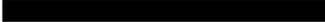


Telemark

**Joint Rules and Regulations
for all FIS Competitions**



**THE INTERNATIONAL
SKI COMPETITION RULES**



(ICR)

Edition 2004

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1st Section

200 Joint Regulations for all Competitions

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

200.2 Organisation and Conduct

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

200.3 Participation

Competitions listed in the FIS Calendar are only open to all properly 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.

201.3 Classification of Competitions

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

201.4 Types of Competitions

International competitions consist of:

- 201.4.1 *Nordic Events*
Cross-Country, Rollerskiing, Ski-Jumping, Ski-Flying, Nordic Combined, Team Competitions in Nordic Combined, Nordic Combined with Rollerskiing or In-line, Team Ski-Jumping, Ski-Jumping on plastic jumping hills, Popular Cross-Country
- 201.4.2 *Alpine Events*
Downhill, Slalom, Giant Slalom, Super-G, Parallel Competitions, Combined, KO, Team Competitions
- 201.4.3 *Freestyle Competitions*
Moguls, Dual Moguls, Aerials, Skicross, Halfpipe, Acro
- 201.4.4 *Snowboard*
Slalom, Parallel Slalom, Giant Slalom, Parallel Giant Slalom, Super-G, Halfpipe, Snowboard Cross, Big Air, Special competitions
- 201.4.5 *Telemark*
- 201.4.6 *Firngleiten*
- 201.4.7 *Speed Skiing Competitions*
- 201.4.8 *Grass Ski Competitions*
- 201.4.9 *Combined Events with other Sports*
- 201.4.10 *Children's, Masters, Disabled races, etc.*

202 FIS Calendar Conference and FIS Calendar

202.1 Candidature and Announcement

- 202.1.1 Each National Ski Association is entitled to present its candidature for the 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 registrations of the National Ski Associations have to be sent to the FIS by April 30th.
- 202.1.2.2 *Allocation of competitions*
Allocation of the competitions to the National Ski Associations is made at the FIS Calendar Conference which takes place annually in May/June.
- 202.1.2.3 *Homologations (alpine disciplines)*
Competitions that appear in the FIS Calendar may only take place on competition courses homologated by the FIS.
The homologation certificate number must be indicated when applying for the inclusion of an alpine competition in the FIS Calendar.
- 202.1.2.4 *Publication of the Ski Calendar*
The final calendar is published by FIS before July 1st on the FIS website www.fis-ski.com. It will be updated to reflect cancellations, postponements and other changes on their receipt by FIS.
- 202.1.2.5 *Postponements*
In case of the postponement of a competition listed in the FIS Calendar, the FIS has to be informed immediately and a new invitation must be sent to the National Ski Associations, otherwise the competition cannot be considered for FIS points.
- 202.1.2.6 *Fees*
In addition to the annual subscription, a calendar fee fixed by the FIS Congress is due for each year and for each event listed in the international FIS Calendar. For additional events approved by the FIS after the 30th June, a 50% surcharge has to be paid in addition to the regular calendar fee.
All calendar fees will be debited directly from the FIS current account of the corresponding country according to the invoice.
- 202.1.3 Appointment of Race 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.
In the event that the National Ski Association is itself the organiser, its calendar application serves as confirmation that the National Ski Association itself is the organiser.
- 202.2 The FIS Calendar Conference will be held every year in May/June.

- 202.3 The FIS Calendar is published on the Internet.
- 202.4 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.
- 202.5 Calendar Fees**
- 202.5.1 In addition to the annual subscription the FIS Congress fixes a calendar fee for each event published in the FIS Calendar.
- 202.5.2 The actual scale of fees is published by the FIS.
- 203 FIS Licence**
- 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 FIS 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.
The FIS licence will only be issued to competitors who have personally signed the Athletes Declaration, in the actual form approved by the FIS Council. All forms from under-age applicants must be counter-signed by their legal guardians.
- 203.2.1 The National Ski Association must guarantee that all competitors registered for a FIS License accept the Rules of the International Ski Federation, in particular the provision which foresees the exclusive competence of the Court of Arbitration for Sport as the court of appeal in doping cases.
- 203.3 A National Ski Association may only issue a FIS licence when the competitor has signed the Athletes Declaration and returned it to his National Ski Association.
- 203.4 During the FIS licence year, a competitor may only participate in International FIS competitions with one FIS licence issued by his respective National Ski Association.
- 203.5 A competitor must be a citizen of the country of which National Ski Association he has a licence and prove this with a valid passport.
- 203.5.1 In case of geographical enclaves the FIS Council can grant exceptions on request of both National Ski Associations concerned.
- 203.5.2 Competitors who have more than one nationality are only allowed to compete for the National Ski Association in which they have their permanent place of residence.

- 203.5.3 If a competitor has already participated at international events for a National Ski Association, in case of a change of nationality and the National Ski Association, he may not participate in any international FIS competitions for a period of twelve months from the departure from his previous National Ski Association, nor may he be issued with a licence from a new National Ski Association during this period.
These rules are also valid when a competitor has more than one nationality and would like to compete for another National Ski Association than his current one.
The FIS Council, after consultation with the parties concerned, may grant exceptions for justifiable cases, following review of a written explanation with the reason(s) for requesting a change of nationality from the National Ski Association applying.
- 203.5.4 Every competitor automatically loses his old FIS points if he changes his National Ski Association. The FIS Council may grant exceptions for justifiable cases.
- 203.5.5 A competitor whose licence has been suspended may have a new licence issued after he has proved that any sanctions imposed have been fulfilled.

204 Qualification of Competitors

- 204.1 A National Ski Association shall not issue a licence 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 and race entry the National Ski Association confirms, that valid and sufficient accident insurance for training and competition is in place for the competitor and assumes full responsibility.

205 Competitors Obligations and Rights

- 205.1 The competitors are obliged to make themselves familiar with the appropriate FIS Rules and must comply with the additional instructions of the Jury.
- 205.2 Competitors are not permitted to compete while under the influence of doping.
- 205.3 Competitors must follow the FIS rules and regulations and instructions of the Jury.
- 205.4 Competitors who do not attend the prize-giving ceremonies without excuse lose their claim to any prize including prize money.
In exceptional circumstances, the competitor may be represented by another member of his team, but this person has no right to take his place on the podium.
- 205.5 Competitors must behave in a correct and sportsmanlike manner towards members of the Organising Committee, officials and the public.

205.6 Support for the Competitors

- 205.6.1 A competitor who has a valid FIS licence 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.

206 Sponsorships and Advertising

- 206.1 A National Ski Association or its pool may enter into contracts with a commercial firm or organisation for financial sponsorship and or the supply of goods or equipment if the specific company or organisation is acknowledged as an Official Supplier or Sponsor by the National Ski Association. Advertising using photographs, likeness or names of FIS competitors with any sportsman not eligible according to either the FIS eligibility rules or the eligibility rules of the IOC, is forbidden.
Advertising with or on competitors with tobacco or alcohol products or drugs (narcotics) is forbidden.

- 206.2 All compensation under such contracts must be made to the National Ski Association or its ski pool which shall receive the compensation subject to the regulations of each National Ski Association. Competitors may not directly receive any part of such compensation except as stated in art. 205.6. The FIS may at any time call for a copy of the contract.
- 206.3 Equipment goods supplied to and used by the national team must, with reference to markings and trade marks, conform with the specifications stated in art. 207.
- 206.4 Competition Equipment at FIS Events**
Only the competition equipment, according to the FIS rules on advertising, provided by the National Ski Association, complete with the commercial markings approved by the National Ski Association, may be worn in FIS World Cup and FIS World Ski Championship competitions. Obscene names and/or symbols on clothing and equipment are forbidden.
- 206.5 Competitors are not permitted to take off one or both skis or snowboard before crossing the red line in the finish area, as defined by the organiser.
- 206.6 At FIS World Ski Championships, FIS World Cups and all events of the FIS Calendar, a competitor is not allowed to take equipment (skis/board, poles, ski boots, helmet, glasses) to the official ceremonies which have anthems and/or flag raising. Holding/carrying equipment on the victory podium after conclusion of the whole ceremony (handing over trophies and medals, national anthems) for press photos, pictures, etc. is however permitted.
- 206.7 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. Holding/carrying equipment (skis/board, poles, ski boots, helmet, glasses) is allowed.

207 Advertising and Commercial Markings

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

- 207.1 The rules covering advertising on equipment must be followed.
- 207.2 Any competitor who breaches these rules shall be reported to the FIS forthwith.
- 207.3 If a National Ski Association fails to enforce these rules or for any reason prefers to refer the case to the FIS, the FIS may take immediate steps to suspend a competitor's licence. The competitor concerned and/or his National Ski Association have the right to make an appeal before a final decision is taken.

- 207.4 If an advertiser uses the name, title or individual picture of a competitor in connection with any advertisement, recommendation or sale of goods without the approval or knowledge of the competitor, the competitor may give a "power of attorney" to his National Ski Association or to the FIS to enable them, if necessary, to take legal action against the company in question. If the competitor concerned fails to do so, the FIS shall judge the situation as if the competitor had given permission to the company.
- 207.5 The FIS Council shall review if and how far infractions or breaches of rules have taken place in regard to qualification of competitors, sponsorship and advertising and support for the competitors.
- 207.6 In all competitions of the FIS Calendar (especially for the FIS World Cups) the "FIS Advertising Guidelines" must be observed in regard to advertising possibilities in the competition area, respectively in the TV area. These "FIS Advertising Guidelines", approved by the FIS Council, are an integral part of the FIS contracts with cup organisers.

208 Television

208.1 Rights of the National Member Associations

Each of the FIS-affiliated National Ski Associations, and only those associations, are entitled to enter into contracts which apply to the transmission of FIS events which the association organises in its country. Such contracts shall be prepared in consultation with the FIS and shall be in the best interest of the sport of skiing and snowboarding and of the National Ski Associations.

This applies to the transmission in the associations own country as well as for transmission in telecasting range of other countries (hillrights).

Excepted are the Olympic Winter Games and FIS World Ski Championships which belong to the IOC and FIS respectively.

208.2 Best and Most Extensive Publicity Through high quality TV

In terms of agreements according to article 208.1 with a TV organisation or agency, attention must be paid to the quality of TV transmissions for all ski and snowboard events - especially for FIS World Cup competitions - published in the FIS Calendar, in particular concerning:

- Top quality and optimal production of a TV signal in which sport is the centrepiece;
- Adequate consideration and presentation of advertising and event sponsors;
- Where it is appropriate to current market conditions for the discipline and level of the FIS competition series, production of the entire event for live transmission, including coverage of all competitors and a world feed;
- Transmission on best possible TV channels offering the greatest potential audience exposures based on size or demographics.
- Where it is appropriate to the nature of TV market in the region of the host nation, there should be live TV transmission in at least the country where the event takes place and in the most interested other countries.

- Live TV transmission must include the official FIS logo, timing and data information and results, as well as graphics and international sound.

208.3 Control by the FIS Council

The FIS Council exercises control over the adherence by National Ski Associations and all organisers to the principles of art. 208.2. Contracts, or individual clauses thereof, which adversely affect the interests of the FIS, of a member National Ski Association, or of its organiser must be appropriately evaluated by the FIS Council.

208.4 Olympic Winter Games, FIS World Championships

All TV rights of Olympic Winter Games and FIS World Championships belong to the IOC respectively to the FIS.

208.5 Contracts

The expense for the acquisition of the basic signal (original picture and sound without commentary) and commissions have to be agreed on between the producing network and the networks having bought the rights.

208.6 Short Reports

Television reports and information which do not last longer than three minutes are excluded from the above stipulations. Such reports shall, if possible, be produced by the host broadcaster and put at the disposal of other networks, under the condition that such reports cannot be shown before the rights holder has shown the event and in any case not later than 72 hours after the event.

In order to strengthen this rule only right holders shall be admitted to the restricted media area.

209 Film Rights

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

210 Organisation of Competition

211 The Organisation

211.1. The Organiser

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

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

211.1.3 The organiser must ensure that accredited persons accept the regulations regarding the competition rules and Jury decisions, and in World Cup

ances 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 note issued by a recognised insurance company and present it to the Technical Delegate. The Organising Committee require liability insurance with coverage of at least CHF 1 million; this sum can be increased according to special rules (World Cup etc).

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

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

213 Programme

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

213.1 date and place of the competitions, together with information on the competition sites and the best ways of reaching them,

213.2 technical data on the individual competitions and conditions for participation,

213.3 names of principal officials,

213.4 time and place for the first team captains' meeting and the draw,

- 213.5 timetable for the beginning of the official training and the start times,
213.6 location of the official notice board,
213.7 time and place for the prize-giving,
213.8 final date of entry and address for entries, including telephone, telefax and e-mail address.

214 Announcements

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

215 Entries

- 215.1 All entries must be sent so that the Organising Committee receives them before the final date of entry. The organisers must have a final and complete list not later than 24 hours before the first draw.
- 215.2 National Ski Associations are not permitted to enter the same competitors in more than one competition on the same date.
- 215.3 Only National Ski Associations are entitled to make entries for international competitions. Every entry should include:
- 215.3.1 code number, name, first name, year of birth, National Ski Association;
- 215.3.2 an exact definition of the discipline 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 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 discipline.
- 218.2 The data and timing generated from all FIS competitions is at the disposal of FIS, the organiser, the National Ski Association and participants for use in their own publications, including websites. Use of data and timing on websites is subject to the conditions laid down in the FIS Internet Policies.

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

218.3.1 General

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

The following policy has been established in order to assist National Ski Associations through the provision of data from FIS competitions, and to

clarify certain conditions that relate to the use and presentation of the data from FIS competitions.

218.3.2 *FIS Calendar data*

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

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

218.3.3 *Results and Standings*

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

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

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

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

218.3.4 *Organisers access to results*

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

The pdf file containing the results and standings can be downloaded from www.fis-ski.com and from <ftp://ftp.fis-ski.ch/> followed by the discipline code and the name of the site: AL (Alpine), CC (Cross-Country), JP (Ski

Jumping), NK (Nordic Combined); SB (Snowboarding), FS (Freestyle) etc. The individual competition can be identified by the competition codex as published on the detailed page of the calendar on www.fis-ski.com.

219 Prizes

- 219.1 The detailed rules concerning the awarding of prizes will be published by the FIS. Prizes shall consist of mementoes, diplomas, cheques or cash. Prizes for records are forbidden. The FIS Council decides in the autumn on the minimum respectively maximum values of the prize money approximately one and a half years before the competition season. The organisers have to inform the FIS by October 15th of the amount.
- 219.2 If two or more competitors finish with the same time or receive the same points, they shall be given the same placing. They will be awarded the same prizes, titles or diplomas. The allocation of titles or prizes by drawing lots or by another competition is not allowed.
- 219.3 All prizes are to be awarded no later than the final day of a competition or event series.

220 Service Personnel, Suppliers and Firms' Representatives

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

- 220.1 The Organising Committee of an event must provide the Technical Delegate with a list of suppliers and equipment service personnel accredited to the competition.
- 220.2 It is forbidden for suppliers and for persons in their service to advertise inside the restricted area or to wear clearly visible commercial markings on their clothing or equipment which do not conform with art. 207.
- 220.3 Accredited service personnel and suppliers receive from the FIS an official FIS accreditation and must perform their specified function. The individual organisers are free to accredit additional company representatives or other important persons.
- 220.4 All accredited service personnel, suppliers and other persons who have the official FIS accreditation or a special accreditation from the organiser for course or jumping-hill have access to the courses and jumping-hills (according to special rules of the discipline).

220.5 The Different Types of Accreditation

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

- 220.5.2 Servicemen attached to teams are permitted entry to start area and service area at the finish. They are not allowed entry to the courses or jumping-hills.
- 220.5.3 Company representatives accredited at the discretion of the organisers who do not have FIS accreditation are not permitted entry to the courses and restricted service areas.

221 Medical 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.

222 Competition Equipment

- 222.1 A competitor may only take part in a FIS competition with equipment which conforms to the FIS Regulations. A competitor is responsible for the equipment that he uses (skis, snowboard, bindings, ski boots, suit, etc). It is his duty to check that the equipment he uses conforms to the FIS specifications and general safety requirements and is in working order.
- 222.2 The term competition equipment encompasses all items of equipment which the competitor uses in competitions. This includes clothing as well as apparatus with technical functions. The entire competition equipment forms a functional unit.
- 222.3 All new developments in the field of competition equipment must be approved in principle by the FIS.
The FIS does not take any responsibility for the approval of new technical developments, which at the time of introduction may contain unknown dangers to the health or cause an increase in the risk of accidents.
- 222.4 New developments must be submitted by May 1st, at the latest, for the following season. The first year new developments can only be approved

provisionally for the following season and must be finally confirmed prior to the subsequent competition season.

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

222.6 Controls

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

223 Sanctions

223.1 General Conditions

- 223.1.1 An offence for which a sanction may apply and a penalty be imposed is defined as conduct that:
- is in violation or non-observance of competition rules, or
 - constitutes non-compliance with directives of the jury or individual members of the jury in accordance with 224.2 or
 - constitutes unsportsmanlike behaviour
- 223.1.2 The following conduct shall also be considered an offence:
- attempting to commit an offence
 - causing or facilitating others to commit an offence
 - counselling others to commit an offence
- 223.1.3 In determining whether conduct constitutes an offence consideration should be given to:
- whether the conduct was intentional or unintentional,
 - whether the conduct arose from circumstances of an emergency
- 223.1.4 All FIS affiliated associations, including their members registered for accreditation, shall accept and acknowledge these rules and sanctions imposed, subject only to the right to appeal pursuant to the FIS Statutes and ICR

223.2 Applicability

223.2.1 Persons

These sanctions apply to:

- all persons who are accredited by the FIS or the organiser for an event published in the FIS calendar (an event) both within and without the

confines of the competition area and any location connected with the competition, and

- all persons who are not accredited, within the confines of the competition area

223.3 Penalties

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

- Reprimand - written or verbal
- Withdrawal of accreditation
- Denial of accreditation
- Monetary fine not more than CHF 100'000

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

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

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

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

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

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

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

223.5 The following Penalty decisions may be given verbally:

- reprimands
- the withdrawal of accreditation for the current event from persons who had not been registered with the organiser through their National Associations
- the withdrawal of the accreditation for the current event from FIS-accredited persons
- the denial of accreditation to the current event from persons who are within the confines of the competition area or any other location connected with the competition.

223.6 The following Penalty decisions shall be in writing:

- monetary fines
- disqualification

- impaired starting position
- competition suspensions
- withdrawal of accreditation from persons who had been registered through their National Association
- withdrawal of accreditation of FIS accredited persons

223.7 Written Penalty decisions must be sent to the offender (if it is not an competitor), the offender's National Association and the Secretary General of FIS

223.8 Any disqualification shall be recorded in the Referee's and/or the TD's Report.

223.9 All penalties shall be recorded in the TD's Report.

224 Procedural Guidelines

224.1 Competence of Jury

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

224.2 Within the location, especially during the training and the competition period, each voting Jury member is 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).
- 224.12 In all remaining cases, appeals are to be directed to the Appeals Commission, as per the ICR.
- 224.13 The Jury shall have the right to submit to the Appeals Commission recommendations for penalties in excess of monetary fines of CHF 5,000.- and suspensions beyond the event in which the offence occurred (223.4).
- 224.14 FIS Council shall have the right to submit to the Appeals Commission comments with respect to any written penalty decisions by the Jury.
- 224.15 Costs of Proceedings**
- Fees and cash expenses, including travel expenses (costs of the proceedings) are to be calculated comparable to costs paid to TD's and are to be paid by the offender. In the case of a reversal of Jury decisions, in whole or in part, the FIS covers all costs.
- 224.16 Enforcement of Monetary Fines**
- 224.16.1 The FIS oversees the enforcement of monetary fines and the costs of proceedings. Enforcement costs are considered costs of the proceedings.
- 224.16.2 Any outstanding monetary fines imposed on an offender is considered a debt of the National Association to which the offender is a member.
- 224.17 Benefit Fund**
- All monetary fines are paid into the FIS Youth Promotion Fund.
- 224.18 These rules are not applicable to any violation of FIS Doping rules.

225 Appeals Commission

225.1 Appointments

225.1.1 The FIS Council shall appoint from the Discipline Sub-committee for Rules (or Discipline Committee if there is no Rules Sub-Committee) a Chairman and a Vice Chairman of the Appeals Commission. The Vice Chairman shall preside when the Chairman is either unavailable or is disqualified for bias and prejudice.

225.1.2 The Chairman shall appoint 3 members, which may include himself, to the Appeals Commission from the Discipline Rules Sub-Committee (or Discipline Committee if there is no Rules Sub-committee) for each case appealed or submitted to be heard, whose decisions shall be by majority vote. When serving on an Appeals Commission, members are independent of the FIS Council.

225.1.3 To avoid either actual bias and prejudice or the appearance of bias and prejudice, members appointed to an Appeals Commission shall not be members of the same National Association as the offender whose case is under appeal. In addition, members appointed to an Appeals Commission must report voluntarily to the Chairman any bias and prejudice they may hold for or against the offender. Persons who are biased and prejudiced shall be disqualified from serving on the Appeals Commission by the Chairman or, in the event the Chairman is disqualified, by the Vice Chairman.

225.2 Responsibility

225.2.1 The Appeals Commission shall only hold hearings with respect to appeals by offenders or by the FIS Council from decisions of competition juries, or matters referred to it by competition juries recommending penalties in excess of those provided for in the Sanction rules.

225.3 Procedures

225.3.1 The Appeal must be decided within 72 hours of receipt of the Appeal by the Chairman, unless all parties involved in the Appeal agree in writing to an extension of time for the hearing.

225.3.2 All appeals and responses must be submitted in writing, including any evidence the parties intend to offer in support of or in response to the Appeal.

225.3.3 The Appeals Commission shall decide on the location and format for the Appeal.

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

225.3.5 Decisions of the Appeals Commission shall be announced orally at the conclusion of the hearing. The decision, together with its reasoning, shall be submitted in writing to the FIS, which shall deliver them to the parties involved, their National Associations and all members of the Jury whose

decision was appealed. In addition, the written decision shall be available at the FIS Office.

225.4 Further Appeals

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

225.4.2 Appeals to the FIS Court shall be in writing and submitted to the FIS Secretary-General within 8 days of the publication of the Appeals Commission decision.

225.4.3 An Appeal to the Appeals Commission or to the FIS Court will not delay the implementation of any penalty decision of the Competition Jury or Appeals Commission.

226 Violation of Sanctions

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

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

226.1 Sanctions against individuals involved:

- a written reprimand;

and/or

- a monetary fine not to exceed the sum of CHF 100'000.–

and/or

- competition suspension at the next level of sanction - for example if a three month suspension for a doping 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 Common to Alpine Events

For the organization of FIS Telemark World Cup events, FIS World Telemark Ski Championships, FIS sanctioned National Telemark Ski Competitions and FIS sanctioned Junior Telemark Ski Competitions, The TICR shall be the governing regulations, in the event that the TICR is silent on an issue then the International Competition Rules (ICR) and the Alpine Competition Rules (AICR) should be used, by the jury, as long as the provision is relevant to telemark.

1601.2.1 Application for FIS Sanctioned Event

1601.2.1.1 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.

1601.2.1.2 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.

1601.2.1.3 The prospective organizer shall complete the FIS Telemark Competition Application form. The form is available on the web and be fax from the FIS Telemark Committee.

1601.2.2 Application Fees

1601.2.2.1 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.

1601.2.2.2 No refund shall be provided in the event of a withdrawal of such Application by the organizer or cancellation of an event by an organizer.

1601.2.2.3 No Application fee shall be assessed where the FIS Telemark Committee appoints a replacement organizer to remedy a withdrawal of Application or cancellation of an event as per paragraph 1601.2.2.2.

1601.6 The Technical Delegate (TD)

1601.6.1 The Primary Duties of the TD

The duties and responsibilities of the TD are set out in detail in Section 604 of the ICR book IV. 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

1601.6.2 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.

1601.6.3 Certification of the Technical Delegate

A Technical Delegate may obtain certification by completing the following:

- 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.
- 2) Participate in two World Cup events as an unpaid assistant TD.
- 3) Receive the recommendation of the TD's who supervised him/her and the World Cup Coordinator.

1601.8 World Cup Coordinator

1601.8.1 Appointment

The World Cup Coordinator is appointed by the FIS Telemark Committee.

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. 228.3 and 228.5 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.

1603 Start Order and Group Draw

1603.1 For the national races special regulations may be issued.

1603.2 The Jury makes the classification of the competitors who are present.

- 1603.3** The FIS ranking list worked out by the Telemark Committee 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.
- 1603.4** A first group of the 15 best ranked competitors will be drawn, regardless of nationality. In case of an equality of points in the 15th rank, the first group can be enlarged accordingly.
- 1603.5** The remaining competitors with FIS points start in the second group in the order of the ranking list.
- 1603.6** All competitors without FIS points will be drawn in the last group.
- 1603.7** For the second run, the results list of the first run serves as start list. The 15 first competitors do, however, start in the reversed order, with the fifteen ranked skier of the first run starting first.
- 1603.8** Accepted late entries start as the last ones in their group. If there are more than one, the start order is drawn.
- 1604** **Special Rules for Calculation of World Championships Overall Results**
- 1604.1** The World Champion is the one who has the shortest total time of the official disciplines.
- 1604.2** If two or more racers get the same time, the one with the lowest total time in Classic will be awarded the higher ranking.
- 1604.3** If 1604.1-1604.2 cannot separate the best placing, the racer with the lowest total time in Classic sprint will be awarded the higher ranking. If the latter results are the same the racers in question share the place.
- 1604.4** From fourth place onwards, rankings will be decided based only on the total time of the official disciplines.
- 1605** **Special Rules for Calculation of World Cup Overall Results**
- 1605.1** The World Cup Champion is the one who gets the highest overall sum of World cup points in the official disciplines.
- 1605.2** If 1605.1 cannot separate the best placing, the racer with the better result in Classic will be awarded the higher ranking, If the results in Classic are the same the racer with the better result in Classic sprint will be awarded the higher ranking. If the latter results are the same the racers in question share the place.
- 1605.3** The World Cup discipline Champion is the one who gets the highest overall sum of World Cup points in each of the official disciplines.

1605.4 If two or more racers get the same sum of World cup points, the one with the best placing will be awarded the higher ranking

1605.5

World cup points

Competitors ranking first to 30 Th. are awarded points in accordance with the following schedule.

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

1606 Gate Judges

1606.1 General Rules

1606.2 A gate judge must have full knowledge of the rules concerning correct passage of the gates and the rules and instructions for gate judges.

1606.3 A gate judge's decision must be clear and unbiased.

1606.4 The organizer, whose responsibility it is to have a sufficient number of qualified gate judges available, appoints the gate judges.

1700 Gates and Course Setting

1701 Course Setter

1701.1 Prerequisites

1701.1.1 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

1701.1.2 For all other international races - nomination by the Telemark Committee or by the captains' meeting.

1701.2 Appointment

1701.2.1 For World Championships the appointment is made by the FIS Telemark Committee.

1701.2.2 For World Cup and Continental Cup, the National Telemark Committee appoints the course setters.

1701.2.3 For all other international competitions the appointment is made by the Jury. For competitions in two runs, each run is set by a different course setter. One of the two course setters can be named by the organizer.

1701.3 Organization of Duty Assignment

1701.3.1 The duty assignment of the course setters is determined by the FIS Telemark Committee

1701.3.2 Replacement of Course Setters

1701.3.3 For World Championships, the FIS Telemark Committee is to be notified, as well as the national association to which the course setter belongs. The Telemark Committee then immediately names a replacement course setter

1701.3.4 For all other competitions, either the Telemark Committee or the Jury names a replacement course setter.

1701.3.5 The replacement course setter must have the same qualifications as the absent course setter.

1702 The Course

1702.1 The degree of difficulty must correspond to the average ability of the 30 best competitors in the race.

1702.2 Assistants and equipment, the organizer must have minimum two assistants available for carrying poles, and a crew with crowbars and drills etc. to en-sure the fixation of the poles and building of the course.

1703 Marking of the Course

1703.1 To mark hollows and changes in the terrain, small sprigs may be strewn in the course. This is especially important when the light is flat.

1800 Special Rules for Telemark Giant Slalom

1801 The Course

1801.1 Vertical drop: between 250 m and 450 m.

1801.2 Number of gates: 11 - 14 % of the vertical drop.

1801.3 The Telemark Giant Slalom race must consist of two runs

1802 General Characteristics

- 1802.1** The course must make it possible to take all turns in the Telemark technique. Parts of the course where Telemark technique is not compulsory must be marked with yellow panels.
- 1802.2** A Telemark giant slalom course consists of: a series of varied turns in giant slalom course and one jump.
- 1802.3** A correct and swift execution of all the turns must be possible. The course must not impose the use of acrobatic movements.
- 1802.4** The course must contain turns with large, medium and small radius in a natural variation.
- 1802.5** Zones where the Telemark technique is not compulsory must be marked with yellow panels.
- 1802.6** There must be a lift to the start area.
- 1802.7** The piste should be varied and it must be at least 30 meters wide, the competition area must be altogether free from rocks and tree stumps.(refer to Art. ICR 902.1).

1803 The Turn

- 1803.1** All turns are to be executed in the Telemark technique.
- 1803.2** Definition of the Telemark technique.
- 1803.2.1** 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.
- 1803.2.2** The heel of the inner ski must be clearly lifted from the ski
- 1803.2.3** The turns must be linked together in one single, uninterrupted movement from one Telemark turn to the next. This means: as soon as the hindmost foot starts to move forwards, this is the start of a new turn, and the movement must be continued without interruption to a position where the foot is at least one boot length in front of the other foot.
- 1803.3** The competitor himself decides where to execute the turn in relation to the gate.
- 1803.4** Skating steps are permitted as long as the rules in article 1803 are adhered to.
- 1803.5** To start a turn in the Telemark technique and end it as a parallel turn, or vice versa, is not allowed.

1803.6 Falling through a gate or passing through a gate on one ski only, is a penalty, finish gate excepted .

1804 Judging

1804.1 For improper execution of the rule described in art. 1803 for each improper execution a penalty of one second is added to the total time of the competitor. (maximum 1 penalty per gate, regardless of error(s))

1805 Jump

1805.1 The height of the jump must not exceed 1,5 m and the profile must follow the profile of the hill. 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. The hill must be suited for jumps from 5 to 25 m.

1805.2 Kick jumps are not allowed.

1805.3 The shortest distance jumped should be average 15 m for the 5 best senior men. The minimum distance is fixed and marked by the chief of tracks and authorized by the TD before the start of the inspection.

1805.4 The TD together with the Jury shall set the length of the jumping zone

1805.5 The distance jumped is measured to the heel of the hindmost boot.

1805.6 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.

1805.7 In addition, a penalty of two seconds is added to the total time of the competitor if the competitor doesn't reach the jump limit.

1805.8 The TD together with the jury should fix the minimum limit for the jump, so that 20 - 40% of the competitors reach it.

1806 Inspection

1806.1 The time reserved for inspection must be sufficiently long to allow the competitors to inspect and make at least one practice jump.

1806.2 The competitor must execute at least one practice jump. The organizer shall keep a record of the practice jumps. A competitor who fails to make a practice jump must be disqualified. Practice jumps must be performed during inspection. The jury decides maximum numbers off practice jumps.

1806.3 Marking for jumping distance, parts of the course where Telemark technique is not compulsory, etc. must be marked before the inspection starts.

1806.4 The course will remain closed for training on the day of the race. The gates must be finally set at least one hour before the start. The competitors are allowed to study the course after its final setting, either by climbing on skis or by slowly skiing down alongside the course. Skiing through a gate ,or practicing turns parallel to the course or on the hill, will lead to disqualification. Competitors must carry their start numbers. The Jury decides the method of inspection. It can permit the passage of the gates.

1807 Start Intervals

1807.1 In Telemark races variable start intervals are used. The normal interval is 45 sec. The jury may decide on shorter or longer intervals if the conditions make it necessary.

1807.2 The Chief of Timing and Calculations decides the start of a competitor. He does not have to wait until the preceding competitor has finished his run, but must be observant so that the competitor does not get his run spoilt because of obstructions on the course.

1900 Special Rules for Telemark Classic

1901 The Course

1901.1 Vertical drop: between 300 m and 500 m.

1901.2 Average time for the 5 best senior men: between 150 - 270 sec.

1902 General Characteristics

1902.1 The course contains a row of direction changes, which the competitor should master with the highest possible speed . The course must test the all-round skiing abilities of the competitor. It must be possible to take all turns in the Telemark technique. Parts of the course where telemark technique is not compulsory, must be clearly marked with yellow panels.

1902.2 The Telemark classic course must consist of(counted in time), - 1/3 Telemark giant slalom. - 1/3 super Telemark - 1/3 cross-country There must also be –one or two 360´s - at least one jump and one other element, depending of what is possible in the terrain at disposal.

1902.3 In the giant slalom part, turns must be adapted to the Telemark technique. Gates where this technique is not compulsory, are to be marked (art. 1902.1).

1902.4 The super-T part must allow a higher speed than for the giant slalom part. It is important to set the course so that the Telemark technique comes naturally. Gates where the Telemark technique is not compulsory, are to be marked (art. 1902.1).

- 1902.5** The cross-country part uses a varying terrain with mostly easy uphill. The cross-country part should be placed in the last half of the course length and be laid out so that the competitors may overtake one another easily. There is no compulsory technique in the cross-country part.
- 1902.6** A 360 is defined as follows: the competitor shall turn 360 degrees around an internal obstacle and at the end of the turn cross his own tracks. The outer diameter of the noose shall be from 5 m to 8 m. There is no judging in the 360.
- 1902.7** The 360 must be so laid out that the competitors are able to take the full turn without walking.
- 1902.8** 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.
- 1902.9** The number of gates in a super Telemark part must be 10 % of the vertical drop.
- 1902.10** There must be a lift to the start area.
- 1902.11** The piste should be varied and it must be at least 30 meters wide, the competition area must be altogether free from rocks and tree stumps.
- 1902.12** The race must consist of two runs if the calculated time for the best male competitor is less than 150 sec. The TD determines this.
- 1903** **The Turn**
- 1903.1** In the giant slalom part, the turns must be executed in the Telemark technique when nothing else is permitted Art. 1803
- 1903.2** In the super Telemark part, the turns must likewise be executed in the Telemark technique, but art. 1803.2.3 is not mandatory.
- 1904** **Cross-country**
- 1904.1** There is no mandatory style or technique in the cross-country part.
- 1905** **Judging**
- 1905.1** Break of the rules in art. 1903.1-1903.3: for each break a penalty of one second is added to the total time of the competitor. (maximum 1 penalty per gate, regardless of error(s))

1906 Jumps

- 1906.1** The height of the jump must not exceed 1,5 m and the profile must follow the profile of the hill. 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. The hill must be suited for jumps from 5 to 30 m.
- 1906.2** Kick jumps are not allowed.
- 1906.3** The TD together with the jury shall set the length of the jumping zones
- 1906.4** The distance jumped is measured to the heel of the hindmost boot.
- 1906.5** 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.
- 1906.6** In addition, a penalty is added according to the jumping zone which the competitor has reached - 1st zone: 6 seconds added - 2nd zone: 3 seconds added - 3rd zone: 0 seconds added

1907 Inspection

- 1907.1** The time reserved for inspection must be sufficiently long to allow the competitors to inspect and make at least one practice jump.
- 1907.2** The competitor must execute at least one practice jump. The organizer shall keep a record of the practice jumps. A competitor who fails to make a practice jump must be disqualified. Practice jumps must be performed during inspection. The jury decides maximum numbers off practice jumps.
- 1907.3** Marking for jumping distance, parts of the course where Telemark technique is not compulsory, etc. must be marked before the inspection starts.
- 1907.4** The Jury at the Team captains meeting decides inspection of the 360.
- 1907.5** The Jury at the Team captains meeting decides inspection of the cross-country part.
- 1907.6** The course will remain closed for training on the day of the race. The gates must be finally set at least one hour before the start. The competitors are allowed to study the course after its final setting, either by climbing on skis or by slowly skiing down alongside the course. Skiing through a gate ,or practicing turns parallel to the course or on the hill, will lead to disqualification. Competitors must carry their start numbers. The Jury decides the method of inspection. It can permit the passage of the gates.

1908 Start Intervals

1908.1 In Telemark races variable start intervals are used. The normal interval is 60 sec. The Jury may decide on shorter or longer intervals if the conditions make it necessary.

1908.2 The Chief of Timing and Calculations decides the start of a competitor. He does not have to wait until the preceding competitor has finished his run, but must be observant so that the competitor does not get his run spoilt because of obstructions on the course.

2000 Special Rules for Telemark Sprint Classic

2001 The Course

2001.1 Must consist of 15-25 gates

2001.2 Must include one jump

2001.3 Must include one skating section

2001.4 Must include one 360 degree turns

2001.5 Vertical drop must be between 100 and 200 meters.

2002 General Characteristics

2002.1 Average time for the 5 best senior men for one run must be approximately 55 to 70 seconds.

2002.2 Telemark Classic sprint must consist of two runs

2002.3 There must be a lift to the start area.

2002.4 The piste should be varied and it must be at least 30 meters wide, the competition area must be altogether free from rocks and tree stumps.

2002.5 The cross-country part should be placed in the last half of the course length and be laid out so that the competitors may overtake one another easily.

2002.6 A 360 is defined as follows the competitor shall turn 360 degrees around an internal obstacle and at the end of the turn cross his own tracks. The outer diameter of the noose must be from 5 m to 8 m. There is no judging in the 360.

2002.7 The 360 must be so laid out that the competitors are able to take the full turn without walking.

2002.8 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.

2003 Jump

2003.1 The height of the jump must not exceed 1,5 m and the profile must follow the profile of the hill. 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. The hill must be suited for jumps from 5 to 25 m.

2003.2 Kick jumps are not allowed.

2003.3 The shortest distance jumped should be average 15 m for the 5 best senior men. The minimum distance is fixed and marked by the chief of tracks and authorized by the TD before the start of the inspection.

2003.4 The TD together with the Jury shall set the length of the jumping zone

2003.5 The distance jumped is measured to the heel of the hindmost boot.

2003.6 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.

2003.7 In addition, a penalty of two second is added to the total time of the competitor if the competitor doesn't reach the jump limit.

2003.8 The TD together with the Jury should fix the minimum limit for the jump, so that 20 - 40% of the competitors reach it.

2004 Inspection

2004.1 The time reserved for inspection must be sufficiently long to allow the competitors to inspect and make at least one practice jump.

2004.2 The competitor must execute at least one practice jump. The organizer shall keep a record of the practice jumps. A competitor who fails to make a practice jump must be disqualified. Practice jumps must be performed during inspection. The jury decides maximum numbers of practice jumps.

2004.3 Marking for jump, parts of the course where Telemark technique is not compulsory, etc. must be marked before the inspection starts.

2004.4 The Jury at the Team captains meeting decides inspection of the 360.

2004.5 The Jury at the Team captains meeting decides inspection of the cross-country part.

2004.6 The course will remain closed for training on the day of the race. The gates must be finally set at least one hour before the start. The competitors are allowed to study the course after its final setting, either by climbing on skis or by slowly skiing down alongside the course. Skiing through a gate ,or practicing turns parallel to the course or on the hill, will lead to disqualification. Competitors must carry their start numbers. The Jury decides the method of inspection. It can permit the passage of the gates.

2005 The Turn

2005.1 In the giant slalom part, the turns must be executed in the Telemark technique, Art 1803.

2006 Cross-country

2006.1 There is no mandatory style or technique in the cross-country part.

2007 Judging

2007.1 Break of the rules in art. 1803 for each break a penalty of one second is added to the total time of the competitor. (maximum 1 penalty per gate, regardless of error(s))

2008 Start Intervals

2008.1 In Telemark races variable start intervals are used. The normal interval is 30 sec. The Jury may decide on shorter or longer intervals if the conditions make it necessary.

2008.2 The chief of timing and calculations decides the start of a competitor. He does not have to wait until the preceding competitor has finished his run, but must be observant so that the competitor does not get his run spoilt because of obstructions on the course.

2050 Special Rules for Dual Version of the Telemark Sprint Classic

2050.1 The Telemark Sprint Classic may be staged as a dual event at the option of the Organizer, so long as the course is wide enough for the setting of two parallel courses.

2050.2 The Format . The format shall be two equivalent courses, one red and one blue with timing and gate keepers for each course. Each course shall be run by each competitor once, provided that the competitor does not get disqualified. The combined time for the red and blue course shall determine the winner. The dual format is for visual effect and spectator interest and is not to be construed as a “knock out” event.

2050.3 Physical aspects.

2050.3.1 The dual Sprint shall use the same criteria as the Sprint for selection of course. , section 2001 of the TICR

2050.3.2 The jump. The same criteria as 2003 shall be used with the following conditions: two jumps may be used for the dual, one for each course. A single jump may be used provided that it is wide enough for two competitors to use it safely at the same time.

2050.3.3 The 360. Two separate 360's must be used, one for each course.

2050.3.4 The Skate. The skating sections shall be parallel but separate for the competitors.

2050.4 Interference

2050.4.1 A competitor who is interfered with may have a rerun. In order to have the rerun the competitor must immediately ski off of the course to the nearest official to state his interference and make a request for the rerun.

2050.4.2 Interference occurs when the course is blocked by a fallen competitor who did not clear the course soon enough.

2050.4.3 Objects in the course such as a lost ski pole, etc.

2050.4.4 Incidents beyond the will and control of the competitor, which cause significant loss of speed or lengthening of the racing line and consequently affect the competitors time.

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 5 best senior men: between 20 sec. and 25 sec.

2101.3 One jump is permitted.

2101.4 The number of gates must be 11-17 gates.

2102 Jump

2102.1 The jump must not exceed 1 m and the profile shall follow the profile of the hill. The flight curve shall be low and the first gate after the jump must be placed at a sufficient distance to avoid punishing competitors how makes long jumps. Kick jumps are not allowed.

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 The rules for Telemark Giant Slalom, art. 1803-1803.9 apply.

2103.2 Break of the rules in art. 1803-1803.9 is for each break a penalty is added to the competitor. (maximum 1 penalty per gate, regardless of error(s))

2103.3 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.

2104 Inspection

2104.1 The time reserved for inspection must be sufficiently long to allow the competitors to inspect and make at least one practice jump.

2104.2 Marking for jump: parts of the course where technique is not compulsory etc. must be marked before the inspections starts.

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 upgrade 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 Skis of existing Telemark model may be modified in the following ways: - different base materials may be used (in accordance with FIS Alpine regulations)- different edges may be used - different stiffness or flex patterns may be built in - binding mounting position - physical dimensions of the ski may not be altered.

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.

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.
- 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.

2000.5*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.