



# International Ski Mountaineering Federation

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## Sporting Rules & Regulations Ranking Rules & Regulations

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**Any change requested by the organizer regarding itineraries or schedule in the following regulation has to be presented to and approved by the ISMF technical team in advance.**

*NB : All rules and regulations may be subject to modification of the language used, in so much as the context and the content of the rule/regulation will remain unaltered but the English language used within in said rules and regulations may be subject to improvement in terms of grammar and clarity.*

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# **A. SPORTING RULES & REGULATIONS FOR INTERNATIONAL SKI MOUNTAINEERING COMPETITIONS**

## 1. INTRODUCTION

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The ISMF rules and regulations for international ski mountaineering competitions (for world and continental championships, world and continental cups and ISMF Series races consist of a set of rules for the standardized organisation of ski mountaineering competitions. The purpose of this text is to set out the obligations, behaviour and rights of athletes wishing to take part in the international ski mountaineering competitions of the ISMF calendar.

The official ISMF Sporting Rules text is published in English.

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

### 1.1 Definitions

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

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

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

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

**Open race:** race for competitors with no ISMF licence, and taking a course different of the ISMF race (course B or C)

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

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

**Time points:** these points depend on the ratio of a competitor's finish time and that of the winner given in percentage for each race, used to decide between dead heats.

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

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

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

### 1.2 Abbreviations

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

### 1.3 References

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The following documents relate to ISMF competitions:

- ISMF Rules for organising international ski mountaineering competitions
- ISMF International ski mountaineering sporting and ranking rules and regulations
- ISMF Disciplinary rules
- ISMF Anti-doping policy & procedures
- ISMF Athletes Commission and Athletes Representatives
- ISMF Coaches Commission
- ISMF Rules Commission
- ISMF Referees Commission
- ISMF Statutes
- ISMF «Bylaws»

## 2.EVENTS AND COMPETITIONS

### 2.1 General features of ISMF races

	DESCRIPTION	CATEGORIES	POSITIVE ASCENT	DURATION	TEAM COMPOSITION
<b>SPRINT</b>	a varied, short course with ascent, descent, and a walking part with skis attached to rucksack, which will take place in qualifying phases, quarter-finals, semi-finals and final. Race held by heats of 6 runners from quarter-finals to final.	SM/SW		3'30''± 30sec for the best SM/SW	
		EM/EW			
		JM/JW			
		CM/CW***			
<b>VERTICAL RACE</b>	A single ascent on skis, for individual racers. 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 area after the finish line must be completely flat or with a little bit of downhill, and at least 6m wide.	SM/SW	500 to 700m		
		EM/EW			
		JM			
		JW	400 to 500m		
		CM***			
CW***					
<b>INDIVIDUAL RACE</b>	Minimum 3 ascents/descents on mountain slopes. The longest ascent must not exceed 50% of the total positive difference in height. Out of the total difference in height (positive + negative): at least 85% must be raced with skis on feet; at the most 5% should be raced on foot (footpaths, forest tracks, etc.); at the most 10% should be technical sections raced carrying skis on the rucksack (ridges, couloirs, etc.).	SM	1600 to 1900m	1,5 to 2 hrs	
		EM			
		SW	1300 to 1500m		
		EW			
		JM			
		JW	800 to 1000 m		
		CM***			
CW***					
<b>TEAM RACE*</b>	Junior men race on the same track as senior women.	SM	>2100 m	3 h max for 1 <sup>st</sup> team	2 competitors**
		SW	>1800 m		2 competitors**
<b>RELAY*</b>	2 distinct ascent(s) and descent(s) raced by each member of the relay team, with a foot part in the 2 <sup>nd</sup> ascent Each relay leg must include 2 distinct ascents and descents. A part of the second ascent comprises a portion to be climbed on foot with skis strapped on the rucksack. Relay leg is run by each member of the relay team. Each competitor can participate <b>only in ONE relay</b> . (That means that, if a junior competitor participates in a senior relay, he / she cannot participate in the youth relay - idem for senior women)	SM	150 to 180 m	Max 15 min	4 competitors
		SW			3 competitors
		YOUTH			3 competitors per team including 1 cadet M and 1 woman (C or J starting necessarily in 1 <sup>st</sup> lap)

\* 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 competitors on continental cups, world cups, and ISMF series  
\*\*\* Cadet categories cannot participate or be ranked on world cup races

SCHEDULE OF COMPETITION: See Rules for organizing International ski mountaineering competition Appendix 13

### Special features for Sprint race (See Appendix 11)

<b>SPRINT RACE DESCRIPTION (SEE ALSO APPENDIX 9)</b>
<p><b>1<sup>st</sup> PART : ON SKIS</b></p> <p>Approximately 30 to 60 m of elevation.</p> <ol style="list-style-type: none"> <li>1. After the start, approximately 200 m of moderate slope</li> <li>2. The slope then becomes steeper, but has to be easily skiable (not too steep)</li> <li>3. This part should be clearly wide enough to enable athletes to overtake easily.</li> <li>4. The track route must not be plotted along slopes with a highly angled diagonal gradient across the transverse of the slope– if such a situation is naturally found on the terrain then it must be modified to create a more regular slope.</li> <li>5. The circuit should be a figure of '8' designed with parallel tracks(3 paths at least) so athletes can choose the most advantageous route.</li> <li>6. It is prohibited to change from one path to another by cutting the marked turns, except when overtaking.</li> </ol>
<p><b>2<sup>nd</sup> PART : ON FOOT</b></p> <ul style="list-style-type: none"> <li>- Approximately 20 to 30 m elevation</li> <li>- This part must have <u>at least 4 parallel tracks</u></li> <li>- The ascent is made with skis attached to the rucksack</li> </ul>
<p><b>3<sup>rd</sup> PART : ON SKIS</b></p> <ul style="list-style-type: none"> <li>- Approximately 10 m of elevation for senior/espoir women and youth, and 30 m for senior/espoir men</li> </ul>
<p><b>4<sup>th</sup> PART : THE DESCENT</b></p> <ul style="list-style-type: none"> <li>• The slope must be wide, with an even packed surface</li> <li>• The descent must be fitted out with turns, marked with blue and red flags, (as used for giant slalom).</li> <li>• The athlete must pass through each one of the gates</li> </ul>
<p><b>5<sup>th</sup> PART : THE FINISH</b></p> <ul style="list-style-type: none"> <li>• The circuit must finish on a flat area or with a slight ascent, so that competitors must use skating technique up to the finish line</li> <li>• The last 40 meters of the course will be set up with a minimum of three wide lanes of approximately 3m width each.</li> <li>• During this part of the race each athlete should stay in lane. Athletes may go out of lane to overtake, but only if they do not hamper the athlete already using the lane</li> <li>• The course is a loop: with the finish line very close to the start line.</li> <li>• The race must last between 3min and 3min30sec for the best men and women</li> </ul>
<p><b>MANAGEMENT OF THE COURSE</b></p> <ul style="list-style-type: none"> <li>• A tent heated (with seats) must be set up close to the start area.</li> <li>• The course should be completely closed off by netting, only athletes and accredited press officials are allowed access.</li> <li>• The start and finish lanes are marked on the ground.</li> <li>• For the competitors, a path must be set up to ease access from the finish area to the start</li> </ul>
<p><b>CHANGE AREAS</b></p> <ul style="list-style-type: none"> <li>• The change areas will be wide and fitted out in order to permit all the 6 competitors to make the changes with ease.</li> </ul>

## 3. ENTRY TO COMPETITIONS

### 3.1 Categories

The categories for international competitions are:

- Cadet: 15 – 16 – 17 years
- Junior: **18 – 19 – 20** years
- Senior: 21 years and above;
- Espoir ranking: 21 - 23 years.

Cadets and Juniors can run in a senior relay.

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

There cannot be subdivisions in Cadet and Junior categories.

In Team events only the following may participate as teams:

- Men's team = team composed of 2 men
- Women 's team = team composed of 2 women
- Composition Senior Team = any athlete 18 years old (during the year of the race) or over, (the team is automatically ranked in the senior category, no matter the age of the 2 teammates)
- Composition Junior Team = Junior athletes only
- Composition Cadet Team = Cadets athletes only
- A racer holding a valid ISMF licence who teams up with a racer who does not have an ISMF licence for the current year, is not eligible to receive classification points.

- The 2 members of the team must have the same nationality and belong to the same federation. All other team composition will be rejected.

## 3.2 Quotas per country

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### 3.2.1 World and European Championships quotas

#### **Individual races, Sprint and Vertical Race:**

- Senior: 4 M and 4 W
- Espoir ranking: 3 M and 3 W (total of 7 seniors M and 7 seniors W)
- Junior: 4 M and 4 W
- Cadet: 4 M and 4 W

#### **Team races:**

- Senior: 4 teams M + 4 teams W

#### **Relay races:**

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

- In the event that Continental or World Championships should take place at the same time as a world cup no quota shall be applied.

- The title of World Champion grants a bonus place for the next World Championship. Idem for the title of continental Champion. If for any reason the competition does not take place, or if there is no ranking, this bonus is applied in the next Championship. E.g.: a competitor from country X won the individual women's race at the last world championship and a competitor of country Y finished 2<sup>nd</sup>. For the world championship, the country X may register five (four + one) women competitors for this race, whereas country Y (and all other countries) may only register 4 competitors.

### 3.2.2 Continental Championships (excluding Europe), World cup and ISMF Series races

There are no quotas.

## 3.3 Licence and documents

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Competitors must hold an ISMF INTERNATIONAL LICENCE to participate in ISMF ski mountaineering championships and world cup races.

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

**Each national federation must ensure that its competitors enrolled in Continental Championships and ISMF World Cup Races are:**

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

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

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

## 3.4 Athlete Registration

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### 3.4.1 World/Continental Championships and World/Continental Cups - all categories

For all ISMF ski mountaineering categories, all competitors must register by the national federation for world/continental championships and world/continental cups via the ISMF website [www.ismf-ski.org](http://www.ismf-ski.org) / Race Registration.

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



For the open races, registration could be made by the athletes or the event organisers via the ISMF website.

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

**Competitors holding an ISMF licence can only participate in team races with team members of their own nationality during ISMF world championships or world cups.**

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

For the world/continental championships, the national federation does a global registration before the event. Coaches can then modify their registrations on the eve of the race during a 1h period decided by the ISMF and the LOC before the championships.

An athlete can be replaced until one (1) hour before the start of the race.

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

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

LOC members and ISMF officials cannot participate in a competition which they are officially involved in.

### 3.4.2 ISMF Series

ISMF Series race organisers have the option to use the ISMF system; however when the ISMF system is not used then a list of all enrolled athletes must be sent to the ISMF in excel format. In this case the athletes will register directly via the Local Organising Committee (LOC).

## 4. EQUIPMENT

The equipment listed hereafter is required for all ISMF competitions.

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

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

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

No other compulsory equipment may be modified.

The 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 § 6.1.

It is strictly forbidden to change equipment during the course of a race with the exception of one or more broken ski poles and/or skis.

### 4.1 Description equipment for all ISMF ski mountaineering races

EQUIPMENT	DESCRIPTION	CE or UIAA
a passport or a National ID card	to be showed, by the athlete or the coach after having crossed the finish line.	
a pair of skis	with metallic edges covering at least 90% of their length, and 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 (senior, espoir, junior, and cadet) and 150cm for women (senior, espoir, junior & cadet). The skis will be measured according to the method « Rolling ».	
bindings	which allow heel movement during ascents and are blocked for descents; they may or may not be equipped with security straps. <i>The Binding-System must have a lateral and a front complete release system (the boot is completely separate from the ski). The lateral release (front part) has to be lockable manually without tool. If a Binding is TÜV certified, the locking mechanism is not necessary.</i>	

	<p><i>Boots and bindings must be set according to the instruction for use given by the manufacturer in order to guarantee optimum working of the release systems and the best protection of bindings and ski structure.</i></p> <p><b>Minimal weight for skis and bindings:</b> Men: 750 grams, i.e. 1500 grams per pair. Women : 700 grams, i.e. 1400 grams per pair. Mixed bindings (front part from one manufacturer and rear part from another one) are not allowed.</p>	
boots	<p>(only the shell) must cover the ankles and have notched rubber soles, the minimum notch depth is 4 mm. There must be at least 8 notches under the heel and 15 under the front part of the sole, with a minimum surface area of 1 cm<sup>2</sup> per notch. Each boot must have at least 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. The use of adhesive tape on the boots is forbidden. Modified boots by a second manufacturer are only allowed if there is a formal agreement between the two manufacturers, which is specified in the written information supplied with the modified part. 2017/18 Athletes in the Cadet category are not allowed to wear/use full carbon structured boots (including carbon composites or similars: kevlar, aramite, etc.). (To be applied starting 2017-2018 season)</p> <p><b>The notched soles have to cover the 100% of the boot surface.</b></p> <p><b>Minimal weight for boots (shell and dry inner):</b></p> <ul style="list-style-type: none"> <li>- Men: 500 grams, i.e. 1000 grams per pair.</li> <li>- Women &amp; Cadets Men: 450 grams, i.e. 900 grams per pair</li> </ul>	
A pair of alpine or cross-country ski poles	(carbon or other material) of a maximum diameter of 25 mm, and with non-metallic baskets.	
A pair of removable anti-slipping skins.	The skins of wild animal origin are strictly forbidden. The skins have to cover at least 50% of the surface and 50% of the length of the ski	
Upper body clothing	three layers that fit the competitor well: <ul style="list-style-type: none"> <li>• 1 long or short-sleeved, body-hugging layer.</li> <li>• 1 ski suit with long-sleeves or a second layer with long-sleeves.</li> <li>• 1 breathable, long-sleeved wind breaker.</li> </ul>	
Lower body clothing	two long-legged layers that fit the competitor well <ul style="list-style-type: none"> <li>• 1 ski suit or ski pants</li> <li>• 1 breathable wind breaker trousers</li> </ul>	
An avalanche detector	also called DVA or ARVA, that conforms to standard EN 300718 457 kHz frequency. <b>From season 2016-2017 : The DVA has to be equipped with a 3 antennas emission system.</b> <b>From season 2016-2017 dva will have to be worn in a closed pocket (zipped lock only) opening on the inside of the racing suit, and at the belly level</b>	YES
A helmet	A helmet conforming to : - UIAA 106 (For season 2016-2017 : UIAA 106 and EN 1077 classB standards) - or EN 12492 (For season 2016-2017 : or EN 12492 and EN 1077 classB standards). Helmets must be used (chin-strap has to be fastened) during the whole race (from the start to the finish line). CE/UIAA: Yes.	YES
A snow shovel	conforming to ISMF standards ( <i>Appendix 3</i> ).	
A snow probe	conforming to ISMF standards ( <i>Appendix 2</i> ),	
A survival blanket	with a minimum surface area of 1.80 m <sup>2</sup> , modifications subsequent to manufacture are not allowed. The term "survival blanket" is as defined by the manufacturer.	
A pair of gloves	that cover all the hand up to the wrist - to be worn throughout the duration of the race	
An UV-protection sunglasses		
A rucksack	with sufficient capacity to hold all the equipment required by the regulation, with two posterior and/or lateral fastening straps for carrying skis. In the event of cooperation between team-mates, the carrier's rucksack must have two independent sets of fastening straps. If the rucksack has an independent crampons pouch, the pouch must be securely fastened to the back of the rucksack (using Velcro straps, etc.). Crampons must be secured in the appropriate compartment of the rucksack worn on the back.	
A whistle		
<b>Supplementary equipment that may be required by the jury</b>		
A pair of metallic crampons	conform to UIAA standard 153, with at least, 10 spikes, the front two must adjust to fit the competitor's boots. They must have original safety straps that should be properly fastened during all the crampons foot part of the race When crampons are not worn on boots, they must be packed in the rucksack, with spikes facing each other;	YES
A harness	conforming to UIAA standard 105	YES
via ferrata kit	with energy absorbing system for use in Klettersteige /via ferrata conforming to UIAA standard 128.	YES

2 type K (Klettersteige) connectors	conform to UIAA standard 121. <b>When the lanyard and the 2 connectors are not in use, they must be put away in the rucksack or hung on around the waist</b>	YES
An additional upper body thermal fleece layer of clothing	(4th layer with long sleeves), soft shell double with fleece that fits the competitor well. The 4th layer is thermal clothing which must have a minimum weight of 300 gr.	
A ski cap or headband		
A second pair of gloves.	thermal, breathable and windbreaker	
A head torch in full working order;		
A second pair of UV-protection sunglasses.		
A dynamic rope	conforms to UIAA standard 101, 8 mm diameter minimum, length 30 m.	YES
Skins	The Organiser has the right to request additional skins	

<b>COMPULSORY EQUIPMENT</b>	<b>TEAM</b>	<b>INDIVIDUAL</b>	<b>SPRINT</b>	<b>RELAY</b>	<b>VERTICAL</b>
Passport or ID card (on the finish line)	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*
Rucksack	X	X	X	X	X*
3 layers up	X	X	X*	X*	X*
2 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*
Sunglasses	X	X	X*	X*	X*
whistle	X	X	X*	X*	X*
<b>SUPPLEMENTARY EQUIPMENT</b>					
4 <sup>th</sup> layer					
Ski cap or head band					
2 <sup>nd</sup> pair of gloves					
Head lamp					
2 <sup>nd</sup> pair of sunglasses					
Crampons					
Dynamic rope (one per team)					
Harness					
Via ferrata kit					
2 connectors					

The athlete must bring all obligatory and supplementary equipment to the event.  
During the race briefing, the LOC will display the list of required equipment for the race.  
For Vertical, sprint, and relay races:

- If the entire race is on a secured ski slope, the race director (with the agreement of the president of the jury) can remove the DVA, snow shovel and snow probe from the list of required equipment.
- If the weather conditions are favourable, all other equipment marked with an asterisk (X\*) may be removed by the LOC (with the agreement of the president of the jury) from the list of required equipment.

## 4.2 Items supplied by the LOC

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The LOC provides competitor's race numbers/bibs which:

- includes an electronic device;
- must not be folded, or cut without the referee's authorization
- must be displayed in the place(s) reserved for this purpose as specified by the LOC (back of the rucksack and right thigh) throughout the duration of the race;
- might need to be handed in once the competitor has crossed the finishing line;
- Any other equipment not stated in the present regulations is with the prior agreement of the race referee.
- Please refer to 4.5.2 of Rules for Organising a Ski Mountaineering race for further details of race numbers/bibs

## 4.3 Advertising on competitor's clothing

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Only the race number may be used for advertising purposes by the LOC

Please refer to LOC/ISMF agreement concerning use of race numbers/bibs for advertising.

## 4.4 Equipment inspection

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Equipment may be inspected at the finish line or at any other point on the course during the race (without stopping the competitor, the controller takes note as the competitor goes past).

The competitor is totally responsible for his/her equipment.

If a competitor has doubts about his/her equipment, he/she can have it checked by the jury at the end of the race briefing the day before the competition.

A place is reserved for the control of competitors' equipment, should they have any doubts, and for the safety equipment required by the LOC, where the presence of an ISMF referee is COMPULSORY.

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

- **At the start:**
  - individual inspection to control the good working order of avalanche transceivers for all competitors;
  - *Taking note of all the numbers of the racers*
  - *Control of the chips*
- **At the finish:** competitor's equipment is inspected (systematic or random inspections according to the instructions issued by the LOC/jury). DVA control after finish line is compulsory for all competitors.

**ISMF referees will use calibrated scales and weights for equipment checks.**

## 5. RACE ORGANISATION

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Start types and starting procedures: see Rules for organising international ski mountaineering competitions

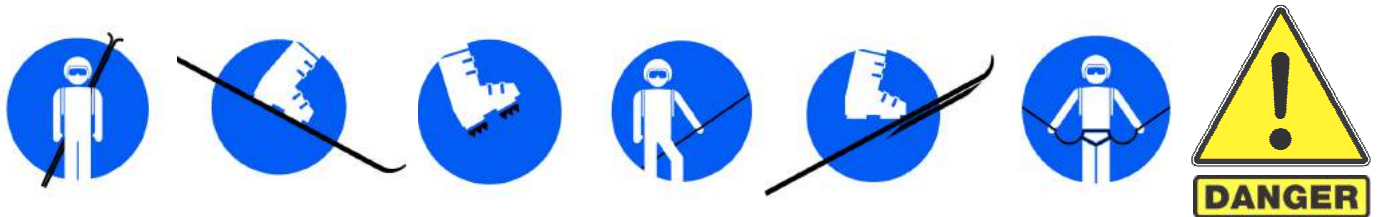
### 5.1 Course route and markings

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The rules which govern course design and marking are as follows:

- If the minimum temperature on the course is lower than - 20 °C the following may occur:
  - Race is held on a more sheltered course (forest)
  - Departure time is postponed until temperature raise to an acceptable level
  - Total positive difference in height of the race may be reduced
  - A 4th COMPULSORY layer for the descent is imposed
  - No night time races
  - First medical assistance have 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
- For Sprint and Relay races : 100% of the race duration must be visible from one point (start/finish area recommended)
- It is recommended that wide areas should be placed just before technical portions and that special care should be taken to avoid "traffic jams";

- Slow down racers and mark areas with little snow which might present a risk for competitor safety;
- Make sure that trainers, 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 minimum 10 racers together during the race. Any platform reached by the racer within the first 30min of the race must host comfortably 30 racers at the same time. They can be organized in 3 platforms of 10 racers.
- All checkpoints are closed with nets, ropes or flags and must have a wide exit (3 m minimum for Sprint race). They are reserved for the competitors and controllers only. Minimum of 2 controllers/check point.
- Areas for changing equipment (removing or replacing skins, portion on foot, putting on or removing crampons) are announced at the race briefing and are indicated on the course by a checkpoint. 40x60 cm minimum Images indicating the action to be carried out will be put in the entrance of every checkpoint (available full size on the ISMF website).



- If the route crosses or follows a marked ski trail, then the portion used by competitors must be separated from that used by others, by means of nets (or any other means making it impossible to cross the course by accident) both during ascents and descents. As far as possible these trails should be closed to the general public for the duration of the competition;
- Junctions for different categories must be located at checkpoints or waypoints where competitors arrive at low speed
- The tracks in corridors and in ridges will be used for ascents during the 2nd 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. –
- In the event of a risk due to high speed, then LOC tracers should set up chicanes with signs in order to make competitors reduce their speed;
- Organisers are responsible for adapting the speed of the competitors 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)

They have an obligation to slow the competitors, by using appropriate means (courses drawn in big curves), when a too high speed can be reached.

  - big steep slope
  - mass start in descent
- The route is marked with fluorescent flags of at least 200 cm<sup>2</sup> (300 cm<sup>2</sup> rigid round fluorescent flags highly recommended)
  - Rectangular 15 x 20 cm
  - Triangular 15 x 20 cm
  - Round 15 cm of diameter
  - Green (fluorescent flags) : Moving with on skis with skins on
  - Red (fluorescent flags) : Moving on skis without skins;
  - Yellow (fluorescent flags) : on the parts on foot
  - Junctions or route crossings are marked with arrows showing which direction should be followed by a given category. Junctions for different categories must be located at checkpoints or waypoints;
  - Large flags must be used during difficult conditions to reinforce marking (minimal height: 1.5m);
  - Danger signs mark technically difficult or dangerous areas;
- Respect the environment (see §5.4).

## 5.2 The start

### 5.2.1 Race schedules and Start times

Start order and timings will be decided in conjunction between the ISMF Sport Dept and the LOC.  
World Cup races cannot 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 referee is responsible of all the start procedure, including the position of the athletes on the start line and the final countdown.

The start and the finish area must be at the same place.

The starting area must consist of:

- Nets to separate it from other areas (at least 15m long);
- An area for controlling avalanche transceivers; (*minimum 1 entrance / line*)
- *Control for chips*
- A starting line marked on the ground;
- Toilets;
- Equipment inspectors (for avalanche transceivers and other compulsory safety equipment);
- Starting list controllers (they take note of all numbers) (*minimum 1 entrance / line*)
- A starter;
- People in charge of collecting competitor's personal effects at the start and handing them back at the finish.

A typical start area is presented in Appendix 4.

Any changes to routes must be announced 30 minutes before the start.

If the start is delayed, announcements must be made every fifteen minutes.

(The WC start area must be set up also in coordination with the ISMF communications team responsible for sponsorship requirements)

### *5.2.2 Starting procedure for individual, team, or vertical races:*

- *Start Procedure:*

Step 1: Avalanche transceivers and equipment are inspected 10-20 minutes before the official start time (§4.4);

Step 2: Competitors are called to the start line 5 minutes before the start.

Step 3: Competitors are placed in starting position at start line.

Step 4: Speaker will call: "2 minutes until the start", according with the President of the Jury.

Step 5: Speaker will ask for silence 30 seconds before the start. The speaker will NOT call "30 seconds".

Step 6: The President of the Jury calls: "Take your marks" (about 15 seconds before the start). Athletes must stay relaxed and in position. Referees will check that all skis are totally behind the start line.

Step 7: The President of the Jury will call: "Set". After this command is given all competitors must remain motionless and in their set position.

Step 8: After the Set command is given, in 2-3 seconds maximum, the Start signal will be given (usually the firing of a starter pistol).

- The starter positions himself/herself in the starting area in a manner in which all competitors can easily hear his/her announcements
- Use of a microphone is compulsory. All communications must be made in English
- The starting area and the trail for 300m after the starting line must be wide.

Courses must be designed and set up by LOC trail setters. If another race takes place at the same time as an ISMF race:

- The "Open" race for the athletes with no ISMF licence will start at least **3 min** after the ISMF race
- If this race (open race, course B or C) goes through a shorter course, which could create problems with the ISMF race (traffic jam, risk of collision in descent, etc.), the ISMF race will take place a different day.
- If the race has departures at time intervals, the ISMF race will start at least **2 hours** after the last non-ISMF start.

Race starts and routes must be planned so that female and youth categories cannot be overtaken by male WC categories or by non-world cup "open" categories, during the race.

Race starts and routes must be planned so that open racers cannot be overtaken by WC categories during the race.

The start schedule has to be approved on the eve of the race by the ISMF technical director or by a referee

A combined male and female mass start will ONLY be allowed if approved by the ISMF appointed technical director.

A pole position starting system is compulsory for the top 15 WC athletes (See appendix 8 Pole position start).

Number positions must be marked on the snow.

The team race starting positions are worked out by adding together the WC ranking of each of the 2 teammates.

### *5.2.3 Starting procedure for relay races:*

Competitor's starting positions are given in the following way:

- Starting positions must be separated by 1.5m (to be adjusted depending on the terrain);
- If there is not enough room for all competitors on the same line, two or more starting lines (4 metres between each line) can be set up for a simultaneous start;
- On uneven ground, the starting line should be positioned in a fair way for all competitors;
- Start order: competitors 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;
- Starting marks will be made to the right of the trail.
- Competitors must remain in the starting area until relay hand-over.
- If there is not enough room for all competitors on the same line, two or more starting lines (4 metres between each line) can be set up for a simultaneous start.
- If there are many ISMF starting lines for different routes or categories, then start order will be given at the race briefing.
- The start area is prepared with a start line and a pre-start line that are 1 meter apart.

- *Start Procedure:*

Step 1: Avalanche transceivers and equipment are inspected 10-20 minutes before the official start time (§4.4);

Step 2: Competitors are called to the start line 5 minutes before the start.

Step 3: Competitors are placed in starting position at start line.

Step 4: Speaker will call: "2 minutes until the start", according with the President of the Jury.

Step 5: Speaker will ask for silence 30 seconds before the start. The speaker will NOT call "30 seconds".

Step 6: The President of the Jury calls: "Take your marks" (about 15 seconds before the start). Athletes must stay relaxed and in position. Referees will check that all skis are totally behind the start line.

Step 7: The President of the Jury will call: "Set". After this command is given all competitors must remain motionless and in their set position.

Step 8: After the Set command is given, in 2-3 seconds maximum, the Start signal will be given (usually the firing of a starter pistol).

### 5.2.4 Starting procedure for sprint races:

The "Open" race for the athletes with no ISMF licence will start after the last final of the ISMF race (including the qualifications)

See appendix 7, 9, 11

- Lanes are marked for the first 20 meters of the course. Competitors must stay in lane until leaving the designated area.
- The competitor with the best qualification time chooses a start lane, then the second placed competitor, then the third placed competitor, etc.
- For every category, the start will be the inverse order of the classification of the Sprint World cup ranking, on the day of the competition (N-1 ranking for the first race of the season). The non-classified athletes will start first with a start time established at random.
- The start area is prepared with a start line and a pre-start line that are 1 meter apart.
- During the qualification stage a single competitor starts every 20 seconds. Timing against the clock
- Timekeeping is only used during the qualification stage, and not during the following heats ( 1/4, 1/2, and finals)
- Competitors are called to the starting line five minutes before the start: Competitors are organized on the pre-start line where instructions are given and start lanes designated.
- From the quarter finals onwards, each heat will consist of 6 athletes.
- In case of false start, athletes are not stopped, the penalty will be directly applied to the athletes after he crosses 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 who does the false start.
- During the heats sessions the jury may check the start video.
- Competitors will start every twenty (20) seconds.
- Heats will start consecutively every 5 minutes
- If a competitor arrives at the starting line too late his scheduled start time will be taken into account for the race time.
- Between the end of the qualifications and the beginning of the final phases, there should be fifteen (15) minutes gap for recovery
- In order to preserve the quality of the track, racers 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 meters close to the race gate, so racers have to go around.

- *Start Procedure:*

Step 1: Competitors are called to the Start line 5 minutes before the Start.

Step 2: Competitors are organized on the Pre-Start Line

Step 3: Speaker will ask for silence 15 seconds before the start. The speaker will NOT call "15 seconds". Pre-Start line to the Start line and stay relax in his place. The referees must verify that all front part of the skis are well set before the start line.

Step 4: The President of the Jury call: "Take your marks" (about 8-10 seconds before the start). The athletes have to move from the pre-start line to the start line and stay relaxed in position. The referees must verify that all front part of the skis are behind the start line.

Step 5: The President of the Jury will call: "Set". After this command is given all competitors must remain motionless and in their set position.

Step 6: After the Set command is given, in 2-3 seconds maximum, the Start signal will be applied.

#### YOUTH RACE SCHEDULE (Cadet & Junior) :

#### Organizers must obligatory follow the example shown in appendix 9

-The entire youth race takes place before the senior race,

- Qualifications: the start time and order will be displayed and cannot be modified.
  1. Cadet Women
  2. Cadet Men
  3. Junior Women
  4. Junior Men
- Finals: Cadets and Juniors go directly from qualifications to finals. The running order is as follows:
  1. Final Cadet Women (6 best times of the qualifications)
  2. Final Cadet Men (6 best times of the qualifications)
  3. Final Junior Women (6 best times of the qualifications)
  4. Final Junior Men (6 best times of the qualifications)

- Semi-finals (6 competitors every semi-final heat) for Cadet & Junior Sprint Races will take place with a minimum of 15 athletes registered in the race. 3 best competitors of every semi-final will go on the final.
- During the qualifications, there will be a 2 minute break between each youth category (female/male Cadet and female/male Junior).
- Flower ceremony for the youth race will take place maximum 10 min maximum after the results of the last final have been posted.
- The route will be open 15 min prior to the senior/espoir (for recognition) directly after the arrival of the last youth final, and will be closed 10 minutes before the beginning of qualifications.
- There will be a maximum gap of 30 min between the last youth final and the beginning of senior qualifications.

#### SENIOR/ESPOIR RACE SCHEDULE:

#### Organisers must follow the schedule shown in appendix 9

- Qualifications: The start time and order will be displayed and cannot be modified.
  1. Senior/Espoir Women
  2. Senior/Espoir Men

If there are 30 or less than 30 senior/Espoir women, the order is reversed and Men start first.

- Quarter Finals

- 5 quarter finals with 6 competitors
- If there are 30 or less than 30 senior/Espoir men, the quarter finals do not take place and the best 12 racers go directly into semi-finals.
- If there are 30 or less than 30 senior/Espoir women, the quarter finals do not take place and the best 12 racers go directly into semi-finals.
- There is an in-line start (see placement on the start line), a photo finish or a video control is set up.
- The first 2 competitors of each heat, as well as the 2 "lucky losers" go on to semi-finals.
- Lucky loser designation: The two best qualification times amongst racers coming in third place during their quarter-final.

- Semi Finals

- There is an in-line start (see placement on the start line), a photo finish or a video control is set up.
- The first 3 competitors of every semi-final go on to the Final.
  1. Semi Final A Women
  2. Semi Final B Women
  3. Semi Final A Men
  4. Semi Final B Men

- Final

- There is an in-line start (see placement on the start line), a photo finish or a video control is set up.
- The running order is as follows:
  1. Final A Senior/Espoir Women
  2. Final A Senior/Espoir Men

- Ranking for the Sprint race :

- 1<sup>st</sup> - 6<sup>th</sup> place: position from the final
- 7<sup>th</sup> - 12<sup>th</sup> place: Semi-finalists non-qualified for the final round. Ranked by semi-final place then by qualification time (to rank the two athletes ranked the same place in both semi-finals).
- 13<sup>th</sup> - 30<sup>th</sup> place: Quarter-finalists non-qualified for semi-final round. Ranked by quarter-final place then by qualification time (to rank the four athletes ranked the same place in the four quarter-finals).
- 31<sup>st</sup> and more: ranked by qualification time



## Heat Formation Board

See appendix 7

### 5.3 Transition (change) area

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The transition (change) areas are all the places where the racers must change their way of progression.

A transition area is a closed area (with nets, ropes), reserved only for the competitors and the controllers.

The Flags used to delimit the transition area will be of the color of the next section (e.g. yellow if this is before a foot part, red if this is before a descent, etc.).

A narrow gate (2 m maximum) controls the exit. An image will indicate the operation to be carried out.

The entrance and the exit gate of the area are clearly marked with a blue line in the snow.

\_ Controllers must be equipped with radios and be able to communicate with race headquarters.

\_ Controllers also check safety issues.

\_ Controllers ensure that ISMF regulations are followed and immediately report any offences committed by competitors to race headquarters.

Under instruction from race headquarters, the Transition area chief must have enough authority to give instructions to competitors (for example: giving instructions to put on an extra layer of clothing, stopping the race under the authority of the race director, etc.).

Transition area will be positioned so that competitors reduce speed upon arrival.

At all times, the Transition area chief must be able to inform the speaker at the finish on the advancement of the race – competitor racing order – times between racers – etc.

### 5.4 Check points (CP)

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**A check point is an area where the racers bibs are noted. Checkpoints may be located at transition areas.**

Controllers take note when competitors pass through their checkpoint and record their arrival order + times + ranking if the race is neutralized or stopped (example of the sheet to be used in appendix 5).

### 5.5 Refreshment points

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For Individual and Team Events, the LOC must set up a refreshment point (warm time/water, cereal bars) at the most appropriate location on the track approved by the Jury. The refreshment point is also to be used by coaches who are not allowed to supply food and beverages at any other location.

### 5.6 Relay hand-over zone (See appendix 10)

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The relay hand-over zone is an area marked out with a red line for the entry and a blue line for the exit, both of sufficient length and width, and situated on a flat or slightly upward sloping area near to the start and finish area.

The race director appoints a person in charge of the relay hand-over zone, and the jury appoints a referee in charge of the relay.

#### **Relay hand-over**

The relay is exchanged when the competitor finishing a relay leg reaches the hand-over zone and touches any part of the following competitor's body with his/her hand. This hand-over must take place within the relay hand-over zone. If the relay hand-over is not carried out according to the rules, the team is disqualified. The team-mate waiting for the next relay leg may only enter the relay hand-over zone when called for by a referee

### 5.7 The finish

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The WC starting/finish area must be compulsory set up in coordination with the:

1. ISMF Sport Department Director
2. ISMF Technical Director
3. TV Production Team responsible

4. Implementation team responsible (for sponsorship requirements)

For all world cup races and continental/world championships, the ISMF referee is responsible of all the start procedure, including the position of the athletes on the start line and the final countdown.

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

1. A finish line marked on the ground, at least 10 centimetres wide, preferably situated in a skiable area. Steep downhill slopes must be avoided.
2. A second line, 10cm wide minimum, will be marked 3 meters after the official Finish. Upon arriving in the finish area athletes must pass over the second line before stopping (timings are taken at the first/official finish line).
3. A restricted finish area surrounded by barriers and / or nets.
4. Timing to 1/100 of second to decide between "hand in hand" arrivals and photo finish or video control.
5. A person in charge of taking note of all the numbers of the racers who cross the line (in the arrival order)
6. An area for inspecting equipment, designated "Equipment Control", situated 15 to 30 metres after the finish line. This area is closed off and athletes can take time to recover in it. In this area, a controller inspects completely the equipment of the selected competitor.
7. A podium for the first 3 competitors/teams.
8. A notice board for displaying provisional results (**including penalties**) as and when competitors come in.
9. A medical assistance area.
10. In case of a doping test, a person of the LOC shall escort the racer to the medical control area (the person must be of the same sex as the racer – see special protocol chapter 8)
11. Toilets.
12. A referee from the race jury in charge of finish procedures.
13. Compulsory equipment controllers, with control sheets (see appendix 6).
14. People in charge of handing back the competitor's personal effects that were left at the start.
15. A press area with a spot for conducting interviews, near to the equipment control area and located inside the restricted finish area.
16. A person from the LOC in charge of press relations will be present in the finish area to supervise interviews.
17. The placement of the ISMF flags will be decided together with the ISMF Delegate

A typical finish area is presented in appendix 3 of the rules for organising ISMF events.

The starting area is one of the main points of attention and interest of the competition. In the starting area are concentrated technical installations necessary for the proper organization 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.

The starting and the finish areas are restricted and surrounded by barriers and / or nets. They consist of:

1. Nets to separate it from other areas (at least 15m long);
2. An area for controlling DVA (minimum 1 entrance/line)
3. An area for controlling chips
4. A starting/finish line marked on the ground (as provided in the Sporting Rules & Regulations)
5. Toilets
6. Equipment control area (for DVA and others compulsory safety equipment) . This area for inspecting equipment, must be situated 15 to 30 metres after the finish line. This area is closed off and athletes can take time to recover in it. In this area, a controller inspects completely the equipment of the selected competitor.
7. Starting list controllers (they take note of all numbers – minimum 1 entrance/line)
8. A starter
9. People in charge of collecting competitor's personal effects at the start and handing them back at the finish
10. A warm up area
11. A race number control area
12. A medical assistance area
13. System for photo finish and video control
14. A notice board for displaying provisional results (**including penalties**) as and when competitors come in.

In case of a doping test, a person of the LOC shall escort the racer to the medical control area (the person must be of the same sex as the racer – see special protocol chapter 8)

In the finish area are compulsory people in charge of handing back the competitor's personal effects that were left at the start.

In the finish area it's compulsory a press area with spot for conducting interviews, near to the equipment control area and located inside the restricted finish area.

### 5.7.1 The Finish Procedure

The finish shall proceed as follows:

- Times and finishing order is established by the electronic timing system. In case of photo-finish, finishing order is established when the competitor's front foot crosses the finish line
- When the difference of time between two racers is under 1/10 of second, the finish order is established when the front part of the competitor'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 team-mates in team races) in order to declare a finish;
- for team races, team-mates must finish together and the team's finishing time is that of the second team-mate;
- upon arrival, and under the responsibility of the race jury, the controllers will carry out a complete control of the contents of the competitor's rucksacks and other equipment;
- a podium with the first three competitors will take place shortly after their arrival for press coverage;  
The athletes are allowed to have their race equipment on this podium.
- in the event of anti-doping controls, competitors must submit to tests or be liable to sanctions;
- all competitors must use the rubbish bags provided for disposal of all waste material.
- In case of anti-doping test, an escort authorized by the ISMF shall escort the racer to the medical control area (the person must be of the same sex as the racer).
- Every competitor has to be able to present a passport or national identity card at the finish line if required.

## 5.8 Conduct of competitors during the race

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While racing, competitors must abide by the following rules:

1. The parts marked with green flags must be carried out on skis and the skins under ski. The parts marked with yellow flags must be carried out by foot. The parts marked with red flags must be carried out on skis without skins. A competitor who is about to be overtaken must, without fail, immediately leave the route tracks and allow the competitor who shouts "TRACK" to pass. If there are 2 gates of the same colour along the tracks (uphill and downhill), the racers have to go through (waypoint, penalty B.2.).
2. A competitor having difficulties may give-up on his/her own initiative, or be forced to give-up by decision of the race director or one of the doctors present.
3. In case of false start, athletes are not stopped, the penalty will be directly applied to the athletes after he crosses 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 who does the false start.
4. Giving-up (own initiative or forced) must take place at a checkpoint or waypoint according to the procedure described during race briefing except in 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 competitor having withdrawn **MUST** inform the President of the Jury (or his representative) upon arrival at the finish area, and especially the Anti-Doping Delegate. The competitors having withdrawn may also be subject to a doping control.
5. Competitors must render assistance to fellow competitors in distress or any kind of danger. The jury will take into account the time spent rendering assistance.
6. For team race :
  - Team members must leave transition area together (i.e. before crossing the line which marks the exit of the transition area).
  - Each competitor must carry his/her own rucksack throughout the entire duration of the race with all the required equipment (except skis.)
  - assistance is allowed only between team members It is forbidden to use a rope or an elastic to drag his/her team mate during the first 15 min of the race, in couloirs, on ridges and during descents
7. Competitors must pack their skins either inside their ski suit or in their rucksack. The skins may be visible but never hanging out of the ski suit. Use of adhesive tape is forbidden on the skins, the skis and the boots for environmental reasons.
8. Skis must be carried on the rucksack using 2 fastening straps designed for this purpose (skis cannot be carried in shoulder straps and have to stay in the back of the competitor). In team races, a competitor may only carry his/her team-mate's skis if there are two separate sets of two fastening straps for carrying skis on his/her rucksack that comply with regulations.
9. Competitors have to carry out the entire operation required for technique changes, within the transition area, as marked out clearly with entrance and exit lines. It is strictly forbidden to take off/put on skins or crampons, pack/unpack skins or crampons, fasten/unfasten skis to backpack, do up or un-do boots, lock or unlock bindings anywhere outside of this area, even upon approach to entering and/or straight after exiting the transition ('change') area.
10. The boots and the rear bindings must be locked during all the downhill parts marked with red flags.

11. On stretches using a fixed rope, where use of lanyards are compulsory, competitors must not, at any time, detach themselves from the fixed rope. When passing a point anchoring the fixed rope, the competitor 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 penalized.
12. Once the skier has stopped within the transition ('change') area to carry out a required manoeuvre then the ski poles should be placed flat on the ground. This applies when the skier takes off/puts on skins or crampons, packs/unpacks skins or crampons, unfastens/fastens skis to backpack.
13. The race director or a checkpoint/waypoint chief may compel competitors, at any point on the route, to wear their windbreakers, caps or any other item of compulsory equipment.
14. No outside assistance is allowed except for:
  - changing a broken pole/ski. He/she may change a broken pole/ski anywhere and with anyone.
  - refreshments only in the areas authorized by the jury (see org. rules 4.3.4.4)
15. During descents, the rope (or elastic) must be put in the rucksack or hung around the waist
16. The organizers will control DVA/transceivers during the race.
  - If a DVA is found not to be in working order, **the athlete will be stopped and immediately disqualified.**
  - Each competitor must wear this apparatus against his/her body, under all clothing in transmitting mode.
  - The device must never be visible during the race even if the competitor opens his/her suit due to high temperatures.
  - Competitors have to ensure that their device is functioning properly throughout the entire race.
  - If an avalanche transceiver is found in a rucksack or runs out of battery during the course of the race then the competitor will be banned from participating in all future races until the end of the current season.
  - Competitors must keep their DVA in emission until the finish line equipment control.
17. If an athlete is found not to be using via ferrata kit and harness as/when required, he/she will be immediately disqualified and if necessary stopped. This applies also for the use of crampons unless the competitor can prove to the controller that a part of the locking system broke.
18. Competitors must respect the environment. Athletes must leave any rubbish in the dedicated trash bag only, nothing may be thrown on the ground, this is possible only between the 2 lines marking the entrance and the exit of refreshment points. Penalties will be incurred by competitors seen littering the course (including in the transition area) or for having any other poor environmental conduct (see §6.1).
19. Award winners, for all races and all categories, must without fail be present at the prize-giving ceremony or they will incur penalties (see §6.1). For each category, Top 3 athletes for flower ceremony and top 5 athletes for official ceremony must obligatory be present.
20. During the Sprint race, a 50 world cup point penalty will be applied if a racer voluntary withdraws at any time, be it between qualification and heats, or between the different heats.
21. The members of a team must not be separated by more than 30 seconds in ascents and more than 10 seconds in descents. All teams will be subject to surprise inspections throughout the course. The two teammates cannot have an interval of more than 5 seconds between them on the finishing line
22. Athletes must closely follow the course markings in ascent and descent. All dangerous and/or unsportsmanlike behaviour will be sanctioned.

## 5.9 Safety / Event stoppage

---

The race director, after having informed the president of the race jury, can stop the competition for safety reasons or sporting fairness. A report of the decision will be drawn up immediately.

## 6. ESTABLISHMENT OF RESULTS

---

The results, approved by the president of the jury and displayed as and when competitors finish with full results available immediately after the last competitor crosses the line. Ranking is carried out by adding the finishing time to any penalties incurred by the jury. At World Cup races and World Championships the timings/results are produced by the ISMF timings provider. Provisional results are displayed after the first athletes cross the line.

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

Championship, cup and permanent international rankings are treated as described in "ISMF Ranking regulations".

### 6.1 Offences and penalties

---

<b>A. EQUIPMENT</b>			
Any compulsory equipment required by the jury replaced during the race or lacking at a checkpoint or at the finish (except for broken ski poles/ski given to a checkpoint referee or assistant). Penalties are given for each piece of missing equipment (cumulative).			
#	Offences	Penalties	
		Team and individual races	Vertical, sprint and relay races
1	Skis not in compliance with regulations except broken material during the race	disqualification	disqualification
3	Bindings not in compliance with regulations	disqualification	disqualification
4	Boots not in compliance with regulations except broken material during the race	disqualification	disqualification
5	Missing pole(s) or ski at finish line	1 minute per pole or per ski	15 sec per pole or per ski
6	No skins at the finish line (2 skins compulsory)	1 minute per skin	15 sec/skin
7	Clothes : per each missing item	1 minute	15 sec
8	Short sleeves – per item - except close body layer (1 <sup>st</sup> layer).	10 minutes	15 sec
9	No DVA, or without battery, or put away in the rucksack.	Disqualification in the current race and for the next World cup race.	Disqualification in the current race and for the next World cup race
10	DVA out of order at the finish line (after a fall for example)	3 min	15 sec
11	DVA switched off during the race	disqualification	disqualification
12	DVA switched off after the passage of the finish line, before the equipment control	3 min	15 sec
13	Use of a basic emitting device instead of an avalanche transceiver during the race	disqualification	disqualification
14	Helmet not in compliance with regulations	disqualification	disqualification
15	Helmet not correctly worn	disqualification	disqualification
16	No snow shovel, or one not in compliance with the regulation, or modified	disqualification	disqualification
17	No snow probe, or one not in compliance with the regulation, or modified	disqualification	disqualification
18	Missing or modified survival blanket	1 minute for missing – 10 minutes for modified blanket	15 sec
19	No gloves	3 minutes	15 sec
20	Gloves not worn correctly during the race	1 minute	15 sec
21	No sun glasses	1 minute	15 sec
22	Rucksack not in compliance with regulations	3 minutes	15 sec
23	Missing crampons at the finish line	2 minutes per crampon	DNA (Does Not Apply)
24	Crampons not complying with the regulation	disqualification	DNA
25	No harness, no lanyard, no karabiners « Klettersteig »	disqualification	DNA
26	No ski cap or headband	1 minute	15 sec
27	Missing head lamp	5 min	15 sec
28	Head lamp non switched on	3 minutes	15 sec
29	Modified rope or not in compliance with regulations	disqualification	DNA
30	Chip or electronic system missing at the start	No start	No start
31	Chip or electronic system missing at the finish line	1 minute	15 sec
32	Infringement of any other rules not cited above	30 seconds to disqualification	15 seconds to disqualification

<b>B. BEHAVIOR</b>			
Ignoring correct racing technique required for a given section of the course, disrespect of marking and of course 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
			21/41

1	False start	30 seconds	
2	Voluntary or involuntary - missing out checkpoint and/or waypoint	disqualification	disqualification
3	Disregarding instructions given by an official on the course (at the start, at checkpoints or waypoints, at the finish). Penalties awarded according to offence	See the offence	See the offence
4	Walking on foot, on an ascent ski track (for each time the ski are removed)	3 minute	1min
5	Crossing the finish line on foot, on a ascent ski track (except broken equipment checked by the president of the jury)	5 min	5 min
6	Skiing down a section indicated as being on foot	disqualification	disqualification
7	Walking without crampons on a section where crampons are compulsory (except broken equipment checked by the controller)	Disqualification or 5min if crampons broken	DNA
8	Not following the correct route on a ridge	disqualification	disqualification
9	Having a dangerous and/or unsportsmanlike behaviour by not following closely enough the course markings in ascent/ descent	5min or disqualification	5 min or disqualification
10	Incorrect fastening of skis on the rucksack (less than 2 fastening points)	1 minute	15 sec
11	Removable anti-slipping skins not kept inside the ski suit or rucksack	1 minute	15 sec
12	Crampons without straps clipped on the ankles	5 minutes	DNA
13	Crampons outside the rucksack	5 minutes	DNA
14	Crossing the exit of a checkpoint or waypoint without having correctly fastened skis on the rucksack	1 minute	15 sec
15	Ski poles not placed flat on the ground in transition area	1minute	15 sec
16	Not clipping the karabiner to a compulsory rope	10 minutes	DNA
17	Not yielding the track or disrespecting finish area skating corridor rules	1 minute	15 sec
18	Pushing, shoving, or making another competitor fall	disqualification	disqualification
19	Not rendering assistance to a person in distress or in danger	disqualification	disqualification
20	Receiving outside help: except for changing broken ski and/or poles	10 minutes	10 minutes
21	Disrespecting the environment (abandoning equipment or littering, outside a checkpoint or a waypoint )	disqualification	disqualification
22	Voluntary or involuntary - missing a Gate (Downhill section) in Sprint and/or Relay	-	1 minute
23	Disrespecting or insulting anyone participating in the event (jury, officials, competitors, organisers, spectators, etc.)	disqualification	disqualification
24	Competitors not present at the flower ceremony (top 3) or at the prize-giving ceremony (top 5), except medical reasons or proof of flight time with authorization of the President of the jury.	Disqualification, provided that the flower and prize-giving ceremony is celebrated in the scheduled place and time. The prize-money will be kept if the scheduled place and time of the flower and prize-giving ceremony is not respected by the organizers.	
25	Voluntary withdrawal between qualification and heats, or between the different heats of the sprint race	DNA	50 World Cup Point
26	Infringement of any other rules not cited above	30 seconds to disqualification	15 seconds to disqualification

### C. SPECIFIC PENALTIES FOR TEAM RACES

#	Offences	Penalties
1	Team members not all together when leaving a checkpoint	2 minutes

2	Team member not carrying own equipment in own rucksack throughout the duration of the race or at the finish line (exception for skis).	disqualification
3	Competitor carrying a team-mate's skis without fastening them correctly to rucksack	1 minute
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 course.	3 minutes
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 excess second will incur a penalty adding the same amount 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.
6	Using a rope (elastic) on a part of the course where it is strictly forbidden	3 minutes
7	The rope/elastic not put away securely in rucksack or inside the suit.	3 minutes

#### D. SPECIFIC PENALTIES FOR RELAY RACE

#	Offences	Penalties
1	Incorrect relay hand-over (defined in the regulations)	disqualification
2	The same competitor races 2 legs	disqualification

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

#	Offences	Penalties
1	Not respecting closed areas for coaches, or areas with limited access	The President of the Jury of the Race and the ISMF Sports Department will apply the appropriate penalty.
2	Not rendering assistance to a person in distress or in danger	The President of the Jury of the Race and the ISMF Sports Department will apply the appropriate penalty.
3	Assist their racers except for changing broken ski and/or poles	The President of the Jury of the Race and the ISMF Sports Department will apply the appropriate penalty.
4	Disrespecting or insulting anyone participating in the event (Jury, Officials, Racers, Organizers, Spectators, etc....)	The President of the Jury of the Race and the ISMF Sports Department will apply the appropriate penalty.
5	Infringement of any other rules not cited above	The President of the Jury of the Race and the ISMF Sports Department will apply the appropriate penalty.

## 6.2 Results in the event of race stoppage

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

A world cup race that is stopped does not count towards world cup ranking. Any results corresponding to a stopped race will not be used for calculations for the permanent world ranking.

## 6.3 Claims

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Any offences committed by competitors are communicated by the referee to the race director who informs the president of the jury. Penalties have to be transmitted to the race director and the president of the jury as soon as they are seen, and in a maximum delay of 5min after the concerned athlete crosses the finish line. Any penalty coming after this delay will be rejected. The official form for claims must be used (Appendix 1).

When the top 5 athletes of each category have arrived, the results are signed, timed and posted. Coaches have 15min to protest.

As soon as the results for the top 5 of each category are official, the flower ceremony can take place.

Penalties are imposed by the president of the jury after consulting with the race jury, according to the tables listed hereafter. For team competitions, penalties incurred by one team member also apply to other team member(s).

If possible the president of the jury informs the coaches or if there are no, the competitors who have incurred penalties, before results are announced. Competitors / teams may appeal

### IMPORTANT NOTE FOR SPRINT RACE:

- During the quarter-finals, semi-finals and finals, for any infringement of the regulation unless those which lead to disqualification (see table below), the athlete concerned by the infringement will automatically be ranked at the end of his heat.
- If 2 or more racers of the same heat have a penalty, they are then separated with the qualification time. There will be no "time penalties" during the heats.
- For the entire sprint race, there will be no possible claims. Any infringement observed **by** an official controller will automatically lead to the relevant penalty. Any protest will be rejected. A penalty of 50 € will be applied to any coach **hindering and/or pestering** controllers.
- If the race jury cannot post the results within the 5 min after the end of the heat, no penalties will be applied to the heat in question.

All claims must be submitted in writing:

- by the team head (or the competitor if he/she registered directly through the LOC – ISMF Series races);
- submitted to the president of the jury;
- at the latest 15 minutes after race results are posted;
- accompanied by an amount equivalent to 50 Euros, payable to ISMF. This sum is not refunded when the outcome is to the competitor's disadvantage.

The President of jury will present a detailed and motivated written response within one hour of the claim.

Competitors may appeal, according to the disciplinary procedures described in ISMF Disciplinary Rules.

The jury of the last race will receive claims related to the final world cup ranking.

After the race, any appeals by coaches or athletes regarding decisions taken by the jury, will be entrusted to the Court of Arbitration for Sport in Lausanne.

## 6.4 Podiums

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The winners of each category receive awards (see Rules for organising international ski mountaineering competitions). Team heads must make sure that award-winners wear the official dress of their nation and are present at the prize-giving ceremony.

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

Official ISMF prize-giving podiums should take before 2 pm.

During the official ceremony of medals award and anthems playing, the athletes are not allowed to go up to the podium holding any equipment. Following this ceremony, there will be a moment scheduled for this purpose.

## 7. DOPING

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Doping is strictly prohibited. (See *Anti-Doping regulation in the Rules for Organising ISMF events*)





## 9. Appendix 2: 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 shall not break or leave permanent deformations and shall 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).

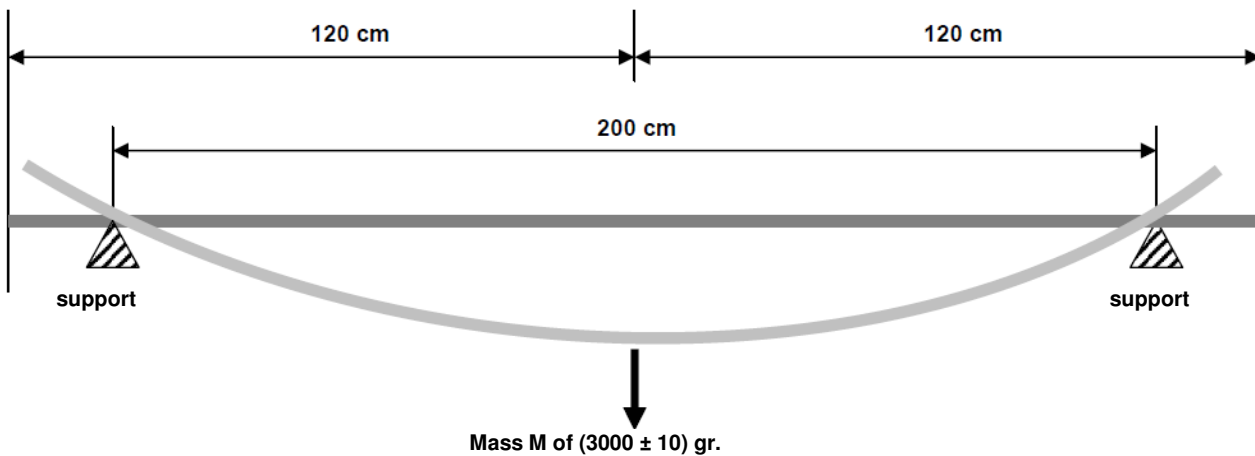


Figure 1

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

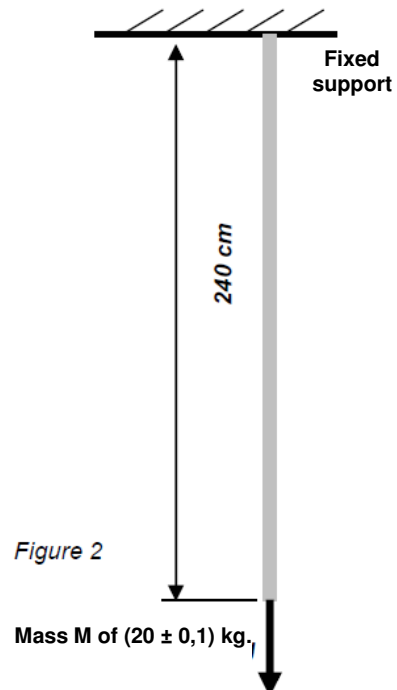


Figure 2

## 10. Appendix 3: 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: put 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 /lever 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  $(100 \pm 10)$  mm/min as in figure 1, the shovel shall be capable of withstanding a static force of at  $(100^{+2}_0)$  daN over a period of  $(60 \pm 5)$  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.

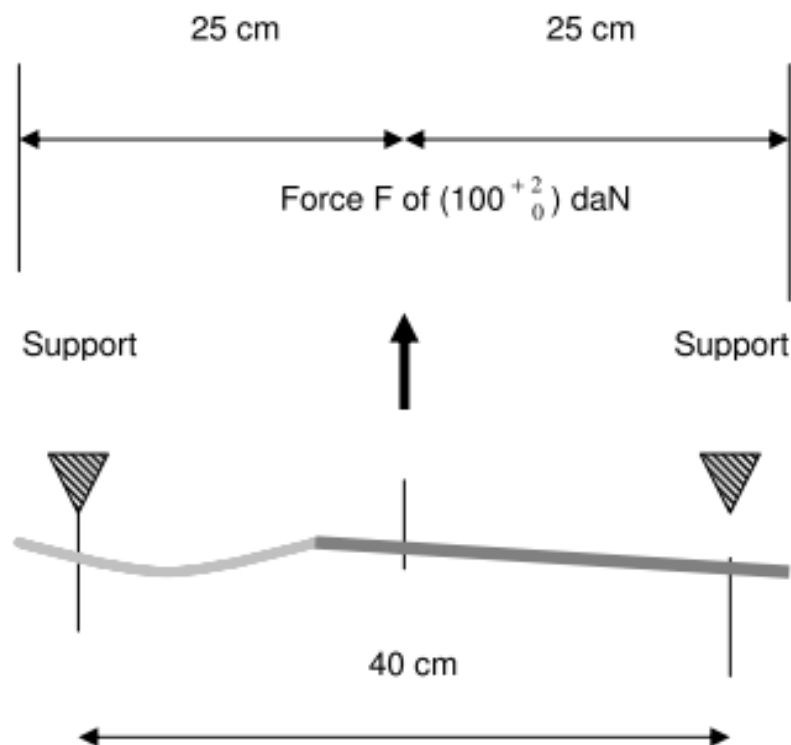
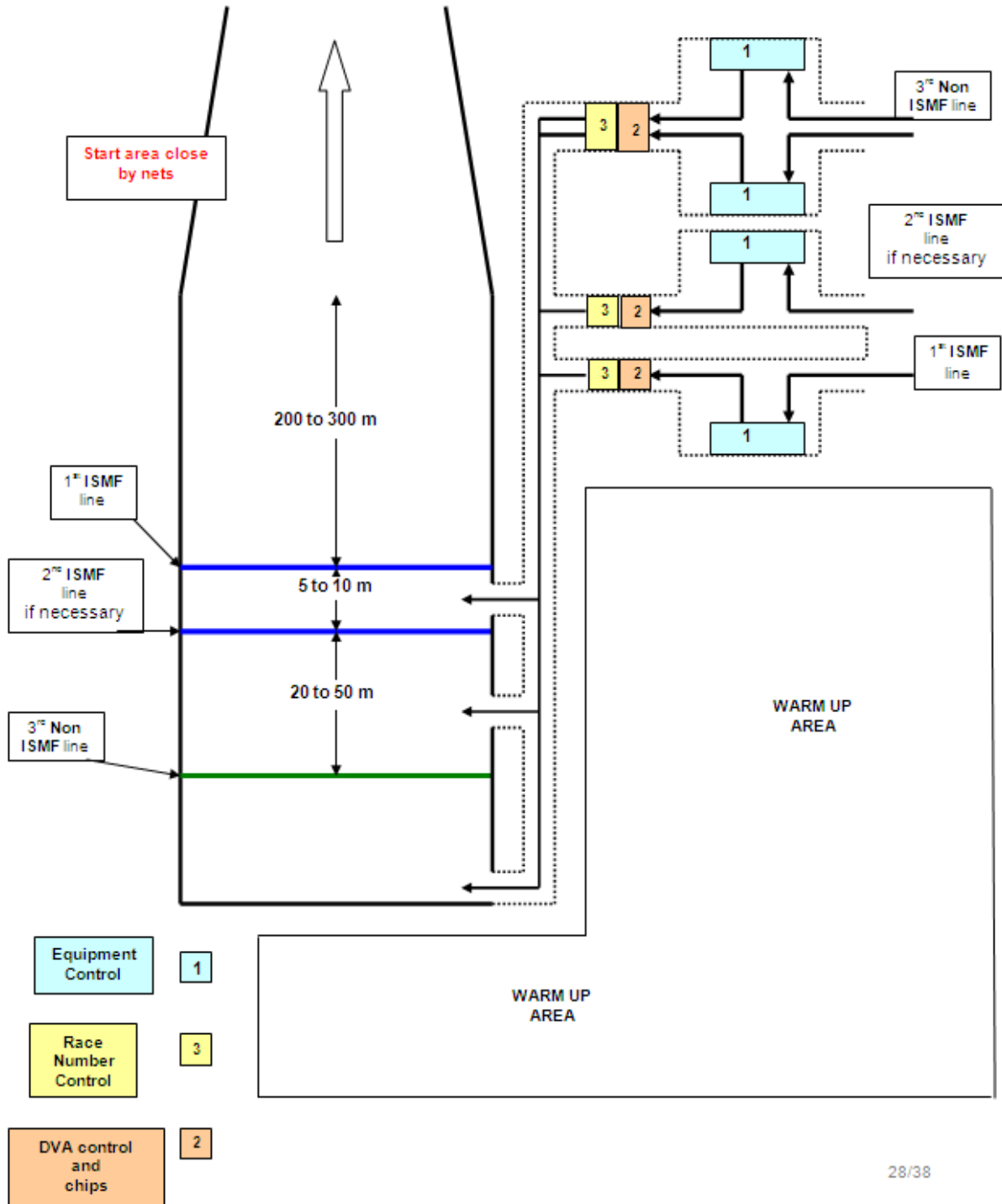


Figure 1

## 11. Appendix 4: Start Area

Schematic example of the organization of the start lines into the Start Area. The implementation team of ISMF will adapt the start area to the needs and the terrain.





## 12. Appendix 5: Control sheet

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

Route: \_\_\_\_\_

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

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

Rank	Hours	Minutes	Competitor		Rank	Hours	Minutes	Competitor	
			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				

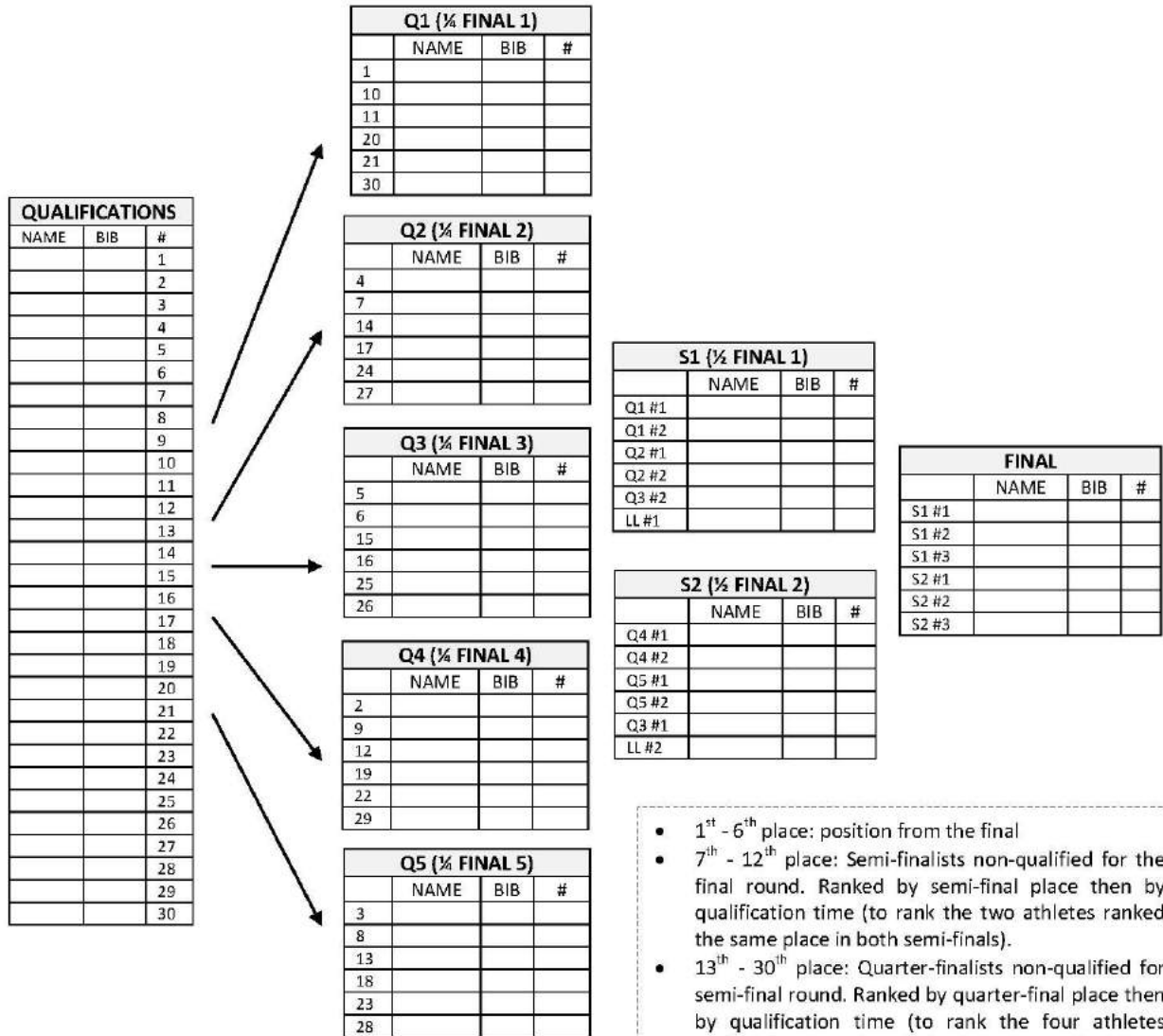
## 13. Appendix 6: Finish Control Sheet

FOR EQUIPMENT DESCRIPTION: Refer to ISMF Sporting rules section 4.1.

Numbers																							
<b>COMPULSORY EQUIPMENT</b>																							
DVA test																							
Passport or ID card (on the finish line)																							
Skis																							
Bindings																							
Boots																							
Ski poles																							
Skins (one pair min.)																							
Helmet																							
Gloves																							
Rucksack																							
3 layers up																							
2 layers down																							
Snow shovel																							
Snow probe																							
Survival blanket																							
Sunglasses																							
Whistle																							
<b>SUPPLEMENTARY EQUIPMENT</b>																							
4 <sup>th</sup> layer																							
Ski cap or head band																							
2 <sup>nd</sup> pair of gloves																							
Head lamp																							
2 <sup>nd</sup> pair of sunglasses																							
Crampons																							
Dynamic rope (one/team)																							
Harness																							
Via ferrata kit																							
2 connectors																							
REMARKS																							

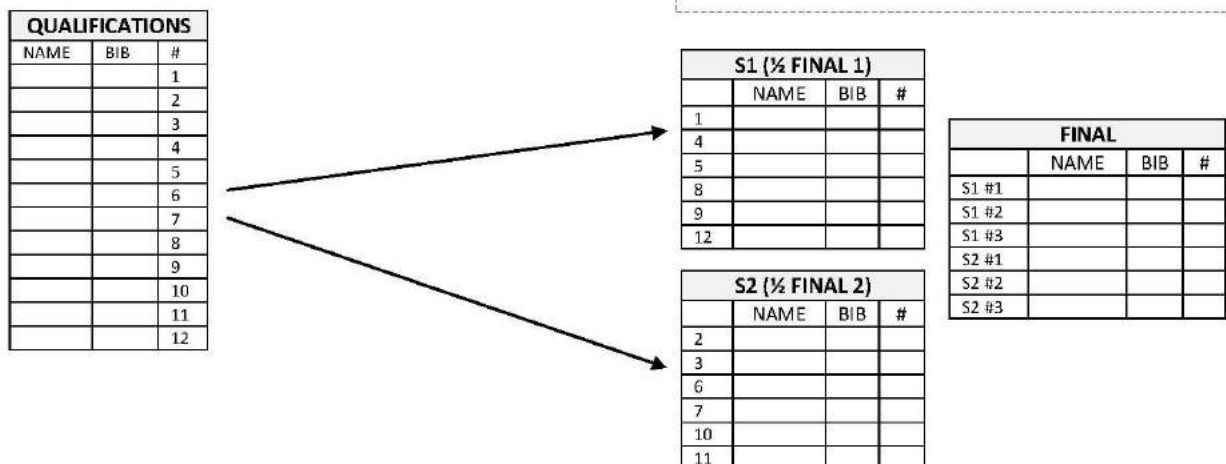
## 14. Appendix 7: Qualifications board

### A. If more than 30 athletes in senior men or senior women category



- 1<sup>st</sup> - 6<sup>th</sup> place: position from the final
  - 7<sup>th</sup> - 12<sup>th</sup> place: Semi-finalists non-qualified for the final round. Ranked by semi-final place then by qualification time (to rank the two athletes ranked the same place in both semi-finals).
  - 13<sup>th</sup> - 30<sup>th</sup> place: Quarter-finalists non-qualified for semi-final round. Ranked by quarter-final place then by qualification time (to rank the four athletes ranked the same place in the four quarter-finals).
  - 31<sup>st</sup> and more: ranked by qualification time
- Final Lucky loser: No lucky losers for the final, the first three racers in each semi-final go into the final.

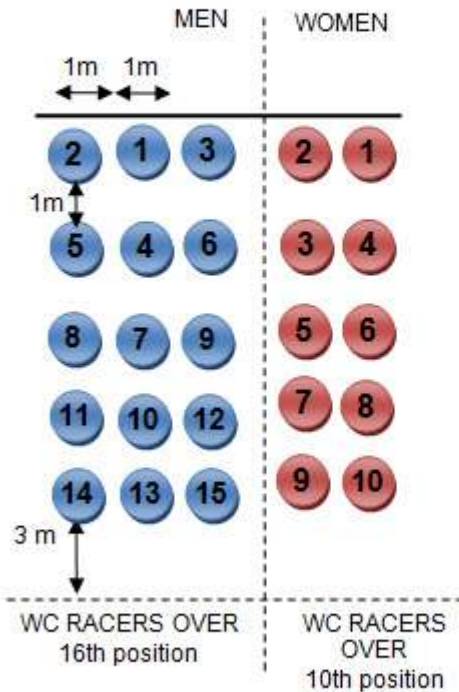
### B. If less than 30 athletes in senior men or senior women category



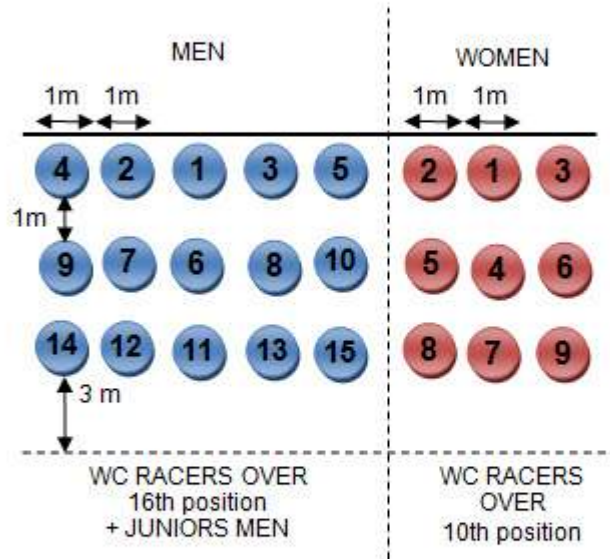
## 15. Appendix 8: Pole position start

### 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

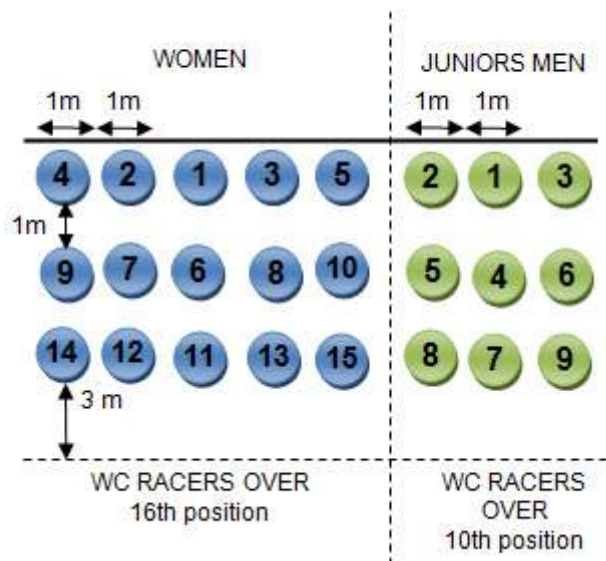
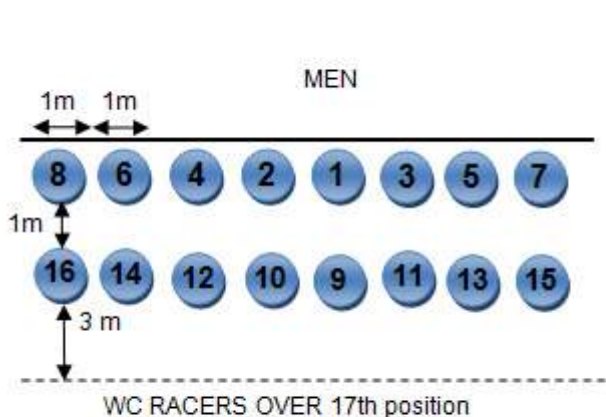


CONFIGURATION "5-3" if enough space  
(5 men, 3 women/line), need 8 meters width



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)







## 16. Appendix 9: Example Sprint Race Schedule (to be adapted with the number of athletes)

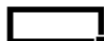
**EXAMPLE WORLD CHAMPIONSHIP SPRINT SCHEDULE (based on 2013 Pelvoux world championship participation SM=60 SW=36 EM=16 EW=9 JM=21 JW=7 CM=14 CW=8)**

CADET/JUNIOR QUALIFICATIONS					END Q.	CADET/JUNIOR FINALS																	
CW	CM	JW	JM			Final CW	Final CM	Final JW	Final JM	Flower ceremony	route open to senior	race closed to senior											
50 racers	09:00	09:03	09:08	09:10	09:17	09:32	09:37	09:42	09:47	09:55	09:55	10:10											
SENIOR/ESPOIR QUALIFICATIONS					END Q.	SENIOR/ESPOIR FINALS																	
SW	SM					1/4 final SW 1	1/4 final SW 2	1/4 final SW 3	1/4 final SW 4	1/4 final SW 5	1/4 final SM 1	1/4 final SM 2	1/4 final SM 3	1/4 final SM 4	1/4 final SM 5	1/2 final SW 1	1/2 final SW 2	1/2 final SM 1	1/2 final SM 2	Final SW	Final SM	Flower ceremony	
121 racers	10:15	10:30				10:55	11:10	11:15	11:20	11:25	11:30	11:35	11:40	11:45	11:50	11:55	12:00	12:05	12:10	12:15	12:30	12:35	12:45

**EXAMPLE WORLD CUP SPRINT SCHEDULE (based on 2013 Clusone-presolana WC participation SM=35 SW=17 EM=15 EW=3 JM=16 JW=5)**

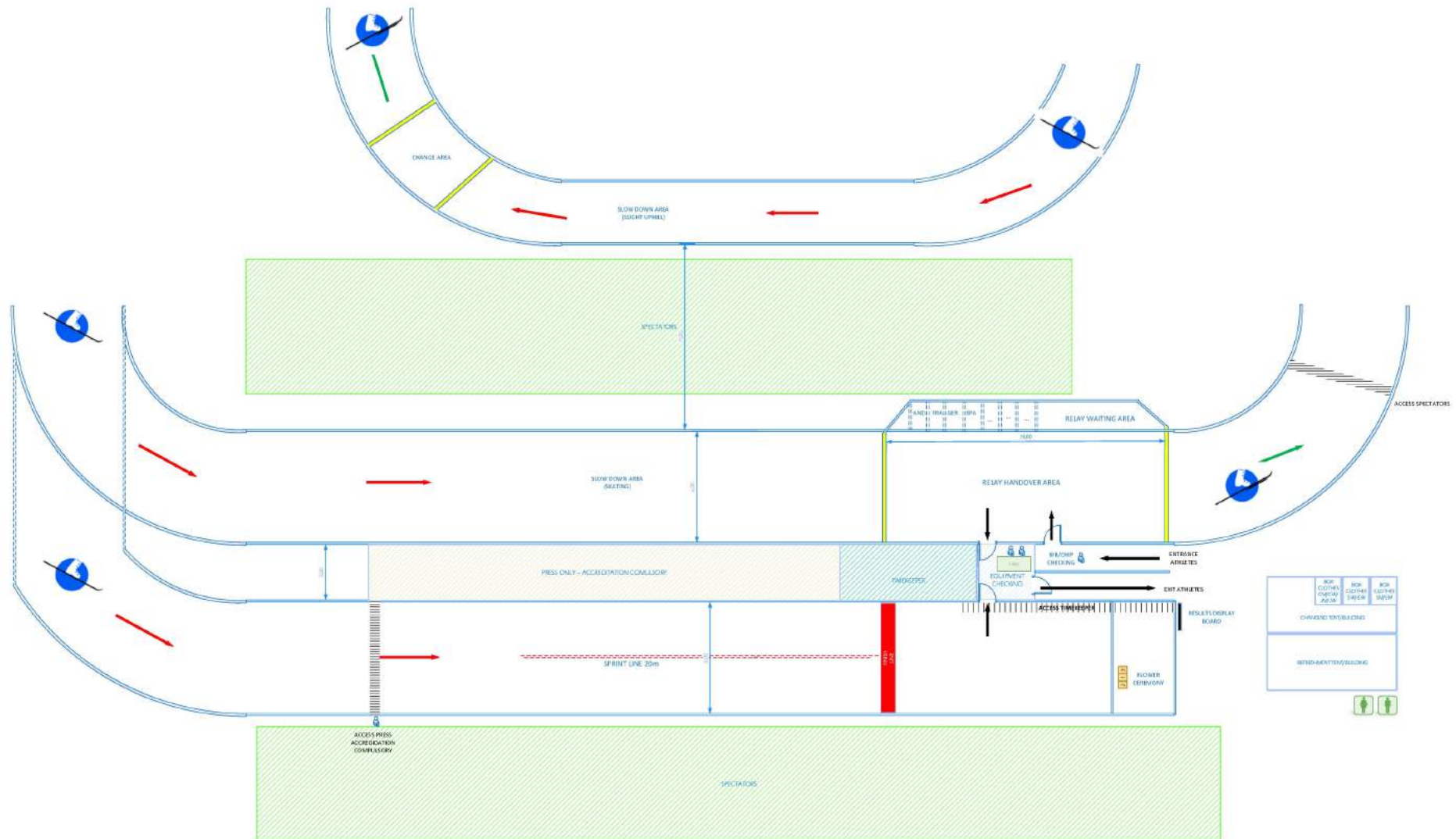
JUNIOR QUALIFICATIONS				END Q.	JUNIOR FINALS																
JW	JM				Final JW	Final JM				Flower ceremony	route open to senior	race closed to senior									
21 racers	09:00	09:02			09:07	09:22	09:27				09:35	09:35	09:50								
SENIOR/ESPOIR QUALIFICATIONS				END Q.	SENIOR/ESPOIR FINALS																
SM	SW				1/4 final SW 1	1/4 final SW 2	1/4 final SW 3	1/4 final SW 4	1/4 final SW 5	1/4 final SM 1	1/4 final SM 2	1/4 final SM 3	1/4 final SM 4	1/4 final SM 5	1/2 final SW 1	1/2 final SW 2	1/2 final SM 1	1/2 final SM 2	Final SW	Final SM	Flower ceremony
70 racers	10:00	10:17			10:24	<30 racers no 1/4 finals				10:39	10:44	10:49	10:54	10:59	11:04	11:09	11:14	11:19	11:34	11:39	11:49

Gap between heats : 05:00 min  
 Gap between qualif. and heats 15:00 min  
 Gap between 1/2 final and final 15:00 min  
 Gap between final and flower cer. 10:00 min



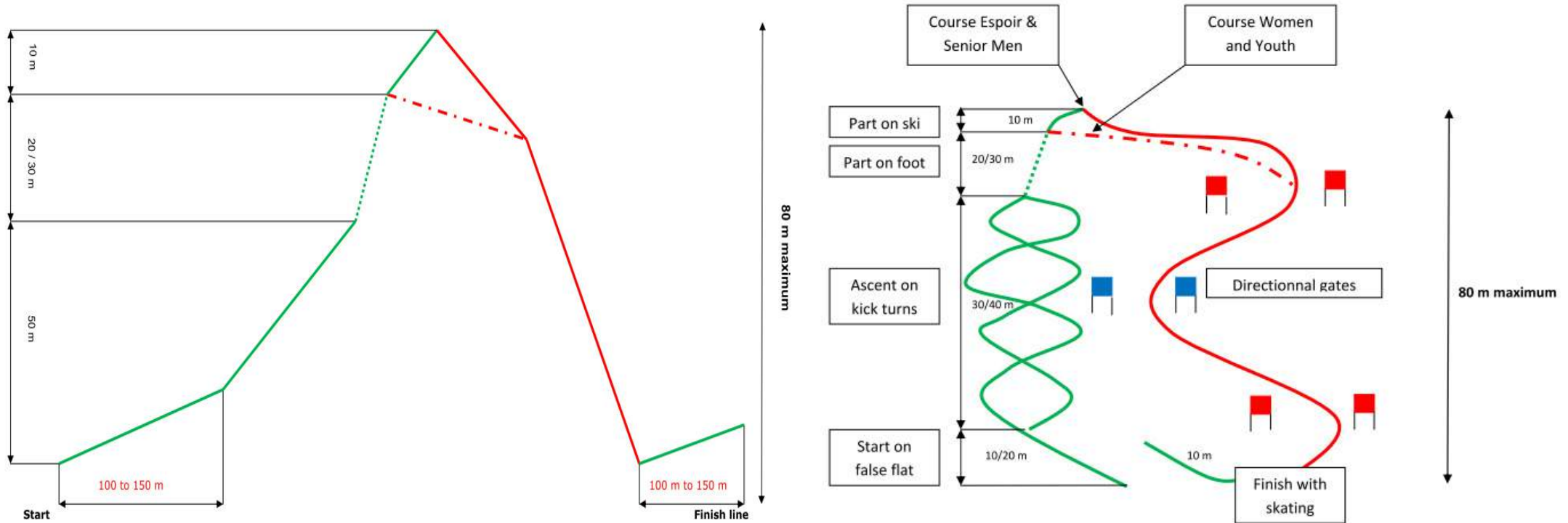


## 17. Appendix 10: Relay hand-over area



## 18. Appendix 11: Altimetric profile and design of the sprint

After foot part: 10 m+ for women/youth, 30m+ for senior/espoir men. Important: All athletes have a ski part after the foot part





# **B. RANKING RULES & REGULATIONS FOR INTERNATIONAL SKI MOUNTAINEERING COMPETITIONS**



## 1. APPROVED EVENTS

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

- event announced in the international ISMF calendar;
- participation of at least 3 athletes;
- compliance with ISMF regulations.

## 2. MEANS OF RANKING

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### 2.1. Place points

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The following points are awarded to competitors and teams depending on their results for each race in which they participate.

Individual Race / Team Race / Vertical Race / Sprint Race - World Cup

Place	Points	Place	Points	Place	Points
1	100	11	24	21	10
2	80	12	22	22	9
3	60	13	20	23	8
4	50	14	18	24	7
5	45	15	16	25	6
6	40	16	15	26	5
7	36	17	14	27	4
8	32	18	13	28	3
9	29	19	12	29	2
10	26	20	11	30	1

### 2.2. Time points

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In order to decide between competitors 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 competitor's time and the winner's time (percentage).

If the competitor's 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 competitor or team X, in seconds

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

Px = Time points of competitor or team X

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

**For example:** Competitor A wins the race in 2 hrs 00'00", competitor B finishes second in 2 hrs 03'30" and competitor X is 30<sup>th</sup> 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

### 3. RANKINGS

#### 3.1. Continental and world championships

##### 3.1.1. Country ranking

Country ranking is calculated by summing the place points of competitors who count for country ranking

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

For the espoir category, only PPs awarded in espoir ranking are taken into account.

For example, if during an individual event, an espoir finishes 1st in the espoir ranking and 3rd in the senior ranking and is 1st for his/her country in both espoir and senior categories, then his/her place points from the espoir ranking count with a coefficient of 1, whereas the place points of the senior competitors from the same country who finished 2nd count with a coefficient of 1.

Type of event	Individual		Team	Vertical Race		Relay		Sprint	
	Seniors Men & Women	Espoir, Juniors & Cadets Men & Women	Seniors Men & Women	Seniors Men & Women	Espoir, Junior and Cadet Men & Women	Seniors Men & Women	Youth relay event	Seniors Men & Women	Espoir, Junior and Cadet Men & Women
Coefficient	1	1	1	1	1	1	1	1	1
Number of competitors/teams that count towards country ranking, men and women	1	1	1	1	1	1	1	1	1

Country ranking points

= (sum of place points of the country's first individual male senior competitors)  
 + (sum of place points of the country's first individual female senior competitors)  
 + (sum of place points of the country's first individual male espoir competitors)  
 + (sum of place points of the country's first individual female espoir competitors)  
 + (sum of place points of the country's first individual male junior competitors)  
 +... etc. -

Countries can tie.

##### 3.1.2. Combined senior championship ranking

Combined senior championship rankings are calculated by adding the place points obtained by senior competitors (both for men and women) from the 3 best results out of the 4 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 4 following races- Team, Individual, Vertical, and Sprint race- cannot be held during the continental or world championships, then the combined ranking will be calculated by adding the place points obtained during all the remaining races without withdrawing the worst result.

#### 3.2. Continental cups

The continental cups follow the same rules as the world cups (see section 3.3 down below) the only difference being that:

- Only competitors from the host continent are ranked in their continental cup. Competitors from other continents can only participate in these races if they are open.
- If the competitor and/or team are from the continent hosting the cup, then their place points count towards the continental cup ranking and permanent world ranking.
- If the competitor and/or team are not from the continent hosting the cup and if the event is open, their place points count towards the permanent world ranking.
- In order to be ranked in a continental cup, competitors/teams must:



- come from the hosting continent;
- have participated in at least one of the races that count for ranking.

### 3.3. World cups

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#### *3.3.1 General principles*

In order to be ranked in a world cup, competitors/teams must:

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

Cadets cannot participate or be ranked in a world cup race.

The race results that count towards world cup ranking are:

- Team World Cup races for men and women in senior, espoir, junior categories;
- Individual world cup races for men and women in senior, espoir, junior categories;
- Sprint and vertical world cup races for men and women in senior, espoir, junior categories;

The top 3 in each category are called to the podium at the final event of each specialty

#### *3.3.2 Individual world cup ranking for Seniors, Espoirs and Juniors*

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

Ranking will be determined if there are at least 3 Individual races.

#### *3.3.3 Vertical Race world cup ranking for Seniors, Espoirs and Juniors*

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

Ranking will be determined if there are at least 3 Vertical races

#### *3.3.4 Sprint Race world cup ranking for Seniors, Espoirs and Juniors*

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

Ranking will be determined if there are at least 3 Sprint races

#### *3.3.5 General overall world cup ranking for Seniors, Espoirs, Juniors, men and women*

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

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

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

## 3.4 Permanent men's and women's world ranking

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### 3.4.1. Concepts and provisions

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

### 3.4.2. Establishing the ranking

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

The ranking is updated following each event.  
Points become void 1 year and 1 day after having been obtained.

#### 3.4.2.1. Continental ranking

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

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

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

#### 3.4.2.2. Permanent world ranking

ISMF series races count for the permanent world ranking.

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

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

## 4. METHOD FOR CALCULATING RACE POINTS

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Competitors start a race with a given number of points, obtained in previous races; these points are their "reference points".  
Only competitors ranked upon arrival are taken into account.

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

For men, calculations are based on the 20 best ranked competitors with the most points in the world ranking.  
For women, calculations are based on the 10 best ranked competitors with the most points in the world ranking.

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

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

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

His competitor coefficient is  $100 / 1480 = 0.0675675$

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

His competitor coefficient is  $95 / 1480 = 0.0641891$

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

His competitor coefficient is  $56 / 1480 = 0.0378378$

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

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

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

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

The method for calculating time points is maintained.

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





Race points:

Race points are obtained by multiplying time points by the race coefficient.  
There can be a tie.

## 5. RESULT MANAGEMENT / WORLD CUP RANKINGS / WORLD AND EUROPEAN CHAMPIONSHIPS

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The ISMF IT-Ranking Manager is responsible for establishing world cup and world and European championship results and rankings.

He/she must:

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

He/she must be present at:

- world cup finals;
- world and European championships.

On all other events, event organisers will hand the official ranking to the ISMF delegate or technical representative who will subsequently communicate it to the IT-Ranking Manager and ISMF secretary office at the end of the race by urgent e-mail.

### **ISMF Series Ranking**

Points are awarded in the same way as for World Cup events. The ranking of each athlete is based upon the top 4 personal results from an ISMF Series Circuit.

## 6. MANAGEMENT OF PERMANENT WORLD RANKING

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

He/she must:

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

Event organisers must communicate the official rankings to this person at the end of the race by urgent e-mail.

## 7. RANKINGS CLAIMS

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ISMF technical director will receive and deal with any claims concerning rankings. Claims must be submitted in writing by a National Federation.

The National Federation may appeal, according to the procedures stated in the disciplinary rules in the internal regulations of ISMF.