28	05:28	05:28	05:29	05:29	05:29	05:29	05:29	05:29
247	05:29	05:29	05:30	05:30	05:30	05:30	05:30	05:30	05:30	05:31
248	05:31	05:31	05:31	05:31	05:31	05:31	05:31	05:32	05:32	05:32
249	05:32	05:32	05:32	05:32	05:33	05:33	05:33	05:33	05:33	05:33
250	05:33	05:33	05:34	05:34	05:34	05:34	05:34	05:34	05:34	05:35
251	05:35	05:35	05:35	05:35	05:35	05:35	05:35	05:36	05:36	05:36
252	05:36	05:36	05:36	05:36	05:37	05:37	05:37	05:37	05:37	05:37
253	05:37	05:37	05:38	05:38	05:38	05:38	05:38	05:38	05:38	05:39
254	05:39	05:39	05:39	05:39	05:39	05:39	05:39	05:40	05:40	05:40
255	05:40	05:40	05:40	05:40	05:41	05:41	05:41	05:41	05:41	05:41
256	05:41	05:41	05:42	05:42	05:42	05:42	05:42	05:42	05:42	05:43
257	05:43	05:43	05:43	05:43	05:43	05:43	05:43	05:44	05:44	05:44
258	05:44	05:44	05:44	05:44	05:45	05:45	05:45	05:45	05:45	05:45
259	05:45	05:45	05:46	05:46	05:46	05:46	05:46	05:46	05:46	05:47
260	05:47	05:47	05:47	05:47	05:47	05:47	05:47	05:48	05:48	05:48
261	05:48	05:48	05:48	05:48	05:49	05:49	05:49	05:49	05:49	05:49
262	05:49	05:49	05:50	05:50	05:50	05:50	05:50	05:50	05:50	05:51
263	05:51	05:51	05:51	05:51	05:51	05:51	05:51	05:52	05:52	05:52
264	05:52	05:52	05:52	05:52	05:53	05:53	05:53	05:53	05:53	05:53
265	05:53	05:53	05:54	05:54	05:54	05:54	05:54	05:54	05:54	05:55
266	05:55	05:55	05:55	05:55	05:55	05:55	05:55	05:56	05:56	05:56
267	05:56	05:56	05:56	05:56	05:57	05:57	05:57	05:57	05:57	05:57
268	05:57	05:57	05:58	05:58	05:58	05:58	05:58	05:58	05:58	05:59
269	05:59	05:59	05:59	05:59	05:59	05:59	05:59	06:00	06:00	06:00
270	06:00	06:00	06:00	06:00	06:01	06:01	06:01	06:01	06:01	06:01