

Nordiq Canada FIS Update

TD/OC Webinar – December 19, 2020

<https://www.youtube.com/watch?v=4RTpfDJs53M>



ICR-CCR (Canadian Competition Rules) Precisions 2020

Based on the International Ski Federation ICR
Oct 2020

RCI-RCC (règlements des compétitions canadiennes) Précisions 2020

Basés sur les RCI de la
Fédération internationale de ski
Oct. 2020



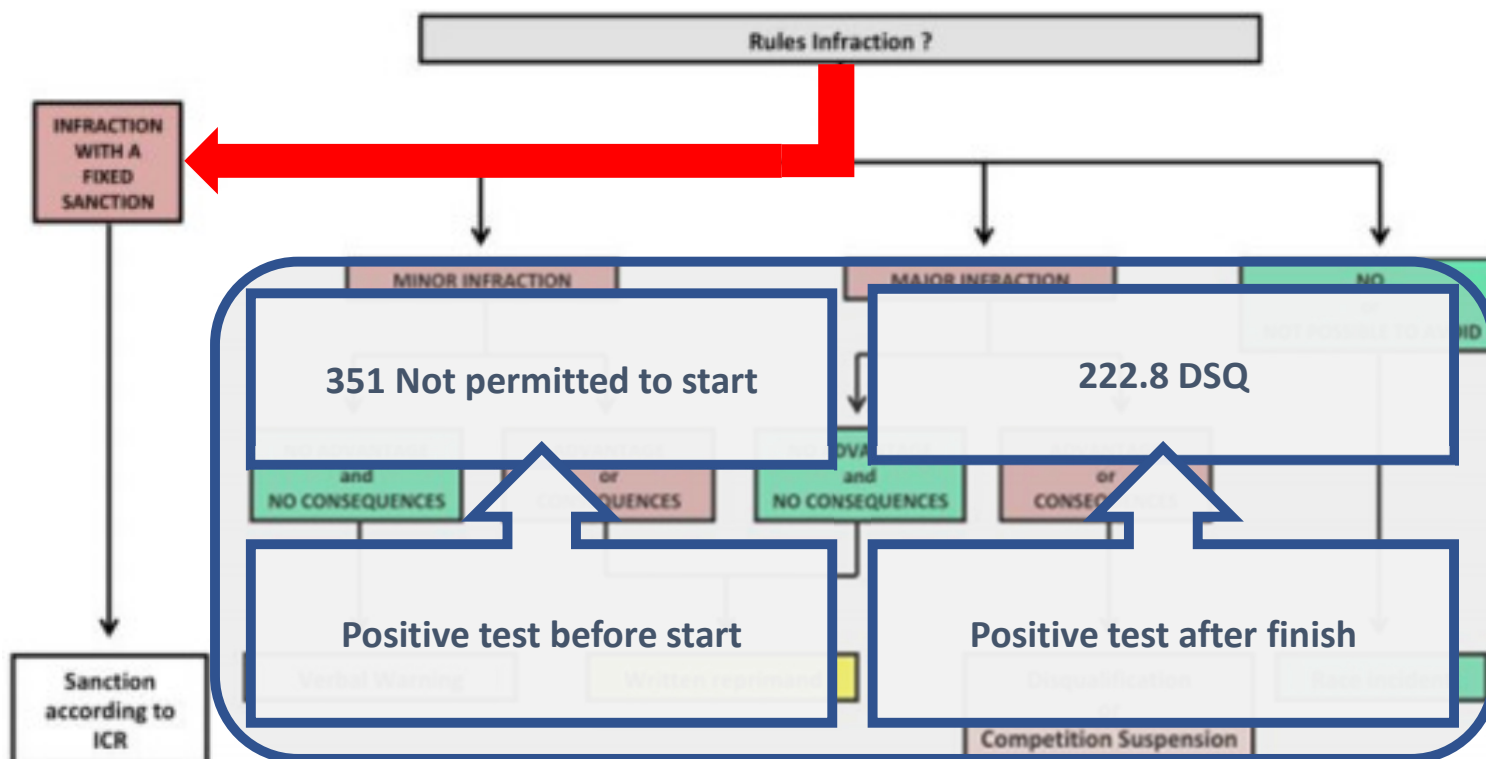
ICR Matters

222.8

Fluorinated ski wax prohibition

Use of fluorinated wax or tuning products containing fluorine is prohibited for all FIS disciplines and levels.

Fluorinated wax can be a competitive advantage and its use in competition will result in disqualification. (see competition rules and equipment specifications.)



Limiting ski exchanges

343.12.4 When ski exchange boxes (pit boxes) are provided for long distance or Skiathlon competitions, the competitor is permitted to change skis inside the pit box ~~one or more times~~. All equipment exchanges must be done by the competitor within the assigned box without any assistance. Number of ski exchanges is limited to maximum 1 time. The replacement skis must be placed in exchange box before the competition.

~~1 time maximum at competitions up to 30 km~~

~~2 times maximum at competitions longer than 30 km.~~



- **326.2.3 – prohibiting re-waxing during team sprint heats**

~~326.2.3 A ski preparation zone must be provided close to the exchange zone. The Jury decides on the number of service men per team and the use of waxing tables.~~

326.2.3 During the team sprint heats, no waxing of skis is allowed.



FLUORINE TRACKER PROTOTYPE

Fluorine Tracker – Technical Prototype

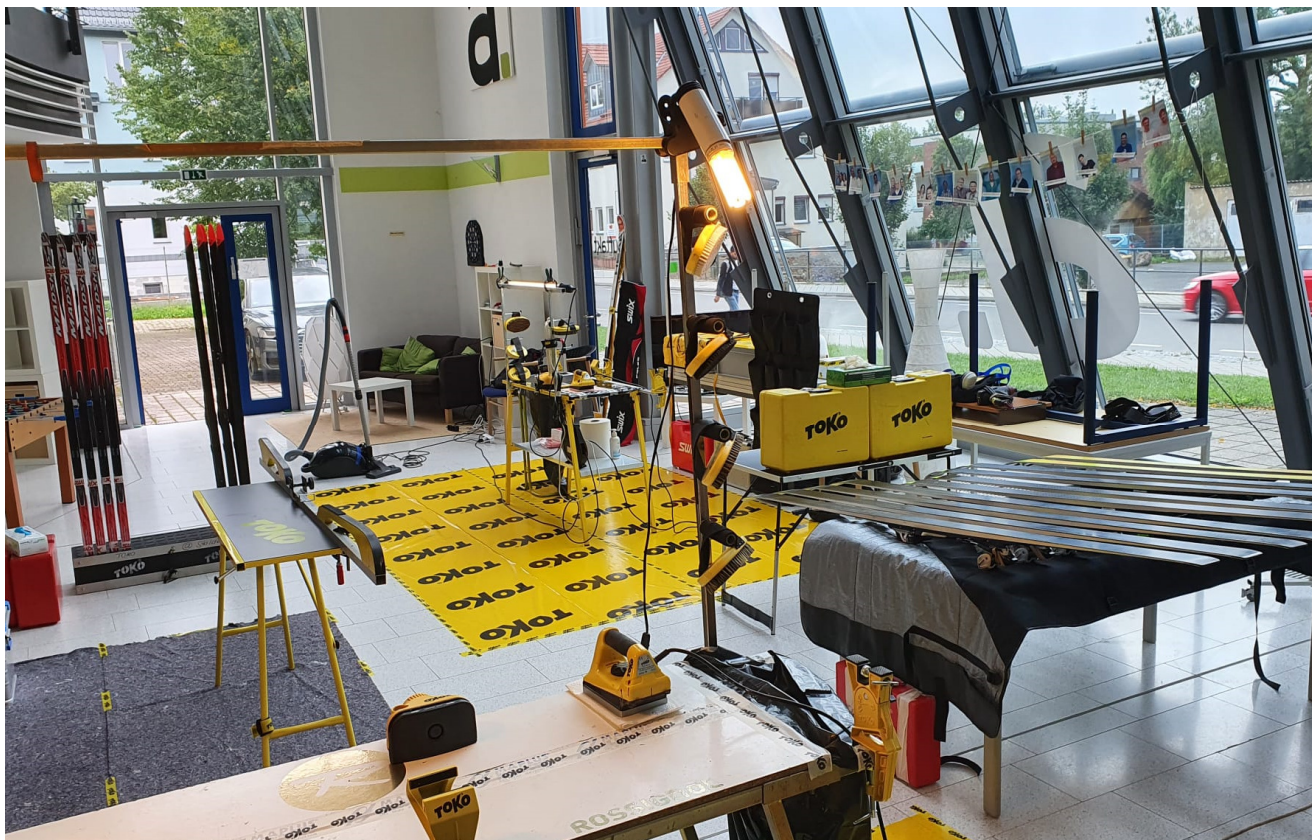
KOMPASS



confidential

Kompass GmbH

24-09-2020





7. TESTING PROCEDURE



ICR 310.1

7.2 ICR 310.1 / ICR 311.2.5 Homologation Working Group Proposal

Oberstdorf proposal to include 6km / 6.25km course option for long distance (30k & 50k)

Should we approve an exception for Oberstdorf or add this distance to the list of accepted distances to increase flexibility?

Decision: Accepted 6km for Oberstdorf. Working Group will work on a proposal for revising 310.1 & 311.2.5 for spring meeting.

B. The Cross-Country Competitions

310 Competition Formats and Programmes

310.1 Table for Distances and Course Lengths

Race Format	Competition Distance (km)	Course Length (km)
Interval Start competition	2.5, 3.3, 3.75, 5, 7.5, 10, 15, 30, 50	2.5, 3.3, 3.75, 5, 7.5, 8.3, 10, 12.5, 15, 16.7
Mass Start competition	10, 15, 30, 50	2.5, 3.3, 3.75, 5, 7.5, 8.3, 10, 12.5 , 15, 16.7
<u>Mass start (long distance)</u>	<u>30, 50</u>	<u>Loops should follow total requirements on TC and MC according to distance.</u>
Popular competitions	No limitations	No limitations
Skiathlon	5+5, 7.5+7.5, 10+10, 15+15	2.5, 3.3, 3.75, 5, 7.5, 10
Pursuit competition (2 nd part)	5, 7.5, 10, 15	2.5, 3.3, 3.75, 5, 7.5, 10
Relay competition (teams with 3 or 4 competitors, can include mixed gender)	2.5, 3.3, 5, 7.5, 10	2.5, 3.3, 3.75, 5, 7.5, 10



Maybe to be 100% clear and avoid speculations to add the minimum length:

Mass start (long distance)

30, 50 km

Minimum course length 5km.

Loops should follow total requirements on TC and MC according to distance.

311.2.1 (Homologation)

311.2 The Homologation

- 311.2.1 All FIS Cross-Country competitions should be carried out on homologated courses. Exceptions are: popular competitions, Roller Skiing competitions, substitute courses if approved by the ~~TD~~Jury. The details on homologation procedure are described in FIS Cross-Country homologation manual.



322 Mass Start Competitions

322.2.1

Recommended norms

Items	Preparation for	
	Classical technique	Free technique
COURSE		
Category	C	D
Classical tracks	4 tracks	/
Distance between tracks	Minimum 1.2 m	/
START		
Organisation/preparation	Arrow start grid	Arrow start grid
Classical tracks	Odd number 3 or more	Optional Odd number 3 or more No
Length of tracks <u>corridors</u> (after start line)	30 to 50 m	15 to 30 15 to 30 m
Distance between tracks	Minimum 1.2 m	Minimum 1.2 m
FINISH		
Width (minimum)	6 m	12 m
Number of corridors	Minimum 3 tracks	3-4 corridors (3 m each)
Distance between tracks	Minimum 1.2 m	/

Back to optional for tracks in F technique; refer to corridors, not tracks

Items	Preparation for	
	Classical technique	Free technique
COURSE		
Category	C	D
Classical tracks	4 tracks	/
Distance between tracks	Minimum 1.2 m	/
START		
Organisation/preparation	Arrow start grid	Arrow start grid
Classical tracks	Odd number 3 or more	(Optional) Odd number 3 or more
Length of start corridors (after start line)	30 to 50 m	15 to 30 m
Distance between tracks	Minimum 1.2 m	(Optional) Minimum 1.2 m
FINISH		
Width (minimum)	6 m	12 m
Number of corridors	Minimum 3 tracks	3-4 corridors (3 m each)
Distance between tracks	Minimum 1.2 m	/

324 Pursuit competitions

324.2.1

Recommended norms

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

Back to optional for tracks in F technique; refer to corridors, not tracks

must

324.5.2

The fastest competitor of the day results ~~can~~ **should** be also be calculated and published as real race time on the distance of the pursuit competition only.

Pursuit result list

324.5.1

The calculation of the final times in a Pursuit competition will be done by combining the results (actual skiing time) in the previous race without the tenths of a second with the final results of the second race with the tenths of a second. For competitors that use the Pursuit Start method the order of finish determines the final ranking.

The result list should contain times of previous race (with no tenths of seconds), actual racing times of the pursuit competition (with tenths of seconds) and total time (with tenths of seconds). Example can be found here: <http://medias2.fis-ski.com/pdf/2019/CC/5849/2019CC5849RL.pdf>

Different example, no FIS PTS



Men							15k = 4 x 3.75k						
#	Bib	FisCode	Name	Nation	Club	Year	Individual	#	PURSUIT	#	Total	Diff	Fis Points
1	99	3190353	CHAUVIN Valentin	FRA	Haut Jura ski	1995	39:51.8	(7)	39:11.9	(1)	1:19:02.9		26.54
2	94	3190358	TIBERGHIE Jean	FRA	La Feclaz	1995	39:11.6	(2)	39:52.4	(4)	1:19:03.4	+0.5	47.20
3	93	3190529	LAPALUS Hugo	FRA	C.S la clusaz	1998	39:09.9	(1)	40:03.8	(7)	1:19:12.8	+9.9	53.02
4	97	3190282	JAY Renaud	FRA	DOUANES - Les Mer	1991	39:36.0	(5)	40:12.1	(8)	1:19:48.1	+45.2	57.26
5	104	3290600	DAPRA Simone	ITA	GS FIAMME ORO	1997	40:29.3	(12)	39:34.7	(2)	1:20:03.7	+1:00.8	38.17
6	103	3290504	VENTURA Paolo	ITA	CS ESERCITO	1996	40:24.7	(11)	39:44.2	(3)	1:20:08.2	+1:05.3	43.02
7	96	3510510	DANUSER Dajan	SUI	Sc Vaettis	1996	39:34.0	(4)	40:48.2	(14)	1:20:22.2	+1:19.3	75.67
8	105	3190298	POUYE Alexandre	FRA	SC Peisey-Vallandry	1993	40:31.9	(13)	39:55.0	(5)	1:20:26.0	+1:23.1	48.53
9	98	3510567	LOZZA Maurus	SUI	Zuoz	1998	39:49.7	(6)	41:15.1	(17)	1:21:04.1	+2:01.2	89.40
10	101	3190370	ARNAULT Clement	FRA	Autrans	1990	40:03.5	(8)	41:17.0	(18)	1:21:20.0	+2:17.1	90.37
11	108	3290611	ROMANO Lorenzo	ITA	CS ESERCITO	1997	40:55.3	(16)	40:25.5	(10)	1:21:20.5	+2:17.6	64.09
12	110	3190437	LAUDE Camille	FRA	S.A meaudrais	1998	41:04.1	(18)	40:18.8	(9)	1:21:22.8	+2:19.9	60.67

325 Individual sprint competitions

325.2

Courses and stadium

325.2.1

Recommended Norms

Items	Preparation for	
	Classical technique	Free technique
COURSE		
Category	C	D
Classical tracks	4 tracks	/
Distance between tracks	Minimum 1.2 m	/

START		
<u>Organisation/preparation</u>	Extra corridor for qualification round, 6 corridors / gates for sprint heats	Extra corridor for qualification round <u>with no track</u> , 6 corridors / gates for sprint heats
Classical tracks	1 per corridor	1 per corridor
Length of tracks (after start line)	End of start zone	15 m
Distance between tracks	1.8 m	1.8 m minimum



326 Team Sprint Competitions

326.2.1

Recommended Norms

Items	Preparation for	
	Classical technique	Free technique
COURSE		
Category	C	D
Classical tracks	4 tracks	/
Distance between tracks	Minimum 1.2 m	/
START		
Organisation/preparation	Arrow start grid	Arrow start grid
Classical tracks	Odd number 3 or more	No Odd number 3 or more
Length of tracks corridors (after start line)	End of start zone	15 m 15 m
Distance between tracks	1.2 m	1.2 m
FINISH		
Width (minimum)	6 m	12 m
Number of corridors	3 tracks minimum	3-4 corridors (3m each)
Distance between tracks	Minimum 1.2 m	/
EXCHANGE ZONE		
Minimum length	45 m	45 m
Minimum width	9 m	15 m

Back to optional for tracks in F technique; refer to corridors, not tracks

396.2.6 Cross country ski poles with Cross-Country skiing tips must be used. Alternatively pole tips must have safety rigid plastic protections with diameter ≥ 30 mm. These protections must be placed maximum 45 mm above the metallic tips.

This rule will be implemented from 1st July 2022.



Timing Report

Timing Report 5.1.4

File Edit Options

Timing and Data Technical Report Cross-Country

NEW VERSION available

Accepted languages for report content: English, French, German

Event data

FIS Discipline: Cross-Country

Race Date: 19.12.2020

Season: 2021

Race Codex: Get race data

Location:

Nation:

Event Name:

Category: Select ...

Event: Select ...

Gender: Select ...

National Race Code: (optional)

Technical Delegate

Last Name:

First Name:

Nation:

Chief of Timing and Calculation

Last Name:

First Name:

Nation:

Telephone:

Email:

Timekeeper

Company:

Last Name:

First Name:

Nation:

Telephone:

Email:



FIS COVID-19 Guidelines

