

Contact information

Organiser contact information

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Website	https://rukanordic.com/
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Officials

FIS Technical Delegate	Marte Aagesen Trondsen (NOR) Jakub Tejchman (CZE)
FIS Race Director	Michal Lamplot (CZE) +41792607573 lamplot@fisski.com
Chief of Competition	Niklas Turku (FIN) +358400715655 niklas.turku@rukanordic.com
Sport	Jukka Tahkola (FIN) +358408519915 jukka.tahkola@rukanordic.com
General Secretary	Marika Paananen (FIN) marika.paananen@rukanordic.com
Accommodation	Mari Kämäräinen (FIN) +358103825039 nordic@ruka.fi
Transportation	Anselmi Pitkänen (FIN) +358401485557 transportation@rukanordic.com

Event schedule

Event schedule (LOC times)

24.11.2022	Event	Location	Races
11:00	Training	Ruka Ski Stadium, Hiihtostadionintie 3, FI-93830 Rukatunturi	25 Nov - SPWQ Women's SP 25 Nov - SPWQ Men's SP 25 Nov - WC Women's SP 25 Nov - WC Men's SP
17:00	Team Captains' Meeting	RukaVillage meeting room / Online	25 Nov - SPWQ Women's SP 25 Nov - SPWQ Men's SP 25 Nov - WC Women's SP 25 Nov - WC Men's SP
25.11.2022	Event	Location	Races
11:00	Competition start	Ruka ski stadium, Hiihtostadionintie 3, FI-93830 Rukatunturi	25 Nov - SPWQ Women's SP 25 Nov - SPWQ Men's SP



13:30	Competition start	Ruka Ski stadium, Hiihtostadionintie 3, FI-93830 Rukatunturi	25 Nov - WC Women's SP 25 Nov - WC Men's SP
17:00	Team Captains' Meeting	RukaVillage meeting room / Online	26 Nov - WC Women's 10k 26 Nov - WC Men's 10k
26.11.2022	Event	Location	Races
12:00	Competition start	Ruka ski stadium, Hiihtostadionintie 3, FI-93830 Rukatunturi	26 Nov - WC Women's 10k
14:30	Competition start	Ruka ski stadium, Hiihtostadionintie 3, FI-93830 Rukatunturi	26 Nov - WC Men's 10k
18:30	Team Captains' Meeting	RukaVillage meeting room / Online	27 Nov - WC Women's Pur 27 Nov - WC Men's Pur
27.11.2022	Event	Location	Races
13:00	Competition start	Ruka ski stadium, Hiihtostadionintie 3, FI-93830 Rukatunturi	27 Nov - WC Women's Pur
14:30	Competition start	Ruka ski stadium, Hiihtostadionintie 3, FI-93830 Rukatunturi	27 Nov - WC Men's Pur

Entries

The FIS Online Registration System must be used to register the participating teams.

Booking of waxing cabins via FIS Online Entry System by the preliminary entry. Preliminary entry counts as wax cabin booking, extra wax cabin must be ordered.

Preliminary entry deadline: 28.9.2022

Entry deadline: 17.11.2022

Team information FIS World Cup Ruka Nordic 2022

1. Accommodation

Teams and SRS companies must use the FIS online booking system by requesting the number of rooms/apartments with full-board. The OC will pay accommodation costs according to the FIS rules reimbursement lists and prices. For additional persons, the teams must pay directly to OC.

Accommodation in 3 star hotel rooms or apartments.

Accommodation Office, opening times:

- Wed 23.11 - Thu 24.11: 9-19
- Fri 25.11 - Sat 26.11: 9-18

2. Accreditation

Requests for additional accreditation must be sent via the FIS Online System or to kirsi.hanninen@rukanordic.com

All accreditation cards can be picked up at: Accreditation Office in Hotel Scandic Rukahovi, Congress centre.

Accreditation office, opening times:

- Mon 21.11: 12-19
- Tue 22.11 - Thu 24.11: 9-19
- Fri 25.11: 8-18
- Sat 26.11: 8-17



- Sun 27.11: 8-11

3. Transport

The transportation office will arrange transportation between the official airports (Kuusamo, Oulu and Rovaniemi) and the hotels in Ruka. No shuttle service between hotels and venues (walking distance).

- One transport per team (from the official airport to the venue and one from the venue to the airport) free of charge.
- Requests for transportation (exact arrival times, flight numbers and number of arriving people) must be sent via the FIS Online Entry System or directly to the Transportation office at transportation@rukanordic.com.

Transportation office, opening times

- Mon 21.11 - Wed 23.11.2022: 10.00 - 18.00
- Thu 24.11 - Sun 27.11.2022: 9.00 - 20.00

Prices for additional transport:

- Kuusamo-Ruka or Ruka-Kuusamo (1-4 persons: 70€, 5-8p: 120€, 9-16p: 270€, 17-50p: 340€)
- Oulu-Ruka or Ruka-Oulu (1-4 persons: 300€, 5-8p: 500€, 9-16p: 780€, 17-50p: 950€)
- Rovaniemi-Ruka or Ruka-Rovaniemi (1-4 persons: 280€, 5-8p: 460€, 9-16p: 720€, 17-50p: 890€)

Teams departing from Oulu or Rovaniemi airport must prepare to leave from Ruka approximately 4 hours before flight time.

The minimum charge for waiting longer than 30 minutes is 50€/hour, which is paid by the customer.

Used vehicles:

1-4p: Car, 5-8p: Minivan, 9-16p: Minibus, 17-50p: Bus

4. Payments

Accommodation costs: Persons from the reimbursement lists will be paid by the OC directly. For additional persons, the teams will pay directly in the accommodation office until the 26th of November.

Payments by invoice or credit card.

5. Prize money and taxes

- Income tax for European and non-European citizens is 15%.
- Income tax for US citizens is 0%.
- If requested, the OC will provide the athletes with a receipt of taxes paid accompanying the prize money.

Prize money payment (World Cup Rules Art. 8) OC will use a protected FIS database for prize money payment information. Please make sure that all your athletes' information is uploaded to the system before the race weekend (including Tax codes).

Finnish law does not allow any prize money transfer without indicating the TINs (Tax identification number). You can find an instruction where to find your personal TIN here:

- <https://www.oecd.org/tax/automatic-exchange/crs-implementation-and-assistance/tax-identification-numbers/>

The financial office is in the Congress Centre, Hotel Scandic Rukahovi.

- Financial Office, opening times:
- Thu 24.11: 10-18
- Fri 25.11: 10-19
- Sat 26.11: 10-18
- Sun 27.11: 10-14

6. Race Office, CC info, Waxing facilities, Starting Bibs



Race Office (is located in the Scandic Rukahovi Congress Centre), opening times:

- Mon 21.11 - Thu 24.11: 9-19
- Fri 25.11 - Sat 26.11: 8-21
- Sun 27.11: 8-18

Race Office Tel. +358 40 580 0467

CC info (is located in the Ski stadium Area), opening times:

- Sun 20.11: 11-18
- Mon 21.11 - Wed 23.11: 9-15
- Thu 24.11 - Sat 26.11: 8-15
- Sun 27.11: 8-17

CC info tel. +358 40 084 7989

Wax cabins:

- Available from 21/11/2022 at 12:00
- Waxing trucks: teams arriving with trucks must inform the OC until 14/10/2022 with exact measurements of the truck and details of the needs.
- The keys to the waxing cabins are available at the CC info. Keys return to CC info on the day of departure.
- Payment for additional wax cabins (over Quota) must be made when picking up the keys to CC info.
- Fee for lost key 100€ and cleaning fee 150€.
- Parking cards can be picked up at the CC info together with the keys.

Starting Bibs:

- Distribution of Starting Bibs from the CC info before the races.

7. Team Captain's Meetings

Team Captains' Meetings will be held in the RukaVillage meeting room. Only one representative for each team is allowed to take part. Participating in the Team captain's meeting online is also possible.

8. Team Catering

Ski Café at the Cross-Country Service Area.

Warm food and snack is served (Take Away).

Ski Café opening times:

- Thu 24.11 8.00-13.00
- Fri 25.11 8.00-15.30
- Sat 26.11 8.00-16.30
- Sun 27.11. 8.00-16.00

9. Medical Service

Nearest hospital: Kuusamo City Hospital,

- Address: Raistakantie 1, FIN-93600 Kuusamo, +358 40 860 8611
- X-ray, on call during the event

A doctor is on duty in the ski stadium area during the event.



10. Covid-19 information

Arriving to Finland:

At the moment, Finland does not impose any restrictions on entry to the country because of the COVID-19 epidemic. All restrictions on entry have been lifted.

- Pre-pandemic practices have been reinstated at border checks. Travellers arriving from non-EU and non-Schengen countries must still have normal travel documents, i.e. a passport and, if necessary, a visa.
- In Finland, it is no longer necessary to show your EU Digital COVID Certificate when attending events, visiting food and beverage service businesses or entering the country.
- Please note, that the regulations may change with short notice. Detailed and updated info on practices at Ruka Nordic is available here: <https://rukanordic.com/en/info-for-teams-media/for-teams/>
- *More information:* <https://valtioneuvosto.fi/en/information-on-coronavirus>

During the travel and the event:

- When traveling and at the event area and accommodation, The event organizer recommend to keep the social distances and use a mask/respirator indoor.
- Wash your hands before cooking and meals, when you come in from outdoors, after using the toilet, after coughing, sneezing or blowing your nose, after touching the same surfaces as someone with a cold.
- Ruka Nordic Covid-19 info:
 - +358 40 148 5576 (available 24h starting from 22.11.2022)
 - covid19@rukanordic.com

Corona testing in Ruka

- Doctor Service Bene Finland Oy offers corona testing during the race week.
- PCR tests: Results and written test certificates within 24 hours.
- Antigen tests: Results on the same day
- Appointment and the questions directly to the Doctor Service: <https://www.benefinlandia.fi/>
- Opening hours and test prices will be announced in November.

If you get sick

- If person get sick (covid-19) she / he is able to travel home as soon as she / he wants. In Finland we don't have any testing at the airports or have any requirement for a vaccination certificate. It is on a teams duty to take care of person who gets ill.

11. Regulations of radio equipment/Radio Frequencies

The Finnish Transport and Communications Agency (Traficom) regulates the use of radio frequencies in Finland. Based on submitted applications Traficom issues radio licences for users of radio transmitters to ensure trouble-free utilisation of the radio spectrum. Applications can be submitted by filling in the form found with the link below no later than 31 October 2022.

- <https://www.traficom.fi/en/contact-form-event-organizers>

Some radio transmitters can be used on licence-exempt basis depending on their operating frequency and application. Please refer to Traficom Regulation 15 -

- <https://www.traficom.fi/en/regulations/regulation-15-collective-frequencies-licence-exempt-radio-transmitters-and-their-use>

The applicable frequency bands for wireless cameras, video links and microphones have been collected to page:

- <https://www.traficom.fi/en/communications/communications-networks/wireless-cameras-video-links-and-microphones>

12. Regulations of Visa

- Remember that citizens of some countries will need visa for visiting Finland. Please check with your embassy if you need a visa for



Finland.

- For an official letter of invitation, please send a request to kev@rukanordic.com.

13. Special permissions for truck driving (Sunday and night, other days with special regulations)

There is no need for a special permission for truck driving on Finnish roads. No special rules and regulations, except for the normal Finnish weather and snow conditions and the need of snow tires.

14. Maps

More information on our website.

15. Media and Communications

- [Ruka Nordic -Website](#)
- [Facebook](#)
- [Twitter](#)
- [Instagram](#)
- [Youtube](#)

#rukanordic

Invitation

We cordially invite all member associations of the FIS to participate in the

21th FIS WORLD CUP RUKA NORDIC on November 25th - November 27th 2022 in Kuusamo Ruka

PROGRAMME

Thursday 24.11.2022

- 11.00 Team Captain's Meeting, Nordic Combined
- 11.00 Cross-Country, Official training
- 13.00 Nordic Combined, Official training SJ HS 142
- 15.00 Nordic Combined, Provisional Competition Round, Ski Jumping HS 142
- 17.00 Nordic Combined, Official training CC
- 17.00 Team Captain's Meeting, Cross-Country

Friday 25.11.2022

- 10.45 Nordic Combined, Trial round HS 142
- 11.00 Cross-Country, Sprint Qualification 1,4km Ladies&Men
- 12.15 Nordic Combined, Ski Jumping HS 142, VIESSMANN FIS NORDIC COMBINED WORLD CUP
- 13:00 Team Captain's Meeting, Ski Jumping
- 13.30 Cross-Country, Sprint Finals 1,4km Ladies&Men, C, COOP FIS CROSS-COUNTRY WORLD CUP
- 15:15 Ski Jumping, Official training HS 142
- 16.00 Nordic Combined, 5km Ind Gundersen, F, VIESSMANN FIS NORDIC COMBINED WORLD CUP



17.00 Team Captain's Meeting, Cross-Country

17.45 Ski Jumping, Qualification HS 142

Saturday 26.11.2022

08.45 Ski Jumping, Trial round HS 142

10.00 Ski Jumping, HS 142, VIESSMANN FIS SKI JUMPING WORLD CUP

12.00 Cross Country, 10 km Ladies, C, COOP FIS CROSS-COUNTRY WORLD CUP

12.15 Nordic Combined, Trial round HS 142

13.30 Nordic Combined, Ski Jumping HS 142, VIESSMANN FIS NORDIC COMBINED WORLD CUP

14.30 Cross Country, 10 km Men, C, COOP FIS CROSS-COUNTRY WORLD CUP

16.20 Nordic Combined, 10km Ind Gundersen, F, VIESSMANN FIS NORDIC COMBINED WORLD CUP

18.30 Team Captain's Meeting, Cross-Country

Sunday 27.11.2022

08.30 Ski Jumping, Qualification HS 142

10.00 Ski Jumping HS 142, VIESSMANN FIS SKI JUMPING WORLD CUP

12.00 Nordic Combined, 10km Mass Start, F, VIESSMANN FIS NORDIC COMBINED WORLD CUP

13.00 Cross Country, 20 km Ladies, F, COOP FIS CROSS-COUNTRY WORLD CUP

14.30 Cross Country, 20 km Men, F, COOP FIS CROSS-COUNTRY WORLD CUP

15.00 Nordic Combined, Trial round HS 142

16.15 Nordic Combined, Ski Jumping HS 142, VIESSMANN FIS NORDIC COMBINED WORLD CUP

ENTRY

The entries must be done by FIS online entry system.

RESTRICTIONS

FIS rules will apply. The number of participants must comply with World Cup rules and regulations.

LIABILITY

Each competitor must be insured by his/her own association. The OC have coverage for their own third part liability only.

TECHNICAL DELEGATES: TD, Assistant TD, National Assistant TD

CC: Marte Trondsen (NOR) Jakub Tejchman (CZE) Kai Samposalo (FIN)

SJ: Hubert Mathis (SUI) Renata Nadarkiewicz (POL)

NC: Matija Stegnar (SLO) Jerome Pagnier (FRA) Asko Aalto (FIN)

EXPENSES

According to the FIS World Cup rules. For electronic payments IBAN and BIC-codes are needed.

ACCOMMODATION

Information and reservations Rukakeskus tel.+358 10 382 5039 email: nordic@ruka.fi. Accommodation reservations via FIS online entry system.



FIS Cross-Country World Cup

Ruka (FIN)
25.11.2022 - 27.11.2022



INFORMATION

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WELCOME TO KUUSAMO - RUKA NORDIC ORGANIZING COMMITTEE