



**FEDERATION INTERNATIONALE DE SKI
INTERNATIONAL SKI FEDERATION
INTERNATIONALER SKI VERBAND**



**CROSS-COUNTRY
RULES OF THE FIS POINTS**

**Edition 2009
(valid as from the season 2009/10)**



INTERNATIONAL SKI FEDERATION

Blochstrasse 2

CH- 3653 Oberhofen / Thunersee; Switzerland

Phone: +41 (33) 244 61 61

Fax: +41 (33) 244 61 71

FIS points list and inscription programme: <ftp://ftp.fisSKI.ch>

Cross-Country FIS Points and race results administration

Judith Lessing: +41 (33) 244 61 05

E-Mail: lessing@fisSKI.com

Nordic Assistant

Annemarie Friedrich: +41 (33) 244 61 64

E-Mail: friedrich@fisSKI.com

Results:

Please don't forget to fax or e-mail the TD reports and results immediately after the event to the FIS.

Résultats :

N'oubliez pas de faxer ou envoyer par e-mail les reports de DT et les résultats immédiatement après la course à la FIS.

Resultate:

Vergessen Sie nicht, sofort nach jedem Rennen per Fax oder E-Mail die TD Berichte und Resultate an die FIS mitzuteilen.

Fax for results:

+41 (33) 244 61 71

E-Mail for results:

alpineresults@fisSKI.ch

E-Mail for TD reports:

lessing@fisSKI.com



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1. **General Information**

1.1 **FIS Points regulation**

The FIS Points rulebook is integral part of the ICR.

1.2 **F-Value**

Factor		Competition format
Factor	800	Competitions with interval start
Factor	1200	Sprints and Pursuit competitions with a break
Factor	1400	Competitions with Mass start and Pursuit without a break

1.3 **Calculation of the Race Points**

Formula and example – see illustration 1a and 1b

1.4 **Race Penalty**

The importance of a competition is determined by the quality of the competitors participating. This quality affects the calculation of the race penalty.

The race points gained in the competition and calculated according to the formula, plus the calculated race penalty will give each classified competitor the FIS points of the competition.

For further explanations please see the rules, art. 5.3 and 5.4 as well as 1a/1b.

1.5 **Entry for Competition Participation**

All entries for the participation in international competitions must be made on the official entry form (ICR article 217). Please see illustration 1c.

The athletes' FIS code number has to be specified. Otherwise the entry is not valid.

1.6 **FIS Codes on result lists**

The TD's are responsible that every result list contains all athletes including their FIS Codes! Athletes without a valid FIS Code are not allowed to start at the competition! Lists with missing FIS Codes cannot be accepted.

2. The Competition

2.1 Conditions

For the FIS points evaluation, only those competitions can be considered who meet the following standards:

2.1.1 Announcement of the competition in the FIS International Ski Calendar.

2.1.2 Strict observance of the International Competition Rules (ICR).

2.1.3 At least five competitors have to be classified.

2.2 Schedule Changes, Moving Site Location and Cancellation

Changes in the race schedule, i.e. shifting the race to another date, cancellation of the competition or any other significant changes in the race program must be communicated immediately to the

FIS Nordic Office, CH-3653 Oberhofen/Thunersee, Phone: +41 (33) 244 61 61 - Fax +41 (33) 244 61 71 e-mail: lessing@fisski.com

as well as to the National Ski Federations and to the Technical Delegate (TD) assigned to the competition. In special case if the competition will be carried out on a non-homologated substitute course, the Technical Delegate (TD) has to confirm the norms of the course according to ICR article 313.

2.3 Junior competitions

Senior competitors are not allowed to participate at junior competitions which are included in the FIS Calendar. It is possible to combine age categories (Art. 3.3)

3. The Competitors

3.1 FIS Code Number

Only competitors (Ladies and Men) with a FIS Code are allowed to participate at FIS competitions.

The code numbers can be ordered at the National Ski Associations.

3.2 Registration

The registration of competitors for the 1st FIS points list has to be done until 25th June.

Competitors are registered by using the FOU System on the FIS website via the Member Section. <http://www.fis-ski.com/>

The Login and password can be received by the respective discipline administrators.

With this system the status of the competitors can be changed, the biographies can be updated and new competitors can be added. The FIS Codes will be distributed automatically.

Change Status "O" (active) to "E" (inactive) for all those competitors who should not be included on the FIS points list anymore. Competitors with Status "O" will be considered as registered for the coming season.

Special marks on the national output:

O = active (in the FIS points list) The status "O" remains also if competitors do not participate at a FIS event.

Status changes from O to E can only be done between 05.05.2009 – 31.12.2009.

E = not active (not in the FIS points list). Competitors with status "E" will automatically be changed to "O" by FIS as soon as they participate at a FIS event. The National Ski Association is responsible that they have appropriate insurance and have signed the FIS athlete's declaration.

D = deceased

Only competitors who have signed the "Athletes Declaration" as per ICR art. 203.3 may be registered for a FIS license by his/her National Ski Association.

The responsible person of the National Ski Association, confirms directly that the above mentioned requirements are fulfilled.

3.3 Age Categories

The points calculation will be made for the age category seniors, men and ladies separately. Juniors will be listed in the seniors' category when they have the same distance and starting time. In these cases we should get only one result list including both, juniors and seniors!

3.4 Conditions

Only those competitors will be taken into consideration for FIS points:

- who are qualified according to ICR art. 204;
- who have been registered by their National Ski Association;
- whose FIS Codes, name, first name and year of birth is listed in full and is clearly readable;
- whose National Ski Association has fully paid for the previous season.
- whose existing FIS Codes are listed on the results

3.5 Re-Registration after Medical Absence (Illness, Studies, pregnancy etc.) (encl. 1d)

When a competitor injured himself and applies for the single penalty, the National Ski Association must apply to the FIS as soon as possible for the approval of a single penalty using the official form and submitting a medical certificate. If approved, the revised FIS points will equal their previous FIS points value (from valid list at time of leaving) plus a penalty. The penalty is equal to 22 % of the previous FIS points and must be min. 4 points, max. 26 points.

3.6 **Anti-Doping Rule violation**

An athlete subject to an anti-doping rule violation will have previously achieved FIS points deleted, according to article 10.1.2 FIS Anti-Doping Rules and must re-qualify to become eligible for World Cup upon their re-eligibility for competition.

4. **Evaluation Period**

4.1 FIS points earned by a competitor are valid for 365 days from the date of the competition.

4.2 A competitor who did not compete for more than one year since the last considered results, will lose all his FIS points earned so far.

5. **Calculation Process**

5.1 **Race Points**

5.1.1 The race points will be calculated by computer (see enclosure 1a). They shall be rounded down from four thousandths of a point downwards and rounded up from five thousandths of a point upward (e.g. 23.654 = 23.65 or 23.849 = 23.85).

5.2 **FIS Points**

5.2.1 Distance (longer than Sprint)

A competitor's points will be the average of his or her best five results in distance competitions over the period of the last twelve months.

5.2.2 Sprint

A competitor's points will be the average of his or her best five results in sprint competitions over the period of the last twelve months.

5.2.3 Less than 5 results

A competitor's Sprint FIS points and Distance FIS points represent the average of the best 5 valid results for each format. If the competitor has less than 5 valid results the average will be adjusted according to the following:

∅ best 4 results x 1.1 = FIS points
∅ best 3 results x 1.2 = FIS points
∅ best 2 results x 1.3 = FIS points
only 1 result x 1.4 = FIS points

5.3 **Calculating Penalties**

5.3.1 To calculate the race penalty, the following are considered (see fig.1a/1b).

5.3.1.1 The competitors who finish among the top five of the race.

5.3.1.2 The FIS points of the top five competitors (Art. 5.3.1.1) are considered and the three best values are added and divided by

3.75. This is the race penalty. The points shall be rounded down from four thousandths of a point downwards and rounded up from five thousandths of a point upward (e.g. 13.654 = 13.65 or 21.849 = 21.85).

- 5.3.1.3 If there are less than three competitors with FIS points among the first five of the result list, or if points are above the maximum value stated below, the competitors will receive following maximum value:
- 176 for competitions with Interval start
 - 264 for Sprints and Pursuit competitions with a break
 - 308 for Competitions with Mass start and Pursuit competitions without a break
- 5.3.1.4 In the event two or more competitors are tied for fifth, three or more are tied for fourth, etc. the skiers having the best FIS points will be used in the calculation of the penalty.
- 5.3.2 If the calculated penalty (according to art. 5.3.1) is higher than the minimum penalty (see art. 5.4.1), the calculated penalty will be applied to the race.
- 5.3.3 If the calculated penalty is less than the minimum penalty, the minimum penalty will be applied to the race.
- 5.3.4 For the Junior World Ski Championships a maximum penalty of 35 points will be calculated.
- 5.3.5 For the U23 World Championships a maximum penalty of 25 points will be calculated.

5.4 Minimum Penalties

- 5.4.1 Minimum penalties will be applied for the following competition categories:

	<u>Ladies</u>	<u>Men</u>
Olympic Winter Games	0	0
FIS World Ski Championships	0	0
World Cup	0	0
Continental Cup + FIS competitions	15	15
FIS junior competitions	35	35
U 23 competitions	25	25

- 5.4.2 The minimum penalties will be listed on each FIS points list.

6. The FIS Points Lists

- 6.1 **The FIS points list is only available electronically (<ftp://ftp.fissski.ch>) and can be downloaded free of charge** CCFPxxx.zip is the file and valid with the FIS points list program (the "xxx" is always the number of the list and season - e.g. 1st List 2009/2010=CCFP110F.zip = full list or CCFP110P = only updated information since the last list) CCFPxxxP.zip is the same, but smaller and only with the modifications.

TIP: Install the FIS list program (Fislistsetup.exe) on your computer, also available on <ftp://ftp.fis.ch/Software/Programs/Fislist/>. With this you can easily work with the FIS points!

6.2 **Effective Dates of the Individual List**

The printing deadlines and validity date are published in the precisions and instructions or/as well as on the FIS Website!

7. **Annual Fees (Renewal)**

7.1 **Fees**

7.1.1 For registration through the FOU System, the registration fee per athlete is CHF 30.— for the whole season.

7.1.2 For registration through the FIS office, the registration fee is CHF 30.— until 31st December and CHF 100.— from 1st January.

7.2 **Accounting**

At the beginning of the season each NSA will receive an invoice for 70% of its total invoice from the previous season. This amount will be debited from its FIS account. **At the end of the season**, each NSA will receive a detailed invoice for all registered athletes during the season. The balance will subsequently be debited or credited to the NSA account at FIS.

7.3 **No refund**

If a competitor retires during the season or there is an incorrect registration made by the National Ski Association, no refund will be made.

8. **Instructions for Organisers and Technical Delegates**

8.1 **Technical Norms of the Competition Course**

Check the competition course with regard to the technical norms (ICR article 313), such as:

- competition distance
- height difference (HD)
- maximum climb (MC)
- total climb (TC)
- highest point above see level

8.2 **FIS Codes**

Check that the FIS Codes are shown on the results list. Please see illustration. Competitors without a FIS Code are not allowed to start at the competition! Otherwise the competition can not be counted!

8.3 **FIS Points Additional Report Cross-Country**

Fill in the FIS points additional report and calculate the competition penalty by using the updated FIS points list. Please see illustration 1b.

8.4 **Electronic Data Transmission**

After confirmation of the TD the results in xml format must be sent immediately and correctly to e-mail: alpineresults@fisski.ch (also valid for Cross-Country). The TD must supervise the correct transmission of the results.

If the results are not sent electronically and in time by correct xml format, they will not count for the FIS Points List!

E-Mail: alpineresults@fisski.ch
Fax No. +41 (33) 244 61 71 (TD report)
Direct Tel No FIS Points (J. Lessing): +41 (33) 244 61 05
E-mail: lessing@fisski.com
Software for FIS format: <ftp://ftp.fisski.ch>

8.4.1 Composition of the file name for the transmission of race results:

- Nation of OC (three letters as listed in the FIS Bulletin)
 - Codex (according to the FIS Calendar)
- Example: ITA2060

8.5 **Electronic report**

The Technical Delegate has to send at latest three days after the competition to the FIS Nordic Office (lessing@fisski.com) the following documents:

- TD report
- FIS points additional report
- official results

8.6 **Signature of the Technical Delegate**

Official results and the FIS points additional report form Cross-Country must be signed by the Technical Delegate.

8.7 **Recommendation for Evaluation or Non-Evaluation**

Should there be valid reasons to exclude the competition from being evaluated for FIS ratings, these reasons must be indicated on the "Report of the Technical Delegate".

* * *

**THE CROSS-COUNTRY FORMULA
LA FORMULE DU SKI DE FOND
DIE LANGLAUF FORMEL**

1a

$P = \frac{F \cdot T_x}{T_o} - F$	or/ou/oder	$\left(\frac{T_x}{T_o} - 1\right) \cdot F$
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P	=	Race points	Points de course	Rennpunkte
To	=	Time of the winner in seconds	Temps du vainqueur en secondes	Zeit des Siegers in Sekunden
Tx	=	Time of the clas- sified competitor in seconds	Temps du concurrent classé en secondes	Zeit des klassier- ten Wettkämpfers in Sekunden

Faktor		Bewerbe
Faktor	800	Bewerbe mit Intervall Start / Competitions with interval start / Compétitions avec départ intervale
Faktor	1200	Bewerbe mit Verfolgungsstart mit Pause, Sprint/ Pursuit start competitions with break, Sprint/ Compétitions avec départ poursuite avec arrêt, Sprint
Faktor	1400	Bewerbe mit Massenstart und Verfolgung ohne Pause / Competitions with Mass start and Pursuit without a break / Départ en ligne et poursuite sans arrêt

**Example:/ Exemple:/ Beispiel:
2x5 km (Pursuit without a break)**

1. Smigun, EST	26.38.4 (To)
2. Sachenbacher, GER	26.39.0
3. Savialova, RUS	26.39.0

Race points (P) Sachenbacher (Tx):

$$P = \frac{1400 \cdot 1599}{1598.4} - 1400 = 0.53$$

Race points (P) for Savialova (Tx) - (alternative formula):

$$P = \frac{1599}{1598.4} - 1 \cdot 1400 = 0.53$$

**PROGRAM FOR NON-PROGRAMMABLE CALCULATORS
PROGRAMME POUR CALCULATRICES NON-PROGRAMMABLES
PROGRAMM FÜR NICHT-PROGRAMMIERBARE
TASCHENRECHNER**

(1)	ON		
(2)	F ⇨	800 Distance 1200 Pursuit, Sprint 1400 Mass Start, P. with break	
(3)	:		
(4)	To ⇨	Winning Time Meilleur temps Bestzeit	
(4a)	(=)	Required on some models Nécessaire pour qq. modèles Nötig bei einigen Modellen	Stores F ÷ To in memory Enregistre F ÷ To en memoire Speichert F ÷ To
(5)	M + ⇨		↑

(I)	MR		
(II)	X		
(III)	Tx ⇨		Points for xth competitor Points pour xème concurrent Punkte für x. Wettkämpfer
(IV)	-		
(V)	F		
(VI)	=	Round/Arrondir/Runden	

(I)	MR		
(II)	X		
(III)	Tx ⇨		Points for xth competitor Points pour xème concurrent Punkte für x. Wettkämpfer
(IV)	-		
(V)	F		
(VI)	=	Round/Arrondir/Runden	

etc.