

Info FIS

FIS News and ICR updates

Introduction new decision chart

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Recap

- Classic technique was more in focus last two seasons (or more)
- Double poling - to be continued

310.2.1.4 The jury may ban the use of specific techniques on marked sections of the course. All infractions will be reported to the jury.

- Reducing the number of TD's on the WC level to further improve consistency and reduce discussion in jury decisions

Recap

- Pole length

83%

9. Equipment control at classical technique competitions

9.1 Procedural guidelines

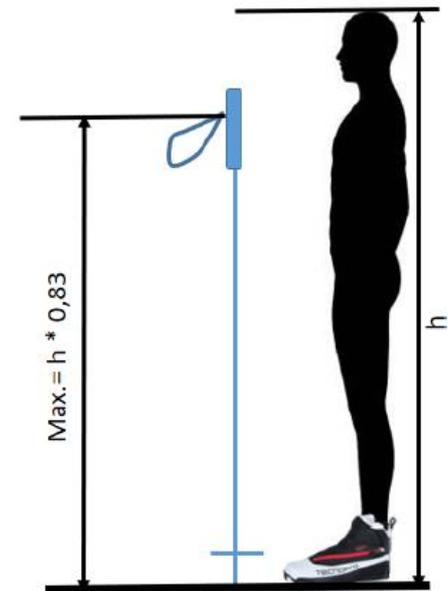
- It is the responsibility of the jury to decide when and where the control(s) will take place and which athletes will be checked.
- The Organisers are responsible to provide the measurements devices. The jury should send to the organisers a list of required equipment several weeks before the competition.
- It is not intended to check all the athletes but to carry out a random control. At the beginning of the season, a majority of the athletes should be checked.
- Pole marking will not be used.

9.2 Measurement

A measurement device should be available during official training, so that athletes can check their equipment themselves. There should be a possibility to perform the measurements before the start and after the finish. If necessary, more than one measurement device should be available.

For popular races a measurement device should be available at every entry to the start box.

At mass start competitions, where measurement is not possible before the start, do it after the finish.



Recap

- Pole length
 - Sanctions

10. Sanctions

An athlete controlled at the start with non-conforming equipment shall not be permitted to start (ICR 351.2).

Athletes that have used poles during the competition that do not conform with ICR 343.8.1, should be sanctioned. The decision chart should be used to determine the sanction.

11. Pole exchange in case of broken pole

If one pole is exchanged, the size of the exchanged pole is not relevant. If both poles are exchanged, they must conform with ICR 343.8.1.



Skiers in Lillehammer - © NordicFocus

During its meeting on Friday, 6th October the Cross-Country Executive Board discussed and approved a number of proposals, which have been sent to the FIS Council for the final approval. The FIS Council will meet in November.

World Cup prize money distribution

Based on the athletes' proposal the Sub-Committee for World & Continental Cup approved new prize money distribution split at individual World Cup and stage World Cup competitions. From the upcoming season top 20 athletes will receive the prize money with the amount being unchanged.

FIS Cross-Country World Cup 2017/18

A small modification of the FIS Cross-Country World Cup 2017/18 was approved. Newly, the technique of the World Cup competitions has been swapped. On 16th December the individual start will be in free technique, the pursuit on Sunday 17th December will take place in classic technique.

Several changes have been done in the FIS Cross-Country World Cup calendar 2018/19. The updated calendars will be uploaded ASAP. To see the latest version of the calendar, which will be approved next spring, is [HERE](#).

Bonus seconds at FIS Tour de Ski

Bonus seconds in the FIS Tour de Ski have been changed in the sprint competitions. The maximum bonus seconds for the victory is still 60 seconds, however, the split for top 30 athletes is new to reflect the efforts of athletes competing in the final heats.

Long-term strategy

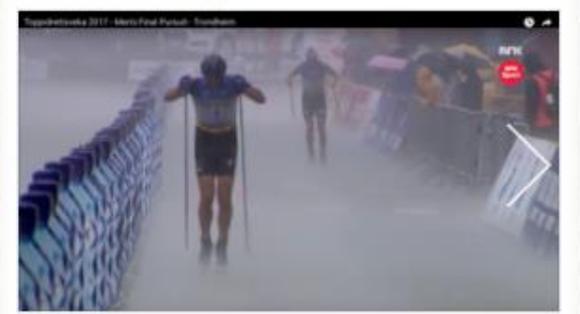
The Cross-Country Committee continued the discussion about the future of Cross-Country Skiing and its strategy. Conclusions of the expert working group including FIS staff, TV and marketing experts was presented and concrete changes have been proposed. The decision on the competition formats modification will be done at the FIS Congress in Greece in May 2018.



Cross-Country Skiing opening in ...



Latest Videos



Toppidrettsveka 2017 - Men's Final ...



ICR changes - Classical technique

310.2.2.1 Classical technique includes the diagonal techniques, the double poling techniques, herringbone techniques without a gliding phase, downhill techniques and turning techniques.

310.2.2.2 Turning techniques comprise steps with **inner ski and pushes with outer ski in order to change skiing direction**. The sections of the course where turning techniques are allowed must be clearly marked.

Guidelines:

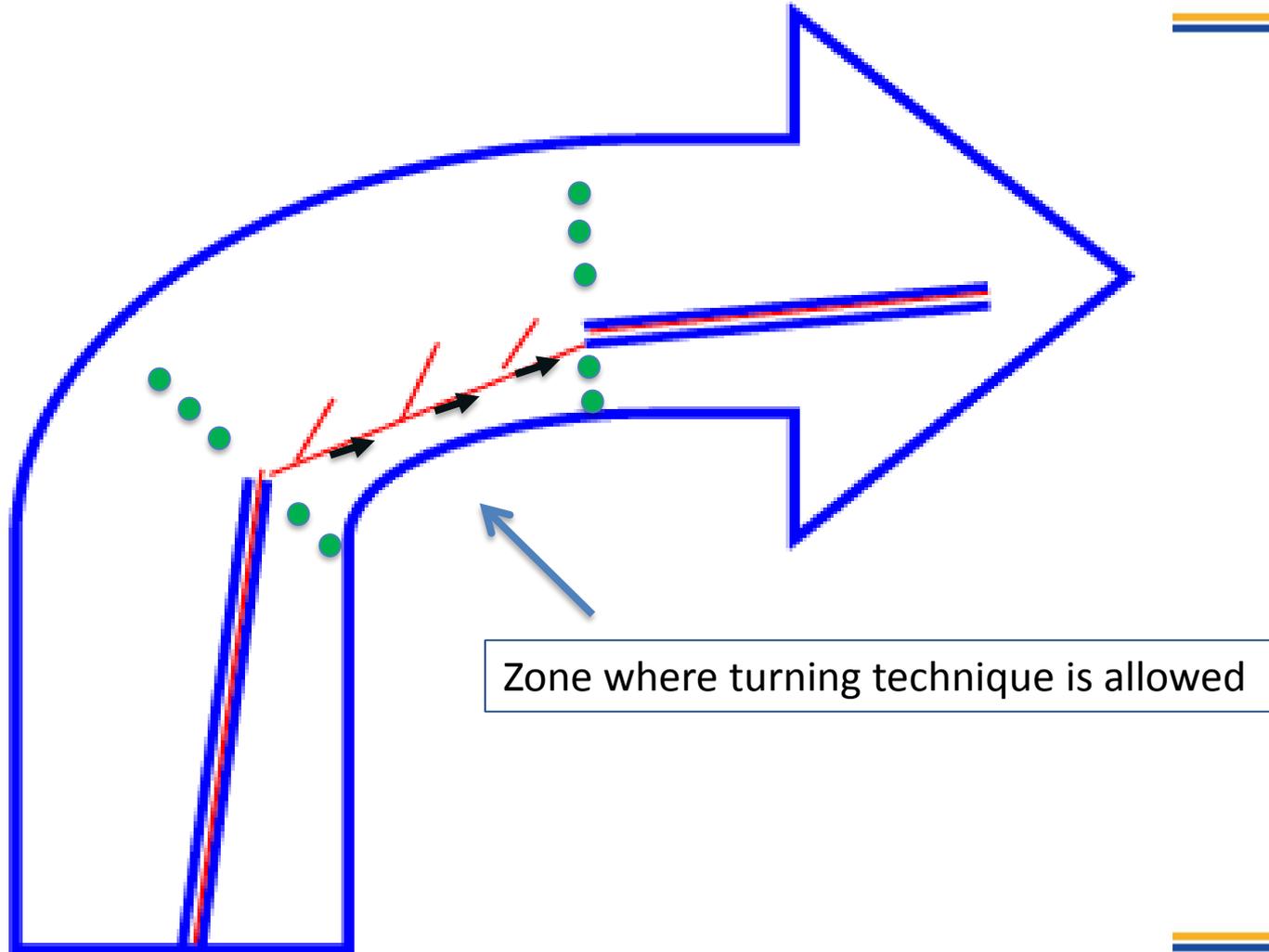
Diagonal technique means the use of alternating diagonal movements of both arms and legs and includes diagonal stride and herringbone techniques. In diagonal technique only one pole is in the ground at any time.

ICR changes - Classical technique

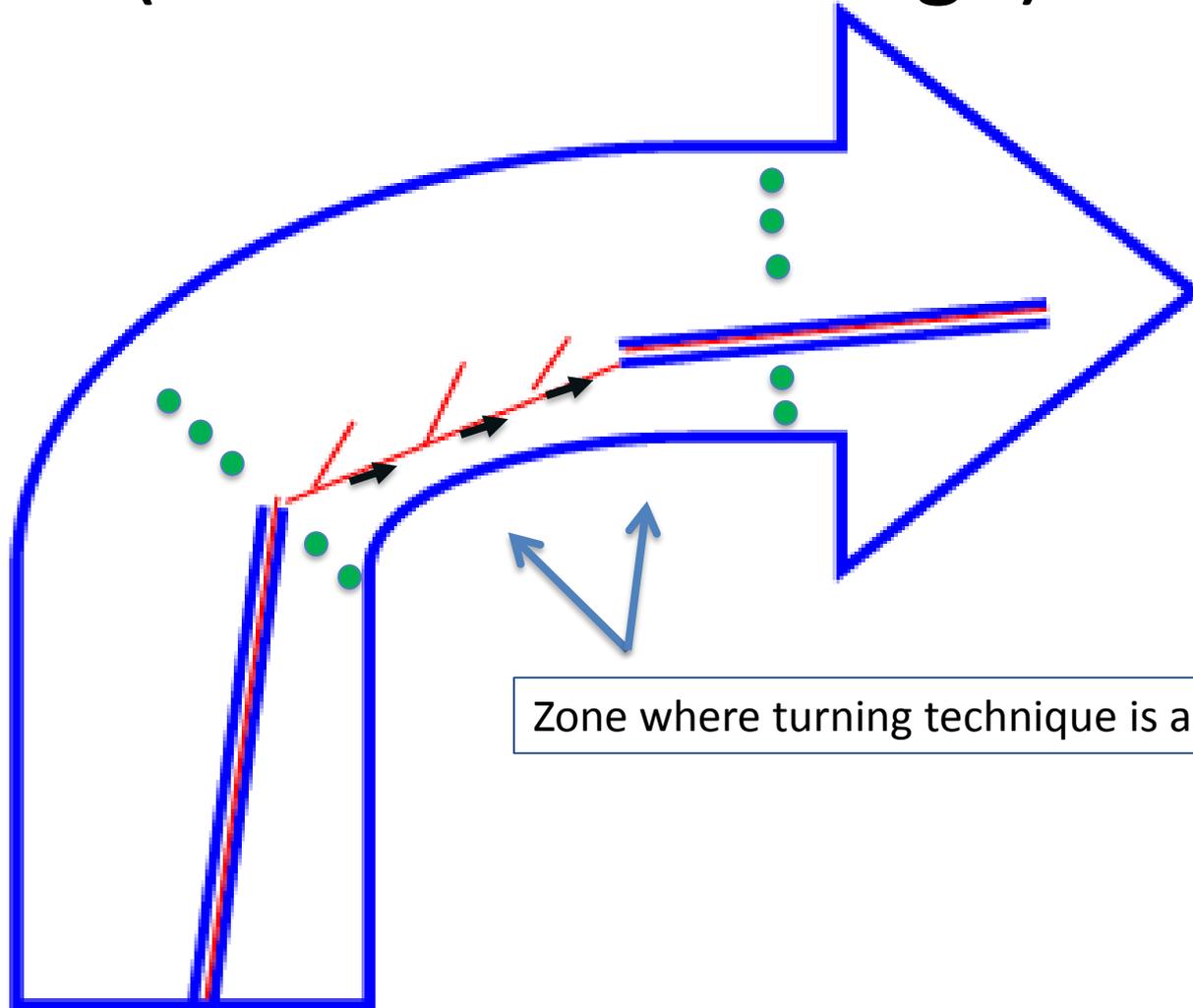
NOTE: The last years we have marked the start and end of the classical tracks. Now we are marking the zone where there are no tracks set (which is in practical terms the same points as before). The advantage is that we now easier can move the zone (markings) if necessary, or even create a zone in any location (also in downhill or curvy sections)

- What is accepted turning technique?
 - Must move inside leg/ski while stepping around corner
- Where do we set the zones? How do we mark the zones?
 - Similar to previous years – between where track ends and starts, using pine branches or equivalent
 - The zone must be set during official training
 - Can move the markings if snow conditions change after track setting

Marking of zone

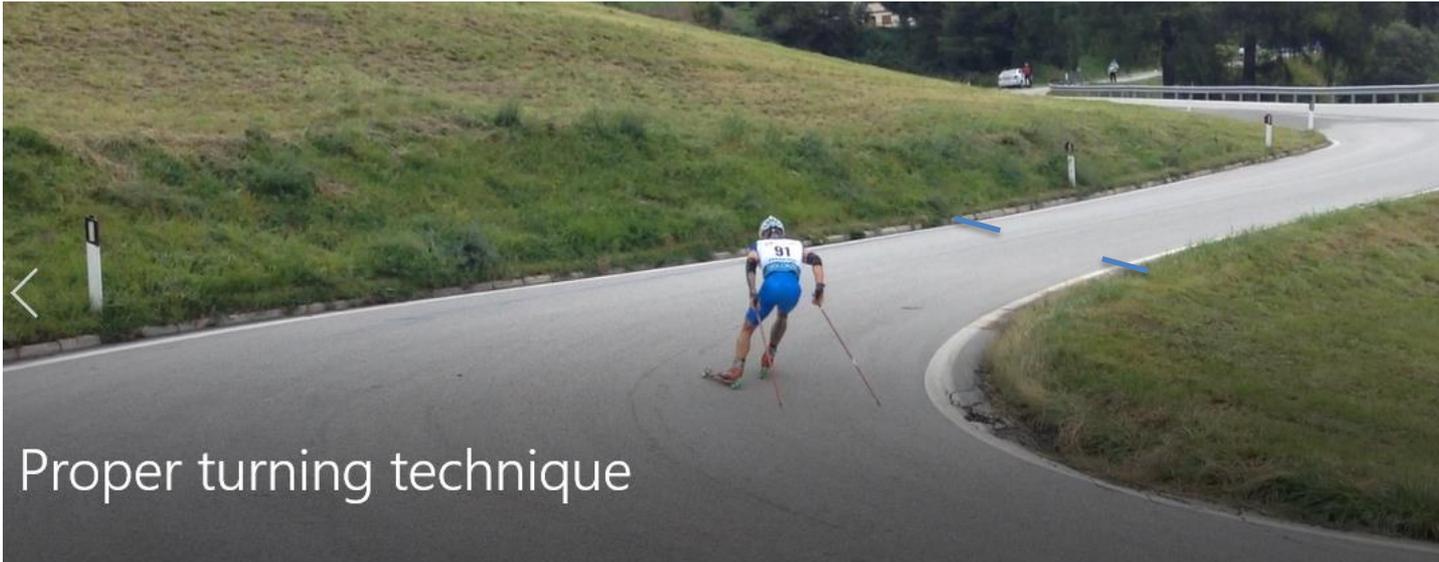


Moving of zone (if conditions change)



Zone where turning technique is allowed

Proper technique and marking



ICR changes - Courses

- 311.1.4 Separate test area no longer a requirement.
- 311.2.1 No need for homologation of courses for popular and rollerski races.
- 311.2.5 and 311.2.6 Simplification on norms for courses (climbs).
9 m width no longer required for downhills for E category courses.

ICR changes - Start order, Formats, Timekeeping

- 314.8 Start list definition and references to examples on FIS website. (new)
- We use word **PURSUIT** instead of HANDICAP for both start method and competition format.
- 316.4.2 Timekeeping Transponders (active ~~and passive~~ systems) can be used as a supporting system to the official timing system to determine race times and ranking sequences at intermediate timing points, pre-timing points, and finish (un-official result). The official result must be confirmed by using electronic timing systems in accordance with ICR.

ICR changes - Sprints

- 325.5 and 326.5 Start, finish and final times in sprint heats are recorded, calculated and published in 1/1000 s precision.
- 326.4.8 Start bib colors for team sprint: Red and Blue.
- 352.3.5 In Team sprint competitions, a competition suspension means that the team will be ranked last in the heat and last in the round.

ICR changes - Sanctions

- Rewording definition of Written and verbal reprimand.
 - 352.5.1 Written reprimand should be used for infractions of the rules that do not lead to a clear advantage for the offender or minor infractions with ad-vantage to the offender.
 - 352.6.1 Verbal reprimand should be used for minor infractions or to inform a competitor that his technique or behavior is very close to being in violation of the rules.

ICR changes - ROL

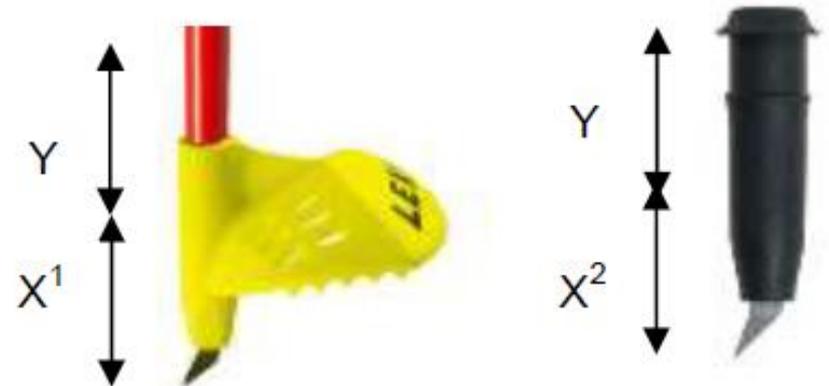
- 396 (Rollerskiing) Updated Competition Formats table for rollerskiing.
Mandatory ratchet mechanism on rollerski at classical competitions.
- 396.9.2. Early start during Team Relay or Team Sprint exchange must be sanctioned by time penalty (actual time gained + 15 seconds minimum penalty).

ICR changes - ROL

ROL: 83% + 2 cm

We have checked several ski tips for both summer and winter and found that the different ski tips could add or decrease length of the ski pole. In order to make sure that you could use the same equipment booth summer and winter we have gone out from the winter pole and haven't found any summer ski tip that adds more than 2 cm from a winter ski tip. That means MAX difference is $Y+X2 + 2cm \leq Y+X1$. We don't think a general change of the percentage is good since that should give a long athlete an advantage against a short athlete.

New 396.10 Classical roller ski technique
 New 396.10.1 In classical technique competitions, the maximum pole length must not exceed 83% of the competitor's body height plus 2 cm. The measurements and rounding must correspond provisions of ICR art 343.8.1



ICR changes -XCX

- Traditional CC course with technical elements
1.5 km – 2.5 km
Free technique only
- Can be **Interval start** or **Qualification** → semifinals → finals
- **Technical elements** → **Safety first**
- **Competiton system with finals**
 - Top 30 to 2 or 3 semifinals
 - Top 5 from each semifinal advance
- Errors at technical elements
 - Interval start / qualification: 343.6.1 applies
 - Semifinals/Finals: competition suspension

343.6.1

If a competitor skis on a wrong section or leaves the marked course, ~~hey~~ the competitor should return to the point where ~~they made~~ the error was made. In order to do so, the competitor may have to ski against the correct ski direction and shall be totally responsible for ensuring that there is no obstruction and that y do not obstruct or other competitors are not endangeredendanger other competitors.

Race point calculation

- The following factors will be applied for roller ski competitions:

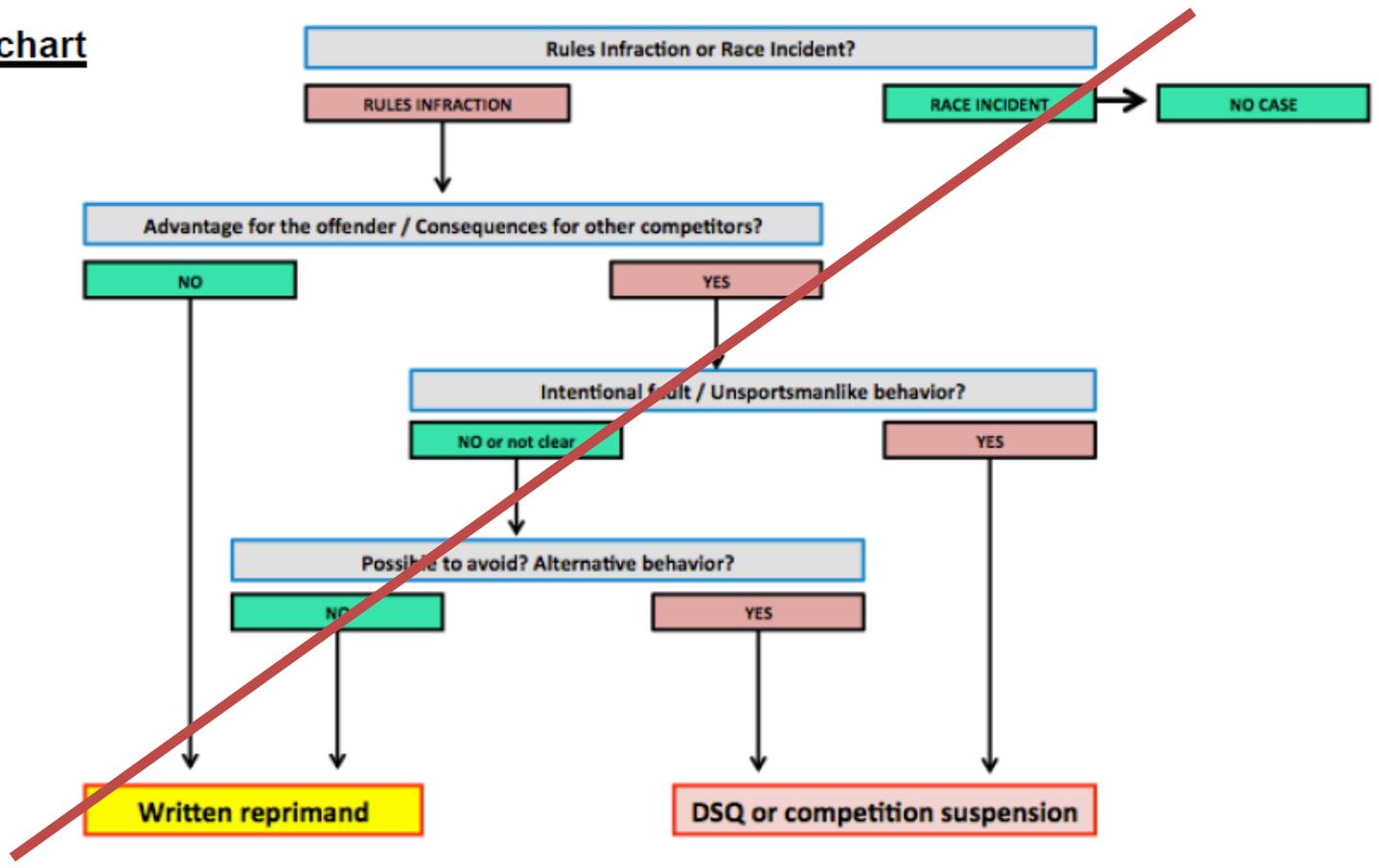
1.2 F-Value

Factor	Competition format
Factor 800	CC and ROL Competitions with interval start and Pursuit 1st part
Factor 1200	CC and ROL Sprints and Pursuit competitions 2 nd part
Factor 1400	CC Competitions with Mass start and Skiathlon and ROL Mass start (on competition courses with TC >28m/km)
Factor 2800	Rollerski mass start competitions (on completion courses with TC <28m/km) and CC FIS long distance popular competitions (art. 2.6)

Minimum penalty for ROL competitions will be 45 (before 35).

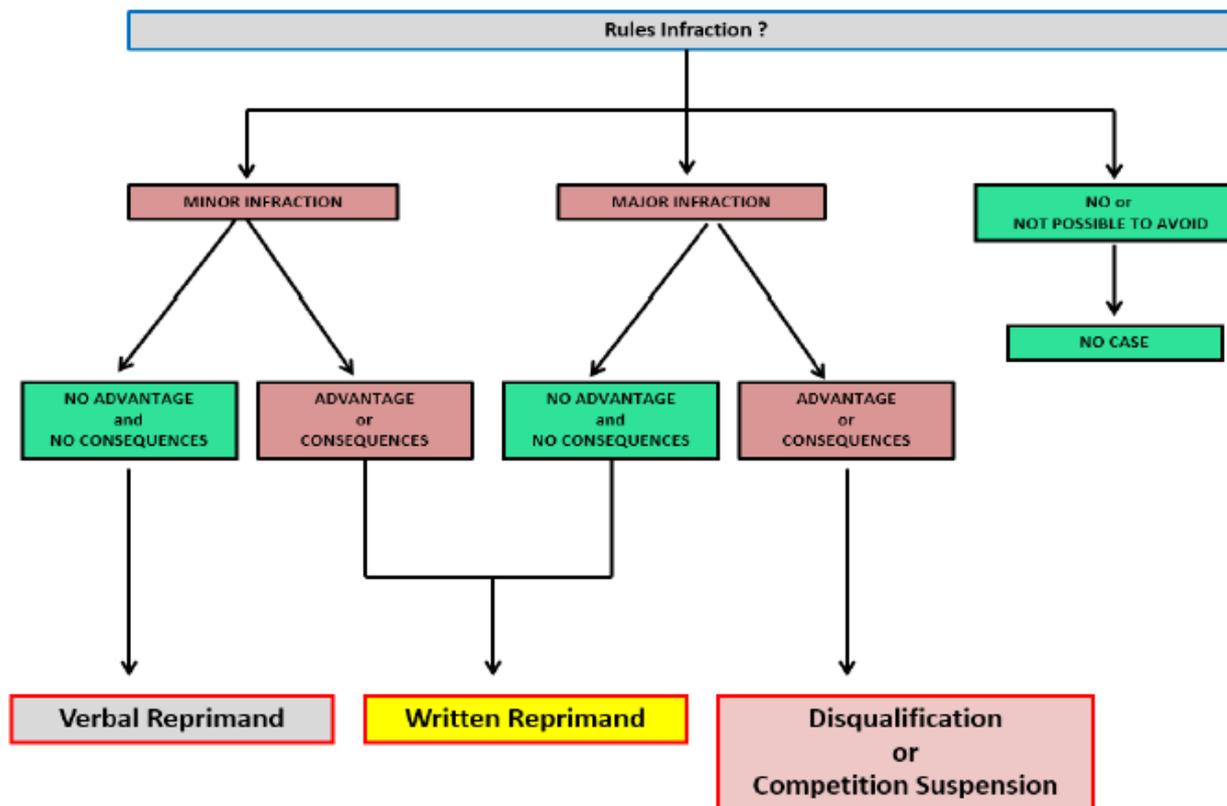
Old decision chart

Decision chart



New decision chart

Decision chart





**Thank you
for listening!**