



FÉDÉRATION INTERNATIONALE DE SKI
INTERNATIONAL SKI FEDERATION
INTERNATIONALER SKI VERBAND



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Cross-Country Skiing Developing Nations Information Sheets
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Cross-Country Skiing – International Event Fact Sheet

1. Olympic Winter Games

There are 12 Cross-Country skiing medal events at the Olympic Winter Games, six for each gender. The techniques alternate between classic and free every four years. The following events will be held at the 2010 Olympic Winter Games in Vancouver (CAN):

MEN

30 km Pursuit (15km Classic + 15km Free)
15 km Free – Interval Start
50 km Classic – Mass Start
Team Sprint Free
4 x 10 km Relay (2 Classic / 2 Free)
Sprint Classic

LADIES

15 km Pursuit (7.5km Classic + 7.5km Free)
10 km Free – Interval Start
30 km Classic – Mass Start
Team Sprint Free
4 x 5 km Relay (2 Classic / 2 Free)
Sprint Classic

A maximum of four athletes can be entered in each individual event and one team in each of the team events.

FIS Qualification Standard

A- Standard:

- 100 FIS Distance Points; OR
- 120 FIS Sprint Points.

B-Standard:

- 300 FIS Distance or Sprint Points; AND
- Participation at the 2009 World Championship.

It should be noted that nations entering athletes under the B-Standard are only permitted to enter one male and/or one female athlete in either the Sprint Classic or Interval Start Free events.

These qualification standards are an average of the 5 best FIS Point results, taken from a special FIS Points List issued on 18 January 2010 and covering all events back to July 2008. For more details on FIS Point calculation see the **FIS Point Fact Sheet**.

FIS Quota System

Each nation has a base quota of one male and one female athlete. Additional quota places are awarded on the basis of FIS Point rankings, up to a maximum of 20 athletes per nation.

Full details of the qualification process are available in the document “FIS Qualification System Vancouver 2010” and should be examined closely.

Links:

FIS Qualification 2010: http://www.skiandsnowboard.org.au/pdfs/FIS-Qualification-System_Vancouver-2010_JANUARY08_eng.pdf

Vancouver 2010: <http://www.vancouver2010.com/>

2. FIS World Ski Championships

World Ski Championships are held every second year. The following events will be held in Liberec (CZE) 2009:

MEN

15 km Classic – Interval Start
30 km Pursuit (15km Classic + 15km Free)
Sprint Free
Team Sprint Classic
4 x 10 km Relay (2 Classic / 2 Free)
50 km Free – Mass Start

LADIES

10 km Classic – Interval Start
15 km Pursuit (7.5km Classic + 7.5km Free)
Sprint Free
Team Sprint Classic
4 x 5 km Relay (2 Classic / 2 Free)
30 km Free – Mass Start

In addition, a qualification event for the Interval Start Classic events will be held on the opening day of the championships (18.02.2009).

A maximum of four athletes can be entered in each individual event and one team in each of the team events. A maximum of 12 men and 12 Ladies from each nation may compete.

Qualification Standards

For all events except the Interval Start Classic events, any athlete can be entered. There is no qualification standard.

For the Interval Start Classic events the following qualification standard applies:

- Men – Distance Events – 90 FIS Points
- Ladies – Distance Events – 120 FIS Points

This is a FIS Point average, taken from the latest FIS Point List prior to the championships. All athletes with FIS Points above this standard will be required to compete in the 5km (Ladies) and 10km (men) qualification events. The best 10 athletes from the qualification events will be allowed to enter the 10km (Ladies) and 15km (Men) events.

Qualification for Free Accommodation

All athletes who have achieved a single FIS point result under 75 FIS points are qualified to receive 4 days of free accommodation per event, up to a maximum of the total duration of the event.

Nations without athletes under 75 FIS point will receive free accommodation for one male and one female athlete.

Important information regarding the official team entry, transport and accommodation should be obtained from the World Championships organising committee.

Links:

World Championship Rules: <http://www.fis-ski.com/data/document/wme-2006-clean1.pdf>

2009 World Championship: <http://www.liberec2009.com/>

2011 World Championship: <http://www.oslo2011.no/>

2013 World Championship: <http://www.valdifiemme2003.com/>

3. FIS World Cup

FIS World Cup races are held every year between November and March. The World Cup calendar for the following season is finalised at the annual FIS meetings in May and is available on the FIS website.

Qualification Standard

For the 2008/2009 World Cup season the following qualification standards apply:

- Men – Distance Events – 60 FIS Points
- Ladies – Distance Events – 90 FIS Points
- Men and Ladies – Sprint Events – 120 FIS Points

Only a single FIS Point result under these standards is required.

In addition, nations who do not host a World Cup are able to start one athlete with points under 120 FIS Points in a Distance World Cup event. **This is an important way for athletes from developing nations to start to get World Cup experience.**

Starting Quota

All nations have a minimum quota of two athletes. These athletes must be qualified as per the qualification standards above. Additional quota places are awarded on the basis of World Cup points.

Nations should contact the World Cup race organiser for information on entry, travel and accommodation.

Links:

World Cup Rules: <http://www.fis-ski.com/data/document/rules-cc-0809-eall.pdf>

World Cup Calendar 0809: <http://www.fis-ski.com/data/document/cal-cc08-09.pdf>

4. FIS Junior World Ski Championships / FIS U23 World Ski Championships

The FIS Junior World Ski Championships / U23 World Ski Championships are held every year. Since 2006 the Junior and U23 events have been together at the same venue. The following events are held:

JUNIOR MEN

10 km Interval Start
20 km Pursuit (10km Classic + 10km Free)
Sprint
4 x 5 km Relay (2 Classic / 2 Free)

JUNIOR LADIES

5 km Interval Start
10 km Pursuit (5km Classic + 5km Free)
Sprint
4 x 3 km Relay (2 Classic / 2 Free)

U23 MEN

15 km Interval Start
30 km Pursuit (15km Classic + 15km Free)
Sprint

U23 LADIES

10 km Interval Start
15 km Pursuit (7.5km Classic + 7.5km Free)
Sprint

The technique for the sprint and interval start events alternate each year.

A maximum of four athletes are able to start in each event. A maximum of eight men and eight Ladies from each nation may compete in the Championships.

Qualification Standards

None. Any athlete can be entered in the FIS Junior World Ski Championships and U23 World Ski Championships.

Links:

JWSC Rules: <http://www.fis-ski.com/data/document/jwsc-nordic-rules0708e.pdf>

2009 JWSC/U23: Praz de Lys, France

2010 JWSC/U23: Hinterzarten, Germany

5. Continental Cup Series

These are race series of high standard in different regions around the world. The following Cross-Country skiing Continental Cup series are recognised by FIS:

- OPA (Central Europe)
- Super Tour / NORAM Cup (North America)
- Scandinavian Cup
- Eastern European Cup
- Balkan Cup
- Australia / New Zealand Cup
- Far East Cup
- Slavic Cup

Qualification Standards

In general there are none.

Quota

The official quota varies for each of the Continental Cup Series. Nations should confirm the Continental Cup Rules with the Coordinator of each series.

Continental Cup Winner Bonus

The leaders of the each of the Continental Cup series receive their own quota place and all expenses paid on World Cup. More details are available in the World Cup Rules issued before each season.

Links:

Continental Cup Rules: <http://www.fis-ski.com/data/document/cocrgl-cc-0809-e.pdf>

World Cup Rules: <http://www.fis-ski.com/data/document/rules-cc-0809-eall.pdf>

Any questions should be directed to:

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Cross Country Skiing – FIS Point Fact Sheet

FIS Point Overview

The FIS Point system was designed as a way to compare and rank athletes competing in different competitions all over the world. Once they have been registered with FIS athletes receive a FIS Code that will be used for their entire skiing career. Athletes with FIS Codes can compete in FIS competitions and receive FIS Points.

FIS Point Lists are produced six times per year, and show both an athlete's FIS Point average and world ranking. Amongst other things, the ranking is used to determine seeding and starting order for FIS competitions. FIS Points are also used for qualification for events such as the World Cup, World Ski Championships, and Olympic Winter Games. Some nations also use FIS points for team selection.

FIS Registration

- Athletes must apply for FIS registration through their National Ski Associations.
- Registration should be done by June 30 each year.
- Athletes can be registered later, though will only appear on the next FIS List after they are registered.
- The cost of FIS Registration is CHF 30.00 annually. Nations may choose to charge their athletes more to cover administration costs.
- An additional cost will apply for athletes registered via the FIS Office after January 1.

FIS Point Calculation

There are two key parts to FIS Point calculation – the Race Penalty and the Race Points.

The Race Penalty is determined by the standard of athletes in the race. For Olympic Winter Games, World Cup and World Ski Championships competitions the penalty is zero. For the U 23 and Junior World Ski Championships the penalties are 25 points and 35 points respectively. For all other competitions the current FIS Points of the first five finishers are used to calculate the penalty. The calculated penalty may not be less than 15 points.

Race Points are proportional to the time difference behind the winner of the race. The winner receives zero race points. For a distance race using an interval start, an athlete who finishes 10% behind the winner would receive 80 Race Points. Different events have different calculation factors.

The Race Points and Race Penalty are added together to determine the FIS Points.

Full details of FIS Point Calculation are available in the FIS publication “Cross Country Rules for the FIS Points”, which is updated every year.

Entry To FIS Competitions

Entry to FIS Competitions must be done by the National Ski Association using the FIS Entry Form, which can be downloaded from the FIS website. The FIS Code of the athlete must be included on the entry form. Some Continental Cup competitions, for example in North America, require an on-line entry. Race organisers will contact you when on-line entry is required.

The entry must also be confirmed two hours prior to the Team Captains meeting. This is especially important for World Cup and Continental Cup competitions. If you are unsure, please contact the race secretary.

Important Links

FIS Point Rules 2008-2009: <http://www.fis-ski.com/data/document/pktrl0809e.pdf>

FIS Entry Form Cross-Country: <http://www.fis-ski.com/data/document/entry-cc.doc>

FIS Point Lists: <http://www.fis-ski.com/uk/disciplines/cross-country/fispoints.html>

FIS Calendar: <http://www.fis-ski.com/uk/disciplines/cross-country/fiscalendar.html>