



THE INTERNATIONAL SKI COMPETITION RULES (ICR)

JOINT REGULATIONS FOR TELEMARK

**APPROVED BY THE FIS CALENDAR
CONFERENCE, PORTOROZ (SLO)**

INCL. CHANGES AND PRECISIONS 2017

EDITION MAY 2017

INTERNATIONAL SKI FEDERATION
FEDERATION INTERNATIONALE DE SKI
INTERNATIONALER SKI VERBAND

Blochstrasse 2; CH- 3653 Oberhofen / Thunersee; Switzerland

Telephone: +41 (33) 244 61 61

Fax: +41 (33) 244 61 71

Website: www.fis-ski.com

All rights reserved.

© Copyright: International Ski Federation FIS, Oberhofen, Switzerland, 2017.

Printed in Switzerland

Table of Contents

1st Section

200	Joint Regulations for all Competitions	1
201	Classification and Types of Competitions.....	1
202	FIS Calendar.....	3
203	Licence to participate in FIS Races (FIS Licence).....	5
204	Qualification of Competitors.....	6
205	Competitors Obligations and Rights.....	7
206	Advertising and Sponsorship.....	8
207	Competition Equipment and Commercial Markings.....	10
208	Exploitation of Electronic Media Rights.....	11
209	Film Rights.....	15
210	Organisation of Competition	16
211	The Organisation.....	16
212	Insurance.....	16
213	Programme.....	17
214	Announcements.....	17
215	Entries.....	17
216	Team Captains' Meetings.....	18
217	Draw.....	18
218	Publication of Results.....	18
219	Prizes.....	20
220	Team Officials, Coaches, Service Personnel, Suppliers and Firms' Representatives	20
221	Medical Services, Examinations and Doping.....	21
222	Competition Equipment.....	22
223	Sanctions.....	23
224	Procedural Guidelines.....	25
225	Appeals Commission.....	26
226	Violation of Sanctions.....	28

2nd Section

1600	Rules from Alpine Events	29
1601	Planning for a FIS Sanctioned Event.....	29
1602	Officials, Medical and Technical Personnel.....	30
1603	Special Rules for Calculation of World Championships Overall Results.....	30
1604	Special Rules for Calculation of World Cup Overall Results.....	31
1605	World Cup points.....	31
1700	Rules Common to Telemark Events.....	32
1701	General Characteristics.....	32
1702	The Jury.....	34
1703	Start Order and Group Draw.....	34
1704	The Course.....	35
1705	Gates and Course Setting	35
1706	Marking of the Course.....	36
1707	Inspection.....	37
1708	Start Intervals.....	38

1709	Passage of the Gates.....	38
1710	The Turn.....	38
1711	Judging and Penalties.....	39
1712	Gate Judges.....	39
1713	Second run.....	40
1714	Outside assistance. Outside assistance is not permitted, except for the replacement of a broken pole, or poles, within a yellow zone.....	40
1715	Factors for FIS points calculation.....	40
1716	Telemark Race Aide Memoire.....	41
1717	Entry Fees.....	41
1800	Special Rules for Telemark Giant Slalom.....	42
1801	The Course.....	42
1802	General Characteristics.....	42
1803	Start List.....	42
1900	Special Rules for Telemark Classic.....	43
1901	The Course.....	43
1902	General Characteristics.....	43
2000	Special Rules for Telemark Sprint.....	44
2001	The Course.....	44
2002	General Characteristics.....	44
2100	Special Rules for Telemark Parallel Slalom.....	45
2101	General Rules.....	45
2102	Jump.....	45
2103	Judging.....	45
2200	Special Rules for Parallel Sprint.....	46
2201	Gates and Course setup.....	46
2202	Start.....	47
2203	Finish.....	48
2204	Timing.....	48
2205	Course Inspection.....	48
2206	Execution of the race.....	48
2207	Gates and Course Judges.....	51
2208	Judging and Penalties.....	52
2209	The Finish.....	52
2210	Disqualification/ Sanctions.....	52
2211	Protests.....	54
2212	Points.....	54
2213	Records and Results.....	55
2300	Special Rules for Team Parallel Sprint.....	55
2301	Gates and Course setup.....	55
2302	Execution of the race.....	55
2500	Special Rules for Telemark Equipment.....	56
2501	Boots.....	56
2502	Fitting.....	57
2503	Up-dating.....	57
2504	Repairs.....	57
2505	Skis.....	57
2506	Modifications.....	57
2507	Bindings.....	57
2508	Poles.....	58

2509 New equipment.....58
2510 Other Equipment.....58
2511 Equipment Control.....58
2512 Crash Helmet.....58
2600 Special Rules for Cold Weather Safety.....59

1st Section

200 Joint Regulations for all Competitions

200.1 All events in the FIS Calendar must be held under the applicable FIS Rules¹.

200.2 Organisation and Conduct

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

200.3 Participation

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

200.4 Special Regulations

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

200.5 Control

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

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

201 Classification and Types of Competitions

201.1 Competitions with Special Rules and/or Limited Participation

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

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

201.2 Competitions with Non-Members of the FIS

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

¹ Throughout the ICR, the use of the masculine he/his, etc also includes the feminine she/her, etc

201.3 Classification of Competitions

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

201.4 FIS Disciplines

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

- 201.4.1 *Recognition of Disciplines in the International Ski Federation*
New disciplines, comprising one or several events, widely practised in at least twenty-five countries and on three continents may be included as part of the programme of the International Ski Federation.
- 201.4.2 *Exclusion of Disciplines from the International Ski Federation*
If a discipline is no longer practised in at least twelve National Ski Associations on at least two continents the FIS Congress may decide to exclude the discipline from the programme of the International Ski Federation.

201.5 FIS Events

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

201.6 Types of Competitions

International competitions consist of:

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

- 201.6.4 *Snowboard Events*
Slalom, Parallel Slalom, Giant Slalom, Parallel Giant Slalom, Super-G, Half Pipe, Snowboard Cross, Big Air, Slopestyle, Team Competitions
- 201.6.5 *Telemark Events*
- 201.6.6 *Firngleiten*
- 201.6.7 *Speed Skiing Events*
Speed 1 (S1), Speed 2 (S2), Speed 2 Junior (S2J)
- 201.6.8 *Grass Ski Events*
- 201.6.9 *Combined Events with other Sports*
- 201.6.10 *Youth, Masters, Para Snow 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 Ski, 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) are entered by using the FIS Calendar program in the members section of the FIS website: www.fis-ski.com by 31st August (31st May for the Southern Hemisphere).

202.1.2.2 *Allocation of competitions*

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

202.1.2.3 *Homologations*

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

202.1.2.4 *Publication of the FIS Calendar*

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

202.1.2.5 *Postponements*

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

202.1.2.6 *Calendar Fees*

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

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

202.1.3 *Appointment of Race Organiser*

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

202.2 Organisation of Races in other Countries

Competitions which are organised by other National Ski Associations may only be included in the FIS Calendar when the National Ski Association of the country concerned where the competitions will be organised gives its approval.

203 Licence to participate in FIS Races (FIS Licence)

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

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

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

203.2.1 The National Ski Association must guarantee that all competitors registered with a FIS License to participate in FIS races accept the Rules of the International Ski Federation, in particular the provision which foresees the exclusive competence of the Court of Arbitration for Sport as the court of appeal in doping cases.

203.3 A National Ski Association may only issue a FIS licence to participate in FIS races when the competitor has proven his nationality and therefore eligibility by submitting a copy of his passport and 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. Both the copy of the passport and signed Athletes Declaration must be made available to FIS on request.

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 Application for a change of FIS Licence Registration

All applications to change licence registration from one member National Ski Association to another are subject to consideration by the FIS Council at its Meetings in the spring. In principle an application to change licence registration will not be granted unless the competitor demonstrates his personal association with the new nation.

Prior to submitting an application to change licence registration a competitor must possess the citizenship and passport of the country for which he wishes to compete. In addition, the competitor must have had his 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. An exception to the two year residency rule may be waived if the competitor was born in the territory of the new country, or whose mother or father is a national of the new country. Applications will not be accepted if a parent has obtained a passport for the new country, but is not resident, and/or there is no family ancestry.

Furthermore the competitor is required to submit a detailed explanation with the application about his personal circumstances and the reason for requesting a change of licence registration.

- 203.5.1 If a competitor has already participated in FIS calendar events for a National Ski Association, he must have the written agreement to be released from the former National Ski Association in addition to the citizenship, passport and residency requirements in art. 203.5 before the new National Ski Association may submit a request to FIS for a change of registration.
If such a written agreement is not given, the competitor may not participate in any FIS calendar events for a period of twelve months from the end of the last season in which he competed for his present National Ski Association, nor may he be issued with a licence to participate in FIS races by the new National Ski Association.
These rules are also valid when a competitor has more than one nationality and would like to change National Ski Association licence registration.
- 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 it is contrary to the spirit of the rule and in the best interests of the International Ski Federation to do so (e.g. to decline to grant a change of licence if a member National Ski Association tries to “import” a competitor).
- 203.5.3 In the event that a competitor does not fulfil all the criteria required to apply for a change of National Ski Association licence registration, the onus shall be on the competitor to demonstrate in writing to the satisfaction of the FIS Council that exceptional circumstances exist and it is in the best interests of the International Ski Federation to grant the change.
- 203.5.4 A competitor will retain his FIS points if he changes his National Ski Association under the condition that the former National Ski Association granted the release of the competitor.
- 203.5.5 In the event that any of the documents for an application to change licence registration submitted by the National Ski Association (letter of release from the former National Ski Association, passport, residency papers) are found to be false, the FIS Council will sanction the competitor and the new National Ski Association.

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 competitions and 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

Competitors whatever their age, gender, race, religion or belief, sexual orientation, ability or disability have the right to participate in snow sports in a secure environment and protected from abuse.

FIS encourages all member nations to develop policies to safeguard and promote the welfare of children and young persons.

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. Competitors must also follow the FIS rules regulations.

205.2 Competitors are not permitted to use doping. (see FIS Anti-Doping Rules and Procedural Guidelines).

205.3 As stated in the Athletes Declaration, competitors have the right to inform the Jury of safety concerns they may have regarding the training and competition courses. More details are given in the corresponding discipline rules.

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, volunteers, 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 Advertising and Sponsorship

In the context of this rule advertising is considered as the presentation, of signage or other visibility at the venue informing the public of the name of a product or service to achieve awareness of a company or an organisation and its brand name, activities, products or service. On the other hand Sponsorship provides a company with the opportunity to have a direct association with the competition or series of events.

206.1 Olympic Winter Games and FIS World Championships

All Advertising and Sponsorship rights to the Olympic Winter Games and FIS World Championships belong to the IOC and to the FIS respectively, and are subject to separate contractual arrangements.

206.2 FIS Events

For all FIS Events the FIS Advertising Rules define the advertising opportunities in the competition area and are subject to the approval of the FIS Council. For the FIS World Cup Events the FIS Advertising Rules form an integral part of the FIS Organisers Agreement with the National Ski Associations and Organisers.

206.3 Member National Ski Associations

Each FIS affiliated National Ski Association that organises events in its country which are included in the FIS calendars, has the authority as the owner of the event advertising rights to enter into contracts for their sale. In the case of FIS World Cup competitions, these rights shall be defined in the Organiser Agreement upon approval of the FIS Council and considering the National Ski Associations responsibilities. In cases where a National Ski Association organises events outside its own country, these FIS Advertising rules also apply.

206.4 Title and Presenting Sponsorship Rights

In the case of FIS series approved by the FIS Council, FIS markets the rights of the title / presenting sponsor (alternative naming possible)

package. For the FIS World Cup series these are marketed to appropriate sponsors that promote the image and values of the discipline concerned. The revenue generated from the sale of the title / presenting sponsor rights is invested by FIS to provide a professional organisation.

206.5 Use of Markings and supports

All Advertising and commercial markings and supports used shall comply with the technical specifications set forth in the applicable FIS Advertising Rules.

206.6 Advertising Packages

Location, number, size and form of the advertising are specified in the FIS Advertising Rules for each discipline. Detailed information including graphical illustrations is laid out in the discipline specific Marketing Guides which are published on the FIS Website. The Marketing Guides are reviewed and updated as necessary by the Committee for Advertising Matters and approved by the FIS Council prior to their publication.

206.7 Sponsorships by commercial betting companies

206.7.1 FIS will not allocate Title / Presenting Sponsor rights to commercial betting companies.

206.7.2 Sponsorships of events by commercial betting companies is permitted subject to 206.7.3 below.

206.7.3 Advertising of commercial betting companies or other betting activities on or with the athletes, e.g. head sponsors, competition suits, starting bibs, testimonials are strictly prohibited with the exception of lotteries and companies operating non-sports betting only.

206.8 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.

206.9 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.

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

- 207 Competition Equipment 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 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.
- 207.1.1 At FIS World Ski Championships, FIS World Cup and all events on the FIS Calendar, a competitor is not allowed to take equipment (skis,/board, poles, ski boots, helmet, glasses) to the official ceremonies involving 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.
- 207.1.2 **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.
- 207.1.3 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.
- 207.1.4 Visible wearing of the starting bib of the event or other outerwear of the NSA is mandatory in the restricted corridor (including the leader board and TV interview locations).

207.2 Commercial Markings

Specifications about the size, the form and the number of commercial markings on equipment and clothing as well as the by-laws for commercial markings and for advertising are to be reviewed by the Committee for Advertising Matters and approved by the FIS Council each spring for the following competition season and published by the FIS.

207.2.1 The rules governing commercial markings and advertising on equipment and clothing as well as the relevant by-laws published in the Specifications for Competition Equipment/Commercial Markings must be followed.

207.2.2 Any competitor who breaches the advertising rules is subject to sanction, as provided for in art. 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.

207.2.3 If a National Ski Association fails to enforce these rules with its own competitor(s) 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.

207.2.4 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.

207.2.5 The FIS Council shall be informed of infractions or breaches of these rules that have taken place with regard to the qualification of competitors, sponsorship and advertising and support for the competitors, and shall review what measures to take to deal with cases.

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 Exploitation of Electronic Media Rights

208.1 General Principles

208.1.1 Olympic Winter Games and FIS World Championships

All Media rights to the Olympic Winter Games and FIS World Championships belong to the IOC and to the FIS respectively, and are subject to separate contractual arrangements.

208.1.2 Rights owned by the member National Ski Associations

Each FIS affiliated National Ski Association that organises events in its country which are included in the annual FIS calendars, has the authority as the owner of the electronic media rights to enter into contracts for the

sale of the electronic media rights on those events. In cases where a National Ski Association organises events outside its own country, these rules also apply, subject to bi-lateral agreement with the National Ski Association of the country where the event takes place.

208.1.3 *Promotion*

Contracts shall be prepared in consultation with the FIS with the intention of giving the widest promotion and exposure to the sports of skiing and snowboarding and considering the best interests of the National Ski Associations.

208.1.4 *Access to events*

For all competitions, admission of personnel and their equipment to the media areas will be limited to those having the necessary accreditation and access passes. Priority access will be given to rights holders and the system of accreditation and access control must avoid possible abuse by non-rights holders.

208.1.5 *Control by the FIS Council*

The FIS Council exercises control over the adherence to the principles of this Rule by National Ski Associations and all organisers. Should a contract or individual clauses thereof, create a major conflict of interest for the FIS, a member National Ski Association or its organiser, then this will be evaluated by the FIS Council. Full information will be provided so that the appropriate solution can be found.

208.2 **Definitions**

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

“Electronic Media Rights” means the rights for Television, Radio, Internet and Mobile devices.

“Television rights” means the distribution of television images, both analogue and digital, comprising video and sound, by means of terrestrial transmitters, satellite, cable, fibre or wire for public and private viewing on television screens. Pay-per-view, subscription, interactive TV, video on demand services, IPTV or similar technologies, are also included in this definition.

“Radio rights” means 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.

“Internet” means access to images and sound through interconnected computer networks.

“Mobile and portable devices” means the provision of images and sound through a telephone operator and receivable on mobile telephone or other non fixed devices, such as Personal Digital Assistants.

208.3 Television

208.3.1 *Standard of production and promotion of competitions*

In the agreements concerning production with a TV organisation or agency acting as host broadcaster, the quality of TV transmissions for ski and snowboard events published in the FIS Calendar – especially for FIS World Cup competitions – must be considered. Of particular importance, while taking into consideration applicable national laws and rules affecting broadcasting, are:

- a) Top quality and optimal production of a TV signal (for live or deferred transmission depending on the event) in which sport is the centrepiece;
- b) Adequate consideration and appearance of venue advertising and event sponsors;
- c) A standard of production in conformity with the FIS TV Production Guidelines and appropriate to current market conditions for the discipline and to the level of the FIS competition series. This means live coverage of the entire event including the winner presentation for live transmission (unless circumstances determine that a live production is not provided). This coverage shall be produced in a neutral way, shall not concentrate on any athlete or nation and shall show all competitors
- d) The live international signal of the host broadcaster must include appropriate graphics in English, particularly the official FIS logo, timing and data information and results, and international sound.
- e) Where it is appropriate to the individual TV market, there should be live TV transmission in the country where the event takes place and in other countries with a high interest.

208.3.2 *Production and Technical costs*

Except when otherwise agreed between the National Ski Association and the agency/company managing the rights, the cost of producing the television signal for the exploitation of the different rights will be borne by the broadcaster having acquired the rights in the country where the competition takes place or a production company mandated to produce the signal by the company owning the rights. In certain cases, the organiser or the National Ski Association may assume these costs.

For each of the different rights granted under this rule the technical expenses that are to be paid for by those organisations that have acquired the rights and which are seeking to access the television signal (original picture and sound without commentary), have to be agreed between the producing company or the agency/company managing the rights, as applicable. This also applies to any other production costs that may be requested.

208.3.3 *Short extracts*

Short extracts granting news access for non-rights holders are to be provided to television companies according to the following rules. It is

noted that in a number of countries national legislation governs the showing of short extracts in news programmes.

These extracts may only be used in regularly scheduled news programmes and cannot be kept for archive purposes

- a) In those countries where legislation exists regarding news access to sporting events then this legislation will always hold precedence for reporting on FIS events.
- b) In those countries where no legislation exists regarding news access by competing networks and provided that agreements between the company managing the rights and the primary rights holder take precedence then short extracts of a maximum of 90 seconds news access will be granted to competing networks by the agency/company managing the rights for transmission four hours after the rights holding network 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 extracts of a maximum of 45 seconds commencing 48 hours after and ending 72 hours after the event itself. Any request to exploit short extracts shall be addressed to the agency/company managing the rights which shall grant to the broadcasters access to the short extracts subject to agreement regarding the technical costs incurred to receive the material.
- c) In those countries where no transmission rights have been purchased by a television company, all television organisations will be able to transmit short extracts of 45 seconds as soon as the material is available, subject to agreement with the agency/company managing the rights regarding the technical costs to be incurred to receive the material. Permission for the use of this material will expire after 48 hours.
- d) Short extracts will be produced by the host broadcaster or the agency/company managing the rights and distributed by that agency/company, taking into consideration 208.3.2 above.

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. Access to the venue will be granted solely to those radio organisations that have obtained the necessary contractual authorisation from the rights holder, and will be only for the production of radio (audio) programmes. If accepted by national practice and the authorisation is granted, these programmes can also be distributed on the internet site of the radio station.

208.5

Internet

Unless the contract for the sale of the Electronic Media Rights on FIS events states otherwise, each television rights holder that also acquires the internet rights, will ensure that video streams from its website other than short extracts are geoblocked against access from outside its own

territory. Regularly scheduled news bulletins containing material of FIS events may be streamed on the rights holding broadcaster's website, provided no changes are made to the bulletin as transmitted in the original programme.

Video and audio material produced in public areas where accreditation, tickets or other permissions are not required to gain access must not contain race footage. It is recognised that new technology provides members of the public with the possibility to produce unauthorised video recordings that may be posted on websites. Appropriate information advising that the unauthorised production and use of video material is prohibited and that legal proceedings could be taken, will be shown at all entrances and printed on entrance tickets.

All National Ski Associations and the rights holders/agencies will give permission for short extracts to be placed on the FIS website for non-commercial use subject to the following conditions:

- a) When short extracts have not been acquired for Internet distribution the maximum duration of the news material from FIS competitions will be 30 seconds per discipline/per session and will be accessible on the FIS website until 48 hours after the end of the competition. The financial conditions relating to the provision of this material will be agreed between the FIS and the rights owner.
- b) The material will be provided by the rights owner or host broadcaster as soon as possible, but at the latest six hours after the end of the competition.

208.6

Mobile and portable devices

In the cases where the rights for distribution by mobile and portable devices have been awarded, the rights purchaser/operator will be free to produce from the television signal the content it considers best meets the needs of its customers. Any live streaming of television programmes on a national basis using these devices shall not be altered from that available through other distribution channels.

In countries where no mobile distribution rights have been sold, short extracts or clips of a maximum duration of 20 seconds will be offered to operators when the material has been produced and for a period of 48 hours on the condition that the operators pay all related technical costs to the agency/company managing the rights.

208.7

Future developments

The principles contained in this Rule 208 shall be the basis for the exploitation of Electronic Media Rights to FIS events in the future. The FIS Council, on the recommendation of the National Ski Associations, the relevant commissions and experts, will establish the conditions considered appropriate to each new development.

209

Film Rights

All agreements regarding film productions of FIS competitions will be between the film producer and the National Ski Association or the company managing the related rights. All contractual arrangements regarding the exploitation of other media rights will be respected.

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 competitors, 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 competitors 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 competitors 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 and draw 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*

The online FIS Calendar programme has been developed for the free use of National Ski Associations and is available in the members section of the FIS website.

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 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 Skiing) etc. The individual competition can be identified by the competition codex as published on the detailed page of the calendar on www.fis-ski.com.

219

Prizes

219.1

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

219.2

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

219.3

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

220

Team Officials, Coaches, 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 persons 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

Team officials 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 Only 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 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, level, type of the event being held (World Championships, World Cup, Continental Cup, FIS-level, etc.) together with the local medical standards of care and geographic locations and circumstances.
- 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, or issue that prevents the primary medical plan from being utilized, 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.

222 Competition Equipment

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

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

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

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

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

222.6 Controls

Before and during the competition season or on submission of protests to the Technical Delegate at the competition concerned, various controls can be carried out by members of the Committee for Competition Equipment or official FIS Equipment Controllers. Should there be a well-founded suspicion that regulations were violated, the equipment items must be confiscated immediately by the controllers or Technical Delegates in the

presence of witnesses and be forwarded sealed to the FIS, which will submit the items to a final control by an officially recognised institution. In cases of protest against items of the competition equipment, the losing party will bear the investigation costs.

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

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

223 Sanctions

223.1 General Conditions

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

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

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

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

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

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

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

223.2 Applicability

223.2.1 *Persons*

These sanctions apply to:

- all persons who are registered with or accredited by the FIS or the organiser of an event published in the FIS calendar (an event) both within and outwith 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 or 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 for each case appealed or submitted to be heard, whose decisions shall be by majority vote.
- 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 (phone conference, in person, e-mail exchanges).
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 deliberations or hearing should one take place. 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, Appeals Commission or Council.

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.

2nd Section

1600 Rules from Alpine Events

1601 Planning for a FIS Sanctioned Event

1601.1 Application for FIS Sanctioned Event

1601.1.1 Prospective organizers shall submit an Application for a FIS Sanctioned Event for all FIS World Cups and World Championships to the FIS Telemark Committee no later than February 28 of the calendar year preceding the proposed event, or submission of such application after that date is subject to the FIS Telemark Committee's discretion.

1601.1.2 Prospective organizers for **national** level FIS sanctioned events shall apply to their National Ski Association for approval. Such events should be listed in the event in the FIS Calendar and payment of the respective fees. Failure to list an event in the FIS Calendar may disqualify an event from FIS sanction. 1601.1.3 The prospective organiser shall complete the FIS Telemark Competition Application form. The form is available on the web

1601.2 Application Fees

1601.2.1 Application fees to organize a FIS World Cup Race or FIS World Championship event shall be submitted together with the Application for a FIS Sanctioned Event in the prescribed amount. No application will be considered or awarded without such fees. These fees are in addition to FIS Calendar Fees. See published schedule of fees.

1601.2.2 No refund shall be provided in the event of a withdrawal of such Application by the organiser or cancellation of an event by an organiser.

1601.2.3 No Application fee shall be assessed where the FIS Telemark Committee appoints a replacement organiser to remedy a withdrawal of Application or cancellation of an event as per paragraph 1601.2.2.

1601.3 The Technical Delegate (TD)

1601.3.1 The Primary Duties of the TD

The duties and responsibilities of the TD are set out in detail in Section 602 of the Alpine ICR. Without limiting the scope of these responsibilities, the primary duties of the TD are:

- to make sure that the rules and directions of the FIS are adhered to
- to see that the event runs smoothly
- to advise the organizers within the scope of their duties
- to be the official representative of the FIS

1601.3.2 Prerequisites

The TD must be a qualified official within the meaning of such qualification by each National Telemark Ski association and should possess a valid National certification or license, and a Certification from the FIS Telemark Committee or by the Committee's discretion. TD's for Telemark competitions should be familiar with the rules of the TICR and ICR.

1601.3.3 Certification of the Technical Delegate

A Technical Delegate may obtain certification by completing the following:

- 1601.3.3.1 Be nominated by the National Telemark Ski Federation to be a TD. Such nomination should include a statement of qualifications and any national certifications.
- 1601.3.3.2 Participate in two World Cup events as an unpaid assistant TD.
- 1601.3.3.3 Receive the recommendation of the TD's who supervised him/her and the World Cup Coordinator.

1601.4 World Cup Coordinator

Is appointed by the Telemark Committee. See separate "Duties" document for complete job description.

1602 Officials, Medical and Technical Personnel

- 1602.1 Quotas for the right of access to the racecourse for each nations' personnel; trainers, doctors and technicians, are decided by the jury. These quotas include the national team officials (team captain's etc.). For World Championships the maximum number is 10 persons. Armbands must identify these persons. Shape, size, lettering and attachment method may not be altered on penalty of disqualification. The figures must be at least 12 cm high and easily legible. Persons accredited to ICR art. 220.3 and 220.5 as well as the official technicians and medical personnel must comply with the directions of the officials charged by the organizers with responsibility for overall security (stewards, police etc.) insofar as these directions concern administrative matters. Instructions given by the jury have priority in all cases in regard to accredited journalists, coaches and team captains. *Medical personnel includes doctors, physiotherapists, first aid people etc.

Details of the Medical Support Requirements are given in chapter 1 of the FIS Medical Guide.

1603 Special Rules for Calculation of World Championships Overall Results

- 1603.1 The World Champion is the one who has the lowest sum of ranking points in all official disciplines.
- 1603.2 If two or more racers get the same total ranking points, the one with the lowest ranking points in Classic will be awarded the higher ranking.
- 1603.3 If 1603.1-1603.2 cannot separate the best placing, the racer with the lowest total ranking points in Sprint will be awarded the higher ranking. If the latter results are the same the racers in question share the place.
- 1603.4 From fourth place onwards, rankings will be decided based only on the total ranking points of the official disciplines.

1604 Special Rules for Calculation of World Cup Overall Results

- 1604.1 The winner of the overall Telemark World Cup is the racer who gets the highest overall sum of World Cup points across all the official disciplines.
- 1604.2 The winners of the individual discipline World Cups are racers who gets the sum of World Cup points in each of the official Telemark events.
- 1604.3 If two or more racers are placed equally in the overall classification, or, if in the classification of the disciplines a number of participants have achieved an equal number of points, then they shall be placed according to the number of their 1st places, then their 2nd places, 3rd places, etc. If they cannot be classified by this system, they will each receive the medals corresponding to their placing.

1605 World Cup points

Competitors ranking first to 30th are awarded points in accordance with the following schedule:

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

- 1605.1 The World Cup Nations Cup is awarded to the nation whose accumulated World Cup points are the highest at the end of the season. In the event that there is a tie then the team with the highest World Cup points in the Classic will be awarded the better result.

1700 Rules Common to Telemark Events

1701 General Characteristics

1701.1 A telemark race has up to 5 components that are designed to test the all-round skiing techniques of the competitor. A correct and swift execution of all the turns must be possible. The course must not impose the use of acrobatic movements but may contain jumps, a 360, a cross country section, whoops as appropriate, and super-telemark.

1701.1.1 Zones where the Telemark technique is not compulsory must be marked with yellow panels.

1701.1.2 The speed upon entering the various elements (jump and 360 included), and the way these elements are laid out, should not be such as to cause the best participants any more difficulties than in the regular turns part. The elements must not be such as to constitute any kind of danger to the participants

1701.2 Telemark section

1701.2.1 Usually 60-70% of the race time (except for Giant Slalom).

1701.2.2 The Telemark (or Giant Slalom) section contains a series of direction changes, denoted by gates marked with red and blue flags.

1701.2.3 Turns must be adapted to the Telemark technique with large, medium and small radius in a natural variation.

1701.2.4 The course must make it possible to take all turns in the Telemark technique.

1701.3 Jump

1701.3.1 The height of the jump is discipline dependent and the profile must follow the profile of the hill, dimensions are found at Rule 1716.

1701.3.2 The flight curve must be low and the first gate after the jump must be placed at a sufficient distance to avoid punishing competitors making long jumps.

1701.3.3 The hill must be suited for jumps greater than 5 metres but not exceeding 30 metres.

1701.3.4 Jump inclination should not be more than 20° greater than the landing zone.

1701.3.5 Kick jumps are not allowed.

1701.3.6 Racers must complete one practice jump during the inspection for the first run of the day.

1701.3.7 The Course Setter shall set the length of the jump lines. The lines will be confirmed from jury by observing the racers practice jumps.

1701.3.8 Minimum number of jumps in a course is one, maximum is two

1701.3.9 There shall be a clear zone around the jump. This area will be 5 metres minimum on each side of the jump, measured at the lip of the jump. The clear zone shall extend on both sides of the jump at the same distance to a point 50 meters below the jump and 10 meters above the jump. This area must be kept clear of shovels, gates, bamboo, etc., except for breakaway gates, jump judges and the jury. Contrast indicators, such as pine boughs or paint may be placed for safety.

1701.4 The 360

1701.4.1 The 360 shall ensure the competitor turns at least 180 degrees and at the end of the turn cross their own tracks.

1071.4.2 Dimensions for the 360 are discipline dependent and found at Rule 1716.

1701.4.3 The 360 should be in the shape of a semi-circle.

1701.4.4 Where the 360 is surrounded by banked snow the height of the snow should not exceed 2m.

1701.4.5 Where the 360 is surrounded by banked snow there must be a B-net around it. (0.8m behind the highest point and it must not interfere with the racer). On the top edge of the loom (especially for PS) there MUST be a 1m wide, flat surface. The first protection B-Net must have slide-on surfaces installed from the ground up to at least 80cm of height. A second B-Net should be added to support the first B-Net.

1701.4.6 The 360 must be laid out so that the competitors are able to take the full turn without walking.

1701.4.7 The direction of the 360 will be decided by the jury prior to the racer's course inspection and marked clearly.

1701.5 Cross Country Section (Skating)

1701.5.1 The Cross Country section (where applicable) must make up 30-40% of the race time.

1701.5.2 There is no mandatory style or technique in the cross-country part.

1701.5.3 The cross-country part uses varying terrain with mostly flat, undulating or easy uphill.

1701.5.4 The cross-country part should be placed in the last half of the course and be laid out so that the competitors may overtake one another easily.

1701.5.5 The track must be clearly marked with colour, flags or other means at the inspection so there is only one way to pass the gates. The racer must follow all the marks in sequence.

1701.5.6 Where paint or other indicators are used to show the track they are indicative and not absolute; racers may cross such markings but must pass through all gate.

1701.6 Super Tele

1701.6.1 The super-T part must allow for a higher speed than for the giant slalom part.

1701.6.2 The course must be set so that the Telemark technique comes naturally.

1701.6.3 Gates where the Telemark technique is not compulsory must be marked.

1702 The Jury

1702.1 Sprint

- The Technical Delegate
- The Chief of Race of the Organizing Committee
- The Referee

1702.2 Classic, Parallel Slalom and Team Parallel

With voting right:
The Technical Delegate
The Chief of Race
The Referee.

With no voting right:
Assistant Referee

1703 Start Order and Group Draw

1703.1 For national races special regulations may be issued.

1703.2 The Jury makes the classification of the competitors who are present.

1703.3 The FIS ranking list must be used for the classification of competitors. Competitors, who do not appear in the last valid list, shall be assigned to the group to which competitors without points are assigned. In all cases of doubt, the jury will decide.

- 1703.4 A first group of the 10 best ranked Ladies and the 15 best ranked men will be drawn.
- 1703.5 The remaining competitors with FIS points start in the second group in the order of the ranking list.
- 1703.6 All competitors without FIS points will be drawn in the last group.
- 1703.7 Accepted late entries start as the last ones in their group. If there are more than one, the start order is drawn.

1704 The Course

- 1704.1 All FIS Telemark Races must be run on a course homologated by a recognised authority for Alpine GS or SL. If a SL Homologation is used the TD must assure sufficient width and any additional controls.
- 1704.2 Where, outside of the control of the organisers, the course does not meet the technical requirements laid out in TIGR the jury may accept the course.
- 1704.3 The GS or telemark parts of the course may be set with single gates according to the Alpine ICR arts 904.2, 904.3 and 904.4.
- 1704.4 Where single gates are used the first and last gates, gates before and after the jump, gates at the start or end of a Telemark or freestyle zone and the gate before and all gates within the cross country section must have outside gates.
- 1704.5 The degree of difficulty must correspond to the average ability of the 30 best competitors in the race. Gates should be set to suit the rhythm of the skiers and the hill.
- 1704.6 The jury may adjust a gate, or gates, before or during the jury inspection to ensure the course is safe and appropriate.

1705 Gates and Course Setting

- 1705.1 Gates distances are set according to discipline and terrain and as shown in the course aide memoire at Article 1716.

1705.2 Course Setter Prerequisites

- 1705.2.1 For World Championships: nomination by the national association to the Telemark Committee and proof of appropriate experience in the setting of courses for international races.
- 1705.2.2 For World Cup, as approved by the World Cup Coordinator.
- 1705.2.3 For all other international races - nomination by the Telemark Committee or by the captains' meeting.

1705.3 Course Setter Appointment

1705.3.1 For World Championships, World Cup and Continental Cup the appointment is made by the jury at the Team Captains' meeting. The FIS Telemark Committee may, where appropriate, appoint course setters in advance of an event and will notify the Jury as necessary. Decisions made by the FIS Telemark Committee cannot be overruled except for Force Majeure.

1705.3.2 For all other international competitions, the appointment is made by the Jury.

1705.3.3 For competitions in two runs, each run is set by a different course setter.

1705.3.4 For PS the Qualification and the Final run.

1705.4 Course Setter Duty Assignment

1705.4.1 The duty assignment of the course setters is determined by the FIS Telemark Committee.

1705.5 Replacement of Course Setters

1705.5.1 For World Championships, the FIS Telemark Committee is to be notified of the non-availability of a nominated course-setter, as well as the national association to which the course setter belongs. The Telemark Committee then immediately names a replacement course setter.

1705.5.2 For all other competitions, either the Telemark Committee or the Jury names a replacement course setter.

1705.5.3 The replacement course setter must have the same qualifications as the absent course setter.

1706 Marking of the Course

1706.1 To mark hollows and changes in the terrain, colour may be used in the course. This is especially important when the light is flat.

1706.2 Colour markings must not be placed so as to cause confusion with the marking of the distance line on the jump.

1706.3 Lines

1706.3.1 Red Lines. Red lines are used to mark the start of a telemark zone. They must be placed before the first gate and the start of any Telemark zone as well as marking the jump distance.

1706.3.2 Blue Lines. Blue lines mark the end of a telemark zone and the start of a yellow zone. They must be placed prior to the jump and after the last gate, or at the start of the cross country section or yellow zone.

1706.3.3 Colour should be used to highlight the 360.

1706.3.4 For PS a second line in the vertical middle, parallel to the top should be used as reference.

1707 Inspection

1707.1 The course will remain closed for training on the day of the race.

1707.2 The gates must be finally set prior to the course being opened for inspection.

1707.3 The time reserved for inspection must be sufficiently long to allow the competitors to inspect and make at least one practice jump and circuit of the 360 (if appropriate).

1707.4 The competitor must execute at least one practice jump during inspection. The organiser shall keep a record of the practice jumps. A competitor who fails to make a practice jump must be disqualified.

1707.5 Uncontrolled or unauthorised practice jumps must not be performed during inspection. The competitors must stop in an area so not to interfere with the next competitors.

1707.6 The competitor must not ski through consecutive blue or red gates leading up to or exiting the practice jump.

1707.7 A competitor must execute one practice passage of the 360 during the inspection.

1707.8 The Jury decides the method of inspection of the 360.

1707.9 Parts of the course where Telemark technique is not compulsory must be marked before the inspection starts. The jump lines shall be set during the first practice jump period and not before the inspection.

1707.10 The Jury decides the method of inspection. It may permit the passage of the gates by snowplough/side-slip or in and out inspection.

1707.11 The Jury decides the inspection style of the cross-country part.

1707.12 Inspection methods should normally be announced at the Team Captains meeting, but must be announced prior to the start of the inspection.

1707.13 Skiing, other than snowplough or side-slipping, through a gate, or practicing turns parallel to the course (shadowing) will lead to disqualification.

1707.14 Competitors must display their start numbers during inspection

1707.15 Competitors must wear helmets and skis with ski brake or safety leashes as designed and recommended by the manufacturer for the inspection.

- 1708 Start Intervals**
- 1708.1 Variable start intervals are normally used, on a 'course clear' basis. In such situations ICR 614.2.3 does not apply.
- 1708.2 Where fixed start intervals are used, then ICR 614.2.3 applies. The jury will decide the length of start interval according to conditions. Start interval must not be less than 30 seconds.
- 1708.3 With variable start intervals the Chief of Timing and Calculations authorises the start of a competitor. They need not wait until the preceding competitor has finished the run, but must be observant so that the competitor is not obstructed on the course (Course Clear).
- 1709 Passage of the Gates**
- 1709.1 **Conventional Course.** A gate has been passed correctly when both the competitor's ski tips and both feet have passed across the gate line. A competitor who has missed a gate must climb back until both his feet and ski tips cross the line of the gate.
- 1709.2 **Single Gate Course.** Where there are no outside poles, both feet and tips must have passed the turning pole on the same side, following the normal race line of the course crossing the imaginary line from turning pole to turning pole. If a racer has not correctly crossed the imaginary line and does not follow the normal racing line, then they must climb back up and pass around the missed turning pole. Any direction is acceptable.
- 1710 The Turn**
- 1710.1 All turns in a Telemark zone are to be executed in the Telemark technique.
- 1710.1.1 Definition of the Telemark technique.
- 1710.1.2 The inner ski must be the hindmost ski. The distance between the tip of the inner boot and the heel of the outer boot must be at least one boot length, measured in the direction of the ski.
- 1710.1.3 The heel of the inner ski must be clearly lifted from the ski
- 1710.1.4 The turns must be linked together in one single, uninterrupted movement from one Telemark turn to the next. At all times there must be at least one boot length between the tip of the inner boot and the heel of the outer boot unless the next turn is being initiated.
- 1710.2 The competitor himself decides where to execute the turn in relation to the gate.
- 1710.3 Skating steps are permitted as long as the rules in article 1710 are adhered to.

1710.4 To start a turn in the Telemark technique and end it as a parallel turn, or vice versa, is not allowed.

1710.5 Falling through a gate, passing through a gate on one ski only, is a penalty, finish gate and yellow zone excepted.

1711 Judging and Penalties

1711.1 Jump

1711.1.1 If a competitor does not land in the telemark position a penalty of one (1) second is added to the total time of the competitor.

1711.1.2 Landing with parallel feet (alpine) is allowed if the competitor, directly at impact, executes an uninterrupted movement into the Telemark position

1711.1.3 If the competitor does not reach the jump line (Rule 1711.1.4) a penalty of three (3) seconds is added to the total time of the competitor. If the qualification is run on the PS course a penalty of two (2) seconds (one line, one landing) is added to the race time.

1711.1.4 The jump distance is measured at the first point of impact of the feet. The front foot must be completely over the line, or both feet if landing in alpine style.

1711.2 Telemark technique

1711.2.1 For each improper execution of the telemark turn (Rule 1710) a penalty of one (1) second is added to the competitors' time.

1711.2.2 Maximum penalty per turn is one (1) second.

1711.2.3 Falling through a gate, or passing through a gate on one ski only, is a penalty; finish gate and yellow sections excepted.

1711.2.4 To start a turn in the Telemark technique and end it as a parallel turn, or vice versa, is not allowed.

1712 Gate Judges

1712.1 A gate judge must have full knowledge of the rules concerning correct passage of the gates and the rules and instructions for gate judges.

1712.2 A gate judge's decision must be clear and unbiased.

1712.3 The organiser, whose responsibility it is to have a sufficient number of qualified gate judges available, appoints the gate judges.

1712.4 Gate judges should not control more than 3 turns.

1712.5 The Gate Judge's decisions with regards penalties are final and cannot be protested.

1712.6 For World Cup and World Championships it is mandatory to provide video controlling as back up the judging at the jump in CL and SP. A proper device (Tablet, extra battery and software) will be provided by the FIS TM Committee.

1712.7 Gate Judging Signals

1712.7.1 Zero Penalties – both arms point to ground.

1712.7.2 One penalty – one arm raised vertically.

1712.7.3 Two penalties – two arms raised vertically.

1712.7.4 Three penalties – two arms extended horizontally out to the side at 90 degrees to the body.

1713 Second run

1713.1 All competitors who are classified in the first run may start the second run.

1713.2 For the second run the start list is derived from the results of the first run. The first 30 competitors will start in the reversed order.

1713.3 If there are less than 35 racers the Jury may reverse the entire qualified field for the 2nd run.

1713.4 If there are less than 30 racers the Jury may reduce the 2nd run reversed field from 30 to 15.

1714 Outside assistance.

1714.1 Outside assistance is not permitted, except for the replacement of a broken pole, or poles, within a yellow zone.

1715 Factors for FIS points calculation

	Factors for race points calculation	Maximum value for Calculation
GS	500	200
CL	500	200
SP	500	200

1716**Telemark Race Aide Memoire**

Race	GS	SP	CL	PS	TPS	Parallel slalom
VD	125-350m	100-150m	250-500m	70-120m	70-120m	60-100m
Planned run time recommendation best 10 skiers	55-75	40-70 seconds	100-170 secs	30-50 secs	30-50 secs	20-25 secs
Recommended Gate distance	23-28m	20-25m	23-30m	19-24m	19-24m	19-24m
Number of Runs	2	2	1	1 per heat	1 per pair per heat	
Jump height	<1m	<1m	<1.5m	<1m	<1m	<1m
Number of jumps	1	1	1 or 2	1	1	1
Jump length	5-25m	5-25m	5-30m	5-20m	5-20m	
No of 360	0	1	1-2	1	1	0
360 radius	----	5-9m	5-9m	7-9m	7-9m	----
Start Type	Slalom or fixed	Slalom	Slalom or fixed	Course clear	Course clear	Course clear

1716.1 The number of gates is only counted for the Telemark or super Telemark elements and does not include the 360 or the cross country sections.

1717**Entry Fees**

Race Organisers may charge entry fees.

1717.1 Where fees are charged they must be clearly announced in advance on the FIS website and must apply to all racers equally.

1717.2 Fees may not exceed CHF 110 per person per day including accommodation (full board), lift pass, racer entry fee and administration or CHF 95 for half board accommodation, lift pass, racer entry fee and accommodation.

1800 Special Rules for Telemark Giant Slalom

1800.1 The Giant Slalom is set to test downhill skiing techniques allowing technical ability parity with athleticism. Two runs test consistency.

1801 The Course

1801.1 Vertical drop: between 125 and 350m.

1801.2 Gate spacing should be 23-28m

1801.3 Must include one jump with a height not exceeding 1.0 m. The hill must be suited for jumps from 5 to 25 m.

1802 General Characteristics

1802.1 The Telemark Giant Slalom race must consist of two runs.

1802.2 The course must make it possible to take all turns in the Telemark technique.

1802.3 Planned run time should be 55-75 seconds for the top 10 racers

1803 Start List

1803.1 For the purposes of generating a start list the SP FIS points list should be used.

1900 Special Rules for Telemark Classic

1900.1 The Classic (CL) is set to test all-round skiing ability in varying types of terrain, along with stamina and endurance. The race should include a wide variety of turns, obstacles and differing techniques. The race is one long run to test aerobic endurance.

1901 The Course

1901.1 Vertical drop: between 250 m and 500 m.

1901.2 Gate spacing should be 23-30m

1901.2 Minimum number of jumps is one, maximum in one course is two.

1901.3 The height of the jumps must not exceed 1,5 m. The hill must be suited for jumps from 5 to 30 m.

1901.4 There must be one or two 360's - at least one jump and one other element, depending on what is possible with the terrain available.

1901.5 The radius of the 360 from the centre of the semi-circle must be from 5 m to 9 m.

1901.6 There must be a cross country section.

1901.7 The course may include a Super-Tele section.

1902 General Characteristics

1902.1 The Classic is one run only.

1902.2 Planned run time should be a minimum of 100 seconds for the best 10 racers.

1902.3 Each section (Telemark, Super-Tele and Cross-Country) and may include appropriate obstacles such as the jump, 360, whoops, S turns or other special elements.

2000 Special Rules for Telemark Sprint

2000.1 The Sprint (SP) is set to test anaerobic athletic ability in controlled terrain, with a quick tempo to test athleticism. The two runs test consistency

2001 The Course

2001.1 Vertical drop must be between 100 and 150 meters.

2001.2 Gate spacing should be 20-25m

2001.3 Must include one jump with a height not exceeding 1.0 m. The hill must be suited for jumps from 5 to 25 m

2001.4 Must include one cross country section

2001.5 Must include one 360 degree turn. The radius of the 360 from the centre of the semi-circle must be from 5 m to 9m.

2002 General Characteristics

2002.1 Telemark Sprint must consist of two runs.

2002.2 Planned run time should be between 45 and 70 seconds for the 10 best racers.

2100 Special Rules for Telemark Parallel Slalom

2101 General Rules

- 2101.1 Vertical drop: between 60 m and 100 m
- 2101.2 Average time for the 10 best should be between 20 sec. and 25 sec.
- 2101.3 One jump is permitted.
- 2101.4 Gate spacing should be 20-24m.

2102 Jump

- 2102.1 The jump must not exceed 1 m in height.
- 2102.2 There is no minimum jumping distance, only judging.
- 2102.3 Landing with parallel feet is allowed if one, directly at impact, executes an uninterrupted movement into the Telemark position. If not, a penalty of one second is added to the total time of the competitor.

2103 Judging

- 2103.1 A competitor may be penalized with one to two penalties per run without time added, however, if the competitor claims three or more penalties he must be penalized with 1.5 sec.

2200 Special Rules for Parallel Sprint

2200.1 The Parallel Sprint (PS) is a short sharp fast race that tests high tempo agility and competitive spirit. Multiple knockout rounds test athletic recovery and anaerobic endurance.

2201 Gates and Course setup

2201.1 General Characteristics

2201.1.1 Parallel Sprint (PS) is a knockout competition where two competitors compete simultaneously side by side down two parallel courses

2201.1.2 The PS format consists of a Qualification of one run, followed by Knockout rounds on parallel courses.

2201.1.3 Each knockout round consists of heats between pairs of racers; each heat consists of one run.

2201.1.4 The setting of the courses, the configuration of the terrain and the preparation of the snow are to be as identical as possible.

2201.1.5 The rules for Sprint apply for the Parallel Sprint.

2201.1.6 Planned time per run should be 30 sec. to 50 sec.

2201.2 The Course

2201.2.1 The length and vertical drop is decided by the slope. It is important that the whole course can be viewed from one location (preferably the finish area).

2201.2.2 Recommended vertical drop is between 70m and 120m.

2201.2.3 The 360 turn and cross-country section can be the same or separate for each course (see below).

2201.2.4 The red course is on the skiers left, the blue on the skiers' right.

2201.2.5 Each course must contain Telemark turns, one jump, a 360 turn and one cross-country section.

2201.2.6 The height of the jump must not exceed 1.0 m. The hill must be suited for jumps from 5 to 20 m.

2201.3 Gates

2201.3.1 Gates should consist of an inside turning gate only, which consists of two poles, and one flag. The distance between the two courses should be minimum 6 metres measured from the same poles at the two corresponding gates. The rules for passing the gate are the same as for the single gate GS rules.

2201.3.2 The distance between the turning gates should be 20-24m with a minimum offset of 3m. Discretion should be used where the terrain dictates otherwise.

2201.4 360-turn

The is one 360-turn for both courses the 360-turn should be at least 7-9 m in radius on the top of the 360 and 2m high. There must be a B-net around the 360 turn (0.8m behind the highest point and must not interfere the racer). On the top edge of the loom there MUST be a 1m wide, flat surface. The first protection B-Net must have slide-on surfaces installed from the ground up to at least 80cm of height. For PS a second line in the vertical middle, parallel to the top should be used as reference.

2201.5 Cross-Country section

The cross-country section should be flat or slightly undulated, and must be sufficiently wide that the competitors can pass each other. The Jury decides whether there is only one cross-country track for both courses or two separate tracks.

2201.6 Jump

2201.6.1 Must include one jump with a height not exceeding 1.0 m.

2201.6.2 The jump line should be set to ensure a change of rhythm for racers but should be achievable for the majority.

2202 Start

2202.1 Start Ramp

The Start Ramp shall be prepared in such a way that the competitors can stand relaxed on the starting line and can quickly reach full speed after leaving the start. Push off posts should be installed on the starting installation for all events. The specifications will be adjusted to the needs of the specific events.

2202.2 Start Gates. The gates must open simultaneously for both courses and a competitor must not be able to push the gates open.

2202.3 False Starts. Sanction will take place:

2202.3.1 If a competitor manipulates the starting gates.

2202.3.2 If a competitor tries to pass the starting gates before the final starting signal has been given (audible and/or visible).

2202.4 Malfunction of the start gate. If one or both starting gates have been blocked because of technical malfunction, without the competitor touching the gate before the starting signal was given, the start must be repeated.

- 2202.5 Start command.** Before the starter releases the start gate or gives the word of command “go” or single audible signal, he must first ensure that the competitors are ready by asking: “red course ready, blue course ready, attention”. “Racers ready” MUST only be used in conjunction with an audible command (series of short beeps followed by one louder starting beep when doors open).
- 2203 Finish**
- 2203.1 The finish zones must be marked clearly with poles and finishing line in the same colour as the courses. The width of the finishing line must be sufficient for two competitors to pass at the same time.
- 2203.2 Separate tracks: The final section of the cross-country section must be at least 15m long and with separate tracks for the blue and red course. The competitor is not permitted to change track in this section.
- 2204 Timing**
- 2204.1 Qualification**
The running time of each competitor will be registered with two independently homologated timing systems as per SP. If the qualification is run on the PS course a penalty of two (2) seconds (one line, one landing) is added to the race time.
- 2204.2 Knockout rounds**
As the start is simultaneous, only the difference in time between the competitors at the finish will be registered with two independent homologated timing systems. The first competitor that breaks one of the signals starts the chronometer and receives the time “zero”, the following competitor (2nd) stops the clocks (chronometers) and receives the time difference in 1/100-seconds to the first competitor.
- 2205 Course Inspection**
- 2205.1 Course inspection follows rules according to Article 17.
- 2205.2 If the qualification run and race is to be run on the same day using the same jump then no further jump is permitted during inspection of the parallel courses.
- 2206 Execution of the race**
- 2206.1 Determining the starting sequence**
- 2206.1.1 To determine the seeding/pairing, a qualification race should be run. It is acceptable for the results of a race the day before to be used. If it is not possible to execute a qualification or to use the results of the day before, the current SP FIS Points list should be used.
- 2206.1.2 The qualification must be executed with electronic timing as per SP.

- 2206.1.3 The qualification should be a race on the parallel slope in one run and run as per SP rules (Article 2000)
- 2206.1.4 If there are 32 or less men and 16 or less women the qualification need not be run and the start list is determined by the rankings from current published FIS SP points list. The jury decides the execution of the qualification.
- 2206.1.5 If there is a qualification race, the results must be officially approved and distributed before the start of the knockout rounds.
- 2206.1.6 If two competitors register the same time in the qualification, the seeding is determined by actual standing of the FIS SP points. Where there is a tie in the FIS SP points then CL Points should be used (For WC the WC standings in this discipline should be used rather than CL FIS Points as the decider). If racers have no points then the racer with the higher bib number should be ranked first.
- 2206.1.7 See illustration (the bracket) for the set-up of pairs. The knockout bracket should be 32 for the men and 16 for the women. In the event there are not 32 men and 16 women brackets will be filled with byes.

1/16 Round	1/8 Round	1/4 Round	Semi Final	Finals	
1	1 16	1 8	-	Semi Final Winners Final	-
32					
17	4 13	4 5	-	-	
16					5 12
9	3 14	-	-	-	
24					6 11
25	7 10	7 2	-	-	
8					15 2
5					
28					
21					
12					
13					
20					
29					
4					
3					
30					
19					
14					
11					
22					
27					
6					
7					
26					
23					
10					
15					
18					
31					
2					
Starting with 32	Starting with 16	Starting with 8			

2206.2 Execution

- 2206.2.1 Each knockout round has one run per heat.
- 2206.2.2 The better ranked competitor following the qualification chooses the course.
- 2206.2.3 The winner of the heat continues to the next round. The diagram above illustrates the starting sequence.
- 2206.2.4 The two competitors losing the semi-final compete for the third and fourth place in the small final.
- 2206.2.5 If both men and women, or senior and junior compete, all the finals should be run in sequence (small and large finals should be run together).

2207 Gates and Course Judges

2207.1 Gates Judges

- 2207.1.1 The gate judges must stand outside the course preferable on both sides. Maximum two gates per judge.
- 2207.1.2 The gate judges must have flags with the same colour as the course they are supervising (red or blue), used to signal penalties.
- 2207.1.3 The gate judges must have a coloured flag to signal disqualification. See rule 2210 Disqualifications/Sanctions.

2207.2 Course Judges

- 2207.2.1 The race must have two course judges, one for each course.
- 2207.2.2 Penalties and disqualifications are indicated by the course judges after the 360-turn. Such indications must be by the use of clearly displayed panels. Penalties are indicated with 0, 1, 2, X. Where:
0 = no penalty
1 = 1 penalty
2 = 2 penalties
X = Maximum penalty (3 or more penalties)
- 2207.2.3 Panels must correspond with the colour of the course they refer to. The panels must be at least 80 cm (h) x 60 cm (w).
- 2207.2.4 A racer with Maximum penalties(X) may still win the heat.

2208 Judging and Penalties

2208.1 The Turn

2208.1.1 During qualification, penalties are applied as per SP rules. In the knockout rounds penalties are applied through extra skating distance.

2208.1.2 The jump judge and gate judge signal penalties with flags in the same colour as the course (red or blue).

2208.1.3 For each flag a penalty of approx. 1 second of extra skating will be applied.

2208.1.4 Three or more flags (incl. jump) result in a maximum penalty for that run.

2208.1.5 The jury may demand a re-run of the pair.

2208.2 The Jump

2208.2.1 There is one Jump Judge for each course. They measure distance and style.

2208.2.2 The competitor must clear the distance and has to perform Telemark style on the landing to avoid a penalty in the Jump Zone.

2209 The Finish

2209.1 The winner of a knockout heat is the competitor who crosses the finish line first.

2210 Disqualification/ Sanctions

2210.1 Qualification round: As per SP rules (Article 2200).

2210.1.1 In the case of DNF or DSQ during the qualification the competitor is not ranked and is out of the competition.

2210.2 Knockout round:

2210.2.1 A false start, missing or incorrect passage of a gate, unintentional obstruction in the gates, or finishing the course without at least one ski will be deemed DSQ and cause the competitor to lose the heat.

2210.2.2 If the Course Judge considers there are grounds for disqualification, the jury must convene for the final decision.

2210.2.3 DSQ may be confirmed by the Jury after the heat has finished but must be announced before the next heat starts.

2210.2.4 DSQ decisions by the Jury are final.

- 2210.2.5 A competitor who is DSQ or DNF in a run loses the heat but retains the classification achieved by starting that round.
- 2210.2.6 Unsporting behaviour in any section of the course, including deliberate obstruction in the cross country section, must be sanctioned by the jury.
- 2210.2.7 The sanction for unsporting behaviour may be loss of classification for that competitor.
- 2210.2.8 In case both competitors do not finish (Abandon or DSQ), the competitor that passes the most gates wins the pair:

2210.3 Contact / Touch (Fairness):

Intentional contact such as pushing, pulling, holding other racers on the arm, leg or stick as well as other means hindering other riders to fall or fail are not allowed and will be punished with a disqualification. The riders are not allowed to hold their arm or ski pole in front of another participant in order to move forward. Intentional blockage with body insert, movements and the deliberate leaving of the natural line is not allowed. The "natural line" is considered to be the fastest route that leads through the elements and around the gates. Any punishment against violations of these rules shall be at the discretion of the Jury. The decision of the race is final and can not be challenged

2210.3.1 Disqualification for Intentional Contact (DIC)

2210.3.2 Intentional Interference

Interference is often a complex offence, given that contact in Parallel Sprint is common. The Jury and gate judges have to determine whether the contact or interference was intentional or not. Intentional contact or interference between two competitors will be penalized with a DSQ.

2210.3.3 Intentional Actions

A competitor shall not force another competitor out of the course, nor intentionally cause them to slow down, lose balance, or crash. A competitor shall not cause any part of his body or skiing equipment to come into contact with another competitor's body or skiing equipment during a race with the intent of impeding that competitor's progress for the purpose of overtaking or causing them to be overtaken by another competitor.

2210.3.4 Obstruction on Obvious Straight Lines

The leading competitor shall have the right to choose his line on the course and through the corners. When on a straight section of the

course, a competitor shall not intentionally block another competitor from passing.

2210.3.5 Disqualification for Intentional Contact (DIC)

Should a competitor be disqualified based upon an infraction of rule 2210.3.1 such competitor shall lose the heat for Intentional Contact.

Re-runs shall not be granted solely as a result of a violation of the rule, and all competitors in the heat, other than those that receive a DIC, shall be ranked as they finish.

All violations of the rule which result in a DIC shall be announced in the finish area and communicated to the competitor that received the DIC or their Team Captain as soon as possible and in any event prior to the commencement of the next heat. The DIC will then be posted on the official notice board at the bottom and top of the course indicating the section of the course where the infraction occurred. All DIC decisions must be recorded and reported by the FIS Technical Delegate in their TD Report.

2211 Protests

2211.1 Protests must be made before the next heat starts.

2211.2 Only the competitor may protest their own run. Team Captains or coaches may not protest on behalf of the racer.

2211.3 The protest is made by registering the protest with a Jury member.

2211.4 If a racer is obstructed in the gates they must retire immediately and register a protest.

2211.5 If a racer is obstructed in the cross country section, they may protest immediately after crossing the finish line.

2211.6 The Jury will decide the protest on what they observed, with no further evidence from any party.

2211.7 The Jury must rule on all protests before the start of the next heat.

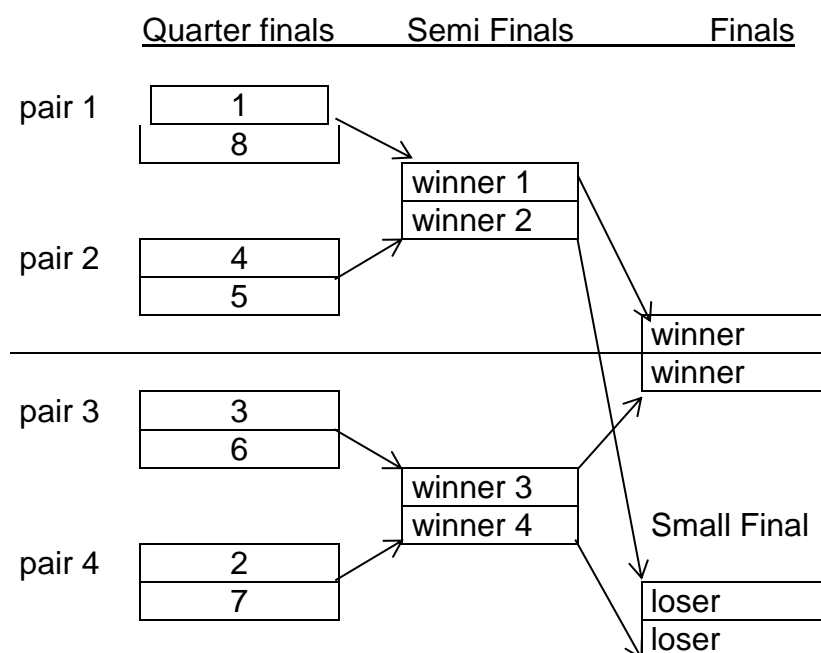
2212 Points

2212.1 Point scale to be applied for a parallel race:

1. Place	100 points
2. Place	80 points
3. Place	60 points
4. Place	50 points
5. – 8. Place	40 points
9. – 16. Place	15 points
17. – 32. Place	5 points

- 2213** **Records and Results**
- 2213.1 Penalties in the finals must be checked and recorded by the chief judge or a penalty judge in the skating area.
- 2213.2 All competitors who participate in the qualification are to be published on the result list.
- 2300** **Special Rules for Team Parallel Sprint**
- 2301** **Gates and Course setup**
- 2301.1** **General**
- 2301.1.1 The Team Parallel Sprint (TPS) is a team event in accordance with the Parallel Sprint (PS) ICR Rules art. 2200.
- 2301.1.2 Teams of three race in knockout rounds. Each heat between teams in a round has 3 pairs of races, there is one run per pair.
- 2301.1.3 Teams are comprised of 1 lady and 2 men.
- 2301.1.4 In every team there must be minimum one female and one male.
- 2302** **Execution of the race**
- 2302.1** **Determining the starting sequence**
Normally 1 Team per Nation / Constituent Group
- 2302.1.1 The best 8 nations according to the Overall Telemark World Cup Nations' Cup ranking will qualify for the TPS. If there are not 8 Teams able to nominate 3 competitors the pairs will be set up as follows:
1. Nations with 3 competitors
 2. Nations with 2 competitors according to the nations cup ranking
 3. Nations with a 2nd team of 3 competitors according to the WC ranking
 4. Nations with a 2nd team of 2 competitors according to the WC ranking
- 2302.1.2 Each nation may nominate up to 2 substitutes (1x lady, 2x men) who can be a replacement for a competitor prior to the start of the first round. All competitors and substitutes must be nominated at the team captain's meeting and their start order must be declared. This order will remain for all rounds. All competitors and substitutes must conduct a course inspection.
- 2302.1.3 Where a nation is forced to withdraw their opposition will be given a bye. If the withdrawal is in the first run of any round, then the opposing nation does not need to complete that round.
- 2302.1.4 The setting of the pairs is 1 vs 8, 4 vs 5, 3 vs 6 and 2 vs 7

2302.1.5 See illustration for the set-up of pairs.



2302.2 Execution

2302.2.1 Ladies race ladies, men race men.

2302.2.2 First pair: Female vs. Female

2302.2.3 If there is a Team with only 2 competitors the female starts no. 1.

2302.2.4 The higher ranked team will choose the course.

2302.2.5 For the course chosen the 1st and 3rd team member ski on the selected course and the 2nd team member on the other. (i.e. if choosing red the 1st lady on red, 1st man on blue and 2nd man on red).

2302.2.6 The winner of the round is the team who wins two pairs after three runs.

2302.2.7 In the event of a tie then the team with the least accumulated time difference will proceed to the next round. If after this there is still a tie then The jury may consider the number of penalties of the tie pair or order a re-run of the tie pair. In the event of a tie, one win each and one dead heat, then the jury may order a re-run of the tie pair if time differences of the pairs are not available.

2302.2.8 The small final must be run before the large final.

2500 Special Rules for Telemark Equipment

2501 Boots

2501.1 The boot must be commercially available.

2501.2 The boot must be made for Telemark (free heeled) skiing and have a sole which is flexible under the toe ball.

2501.3 The specific boot must be produced in more than 100 pairs per year.

2502 Fitting

2502.1 The boot may be custom fitted.

2502.2 The fitting may include non-rigid fit aids; footbeds, foam, inner boots etc.

2502.3 Stiff materials can be used provided they do not extend from the original shell, add to the rigidity of the boot or contribute to the structural integrity (jet sticks, non-stock cuffs)

2503 Up-dating

2503.1 Boot models may be updated.

2503.2 Closure systems (.i.e. buckles, laces, and straps) may be modified to up-grade previous generations of a specific model to be like its currently available generation. The number of buckles shall, however, not exceed the number of buckles of the currently available boot from the same manufacturer.

2504 Repairs

2504.1 Boot models may be repaired to restore "like new" structural integrity.

2504.2 Boots may be re-soled.

2504.3 Internal stiffeners may be welded or replaced with similar material.

2505 Skis

2505.1 The ski must be commercially available.

2505.2 The ski must be produced in more than 100 pairs per year, special racing skis of existing models exempt.

2506 Modifications

2506.1 The skis must be commercially available. There is no limitation of ski measurements.

2507 Bindings

2507.1 The binding must be commercially available.

2507.2 The binding shall attach the toe of the boot to the ski while leaving the heel free to execute the Telemark techniques.

2507.3 The binding must allow the sole of the boot to flex at the toe ball.

- 2507.4 The binding must be produced in more than 100 pairs per year.
- 2507.5 The binding must be intended for Telemark (free heeled) skiing.
- 2507.6 The binding may be modified in the following ways: the physical dimensions of the binding may be reduced - spacers may be added. There is no limit to the height.
- 2507.7 Ski stoppers or safety straps are mandatory.
- 2507.8 Release bindings are recommended.

2508 Poles

- 2508.1 Two straps/grips are allowed on each pole.

2509 New equipment

- 2509.1 Equipment resulting from new innovations or development, must be commercially available. See also the FIS Specifications for Competition Ski Equipment.

2510 Other Equipment

- 2510.1 Equipment not specified in art. 2500-2508.1 is permitted as long as it is used as originally intended and complies with art. 2500-2508.1.

2511 Equipment Control

- 2511.1 Competitors wearing non-regulation equipment shall not be allowed to start. The TD's decision is final and binding.
- 2511.2 It is the duty of the competitors to submit their equipment for control to the TD if there is any doubt about it being in accordance with the rules.
- 2511.3 It is not allowed to change competition equipment during the race, with exception of broken pole(s).

2512 Crash Helmet

- 2512.1 If a competitor or forerunner fails to wear a crash helmet, he will not be allowed to start.
- 2512.2 Rule 2512.1 applies to all official disciplines.
- 2512.3 WC, WCS, JWC Requirements:

The Helmet model has to fulfil and to be certified under both ASTM 2040 and EN 1077 (class A). In addition Helmet model to pass an additional specific test under EN 1077 test procedure but at higher test speed of 6.8m/so Additional test to be effected through CEN laboratories. The laboratory shall issue a test protocol showing that

the tested model passed the EN test requirements at the increased speed. Label attesting conformity with FIS specifications for racing helmets (GS/SG/DH): Fulfilment of requirements is to be attested by a specific standardised conformity label affixed in a non-removable way at the back of the helmet in a location which is and shall remain visible. The label shall in particular not be covered by the goggle strap. The conformity label is shown in the attachment (see page 44). It shall include the following text: «Racing helmet conform to FIS specifications 2013». Labels affixed by manufacturers shall comply with the specifications set forth in the attachment. The conformity label attests that the manufacturer has obtained the required certifications (EN 1077 A and ASTM 2040) and obtained a test protocol confirming that the concerned helmet model fulfils the requirements set forth above under 6.2.1. Upon request, the certification documentation and test protocol shall be provided to the FIS.

2512.4 NAS Requirements:

Helmet model to be certified under EN 1077 (class B) or ASTM 2040 as minimum standards

- o NB1: soft ear padding is allowed
- o NB2: crash helmets fulfilling higher safety standards can be used.

2600 Special Rules for Cold Weather Safety

2600.1 There are three main factors to be considered by the Jury regarding cold weather safety; the temperature, the duration of the exposure and the clothing and other protection against cold weather. These factors must together with any other relevant information such as "the wind chill factor" must be taken into consideration when a decision is made regarding cold weather. A temperature in the air of minus 15 degrees C. corresponds to minus 40 degrees for a competitor skiing in 50 km p.h.

2600.2 *15 degrees C.* At temperatures down to minus 15 degrees C., races in all disciplines may be carried through, but there should be a warm shelter in the area.

2600.3 15.5 to - 20 degrees C
If the temperature is between minus 15 and minus 20 degrees C at any point on the course, all races for seniors may be carried through. There must, however, be a warm shelter available, recommendations regarding cold weather protection must be given to competitors and to competition officials. The medical personnel must check the competitors for frostbite, in particular in the face. The temperature may be much higher up at the start, and the safety measures and possible cancellation should be considered accordingly. If the 30 temperature at the start is very low, there should be a warming tent for the competitors awaiting their turn. Discarded warm clothing must be brought down to the arrival soonest possible.

2600.4

20.5 degrees C and lower

At temperatures below minus 20 degrees C in a major portion of the course, classic Telemark competitions must be delayed or cancelled.

2600.5

22.5 degrees C and lower

At temperatures below minus 22 degrees C in a major portion of the course, all Telemark competitions must be delayed or cancelled.