



**ICR Precisions Cross-Country  
2009-2010 (Edition July 2009)**

- 340.1.2 In all competitions poles may be changed. A single ski or a pair of skis may be changed only if:
1. A ski or binding is~~The skis or bindings are~~ broken or damaged. The equipment failure must be proven to the Jury after the competition.
  2. Equipment exchange boxes are in place at the competition.  
~~In the case of any ski exchange, the competitor must do it outside of the track without help from any other people.~~

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Waxing, scraping or cleaning of the competitor's skis during the competition are forbidden. Exception: In classical technique competitors may scrape their skis to remove snow and ice, and add wax if necessary. Competitors can only be handed tools and materials that are available in retail stores (wax, scrapers, corks). The competitor must do this outside of the track without help from any other people.

**360.3 Sprint ~~Finals-Heats~~ (Quarterfinals, Semifinals, and Finals)**

- 360.3.1 In OWG, WSC, WC ~~and JWSC~~ heats will include quarterfinals, semifinals and the A-Final. ~~start with the quarterfinals,~~ in other competitions as the heats will be decided by the organizer including the addition of a B-Final.

- 360.3.2.2. For the 6th positions in the semi-final heats the next two fastest competitors from the quarterfinal heats who are ranked 3rd or 4th will be advanced. The fastest will be assigned to S1 and the next fastest to S2. For the A-Final the 1st & 2nd ranked competitor from each Semi-final heat are assigned to the A-Final plus the next 2 fastest competitors from either Semi-final heat who are ranked 3rd or 4th will also be assigned to the A-final, all other Semi-finalists are assigned to the B-Final. In case of equal times in the heats for positions 5 and 6 (lucky losers), their qualification times will apply.

360.6.1 In heat sprints at OWG, ~~WSC, JWSC, SWC, JSWC~~ and WC the unanimous decision of minimum three jury members (including TD) equates to a jury decision.

**361.4 Starting Position**

Depending on the starting area, two to six parallel tracks/corridors should be prepared which are straight for approx. 100 m.

The starting competitor for team number one starts in lane number one on the starting line. The starter for team number two starts in lane number two, 1 – 3 meters behind the starting line, and so on.

The competitors may not change lanes until they have passed the designated end of the starting lanes. [This is a mass start competition, see ICR 351.3](#)