

# International Ski Mountaineering Federation

## Rules & Guidelines

### Legend:

Modifications in the current text compared to the season 2022/23 are highlighted as follows:

**Red:** Elimination, cancellation

**Green:** Addition, inclusion

**Yellow:** Work in progress, pending topic

**Blue:** Elimination → Text moved to another chapter of the document

**Grey:** Addition → Text moved from another chapter to that part of the 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.**

Commented [VP1]: Moved to Event Registration Rules

**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.**

Commented [VP2]: Moved to General Rules

# TABLE OF CONTENTS

TABLE OF CONTENTS.....	2
A - GENERAL RULES.....	8
1. General information.....	9
2. References.....	9
3. Abbreviations.....	9
3.1. ISMF events.....	9
3.2. ISMF meetings.....	10
3.3. International Federations/Associations/Bodies.....	10
3.4. National Federations.....	10
3.5. Ranking and results.....	10
3.6. Anti-Doping.....	11
3.7. Equipment.....	11
3.8. Commercial.....	11
B - EVENT REGISTRATION RULES.....	12
C - ORGANISATION EVENT GUIDELINES.....	13
D - ATHLETES PARTICIPATION RULES.....	14
4. Introduction.....	15
4. Entry to competitions.....	15
4. Participation.....	15
4.1. Categories.....	15
4.1. Recommended Categories for the National Federations.....	16
4.2. Team composition.....	16
4.3. Quotas per country/nation (where applicable).....	16
4.3.1. World and European Championships quotas.....	17
4.3.2. Continental Championships quotas.....	17
4.3.3. Continental Championships (excluding Europe), World Cup and ISMF Series races quotas.....	17
4.3.4. World Cup Mixed Relay.....	17
5. ISMF licences and documents.....	17
5.1. ISMF Elite Licence A.....	17
5.2. ISMF Youth Licence B.....	18
5.3. Licence Master.....	18
5.4. ISMF Open licence.....	18
5.5. Further specifications.....	18
6. Athlete Registration.....	19
6.1. General information.....	19
6.1.1. Nationality.....	19
6.1.2. Participation of ISMF and LOC staff.....	19
6.2. World/Continental Championships and World/Continental Cups and Youth World Cup all categories.....	19
6.2.1. Registration fees.....	19
6.2.1.1. World Cup.....	19

6.2.1.2.	Youth World Cup .....	19
6.2.2.	Late athlete registration .....	19
6.2.3.	Team composition .....	19
6.3.	World and Continental Championships .....	19
6.3.1.	Registration fees for World Championships .....	19
6.3.1.1.	Senior athletes .....	19
6.3.1.2.	Youth athletes .....	20
6.3.2.	Registration fees for Continental Championships .....	20
6.3.3.	Late athlete registration .....	20
6.3.4.	Substitution and team composition .....	20
6.4.	ISMF Series .....	21
6.4.	Masters World Championships .....	21
6.5.	Series, Continental Cups and other events .....	21
<b>E - TECHNICAL RACE GUIDELINES .....</b>		<b>22</b>
7.	Sport and technical issues .....	23
7.1.	Competition officials (roles and responsibilities) .....	23
7.1.1.	The ISMF Event Director .....	23
7.1.2.	The LOC President .....	23
7.1.3.	The LOC Race Director .....	23
7.1.4.	The LOC Sustainability Officer .....	24
7.1.5.	The President of the Technical Jury .....	24
7.1.6.	The ISMF Race Referee (First ISMF Referee and Second ISMF Referee) .....	25
7.1.7.	The ISMF IT-Ranking Manager .....	25
7.1.8.	The ISMF Technical Delegate .....	25
7.1.9.	The National Referees .....	26
7.1.	The Event Jury .....	26
7.1.1.	Composition .....	26
7.1.2.	Role of the Event Jury .....	26
7.1.3.	Event Jury decisions .....	26
7.2.	The Technical Race Jury .....	26
7.2.1.	Composition .....	26
7.2.2.	Role of the Technical Race Jury .....	26
7.2.3.	Technical Race Jury decisions .....	26
7.2.4.	Jury Consulting Group .....	26
7.3.	The Start and Finish areas .....	26
7.3.1.	The Start and Finish areas (see Appendixes below) .....	26
7.3.2.	Commercial Village .....	28
7.3.3.	Race headquarters .....	28
7.3.4.	Spectator areas .....	28
7.3.5.	Press areas .....	28
7.4.	Race organisation .....	28
7.4.1.	Race registration .....	28
7.4.2.	Race bibs .....	28
7.4.3.	Pre-event visit .....	30
7.4.4.	Pre-event preparation meeting .....	30
7.4.5.	Team Captain Meeting .....	30
7.4.6.	Radio connection .....	31
7.4.1.	Race curtailment/Track change .....	31
7.4.2.	Event/Race stoppage/delay or cancellation .....	31
7.4.3.	Event or race reschedule .....	32
7.5.	Results .....	32

7.6.	Official ceremonies	32
7.6.1.	General protocol rules	32
8.	Races specifications	36
8.1.	General features of ISMF races	36
8.1.1.	Special features for Sprint races	38
8.2.	Race organisation	39
8.2.1.	The start set up	39
8.2.1.1.	Start Area, Race Schedules and Start Times	39
8.2.1.2.	Starting procedure for Individual, Team or Vertical races start set up	40
8.2.1.3.	Starting procedure for Relay races start set up	40
8.2.1.4.	Mixed Relay race set up	41
8.2.1.5.	Starting procedure for Sprint races start set up	42
8.2.2.	Other important features for the track set up	45
8.2.3.	Transition area and check point	46
8.2.4.	Check Point [CP]	46
8.2.5.	Refreshment point Area and Technical Point set up	46
8.2.6.	Relay handover area set up	47
8.2.7.	The Finish set up	47
8.2.7.1.	The finish procedure	48
8.2.7.2.	Claims	48
8.2.8.	Mixed Relay race	49
8.2.8.	Course route Tracks and markings	50
8.2.8.1.	Extreme weather or altitude	50
8.2.8.2.	Rules for racing in altitude	51
8.2.8.3.	Further details	51
8.3.	Equipment	52
8.3.1.	Equipment inspection	52
Appendix		53
Appendix 1A:	Technical specifications start area	53
Appendix 2B:	Technical specifications finish area	55
Appendix 3C:	Altimetric profile and design of the Sprint	58
Appendix 4D:	Sprint race qualification board	59
Appendix 5E:	Example of Sprint race schedule (to be adapted with the number of athletes)	62
Appendix 6F:	Relay handover area	63
Appendix 7G:	Technical specifications Refreshment point Area	66
Appendix 8H:	Control sheet	67
Appendix 9I:	Finish control sheet	68
Appendix 10J:	Wind chill chart	69
Appendix K:	Overall World Cup prize money	70
F - SPORTING RULES		71
9.	Introduction	72
9.1.	Definitions	72
9.2.	Abbreviations	72
9.3.	References	72
9.	Events and competitions	73
9.1.	General features of ISMF races	73
9.	Equipment	73
9.1.	General features of ISMF races	73
9.1.	Items supplied by the Local Organising Committee	76
9.2.	Equipment inspection	76

10. Race organisation .....	77
10.1. The start .....	77
10.1.1. Starting procedure .....	77
10.1.1.1. False start .....	78
10.1.1.2. Specifications for Individual, Team, relay or Vertical races .....	78
10.1.1.3. Specifications for Sprint races (heats) .....	79
10.2. The finish .....	82
10.2.1. The Finish Procedure .....	82
10.3. Transition area and check point .....	82
10.4. Relay hand-over area and overlapping .....	82
10.4. Mixed Relay and Relay race .....	83
10.5. Conduct of competitors/athletes during the race .....	84
10.5.1. Flag colour .....	84
10.5.2. Follow the markings .....	84
10.5.3. Overtake .....	84
10.5.4. Through by the gates or waypoint .....	84
10.5.5. Foot part .....	85
10.5.5.1. Foot parts with crampons .....	85
10.5.6. Transition Area .....	85
10.5.7. Skins .....	86
10.5.8. Skins storage .....	86
10.5.9. Arrival in skating .....	86
10.5.10. DVA .....	86
10.5.11. Earphones .....	87
10.5.12. Via Ferrata kit .....	87
10.5.13. Wear all layers .....	87
10.5.14. Outside assistance .....	87
10.5.15. Respect the environment .....	87
10.5.16. For team races .....	87
10.5.17. Offences to the LOC, ISMF officials or ISMF image .....	88
10.6. Safety/Event stoppage .....	88
11. Establishment of results .....	88
11.1. Offences and penalties .....	88
11.2. Results in the event of race stoppage .....	92
11.3. Claims/Protests .....	92
11.4. Podiums .....	92
11.5. Doping .....	92
Appendixes .....	93
Appendix 1K: claim/Protest form .....	93
Appendix 2L: Skins storage pictures .....	95
<b>G - RACE EQUIPMENT RULES .....</b>	<b>96</b>
12. Technical Equipment .....	97
12.1. Equipment description for all ISMF ski mountaineering races/events .....	97
Appendixes .....	100
Appendix 1M: ISMF snow probe standard .....	100
Appendix 2N: ISMF shovel standard .....	101
Appendix 3O: Recommended eyewear protection chart .....	102
<b>H - RANKING RULES .....</b>	<b>103</b>
13. Introduction .....	104

13. Definitions .....	104
14. Approved events .....	104
15. Means of ranking .....	104
15.1. Place points .....	104
15.2. Time points .....	104
16. Rankings .....	105
16.1. Continental and World Championships .....	105
16.1.1. Continental Championships .....	105
16.1. Continental and World Championships rankings .....	105
16.1.1. Country ranking .....	105
16.1.2. Combined Senior Championship ranking .....	105
16.2. Continental Cups rankings .....	105
16.3. World Cup and Youth World Cup rankings .....	106
16.3.1. General principles .....	106
16.3.2. Rankings per athlete and per nation .....	106
16.3.3. Scoring .....	106
16.3.3.1. Scoring for Mixed Relay races .....	106
16.3.4. Tie .....	106
16.3.5. World Cup Overall ranking .....	106
16.3.6. Specialty World Cup ranking .....	106
16.3.7. Youth World Cup .....	106
16.3.8. U23 Ranking .....	106
16.3.9. Nation World Cup Ranking (NWCR and NYWCR) .....	107
16.4. Specific rules for Sprint races .....	107
16.4.1. Specifications - Ranking for the Sprint race; Result management for Sprint race .....	108
16.4.2. Ranking of IRM athletes for a Sprint race .....	108
16.5. Permanent men's and women's World Ranking (WRK) .....	109
16.5.1. Concepts and provisions; General principles .....	109
16.5.2. WRK period .....	109
16.5.3. WRK score .....	109
16.5.4. WRK points .....	109
16.5.5. List of World Rankings produced .....	110
16.6. ISMF Series Ranking .....	111
17. Results and ranking management; World Cup rankings/World and European Championships .....	111
18. Management of permanent world ranking .....	112
18. Rankings claims/protest .....	112
<b>II - RULES FOR YOUTH WORLD CUP .....</b>	<b>114</b>
19. Requirements for hosting an ISMF Youth World Cup .....	115
20. Athletes participation .....	115
21. ISMF staff and services .....	116
22. On site logistical organisation for athletes .....	116
22.1. TCM .....	116
22.2. BIBs .....	116
23. Race specifications .....	116
24. Equipment .....	116
25. Ranking .....	117
26. Ceremonies, prize money and awards .....	117

J - RULES FOR LONG DISTANCE TEAM	123
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# GENERAL RULES

The ISMF rules and guidelines 2023/24 will be rolled out in three phases. Please note that until the final roll-out, the rules are considered as draft as some sections and/or chapters are marked with “work in progress”. ISMF and its bodies take no responsibility or liability until the final roll-out. Please be aware of the ongoing changes.



## 1. GENERAL INFORMATION

The ISMF rules and regulations guidelines for international ski mountaineering competitions (for World and Continental Championships, World and Continental Cups and ISMF Series races) consist of a set of rules and guidelines applicable for the standardised organisation of ski mountaineering the ISMF competitions events. The purpose of the text of the ISMF rules and guidelines is to outline the obligations, behaviour and rights of athletes wishing to take part in international ski mountaineering competitions all persons at any level involved in the events organised by the ISMF.

Commented [VP3]: Moved from Sporting Rules

All official ISMF Rules and Regulations guidelines are published in English. All rules and regulations They may be subject to modification of the language used, in so much as the context and the content of the rule/regulation these documents will remain unaltered but the English language used within said rules and regulations may be subject to improvement in terms of grammar and clarity.

Commented [VP4]: Moved from all other rules documents

In the documents for ISMF rules and guidelines, the masculine gender used in relation to any physical person (for example, names such as official, athlete, referee, coach or pronouns such as he, they or them) shall, unless there is a specific provision to the contrary, be understood as including the feminine gender.

## 2. REFERENCES

This general chapter document refers to the following rules:

- Event Registration Rules
- Organisation Event Guidelines
- Athletes Participation Rules
- Technical Race Guidelines
- Sporting Rules
- Race Equipment Rules
- Ranking Rules
- Rules for Youth World Cup
- Rules for Long Distance Team

Commented [VP5]: Moved from Sporting Rules but with new wording of the names

## 3. ABBREVIATIONS

The following abbreviations are used in the ISMF rules and guidelines.

Commented [VP6]: Abbreviations in grey moved from Sporting Rules and Rules for Long Distance Team

### 3.1. ISMF events

ACH: Asian Championships  
CC: Continental Cup  
CCH: Continental Championships  
ED: Event Director  
EJ: Event Jury  
EUCH: European Championships  
F: Female  
IR: Individual race  
JP: Jury President  
LD: Long Distance  
LDI: Long Distance Individual  
LDT: Long Distance Team  
M: Men / Male  
MR: Mixed Relay race  
M-WCH: Masters World Championships  
NACH: North American Championships  
RJ: Race Jury  
RR: Relay race



S: Senior  
SR: Sprint race  
TD: Technical Delegate  
TR: Team race  
U18: Under 18  
U20: Under 20  
U23: Under 23  
VAR: Video Assistant Refereeing  
VR: Vertical race  
W: Women  
WC: World Cup  
WCH: World Championships  
YWC: Youth World Cup

### 3.2. ISMF meetings

PA: Plenary Assembly  
TCM: Team Captain Meeting

### 3.3. International Federations/Associations/Bodies

CISM: Conseil International du Sport Militaire (International Military Sports Council)  
EU: European Union  
EYOF: European Youth Olympic Festival  
FISU: Fédération Internationale du Sport Universitaire (International University Sports Federation)  
IF: International Federation  
IMGA: International Masters Games Association  
IOC: International Olympic Committee  
ISMF: International Ski Mountaineering Federation  
LGC: La Grande Course  
OG: Olympic Games  
TAS-CAS: Tribunal Arbitral Du Sport - Court of Arbitration for Sport (CH)  
UIAA: Union Internationale des Associations d'Alpinisme (International Climbing and Mountaineering Federation)  
WMWG: World Military Winter Games  
WOG: Winter Olympic Games  
WWMG: Winter World Masters Games  
WWUG: Winter World Universiade Games  
YOG: Youth Olympic Games

### 3.4. National Federations

LOC: Local Organising Committee  
NC: National Cup  
NCH: National Championships  
NF: National Federation

### 3.5. Ranking and results

DNF: Did not finish  
DNS: Did not start  
DQB: Disqualified for special behaviour  
DSQ: Disqualified  
IRM: Invalid Result Mark  
NRL: Nation Result List  
NWCR: Nation World Cup Ranking  
NYWCR: Nation Youth World Cup Ranking



PP: Place Points  
TP: Time Points  
WRK: World Ranking

### 3.6. Anti-Doping

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AD: Anti-Doping  
APMU: Athlete Passport Management Units  
BCO: Blood Collection Officer  
DCO: Doping Control Officer  
ITA: International Testing Agency  
NADO: National Anti-Doping Organisation  
RTP: Registered Testing Pool  
TUE: Therapeutic Use Exemption  
WADA: World Anti-Doping Agency

### 3.7. Equipment

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CE: Conformità Europea (Certificate of European Conformity)  
DVA: Détecteur de Victimes d'Avalanche (Avalanche Victim Detector), also called: Avalanche Transceiver (ATR)  
GPS: Global positioning system  
TÜV: Technischer Überwachungsverein (Technical Inspection Association)

### 3.8. Commercial

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MP: Manufacturers Pool  
TV: Television  
VAT: Value Added Tax  
VIP: Very Important Person

## EVENT REGISTRATION RULES

Work in progress – to be published in 3<sup>rd</sup> roll-out.

The ISMF rules and guidelines 2023/24 will be rolled out in three phases. Please note that until the final roll-out, the rules are considered as draft as some sections and/or chapters are marked with “work in progress”. ISMF and its bodies take no responsibility or liability until the final roll-out. Please be aware of the ongoing changes.

# ORGANISATION EVENT GUIDELINES

Work in progress – to be published in 2<sup>nd</sup> roll-out.

The ISMF rules and guidelines 2023/24 will be rolled out in three phases. Please note that until the final roll-out, the rules are considered as draft as some sections and/or chapters are marked with “work in progress”. ISMF and its bodies take no responsibility or liability until the final roll-out. Please be aware of the ongoing changes.

# ATHLETES PARTICIPATION RULES

The ISMF rules and guidelines 2023/24 will be rolled out in three phases. Please note that until the final roll-out, the rules are considered as draft as some sections and/or chapters are marked with “work in progress”. ISMF and its bodies take no responsibility or liability until the final roll-out. Please be aware of the ongoing changes.

## 4. INTRODUCTION

The ISMF Rules and Regulations for international ski mountaineering competitions (for World and Continental championships, World and Continental cups and ISMF Series races) consist of a set of rules for the standardized organisation of ski mountaineering competitions. The purpose of this text is to set out the registration and participation requirements for ISMF competitions. All official ISMF Rules and Regulations are published in English.

This document is the main reference, together with the documents named "Sporting Rules, Guidelines for Organising ISMF international ski mountaineering competitions, and Ranking Rules", for setting out the rules and regulations applicable to international competitions.

Commented [VP7]: Moved to General Rules

## 4. ENTRY TO COMPETITIONS

### 4. PARTICIPATION

#### 4.1. Categories

The categories for international competitions are:

U16	15-16 years	2007-2008
U18	17-18 years	2005-2006
U20	19-20 years	2003-2004
Senior	19 years and above	2004 or before
U23 ranking (Senior subcategory)	19-20-21-22-23	2004-2003-2002-2001-2000

\*Categories for the WCH and CCH:

When the WCH and/or the CCH are organised involving both youth and senior categories in the same event, during the registration, the U20 athletes have to indicate if they want to participate and be ranked in the U20 or to participate and be ranked in the Senior category/U23 subcategory. It is not possible to participate in the U20 and Senior categories at the same time. The category decided will be the same for all the competitions of the concerned event (WCH or CCH).

Only for master dedicated events.

Pre Master	35 to 39	1988 to 1984
O40	40 to 44	1983 to 1979
O45	45 to 49	1978 to 1974
O50	50 to 54	1973 to 1969
O55	55 to 59	1968 to 1964
O60	60 or more	

U18 and U20 can run in a senior relay.

For the sports season N-1/N, the age taken into account is the age on 31st December of year N.

Please refer to the appendix 1 with the new categories at the end of the rules.

Rules for Team Event competitions:

- Men's team = team composed of two men
- Women's team = team composed of two women
- Composition Senior Team = any athlete 18 years old (during the year of the race) or over. The team is automatically ranked in the senior category, regardless of the age of the two teammates.
- Composition U20 Team = U20 athletes only
- Composition U18 Team = U18 athletes only
- Long Distance Races may be composed of more than two members
- A racer holding a valid ISMF licence who teams up with a racer who does not have an ISMF licence for the current year is not eligible to receive classification points.
- The two members of the team must have the same nationality and belong to the same federation. All other team compositions will be rejected.

Commented [VP8]: Moved below with new wording

#### 4.1. Recommended categories for the National Federations

Name of the category	Age range	Year of birth	Notes
U12	11-12 years	2012-2013	Recommended categories for national federations
U14	13-14 years	2010-2011	
U16	15-16 years	2008-2009	
U18	17-18 years	2006-2007	ISMF official categories applicable for ISMF events
U20	19-20 years	2004-2005	
Senior	19+ years	2005 or before	
U23 Subcategory	19-20-21-22-23 years	2005-2004-2003-2002-2001	
Pre Master	35-39 years	1989-1985	
O40	40-44 years	1984-1980	
O45	45-49 years	1979-1975	
O50	50-54 years	1974-1970	
O55	55-59 years	1969-1965	
O60	60+ years	1964 or before	
Pre Master	35 to 39 years		Recommended categories for national federations
Master O40	40-44 years		
Master O45	45-49 years		
Master O50	50-54 years		
Master O55	55-59 years		
Master O60	60+ years		

Commented [VP9]: Moved from above with updated years

Commented [VP10]: Masters categories moved from above

For the sports season n-1/n, the age taken into account is the age on 31 December of year n.

Commented [VP11]: Moved from above

#### 4.2. Team composition

For team composition the following guidelines have to be respected:

- The Mixed Relay race team is composed of one female and one male athlete.
- The Relay race team is composed of four athletes of the same gender.
- The Youth Relay race team is composed of one female and two male athletes.
- The Team race team is composed of two or three athletes of the same gender.
- The members of the team must have the same nationality and belong to the same NF.
- An athlete holding an ISMF licence who teams up with an athlete who does not have an ISMF licence cannot receive place points.

Commented [VP12]: Moved from above with new wording

#### 4.3. Quotas per country/nation (where applicable)

In the event that if a Continental or World Championships should take place at the same time as together with a World Cup, no quota shall be applied for the registration in the race World Cup ranking. The start list will follow the World Cup ranking. Ranking of World Championships and Continental Championships will be published with the first racers of each country, limited by the quota number, and the start lists will follow the World Cup ranking.

The title of a World or Continental Champion grants a bonus place (except for Relay Race) for the next following World Championship. Ditto for the title of Continental Champion.

If for any reason the competition/race does not take place, or if there is no ranking, this bonus is applied in the next following Championship.

E.g.: a competitor from country X won the individual women's race at the last world championship and a competitor of country Y finished 2<sup>nd</sup>. For the world championship, the country X may register five (four + one) women competitors for this race, whereas country Y (and all other countries) may only register 4 competitors.



#### 4.3.1. World and European Championships quotas

##### Individual races, Sprint and Vertical Races:

- Senior: 4 M and 4 W
- U23: 3 M and 3 W (total of 7 Senior M and 7 Senior W)
- U20: 4 M and 4 W
- U18: 4 M and 4 W

##### Team races:

- Senior: 4 teams M + 4 teams W

##### Relay races:

- Senior: 1 team M + 1 team W
- Youth: 1 team

##### Mixed Relay race:

- Youth Mixed Relay: 2 teams
- Senior Mixed Relay: 23 teams
- Youth: 2 teams

#### 4.3.2. Continental Championships quotas

Continental Championships quotas have to be decided by the respective Continental Council and the ISMF has to be notified no later than six months before the event. If such a communication is not received by the ISMF, World Championships quotas will be applied.

#### 4.3.3. Continental Championships (excluding Europe), World Cup and ISMF Series races quotas

There are no quotas.

#### 4.3.4. World Cup Mixed Relay

When there is a Mixed Relay in the WC or Continental Cup there are no quotas for the qualification phase. For the composition of the final, the quota is 2 teams per nation. (The two best qualified teams of the nation during the qualification phase). The composition of the team cannot change from the qualification phase to the final one.

## 5. ISMF LICENCE AND DOCUMENTS

Competitors/Athletes must hold an ISMF international licence to participate in ISMF races/events.

There are Licence A and Licence B

With the Licence A, the competitors can participate in all the events where Licence A or B are required.

With the Licence B, the competitors can participate in all the events where Licence B is required.

The process to apply for any ISMF licence will be completely online via the ISMF website. There are no paper documents to be completed, signed and sent to the ISMF Office. Completion and various signatures will only be available electronically.

For each ISMF licence level there will be the possibility to upgrade to higher grades, only paying the extra cost from the lower grade. The upgrade process will be managed by the ISMF directly, without any intervention by the respective NF.

To obtain any ISMF licence, athletes should create their own profile online on the ISMF website in time to meet the race registration deadline for the first event of the season in which each athlete wants to participate.

All NFs and athletes agree to accept and abide by all ISMF rules mentioned in the ISMF licences.

### 5.1. ISMF Elite Licence A

The ISMF Elite licence A is only for athletes belonging to the National teams, who want to participate in ISMF World Championships and ISMF World Cups.

To obtain the licence A, to compete in the WCH, ECH and WC, the competitors Following the creation of their own profile, athletes should contact their national federation/NF to obtain an international the validation of the ISMF

licence. Each national federation must send the ISMF licence registration form to ISMF headquarters at least one week before the start of the competition. Both the national federation and the competitor agree to accept and abide by all ISMF rules and regulations (equipment, conduct, anti-doping, etc.).

The ISMF Office will invoice each NF for all ISMF Elite licences applied for during the season at the end of the season itself. The ISMF Elite licence for Seniors and U23s is 100,00 € per athlete, while for U20s and U18s is 60,00 € per athlete.

With the ISMF Elite licence, athletes can participate in all the events since the ISMF Elite licence is a top grade to all other minor ones.

## 5.2. ISMF Youth Licence B

Youth World Cup athletes: application for the ISMF Youth licence B and registration for competitions exclusively through the ISMF National Federation of belonging, after obtaining the relevant national licence is only for athletes belonging to national teams, who want to participate in ISMF Youth World Cups. Following the creation of athletes' profile, each NF must validate the ISMF licence.

The ski mountaineering club of reference of a selected athlete must contact the ISMF NF of the own country/nation to proceed to obtain the ISMF Youth licence B, since only the NF has the power to ultimately validate the ISMF licence. In the event that such ISMF NF does not have a national licence, it must provide the athlete with an official document valid as a pass and then proceed to apply for the ISMF licence B.

Athletes or the respective NFs will have to pay for the ISMF Youth licence by credit card directly during the ISMF licence application process. If the payment is not successful, the ISMF licence will not be validated by the ISMF and therefore will not be active. The ISMF Youth licence is 30,00 per athlete. For the U16 category, the licence B will be free of charge.

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## 5.3. Licence Master

Work in progress – to be published in 2<sup>nd</sup> roll-out.

## 5.4. ISMF Open licence

The ISMF Open licence is only for athletes who want to participate in Open races and National/Continental Series. For the first year, the ISMF Open licence will be free of charge.

NFs may have an overview with a blocking option on the application process for this type of ISMF licence.

## 5.5. Further specifications

Each national federation/NF must ensure that its competitors/athletes enrolled in Continental and World Championships and ISMF World Cup races/ISMF events are:

- holders of a public liability insurance and a repatriation assistance policy covering any accidents involving competitors/athletes that may arise during journeys to and from the competition/event and/or during the competition/race;
- holders, if necessary, of an individual accident insurance;
- physically fit to take part in ski mountaineering competitions/races and holders, and if necessary, of a medical certificate in compliance with the national regulation/rules;
- authorized to take part in competitions/races. A letter from parents or the legal guardian for young competitors/athletes (minors) with respect to the legislation of each country/nation is requested.

For ISMF Series ski mountaineering races, it is up to athletes to ensure that they are personally in regulation with national rules concerning participation e.g., medical certificate, national licence, etc.

It is not essential to hold an international ISMF licence in order to participate ISMF Series races.

## 6. ATHLETE REGISTRATION

### 6.1. General information

#### 6.1.1. Nationality

National federations/NFs can only register athletes of the country/nation they represent (no foreigners). Athletes with dual nationality must choose which nationality they wish to use at the beginning of each season and then maintain it until the end of the concerned season.

#### 6.1.2. Participation of ISMF and LOC staff

Local Organising Committee/LOC staff members and ISMF officials cannot participate in an ISMF event/competition in which they are officially involved.

### 6.2. World/Continental Championships and World/Continental Cups and Youth World Cup | all categories

All athletes must be registered for the World Cups by the respective NFs via the ISMF website (by a specified deadline).

For the Youth World Cups, instead, athletes have the possibility to register directly, but with a final confirmation from the respective NF.

#### 6.2.1. Registration fee

##### 6.2.1.1. World Cup

The athlete registration fee at World Cups can amount to a maximum of 50,00 € per athlete/discipline.

##### 6.2.1.2. Youth World Cup

The athlete registration fee at Youth World Cups has to be fixed between 30,00 € and 40,00 € per athlete/discipline at the discretion of the LOC.

#### 6.2.2. Late athlete registration

Late athlete registration for World Cups and Youth World Cups is not allowed.

#### 6.2.3. Team composition

The composition of the teams for the Mixed Relay race has to be communicated to the ISMF office via email or other means of communication by a specified deadline. Further changes after this deadline will not be accepted.

### 6.3. World and Continental Championships

All athletes must be registered for the World Championships by the respective NFs via the ISMF website (by a specified deadline).

Continental Championships registration process has to be decided by the respective Continental Council and the ISMF has to be notified no later than six months before the event. If such a communication is not received by the ISMF, World Championships process will be applied.

At World/Continental Championships, U20 athletes will be able to choose for each single race the category in which they want to participate.

#### 6.3.1. Registration fees for World Championships

##### 6.3.1.1. Senior athletes

The athlete registration fee at World Championships can amount to a maximum of 50,00 € per athlete/discipline.

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Commented [VP16]: Moved from Event Registration Rules

Commented [VP17]: Moved from above with new simple wording

Commented [VP18]: Moved from Event Registration Rules

#### 6.3.1.2. Youth athletes

The athlete registration fee at World Championships can amount to a maximum of 50,00 € per athlete/discipline, but for Relay races it can amount to a maximum of 30,00 € per athlete.

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#### 6.3.2. Registration fees for Continental Championships

The athlete registration fee at Continental Championships has to be decided by the respective Continental Council and the ISMF has to be notified no later than six months before the event. If such a communication is not received by the ISMF, World Championships' athlete registration fee will be applied.

#### 6.3.3. Late athlete registration

On the day before the concerned race (by a new specified deadline), coaches have the possibility to register additional athletes with a penalty of 100% of the athlete registration fee in addition to the latter (amount to be paid in cash on-site) at a location previously specified by the ISMF.

Further changes after the deadline set for athlete registration modifications will not be considered as the final start list will be generated and bib numbers assigned to the corresponding athletes.

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#### 6.3.4. Substitution and team composition

On the day before the concerned race (by a specified deadline), coaches have the possibility to substitute athletes for free at a location previously specified by the ISMF or via email or other means of communication.

The composition of the teams for the Mixed Relay and Team races has to be communicated to the ISMF office via email or other means of communication by a specified deadline. Further changes after this deadline will not be accepted.

All competitors must be registered by the national federation for World/Continental Championships, and World Cups via the ISMF website ([www.ismf-ski.org](http://www.ismf-ski.org)).

The use of the ISMF website for registration is compulsory for all World Cup events and World/Continental Championships. Registration must be made by the national federation after having created an account on the Intranet of the ISMF.

For the open races, registration could be made by the athletes or the Local Organising Committee via the ISMF website.

National federation can only register athletes of the country they represent (no foreigners). Athletes with dual nationality must choose which nationality they wish to use at the beginning of each season.

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Competitors holding an ISMF licence can only participate in team races with team members of their own nationality during ISMF World Championships or World Cups.

For every event, a national federation registers its quota of competitors/teams/relays at the time set down by the ISMF, stating the names of the competitors, team formation and start order for relays.

For the World/Continental Championships, the national federation makes a global registration before the event. Coaches can then modify their registrations on the eve of the race during a 1-hour period decided by the ISMF and the Local Organising Committee before the championships.

An athlete can be replaced until the day before the race during the period decided by the ISMF and the LOC.

The national federation is responsible for giving the sport number to the substitute(s).

The potential substitute(s) will be compulsorily announced at the moment of the registration in the race.

Local Organising Committee members and ISMF officials cannot participate in a competition in which they are officially involved.

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#### 6.4. ISMF Series

For the ISMF Series races the athletes will register directly via the Local Organising Committee; therefore, a list of all enrolled athletes must be sent to the ISMF in excel format.

#### 6.4. Masters World Championships

Athlete registration for Masters World Championships has to be done directly by the interested athletes via the ISMF website by a specified deadline.

The athlete registration fee for Masters World Championships has to be fixed between 40,00 € and 60,00 € per athlete/discipline at the discretion of the LOC.

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#### 6.5. Series, Continental Cups and other events

Athlete registration for Series, Continental Cups and any possible other event has to be done directly by the interested athletes via the event or LOC website. The LOC should implement the registration system by allowing athlete registration only and exclusively if the athlete has first applied for the necessary ISMF licence.

The athlete registration fees for Series and other events are at the discretion of the LOC.

# TECHNICAL RACE GUIDELINES

The ISMF rules and guidelines 2023/24 will be rolled out in three phases. Please note that until the final roll-out, the rules are considered as draft as some sections and/or chapters are marked with “work in progress”. ISMF and its bodies take no responsibility or liability until the final roll-out. Please be aware of the ongoing changes.

## 7. SPORT AND TECHNICAL ISSUES

### 7.1. Competition officials (roles and responsibilities)

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

Commented [VP24]: Moved to Organisation Event Guidelines

#### 7.1.1. 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.

#### 7.1.2. The LOC President

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

#### 7.1.3. 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).

#### 7.1.4. 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.

#### 7.1.5. 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.



#### 7.1.6. 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.

#### 7.1.7. 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.

#### 7.1.8. 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 antidoping, 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.

#### 7.1.9. 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.

### 7.1. The Event Jury

#### 7.1.1. Composition

Work in progress – to be published in 3<sup>rd</sup> roll-out.

#### 7.1.2. Role of the Event Jury

Work in progress – to be published in 3<sup>rd</sup> roll-out.

#### 7.1.3. Event Jury decisions

Work in progress – to be published in 3<sup>rd</sup> roll-out.

### 7.2. The Technical Race Jury

#### 7.2.1. Composition

Work in progress – to be published in 3<sup>rd</sup> roll-out.

#### 7.2.2. Role of the Technical Race Jury

Work in progress – to be published in 3<sup>rd</sup> roll-out.

#### 7.2.3. Technical Race Jury decisions

Work in progress – to be published in 3<sup>rd</sup> roll-out.

#### 7.2.4. Jury Consulting Group

Work in progress – to be published in 3<sup>rd</sup> roll-out.

### 7.3. The Start and Finish areas

#### 7.3.1. The Start and Finish areas (see Appendixes below)

The start and finish areas is one of the main points of attention. It contains technical installations necessary for the proper organisation and execution conduct of the race. The start and finish areas are of fundamental importance for the management aspects and advertising rights of the ISMF and the 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 fenced by nets or metal barriers, delineated by barriers and / or nets.

Start and finish areas must comply with the following:

- Accreditation compulsory for access (for the athletes BIB is acceptable);
- Nets/Fences to separate it from other areas (at least 15m long);
- Toilets;
- Medical assistance area;
- Spectators zone and visitors outside of the start and finish areas;
- 8 athletes at the starting line;
- Not have and arch or narrow place the first 300m after the start.

The start area consists of:

- An area for controlling DVA (minimum one entrance/line);
- An area for controlling chips;
- A race BIB control area;
- Start list controllers (they take note of all numbers – minimum one entrance/line);
- People in charge of collecting competitor/athlete's personal effects at the start and handing them back at the finish;
- A start line and two finish lines marked on the ground;
- A warm-up area on the snow and big enough to allow the athletes go up and down;
- For Sprint and Relay races with a minimum exact length of the Sprint race;
- For Individual, Vertical and Team races is recommended a positive ascent of 300m;
- NF zone: a place for the tents of the NFs (coaches, staff members who prepare the athletes' race equipment, etc.) closed by nets.

The finish area consists of:

- Two finish lines marked on the ground;
- System for timing, photo finish and video check;
- An area for controlling DVA (at the exit);
- An area for taking off chips;
- Equipment control area (for DVA and other compulsory safety equipment). This area for inspecting equipment, must be situated 15 to 30 meters after the finish line. This area is closed off, athletes should have access to a recovery zone immediately after equipment control;
- Mixed Zone as restricted area with direct view to finish line and ceremonies area and with the possibility for interviews;
- A notice/bulletin 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 and 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);
- TV Production Team responsible;

Commented [VP25]: Already present in Organisation Event Guidelines = redundancy

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.

**Commented [VP26]:** Already explained in **Organisation Event Guidelines** = redundancy

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.

**Commented [VP27]:** Already present in **Organisation Event Guidelines** = redundancy

The typical start and finish areas for every race are presented in **Appendixes below 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**.

#### 7.3.2. 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.

**Commented [VP28]:** Moved to **Organisation Event Guidelines**

#### 7.3.3. 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.

**Commented [VP29]:** Moved to **Organisation Event Guidelines** with new wording

#### 7.3.4. 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.).

**Commented [VP30]:** Moved to **Organisation Event Guidelines**

#### 7.3.5. 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 sponsors, in front of which interviews may be conducted.

**Commented [VP31]:** Moved to **Organisation Event Guidelines**

### 7.4. Race Organisation

#### 7.4.1. Race registration

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

**Commented [VP32]:** Already present in **Athletes Participation Rules** = redundancy

\* for the Relay/Mixed Relay race, the registration price must not exceed 30 € / person for Youth athletes and 50 € / person for Senior athletes

\* 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.

#### 7.4.2. 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:

**Commented [VP33]:** Moved to **Organisation Event Guidelines**

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

- 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.
- 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.

#### MIXED RELAY

- 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
- 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

#### 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.

#### 7.4.3. 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.

Commented [VP34]: Moved to Organisation Event Guidelines

#### 7.4.4. 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.

Commented [VP35]: Moved to Organisation Event Guidelines

#### 7.4.5. 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.

Commented [VP36]: Moved to Organisation Event Guidelines

A template of the Team Captain Meeting is provided by the ISMF to every LOC.

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

- Location: Large room with chairs, a table of 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:
  - Roll call of the national Coaches present;
  - Present at the Team Captain Meeting table with names plates of the participants:
    - o President of the LOC
    - o ISMF Official Delegate
    - o ISMF Event Director
    - o ISMF President of Technical the Jury
    - o LOC Race Director / track director
    - o ISMF Technical Delegate
    - o Speaker
  - Present at the Team Captain Meeting:
    - o Coaches
    - o Media partner
    - o 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:
  - the start (competitor's Team Captain Meeting, inspection of avalanche transceivers and safety equipment, warm-up area and procedures, start of the race, etc.);
  - procedure to follow for competitors who do not finish the race;
  - information on medical assistance procedures;
  - cut-off times (if any) and race stoppages;
  - short notice cancellation procedures;
  - finish (equipment inspection);
  - claims 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 the 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.

#### 7.4.6. 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.

#### 7.4.1. Race curtailment/Track change

Changes of the track curtailment **is** are the responsibility of the LOC Track Director and the LOC Race Director. The ISMF Event Director and the ISMF Technical Delegate must be promptly informed immediately about such changes. Any changes to the tracks must be announced at least 45 minutes before the start to the NF.

#### 7.4.2. Event/Race stoppage/delay or cancellation

Races may be cancelled or delayed or cancelled due to extreme weather conditions, safety concerns or unforeseen technical problems. The decision to cancel or delay or cancel a race is taken by 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.

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The possibility to reschedule a race at a later date is entirely at the discretion of the ISMF. An 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.

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Prior to athletes arriving at the start area, it may be necessary to reschedule delay the start time due to above mentioned reasons. The new start time must be provided to all national teams with adequate time in advance to the new start time 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 coordination discussion with the LOC 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, nutrition 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 frame, then the Event Jury ISMF will officially annul cancel the event race.

#### 7.4.3. Event or race reschedule

The possibility to reschedule an event or a race at a later date is entirely at the discretion of the ISMF. An race will be considered for rescheduling only if it meets certain conditions, the Local Organising Committee LOC is in full agreement, the new date will not cause problems with the ISMF international calendar and is not at one of the dates agreed at the ISMF Plenary Assembly for hosting national events and is considered appropriate by the ISMF media partners. Even when these conditions are met, rescheduling is not guaranteed. In the event of an adjournment due to bad weather conditions this case, the national federations NFS, in consultation with the ISMF, should do everything within their power to ensure participation on the day scheduled for the adjournment rescheduling, if this was an inherent part of the event programme (as agreed in advance with the ISMF).

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### 7.5. Results

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

- 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 athlete or when 10 racers athletes have crossed the finish line and passed the control equipment. This is so any claims protests can be made. After this moment, new provisional results with the rest of the athletes will be posted approximately every 20min.

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 final raking competition results immediately once approved by the ISMF Jury President by e-mail to the IT-ISMF ranking manager and ISMF secretary office.

### 7.6. Official ceremonies

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#### 7.6.1. 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 10<sup>th</sup> 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	J18 Women
	J18 Men
	J20 Women
	J20 Men
Senior Men	J23 Women
	J23 Men
	Senior Women

	Senior Men
--	------------

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

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:

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Option 1:

Day1	Day 2	Day 3	Day 4	Day 5
<b>Teams arrival</b>	<b>Welcome</b>	<b>Race 1</b>	<b>REST DAY</b>	<b>Race 2</b>
		09:00/12:00 Race and Flower Ceremony		09:00/12:00 Race and Flower Ceremony
16:00/19:00 Information of the teams and map/ski pass distribution (Race Office)	16:00/17:30 Registration and bibs/gift distribution (Race Office)	17:30/18:30 Registration and bibs distribution of Race 2 (Race Office)		13:00/14:00 End of the event and Award Ceremony of Race 2
17:00/18:00 Meeting between ISMF and LOC for the final control of the check-list	17:30 Authorities speeches and Top 5 (Race 1) presentations	18:30 Award Ceremony of Race 1	18:45 Team Captain Meeting Race 2	
	18:30 Team Captain Meeting Race 1			

Option 2:

Day1	Day 2	Day 3	Day 4
<b>Teams arrival</b>	<b>Welcome</b>	<b>Race 1</b>	<b>Race 2</b>
		09:00/12:00 Race 1 and Flower Ceremony	09:00/12:00 Race 2 and Flower Ceremony
16:00/19:00 Information of the teams and map/ski pass distribution (Race Office)	16:00/17:30 Registration and bibs/gift distribution (Race Office)	17:30/18:30 Registration and bibs distribution of Race 2 (Race Office)	13:00/14:00 End of the event and Award Ceremony of Race 2
17:00/18:00 Meeting between ISMF and LOC for the final control of the check-list	17:30 Authorities speeches and Top 5 (Race 1) presentations	18:30 Award Ceremony of Race 1	
	18:30 Team Captain Meeting Race 1	18:45 Team Captain Meeting Race 2	

## 8. RACES SPECIFICATIONS

### 8.1. General features of ISMF races

	DESCRIPTION	CATEGORIES	POSITIVE ASCENT	DURATION	TEAM COMPOSITION
SPRINT	A varied, short course track 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/athletes from quarter-finals heats to final. Course/Track inspection time: 15min	SM/SW	70m maximum	Between 2min30s - 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. In the longest ascent, if possible, it is recommended to include a part on foot (except for the first uphill).	SM	1300 to 1600 m	1h 15min to 1h 30min	
		U23M			
		SW	1150 to 1400m		
		U23W			
		U20M	900 to 1200 m		
		U20 W			
		U18M***	800 to 1000 m		
		U18W***			
TEAM*	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	2100m to 2600m	3 h max for 1 <sup>st</sup> team	2 competitors/athletes**
		SW	1800m to 2300m		2 competitors/athletes**
RELAY*	4 loops with 2 distinct ascents and descents each raced by each team member of the relay team once, with a part on foot in the 2 <sup>nd</sup> ascent. The first uphill should be at least 60m. Each relay leg must include 2 distinct ascents and descents. There is no qualification phase. A part of the second ascent requires a portion to be climbed on foot with skis	SM	150 to 180 m	Max 15 min/leg	4 competitors/athletes****
		SW	120 to 150m	Maximum 1h	3 competitors/athletes****
		YOUTH		7-10min	3 competitors/athletes****
					1 U18M



	<p>strapped on the backpack. Each relay leg is run by a member of the relay team. Each competitor athlete can participate in only ONE relay. (That is to say that if a U20 competitor athlete participates in a senior relay, he / she cannot participate in the youth relay - ditto for senior women). 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.</p> <p>Course/Track inspection time: 20min</p>				<p>1 U18W or U20W 1 U18M or U20W or U18W or U20M Start: U18W or U20W starting necessarily in 1<sup>st</sup> lap</p>
YOUTH MIXED RELAY	<p>Qualification phase followed by a final A and a final B (optional decided by the Event Jury). The Mixed Relay race covers 4 loops, each with 2 ascents and 2 descents. Each athlete has to cover the loop twice alternately with the teammate. 2 distinct ascents and descents raced by each member of the relay team. The loop contains with a part on foot in the 2<sup>nd</sup> ascent and the first uphill should be at least 60m.</p> <p>The order of the final can be either W-M-W-M or M-W-M-W. The Event Jury will decide the best option (according to the track) to be communicated during the TCM of the previous day.</p> <p>In the case a team retires from the start that place cannot be taken by another team.</p> <p>Each relay leg must include 2 distinct ascents and descents.</p> <p>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.</p> <p>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 quota per national federation for the final B is 2 teams.</p> <p>There is no quota for the qualification. The composition of the team cannot</p>	<p>Senior U18 U20 U18</p>	120 to 150m	7-10 min	<p>2 competitors athletes 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.</p>

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	change from the qualification phase to the final one.  CourseTrack inspection time: 20min				
SENIOR MIXED RELAY		Senior Men & Women	120 to 150m	7-10 min	2 competitors ISM-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.</p> <p>** Can be 3 competitorsathletes on Continental cups, World cups, and ISMF series.</p> <p>*** U18 categories cannot participate or be ranked on World Cup races.</p> <p>**** The teams will be composed of athletes belonging to the same nation.</p>					

#### 8.1.1. Special features for Sprint races

SPRINT RACE DESCRIPTION (SEE APPENDIXES12)	
<b>1<sup>st</sup> PART: ON SKIS</b>	
<p>Approximately 30 to 4050m of elevation.</p> <ul style="list-style-type: none"> <li>After the start, approximately 200 m of moderate slope.</li> <li>The slope then becomes steeper but has to be easily skiable (not too steep).</li> <li>This part should be wide enough to allow athletes to overtake easily.</li> <li>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.</li> <li>If the slope is steep enough, the circuit should be a figure of '8' designed with diamonds and athletes can choose the most advantageous routetrack.</li> </ul>	
<b>2<sup>nd</sup> PART: ON FOOT</b>	
<ul style="list-style-type: none"> <li>Approximately 15 to 20m10 to 15m of elevation.</li> <li>This part must have at least three (3) parallel tracks. Must be possible change from one track to the others.</li> <li>The ascent is made with skis attached to the backpack.</li> </ul>	
<b>3<sup>rd</sup> PART: ON SKIS</b>	
<ul style="list-style-type: none"> <li>After foot part approximately 10 m maximum of elevation.</li> </ul>	
<b>4<sup>th</sup> PART: THE DESCENT</b>	
<ul style="list-style-type: none"> <li>The slope should be wide, with an even packed surface.</li> <li>The descent must be fitted out with turns. The use of blue and red flags (as used for snowboard slalomgates), or other safe and visible elements, is permitted.</li> <li>The athlete must pass through each gate.</li> </ul>	
<b>5<sup>th</sup> PART: THE FINISH</b>	
<ul style="list-style-type: none"> <li>The circuit must finish on a flat area or with a slight ascent, so that competitorsathletes must use the skating technique until the finish line. Depending on the terrain, upon decision of the ISMF Technical Delegate, the last part of the finish area can be done with skins on.</li> <li>The last 20 m of the coursetrack will be set up with a minimum of three wide lanes with a width approximately 3 m each.</li> </ul>	

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 track** 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 TRACK

- A preferably heated tent/room (with seats) must be set up close to the start area. Pre-start room.
- The **course track** 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 athletes** and coaches, a path must be set up to facilitate access from the finish area to the start

#### TRANSITION AREAS

- The Transition areas will be wide and fitted out in order to permit all 6 **competitors athletes** to make transition with ease.

## 8.2. Race Organisation

### 8.2.1. The Start set up

#### 8.2.1.1. Start Area, Race Schedules and Start Times

The **ISMF events 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 race**. 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 athletes** 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 Bulletin** board for displaying provisional results (including penalties) as and when **competitors athletes** come in.

Any changes to **routes tracks** must be announced **30/45** minutes before the start. If the start is delayed, announcements must be made every fifteen minutes.

A typical start area is presented in **Appendixes** 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 President** is responsible to manage all the start procedure, including the position of the athletes on the start line and the final countdown.

#### 8.2.1.2. Starting procedure for Individual, Team or Vertical races start set up

- The starter positions himself/herself in the starting area in a manner in which all **competitorsathletes** 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 **routestracks** must be planned so one category cannot be overtaken by the other category.
- Race starts and **routestracks** must be planned so that open **racersathletes** 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.

**CoursesTracks** 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 **racersathletes**.

#### 8.2.1.3. Starting procedure for Relay races start set up

- 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 **competitorsathletes**;
- Start order: **competitorsathletes** 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;
- **CompetitorsAthletes** 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)

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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 quota 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.

#### 8.2.1.4. Mixed Relay race Setup

##### A - Design of the routetrack

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 ISMF Technical Delegate. One run shall be completed within 7-10 minutes for the best racerathlete (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 racersathletes have access, ideally some seats and tents shall be arranged.

##### E - CourseTrack Inspection

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

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#### 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**Equipment control

**Equipment control** for the qualification run is done randomly. **Material check**Equipment control 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.

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#### I - Timekeeping

Electronic chip timing is compulsory. The intermediate time of each loop is published (1<sup>st</sup> 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.

#### 8.2.1.5. **Starting procedure for Sprint races** start set up

- Lanes are marked for the first 10 m of the **course**track which will be at least 1,2m wide. **Competitors**Athletes 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**race (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**Athletes 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**athletes. **Competitors**Athletes 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**athlete who commits the false start.
- During the heats sessions, a member of the **Technical**Race Jury may check the start video.
- Heats will start consecutively approximately every 5 minutes. Following instructions from the time keeping **company**. and EBU.??
- Every category **B**etween 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/nation of the racer/athlete.
- For the sprint, the Event Jury, in order to make the competition/race 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/race 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:

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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

#### 5.2.2 Other important features for the track set up

For a clear picture of how to set up a kick turn please refer to the document called "ISMF instructions for a race track", section "Official texts", "Sport Rules".

If the **route/track** crosses or follows a marked ski trail, then the portion used by **competitors/athletes** must be separated from that used by others, by means of nets (or any other means making it impossible to cross the **course/track** 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/race**.

- Important to avoid crosses in the track inside the same category and between different categories **running/competing** at the same time
- Junctions for different categories must be located where **competitors/athletes** arrive at low speed;
- Separations for different categories must be located at checkpoints or waypoints after transition area or in uphill where **competitors/athletes** 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 **ISMF** Technical **3** 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/athletes** reduce their speed;
- **Local Organising Committee/LOC** is responsible for adapting the speed of the **competitors/athletes** 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/athletes**, by using appropriate means (**course/track** drawn in big curves), when:

- a dangerous speed may be reached;
- exceedingly steep slope;
- mass start in descent **is not allowed**.

The **route/track** is marked with flags of at least 150 cm<sup>2</sup> (300 cm<sup>2</sup> 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

#### 8.2.3. Transition area and check point

- The transition areas are all the designated locations where the racers/athletes must change from one mode of travel to another.
- A transition area is a closed area (with nets, ropes, flags), reserved for the competitors/athletes and the qualified course/track staffs.
- 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 (2m minimum for Individual/Team races and 3m minimum for Sprint/Relay races) 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/rules are followed and immediately report any offenses committed by competitors/athletes to race headquarters.
- Under instruction from race headquarters, the transition area chief must have enough authority to give instructions to competitors/athletes (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/athletes reduce speed upon arrival and should be big enough to avoid problems according to 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/athlete racing order – times between racers/athletes – etc.
- Racers/Athletes must pass through all transition areas or check points on the race.

#### 8.2.4. Check Point (CP)

A check point is an area where the racers/athletes bibs are noted. Check points may be located at transition areas. Controllers take note when competitors/athletes pass through their check point and record their arrival order + times + ranking if the race is neutralized or stopped.

#### 8.2.5. Refreshment Point/Area and Technical Point Setup

For Individual and Team Events/races, the LOC must set up a refreshment point/area (recommended fresh/warm water/tea, cereal bars, cakes) at the most appropriate location on the track. It must be approved by the ISMF 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/area 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 racersathletes is recommended.

For Individual and Team eventsraces, 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 pointarea will always be a technical point.

See Appendix 14.

#### 8.2.6. Relay handover area set up

The race director appoints a person in charge of the relay handover area, and the TechnicalRace 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 ISMF Technical Delegate.

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

#### 8.2.7. The Finish set up

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 racersathletes 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 racersathletes 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 competitorathlete according to the instructions issued by the President of the Technical ISMF Jury President.
- A podium for the first three competitorsathletes/teams.
- A noticebulletin 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 racerathlete to the medical control area (the person must be of the same sex as the racerathlete)
- Toilets.
- A referee from the TechnicalRace Jury in charge of finish procedures.
- Compulsory equipment controllers, with control sheets (see Appendixes below).
- People in charge of handing back the competitorathlete'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~~ Director or ISMF Marketing Coordinator.

In case of a doping test, a person of the LOC shall escort the ~~racer~~ athlete to the medical control area following the provisions reported in the Organisation Event Guidelines (the person must be of the same sex as the racer).

The finish area must have people in charge of handing back the ~~competitor~~ athlete'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 Appendixes below of the guidelines for organising ISMF events. 3 options

#### 8.2.7.1. 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).

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#### 8.2.7.2. 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.

#### 8.2.8. 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

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

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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 (1<sup>st</sup> 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.

#### 8.2.8. Course route tracks and markings

The rules which govern the coursetrack design and marking are as follows:

##### 8.2.8.1. Extreme weather or altitude

##### 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 coursetrack (normally track B or C) according the following recommendations:

- the race is held on a more sheltered coursetrack (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 pre-start captain meeting TCM).

According to Wind Chill Temperature Chart Annexe 16 in the appendixes.

If the Wind Chill temperature is in the minus 10°C to minus 25°C-20°C range (the moderate risk, orange in the chart) recommendations regarding cold weather protection should be made available to the participantsathletes. Under such conditions it is responsibility of the participantsathletes to seek the information and to follow the recommendations given by the organiser:

- a fourth COMPULSORYcompulsory 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 competitionrace 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 competitionrace can be delayed (if it is reasonably expected that the temperature will rise during the course of the day)
- The competitionrace 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.

### 3.2.8.2. Rules for racing in altitude

#### 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:

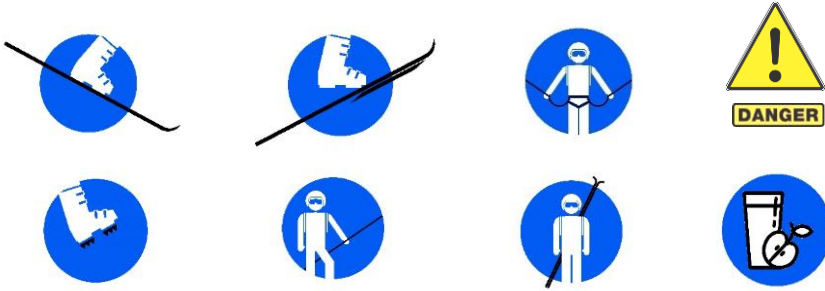
- Racers/Athletes should not spend more than 4 hours above 3500m
- No more than 2 hours above 4000m
- No racing higher than 4500m

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.

### 3.2.8.3. Further details

- 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/athletes and mark areas with little snow which might present a risk for competitor/athlete 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/athletes together during the race. Any platform reached by the racer/athlete within the first 30min of the race must host comfortably 30 racers/athletes at the same time. They can be organised in three platforms of 10 racers/athletes;
- 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/athletes and controllers only. Minimum of two controllers/check point;
- Transition areas are announced at the race Team Captain Meeting/TCM and are indicated on the course/track 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/TCM indications;



### 8.3. Equipment

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#### 8.3.1. Equipment inspection

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

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#### – 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.

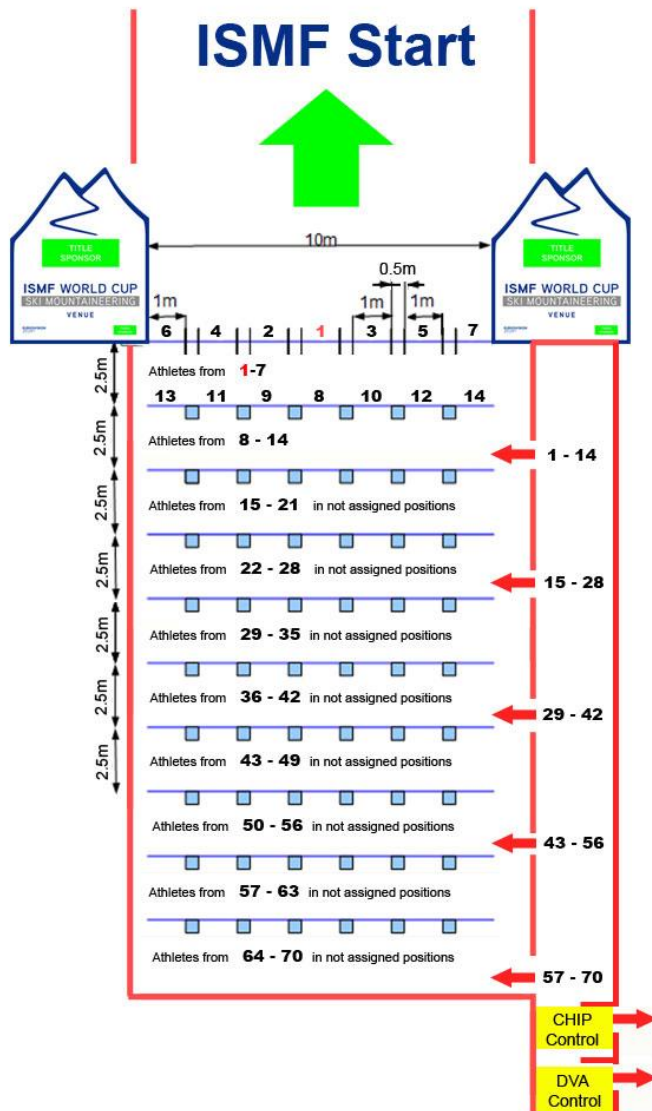
#### – At the finish:

- 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.

## APPENDIXES

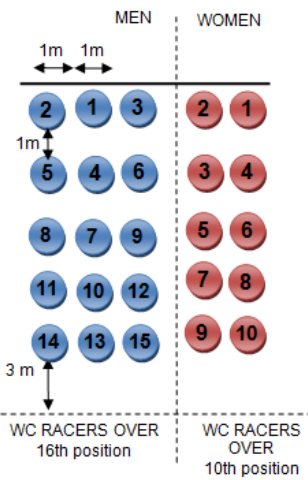
## APPENDIX 1A: TECHNICAL SPECIFICATIONS START AREA

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.

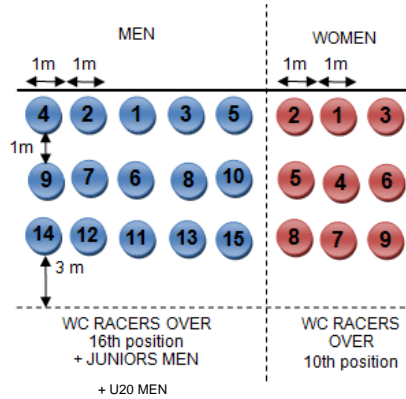


**A. MEN AND WOMEN MASS START** only allowed if approved by the ISMF appointed Technical Director

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

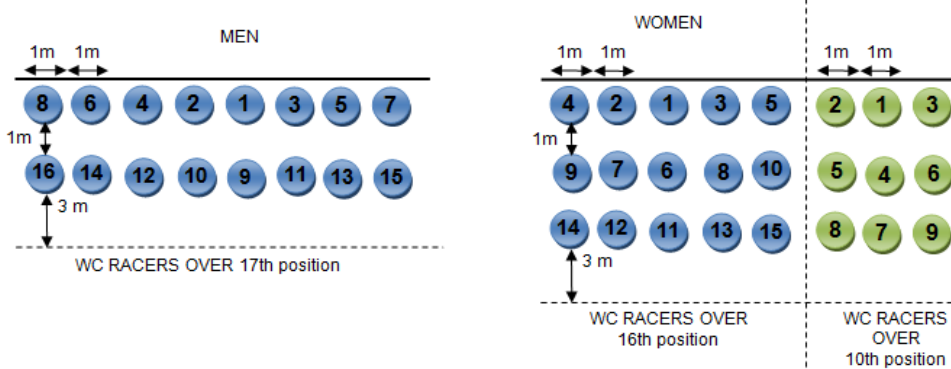


CONFIGURATION "5-3" if enough space  
(5 men, 3 women/line), need 8 meters width



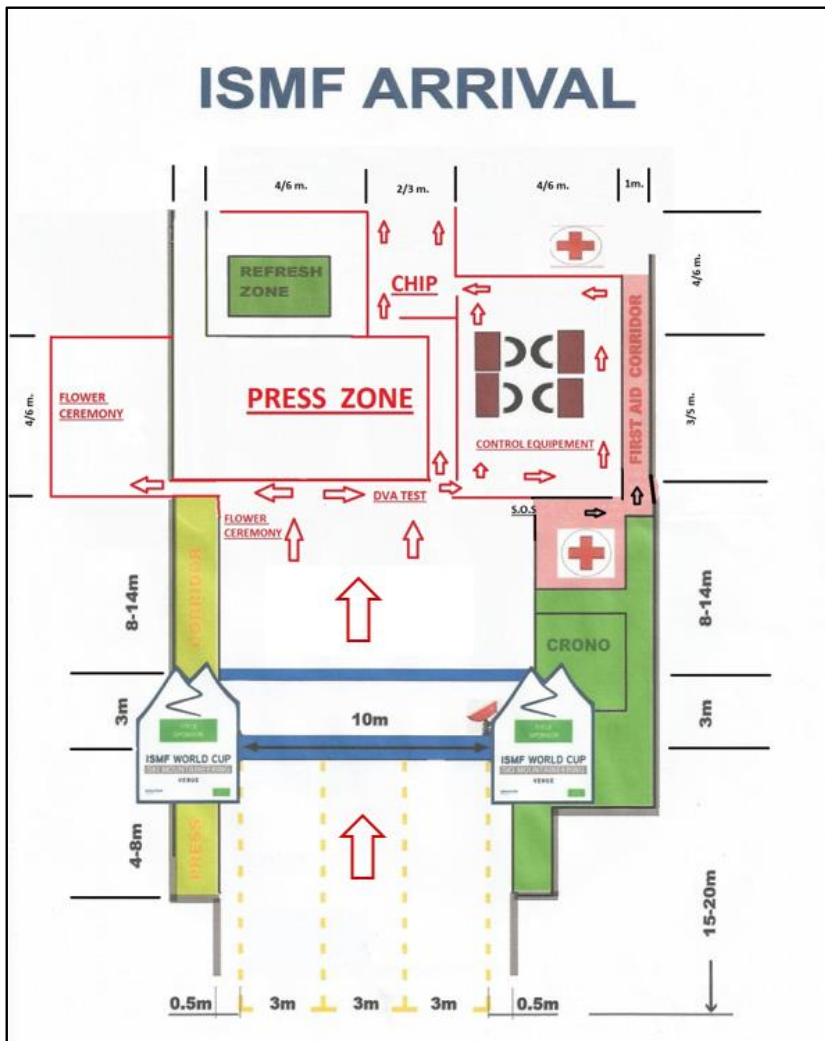
The separation between men and women (or women and juniors, see below) should be made with flags and paint (no nets, no poles) on a distance of 50m minimum. The racers cannot cross this line.

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



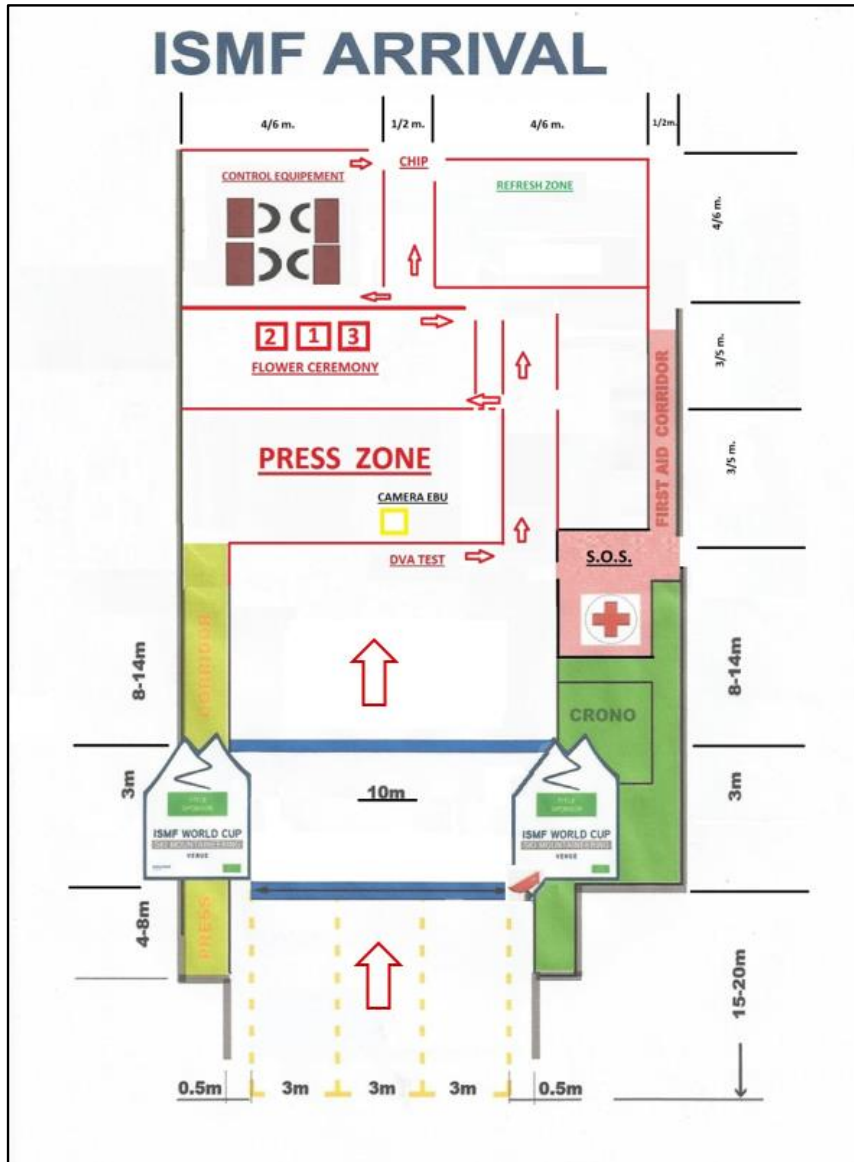
## APPENDIX 2: TECHNICAL SPECIFICATIONS FINISH AREA

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. Athletes will have to arrive by skating.



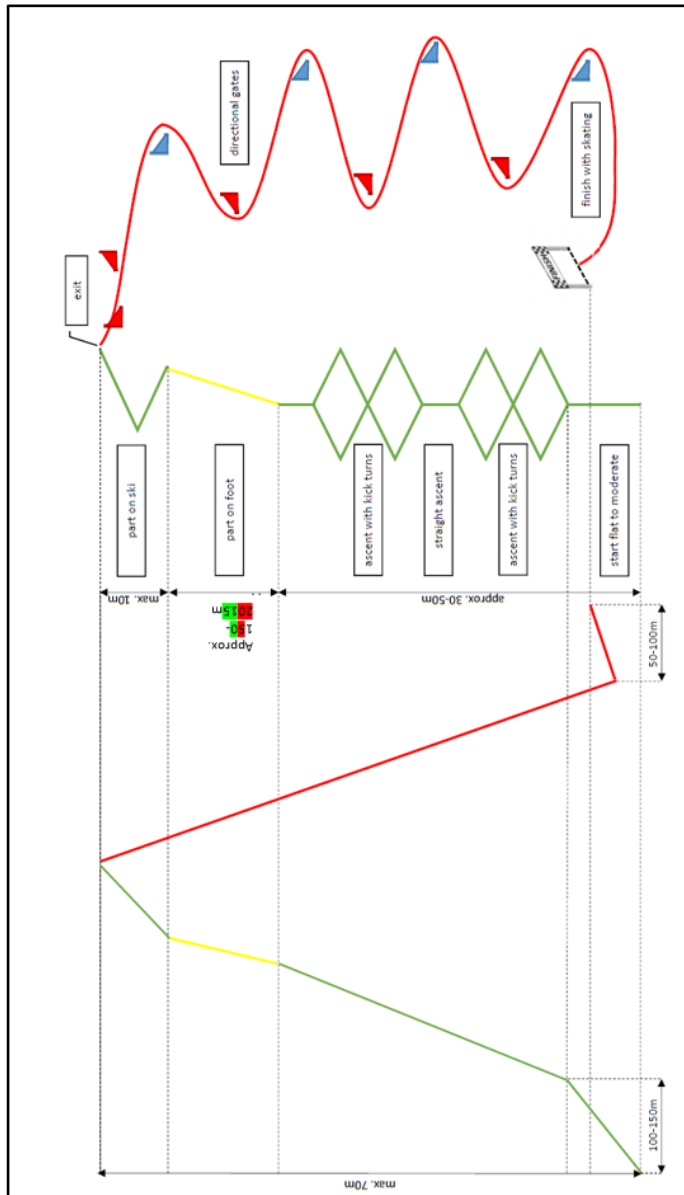






## APPENDIX 3: ALTIMETRIC PROFILE AND DESIGN OF THE SPRINT

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



## APPENDIX 4: SPRINT RACE QUALIFICATION BOARD

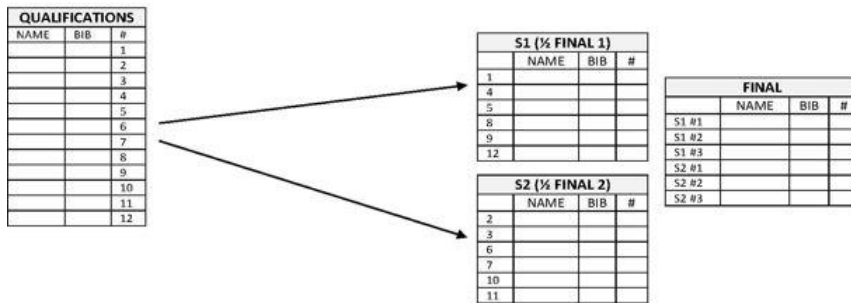
A. If less than 12 athletes (for all categories):

QUALIFICATIONS		
NAME	BIB	#
		1
		2
		3
		4
		5
		6

FINAL			
	NAME	BIB	#
1			
2			
3			
4			
5			
6			

Ranking:

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



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

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

Ranking:

- From 1<sup>st</sup> -6<sup>th</sup> place follow the position from the final.
- 7<sup>th</sup> - 12<sup>th</sup> 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: 7<sup>th</sup> position = the best time between the two athletes who arrived fourth in each semi-final.
- From 13<sup>th</sup> 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			

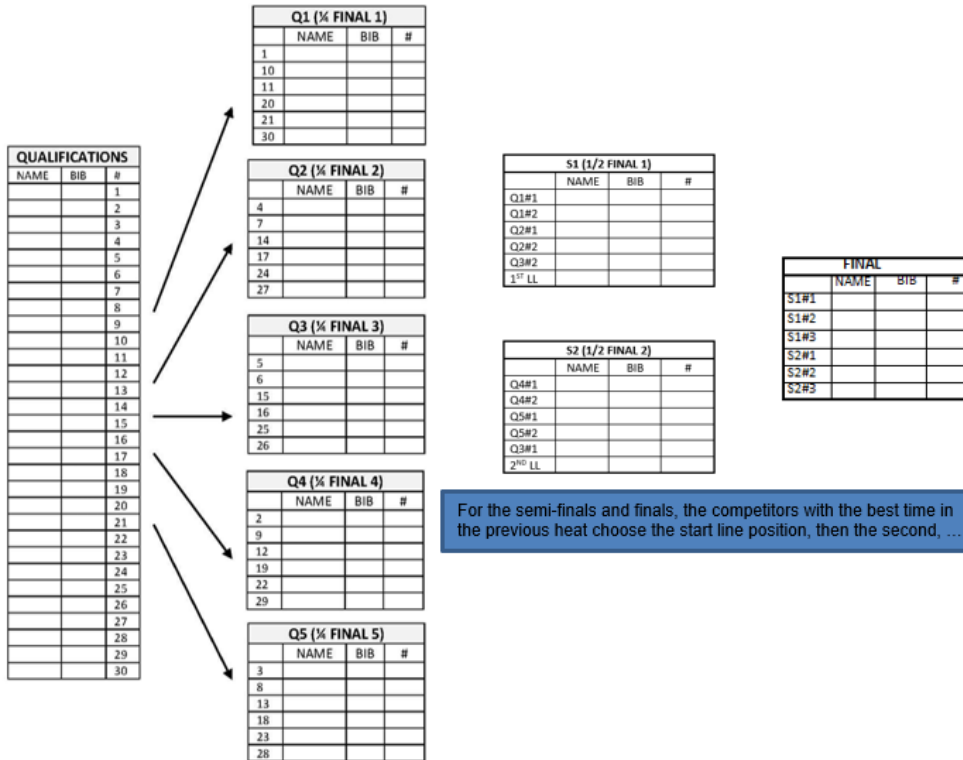
FINAL			
	NAME	BIB	#
S1#1			
S1#2			
S1#3			
S2#1			
S2#2			
S2#3			

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

#### Ranking:

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

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



#### Ranking:

-From 1<sup>st</sup> -6<sup>th</sup> place follow the position from the final.

-7<sup>th</sup> – 12<sup>th</sup> 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: 7<sup>th</sup> position = the best time between the two athletes who arrived fourth in each semi-final.

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

- the order of arrival of each quarter-final heat

- the best time of quarter-finals heats with the equal position reached.

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

-31<sup>st</sup> and more: Ranked by qualification time.

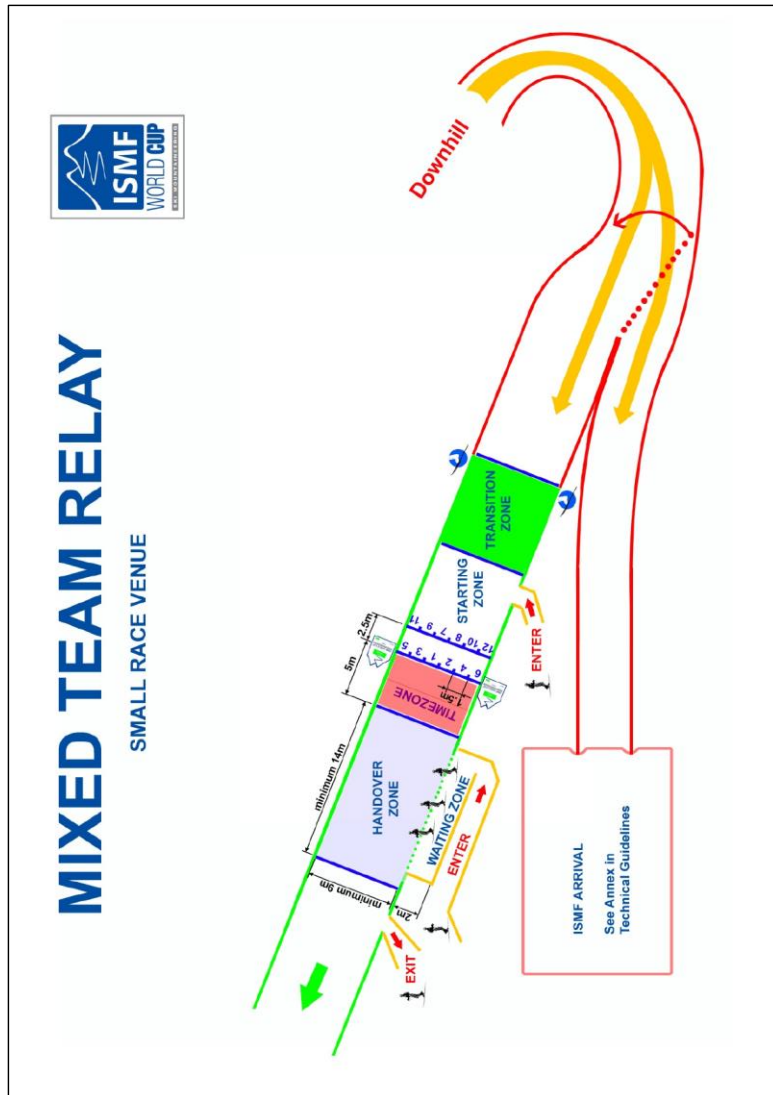
If there is no timekeeping for quarter-finals heats, semi-finals, finals, the ranking times will be taken from the qualification.

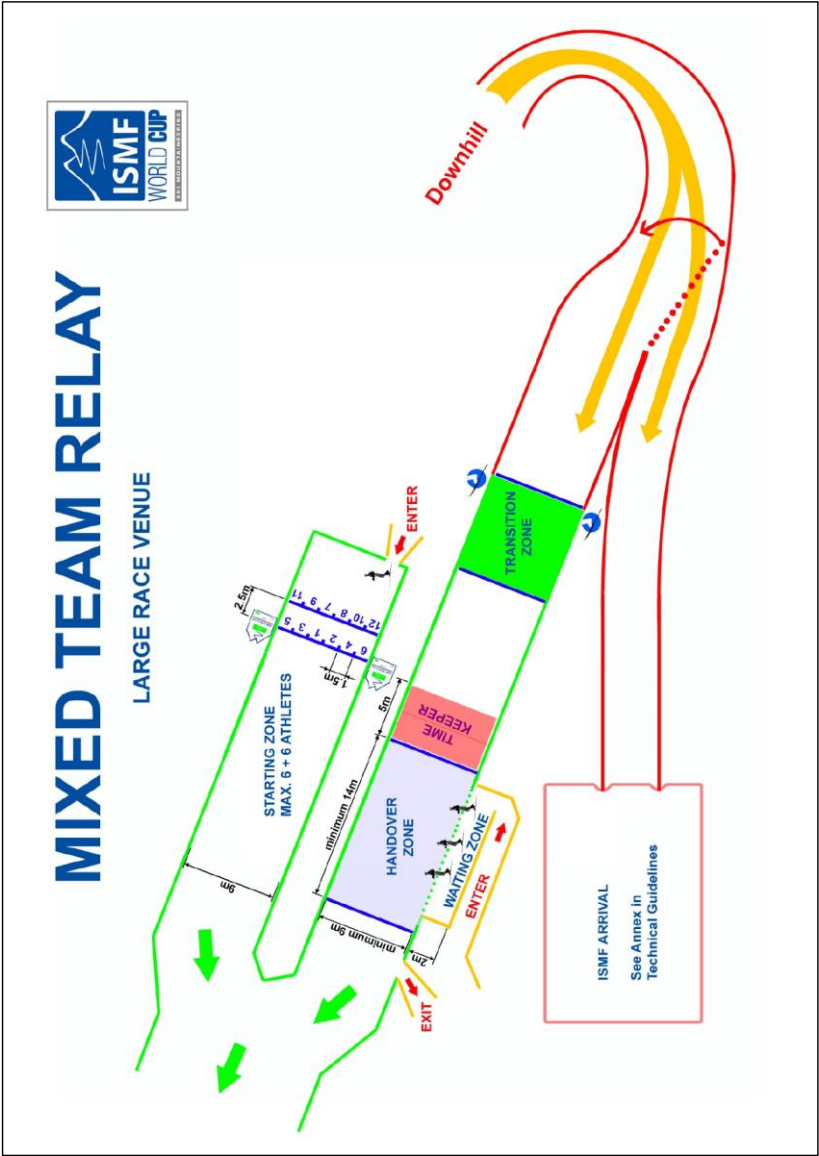
## APPENDIX : EXAMPLE OF SPRINT RACE SCHEDULE (TO BE ADAPTED WITH THE NUMBER OF ATHLETES)

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

## APPENDIX 6: RELAY HANDOVER AREA

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



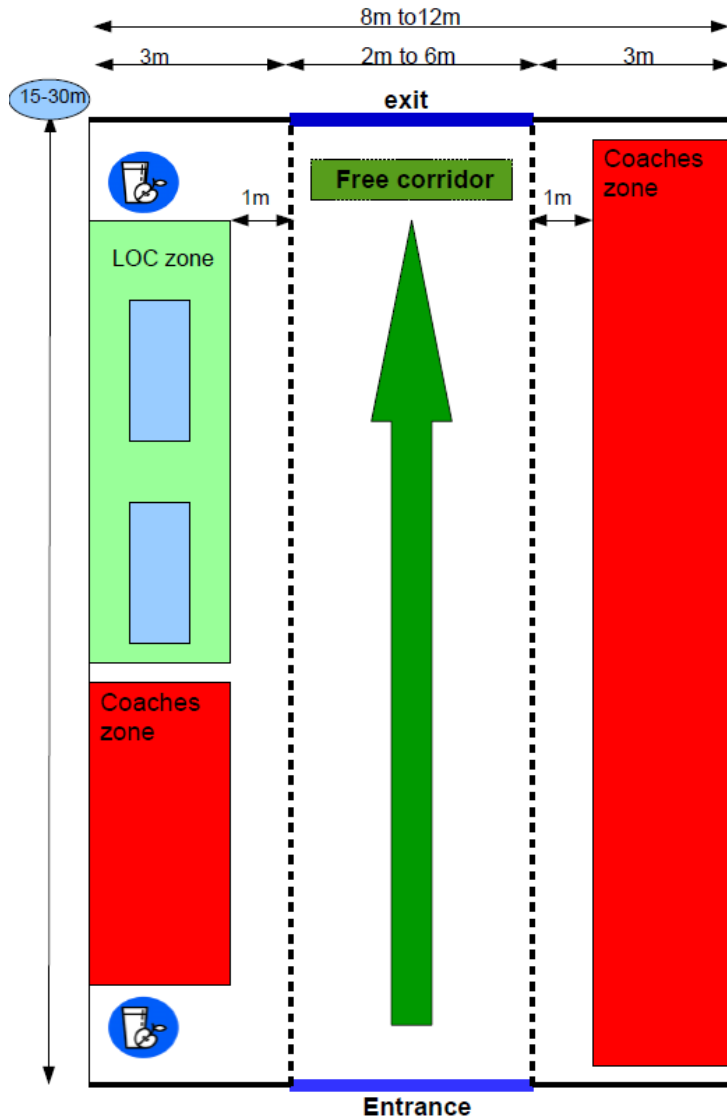






## APPENDIX 7: TECHNICAL SPECIFICATIONS REFRESHMENT POINT AREA

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



## APPENDIX 3: CONTROL SHEET

Name/number of checkpoint or waypoint: \_\_\_\_\_

RouteTrack: \_\_\_\_\_

Point chief: \_\_\_\_\_

Referees: \_\_\_\_\_

Rank	Hours	Minutes	Competitor	Athlete	Rank	Hours	Minutes	Competitor	Athlete
			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				

## APPENDIX 9: FINISH CONTROL SHEET

FOR EQUIPMENT DESCRIPTION: REFER TO ISMF SPORTING RULES & REGULATIONS SECTION 3.1 RACE EQUIPMENT RULES.	
Numbers	
COMPULSORY EQUIPMENT	
DVA test	
Passport or ID card (or copy) in the backpack	
Skis	
Bindings	
Boots	
Ski poles	
Skins (one pair min.)	
Helmet	
Gloves	
Backpack	
3 layers up	
2 layers down	
Snow shovel	
Snow probe	
Survival blanket	
Eyewear	
Whistle	
SUPPLEMENTARY EQUIPMENT	
4 <sup>th</sup> layer	
Ski cap or head band	
2 <sup>nd</sup> pair of gloves	
Head lamp	
2 <sup>nd</sup> pair of eyewear	
Crampons	
Dynamic rope (one/team)	
Harness	
Via Ferrata kit	
2 connectors	
Mask (2 pieces) - Pandemic equipment	
REMARKS	

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	-8	-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	-49	-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	-42	-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 -55 Extreme			-60 Plus very Extreme				

		AIR TEMPERATURE (°C)																
		0	-1	-2	-3	-4	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50	-55	-60
WIND SPEED (KM/H)	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	-49	-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	-47	-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	-35	-42	-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

## APPENDIX K: OVERALL WORLD CUP PRIZE MONEY

Commented [VP56]: Moved to Organisation Event Guidelines

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

# SPORTING RULES

The ISMF rules and guidelines 2023/24 will be rolled out in three phases. Please note that until the final roll-out, the rules are considered as draft as some sections and/or chapters are marked with “work in progress”. ISMF and its bodies take no responsibility or liability until the final roll-out. Please be aware of the ongoing changes.

## 9. INTRODUCTION

The ISMF rules and regulations for international ski mountaineering competitions (for World and Continental Championships, World and Continental Cups and ISMF Series races) consist of a set of rules for the standardized organisation of ski mountaineering competitions. The purpose of this text is to outline the obligations, behaviour and rights of athletes wishing to take part in international ski mountaineering competitions organised by the ISMF.

The official ISMF Sporting Rules text is published in English.

This document is the main reference, together with the documents titled "Rules for organising ISMF international ski mountaineering competitions, Ranking Rules and Access & Registration Rules", for outlining the rules and regulations applicable to international competitions.

Commented [VP57]: Moved to General Rules

### 9.1. Definitions

**Sporting season:** from 1<sup>st</sup> July to 30<sup>th</sup> June. Any changes in the rules voted in June by the PA will be applicable from 1<sup>st</sup> July and therefore for the following season.

**National Federation:** any federation or association that represents ski mountaineering at a national level, approved by the corresponding ministry or state department, approved by the federation sitting at the National Olympic Committee, and a member of the ISMF.

**Event:** describes all proceedings extending from Local Organising Committee preparations to final results (candidacy, administrative and technical procedures, route marking, welcome, registration, inspections, races, podium, accommodation, meals, etc.).

**Race:** describes a contest from start to finish.

**Open race:** a race for competitors with no ISMF licence and taking a separate course from the ISMF race (course B or C).

**Competition:** all the races that take place during the event.

**Competitors:** all persons participating in the race and the competition.

Commented [VP58]: Moved to Event Registration Rules

Commented [VP59]: Already present in the LOC agreement  
= redundancy

Commented [VP60]: Already present in the LOC agreement  
= redundancy

### 9.2. Abbreviations

- ISMF: International Ski Mountaineering Federation
- PA: Plenary Assembly
- MC: Management Committee
- LOC: Local Organising Committee
- UIAA: International Mountaineering and Climbing Federation
- DVA: *Détecteur de Victimes d'Avalanche*, also called: Avalanche transceiver (ARVA)
- M / W: Men / Women
- NF: National Federation
- WADA-AMA: World Anti-Doping Agency
- TAS: Court of Arbitration for Sport Lausanne (CH)

Commented [VP61]: Abbreviations in blue moved to General Rules

### 9.3. References

The following documents related to ISMF competitions:

- ISMF guidelines for organising international ski mountaineering competitions (Technical & Logistic)
- ISMF ranking rules & regulations
- ISMF regulation regarding registration and participation in ISMF competitions
- ISMF rules for registering events in the ISMF calendar
- ISMF specific rules for ISMF Youth World Cup
- ISMF sporting rules & regulations
- SR annex\_Technical equipment
- ISMF Official Ceremony Protocol
- ISMF specific rules for Long Distance competitions
- ISMF Disciplinary rules
- ISMF Anti-doping policy & procedures
- ISMF Athletes Commission and Athletes Representatives

Commented [VP62]: References in blue moved to General Rules



- ISMF Coaches Commission
- ISMF Rules Commission
- ISMF Referees Commission
- ISMF Statutes
- ISMF Bylaws

## 9. EVENTS AND COMPETITIONS

### 9.1. General features of ISMF races

The ISMF competitive events include five disciplines as follows:

- Sprint race
- Vertical race
- Individual race
- Team race (including Long Distance races)
- Relay & Mixed Relay race

In order to find out the general features of ISMF races, please refer to the *guidelines for organising international ski mountaineering competitions (Technical document)*.

## 9. EQUIPMENT

Please refer to the document named "Race Equipment Rules" to get specific information regarding equipment.

The equipment listed hereafter is required for all ISMF competitions.

All equipment used by competitors taking part in ISMF events must be produced by a supplier that:

- Is registered in a chamber of commerce and industry;
- Is registered for VAT in country of origin (Intra community number for the EU or similar manufacturers);
- Has a product liability insurance, which covers the use of the equipment in ski mountaineering.

The labelled security equipment must be CE and UIAA marked or comply with the requirements of a European rule in force (except for the helmets, see chart in 4.1) without any modifications, except by those authorised by the manufacturer in the written information supplied with the equipment.

No other compulsory equipment may be modified.

The Technical Race Jury reserves the right to reject any equipment judged to be defective or inadequate. Infringement of these rules will be sanctioned by penalties, as described in § 5.1 below.

It is strictly forbidden to change equipment during the course of a race with the exception of one or more broken ski poles during all track and/or skis and/or binding unless the designation comes directly from the Event Jury.

### 9.1. General features of ISMF races

	DESCRIPTION	CE or UIAA
A passport or a National ID card or copy	required to be stowed away in the backpack or race suit. Every competitor must present an official ID document or a copy if required- Passport or National ID card.	
A pair of skis	with metallic edges covering at least 90% of their length, and a minimal width of at least 80 mm in the front, 60 mm under the boot and 70 mm in the rear part; ski length must be of at least 160cm for men and 150cm for women. The skis will be measured according to the method « Rolling »	

Commented [VP63]: Already present in Race Equipment Rules = redundancy

Commented [VP64]: Moved to Race Equipment Rules

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Bindings	<p>which allow heel movement during ascents and are blocked for descents; they may or may not be equipped with security straps.</p> <p><i>The binding system must have both a lateral and a forward complete release system (the boot is allowed to completely separate from the ski). The lateral release (front part) has to be lockable manually (without the use of any tool). If a binding is TÜV certified, the locking mechanism is not necessary.</i></p> <p>The use of ski brakes is compulsory.</p> <p><b>Ski brake:</b></p> <p>Retention device for ski mountaineering which is designed to slow down a ski after a ski binding release or ski loss.</p> <p>Uphill position</p> <p>Arrangement of the ski brake during the ascent phase</p> <p>Downhill position:</p> <p>Arrangement of the ski brake during the descent phase.</p> <p>Braking position:</p> <p>Arrangement of the ski brake when set in downhill position and the boot is released from the binding.</p> <p><i>Boots and bindings must be set according to the manufacturer's instructions in order to guarantee optimum function of the release systems and the best protection of bindings and ski structure.</i></p> <p><b>Minimal weight for skis and bindings:</b></p> <p>Men: 780 grams per ski</p> <p>Women: 730 grams per ski</p> <p>Mixed bindings (front part from one manufacturer and rear part from another one) are not allowed.</p>	
Boots	<p>In case of bikini liners, only the shell must cover the ankles and have notched rubber soles. The minimum notch depth is 4 mm. There must be at least 8 notches under the heel and 15 under the front part of the sole, with a minimum surface area of 1 cm<sup>2</sup> per notch. Each boot must have at least two (2) independent closing systems. Boots must be designed to be used with metallic crampons. Cross-country ski boots and bindings or equivalents are strictly forbidden.</p> <p>Modified boots by a second manufacturer are allowed only if there is a formal agreement between the two manufacturers, which is specified in the written information supplied with the modified part.</p> <p>Athletes in the U18 and lower category are not allowed to wear/use full carbon structured boots (including carbon composites or similar: Kevlar, aramite, etc.).</p> <p><b>The notched soles have to cover the 100% of the boot surface.</b></p> <p><b>Minimal weight for boots (shell and dry inner):</b></p> <p>Men: 500 grams</p> <p>Women &amp; U18 Men: 450 grams</p>	
A pair of ski poles	(carbon or other material) of a maximum diameter of 25 mm, and with non-metallic baskets.	
A pair of removable anti-slipping skins	<p>Skins originating from wild animals are strictly forbidden.</p> <p>The skins have to cover at least 40% of the snow contact length of the ski.</p> <p>Use of adhesive tape is forbidden on the skins for environmental reasons.</p>	
Upper body clothing	<p>Three layers that fit the competitor well:</p> <p>1 long or short sleeves or sleeveless, body-hugging layer. Event Jury decides if compulsory.</p> <p>1 ski suit with long-sleeves or a second layer with long-sleeves.</p> <p>1 long-sleeved wind breaker jacket. The jacket must be size appropriately to fit the racer.</p>	
Lower body clothing	<p>Two long-legged layers that fit the competitor well</p> <p>1 ski suit or ski pants</p> <p>1 breathable wind breaker trousers</p>	
An avalanche detector	<p>also called DVA or ARVA, that conforms to standard EN 300718 457 kHz frequency.</p> <p>The DVA has to be equipped with a 3 antennas receiving system.</p>	YES

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	The DVA has to be worn in a closed pocket (zipper only) inside of the race suit at the belly level or as defined by the manufacturer.	
A helmet	conforming to: - UIAA 106 and EN 1077 class B standards, - EN 12492 and EN 1077 class B standards. Helmets must be used (chin-strap has to be fastened) during the whole race (from the start to the finish line).	YES
A snow shovel	conforming to ISMF standards (see Appendixes and SR annex – Technical equipment).	
A snow probe	conforming to ISMF standards (see Appendixes and SR annex – Technical equipment).	
A survival blanket	with a minimum surface area of 1.80 m². Modifications subsequent to manufacture are not allowed. The term "survival blanket" is as defined by the manufacturer.	
A pair of gloves	that covers the entire hand up to the wrist - to be worn throughout the duration of the race.	
A pair UV-protection eyewear	Recommended for the athletes following appendixes and SR annex – Technical equipment.	
A backpack	with sufficient carrying capacity to hold all the equipment required by the regulations, with two rear and/or lateral fastening straps for carrying skis. In the event of cooperation between teammates, the carrier's backpack must have two independent sets of fastening straps. If the backpack has an independent crampons pouch, the pouch must be securely fastened to the back of the backpack (using Velcro straps, etc.). Crampons must be secured in the appropriate compartment of the backpack worn on the back.	
A whistle		
<b>SUPPLEMENTARY EQUIPMENT THAT MAY BE REQUIRED BY THE JURY</b>		
A pair of metallic crampons	that conforms to UIAA standard 153, with at least 10 spikes. The two front spikes must adjust to fit the competitor's boots. They must have the original safety straps that should be properly fastened to all crampons during the on-foot portion of the race. When crampons are not worn on boots, they must be packed in the backpack, with spikes facing each other.	YES
A harness	conforming to UIAA standard 105	YES
Via Ferrata kit	with energy absorbing system for use in Via Ferrata Kit conforming to UIAA standard 128.	YES
Two (2) connectors - Via Ferrata kit connectors	that conform to UIAA standard 121. When the lanyard and the 2 connectors are not in use, they must be put away in the backpack or wrapped around the waist.	YES
An additional upper body thermal fleece layer of clothing	(Fourth layer with long sleeves) The sleeves must fit the competitor well. The fourth layer is comprised of thermal clothing which must have a minimum weight of 300 grams.	
A ski cap or headband		
A second pair of gloves	that must be thermal and wind-proof.	
A Head lamp in full working order;		
A second pair of UV-protection eyewear	Recommended to the athletes as follows in the appendixes and SR annex – Technical equipment.	
A dynamic rope	that conforms to UIAA standard 101, with a minimum diameter of at least 8 mm and a length of 30 m.	YES
Skins	The Event Jury has the right to request additional skins.	

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COMPULSORY EQUIPMENT	TEAM	INDIVIDUAL	SPRINT	RELAY	VERTICAL
Passport/National ID card or a copy (in the backpack or race suit)	X	X	X	X	X
Skis	X	X	X	X	X
Bindings	X	X	X	X	X
Boots	X	X	X	X	X
Ski poles	X	X	X	X	X
Skins (one pair min.)	X	X	X	X	X
Helmet	X	X	X	X	X*
Gloves	X	X	X	X	X*
Backpack	X	X	X	X	X*
Three layers up	X	X	X*	X*	X*
Two layers down	X	X	X*	X*	X*
DVA	X	X	X*	X*	X*
Snow shovel	X	X	X*	X*	X*
Snow probe	X	X	X*	X*	X*
Survival blanket	X	X	X*	X*	X*
Eyewear	X	X	X*	X*	X*
Whistle	X	X	X*	X*	X*
<b>SUPPLEMENTARY EQUIPMENT</b>					
Fourth layer					
Ski cap or head band					
Second pair of gloves					
Head lamp					
Second pair of eyewear					
Crampons					
Second pair of skins					
Dynamic rope (one per team)					
Harness					
Via Ferrata kit					
Two connectors					
Mask (2 pieces) – Pandemic equipment					

The athlete must bring all obligatory and supplementary equipment to the event.  
During the race **Team Captain Meeting TCM**, the **Local Organising Committee LOC** will display the list of all the required equipment for the race.

For Vertical, Sprint and Relay races, if the entire race is on a secured ski slope and the weather conditions are favourable, the Event Jury can decide to remove some elements of the compulsory equipment marked with yellow asterisk (X\*). The race director (with the agreement of the President of Technical Jury) may remove the DVA, snow shovel and snow probe from the list of required equipment.  
If the weather conditions are favourable, all other equipment marked with an asterisk (X\*) may be removed by the Local Organising Committee (with the agreement of the President of the Technical Jury) from the list of required equipment.

#### 9.1. Items supplied by the Local Organising Committee

Work in progress – to be published in 2<sup>nd</sup> roll-out.

#### 9.2. Equipment inspection

Equipment may be inspected at the finish line or at any other point on the **course track** during the race (without stopping the **competitor athlete**, the controller takes note as the **competitor athlete** goes past).  
The **competitor athlete** is totally responsible for his/her equipment.  
If an **competitor athlete** has doubts about his/her equipment, he/she can have it checked by the **Technical Race Jury** at the end of the race **Team Captain Meeting TCM** the day before the **competition race**.

ISMF and LOC designates a reserved area for the **control inspection** of compulsory equipment for the athletes. Equipment inspection is presided by a member of the ISMF staff or a person designated by the **President of the Technical ISMF Jury**.

The equipment and other devices inspection on the race day will be conducted as follows:

- At the start:
  - Individual inspection to control the good working order of avalanche transceivers for all **competitorsathletes**.
  - Taking note of all the numbers of the **racersathletes**.
  - Control of the chips
- During the race:
  - The organisers will control DVA/transceivers **during the race**.
- At the finish:
  - **CompetitorAthlete**'s equipment is inspected (systematic or random inspections according to the instructions issued by the **ISMF Jury President of Technical Jury**). DVA control after finish line is compulsory for all **competitorsathletes**.
  - ISMF referees will use calibrated scales and weights for equipment checks.

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The referees will check the functioning of the ski brakes **during** the material control.

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## 10. RACE ORGANISATION

### 10.1. The start

Any changes from the **Team Captain Meetingprevious day's TCM** must be announced 30 minutes before the start of the race during the **Team Captain Meetingpre-start TCM** **to be held in the morning of the race**. If the start is delayed, announcements must be made every 15 minutes in English at the start and pre-start / warm-up area.

#### 10.1.1. Starting procedure

For the track inspection of the Sprint and (Mixed) Relay races, the track opening will be available for 20 minutes in total.

If the ski brake is broken **during** the **racetrack** inspection, the qualification, or any heat, the athlete cannot start the next phase of the **Sprint/Relay race** without both ski brakes working properly.

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INDIVIDUAL - TEAM - VERTICAL - RELAY	TIME BEFORE OFFICIAL START	SPRINT
Avalanche transceivers and equipment are inspected.	10-20 minutes	
<b>CompetitorsAthletes</b> are called to the start line.	5 minutes	<b>CompetitorsAthletes</b> are called to the start line
<b>CompetitorsAthletes</b> are placed in starting position at the start line.	<b>3min</b>	<b>CompetitorsAthletes</b> are organised on the Pre-Start. After this moment the entrance to the pre-start tent will be closed.
The speaker will call "2 minutes until the start" in accordance with the <b>President of the TechnicalISMF Jury President</b> .	2 minutes	
The speaker will ask for silence.		The speaker will ask for silence.

The referees must verify that all of the athletes have placed the front part of the skis totally behind the start line.	30-20 seconds	The athletes will move from Pre-Start line to the Start line and are asked to stay stationary in place. The referees must verify that the front part of the skis are totally behind the start line.
The President of Technical ISMF Jury President calls: "Take your marks," Athletes must stay stationary and in position. Referees will check that all skis are totally behind the start line.	About 10 seconds	The President of the Technical ISMF Jury President calls: "Take your marks."
The President of Technical ISMF Jury President will call: "Set." After this command is given, all competitors athletes must remain motionless and in their set position.	1-2 seconds	The President of the Technical ISMF Jury President will call: "Set." After this command is given, all competitors athletes must remain motionless and in their set position.
Start signal pistol or whistle.	0 seconds	Start signal pistol or whistle.

#### 10.1.1.1. False start

In the case of a false start, athletes are not stopped; the penalty will be directly applied to the athletes after he/she crosses the finish line. False start penalty applies only if the ISMF starting procedure is respected and if there is a camera video on the start line. The penalty applies for the first who commits the false start.

#### 10.1.1.2. Specifications for Individual, Team, Relay or Vertical races

A pole position starting system is compulsory for the top World Cup athletes, according to the current World Cup ranking. If it is the first race of the season, the Specialty World Cup Ranking of the previous season will be adopted. In case there is not a ranking to be adopted, a random system will be used.

The Team and Relay race starting positions are decided by adding together the WC ranking of each of the two teammates.

#### Race Schedule for Relay

- CourseTrack inspection time for Youth teams (20min)
- 15min rest
- Youth Race
- CourseTrack inspection time for Senior Women teams (20min)
- 15min rest
- Senior Women Race
- CourseTrack 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 NF is 2 one 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 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 quota per national federation NF for the final B is 2 two teams.

- CourseTrack inspection for the mixed teams (20min)
- 15 min rest
- Qualification

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- 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. It will be done according to the number of athletes registered. An athlete will start an athlete every 30seconds. First with all women going first, followed by 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 highest ranked teams will begin qualifications in descending order and the non-classified teams 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.

#### 10.1.1.3. Specifications for Sprint races (Heats)

- For the quartersheats, the competitorathlete with the best qualification time chooses a start lane, then the second placed competitorathlete, then the third placed competitorathlete.
- For the semifinals and finals, the competitorsathlete with the best time in the previous heat chooses the start line position, then the second, etc.
- During the qualification stage a single competitorathlete starts every 20 seconds, timed against the clock.
- Semifinals composition: In the case of five heats, for the composition of the semifinals there will be two Lucky Losers. The Lucky Losers will be the two best times of the quarter-finalheats among racersathletes not qualified for the semifinals. It means that the two lucky losers can come from the same quarterheat.
- Exception: If the timekeeper is not available to take times during the heats, the lucky loser from the quartersheats will be the bestfastest two thirdplace positionathletes using the time from the qualification stage.
- Final composition: the two first athletes from each semifinal and two lucky losers with the two best times from both semifinals.
- Athletes during the heats must be present in the pre-start tent 3 minutes before their start time. If an racerathlete does not arrives later, then the start line will be designated without permitting the late-arriving racer to choose that racer is not allowed to access to the start line and is prohibited from starting the heat.
- If a competitorathlete, during the qualification does not arrives at least 1min before at thetheir starting time to the start line late, that racerathlete is not allowed to start.
- In order to preserve the quality of the track, racersathletes cannot make direct descent race lines during pre-race reconnaissance. During this reconnaissance phase, the Local Organising CommitteeLOC will place slalom poles or nets across the 2 m close to the race gate, so racersathletes must go around them.
- For the sprint, in case of bad weather conditions, the Event Jury, in order to make the competitionrace shorter and safer, can take the decision to go directly to the final after the qualification stage with the 6 best places from the qualification. The Event Jury should take this decision before the start of the competitionrace and communicate it to the coaches and athletes in the TCM 30min before the start., except in the case of sudden conditions that may suggest taking this decision at a later time. If the decision is done before the start the ranking points of the race will be included in the overall ranking.

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

The entire youth race takes place before the senior race.

- 15min coursetrack inspection

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- 15min rest
- Just after the **course/track** 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 to the registration of previous seasons)

- U20 Men
- U20 Women
- U18 Men
- U18 ~~w~~Women

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

- **Quarter Finals/Heats** (only for U20):
  - Five or four **quarter finals/ heats** with **six participants/athletes**.
  - If there are from 12 to 23 **participants/athletes** registered for each category, the **quarter finals/ heats** do not take place and the best 12 **racers/athletes** go directly into semi-finals.
  - If there are from 24 to 29 athletes registered, there will be 4 **quarter-finals/ heats**; if there are 30 or more than 30 **participants/athletes**, there will be 5 **quarter-finals/ heats**.
  - 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/ heats** the first 3 **competitors/athletes** of each heat will go on to the semi-finals. If there are 5 **quarter finals/ heats**, the first two **competitors/athletes** 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/athletes** 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/Heats** U20 Men
- **Quarter finals/Heats** U20 women
- Semi-finals (6 **competitors/athletes** every semi-final **heat**) for U18 & U20 Sprint Races will not take place if there are less than 12 **participants/athletes** registered 3 best **competitors/athletes** of every semi-final will go on the final.
  - Semi-final U18 Men
  - Semi-final U18 Women
  - Semi-final U20 Men
  - Semi-final U20 ~~w~~Women
- Without semi-finals, the **running/starting** 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 track** 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 **SPRINT RACE** SCHEDULE in WCH and CCH:

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

- **Quarter Finals Heats:**
  - Five or four **quarter finals heats** with 6 **competitors athletes**.
  - If there are from 12 to 23 **participants athletes** for each category, the **quarter finals heats** do not take place and the best 12 **racers athletes** go directly into semi finals.
  - If there are from 24 to 29 **participants athletes** for each category, there will be 4 **quarter-finals heats**; if there are 30 or more than 30 **participants athletes**, there will be 5 **quarter-finals heats**.
  - 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 heats** the first 3 **competitors athletes** of each heat will go on to the semi finals. If there are 5 **quarter finals heats**, the first two **competitors athletes** 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 athletes** 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 athletes** for each category the semi finals will not take place and the best 6 **racers athletes** 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 athletes** of every semi final go on to the final.
  - Semi Finals A Women
  - Semi Finals B Women
  - Semi Finals A Men
  - Semi Finals 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 starting order is as follows:
    - Final A Senior Women
    - Final A Senior Men

## 10.2. The finish

### 10.2.1. The Finish Procedure

The finish shall proceed as follows:

- times and finishing orders are established by the electronic timing system. In case of a photo-finish, the finishing order is established when the competitor athlete's front foot crosses the finish line;
- when the difference of time between two racers athletes is under 1/10 of a second, the finish order is established when the front part of the competitor athlete's foot crosses the finish line (as indicated by photo finish, film, etc.);
- if a competitor falls while crossing the finish line, all of his/her body must cross the line without any outside help (except for teammates in team races) in order to declare a finish;  
The athlete should cross the second line in the arrival before stopping;
- for team races, teammates must finish together (less than 5 seconds between them) and the team's finishing time is that of the second teammate;
- a Flower Ceremony podium with the first three competitors athletes will take place shortly after their arrival for press coverage. After the Flower Ceremony the 3 top athletes will pass to the control equipment control done by LOC staff under the responsibility of the Race Jury.
- the athletes are allowed to have their race equipment on this podium;
- in the event of Anti-Doping controls, competitors athletes must submit to tests or be liable to sanctions;
- every competitor athlete must present an official Passport/ID card or a copy, if required during the equipment control.

(For technical specifications of the Finish Area, see refer to the Guidelines for organising ISMF international ski mountaineering competitions - Technical document Race Guidelines).

### 10.3. Transition area and check point

- The transition areas are all the designated locations where the racers athletes must change from one mode of travel to another.
- A transition area is a closed area (with nets, ropes, flags), reserved for the competitors athletes and the qualified course track staffers.
- The flags used to delimit mark 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 (2m 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, preferably with blue line in the snow with environmentally friendly marking material.
- Under instruction from race headquarters, the transition area chief must have enough authority to give instructions to competitors athletes (for example: giving instructions to put on an extra layer of clothing, stopping the race under the authority of the LOC Race Director, etc.).

Racers Athletes must pass through all the transition areas or check points present on the race track.

### 10.4. Relay hand-over area and overlapping

#### Relay hand-over

The relay is exchanged when the finishing competitor touches any part of the following competitor's with his/her hand.

Relay exchanging must take place inside the relay hand over zone. This zone is defined between an entry blue line and an exit blue line. At the moment of the body/hand contact, a minimum of one boot of each racer must be inside hand-over area.

For safety reasons, it is compulsory to include a short uphill (with skins on) before the handover. Not The last athlete of the Relay, who has to arrive directly to the finish line.

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If a team's athlete is overlapped, that athlete will be stopped in the following hand-over area. If there is/are other athlete(s) in the relevant team, he/she/they will not be allowed to start their own lap.

#### 10.4. Mixed Relay and Relay race

##### A - Race description

The Mixed Relay race, covers 4 loops, each with 2 ascents and 2 descents. In the final the female racer will start, the male athlete will do the final loop.

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##### A - Team presentation at the start area

All members of the team must be present in the pre-start tent 3 minutes before the start for the media presentation of the team.

##### B - Registration

Registration of athletes racing the Mixed Relay is done by the National Federation via the ISMF registration platform until the registration deadline.

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##### C - Team Composition

One woman and one man compose a team. Senior Mixed Relay teams can be composed of Senior athletes. Each team composition must be communicated to the ISMF latest the day before the qualification will take place. Changes of the team composition on the day of the qualification are not possible.

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##### D - Replacement

Changes of the team composition between the qualification and the final(s) is not possible. In the case a team retires from the start that place cannot be taken by another team.

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##### E - Specifications for Mixed Relay race

The Mixed Relay race starting positions are decided by adding together the WC ranking of each of the two teammates.

##### FB - Handover

Regarding some handover area specifications, please refer to the point 4.4.

Handover must take place inside the entry and exit line of the handover area. Handover is done by touching with the hand of the predecessor any part the body including the backpack (not the poles) of the successor. At the moment of the contact the skis of both athletes must be within the handover area. The athletes shall only enter the handover area when they see their partner entering the previous transition area. The predecessor must leave the track via the exit area within 10 seconds.

##### Relay hand-over

The relay is exchanged when the finishing competitor/athlete touches with his/her hand any part of the following competitor/athlete's with his/her hand body including the backpack.

Commented [VP106]: Moved from above

Relay exchanging must take place inside the relay hand over zone. This zone is defined between an preferably entry blue line and an preferably exit blue line. At the moment of the body/hand contact, a minimum of one boot both skis of each racer/athlete must be inside the lines of the (touching the line is not allowed) hand over area.

For safety reasons, it is compulsory to include a short uphill (with skins on) before the handover. Not The last athlete of the Relay, who has can arrive either directly to the finish line (by skating) or with skins on (short uphill) depending on the conditions of the race venue.

If a team's athlete is overlapped, that athlete will be stopped in the following hand-over/transition area. If there is/are other athlete(s) in the relevant team, he/she/they will not be allowed to start their own lap.

Commented [VP107]: Already present below = redundancy

##### G - Race Behaviour

The penalties applied are those of the Vertical and Sprint race.

**HC – Final heat**

Starting position is chosen according to the qualification time. The best team will be able to choose its start line position first. If there is a final B it will take place before the final A.

Final A composition with a maximum of 12 teams (quota of one team per NF in the WC and quota of one team per NF in WCH and CCH).

Depending on the number of teams in the qualification the Event Jury shall be able to decide to introduce a final B (also depending on weather conditions). Final B with a minimum of 6 teams (quota of two teams per NF in the WC and quota of one team in WCH and CCH).

Without a final B, the ranking is defined by the qualification time.

If there is a final B it will take place before the final A.

**ID – Overlapping**

Regarding some overlapping specifications, please refer to the point 4.4.

If a team is overtaken by the fastest team (overlapping) it will be taken out of the race at the following handover area. The team taken out of the race will be ranked with its position at the moment of the overlapping.

An athlete is considered as overlapped in a Relay race, when between this athlete and the leader of the race (first athlete) there is not any unused transition area between them. In this case the overlapped athlete will be stopped when entering the next transition area. From this moment the athlete will leave the track and move safely to the finish area without interfering the race. The overlapped team will be ranked with the position of the team at the moment when entering the transition area where the athlete was stopped (the IRM will be LAP).

**J – Championships**

For the Continental and World Championship the quota per nation is 2 teams.

**Commented [VP108]:** Already present in Athletes Participation Rules = redundancy

## 10.5. Conduct of competitors/athletes during the race

### 10.5.1. Flag colour

The sections marked with green flags must be carried out on skis with skins affixed to the underside of the skis and with bindings secured to the boots in uphill mode.

The sections marked with yellow flags must be carried out on foot with skis on the backpack or in the hands if allowed by the Event Jury.

The sections marked with red flags must be carried out on skis without skins affixed to the bases of the skis, and with bindings secured to the boots in downhill mode.

The boots must be locked during all the downhill parts marked with red flags except in the case of broken equipment. In the case of broken equipment, racers/athletes have to show it to the equipment control.

### 10.5.2. Follow the markings

Athletes must follow the course/track markings closely in ascent and descent.

In ascent, the racers/athletes must go in the direction of the next flag. In case of a kick turn you should follow the marked tracks; it is not allowed to cut.

In downhill the racers/athletes must go in the direction of the flags.

All dangerous and/or unsportsmanlike behaviour will be sanctioned.

### 10.5.3. Overtake

An competitor/athlete who is about to be overtaken must, without fail, immediately leave the route tracks and allow the competitor/athlete who shouts "TRACK" to pass, except in the event of presence of a ridge.

### 10.5.4. Through by the gates or waypoint

If there is a gate (two sets of two poles with a panel of the same colour) along the tracks (uphill and downhill), the racers/athletes have to go through them.

#### 10.5.5. Foot parts

Skis must be carried on the backpack using two (2) fastening straps designed for this purpose (skis cannot be carried in shoulder straps and must remain fastened to the backpack of the competitor/athlete). In the event that the skis detach from the backpack, the racer/athlete must stop to reattach the skis.

##### 10.5.5.1. Foot parts with crampons

If crampons are mandatory in the foot part and a crampon detaches from the boot, then the racer/athlete must stop to reattach the crampon immediately.

#### 10.5.6. Transition Area

Competitors in the transition area must carry out all transition manipulations required for changing from one mode of travel to another, within the transition area, as marked by entrance and exit lines. Skis are not permitted to touch or go over the entrance or exit lines during the transition manipulations. Transition manipulations should not take place anywhere outside of this area, even upon entering and/or directly after exiting the transition area. Exception: Athletes can clip the rear part of the binding outside of the transition area.

**\*\*The competitor must stay in the same place from the beginning to the end of the transition manipulations. Prior to starting transition manipulations, ski poles must be placed on the snow or ground, next to (and parallel to) the competitor. The ski poles may not be picked up while the competitor is performing their transition manipulations. If the competitor must move the poles during their manipulations (ex. bringing them closer) they must stop their manipulations and may move the poles. They may not continue their manipulations until the poles again rest on the ground. This also applies to when the competitor takes off/puts on skins or crampons, packs/unpacks skins or crampons, unfastens/fastens skis to the backpack\*\***

**A - Transition area is marked by an entry and an exit line, preferably in blue paint. If another type of limit is used, it must be defined at the TCM. It is compulsory to use the same colour for the lines of the entire race track.**

**B - Athletes must carry out all transition manipulations required. Only removal or attachment of pole connections and engagement of the rear part of the binding can be done outside of the transition area.**

**C - The entry and exit lines are inside the transition area. While doing a transition manipulation, it is a penalty if a ski or any part of the athlete touches the snow at any location outside of the transition zone.**

**D - The athlete must stay in the same place from the beginning to the end of the transition manipulations.**

**E - Prior to starting transition manipulations, ski poles must be placed on the snow or ground, next to the athlete. The athlete can start his/her transition manipulation when his/her hands are free of poles. It is not allowed throw the poles before stopping. The ski poles may not be picked up while the athlete is performing the transition manipulations and stay inside the transition area until the end of the manipulation. The athlete must pick up the ski poles before leaving the transition area. The athlete is considered outside the transition area when his/her skis are completely outside the exit line. If the athlete must move the poles during the manipulations (ex. bringing them closer) he/she must stop the manipulation and move the poles. Stop manipulation means do not have anything in the hand(s) except the pole. The athlete may not continue the manipulation until the poles are again resting on the ground. This applies to when the athlete takes off/puts on skins or crampons, packs/unpacks skins or crampons, unfastens/fastens skis to the backpack, including the part of the transition manipulation where the athlete zips/unzips the suit.**

**F - The athlete must pick up his/her both poles at the end of the transition manipulation. If, unfortunately, another athlete interferes with his/her pole(s), or if one/both pole(s) is/are broken, the athlete can continue without one/both pole(s).**

**G - Special situation: due to the speed in the manipulations, it is possible for the athletes to make an error like not correctly fixing the front part of the binding, not locking one boot, losing a skin, etc. The athlete has to correct**

his/her personal error and finish correctly the manipulation to continue the race. If this error is detected for the athlete still inside of the transition zone, the athlete has to put his/her poles on the ground before starting his/her new part of the manipulation.

#### 10.5.7. Skins

Competitors/Athletes may have skins outside of race suit or backpack only during transition manipulations; at all other times they must pack their skins either inside their ski suit or place them in their backpack. The exception is for one pair of skins to be applied to the ski bases during appropriate times.

#### 10.5.8. Skins storage

While skins are not in use on skis, they must be packed inside the competitor/athlete's race suit or backpack. If during a transition manipulation a competitor/athlete packs their skins into their race suit, they must zip up their race suit at least till the armpit closed at least until the armpit (a measuring point of the armpit will be used) prior to the end of manipulation. The skins may still be visible but cannot be dangling to any extent outside of the race suit or backpack.

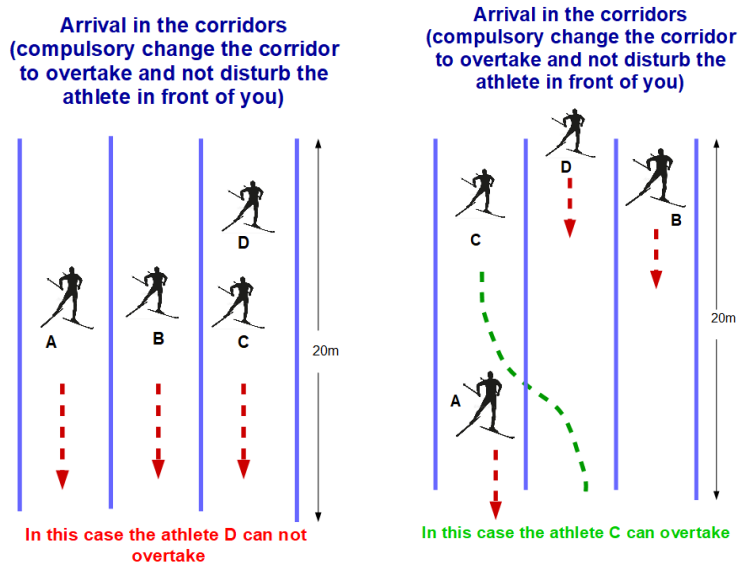
It is strictly forbidden to change equipment during the course of a race with the exception of one or more broken ski poles during all race track and/or skis and/or bindings unless otherwise the designation decided comes directly from by the Event Race Jury.

See pictures in the Refer to Appendixes for the pictures of the correct skin storage.

Commented [VP109]: Moved from above

#### 10.5.9. Arrival in skating

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.



#### 10.5.10. DVA

Competitors/Athletes have to ensure that their device is functioning properly throughout the entire race.

Competitors/Athletes must keep their DVA in emission until they have passed through equipment control at the finish line.

- If a DVA is not working properly, the athlete will be stopped and immediately disqualified.

#### 10.5.11. Earphones

Earphones are forbidden during any ISMF races. They are allowed during the warm-up.

#### 10.5.12. Via Ferrata kit

On stretches using a fixed rope, where use of lanyards is compulsory, **competitorsathletes** must not at any time detach themselves from the fixed rope. When passing a point anchoring the fixed rope, the **competitorathlete** must clip the second karabiner onto the following part of the rope before removing the first karabiner. Any breaches to these safety rules will be penalised.

#### 10.5.13. Wear all layers

The **LOC Race Director** or a checkpoint/waypoint chief may compel **competitorsathletes**, at any point on the **route track**, to wear their windbreakers, caps or any other item of compulsory equipment.

#### 10.5.14. Outside assistance

No outside assistance is allowed.

Exceptions:

- changing a broken pole. He/she may change a broken pole anywhere and with anyone.
- changing a broken ski and/or binding. He/she may change a broken ski and/or binding only in the technical zone close to the refreshment **zonearea** and/or a technical zone authorised by the **EventRace Jury**.
- refreshments only in the areas authorised by the **EventRace Jury**.
- **competitorsathletes** must render assistance to fellow **competitorsathletes** in distress or any kind of danger. The **TechnicalRace Jury** will take into account **the time spent rendering assistance**, **the ranking of the previous transition zone or the intermediate time if it is more favourable than the final position**.

Abandon

- An **competitorathlete** having difficulties may give up on his/her own initiative or be forced to give-up by decision of the **LOC Race Director** or one of the doctor's present.
- Giving up (by own initiative or forced) must take place at a checkpoint or waypoint according to the procedure described during race **Team Captain MeetingTCM** except under extreme circumstances. For team races, if one team member gives up then the other will be told to give up and must follow instructions given by the controllers. Every **competitorathlete** having withdrawn MUST inform the **President of TechnicalISMF Jury President** (or his representative) upon arrival at the finish area, **and especially the Anti-Doping Delegate**. The **competitorsathletes** having withdrawn may also be subject to doping control.

#### 10.5.15. Respect the environment

**CompetitorsAthletes** must respect the environment. Athletes must leave any rubbish in only the dedicated trash bag between the two lines marking the entrance and the exit of the refreshment **pointsareas**. Penalties will be applied to **competitorsathletes** seen littering or abandoning equipment on the **coursetrack** (including in the transition area) or for any other poor environmental conduct.

#### 10.5.16. For team races

- Team members must leave the transition area together (i.e., before crossing the line which marks the exit of the transition area). This means that both members have finished transition manipulation when the first teammate crosses the exit line.
- Each **competitorathlete** must carry his/her own backpack throughout the entire duration of the race with all the required equipment (except skis).
- In team races, a **competitorathletes** may only carry his/her teammate's skis if there are two separate sets of two fastening straps for carrying skis on his/her backpack that comply with **the regulationsrules**.
- Assistance is only allowed between team members. It is forbidden to use a rope or an elastic to tow his/her teammate during the first 15 minutes of the race during descents and in the parts defined by the Event Jury and announced in the **Team Captain MeetingTCM**. If the use of ropes is not mandatory during a downhill,

as in the traverse of a glacier for example, the rope (or elastic) must be put in the backpack or in the race suit during descents.

- The members of a team must not be separated by more than 30 seconds in ascents and more than 10 seconds in descents. All teams will be subject to surprise inspections throughout the **course track**. The two teammates cannot have an interval of more than 5 seconds between them on the finishing line.

#### 10.5.17. Offences to the LOC, ISMF officials or ISMF image

**Competitors/Athletes** and coaches must respect the LOC, the officials and the image of the ski mountaineering during the race and during all events. These behaviours will be analysed by the **Event Race Jury**. In case of need, the International Disciplinary Commission of the ISMF will decide the sanction in less than a month.

#### 10.6. Safety/Event stoppage

The **LOC Race Director**, after having informed the **President of the Technical ISMF Jury President** or/and the **ISMF Event Director**, can stop the **competition race** for safety reasons or sporting fairness. A report of the decision will be drawn up immediately.

### 11. ESTABLISHMENT OF RESULTS

The results, approved by the **President of the Technical ISMF Jury President** and displayed as, and when, **competitors/athletes** finish, with full results available immediately after the last **competitor/athlete** crosses the finish line and passed the **equipment control equipment**. The ranking is carried out by adding the finishing time to any penalties incurred by the **Technical Race Jury**. At World Cups **races** and World Championships, the timings/results are produced by the ISMF timings provider. Provisional results are displayed after the first athletes cross the finish line.

If there are no means to decide between **competitors/athletes**, then a tie is declared.

Championships, Cups and **permanent international World ranking** are treated as described in the **ISMF Ranking Rules**.

#### 11.1. Offences and penalties

##### A. General – for infringements not specifically cited

For the infringements not cited in the following tabs (B, C, D, E, F), the referee uses scale A

#	Offences	Penalties	
		Team and Individual races	Vertical, Sprint and Relay races
A.1	Cheating, unsportsmanlike or important safety fault	disqualification	disqualification
A.2	Behaviour that may intentionally hinder	3 minutes	1 minute
A.3	Minor technical error, involuntary negligence,	1 minute	20/15 seconds

##### B. EQUIPMENT

Any compulsory equipment required by the **Technical Race Jury** replaced during the race or lacking at a checkpoint or at the finish (except for broken ski poles/ski and/or bindings). Cumulative penalties are given for each piece of missing equipment.

#	Offences	Penalties	
		Team and Individual races	Vertical, Sprint and Relay races
B.1	Skis, binding or boot not in compliance with the <b>regulations/rules</b>	disqualification	disqualification
B.2	Ski and bindings or boot weight: between 1 and 20 grams missing	3 minutes	1 minute
B.3	Ski and bindings or boot weight: 21 or more grams missing	disqualification	disqualification



<b>B.4</b>	Missing equipment or equipment not in compliance with the regulations for these items: DVA; DVA without battery or switched off during the race or in backpack; Snow shovel, probe; Helmet, included but not correctly worn; Ski brakes  If required: harness, lanyard, karabiners – Via Ferrata kit head lamp, rope, crampon not in compliance with rules or missing at the start line;  No penalty for equipment broken during the race. Athletes have to prove equipment is broken.	disqualification	disqualification
<b>B.5</b>	Missing equipment or equipment not in compliance with the regulations for these items: Clothes (for each item missing), long sleeves in the first layer (except Vertical race if accepted by the Event Jury), survival blanket, gloves (included not worn correctly during the race), eyewear (excepted if not required by the Event Jury), backpack, ski cap or headband, whistle, skins, passport/ National ID card or a copy. Pole(s) and Ski(s) missing (only for team and Individual races) one or both crampons.  No penalty for equipment broken during the race. Athletes have to prove equipment is broken. Any pole abandoned on the track must either be 1) broken or 2) obstructed by an outside influence.	1 minute (for each item missing)	2015 seconds
<b>B.6</b>	DVA out of order at the finish line (after a fall for example) Dead battery during the race DVA switched off after the passage of the finish line, before the equipment control.	3 minutes	1 minute
<b>B.7</b>	Crampon or crampons missing in a foot part with crampons	disqualification	disqualification
<b>B.8</b>	Head lamp not switched on	3 minutes	1 minute
<b>B.9</b>	Chip or electronic system missing at the start line	No start	No start
<b>B.10</b>	Chip or electronic system missing at the finish line	1 minutes	2015 seconds

### C. BEHAVIOUR

Ignoring correct racing technique required for a given section of the coursetrack, disrespect of marking and of coursetrack itinerary, any actions considered to be dangerous or jeopardising race safety or the proper running of the race, unsportsmanlike conduct.

#	Offences	Penalties	
		Team and Individual races	Vertical, Sprint and Relay races
<b>C.1</b>	False start	1 minute	2015 seconds
<b>C.2</b>	Missing checkpoint – Voluntary or involuntary	disqualification	disqualification
<b>C.3</b>	Not following the correct routetrack on a ridge	disqualification	disqualification
<b>C.4</b>	Missing a Gate (Downhill section) - Voluntary or involuntary -	1 minute	2015 seconds
<b>C.5</b>	Having dangerous and/or unsportsmanlike behaviour by not closely following the coursetrack markings in ascent/ descent	disqualification	disqualification
<b>C.6</b>	Disregarding instructions given by an official on the coursetrack (at the start, at checkpoints or waypoints, at the finish).	3 minutes	1 minute

C.7	Not respecting the indicated mode of locomotion (e.g., skiing down a section indication as being on foot etc.). According to the point 4.6 (Conduct of <b>competitorsathletes</b> during the race – 1. Flags colours) In the case of broken equipment, the <b>racerathlete</b> will not be penalized if he/she does everything possible to avoid destroying the trail.	3 minutes	1 minute
C.8	Walking without crampons on a section where crampons are compulsory (except broken equipment checked by the controller).	Disqualification or 3min if crampons broken	Disqualification or 1min if crampons broken
C.9	Incorrect fastening of skis on the backpack (less than two fastening points).	1 minute	<b>2015</b> seconds
C.10	Removable anti-slipping skins not kept inside the ski suit or backpack.	1minute	<b>2015</b> seconds
C.11	Crampons without straps clipped on the ankles.	3 minutes	1 minute
C.12	Crampons outside the backpack.	3 minutes	1 minute
C.13	Ski poles not placed flat on the ground in a transition area.	1 minute	<b>2015</b> secs
C.14	Not clipping the karabiner to a compulsory rope.	3 minutes	DNA
C.15	Not yielding the track or disrespecting finish area skating corridor rules.	1 minute	<b>2015</b> secs
C.16	Pushing, shoving, or making another <b>competitorathlete</b> fall.	Voluntarily: disqualification Not voluntarily: 1 minute	Voluntarily: disqualification Involuntary: <b>2015</b> seconds
C.17	Not rendering assistance to a person in distress or in danger.	3 minutes	1 minute
C.18	Receiving outside help: except for changing broken ski <b>in the technical zone</b> and/or poles ( <b>everywhere on the track</b> ).	3 minutes	1 minute
C.19	Disrespecting the environment.	3 minutes	1 minute
C.20	Disrespecting or insulting anyone participating in the event ( <b>Jury</b> , officials, <b>competitorsathletes</b> , organisers, spectators, etc.) or any behaviour that can damage ISMF and <b>Sski Mmountaineering</b> during the race	Disqualification and the EJ sends the success to the International Disciplinary Commission of the ISMF	Disqualification and the EJ sends the success to the International Disciplinary Commission of the ISMF
C.21	Disrespecting or insulting anyone participating in the event ( <b>Jury</b> , officials, <b>competitorsathletes</b> , organisers, spectators, etc.) or any behaviour that can damage ISMF and <b>Sski Mmountaineering</b> during the event except during the race	The EJ sends the success to the International Disciplinary Commission of the ISMF	The EJ sends the success to the International Disciplinary Commission of the ISMF
C.22	<b>Work in progress – to be published in 3<sup>rd</sup> roll-out.</b>		
C.23	Incorrect manoeuvre in the transition area	1 minute	<b>2015</b> seconds
C.24	In case of abandon or DNS the <b>racerathletes</b> who does not inform the organisation will start in the rear part in the following <b>competitionrace</b> .	The athlete will start in the rear part in the following <b>competitionrace</b> (100,00 €)	

#### D. SPECIFIC PENALTIES FOR TEAM RACES

#	Offences	Penalties
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<b>D.1</b>	Team members not together when leaving a check point or transition area.	1 minute <b>for each transition area.</b>
<b>D.2</b>	Team member not carrying own compulsory equipment of the ISMF list in own backpack throughout the duration of the race or at the finish line (exception for skis). The Event Jury will decide and inform in the <b>Team Captain Meeting TCM</b> about the supplementary equipment of the ISMF list.	Disqualification
<b>D.3</b>	<b>Competitor Athlete</b> carrying a teammate's skis without fastening them correctly to backpack.	1 minute
<b>D.4</b>	The members of a team must not be separated by: - more than 30 seconds in ascents; - more than 10 seconds in descents. All teams will be subject to surprise inspections throughout the <b>coursetrack</b> .	1 minute (for each control point)
<b>D.5</b>	Interval of more than 5 seconds between the members of a team on the finishing line	In the event of intervals exceeding 5 seconds between team members, each additional second will incur a penalty adding the same <b>amountnumber</b> of seconds. E.g.: 15 second interval = 10 excess seconds. Penalty = 10 excess sec + 10 penalty sec = 20 sec. Interval of 1 min 5 sec = + 1 min. Penalty = 1 excess min + 1 penalty min = 2 min.
<b>D.6</b>	Using a rope (or elastic) on a part of the <b>coursetrack</b> where it is strictly forbidden	3 minutes
<b>D.7</b>	The rope/elastic not put away securely in backpack or inside the race suit.	1 minute

#### E. SPECIFIC PENALTIES FOR RELAY RACE

#	Offences	Penalties
<b>E.1</b>	Incorrect relay hand-over (as defined in the <b>regulationsrules</b> ).	1 minute
<b>E.2</b>	The same <b>competitorathlete</b> races two legs.	Disqualification

#### F. SPECIFIC OFFENCES & PENALTIES for COACHES BEHAVIOUR

#	Offences	Penalties
<b>F.1</b>	Not respecting designated areas for coaches, or areas with limited access.	The Event Jury prepares a report for the International Disciplinary Commission of the ISMF, who will decide a possible sanction
<b>F.2</b>	Not rendering assistance to a person in distress or in danger.	The Event Jury prepares a report for the International Disciplinary Commission of the ISMF, who will decide a possible sanction
<b>F.3</b>	Assisting own athletes (with the exception of changing broken ski and/or poles).	The Event Jury prepares a report for the International Disciplinary Commission of the ISMF, who will decide a possible sanction
<b>F.4</b>	Disrespecting or insulting anyone participating in the event (Jury, officials, <b>racersathletes</b> , organisers, spectators, etc.) and/or disrespecting a decision of the <b>Jury</b> .	The Event Jury prepares a report for the International Disciplinary Commission of the ISMF, who will decide a possible sanction
<b>F.5</b>	Infringement of any other rules not cited above.	The Event Jury prepares a report for the International Disciplinary Commission of the ISMF, who will decide a possible sanction

### 11.2. Results in the event of race stoppage

Ranking will be established according to times and orders at the last checkpoint passed by the first competitors/athletes. Competitors/Athletes who have not yet reached this checkpoint will be ranked according to their times and order at preceding checkpoints.

The ISMF Event Jury decides if the results are fair-play and could be used for World Cup Ranking and World ranking.

### 11.3. Claims/Protests

Work in progress – to be published in 3<sup>rd</sup> roll-out.

### 11.4. Podiums

The winners of each category receive awards (see Rules for organising international ski mountaineering competitions refer to Organisation Event Guidelines). Team heads must make sure that award-winners wear the official dress/uniforms of their nation and are present at the prize-giving/Award Ceremony.

Podiums for ISMF competitions/races will take place before any other podiums.

The last day of the event, the Official ISMF Award Ceremony should take place before 2 pm.

During official medals ceremonies, athletes are not allowed to go on the podium holding any equipment. Following this ceremony, there will be a moment scheduled for this purpose.

### 11.5. Doping

Doping is strictly prohibited (See/Refer to the Anti-Doping Regulation/section in the Rules for organising ISMF events/Organisation Event Guidelines).

## APPENDIXES

### APPENDIX 1: CLAIM PROTEST FORM

- Only written **claims/protests** on official ISMF forms submitted before the appropriate deadline will be accepted by members of the **Technical Race Jury**.
- All **claims/protests** must be accompanied by the sum of 50,00 € (in cash or the equivalent in Euros of the currency of the host country).
- A separate **claim/protest** form must be completed for each incident and each form accompanied by the sum stated in the **regulations/rules**.
- The person that submits a complaint must support his/her arguments by quoting specific points of the **regulations/rules**.

<b>ORGANISATION</b>		
EXACT NAME OF THE RACE:		
EXACT DATE OF THE <b>EVENT/RACE</b> :		
LOC / <b>NATIONAL FEDERATION NF</b> :		
CLUB OR ASSOCIATION:		
<b>RACE</b>		
<b>TYPE OF RACE</b>	<b>TYPE OF EVENT</b>	<b>CATEGORY</b>
Individual race	World <b>C</b> Championships	Men
Team race	World <b>C</b> Cup	Women
Vertical race	Continental <b>C</b> Championships	Senior
Sprint race	ISMF <b>S</b> Series race	U23
Relay race	<b>O</b> ther event	U18- U20
<b>CLAIM PROTEST</b>		
Person in charge of filing the <b>claim/protest</b> :		
<b>Federation NF</b> :		
Phone number:		
Name(s) of athlete(s) involved:		
Bib number of athlete(s) involved:		
<b>DETAIL OF THE EVENTS</b>		
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.....		
.....		

At ....., the .... / .... / .... (DD/MM/YY)

Signature

Exact time ..... : ..... HH:MM

<b>DECISION OF THE <b>TECHNICAL RACE</b> JURY</b>
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.....

At ....., the .... / .... / .... (DD/MM/YY)

The President of Technical ISMF Jury President

Exact time ..... : ..... HH:MM

## APPENDIX 2: SKINS STORAGE PICTURES



exception: skins packed inside the backpack



## RACE EQUIPMENT RULES

The ISMF rules and guidelines 2023/24 will be rolled out in three phases. Please note that until the final roll-out, the rules are considered as draft as some sections and/or chapters are marked with “work in progress”. ISMF and its bodies take no responsibility or liability until the final roll-out. Please be aware of the ongoing changes.



## 12. TECHNICAL EQUIPMENT

The equipment listed hereafter is required for all ISMF competitions events.

All equipment used by competitors athletes taking part in ISMF events must be produced by a supplier that:

- Is registered in a chamber of commerce and industry.
- Is registered for VAT in country the nation of origin (Intra community number for the EU or similar manufacturers).
- Has a product liability insurance, which covers the use of the equipment in ski mountaineering.

The labelled security safety equipment must be CE and/or UIAA marked or comply with the requirements of a European rule in force (except for the helmets, see chart in 4.1) without any modifications, except by those authorised by the manufacturer in the written information supplied with the equipment.

No other compulsory equipment may be modified.

The athlete is responsible of his/her own equipment.

### 12.1. Equipment description for all ISMF ski mountaineering races events

ITEM	DESCRIPTION	CE or UIAA
A passport or a national ID card or copy	Required to be stowed away in the backpack or race suit. Every competitor athlete must present an official ID document (passport or national ID card) or a copy if required.	
A pair of skis	<ul style="list-style-type: none"> <li>– with metallic edges covering at least 90% of their length</li> <li>– minimal width of at least 80 mm in the front, 60 mm under the boot and 70 mm in the rear part;</li> <li>– ski length must be of at least 160cm for men and 150cm for women.</li> </ul> <p>The skis will be measured according to the method «Rolling».</p> <p>Minimal weight for skis and bindings:</p> <ul style="list-style-type: none"> <li>– Men: 780 grams per ski.</li> <li>– Women: 730 grams per ski.</li> </ul>	
Bindings	<ul style="list-style-type: none"> <li>– which allow heel movement during ascents and are blocked for descents;</li> <li>– they may or may not be equipped with security straps;</li> <li>– the binding system must have both a lateral and a forward complete release system (the boot is allowed to completely separate from the ski). The lateral release (front part) has to be lockable manually (without the use of any tool).</li> <li>– If a binding is TÜV certified, the locking mechanism is not necessary</li> </ul> <p>The use of ski brakes is compulsory from the 2021/22 season on. Athletes without ski stoppers brakes cannot participate in the race.</p> <p>Must have Ski brakes:</p> <p>Retention device for ski mountaineering ISMF events which is designed to slow down a ski after a ski binding release or ski loss.</p> <ul style="list-style-type: none"> <li>– Uphill position: Arrangement of the ski brake during the ascent phase</li> <li>– Downhill position: Arrangement of the ski brake during the descent phase.</li> <li>– Braking position: Arrangement of the ski brake when set in Downhill position and the boot is released from the binding.</li> </ul> <p>Mixed bindings (front part from one manufacturer and rear part from another one) are not allowed.</p>	

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	Boots and bindings must be set according to the manufacturer's instructions in order to guarantee optimum function of the release systems and the best protection of bindings and ski structure.	
Boots	<p>Minimal weight for boots (shell and dry inner): Men and U20 Men: 500 grams All Women categories &amp; U18 Men: 450 grams</p> <p>In case of bikini liners, only the shell must cover the ankles. Each boot must have at least two (2) independent closing systems. Boots must be designed to be used with metallic crampons. Cross-country ski boots and bindings or equivalents are strictly forbidden.</p> <p>Sole:</p> <ul style="list-style-type: none"> <li>Notched rubber soles.</li> <li>The notched soles have to cover the 100% of the boot surface.</li> <li>The minimum notch depth is 4 mm.</li> <li>The minimum surface area of 1 cm<sup>2</sup> per notch.</li> <li>There must be at least 8 notches under the heel and 15 under the front part of the sole.</li> </ul> <p>Modified boots by a second manufacturer are allowed only if there is a formal agreement between the two manufacturers, which is specified in the written information supplied with the modified part.</p> <p>Athletes in the U18 and lower category are not allowed to wear/use full carbon structured boots (including carbon composites or similar: Kevlar, aramite, etc.).</p>	
A pair of ski poles	Carbon or other material Maximum diameter of 25 mm With non-metallic baskets.	
A pair of removable anti-slipping skins	Skins originating from wild animals are strictly forbidden. The skins have to cover at least 40% of the snow contact length of the ski. Use of adhesive tape is forbidden on the skins for environmental reasons.	
Upper body clothing	<p>Three layers that fit the athlete well:</p> <ul style="list-style-type: none"> <li>1 long or short sleeves or sleeveless, body-hugging layer (no bustier). Event Jury decides if compulsory.</li> <li>1 ski suit with long-sleeves or a second layer with long-sleeves covering the whole arms.</li> <li>1 long-sleeved wind breaker jacket. Event Jury decides if it is compulsory to put it in the backpack or worn. The jacket must be sized appropriately to fit the racer/athlete.</li> </ul>	
Lower body clothing	<p>Two long-legged layers that fit the athlete well:</p> <ul style="list-style-type: none"> <li>1 ski suit or ski pants covering the whole legs (no underpants)</li> <li>1 breathable wind breaker trousers. Event Jury decides if it is compulsory to put it in the backpack or worn.</li> </ul>	
An avalanche detector	Also called DVA or ARVA, that conforms to standard EN 300718 457 kHz frequency. The DVA has to be equipped with a 3 antennas receiving system. The DVA has to be worn in a closed pocket (zipper only) inside of the race suit at the belly level or as defined by the manufacturer.	YES
A helmet	<p>Conforming to:</p> <ul style="list-style-type: none"> <li>UIAA 106 and EN 1077 class B standards.</li> <li>EN 12492 and EN 1077 class B standards.</li> </ul> <p>Helmets must be used (chin-strap has to be fastened) during the whole race (from the start to the finish line). CE/UIAA: Yes</p>	YES
A snow shovel	Conforming to ISMF standards (refer to Appendixes 2).	
A snow probe	Conforming to ISMF standards (refer to Appendixes 1).	
A survival blanket	<p>The minimum surface area of 1.80 m<sup>2</sup>.</p> <p>The Modifications subsequent to manufacture are not allowed. The term "survival blanket" is as defined by the manufacturer.</p>	

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A pair of gloves	That covers the entire hand up to the wrist - to be worn throughout the duration of the race.	
A pair UV-protection eyewear	Recommended for the athletes following appendixes and SR annex - Technical equipment (refer to appendixes).	
A backpack	With sufficient carrying capacity to hold all the equipment required by the regulations rules, with two rear and/or lateral fastening straps for carrying skis. In the event of cooperation between teammates, the carrier's backpack must have two independent sets of fastening straps for skis. If the backpack has an independent crampons pouch, the pouch must be securely fastened to the back of the backpack (using Velcro straps, etc.). Crampons must be secured in the appropriate compartment of the backpack worn on the back.	
A whistle		
<b>SUPPLEMENTARY EQUIPMENT THAT MAY BE REQUIRED BY THE RACE JURY</b>		
A pair of metallic crampons	That conforms to UIAA standard 153, with at least 10 spikes. The two front spikes must adjust to fit the competitor athlete's boots. They must have the original safety straps that should be properly fastened to all crampons during the on-foot portion of the race. When crampons are not worn on boots, they must be packed in the backpack or in the independent pouch carried on the back, with spikes facing each other.	YES
A harness	Conforming to UIAA standard 105	YES
Via Ferrata kit	With energy absorbing system for use in Via Ferrata Kit conforming to UIAA standard 128.	YES
Two (2) connectors - Via Ferrata kit connectors	That conform to UIAA standard 121. When the lanyard and the 2 connectors are not in use, they must be put away in the backpack or wrapped around the waist.	YES
An additional upper body thermal fleece layer of clothing	(Fourth layer with long sleeves) The sleeves must fit the athlete well. The fourth layer is comprised of thermal clothing which must have a minimum weight of 300 grams.	
A ski cap or headband		
A second pair of gloves	that must be thermal and wind-proof.	
A Head lamp in full working order;		
A second pair of UV-protection eyewear	Recommended for the athletes as follows in the appendixes and SR annex - Technical equipment (refer to appendixes).	
A dynamic rope	That conforms to UIAA standard 101, with a minimum diameter of 8.5 mm and a length of 30 m.	YES
Skins	The Event Jury has the right to request additional skins.	
Wax	Use of fluorinated wax or tuning products containing fluorine is prohibited for all ISMF events (disciplines and levels).	

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## APPENDIXES

### APPENDIX 1: ISMF SNOW PROBE STANDARD

The manufacturer has to define the probe as a "rescue snow probe" and make a self-certification confirming that it meets this ISMF standard:

- Minimum external diameter: 10 mm
- Minimum total length: 240 cm
- When loaded without shock with a mass of 3 kg as in figure 1, the probe should not break or leave permanent deformations and should not go out of the supports or hooks the supports (with certain models, the locking system or the metallic point are prominent, and they prevent the exit of the supports).

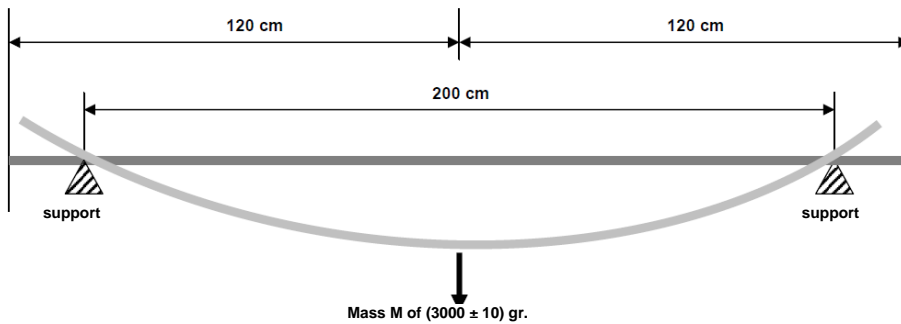


Figure 1

- When loaded without shock with a mass of 20 kg as in figure 2, the probe should not break and the different parts of the probe shall still fit one inside of the other.

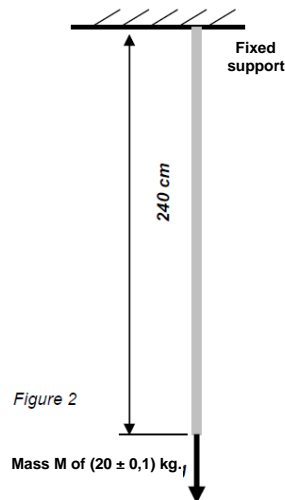
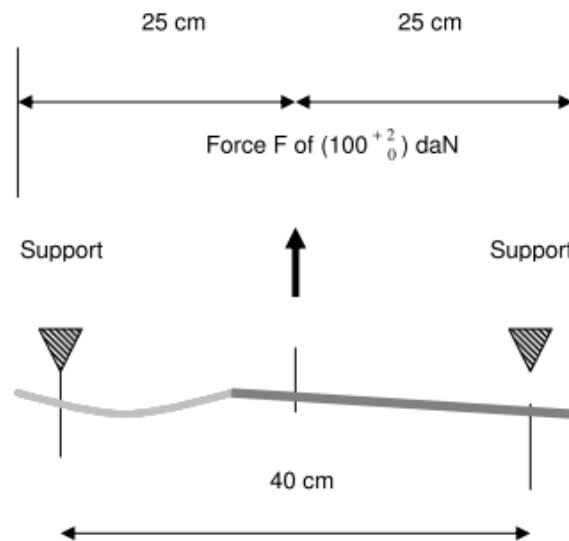


Figure 2

## APPENDIX 2: ISMF SHOVEL STANDARD

- A snow shovel in compliance with the ISMF standard here stated, defined by the manufacturer as a "rescue snow shovel".
- The equipment concerned directly with safety cannot be modified; except for modifications performed or authorized by the manufacturer.
- The manufacturer has to define the shovel as a "rescue snow shovel" and make a self-certification confirming that it complies with the ISMF standard:
- Minimum shovel surface including a square of 20 cm x 20 cm.
- Test method: place a piece of 20 X 20 cm cardboard under the shovel: no part of the cardboard must be visible.
- Minimal total length of the shovel in working configuration: 50 cm.
- The shaft has to end in a T or L shape, so the athlete is able to push down / leverage the handle.
- The test sample for the strength test shall be conditioned for at least 1 h at  $(-20 \pm 3) ^\circ\text{C}$ . The test shall be carried out at  $(23 \pm 5) ^\circ\text{C}$ . The test shall begin within 2 min from removal of conditioning.
- Strength test: When loaded with a speed of  $(100 \pm 10) \text{ mm/min}$  as in figure 1, the shovel shall be capable of withstanding a static force of at  $(100 +^2_0) \text{ daN}$  over a period of  $(60 \pm 5) \text{ s}$ .
- The test sample shall not break, nor go out of the supports, and no permanent deformations are admitted on any part of the shovel.

Figure 1



## APPENDIX 3: RECOMMENDED EYEWEAR PROTECTION CHART

Catégorie de protection	Transmission visible	Transmission UVB	Race
Catégorie 0	80% à 100%	Max. 8% à 10%	Night race
Catégorie 1	43% à 80%	Max. 4,3% à 8%	Scandinavian race
Catégorie 2	18% à 43%	Max. 1,8% à 4,3%	
Catégorie 3	8% à 18%	Max. 0,8% à 1,8%	Daylight race
Catégorie 4	3% à 8%	Max. 0,3% à 0,8%	

## RANKING RULES

The ISMF rules and guidelines 2023/24 will be rolled out in three phases. Please note that until the final roll-out, the rules are considered as draft as some sections and/or chapters are marked with “work in progress”. ISMF and its bodies take no responsibility or liability until the final roll-out. Please be aware of the ongoing changes.

## 13. INTRODUCTION

The ISMF Rules and Regulations for international ski mountaineering competitions (for World and Continental Championships, World and Continental Cups and ISMF Series races) consist of a set of rules for the standardized organisation of ski mountaineering competitions. The purpose of this text is to set out the access & registration obligations to take part in the international ski mountaineering competitions of the ISMF calendar.

The official ISMF Ranking Rules text is published in English.

This document is the main reference, together with the documents named "Sporting Rules, Guidelines for organising ISMF international ski mountaineering competitions, and Registration Rules", for setting out the rules and regulations applicable to international competitions.

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## 13. DEFINITIONS

**Result:** it applies to a race, list of the athletes based on the time of race or place order following the Sporting Rules, all categories merged

**Category results:** result for one category (including its subcategories) - e.g.: Senior Results

**Ranking:** list of athletes based on the ranking score

**Ranking score:** accumulation of points obtained by one athlete during the ranking's period with all the races taken in account

**Rank:** athlete's position in a ranking

**Place:** athlete's position in the Category Results of a race

**WRK points:** points attributed to an athlete following his/her place and the race level for the WRK

**Time pPoints:** depend on the ratio of an competitorathlete's finish time and that of the winner given inas a percentage for each race, used to decide between dead heats.

**Place Points:** attributed to competitorsathletes depending on their results in a given race irrespective of the race coefficient.

**Race coefficient:** attributed to the race depending on the previous ranking of the best athletes to finish.

**Ranking points:** attributed to individual competitorsathletes, teams or countries and used to establish their position in competitionrace ranking.

## 14. APPROVED EVENTS

Only events that meet the following requirements will be taken into account for ISMF rankings:

- events announced in the international ISMF calendar;
- with the participation of at least 3 ISMF athletes with ISMF licence;
- general compliance with ISMF regulationsrules;
- Transmission of results according to the ISMF results protocol.

## 15. MEANS OF RANKING

### 15.1. Place points

Work in progress – to be published in 2<sup>nd</sup> roll-out.

### 15.2. Time pPoints

In order to decide between competitorsathletes or teams that have the same final ranking points (same final number of place points), race times will be taken into account. In the event of a tie, the final ranking will be determined by the addition of time points. Time pPoints depend on the ratio between the competitorathlete's time and the winner's time (percentage).

If the competitorsathletes' time points are identical, then the tie will not be broken.

Time pPoints are calculated as follows:

$$Px = T1/Tx * 100$$

Tx = time of the competitorathlete or team X, in seconds

T1 = time of the winner (individual or team), in seconds



$P_x$  = Time  $\times$  Points of competitor/athlete or team X  
Times are to the second, and percentages to the nearest hundredth.

For example: Competitor/Athlete A wins the race in 2 hrs 00'00", competitor/athlete B finishes second in 2 hrs 03'30" and competitor/athlete X is 30th in 2 hrs 15'45". The results of the race are:

A: place points = 100; time points = 100.00

B: place points = 95; time points =  $7200 / 7410 \times 100 = 97.16$

X: place points = 51; time points =  $7200 / 8145 \times 100 = 88.39$

## 16. RANKINGS

### 16.1. Continental and World Championships

#### 16.1.1. Continental Championships

The participation in the ISMF Continental Championships and the related requirements will be dealt with and evaluated throughout the year, as there are no such events planned during the 2022/23 season, considering that only the World Championships will be organised. Therefore, this rule will be implemented in the regulations for the 2023/24 season.

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### 16.1. Continental and World Championships rankings

#### 16.1.1. Country ranking

Work in progress – to be published in 2<sup>nd</sup> roll-out.

#### 16.1.2. Combined Senior Championship ranking

Combined Senior Championship rankings are calculated by adding the Place Points obtained by Senior competitors/athletes (both for men and women) from the three best results out of the following races: Team, Individual, Vertical, and Sprint Race.

Senior men combined ranking points = PPs for Individual races + PPs for Team races + PPs for Sprint races + PPs for Vertical races – PPs of the worst result out of the 4 races. In the event of a tie, the final ranking is determined using time points.

If one or more of the following races: Team, Individual, Vertical, and Sprint race cannot be held during the Continental or World Championships, then the combined ranking will be calculated by adding the place points obtained during all the remaining races without withdrawing the worst result.

### 16.2. Continental Cups rankings

The Continental Cups follow the same rules as the World Cups (see sections 3.134.1, 34.2 and 3.235.3), the only difference being that:

- Competitors/Athletes from other continents can participate and be ranked on the race results.
- If the competitor/athlete and/or team are from the continent hosting the Cup, then their place points count towards the Continental Cup ranking and permanent world ranking WRK.
- If the competitor/athlete and/or team are not from the continent hosting the Cup and if the event is open, their place points count towards the permanent world ranking WRK.
- In order to be ranked in a Continental Cup, competitors/athletes/teams must:
  - have participated in at least one of the races that count for ranking.

## 16.3. World Cup and Youth World Cup rankings

### 16.3.1. General principles

The ISMF Sport Department organises each season the World Cup's and Youth World Cup's calendars (Number of events, number and type of races, locations...). The World Cup concerns the Senior category and his sub-category (U23) as defined by the Athletes Participation Rules. The Youth World Cup concerns the categories U20 and U18.

### 16.3.2. Rankings per athlete and per nation

The World Cup circuits gives rise to different rankings. Each ranking done per athlete for men and for women, except Mixed Relay World Cup ranking done per nation.

### 16.3.3. Scoring

The score is the accumulation of the Place Points earned during the World Cup season for an athlete or a nation.

#### 16.3.3.1. Scoring for Mixed Relay races

For each Mixed Relay World Cup race, a Nation Ranking List (NRL) is produced.

The NRL is based on the race result list but keep only the best team of each NF (adjusted result).

The score of the Mixed Relay World Cup is per nation and calculated from the NRL Place Points at each race.

### 16.3.4. Tie

In case of Tie in any ranking, Time Points will be used to rank the athletes or nations.

### 16.3.5. World Cup Overall ranking

This ranking is based on the athlete's score for the Individual races, Vertical races, Team races and Sprint races of the World Cup season.

### 16.3.6. Specialty World Cup ranking

It is only for the World Cup circuit (Senior category).

The ranking is based on the athlete's score (or Nation for Mixed Relay Specialty) for the considered specialty of the World Cup season.

A Specialty World Cup ranking is made only if there is a minimum of three specialty races scheduled for the season.

A Specialty World Cup Final ranking is awarded only if there is a minimum of three specialty races with Official Results during the whole season.

#### Disciplines concerned and produced rankings:

- Sprint race World Cup
- Vertical race World Cup
- Team race World Cup
- Individual race World Cup
- Mixed Relay race World Cup (by nation)

### 16.3.7. Youth World Cup

The Youth World Cup circuit consists of the following rankings:

- U20 Overall ranking for women and for men
- U18 Overall ranking for women and for men
- Nation Youth World Cup ranking

### 16.3.8. U23 Ranking

The U23 Overall ranking is an extraction of the Senior ranking. The Place Points used are the Senior's PPs.

### 16.3.9. Nation World Cup Ranking (NWCR and NYWCR)

The NWCR is calculated by summing the PPS of the Senior ranking for the best athlete male and the best athlete female from Senior and U23 categories (this means four athletes could be taken into account for each race), or the best team of a nation for each World Cup race of the concerned circuit.

For the World Cup circuit, the NWCR is based only on Senior results.

For the Youth World Cup circuit, the NYWCR is based on U20 results and U18 results.

For all races (including Sprint), race times must be measured and published.

For sprint race qualification, in the case that the times are not published, the points do not go to any ranking. For all the races, the Local Organising Committee must have a video check of the finish line to guarantee the ranking. The Local Organising Committee must have a manual timekeeping to replace the electronical system in case of breakdown.

In order to be ranked in a World Cup, competitors/teams must:

- have participated in at least one race that counts towards the World Cup;
- be a current ISMF licence holder.

U18 cannot participate or be ranked in a World Cup race.

The race results that count towards world cup ranking are:

- Team World Cup races for men and women in Senior category;
- Individual World Cup races for men and women in Senior category;
- Sprint and Vertical World Cup races for men and women in Senior category.

The top three are called to the podium at the final event of each specialty.

The names of the three racers should be published with a picture of podium immediately after the flower ceremony on ISMF social media.

The complete results of the race should be published on ISMF website fifteen (15) minutes after the end of the race.

#### 4.1.1. Individual Race World Cup ranking for Senior

The winner of the individual ski mountaineering World Cup is the competitor who accumulates the most place points during the races of all Individual World Cup competitions in his/her category. All World Cup races are taken into account for the calculation of the final individual ranking. This is an individual ranking. In the event of a tie, the final ranking will be determined using time points.

Ranking will be determined if there are at least three Individual races.

#### 4.1.2. Vertical Race World Cup ranking for Senior

The winner of the Vertical ski mountaineering World Cup is the competitor who accumulates the most place points during all Vertical World Cup Races in his/her category. All the races are taken into account for the calculation of the final Vertical Race ranking. This is an individual ranking. In the event of a tie, the final ranking will be determined using time points.

Ranking will be determined if there are at least three Vertical races.

### 16.4. Specific rules for Sprint races

The winner of the Sprint ski mountaineering World Cup is the competitor who accumulates the most place points during all Sprint World Cup competitions in his/her category. All the races are taken into account for the calculation of the final Sprint ranking. This is an individual ranking. In the event of a tie, the final ranking will be determined using time points.

Ranking will be determined if there are at least three Sprint races.

#### 16.4.1. Specifications – Ranking for the Sprint race: Result management for Sprint races

- 1<sup>st</sup> - 6<sup>th</sup> place: Position from the final
- 7<sup>th</sup> - 12<sup>th</sup> place: Semi-finalists not 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: 7<sup>th</sup> position = the best time between the two athletes who arrived fourth in each semi-final.

If there are 30 or more athletes:

- 13<sup>th</sup> - 30<sup>th</sup> place: Quarter-Heat finalists not qualified for semi-final round. The ranking order is established following:
  - the order of arrival of each quarter-final heat
  - the best time of quarter-finals heats with the equal position reached.

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

- 31<sup>st</sup> and more: Ranked by qualification time.

If there are 24 - 29 athletes:

- 13<sup>th</sup> - 24<sup>th</sup> place: Quarter-Heat finalists not qualified for semi-final round. The ranking order is established following:
  - the order of arrival of each quarter-final heat
  - the best time of quarter-finals heats with the equal position reached.

Example: 13<sup>th</sup> position = the best time between the four athletes who arrived fourth in each quarter-final heat.

- 25<sup>th</sup> - 29<sup>th</sup> place: Ranked by qualification time.

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

#### 16.4.2. Ranking of IRM athletes for a Sprint race

	IRM			
	DNS	DNF	DSQ	DQB
Qualification	Not ranked (DNS)	Not ranked (DNF)	Not ranked DSQ	Not ranked
Heats	- latest place of the heats Tie: by qualification time (e.g.: 29 <sup>th</sup> and 30 <sup>th</sup> )	- latest place of the heats (but before DNS) Tie: by qualification time (e.g.: 27 <sup>th</sup> and 28 <sup>th</sup> )	Not ranked DSQ (each athlete gains 1 place)	Not ranked DQB (each athlete gain 1 place)
Semifinal	- latest place of the heats Tie: by heat position and time (in 2 <sup>nd</sup> ) (e.g.: 11 <sup>th</sup> and 12 <sup>th</sup> )	- latest place of the heats Tie: by heat position and time (in 2 <sup>nd</sup> ) (e.g.: 9 <sup>th</sup> and 10 <sup>th</sup> )	Not ranked DSQ	Not ranked DQB
Final	- latest place of the heats Tie: by semifinal position and after semifinal time (e.g.: 5 <sup>th</sup> and 6 <sup>th</sup> )	- latest place of the heats Tie: by qualification time (e.g.: 3 <sup>rd</sup> and 4 <sup>th</sup> ) Tie: by semifinal position and after semifinal time (e.g.: 3 <sup>rd</sup> and 4 <sup>th</sup> )	Not ranked DSQ	Not ranked DQB

#### 4.3.5. General overall World Cup ranking for Senior, U23 men and women

The winner of the overall World Cup is the competitor who accumulates the most place points during the races of all Individual / Team / Vertical and Sprint World Cup races.

It is an individual ranking. The final ranking takes all the season's races into consideration.

This is an individual ranking. In the event of a tie, the final ranking will be determined using time points.

#### 4.3.6. General overall World Cup ranking for National teams

The country ranking is calculated by summing the place points of competitors of each WC event who count for country ranking.

The number of competitors taken into account for country ranking and the coefficients allocated for each event are detailed in the table below.

Type of event	Individual	Team	Vertical	(Mixed) Relay	Sprint
	Seniors Men & Women	Seniors Men & Women	Seniors Men & Women	Seniors Men & Women	Seniors Men & Women
Coefficient	1	1	1	1	1
Number of competitors/teams that count towards country ranking, men and women	1	1	1	1	1

WC Country ranking points

= (sum of place points of the country's first Individual, Vertical, (Mixed) Relay, Sprint, Team, male Senior competitors of each WC event)

+ (sum of place points of the country's first Individual, Vertical, (Mixed) Relay, Sprint, Team, women Senior competitors of each WC event)

Countries can tie.

## 16.5. Permanent men's and women's World Ranking (WRK)

### 16.5.1. Concepts and provisions General principles

The World Ranking represent sporting excellence with the larger number of ski mountaineering athletes and races. To reach this goal and reflect the sport values, races will be organized by level. The place obtained in a race result following the level the race will awarded some WR points accumulated for the World Ranking.

### 16.5.2. WRK period

The World Ranking accumulated the results for a period of 2 years. The WRK points of a race will be removed from the athlete WRK score the day after the second anniversary the considered race's date.

### 16.5.3. WRK score

The WRK score does the accumulation of the WRK Points earned during the WRK period.

### 16.5.4. WRK points

Each race with the results provide to the ISMF Ranking Manager following the WRK results protocol will be taken in account in the WRK.

The WRK points awarded from a race depend on the race's WRK Level.

WRK Level	WRK points for the winner	1 <sup>st</sup> proposal	Other
1	1300	OG	
2	1200	WCH	
3	1000	WC	
4	800	CCH + YWC	
5	600	CC + World Series	
6	400	Continental Series	
7	200	NCH	The 5 best results maximum (=1000 pts)
8	100	NC	The 5 best results maximum (=500 pts)
9	50	Regional race	The 7 best results maximum (=350 pts)

There is a limit from the WRK points awarded in the level races 7, 8 and 9. Only the 5 best results will be taken in account for the level races 7 and 8, and the 7 best results for the level races 9.

#### 16.3.3. List of World Rankings produced

The following WRKs will be produced for Men and for Women:

	Senior	U23	U20	U18
Overall (with all races)	X	X	X	X
Individual	X	X	X	X
Sprint	X	X	X	X
Vertical Race	X	X	X	X
Team race	X			
Long Distance race	X			

Permanent world rankings are established to represent sporting excellence. This ranking is based on the results of senior men and women competitors over various ISMF ski mountaineering events.

This is an individual ranking.

#### Establishing the ranking

Throughout each sporting season, all senior competitors gain place points (PPs) for each event announced in the ISMF calendar. Each competitor's place points are multiplied by the event coefficient = value attributed to the race depending on the previous ranking of the best athletes to finish.

The ranking is updated following each event.

Points become void 1 year and 1 day after having been obtained.

#### Continental ranking

For the continental ranking, only the following races are taken into account:

- Continental senior championship events;
- Continental senior cup events;
- Open events that take place on the continent in question.

Senior competitors are only ranked in the international ranking of their continent.

#### Permanent world ranking

ISMF series races count for the permanent world ranking.

All competitors gain points (whether or not ISMF licence holders).

N.B. for continental championship and cup results: if the competitor and/or team are not from the continent and if the event is open, their place points count towards the permanent world ranking. If the event is not open, these competitors cannot register to participate.

#### METHOD FOR CALCULATING RACE POINTS

Competitors start a race with a given number of points, obtained in previous races; these points are their "reference points."

Only competitors ranked upon arrival are taken into account.

Whether the race is an individual race or a team race, only individual positions are used (1 team = 2 individuals).

For men, calculations are based on the best 20 ranked competitors with the most points in the world ranking.

For women, calculations are based on the best 10 ranked competitors with the most points in the world ranking.

Using the World Cup point grid, the competitor coefficient is applied:

The total for the first 20 men is of 1480 points.

If the winner is among the best 20 of the World Ranking ranked upon arrival, he gains 100 points.

*His competitor coefficient is  $100 / 1480 = 0.0675675$*

If the runner-up is among the best 20 of the World Ranking ranked upon arrival, he gains 95 points.

*His competitor coefficient is  $95 / 1480 = 0.0641891$*

If the twenty-fifth to finish is among the best 20 of the World Ranking ranked upon arrival, he gains 56 points.

*His competitor coefficient is  $56 / 1480 = 0.0378378$*

The total for the first 10 Women is of 825 points.

The coefficients of the best 20 men of the world ranking ranked upon arrival are summed.

If the first 20 men to finish are the best 20 of the world ranking, then the competitor coefficient for men is equal to 1.

By adding all their percentages, the race coefficient is obtained. This coefficient depends on the quality of the competitors that finish the race (maximum = 1.00).

The method for calculating time points is maintained.

The winner gains 100 points, the 2nd gains (winner's time / 2<sup>nd</sup> time) x 100.

#### Race points:

Race points are obtained by multiplying time points by the race coefficient.

There can be a tie.

#### 16.6. ISMF Series Ranking

The WRK will rank the athletes participating in ISMF Series.

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### 17. RESULTS AND RANKING MANAGEMENT / WORLD CUP RANKINGS / WORLD AND EUROPEAN CHAMPIONSHIPS

The ISMF IT-Ranking Manager is responsible for establishing World Cup and World and European Continental Championships, Series and other ISMF events results and rankings.

The ISMF IT-Ranking Manager will be in charge of updating the permanent World RankingsWorld Rankings.

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He/she must:

- Update, with help from the ISMF secretary, computerized data on the competitors participating in events;
- Update, with help from the ISMF secretary, the rankings of previous races;
- Update official rankings (cups, championships, etc.);
- Post the ranking on the Internet and send a copy to the head of the Referees' commission, the ISMF Sports Manager and ISMF secretary office;
- Provide Local Organising Committees with the list of competitors with licences from each National Federation a week before the competition and then again 24 hrs. before the competition;
- Request help from Local Organising Committees to set up and coordinate the computerized system by which he/she can immediately receive the results of an event;
- Obtain computerized race rankings within the shortest possible time period;
- Supply a copy of race rankings to each person in charge of competitors from competing countries.

**Commented [VP132]:** Already present in **Organisation Event Guidelines** = redundancy

He/she should be present at:

- World Cup finals;
- World and European championships;

For all other events, the Local Organising Committee will hand the official ranking to the Event Director who will subsequently communicate it to the IT-Ranking Manager and ISMF office secretary at the end of the race by urgent e-mail.

ISMF Series Ranking

Points are awarded in the same way as for World Cup events. The ranking of each athlete is based upon the top four personal results from an ISMF Series Circuit.

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## 18. MANAGEMENT OF PERMANENT WORLD RANKING

The ISMF IT-Ranking Manager will be in charge of updating the permanent World Rankings.

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He/she must:

- Update, with help from the ISMF secretary, computerized data on the competitors participating in events;
- Update, with help from the ISMF secretary, the rankings of previous races;
- Post the ranking on Internet and send a copy to the head of the Referees' commission, the ISMF Technical Delegate and ISMF secretary office;
- Request help from Local Organising Committees to set up and coordinate the computerized system in order to immediately receive results after an event;
- Obtain computerized race rankings within the shortest possible time period.

**Commented [VP135]:** Already present in **Organisation Event Guidelines** = redundancy

The Local Organising Committee must communicate the official rankings to this person at the end of the race by urgent e-mail.

## 18. RANKINGS CLAIMS PROTEST

Any claims concerning rankings must be submitted in writing by the President of a National Federation to the ISMF Council which will evaluate and entrust the International Disciplinary Commission of the ISMF. Competitors may appeal according to the disciplinary procedures indicated by the International Disciplinary Commission of the ISMF.

A Ranking Protest contests an athlete's rank and/or ranking score from an ISMF ranking (final or provisional). This is not a process to claim against a result.

This protest must be submitted in writing by the National Team Captain during an event or by the NF President after the event, to the ISMF Office and the ISMF Ranking Manager as soon as possible from the publication of the ranking and within one month of publication.



In case of calculation error, the ISMF Ranking Manager is allowed to fix it and inform the Sport Department and the protester.

If the error concerned the athletes awarded during the End of Season ceremony, the Sport Department will take the appropriate action to fix it.

If the Ranking Protest is not accepted, the ISMF Ranking Manager will answer by writing to the author of the Protest. The protester could appeal to the ISMF Ranking Jury (composed by Event Director, Referee Manager, Ranking Manager) until two weeks after the rejected protest notification.

In order to submit a Ranking Protest, the protester must use the form in the Appendixes of the Sporting Rules.

# RULES FOR YOUTH WORLD CUP

The ISMF rules and guidelines 2023/24 will be rolled out in three phases. Please note that until the final roll-out, the rules are considered as draft as some sections and/or chapters are marked with “work in progress”. ISMF and its bodies take no responsibility or liability until the final roll-out. Please be aware of the ongoing changes.

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

## 19. REQUIREMENTS FOR HOSTING AN ISMF YOUTH WORLD CUP

### 100 - ISMF Rules for registering events in the ISMF calendar

All applications from the Local Organising Committees LOCs must be submitted to their national federation NF, who after consideration, will then forward to the ISMF office. Applications submitted directly to the ISMF office from the Local Organising Committees LOCs will not be considered.

ISMF Youth World Cup events are reserved to U16, U18 and U20 categories only.

There will be between 3 and 4 ISMF Youth World Cup events per season.

ISMF Youth World Cup events have to be scheduled from 1 January to 31 March (circuit to be concluded before the ISMF World Cup finals).

Available disciplines: Sprint, Vertical, Individual. There have to be two disciplines in the first two events and three disciplines in the third and final event of this circuit.

It is strongly recommended to stage the event during the weekend (two consecutive days) with a rest day only in the case of three or four races.

The Local Organising Committee LOC has the possibility to organise an Open Race alongside the ISMF Youth World Cup event. This competition race has to be entirely managed by the Local Organising Committee LOC, without interfering with the ISMF races, this having different starting times, different ceremonies (both Flower and Award Ceremonies), etc. The Open Race is only allowed for Senior athletes and for the Vertical and Individual disciplines, while not for the Sprint.

### 200 - ISMF Guidelines for organising international ski mountaineering competitions

(Ref. OR 1.2.3) An agreement between the ISMF, the NF and the Local Organising Committee LOC has to be signed. On the communication side, the title "ISMF Youth World Cup" and the ISMF logo must appear in any kind of advertising material or mean of communication of the Local Organising Committee LOC and on its official website as well.

The Local Organising Committee LOC, for its part, must publicise the event as much as possible in the weeks leading up to it in order to increase its media visibility.

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## 20. ATHLETES PARTICIPATION

### 500 - Regulation regarding registration and participation in ISMF competitions

ISMF Youth World Cup events are reserved to U16, U18, U20 categories only.

U16 athletes are allowed to compete in only one event of the season indicated by the ISMF in due course.

This circuit is reserved to athletes of ISMF National Federations NFs and ski mountaineering clubs authorised by the National Federation NF.

Athletes from all ISMF National Federations can take part and can be ranked in the ISMF Youth World Cup events of their choice, even if they belong to continents other than Europe.

Only ISMF licence holders with ISMF Elite or Youth licence A or B can participate and be ranked in the ISMF Youth World Cup competitions. U16 athletes will have an ISMF licence B free of charge, since they take part in only one event out of the entire competitive season. The national licence\* or the authorisation\*\* from the National Federation NF is compulsory for the athletes of all three categories (U16, U18 and U20) participating in this circuit. The licence B, as happens for the licence A, has to be requested to the ISMF by the National Federation of belonging through the ISMF website.

\*Only for the National Federations NFs which have national licence.

\*\* The National Federations NFs (which do not have national licence) have to provide the respective athletes with an official document valid as a pass to allow them to apply for the ISMF licence.

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The fee for the registration in the races is at the discretion of the Local Organising Committee LOC. The ISMF recommends the amount of between 30,00 € to 40,00 € for each race. Athletes' registration is done through the ISMF website using the intranet system, as per the other ISMF events. All athletes (of both the national team and the ski mountaineering clubs) can be registered in the races only by the National Federation NF of belonging. There is no possibility of late registrations.

Accommodation is managed directly by the participants athletes or NFs. The ISMF will provide the relative information and the pertaining email address in due course.

## 21. ISMF STAFF AND SERVICES

Work in progress – to be published in 3<sup>rd</sup> roll-out.

## 22. ON SITE LOGISTICAL ORGANISATION FOR ATHLETES

### 22.1. TCM

The Team Captain Meeting TCM must take place on the eve of the race and is only open to the coaches of the National Federations NFs and representative person of the ski mountaineering clubs.

### 22.2. BIBS

The race numbers (bibs) must have a specific numbering system and if possible, a different colour on the basis of the category of belonging.

Bib numbers are attributed to the athletes or teams according to the current individual ranking.

A bib list is provided by the ISMF Ranking Manager according to the timelines as agreed between the ISMF and the Local Organising Committee LOC.

## 23. RACE SPECIFICATIONS

For the general features of ISMF Youth World Cup events refer to the Technical Race Guidelines as the information can be applied to this circuit as well.

DISCIPLINE	CATEGORY	DIFFERENCE IN ALTITUDE	FURTHER NOTES
Vertical race	U18/U20 M/W	400 - 500 m	Gliding ascent (not too steep)
	U16 M/W	300 m to 400 m	
Individual race	U20 M	1000 - 1200 m	Minimum 3 ascents. The longest ascent must not exceed 50% of the total positive difference in height. Maximum 400 m for each ascent.
	U20 W – U18 M	800 - 1000 m	
	U18 W – U16 M	700 - 900 m	
	U16 W	700 m max	
Sprint race	All categories M/W	70 m max	

The start will be divided for each participating category if each of them counts at least 12 or more registered athletes.

The Mixed Relay is organised for each category if there are at least 6 teams per category. The ISMF Event Coordinator will decide with the LOC whether to organise a final A and final B according to the registrations.

Please refer to the ISMF Sporting Rules & Regulations in order to set correctly up the various areas of the race track, to follow the guidelines regarding penalties and offences, etc.

## 24. EQUIPMENT

As a supplementary equipment, only crampons, an additional upper body thermal fleece layer of clothing and a head lamp for a dark race can be required. Ref. SR 3.1

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## 600 – ISMF Sporting Rules Annex: Description of Technical Equipment

Please refer to the **Race Equipment** ISMF Sporting Rules Annex – Description of Technical Equipment – in order to find out the equipment that athletes have to hold to compete in the ISMF Youth World Cup events.

The use of ski brakes is compulsory for all athletes participating in the ISMF Youth World Cup events.

## 25. RANKING

### 400 – ISMF Ranking rules & regulations

A specific ranking dedicated to the ISMF Youth World Cup events will be introduced on the ISMF website.

The awarding of race points will be carried out according to the ISMF Ranking Rules & regulations and the same will be done for the determination of the Overall ranking.

## 26. CEREMONIES, PRIZE MONEY AND AWARDS

Ceremonies, prize money and awards for ISMF Youth World Cup events

PRIZE MONEY* (minimum)	ISMF YOUTH WORLD CUP			
	SPRINT	VERTICAL	INDIVIDUAL	MIXED RELAY
1 <sup>st</sup> U20W/U20M	300 €	300 €	300 €	300 €**
2 <sup>nd</sup> U20W/U20M	200 €	200 €	200 €	200 €**
3 <sup>rd</sup> U20W/U20M	100 €	100 €	100 €	100 €**
1 <sup>st</sup> U18W/U18M	Equipment	Equipment	Equipment	Equipment***
2 <sup>nd</sup> U18W/U18M	Equipment	Equipment	Equipment	Equipment***
3 <sup>rd</sup> U18W/U18M	Equipment	Equipment	Equipment	Equipment***
1 <sup>st</sup> U16W/U16M		Equipment		
2 <sup>nd</sup> U16W/U16M		Equipment		
3 <sup>rd</sup> U16W/U16M		Equipment		
TOTAL/category	600 €	600 €	600 €	600 €
TOTAL/category	1200 €	1200 €	1200 €	1200 €
TOTAL Men & Women	2.400 € / 3.600 €			

\* The said amounts of prize money have to be considered gross which will be then deducted of any withholding tax in force in the LOC's country/nation.

Subject to prior coordination with the ISMF, it is possible to reward U20 athletes with equipment (amount equal to the prize money in € included in the table above).

\*\* The amount has to be considered per team. The LOC should pay exact half amount to one team member and the other exact half amount to the other team member.

\*\*\* The LOC shall provide both team members with an equipment item.

Any changes to prize money must be agreed/arranged in advance between the ISMF and the Local Organising Committee/LOC.

The awards shall be provided in accordance with point OR 2.4.2.

AWARDS (In charge to the ISMF)	ISMF YOUTH WORLD CUP		
	SPRINT	VERTICAL	INDIVIDUAL
First 3 athletes of each category for each scheduled race	Medals		
First 5 athletes of each category	Trophies		

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winning the Overall  
ranking

(If possible) all Award Ceremonies have to be agreed/arranged in advance with the ISMF.  
The Award Ceremony will take place immediately after the Flower Ceremony of each single category.  
Podiums are compulsory for:  
- the first/Top3 athletes of each category for each scheduled race (both for Flower and Award Ceremonies)  
- the first/Top53 athletes of each category winning the Overall ranking.

There will be no Specialty Youth World Cup rankings.  
The ISMF will provide the LOC of the final Youth World Cup stage with necessary trophies for the Overall Youth World Cup Ceremony.

The Team Captain Meeting must take place on the eve of the race and is only open to the coaches of the National Federations and representative person of the ski clubs.  
The race numbers (bibs) must have a specific numbering system and if possible, a different colour on the basis of the category of belonging.  
Bib numbers are attributed to the athletes or teams according to the current individual ranking.  
A bib list is provided by the ISMF Ranking Manager according to the timelines as agreed between the ISMF and the Local Organising Committee.

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(Ref. OR 5.2.2) Start order and timings will be decided in conjunction between the ISMF Sport Department and the Local Organising Committee. It is strongly recommended not to start before 09.00 or after 17.00, except for Sprint races which can be held as a nocturnal event, upon request. The start time will be defined according to the duration of the race and snow/weather conditions.  
Unless there are critical weather conditions or important safety issues, the track of Individual race must be ready in the morning of the day before the race (10.00 maximum). There should be at least one track with a few flags to give the main direction.

(Ref. OR. 4.1.5) The President of the ISMF Technical Jury  
- He/she assumes some tasks of the ISMF Event Director (Ref. OR. 4.1.1) in collaboration with the ISMF Technical Delegate;  
- He/she is appointed by the ISMF Referee Manager;  
- He/she is an international ISMF Referee;  
- He/she is responsible of the Technical Jury;  
- He/she ensures that ISMF regulations are followed and resolves any registration issues (categories, etc.);  
- He/she is in charge of relations with the technical representatives of the National Federation;  
- He/she attends the meetings related to the races;  
- He/she ensures sporting fairness;  
- He/she calls for Technical Jury meetings to set up and organise the Jury's work and revise ISMF regulations before the event;  
- He/she coordinates referees throughout the duration of the event;  
- He/she is in constant contact with the Local Organising Committee (in particular the Race Director) during the race;  
- He/she supervises the provisional ranking and performs an initial verification with the international referees once he/she has received the provisional results;  
- He/she applies the penalties (if necessary);  
- He/she requests provisional results as soon as possible;  
- He/she receives claims submitted within the correct deadline as specified in the ISMF Sporting Rules & Regulations;  
- He/she signs official rankings, gives copy to the ISMF delegate (if present), the ISMF Technical Delegate and the person in charge from the Local Organising Committee for official posting;

- He/she must rapidly send the competition results by e-mail to the IT-Ranking Manager and ISMF office;
- He/she writes an official report, within 48 hours, addressed to the ISMF Technical Delegate, the responsible of the referees, the ISMF Council and the Local Organising Committee;
- He/she can advise the Local Organising Committee on technical issues/requirements.

#### (Ref. OR 4.1.8) The ISMF Technical Delegate

- He/she is a technical consultant appointed by the ISMF Vice-President Sport & Events for the technical organisation of the event, working in close collaboration and coordination with the Local Organising Committee (in particular the Race Director) and the President of ISMF Technical Jury.
- He/she assumes the tasks of the ISMF Event Director (Ref. OR. 4.1.1) in collaboration with the President of the ISMF Technical Jury;
  - He/she advises the ISMF staff and the Local Organising Committee's Race Director on technical issues;
  - He/she is the ISMF responsible on the technical issues;
  - He/she can advise the Race Director and Track Director about technical issues;
  - He/she 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 regulations;
  - Once appointed, he/she contacts the Local Organising Committee, follows the organisation of the event and replies to any technical requests;
  - He/she is responsible for approving the technical protocol drawn up by the Local Organising Committee;
  - He/she coordinates the work of the ISMF technical staff throughout the duration of the event, except during the race;
  - He/she can advise the Technical Jury about the ISMF regulations in relation to registrations, licences, equipment and others;
  - He/she must attend all meetings pertaining to the event (Team Captain Meetings, pre-event meetings, Technical Jury meetings, etc.);
  - He/she is the ISMF responsible for the Team Captain Meeting presentation together with the Race Director;
  - He/she can advise the President of the ISMF Technical Jury on decisions concerning any controversial points or issues that are not provided in the ISMF Sporting Rules & Regulations;
  - He/she collaborates with the President of the ISMF Technical Jury and the appointed person of the LOC in charge of the anti-doping;
  - He/she must attend the meetings of the Local Organising Committee's safety committee (if invited);
  - He/she is in constant contact with the Race Director during the event;
  - He/she is a member of the ISMF Technical Jury and ISMF Event Jury, so he/she can attend their meetings;
  - He/she collaborates with the local organisers to coordinate the work of volunteers.

#### (Ref. OR 4.2) The ISMF Event Jury

##### Composition:

The ISMF Event Jury is composed of:

- ISMF International Referee / President of the ISMF Technical Jury
- ISMF Technical Delegate
- LOC Race Director

##### Role of the ISMF Event Jury:

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

##### Decisions of the ISMF Event Jury:

Decisions are taken by the majority of the Event Jury members. In the event of a draw, the decision taken by the chairman of the ISMF Event Jury prevails.

EVENT JURY	DECISIONS
ISMF Referee / President of the ISMF Technical Jury	Right to vote

ISMF Technical Delegate	Right to vote
LOC Race Director	Right to vote

#### (Ref. OR 4.3) The ISMF Technical Jury

##### Composition:

The ISMF Technical Jury is composed of:

- ISMF International Referee / President of the ISMF Technical Jury
- ISMF Technical Delegate
- LOC Race Director
- National Referee

##### Role of the ISMF Technical Jury:

- 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;
- To assess claims and decide on their outcome (only the chairman of the Jury may register a claim);
- To ensure that races and ranking rules are respected;
- To guarantee sporting fairness;
- To attend the meetings related to the event.

##### Decisions of the ISMF Technical Jury:

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 chairman of the ISMF Technical Jury prevails in case of decisions about Offences and Penalties.

TECHNICAL JURY	OFFENCES & PENALTIES AND DECISIONS
ISMF Referee / President of the ISMF Technical Jury	Right to vote
ISMF Technical Delegate	Right to vote
LOC Race Director	Right to vote
National Referee	No right to vote

With regard to the Sprint race, a maximum of four quarter-finals is set for the U18 and U20 categories, while U16 athletes start directly from the semi-finals.

On the communication side, the title "ISMF Youth World Cup" and the ISMF logo must appear in any kind of advertising material or mean of communication of the Local Organising Committee and on its official website as well.

The Local Organising Committee, for its part, must publicise the event as much as possible in the weeks leading up to it in order to increase its media visibility.

Please refer to the ISMF Guidelines for organising international ski mountaineering competitions for all specific details.

#### 300 – ISMF Sporting rules & regulations

Only ISMF licence holders with licence A or B can participate and be ranked in the ISMF Youth World Cup competitions. U16 athletes will have an ISMF licence B free of charge, since they take part in only one event out of the entire competitive season. The national licence\* or the authorisation\*\* from the National Federation is compulsory for the athletes of all three categories (U16, U18 and U20).

The licence B, as happens for the licence A, has to be requested to the ISMF by the National Federation of belonging through the ISMF website.

\*Only for the National Federations which have national licence.

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\*\* The National Federations (which do not have national licence) have to provide the respective athletes with an official document valid as a pass to allow them to apply for the ISMF licence.

DISCIPLINE	CATEGORY	DIFFERENCE IN ALTITUDE	FURTHER NOTES
Vertical race	U18/U20 M/W	400 - 500 m	Gliding ascent (not too steep)
	U16 M/W	300 m to 400 m	
Individual race	U20 M	1000 - 1200 m	Minimum 3 ascents. The longest ascent must not exceed 50% of the total positive difference in height.
	U20 W - U18 M	800 - 1000 m	
	U18 W - U16 M	700 - 900 m	
	U16 W	700 m max	Maximum 400 m for each ascent.
Sprint race	All categories M/W	70 m max	

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The start will be divided for each participating category if each of them counts at least 12 or more registered athletes.

As a supplementary equipment, only crampons, an additional upper body thermal fleece layer of clothing and a head lamp for a dark race can be required. Ref. SR 3.1

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Please refer to the ISMF Sporting Rules & Regulations in order to set correctly up the various areas of the race track, to follow the guidelines regarding penalties and offences, etc.

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#### 400 - ISMF Ranking rules & regulations

A specific ranking dedicated to the ISMF Youth World Cup events will be introduced on the ISMF website.

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The awarding of race points will be carried out according to the ISMF Ranking Rules & regulations and the same will be done for the determination of the Overall ranking.

#### 500 - Regulation regarding registration and participation in ISMF competitions

ISMF Youth World Cup events are reserved to U16, U18, U20 categories only.

U16 athletes are allowed to compete in only one event of the season indicated by the ISMF in due course.

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This circuit is reserved to athletes of ISMF National Federations and ski mountaineering clubs authorised by the National Federation.

Athletes from all ISMF National Federations can take part and can be ranked in the ISMF Youth World Cup events of their choice, even if they belong to continents other than Europe.

The fee for the registration in the races is at the discretion of the Local Organising Committee. The ISMF recommends the amount of between 30,00 € to 40,00 € for each race. Athletes' registration is done through the ISMF website using the intranet system, as per the other ISMF events. All athletes (of both the national team and the ski mountaineering clubs) can be registered in the races only by the National Federation of belonging. There is no possibility of late registrations.

Accommodation is managed directly by the participants. The ISMF will provide the relative information and the pertaining email address in due course.

#### 600 - ISMF Sporting Rules Annex: Description of Technical Equipment

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Please refer to the ISMF Sporting Rules Annex – Description of Technical Equipment – in order to find out the equipment that athletes have to hold to compete in the ISMF Youth World Cup events.

The use of ski brakes is compulsory for all athletes participating in the ISMF Youth World Cup events.

# RULES FOR LONG DISTANCE TEAM

Work in progress – to be published in 3<sup>rd</sup> roll-out.

The ISMF rules and guidelines 2023/24 will be rolled out in three phases. Please note that until the final roll-out, the rules are considered as draft as some sections and/or chapters are marked with “work in progress”. ISMF and its bodies take no responsibility or liability until the final roll-out. Please be aware of the ongoing changes.