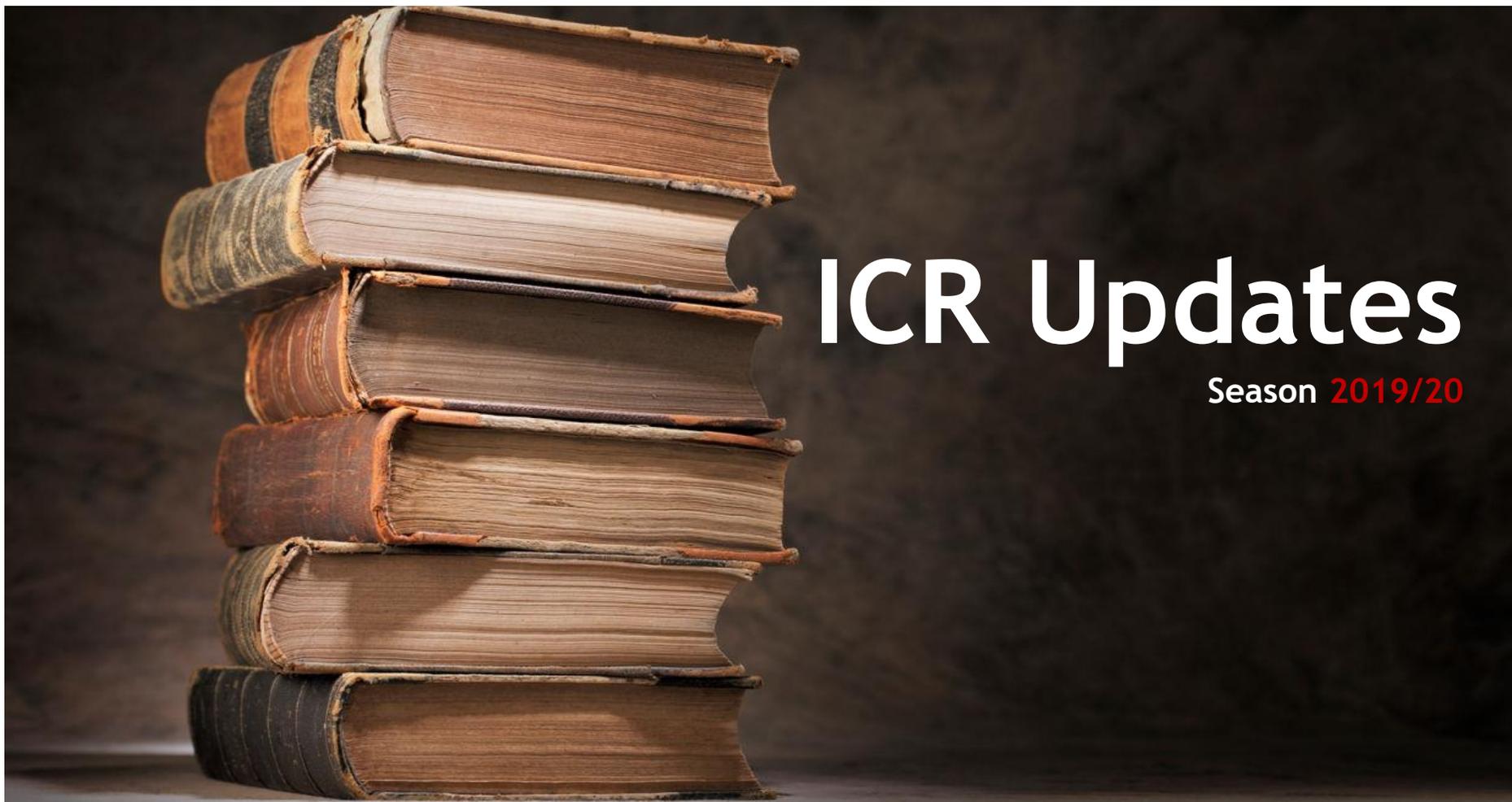




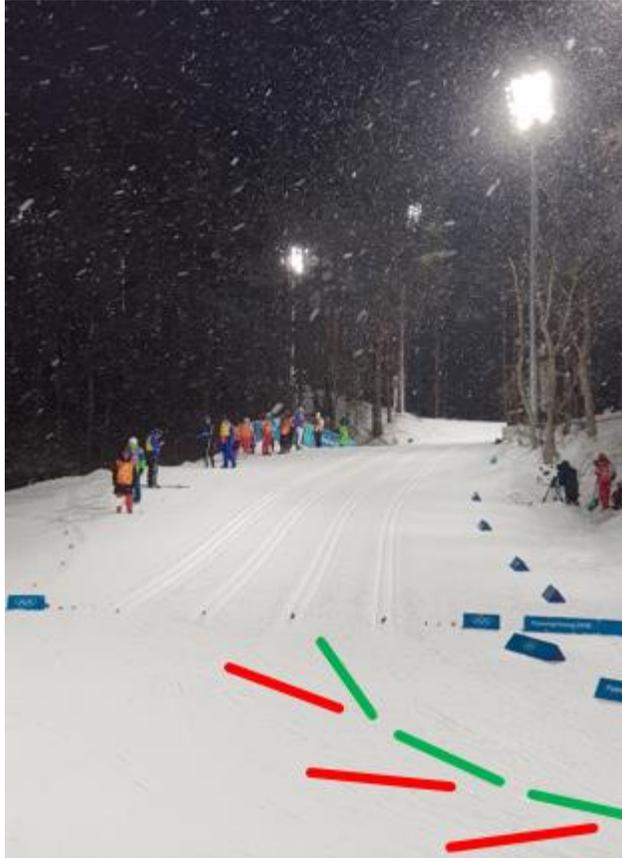
**CROSS
COUNTRY**



ICR Updates

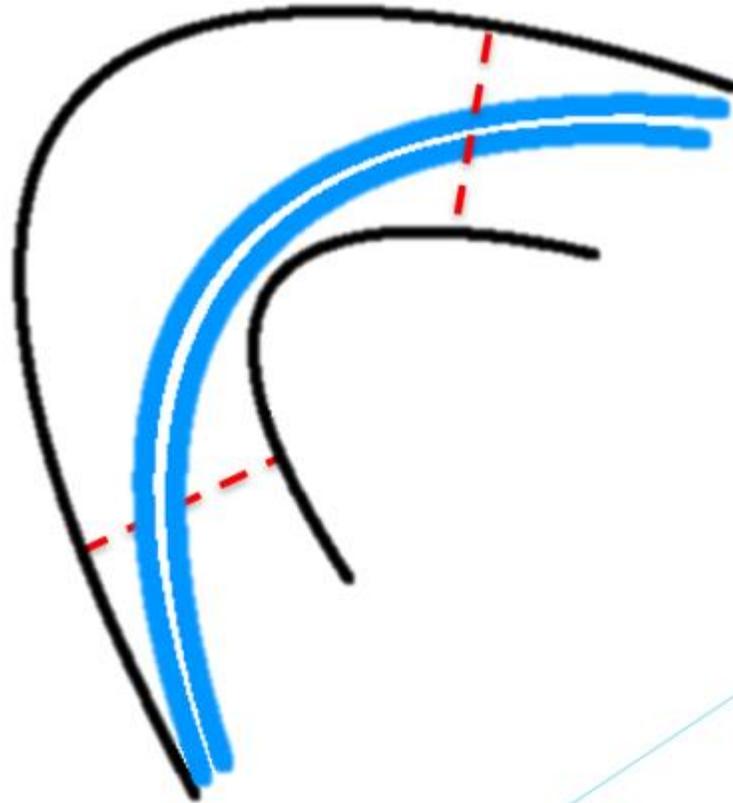
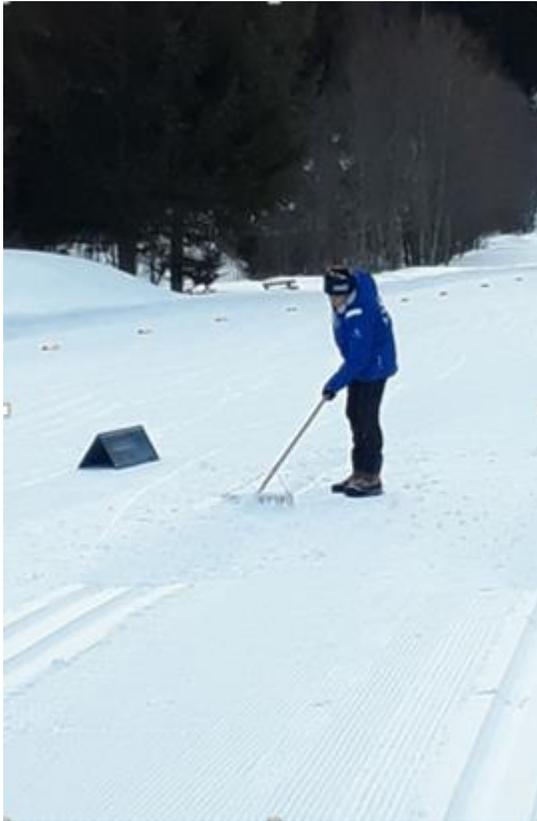
Season 2019/20

Turning technique [310.2.2.3]



Turning techniques comprise steps with the **inner ski** and pushes with the **outer ski** in order to change skiing directions. The sections of the course where turning techniques are allowed must be **clearly marked**.

Turning zone



▶ ICR

▶ Ladies => Women



Prohibited equipment at FIS Event [222.7]

222.7

Prohibited of scientific and medical Equipment at FIS Events

It is prohibited for any National Ski Association, its representative or team members to bring and/or use any of the following scientific or medical equipment (“Equipment”) into/at any Event Venue during FIS World Championships, World Cups and other competitions registered in the FIS Calendar:

- Oxygen tanks, cylinders and related devices;
- Hypoxic or hyperoxic tents, chambers and related devices;
- Cryogenic chambers for whole body cryotherapy and related devices.

It is the responsibility of the National Ski Association to ensure compliance with this Article 222.7 by all its representatives or team members. Failure to respect this Article 222.7 will be subject to Penalties provided by Article 223.3. In case of recurrence, disqualification of an athlete shall be imposed irrespectively of whether the violation of this provision would result in an advantage for the Athlete(s) with regard to the end result of the competition.

In addition to the sanctions listed above, the FIS may order the immediate removal of the Equipment from the Event Venue at the costs of the responsible NSA.

Timing and Data Technical Report

[302.3.4; 316.9]

<https://www.fis-ski.com/en/inside-fis/document-library/timing-data>

FIS Cross-Country Ski

FIS Software

Timing Report
(Version 4.1.3)

Timing Report is a program for Snowboard, Telemark Skiing.

ATTENTION:
The support for Windows XP updates for Windows XP service packs 3 and 2. The current version does not support Windows Vista, 7, 8, or 10.

Download installation:

- Windows Vista, 7, 8,
- Mac OS X 10.7.5+
- Linux
- Windows XP (The software will be installed on a CD-ROM)

Download Timing Report XML description:

- XML description

Page

1 2 3 4 5

Using these buttons entered data will not be saved

5. Results / Ergebnisse

Valid for FIS points Gültig für FIS Punkte Liste	<input type="radio"/> Yes / Ja <input type="radio"/> No / Nein	<input type="checkbox"/> Less than 5 ranked athletes (race will be not valid for FIS points) <input type="checkbox"/> Less than 10km race distance (race will be not valid for FIS points) <input type="checkbox"/> Race course without valid FIS homologation (race will be not valid for FIS points)
Penalty points FIS Punkte Zuschlag	0.00	
Carried out according to ICR Durchführung gemäss IWO	<input type="radio"/> Yes / Ja <input type="radio"/> No / Nein	Comments
Production and distribution of results/ Erstellung und Bereitstellung der Ergebnisse	Add issue for this competition	

6. Timing / Zeitnahme

Timing Report Zeitnahmebericht	No timing report received yet. Please contact the timekeeper.	Remarks timing problem Bemerkungen Probleme Zeitmessung
Timing problems Probleme Zeitmessung	<input type="radio"/> Yes / Ja <input type="radio"/> No / Nein	

7. Sanctions and Protest/Sanktionen und Proteste

Protests Proteste	<input type="radio"/> Yes / Ja <input type="radio"/> No / Nein	Art. ICR / Remarks Art. IWO / Bemerkungen	
Sanction cases Sanktionsfälle	Enter FIS code or athlete/relay name for others use "Add an other person/team"	No sancation cases added.	

8. Competition schedule / Wettkampfzeitplan

Cancellation Abbruch	<input type="checkbox"/>	Comment
-------------------------	--------------------------	---------

Mass start procedures [315.3]

The jury shall decide whether to set classical tracks in the start grid.

If the start grid is set with classical tracks, then competitors must use only classical technique and are not allowed to ~~change~~ leave their assigned tracks within their start position and end of marked corridors the first ~~30~~ 15-50 m after the start line.



Heat start procedures [315.5]

315.5.5 Competitors ~~are~~ **must use classical technique** and are not allowed to **change leave their assigned** tracks within marked corridors the first 10-15 m after the start line.

Calculation of results [317.1.2]

The overall standing in a stage competition will be calculated by accumulating:

- ▶ the results (actual times) where tenths of seconds are truncated, from each stage prior to last stage. The results of the qualification round will be used for sprint competitions.
- ▶ The result (actual times) with the tenths of seconds from the last stage.
- ▶ Bonus seconds and time penalties from each stage



COOP FIS CROSS COUNTRY WORLD CUP

World Cup Final - Quebec - Stage 3 of 3
 Quebec (CAN)
 Men 15.0 km Pursuit Free

SUN 24 MAR 2019

Start Time: 10:45
 End Time: 11:22



Winner of the day



44

35

FINISH TIME	BEHIND	FIS POINTS
8:15.4	0.0	0.00
8:16.3	+0.9	0.64
8:48.9	+33.5	23.71
8:49.0	+33.6	23.78
8:52.5	+37.1	26.26
8:53.3	+37.9	26.83
8:53.8	+38.4	27.18
8:56.7	+41.3	29.23
8:59.2	+43.8	31.00

Quebec 3.3 km
 28 m
 27 m
 116 m
 3476 m
 4

Ties in overall standings [317.1.2.1]

In case of a tie on the current overall standing (standings, published after each stage prior the final stage), the competitors will be ranked according to the highest number of individual wins and then the bests results (i.e. most 2nd places, most 3rd places...).

In case of a tie after the final stage (final overall ranking) the competitors will be ranked:

- ▶ Stages with Pursuit start or Mass start: according to the finish arrival order of the last competition. If a tie remains, the competitors will have the same ranking on the result list.
- ▶ Stages with interval start: The competitors will have the same ranking.

The fastest competitor of the day [324.5.2]

The fastest competitor of the day results can be also be calculated and published as real race time on the distance of the pursuit competition only.



Pit box [317.1.2.1 - 323.2.2.2]

Mass start

- | | |
|--------------------|---|
| <u>322.2.3.1</u> | <u>Pit box area</u> |
| <u>322.2.3.1.1</u> | <u>The course along the access to the boxes should be a minimum of 4 m wide. The width of the course on the exit side of the boxes should be minimum 6 m.</u> |
| <u>322.2.3.1.2</u> | <u>Only skis can be deposited into the assigned box.</u> |

Skiathlon

- | | |
|-----------|---|
| 323.2.2.2 | The <u>width of the</u> course along the access to the boxes must-should be a minimum of 4 m-wide . The <u>width of the</u> course on the exit side of the boxes must-should be a minimum of 6 m-wide . |
|-----------|---|

Some other numbers and consequences

322.2 Courses and stadium		Mass start		323.2 Courses and stadium	
322.2.1 Recommended norms		Skiathlon		323.2.1 Recommended norms	
Items	Preparation for		Items	Preparation for	
	Classical technique	Free technique		Classical technique	Free technique
COURSE					
Category	C	D	Category	C or E	D or E
Classical tracks	4 tracks	/	Classical tracks	4 tracks	/
Distance between tracks	Minimum 1.2 m	/	Distance between tracks	Minimum 1.2 m	/
START					
Organisation/preparation	Arrow start grid	Arrow start grid	Organisation/preparation	Arrow start grid	/
Classical tracks	Odd number 3 or more 5 or 7	Optional Odd number 3 or more 5 or 7	Classical tracks	Odd number 5 or 7 3 or more	/
Length of tracks (after start line)	50-30 to 100-50 m	30-15 to 50-30 m	Length of tracks (after start line)	50 to 100 m	/
Distance between tracks	Minimum 1.2 m	Minimum 1.2 m	Distance between tracks	1.2 m	/
FINISH					
Width (minimum)	6 m	12 m	Width (minimum)	/	12 m minimum
Number of corridors	Minimum 3 tracks	3-4 corridors (3 m each)	Number of corridors	/	3-4 corridors (3 m each)
Distance between tracks	Minimum 1.2 m	/	Distance between tracks	/	/
PIT BOXES					
Recommended size	Minimum 1.2 m		Recommended size	length 2 m – 2.5 m	width 1.2 m – 1.5 m

326.2 Course and Stadium		Team sprint		327.2 Course and Stadium	
326.2.1 Recommended Norms		Relay		327.2.1 Recommended norms	
Items	Preparation for		Items	Preparation for	
	Classical technique	Free technique		Classical technique	Free technique
COURSE					
Category	C	D	Category	B	C
Classical tracks	4 tracks	/	Classical tracks	2 tracks	/
Distance between tracks	Minimum 1.2 m	/	Distance between tracks	Minimum 1.2 m	/
START					
Organisation/preparation	Arrow start grid	Arrow start grid	Organisation/preparation	Arrow start grid	Arrow start grid
Classical tracks	Odd number 3 or 5 more	Odd number 3 or 5 more	Classical tracks	Odd number 5 or 7 3 or more	Odd number 5 or 7 3 or more
Length of tracks (after start line)	End of start zone	15 m	Length of tracks (after start line)	End of start zone	15 m
Distance between tracks	1-8 1.2 m	1-8 1.2 m	Distance between tracks	1.2 m	1.2 m
FINISH					
Width (minimum)	6 m	12 m	Width (minimum)	6 m	12 m
Number of corridors	3 tracks minimum	3-4 corridors (3m each)	Number of corridors	3 tracks minimum	3-4 corridors (3 m each)
Distance between tracks	Minimum 1.2 m	/	Distance between tracks	Minimum 1.2 m	/
EXCHANGE ZONE					
Length Minimum length	45 m	45 m	Length Minimum length	30 m	30 m
Width Minimum width	9 m	15 m	Width Minimum width	9 m	9 m

AGE CATEGORIES

- ▶ 341.1.4 Junior women and junior men should normally start in their own classes. They may start in the respective women or men's classes, **which also include general classes at long distance popular competitions.**
- ▶ *Sv. tillägg För tävlande som representerar en klubb ansluten till SSF gäller distanstabellen i paragraf 130.1.*

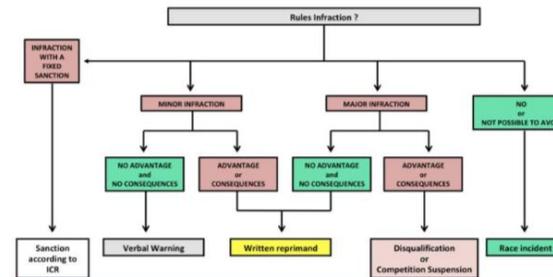
Guidelines for Jury decisions and poles

343.8.1

In Interval Start competitions and Sprint qualification any violation of classical technique (for example skating strides to maintain or increase the speed) will be considered to affect the results (due to improved time and better FIS points caused by the skating), and the jury will apply the appropriate sanction regardless of the time difference between skiers, even for a winning athlete.

Body height	Pole length										
200	166,00	190	158,00	180	149,00	170	141,00	160	133,00	150	125,00
199	165,00	189	157,00	179	149,00	169	140,00	159	132,00	149	124,00
198	164,00	188	156,00	178	148,00	168	139,00	158	131,00	148	123,00
197	164,00	187	155,00	177	147,00	167	139,00	157	130,00	147	122,00
196	163,00	186	154,00	176	146,00	166	138,00	156	129,00	146	121,00
195	162,00	185	154,00	175	145,00	165	137,00	155	129,00	145	120,00
194	161,00	184	153,00	174	144,00	164	136,00	154	128,00	144	120,00
193	160,00	183	152,00	173	144,00	163	135,00	153	127,00	143	119,00
192	159,00	182	151,00	172	143,00	162	134,00	152	126,00	142	118,00
191	159,00	181	150,00	171	142,00	161	134,00	151	125,00	141	117,00

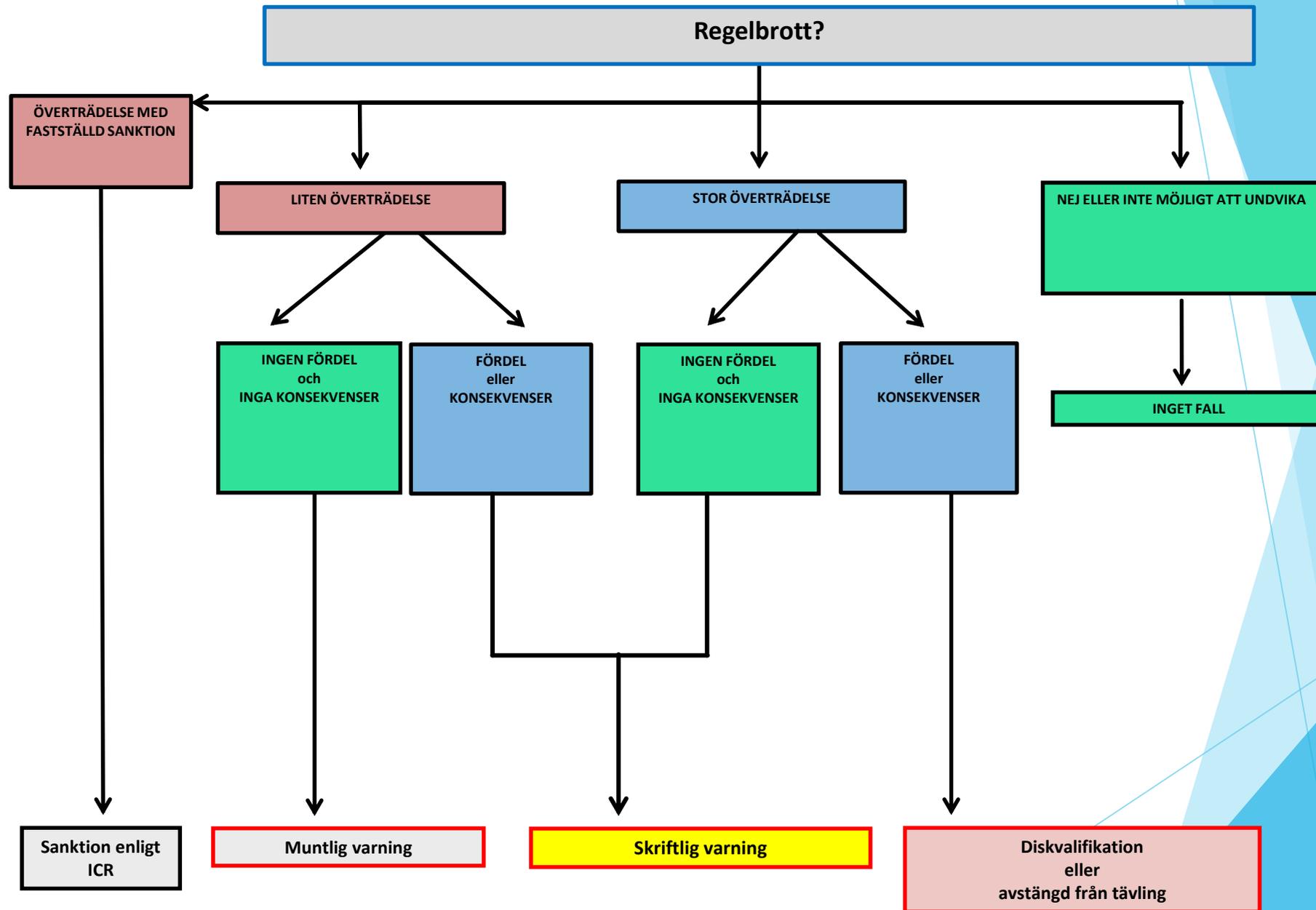
352.1.1.1 The following decision chart must be used when deciding on a sanction:



Clarifications

352.2.4 During stage events **and first part of pursuit competitions**, an offence that is normally sanctioned with a DSQ can instead be sanctioned by a time penalty (see ICR art. 352.4.2). Using DSQ or time penalty will be the Jury's decision.

352.2.7 **A competitor disqualified in Sprints heats at Sprint competitions will keep his (her) qualification result and will not be disqualified from qualification result list.**





Thanks for listening!

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