

ISMF LONG DISTANCE COMPETITIONS

Additional regulation

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ABREVIATIONS

WC:	World Cup
WCH:	World Championships
LDT:	Long Distance Team
LDI:	Long Distance Individual
LD:	Long Distance
OR:	ISMF Rules for organizing an International Ski mountaineering competition
SR :	ISMF Sporting and Ranking rules : Sporting rules
RR :	ISMF Sporting and Ranking rules : Ranking rules
Mixed team:	Team with teammates of different nationalities
Nation team:	Team with teammates of the same nationality
LOC :	Local Organising Committee

Any rule not cited below obeys by the rest of ISMF regulation

100 ISMF Rules for registering events in the ISMF calendar

101	All applications from race organizers must be submitted to their national federation, who after consideration, will then forward to the ISMF office. Applications submitted directly to the ISMF office from race organisers will not be considered.
102	ISMF Long Distance Competitions are for Senior and Master category only. Except for open competitions, Senior and Master category cannot be together in the same events
103	ISMF Long Distance Individual or Long Distance Team World or Continental Championships: A long distance race individual or team, can be a one day race or more than one.
104	ISMF can decide to organise the LDI WCH and the LDT WCH every year
105	A Series assessed by an ISMF referee must be organised at most a season before hosting a LDI or LDT WCH.

200 ISMF Rules for organizing an International Ski mountaineering competition

201 (Ref. OR 2.4.)	Costs assumed by the LOC
	<i>Prize Money for LD competitions</i>
201.1	Prize-money of any LD competition must be agreed between the LOC and the ISMF defined in a dedicated agreement with the LOC. The awards shall be provided in accordance with point OR 2.4.2.

- 201.2 If there is an open race in parallel of the ISMF LD competition, the Open race must be managed so that LD competition athletes are not jeopardized by Open race athletes:
- For stage race: For the first day, the start of the Open race must be at least fifteen (15) minutes after the LD competition start. The time lapse between the start of the Open race and the LD competition will be decided on the eve of the race by the Jury and the Race Director. The start protocol of the following day(s) will be determined during the race application process of the previous years and will be subject to an agreement between the LOC and the ISMF.
- For single day race: the start of the Open race must be at least fifteen (15) min after the LD competition start. The time lapse between the start of the Open race and the LD competition race will be decided on the eve of the race by the Jury and the Race Director.
- 201.3 Open race and ISMF LD competition race must have separated and distinctive rankings. When the two races are the same (same track, same day), it is possible to create an “overall ranking” including athletes from the LD competition and from the Open race. Only LD competition results will have the mention of “World Championships”.
- 201.4 The Open race must have a different prize-giving ceremony. The LD competition flower ceremony and prize-giving ceremony must be always before the Open race ones.
- 201.5 The ISMF LD competition Team Captain Meeting must take place before 18:30 on the eve of the race and is only open to the coaches of the National Federations.
- 201.6 LD competition race numbers (bibs) must have a specific numbering system and if possible, a different colour (e.g. bibs from 1 to 99 for men, 200 to 299 for women)
- 201.7 The first top 5 athletes or teams men and women must be present during the opening ceremony or bibs distribution.
- 201.8 Bib numbers are attributed to the athletes or teams according to:
current individual world cup ranking, for teams of the sum of the teammates. A bib list is provided by the ISMF ranking manager to the LOC according to the timelines as agreed between the LOC and the ISMF.

201.9 (Ref OR 2.4.1) ISMF staff & services on LD competition

- Legend:
- YES: the relevant service cost is included in the Event hosting fee
- NO: the relevant service cost is not included in the Event hosting fee
- NOB: the relevant service cost is not included in the Event hosting fee but the LOC must provide/supply it
- PRESENT: the relevant staff is present at the event & it is included in the Event hosting fee
- NOT PRESENT: the relevant staff is not present at the event

SERVICES				LD COMPETITION
Calendar fee				YES
Anti-doping service				YES
Time-keeping service				NOB
Awards				YES
Online registration through ISMF web site				NOB
Starting numbers/bibs				NOB
Official speaker				NOB
Ranking manager supervision				YES
Support about sustainability				YES
Pre-visit for the event check and preparation				YES
Ski pass if the race takes place in a ski resort				NOB
<ul style="list-style-type: none"> • 2 ski passes for each national team per day of competition + 1 day (the day before the competition), • 1 ski pass for each ISMF official per day of competition + 1 day (the day before the competition) • 1 ski pass for each persons of TV Team, Implementation Team, Time Keeping Team per day of competition + 1 day (the day before the competition) 				
ISMF PRESENCE	TRANSPORT EXPENSES	FINANCIAL ALLOWANCES	ACCOMODATION EXPENSES	WORLD CHAMPIONSHIPS
ISMF referee	Included ¹	Included ¹	Full board accommodation ²	PRESENT
President of Jury	Included ¹	Included ¹	Full board accommodation ²	PRESENT
ISMF – referee 1	Included ¹	Included ¹	Full board accommodation ²	PRESENT
ISMF – referee 2	Included ¹	Included ¹	Full board accommodation ²	PRESENT
National referee 1 st (If possible ISMF Ref)	-	-	Full board accommodation ²	NECESSARY
National Referee 2 nd (If possible ISMF ref)	-	-	Full board accommodation ²	NECESSARY
ISMF Event Manager	Included ¹	Included ¹	Full board accommodation ²	PRESENT
ISMF Technical Delegate	Included ¹	Included ¹	Full board accommodation ²	PRESENT

Anti-doping doctors (2 persons)	included ¹	included ¹	Full accommodation ⁶	board	PRESENT
PRE-VISIT:					
Assessors (2 persons - The Event Manager and the Technical Delegate)	included ¹	included ¹	Full accommodation ⁷	board	YES

All fees are paid by the LOC directly to the ISMF. The exact amount will be established annually and officially announced during the autumn forum.

The following costs are included in the Event hosting fees:

- 1 All transport expenses from home to the competition venue except extra costs of extra-continental travel, plus daily allowance for duration of event +

The following costs are not included in the chart above and have to be covered by the LOC:

- 2 Accommodation expenses (food and lodging) from two nights before the start of the first race until the morning following the end of the event, details 3 stars (three-star) hotel with complimentary Internet connection (single and double rooms)
3 Except for the finals of the U20/U23 and Senior World Cup where the ISMF IT-ranking manager is requested
4 Accommodation expenses (food and lodging) from one night before the start of the first race until the morning following the end of the event, details 3 stars (three-star) hotel with complimentary Internet connection (single room)

- 201.10 The ISMF official speaker and time-keeping company are recommended
- 202 (Ref. OR 5.1.)
(Ref SR 2.1.) Recommended track following the next rules:
- At least 85% must be raced with skis on feet
 - At the most 15% should be raced on foot - footpaths, forest tracks, etc.
 - At the most 15% should be technical sections raced carrying skis on the rucksack - ridges, couloirs, etc.
- The snow conditions, weather and the terrain define the final option.
The track can be the same for men and women.
- 203 (Ref. OR 5.1.) Positive ascent:
- For single day's race recommended: from 3000m to 5500m
 - For race with several stages recommended: 3500 m/ maximum a day
- 204 (Ref. OR 5.2.2) Start order and timings will be decided in conjunction between the ISMF Sport Dept. and the LOC.
World Cup races, it is strongly recommended to not start before 09.00 or after 17.00, except for Sprint races which can be held as a nocturnal event, upon request.
For ISMF LD competitions the start time will be according the duration of the race, Snow conditions and weather, some special competitions can be at night.
- 205 (Ref. OR 5.2.2) Unless there are critical weather conditions or important safety issues (and except for Long Distance races), the tracks for individual/team race must be ready in the morning on the day before the race (10h00 maximum) or the eve of the first race during a World Cup event There should be at least one track, with a few flags to give the main direction.
- 206 (Ref. OR 4.6.1.) Podiums are compulsory for
- o The events of the Cups
 - o The Final of the Cups, right after the podium of the Cup.
 - o The Continental Championships,
 - o The World Championship
- the 5 first individual competitors and the 3 first teams of each category must be awarded in all categories;
 - For the cup finals, when all the categories are together, it's recommended to call up the athletes from the 15th place onwards for the prize giving.
- If there are several podiums (open race, world cup, special awards), the world cup podium always takes place first.
Precise information with the date, time and attending personalities must be sent to the ISMF Administrative office one month prior to the event. The award ceremonies program must be compulsorily agreed with the ISMF Event Manager.
- 207 (Ref. OR. 4.1.4) **4.1.4 The President of the Jury**
- He/she is appointed by the ISMF referee manager;
 - He/she is an international ISMF referee;
 - He/she is the highest ISMF official during the race;
 - He/she coordinates relations between ISMF and the LOC prior to the event;
 - Once appointed, he/she contacts the LOC, follows the organisation of the event and

replies to any requests from the LOC;

He/she ensures that ISMF regulations are followed and resolves any registration issues (categories, etc.);

He/she ensures, together with the LOC and the environmental protection officer, that the event is run in respect of the environment thus complying with ISMF resolutions;

He/she ensures that Olympic regulations concerning anti-doping are followed;

He/she coordinates work carried out by other ISMF delegates;

He/she has the responsibility to approve the protocol drawn up by the LOC;

He/she is in charge of relations with the representatives of the national federation;

He/she has to go through (or make his/her assistants go through) the complete circuit of the competition so that drawing, beaconing, organisation of control points and passages are in accordance with the current ISMF regulation. **Except for Long Distance Competitions, where just is possible to make a general view. The LOC is responsible of the safety and the track.**

He/she must attend safety committee meetings;

He/she attends race meetings;

He/she ensures sporting fairness;

He/she calls for jury meetings to set up and organise the jury's work and revise ISMF regulations before the event;

He/she coordinates referees throughout the duration of the event;

He/she takes the decisions concerning any disputed points or issues that are not provided for in ISMF "Sporting and Ranking rules";

He/she is in constant contact with the LOC (race director) during the event;

He/she supervises provisional ranking, and performs an initial verification with the international referees once he/she has received the provisional results,

He/she applies the penalties and sign the results, and request provisional results as soon as possible

He/she receives claims submitted within the correct deadline as specified in "International Ski Mountaineering Sporting Rules";

He/she signs official rankings, gives copy to the ISMF delegate, the ISMF Technical Delegate and the LOC for official posting;

If the IT-ranking manager is not present at the event, he/she must rapidly send the competition results by e-mail to the IT-ranking manager and ISMF secretary office;

He/she writes an official report, within 48 hours, addressed to the ISMF Technical Delegate, the responsible of the referees, the ISMF Council and the LOC.

He/she can advise the LOC on technical issues/requirements.

208 (Ref. OR. 4.2)

The Race Jury

208.1

Composition

For all competitions, World Championships, Continental Championships and World Cup races, a race jury is formed. The jury only meets at the request of the President of Jury.

The jury is composed of:

- President of Jury appointed by ISMF
- LOC race director
- First international referee
- Second international referee
- ISMF Event Manager
- Technical delegate

208.2

Role of the Jury

The role of the race jury is to:

- make decisions concerning any issues for which the ISMF "Sporting Rules

& Regulations" and "Rules for organising ski mountaineering competitions" might seem incomplete or unclear;

- approve solutions proposed in conflict situations or in adverse weather conditions;
- assess claims and decide on their outcome (only the chairman of the jury may register a claim);
- ensure that races and ranking rules are respected
- guarantee sporting fairness;
- attend race meetings.

208.3

Jury decisions

Decisions are taken by the majority of jury members having the right to vote. In the event of a draw, the decision taken by the chairman of the jury prevails. If necessary, a jury meeting with at least three voters is compulsory for decisions on claims.

Jury decisions	A) Offences and penalties and decisions.	B) Other decisions
President of the jury	Right to vote	Right to vote
LOC race director	Not vote	Right to vote
1 st ISMF referee	Right to vote	Right to vote
2 ^{on} ISMF referee	Right to vote	Right to vote
ISMF Event Manager	No vote	Right to vote
Technical Delegate	No vote	Right to vote

208.4

Jury Consulting group

The role of the Jury Consulting group is to assess the race jury only after a request of the President of Jury.

The jury consulting group is composed by:

- Two Coaches Representatives (if his/her team is not involved)
- Men athletes representative (If he is not involved)
- Women athletes representative (if she is not involved)
- the LOC trail director.

In any case the Jury Consulting group has no right to vote in the Jury.

300 ISMF Sporting rules & regulations

Only ISMF licence holders can participate and be ranked in the ISMF LD competition.

301 (Ref. SR 2.1.)

In Team events only the following may participate as teams:

The team are composed by 2 or 3 racers of the same nationality and the same gender.

302 (Ref. SR 2.1.)

The 2 (or 3) members of the team must hold a valid ISMF licence, have the same nationality and belong to the same National Federation. If an athlete holding an ISMF licence is racing with one or two teammates not holding an ISMF licence, the team will not be ranked in the ISMF Ranking.

303

On stretches using a fixed rope, where use of lanyards is compulsory, competitors must not at any time detach themselves from the fixed rope. When passing a point anchoring the fixed rope, the competitor must clip the second karabiner onto the following part of the rope before removing the first karabiner. Any breaches to these safety rules will be penalized. Penalty for not clipping the carabineer to a compulsory rope (Penalty for each anchoring when the competitor is not correctly attached): 1 minute.

- 304 (Ref. SR 3.1.) In addition to all the compulsory and supplementary equipment require in the ISMF Sporting Rules section 4.1., LD competition organizers might request the following supplementary equipment:

Lower body clothing: 3 rd layer	Soft shell double with fleece that fits the competitor well. The 3 rd layer is thermal clothing. See the race specific rules.
Dynamic rope	Specificity: Rope (UIAA standard 101) with a minimum diameter of 8,5mm
Ice axe	Minimum length 50cm, UIAA standard 152
Crampons	Crampons (UIAA standard 153) with steel spikes might be asked by the LOC
Others	Any other equipment request for safety reasons

400 ISMF Ranking rules & Regulations.

Long Distance Country Ranking for Continental and World championships

Type of event	LDI	LDT
	Seniors Men & Women	Seniors Men & Women
Coefficient	1	1
Number of competitors/teams that count towards country ranking, men and women	1	1

- 401 Only when a LD competition is valid as World Championships, the quotas per nation are the following:
 - Race with teams of 2 athletes: 4 SM teams + 4 SW teams.
 - Race with teams of 3 athletes: 3 SM teams + 3 SW teams
- 402 The LD competition ranking will only be valid if there is a minimum of 10 SM teams and 5 SW teams starting the race.

500 Regulation Regarding Registration and Participation in ISMF Competitions

- 501 (Ref RRRP 2.1) Composition Senior Team = any athlete 18 years old (during the year of the race) or over, (the team is automatically ranked in the senior category, no matter the age of the 2 or 3 teammates). For safety reason in LD competitions, the LOC can request to ISMF that athletes must be 20 years old or over
- 502 The registration fee is at the decision of the LOC. The fee should include the race fee and full board accommodation. When possible, the LOC should also propose a registration fee including only the race fee. Accommodation is then managed directly be National Federations.
- 503 The athletes and Teams registration is done either through the LOC website (English compulsory) or through the ISMF website according to prior agreement between the LOC and the ISMF.