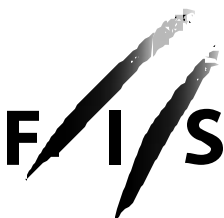

FIS TELEMARK COMMITTEE

**Guidelines for Judging
Telemark Competitions**

Edition 2000

Gates and Jumps



Note to Reader

This document has been prepared by the FIS Telemark Committee to facilitate implementation of FIS Telemark document **General Rules and Regulations, and Rules for Specific Competitions**, Edition 2000, 2nd Section, *Telemark International Ski Competition Rules, (ICR)*, Paragraph 1606, Articles 1606.1, 1606.2, 1606.3 and 1606.4 which states:

1606 GATE JUDGES

1606.1 General Rules

1606.2 A gate judge must have full knowledge of the rules concerning correct passage of the gates and the rules and instructions for gate judges.

1606.3 A gate judge's decision must be clear and unbiased.

1606.4 The organiser, whose responsibility it is to have a sufficient number of qualified gate judges available, appoints the gate judges.



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1. Introduction

This instructional booklet is intended to serve as a reference guide for the training of judges for Telemark competitions.

Both gate judges and jump judges fulfill a vital role in the organization of a race event and are a critical part of the determination of race results.

Because a telemark competitor's race result and finish position is influenced by telemark technique, the judge's competence in the assessment of technique is of utmost significance. It is important that all judges be familiar with the rules of telemark racing and utilize similar criteria in the judgement of telemark technique for the sake of accuracy and consistency in the determination of race results.

This booklet is intended to facilitate the achievement of this objective for competitions at all levels, including the World Cup.

2. Telemark Racing

Telemark racing is similar to other ski races in that race results are determined by the fastest time or combination of times. However, in telemark racing, a competitor's final result is not only affected by speed, but also by how proficiently the competitor completes the race course in telemark technique and how well required manoeuvres of a particular race such as a jump are executed. If a competitor fails to execute turns and specified manoeuvres such as jumps in proper style, a racer is penalized with additional time being added to his or her raw finish time. Because time penalties can be added each time that telemark technique is not performed, it is in the racer's interest

to complete the race as competently as possible. It is the judge's obligation to make a record of any errors of a competitor, such as if the competitor fails to remain on the race course, (for example by missing a gate), or if any errors in telemark technique are observed.

3. Telemark Races

There are 3 official FIS sanctioned races conducted in the World Cup:

Telemark Giant Slalom

Telemark Classic

Telemark Classic Sprint

An unofficial race called the **Telemark Parallel Slalom** is periodically held in conjunction with World Championship events. FIS rules exist for each of these 4 races, which are briefly described below:

3.1 Telemark Giant Slalom

Similar in many respects to the Giant Slalom of other disciplines, the Telemark G.S. is fast and technical with a combined two run finish, on a course set with a series of varied turns and a jump. It is typically set with 250-450 metres vertical drop and between 28 (min) and 63 (max) gates.

3.2 Telemark Classic

Unique to telemark, the Classic tests the all round skiing abilities of the competitors in one run. The course includes the challenges of cross country, giant slalom and super telemark, combined with at least one jump, one or two 360-degree turns and at least one other element, within a three to five minute timeline.

3.3 Telemark Classic Sprint

Similar to the Classic, the Classic Sprint has shorter element intervals and is a two run combined finish. It consists of 20-25 gates, one jump, a skating section and a 360-degree turn in a

course that is 60 to 65 seconds in length. It is sometimes run in a dual format.

3.4 Telemark Parallel Slalom

With a vertical drop of between 60 and 100 metres, this dual course race includes a jump, 11-17 gates and is 20 - 35 seconds in length.

4. The Telemark Race Course

The most basic requirement for a competitor in a race is to complete it 'on course'. In telemark racing, this entails skiing through a number of large, medium and small radius turns and other course elements such as a jump, uphill section or 360 degree turns which are marked by gates. These 'gates', made of plastic or bamboo poles, are usually placed in double sets and are marked with a flag. They typically alternate in red and blue along the race course and determine where a competitor must ski to complete the course. The competitor must complete the race course between these gates; if he/she fails to do so, or 'misses a gate' then that competitor is disqualified and will not have a race result. This disqualification is immediate and it is a competitor's obligation to ski off the course upon realization of missing a gate.

In examining a race course, the gates typically look like this:

Illustration: Successful Course

A competitor must pass through or between these gates. In this illustration, the competitor has completed the course successfully.

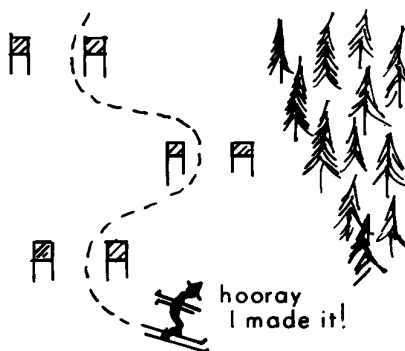
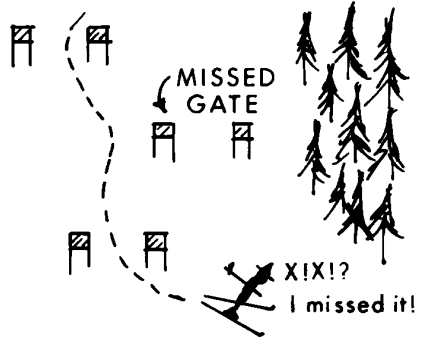


Illustration: Unsuccessful Course



If a competitor goes 'off course' or 'misses a gate' he/she is disqualified. The gate judge must mark the course error as a 'missed gate' and draw a simple sketch on the judging form, like this, to illustrate the course error.

On the judging form there is a place to mark an X if a competitor misses a gate and usually a place to draw a sketch of the error. If there is insufficient space, use the opposite side of the form to draw this sketch. Be sure to include the bib number.

Illustration - Gate Judge Form

<i>Zone Leading up to and including Gate #</i>						
<i>BIB #</i>	<i>Telemark Technique</i>				<i>Course</i>	
	Turn Transition (Mark X)	Heel Position (Mark X)	Boot Space (Mark X)	Penalty (Official Use Only)	Missed Gate (Mark X)	Diagram of Missed Gate (Please Provide sketch of missed gate)
						o o o
						o

5. Gate Judging

5.1 Elements of the Telemark Turn

The major identifying characteristic of telemark skiing is that the heel of the ski boot is not attached to the ski. This is why telemark is often called free-heeling. This characteristic necessitates a special type of turn called 'telemark' where the skier's trailing inner boot and ski drops behind the other, the trailing boot heel comes off the ski and the skier's inner knee flexes in order to turn. In telemark racing, besides having to complete the course in the fastest time possible, the competitor is obligated to complete specified parts of the race course in proper telemark technique. If a competitor fails to complete these specified parts of the course in proper telemark technique, additional time is added to the finish time in the form of 'penalties'. Each time a competitor fails to perform part of the course in telemark technique a time penalty is assigned:

1 second for each unsuccessful turn through the gates;

1 second for an unsuccessful telemark landing (in jumps).

The telemark turn generally consists of several elements including a shift of the skis from leading outer ski to trailing inner ski, a lifting of the heel of the trailing boot off the ski during the turn and a separation of the front boot and rear boot during the turn.

5.2 FIS Rules: Proper Telemark Turn Technique

In telemark racing, the rules of what constitutes proper telemark technique for turns and jump landings are specifically defined. These three rules are the basis of judging telemark technique:

- 1 *"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."* (Section 1803.5 ICR)**

This means that the turn transition from one turn to the other between the gates must be continuous; there must be no hesitation or pause in a parallel or near parallel position. This transition may be rapid or slow (typically it is very rapid). If there is a hesitation or a brief pause in the turn transition, the racer must be penalized and the judging form should be marked in the appropriate place with an X.

- 2 *" The inner ski must be the hindmost ski. The distance between the tip of the inner boot and the heel of the outer boot must be at least one boot length, measured in the direction of the ski."* (Section 1803.3 ICR)**

This means that the boots must be clearly apart at least one boot length (the competitors boot) during execution of the turn. This minimum boot separation must be measured along the length of the ski – not diagonally or perpendicularly. If the boots are not apart this distance, the competitor must be penalized, and the judging form marked appropriately with an X. Judging this criterion can be difficult on certain terrain; the

judge should be stationed in a location that affords a good view of the turn.

3 "The heel of the inner ski must be clearly lifted from the ski. " (Section 1803.4 ICR)

This means that the heel of the trailing (rear inner) boot must be visibly off the ski during the turn. If the trailing inner boot is not off the ski, the racer must be penalized and the judging form marked in the appropriate place with an **X**.

5.3 Related FIS Rules for Telemark Turns and Gates

Accompanying these 3 main rules of judging are a number of related rules, which confirm and clarify technique:

- 4 ***"All turns are to be executed in the telemark technique"***
(Section 1803.1 ICR)
- 5 ***"The competitor himself decides where to execute the turn in relation to the gate"*** *(Section 1803.6 ICR)*
- 6 ***"To start a turn in the telemark technique and end it as a parallel turn, or vice versa, is not allowed."*** *(Section 1803.8 ICR) 7*
- 7 ***"Falling through a gate or passing through a gate on one ski only is not a penalty."*** *(Section 1803.9 ICR)*

Gates marked in red and blue typically signify that competitors must complete that part of the course in telemark technique. Gates or parts of the course marked with a yellow flag signify that telemark technique is not required and that a competitor is in a 'telemark free zone'. The zone before the first gate of a course and the zone after the last gate are telemark free zones without style judging.

There are several special provisions for the Classic and Classic Sprint races:

- **There is no mandatory style or telemark technique required in the cross country parts of the Classic and Classic Sprint races.**
- **There is no judging in the 360 degree turns of the Classic and Classic Sprint.**
- **There is no judging of turn transitions in the super telemark component of the Classic race. Other elements of telemark technique such as boot separation and heel position must be still be executed.**

(This 'free zone' between gates will be identified on the race course.)

While each of the respective telemark races is different in terms of length, complexity, number of gates and elements, each is similar from a judging perspective in that telemark technique must prevail in the various elements of the course. Failure to do so results in a penalty for each error to a maximum of a one-second penalty per gate:

8 "Breaking of the rules is...for each break ..a penalty of one second added to the total time of the competitor; maximum 1 penalty per gate, regardless of error". (Sec. 1804.1, 1905,2007, 2103.2, ICR)

5.4 Gate Judging Form

A gate judge form will typically look like the illustration below. Occasionally it will be necessary for a gate judge to judge more than one gate, in which case the gate judging form may be double or triple in width. The standard preference of the FIS Telemark Committee is one gate per judge and not more than two gates per judge.

Illustration: Typical Gate Judge Form: 2 Gates per Judge

Gate Judge Form - 2 Gates/Judge
TELEMARK STYLE PENALTIES


 FIS
 TELEMARK
 L I C H T H I L L

Date: _____
 Event: _____ Run # _____
 Name of Judge: _____

Please judge telemark style from the board turn zone leading up to your first gate to your last gate. Please note that no penalty is assessed for the first gate or after the last gate. The finish line is not a gate. **NOTE:** If a competitor DOES NOT make the turn in proper telemark style or misses a gate, please mark with an X.

Zone: leading up to and including Gate #							Zone: leading up to and including Gate #							Priority Number DOB of Competitor	
#	Turn Transition (Mark 1)	Heel Pressure (Mark 2)	Edge Control (Mark 3)	Penalty (Mark 4)	Mixed Cable (Mark 5)	Diagram of Mixed Case (Mark 6)	#	Turn Transition (Mark 1)	Heel Pressure (Mark 2)	Edge Control (Mark 3)	Penalty (Mark 4)	Mixed Cable (Mark 5)	Diagram of Mixed Case (Mark 6)		

On the day of the race, you will be given gate judging forms each of which will contain space to judge 20 racers; these forms are normally collected periodically during the race by a designated official. If not, please turn them in immediately after the race to the race office.

Notes:

- 1 **Mark your name on each form(s)**
- 2 **Make sure the date, event and run number is marked on each form. If it is not, please provide this information.**
- 3 **Be sure to mark the competitor's bib number on the form as he/she skis through your designated judging zone.**
- 4 **INCLUDE EVERY COMPETITOR ON THE FORM EVEN IF NO ERRORS OR TIME PENALTIES ARE ASSIGNED!**

- 5 Please mark any missed gate(s) or technique errors on the form ONLY WITH AN 'X'.**
- 6 Please mark ALL observed errors.**
- 7 If a competitor misses a gate, please prepare a simple sketch showing how the error happened.**
- 8 Please do not tabulate or summarize time penalties: leave the space marked "official use only" blank.**

5.5 Related Instructions and Suggestions

Identify the competitor's bib number as he/she approaches your gate judging zone and mark it on your gate sheet. It is important to realize that the race order does not always follow numerical sequence. Sometimes a racer may not show up at the start, sometimes the competitor may fall and leave the course above your assigned gate(s) and periodically the race order changes, for example in G.S. and Classic Sprint where seeding for the second race is based on race times from the first of two races. Although recognition of a competitor's bib number can be difficult because of racing stance and the speed of the racer, it is essential that each racer be properly identified.

Familiarize yourself with your assigned gate(s) and judging zone(s) and select a place that will give you the best view of the competitor as he/she skis through your assigned area. This can often be difficult, particularly if the gates are far apart. Be particularly aware of the angle of view when judging boot separation at the gate(s).

Competitors usually travel through the gates with considerable speed, which often makes it difficult to evaluate telemark technique. Try to assess telemark style in the chronology of the race: examine turn transition first and then the boot position through the turn; examine the entire zone as the competitor travels through it; make a mental note of flaws in turn transition, heel position and boot spacing as you watch the competitor and record them (if any) after the competitor has left your assigned zone.

Any doubt should be in the racer's favour. If there is doubt in your mind as to whether a turn has been executed in telemark style, the advantage must be given to the racer. If errors in style

are not clearly recognizable by the gate judge, no penalty should be assigned.

Do not disclose, discuss or justify your decisions on penalty assignments with racers or spectators; you are only responsible to the Chief of Gate Judges.

Related Instructions And Suggestions continued.....

There will be "telemark free" zones and gates in some races where no judging is required. These free gates and zones will be marked, usually with yellow gate flags or banners and often with markings on the snow surface. Familiarize yourself with 'telemark free' gates and zones if they are near your assigned judging zone. If in doubt, ask the Chief of Gates / Judges.

The zone before the first gate on the course is free (i.e. no judging), and the zone after the last gate of the course is free (no judging). The competitor is free to use whatever technique he/she wants in order to set up for the first gate where his first telemark turn will be evaluated; he/she is similarly free to use whatever technique he/she chooses after the last gate (where technique is last required) to reach the finish line.

Stay off the race course and avoid positions that could potentially interfere with a competitor's line of travel and sight.

If gates become dislodged, remove them from the course and replace them as best you can in their original location; if this is cannot be done, signal for an official to replace the gate.

Remain at your assigned judging zone until the race is completed, until all reruns have been held and the race is officially over.

Communicate with your fellow judges on race course status, bib identification or other race details.

Dress warmly; it can be cold and windy. Bring a backpack with a warm refreshment and snack, a small shovel and windbreak if possible.

Refrain from intoxication or substance abuse that can affect your judgement.

6. Jump Judging

A unique and exciting part of telemark race competition is the jump. The jump is a part of all telemark competitions and competitors are obliged to complete the jump successfully, or be penalized with a time penalty. To successfully complete a jump without penalty, a competitor must both clear the minimum jump distance specified for that jump and 'land in telemark position'. Failure to do either or both results in time penalties being added to the competitors time.

6.1 FIS Rules: Proper Telemark Landing Technique

Landing in telemark position is required for jumps in all competitions including the Giant Slalom, Classic, Classic Sprint races, and Parallel Slalom.

In order for a competitor to land successfully and not attract a penalty, he/she must 'land in the telemark position'. This position is the same as the proper telemark position in a turn. The competitor must 'land' with the heel of the hindmost boot visibly off the ski and the boots must be apart at least one boot length.

- ***"The distance between the tip of the inner (hindmost) boot and the heel of the outer (leading) boot must be at least one boot length, measured in the direction of the ski." (Section 1803.3, 1903.2, 2005.11 ICR) The heel of the inner ski must be clearly lifted from the ski. "* (Sections 1803.4, 1903.2, 2005.1 ICR)**

Landing in telemark position ' is defined as being in or moving into telemark position upon impact with the snow. If a competitor is not in the telemark position on impact with the snow, he must immediately move into the telemark position or be penalized:

- ***"Landing with parallel feet is allowed if one, directly on impact, executes an uninterrupted movement into the telemark position. If not, a penalty of one second is added to the total time of the competitor". (Sections 1S05.6, 1906.5, 2003.6 ICR)***

6.2 Minimum Distance in Jumping

While the penalty for failing to land in telemark technique is the same for each of Giant Slalom, Classic, Sprint Classic and Parallel race events, the time penalties assigned for failing to meet distance are different for each race with the exception of Parallel Slalom which has no distance requirement.

6.2.1 Giant Slalom

In Giant Slalom, the penalty for failing to reach the jump distance is two (2) seconds. (Section 1805.7 ICR) (The maximum per jump penalty a competitor can be penalized for both style and distance is three seconds.)

6.2.2 Classic

In the Classic, there are two zones and penalties are assigned according to the jump zones. Failing to clear the first (minimum) jump zone attracts a penalty of six (6) seconds, while failing to clear the second zone attracts a penalty of three (3) seconds. (Section 1906.6 ICR) (The maximum per jump penalty a competitor can be penalized for both style and distance is seven seconds.)

6.2.3 Classic Sprint

In the Classic Sprint, the penalty for failing to reach the specified jump distance is two (2) seconds. (Section 2003.7) (The maximum per jump penalty a competitor can be penalized for both style and distance is 3 seconds.)

The Technical Delegate together with the jury sets jump distances. They are different for men's and women's competitions.

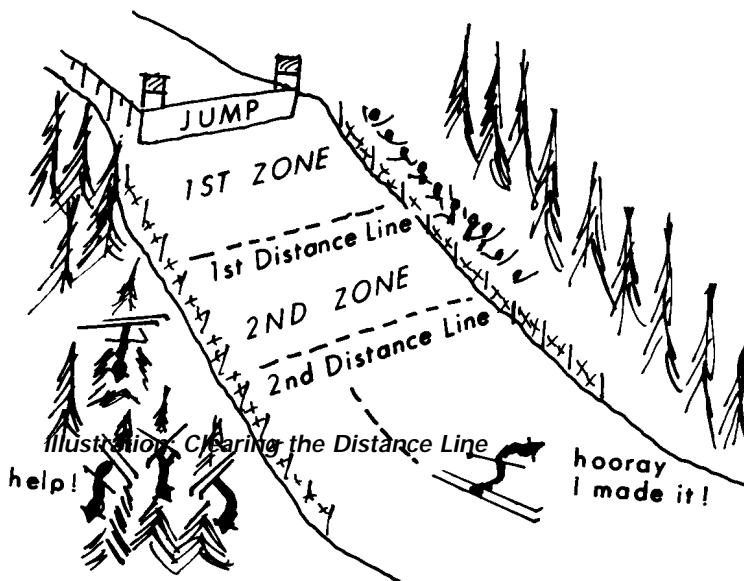
The minimum jump distances for each of the zones are marked on the snow surface usually with coloured ink or chalk.

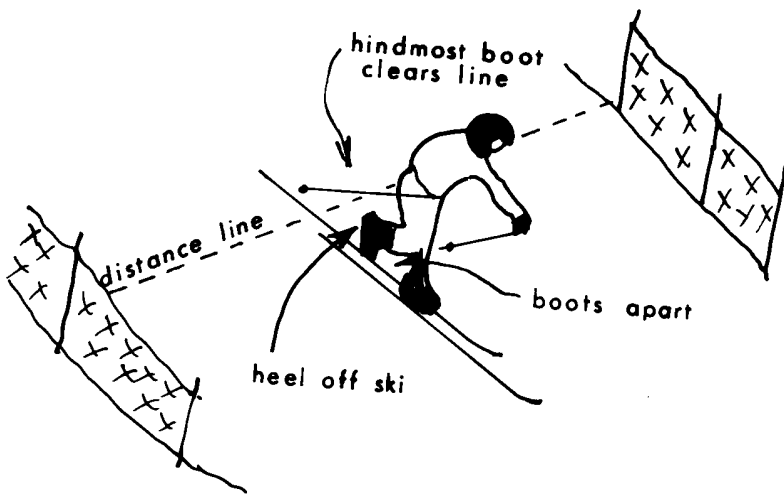
6.3 Measuring Distance

The criterion for measuring the distance a competitor jumps is the same for all races (except Parallel Slalom) and is determined by the heel position of the trailing (rear) boot on impact with the snow:

"The distance jumped by a competitor is measured to the heel of the hindmost boot." (Sections 1805.5, 1906.4, 2003.5 ICR)

Illustration: Example of Jump Zones - Classic





6.4 Jump Judging Form

A jump judge form will typically look like the illustration below. There are minor variations in forms for various race events. The form illustrated here is the form for the Classic, the most complicated of the respective races:

Illustration: Jump Judging Form: Classic

BIB #	Distance		Technique	Penalty
	1 st Zone Limit 6 seconds (Mark X)	2 nd Zone Limit 3 seconds	Landing Telemark (Mark X)	Official Use Only

You will be given jump judging forms on the day of the race. Each form will contain space to evaluate 20 competitors; a designated official will normally collect these forms periodically during the race. If not, please turn them in immediately after the race to the racing office.

Notes:

- 1 Mark your name on each form(s)**
- 2 Make sure the date, event and run number is marked on each form. If it is not already marked, please provide this information.**
- 3 Be sure to mark the competitor's bib number on the form as he/she skis though the jumping zone.**
- 4 INCLUDE EVERY COMPETITOR ON THE FORM EVEN IF NO STYLE OR DISTANCE PENALTIES ARE ASSIGNED!**

- 5 Please mark distance or style errors on the form **ONLY WITH AN 'X'**.
- 6 Please mark **ALL** observed errors.
- 7 Please do not tabulate or summarize time penalties: leave the space marked "official use only" blank.

6.5 Jump Inspection

All competitors are required to execute at least one practice jump as part of the inspection of the race course. Any racer who fails to do this practice jump must be disqualified. If you are assigned the task of recording the practice jumps, please use a set of jump judge forms for this purpose.

6.6 Related Instructions and Suggestions

It can be difficult to identify a competitor's bib number when the approach to the jump is obscured by terrain or by the jump itself. Position yourself so that you can determine the bib number during or immediately after the landing. Communicate with your fellow judges and other race officials on bib identification, race course status and other race details.

Position yourself so that you have an unobstructed view of the landing area, including the distance line(s).

Any doubt should be in the racer's favour. If there is doubt in your mind as to whether a landing has been executed properly, the advantage must be given to the racer. If errors in distance or style are not clearly recognizable by the jump judge, no penalty should be assigned.

Do not disclose, discuss or justify your decisions on penalty assignments with racers or spectators. You are responsible only to the Chief of Gate Judges.

Be sure that you do not obstruct the travel line or vision of the competitor. Ensure that spectators stay clear of the landing zone and your judging area.

Remain at your assigned judging zone until the race is completed, until all reruns have been held, and the race is officially over.

Dress warmly; it can be cold, windy and wet; bring a backpack with a warm refreshment and snack, and if possible, a small shovel and a windbreak.

Refrain from intoxication or substance abuse that can affect your judgement.