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RULES FOR THE FIS CROSS-COUNTRY WORLD CUP

STAGE (3 DAYS) WORLD CUP STAGE TOUR DE SKI STAGE WORLD CUP FINAL

## RULES FIS CROSS-COUNTRY WORLD CUP 2013-2014

## 1. General Rules

### 1.1 Organisation, Number of Competitions, Awarding of Competitions

1.1.1 The FIS Overall Cross-Country World Cup consists of individual competitions on distances longer than 1.8 km (Distance World Cup) and on Sprints shorter than 1.8 km (Sprint World Cup).

Furthermore, a number of relays and Team Sprints are organised which are included in the Nations Cup.

## World Cup Calendar Frame

World Cup Single Day Events

- World Cup Distance competitions
- World Cup Sprint competitions
- Relays
- Team Sprints

Title Year
No Title Year
7
11
7
2-3
2-3
2-3
2-3

World Cup Stage Events

- Tour de Ski 9 days / 7 competitions
- World Cup Final 5 days / 4 competitions
- Nordic Opening 3 days $/ 3$ competitions 3 days $/ 3$ competitions

11 days / 9 competitions
5 days / 4 competitions

Overview Single and Stage Events

- World Cup Distance competitions
- World Cup Sprint competitions
- Relays
- Team Sprints

Title Year No Title Year
1821
11
13
2-3
2-3
2-3
2-3
1.1.2 The FIS Cross-Country World Cup calendars are planned by the FIS Sub-Committee for World and Continental Cups Cross-Country in a close collaboration with the National Ski Associations five years in advance. The FIS Sub-Committee for World and Continental Cups, however, has the right to make any changes in venue in order to guarantee the quality of the event.

## Last minutes decisions

Depending on the case, an expert named by a joint agreement between the FIS Head Office (Race Director, Event Coordinator) and the Chairman and another member of the FIS Sub-Committee for World and Continental Cups Cross-Country will be called to make a decision together with the Organising Committee and the representative of the National Ski Association involved.

### 1.1.3 For all FIS World Cup events, a substitute resort has to be appointed in advance and named in the invitation.

If for any reason a FIS World Cup competition cannot take place, the FIS Race Director Cross-Country and Event Coordinator Cross-Country must be informed immediately. The substitute resort has to be confirmed in writing until $28^{\text {th }}$ September 2013
In the events where is insufficient or no snow in the courses selected for the competition(s), the Organising Committee must cancel the event(s) and this must be done 9 (nine) days before the race (exceptional 6 days before, approved by the members of the last minutes decision, 1.1.2). Depending on the case, an expert named by a joint agreement between the FIS Head Office and the FIS Sub-Committee for World- and Continental Cups Cross-Country will be called to make a decision together with the Organising Committee and the representative of the National Ski Association involved.
As a principle, a transferred competition shall be carried out in the same country. If that is not possible, the competition can be carried out in another country or postponed to a later date in the season.
2. Distances and Techniques

In principle, the competitions will be carried out with $50 \%$ free technique and 50 \% classical technique.

## 3. Number of Participants

### 3.1 Limitation

### 3.1.1 $\quad$ Nation's quotas FIS World Cup 2013-2014

Each nation has a basic quota of 2 athletes' ladies and 2 athletes' men. The nation's quotas (sprint and distance) are calculated according to the number of athletes ranked in the World Cup standings 2012-2013
(Distance and Sprint) according to the following table:

| Number of athletes <br> ranked in World Cup <br> Standing 2012_2013 | Nation Quota |
| :---: | :---: |
| $9>$ | 6 |
| $6-8$ | 5 |
| $3-5$ | 4 |
| $1-2$ | 3 |
| 0 | Basic quota $=2$ |

3.1.2 The previous season's FIS "Overall" World Cup winners and the previous season's FIS "Distance" World Cup Winners may start in addition to a nation's calculated "Distance" quota and the FIS "Sprint" World Cup Winners may start addition to a nation's calculated "Sprint" quota.

### 3.1.3 World Cup Analysis 2012-2013 and New Nation's Quotas for 2013-2014

Q1 = Nation's quotas Ladies Distance Q2 = Nation's quotas Ladies Sprint Q3 = Nation's quotas Men Distance Q4 = Nation's quotas Men Sprint

| Nation | Ladies |  |  |  | Men |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Distance |  | Sprint |  | Distance |  | Sprint |  |
|  | Nb1 | Q1 | Nb2 | Q2 | Nb3 | Q3 | Nb4 | Q4 |
| NOR* | 15 | 6 | 12 | 6 | 16 | 6+1 | 18 | 6+1 |
| SWE* | 10 | 6 | 11 | 6 | 10 | 6 | 11 | 6+1 |
| RUS* | 17 | 6 | 11 | 6 | 14 | 6+1 | 16 | 6 |
| FIN | 7 | 5 | 8 | 5 | 3 | 4 | 7 | 5 |
| GER | 5 | 4 | 6 | 5 | 9 | 6 | 8 | 5 |
| SUI | 1 | 3 | 3 | 4 | 5 | 4 | 10 | 6 |
| ITA | 5 | 4 | 3 | 4 | 9 | 6 | 6 | 5 |
| FRA | 4 | 4 | 3 | 4 | 6 | 5 | 5 | 4 |
| USA* | 6 | 5 | 8 | 5+1 | 5 | 4 | 4 | 4 |
| CAN | 1 | 3 | 3 | 4 | 5 | 4 | 5 | 4 |
| KAZ | 3 | 4 | 2 | 3 | 7 | 5 | 4 | 4 |
| CZE | 1 | 3 | 0 | 2 | 4 | 4 | 3 | 4 |
| EST | 0 | 2 | 0 | 2 | 2 | 3 | 3 | 4 |
| JPN | 2 | 3 | 1 | 3 | 1 | 3 | 2 | 3 |
| POL* | 2 | 3+1 | 1 | 3+1 | 1 | 3 | 1 | 3 |
| SLO | 2 | 3 | 3 | 4 | 0 | 2 | 0 | 2 |
| AUT | 1 | 3 | 1 | 3 | 2 | 3 | 2 | 3 |
| SVK | 1 | 3 | 1 | 3 | 1 | 3 | 0 | 2 |
| GBR | 0 | 2 | 0 | 2 | 1 | 3 | 1 | 3 |
| UKR | 3 | 4 | 0 | 2 | 0 | 2 | 1 | 3 |
| ROU | 0 | 2 | 0 | 2 | 1 | 3 | 0 | 2 |
| SPA | 1 | 3 | 0 | 2 | 0 | 2 | 0 | 2 |
| CHN | 0 | 2 | 0 | 2 | 0 | 2 | 1 | 3 |
| BLR | 1 | 3 | 0 | 2 | 2 | 3 | 1 | 3 |
| All others | 0 | 2 | 0 | 2 | 0 | 2 | 0 | 2 |

* World Cup Winners 2012-2013 get an extra quota.
3.1.4 Stage events: Check and notice the quotas for the "Stage World Cup Events" (see enclosure).


### 3.1.5 Additional quotas Red Group

Nations with more than 6 members on the Red Group (pay list) list, have the right to have additional quota. Seven members in the Red Group equals one additional quota, greater than seven members in the Red Group equal maximum two additional quotas. The additional quota names must be from the Red Group.

### 3.1.6 Additional quotas COC leaders or winners

The Overall Winners from the previous season's COC have the right to start in the $1^{\text {st }}$ World Cup period in the following season (beginning 20132014 season).

The leaders (male and female) of all COC Cups at the following dates have the right to start in World Cup competitions during the next World Cup period:
$1^{\text {st }}$ World Cup Period 2013-14
$2^{\text {nd }}$ World Cup Period 2013-14
$3^{\text {rd }}$ World Cup Period 2013-14
$4^{\text {th }}$ World Cup Period 2013-14

COC Winners season 12-13
Leaders at $6^{\text {th }}$ of January 2014
Leaders at $27^{\text {th }}$ of January 2014
Leaders at $24^{\text {th }}$ of February 2014

A valid list of these qualified athletes will be published on the FIS website. Each COC Coordinator is responsible to send the names of the qualified athletes to the FIS office (friedrich@fisski.com) according to the following deadlines:

| $1^{\text {st }}$ World Cup Period | $1^{\text {st }}$ of November 2013 |
| :--- | :--- |
| $2^{\text {nd }}$ World Cup Period | $6^{\text {th }}$ of January 2014 |
| $3^{\text {rd }}$ World Cup Period | $27^{\text {th }}$ of January 2014 |
| $4^{\text {th }}$ World Cup Period | $24^{\text {th }}$ of February 2014 |

According to the Continental Cup rules, up to three Ladies and Men have the right to start outside of the quota in March 2014 (except World Cup Finals).

The athletes have to reach the World Cup entry requirements (see art. 3.3).
The winners and the current leaders of these Continental Cups will get reimbursement according to art. 10.1.
3.1.7 Nations, which have a Distance or Sprint quota of 3, have the right to start with 4, if there will be a Relay or a Team Sprint during the same World Cup stage.

### 3.2 Participation and Penalties

The 5 best nations (Ranking Team World Cup 2012-2013) according to the gender ranking (Top 5 Ladies' Teams and top 5 Men's Teams) have to start in all the World Cup competitions during the season 2013-2014 except one FIS World Cup weekend.

If a team has a quota of:

- 5 and more
- 3-4
- 2 and less
at least 3 athletes have to start
2 athletes have to start
1 athlete has to start

If those teams are not attending in more than one of the World Cup venues, these teams have no right to start at the following World Cup venue.

The best 5 Ladies Teams and 5 Men Teams for the whole season 20132014 are as follows:

| Ladies: | Men: |
| :--- | :--- |
| 1. Norway | 1. Russia |
| 2. Finland | 2. Norway |
| 3. Russia | 3. Sweden |
| 4. Sweden | 4. Switzerland |
| 5. USA | 5. Italy |

### 3.3 World Cup Entry Requirements

### 3.3.1 Requirements Distance World Cup

For the Distance World Cups the quota is valid under the condition that every individual competitor (= Ladies and Men) has a FIS code number and has reached during the last 365 days at least one (1) result better than or equalizing:

- 60.00 FIS Distance points Men: for individual competitions
- 90.00 FIS Distance points Ladies: for individual competitions


### 3.3.2 Requirements Sprint World Cup

For the Sprint World Cups the quota is valid under the condition that every individual competitor (= Ladies and Men) has a FIS Code number and has reached during the last 365 days at least one (1) result better than or equalizing: 120 FIS Points (Sprint or Distance).

### 3.3.3 NSA not carrying out a FIS World Cup

Each FIS affiliated National Ski Association not carrying out a FIS World Cup can register one (1) competitor for the FIS World Cup competitions under the following conditions:

## Distance competitions Interval Start / Mass Start / Pursuit

The competitor has a FIS Code number and has reached at least one (1) result better than or equalizing 120 FIS Points in a Distance competition during the last 365 days.

## Sprint competitions

The competitor has a FIS Code number and has reached at least one (1) result better than or equalizing 120 FIS Points in a Sprint or Distance competition during the last 365 days.

### 3.3.4 Exceptions

In exceptional circumstances (top athletes from Biathlon, Nordic Combined and developing nations...), athletes who didn't reach the World Cup entry requirements can be allowed to start.
The respective NSAs have to apply in a written way to the FIS office latest 1 week before the event. With taking all in considerations, FIS Race
Director will take the decision and will inform the OC and the jury.

### 3.4 National quota

The organising country has right to enter a maximum of ten (10) additional competitors as "national quota". Those competitors must have a FIS code number and have reached during the last 365 days at least one (1) result better than or equalizing:

- For distance competitions: 120.00 FIS pts in a distance competition
- For sprint: 120.00 FIS points in a sprint or distance competition

Due to the reduced size of the starting field, the World Cup Final organising country has the right to enter a maximum of five (5) additional competitors as "national quota" in a neighbouring organising country at one event during the same calendar period.
USA has the right to enter a maximum of five (5) additional competitors as "national quota" in the World Cup stages organised in Canada.

### 3.5 Quotas for team events (Relay and Team Sprint)

Each nation has right to enter 2 teams.
The organising country has right to enter 2 additional teams as national quota.
Mixed teams (different nations) are not allowed. All athletes need the World Cup requirements.

### 3.6 Staff Members

### 3.6.1 Number of team officials (staff quota)

A maximum number of team officials is fixed for each NSA (valid for all World Cup events incl. stage events. The quota is calculated according to the nation's quotas 2013-2014 (see art. 3.1.3):

| Number of athletes <br> Q = Q1+Q2+Q3+Q4 | Staff <br> Quota |
| :---: | :---: |
| $>22$ | 22 |
| $20-22$ | 18 |
| $17-19$ | 15 |
| $14-16$ | 13 |
| $12-13$ | 11 |


| Number of athletes <br> Q = Q1+Q2+Q3+Q4 | Staff <br> Quota |
| :---: | :---: |
| 11 | 9 |
| 10 | 7 |
| 9 | 6 |
| Basic $=8$ | 5 |
|  |  |

Each nation will receive a number of World Cup bibs equal to the Staff Quota. Rights for World Cup prices (accommodation rules art. 13 and transportation rules art. 11.) are guaranteed for all the officials within the quota.

The Teams are allowed to enter additional staff members with no right for World Cup prices. Additional World Cup bibs will be charged ( $20 €$ per bib), limited (maximum 35 bibs in total) and have to be ordered before $1^{\text {st }}$ October (through the FIS Office).

### 3.6.2 Staff Quota 2013-2014

| Nation | Ladies |  | Men |  | $\begin{gathered} Q= \\ Q 1+Q 2+Q 3+Q 4 \end{gathered}$ | Staff Quota |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Distance Q1 | Sprint Q2 | $\begin{gathered} \hline \text { Distance } \\ \text { Q3 } \\ \hline \end{gathered}$ | Sprint Q4 |  |  |
| NOR* | 6 | 6 | 7 | 7 | 26 | 22 |
| SWE* | 6 | 6 | 6 | 7 | 25 | 22 |
| RUS* | 6 | 6 | 7 | 6 | 25 | 22 |
| FIN | 5 | 5 | 4 | 5 | 19 | 15 |
| GER | 4 | 5 | 6 | 5 | 20 | 18 |
| SUI | 3 | 4 | 4 | 6 | 17 | 15 |
| ITA | 4 | 4 | 6 | 5 | 19 | 15 |
| FRA | 4 | 4 | 5 | 4 | 17 | 15 |
| USA* | 5 | 6 | 4 | 4 | 19 | 15 |
| CAN | 3 | 4 | 4 | 4 | 15 | 13 |
| KAZ | 4 | 3 | 5 | 4 | 16 | 13 |
| CZE | 3 | 2 | 4 | 4 | 13 | 11 |
| EST | 2 | 2 | 3 | 4 | 11 | 9 |
| JPN | 3 | 3 | 3 | 3 | 12 | 11 |
| POL* | 4 | 4 | 3 | 3 | 14 | 13 |
| SLO | 3 | 4 | 2 | 2 | 11 | 9 |
| AUT | 3 | 3 | 3 | 3 | 12 | 11 |
| SVK | 3 | 3 | 3 | 2 | 11 | 9 |
| GBR | 2 | 2 | 3 | 3 | 10 | 7 |
| UKR | 4 | 2 | 2 | 3 | 11 | 9 |
| ROU | 2 | 2 | 3 | 2 | 9 | 6 |
| SPA | 3 | 2 | 2 | 2 | 9 | 6 |
| CHN | 2 | 2 | 2 | 3 | 9 | 6 |
| BLR | 3 | 2 | 3 | 3 | 11 | 9 |
| All others | 2 | 2 | 2 | 2 | 8 | 5 |

## 4. $\quad$ Red Group

The Red Group List consists of the 30 best Men and the 30 best Ladies in the current Distance and Sprint World Ranking Lists (WRL). After each WRL period a new WRL will be compiled and the latest list is valid for the next WRL period. All World Cup results and maximum two results of the Distance and one Sprint competitions at OWG or WSC will count for the Red Group. Racers having resigned before the start of the season will be substituted by the following athlete.
If a competitor on the World Ranking Lists is unable to start for one (1) year, a new penalty as follows will be calculated according to the rank after his last penalty: The application for status as injured has to be confirmed by the FIS Cross-Country Committee (Executive Board).

Scale for penalties according to ranks:

| $\frac{\text { Ranks }}{1-5}$ | $\frac{\text { Penalties }}{4}$ |
| ---: | :---: |
| $6-10$ | 6 |
| $11-15$ | 8 |
| $16-20$ | 10 |
| $21-25$ | 12 |
| $26-30$ | 14 |

## 5. Starting Order

### 5.1 Seeded Group

At OWG, WSC and WC, the Seeded Group is defined as the top 30 competitors in the current World Cup Standing (Distance or Sprint). The current Overall World Cup Leader is added as one additional if not already included. No Men or Ladies within the ranking of top 30 will be substituted if they are not entered. Maximum 4 competitors per nation plus the World Champion of the respective discipline are allowed to start in a WSC.
Check and notice the starting order for the "Stage Events" (see enclosure).

### 5.2 Starting Order for Mass Start

For mass start competitions (including skiathlon) the Overall World Cup Leader is always assigned the first start position and the remaining competitors in the seeded group are assigned the next start positions in order of their current Distance World Cup standing. Following the seeded group all other competitors will be assigned start positions according to their FIS distance points (ordered by pts) and lastly a group for those with no FIS points is drawn.

### 5.3 Starting Order individual Sprint Qualification

For the individual Sprint qualification round the seeded group normally starts first and the starting order within the group is drawn. Following the seeded group all other competitors will be assigned start positions according to their FIS sprint points (ordered by pts) and lastly a group for those with no FIS points is drawn.

## $5.4 \quad$ Starting Order for Interval Start (Distance Races)

The 30 best athletes according to the current World Cup distance Standings registered to compete will start in reverse order as the last group according to the current World Cup distance Standings, but, registered athletes with highest FIS points will start between all the Seeded athletes. The athlete with the highest FIS points will be set as first of those athletes. The Overall World Cup leader will start as last.
From the first start number to the beginning of the last group (top 30 of the current World Cup Standings and athletes with highest FIS points), the athletes have assigned starting numbers according to their FIS points, higher FIS points start first.

Check and notice the starting order for the "Stage Events" (see enclosure).

## 6. Individual Rankings

### 6.1 World Cup Points

### 6.1.1 Individual competitions

The first 30 athletes will get the following World Cup points in all individual competitions:

| $1^{\text {st }}$ place $=$ | 100 points | $16^{\text {th }}$ place $=$ | 15 points |
| ---: | :--- | :--- | :--- |
| $2^{\text {nd }}$ place $=$ | 80 points | $17^{\text {th }}$ place $=$ | 14 points |
| $3^{\text {rd }}$ place $=$ | 60 points | $18^{\text {th }}$ place $=$ | 13 points |
| $4^{\text {th }}$ place $=$ | 50 points | $19^{\text {th }}$ place $=$ | 12 points |
| $5^{\text {th }}$ place $=$ | 45 points | $20^{\text {th }}$ place $=$ | 11 points |
| $6^{\text {th }}$ place $=$ | 40 points | $21^{\text {st }}$ place $=$ | 10 points |
| $7^{\text {th }}$ place $=$ | 36 points | $22^{\text {nd }}$ place $=$ | 9 points |
| $8^{\text {th }}$ place $=$ | 32 points | $23^{\text {rd }}$ place $=$ | 8 points |
| $9^{\text {th }}$ place $=$ | 29 points | $24^{\text {th }}$ place $=$ | 7 points |
| $10^{\text {th }}$ place $=$ | 26 points | $25^{\text {th }}$ place $=$ | 6 points |
| $11^{\text {th }}$ place $=$ | 24 points | $26^{\text {th }}$ place $=$ | 5 points |
| $12^{\text {th }}$ place $=$ | 22 points | $27^{\text {th }}$ place $=$ | 4 points |
| $13^{\text {th }}$ place $=$ | 20 points | $28^{\text {th }}$ place $=$ | 3 points |
| $14^{\text {th }}$ place $=$ | 18 points | $29^{\text {th }}$ place $=$ | 2 points |
| $15^{\text {th }}$ place $=$ | 16 points | $30^{\text {th }}$ place $=$ | 1 point |

### 6.1.2 Bonus World Cup points in Mass Start races

The first 10 athletes will get the following World Cup points at the defined bonus positions as mentioned below:

$$
\begin{aligned}
& 1^{\text {st }} \text { place }=15 \text { points } \\
& 2^{\text {nd }} \text { place }=12 \text { points } \\
& 3^{\text {rd }} \text { place }=10 \text { points } \\
& 4^{\text {th }} \text { place }=8 \text { points } \\
& 5^{\text {th }} \text { place }=6 \text { points }
\end{aligned}
$$

| $6^{\text {th }}$ place | $=5$ points |
| :--- | :--- |
| $7^{\text {th }}$ place | $=4$ points |
| $8^{\text {th }}$ place | $=3$ points |
| $9^{\text {th }}$ place | $=2$ points |
| $10^{\text {th }}$ place | $=1$ point |

In order for these World Cup points to be awarded, the competitor must complete the competition (reach the finish line).
If an athlete is ranked in the top 10 in an intermediate sprint and does not finish the competition, the positions and bonus points in the intermediate sprints remain the same for the other athletes. There is no reallocation of the points that were earned by the athlete who did not finish. This does not apply in the case of disqualification.

In all Mass Start races the additional bonus positions are implemented like:

| Race length | Number of bonus positions |
| :--- | :---: |
| until 10 km | 1 |
| $11-20 \mathrm{~km}$ | 2 |
| 30 km | 4 |
| 50 km | 6 |

6.1.3 Stage events: Check and notice the World Cup points rules for the "Stage" Events (see enclosure).

### 6.1.4 Sprints

The first 30 athletes will get some World Cup points as describe in art. 6.1.1. The first 30 athletes will be ranked as follow:

1-6 A - final
7-12 will be fixed according to the results of the semi finals. See principles in ICR
13-30 will be fixed according to the results of the quarter finals. See principles in ICR

## Selections for the next round in the finale heats

## Quarter Finals

Nr. 1 and 2 are directly selected; in addition the two quickest according to the time in the quarter finals. The faster of those two additionally selected athletes will be placed in Semi Final 1 and the slower of those athletes will be placed in Semi Final 2.

## Semi Finals

Nr. 1 and 2 are directly selected in addition the two quickest according to the time in the Semi Finals for Final A.
6.2 In case of a tie, each competitor receives the points for that placing. Example: Three-way tie for 12th place. All three competitors get 22 points; the competitor gets 16 points for the 15th place.

### 6.3 The Winners

6.3.1 The winner of the Overall FIS Cross-Country World Cup is the athlete, male and female, who scores the highest number of World Cup Distance points, World Cup Sprint points and the final ranking of the "Stage" Events for the Overall World Cup.
6.3.2 The winner of the FIS Distance World Cup is the competitor, male and female, who scores the highest number of World Cup Distance points in the final scoring in all individual Distance competitions.
6.3.3 The winner of the FIS Sprint World Cup is the competitor, male and female, who scores the highest number of World Cup Sprint points in the final scoring in all individual Sprint competitions.

### 6.4 Tie-Breaker

If two or more competitors score the same number of points in the final evaluation, the winner is the competitor who has:
a) the highest number of individual World Cup wins
b) the best results (i.e. most $2^{\text {nd }}$ places, most $3^{\text {rd }}$ places, etc.)

If the competitors are still equal, two (or more) World Cups will be awarded.

### 6.5 BMW XDrive Trophy

### 6.5.1 The BMW xDrive Trophy

The BMW xDrive Trophy ranking will be calculated on the basis of the bonus seconds and bonus World Cup points awarded from the beginning to the end of the World Cup season as detailed above.

| Date | Site | Ladies | Men | Remarks | Bonus awarded |
| :--- | :--- | :---: | :---: | :---: | :--- |
| 29.11 | Kuusamo | Sprint C | Sprint C |  | Top 30 (30", 27", 24"... 2") |

6.5.2 Winners

The winner of the BMW xDrive Trophy ranking will be the athlete (male \& female) who has collected the most bonus seconds or/and bonus points (1 second $=1$ point) from the beginning to the end of the season.

### 6.5.3 Tie-breaker

If two or more competitors score the same number of bonus points and seconds, the winner or current leader is the competitor who has the highest number of individual World Cups wins and then the best results (i.e. most 2nd places, most 3rd places...). If the competitors are still equal, they will be ranked according to their ranking in the Overall World Cup standing.
6.5.4 Prizes

The winner (ladies and men) will each receive a BMW car, (BMW X1 xDrive 20d, net value approx. $40.000 €$ [RRP Germany]).

Within the EU plus Norway \& Switzerland BMW will provide transportation of the car to the athletes BMW dealer on request. Transportation to other countries can't be granted on behalf of BMW. Handover of the prize must then be executed in Munich, Germany. Import duties or taxes payable will be responsibility of the athlete. There will be no cash alternative and only one car per person will be awarded. The winner agrees by accepting the prize that he may be featured in promotional material.

## 7. Nations Cup Scoring

### 7.1 The FIS Nations Cup

The individual scores of each country's competitors will be added and to this sum each country's relay scores will be added for a final total for the Nations Cup. The relay competitions are scored as follows:

| 1st place $=200$ points | 16th place $=30$ points |  |
| ---: | :--- | ---: |
| 2nd place $=160$ points | 17th place $=28$ points |  |
| 3rd place $=120$ points | 18th place $=26$ points |  |
| 4th place $=$ | 100 points | 19th place $=24$ points |
| 5th place $=$ | 90 points | 20th place $=22$ points |
| 6th place $=$ | 80 points | 21st place $=20$ points |
| 7th place $=$ | 72 points | 22nd place $=18$ points |
| 8th place $=$ | 64 points | 23rd place $=16$ points |
| 9th place $=$ | 58 points | 24th place $=14$ points |
| 10th place $=$ | 52 points | 25th place $=12$ points |
| 11th place $=$ | 48 points | 26th place $=10$ points |
| 12th place $=$ | 44 points | 27th place $=8$ points |
| 13th place $=$ | 40 points | 28th place $=6$ points |
| 14th place $=36$ points | 29th place $=4$ points |  |
| 15th place $=32$ points | 30th place $=2$ points |  |

Only one Men's relay team per nation and one Ladies' relay team per nation will count for each event and this team must be named prior to the draw.
For mixed relays (Men and Ladies) the same rules and point-giving system as above will be used.

### 7.2 Team Sprint

For Team Sprints (relays consisting of two athletes) the same scoring will be used as for individual races (see pt. 6.1.1). Only two (2) Men's Sprint teams per nation and two (2) Ladies' Sprint teams per nation will count for each event and these teams must be named prior with I and II to the draw. The national quota is two additional teams for each gender.

## Qualification (Semi Final)

Each athlete runs three laps by changing after each lap. After the qualification, there must be a break of approx. 30-45 minutes, before starting the finales.
The best 2 teams are directly qualified according to the semi-final result, the rest of the teams will be qualified according to the times in the semifinals.

Final: The athletes will run 3 laps by changing after each lap.

## $7.3 \quad$ The Winners

### 7.3.1 The FIS Nations Cup

The winner of the Nations Cup is that country with the highest number of points calculated by adding the Men's and Ladies' FIS World Cup points including Sprints.

### 7.3.2 Tie-Breaker

If two or more nations have the same number of points the winner is that country which has the highest number of first places and then the best results (most $2^{\text {nd }}$ places, most $3^{\text {rd }}$ places, etc.).
8. Prizes
8.1 Prize-Money
8.1.1 All the prize-money must be paid in Swiss Francs (CHF).
8.1.2 The prize-money has to be paid electronically latest 1 week after the last competition to the respective athlete (also in team competitions, in team sprint both athletes get 50\% of the total amount, in relay all four athletes get $25 \%$ of the total amount). A late payment charge will apply for organisers from the second week on: CHF 999 per week in default. Excluded from this is a delay due to wrong or missing bank account information
8.1.3 Receipts must be transmitted to the Event Coordinator latest two days after the final competition at the respective venue.
8.1.4 The bank transfer costs have to be paid by the respective OC. Prize-Money is declared without VAT.

### 8.1.5 Individual events

CHF 40'000 per event, divided between positions 1-10:

| 1. | CHF | $15 \prime 000 .-$ | 6. | CHF | $1^{\prime} 500 .-$ |
| :--- | :--- | :--- | :--- | :--- | :--- |
| 2. | CHF | $10^{\prime} 000 .-$ | 7. | CHF | $1^{\prime} 000 .-$ |
| 3. | CHF | $5^{\prime} 000 .-$ | 8. | CHF | $750 .-$ |
| 4. | CHF | $3^{\prime} 500 .-$ | 9. | CHF | $500 .-$ |
| 5. | CHF | $2^{\prime} 500 .-$ | 10. | CHF | $250 .-$ |

In case of a tie result, both prize-monies will be added, divided by two and each athlete gets 50 \%.
Check and notice the rules of the „Stage" Events (see enclosure).

### 8.1.6 Relay and Team Sprint events

CHF 30'000 per event, divided between teams $1-6$ :

| 1. | CHF | $122^{\prime} 000 .-$ | 4. | CHF | $3^{\prime} 000 .-$ |
| :--- | :--- | :--- | :--- | :--- | :--- |
| 2. | CHF | $8 \prime 000 .-$ | 5. | CHF | $2^{\prime} 000 .-$ |
| 3. | CHF | $4^{\prime} 000 .-$ | 6. | CHF | $1^{\prime} 000 .-$ |

In case of a tie result, both price monies will be added and divided by 2. And each team gets $50 \%$.

### 8.1.7 Athletes Obligations

If athletes do not show up at the Winner TV flash interview, Leader Chair, Top-three winner picture, Winner Ceremony, Official Ceremony, Press Conference and other ceremonies agreed by FIS they lose their right to receive the prize-money.
The FIS Office takes into consideration departure flight schedules and "force majeure" may authorize the distribution in the absence of the competitor.

### 8.1.8 Overall Prize-Money

For the 2013-2014 season, prize-money for an individual World Cup event, the amount of CHF 2'500 per competition shall be paid by the organisers in a so-called "overall pool" and will be distributed at the World Cup Finals (similar to the Tour de Ski).

Calculation for season 2013-2014 (29 competitions for each gender):

| Prize-Money Calculation 2013-2014 (CHF) *) |  |
| :--- | ---: |
| Amount | $\mathbf{2 ' 5 0 0}^{2}$ |
| Number of events pro gender | 29 |
| Genders | 2 |
| Total | $145 \prime 000$ |
| Total for each gender | $72^{\prime} 500$ |


| 1st Place | $35 \%$ | $25^{\prime} 375$ |
| :--- | ---: | ---: |
| 2nd Place | $25 \%$ | $18^{\prime} 125$ |
| 3rd Place | $15 \%$ | $10^{\prime} 875$ |
| 4th Place | $10 \%$ | $7 \prime 250$ |
| 5th Place | $7 \%$ | $5^{\prime} 075$ |
| 6th Place | $5 \%$ | $3 \prime 225$ |
| Rookie of the Year | $3 \%$ | $2{ }^{\prime} 175$ |
|  | $100 \%$ |  |

Definition: Rookie of the Year: Best athlete in the World Cup Overall list from the category U23.
*) If a competition has to be cancelled, the prize-money has to be adapted.

### 8.2 FIS World Cup Trophies (for Ladies and Men)

a) The Overall World Cup winners receive the big FIS World Cup trophy.
b) The Distance and the Sprint World Cup winners receive each a small FIS World Cup trophy.
c) Own FIS Trophies for the „Tour de Ski " (see enclosure).
d) The U23 Rooky of the year receive a FIS trophy

### 8.3 FIS World Cup Medals

The $2^{\text {nd }}$ and $3^{\text {rd }}$ competitors receive a FIS World Cup medal.

### 8.4 FIS Nations Cup / Team Cup

The best nation receives the FIS Nations Cup (ladies and men together) / Team Cup (ranking per gender).
8.5 The trophies and medals will be provided by the FIS.
8.6 The VIESSMANN FIS World Cup Trophy and all other awards will be given at the conclusion of the last FIS World Cup event.
8.7 Leader Bib of the World Cup Leaders
The leader of the Overall World Cup wears officially the yellow bib. The leaders of the Sprint and Distance World Cups wear the red bib of their respective discipline.

### 8.8 Leader Bib of the Team Events

The current leading teams of the FIS World Cup (male and female) wear the leader bib. Naturally only the first team will wear it.
8.9 Winner Ceremony / Distribution of Prizes
The Winner Ceremony / prize giving ceremony has to take place after the competition (about 15 minutes after the last arrival) and will be standardised respectively a real ritual is celebrated. If an appropriate stage (location, town etc.) is available, the award ceremony will be carried out separately, otherwise the following procedure will be carried out.
Procedure:

- Introduction with the FIS Fanfare
- Winner Ceremony / Award Ceremony
- Ranking of the day: announcement 3-1 (relay and Team Sprint 3-1), prizes giving over from 1-3
- Photos
- In case of a new leader in the overall World Cup standing: Handing over of the yellow bib (overall leader)
- Official persons OC (1-2) \& maid of honours.
8.10 Top three winner picture
Right after the top three athletes of the respective race are decided and in the finish, a brief photo shooting will take place. The position of the shooting needs to be defined with the HBC, the FIS Media Coordinator and the photo chief or FIS photographer and should not influence the ongoing race


## 9. Registration and Entries

Teams and SRS companies must use the FIS online registration system for:

- Season accreditation requests
- Accommodation reservations and requests
- Transportation requests
- Special requests concerning wax cabins
- Entries by name


### 9.1 Season Accreditation Requests

FIS Season Accreditation for coaches and team staff that are following the entire World Cup should be requested online by the National Federation until $30^{\text {th }}$ of September 2013.

### 9.2 Registration

To register the participating teams on each World Cup stage, the FIS online registration system must be used with 2 different mandatory steps:

- Preliminary entries (latest 6 weeks before the first competition)
- Entries by name


### 9.2.1 Preliminary Entries

For each World Cup stage, all the participating teams must register trough the online system latest 6 weeks ( 42 full days) before the first competition. For example: if the first competition is on Saturday the deadline will be on Friday evening at 24:00 6 weeks before.

Late preliminary entries will still be accepted after the deadline (the system will remain open) but the teams which didn't send their preliminary entries before the deadline will:

- lose their rights for accommodation, transportation and wax cabins (it will be up the OC to organize it or not)
- or receive a financial penalty of CHF 999 which will be deducted immediately from their travel money or has to be paid directly onsite at the respective venue.
Preliminary entries are mandatory for all the teams (even for teams booking their accommodation by themselves).
Preliminary entries will be used by the OC for accommodation matters, size of the wax cabins and for all other special requests.

Cancelation or changes will still be possible until the day before the first competition.
Check and notice the accommodation cancelation rules art.13.1

### 9.2.2 Entries by Name

For each World Cup stage, all the participating teams must send their entries by names trough the online registration system. For each stage, the system will be open as soon as the preliminary entries are sent. The system will stay closed as long as the preliminary entries are not done. Entries by name will be used by the OC to communicate the rooming list to the hotels, to prepare additional local accreditations for the additional staff members, to prepare the final entries list.
Cancelation or changes will still be possible until the day before the first competition. Check the accommodation cancelation rules art.13.1

### 9.2.3 Final Entries

The final entries for each competition have to be done until 2 hours before the Team Captain meeting in the race office.

## 10. Carrying Costs

10.1 The organiser shall pay for the travel and living costs for:

1) The competitors on the current Red Group Lists (pay lists): 30 best Men and 30 best Ladies according to the current World Ranking List. An athlete of the Red Group List will also be reimbursed if he/she only participates in a Team event.
2) For the current leader or winner (Ladies and Men) of the COC Cups
3) For a maximum of one coach per nation and per gender, if there are three (or more) athletes per gender in the Red Group List (COC leaders do not count):

- Stages with only Sprint competitions: 3 (or more) athletes (same gender) in the Sprint Red Group List => 1coach reimbursed
- Stages with only Distance competitions: 3 (or more) athletes (same gender) in the Distance Red Group List => 1 coach reimbursed
- Stages with Sprint + Distance competitions: 3 (or more) athletes (same gender) in the Sprint and/or Distance Red Group List => 1 coach reimbursed
- Stages with Sprint + Team event or Distance + Team event: 3 (or more) athletes (same gender) in the Sprint and/or Distance Red Group List => 1 coach reimbursed.

4) For the Technical Delegate and his/her assistants.
10.2 The Pay Lists list will be updated after each FIS World Cup period. The payment of the pay lists will be based on personal places.
10.3 If a competition is cancelled or an athlete gets sick after the official day of arrival, the travel and accommodation expenses must also be paid to the corresponding teams having athletes in the pay Lists, if they are present on the site. The coach must be paid when an athlete gets sick after the official arrival. The official arrival day is earliest the day after the final snow inspection.
10.4 Stage Events: Check and notice the rules of the "Stage Events" (see encl.).
11. Transport

### 11.1 Travel costs

The organiser shall pay the travel cost for the athletes and coaches according art. 10. Travel costs will be calculated according to the schedule in 11.1.3 Travel costs will be paid by the organiser to the teams by bank transfer or cash (the OC has the right to choose) latest 1 week after the last competition.
A late payment charge will apply for organisers from the second week on:
CHF 999 per week in default. Excluded from this is a delay due to wrong or missing bank account information.
The receipts for the travel cost must be handed out to the coach on-site or sent latest two days after the last competition of the respective venue to the head coach of the team or the FIS Event Coordinator.
11.1.1 World Cup stages with Distance and Sprint events: the travel costs will be paid only once if an athlete belongs to both Red Group Lists.
In the season 2013-2014 this concerns the following World Cup Stages:
Kuusamo, Davos, Szklarska Poreba, Toblach, Lahti, Drammen/Oslo, Falun.

### 11.1.2 Regions

The FIS members are divided into five travel regions:

1) Northern Europe: (DAN, EST, FIN, ISL, NOR, SWE)
2) East Europe: (BLR, BUL, GEO, KAZ, LAT, LTU, RUM, RUS, UKR, UZB)
3) Middle and South Europe: (AND, AUT, BEL, BIH, CRO, CZE, FRA, GER, GBR, GRE, HUN, IRE, ITA, JUG, LIE, LUX, MON, NED, POL, RSM, SVK, SLO, SPA, SUI, TUR)
4) Overseas I: (ALG, CAN, EGY, IRA, ISR, LIB, MAR, MEX, RSA, SEN, SUD, SWZ, USA, ZIM)
5) Overseas II: (ARG, AUS, BRA, CHI, CHN, FIJ, GUA, HON, JPN, KOR, PRK, MGL, NZE, PHI, PUR, URU, ISV)

### 11.1.3 Schedule

|  | Region 1 <br> North Europe | Region 2 <br> East Europe | Region 3 <br> Middle/South <br> Europe | Region 4 <br> Overseas I | Region 5 <br> Overseas II |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Region 1 <br> North. Europe |  | CHF 500 | CHF 500 | CHF 750 | CHF 750 |
| Region 2 <br> East Europe | CHF 500 |  | CHF 500 | CHF 750 | CHF 750 |
| Region 3 <br> Middle/South Europe | CHF 500 | CHF 500 |  | CHF 750 | CHF 750 |
| Region 4 <br> Overseas 1 | CHF 750 | CHF 750 | CHF750 |  | CHF750 |
| Region 5 <br> Overseas II | CHF 750 | CHF 750 | CHF 750 | CHF 750 |  |

Local organisers have to pay CHF 300 per participant for the travel to the World Cup event if this is localized within the region or the country of the participant.

### 11.2 Transport Airport - Venue

Teams arriving or leaving by plane have to be transported to and from the venue free of charge under the following conditions:

- Only one free of charge transfer per team from the official airport to the venue and one from the venue to the airport.
- The arriving and departing times have to be communicated to the organiser latest 10 days before the first competition.
- The official airport(s) has to be chosen in cooperation between the organising committee and FIS. The official airport has to offer sufficient flight possibilities for all the teams and has to be named early in advance in the official team info book.


### 11.3 Transport Hotels - Stadium

The OC has to provide to the teams a shuttle service between the hotels and the stadium.
A suitable transport schedule will be fixed in cooperation between the teams and the OC.
Teams booking accommodation by their own are responsible to arrange their own transportation. The OC does not have to provide a shuttle service for these teams.
11.4 Stage events: Check and notice the rules of the "Stage Events" (see enclosure).

## 12. Team and SRS Facilities

12.1 Waxing facilities

At all FIS World Cup Sprint and Distance competitions each team has the right for Wax Cabins or parking space and power supply for the teams arriving with their own waxing trucks.

### 12.1.1 Wax Cabins

- The wax cabins size is fixed and calculated for Distance and Sprint competitions according to the nation's quotas 2013-2014 (see art. 3.1.3) and the following table:

| Nation's <br> Quotas | Nb of <br> containers | Size in $\mathrm{m}^{2}$ |
| :---: | :---: | :---: |
| $>10$ | 3 | $45 \mathrm{~m}^{2}$ |
| $7-10$ | 2 | $30 \mathrm{~m}^{2}$ |
| $>7$ | 1 | $15 \mathrm{~m}^{2}$ |

- The organising country has right for additional space for the national group athletes
- The containers available in each country are different standard sizes; therefore the size of Wax cabins is decided by the size of these containers.
- If a nation needs more capacity, the nation has to order the additional Cabins through the online system (in the preliminary entries form) latest 6 weeks before the first competition. The price for an additional container ( $15 \mathrm{~m}^{2}$ ) is CHF 900 (independent of duration).
12.1.2 Wax Cabins Size Calculation 2013-2014

| Nation | Distance |  |  | Sprint |  |  | Distance \& Sprint |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Quotas <br> ladies/men | Number of containers | Size <br> in $\mathbf{m} 2$ | Quotas <br> ladies/men | Number of containers | Size <br> in m 2 | Number of containers | $\begin{aligned} & \text { Size } \\ & \text { in } \mathrm{m} 2 \end{aligned}$ |
| NOR* | 13 | 3 | 45 | 13 | 3 | 45 | 3 | 45 |
| SWE* | 12 | 3 | 45 | 13 | 3 | 45 | 3 | 45 |
| RUS* | 13 | 3 | 45 | 12 | 3 | 45 | 3 | 45 |
| FIN* | 9 | 2 | 30 | 10 | 2 | 30 | 2 | 30 |
| GER* | 10 | 2 | 30 | 10 | 2 | 30 | 2 | 30 |
| SUI* | 7 | 2 | 30 | 10 | 2 | 30 | 2 | 30 |
| ITA* | 10 | 2 | 30 | 9 | 2 | 30 | 2 | 30 |
| FRA | 9 | 2 | 30 | 8 | 2 | 30 | 2 | 30 |
| USA | 9 | 2 | 30 | 10 | 2 | 30 | 2 | 30 |
| CAN* | 7 | 2 | 30 | 8 | 2 | 30 | 2 | 30 |
| KAZ | 9 | 2 | 30 | 7 | 2 | 30 | 2 | 30 |
| CZE | 7 | 2 | 30 | 6 | 1 | 15 | 2 | 30 |
| EST | 5 | 1 | 15 | 6 | 1 | 15 | 1 | 15 |
| JPN | 6 | 1 | 15 | 6 | 1 | 15 | 1 | 15 |
| POL | 7 | 2 | 30 | 7 | 2 | 30 | 2 | 30 |
| SLO | 5 | 1 | 15 | 6 | 1 | 15 | 1 | 15 |
| AUT | 6 | 1 | 15 | 6 | 1 | 15 | 1 | 15 |
| SVK | 6 | 1 | 15 | 5 | 1 | 15 | 1 | 15 |
| GBR | 5 | 1 | 15 | 5 | 1 | 15 | 1 | 15 |
| UKR | 6 | 1 | 15 | 5 | 1 | 15 | 1 | 15 |
| ROU | 5 | 1 | 15 | 4 | 1 | 15 | 1 | 15 |
| SPA | 5 | 1 | 15 | 4 | 1 | 15 | 1 | 15 |
| CHN | 4 | 1 | 15 | 5 | 1 | 15 | 1 | 15 |
| BLR | 6 | 1 | 15 | 5 | 1 | 15 | 1 | 15 |
| All others | 4 | 1 | 15 | 4 | 1 | 15 | 1 | 15 |
| National Group | 20 | 2 | 30 | 20 | 2 | 30 | 2 | 30 |

* No wax cabins for teams coming with their waxing trucks


### 12.1.3 Wax Cabins Requirements

- The wax cabins have to be ready 5 nights before the first competition and 1 night after the last competition.
- For safety reasons, containers or separate waxing rooms must be used. Big common tents or buildings can not be used.
- The cabins should be equipped with locking doors and teams are to be issued with keys. If the entrances cannot be locked, the organiser must provide security for the cabins.
- Parking space for teams must be provided within a reasonable distance of the cabins.
- A loudspeaker of the public address system should be placed near the cabins.
- Wireless network should be provided in wax cabin/or athletes' area.


### 12.1.4 Wax Cabins for SRS Companies

- Each SRS company has the right for 1 container $\left(15 \mathrm{~m}^{2}\right)$.
- If a company needs more capacity, the company has to order an additional Cabin. The price for an additional container $\left(15 \mathrm{~m}^{2}\right)$ is CHF 900 (independent of duration).
- For security and confidentiality reasons, SRS companies only accept cabins.
- The cabins shall be in one open room with at least one window and shall be equipped with locking doors and heater.
- All the industry cabins have to be concentrated in one spot.
- The company has to order the cabins before $15^{\text {th }}$ October (through the FIS Office).
- A financial penalty (CHF 900 per cabin) will be applied to the company which have ordered waxing cabin and not shown up.


### 12.1.5 Safety Guidelines for Wax Cabins

- All wax room staff should wear approved protective masks with filters
- The masks should ideally have intercom systems to enable the staff to communicate without removing the masks
- Suction for ventilation should be set up close to the waxing iron and the rotating polishing machines - this will reduce the smoke and pollution in the room
- General good heating and efficient ventilation
- The wax rooms must be cleaned and fully ventilated daily
- The time of exposure to smoke and pollution must be reduced to the absolute minimum per day
- Access to the waxing rooms without protective masks must be limited


### 12.1.6 Waxing Trucks

- Parking space has to be available for the teams arriving with a waxing truck as close as possible from the wax cabins area.
- Power supply has to be available maximum 30m from the parking space dedicated to each truck.
- The teams arriving with a waxing truck will not receive any wax cabin but only changing space according to art. 12.2.
- NSAs using a waxing truck during the World Cup season 2013-2014 have to inform the FIS Nordic office before the fall meeting.
The following nations will have a waxing truck in the season 20132014: SWE, NOR, GER, SUI, CAN, FIN, RUS and FRA (only Tour de Ski, Lahti, Drammen, Oslo, Falun)
- The teams have to confirm to the OC through the online system (in the preliminary entries form) latest 6 weeks before the first competition.
- The teams have to communicate to the OC their requests (parking size, power supply, etc.) for the truck.
- Teams using trucks or buses as changing or living space for athletes have to follow the same information process. The parking space has to be available as well for these trucks but the priority (in term of distance to the stadium) will be given to the waxing trucks.


### 12.2 Athlete's room

In order to prevent breathing of waxing fumes by the athletes, the Organisers have to provide to each participating nation a separate* athlete's room for changing.

* The nations not listed in the table at article 12.1.2 might have to share the athlete's room with other nations.

The Organisers can choose between the following technical solutions:

- One container per nation
- Common tent or building divided in closed boxes per nation (10 to 15 m 2 ). The athlete's rooms should not be organised in the same tent or building than other facilities such as VIP, media center, catering, volunteer center...

These rooms must be heated, shall be equipped with locking doors and situated close to the wax cabins area.
12.3 Team Catering and rest room (FIS Family Room)

- The Organisers have to provide a heated separate room for team catering and "life space" nearby the wax cabins area (minimum size $60 \mathrm{~m}^{2}$ ).
- Warm and cold food and drinks have to be available the all day. Type of food: pasta or rise, meal sandwiches, soup, fruit, etc. Type of drinks: water, soft drinks, tea, coffee, etc.
- This room should be equipped with tables, chairs, TV screens with winter sports live signal and 1 or 2 laptops with internet connection.


### 12.4 Training opportunities

Competitors and team officials must be given the opportunity to train and inspect the competition courses for at least 5 days before the first competition until at least the morning after the last competition. The Jury may close the course or limit the use of the course to certain sections or hours.
The period is in accordance with the regulations for Accommodation and Wax Cabins (art. 13.3 and 12.1.3).

## 13. Accommodation (Teams and SRS Companies)

13.1 Each OC is obliged to nominate a responsible person for the accommodation and has the duty to inform the Teams. The teams have to be fully and clearly informed early in advance about their accommodation: type of accommodation, standard, distance to the stadium, facilities (internet connection, meeting rooms...) and cost.
13.2 Reservation Process

Teams and SRS companies must use the FIS online registration system for accommodation reservation (see art 9.).
Teams and SRS companies have to provide to the OC:

- the team size with number of rooms and special requests latest 6 weeks before the first competition
- the final size of the team at least 10 days before the first competition (size tolerance -/+ $10 \%$ ). If the NSA changes this figures with more than $10 \%$, the NSA's are obliged to pay the difference between the effective and announced persons. In any case if the team size will be bigger than previously announced the effective costs must be paid.

NSA who are not using the online system and do not respect the deadlines are losing their rights for World Cup prices and/or conditions.

### 13.3 Duration

Each OC shall offer to all team, SRS members and FIS Marketing AG rooms at 3 Star hotels including full board for at least 5 nights before the first competition until at least the morning after the last competition (independent of the gender) with the following requirements and costs (art. 13.4 and 13.5).

### 13.4 Hotel Requirements

- Each OC shall offer to all team member rooms at 3 Star hotels including full board and non-alcoholic beverages for at least 5 nights before the first competition until at least the morning after the last competition.
- Lunch and dinner should be served in the hotel or next to the hotel in a adequate restaurant (up to 5 min walking distance). No tent solution is accepted. The restaurant or hotel must reserve a separate area for the teams to guarantee that the teams can eat when they arrive for lunch or dinner
- The distance between the hotel and the competition site should not exceed 25km.
- There shall be a maximum of 2 persons per room with separate beds (bunk beds should not be used). If accommodation in apartments is used there shall be at least 1 bathroom and 2 toilets for 4 persons.
- Rooms or apartments shall be cleaned each day.
- Hotels have to be informed by the OC that flexibility is requested concerning the meal times.
- Hotels have to be informed by the OC that late checkout is usually requested by the teams. Teams have right for late checkout for at least $40 \%$ of the rooms without any additional cost.
- A free of charge internet connection is requested in the hotels.


### 13.4.1 Quality and quantity of meals

Food must be healthy, plentiful and correspond to the needs of highly competitive athletes. The meals must meet at least the following guidelines and the meal plan needs to change every meal.

Breakfast: bread, butter and jam, milk, coffee with milk or tea, eggs, cheese, sausages, cereals, yoghurt and fruits.

Lunch and dinner: soup, salad or appetizer, 200 g meat (steak, etc.) poultry or fish, in agreement with the teams. Vegetables and other supplements (Noodles, rice, potatoes), cheese, fruit or deserts.
13.5 Costs

### 13.5.1 Pay lists

- The OC shall pay the accommodation costs for the athletes and coaches according to art. 10 for at least two nights before the first competition until at least the morning after the last competition.
- World Cup stages with Distance and Sprint events: the accommodation costs will be paid by the organiser:
- for at least two nights before the first sprint competition until at least the morning after the last sprint competition or team event if an athlete belongs to the sprint Red Group list
- for at least two nights before the first distance competition until at least the morning after the last distance competition or team event if an athlete belongs to the distance Red Group list
- for at least two nights before the first competition until at least the morning after the last competition if an athlete belongs to both Red Group Lists and for the COC leaders.
In the season 2013-2014 this concerns the following World Cup Stages:
Kuusamo, Davos, Szklarska Poreba, Toblach, Lahti, Drammen/Oslo, Falun
- If teams wish to use (for the whole period or only for some nights) other hotels than the ones proposed by the OC, the OC must pay CHF 125. per day to the NSA, who has members in the Pay Lists (according to art. 10) that are booked at another hotel (on site or not). The OC can ask to the Teams a hotel booking confirmation as a proof.


### 13.5.2 Other team members

- For the other FIS World Cup team members and for the additional nights of the athletes on the pay lists, the price may not be higher than the official local prices offered at the time of the World Cup event and at a maximum price of CHF 125. - per person (full board and nonalcoholic drinks).
- Each team has the right (for each gender) to have one single room without any additional cost. All other single rooms will be charged.
- Each team has the right for late checkout for at least $40 \%$ of the rooms without any additional cost.


### 13.5.3 SRS Industry

- The price for SRS company members (3 members per company) may not be higher than CHF 125 per person (full board and 1 drink).
- Each company has the right to have one single room without any additional cost. All other single rooms will be charged. The entry will be done directly by each SRS industry company through the online registration system.


## 14. Advertising / FIS World Cup Sponsors / Media Service

14.1 Advertisement / Marketing

Advertising and marketing must conform to the FIS Advertising Rules and Guidelines. The marketing and sponsoring concept will be implemented by FIS Marketing AG. For the necessary rights acquisition, contracts have to be signed between NSA/LOC and FIS Marketing AG. These contracts are mandatory for each NSA/LOC, in order to organise FIS CC World Cup competitions.

### 14.2 Media

14.2.1 Press- and Media Service

The press and media service organised by the Organising Committee must conform to the FIS PR and media regulations including the Media Guidelines Version 2013-2014 as well as the Media Check List 2013-2014, elaborated in cooperation between AIPS Nordic, the FIS PR and Media Committee and the FIS Marketing and Communications Management.
14.2.2 Press and Media accommodation

Press and Media persons should be accommodated with the conditions mentioned in the OC Contract.
14.2.3 FIS World Cup Media Coordinator

The OC's Chief of Press will be supported by the FIS World Cup media coordinator, who is nominated by the FIS and assists with general services in regard to PR, information, press service, winners press conference etc. on behalf of the FIS.
The organiser must provide good working conditions for the FIS media coordinator. The OC must consider his proposals. Furthermore it has to pay his expenses for accommodation, meals (full board \& non alcoholic drinks), travel (arranged by FIS) and eventual fees for visa.
14.2.4 Each FIS World Cup Organiser must, before the beginning of winter, inform his national News Agency in time and make sure that, immediately after the World Cup competition the result list or at least the World Cup point ranks will be distributed by this agency.
14.2.5 A Mixed Zone draft and details of the OC Media Services with all necessary information (e.g. opening times of the Media Center, contacts, etc.) has to be sent to the Media Coordinator in autumn to be included in the FIS Media Information booklet (regular updates during the winter).
15. Rescue Service - Medical Support Requirements

The Organiser is responsible for setting up and operating during all competition times (training and competitions) an appropriate rescue service. The Medical Support Requirements for FIS Event Organisers are given in the ICR and in chapter 1 of the FIS Medical Guide.
16. Other
16.1 No skier shall be forced to enter a FIS World Cup competition
16.2 A Technical Delegate and an Assistant TD from another nation is appointed for every FIS Cross-Country World Cup competition. An additional Assistant TD is to be appointed by the National Ski Association.
16.3 These regulations, the agreement signed by FIS and the organisers, the Organizer manual with his check lists and the rules of the ICR are binding for the organisers of FIS Cross-Country World Cup events.
16.4 By using GPS transponders in Mass Start events, the athletes have to carry a GPS device. The device will be implemented in the bib.
16.5 The FIS Season Accreditation and FIS Season parking stickers which are provided to the key persons in the FIS Cross-Country World Cup has to be accepted by the World Cup Organizers. No exchange to a local accreditation or parking card should be done.
17. Promotion Cross-Country

All World Cup organisers pay the following costs to promote CrossCountry skiing:

- A marketing fee of CHF 900 for 1 competition day
- A marketing fee of CHF 1'800 for 2 competitions days or more
- Accommodation costs for the Marketing Support Cross-Country (full board)

Value for the money (coordinated by FIS): Cross-Country website, World Cup clips and Press conferences.
(Item 17 will be added to the FIS/NSA/OC contract)

## RULES FIS CROSS-COUNTRY STAGE (3 DAYS) WORLD CUP 2013-2014

## 1. Basic Rules

- Only entry for all FIS CROSS-COUNTRY STAGE WORLD CUP is possible. Abandonment in one race will lead to exclusion from the rest of the FIS CROSS-COUNTRY STAGE WORLD CUP.
This also includes ICR 343.13 (overlapping). In an interval start, an athlete will be excluded from the rest of the FIS CROSS-COUNTRY STAGE WORLD CUP if he loses:
- Interval start (5 km and more)
- more than 18 \% for Ladies and
- more than $15 \%$ for Men.
- Prologue, Short Interval start (<5 km) and Sprint qualifications
- more than $23 \%$ for Ladies and
- more than $20 \%$ for Men
- Pursuit counts like a Mass Start competition.

In special conditions the jury can adapt the percentages.

- The overall results for the FIS CROSS-COUNTRY STAGE WORLD CUP will be based on the overall time score in the three FIS CROSS-COUNTRY STAGE WORLD CUP. Sprint competitions will count as well.
- There will be a bonus system for the top 30 in the Sprint race. The Sprint bonus seconds for the overall FIS CROSS-COUNTRY STAGE WORLD CUP ranking are as listed below. Bonus seconds are subtracted from the competitor's actual race time before being added into the overall time score.

$$
\begin{aligned}
& 1^{\text {st }} \text { place }=30 \text { seconds } \\
& 2^{\text {nd }} \text { place }=27 \text { seconds } \\
& 3^{\text {rd }} \text { place }=24 \text { seconds } \\
& 4^{\text {th }} \text { place }=23 \text { seconds } \\
& 5^{\text {th }} \text { place }=22 \text { seconds } \\
& 6^{\text {th }} \text { place }=21 \text { seconds }
\end{aligned}
$$

$$
7^{\text {th }} \text { place }=16 \text { seconds }
$$

$$
8^{\text {th }} \text { place }=15 \text { seconds }
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9^{\text {th }} \text { place }=14 \text { seconds }
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10^{\text {th }} \text { place }=13 \text { seconds }
$$

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11^{\text {th }} \text { place }=12 \text { seconds }
$$

$$
12^{\text {st }} \text { place }=11 \text { seconds }
$$

$13^{\text {th }}$ place to $15^{\text {th }}$ place $=5$ seconds
$16^{\text {th }}$ place to $20^{\text {th }}$ place $=4$ seconds
$21^{\text {st }}$ place to $25^{\text {th }}$ place $=3$ seconds
$26^{\text {th }}$ place to $30^{\text {th }}$ place $=2$ seconds

Daily Bonus Seconds

| Stage \# and <br> Date | Race | Distance | Technique | Start | Bonus <br> Seconds |
| :--- | :--- | :--- | :--- | :--- | :--- |
| 1. Stage <br> Friday | Sprint | 1.4 km L <br> 1.4 km M | Classic | Individual/ <br> Mass | For the <br> athletes in <br> the finales: <br> $30 ", 2 "^{\prime \prime}$ etc. |
| 2. Stage <br> Saturday | Interval | 5 km L <br> 10 km M | Classic | Individual |  |
| 3. Stage <br> Sunday | Pursuit | 10 km L <br> 15 km M | Free | Handicap |  |

2. FIS World Cup Points for the FIS CROSS-COUNTRY STAGE WORLD CUP FIS World Cup points will be awarded after the last Stage according to the final FIS CROSS-COUNTRY STAGE WORLD CUP standings. The factor will be 2, i.e. the FIS CROSS-COUNTRY STAGE WORLD CUP winner will receive 200 points:

| 1. $=$ | 200 points | $11 .=$ | 48 points | $21 .=$ | 20 points |
| ---: | ---: | :--- | :--- | :--- | :--- |
| 2. $=$ | 160 | $12 .=$ | 44 | $22 .=$ | 18 |
| $3 .=$ | 120 | $13 .=$ | 40 | $23 .=$ | 16 |
| 4. $=$ | 100 | $14 .=$ | 36 | $24 .=$ | 14 |
| $5 .=$ | 90 | $15 .=$ | 32 | $25 .=$ | 12 |
| 6. $=$ | 80 | $16 .=$ | 30 | $26 .=$ | 10 |
| $7 .=$ | 72 | $17 .=$ | 28 | $27 .=$ | 8 |
| $8 .=$ | 64 | $18 .=$ | 26 | $28 .=$ | 6 |
| $9 .=$ | 58 | $19 .=$ | 24 | $29 .=$ | 4 |
| $10 .=$ | 52 | $20 .=$ | 22 | $30 .=$ | 2 |

In addition to the Overall World Cup points awarded, each stage will also receive the following World Cup points. On the last day, the winner of the day (fastest time on this stage for those specific kilometres) will get the World Cup points and Daily Prize-Money.

| 1. $=$ | 50 points | $11 .=$ | 24 points | $21 .=$ | 10 points |
| ---: | :--- | :--- | :--- | :--- | :--- |
| 2. $=$ | 46 | $12 .=$ | 22 | $22 .=$ | 9 |
| 3. $=$ | 43 | $13 .=$ | 20 | $23 .=$ | 8 |
| 4. $=$ | 40 | $14 .=$ | 18 | $24 .=$ | 7 |
| $5 .=$ | 37 | $15 .=$ | 16 | $25 .=$ | 6 |
| $6 .=$ | 34 | $16 .=$ | 15 | $26 .=$ | 5 |
| $7 .=$ | 32 | $17 .=$ | 14 | $27 .=$ | 4 |
| 8. $=$ | 30 | $18 .=$ | 13 | $28 .=$ | 3 |
| $9 .=$ | 28 | $19 .=$ | 12 | $29 .=$ | 2 |
| $10 .=$ | 26 | $20 .=$ | 11 | $30 .=$ | 1 |

## 3. FIS CROSS-COUNTRY STAGE WORLD CUP Prize-Money

| Place | Overall Prize-Money (CHF) | FINAL Total (CHF) |
| :---: | ---: | ---: |
| $1^{\text {st }}$ | $33^{\prime} 500$ |  |
| $2^{\text {nd }}$ | $22^{\prime} 500$ |  |
| $3^{\text {rd }}$ | $11^{\prime} 500$ |  |
| $4^{\text {th }}$ | $7^{\prime} \prime 75$ |  |
| $5^{\text {th }}$ | $5^{\prime} 625$ |  |
| $6^{\text {th }}$ | $3^{\prime} 375$ |  |
| $7^{\text {th }}$ | $2^{\prime} 250$ |  |
| $8^{\text {th }}$ | $1^{\prime} 687$ |  |
| $9^{\text {th }}$ | $1^{\prime} 125$ |  |
| $10^{\text {th }}$ | 563 |  |
| Total | for each gender | $\mathbf{9 0} \mathbf{n}^{\prime} \mathbf{0 0 0}$ |


| Place | Daily Prize-Money (CHF) | FINAL Total (CHF) |  |
| :---: | :--- | ---: | ---: |
| $1^{\text {st }}$ |  | $5 \prime 000$ |  |
| $2^{\text {nd }}$ |  | $3^{\prime} 000$ |  |
| $3^{\text {rd }}$ |  | $2^{\prime} 000$ |  |
| Daily Total | for each gender | $\mathbf{1 0} 000$ |  |

GRAND TOTAL
All prize-money without VAT.
In case of competition cancellation the prize-money has to be adapted. The prize-money will be paid after the last Stage according to the conditions mentioned in the WC rules art 8.1).

## 4. FIS CROSS-COUNTRY STAGE WORLD CUP Starting Order

## Stage 1 (Sprint)

For the individual Sprint qualification round the top 30 according the Overall World Cup standing 2012-2013 and the starting order within the group is drawn. Following the top 30 all other competitors will be assigned start positions according to the FIS Sprint points

## Stage 2 (Interval start)

The 30 best athletes according to the current overall FIS CROSS-COUNTRY STAGE WORLD CUP standing after 1 stage will start in reverse order as the last group, but the last 30 athletes according to the current overall standing will start between all the Seeded athletes. The athlete ranked last in the current overall standing will be set as first of those athletes.
From the first start number to the beginning of the last group (top 30 of the current overall standing and last 30 athletes), the athletes have assigned starting numbers according to the current overall standing in reverse order.

## Stage 3 (Pursuit)

The starting bibs will be according to the current FIS CROSS-COUNTRY STAGE WORLD CUP standings after 2 Stages. To prevent too large start time differences, the Jury can decide upon the use of the "wave start".

## 5. Quotas FIS CROSS-COUNTRY STAGE WORLD CUP

The quotas for athletes are based on Distance quota (Q1 ladies and Q3 men) plus $50 \%$ of the Sprint quota (Q2 ladies and Q4 men), rounded downward. The Overall World Cup winner from 2012-2013 and the current leaders or winners of the COC 2012-2013 get an additional spot.
There will be a national quota of 5 .
6. The Maximum Number of Team Officials, Medical and per National Team:
Check and notice the rules in the World Cup Rules art 3.5
7. Reimbursement

The organisers pay for the travel and living costs according to the conditions mentioned in the World Cup rules (art 10, 11 and 13).
8. Ceremony

The Winner ceremony and prize giving ceremonies are standardized.
Introduction with the FIS fanfare:

- Ceremony
- Ranking of the day 3-1
- Overall WC Leader
- Official persons OC (1-2) \& maid of honors.

9. Postponement/Substitution

In case of a postponement or substitution of an individual Stage at the FIS CROSS-COUNTRY STAGE WORLD CUP, the Race Management can decide to postpone a Stage by 24 hours.

## RULES FIS CROSS-COUNTRY TOUR DE SKI 2013-2014

## 1. Basic Rules

- Only entry for all FIS TOUR DE SKI Stages is possible. Abandonment in one race will lead to exclusion from the rest of the FIS TOUR DE SKI. This also includes ICR 343.13 (overlapping). In other Tour competitions, an athlete will be excluded from the rest of the Tour de Ski if he loses:
- Interval start ( 5 km or more): more than $18 \%$ for Ladies and more than 15\% for Men
- Prologue, Short Interval start (<5 km) and sprint qualifications: more than $23 \%$ for Ladies and more than $20 \%$ for Men
- Pursuit counts like a Mass Start competition

In special conditions the jury can adapt the percentages.

- The overall results for the FIS TOUR DE SKI will be based on the overall time score in the seven FIS TOUR DE SKI Stages. Sprint competitions will count as well.
- Tour Team Cup: Each day counts the best two Ladies and Men for the Team Cup. All times will be added.
- There will be a bonus system for the top 30 in the Sprint races. The Sprint bonus seconds for the overall FIS TOUR DE SKI ranking are as listed below. Bonus seconds are subtracted from the competitor's actual race time before being added into the overall time score.

$$
\begin{aligned}
& 1^{\text {st }} \text { place }=60 \text { seconds } \\
& 2^{\text {nd }} \text { place }=56 \text { seconds } \\
& 3^{\text {rd }} \text { place }=52 \text { seconds } \\
& 4^{\text {th }} \text { place }=48 \text { seconds } \\
& 5^{\text {th }} \text { place }=44 \text { seconds } \\
& 6^{\text {th }} \text { place }=42 \text { seconds } \\
& 7^{\text {th }} \text { place }=40 \text { seconds } \\
& 8^{\text {th }} \text { place }=38 \text { seconds } \\
& 9^{\text {th }} \text { place }=36 \text { seconds } \\
& 10^{\text {th }} \text { place }=34 \text { seconds } \\
& 11^{\text {th }} \text { place }=32 \text { seconds } \\
& 12^{\text {th }} \text { place }=30 \text { seconds } \\
& 13^{\text {th }} \text { place }=18 \text { seconds } \\
& 14^{\text {th }} \text { place }=17 \text { seconds } \\
& 15^{\text {th }} \text { plane }=16 \text { sends }
\end{aligned}
$$

$$
\begin{aligned}
& 16^{\text {th }} \text { place }=15 \text { seconds } \\
& 17^{\text {th }} \text { place }=14 \text { seconds } \\
& 18^{\text {th }} \text { place }=13 \text { seconds } \\
& 19^{\text {th }} \text { place }=12 \text { seconds } \\
& 20^{\text {th }} \text { place }=11 \text { seconds } \\
& 21^{\text {st }} \text { place }=10 \text { seconds } \\
& 22^{\text {nd }} \text { place }=9 \text { seconds } \\
& 23^{\text {rd }} \text { place }=8 \text { seconds } \\
& 24^{\text {th }} \text { place }=7 \text { seconds } \\
& 25^{\text {th }} \text { place }=6 \text { seconds } \\
& 26^{\text {th }} \text { place }=5 \text { seconds } \\
& 27^{\text {th }} \text { place }=4 \text { seconds } \\
& 28^{\text {th }} \text { place }=3 \text { seconds } \\
& 29^{\text {th }} \text { place }=2 \text { seconds } \\
& 30^{\text {th }} \text { place }=1 \text { second }
\end{aligned}
$$

- There will also be bonus seconds for intermediate points in Mass start competitions during the FIS TOUR DE SKI. Bonus seconds will be 15, 12, $10,8,6,5,4,3,2$ and 1 seconds for the first ten athletes at a designated intermediate point.
- If an athlete is ranked in the top 10 in an intermediate sprint and does not finish the competition, the positions and bonus seconds in the intermediate sprints remain the same for the other athletes. There is no reallocation of the seconds that were earned by the athlete who did not finish. This does not apply in the case of dsq.
- In Mass Start competitions, Pursuits (except the last competition) and the Interval start the top three of the Stage will also get bonus seconds (15, 10 and 5 seconds).
- The FIS TOUR DE SKI Sprint Ranking will be calculated on the basis of the bonus seconds as detailed above. The winner of the FIS TOUR DE SKI Sprint Ranking will be the athlete (male \& female) who has collected the most bonus seconds by the end of the FIS TOUR DE SKI. If two or more competitors score the same number of bonus seconds, the winner or current leader is the competitor who has the highest number of individual wins and then the best results (i.e. most $2^{\text {nd }}$ places, most $3^{\text {rd }}$ places...).

Daily Bonus Seconds

| Stage \# and Date | Race | Distance | Technique | Start | Bonus Seconds |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1. Saturday $28^{\text {th }}$ Dec 2013 | Prologue | $\begin{aligned} & 3 \mathrm{~km} \mathrm{~L} \\ & 4 \mathrm{~km} \mathrm{M} \end{aligned}$ | Free | Individual | $\begin{aligned} & \text { Finish Top } 3 \\ & 15 ", 10^{\prime \prime} \text { and } 5 " \end{aligned}$ |
| 2. Sunday $29^{\text {th }}$ Dec 2013 | Pursuit | $\begin{aligned} & \hline 9 \mathrm{~km} \mathrm{~L} \\ & 15 \mathrm{~km} \mathrm{M} \end{aligned}$ | Classic | Handicap | $\begin{aligned} & \text { Finish Top 3: } \\ & 15^{\prime \prime}, 10^{\prime \prime} \text { and } 5^{\prime \prime} \end{aligned}$ |
| 3. Tuesday 30th Dec 2013 | Sprint | $\begin{aligned} & 1.6 \mathrm{~km} \mathrm{~L} \\ & 1.6 \mathrm{~km} \mathrm{M} \end{aligned}$ | Free | Mass | For the athletes in the finals: <br> 60 " 56 " etc. |
| 4. Thursday, 1st January 2014 | Distance | $10 \text { km L }$ $15 \mathrm{~km} \text { M }$ | Classic | Mass | 1 for Ladies \& 2 for Men intermediate points Finish Top 3: $15 ", 10$ " and 5 " |
| 5. Friday, $3^{\text {rd }}$ January 2014 | Pursuit | 15 km L 35 km M | Free | Handicap | Finish Top 3: $15 ", 10$ " and $5 "$ |
| 6. Saturday, $4^{\text {th }}$ January 2014 | Distance | 5 km L 10 km M | Classic | Individual | Finish Top 3: $15 ", 10^{\prime \prime}$ and 5 " |
| 7. Sunday, $5^{\text {th }}$ January 2014 | Pursuit (final climb) | 9 km L <br> 9 km M | Free | Handicap |  |

## 2. FIS World Cup Points for the FIS TOUR DE SKI

- FIS World Cup points will be awarded after the last Stage according to the final FIS TOUR DE SKI standings. The factor will be 4, i.e. the FIS TOUR DE SKI winner will receive 400 points ( $4 \times 100$ points in the regular FIS World Cup Cross-Country races), as follows:

| 1. $=400$ points | 11. = | 96 points | 21. = | 40 points |
| :---: | :---: | :---: | :---: | :---: |
| 2. $=320$ | 12. = | 88 | 22. = | 36 |
| 3. $=240$ | 13. $=$ | 80 | 23. $=$ | 32 |
| 4. $=200$ | 14. = | 72 | 24. = | 28 |
| 5. $=180$ | 15. $=$ | 64 | 25. = | 24 |
| 6. $=160$ | 16. = | 60 | 26. $=$ | 20 |
| 7. $=144$ | 17. = | 56 | 27. = | 16 |
| 8. $=128$ | 18. $=$ | 52 | 28. $=$ | 12 |
| 9. $=116$ | 19. $=$ | 48 | 29. = | 8 |
| 10. $=104$ | 20. = | 44 | 30. = | 4 |

In addition to the Overall World Cup points awarded, each stage will also receive the following World Cup points. The daily World Cup points at the Tour de Ski will count for the overall and the discipline World Cup standings. On the last day, the winner of the day (fastest time on this stage for those specific kilometres) will get the World Cup points and Daily Prize-Money. The Sprints will count for the Sprint World Cup; all other stages will count for the Distance World Cup:

| 1. $=50$ points | 11. = | 24 points | 21. = | 10 points |
| :---: | :---: | :---: | :---: | :---: |
| 2. $=46$ | 12. $=$ | 22 | 22. $=$ | 9 |
| 3. $=43$ | 13. $=$ | 20 | 23. $=$ | 8 |
| 4. $=40$ | 14. $=$ | 18 | 24. = | 7 |
| 5. $=37$ | 15. = | 16 | 25. = | 6 |
| 6. $=34$ | 16. $=$ | 15 | 26. $=$ | 5 |
| 7. $=32$ | 17. = | 14 | 27. = | 4 |
| 8. $=30$ | 18. $=$ | 13 | 28. = | 3 |
| 9. $=28$ | 19. $=$ | 12 | 29. = | 2 |
| 10. $=26$ | 20. = | 11 | 30. = | 1 |

3. FIS TOUR DE SKI Prize-Money (Final definition follows asap)

| Place | Overall Prize Money (CHF) | TOUR Total (CHF) |
| :---: | ---: | ---: |
| $1^{\text {st }}$ | $90^{\prime} 000$ |  |
| $2^{\text {nd }}$ | $50^{\prime} 000$ |  |
| $3^{\text {rd }}$ | $30^{\prime} 000$ |  |
| $4^{\text {th }}$ | $17^{\prime} 500$ |  |
| $5^{\text {th }}$ | $12^{\prime} 500$ |  |
| $6^{\text {th }}$ | $7^{\prime} 500$ |  |
| $7^{\text {th }}$ | $5^{\prime} 000$ |  |
| $8^{\text {th }}$ | $4^{\prime} 000$ |  |
| $9^{\text {th }}$ | $3^{\prime} 000$ |  |
| $10^{\text {th }}$ | $1^{\prime} 000$ |  |
| Total | for each gender | $\mathbf{2 2 1} 000$ |


| Place | Sprint Ranking Prize-Money (CHF) | TOUR Total (CHF) |
| :---: | ---: | ---: |
| $1^{\text {st }}$ | $6^{\prime} 000$ |  |
| $2^{\text {nd }}$ | $3^{\prime} 000$ |  |
| $3^{\text {rd }}$ |  | $2^{\prime} 000$ |
| Total | for each gender | $\mathbf{1 1} 000$ |


| Place | Daily Prize-Money (CHF) |  | TOUR Total (CHF) |
| :---: | :--- | :--- | :--- |
| $1^{\text {st }}$ |  | $3^{\prime} 000$ |  |
| $2^{\text {nd }}$ |  | $2^{\prime} 000$ |  |
| $3^{\text {rd }}$ |  | $1^{\prime} 000$ |  |
| Daily Total | for each gender | $\mathbf{6}^{\prime} 000$ |  |


| Place | Tour Leader (CHF), except the <br> last stage | TOUR Total (CHF) |
| :--- | :--- | :--- |
| $1^{\text {st }}$ |  | $1^{\prime} 000$ |
| Total | for each gender | $\mathbf{6}, 000$ |

## GRAND TOTAL <br> CHF 560'000

All prize-money without VAT.
In case of competition cancellation the Prize-Money will be adapted.

## 4. FIS TOUR DE SKI Starting Order

## Stage 1 (Prologue)

The 30 best athletes according to the current World Cup Standing registered to compete will start in reverse order as the last group according to the current World Cup Standing, but, registered athletes with highest distance FIS points will start between all the Seeded athletes. The athlete with the highest distance FIS points will be set as first of those athletes. The Overall World Cup leader will start as last.

From the first start number to the beginning of the last group (top 30 of the current World Cup Standings and athletes with highest FIS points), the athletes have assigned starting numbers according to their FIS points, higher FIS points start first.

## Stage 2 (Pursuit)

All athletes registered to compete will start as according to the current FIS TOUR DE SKI standings after the first stage.

## Stage 3 (Sprint)

For the individual Sprint qualification round the top 30 after 2 Stages starts first and the starting order within the group is drawn. Following the top 30 after 2 Stages all other competitors will be assigned start positions according to the FIS TOUR DE SKI ranking after 2 Stages.

## Stage 4 (Distance Mass Start)

For Mass start competition the Overall FIS TOUR DE SKI Leader after 3 Stages is assigned the first start position and bib and the remaining competitors are assigned the next start positions in order of their current FIS TOUR DE SKI standing after 3 Stages.

## Stage 5 (Pursuit)

The starting bibs will be according to the current FIS TOUR DE SKI standings after 3 Stages. To prevent too large start time differences, the Jury can decide upon the use of the "wave start".

## Stage 6 (Distance, Individual start)

The 30 best athletes according to the current overall FIS TOUR DE SKI standing after 4 stages will start in reverse order as the last group, but the last 30 athletes according to the current TDS overall standing will start between all the Seeded athletes. The athlete ranked last in the current overall TDS standing will be set as first of those athletes.
From the first start number to the beginning of the last group (top 30 of the current overall standing and last 30 athletes), the athletes have assigned starting numbers according to the TDS overall standing in reverse order.

## Stage 7 (Pursuit, Final Climb Alpe Cermis)

The starting bibs will be according to the current FIS TOUR DE SKI standings after 6 Stages. To prevent too large start time differences, the Jury can decide upon the use of the "wave start".

## 5. Quotas FIS TOUR DE SKI

The quotas for athletes are based on Distance quota (Q1 ladies or Q3 men) plus $50 \%$ of the Sprint quota (Q2 ladies or Q4 men), rounded downward. There will be a national quota of 5 for all 3 hosting countries.
No additional current COC leaders and no attention to the number in the Red Group. Only the overall World Cup winner from 2012-2013 gets an additional spot.
6. The Maximum Number of Team Officials, Medical and per National Team: Check and notice the rules in the World Cup Rules art 3.6.

## 7. Transport

For FIS TOUR DE SKI Stage-to-Stage transportation, the teams must have their own vehicles and are independent. There will be no transport provided by the FIS TOUR DE SKI from venue to venue, except the pick up at the first airport (before the first Stage) and transport to the final airport (after the last Stage) the teams are entitled to one transport in each direction (airport to the venue and venue to the airport) for free.

## 8. Reimbursement

The organisers pay for the travel and living costs (accommodation, food etc.) according to the conditions mentioned in the World Cup rules (art. 10, 11 and 13).
Travel costs will be paid once and by bank transfer by the organisers to the teams at the last resort.

The Red Group List and their qualified coaches get free accommodation, for at least two nights before the first FIS TOUR DE SKI competition until at least the morning after the last FIS TOUR DE SKI competition.

## 9. Registration/Entries

To register the participating teams, the FIS Tour de Ski Online Registration System must be used. Only entry for all FIS TOUR DE SKI Stages is possible and abandonment in one race will lead to exclusion from the rest of the FIS TOUR DE SKI.
The registration deadlines are included in the official Team Info book. Registration can only be submitted electronically.
10. Gas Money for Teams

The organisers pay for the gas costs to the teams as follows:
Number of athletes (at the start of the Tour)
10 and more 2'000.-
7 to 9 1'500.—
4 to 6 1'000.—
3 and less 500.—
The gas money will be paid by bank transfer at the last resort.
11. FIS TOUR DE SKI Trophy

The top three of the overall FIS TOUR DE SKI ranking (Ladies and Men) receive a FIS TOUR DE SKI Trophy.
The winning nation in the Tour Team Cup will receive a Tour Team Trophy.
12. Leader Bib

The current leader of the FIS TOUR DE SKI wears the FIS TOUR DE SKI overall leader bib. The current leader of the Tour Sprint ranking wears the Sprint leader bib. If the same athlete is leading the Overall and the Sprint ranking, the athlete will wear the Overall leader bib and the second in the Sprint leader ranking will wear the Sprint leader bib.
13. FIS TOUR DE SKI Prize-Money

The overall Prize-Money will be paid after the last Stage by bank transfer. Daily Prize-Money will be paid out on-site after the event by bank transfer.
14. Ceremony

The winner ceremony and prize giving ceremonies are standardized.
Introduction with the FIS TOUR DE SKI fanfare:

- Ceremony
- Stage Ranking: Winner
- Handing over the FIS TOUR DE SKI Leader Bib
- Handing over the FIS TOUR DE SKI Sprint Leader Bib
- Official persons OC (1-2) \& maid of honours.

15. Team presentation

The official Team Presentation is mandatory for all competitors including the head coach. If athletes do not show up at this Team Presentation, the team will lose the rights for Gas Money reimbursement.
16. Postponement/Substitution

There will be no postponement or substitution of FIS TOUR DE SKI competition in the case of a cancellation of an individual Stage except if there is no Stage scheduled for the following day. In this case, the Tour Board and Jury can decide to postpone a Stage by 24 hours.

## RULES FIS CROSS-COUNTRY WORLD CUP FINAL 2013-2014

## 1. Basic Rules

- Only entry for all FIS WORLD CUP FINAL Stages is possible. Abandonment in one race will lead to exclusion from the rest of the FIS WORLD CUP FINAL.
This also includes ICR 343.13 (overlapping). In an interval start, an athlete will be excluded from the rest of the FIS WORLD CUP FINAL if he loses:
- Interval start ( 5 km and more): more than 18\% for Ladies and more than 15\% for Men
- Prologue, Short Interval start (<5 km) and sprint qualifications: more than $23 \%$ for Ladies and more than $20 \%$ for Men
- Pursuit counts like a Mass Start competition

In special conditions the jury can adapt the percentages.

- The overall results for the FIS WORLD CUP FINAL will be based on the overall time score in the four FIS WORLD CUP FINAL Stages. Sprint competitions will count as well.
- There will be a bonus system for the top 30 in the Sprint races. The Sprint bonus seconds for the overall FIS WORLD CUP FINAL ranking are as listed below. Bonus seconds are subtracted from the competitor's actual race time before being added into the overall time score.

$$
\begin{aligned}
& 1^{\text {st }} \text { place }=30 \text { seconds } \\
& 2^{\text {nd }} \text { place }=27 \text { seconds } \\
& 3^{\text {rd }} \text { place }=24 \text { seconds } \\
& 4^{\text {th }} \text { place }=23 \text { seconds } \\
& 5^{\text {th }} \text { place }=22 \text { seconds } \\
& 6^{\text {th }} \text { place }=21 \text { seconds } \\
& 13^{\text {th }} \text { place to } 15^{\text {th }} \text { place }=5 \text { seconds } \\
& 16^{\text {th }} \text { place to } 20^{\text {th }} \text { place }=4 \text { seconds } \\
& 21^{\text {st }} \text { place to } 25^{\text {th }} \text { place }=3 \text { seconds } \\
& 26^{\text {th }} \text { place to } 30^{\text {th }} \text { place }=2 \text { seconds }
\end{aligned}
$$

$$
7^{\text {th }} \text { place }=16 \text { seconds }
$$

$$
8^{\text {th }} \text { place }=15 \text { seconds }
$$

$$
9^{\text {th }} \text { place }=14 \text { seconds }
$$

$$
10^{\text {th }} \text { place }=13 \text { seconds }
$$

$$
11^{\text {th }} \text { place }=12 \text { seconds }
$$

$$
12^{\text {st }} \text { place }=11 \text { seconds }
$$

- There will also be bonus seconds for intermediate points in competitions during the FIS WORLD CUP FINAL. Bonus seconds will be 15, 12, 10, 8, $7,6,5,4,3,2$ and 1 seconds for the first ten athletes at a designated intermediate point.
- If an athlete is ranked in the top 10 in an intermediate spring and does not finish the competition, the positions and bonus seconds in the intermediate sprints remain the same for the other athletes. There is no reallocation of the seconds that were earned by the athlete who did not finish. This does not apply in the case of dsq. In stage 2 and 3 the top three of the Stage will also get bonus seconds ( 15,10 and 5 seconds).
- If an athlete is ranked in the top 10 in an intermediate sprint and does not finish the competition, the positions and bonus seconds in the intermediate sprints remain the same for the other athletes. There is no reallocation of the seconds that were earned by the athlete who did not finish. This does not apply in the case of dsq. In stage 2 and 3 the top three of the Stage will also get bonus seconds (15, 10 and 5 seconds).


## Daily Bonus Seconds

| Stage \# and Date | Race | Distance | Tech- <br> nique | Start | Bonus <br> Seconds |
| :--- | :--- | :--- | :--- | :--- | :--- |
| 1. Friday <br> March 14, 2014 | Sprint | 1.4 km L <br> 1.4 km M | Classic | Individual/ <br> Mass | For the <br> athletes in <br> the finales: <br> $30^{\prime \prime}, 27^{\prime \prime}$ etc. |
| 2. Saturday <br> March 15, 2014 | Skiathlon |  | Classic <br> Free | Mass | 2 for Ladies <br> and 4 for <br> Men inter- <br> mediate <br> points <br> Finish Top 3: <br> 15", 10" + 5" |
| 3. Sunday <br> March 16, 2014 | Pursuit | 10 km L <br> 15 km M | Free | Handicap |  |

2. FIS World Cup Points for the FIS WORLD CUP FINAL

FIS World Cup points will be awarded after the last Stage according to the final FIS WORLD CUP FINAL standings. The factor will be 2, i.e. the FIS WORLD CUP FINAL winner will receive 200 points:

1. $=200$ points $11 .=48$ points $\quad 21 .=20$ points
2. $=160 \quad 12=44$
3. $=18$
4. $=120 \quad$ 13. $=40$
5. $=16$
6. $=100$ 14. $=36$
7. $=14$
8. $=90 \quad 15 .=32$
9. $=12$
10. $=80$
11. $=72$
12. $=64$
13. $=30$
14. $=10$
15. $=28$
16. $=8$
17. $=58$
18. $=26$
19. $=6$
20. =

52
19. $=24$
29. $=4$

In addition to the Overall World Cup points awarded, each stage (except staqe 3) will also receive the following World Cup points. The handicap start at the last day will not count for the discipline World Cup. The Sprint competition will count to the Sprint World Cup, stages nr. 2 and 3 will count for the Distance World Cup:

| $1 .=$ | 50 points | $11 .=$ | 24 points | $21 .=$ |
| :--- | :--- | :--- | :--- | :--- |
| 2. $=$ | 46 | $12 .=$ | 22 | $22 .=$ |
| 3. $=$ | 43 | $13 .=$ | 20 | 23 |
| $4 .=$ | 40 | $14 .=$ | 18 | $24 .=$ |
| 5. $=$ | 37 | $15 .=$ | 16 | $25 .=$ |


| 6. $=$ | 34 | 16. $=$ | 15 | 26. $=$ | 5 |
| ---: | :--- | :--- | :--- | :--- | :--- |
| 7. $=$ | 32 | $17 .=$ | 14 | $27 .=$ | 4 |
| 8. $=$ | 30 | $18 .=$ | 13 | 28. $=$ | 3 |
| $9 .=$ | 28 | $19 .=$ | 12 | $29 .=$ | 2 |
| $10 .=$ | 26 | $20 .=$ | 11 | $30 .=$ | 1 |

3. FIS WORLD CUP FINAL Prize-Money

| Place | Overall Prize-Money (CHF) | FINAL Total (CHF) |
| :--- | ---: | ---: |
| $1^{\text {st }}$ | 33750 |  |
| $2^{\text {nd }}$ | 22500 |  |
| $3^{\text {rd }}$ | 11250 |  |
| $4^{\text {th }}$ | 7875 |  |
| $5^{\text {th }}$ | 5625 |  |
| $6^{\text {th }}$ | 3375 |  |
| $7^{\text {th }}$ | 2250 |  |
| $8^{\text {th }}$ | 1688 |  |
| $9^{\text {th }}$ | 1125 |  |
| $10^{\text {th }}$ | 562 |  |
| Total | for each gender | $\mathbf{9 0} \mathbf{0 0 0}$ |


| Place | Daily Prize-Money (CHF) | FINAL Total (CHF) |  |
| :---: | :--- | ---: | ---: |
| $1^{\text {st }}$ |  | $5 \prime 000$ |  |
| $2^{\text {nd }}$ |  | $3^{\prime} 000$ |  |
| $3^{\text {rd }}$ |  | $2^{\prime} 000$ |  |
| Daily Total | for each gender | $\mathbf{1 0} 000$ |  |

GRAND TOTAL
CHF 240'000
All price money without VAT.
In case of competition cancellation the prize-money has to be adapted. On the last day, the winner of the day (fastest time on this stage for those specific kilometres) will get the Daily Prize-Money.

## 4. FIS WORLD CUP FINAL Starting Order

## Stage 1 (Sprint)

For the individual Sprint qualification the top 30 according to the current World Cup Overall standing will start first and the starting order within the group is drawn. Following the top 30 according the overall World Cup standing, all athletes with overall World Cup points will be set after the first group. Then without any World Cup Overall points are assigned starting numbers according to their FIS Sprint points that means the athlete with the highest FIS Sprint points starts with the last number in the sprint qualification.

## Stage 2 (Skiathlon)

The Overall FIS WORLD CUP FINAL Leader after 1 Stage is assigned the first start position and bib and the remaining competitors are assigned the next start positions in order to their current FIS WORLD CUP FINAL standing after 1 Stage.

## Stage 3 (Pursuit)

The starting bibs will be according to the current FIS WORLD CUP FINAL standing after 2 Stages. To prevent too large start time differences, the Jury can decide upon the use of the "wave start".

## 5. Quotas FIS WORLD CUP FINAL

The top 50 according to the current Overall World Cup Standings 2013-2014 before the World Cup Final have the right to start, no replacement will be made.
To the final quota belong as well the:

- COC leaders or winners 2013-2014,
- U23 WSC winners 2014

6. The Maximum Number of Team Officials, Medical and per National Team
Check and notice the rules in the World Cup Rules art 3.5.
7. Reimbursement

The organisers pay for the travel and living costs (accommodation, food etc.) according to the conditions mentioned in the World Cup rules (art 10, 11 and 13.).
Travel costs will be paid once and by bank transfer by the organisers to the teams on the last stage.
The Red Group List and their qualified coaches get free accommodation, for at least two nights before the first FIS WORLD CUP FINAL competition until at least the morning after the last FIS WORLD CUP FINAL competition.
8. FIS WORLD CUP FINAL Prize-Money

The prize-money will be paid after the last Stage according to the conditions mentioned in the WC rules art 8.1).
9. Ceremony

The winner ceremony and prize giving ceremonies are standardized. Introduction with the FIS fanfare:

- Ceremony
- Ranking of the day 3-1Leader Overall World Cup
- Official persons OC (1-2) \& maid of honors.


## 10. Postponement/Substitution

There will be no postponement or substitution of FIS WORLD CUP FINAL competition in the case of a cancellation of an individual Stage except if there is no Stage scheduled for the following day. In this case, the FIS WORLD CUP FINAL Board and Jury can decide to postpone a Stage by 24 hours.

