



FÉDÉRATION INTERNATIONALE DE SKI
INTERNATIONAL SKI FEDERATION
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R U L E S
FIS CONTINENTAL CUPS CROSS-COUNTRY
2009-2010

GROUPS OF NATIONS

AUSTRALIA NEW ZEALAND CUP / COUPE AUSTRALIA NEW ZEALAND (ANC)
AUS, NZE

BALKAN CUP (BC)
ALB, BIH, BUL, CRO, MKD, MNE, GRE, MDA, ROU, SRB, TUR

EASTERN EUROPE CUP (EEC)
RUS, BLR, KAZ, UKR

FAR EAST CUP / COUPE FAR EAST (FEC)
CHI, IRA, JPN, KOR, MGL, PRK, TPE, UZB

NORAM CUP (NAC)
CAN

OPA CUP (OPA)
GER, SUI, FRA, SPA, AUT, ITA, LIE, SLO

SCANDINAVIAN CUP (SCAN)
SWE, NOR, FIN, EST

SLAVIC CUP (SC)
CZE, SVK, POL, HUN

USA SUPER TOUR (UST)
USA

1. General

All events in the Continental Cups will be conducted under the rules and regulations of the International Ski Federation (ICR and COC: Section A), and the Sub-Committee for World and Continental Cups and National Ski Associations (Cup Rules: Section B). Rule changes can only be made at the spring meeting, before the start of the season (1st July).

2. Qualification

Qualification standards

The qualification standards and quotas will be established before each season, after agreement with the Cross-Country Committee. They cannot be modified during the season.

2.1 Basic Quota

Each cup has the right to finalize the basic quota. Please check the quota rules for COC Tour 2009-2010.

2.2 Applications for entry

2.2.1 *Inscriptions and entry deadlines*

All entries must be sent to the respective Organisers or National Association (as stated in the FIS calendar) at least one week in advance of the first race or official training.

3. Starting order

3.1 Grouping

According to the ICR Cross-Country.

3.2 Yellow Leader Bib

The current leader or the best placed competitor present in the Continental Cup will compete in the yellow leader bib (overall leader). For the first race of the season this is the winner of the previous season, for the second race this is the winner of the first race and for the third race and thereafter the yellow leader bib is worn by the current leader of the series according to the Continental Cup standings.

4. Points

4.1 Schedule

Competitors ranking first to 30th are awarded points in accordance with the following schedule:

1st	place	100	points	16th	place	15	points
2nd	"	80	"	17th	"	14	"
3rd	"	60	"	18th	"	13	"
4th	"	50	"	19th	"	12	"
5th	"	45	"	20th	"	11	"
6th	"	40	"	21st	"	10	"

7th	"	36	"	22nd	"	9	"
8th	"	32	"	23rd	"	8	"
9th	"	29	"	24th	"	7	"
10th	"	26	"	25th	"	6	"
11th	"	24	"	26th	"	5	"
12th	"	22	"	27th	"	4	"
13th	"	20	"	28th	"	3	"
14th	"	18	"	29th	"	2	"
15th	"	16	"	30th	"	1	"

4.2 Several racers tied for one position

If several racers are tied for one of the point scoring positions, each tied racer receives the points corresponding to that position as indicated in art. 4.1. The following racers receive the points corresponding to their official classification in the race.

4.3 Time difference from the winning time

If a competitor's overall time is more than twenty five percent (25 %) greater than the winning time, no points will be awarded irrespective of the rank achieved.

4.4 Continental Cup Finals

In principle, Continental Cup final competitions should be organised in a different country every year on a rotational basis.

5. Classification and Continental Cup Winners

5.1 Formula

The formula determining the overall individual classification and the classification of each discipline is established before each season. In no circumstances can the formula be modified during the season.

5.1.1 Number of Results

The formula will consist of the number of results used in the classification either for the whole season or for several periods.

5.1.2 Classification per discipline

For the classification of the disciplines (Men and Ladies) all results (Cup points) that a competitor has achieved in each of the two disciplines will be counted.

5.1.3 Overall classification

For the overall classification all results that a competitor has achieved will be counted.

5.1.4 Competitors who attain the same rank

If at the end of all the events, a number of competitors are placed equally within the top six (6) positions in the overall classification, or, if in the classification of the disciplines, a number of participants have achieved an equal number of points, then they shall be placed according to the number of their 1st places, then their 2nd places, 3rd places, etc.

If they cannot be classified by this system, they will each receive the medals corresponding to their placing.

5.2 Men and Ladies

The scoring system will be the same for Men and Ladies.

5.2.1 Winner of the Continental Cup

The competitors who have won the overall classification of Continental Cup will be named "COC Champion".

5.2.2 Winners of the disciplines

The winners of the disciplines shall be honoured with the "Winner of the Distance or Sprint of the Continental Cup".

5.2.3 Trophies

The winners of the overall classification and classifications per discipline receive the Continental Cup.

5.2.4 Medals

The first three competitors of the overall classification and of each discipline receive medals.

5.3 Nations Cup

The "Nation Cup" will be won by the nation which has achieved the highest number of points during the season in the two disciplines adding all the points for Men and Ladies and the team competitions.

5.4 Personal qualification for World Cup

The winners, or best placed competitor(s) from one of the Continental Cups mentioned below are personally qualified to compete in World Cup races in March. A valid list is published in the Cross-Country World Cup Rules. The winners of the Continental Cups will get reimbursement according to the World Cup rules. The athletes have to reach the World Cup entry requirements. Those competitors must have a FIS code and have reached at least one (1) result better than or equal to:

- 60.00 FIS points (Men Distance),
- 90.00 FIS points (Ladies Distance) and
- 120.00 FIS points (Ladies and Men Sprint).

If athletes fulfill these requirements they will get the reimbursement according to the World Cup rules 2009-2010.

5.4.1 Additional March

The 2nd and 3rd Ladies and Men of the FIS Continental Cup may start, if qualified beside the quota in March if they have a FIS code and have reached at least one (1) result better than or equal to 60 FIS points (Men Distance), 90 FIS points (Ladies Distance) and 120.00 FIS points (Ladies and Men Sprint). Please check the new quota regulation in the World Cup Finals rules 2009-2010.

5.4.2 *Additional current leader during COC season except March period*

The leaders (male and female) of all COC Cups after each World Cup period have the right to start in World Cup during the next World Cup period. The athletes have to reach the World Cup entry requirements. Those competitors must have a FIS code and have reached at least one (1) result better than or equal to:

- 60.00 FIS points (Men Distance),
- 90.00 FIS points (Ladies Distance) and
- 120.00 FIS points (Ladies and Men Sprint).

The Overall Winners from the previous year's COC have the right to start in the 1st WC period in the following year (beginning 2009-2010 season). Those competitors must have a FIS code and have reached at least one (1) result better than or equal to 60.00 FIS points (Men Distance), 90.00 FIS points (Ladies Distance) and 120.00 FIS points (Ladies and Men Sprint).

5.4.3 *Geographical requirements*

Competitors are only eligible to qualify through the Continental Cup in the geographical region of which their National Association is a member. If the winner or competitor(s) in the World Cup qualifying positions come from another continent, the personal start place(s) will be awarded to the best placed competitor(s) from the Continental Cup concerned.

6. Homologation

All competitions must take place on homologated courses.

6.1 Training on Continental Cup courses

Training must be made available for all competitors who have entered.

7. Payment of expenses

7.1.1 *Accommodation*

The maximum price that can be charged for complete accommodation and meals is CHF 80.— (or according to local prices) per day or equivalent for the duration of the event. This includes one training day before the first race for technical disciplines. This is a maximum price. In case the normal price of the hotel is lower, only the normal price may be charged.

7.1.2 *Personal expenses*

Every team has to pay the personal expenses (beverages, telephones, etc.) directly to the hotel before departure.

Where requested, credit must be established in advance with hotels and accommodation by credit card or payment of a cash deposit on Check-In.

7.1.3 *Arrival / Departure*

In case of earlier arrival (1 night) or later departure (1 night) the maximum price that can be charged for complete room and board is CHF 80.— (or according to local prices) per day or equivalent.

7.2 Room Reservations

Each National Association has to announce to the organisers the total number of team members (competitors, coaches, accompanying persons and service personnel) with their dates of arrival and departure as well as an eventual withdrawal for the event latest 5 days before the official arrival day. If this is not done, the Organising Committee will invoice the costs occurred for cancelled accommodation to the National Association concerned. Room reservations shall only be made through the OC, respectively another reservation is only possible in agreement with the OC.

8. Calendar and Planning

The Continental Cups are organised each year according to the evaluation period. Northern Hemisphere November 15th - April 15th. No Continental Cup races which were cancelled may be re-scheduled after the Continental Cup Final.

Calendar Planning

The design of the calendar for each competition season shall be determined by the Sub-Committee for World and Continental Cups a minimum of one season in advance, where possible, in accordance with the general principles for Continental Cup calendaring. The nation concerned shall propose the specific venue(s), which are subject to approval by the Sub-Committee for World and Continental Cups.

8.1 Period of rest

The Sub-Committee for World and Continental Cups will establish a calendar that contains a rest period of at least 15 days.

8.2 The addition of another race

The Organiser of a Continental Cup event is forbidden to add any further FIS races to his program, if this event has not already been included in the International Ski Calendar. Under no circumstances must this race disrupt the Continental Cup program concerned.

8.3 Substitution of a competition

8.3.1 Cancellation due to force majeure

If a race has to be cancelled due to "force majeure", a replacement race in the same discipline may be organised in another site. Such a change has to be approved by the COC Coordinator nominated by the Chairman of the Sub-Committee for World and Continental Cups. Such a replacement race may not be added on to another FIS race.

8.3.2 Interference with another race

A replacement race must in no way interfere with the organising of another which already figures in the Continental Cup calendar.

8.3.3 In another country

If a replacement race is organised in another country than originally foreseen, the actual organising National Association is entitled to the additional host participation rights according to art. 2.3.

8.4 Venue for the Continental Cup Finals

The final competitions counting for the Continental Cup final will be awarded by the Sub-Committee on a rotational basis, based on the proposals submitted and taking into consideration the possible snow conditions.

9. Controversial matters

For all controversial matters during a competition that cannot be resolved by the present rules, the Technical Delegate of this competition will call together the members of the Sub-Committee for World and Continental Cups present. Together they make by simple majority vote a decision which must be submitted for agreement at the next meeting of their Continental Cup. If there are no members present consultation shall be had with the respective Chairman, Vice-Chairman and/or Continental Cup Coordinator.

Book of Duties for Organisers of Continental Cup Events

A. Publicity

A.1 Event Title

The Organisers are obliged to put the designation: 'FIS Continental Cup' or 'FIS Continental Cup-Trophy (sponsor's name) in all posters, notices, press reports, programmes and start lists as well as on the results lists.

A.2 Other Advertising

It is not permitted to put any other advertisement on the finishing banner than the above mentioned text and the name and place of the event without the permission of the FIS.

B. Electronic Result Administration

B.1 Results Distribution

The Organiser publishes the results and overall classification as soon as possible after each event.

B.2 Electronic result transmission

Immediately after approval of the Technical Delegate, the Organisers must transmit the official results and standings in xml format by e-mail to: alpineresults@fis.ch.

If the results are not sent electronically by xml, they will not count for the FIS Points List.

The penalty calculation has to be sent to Judith Lessing immediately after the competition.

This is according to the FIS Points Rules which are available on the FIS Website: www.fis-ski.com

Judith Lessing, FIS Points Administrator, e-mail: lessing@fis.ch Phone: +41 (33) 244 61 05; Fax: 41 (33) 244 61 71 Software for FIS format: ftp://ftp.fis.ch

C. Press service

The press and media service is the key issue to promote the event and distribute the news of the COC.

The chief of media has to provide the following items for the FIS Cross-Country website:

- 2 – 3 press releases in English before the event (150 - 200 words)
- 1 press release in English after the COC races (same day of the competition/150 - 200 words) incl. quotes of the top 3
- 3 – 5 pictures from the event
- Small videos from the event (specification of the video clip follow by end of September 2009)
- If possible, information about livestreaming
- Sandra Spitz (spitz@fisski.com) and Michal Lamplot (lamplot@fisski.com) must get the contact from the chief of media of all COC **by 1st November 2009.**

The press service generally should conform to the recommendations of the International Association of the Ski Journalists. Press accreditation for the Continental Cup races must be made according to the guidelines of this association. The Organiser of a competition that counts for the Continental Cup commits himself to put sufficient accommodation at the disposal of the press, radio and television, according to the requests submitted in time. He also commits himself to provide work rooms that correspond in number to the accreditation applications and essential technical aids (telephone, fax, e-mail). He should appoint an experienced press secretary who draws up the provisional classifications of each competition and passes on if necessary verbally, the decisions of the competition juries.

D. Continental Cup Awards

D.1 Awards

As minimum positions 1 - 3 are to be awarded prizes. It is also highly recommended to award the 1st junior, if he/she is not in the top 3 of the overall race.

D.1.1 Prize-Money for Overall Continental Cup

The best three competitors of overall classification for each gender should receive prize money as follows:

Men:	1. CHF 2'000.—	Ladies:	1. CHF 1'500.—
	2. CHF 1'500.—		2. CHF 1'000.—
	3. CHF 1'000.—		3. CHF 750.—

D.1.2 Prize- Money for Each Continental Cup Race

The Organisers of Continental Cup races should make available at least CHF 2800.— or the equivalent per race for prize money. This sum should be divided between the 3 best competitors of each gender as follows:

Men:	1. CHF 750.—	Ladies:	1. CHF 600.—
	2. CHF 500.—		2. CHF 400.—
	3. CHF 300.—		3. CHF 250.—

The Organisers of replacement races should make available only 50% of the minimum prize-money.

The payment should be made at the awards ceremony in cash and in convertible currency, taking into consideration the local tax-laws.

The OC must assist the competitors with matters relating to taxation with prize-money in the country in which the competition is held.

D.2 *Prize-giving ceremony*

The award ceremony for the individual disciplines may take place after the last race in each discipline. The awards for the overall classification (and the Nations Cup where applicable) are presented after the final race of the Continental Cups.

D.3 *Details*

The Organiser must provide a simple prize-giving ceremony, which has personal warmth and dignity. The open air prize-giving ceremony is either held on the grounds of the last race or in a public square in the town or resort. A closed-off area, podium, public address system (microphone, amplifier and loudspeaker) as well as a table which is large enough for the trophies and medals to be displayed to the public, must be provided.

D.4 *The first three*

When the Continental Cup finals for Men and Ladies are taking place together, the Ladies awards are presented first. The first three of each discipline and of the general classification are called up in the following order:

- third, second and first - for each of the disciplines presented.

D.5 *Winners*

The winners whose names have been called out shall remain at both sides of the podium, the Ladies on one and the Men on the other side, thus avoiding a back and forth by the same competitor called several times.

D.6 *General Classification*

- third and second
- Continental Cup Champion

D.7 *Presenting the prizes*

The Continental Cup and the medals are presented by a representative.

E. Expenses for the Co-ordinator

Accommodation and meals for the named FIS Continental Cup Co-ordinator are to be covered by the Organisers for the duration of their assignment.

F. Accommodation

F.1. Lodging

Lodging for the racers and coaches should be provided in rooms with a maximum of 2 beds with bath or shower. In exceptional cases also 3-bed rooms with bath or shower may be offered, but such solution could lead to a prize reduction.

F.2 Food and beverages

Food must be healthy and plentiful and must correspond to the needs of highly competitive athletes. The meals must meet at least the following guidelines:

- Breakfast: Bread, butter and jam, coffee with milk or tea. Choice of eggs, cheese and different kinds of cereals
- Lunch: Soup or appetiser, pasta, rice, meat (steak, etc.), poultry or fish, in agreement with the teams. Vegetables or other side dishes, cheese, fruits or desserts, ½ litre mineral water per person.
- Dinner: Same as lunch.

F.3 Mealtimes

The hotel must adapt itself to the needs of the schedule which depend on the training and competition programme. In general, breakfast is served very early in the morning. The hotel must be able to serve hot meals on the return of athletes and coaches. The Organiser is responsible for informing the hotel management of the agreement with regard to accommodation and food and of the daily programme, including any changes.

G. Ski Rooms

The Organisers are responsible for making adequate ski preparation and storage facilities available to all nations. These must be heated, ventilated and secure.

This responsibility is met by provision of facilities per nation; Organisers are not required to provide facilities per company or per regional/national team. (recommended ski room size to accommodate 6-8 athletes and 1-2 servicemen).

H. Technical details

H.1 Pre-event control of snow conditions on the race courses

If there is not enough snow on the race course(s), the Organising Committee must cancel the event(s). An expert shall take a decision in agreement with the Organising Committee:

- | | |
|--------------------------------|---------------------------|
| - Australia / New Zealand Cup: | 6 days prior to the race |
| - NorAm Cup, USA Super Tour: | 10 days prior to the race |
| | 10 days prior to the race |

H.2 Rescue service

The Organiser is responsible for providing a race doctor. Together with the Organiser, he must provide competent first aid and immediate evacuation of injured persons, by helicopter when necessary.

I. General

The ICR, the Continental Cup rules and other complementary directives must be strictly followed.