



FÉDÉRATION INTERNATIONALE DE SKI  
INTERNATIONAL SKI FEDERATION  
INTERNATIONALER SKI VERBAND



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CH-3653 Oberhofen (Switzerland), Tel. +41 (33) 244 61 61, Fax +41 (33) 244 61 71  
FIS-Website: <http://www.fis-ski.com/>

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## Nordic Combined Precisions 2009-2010 (Edition 17<sup>th</sup> November 2009)

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### Changes to the ICR Nordic Combined: Starting Gate during Competition Round

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To have a prolongation of the test phase during the upcoming World Cup series 2009/10, whereby the jury change the length of the in-run during a competition round:

#### 525            **The Competition**

525.1.2        The Jury shall decide the length of inrun (starting place) to be used.  
The Jury may change the length of the in-run during a competition round in order to approach the principles of fairness and safety.

- In order to compensate the wind influence during flight phase a so called wind factor will be included.
- In order to be able to change in-run gates during a competition round a so called gate factor will be used to compensate different in-run length between competitors.
- Both, the wind and gate factor will be included in the total score.

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### Changes to the Nordic Combined World Cup Rules 2009-2010

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#### 4.2.2        GPS Transponder (same as for Cross-Country)

By using GPS transponders in Nordic Combined competitions, the athletes have to carry a GPS device. The weight of the device is 99 g and will be implemented in the bib.

## Changes to the Specifications for Competition Equipment 2009-2010

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### D - Ski Jumping Competition Equipment

#### **5. Crash Helmets**

Only helmets are permitted whose shell or padding covers the head and ears. The National Ski Associations are advised to provide their teams with only crash helmets, which satisfy the minimum requirements and have been certified by recognized institutes. The shape of the helmet must conform to the shape of the head on all parts of the helmet. The diametrical size of the top surface of the helmet is not allowed to exceed the diameter of the head more than 7 cm.

All helmets must show a smooth top surface for safety reasons.

Visor or integrated, detachable face shields are not allowed.

The use of crash helmets is compulsory for all events. The shape of the helmet must conform to the shape of the head. The shell and padding shall completely cover the head and ears. The shell does not need to extend to the ears which shall however be adequately covered and protected (soft ear padding permitted).

The distance measured at any point between the outside surface of the helmet and the head shall not exceed 7 cm.

The surface (shell) of the helmet shall be smooth for safety reasons.

Helmets with visors or integrated face shields, detachable or not are not permitted.

The helmets used shall conform to recognized safety standards adapted for Ski Jumping including CEE 1077 or US 2040. Conformity to standard shall be attested by a marking/label affixed on or inside the helmet.