

FESA Cup Competitions

Cross-Country Rules

2023/2024

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Planegg, November 2023

Dear ski friends,

We are happy to present you the updated rules for the FESA-Cross-Country-Events Season 2023/2024.

In case of weather or any other problems we kindly request the organizers to contact the FESA coordinators in good time.

The National Ski Federation is responsible for the organization of the FESA events. In case an organizer cannot carry out their competition, they must name the **substitute place not later than Monday before the weekend of the event.**

They also have to inform the TDs on time.

In addition, the coordinator in charge must contact the National Ski Federation.

We wish all teams and organizers fair competitions under good conditions and good luck for the upcoming season 2023/2024

Best regards,
Karl-Heinz Lickert

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Organizers' Checklist

In order to ensure or even improve the quality of FESA competitions, the organizers should observe the following points:

1. Calling/Program

Layout/contents according to ICR; the draft must be presented to the FESA responsible 10 weeks before the competition at the latest. The callings must be sent to the national federations 6 weeks before the competition at the latest.

2. Welcome of the Teams

Signposting at the town entrances.

The race office must be open at the teams' arrivals. The following documents must be ready to be handed over to the team captains:

Timetable / track maps / stadium map / area/town map including indication of important places / list of team accommodations / parking facilities / waxing rooms/ tents

3. Training (ICR 311.3)

The tracks must be professionally prepared for the official training and the competition, secured and signposted. The organizer must have at disposal sufficient equipment of good quality in order to be able to prepare the ICR competition facilities in an adequate way (e.g. track in ideal line)

The function and security staff must be present for the official training. At the official training and the day of the competition, the medical services must be present 2 hours before the start at the latest.

4. Meeting of Team Captains (ICR 305)

The meeting of the team captains must be well prepared and the arrangements must be checked with the Technical Delegate: time, place, seating, course, agenda, computer draw, written weather forecast, distribution of bibs start lists. The agenda must be available in written.

5. Waxing Facilities

The organizer provides for sufficient waxing facilities (electricity provided) in the quarters as well as in the stadium area. (cf. FIS-COC Rules F, page 6)

Recommendation to OCs:	up to 5 athletes	= 10 m ²
	6-10 athletes	= 15 m ² etc.

6. Working conditions for Jury and Timekeeping

Jury: Room Size: Minimum 15 square meters, ideally with a clear view over the stadium. Work and meeting area for Jury, including a PC & printer, Internet, connection, video and TV monitor, power extension cable, hooks and shelves for ski equipment and clothing,

Table, 4-5 chairs. It is important for the integrity of the Jury work that this room is secure, quiet and separate from any other activity.

Timekeeping/ Results Service: Room Size minimum 15 square meters.

Room optimally situated directly at/ above the finish line, with clear view of the start area. Room for 2 -3 computer workstations along the windows facing the finish line.

Space for equipment and tables for intermediate timing operators and interface.

Space for a photo finish camera and monitor must also be planned.

- 7. Athletes' Lounge / Tent**

An appropriate room or a big tent has to be provided for the athletes in the team area. The room or tent must be adapted to the number of competitors.
- 8. Information/Speaker**

The stadium announcements must be in German and/or English in addition to the national language. The stadium announcer must be well informed. An P.A. guide would be very helpful.
- 9. Forerunners**

There should be at least 8 forerunners who are active skiers/ athletes, minimum junior age group.
- 10. Media Work / Publicity**

The organizer must prove that he has contacted the regional and national media (press, radio, TV) and invited their representatives to the event. When the event is over, a press survey as well as a list figuring TV coverage, broadcasting times and length must be made out and sent to the O.P.A. responsible.
- 11. Presentation Ceremony**

The ceremony shall be prepared and organized by a special committee (not by the chief of competition or the "man-of-all-work"!). If possible, there should be a presentation of the winners / flower ceremony as soon as the competition is over. Please observe media coverage!
- 12. Supporting Acts**

Opening and Closing Ceremony
Receptions
Side-Events

FESA – FIS – Continental Cup Cross Country

1. Purpose

By participating in FESA FIS-COC talented young athletes shall be given the opportunity to gain necessary experience to later be successful in the demanding World-Cup competitions.

2. Organization

2.1 Number of Competitions

The National Ski Associations (NSA) of the FESA Nordic Commission (AND, AUT, CZE, FRA, GER, ITA, LIE, SLO, SPA, SUI,) are entitled to organize FESA Continental-Cup competitions Cross Country. The total number of competition weekends shall not be more than 6.

2.2 Competition Calendar

The competition-calendar is established by the Nordic Commission of FESA. The competitions are carried out annually within the period from December till March. In order to follow the FIS COC Rules, the calendar for the next season must be determined no later than at the Spring-Meeting, so that it can be presented to the FIS Sub-Committees for World-and Continental Cups at their Calendar Conferences.

Calendar planning / formats: within one event the Sprint competition should be in the same technique as the next day's distance competition.

At the end of the season 1 or 2 competitions should have the same competition distances for Junior women and women / Junior men and men – but separate competitions.

2.3 Age and Categories

The competitions are announced according ICR 341ff. for:

Women

Women U20

Men

Men U 20

Athletes can only start one age category higher, i.e. only U 18 athletes (no U 16 athletes) can start in the U 20 class.

3. Organization

3.1 Participants

Competitors of the FESA – NSAs are invited.

Competitors from FESA basic Member NSAs and FIS affiliated NSAs are allowed to start, but they cannot gain FESA - COC Points.

3.2 Number of Entries

The number of competitors per nation is generally not limited.

3.3 Entries

According ICR 313

Official entry must be sent by the Organizer **ONLINE** to all relevant Nations.

3.4 Starting Order/ Draw

The starting order will be determined according ICR 314 and analogous to WC.

The seeded group consists of the best 10 competitors of the FESA overall ranking per category For the first competition the starting order is determined by FIS Points.

The composition of the seeded group will be re-calculated and determined after each competition weekend.

U 20 competitions must be registered and carried out as independent competitions with their own FIS Codex.

3.5 Competition Distances

According ICR 310

For 10 km distance competitions the minimum loop length should be 2,5 km.

For 15 km distance competitions (and longer) the minimum loop length should be 3.75 km.

The events/ competitions can only be given to organizers who can provide the equivalent homologated courses.

4. Rankings

See Rules FIS Cross-Country Continental Cup:

<https://www.fis-ski.com/en/inside-fis/document-library/cross-country-documents>

4.1 Scratch Results

For the COC Overall ranking all COC Points gained by an athlete during the season will be counted. There will be **NO Scratch-Results**.

4.2 Exclusion from Scoring

A competition category can only score points if **minimum 3 FESA nations** are in the results.

5. Prizes

5.1 FESA Nordic Commission - FIS Continental Cup

The winners of the FESA -COC Cross Country are:

- the overall winner of the women
- the overall winner of the women U 20
- the overall winner of the men
- the overall winner of the men U 20

Prizes will be awarded to at least the three best competitors of each category.

The winner of the U23 Men and U23 Women will get a price from the Organizer.

5.2 Prize Money

See FIS COC Rules (article 4.3.2).

Regulation of the Nordic Commission of the FESA:

Prize Money or Non-Cash Prize minimum value per event:

Women:	€ 500	Men:	€ 500
U 20 Women:	€ 300	U 20 Men:	€ 300

5.3 Procurement / Handing over of Awards

The first three competitors of the overall score will get medals from the organizer. The medals will be ordered by the office of the Nordic Commission of FESA and they will be delivered to the organizer on time.

6. Nations Scoring

6.1 Score

From each nation the best 3 women, the best 3 men, the best 3 women U 20 and the best 3 men U 20 will be scored. In addition, all points won by the relay and team sprint competitions will be counted.

6.2 Procurement of the Nations Trophy

The FESA Nordic Commission nations together obtain the trophy. The responsibility for the procurement is with the FESA office. Name of the winner nation and year will be engraved on the trophy.

7. Settlement of Costs

7.1 Accommodation / Food

The accommodation standard must comply with FIS COC Rules 6.3.

The Organizers of COC competitions have to guarantee the accommodation standard as ruled in the COC rules first and foremost to the FESA Nordic Commission Nations. Together with the COC coordinator, the national coordinators are responsible for finding regulations with the OCs.

Participation of athletes from FESA basic members and outside FESA is welcome, but for them the OC is not committed to provide the same conditions. (See 7.3 below).

The organizers are asked to make offers for accommodations on different price levels.

In case of participation in only one competition the assumption of costs by the organizer halves. The obligation to cover the costs like mentioned above also applies to a potential substitute organizer, except when the substitute competition is carried out by an organizer of a different FESA - NSA.

FESA nations who do not share the costs for the common data-service are not entitled to any assumption of costs.

7.2 Coverage of additional Costs

It is up to the organizers to extend the coverage of costs beyond the regulations above. The cost of board for additional participants must not be more than € 80 per day/person) for maximum 40 persons per nation. The accommodation standard must comply with FIS COC Rules 6.3.

The assumption of costs can be extended to other nations.

7.3 Right to start, Accommodation and Entry Fees

“Core” Members FESA Nordic Commission

- Right to start in FESA Cup competitions including participation in FESA Cup evaluation and World Cup qualification.
- Quotas: 40 entries (big nations) / 20 (small nations)
- Accommodation: 40 (big nations) / 20 (small nations) places with prize limitation acc. to FESA Rules.
- Entry Fees over the quota: € 15.
- Obligation to host Cup events (organization and financing).

“New” Members FESA Nordic Commission (POL / HUN)

- Right to start in FESA Cup competitions but without participation in FESA Cup evaluation and World Cup qualification.
- Quotas: 40 entries (big nations) / 20 (small nations).
- Accommodation: 40 (big nations) / 20 (small nations) places with prize limitation acc. to FESA Rules.
- Entry Fees over the quota: € 15.

Non-Members FESA Nordic Commission (i.e. Basic FESA members) and Non-FESA Countries

- Right to start (FIS Competition)
- no regulations as to accommodation
- Entry Fees: € 25.

The amount of the entry fee must be announced in the official invitation to the competition.

8. Control

8.1 International Ski Competition Rules (ICR)

The competitions must be held under the applicable FIS rules of the ICR and the Rules for the FESA Continental Cup Cross Country.

All competitions must be carried out on FIS-homologated courses.

8.2 Technical Delegates

All FESA Continental Cup competitions must be registered in the International Ski-Calendar and supervised by a FIS Technical Delegate.

The reimbursement is according FIS regulations (see ICR 304).

8.3 Representatives FESA COC

The organizing National Ski Federation names a national representative for the CC competitions of their FESA COC.

The nomination of the coordinator for FESA COC is made by the Nordic Commission of FESA and is confirmed by the Presidential Conference.

The COC Coordinator is a member of the Jury without right of vote.

If the COC coordinator cannot be present at the event, he will be substituted by the national FESA representative with the same rights and duties.

Accommodation and food of the COC Coordinator are covered by the OC.

Travel costs € 0,60 /km (tolls included) and daily allowance € 100 per day are paid by FESA

In case the coordinator is also in charge of NSA duties (team leader, coach, service staff) the travel costs are covered by the coordinator's NSA. The daily allowance is covered by FESA.

8.4 Calculation of Results

The calculation of the COC results is the responsibility of the Data Service which is financed by all FESA nations. The daily results must be made available in electronic form immediately after the end of each competition by the Data Service. After each competition, it is the duty of the Data Service to transfer the results and the current COC points score to the FIS, the FESA -NSA, the media and the next organizer.

Remarks on TIMING:

317.2.5 All official results must also be electronically transmitted to FIS in XML format.

Electronic Timing Report

ICR 316.9 An electronic timing report for every race must be transmitted to FIS.

At the end of each COC period and after the last COC competition, the leading competitor as well as the three best-placed competitors must be reported to FIS by the Data Service.

8.5 Organizer

For the invitations (national language and English), conducting of the public relations, press hospitality, winners presentation, quality of the accommodation, requirement for waxing cabins and technical details see attachment to the FIS Rules for COC Cups (Book of duties for Organizers of COCs)

https://assets.fis-ski.com/image/upload/v1594892440/fis-prod/assets/COC-Rules-CC_2021.pdf

8.6 Validity

The rules for the organization of the FESA- COC Cross-Country are passed by the Nordic Commission of the FESA and they come into effect forthwith.

Planegg, November 2023

FESA GAMES CROSS COUNTRY U16/ U18

The event serves as test of performance for the developing young talents within FESA.

§1

Annual Carrying Out

The events of the cross country competitions of the FESA U16 and U18 will be carried out once in a year.

§ 2

Date and Duration

FESA Games Cross Country U16/U18: should be organized together with a COC - however **an additional combination with National Cups is not possible.**

If possible, the date should be the last weekend of February/ first weekend of March. The competitions will take place on 2 days. The competitors' and team officials' stay at the location of the competition is limited to 3 days.

§ 3

Application and Selection

The allocation of the events is according to the regular cycle. The NSA organising the events at the time will be confirmed by the Nordic Commission of the FESA.

§ 4

Eligibility

For this event all National Ski Associations of the FESA Nordic Commission are invited : AND, AUT, CZE, ESP FRA, GER, ITA, LIE, SLO, SUI - HUN and POL can start but without participation in the FESA Cup evaluation.

These ski associations oblige themselves to supply the competitions as best as possible.

U18 competitors are only entitled to start if they have a valid FIS CODE.

U16 competitors don't need FIS CODE. FESA Games U 16 will not be listed in the FIS calendar.

Athletes from FESA basic member states and from NON FESA nations can only start in U18 and with a valid FIS code.

§ 5

Number of Competitors

The quotas for FESA Games are the same as for COC

§ 6

Age Limits - Categories

The competitions will be carried out in 2 age-categories. The fixed date for the allocation to the respective category is January 1st. The naming of the year of birth is decisive.

For the season **2023/2024** the following categories apply:

U 16: Year of birth 2008+2009

U 18: Year of birth 2006+2007

§ 7

Competition Programme

The following competitions will be held:

Techniques:

Interval Start C/ Relay F - the techniques alternate annually.

Competition Programme:

Friday

Arrival, official training in the afternoon

Saturday (Interval Start Competition)

5 km C U 16 women

7.5 km C U 18 women

7.5 km C U 16 men

10 km C U 18 men

Sunday

U 16 Mixed Relay 4 x 3.3 km (2 women/2 men)

U 18 Mixed Relay 2 x 3.3 km women + 2 x 5 km men (2 women/2 men)

Relays U 18:

- same distances for women and men
- start sequence: Woman – Man – Woman – Man

Mixed relays (outside the allocation of points) are possible.

§ 8

Rules

In principle the competitions will be carried out according the ICR and replenished with the rules announced here.

The competition courses must be FIS homologated.

§9

Prizes & rules FESA Games

The first 3 competitors in the interval start competitions will get medals. The medals will be ordered by the Nordic Commission of the FESA and delivered to the organizer in due time. At least the first 6 competitors of each competition will get diplomas.

FESA Games

the following Competitions will be scored:

Interval Start:

- the 3 best women and the 3 best men U 16 per nation;
- the 3 best women and the 3 best men U 18per nation

Relay :

- the 2 best relay team U 16 per nation;
- the 2 best relay team U 18 per nation

Points: World cup point. 3 time more for relays.

Awarding of the CUPS

The Trophy « FESA Games » will be awarded for 1 year to the FESA Ski-Association whose team has reached the highest overall score.

§10

Invitation and Entries

The invitation has to be sent to the FESA–NSA not later than January 15th.

The number of entries must be available to the organizer before February 1st.

The official entries with names must have been received by the organizer at latest 4 days before the first competition.

§ 11

Accommodation and Food

The organizer must provide accommodation and food for the competitors and the team officials for 3 days. The accommodation standard must comply with FIS COC Rules 6.3.

The expenses are covered by each NSA.

§ 12

Finances

The organizer carries out the competitions on their own expenses.

The reimbursement of the official is according FIS ICR.

Planegg, October 2023

Nordic Commission of FESA

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APPENDIX

FESA-COC MINI-TOUR RULES

1. Entries:

Only entries for all Mini-Tour stages are possible. Abandonment in one competition will lead to exclusion from the rest of the Mini-Tour.

2. Races:

A Mini-Tour consists of 3 competitions.

a) First stage: Sprint or Prologue

b) Second stage: Interval - or Mass start competition

c) Third stage: Handicap start competition (calculated with the sum of results of stage 1, with bonus seconds and stage 2)

3. Results:

The overall results of the Mini-Tour will be based on the overall time score of the three stages. Sprint competitions will count as well (bonus seconds).

4. COC points:

On the 1st and 2nd competition the competitor will get reduced COC points as usual in WC (rank 1 – 30). For the overall result after stage 3 the competitor will get double COC points (rank 1-30). If a competitor will abandon the Mini-Tour, he will get the COC points of those stages, which he had finished.

Team Sprint: Points to be distributed like in World Cup/FIS Nations Cup

Bonus Seconds in sprint: See New Table RaceTimePro in attachment

COC points for Minitours

<u>rank</u>	<u>stage 1/ stage 2</u>	<u>after stage 3 / overall result</u>
1	50	200
2	46	160
3	43	120
4	40	100
5	37	90
6	34	80
7	32	72
8	30	64
9	28	56
10	26	52
11	24	48
12	22	44
13	20	40

14	18	36
15	16	32
16	15	30
17	14	28
18	13	26
19	12	24
20	11	22
21	10	20
22	9	18
23	8	16
24	7	14
25	6	12
26	5	10
27	4	8
28	3	6
29	2	4
30	1	2

5. Starting order:

Stage 1:	Sprint	1 st – FIS Sprint points (low to high) 2 nd – FIS Distance points (low to high)
	Prologue	1 st – FIS Distance points (high to low) 2 nd – Seeded group (10 to 1)
Stage 2:	Interval start	According to the results of stage 1 (99 to 1)
	Mass start	According to the results of stage 1 (1 to 99)
Stage 3:	Handicap start:	According the overall times of stage 1 and stage 2 (Bonus seconds of the sprint included)

If 2 or more categories will start together the starting order will be according FIS points no seeded group will be valid.