

International Ski Mountaineering Federation

Rules & Guidelines

Legend:

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

Yellow: Work in progress, pending topic

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.

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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 guidelines consist of a set of rules and guidelines applicable for the standardised organisation of the ISMF events. The purpose of the text of the ISMF rules and guidelines is to outline the obligations, behaviour and rights of all persons at any level involved in the events organised by the ISMF.

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

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 chapter 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

3. ABBREVIATIONS

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

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
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

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

CE: Conformité Européenne (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

MP: Manufacturers Pool

TV: Television

VAT: Value Added Tax

VIP: Very Important Person

EVENT REGISTRATION RULES

Work in progress – to be published in 3rd roll-out.

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ORGANISATION EVENT GUIDELINES

Work in progress – to be published in 2nd roll-out.

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ATHLETES PARTICIPATION RULES

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4. PARTICIPATION

4.1. Categories

Category	Age range	Year of birth	Notes
U12	11-12 years	2012-2013	Categories applicable for ISMF events
U14	13-14 years	2010-2011	
U16	15-16 years	2008-2009	
U18	17-18 years	2006-2007	
U20	19-20 years	2004-2005	
Senior	19+ years	2005 or before	
U23 Subcategory	19-23 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	

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

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.

4.3. Quotas per nation

If a Championship takes place together with a World Cup, no quota shall be applied for the registration in the race 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 following Championship.

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

4.3.1. World Championships quotas

Individual, 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 race:

- Senior: 4 teams M + 4 teams W

Relay race:

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

Mixed Relay race:

- Senior: 3 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. World Cup and Series quotas

There are no quotas.

5. ISMF LICENCES AND DOCUMENTS

Athletes must hold an ISMF licence to participate in ISMF events.

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

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

Following the creation of their own profile, athletes should contact their NF to obtain the validation of the ISMF licence.

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

The ISMF Youth 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 NF of the own nation to proceed to obtain the ISMF Youth licence, since only the NF has the power to ultimately validate the ISMF licence. In the event that such NF does not have a national licence, it must provide the athlete with an official document valid as a pass.

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.

5.3. Licence Master

Work in progress – to be published in 2nd 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 NF must ensure that its athletes enrolled in ISMF events are:

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

6. REGISTRATION

6.1. General information

6.1.1. Nationality

NFs can only register athletes of the 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

LOC staff members and ISMF officials cannot participate in an ISMF event in which they are officially involved.

6.2. World Cup and Youth World Cup

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 fees

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.

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.

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.

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.

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.

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.



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7. SPORT AND TECHNICAL ISSUES

7.1. The Event Jury

7.1.1. Composition

Work in progress – to be published in 3rd roll-out.

7.1.2. Role of the Event Jury

Work in progress – to be published in 3rd roll-out.

7.1.3. Event Jury decisions

Work in progress – to be published in 3rd roll-out.

7.2. The Race Jury

7.2.1. Composition

Work in progress – to be published in 3rd roll-out.

7.2.2. Role of the Race Jury

Work in progress – to be published in 3rd roll-out.

7.2.3. Race Jury decisions

Work in progress – to be published in 3rd roll-out.

7.2.4. Jury Consulting Group

Work in progress – to be published in 3rd roll-out.

7.3. The Start and Finish areas

The start and finish areas contain technical installations necessary for the proper organisation and execution of the race. Both areas are of fundamental importance for the management aspects and advertising rights of the ISMF and the LOC. The start and the finish areas must be at the same location, have restricted access and must be fenced by nets or metal barriers.

Start and finish areas must comply with the following:

- Accreditation compulsory for access (for the athletes BIB is acceptable);
- 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 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, athletes should have access to a recovery zone immediately after equipment control;
- A bulletin board for displaying provisional results (including penalties).

The start and finish areas must be set up in coordination with the:

- ISMF Event Director;
- ISMF Technical Delegate;
- ISMF Marketing Coordinator;
- Implementation team responsible;
- TV Production Team responsible.

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

7.4. Race Organisation

7.4.1. Track change

Changes of the track are the responsibility of the LOC Track Director and the LOC Race Director. The ISMF Event Director and the ISMF Technical Delegate must be 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. Race delay or cancellation

Races may be delayed or cancelled due to extreme weather conditions, safety concerns or unforeseen technical problems. The decision to delay or cancel a race is taken by the ISMF Event Director after consultation with the Event Jury.

Prior to athletes arriving at the start area, it may be necessary to delay the start due to above mentioned reasons. The new start time must be provided to all NF with adequate time in advance to the new start time 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 with the LOC. 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, 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 time frame, the Event Jury will officially cancel the 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. Such a decision will only be considered if it meets certain conditions, the LOC is in full agreement, the new date will not cause problems with the ISMF 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 this case, the NFs, in consultation with the ISMF, should do everything within their power to ensure participation on the day scheduled for the rescheduling, if this was an inherent part of the event programme (as agreed in advance with the ISMF).

7.5. Results

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

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

Timekeeping must send the final raking immediately once approved by the ISMF Jury President to the ISMF ranking manager and ISMF office.

8. RACES SPECIFICATIONS

8.1. General features of ISMF races

	DESCRIPTION	CATEGORIES	POSITIVE ASCENT	DURATION	TEAM COMPOSITION
SPRINT	Short track with ascent, descent, and a part on foot with skis attached to backpack, which will take place in qualifying phases, heats, semifinals and final. Race held by heats of 6 athletes from heats to final. Track inspection time: 15min	SM/SW	70m maximum	Between 2min30-3min30s 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):	SM	2100m to 2400m	3 h max for 1 st team	2 athletes**

	<ul style="list-style-type: none"> - 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.). <p>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.</p>	SW	1800m to 2100m		2 athletes**
RELAY*	<p>4 loops with 2 distinct ascents and descents each raced by each team member once, with a part on foot in the 2nd 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 strapped on the backpack. Each relay leg is run by a member of the relay team. Each athlete can participate in only one relay. (That is to say that if a U20 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. Track inspection time: 20min</p>	SM	120 to 150m	7-10min	4 athletes****
		SW			4 athletes****
		YOUTH			<p>3 athletes****</p> <p>1 U18M 1 U18W or U20W 1 U18M or U20W or U18W or U20M Start: U18W or U20W starting necessarily in 1st lap</p>
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. The loop contains a part on foot in the 2nd ascent and the first uphill should be at least 60m. 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. In the case a team retires from the start that place cannot be taken by another team. Track inspection time: 20min</p>	Senior U20 U18	120 to 150m	7-10 min	<p>2 athletes</p> <p>Order W-M-W-M</p> <p>The composition of the team cannot change from the qualification phase to the final.</p>

* Athletes holding valid ISMF licences are not allowed to take part in team races that count towards the ISMF Championships with team members of different nationalities.

** Can be 3 athletes on Continental cups, World cups, and ISMF series.

*** U18 categories cannot participate or be ranked on World Cup races.

**** The teams will be composed of athletes belonging to the same nation.

8.1.1. Special features for Sprint races

SPRINT RACE DESCRIPTION (SEE APPENDIXES)	
1st PART: ON SKIS	
<p>Approximately 30 to 50m of elevation.</p> <ul style="list-style-type: none"> – After the start, approximately 200 m of moderate slope. – The slope then becomes steeper but has to be easily skiable (not too steep). – This part should be wide enough to allow athletes to overtake easily. – The track must not be plotted along slopes with a highly angled diagonal gradient across the transverse of the slope – if such a situation is naturally found on the terrain, then it must be modified to create a more regular slope. – If the slope is steep enough, the circuit should be a figure of '8' designed with diamonds and athletes can choose the most advantageous track. 	
2nd PART: ON FOOT	
<ul style="list-style-type: none"> – Approximately 10 to 15m of elevation. – This part must have <u>at least three (3) parallel tracks. Must be possible change from one track to the others.</u> – The ascent is made with skis attached to the backpack. 	
3rd PART: ON SKIS	
<ul style="list-style-type: none"> – After foot part approximately 10 m maximum of elevation. 	
4th PART: THE DESCENT	
<ul style="list-style-type: none"> – The slope should be wide, with an even packed surface. – The descent must be fitted out with turns. The use of blue and red flags (as used for snowboard gates), or other safe and visible elements, is permitted. – The athlete must pass through each gate. 	
5th PART: THE FINISH	
<ul style="list-style-type: none"> – The circuit must finish on a flat area or with a slight ascent, so that athletes 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. – The last 20 m of the track will be set up with a minimum of three wide lanes with a width approximately 3 m each. <p>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.</p> <p>The track is a loop: the finish line is very close to the start line.</p>	
MANAGEMENT OF THE TRACK	
<ul style="list-style-type: none"> – A preferably heated tent/room (with seats) must be set up close to the start area. Pre-start room. – The 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 athletes and coaches, a path must be set up to facilitate access from the finish area to the start 	
TRANSITION AREAS	
<ul style="list-style-type: none"> – The Transition areas will be wide and fitted out in order to permit all 6 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 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 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)
- Toilets
- Starting list controllers, who take note of all numbers, minimum one entrance/line
- A starter
- People in charge of collecting 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
- Bulletin board for displaying provisional results (including penalties) as and when athletes come in.

Any changes to tracks must be announced 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 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. Individual, Team or Vertical races start set up

- The starter positions himself/herself in the starting area in a manner in which all athletes 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 tracks must be planned so one category cannot be overtaken by the other category.
- Race starts and tracks must be planned so that open athletes 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 Technical Delegate.

Tracks 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 athletes.

8.2.1.3. 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 athletes;
- Start order: athletes 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;
- Athletes must remain in the handover waiting zone until relay handover.

8.2.1.4. Mixed Relay race set up

A – Design of the track

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 athlete (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 athletes have access, ideally some seats and tents shall be arranged.

E – Track Inspection

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

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 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 – Equipment control

Equipment control for the qualification run is done randomly. Equipment control for the finals is done for each single athlete.

H – Timekeeping

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

I – 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.

8.2.1.5. Sprint races start set up

- Lanes are marked for the first 10 m of the track which will be at least 1,2m wide. 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 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: 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 athletes. 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 athlete who commits the false start.
- During the heats sessions, a member of the Race Jury may check the start video.
- Heats will start consecutively approximately every 5 minutes. Following instructions from the time-keeping company.
- Every category between the end of their qualifications and the beginning of the final phases, there should have a 15-minute gap for recovery.
- For the finals, the speaker will call the athletes one by one, with a presentation of the athlete and nation of the athlete.
- For the sprint, the Event Jury, in order to make the 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 race and communicate it to the coaches and athletes, except in the case of sudden reasons that can suggest taking this decision later.

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

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

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

The track is marked with flags of at least 150 cm² (300 cm² rigid round fluorescent flags highly recommended)

- Rectangular 15 x 20 cm
- Triangular 15 x 20 cm
- Round 15 cm of diameter
- Green (fluorescent flags): Moving with on skis with skins on;
- Red (fluorescent flags): Moving on skis without skins;
- Yellow (fluorescent flags): on the parts on foot;
- Large flags must be used during difficult conditions to reinforce marking (minimal height: 1.5m);
- Danger signs mark technically difficult or dangerous areas;
- Specific Danger Flag: to mark specific dangerous elements.



- Respect the environment

8.2.3. Transition area and check point

- The transition areas are all the designated locations where the athletes must change from one mode of travel to another.
- A transition area is a closed area (with nets, ropes, flags), reserved for the athletes and the qualified track staffers.
- The flags used to delimit the transition area will be of the colour of the next section (e.g., yellow if it is before a foot part, red if it is before a descent, etc.).
- A narrow gate (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 rules are followed and immediately report any offenses committed by athletes to race headquarters.

- Under instruction from race headquarters, the transition area chief must have enough authority to give instructions to 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 athletes reduce speed upon arrival and should be big enough to avoid problems according the possible number of athletes making the transition manipulation at the same time (for example near the start needs to be so big). The design of the Transition Area should be done without giving more advantage to one place than other to avoid that all athletes will made the transition manipulation in just one small part of the area and not using all of it.
- At all times, the transition area chief must be able to inform the speaker at the finish on the advancement of the race – athlete racing order – times between athletes – etc.
- Athletes must pass through all transition areas or check points on the race.

8.2.4. Check Point

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

8.2.5. Refreshment Area and Technical Point set up

For Individual and Team races, the LOC must set up a refreshment 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 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 m.

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

For Individual and Team races, 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 area will always be a technical point.

8.2.6. Relay handover area set up

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

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 athletes 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 athletes 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 athlete according to the instructions issued by the ISMF Jury President.
- A podium for the first three athletes/teams.
- A bulletin 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 athlete to the medical control area (the person must be of the same sex as the athlete)
- Toilets.
- A referee from the Race Jury in charge of finish procedures.
- Compulsory equipment controllers, with control sheets (see appendixes below).
- People in charge of handing back the athlete'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 Director or ISMF Marketing Coordinator.

In case of a doping test, a person of the LOC shall escort the athlete to the medical control area following the provisions reported in the Organisation Event Guidelines.

The finish area must have people in charge of handing back the 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.

8.2.8. Tracks and markings

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

8.2.8.1. Extreme weather or altitude

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

- the race is held on a more sheltered track (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 TCM).

According to Wind Chill Temperature Chart in the appendixes.

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

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

If the Wind Chill temperature is colder than -20°C at any of the measurement points, the race must not start.

- The race can be delayed (if it is reasonably expected that the temperature will rise during the day)
- The race 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 -20°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.

8.2.8.2. 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:

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

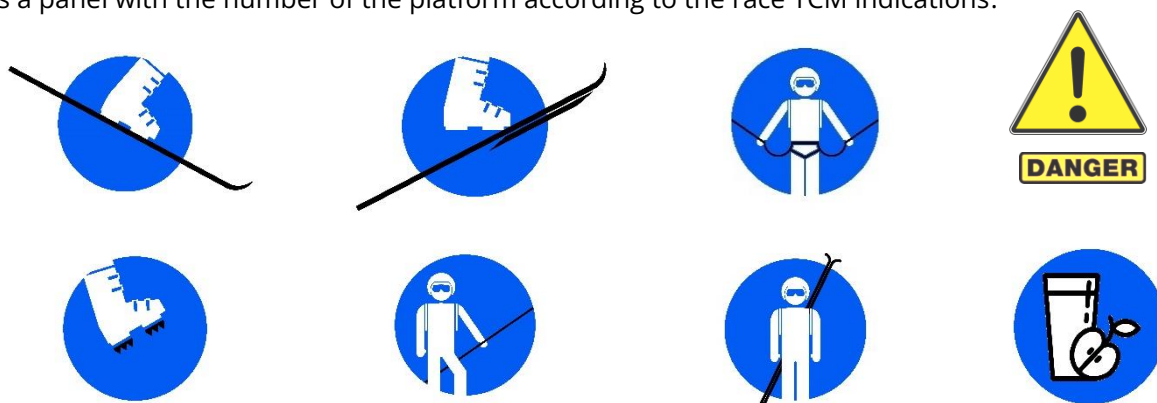
Special information/warning must be sent out to coaches/athletes/ISMF officials if the residence/sleeping area is >2500m in order to prevent altitude-related illness.

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.

8.2.8.3. 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 athletes and mark areas with little snow which might present a risk for 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;

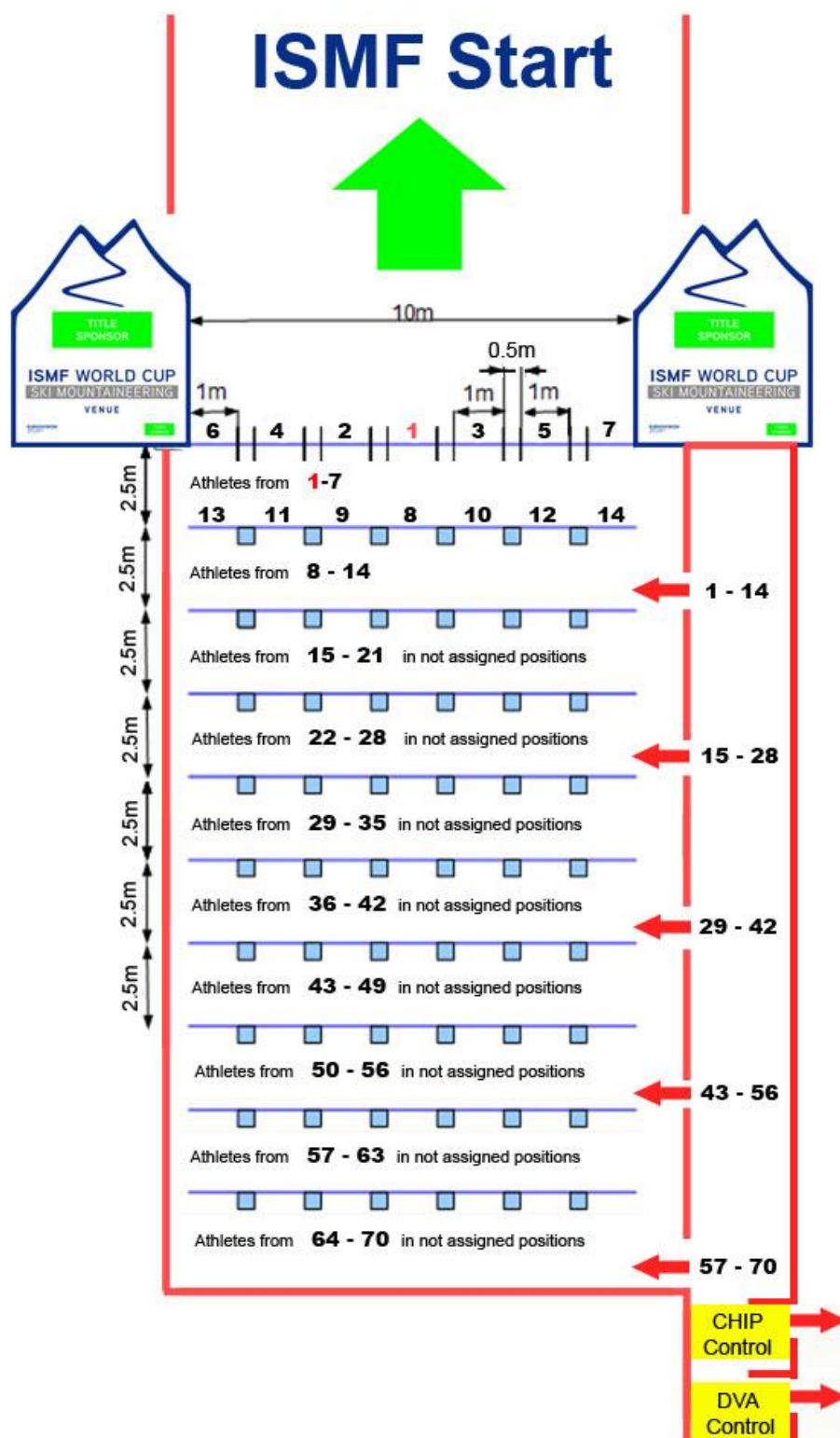
- Platforms must be able to host comfortably a minimum of 10 athletes together during the race. Any platform reached by the athlete within the first 30min of the race must host comfortably 30 athletes at the same time. They can be organised in three platforms of 10 athletes;
- All transition areas are 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 athletes and controllers only. Minimum of two controllers/check point;
- Transition areas are announced at the race TCM and are indicated on the 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 TCM indications.



APPENDIXES

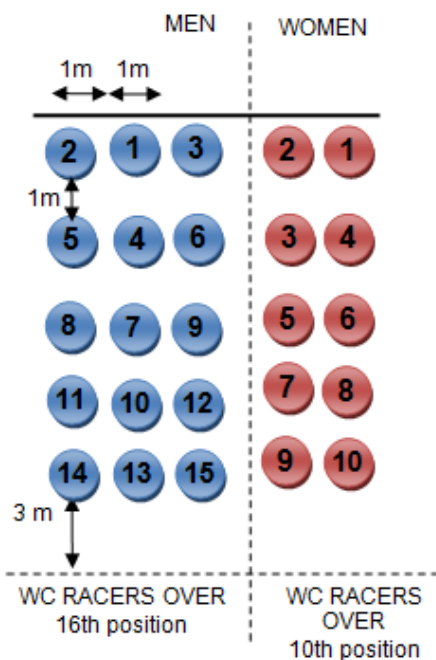
APPENDIX A: TECHNICAL SPECIFICATIONS START AREA

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.

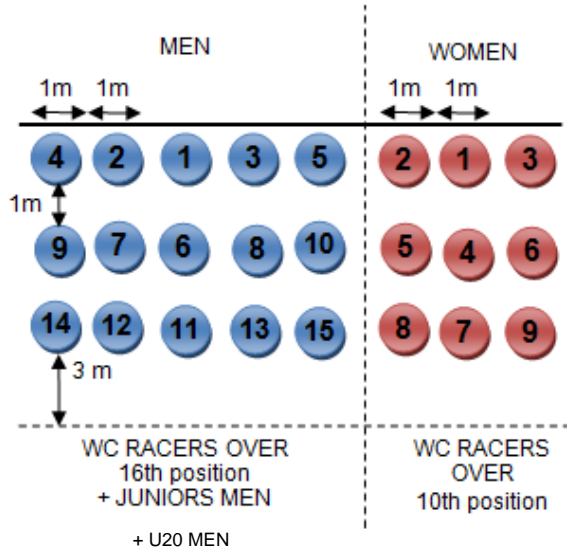


A. MEN AND WOMEN MASS START only allowed if approved by the ISMF appointed Technical Director

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

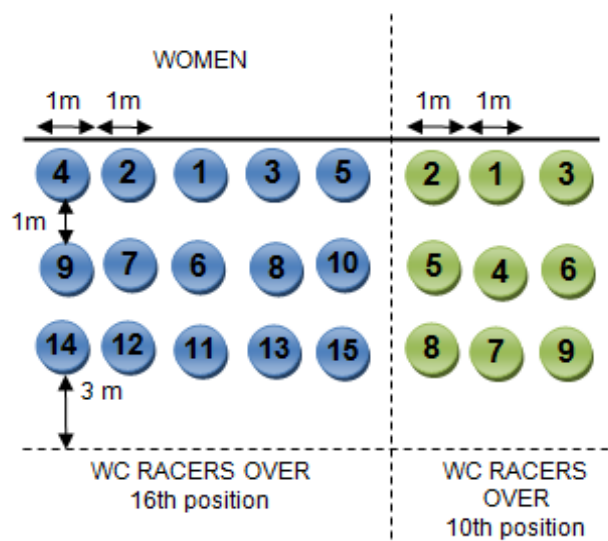
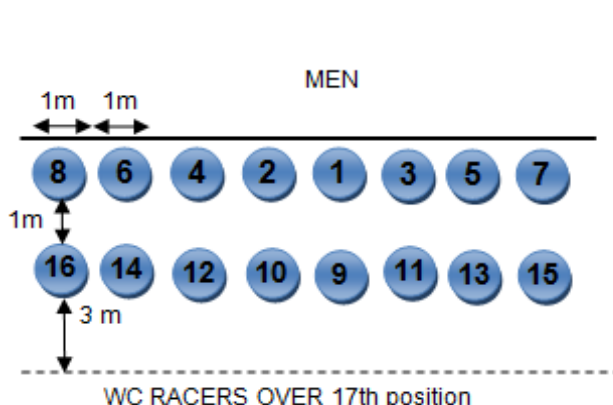


CONFIGURATION "5-3" if enough space
(5 men, 3 women/line), need 8 meters width



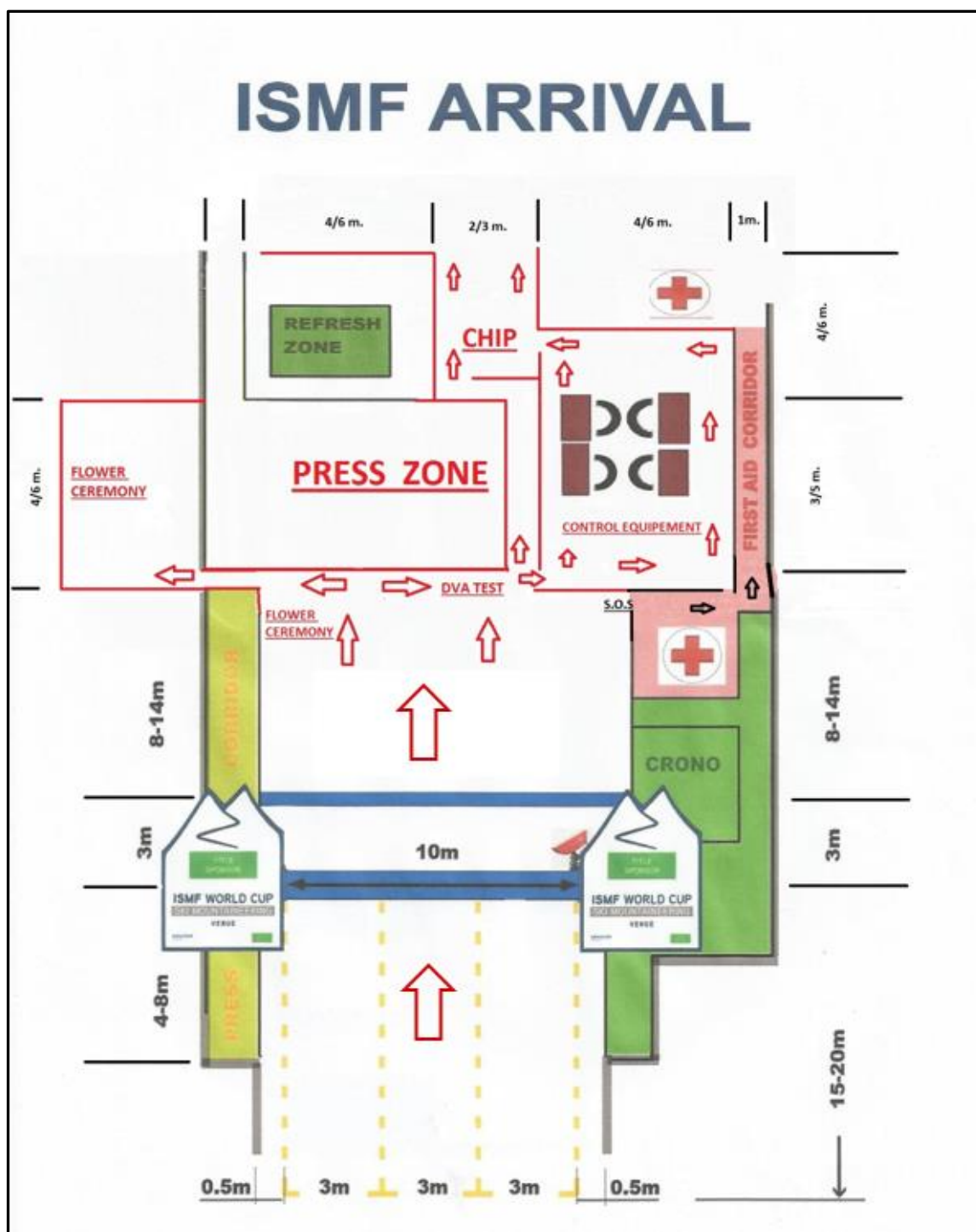
The separation between men and women (or women and juniors, see below) should be made with flags and paint (no nets, no poles) on a distance of 50m minimum. The racers cannot cross this line.

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

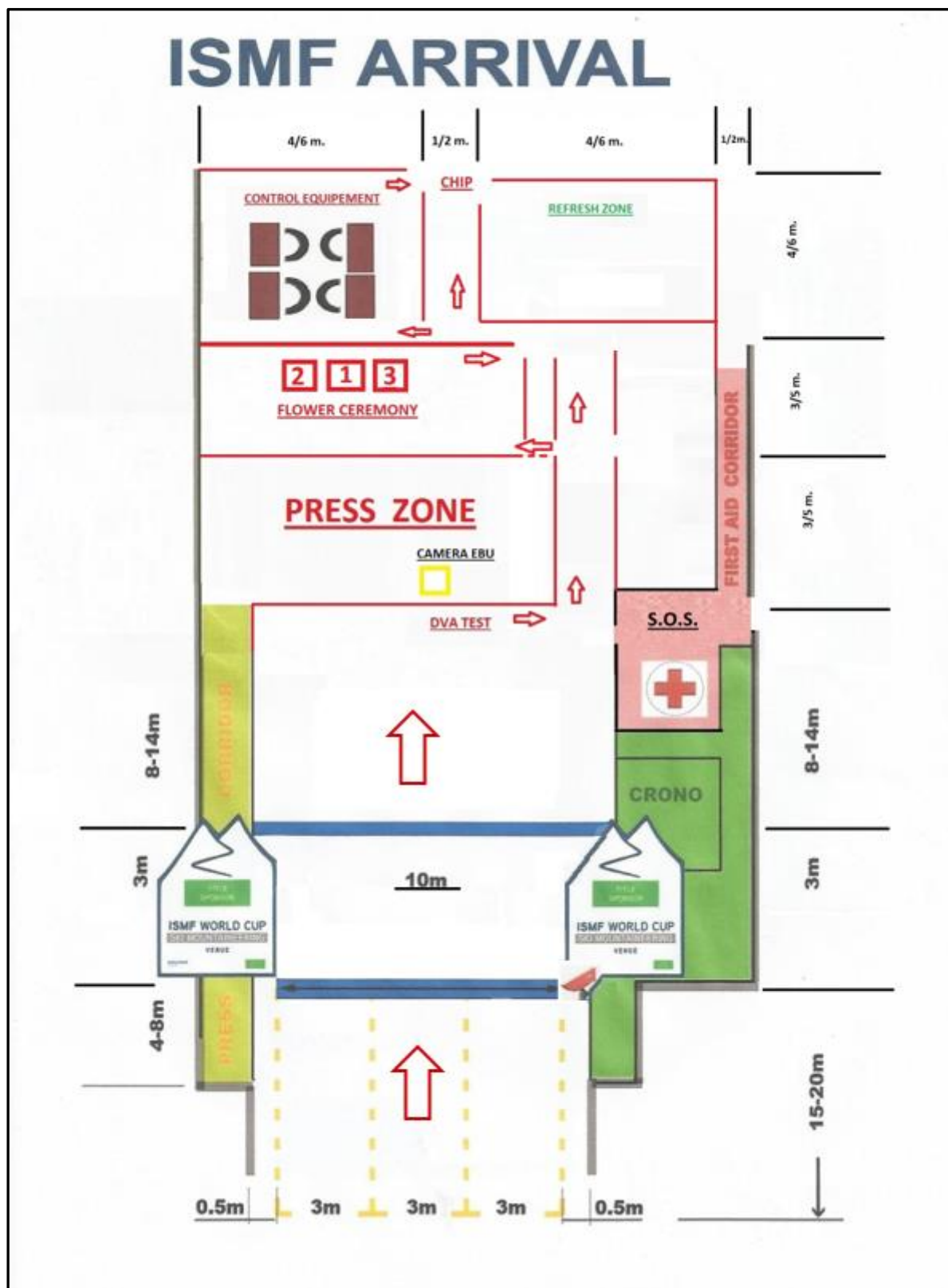


APPENDIX B: TECHNICAL SPECIFICATIONS FINISH AREA

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.

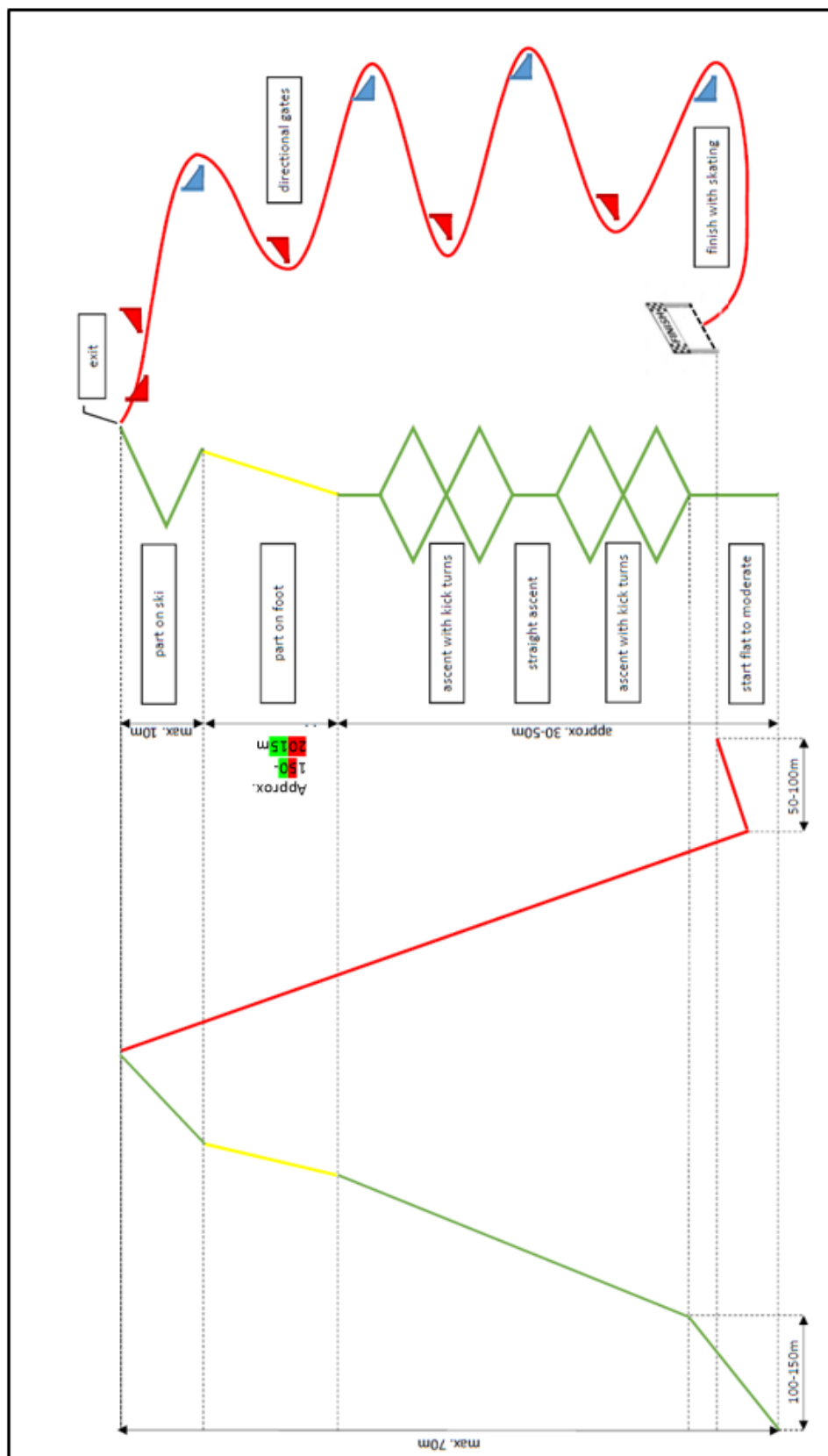






APPENDIX C: ALTIMETRIC PROFILE AND DESIGN OF THE SPRINT

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



APPENDIX D: SPRINT RACE QUALIFICATION BOARD

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

QUALIFICATIONS		
NAME	BIB	#
		1
		2
		3
		4
		5
		6

FINAL			
	NAME	BIB	#
1			
2			
3			
4			
5			
6			

Ranking:

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

-7th and more: Ranked by the qualification time.

QUALIFICATIONS		
NAME	BIB	#
		1
		2
		3
		4
		5
		6
		7
		8
		9
		10
		11
		12

S1 (½ FINAL 1)			
	NAME	BIB	#
1			
4			
5			
8			
9			
12			

S2 (½ FINAL 2)			
	NAME	BIB	#
2			
3			
6			
7			
10			
11			

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

For the semifinals and finals, the 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 1st -6th place follow the position from the final.

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

- the order of arrival of each semifinal;

- the best time of semifinals with the equal position reached.

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

-From 13th to 23. Ranked by qualification time.

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

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

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

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

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

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

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

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

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

For the semifinals and finals, the athletes with the best time in the previous heat choose the start line position, then the second,...

Ranking:

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

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

- the order of arrival of each semifinal
- the best time of semifinals with the equal position reached.

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

- 13th – 24th place: Heat finalists not qualified for semifinal round. The ranking order is established following:

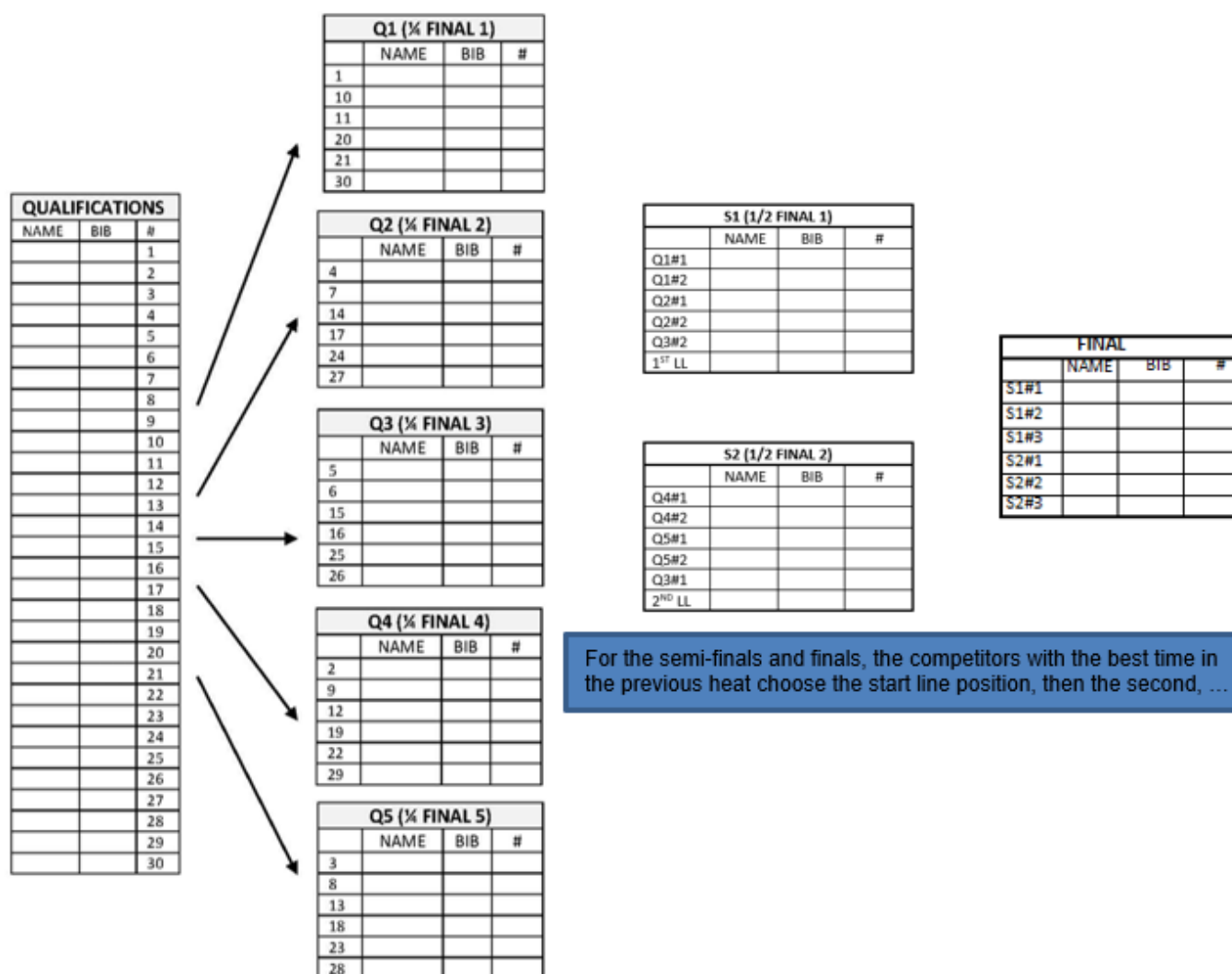
- the order of arrival of each heat
- the best time of heats with the equal position reached.

Example: 13th position = the best time between the four athletes who arrived fourth in each heat.

- 25th – 29th place: Ranked by qualification time.

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

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



Ranking:

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

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

- the order of arrival of each semifinal

- the best time of semifinals with the equal position reached.

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

-13th - 30th place: Heats finalists non-qualified for semifinal round. The ranking order is established following:

- the order of arrival of each heat

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

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

-31st and more: Ranked by qualification time.

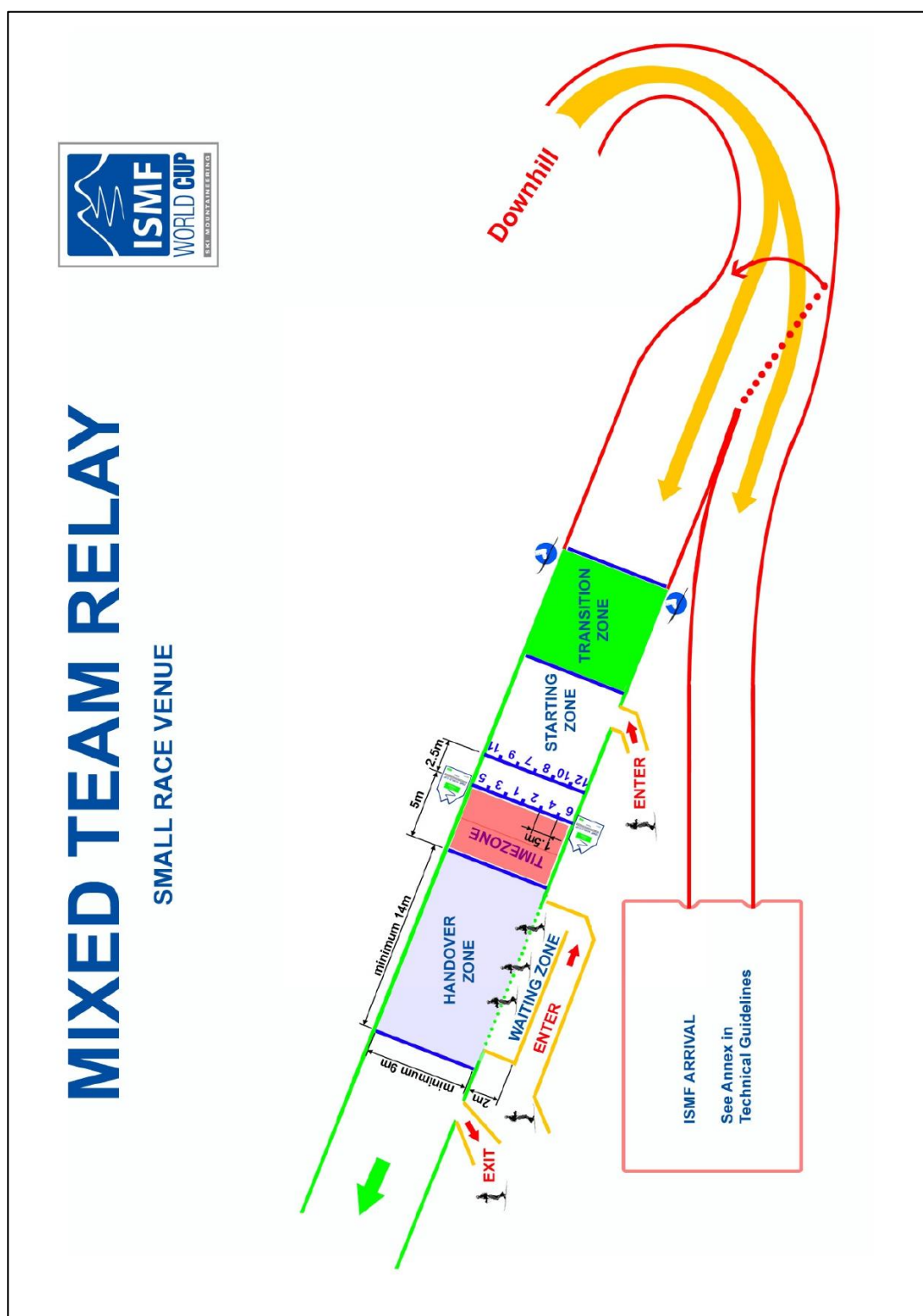
If there is no timekeeping for heats, semifinals, finals, the ranking times will be taken from the qualification.

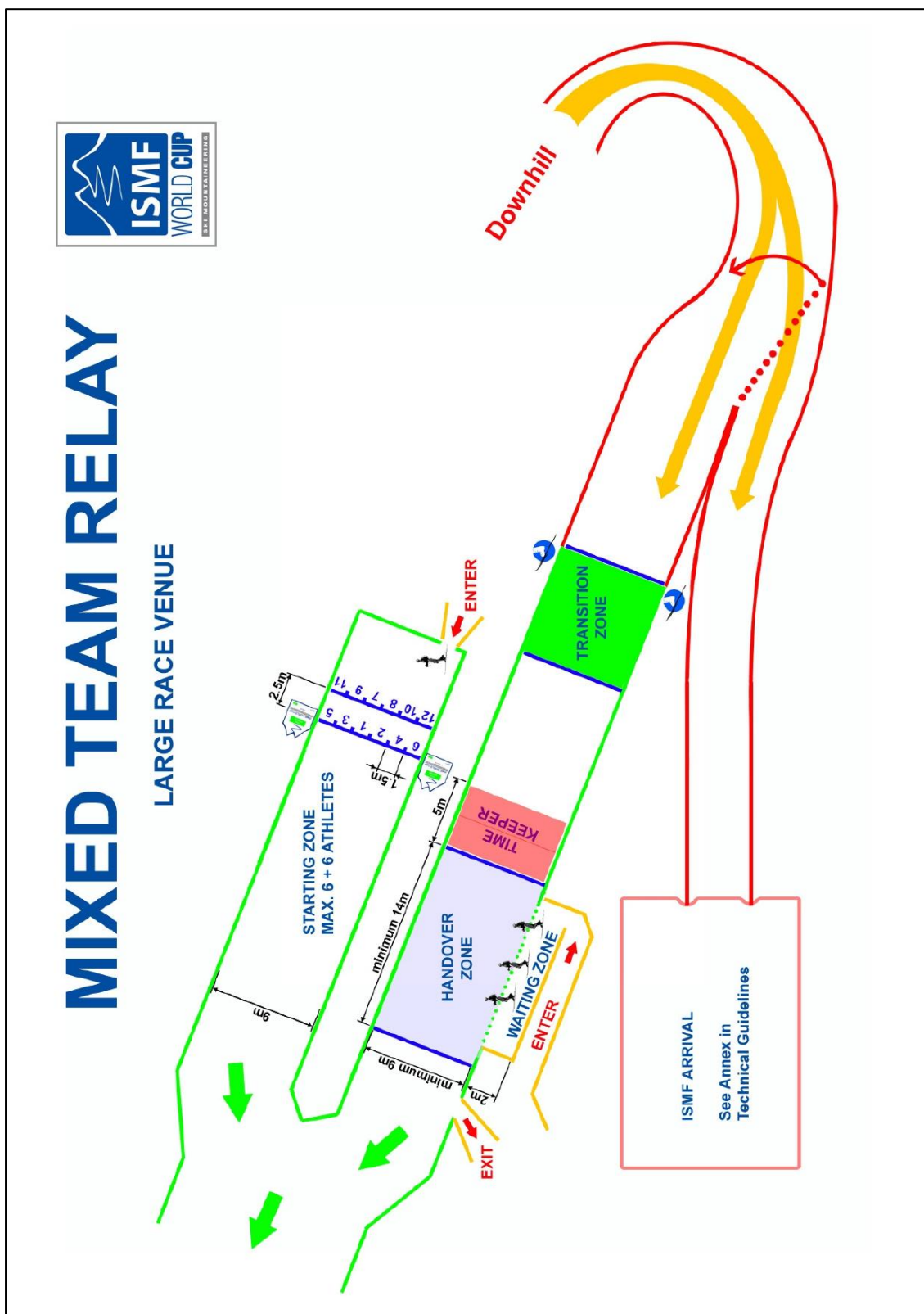
APPENDIX E: EXAMPLE OF SPRINT RACE SCHEDULE (TO BE ADAPTED WITH THE NUMBER OF ATHLETES)

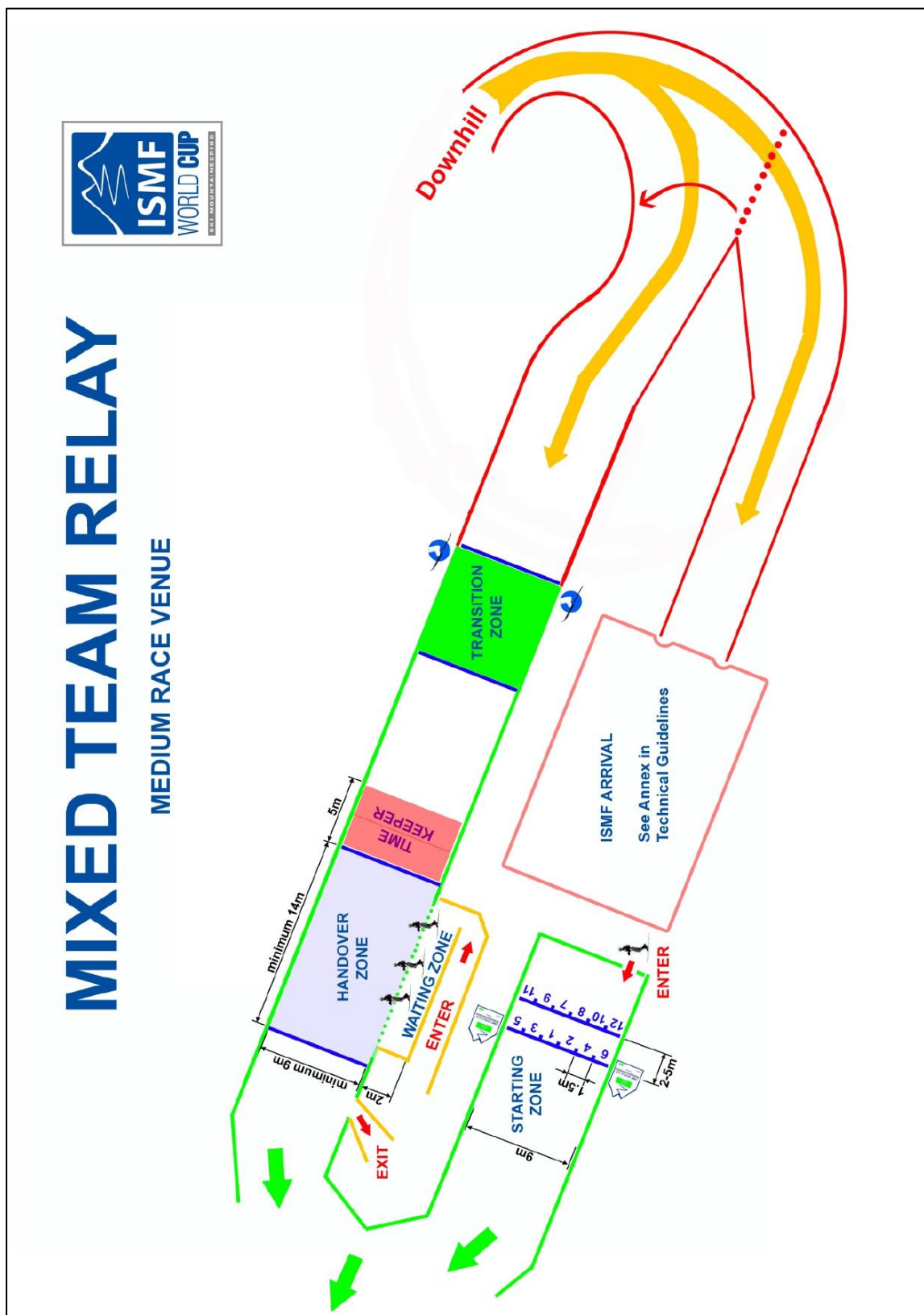
The Sprint race schedule is defined with the ISMF official media partner on an event-by-event basis according to different needs.

APPENDIX F: RELAY HANDOVER AREA

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

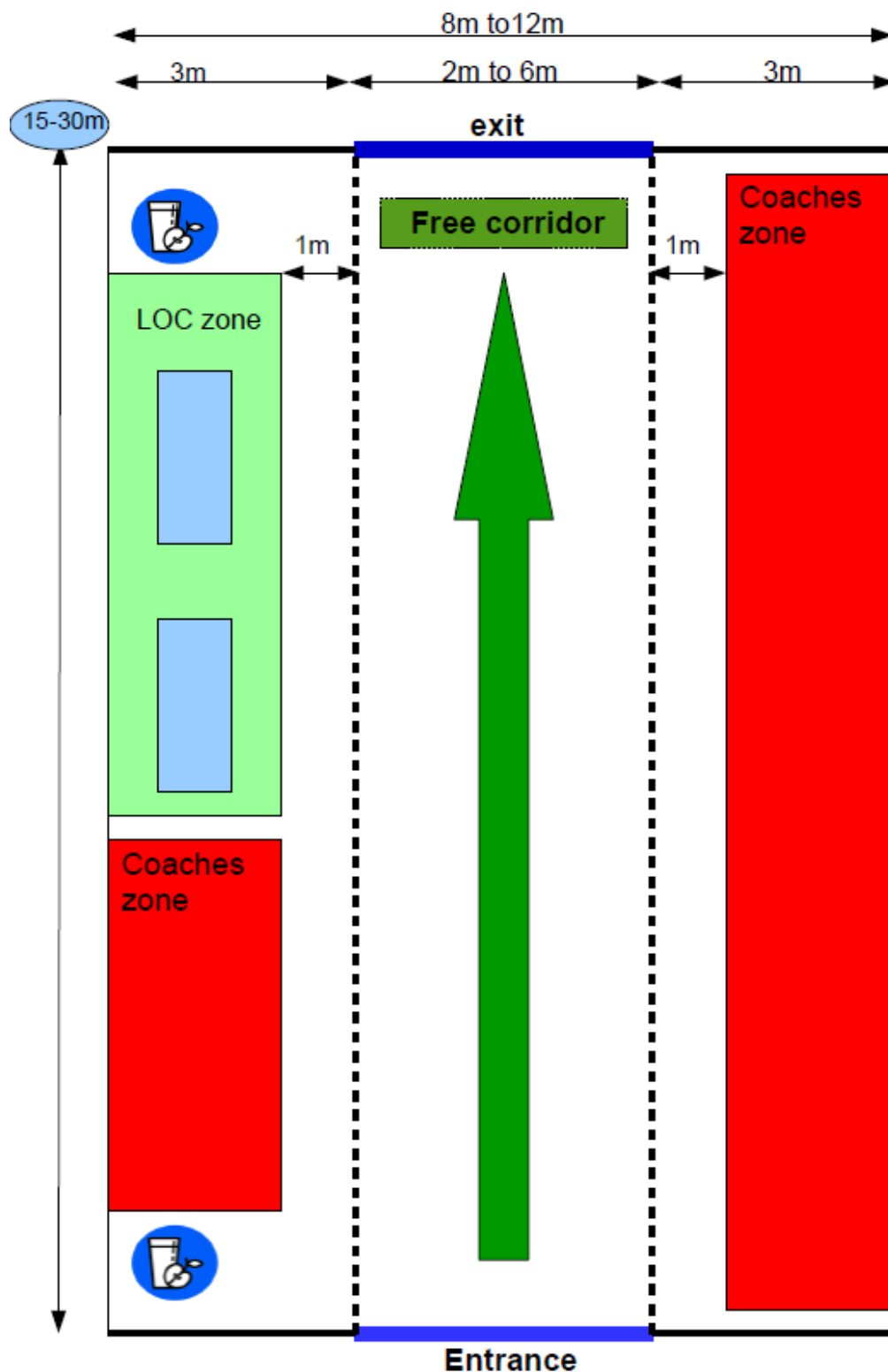






APPENDIX G: TECHNICAL SPECIFICATIONS REFRESHMENT AREA

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





APPENDIX H: CONTROL SHEET

Name/number of checkpoint or waypoint: _____

Track: _____

Point chief: _____

Referees: _____

Rank	Hours	Minutes	Athlete		Rank	Hours	Minutes	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 I: FINISH CONTROL SHEET

FOR EQUIPMENT DESCRIPTION: REFER TO 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 th layer																								
Ski cap or head band																								
2 nd pair of gloves																								
Head lamp																								
2 nd pair of eyewear																								
Crampons																								
Dynamic rope (one/team)																								
Harness																								
Via Ferrata kit																								
2 connectors																								
REMARKS																								

APPENDIX J: WIND CHILL CHART

		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	-58	-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

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. EQUIPMENT

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

The 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 below.

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*
SUPPLEMENTARY EQUIPMENT					
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					

The athlete must bring all obligatory and supplementary equipment to the event. During the race TCM, the 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*).

9.1. Items supplied by the Local Organising Committee

Work in progress – to be published in 2nd roll-out.

9.2. Equipment inspection

Equipment may be inspected at the finish line or at any other point on the track during the race (without stopping the athlete, the controller takes note as the athlete goes past). The athlete is totally responsible for his/her equipment.

If an athlete has doubts about his/her equipment, he/she can have it checked by the Race Jury at the end of the race TCM the day before the race.

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

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 athletes.
 - Taking note of all the numbers of the athletes.
 - Control of the chips
- During the race:

The organisers will control DVA/transceivers.
- At the finish:
 - Athlete's equipment is inspected (systematic or random inspections according to the instructions issued by the ISMF Jury President). DVA control after finish line is compulsory for all athletes.
 - ISMF referees will use calibrated scales and weights for equipment checks.

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

10. RACE ORGANISATION

10.1. The start

Any changes from the previous day's TCM must be announced 30 minutes before the start of the race during the pre-start TCM.

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 in the track inspection, the qualification, or any heat, the athlete cannot start the next phase of the Sprint/Relay race without both ski brakes working properly.

INDIVIDUAL – TEAM – VERTICAL – RELAY	TIME BEFORE OFFICIAL START	SPRINT
Avalanche transceivers and equipment are inspected.	10-20 minutes	
Athletes are called to the start line.	5 minutes	Athletes are called to the start line
Athletes are placed in starting position at the start line.	3min	Athletes 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 ISMF Jury President.	2 minutes	
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.	20 seconds	The speaker will ask for silence. 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 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 ISMF Jury President calls: "Take your marks."
The ISMF Jury President will call: "Set." After this command is given, all athletes must remain motionless and in their set position.	1-2 seconds	The ISMF Jury President will call: "Set." After this command is given, all 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

- Track inspection time for Youth teams (20min)
- 15min rest
- Youth Race
- Track inspection time for Senior Women teams (20min)
- 15min rest
- Senior Women Race
- Track 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 NF is one team. 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 NF for the final B is two teams.

- Track 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. It will be done according to the number of athletes registered. An athlete will start every 30seconds, with all women going first, followed by 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. The highest ranked teams will begin qualifications in descending order and the non-classified teams will start after and 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 heats, the athlete with the best qualification time chooses a start lane, then the second placed athlete, then the third placed athlete.
- For the semifinals and finals, the athlete with the best time in the previous heat chooses the start line position, then the second, etc.
- During the qualification stage a single athlete 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 heats among athletes not qualified for the semifinals. It means that the two lucky losers can come from the same heat.
- Exception: If the timekeeper is not available to take times during the heats, the lucky loser from the heats will be the fastest two third-place athletes 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 athlete does not arrive, that racer is not allowed to access to the start line and is prohibited from starting the heat.
- If a athlete, during the qualification does not arrives at least 1min before their starting time to the start line, that athlete is not allowed to start.
- In order to preserve the quality of the track, athletes cannot make direct descent race lines during pre-race reconnaissance. During this reconnaissance phase, the LOC will place slalom poles or nets across the 2 m close to the race gate, so athletes must go around them.
- For the sprint, in case of bad weather conditions, the Event Jury, in order to make the race 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 race 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 later. 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 SCHEDULE in WCH and CCH:

The entire youth race takes place before the senior race.

- 15min track inspection
- 15min rest
- Just after the 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 Women

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

- Heats (only for U20):
 - Five or four heats with six athletes.
 - If there are from 12 to 23 athletes registered for each category, the heats do not take place and the best 12 athletes go directly into semifinals.
 - If there are from 24 to 29 athletes registered, there will be 4 heats; if there are 30 or more than 30 athletes, there will be 5 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 heats the first 3 athletes of each heat will go on to the semifinals. If there are 5 heats, the first two athletes of each heat, as well as the two "lucky losers" go on to semifinals.
 - Lucky loser designation: (if 30 and more than 30 athletes registered) the two best times of the heats among racers not qualified for the semifinals. 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.
- Heats U20 Men
- Heats U20 women
- Semifinals (6 athletes every semifinal) for U18 & U20 Sprint Races will not take place if there are less than 12 athletes registered 3 best athletes of every semifinal will go on the final.
 - Semifinal U18 Men
 - Semifinal U18 Women
 - Semifinal U20 Men
 - Semifinal U20 Women
- Without semifinals, the 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 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 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 is a category of Senior Men or Women with less than 24 athletes, this category will start the qualification after the category that will compete in the heats scheduled to permit a longer recovery time. The ISMF will prepare the final schedule according to permit as longer recovery time as possible for all categories.

– Heats:

- Five or four heats with 6 athletes.
- If there are from 12 to 23 athletes for each category, the heats do not take place and the best 12 athletes go directly into semifinals.
- If there are from 24 to 29 athletes for each category, there will be 4 heats; if there are 30 or more than 30 athletes, there will be 5 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 heats the first 3 athletes of each heat will go on to the semifinals. If there are 5 heats, the first two athletes of each heat, as well as the two "lucky losers" go on to semifinals.
- Lucky loser designation: (if 30 and more than 30 athletes on the start) the two best times of the heats among athletes not qualified for the semifinals. 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.

– Semifinals:

**If there are less than 12 athletes for each category the semifinals will not take place and the best 6 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 athletes of every semifinal go on to the final.
 - Semifinal A Women
 - Semifinal B Women
 - Semifinal A Men
 - Semifinal 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. 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 athlete's front foot crosses the finish line;
- when the difference of time between two athletes is under 1/10 of a second, the finish order is established when the front part of the 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 athletes will take place shortly after their arrival for press coverage. After the Flower Ceremony the 3 top athletes will pass to the 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, athletes must submit to tests or be liable to sanctions;
- every athlete must present an official Passport/ID card or a copy, if required during the equipment control.

(For technical specifications of the finish area, refer to the Technical Race Guidelines.

10.3. Transition area and check point

- The transition areas are all the designated locations where the athletes must change from one mode of travel to another.
- A transition area is a closed area (with nets, ropes, flags), reserved for the athletes and the qualified track staffers.
- The flags used to 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 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.).

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

10.4. Mixed Relay and Relay race

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 - Handover

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 of 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.

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

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

For safety reasons, it is compulsory to include a short uphill (with skins on) before the handover. The last athlete of the Relay 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 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.

C - 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.

D – 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).

10.5. Conduct of 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, athletes have to show it to the equipment control.

10.5.2. Follow the markings

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

In ascent, the 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 athletes must go in the direction of the flags.

All dangerous and/or unsportsmanlike behaviour will be sanctioned.

10.5.3. Overtake

An athlete who is about to be overtaken must, without fail, immediately leave the tracks and allow the 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 athletes have to go through them.

10.5.5. Foot part

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 athlete). In the event that the skis detach from the backpack, the athlete must stop to reattach the skis.

10.5.5.1. Foot part with crampons

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

10.5.6. Transition area

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

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 athlete's race suit or backpack. If during a transition manipulation a athlete packs their skins into their race suit, they must zip their race suit 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.

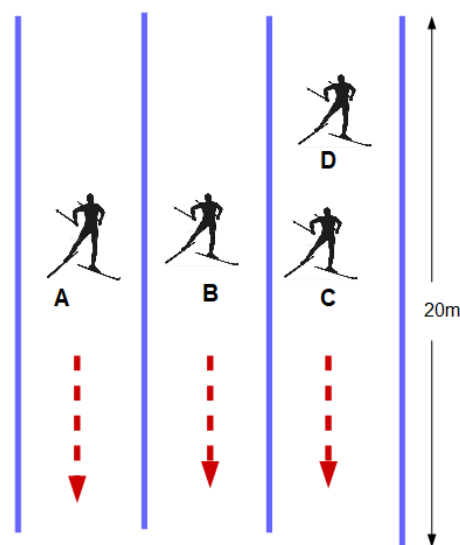
It is strictly forbidden to change equipment during a race with the exception of one or more broken ski poles along all race track and/or skis and/or bindings unless otherwise decided by the Race Jury.

Refer to appendixes for the pictures of the correct skin storage.

10.5.9. Arrival in skating

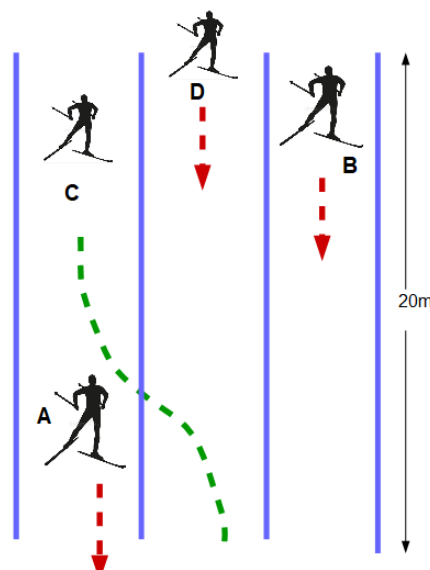
When the athletes enter to the finish area, skating corridors have to yield the track to the athlete that arrived first and respect the corridor. To overtake, the athlete must change the corridor.

**Arrival in the corridors
(compulsory change the corridor
to overtake and not disturb the
athlete in front of you)**



In this case the athlete D can not overtake

**Arrival in the corridors
(compulsory change the corridor
to overtake and not disturb the
athlete in front of you)**



In this case the athlete C can overtake

10.5.10. DVA

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

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, athletes must not at any time detach themselves from the fixed rope. When passing a point anchoring the fixed rope, the athlete 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 athletes, at any point on the 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 area and/or a technical zone authorised by the Race Jury.
- refreshments only in the areas authorised by the Race Jury.
- athletes must render assistance to fellow athletes in distress or any kind of danger. The Race Jury will take into account the ranking of the previous transition zone or the intermediate time if it is more favourable than the final position.

Abandon:

- An athlete 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 TCM 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 athlete having withdrawn MUST inform the ISMF Jury President (or his representative) upon arrival at the finish area. The athletes having withdrawn may also be subject to doping control.

10.5.15. Respect the environment

Athletes 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 areas. Penalties will be applied to athletes seen littering or abandoning equipment on the track (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 athlete must carry his/her own backpack throughout the entire duration of the race with all the required equipment (except skis).
- In team races, an athlete 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 rules.
- 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 TCM. 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 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

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 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 ISMF Jury President or/and the ISMF Event Director, can stop the 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 ISMF Jury President and displayed as, and when, athletes finish, with full results available immediately after the last athlete crosses the finish line and passed the equipment control. The ranking is carried out by adding the finishing time to any penalties incurred by the Race Jury. At World Cups 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 athletes, then a tie is declared.

Championships, Cups and World ranking are treated as described in the 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	15 seconds

B. EQUIPMENT			
Any compulsory equipment required by the 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 rules	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.4	Missing equipment or equipment not in compliance with the rules 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.5	Missing equipment or equipment not in compliance with the rules, 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)	15 seconds
B.6	DVA out of order at the finish line Dead battery during the race DVA switched off after the passage of the finish line, before the equipment control.	3 minutes	1 minute
B.7	Crampon or crampons missing in a foot part with crampons	disqualification	disqualification
B.8	Head lamp not switched on	3 minutes	1 minute
B.9	Chip or electronic system missing at the start line	No start	No start

B.10	Chip or electronic system missing at the finish line	1 minutes	15 seconds
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C. BEHAVIOUR			
Ignoring correct racing technique required for a given section of the track, disrespect of marking and of track 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
C.1	False start	1 minute	15 seconds
C.2	Missing checkpoint – Voluntary or involuntary	disqualification	disqualification
C.3	Not following the correct track on a ridge	disqualification	disqualification
C.4	Missing a Gate (Downhill section) - Voluntary or involuntary -	1 minute	15 seconds
C.5	Having dangerous and/or unsportsmanlike behaviour by not closely following the track markings in ascent/ descent	disqualification	disqualification
C.6	Disregarding instructions given by an official on the track (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 athletes during the race – 1. Flags colours) In the case of broken equipment, the athlete 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	15 seconds
C.10	Removable anti-slipping skins not kept inside the ski suit or backpack.	1 minute	15 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	15 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	15 secs
C.16	Pushing, shoving, or making another athlete fall.	Voluntarily: disqualification Not voluntarily: 1 minute	Voluntarily: disqualification Involuntary: 15 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 in the technical zone <i>and/or</i> poles (everywhere on the track).	3 minutes	1 minute
C.19	Disrespecting the environment.	3 minutes	1 minute
C.20	Disrespecting or insulting anyone participating in the event (Jury, officials, athletes, organisers, spectators, etc.) or any behaviour that can damage ISMF and ski mountaineering 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 (Jury, officials, athletes, organisers, spectators, etc.) or any behaviour that can damage ISMF and ski mountaineering 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	Work in progress – to be published in 3 rd roll-out.		
C.23	Incorrect manoeuvre in the transition area	1 minute	15 seconds
C.24	In case of abandon or DNS the athletes who does not inform the organisation will start in the rear part in the following race.	The athlete will start in the rear part in the following race (100,00 €)	-

D. SPECIFIC PENALTIES FOR TEAM RACE		
#	Offences	Penalties
D.1	Team members not together when leaving a check point or transition area.	1 minute for each transition area.
D.2	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 TCM about the supplementary equipment of the ISMF list.	Disqualification
D.3	Athlete carrying a teammate's skis without fastening them correctly to backpack.	1 minute
D.4	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 track.	1 minute (for each control point)
D.5	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 number 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.
D.6	Using a rope (or elastic) on a part of the track where it is strictly forbidden	3 minutes
D.7	The rope/elastic not put away securely in backpack or inside the race suit.	1 minute

E. SPECIFIC PENALTIES FOR RELAY RACE		
#	Offences	Penalties
E.1	Incorrect relay hand-over (as defined in the rules).	1 minute
E.2	The same athlete races two legs.	Disqualification

F. SPECIFIC OFFENCES & PENALTIES for COACHES BEHAVIOUR		
#	Offences	Penalties
F.1	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
F.2	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
F.3	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
F.4	Disrespecting or insulting anyone participating in the event (Jury, officials, athletes, organisers, spectators, etc.) and/or disrespecting a decision of the Jury.	The Event Jury prepares a report for the International Disciplinary Commission of the ISMF, who will decide a possible sanction
F.5	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 athletes. 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. Protests

Work in progress – to be published in 3rd roll-out.

11.4. Podiums

The winners of each category receive awards (refer to Organisation Event Guidelines). Team heads must make sure that award-winners wear the official uniforms of their nation and are present at the Award Ceremony.

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

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

11.5. Doping

Doping is strictly prohibited (Refer to the Anti-Doping section in the Organisation Event Guidelines).

APPENDIXES

APPENDIX K: PROTEST FORM

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

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

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

Signature

Exact time : HH:MM

DECISION OF THE RACE JURY
<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

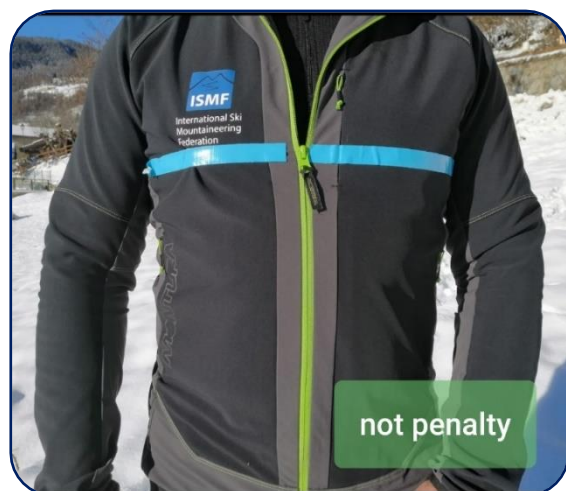


At, the / / (DD/MM/YY)

The ISMF Jury President

Exact time : HH:MM

APPENDIX L: SKINS STORAGE PICTURES



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. EQUIPMENT

The equipment listed hereafter is required for all ISMF events.

All equipment used by 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 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 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 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 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"> – with metallic edges covering at least 90% of their length; – 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. <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"> – Men: 780 grams per ski. – Women: 730 grams per ski. 	
Bindings	<ul style="list-style-type: none"> – which allow heel movement during ascents and are blocked for descents; – they may or may not be equipped with security straps; – 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 <i>any tool</i>). – If a binding is TÜV certified, the locking mechanism is not necessary. <p>The use of ski brakes is compulsory. Athletes without ski brakes cannot participate in the race.</p> <p>Ski brakes: Retention device for 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"> – Uphill position: Arrangement of the ski brake during the ascent phase – Downhill position: Arrangement of the ski brake during the descent phase. – Braking position: Arrangement of the ski brake when set in Downhill position and the boot is released from the binding. <p>Mixed bindings (front part from one manufacturer and rear part from another one) are not allowed.</p> <p>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.</p>	

Boots	<p>Minimal weight for boots (shell and dry inner): Men and U20 Men: 500 grams All Women categories & 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"> – Notched rubber soles. – The notched soles have to cover the 100% of the boot surface. – The minimum notch depth is 4 mm. – The minimum surface area of 1 cm² per notch. – There must be at least 8 notches under the heel and 15 under the front part of the sole. <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	<p>Carbon or other material Maximum diameter of 25 mm With non-metallic baskets.</p>	
A pair of removable anti-slipping skins	<p>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.</p>	
Upper body clothing	<p>Three layers that fit the athlete well: 1 long or short sleeves or sleeveless, body-hugging layer (no bustier). Event Jury decides if compulsory. 1 ski suit with long-sleeves or a second layer with long-sleeves covering the whole arms. 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 athlete.</p>	
Lower body clothing	<p>Two long-legged layers that fit the athlete well: 1 ski suit or ski pants covering the whole legs (no underpants) 1 breathable wind breaker trousers. Event Jury decides if it is compulsory to put it in the backpack or worn.</p>	
An avalanche detector	<p>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.</p>	YES
A helmet	<p>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).</p>	YES
A snow shovel	Conforming to ISMF standards (refer to appendixes).	
A snow probe	Conforming to ISMF standards (refer to appendixes).	
A survival blanket	<p>The minimum surface area of 1.80 m². Modifications subsequent to manufacture are not allowed. The term "survival blanket" is as defined by the manufacturer.</p>	
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 (refer to appendixes).	
A backpack	With sufficient carrying capacity to hold all the equipment required by the 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		
SUPPLEMENTARY EQUIPMENT THAT MAY BE REQUIRED BY THE RACE JURY		
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 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 (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).	

APPENDIXES

APPENDIX M: 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).

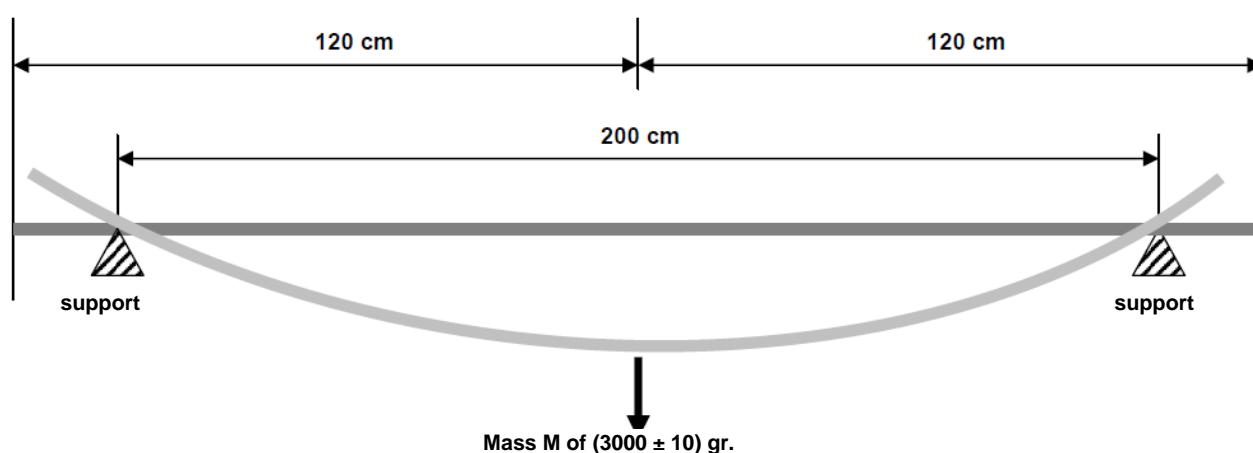


Figure 1

- 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.

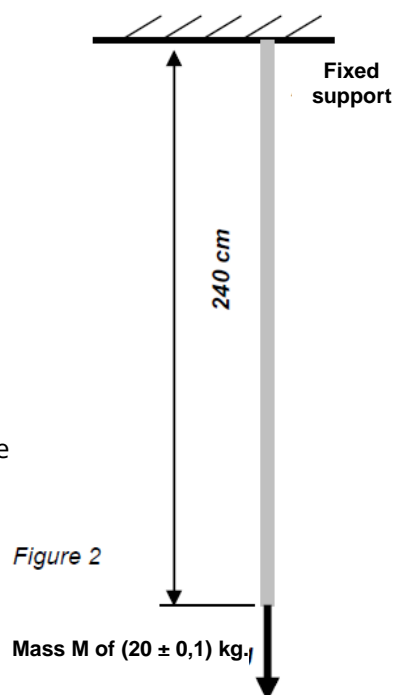
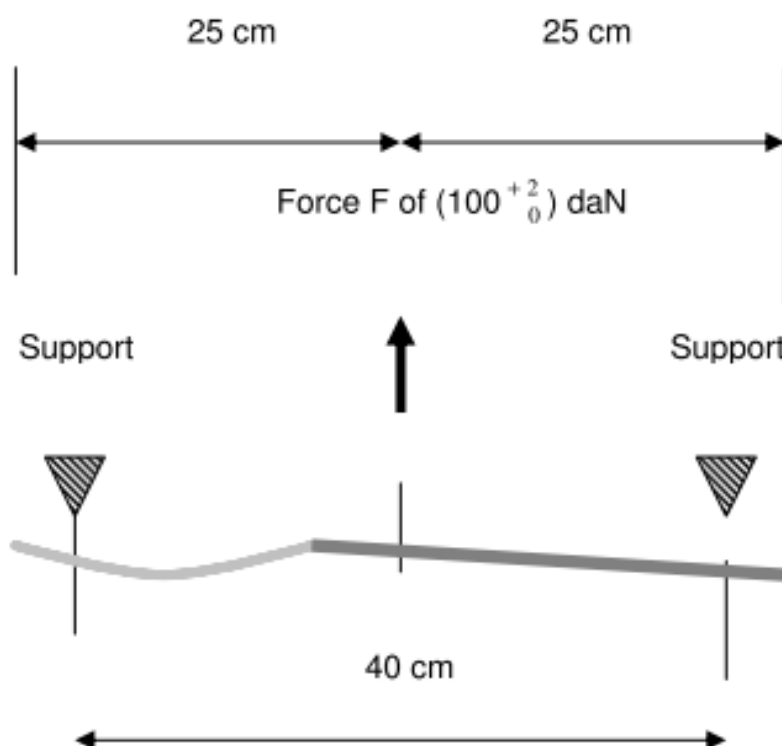


Figure 2

APPENDIX N: 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 O: 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

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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 Points: depend on the ratio of an athlete's finish time and that of the winner given as a percentage for each race, used to decide between dead heats.

Place Points: attributed to athletes 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 athletes, teams or countries and used to establish their position in race ranking.

14. APPROVED EVENTS

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

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

15. MEANS OF RANKING

15.1. Place points

Work in progress – to be published in 2nd roll-out.

15.2. Time Points

In order to decide between athletes 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 Points depend on the ratio between the athlete's time and the winner's time (percentage).

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

Time Points are calculated as follows:

$$Px = T1/Tx * 100$$

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

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

Px = Time Points of athlete or team X

Times are to the second, and percentages to the nearest hundredth.

For example: Athlete A wins the race in 2 hrs 00'00", athlete B finishes second in 2 hrs 03'30" and 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 = $7200 / 7410 * 100 = 97.16$

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

16. RANKINGS

16.1. Continental and World Championships rankings

16.1.1. Country ranking

Work in progress – to be published in 2nd roll-out.

16.1.2. Combined Senior Championship ranking

Combined Senior Championship rankings are calculated by adding the Place Points obtained by Senior 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.

16.2. Continental Cups rankings

The Continental Cups follow the same rules as the World Cups (see sections 34.1, 34.2 and 35.3), the only difference being that:

- Athletes from other continents can participate and be ranked on the race results.
- If the athlete and/or team are from the continent hosting the Cup, then their place points count towards the Continental Cup ranking and WRK.
- If the athlete and/or team are not from the continent hosting the Cup and if the event is open, their place points count towards the WRK.
- In order to be ranked in a Continental Cup, 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.

16.4. Specific rules for Sprint races

16.4.1. Result management for Sprint races

- 1st - 6th place: Position from the final
- 7th - 12th place: Semi-finalists not qualified for the final round. The ranking order is established following:
 - the order of arrival of each semifinal
 - the best time of semifinals with the equal position reached.

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

If there are 30 or more athletes:

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

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

- 31st and more: Ranked by qualification time.

If there are 24 - 29 athletes:

- 13th - 24th place: Heat finalists not qualified for semifinal round. The ranking order is established following:
 - the order of arrival of each heat
 - the best time of heats with the equal position reached.

Example: 13th position = the best time between the four athletes who arrived fourth in each heat.

- 25th – 29th place: Ranked by qualification time.

If there is no timekeeping for heats, semifinals, 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 th and 30 th)	- latest place of the heats (but before DNS) Tie: by qualification time (e.g.: 27 th and 28 th)	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 nd) (e.g.: 11 th and 12 th)	- latest place of the heats Tie: by heat position and time (in 2 nd) (e.g.: 9 th and 10 th)	Not ranked DSQ	Not ranked DQB
Final	- latest place of the heats Tie: by semifinal position and after semifinal time (e.g.: 5 th and 6 th)	- latest place of the heats Tie: by qualification time (e.g.: 3 rd and 4 th) Tie: by semifinal position and after semifinal time (e.g.: 3 rd and 4 th)	Not ranked DSQ	Not ranked DQB

16.5. World Ranking (WRK)

16.5.1. 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 take 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 st 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.

16.5.5. 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			

16.6. ISMF Series Ranking

The WRK will rank the athletes participating in ISMF Series.

17. RESULTS AND RANKING MANAGEMENT

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

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

18. RANKING PROTEST

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 publishment 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

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

19. REQUIREMENTS FOR HOSTING AN ISMF YOUTH WORLD CUP

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

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

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

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 LOC has the possibility to organise an Open Race alongside the ISMF Youth World Cup event. This race has to be entirely managed by the 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.

An agreement between the ISMF, the NF and the 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 LOC and on its official website as well.

The 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.

20. ATHLETES PARTICIPATION

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

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

Only ISMF licence holders with ISMF Elite or Youth licence can participate and be ranked in the ISMF Youth World Cup. The national licence* or the authorisation** from the NF is compulsory for the athletes of all categories participating in this circuit.

*Only for the NFs which have national licence.

** The 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.

The fee for the registration in the races is at the discretion of the 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 NF of belonging. There is no possibility of late registrations.

Accommodation is managed directly by the 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 3rd roll-out.

22. ON SITE LOGISTICAL ORGANISATION FOR ATHLETES

22.1. TCM

The TCM must take place on the eve of the race and is only open to the coaches of the 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 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.

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 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.

Please refer to the Race Equipment Rules 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

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 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 st U20W/U20M	300 €	300 €	300 €	300 €**
2 nd U20W/U20M	200 €	200 €	200 €	200 €**
3 rd U20W/U20M	100 €	100 €	100 €	100 €**
1 st U18W/U18M	Equipment	Equipment	Equipment	Equipment***
2 nd U18W/U18M	Equipment	Equipment	Equipment	Equipment***
3 rd U18W/U18M	Equipment	Equipment	Equipment	Equipment***
TOTAL	600 €	600 €	600 €	600 €
TOTAL/category	1200 €	1200 €	1200 €	1200 €

* 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 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 arranged in advance between the ISMF and the LOC.

(If possible) all Award Ceremonies have to be 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 Top3 athletes of each category for each scheduled race (both for Flower and Award Ceremonies)
- the Top3 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.

RULES FOR LONG DISTANCE TEAM

Work in progress – to be published in 3rd roll-out.

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