



## **PRECISIONS TELEMARCK**

# **CHANGES TO THE INTERNATIONAL COMPETITION RULES (ICR)**

EDITION 2011/2012

**Precisions Telemark 2009/2010 - 2011/2012**  
**Changes to the International Competition Rules (ICR), Edition October 2011**

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**1<sup>st</sup> Section**

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**203 Change of Licence to participate in FIS Races**

- 203.3 A National Ski Association may only issue a FIS licence to participate in FIS races when the competitor has proven his/her nationality and therefore eligibility by submitting a copy of his/her passport and signed the Athletes Declaration in the form approved by the FIS Council and returned it to his National Ski Association. All forms from under-age applicants must be counter signed by their legal guardians. Both the copy of the passport and signed Athletes Declaration must be made available to FIS on request.
- 203.4 During the FIS licence year, a competitor may only participate in International FIS competitions with a FIS licence to participate in FIS races issued by one National Ski Association.
- 203.5 Application for a change of FIS Licence Registration  
All applications to change licence registration from one member National Ski Association to another are subject to consideration by the FIS Council at its Meetings in the spring. In principle an application to change licence registration will not be granted unless the competitor demonstrates his/her personal association with the new nation.  
Prior to submitting an application to change licence registration a competitor must possess the citizenship and passport of the country for which he/she wishes to compete. In addition, the competitor must have had his/her principal legal and effective place of residence in the new country for a minimum of two (2) years immediately prior to the date of the request to change registration to the new country/National Ski Association. An exception to the two year residency rule may be waived where if the athlete was born in the territory of the new country, or whose mother or father is a national of the new country. Furthermore the competitor is required to submit a detailed explanation with the application about his/her personal circumstances and the reason for requesting a change of licence registration.
- 203.5.1 If a competitor has already participated in FIS calendar events for a National Ski Association, he/she must have the written agreement to be released from the former National Ski Association in addition to the citizenship, passport and residency requirements in art. 203.5 before the new National Ski Association may submit a request to FIS for a change of registration.  
If such a written agreement is not given, the competitor may not participate in any FIS calendar events for a period of twelve months from the end of the last season in which he competed for his present National Ski Association, nor may he/she be issued with a licence to participate in FIS races by the new National Ski Association.  
These rules are also valid when a competitor has more than one nationality and would like to change National Ski Association licence registration.
- 203.5.2 The FIS Council reserves the right in its absolute discretion, to grant or to decline to grant, a change of licence notwithstanding the fulfilment of the aforementioned conditions where it deems ~~there to be truly exceptional circumstances and~~ it is contrary to the spirit of the rule and in the best interests of ~~snow sport~~ the International Ski Federation to do so (e.g. to decline to grant a change of licence if a member National Ski Association tries to "import" a competitor).

203.5.3 In the event that a competitor does not fulfill all the criteria required to apply for a change of National Ski Association licence registration, the onus shall be on the athlete-competitor to demonstrate in writing to the satisfaction of the FIS Council that such exceptional circumstances exist and it is in the best interests of the International Ski Federation to grant the change.

203.5.4 Every A competitor automatically loses will retain his old FIS points if he changes his National Ski Association. The FIS Council may grant exceptions for justifiable cases under the condition that the former National Ski Association granted the release of the competitor.

203.5.5 In the event that any of the documents for an application to change licence registration submitted by the National Ski Association (letter of release from the former National Ski Association, passport, residency papers) are found to be false, the FIS Council will sanction the competitor and the new National Ski Association.

## 225 Appeals Commission

225.1.2 The Chairman shall appoint 3 members, which may include himself, to the Appeals Commission from the Discipline Rules Sub-Committee (or Discipline Committee ~~if there is no Rules Sub-committee~~) for each case appealed or submitted to be heard, whose decisions shall be by majority vote.

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## 2<sup>nd</sup> Section

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1701.2.1 ~~For World Championships the appointment is made by the FIS Telemark Committee.~~  
For World Championships, World Cup and Continental Cup the appointment is made by the jury at the Team Captains' meeting. The FIS Telemark Committee can, where appropriate, appoint course setters in advance of an event and will notify as necessary. Decisions made by the FIS Telemark Committee cannot be overruled except for Force Majeur.

1801.2 Number of gates/turns: 11 - 14 % of the vertical drop.

1803.2.3 The turns must be linked together in one single, uninterrupted movement from one Telemark turn to the next. ~~This means: as soon as the hindmost foot starts to move forwards, this is the start of a new turn, and the movement must be continued without interruption to a position where the foot is at least one boot length in front of the other foot. At all times there must be at least one boot length between the tip of the inner boot and the heel of the outer boot unless the next turn is being executed.~~

1804.1 For improper execution of the rule described in art. 1803 for each improper execution a penalty of one second is added to the total time of the competitor. (maximum 1 penalty per gate/turn, regardless of error(s) )

1805.3 ~~The shortest distance jumped should be average 15 m for the 5 best senior men. The minimum distance is fixed and marked by the Chief of Course and authorized by the TD before the start of the inspection.~~  
The minimum distance is indicated and marked by the Jury before the start of the inspection.

1805.4 The TD together with the Jury shall set the length of the jumping zone. The line will be set by observing the racer's practise jumps. If the jump line has been changed

- after inspection this information must be posted in the form of adequate written information at the start.
- 1805.5 The Jump distance is measured anywhere between the two boots at the point of landing.
- 1805.7 In addition, a penalty of ~~two-three~~ seconds is added to the total time of the competitor if the competitor ~~doesn't~~ does not reach the jump limit.
- ~~1805.8 The TD together with the jury should fix the minimum limit for the jump, so that 20-40% of the competitors reach it.~~
- 1806.2 The competitor must execute at least one practice jump. The organizer shall keep a record of the practice jumps. A competitor who fails to make a practice jump must be disqualified. Practice jumps must be performed during inspection. ~~The jury may decide on a maximum number of practice jumps. The competitors must stop in an area so not to interfere with the next competitors. The competitor must not ski through consecutive blue or red gates leading up to or exiting the practice jump.~~
- 1901.2 Average time for the 5 best senior men: ~~between 150—270 sec. must be a minimum of 100 seconds.~~
- 1905.1 Break of the rules in art. 1903.1-1903.3: for each break a penalty of one second is added to the total time of the competitor. (maximum 1 penalty per gateturn, regardless of error(s) )
- 1906.6 ~~In addition, a penalty is added according to the jumping zone which the competitor has reached—1<sup>st</sup> zone: 6 seconds added—2<sup>nd</sup> zone: 3 seconds added—3<sup>rd</sup> zone: 0 seconds added. In addition, a penalty of three seconds is added to the total time of the competitor if the competitor does not reach the jump limit.~~
- ~~1909.1 The Classic competition must be organised as the last event in the FIS Telemark World Championships program and must be considered as the super final event.~~
- 1909.21 Juniors  
For Junior athletes In order to qualify for the WSC Classic raceevent, the Junior athletes must have either less than 1500 FIS points in the Classic or Sprint current FIS points list, or finish a race in the top 50% in the top 33 % of the junior starting field rounded up to the nearest whole number (finish ranking not within margin of time) in any GS, CL or SP WC event in the current season or WSC event before the WSC Classic competition. in either the Telemark or Sprint events preceding the Classic competition at these World Championships.
- ~~1909.3 Female  
 In order to qualify for the Classic race, female athletes must have either less than 100 FIS points in the Classic FIS points list or finish in the top 10 in either the Telemark or Sprint events preceding the Classic competition at these World Championships.~~
- 1909.42 Male Seniors  
In order for male and female athletes to qualify for the WSC Classic raceevent, Male the athletes must have either less than 1500 FIS points in the Classic or Sprint current FIS points list, or finish a race in the top 50 % 30 of the starting field rounded up to the nearest whole number (finish ranking not within margin of time) in any GS, CL or SP WC event int the current season or WSC event before the WSC

Classic competition. in either the Telemark or Sprint events preceding the Classic competition at these World Championships.

- 2001.1 Must consist of 15-25 gates/turns
- 2002.1 Average time for the 5 best senior men for one run must be ~~approximately 55 to 70 seconds.~~ between 50 and 70 seconds.
- 2003.7 In addition, a penalty of ~~two-three~~ seconds is added to the total time of the competitor if the competitor ~~doesn't~~ does not reach the jump limit.
- 2007.1 Break of the rules in art. 1803 for each break a penalty of one second is added to the total time of the competitor. (maximum 1 penalty per gate/turn, regardless of error(s) )
- 2101.4 The number of gates/turns must be 11-17 gates.
- 2103.2 Break of the rules in art. 1803-1803.9 is for each break a penalty is added to the competitor (maximum 1 penalty per gate/turn, regardless of error(s) ).

## **2200 Special Rules for Telemark Parallel Sprint**

### **2201 Gates and Course setup**

#### **2201.1. General**

2201.1.1. In Telemark Parallel Sprint (TPS) two athletes compete simultaneously side by side down two parallel courses. The setting of the courses, the configuration of the terrain and the preparation of the snow are to be as identical as possible. The 360 turn and cross-country section can be the same or separate for each course (see below).

2201.1.2. The length and vertical drop is decided by the slope. It is important that the whole course can be viewed from one location (preferably the finish area). Recommended vertical drop is between 100m and 150m. Race time per run should be 30 sec. to 50 sec.

2201.1.3. To ensure a speedy execution of the race it is recommended that it is possible to dismount the lift close to the start. Snowmobile can be an alternative.

2201.1.4. The course must contain Telemark turns, one jump, one 360 turn and one cross-country section. It may also contain other elements, for example moguls, banked turns, etc.

#### **2201.2. Gates**

Gates should consist of an inside turning gate only, which consists of two poles, and one flag. The distance between the two courses should be minimum 6 meters measured from the same poles at the two correlated gates.

#### **2201.3. 360-turn**

The Jury can decide whether there is one 360-turn for each course or a common 360-turn for both courses.

#### **2201.4. Cross-Country section**

The cross-country section should be slightly undulated, and must be sufficiently wide that the athletes can pass each other. The Jury decides whether there is only one cross-country track for both courses or two separate.

#### **2201.5. Jump**

The height of the jump must not exceed 1 meter. The flight curve should follow the terrain. The first gate after the jump must be placed in such a distance that long jumps are not punished. The jump length should be between 5 and 15 meters.

#### **2205 Start**

##### **2205.1. Start Ramp**

The Start Ramp shall be prepared in such a way that the competitors can stand relaxed on the starting line and can quickly reach full speed after leaving the start. Push off posts should be installed on the starting installation for all events. The specifications will be adjusted to the needs of the specific events.

##### **2205.2. Start Gates**

Two different procedures to start with different start gates are possible:

- Simultaneously

The gates have to open simultaneously for both runs and a competitor must not be able to push the gates open.

- Delayed

The gates have to open simultaneously in the first run. In the second run the start gates open with the time difference of the first run. Competitors must not be able to push the gates open.

##### **2205.3. False Starts**

Disqualification will take place:

- If a competitor manipulates the starting gates

- If a competitor tries to pass the starting gates before the final starting signal has been given (audible and/or visible).

##### **2205.4. Malfunction of the start gate**

If one or both starting gates have clearly been blocked because of technical malfunction, without the competitor touching the gate before the starting signal was given, the start must be repeated.

##### **2205.5. Start command**

Before the starter gives the command – “Go” or a single audible signal, he must first ensure that the competitors are ready by asking: “red course ready, blue course ready, attention”.

“Racers ready” only can be used in connection with an audible command (series of short beeps followed by one louder starting beep when doors open).

#### **2206 Finish**

The finish must be marked clearly with poles and finishing line. The width of the finishing line must be sufficient for two athletes to pass at the same time.

#### **2208 Timing**

##### **2208.1. Qualification**

The running time of each competitor will be registered with two independently homologated timing systems.

## 2208.2. Finals

As the start is simultaneous, only the difference in time between the competitors at the finish will be registered with two independent homologated timing systems. The first competitor that breaks one of the signals starts the chronometer and receives the time "zero", the following competitor (2<sup>nd</sup>) stops the clocks (chronometers) and receives the time difference in 1/100-seconds to the first competitor.

## 2209 Execution of the race

### 2209.1. Determining the starting sequence

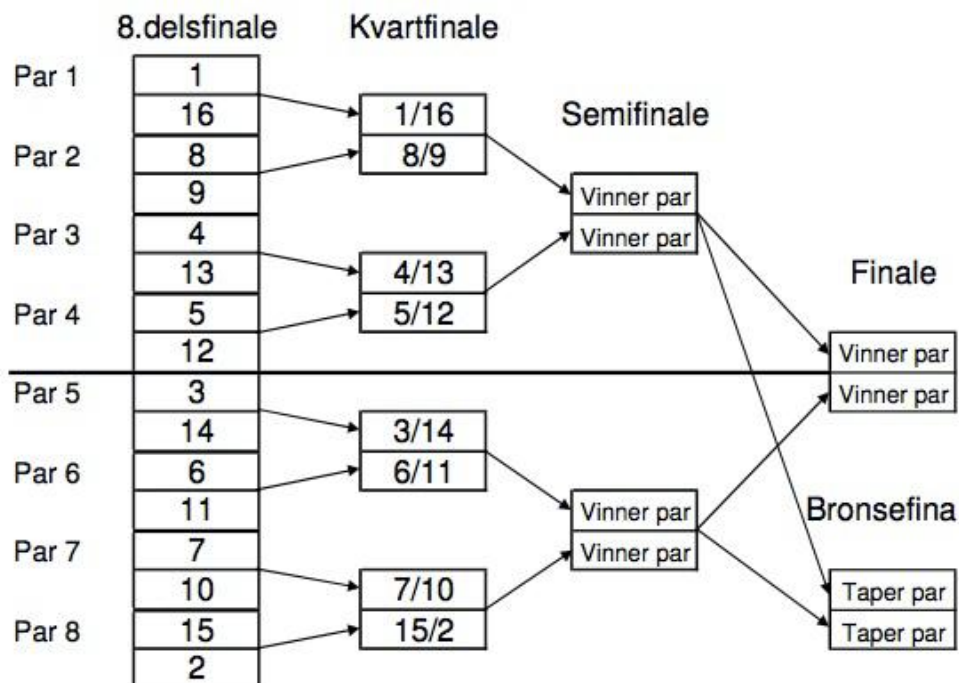
2209.1.1. To determine the seeding/pairing, a qualification race should be run. It is acceptable for the results of a race the day before to be used. If it is not possible to execute a qualification or to use the results of the day before, the standings in this discipline of the WC should be used.

2209.1.2. The qualification must be executed with electronic timing.

2209.1.3. The qualification is ideally a dual parallel sprint. If there is not enough time a single qualification run may be used, where the men use one course, the women the other course so that both courses get the same wear. If there is no qualification run possible the starting field must be of 32 racers.

2209.1.4. If two athletes register the same time in the qualification, the seeding is determined by actual standing of the FIS points in this discipline.

2209.1.5. See illustration for the set up of pairs.



## **2209.2. Course Inspection**

Course inspection follows rules according to Sprint Classic (see Art. 2004 Inspection).

## **2209.3. Execution**

2209.3.1. Each round has two runs, with skiers racing once in each course (red and blue).

2209.3.2. The athlete with the lowest start number starts in the red course in the first run.

2209.3.3. The winner of the pair (after two runs) continues to the next round. The figure above illustrates the starting sequence.

2209.3.4. The two athletes losing the semi-final compete for the third and fourth place. The final rounds are organized so that the second run in the final is last.

2209.3.5. If both men and women, or senior and junior compete, all the finals should be run in sequence.

## **2211 Gates and Course Judges**

### **2211.1. Gates Judges**

2211.1.1. The gate judges must stand outside the course on both sides. Maximum two gates per judge.

2211.1.2. The gate judges must have flags with the same color as the course they are supervising (red or blue), used to signal wrong style.

2211.2.3. The gate judges must have a yellow flag to signal disqualification. See point 2215 Disqualifications/Sanctions.

### **2211.2. Course Judges**

2211.2.1. The race must have two course judges one for each course.

2211.2.2. Penalties and disqualifications are indicated by the course judges after the 360-turn. Such indications must be by the use of clearly displayed colored flags. (yellow = disqualification/more than 2 penalties; green = no penalty; red = one penalty; blue = two penalties).

## **2212 Judging**

### **2212.1. The Turn**

2212.1.1. The turns should be made using the Telemark Style (see Art. 1803).

2212.1.2. The jump judge and gate judge signals penalty with a flag in the same color as the course (red or blue).

2212.1.3. For each flag a penalty of approx. 1 second of extra skating will be applied.

2212.1.4. Three or more flags (incl. jump) result in a disqualification in that run.

2212.1.5. If both athletes are disqualified in the first run, the athlete that has reached the shortest distance gets the penalty. Both athletes continue to the next run.

2212.1.6. If an athlete is disqualified in the second run, he loses the pair.

2212.1.7. If both athletes are disqualified in the second run, the athlete that has come furthest wins the pair and continues to the next round.

2212.1.8. If both athletes are disqualified in the second run, and it is difficult to determine who reached furthest, the time difference from the first run determines the winner of the pair.

2212.1.9. The jury has final decision in case of doubt.

2212.1.10. The jury can demand a re-turn of the pair.

## **2212.2. The Jump**

2212.2.1. There is one Jump Judge for each course. He measures distance and style.

2212.2.2. The athlete must clear the distance and has to perform Telemark style on the landing to avoid a flag in the Jump Zone.

## **2213 The Finish/winning the pair**

### **2213.1. Time difference**

The time difference is measured when the athletes cross the finishing line. The time difference from the first run is carried to the second run. The combined time difference determines the winner of the pair.

### **2213.2. Maximum time difference**

The maximum time difference applicable per run is 5 seconds, whether an athlete fails to finish, is disqualified or is slower by more than 5 seconds.

### **2213.3. Separate tracks**

The last 10 meters of the cross-country section towards the finishing line must be separate tracks for the blue and red course. The athlete cannot switch track in this section.

## **2215 Disqualification/ Sanctions**

2215.1. Causes for disqualifications are the following:

- False start
- Entering the wrong course, disturbing the opponent, voluntarily or not
- Incorrect passing of the gate (not both skis or both feet on the right side of the gate)
- Not finishing the run with at least one ski on.
- Unsportsmanlike behavior in one section of the course. If the Course Judge thinks it is ground for disqualification, the jury must convene for the final decision.
- Three flags. See section about Judging.

2215.2. The competitor who is disqualified or does not finish the first run of a round will start in the second run with maximum penalty time. The maximum penalty time is 5 seconds.

2215.2.1. The competitor who is disqualified or does not finish/abandons in the second run is eliminated.

2215.2.2. In case both competitors do not finish, the competitor that passes the most gates:  
First run: wins the first run  
Second run: advance to the next round

**2220 Points**

2220.1. Point scale to be applied if there is no qualification race:

- 1. place – 100 points
- 2. place – 80 points
- 3. place – 60 points
- 4. place – 50 points
- 5. – 8. place – 40 points
- 9. – 16. place – 20 points
- 17. – 32. place – 10 points

2220.2. If there is a qualification race the points according to Art. 2220.1. are applied for the ranking of the parallel race for 32 competitors. Should the final be of 16 competitors then the racers ranked 17 to 30 in the qualification race should receive the points according to Telemark World Cup points table. If the final is of 8 racers then the same principle applies starting from the 9<sup>th</sup> position points.

2507.6 The binding may be modified in the following ways: the physical dimensions of the binding may be reduced - spacers may be added. There is no limit to the height.