

Precisions Cross-Country 2009/2010 and 2010/2011 Changes to the International Competition Rules (ICR), Edition October 2010

- 302.1.1 FIS appointed officials are
- At Olympic Winter Games (OWG) and World Ski Championships (WSC): the Technical Delegate (TD), Assistant TD, Jury Members, FIS Race Director (RD) and FIS Race Director Assistant (RDA)
 - At World Cup (WC): the TD, Assistant TD, and FIS Race Director Assistant (RDA)
 - At Junior World Ski Championships (JWSC): the TD, Assistant TD and one Jury member
 - At Continental Cups (COC) and FIS competitions: the TD
- 303.1.1 For all Olympic Winter Games (OWG) and World Ski Championships (WSC) the following will serve in the Jury
- the TD, who is chair of the Jury (appointed by FIS)
 - the Assistant TD (appointed by FIS)
 - the Chief of Competition
 - two other foreign members (appointed by FIS).
 - FIS Race Director Assistant (appointed by FIS)
- They are appointed by the FIS Council on proposal by the CCC.
- 303.1.2 For WC ~~and JWSC~~ the Jury will consist of the following
- the TD, ~~who is chair of the Jury and carries the deciding vote~~ (appointed by FIS)
 - the Assistant TD (appointed by FIS)
 - FIS Race Director Assistant (appointed by FIS)
 - the Chief of Competition
 - the National TD Assistant (appointed by the host NSA in cooperation with the regional TD coordinator)
- 303.1.23 For JWSC the Jury will consist of the following
- the TD (appointed by FIS)
 - the Assistant TD (appointed by FIS)
 - one jury member (appointed by FIS)
 - the Chief of Competition
 - the National TD Assistant (appointed by the host NSA in cooperation with the regional TD coordinator)
- 303.1.34 For COC and FIS competitions the Jury will consist of the following
- the TD, who is chair of the Jury (appointed by FIS)
 - the Chief of Competition
 - the National TD Assistant (appointed by the host NSA)

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

304.3.2 Before the competition the TD is responsible for
 - being in touch with the FIS Race Director Assistant and the OC from the time of his appointment.

306 FIS Race Director (RD) and FIS Race Director Assistant (RDA)
These officials are nominated by the FIS for competitions of the highest category (see art. 302.1.1 and 302.1.2). The FIS Race Director and FIS Race Director Assistant (must possess a TD-License for Cross-Country.

306.2 The main duties of RDA are:
 - To support the Jury work and the Organizing Committees in the technical organization of Cross-Country World Cups, World Championships and the Olympic Winter Games
 - Provide early on-site communication with the WC coaches, organisers and industry representatives.
 - Inform the TD and the TD Assistant of the key results from any inspection visits and collaborate with them for any required on-site follow up
 - Support the TD with the assignment of Jury duties,
 - To assist the FIS Race Director

311.1 Table for Distances and Course Lengths

Race Format	Competition Distance (km)	Course Length (km)
Interval start competition	5, 7.5, 10, 15, 30, 50	2.5, 3.3, 3.75, 5, 7.5, <u>8.3</u> , 10, 12.5, 15, 16.7
Mass Start competition	10, 15, 30, 50	2.5, 3.3, 3.75, 5, 7.5, <u>8.3</u> , 10

(Table continues)

311.3.2 At WSC a qualification competition will be scheduled for ladies with more than 120 FIS points and for men with more than 90 FIS points. If they achieve a top 10 ranking in this qualification competition they will be allowed to start in the WSC interval start competition as part of their Nations quota.

313.1.6 In competitions designed for CC sport promotion it is possible to use courses outside of these homologation standards providing they have been approved by the Sub-Committee for Rules and Control.

320.3.2 In the immediate vicinity of the stadium at OWG, WSC, JWSC and WC a closed team preparation area with wax cabins must be installed. Equipment manufacturers may rent space or cabins in this area. The cabins must be heated and well ventilated using forced air exchangers.

340.1.1 In all training and competition situations the athlete must act with due care taking into account the course conditions, visibility and competitor congestion.

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

340.1.23 In all competitions poles may be changed. A single ski or a pair of skis may be changed only if:

1. A ski or binding is broken or damaged. The equipment failure must be proven to the Jury after the competition.
2. Equipment exchange boxes are in place at the competition.

In the case of any ski exchange, the competitor must do it outside of the track without help from any other people.

Waxing, scraping or cleaning of the competitor's skis during the competition are forbidden. Exception: In classical technique competitions competitors may scrape their skis to remove snow and ice, and add wax if necessary. Competitors can only be handed tools and materials that are available in retail stores (wax, scrapers, corks). The competitor must do this outside of the track without help from any other people.

340.1.3.1 When ski exchange boxes (pit boxes) are provided for long distance competitions, the competitor is permitted to change skis at any time they pass through the pit box area with the following limitations:
- maximum 3 times on competitions up to 30 km
- maximum 4 times on competitions longer than 30 km

340.1.3.2 The pit box area must be designed so that each competitor has a designated box marked by their bib number and an exit is provided that minimizes any chance for interference. A bypass corridor must be provided so that any competitors who do not enter the pit boxes will have the shortest skiing distance past this ski exchange area.

340.1.4 In all competitions obstruction is defined as deliberately impeding, blocking (by not following best line), charging or pushing any competitor with any part of the body or ski equipment. When overtaking occurs, competitors must not cause any obstruction. In general it is the responsibility of the overtaking skier to avoid any obstruction.

~~340.1.35~~ In an interval start competition a competitor who is being overtaken must give way on the first demand except ~~in sprint competitions and~~ in marked zones (see 340.1.4).

342.1.1 Ski marking will not be used unless requested in advance by the sanctioning body of the competition. For purposes of control, both skis are marked immediately before the start. The competitor must come to the official marking place in person and in due time wearing his starting bib.

~~342.1.2~~ ~~At OWG, WSC, WC and WJSC competitions, the ski-marking must contain the starting number of the competitor.~~

~~342.1.3~~ ~~In all Sprint competitions there is no ski-marking.~~

~~351.2.1~~ ~~The starter gives every competitor the warning "Attention", ten seconds before the start. At five seconds before the start, he begins the countdown "5-4-3-2-1", followed by the start signal "Los", or "Allez", or "Go". With electronic timing, an audible electric start signal will be given simultaneously with the command to start. The start clock must be placed so that the competitor can see it clearly.~~

The start command consists of a countdown starting 5 seconds before the start time ("5-4-3-2-1") and start signal ("GO!"). The command can be given verbally or by audible signals.

355.1.1 The unofficial result list will be distributed and posted on the official notice board as soon as possible after the competition, with the time of its publication noted. ~~The Jury must deal with any infractions or protests within 15 minutes of the posting. The result list becomes official immediately following the Jury's decision.~~

355.1.4 The competition secretary and the TD signs ~~after control by the TD~~ the official result list and certify that it is correct.

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

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

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

- 360.5.1 In sprint competitions with 30 competitors to the quarterfinal (see Table A 360.3.2) the result list will be made as follows:
- 31st to last rank, the results from the qualification round will be used
 - 26th – 30th rank, the 6th place finisher from each heat in the quarterfinal will be assigned based their respective ranking in the qualifying round
 - 21st – 25th rank, the 5th place finisher from each heat in the quarterfinal will be assigned based their respective ranking in the qualifying round
 - 16th/17th - 20th rank, the 4th place finisher from each heat in the quarterfinal will be assigned based their respective ranking in the qualifying round (Exception, if one of those 4th place finishers will advance to the semi-final)
 - 13th – 15th/16th rank, the 3rd place finisher from each heat in the quarterfinal, who did not advance to the semi-finals will be assigned based their respective ranking in the qualifying round
 - 7th – 12th rank, based on the order of finish in the B final, in case of no B Final, the athletes are ranked according their ranking in semi-final and their qualification round
 - 1st – 6th rank, based on the order of finish in the A final

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

361.4 Starting Position

Depending on the starting area, two to six parallel tracks/corridors should be prepared which are straight for approx. 100 m.

The starting competitor for team number one starts in lane number one on the starting line. The starter for team number two starts in lane number two, 1 – 3 meters behind the starting line, and so on.

The competitors may not change lanes until they have passed the designated end of the starting lanes. This is a mass start competition, see ICR 351.3.

364.2.2 Starting order - see ICR article 334.3.2 The starting order is according FIS Distance points.

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

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

376.5.1 If ski marking is used the colors will be the same as for each relay leg at OWG, and WSC competitions 1=red, 2=green, 3=yellow, and 4=blue (art. 375.1.1).

394.1.1 It can be made

- against decisions of the Jury (see also ICR 224.11)
- against the official result lists. This appeal has to be directed exclusively against an obvious and proven calculation mistake.