

# 2015 ICR Update

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<http://www.fis-ski.com/inside-fis/document-library/cross-country/index.html#deeplink=rules>

1. ICR updates 2015 (Varna and Zürich)
2. Update TD Guidelines
3. Update Jury Guidelines

- 303.1 Members of the Jury
- Jury compositions defined and adapted for
  - FIS Marathon Cup,
  - FIS Popular Competitions
  - Rollerski Competitions

## 310.3 The Program for OWG, WSC, JWSC, WC and FIS Competitions



As a principle the number of competitions in the two techniques should be equal in WC every year, and the same for OWG, WSC and JWSC

**DELETED**

# Classical Technique



- 310.2.1.1 Classical technique includes the diagonal techniques, the double poling techniques, herringbone techniques without a gliding phase, downhill techniques and turning techniques.
- 310.2.1.2 Single or double-skating is not allowed.
- 310.2.1.3 Turning techniques comprise steps and pushes in order to change directions. Where there is a set track, turning techniques with pushing are not allowed. This will also apply to competitors skiing outside of the set track. **Where there is one or more set tracks, repeatedly changing or stepping in and out of tracks is not allowed.**

# Classical Technique



- **352.1.2 Sanctions for the violation of the classical technique rules can be given by a unanimous decision of two jury members (including TD) without video evidence and a hearing from the athlete. For classical technique violations ICR 224.7 does not apply.**

# 311.7 Training and Inspection of the Course



- 311.7.1 Competitors and team officials **should** be given the opportunity to train and inspect the course in competition conditions. When possible, the course should be open two days before the competition. The Jury may close the course or limit the use of the course to certain sections or hours

# Substitution



- 313.4.2 In the event of an accident during warming up the jury can permit a substitution **up to the start of the competition** if the accident.....



# 316 Timing



316.4.1 The following electronic timing technologies can be used to identify the official finish times:

- Electronic timing system based on photo cells. The measuring point of the light or photo barrier must be at a height of 25 cm above the snow surface.
- ~~Electronic timing system based on transponders~~
- Photo finish system. The measuring point will be the toe of the first boot meeting the finish line.

# Mass start competitions / Skiathlon : Substitution



## 322.3.2

- The substitute athlete must start in the same position as the substituted athlete if their FIS points are the same or better than the replaced athlete. If their FIS points are worse they must start at the end of the field

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# 324.2 Courses and stadium



324.2  
324.2.1

Courses and stadium  
Recommended norms

Items	Preparation for	
	Classical technique	Free technique
<b>COURSE</b>		
Category	<del>C</del>	<del>D</del>
Classical tracks	4 tracks	/
Distance between tracks	Minimum 1.2 m	/
<b>START</b>		
Organisation/preparation	2 – 5 corridors	2 – 5 corridors
Classical tracks	1 per corridor	1 per corridor
Length of tracks (after start line)	End of start zone	10 m
Distance between tracks	3 m	3 m
<b>FINISH</b>		
Width (minimum)	6 m minimum	12 m minimum
Number of corridors	4 tracks minimum	4 corridors (3m each)
Distance between tracks	Minimum 1.2 m	/

324.2

Entries Substitution

# Jury and Protest



325.6.1 In sprint heats at OWG, WSC, JWSC and WC the **unanimous decision of minimum two Jury members (including TD)** equates to a Jury decision.

326.6.1 In team sprints at OWG, WSC, JWSC and WC the unanimous decision of **minimum two Jury members** (including TD) equates to the Jury decision

**326.6.3 During team sprints, ICR 224.7 does not apply.**

**352.3.4 Competition suspension will always be accompanied by a written reprimand.**

# Team sprint competitions

## 326.4.2 / 326.4.4



- Normally 2 semi-finals will be used to select the teams for the final in a team sprint competition. The teams should be evenly distributed among two **groups** using the following principle:
  - Best team by total points will be assigned to **group A**
  - Remaining teams will be assigned in subsequent pairs by ranking (example team 2 and 3, team 4 and 5, etc.) to **alternating groups**.
- The assignment of **groups** to the semi-finals will be determined by draw.

# 343 Responsibilities of the competitors



343.6.1 If a competitor skis on a wrong section or leaves the marked course, they **should** return to the point where they made the error. In order to do so, the competitor may have to ski against the correct ski direction and shall be totally responsible for ensuring that they do not obstruct or endanger other competitors.

# 352.2 Disqualification



352.2.3 A competitor who receives a second written reprimand in the same season will be automatically disqualified.

- Written reprimands given during the season are not valid in the **JWSC** WSC and OWG periods.
- Written reprimands given during **JWSC**, WSC or OWG are valid until the end of the season.



# Popular competitions

381.6.1 Popular Cross-Country Competitions are organized for the enjoyment of all participating competitors. Because these competitions involve competitors with a wide range of experience and ability, good sportsmanship and courtesy toward other competitors are essential. Competitors who demonstrate unsportsmanlike behavior or do not follow these rules or the rules of the competitions may be **sanctioned** by the Jury. During a competition competitors must

- follow the marked course from the start to finish passing all control points
- complete the course on skis using only their own means of propulsion and without assistance from others
- neither hinder nor interfere with other competitors
- make a reasonable effort to allow faster competitors to pass. Normally slower competitors should use the right track or side of the course, faster competitors the left
- **Comply with the special regulations of the competition ( e.g. littering)**

# 396 Rollerski Competitions



396.2.8 Competitors are permitted to change or repair equipment during the competition but they must do this without any outside assistance other than being handed the replacement equipment or tools. **Rollerski change must be done according to article 343.12.2**

And new article:

**396.2.11 If Competition Organizer provides official rollerski equipment, rollerski change during the competition may be done only in official service point (boxes) according to articles 343.12.2- 343.12.3**

**396.2.12. If Competition Organizer provides official rollerski equipment, rollerski repair during Official training or before competition may be done only in Official service point provided by OC.**

# TD Guideline



- **Guidelines for the Organisation, Education and Appointment of Cross-Country Technical Delegates updates:**
  - **Training period for TDs**
  - The TD's written assessment report **must be sent to the Regional Coordinator for approval** and then to the Chairman of the Sub-Committee for Rules and Control.
  - **Assessment part A of TD-candidates :**
    - 11 Overall assessment by the regional coordinator
  - **Education and Updating of the TDs**

The annual WC TD Update Seminar does not replace the TD seminar or count for maintaining the TD license

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comments from athletes or team leaders.

# Jury Guidelines



## Procedural Guidelines

Prior to the imposition of a penalty the person accused of an offence shall be given the opportunity to present a defense at a hearing orally or in writing (except in cases of reprimands and withdrawal of accreditation) (ICR 224.7).

**Exception:** this rule does not apply in sprint / **team sprint competitions** during quarter and semi-finals (ICR 325.6.3/ 326.6.3) **and for Classical Technique infractions (ICR 352.1.2)**

- Scandinavia Alutaguse EST Oct.09-11, 2015
- USA/CAN Minneapolis/US Oct. 23-25, 2015
- Asia Seoul KOR Oct. 23-25, 2015
- Eastern Region Sljeme CRO Nov. 6 – 8, 2015
  
- RUS Tjumen RUS March 22- April 01, 2016
- OPA Seefeld /AUT TBD

Questions?