



GUIDELINES FOR FIS CROSS-COUNTRY WORLD CUP ORGANIZERS

EDITION 2011/2012

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(Season 2011-2012)

1. Team Captains' Meeting (TCM) and printed documents

The official Power Point template will be used for the Team Captains' Meetings.

The following documents will be distributed to the teams:

- At their arrival: Maps (courses with a draft (the final version will be communicated during the Team Captains' Meeting) of the no-coaching, ski testing, feeding areas), event program, information concerning the shuttle service.
- For the Team Captains' meeting: timetable, weather forecast, maps in A3 format (stadium, courses (with no coaching zones, feeding stations, ski testing areas), course preparation and grooming)

2. Communication

The radios for the jury and FIS Staff will be provided by Swiss Timing Service (with an ear plug).

The jury decisions will be communicated:

- Internally (OC members) by the Chief of Competition
- Externally by the Assistant Race Director via the FIS Media Coordinator (and then by sms to the media and coaches).

3. Finish Area and Mixed Zone

Except HBC TV camera-man, nobody will be allowed to enter and stay in the finish area. For interval starts competitions the FIS Media Coordinator will stay as well in the finish area in order to organize the leader chair.

A dedicated zone for SRS companies should be implemented on one side of the finish area.

A dedicated zone for coaches should be implemented close to the clothing area with a view to a big screen and a CIS monitor.

The athletes' flow should always be organized in this order:

- exit the finish area
- remove transporters
- enter the clothing area (with refreshments)
- enter the mixed zone (in this order: TV, Radio, Non-rights holders + Press).

4. No Coaching / coaching Zones

"No Coaching Zones" or "coaching zones" can be used. The chief of competition (in agreement with the jury) can choose between the 2 systems according to the courses and camera plan. In general we should use:

- "coaching zones" for sprint competitions
- "no coaching zones" for distance races

Their positions will be fixed by the chief of competition (in agreement with the jury) and clearly communicated to the teams at their arrival (map in the team boxes) and confirmed during the TCM.

These zones will be clearly marked with mobile material (V-boards) in the course direction.

NO COACHING ZONES should be marked as follow:

- Beginning marked with a red signage and the text "NO COACH BEGIN"
- End of the zone marked with a green signage and the text "NO COACH END"

COACHING ZONES should be marked as follow:

- Beginning marked with a green signage and the text "COACH BEGIN"
- End of the zone marked with a red signage and the text "COACH END"

5. Feeding stations

In interval start competitions in general feeding is allowed everywhere (except in No Coaching Zones).

In Mass Start competitions, feeding stations are fixed and organized by the Chief of Competition (in agreement with the Jury). As many zones (islands and/or non-islands) as possible will be prepared to distribute the teams all around the course.

Their positions will be clearly communicated to the teams (map in the Team boxes) at their arrival and confirmed during the TCM.

These zones will be clearly marked with mobile material (V-boards) in the course direction:

- Beginning marked with a green signage and the text "FEED ZONE BEGIN"
- End of the zone marked with a red signage and the text "FEED ZONE END"
- The separation between course and space for coaches will be marked with a red line or branches.

A transit should be organized for those athletes who do not use the feeding. In classical technique competition, skating will not be allowed in these zones.

6. Ski testing on the competition course

Ski testing areas on the competition course are fixed, prepared and organized by the chief of competition (in agreement with the jury).

These zones will be clearly marked and a separate way to ski back to the top/beginning of the zone will be organized.

Ski testing with electronic equipments is not allowed on the competition course. In some exceptional cases the chief of competition in agreement with the jury has the possibility to allow it on a suitable zone (wide part of the course).

7. Warm-Up for individual competitions

In general a separate warm-up course should be prepared for all competitions and especially for individual starts competitions.

In case of lack of snow, warming-up on the competition course (out of TV coverage) may be allowed. In this case the grooming and track setting will be adapted (wider or with an additional track) to avoid any interference between competition and warming up.

Chief of Competition has to be ready with plan A, B, C etc. before the jury arrives.

8. Start procedure and setting

Start procedures and settings are standardized:

a. *Sprint competitions*

Qualifications: A separate track will be set at least in the first 10 meters.

Sprint heats: the start positions will be set on a line. A classical track will be set in the first 10 meters (approx.) for all competitions (both Free & Classical technique). Distance between 2 tracks: 1.8m.

b. *Team Sprint competitions*

Classical tracks will be set in the first 10 to 30 meters for both techniques.

The start positions will be set on a double arrow.

c. *Mass Start*

Classical tracks will be set in the first 10 to 30 meters for both techniques.

The start positions will be set on a double arrow.

A corridor will be prepared in the pre-start zone. The athletes will wait in this zone and enter the starting area in this order: first Bibs 1 to 10 and then the rest of the field.

d. *Individual Start*

A signing wall will be used in individual start competitions (except sprints qualifications).

Prepare a small platform (approx. 30 cm high) that will be used to present the athlete when he/she's signing.

This platform must be wide (approx. 2,5x3m) to provide sufficient space for signing athlete, 2 hostesses and a field talent who might shortly interview signing athlete.

Access and exit from the platform must be done with stairs. For security reasons, the platform and stairs should be covered with a carpet. Prepare permanent pen for signing.

Two hostesses must be on place to hold skis of signing athletes. They must be aware of how to hold skis.

9. Track setting in competitions in classical technique

In Mass Start competitions 4 tracks will be set all around the course (except in steep downhill, start). Recommended distance between 2 tracks: 1.3 meters.

In Individual Start competitions 1 track will be set in the ideal line, except in straight uphill (2 tracks), downhill and tight curves (no tracks), if loop is shorter as 5 km (valid for 10 km and 15 km), two tracks might be set.

10. Forerunners

A sufficient number of forerunners (between 15 and 30) should be available. Classical technique and Mass Start competitions requires more forerunners than the other competition formats.

11. Clothes transportation Start / Finish

Each athlete should receive a big plastic bag in the start area to let his/her warm clothes before the start.

In order to facilitate the clothes transportation from the Start to the Finish, a deposit point will be organize in the start area. The athletes interested to find their clothes in the finish area will have to let their bag at this deposit point. This point will be clearly indicate by a orange or red signage "CLOTHES" (A3 format) visible from each point of the start area.

12. Big bibs

During the World Cup season 2011-2012 we will use 2 different big bibs for the team and SRS staff to control the access to the different sport areas:

- The violet "TEAM" bib will allow the access to all the sport areas excluding the start and finish areas.
- The blue "START / FINISH" area will allow the access to all the sport areas including the start and finish areas.



Each team and SRS company will receive a limited number of bibs at the beginning of the season.