

Guidelines Equipment Cross-Country Skiing (07.11.2016) Maximum Pole Length Classical Technique Competitions

The FIS Council confirmed on 5th November 2016 the ICR Art. 343.8.1 and 343.12.1 regarding the pole length in classical technique Cross-Country skiing competitions.

International Competition Rules

343.8.1 In classical technique competitions, the maximum pole length must not exceed 83% of the competitor's body height. In free technique competitions, the maximum pole length must not exceed 100% of the competitor's height. The body height is measured with ski boots on from a flat surface, to the top of the uncovered head.

The pole length is measured from the bottom of the pole to the highest attachment of the strap.

All measurements will be rounded to the nearest centimeter as follows: less than 0.5 cm will be rounded down and 0.5 cm and above will be rounded up.

343.12.1 In all competitions pole exchange is only allowed in the case that a pole is broken or damaged. In classical technique competitions, if both poles are exchanged, they must comply with ICR 343.8.1.

It is however permitted to exchange poles in equipment exchange boxes during ski exchange in skiathlon competitions.

Correlation table body height / max pole length

| Body height | 83% | Max. pole length | Body height | 83% | Max. pole length | Body height | 83% | Max. pole length | Body height | 83% | Max. pole length |
|-------------|--------|------------------|-------------|--------|------------------|-------------|--------|------------------|-------------|--------|------------------|
| 200 | 166 | 166.00 | 180 | 149.40 | 149.00 | 160 | 132.80 | 133.00 | 140 | 116.20 | 116.00 |
| 199 | 165.17 | 165.00 | 179 | 148.57 | 149.00 | 159 | 131.97 | 132.00 | 139 | 115.37 | 115.00 |
| 198 | 164.34 | 164.00 | 178 | 147.74 | 148.00 | 158 | 131.14 | 131.00 | 138 | 114.54 | 115.00 |
| 197 | 163.51 | 164.00 | 177 | 146.91 | 147.00 | 157 | 130.31 | 130.00 | 137 | 113.71 | 114.00 |
| 196 | 162.68 | 163.00 | 176 | 146.08 | 146.00 | 156 | 129.48 | 129.00 | 136 | 112.88 | 113.00 |
| 195 | 161.85 | 162.00 | 175 | 145.25 | 145.00 | 155 | 128.65 | 129.00 | 135 | 112.05 | 112.00 |
| 194 | 161.02 | 161.00 | 174 | 144.42 | 144.00 | 154 | 127.82 | 128.00 | 134 | 111.22 | 111.00 |
| 193 | 160.19 | 160.00 | 173 | 143.59 | 144.00 | 153 | 126.99 | 127.00 | 133 | 110.39 | 110.00 |
| 192 | 159.36 | 159.00 | 172 | 142.76 | 143.00 | 152 | 126.16 | 126.00 | 132 | 109.56 | 110.00 |
| 191 | 158.53 | 159.00 | 171 | 141.93 | 142.00 | 151 | 125.33 | 125.00 | 131 | 108.73 | 109.00 |
| 190 | 157.70 | 158.00 | 170 | 141.10 | 141.00 | 150 | 124.50 | 125.00 | 130 | 107.90 | 108.00 |
| 189 | 156.87 | 157.00 | 169 | 140.27 | 140.00 | 149 | 123.67 | 124.00 | 129 | 107.07 | 107.00 |
| 188 | 156.04 | 156.00 | 168 | 139.44 | 139.00 | 148 | 122.84 | 123.00 | 128 | 106.24 | 106.00 |
| 187 | 155.21 | 155.00 | 167 | 138.61 | 139.00 | 147 | 122.01 | 122.00 | 127 | 105.41 | 105.00 |
| 186 | 154.38 | 154.00 | 166 | 137.78 | 138.00 | 146 | 121.18 | 121.00 | 126 | 104.58 | 105.00 |
| 185 | 153.55 | 154.00 | 165 | 136.95 | 137.00 | 145 | 120.35 | 120.00 | 125 | 103.75 | 104.00 |
| 184 | 152.72 | 153.00 | 164 | 136.12 | 136.00 | 144 | 119.52 | 120.00 | 124 | 102.92 | 103.00 |
| 183 | 151.89 | 152.00 | 163 | 135.29 | 135.00 | 143 | 118.69 | 119.00 | 123 | 102.09 | 102.00 |
| 182 | 151.06 | 151.00 | 162 | 134.46 | 134.00 | 142 | 117.86 | 118.00 | 122 | 101.26 | 101.00 |
| 181 | 150.23 | 150.00 | 161 | 133.63 | 134.00 | 141 | 117.03 | 117.00 | 121 | 100.43 | 100.00 |

1. Procedural guidelines

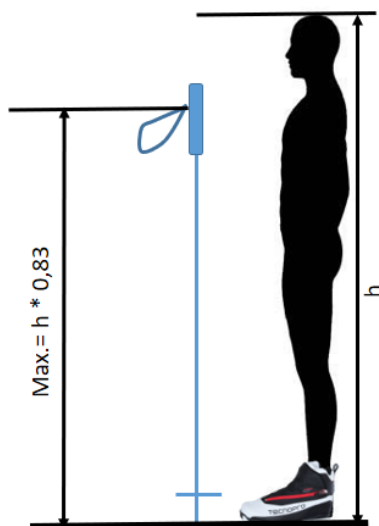
- It is the responsibility of the jury to decide when and where the control(s) will take place and which athletes will be checked.
- The Organisers are responsible to provide the measurements devices. The jury should send to the organisers a list of required equipment several weeks before the event.
- It is not intended to check all the athletes but to carry out a random control. At the beginning of the season, a majority of the athletes should be checked.
- Pole marking will not be used.

2. Measurement

A measurement device should be available during official training, so that athletes can check their equipment themselves. There should be a possibility to perform the measurements before the start and after the finish. If necessary, more than one measurement device should be available.

For popular races a measurement device should be available at every entry to the start box.

At mass start competitions, where measurement is not possible before the start, plan to do it after the finish.



Sanctions

An athlete controlled at the start with non-conforming equipment shall not be permitted to start (ICR 351.2).

Athletes that have used poles during the competition that do not conform with ICR 343.8.1, should be sanctioned. The decision chart should be used to determine the sanction.

Pole exchange in case of broken pole

If one pole is exchanged, the size of the exchanged pole is not relevant. If both poles are exchanged, they must conform with ICR 343.8.1.

Rollerski competitions

396.10.1 In classical technique competitions, the maximum pole length must not exceed 83% of the competitor's body height plus 2 cm. The measurements and rounding must correspond to the provisions of ICR art 343.8.1.