



International Ski Mountaineering Federation

Guidelines for organising international ski mountaineering competitions (Technical Document)

Any change requested by the organiser regarding itineraries or schedule in the following regulation has to be presented in writing to and approved by the ISMF technical team in advance.

NB: All rules and regulations may be subject to modification of the language used, in so much as the context and the content of the rule/regulation will remain unaltered but the English language used within said rules and regulations may be subject to improvement in terms of grammar and clarity.

INDEX

1. SPORT AND TECHNICAL ISSUES	4
1.1. Competition officials (roles and responsibilities).....	4
1.1.1. The ISMF Event Director.....	4
1.1.2. The LOC President.....	4
1.1.3. The LOC Race Director.....	4
1.1.4. The LOC Sustainability Officer.....	5
1.1.5. The President of the Technical Jury.....	5
1.1.6. The ISMF Race Referee (First ISMF Referee and Second ISMF Referee).....	5
1.1.7. The ISMF IT–Ranking Manager.....	5
1.1.8. The ISMF Technical Delegate.....	6
1.1.9. The ISMF National Referees.....	6
1.2. The Event Jury.....	6
1.2.1. Composition.....	6
1.2.2. Role of the Event Jury.....	6
1.2.3. Event Jury decisions.....	7
1.3. The Technical Jury.....	7
1.3.1. Composition.....	7
1.3.2. Role of the Technical Jury.....	7
1.3.3. Technical Jury decisions.....	7
1.3.4. Jury Consulting Group.....	7
1.4. The Start and Finish areas.....	8
1.4.1. The Start and Finish areas (see Appendixes below).....	8
1.4.2. Commercial Village.....	9
1.4.3. Race headquarters.....	9
1.4.4. Spectators areas.....	9
1.4.5. Press areas.....	9
1.5. Race Organisation.....	9
1.5.1. Race registration.....	9
1.5.2. Race bibs.....	9
1.5.3. Pre-event visit.....	10
1.5.4. Pre-event preparation meeting.....	10
1.5.5. Team Captain Meeting.....	10
1.5.6. Radio connection.....	12
1.5.7. Race curtailment.....	12
1.5.8. Event stoppage or cancellation.....	12
1.6. Results.....	12
1.7. Official ceremonies.....	12
1.7.1. General protocol rules.....	12
2. RACES SPECIFICATIONS	16
2.1. General features of ISMF races.....	16
2.1.1. Special features for Sprint races.....	17
2.2. Race Organisation.....	18
2.2.1. Course route and markings.....	18
2.2.2. The Start.....	20
2.2.2.1. Start Area, Race Schedules and Start times.....	20
2.2.2.2. Starting procedure for Individual, Team or Vertical races.....	21
2.2.2.3. Starting procedure for Relay races.....	21
2.2.2.4. Starting procedure for Sprint races.....	22
2.2.3. Transition area and check point.....	24
2.2.4. Check Point (CP).....	25
2.2.5. Refreshment Point and Technical Point.....	25
2.2.6. Relay handover area.....	25
2.2.7. The Finish.....	25
2.2.7.1. The finish procedure.....	26
2.2.7.2. Claims.....	26
2.2.8. Mixed Relay race.....	27
2.3. Equipment.....	28
2.3.1. Equipment inspection.....	28



TECHNICAL APPENDIX:

- 3. APPENDIX 1: TECHNICAL SPECIFICATIONS START AREA**
- 4. APPENDIX 2: TECHNICAL SPECIFICATIONS FINISH AREA**
- 5. APPENDIX 3: ALTIMETRIC PROFILE AND DESIGN OF THE SPRINT**
- 6. APPENDIX 4: SPRINT RACE QUALIFICATION BOARD**
- 7. APPENDIX 5: EXAMPLE OF SPRINT RACE SCHEDULE (TO BE ADOPTED WITH THE NUMBER OF ATHLETES)**
- 8. APPENDIX 6: RELAY HANDOVER AREA**
- 9. APPENDIX 7: TECHNICAL SPECIFICATIONS REFRESHMENT POINT**
- 10. APPENDIX 8: CONTROL SHEET**
- 11. APPENDIX 9: FINISH CONTROL SHEET**
- 12. APPENDIX 10: WIND CHILL CHART**
- 13. APPENDIX 11: OVERALL WORLD CUP PRIZE MONEY**

1. SPORT AND TECHNICAL ISSUES

1.1. Competition officials (roles and responsibilities)

N.B.: competitors, trainers and team managers cannot be officials.

1.1.1. The ISMF Event Director

- Is the highest ISMF official during the race;
- Is on all ISMF sporting calendar events;
- Must verify and monitor the compliance by the LOC of the ISMF Rules regarding the organisation of the event. The LOC must comply with all provisions of the ISMF Event Director;
- Once appointed, contacts the LOC, follows the organisation of the event and replies to any requests from the LOC;
- 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;
- Coordinates work carried out by other ISMF Delegates;
- Responsible for approving the protocol drawn up by the LOC;
- Appointed by the Vice-President of sport and event;
- Carries out responsibilities as outlined in the ISMF and LOC agreement;
- Coordinates relation between ISMF and the LOC;
- Coordinates relation between ISMF Technical Delegate and the ISMF President of the Technical Jury;
- Ensures that Olympic regulations concerning Anti-doping are followed;
- Once appointed, contacts the LOC, follows the organisation of the event and replies to any requests from the LOC;
- Responsible for liaising with organisers/national federations, Technical Delegates and appointed referees concerning the general management of the event both prior and during the event;
- Responsible for relations with the person in charge of the National Federation;
- Is not a member of the Technical Jury but can attend the meetings of the Technical Jury, without right to vote;
- Can act as representative of the ISMF President;
- Responsible for providing the person in charge of the protocol with any ISMF cups, trophies or medals;
- Assures that ceremony protocol is carried out;
- Acts as ISMF liaison to help ensure the correct organisation of doping controls protocol;
- Responsible for the relations with the representative of the organisation of the sport event;
- Coordinates relation between ISMF, LOC and implementation team;
- Supervises with the Technical Delegate the environmental protection officer, that the event is run in respect of the environment thus complying with the ISMF resolutions and specific local regulations;
- Must accept to attend safety committee meetings if invited;
- Is coordinator of the decisional group, in the event of important decisions related to the organisation of the event;
- Has the responsibility to call the Jury Consulting Group, if necessary.

1.1.2. The LOC President

He/she is in charge of the event for the NF and is the main contact person for the ISMF.

1.1.3. The LOC Race Director

- Is in charge of all technical issues relating to the competition;
- Organises the sporting event according to the ISMF document: "Guidelines for organising ski mountaineering competitions" and other ISMF regulations;
- Responsible for ensuring that the course respects the ISMF rules;
- Decides whether the event takes place depending on conditions prior to the event (trails, weather, snowfall, etc.);
- Responsible for stopping the competition in the event of accident, danger, adverse weather conditions, etc.;
- Responsible for evacuating all participants: competitors, technical staff and also spectators;
- In constant contact with the members of the Jury, referees, the LOC President, the ISMF staff and the environmental protection officer;
- Decides where areas for removing and replacing skins should be positioned, and which techniques should be used for safety reasons (sections on foot, with crampons, etc.). All these decisions should be validated for the Technical Delegate of the race and ISMF Event Director of the race;
- Can request the assistance of the ISMF staff at any time (referees, TD or others).

1.1.4. *The LOC Sustainability Officer*

- Appointed by the LOC and validated by the national federation hosting the event;
- Familiar with sustainability concepts and any special regulation in force in the host country;
- Familiar with the realities of ski mountaineering competitions;
- Is in charge of making a sustainable plan for the event in accordance with the ISMF sustainability regulations (ISMF sustainability Handbook);
- Involved in preparing and running the event;
- Works in collaboration with the Event Director to deal with any important issue concerning sustainability;
- Will write a final sustainability report in accordance with the ISMF sustainability rules (ISMF sustainability Handbook) and communicate it to ISMF by the end of the event.

1.1.5. *The President of the Technical Jury*

- Is appointed by the ISMF Referee Manager;
- Is an international ISMF referee;
- Is the responsible of the Technical Jury;
- Ensures that ISMF regulations are followed and resolves any registration issues (categories, etc.);
- Is in charge of relations with the Technical representatives of the national federation;
- Carries out the tasks assigned by the Technical Delegate before the race;
- Will be an assistant for the Technical Delegate before the race to go through the complete circuit of the competition so that drawing, organisation of control points and passages are in accordance with the current ISMF regulation;
- Must accept to attend safety committee meetings if invited;
- Attends race meetings;
- Ensures sporting fairness;
- Calls for Jury meetings to set up and organise the Jury's work and revise ISMF regulations before the event;
- Coordinates referees throughout the duration of race;
- Makes the decisions concerning any disputed points or issues that are not provided for in ISMF "Sporting and Ranking rules";
- Is in constant contact with the LOC (Race Director) during the race;
- Supervises provisional ranking, and performs an initial verification with the international referees once he/she has received the provisional results;
- Applies the penalties and sign the results, and request provisional results as soon as possible;
- Receives claims submitted within the correct deadline as specified in "International Ski Mountaineering Sporting Rules";
- Signs official rankings, gives copy to the ISMF Event Director, the ISMF Technical Delegate, the LOC for official posting and to the speaker;
- If the IT-ranking manager is not present at the event, then the President of the Technical Jury in coordination with the Timekeeping Company must rapidly send the competition results by e-mail to the IT-ranking manager and ISMF secretary office;
- Writes an official report, within 48 hours addressed to the ISMF Technical Delegate, the Event Director, the Referee Manager, the ISMF Office Secretary;
- Can advise the ISMF Technical Delegate on technical issues/requirements.

1.1.6. *The ISMF Race Referee (First ISMF Referee and Second ISMF Referee)*

- Are appointed by the ISMF Referee Manager;
- Are international ISMF referees; the ISMF Referee Manager will inform the LOC of appointment;
- Carries out the tasks assigned by the President of the technical Jury during the race;
- Carries out the tasks assigned by the Technical Delegate before the race;
- Will be an assistant for the Technical Delegate before the race to go through the complete circuit of the competition so that drawing, organisation of control points and passages are in accordance with the current ISMF regulation;
- Ensure that the event is run according to ISMF regulations;
- Attends Team Captain Meeting, Technical meetings;
- Can advise the LOC on technical issues/requirements through the Technical Delegate or the President of the Technical Jury.

1.1.7. *The ISMF IT-Ranking Manager*

(only in World / European Championships and in the last race of the World Cup (Senior))

- Provides the LOC with the list of competitors with licences from each national federation a week before the competition, and then again 24 hrs before the competition;
- Updates computerized data on the competitors taking part in the event;
- Updates official ISMF rankings;

- Requests for help from the LOC to set up and coordinate the computerized system by which he/she can immediately receive data from the finish line;
- Produces computerized event rankings;
- Posts results on the official website and sends them to the referee manager and ISMF headquarters;
- Ensures that each person in charge of a national team receives a copy of rankings for the event;
- If possible will be present at championships and cup finals.

1.1.8. The ISMF Technical Delegate

Is a technical consultant appointed by the ISMF Vice President of Sport and Events for the technical organisation of the event, working in close collaboration and coordination with the LOC Race Director, the ISMF President of Technical Jury and the ISMF Event Director.

- Advises the ISMF staff and the LOC Race Director on technical issues;
- Is the responsible member from ISMF staff on the technical issues;
- Can advise the Race Director and track director about technical issues;
- Has to go through (or make his/her assistants go through) the complete circuit of the competition to draw, and organise the transition areas and passages in accordance with the current ISMF regulation;
- Once appointed, contacts the LOC, follows the organisation of the event and replies to any technical requests from the LOC;
- Is Responsible for approving the technical protocol drawn up by the LOC;
- Coordinates the work of the ISMF technical staff throughout the duration of the event except during the race;
- Can advise the Technical Jury about the ISMF regulations in relation to registrations, licences, equipment and others;
- Must attend all meetings pertaining to the event, including Team Captain Meetings, pre-event meetings, Technical Jury meetings);
- Is the ISMF responsible member for the Team Captain Meeting presentation together with the LOC Race Director;
- Can advise the ISMF President of the Technical Jury on decisions concerning any controversial points or issues that are not provided in the ISMF "Sporting Rules & Regulations";
- Collaborates with the President of Jury, the ISMF Event Director and the appointed person of the LOC in charge of the anti-doping, acting in coordination with the administrator of the ISMF anti-doping Commission;
- Must attend the meetings of the LOC safety committee if invited;
- Is in constant contact with the LOC Race Director during the event;
- Is not a member of the Technical Jury but can attend the meetings of the Technical Jury, without right to vote;
- Collaborates with the LOC to coordinate the work of volunteers.

1.1.9 The National Referees

The ISMF certified referees from the National Federation who will organise the race will have the priority to attend the event as a 1st and 2nd National Referees and will be appointed for the national federation. If the national federation that host a WC event don't have National Referees the 2 extra referees will be ISMF referees from other countries and will be appointed by the ISMF Referee Manager.

- Is appointed by the national federation;
- Carries out the tasks assigned by the Technical Delegate before the race;
- Carries out the tasks assigned by the President of the Technical Jury during the race;
- Can advise the LOC on technical issues/requirements through the Technical Delegate or the President of the Technical Jury.

1.2. The Event Jury

1.2.1. Composition

The Event Jury is composed of:

- ISMF Event Director
- LOC Race Director
- Technical Delegate
- President of the Technical Jury

1.2.2. Role of the Event Jury

The role of this group is to:

- Make decisions not included among the technical competences of the Technical Jury.

1.2.3. Event Jury decisions

Decisions are taken by the majority of members of the Group. In the event of a draw, the decision taken by the coordinator of the Group prevails.

Event Jury	Decisions
ISMF Event Director – as Coordinator of the Event Jury	Right to vote
LOC Director/Track Director	Right to vote
Technical Delegate	Right to vote
President of the Technical Jury	Right to vote

1.3. The Technical Jury

1.3.1. Composition

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

The Technical Jury is composed of:

- President of the Technical Jury appointed by the ISMF
- First international referee
- Second international referee

The meeting of the Technical Jury can be attended without the right of vote also by:

- ISMF Event Director
- Technical Delegate
- LOC Race Director

1.3.2 Role of the Technical Jury

The role of the Technical Jury is to:

- make decisions concerning any issues for which the ISMF "Sporting Rules & Regulations" and "Guidelines for organising ski mountaineering competitions" might seem incomplete or unclear;
- assess claims and decide on their outcome (only the President of the Technical Jury may register a claim);
- ensure that races and ranking rules are respected;
- guarantee sporting fairness;
- attend race meetings.

1.3.3 Technical Jury decisions

Decisions are taken by the majority of the Technical Jury members having the right to vote. In the event of a draw, the decision taken by the President of the Technical Jury prevails in case of decisions about Offences and Penalties. If necessary, a Technical Jury meeting with all three voters is compulsory for decisions on claims.

Jury decisions	A) Offences and penalties and decisions
President of the Technical Jury	Right to vote
LOC Race Director	No vote
1 st ISMF referee	Right to vote
2nd ISMF referee	Right to vote
ISMF Event Director	No vote
Technical Delegate	No vote

1.3.4 Jury Consulting Group

The role of the Jury Consulting Group is to assess the Event Jury only after a request of the Event Director.

The Jury Consulting Group is composed by:

- ISMF Event Director
- Two Coaches Representatives (if his/her team is not involved)
- Men athlete's representative (If he is not involved)
- Women athlete's representative (if she is not involved)
- The LOC Race Director.

The decision of the Jury Consulting Group is not binding for the decisions of the Event Jury.

1.4. The Start and Finish areas

1.4.1 The Start and Finish areas (see Appendixes below)

The start area is one of the main points of attention. It contains technical installations necessary for the proper organisation and conduct of the race. The start area is of fundamental importance for the management aspects of the ISMF and LOC advertising rights. The start and the finish areas must be at the same location, if possible.

The start and finish areas have restricted access and must be delineated by barriers and / or nets.

They consist of:

- Nets to separate it from other areas (at least 15m long);
- Start area - An area for controlling DVA (minimum one entrance/line);
- An area for controlling chips;
- A start line and two finish lines marked on the ground;
- Toilets;
- Finish area - Equipment control area (for DVA and other compulsory safety equipment). This area for inspecting equipment, must be situated 15 to 30 metres after the finish line. This area is closed off, athletes should have access to a recovery zone immediately after equipment control;
- Start list controllers (they take note of all numbers – minimum one entrance/line);
- People in charge of collecting competitor's personal effects at the start and handing them back at the finish;
- A warm-up area;
- A race number control area;
- A medical assistance area;
- System for timing, photo finish and video check;
- A notice board for displaying provisional results (**including penalties**) as and when competitors come in.

In case of a doping test, a person of the LOC shall escort the racer to the doping control area (the person must be of the same sex as the racer – see special protocol chapter 8).

After the immediate finish area LOC personnel will take charge of handing back to competitors their personal effects that were left at the start.

The finish area has a compulsory press area with a location for conducting interviews, preferably immediately after the equipment control area and located inside the restricted finish area.

The World Cup/Championships start/finish areas must be set up in coordination with the:

- ISMF Event Director;
- ISMF Technical Delegate;
- TV Production Team responsible;
- ISMF Marketing Coordinator;
- Implementation team responsible (for sponsorship requirements).

For all World Cup races and Continental/World Championships, the President of the Technical Jury is responsible for the start procedure, including the position of the athletes on the start line and the final countdown.

Any changes to routes must be announced at least 30 minutes before the start. If the start is delayed, announcements must be made every fifteen minutes.

The typical start and finish areas for every race are presented in Appendix 8 and 9. The appendix defines the typical organisation of the start and finish area, with particular attention to the aspects relating to the management of advertising rights, better specified to the next chapter 8.

1.4.2 Commercial Village

Commercial village means the area that, during each ISMF competition, will be set up near the finish and starting area of the race track and which is reserved for LOC, destined to host the LOC sponsor stands as well as initiatives organised by LOC and/or ISMF, offices for accredited press and various services intended for athletes (e.g. relaxation point, Internet connection); the Commercial Village is not covered by the TV camera range.

1.4.3 Race headquarters

The race headquarters must be clearly indicated. It must be linked by radio to all checkpoints, to the main organisers and rescue teams.

It is at the disposal of the Race Director, the Event Director and President of the Technical Jury.

1.4.4 Spectator areas

Spectator areas should be set up both at the start and the finish but also all along the course where spectators can watch the race. These areas are marked out under the LOC's responsibility. The LOC must ensure the safety of the spectators (rescue teams, radio links, etc.).

1.4.5 Press areas

An area reserved for members of the press should be set up inside the finish area. Only people with a press card will be able to access this area.

Organisers are advised to set up a board displaying race partners/sponsors, in front of which interviews may be conducted.

1.5 Race Organisation

1.5.1. Race registration

The LOC can fix the standard race registration at maximum 50 € for one race*

* for the Relay/Mixed Relay race, the registration price must not exceed 30 € / person

* for the Team race, the registration price must not exceed 50 € / person

Registrations are carried out directly via intranet on the ISMF website (ISMF registration access will be supplied to every Local Organising Committee). Registrations usually close a minimum of 5 days before the race.

Full details of who is entitled to register, etc., is in the Sporting Rules & Regulations at point 3.4.

1.5.2 Race bibs

Numbers for each category must always start in multiples of 100 (for example 101, 201, 301, 401). The ISMF/time-keeping will provide the following bibs for the World Cup and Championships:

For the World Championships:

- Blue for senior/U23 men**;
- Green for senior/U23 women** and U20 men;
- Yellow for U18 Men and Women – U20 women.

**Specific mark/distinctive on the bib to identify U23 racers.

For the World Cup:

- Blue for senior men
- Green for senior women
- White for the open race (if present).

The size of the bib cannot exceed 16x16 cm on the backpack, and 13x18cm on the leg for the individual race, vertical race, sprint race, team race, relay race. The bibs must be placed on the backpack and on the front part of both thighs. If a backpack is not needed for Vertical race the biggest bib is reserved for the back of the athlete.

The ISMF/time-keeping team will liaise with the LOC concerning the number series for the categories.

INDIVIDUAL, SPRINT AND VERTICAL

A RED number will be assigned to the competitor (senior man and senior woman) who is provisionally leading the World Cup on the day of the competition. The following numbers will be assigned according to the temporary classification of the current specialty World Cup. This applies for World Cup and Continental/World Championships.

- 1st World Cup = Bib Number 1
- 2nd World Cup = Bib Number 2
- 3rd World Cup = Bib Number 3
- 4th World Cup =.... Etc.

RELAY

- For relay: for each team competitor: 2, 3 or 4 competitors
 - 1st relay = X-1, 2nd relay = X-2, 3rd relay = X-3 and 4th relay = X-4.
 - the numbers "X" are assigned according to ranking at the previous race for the same title (for a world championship n° N, competitors numbers are determined by their ranking at the world championship n° N-1)
- If a previous ranking is not available for number assignment in a category, then numbers will be drawn at random.

MIXED RELAY

- For relay: for each team competitor: 2 competitors (one man & one woman)
 - bibs assignment: X.1 to the woman and X.2 to the man
 - the numbers "X" are assigned according to ranking at the previous race for the same title (for a world championship n° N, competitors numbers are determined by their ranking at the world championship n° N-1)
 - If a previous ranking is not available for number assignment in a category, then numbers will be drawn at random.

TEAM RACE

The number will be assigned according to the temporary overall world cup ranking of the best of the two/three teammates.

When a race comprises various stages, an athlete who is the leader of the World Cup whilst also leader of the competition, may wear a bib that indicates the position as competition leader (if there is a bib for this purpose).

The categories will be differentiated from each other through their sport numbers, which will have different numerical series.

1.5.3 Pre-event visit

Once the candidacy of an LOC hosting a World Cup or a World/Continental Championship is accepted, the ISMF Event Director may decide to make a pre-event visit on the venue of the ISMF event to be checked from both the organisation and technical side in accordance to the ISMF organisational Check-list in force from July to November (in any case before the ISMF event). Two assessors at maximum (usually the ISMF Event Director and the Technical Delegate) may participate in pre-event visit and will be in charge to the LOC.

1.5.4 Pre-event preparation meeting

The ISMF Event Director shall organise at most 2 weeks before (or otherwise as agreed with the ISMF) any World and Continental Cup or World/Continental Championships Pre-event preparation meeting which will be composed by the LOC between the key persons of each main area and the ISMF staff and collaborators appointed for the event. The Pre-event preparation meeting is essential for good coordination and collaboration among the actors and for the control of the points listed in the ISMF organisation Check-list in force.

1.5.5 Team Captain Meeting

On the eve of the competition, the LOC, organises a public meeting chaired by the ISMF Event Director. All teams attend the Team Captain Meeting. Competitors should at least be represented by their coaches.

The Team Captain Meeting will follow the ISMF template standard presentation and must respect the following specifications:

- Location: Large room with chairs, a table for who holds the Team Captain Meeting, screen and projector
- Present in the room: ISMF referees, ISMF staff, LOC with managers of the various areas and the ISMF media partner

- Topics to be addressed:
 - o Roll call of the national Coaches present;
 - o Present at the Team Captain Meeting table with names plates of the participants:
 - § President of the LOC
 - § ISMF Official Delegate
 - § ISMF Event Director
 - § ISMF President of Technical the Jury
 - § LOC Race Director / track director
 - § ISMF Technical Delegate
 - § Speaker
 - o Present at the Team Captain Meeting:
 - § Coaches
 - § Media partner
 - § First and second international referee
- Documents always available printed at the Team Captain Meeting or at the race office or in the boxes for Countries:
 - o List of hotels where the teams are accommodated
 - o Weather forecast
 - o Form for obtaining bank details of the winners (not necessary if the prizes are paid in cash)
 - o Programme of the event.

At the Team Captain Meeting the following information is provided:

- Presentation of race officials, particularly the Jury and ISMF representatives.
- Weather forecasts and snow conditions: snow quantity and quality, forecast temperatures, wind speed, avalanche risks using the European scale, etc.
- It is advisable that a meteorologist is present in the meeting (or in direct communication with the race) to predict the weather or snow conditions.
- A course description using visual aids (video-projector), specifying change and danger areas, checkpoints and waypoints, technical features of the course and refreshment points.
- Equipment specifically required for the competition.
- Race procedures:
 - o the start (competitor's Team Captain Meeting, inspection of avalanche transceivers and safety equipment, warm-up area and procedures, start of the race, etc.);
 - o procedure to follow for competitors who do not finish the race;
 - o information on medical assistance procedures;
 - o cut-off times (if any) and race stoppages;
 - o short notice cancellation procedures;
 - o finish (equipment inspection);
 - o claim procedures.
- Daily event schedule with times and places: breakfast, public transport to and from the competition, car parks, race starts and finishes, anti-doping controls, team leader and Jury meetings, results service with groupings and postings, formal ceremonies (awards and prizes), press conferences and other meetings, meals and closing ceremony (if any). Specific information slide with the scheduled ceremonies.
- Race services: place to leave and collect clothing, changing rooms, showers, catering facilities, communication services and all other necessary information.
- Information about good environmental practices to be respected during warm-up and races.
- Team Captain Meeting must be available online after the race meeting.

All this information will be displayed on a board before, during and after the race Team Captain Meeting. Team Captain Meeting will be held 30 minutes before the start of the race.

The LOC reserves the right to change the schedule if necessary, at any time, as long as the changes remain within the bounds defined by race organisation rules and is agreed by the ISMF. It can decide to implement cut-off times at any moment of the race. It reserves the right to change the event for safety reasons.

- A sample (in power point) of the content of the Team Captain Meeting will be provided by the ISMF to every organisation.
- Any appeals, by coaches or athletes regarding decisions taken by the Event Jury, will be entrusted to the International Disciplinary Commission of the ISMF.
- It should be noted that there is the possibility of unannounced anti-doping controls. In events lasting several days, this could occur every day (at the finish line). All competitors should be aware that once crossing the finishing line, he/she may be required to undergo a doping control.
- If a competitor has to pass an anti-doping test, he/she must behave respectfully towards the Delegate, the escort, the doctor, etc.

1.5.6 Radio connection

The LOC must provide radios (at least 8 devices), for the ISMF Event Director, the ISMF Technical Delegate, the President of the Technical Jury, ISMF and National referees and ISMF Marketing Coordinator. Radio links between the various race areas are compulsory and under the responsibility of the LOC.

1.5.7 Race curtailment

Curtailment is the responsibility of the LOC Track Director and the Race Director. The ISMF Event Director and the ISMF Technical Delegate must be promptly informed.

1.5.8 Event stoppage or cancellation

Races may be cancelled or delayed due to extreme weather conditions, safety concerns or unforeseen technical problems. The decision to cancel or delay a race is taken at the discretion of the ISMF Event Director after consultation with the – Event Jury - Referees and ISMF Technical Delegate - in conjunction with the Local Organising Committee.

The possibility to reschedule a race at a later date is entirely at the discretion of the ISMF. A race will be considered for rescheduling only if it meets certain conditions, the Local Organising Committee is in full agreement, the new date will not cause problems with the international calendar and is not one of the dates agreed at the ISMF Plenary Assembly for hosting national events and is considered appropriate by ISMF media partners. Even when these conditions are met, rescheduling is not guaranteed.

Prior to athletes arriving at the start area, it may be necessary to reschedule the start time due to above mentioned reasons. The new start time must be provided to all national teams with sufficient warning for the teams not to have set off for the event. The start time may be delayed for up to a maximum of 2 hours after the scheduled time once the athletes are in the start area. The delay is confirmed by the ISMF in discussion with Local Organising Committee. A delay is called only when it is presumed that the condition causing the delay is likely to be resolved within the time limit as stated. During the maximum delay of 2 hours, athletes must have access to a warm waiting area, drink, and toilets. Athletes are expected to be able to prepare immediately for the start during the maximum waiting period once they are called. No protests are accepted during the maximum waiting time of 2 hours. If the race does not start within the 2-hour permitted delay time, then the ISMF will officially annul the event.

1.6 Results

Results are to be produced according to the procedure described in the following document:

- ISMF Sporting Rules & Regulations;
- ISMF Ranking Rules & Regulations.

The LOC must make arrangements so that:

- results (provided by the timing company) can be posted at the finish and in the welcome area;
- posting of results is to be announced;
- the place and time of results posting is stated;
- the provisional results must be posted within 15 mins of the first racer or when 10 racers have crossed the finish line and passed the control equipment. This is so any claims can be made. After this moment, new provisional results with the rest of the athletes will be posted approximately every 20min.

1.7 Official ceremonies

1.7.1. General protocol rules

The LOC of the event is responsible for organising all official ceremonies according to the rules and protocol of the ISMF, under the guidance of the ISMF Event Director.

The **Flower Ceremony** is for the **top three racers** for each category.

It will take place in the finish area immediately after the arrival of the top three athletes. The Event Director has the right to decide whether the Flower Ceremony will take place after the arrival of each category or at the end of all categories' arrival.

The **Award Ceremony** is for the **top five racers** of each category.

It takes place at the end of the race of the top 5 of all categories. (In case of a claim will be necessary wait at least 1h for the Jury decision)

The Event Director has the faculty to decide on the basis of specific conditions (bad weather, LOC requirements, accidents etc.) where and when to carry out the Award Ceremony; this decision must be communicated during the TCM or at the latest by written communication (email or message App) by the Event Director to all coaches at the end of the race (after the arrival of the last racer).

Doping tests take place after the Flower Ceremony. These may be, in some cases, negotiated with the ISMF Event Director, the LOC, the NF and the sampling doctors.

The Award Ceremony should be completed by 14:00 in the last day of the event compatible with the weather conditions at the time.

Podiums are compulsory for:

- Cup events;
- Cup finals, right after the podium of the Cup;
- Continental Championships;
- World Championships.

For the Overall World Cup finals, it is recommended that the athletes be called from the 10th place (Men/women) towards for the Award Ceremony.

The top 10 athletes men and women to receive the prize money of the Overall World Cup must be present in the last World Cup events (Finals) except in case of important justification and accepted by the ISMF Event Director before the event, who needs to know in advance.

Precise information with the date, time and attending personalities must be sent to the ISMF Administrative office one month prior to the event. The day of the event, this list must be handed to the ISMF Delegate present. The award ceremonies program must be compulsorily agreed with the ISMF Event Director.

The Award Ceremonies are a part of the event. Event means all competitions, plus the official Team Captain Meeting, track reconnaissance, the presentation and award ceremonies, official invitations, press conferences and all other activities connected to the competitions.

The LOC must appoint an interpreter to translate speeches into English for every official event.

In the event of a delayed race start, the President of the LOC and the ISMF Event Director will agree on a new ceremony time.

Results that count towards all the ISMF rankings are awarded first and according to the following category order:

Order to be followed during the Ceremonies	
World Cup	World & Continental Championships
Senior Women	U18 Women
	U18 Men
	U20 Women
	U20 Men
Senior Men	U23 Women
	U23 Men
	Senior Women
	Senior Men

The award-winners are called up according to their finish, in reverse order: 5th, 4th, 3rd, 2nd then 1st.

The winner is always the last person to receive a prize.

The results must be available to all coaches and all press people directly after the end of the race in digital format.

Prizes are awarded by the highest authority present, under the auspices of the ISMF Event Director and the President of the LOC. The names of the people awarding prizes should be communicated the day before the event. A typical awards presentation is as follows:

- First place handed over by the ISMF Official Delegate.
- Second place handed over by the Authority of the host country.

- Third place handed over by the National Federation that organises the event.
- Fourth and fifth place may be chosen by the LOC.

All ceremonies have to take place indoors (unless prior agreement from the ISMF Sport & Events Delegate and ISMF Event Director), except for the Flower Ceremony near the finish area.

Parades are possible only at Continental or World Championships (not allowed at World Cup events). Time is allocated for a brief opening ceremony with speeches and distribution of the top five numbers for both races.

If all athletes are staying in the same town and can reach quickly by foot at a common room, then dinners and lunches can be organised by the LOC in this room. Otherwise, dinners and lunches (except closing lunch/dinner) for athletes will be in their respective hotels.

Lunch/dinners must be a sit-down meal with more than one serving point. The meal must provide at least:

- Entree: Salad
- Hot meal: pasta or/and rice with white meat (turkey, chicken, veal)
- Dessert: fruits

The distribution and consumption of drinks with alcohol at the ceremonies and official parties is forbidden.

Flags and national anthems (Championships)

For the podiums, flag triplets are provided. Flags of each nation must be provided for the parade of delegations and for the opening ceremony. They also must be provided to decorate the sport hall for the closing ceremony.

If possible, one flag per nation can be placed in the hotels where the delegations are accommodated.

Provide only instrumental versions of the national anthems, without lyrics.

Others

At the World Championships, the organising committee organises a meal for the officials on Thursday evening. It is a simple meal and a moment for conviviality between the different authorities.

General

Provide rooms for:

- security commissions;
- ISMF Council meeting;
- other institutional meetings of the ISMF, commissions, etc.

Schedule for World Cup, Continental and World Championships event

See Appendix below - World Cup and World Championships schedule examples.

Any change in the following schedule has to be presented to and approved by the ISMF Event Director during the ISMF preseason forum.

A basic recommended programme for a typical World Cup event is as follows:

Option 1:

Day1	Day 2	Day 3	Day 4	Day 5
<p><u>Teams arrival</u></p> <p>16:00/19:00 Information of the teams and map/ski pass distribution (Race Office)</p> <p>17:00/18:00 Meeting between ISMF and LOC for the final control of the check-list</p>	<p><u>Welcome</u></p> <p>16:00/17:30 Registration and bibs/gift distribution (Race Office)</p> <p>17:30 Authorities speeches and Top 5 (Race 1) presentations</p> <p>18:30 Team Captain Meeting Race 1</p>	<p><u>Race 1</u></p> <p>09:00/12:00 Race and Flower Ceremony</p> <p>17:30/18:30 Registration and bibs distribution of Race 2 (Race Office)</p> <p>18:30 Award Ceremony of Race 1</p>	<p><u>REST DAY</u></p> <p>18:45 Team Captain Meeting Race 2</p>	<p><u>Race 2</u></p> <p>09:00/12:00 Race and Flower Ceremony</p> <p>13:00/14.00 End of the event and Award Ceremony of Race 2</p>

Option 2:

Day1	Day 2	Day 3	Day 4
<p><u>Teams arrival</u></p> <p>16:00/19:00 Information of the teams and map/ski pass distribution (Race Office)</p> <p>17.00/18.00 Meeting between ISMF and LOC for the final control of the check-list</p>	<p><u>Welcome</u></p> <p>16:00/17:30 Registration and bibs/gift distribution (Race Office)</p> <p>17:30 Authorities speeches and Top 5 (Race 1) presentations</p> <p>18:30 Team Captain Meeting Race 1</p>	<p><u>Race 1</u></p> <p>09:00/12:00 Race 1 and Flower Ceremony</p> <p>17:30/18:30 Registration and bibs distribution of Race 2 (Race Office)</p> <p>18:30 Award Ceremony of Race 1</p> <p>18:45 Team Captain Meeting Race 2</p>	<p><u>Race 2</u></p> <p>09:00/12:00 Race 2 and Flower Ceremony</p> <p>13:00/14.00 End of the event and Award Ceremony of Race 2</p>

2. RACES SPECIFICATIONS

2.1. General features of ISMF races

	DESCRIPTION	CATEGORIES	POSITIVE ASCENT	DURATION	TEAM COMPOSITION		
SPRINT	A varied, short course with ascent, descent, and a part on foot with skis attached to backpack, which will take place in qualifying phases, quarter-finals, semi-finals and final. Race held by heats of 6 runners from quarter-finals to final. Course inspection time: 15min	SM/SW	70m maximum	Between 3min-3min30s for the best SM/SW			
		U23M/W					
		U20M/W					
		U18M/W**					
VERTICAL	A single ascent on skis. No part takes place on foot with skis on backpack. Vertical race is possible off piste but only along a sheltered track with a minimum width of 2 meters. The average gradient should be at least 15%. The area after the finish line must be completely flat or with a gentle slope, and at least 6m wide.	SM/SW	500 to 700m				
		U23M/W					
		U20M					
		U20W	400 to 500m				
		U18M***					
		U18W***					
INDIVIDUAL	Minimum three (3) ascents/descents on mountain slopes. The longest ascent must not exceed 50% of the total positive difference in height. Out of the total difference in height (positive + negative): - at least 85% must be raced with skis on feet; - at the most 10% should be raced on foot (footpaths, forest tracks, etc.), depending on the peculiarities of the race venue; - at the most 10% should be technical sections raced carrying skis on the backpack (ridges, couloirs, etc.). U20M race on the same track as senior women. A fixed rope, where use of lanyards is compulsory, it is not recommended for individual race.	SM	1300 to 1600 m	1h 15min to 1h 30min			
		U23M					
		SW	1150 to 1400 m				
		U23W					
		U20M					
		U20 W	900 to 1200 m				
		U18M***					
		U18W***					
		TEAM*		SM	2100 m to 2600 m	3 h max for 1 st team	2 competitors**
				SW			1800 m to 2300 m
RELAY*	2 distinct ascents and descents raced by each member of the relay team, with a part on foot in the 2 nd ascent. The first uphill should be at least 60m. Each relay leg must include 2 distinct ascents and descents. A part of the second ascent requires a portion to be climbed on foot with skis strapped on the backpack. Each relay leg is run by a member of the relay team. Each competitor can participate in only ONE relay . (That is to say that if a U20 competitor participates in a senior relay, he / she cannot participate in the youth relay - ditto for senior women).	SM	150 to 180 m	Max 15 min/ leg Maximum 1h	4 competitors****		
		SW			3 competitors****		
		YOUTH			3 competitors**** 1 U18M 1 U18W or U20W 1 U18M or U20W or U18W or U20M		

	For safety reasons it is compulsory to include a short uphill (with skins on) before the handover, except for the last athlete of the Relay, who must proceed directly to the finish line. Course inspection time: 20min				Start: U18W or U20W starting necessarily in 1 st lap
YOUTH MIXED RELAY	2 distinct ascents and descents raced by each member of the relay team, with a part on foot in the 2 nd ascent. The first uphill should be at least 60m. Each relay leg must include 2 distinct ascents and descents. For safety reasons it is compulsory to include a short uphill (with skins on) before the handover. The last part of the track leading to the finish line can be done either by skating or as a short uphill (with skins on) depending on the conditions of the race venue. Only the best 12 teams qualify for the final, the quota per national federation is 2 teams. If the number of teams is less than 12 teams, there will also be a qualification in order to determine the starting order. The time between the last qualification run and the final is 25min. Depending on the number of teams in the qualification (at least more than 24 teams) the Event Jury shall be able to decide to introduce a final B (also depending on weather conditions) with the second best 12 teams of the qualification. The quote per national federation for the final B is 2 teams. There is no quota for the qualification. The composition of the team cannot change from the qualification phase to the final one. Course inspection time: 20min	U18 U20	120 to 150m	7-10 min	2 competitors 1 (U20M or U18M) and 1 (U20W or U18W) Order W-M-W-M The composition of the team cannot change from the qualification phase to the final one.
SENIOR MIXED RELAY		Senior Men & Women	120 to 150m	7-10 min	2 competitors 1SM-1SW Order W-M-W-M The composition of the team cannot change from the qualification phase to the final one.
<p>* Athletes holding valid ISMF licences are not allowed to take part in team races that count towards the ISMF Championships with team members of different nationalities. ** Can be 3 competitors on Continental cups, World cups, and ISMF series. *** U18 categories cannot participate or be ranked on World Cup races. **** The teams will be composed of athletes belonging to the same nation.</p>					

2.1.1. Special features for Sprint races

SPRINT RACE DESCRIPTION (SEE APPENDIX 12)
<p>1st PART: ON SKIS</p> <p>Approximately 30 to 40m of elevation.</p> <ul style="list-style-type: none"> • After the start, approximately 200 m of moderate slope. • The slope then becomes steeper but has to be easily skiable (not too steep). • This part should be wide enough to allow athletes to overtake easily. • The track route must not be plotted along slopes with a highly angled diagonal gradient across the transverse of the slope – if such a situation is naturally found on the terrain, then it must be modified to create a more regular slope. • If the slope is steep enough, the circuit should be a figure of '8' designed with diamonds and athletes can choose the most advantageous route.
<p>2nd PART: ON FOOT</p> <p>1. Approximately 15 to 20m of elevation.</p>

2. This part must have <u>at least three (3) parallel tracks</u> . <u>Must be possible change from one track to the others</u> .
3. The ascent is made with skis attached to the backpack.
3rd PART: ON SKIS
4. After foot part approximately 10 m maximum of elevation.
4th PART: THE DESCENT
The slope should be wide, with an even packed surface. The descent must be fitted out with turns. The use of blue and red flags (as used for snowboard slalom), or other safe and visible elements, is permitted. The athlete must pass through each gate.
5th PART: THE FINISH
<ul style="list-style-type: none"> The circuit must finish on a flat area or with a slight ascent, so that competitors must use the skating technique until the finish line. Depending on the terrain, upon decision of the Technical Delegate, the last part of the finish area can be done with skins on. The last 20 m of the course will be set up with a minimum of three wide lanes with a width approximately 3 m each. When the athletes enter to the finish area skating corridors have to yield the track to the athlete that arrived first and respect the corridor. To overtake the athlete must change the corridor. The course is a loop: the finish line is very close to the start line. The race must last between 3min and 3min30sec for the best Senior men and Senior women.
MANAGEMENT OF THE COURSE
<ul style="list-style-type: none"> A preferably heated tent/room (with seats) must be set up close to the start area. Pre-start room. The course should be completely closed off by netting. Only athletes and accredited press officials are allowed access. The start and finish lanes are marked on the ground. For the competitors and coaches, a path must be set up to facilitate access from the finish area to the start
TRANSITION AREAS
<ul style="list-style-type: none"> The Transition areas will be wide and fitted out in order to permit all 6 competitors to make transition with ease.

2.2. Race Organisation

2.2.1. Course route and markings

The rules which govern course design and marking are as follows:

Rules for racing in the cold and extreme weather.

If the weather forecast predicts that the temperature could be extreme, the organiser must take in account when planning the race course (normally track B or C) according the following recommendations:

- the race is held on a more sheltered course (forest);
- the departure time is postponed until temperature raise to an acceptable level;
- the total positive difference in height of the race may be reduced;
- to avoid areas which are known to be very windy (exposed ridges, certain passes, top of mountains).

ISMF will provide to the LOC 3 devices to measure the wind chilly temperature in start/arrival and highest point / coldest point. The measurement will be done 40min before the start (before the captain meeting)

According to Wind Chill Temperature Chart Annexe 16

If the Wind Chill temperature is in the minus 10°C to minus 25°C range (the moderate risk, orange in the chart) recommendations regarding cold weather protection should be made available to the participants. Under such conditions it is responsibility of the participants to seek the information and to follow the recommendations given by the organiser:

- a fourth COMPULSORY layer for the descent can be imposed;
- if it is reasonably expected that the temperature will drop during the course of the day, then further measurements will be done every 30 minutes and, if necessary, the competition will be stopped.

If the Wind Chill temperature is colder than -25°C at any of the measurement points, the race must not start.

- The competition can be delayed (if it is reasonably expected that the temperature will rise during the course of the day)
- The competition must be cancelled if the weather forecast does not expect the temperatures to rise significantly or wind to die down.

For special events where it is expected that the Wind Chill Temperature will be colder than -25°C (for example because the race profile imposes a particular high wind-exposed high point, or because it is a night event), ISMF sport department will send the proposal to the ISMF medical commission in order to find a tailored solution to be applied by the LOC.

Rules for racing in altitude

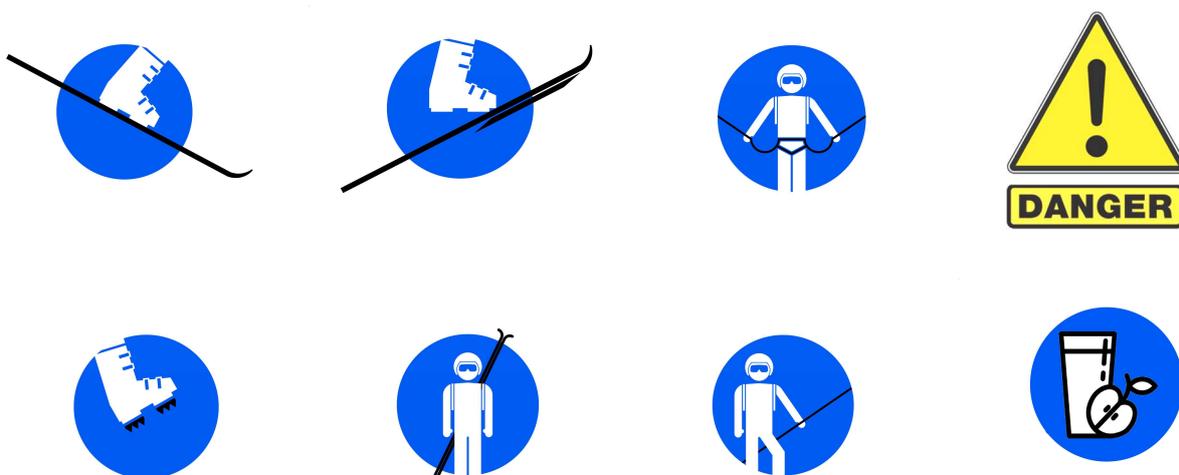
The Instruction from ISMF Medical Commission (in coordination with EXALT Centre expertise sur l'Altitude) feels that to minimise the risk linked to altitude:

- Racers should not spend more than 4 hours above 3500m
- No more than 2 hours above 4000m
- No racing higher than 4500m

Special information/warning must be sent out to coaches/athletes/ISMF officials if the residence/sleeping area is >2500m in order to prevent altitude-related illness.

For a special event that requires going higher than 4500m, ISMF sport department will send the proposal to the ISMF medical commission in order to come up with a tailored specific solution for the race.

- First medical assistance has to arrive to any point of the track as soon as possible;
- Unless there are critical weather conditions or important safety issues, 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;
- For Individual, Vertical and Team races: at least 30% of the race duration must be visible from one or two close points easily accessible by spectators. The original track (A option) should include inside the track for bad weather conditions (B option) and the emergency track (C option). To guarantee the safety during the race, a track with some laps and transit zone is the most recommended option;
- For Sprint and Relay races: 100% of the race duration is strongly recommended to be visible from one point (start/finish area recommended);
- For Vertical races: it is necessary to indicate every 100m of elevation from the start to the arrival with a plastic sign, banner or similar. A line on the floor is also recommended;
- It is recommended that wide transition areas should be placed just before technical portions and that special care should be taken to avoid "traffic jams";
- Slow down racers and mark areas with little snow which might present a risk for competitor safety;
- Make sure that coaches, team managers, press members and spectators cannot place objects along the side of the track (except for rescue teams) and cannot invade the track;
- If skis are to be removed, then several wide flat areas should be prepared for this purpose supervised by a sufficient number of controllers;
- Platforms must be able to host comfortably a minimum of 10 racers together during the race. Any platform reached by the racer within the first 30min of the race must host comfortably 30 racers at the same time. They can be organised in three platforms of 10 racers;
- All transition areas are closed with nets, ropes or flags and must have a wide exit (2m minimum for individual/team races and 3m minimum for Sprint/relay race). They are reserved for the competitors and controllers only. Minimum of two controllers/check point;
- Transition areas are announced at the race Team Captain Meeting and are indicated on the course by an official pictogram, with the recommended size of 297 mm x 420 mm DinA3 indicating the action to be carried out will be put in the entrance of every transition areas (available full size on the ISMF website); Also recommended is a panel with the number of the platform according to the race Team Captain Meeting indications;



- If the route crosses or follows a marked ski trail, then the portion used by competitors must be separated from that used by others, by means of nets (or any other means making it impossible to cross the course by accident) both during ascents and descents. As far as possible these trails should be closed to the general public for the duration of the competition;
- Important to avoid crosses in the track inside the same category and between different categories running at the same time

- Junctions for different categories must be located where competitors arrive at low speed;
- Separations for different categories must be located at checkpoints or waypoints after transition area or in uphill where competitors arrive at low speed, never in downhill; marked with arrows showing which direction should be followed by a given category;
- The tracks in corridors and in ridges will be used for ascents during the second half of the race;
- The parts where the use of the lanyard is necessary must be minimized. On the tracks in a corridor or on a ridge where there is one single lane, overtaking can only take place in the clearly marked zones. It is strongly recommended not to use any of those very technical parts on a world cup or continental/world championship and ever must be validated for the technical delegate according that there is no other option.
- In the event of a risk due to high speed, then LOC tracers should set up chicanes with signs in order to make competitors reduce their speed;
- Local Organising Committee is responsible for adapting the speed of the competitors in function of:
 - the ground (forest – narrow trail - risk of dangerous fall - obstacles - ski trail);
 - the quality of the snow (hard, wet or crusty);
 - weather conditions (bad visibility - snow).

The LOC has an obligation to slow the competitors, by using appropriate means (courses drawn in big curves), when:

- a dangerous speed may be reached;
 - exceedingly steep slope;
 - mass start in descent.
- The route is marked with flags of at least 150 cm² (300 cm² rigid round fluorescent flags highly recommended)
 - Rectangular 15 x 20 cm
 - Triangular 15 x 20 cm
 - Round 15 cm of diameter
 - Green (fluorescent flags): Moving with on skis with skins on;
 - Red (fluorescent flags): Moving on skis without skins;
 - Yellow (fluorescent flags): on the parts on foot;
 - Large flags must be used during difficult conditions to reinforce marking (minimal height: 1.5m);
 - Danger signs mark technically difficult or dangerous areas;
 - Specific Danger Flag: to mark specific dangerous elements.



- Respect the environment

2.2.2. The Start

2.2.2.1. Start Area, Race Schedules and Start times

The WC starting/finish area must be compulsory set up in coordination with the:

- ISMF Event Director
- ISMF Technical Delegate
- ISMF Marketing Coordinator
- TV Production Team responsible
- Implementation team responsible (for sponsorship requirements)

The starting area is one of the main points of attention and interest of the competition. In the starting area are the concentrated technical installations necessary for the proper organisation and conduct of the race. The starting area is of

fundamental importance for the management aspects of the advertising rights of the ISMF and of the LOC. The start and the finish area must be at the same place. It is not allowed to use a handmade gate, only the ISMF official system.

The starting and the finish areas are restricted and surrounded by barriers and / or nets. They consist of:

- Nets to separate it from other areas (at least 15m long)
- Start area – An area for controlling DVA (minimum one entrance/line)
- Area for controlling chips
- Starting/finish line marked on the ground (as provided in the Sporting Rules & Regulations)
- Toilets
- Starting list controllers, who take note of all numbers, minimum one entrance/line)
- A starter
- People in charge of collecting competitors' personal effects at the start and handing them back at the finish
- Warm-up area
- Race number control area
- Medical assistance area
- System for photo finish and video check
- Notice board for displaying provisional results (**including penalties**) as and when competitors come in.

Any changes to routes must be announced 30 minutes before the start. If the start is delayed, announcements must be made every fifteen minutes.

A typical start area is presented in Appendix below.

(The World Cup start area must be set up also in coordination with the ISMF communications team responsible for sponsorship requirements).

Start order and timings will be decided in conjunction between the ISMF Technical Delegate and the LOC.

World Cup races, it is strongly recommended to start before 09.00 or after 17.00, except for Sprint races which can be held as a nocturnal event, upon request.

For all World Cup races and Continental/World Championships, the ISMF President of the Technical Jury is responsible to manage all the start procedure, including the position of the athletes on the start line and the final countdown.

2.2.2.2. *Starting procedure for Individual, Team or Vertical races*

- The starter positions himself/herself in the starting area in a manner in which all competitors can easily hear his/her announcements.
- Use of a sound system is compulsory. All communications must be made in English.
- The starting area and the trail should be groomed for 300m or 100 m difference in height after the starting line must be wide.
- Race starts and routes must be planned so one category cannot be overtaken by the other category.
- Race starts and routes must be planned so that open racers cannot be overtaken by ISMF categories during the race.
- The start schedule has to be approved on the eve of the race by the ISMF Technical Delegate.
- A combined categories mass start will ONLY be allowed if approved by the ISMF appointed Technical Delegate.

Courses must be designed and set up by LOC trail setters. If another race takes place at the same time as an ISMF race:

*Open race at the same moment of individual world cup race is not allowed, except special agreement with ISMF, and cannot interfere with the ISMF racers

2.2.2.3. *Starting procedure for Relay races*

- Starting positions must be separated by 1.5m (to be adjusted depending on the terrain) with a maximum of 6 athletes in each line. Separation between lines of 2,5m each line;
- On uneven ground, the starting line should be positioned in a fair way for all competitors;
- Start order: competitors for the first relay take position on the starting line. Number 1 is positioned in the centre of the track, n° 2 to his/her right, n°3 to his/her left, and so on;
- Competitors must remain in the handover waiting zone until relay handover.

Race Schedule for Relay

- Course inspection time for Youth teams (20min)
- 15min rest
- Youth Race
- Course inspection time for Senior Women teams (20min)
- 15min rest
- Senior Women Race
- Course inspection time for Senior Men teams (20min).
- 15min rest
- Senior Men Race.

Race Schedule for Mixed Relay (In the WCH and CCH with youth mixed team, schedule will include first the youth race) Only the best 12 teams qualify for the final, the quota per national federation is 2 teams. If the number of teams is less than 12 teams, there will also be a qualification in order to determine the starting order. The time between the last qualification run and the final is 25min. Depending on the number of teams in the qualification (at least more than 24 teams) the Event Jury shall be able to decide to introduce a final B (also depending on weather conditions) with the second best 12 teams of the qualification. The quote per national federation for the final B is 2 teams.

- Course inspection for the mixed teams (20min)
- 15 min rest
- Qualification
- 25min rest time after the arrival of the last athlete of the qualification
- Mixed Relay top 12 final.

Qualifications. The start time and order will be displayed and cannot be modified. Will be done according to the number of athletes registered. Will start an athlete every 30seconds. First all women and second all men. For the qualification the athletes will make just one lap, from the start to the finish line.

The order of the start will be according to the ranking of the Nation relay WC for the WC and WCH and CCH. Starting the qualification from the best qualified teams.

The non-classified team will start after and randomly.

* The composition of the team cannot change from the qualification phase to the final.

*For the first Mixed Relay of the season 2022/23, all teams will start randomly.

The ranking of the qualification will be the summatory of the time of the women and man of each team.

2.2.2.4. Starting procedure for Sprint races

- Lanes are marked for the first 10 m of the course which will be at least 1,2m wide. Competitors must stay in their lane until leaving the designated area.
- For every category, the start will be the inverse order of the classification of the Sprint World Cup ranking, on the day of the competition (N-1 ranking for the first race of the season). The non-classified athletes will start first with a randomly established start time.
- The start area is prepared with a start line and a pre-start line that are 1m apart. Behind, in the qualifications every 2m there will be another small waiting line/place where the athletes will be waiting in order to the schedule of the start list.
- During the heats: Competitors are called to the pre-start room (warm tent) from 10 to 5 minutes before the start. The pre-start room should be warm and must contain chairs for at least 6 racers. Competitors are organised on the pre-start line where instructions are given and start lanes designated.
- In case of false start, athletes are not stopped. The penalty will be directly applied to the athletes after crossing the finish line. False start penalty applies only if ISMF starting procedure is respected and if there is a camera video on the start line. The penalty applies for the first competitor who commits the false start.
- During the heats sessions, a member of the Technical Jury may check the start video.
- Heats will start consecutively approximately every 5 minutes. Following instructions from the timekeeping and EBU.
- Every category Between the end of their qualifications and the beginning of the final phases, there should have a 15-minute gap for recovery.
- For the finals, the speaker will call the athletes one by one, with a presentation of the athlete and country of the racer.
- For the sprint, the Event Jury, in order to make the competition shorter and safer in the case of bad weather conditions, can take the decision to go directly to the final after the qualification stage with the best six places from the qualification. The Event Jury should take this decision before the start of the competition and communicate it to the coaches and athletes, except in the case of sudden reasons that can suggest taking this decision later.

YOUTH RACE SCHEDULE (U18 & U20) in WCH and CCH:

The entire youth race takes place before the senior race.

- 15min course inspection
- 15min rest
- Just after the course inspection, forerunners are recommended
- Qualifications: the start time and order will be displayed and cannot be modified. Will be done according to the number of athletes registered in each category to permit as most recovery time as possible with a minimum of 15min after the arrival of each category before the heats. (usual schedule according the registration of last seasons)
 - U20 Men
 - U20 Women
 - U18 Men
 - U18 women

**If there are a category U20 Men or Women with less than 24, this category will start the qualification after the category that will run the quarter finals scheduled to permit a longer recovery time. The Technical Delegate will prepare the final schedule according to permit as longer recovery time as possible for all categories.

- Quarter Finals (only for U20):
 - Five or four quarter finals with 6 competitors.
 - If there are from 12 to 23 participants registered for each category, the quarter finals do not take place and the best 12 racers go directly into semi-finals.
 - If there are from 24 to 29 athletes registered, there will be 4 quarter-finals; if there are 30 or more than 30 participants, there will be 5 quarter-finals.
 - There is an in-line start (see placement on the start line), a photo finish or a video check is set up.
 - If there are 4 quarter finals the first 3 competitors of each heat will go on to the semi-finals. If there are 5 quarter finals, the first two competitors of each heat, as well as the two "lucky losers" go on to semi-finals.
 - Lucky loser designation: (if 30 and more than 30 athletes registered) the two best times of the quarter final heats among racers not qualified for the semi-finals. If the timekeeping is not able to take exact times during the heats, then the times for the lucky loser designation will be taken from the qualification.
 - Quarter finals U20 Men
 - Quarter finals U20 women
- Semi-finals (6 competitors every semi-final heat) for U18 & U20 Sprint Races will not take place if there are less than 12 participants registered 3 best competitors of every semi-final will go on the final.
 - Semi-final U18 Men
 - Semi-final U18 Women
 - Semi-final U20 Men
 - Semi-final U20 women
- . Without semi-finals, the running order is as follows:
 - Final U18 men (6 best times of the qualification)
 - Final U18 women (6 best times of the qualification)
 - Final U20 men (6 best times of the qualification)
 - Final U20 women (6 best times of the qualification)
- During the qualifications, there will be a 2-minute break between each youth category (female/male U18 and female/male U20).
- The route will be open 15 min prior to the senior/U23 (for recognition) directly after the arrival of the last youth final and will be closed 15 minutes before the beginning of qualifications.

SENIOR RACE SCHEDULE

- 15 min: track inspection.
- Qualifications: The start time and order will be displayed and cannot be modified.
 - Senior Women
 - Senior Men

**If there are a category Senior Men or Women with less than 24, this category will start the qualification after the category that will run the quarter finals scheduled to permit a longer recovery time. The Technical Delegate will prepare the final schedule according to permit as longer recovery time as possible for all categories

- Quarter Finals:

- Five or four quarter finals with 6 competitors.
- If there are from 12 to 23 participants for each category, the quarter finals do not take place and the best 12 racers go directly into semi-finals.
- If there are from 24 to 29 participants for each category, there will be 4 quarter-finals; if there are 30 or more than 30 participants, there will be 5 quarter-finals.
- There is an in-line start (see placement on the start line), a photo finish or a video check is set up.
- If there are 4 quarter finals the first 3 competitors of each heat will go on to the semi-finals. If there are 5 quarter finals, the first two competitors of each heat, as well as the two "lucky losers" go on to semi-finals.
- Lucky loser designation: (if 30 and more than 30 athletes on the start) the two best times of the quarter final heats among racers not qualified for the semi-finals. If the timekeeping is not able to take exact times during the heats, then the times for the lucky loser designation will be taken from the qualification.

- Semi Finals:

**If there are less than 12 participants for each category the semi-finals will not take place and the best 6 racers go directly to the finals.

- There is an in-line start (see placement on the start line), a photo finish or a video check is set up.
- The first three competitors of every semi-final go on to the final.
 1. Semi Final A Women
 2. Semi Final B Women
 3. Semi Final A Men
 4. Semi Final B Men

- Final:

- There is an in-line start (see placement on the start line), a photo finish or a video check is set up.
- The running order is as follows:
 1. Final A Senior Women
 2. Final A Senior Men

2.2.3. Transition area and check point

- The transition areas are all the designated locations where the racers must change from one mode of travel to another.
- A transition area is a closed area (with nets, ropes, flags), reserved for the competitors and the qualified course staffers.
- The flags used to delimit the transition area will be of the colour of the next section (e.g., yellow if it is before a foot part, red if it is before a descent, etc.).
- A narrow gate (2 m minimum for individual/team races and 3m minimum for Sprint/relay race) controls the exit. An image sign will indicate the operation to be carried out.
- The entrance and the exit gates of the area should be clearly marked with a blue line in the snow with environmentally friendly marking material
- Controllers must be equipped with radios and be able to communicate with race headquarters.
- Controllers also check safety issues.
- Controllers ensure that ISMF regulations are followed and immediately report any offenses committed by competitors to race headquarters.
- Under instruction from race headquarters, the transition area chief must have enough authority to give instructions to competitors (for example: giving instructions to put on an extra layer of clothing, stopping the race under the authority of the race director, etc.).
- Transition area will be positioned so that competitors reduce speed upon arrival and should be big enough to avoid problems according the possible number of athletes making the transition manipulation at the same time (for example near the start needs to be so big). The design of the Transition Area should be done without giving more advantage to one place than other to avoid that all athletes will made the transition manipulation in just one small part of the area and not using all of it.
- At all times, the transition area chief must be able to inform the speaker at the finish on the advancement of the race – competitor racing order – times between racers – etc.
- **Racers must pass through all transition areas or check points on the race.**

2.2.4. Check Point (CP)

A check point is an area where the racers bibs are noted. Checkpoints may be located at transition areas.

Controllers take note when competitors pass through their checkpoint and record their arrival order + times + ranking if the race is neutralized or stopped.

2.2.5. Refreshment Point and Technical Point

For Individual and Team Events, the LOC must set up a refreshment point (recommended fresh/warm water/tea, cereal bars, cakes) at the most appropriate location on the track. It must be approved by the Technical Delegate and, generally, it is placed at the beginning of an ascent, but separated of the transition area/technical point (with a line is enough), near the middle of the race. The refreshment point is also to be used by coaches who are not allowed to supply food and beverages at any other location. Garbage or trash bags must be present in the area and near the exit. The recommended length of the area is from 15 to 30 meters.

The refreshment area must be limited by lines (entry/exit) on the ground, and a pictogram at the entry inform the racers is recommended.

For Individual and Team events, the Event Jury will decide one or, if it is necessary, more transition areas where it is possible to change the skis+bindings. In this case, the transition area will also be a technical point. The transition area close to the refreshment point will always be a technical point.

See Appendix 14.

2.2.6. Relay handover area

The race director appoints a person in charge of the relay handover area, and the Technical Jury appoints a referee in charge of the relay.

The handover area should be at least 6-10m wide and 15-20m long marked by an entry and exit line.

For safety reasons the relay will include a short uphill (Skins on) few meters before the handover. The arrival to the finish area can be with or without skins subject to the decision of the Technical Delegate.

Regarding the handover area for the Mixed Relay race, please refer to the dedicated paragraph at point 2.2.8.

2.2.7. The Finish

The WC starting/finish area must be compulsory set up following the ISMF design in coordination with the:

- ISMF Event Director
 - ISMF Technical Delegate
 - TV Production Team responsible
 - Implementation team responsible (for sponsorship requirements)
-
- A finish line marked on the ground, at least 10 cm wide, preferably situated in a skiable area. Steep downhill slopes must be avoided.
If the arrival is in skating, there will be at least 3 corridors the last 20m with a minimum 3m wide. At the beginning of the corridor's area there will be a discontinuous line.
It is strongly recommended finish with skins on after a short uphill near the arrival.
 - A second line, 10 cm wide minimum, will be marked 3 m after the official finish. Upon arriving in the finish area, athletes must pass over the second line before stopping (timings are taking at the first/official finish line).
 - A restricted finish area surrounded by barriers and / or nets.
 - Timing to 1/100 of second to decide between "hand in hand" arrivals and photo finish or video check.
 - A person in charge of taking note of all the numbers of the racers who cross the line (in the arrival order). In the sprint race, during the qualification time this person should note down also the arrival time of the racers to have an extra document in case of technical problems.
 - An area for inspecting equipment, designated "Equipment Control", situated 15 to 30 m after the finish line. This area is closed off. In this area, a controller inspects the equipment of the selected competitor according to the instructions issued by the President of the Technical Jury.
 - A podium for the first three competitors/teams.
 - A notice board for displaying provisional results (**including penalties**) as and when competitors come in.
 - A medical assistance area.

- In case of a doping test, a person of the LOC shall escort the racer to the medical control area (the person must be of the same sex as the racer)
- Toilets.
- A referee from the Technical Jury in charge of finish procedures.
- Compulsory equipment controllers, with control sheets ([see Appendix below](#)).
- People in charge of handing back the competitor's personal effects that were left at the start.
- A press area with a spot for conducting interviews, near to the equipment control area and located inside the restricted finish area.
- A person from the LOC in charge of press relations will be present in the finish area to supervise interviews.
- The placement of the ISMF flags will be decided together with the ISMF Event Manager or ISMF Marketing Coordinator.

In case of a doping test, a person of the LOC shall escort the racer to the medical control area (the person must be of the same sex as the racer).

The finish area must have people in charge of handing back the competitor's personal effects left at the start. The finish area must also have a press area with spot for conducting interviews, near to the equipment control area and located inside the restricted finish area.

A typical finish area is presented in [Appendix below](#) of the guidelines for organising ISMF events. 3 options

2.2.7.1. *The Finish procedure*

- Upon arrival, and under the responsibility of the Technical Jury, the controllers will carry out a complete control of the contents of the competitor's backpacks and other equipment.
- In case of anti-doping test, an escort authorized by the ISMF shall escort the racer to the medical control area (the person must be of the same sex as the racer).

2.2.7.2. *Claims*

Any offences committed by competitors or coaches have to be transmitted to the Race Director and by the referees to the President of Technical Jury as soon as they are seen. Penalties must be applied in a maximum delay of 5 min after the concerned athlete did the control equipment. Any offence coming after this delay will be rejected. The official form for claims must be used ([See Appendix 1 in sporting rules](#)).

When the top five athletes of each category have arrived, the results are signed, timed and posted. Protest have to be done within 15 minutes. The speaker must announce that the provisional results are attached

Penalties are imposed by the President of Technical Jury after consulting with the Technical Jury, according to the tables listed hereafter. For team competitions, penalties imposed on one competitor apply for the entire team.

All claims must be submitted in writing:

- by the team head captain (or the competitor if he/she registered directly through the Local Organizing Committee – ISMF Series s);
- submitted to the President of Technical Jury;
- at the latest 15 minutes after race results are posted;
- accompanied by an amount equivalent to 50 €, payable to the ISMF. This sum is not refunded if the outcome is to the competitor's disadvantage.

The President of Technical Jury will present a detailed and motivated written response within 1 hour of the claim. Competitors may appeal according to the disciplinary procedures indicated by the International Disciplinary Commission of the ISMF.

After the race, any appeals by coaches or athletes regarding decisions will be taken by the Technical Jury, following indication from the Ranking Rules point 8. Rankings claims.

IMPORTANT NOTE FOR SPRINT RACE:

- Claims are not possible during Sprint races. Any infringement observed by an official controller will automatically lead to the relevant penalty. Any protest will be rejected.
- During the quarter-finals, semi-finals and finals, any penalty infringement of the regulation (unless those leading to disqualification – see table below), causes the athlete to be automatically ranked last in the heat.

- When two or more racers of the same heat have a penalty, they are then ranked last in the heat according to their position in the finish line. There are no “time penalties” during the heats. For the final ranking of the sprint, when is necessary compare the time between the same position in the heats, the timekeeper will use the qualification time for the athletes with a penalty applied during the heat.
- If the Technical Jury does not post the results within the 5 min after the end of the heat, no penalties will be applied to the heat in question.

2.2.8. Mixed Relay race

A – Design of the route

One run consists of two different loops with ascents and descents. The total elevation of one run is 120-150 meters with at least 60m ascent on the first ascent and a foot part in the second ascent. The arrival to the finish area can be with or without skins subject to the decision of the Technical Delegate. One run shall be completed within 7-10 minutes for the best racer (30-40 minutes for the best team).

B – Starting Area

A separate starting area will be set up, giving space for 6 teams starting next to each other in the front line, the second starting line is 2,5 m behind. If the race venue does not allow a separate starting area, the latter can be positioned between the transition area and the handover area. The distance between starting line and entry handover area must be at least 5m.

C – Handover Area

The handover area is at least 6-10m wide and 15-20m long marked by an entry and exit line. Along the first half of the handover area there is free entrance from the waiting area for the following athlete to enter. After the exit line there is an exit area for the predecessor to exit the track. The handover area shall be slightly upwards and close to start and finish area. The entry line shall be approximately 20m after the transition area. The athletes shall distribute evenly along the width of the handover area waiting for their predecessor.

D – Waiting Area

Only racers have access, ideally some seats and tents shall be arranged.

E – Course Inspection

The entry gate for course inspection is open 10min, the track is closed for athletes after 20min from the start of course inspection. The course inspection has to be finished 20min before the first qualification run.

F – Qualification

The qualification is done by each athlete alone against the time (individual start without handover). First all female athletes, afterwards all male athletes start their qualification run with single start every 30 seconds. The team leading in the World Cup will start last in qualification per gender. Inside a team the best ranked athlete in the specialty World Cup is taken into consideration for bib distribution. The total qualification time is calculated by addition of the single time of the female and male athlete per team.

G – Material Check

Material check for the qualification run is done randomly. Material check for the finals is done for each single athlete.

H – Final

Only the best 12 teams qualify for the final, the quota per national federation is 2 teams. If the number of teams is less than 12 teams, there will also be a qualification in order to determine the starting order. The time between the last qualification run and the final is 25min. Depending on the number of teams in the qualification (at least more than 24 teams) the Event Jury shall be able to decide to introduce a final B (also depending on weather conditions) with the second best 12 teams of the qualification. Therefore, the other final will be named final A. In this case, the ranking places between 13 and 24 places are defined by the positions of the final B result. After the 24 place or without final B, ranking is defined by qualification time. The quote per national federation for the final B is 2 teams. If there is a final B it will take place before the final A.

I – Timekeeping

Electronic chip timing is compulsory. The intermediate time of each loop is published (1st loop up to entry line of handover area), if such a timekeeping is available.

J – Ranking

The ranking is done by the order of crossing the finish line. World Cup points for the Overall World Cup Ranking for national teams are assigned according to the position in the final of each best team per nation. For other information please refer to the ISMF Ranking Rules & Regulations.

2.3. Equipment

2.3.1. *Equipment inspection*

The President of the Technical Jury reserves the right to reject any equipment judged to be defective or inadequate.

- **At the start:**
 - Individual inspection to control the good working order of avalanche transceivers for all competitors.
 - Taking note of all the numbers of the racers.
 - Control of the chips

- **During the race:**

The organisers will control DVA/transceivers during the race.

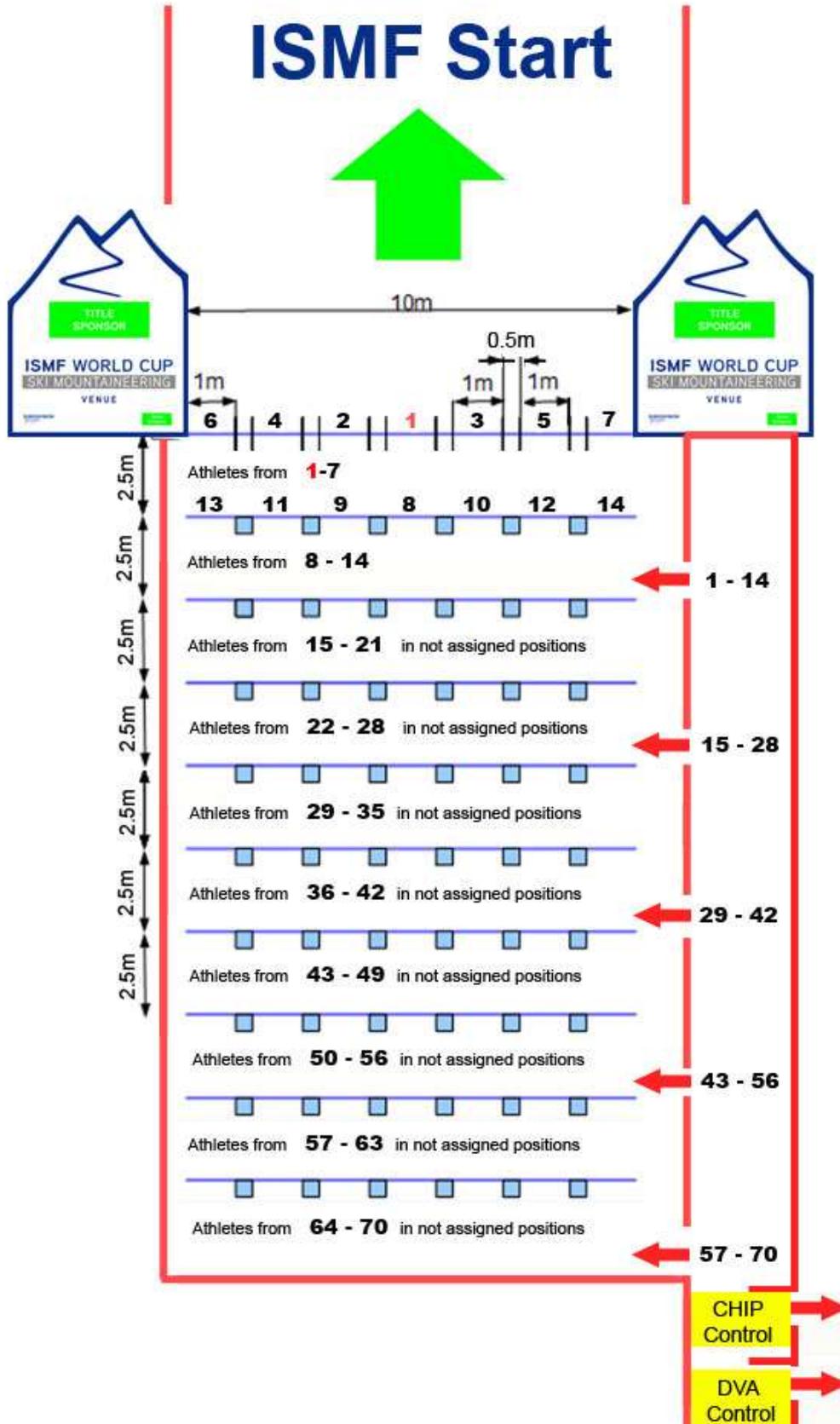
- **At the finish:**
 - Competitor's equipment is inspected (systematic or random inspections according to the instructions issued by the President of Technical Jury). DVA control after finish line is compulsory for all competitors.
 - ISMF referees will use calibrated scales and weights for equipment checks.



TECHNICAL APPENDIX

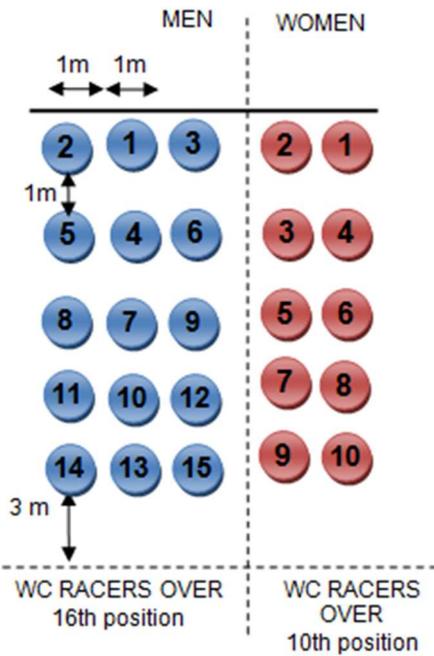
3. APPENDIX 1: TECHNICAL SPECIFICATIONS START AREA

Schematic example of the organisation of the start lines into the Start Area. The implementation team of ISMF will adapt the start area to the needs and the terrain.

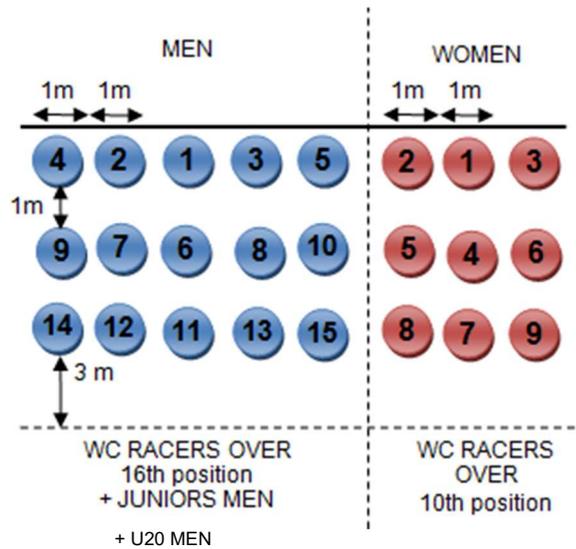


A. MEN AND WOMEN MASS START only allowed if approved by the ISMF appointed Technical Director

CONFIGURATION "3-2" if narrower space
(3 men, 2 women/line), need 5 meters width

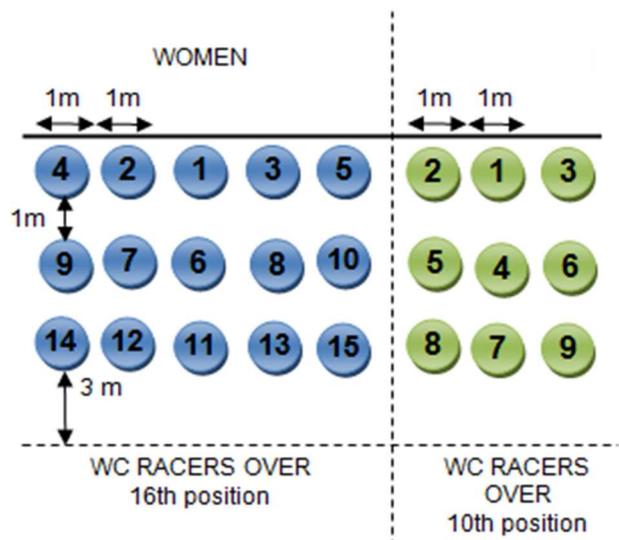
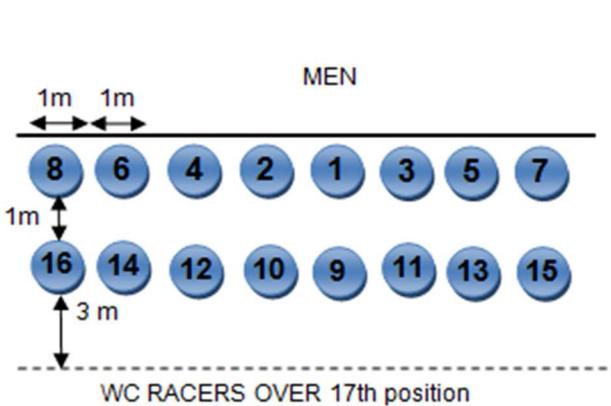


CONFIGURATION "5-3" if enough space
(5 men, 3 women/line), need 8 meters width



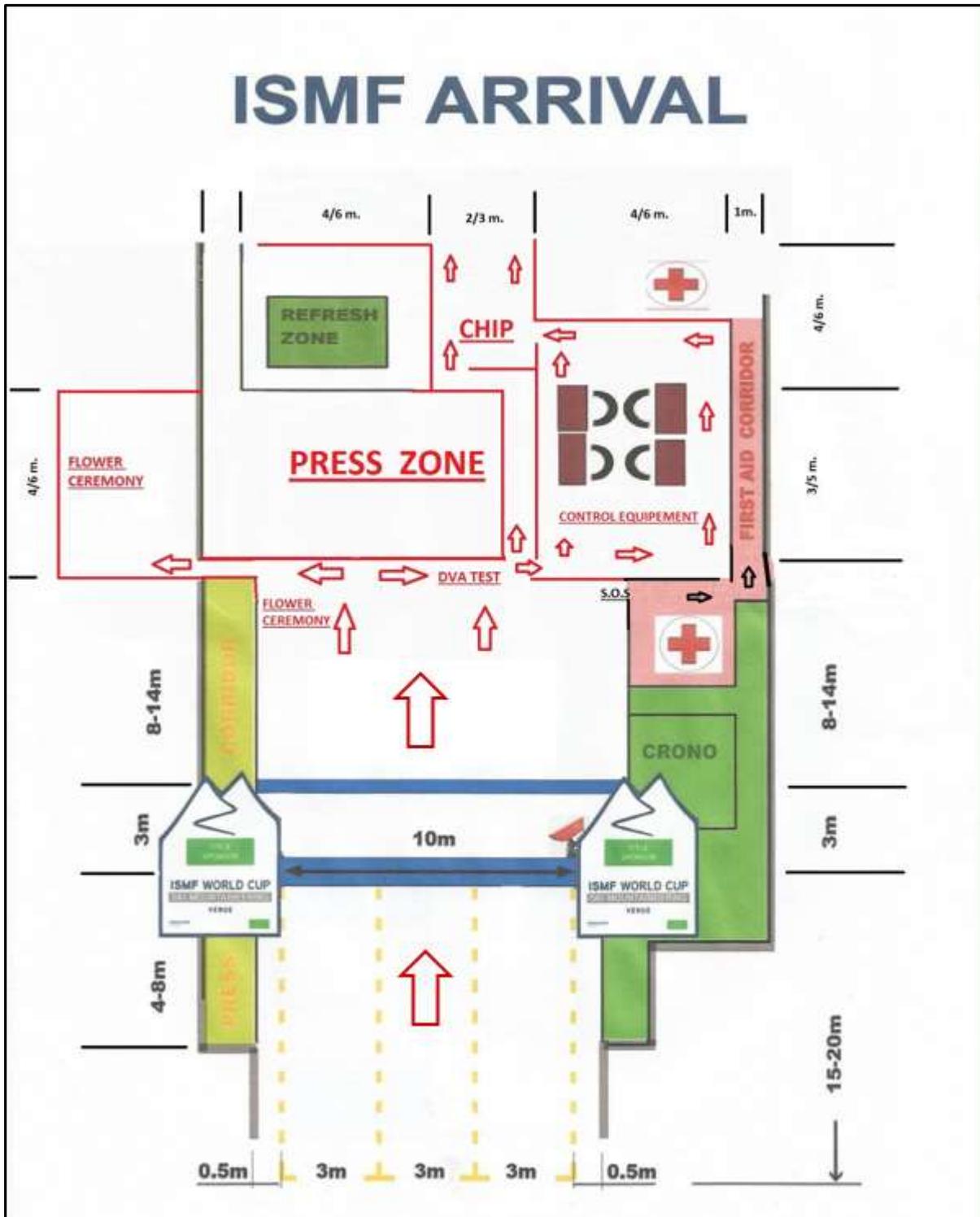
The separation between men and women (or women and juniors, see below) should be made with flags and paint (no nets, no poles) on a distance of 50m minimum. The racers cannot cross this line.

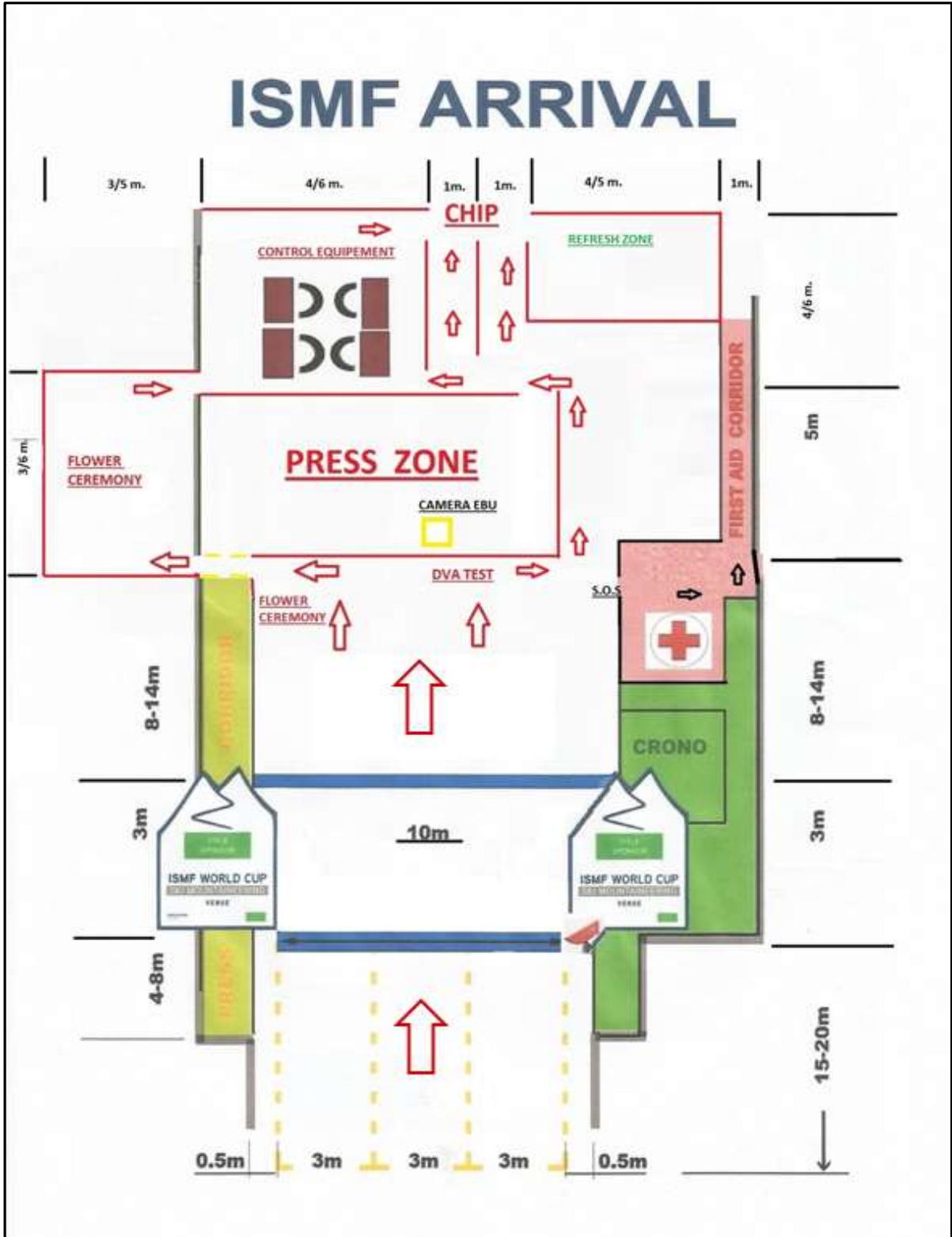
B. MEN AND WOMEN SEPARATED START (normal start procedure)



4. APPENDIX 2: TECHNICAL SPECIFICATIONS FINISH AREA

N° 3 schematic example of the organisation of the start lines into the Finish Area. The implementation team of ISMF will adapt the Finish area to the needs and the terrain.

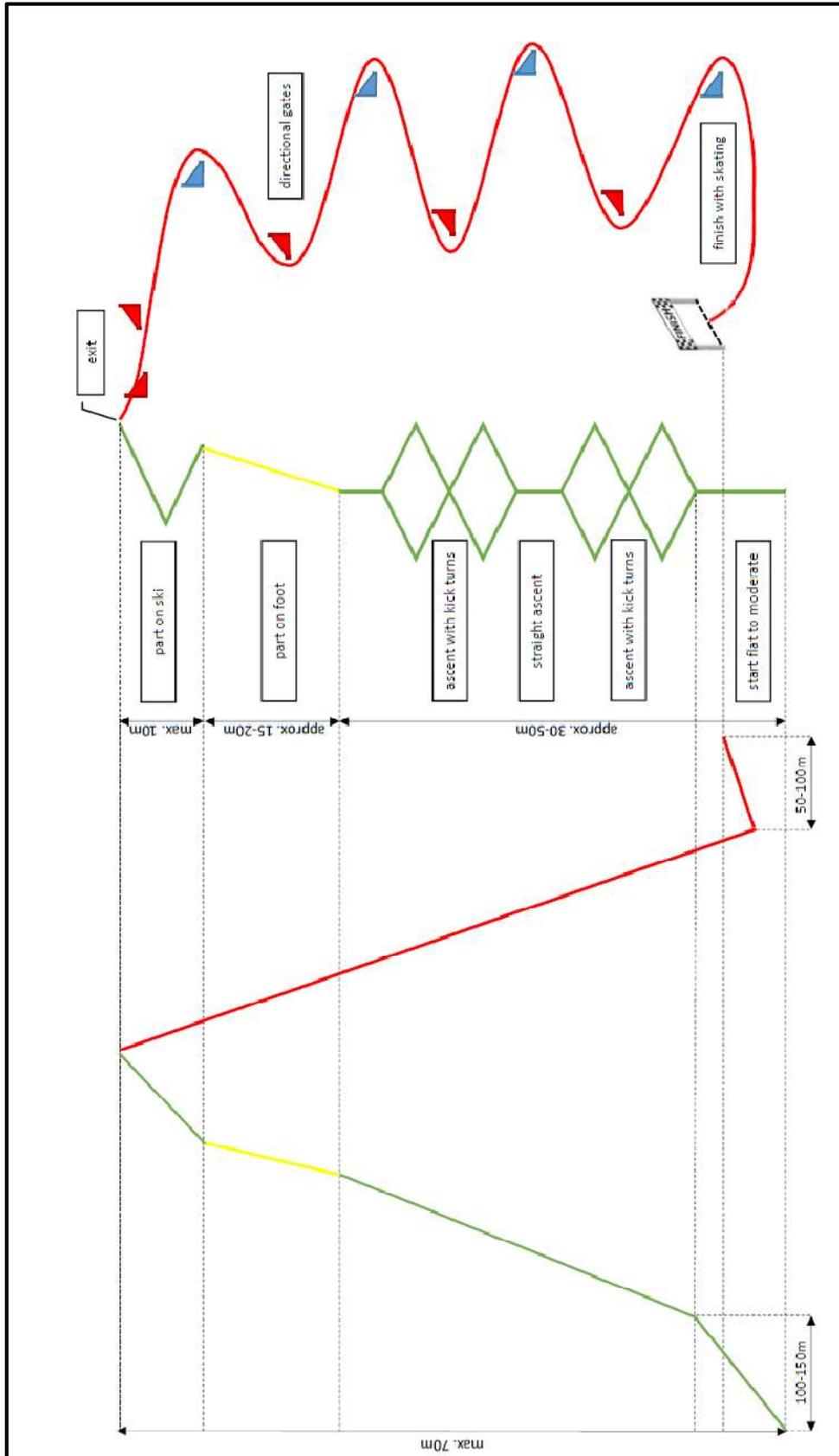






5. APPENDIX 3: ALTIMETRIC PROFILE AND DESIGN OF THE SPRINT

After foot part: approximately 10 m maximum of elevation with skins on.



6. APPENDIX 4: SPRINT RACE QUALIFICATION BOARD

A. If less than 12 athletes (for all categories):

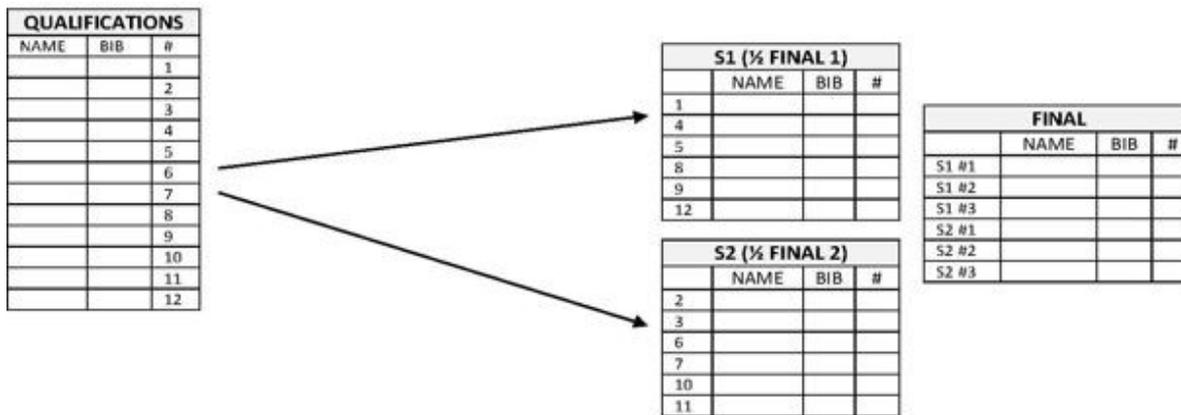
QUALIFICATIONS		
NAME	BIB	#
		1
		2
		3
		4
		5
		6

FINAL			
	NAME	BIB	#
1			
2			
3			
4			
5			
6			

Ranking:

- From 1st -6th place follow the position from the final.
- 7th and more: Ranked by the qualification time.

B. If 12 or more than 12 to 23 athletes: (for all categories)



For the semi-finals and finals, the competitors with the best time in the previous heat choose the start line position, then the second, ...

Ranking:

- From 1st -6th place follow the position from the final.
- 7th – 12th place: Semi-finalists non-qualified for the final round. The ranking order is established following:
 - the order of arrival of each semi-final;
 - the best time of semi-finals with the equal position reached.
 Example: 7th position = the best time between the two athletes who arrived fourth in each semi-final.
- From 13th to 23. Ranked by qualification time.

C) If 24 or more than 24 to 29 athletes: (except U18 category)

QUALIFICATIONS		
NAME	BIB	#
		1
		2
		3
		4
		5
		6
		7
		8
		9
		10
		11
		12
		13
		14
		15
		16
		17
		18
		19
		20
		21
		22
		23
		24

Q1(1/4 FINAL 1)			
	NAME	BIB	#
1			
8			
9			
16			
17			
24			

Q2(1/4 FINAL 2)			
	NAME	BIB	#
4			
5			
12			
13			
19			
22			

Q3(1/4 FINAL 3)			
	NAME	BIB	#
2			
7			
10			
15			
18			
23			

Q4(1/4 FINAL 4)			
	NAME	BIB	#
3			
6			
11			
14			
20			
21			

S1 (1/2 FINAL 1)			
	NAME	BIB	#
Q1#1			
Q1#2			
Q1#3			
Q2#1			
Q2#2			
Q2#3			

S2 (1/2 FINAL 2)			
	NAME	BIB	#
Q3#1			
Q3#2			
Q3#3			
Q4#1			
Q4#2			
Q4#3			

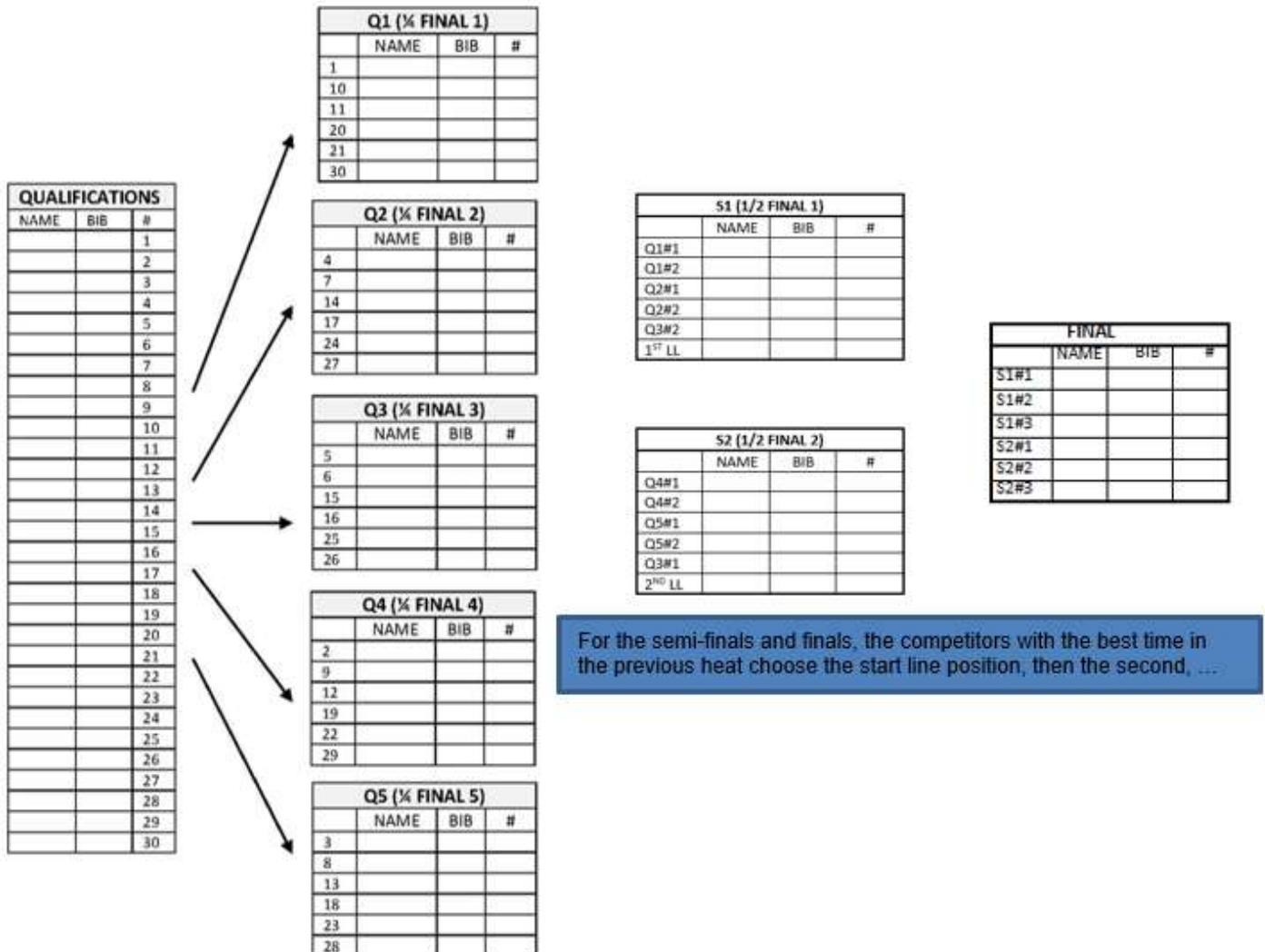
FINAL			
	NAME	BIB	#
S1#1			
S1#2			
S1#3			
S2#1			
S2#2			
S2#3			

For the semi-finals and finals, the competitors with the best time in the previous heat choose the start line position, then the second,...

Ranking:

- From 1st -6th place follow the position from the final.
 - 7th – 12th place: Semi-finalists non-qualified for the final round. The ranking order is established following:
 - the order of arrival of each semi-final
 - the best time of semi-finals with the equal position reached.
 Example: 7th position = the best time between the two athletes who arrived fourth in each semi-final.
 - 13th - 24th place: Quarter-finalists not qualified for semi-final round. The ranking order is established following:
 - the order of arrival of each quarter-final
 - the best time of quarter-finals with the equal position reached.
 Example: 13th position = the best time between the four athletes who arrived fourth in each quarter-final.
 - 25th – 29th place: Ranked by qualification time.
- If there is no timekeeping for quarter-finals, semi-finals, finals, the ranking times will be taken from the qualification

D) if 30 or more athletes:(Except U18 category)



Ranking:

-From 1st -6th place follow the position from the final.

-7th – 12th place: Semi-finalists non-qualified for the final round. The ranking order is established following:

- the order of arrival of each semi-final
- the best time of semi-finals with the equal position reached.

Example: 7th position = the best time between the two athletes who arrived fourth in each semi-final.

-13th – 30th place: Quarter-finalists non-qualified for semi-final round. The ranking order is established following:

- the order of arrival of each quarter-final
- the best time of quarter-finals with the equal position reached.

Example: 13th position = the best time between the four athletes who arrived third in each quarter-final.

-31st and more: Ranked by qualification time.

If there is no timekeeping for quarter-finals, semi-finals, finals, the ranking times will be taken from the qualification

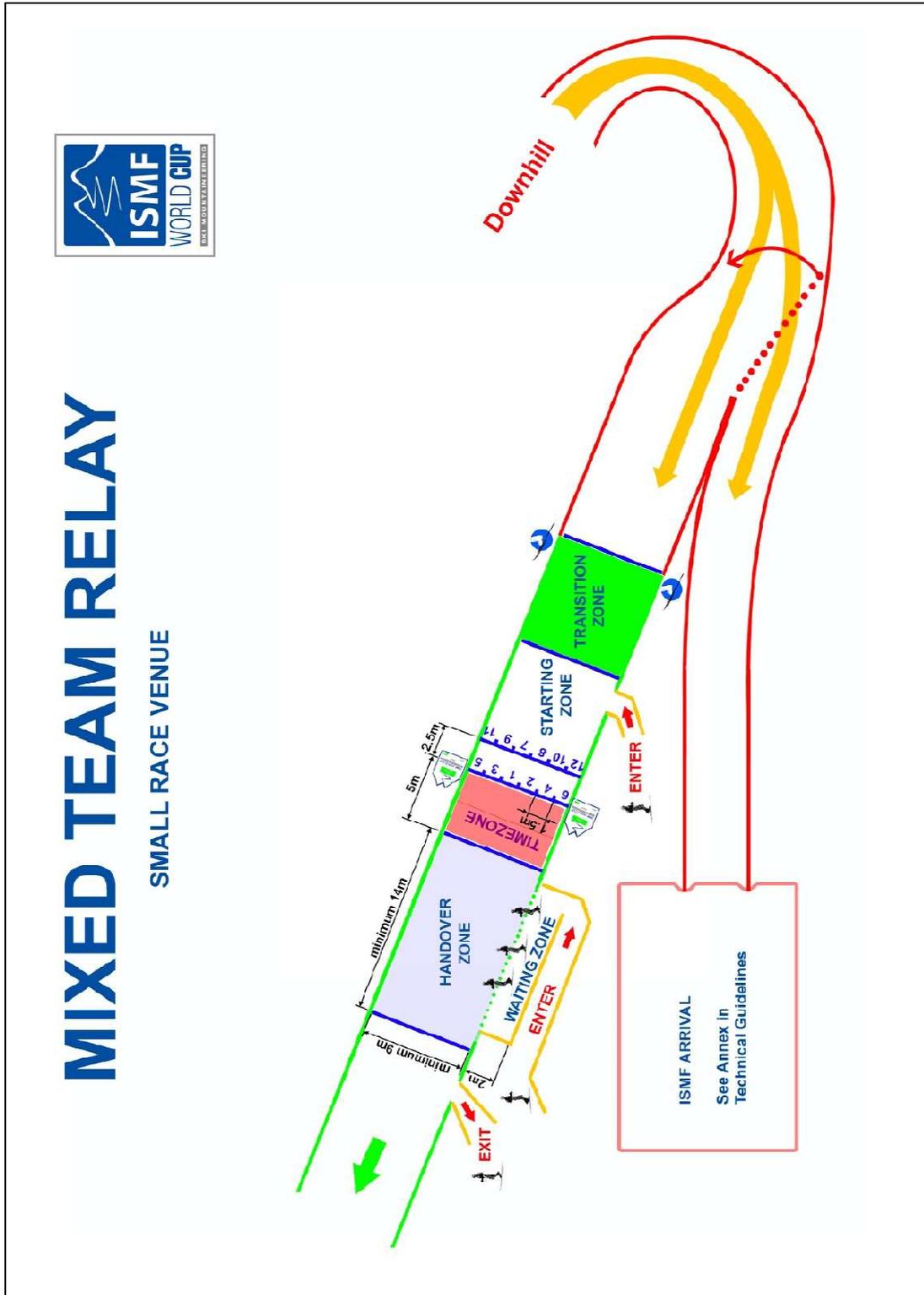


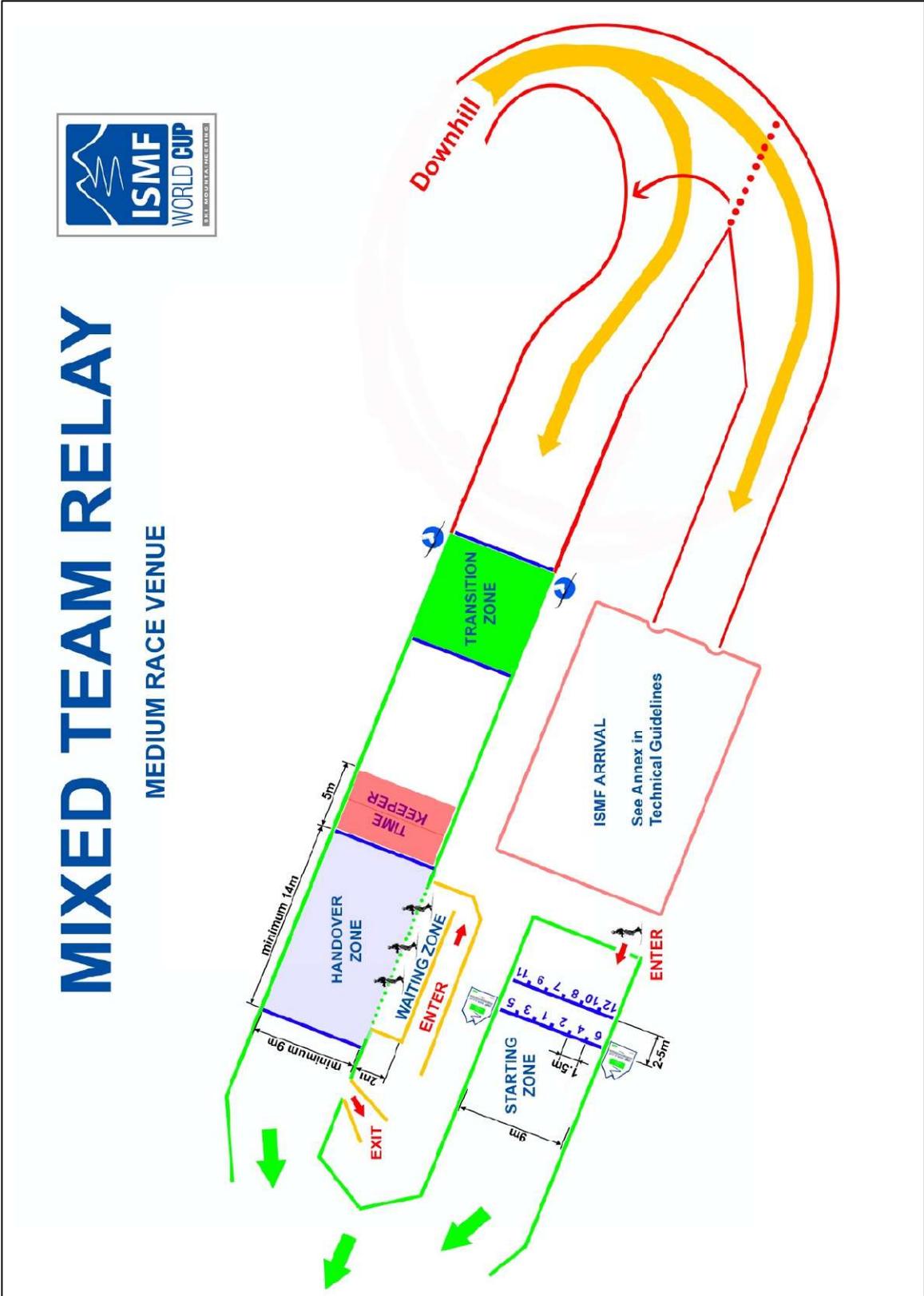
7. APPENDIX 5: EXAMPLE OF SPRINT RACE SCHEDULE (TO BE ADAPTED WITH THE NUMBER OF ATHLETES)

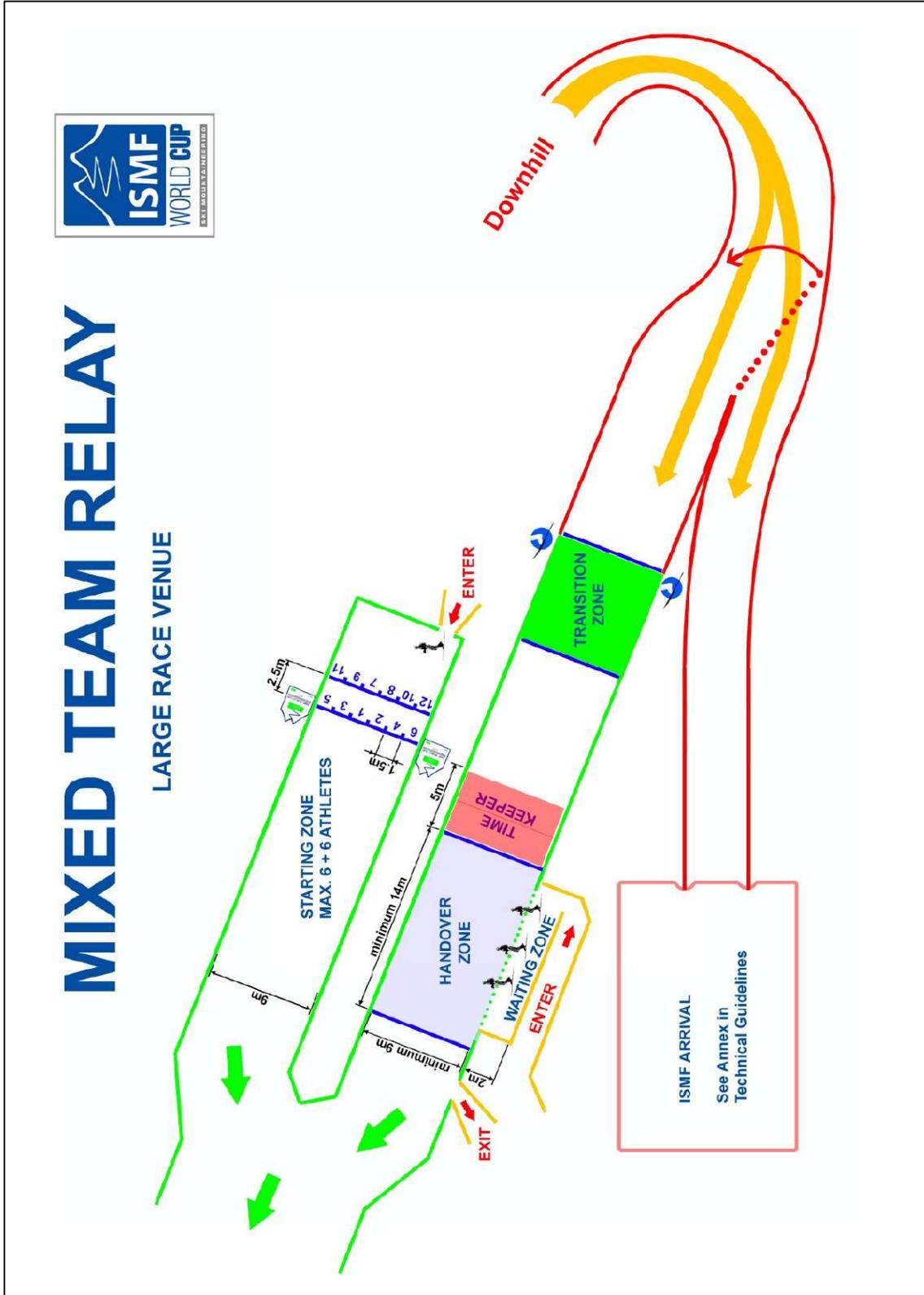
The Sprint race schedule is defined with the ISMF official media partner on an event-by-event basis according to different needs.

8. APPENDIX 6: RELAY HANDOVER AREA

The Relay handover area may be subject to change depending on the characteristics of the competition terrain. The drawings below are examples.

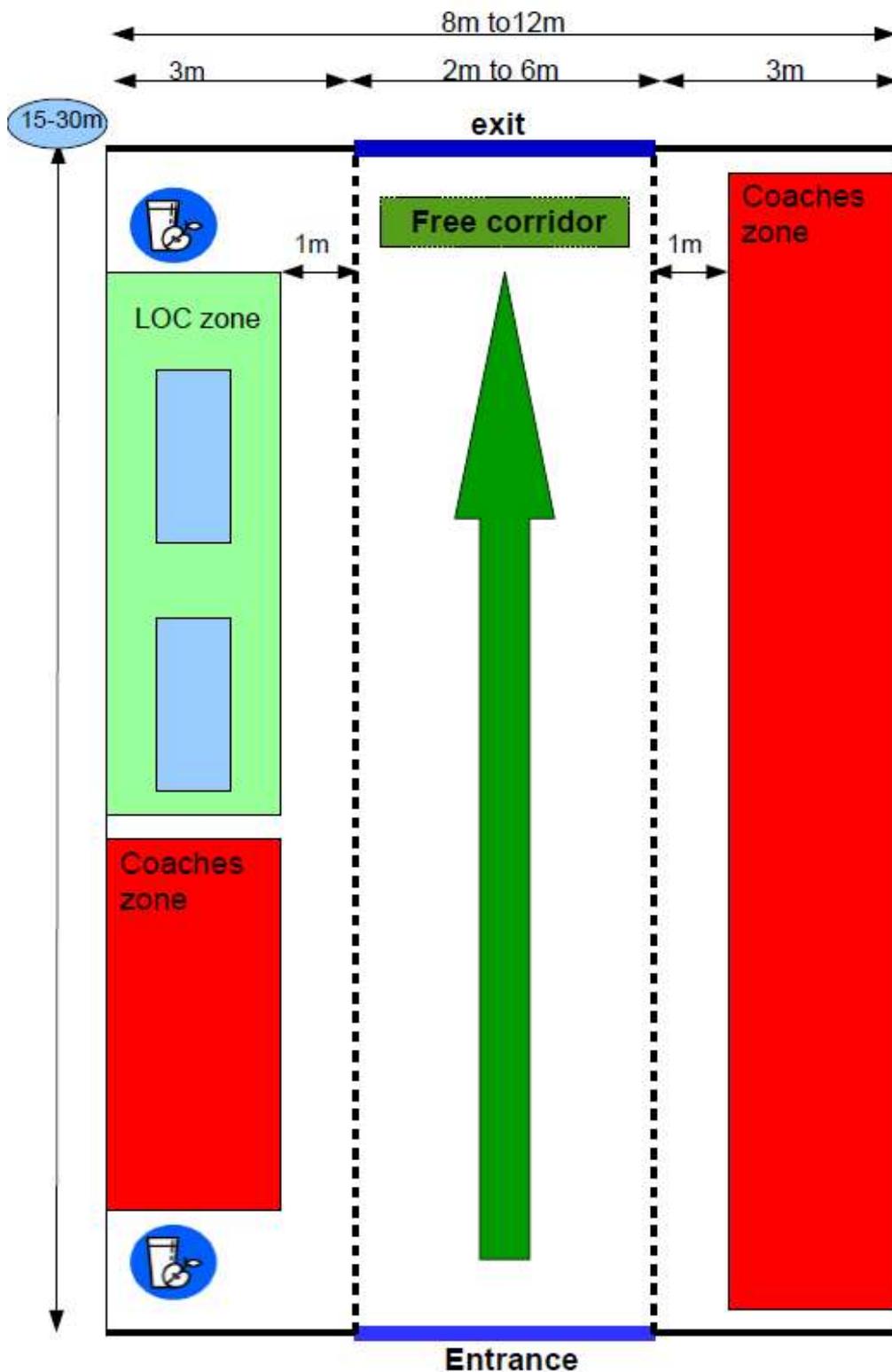






9. APPENDIX 7: TECHNICAL SPECIFICATIONS REFRESHMENT POINT

Schematic example of the organisation of the start lines into the refreshment point. The implementation team of ISMF will adapt the Refreshment Point to the needs and the terrain.





10. APPENDIX 8: CONTROL SHEET

Name/number of checkpoint or waypoint: _____

Route: _____

Point chief: _____

Referees: _____

Rank	Hours	Minutes	Competitor		Rank	Hours	Minutes	Competitor	
			Num.	Comments				Num.	Comments
1					17				
2					18				
3					19				
4					20				
5					21				
6					22				
7					23				
8					24				
9					25				
10					26				
11					27				
12					28				
13					29				
14					30				
15					31				
16					32				

12. APPENDIX 10: WIND CHILL CHART

		Air Temperature (Celsius)																
		0	-1	-2	-3	-4	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50	-55	-60
Wind Speed (km/hr)	6	-2	-3	-4	-5	-7	-8	-14	-19	-25	-31	-37	-42	-48	-54	-60	-65	-71
	8	-3	-4	-5	-6	-7	-9	-14	-20	-26	-32	-38	-44	-50	-56	-61	-67	-73
	10	-3	-5	-6	-7	-8	-9	-15	-21	-27	-33	-39	-45	-51	-57	-63	-69	-75
	15	-4	-6	-7	-8	-9	-11	-17	-23	-29	-35	-41	-48	-54	-60	-66	-72	-78
	20	-5	-7	-8	-9	-10	-12	-18	-24	-30	-37	-43	-50	-56	-62	-68	-75	-81
	25	-6	-7	-8	-10	-11	-12	-19	-25	-32	-38	-44	-51	-57	-64	-70	-77	-83
	30	-6	-8	-9	-10	-12	-13	-20	-26	-33	-39	-46	-52	-59	-65	-72	-78	-85
	35	-7	-8	-10	-11	-12	-14	-20	-27	-33	-40	-47	-53	-60	-66	-73	-80	-86
	40	-7	-9	-10	-11	-13	-14	-21	-27	-34	-41	-48	-54	-61	-68	-74	-81	-88
	45	-8	-9	-10	-12	-13	-15	-21	-28	-35	-42	-48	-55	-62	-69	-75	-82	-89
	50	-8	-10	-11	-12	-14	-15	-22	-29	-36	-43	-49	-56	-63	-69	-76	-83	-90
	55	-8	-10	-11	-13	-14	-15	-22	-29	-36	-43	-50	-57	-63	-70	-77	-84	-91
	60	-9	-10	-12	-13	-14	-16	-23	-30	-36	-43	-50	-57	-64	-71	-78	-85	-92
	65	-9	-10	-12	-13	-15	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93
	70	-9	-11	-12	-14	-15	-16	-23	-30	-37	-44	-51	-58	-65	-72	-80	-87	-94
	75	-10	-11	-12	-14	-15	-17	-24	-31	-38	-45	-52	-59	-66	-73	-80	-87	-94
80	-10	-11	-13	-14	-15	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95	
85	-10	-11	-13	-14	-16	-17	-24	-31	-39	-46	-53	-60	-67	-74	-81	-89	-96	
90	-10	-12	-13	-15	-16	-17	-25	-32	-39	-46	-53	-61	-68	-75	-82	-89	-96	
95	-10	-12	-13	-15	-16	-18	-25	-32	-39	-47	-54	-61	-68	-75	-83	-90	-97	
100	-11	-12	-14	-15	-16	-18	-25	-32	-40	-47	-54	-61	-69	-76	-83	-90	-98	
105	-11	-12	-14	-15	-17	-18	-25	-33	-40	-47	-55	-62	-69	-76	-84	-91	-98	
110	-11	-12	-14	-15	-17	-18	-26	-33	-40	-48	-55	-62	-70	-77	-84	-91	-99	
		0 to -10 Low			-10 to -25 Moderate			-25 to -45 Cold			-45 to -59 Extreme			-60 Plus very Extreme				

13. APPENDIX 11: OVERALL WORLD CUP PRIZE MONEY

ISMF Prizes for 2023 World Cup -Overall Final Ranking-			
Senior Men		Senior Women	
Position	Prize	Position	Prize
1	2.500,00	1	2.500,00
2	1.800,00	2	1.800,00
3	1.300,00	3	1.300,00
4	950	4	950
5	750	5	750
6	650	6	650
7	500	7	500
8	400	8	400
9	300	9	300
10	250	10	250
	9.400		9.400
U23 Men		U23 Women	
Position	Prize	Position	Prize
1	500	1	500
2	300	2	300
3	200	3	200
	1000		1000