



# 2019-20 NORDIC SKI MANUAL

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## **GENERAL GUIDELINES**

Information in the following sections is taken from two International Federation of Skiing (FIS) manuals. Readers are encouraged to download the complete manuals for more detailed information. The manuals can be obtained at the following urls:

- [https://assets.fis-ski.com/image/upload/v1574757894/fis-prod/assets/ICR\\_CrossCountry\\_2019clean.pdf](https://assets.fis-ski.com/image/upload/v1574757894/fis-prod/assets/ICR_CrossCountry_2019clean.pdf)
- [https://assets.fis-ski.com/image/upload/v1572429756/fis-prod/assets/Specifications\\_for\\_CC\\_JP\\_NC\\_SB\\_FS\\_FK\\_Competiton\\_Equipment\\_2020.pdf](https://assets.fis-ski.com/image/upload/v1572429756/fis-prod/assets/Specifications_for_CC_JP_NC_SB_FS_FK_Competiton_Equipment_2020.pdf)

## **COMPETITION EQUIPMENT**

### 1. Skis

- Length: Minimum height of the skier minus 100 mm.
- Width: Minimum 40 mm in the binding fixation area of the ski.
- Tip: Minimum shovel curvature is 30 mm.
- Tail: Must not rise more than 30 mm on the unweighted ski when lying on a flat surface.
- Both skis must be constructed in the same way & be the same length
- Mass: Skis must weigh at least 750 g per pair.
- Running surface: Can be smooth or slightly grooved lengthwise with the exception of the running groove. The level must be constant in the entire length & width. Climbing aids in the form of scale or step patterns are permitted.
- Edges: Must not face up and outward making the running surface narrower than the top surface (no wedge shape).

### 2. Bindings & Boots

- There are no limitations with regard to material and make.

### 3. Poles

- Two poles of equal length must be used in competition, with one pole held in each hand.
- Length: Maximum must not exceed the competitor's height, nor measure below the hips. (Measurements are taken by placing the tip of the pole on the ski in front of the binding.) The length must be constant, may not possess a telescopic system.
- Grip: Must be attached to the shaft.
- Straps: Must be joined to the grip or shaft.
- Baskets: With varying geometric features and materials are permitted to master various snow conditions. They must not change the conditions of the track so that other competitors suffer disadvantages.
- Tips: May be joined to the shaft at any angle. It is permitted to use 1 or more tips per pole.

## **WEATHER CONDITIONS** (summary of section 388)

There are three main factors to be considered by the jury regarding cold weather safety:

- Temperature
- Duration of exposure
- Clothing and other protection against cold weather.

These factors, together with other relevant information, such as the wind chill factor, must be taken into consideration when a decision is made regarding cold weather. If the temperature is forecast to be between -15C and -20C (+5F and -4F) anywhere on the course, recommendations regarding cold weather protection should be made available participants. Under such conditions it is the responsibility of the participants to follow the recommendations given by the organizer. If the temperature on a major portion of the course is -20C (-4F) or below, the competition shall be cancelled or delayed.

## **TECHNIQUE DEFINITIONS** (summary section 310.2)

- Classic: Includes the diagonal techniques, the double poling techniques, herringbone techniques without a gliding phase, downhill techniques and turning techniques. Single or double-skating is not allowed. Turning techniques comprise steps and pushes in order to change directions. Where there is a set track, turning techniques with pushing are not allowed. Where there is one or more set tracks, repeatedly changing or stepping in and out of tracks is not allowed. (see appendix for complete definition)
- Freestyle: includes all Cross Country Skiing Techniques

## **RESPONSIBILITIES OF THE COMPETITORS** (summary of section 343)

- Arriving at the start and starting at the correct time.
- Must follow the marked course from start to finish & must pass all controllers.
- Must cover the entire distance using their own means of propulsion. Help from pacemakers or pushing is not allowed.
- In all competitions obstruction is not allowed. It is defined as deliberately impeding, blocking (by not following best line), charging or pushing any competitor with any part of the body or ski equipment.
- A competitor who is overtaken must give way on the first demand except in sprint competitions and in marked zones. This applies in classic technique courses even when there are two tracks and in freestyle technique courses when the skier being overtaken may have to restrict his/her skating action. Once the competitors enter a zone where corridors are marked, they must remain in their chosen corridor unless they are overtaking another competitor.
- Equipment Exchange: Poles may be changed. Skis may be changed only if the ski or binding is broken or damaged. It must be proven to the Jury after the competition. The ski exchange must be done outside the track without help from any other person.
- Waxing, scraping, or cleaning of the competitor's skis during the competition is forbidden. Exception: Classic technique, competitors may scrape their skies to remove snow and ice and add wax if necessary, as long as they perform these functions outside the track without help from others.

## **PERSONAL CONDUCT/SPORTSMANSHIP**

All meets must feature high standards of courtesy, fair dealing, and sportsmanship. Sportsmanlike conduct by coaches and participants includes but is not limited to;

- treating officials, opponents, and fans with respect and dignity
- respect for facilities and property of others
- refraining from the use of profanity & abusive language
- adhering to competition rules and procedures

Violation of sportsmanlike behavior can only be reported by a race official (marshals, timers, start or finish judges, jury, etc.) The jury will determine the penalty, which may include disqualification or ejection. See Article 6 in the ASAA bylaws. For an ejection the Officials Ejection Report shall be submitted to ASAA by the Chief of Race.

## **INTERVAL START PROCEDURES** (summary of section 315.2)

- The start command consists of a countdown starting 5 seconds before the start time ("5-4-3-2-1") and start signal ("GO!"). The command can be given verbally or by audible signals.
- The competitor must have his feet behind the start line and remain stationary before the starter gives the starting commands. The poles remain stationary and must be placed in front of the starting line.

- The competitor may start any time between 3 seconds before and 3 seconds after the start signal. If they start more than 3 seconds before the start signal, it is a false start. If he/she starts more than three seconds after the start signal, it is a late start and the start list time will count.

**MASS START PROCEDURES** (summary of section 315.3)

- The mass start should be carried out using angled start lines in the shape of an arrow. This means that the athlete with start number 1 has the most favorable start position followed by start number 2 etc. Each competitor should be separated by a fixed distance interval.
- Starting positions may be determined by a draw, the results of an individual race if run before the mass start, or assigned by the tournament director.
- 2 minutes before the start signal instructions will be given to all competitors assembled in their start lanes. These instructions should end with the competitors being instructed to stand at their start positions. 1 minute to start warning given, then 30 seconds to start. When all competitors are motionless then the start command or signal will sound.
- Competitors are not allowed to change tracks within marked corridors the first 30-50 m after the start line.

**PURSUIT START PROCEDURES** (summary of section 324 and section 315.4)

- Pursuit competitions are carried out as combined competitions where starting times of athletes are determined by results of previous competitions and the final result is determined by finish arrival order.
- The start order and intervals are set according to the results of a first competition (see section 315.4.1)

**RELAY COMPETITION** (summary of section 327)

- The relay team consists of four competitors of whom each may ski only one leg. The first two legs will be raced using the classic technique and the second two legs using the free technique.
- The start will have 100 meters of parallel tracks where a competitor is forbidden to leave the track. Then there will be a zone where the course converges into a course width allowing three competitors to ski side by side without interference over major parts of the course.
- The relay exchange zone will be 30 meters long and sufficiently wide, located on flat or smoothly rising ground near to the start and finish.
- Relay Exchange: Is achieved by the arriving competitor, with a tap of the hand on any part of the next competitor's body while both are in the relay exchange zone. It is recommended that the tap be made to the upper torso and be obvious to the checkers. If an exchange is not legal, both competitors must be recalled to the exchange zone where a correct handover must take place. The next competitors may only enter the relay exchange zone when summoned
- Separate color bibs will be used for the start numbers for each relay leg. For ASAA state championships, they will be:

1st leg – red	3rd leg – yellow
2nd leg – green	4th leg – blue

**SCORING PROCEDURES** (summary of section 317)

- At interval start competition final results are calculated by taking the difference between the finish and start times. If two or more competitors have the same time, they shall have the same placing on the result list, and the competitor with the lower starting number will be listed first.
- At mass start competitions final results are determined by finish arrival order. If there is a photo finish the results will be determined by the toe of the front foot that crosses the vertical plane of the finish line first.
- The unofficial results list will be posted on the official notice board as soon as possible after the



competition, with the time of its publication noted. The jury must deal with any infractions or protests within 15 minutes of the posting. The results list becomes official immediately following the jury's decision.

- The calculation of the final results in pursuit competitions will be done by combining the final results of the first race, excluding the tenths of a second, with the final results of the second race, including the tenths of a second.

## **DISQUALIFICATIONS**

Violations of these rules are the most common examples for the jury to disqualify a competitor:

- Does not follow the marked course.
- Receives unauthorized assistance.
- Fails to give way to an overtaking competitor when so requested, or obstructs another competitor.
- Ski testing and warming up in restricted areas or in the wrong direction.

## **PROTESTS & APPEALS** (summary of section 361)

Formal protest of race results must follow these guidelines:

- Only coaches may file protests.
- Protests are to be submitted in writing on an official form within 15 minutes of the posting of the unofficial results
- The jury will hear the protest, discuss the issue(s) and make its ruling. Decisions by the jury are final and cannot be appealed. Once official results are posted, there can be no protests and the only changes to the results will be for discovered clerical errors.

## **REGULAR SEASON RACE GUIDELINES**

When a member school hosts a regular season meet, the following guidelines should be followed:

### **SITE**

- Select a site with special attention to wideness of trails, spectator viewing opportunities, sufficient snow cover, etc. Courses must be laid out so that they provide a technical, tactical and physical test of the competitors' abilities. An ideal course would have equal portions devoted to climbs with a gradient between 9-18%, undulating and rolling terrain, and down hills. Rhythm should not be broken by too many sharp changes in direction or steep climbs.
- The start zone is the first 50 to 200 meters of the course. The start area should be flat or nearly flat. It should lead directly into the course and be wide enough to avoid excessive crowding. The start should gradually narrow to the width of the course over a distance sufficient in length to allow competitors to spread out before entering the tracks. When a lap course is used, there should be at least 50 meters of protected track at the start prior to the junction of the lap track and the start track.
- The finish zone is the final 200 meters of the course (this distance may be shortened by the Meet Director and Race Chief). The course should enter the finish area on a straight and flat approach that allows several competitors to finish at the same time without impeding each other. The finish area should be designed and equipped for the necessary control functions and to avoid crowding. The finish line should be as close to the start line as possible and marked by two vertical poles and a line in the snow.
- The immediate care area is designed to provide for the immediate health needs of competitors. It should be a covered facility sheltered from the elements. Medical personnel should be present and have on hand blankets, and food & drink.
- Marking of the course must be so clear that the competitor is never in doubt where the course goes. Kilometer signs should mark the accumulated distance skied along the course. Forks and intersections

on the course must be clearly marked by visible signage and fences must be placed across unused parts of the course.

- The stadium is the area where competitors begin, end, and pass through during the race. The use of gates, fences, and marked zones should be placed in such a way that spectators will not interfere with the competitors.
- Warm-up tracks for competitors, coaches, and officials must be provided along the stadium to the course with easy access.

## **CHECKLIST**

- Determine the style of race(s) (freestyle or classic) and distance(s).
- Require entry lists from each school at least a week before the event.
- Arrange for the Results Chief to enter all entries into computer and assign bib numbers.
- Secure sufficient bibs for all competitors.
- Arrange for sufficient toilets for participants and spectators.
- Provide changing rooms for participants.
- Determine location for each team to wax skis, ensuring that electrical outlets are available.
- Get barriers (fencing, gates or flagging) to direct spectator traffic away from participants.
- Arrange for signs to indicate each kilometer of race track.
- Meet with groomer to ensure directions for types of tracks to be laid are clear and that equipment is in full operating order.
- Arrange for hospitality food and beverages for workers during each day of the meet.
- Arrange for medical services to provide on-site medical attention if needed.
- Have a snowmobile on hand to transport any injured competitors from the trail if necessary.
- Install and check that the public address system is working.
- Check timing system to ensure it is functioning correctly.
- Locate/check large face clock that will be used at the start.
- Arrange for concessions that will sell hot drinks, soup, etc.
- Prepare coach's packets; a list of all entries, a map of the course(s), specifics regarding start and finish lines, and bibs.

## **SEEDING**

The seeding may include an elite start group whose composition may be based on known previous year's performance. Competitors may also be grouped by sex, age, grade in school or randomly.

## **COACHES MEETING**

- Introduce all key individuals.
- Review schedule of events.
- Chief of Race cover the course in detail with diagrams or power point presentation. Answer questions regarding use of waxes, etc. Distribute maps of each race's course.
- Conduct seeding order drawing, or present order for teams to depart, if needed.
- Review entries and entertain only scratches or corrections.
- Review guidelines for anticipated weather conditions.
- Explain awards procedures following the event.
- Other items pertaining to site or event.

## **FORERUNNERS AND POSTRUNNERS**

Course setters should forerun the course prior to the first race of the day to check course conditions, ensure that intersections are well marked and note any possible hazards. The forerunner is responsible for alerting the

checkers that the first race is soon to start and to correct any obvious problems on the course. The postrunner shall sweep the course, aiding competitors who experience difficulties. The host school is responsible for obtaining forerunners and postrunners, who cannot be participants in that race.

#### **MEET PERSONNEL** (minimum recommended to stage Nordic Ski event)

- Meet Director
  - Oversee race secretary, chief of race, and support services.
  - Conduct coaches meeting
  - Select representatives for jury
  - Conduct seeding
  - Conduct officials meeting
  - Send out results
- Race Secretary
  - Provide accurately prepared start orders and form to appropriate officials.
  - Distribute complete bib packets to each head coach.
  - Post official results as soon as possible following each event.
- Chief of Race
  - Direct and coordinate the work of all race officials.
  - Designate forerunners and postrunners.
  - Answer technical questions regarding the course and race.
- Jury made up of at least three persons
  - 1 administrator, 1 person knowledgeable of skiing, and 1 coach.
  - Decide whether a competition will be postponed or cancelled due to weather or course conditions.
  - Ensure competition is organized and carried out according to USSA/FIS and ASAA rules.
  - Decide whether reserves may be included and late entries accepted.
  - Decide on a protest and whether to apply sanction against an athlete or coach.
  - Determine a change of starting order in special cases.
  - Answer any questions not covered by these rules.
- Others
  - Announcer — declare departures and give progress updates
  - Starting Line — 1 gives count-down, 1 lines up incoming racers
  - Timers — 4 with watches
  - Finish Line — 2 groups of 3 people. From each group, 1 with a stopwatch and read off the times as the racers cross the finish line; 1 records the bib number; 1 records the racer's time. Both groups are doing these tasks and serve as back-up to each other
  - Results — 2 sort and calculate the results so they can be posted as soon as possible
  - Bib Collectors — 2 help collect the bibs from the participants after they finish.
  - Forerunner and postrunner
  - Course Marshalls — 4-8, watch for infractions at specific locations.
  - Medical personnel at finish line

### **STATE CHAMPIONSHIP RULES**

#### **SITE**

The site for the Nordic State Championships is awarded by the ASAA Board of Directors upon receipt of bid documents. The normal bid is for a three-year period. A backup site will be determined by the state tournament director and approved by ASAA in case weather or course surface is not conducive for



competition. All necessary plans will be made for reservation of the backup site facility and securing of personnel in case it is needed. Decision to switch sites will be made by ASAA by Sunday of Championship week and teams will be notified immediately.

### **STATE MEET EXPENSES**

ASAA will work with the Meet Director and host school to identify all expenses needed for the championship meet. This includes race materials, hospitality items, and travel expenses for out-of-town officials. The host school (or community site) may keep all proceeds from operating a concession stand. ASAA will provide the ski bibs.

### **QUALIFYING PROCESS**

The ASAA Nordic Ski Championship is a single classification event in which all schools are entered and compete together. All schools that have Nordic ski programs are invited to send one boys team of 6 individuals and one girls team of 6 individuals. Schools can send less than a complete team if they wish. Team members will be selected by the head coach with no specific qualifying criteria other than normal ASAA eligibility rules.

### **ENTRIES**

Each school is required to submit a completed Race Entry Form by the specified deadline. The form can be found at [asaa.org/sports/nordic-ski/nordic-ski-forms/](http://asaa.org/sports/nordic-ski/nordic-ski-forms/). Deadlines can be found in the ASAA Handbook in the Nordic Ski section. Entries received after the deadline will not receive seeding priority, and will not be included in the championship souvenir program

### **SUBSTITUTIONS TO STATE ROSTER**

In the event an entered contestant is unable to compete due to extenuating circumstances (illness, injury, ineligibility), a substitute may be entered at the coaches meeting prior to the first day of competition. Once that meeting has ended, teams cannot add substitutes. (Note: changes to original entries will invalidate the academic award form submitted to ASAA.)

### **OTHER REQUIRED FORMS** ([asaa.org/sports/nordic-ski/nordic-ski-forms/](http://asaa.org/sports/nordic-ski/nordic-ski-forms/))

- Roster/Photo – submit online by Sunday deadline This is not your official entry, it is for the program.
- Code of Conduct
- Academic Award – must have at least 4 skiers per team
- Good Sport Awards – 1 male and 1 female per school.

### **RULES**

The meet will use the rules of the International Ski Federation (FIS), along with ASAA adopted rules in this manual.

### **COACHES MEETING** (daily prior to each race)

- Review prior day's race (if occurred)
- Description of stadium (start, finish, exchanges, etc)
- Course description for next race using course map while highlighting any areas of concern.
- Specifics on where spectators and coaches may stand and ski.
- Weather forecast and recommendations on waxes
- Security and general information.

## **PERSONNEL**

- Technical Delegate (TD) – The week before, meet with ASAA staff. Day of the meet check the site, review the stadium layout, check start and finish procedures, supervise every aspect that influences the success of the competition. During the competition, review reports from chiefs of competition and course, ensure that equipment is working, coordinate and participate on the competition jury.
- Chief of Competition – responsible for all aspects of the competition, check that all officials are qualified, supervise their work, chair Coaches meeting.
- Competition Secretary – prepare all forms for start, timing, calculation, etc., check that entries are correct, prepare start lists, arrange to make copies of results.
- Chief of Course – responsible for course preparation, setting the track, ski-testing areas, temperature measurements, first aid posts, and facilities for start and timing.
- Chief Timer – responsible for coordinating the officials working in the timing area, the starter, the finish referee and the finish controller.
- Chief of Stadium – responsible for the stadium area, flow of competitors (to start, from finish) fencing, course markings and signs.
- Chief of Security – monitor spectator area, help ensure competitors are not interfered with.
- Medical Staff – evaluation & treatment of injured participants, arrangement for transport of patients to the nearest appropriate medical facility.

## **COMPETITION JURY**

The jury ensures that the competition is organized and carried out according to FIS and ASAA rules. The responsibilities begin when the jury is appointed, and end when protests from the final competition have been decided. Decisions to be made by the jury;

- Whether a competition should be postponed, interrupted or cancelled
- Whether to apply sanctions against athletes or coaches
- Whether there will be a change in the start in special circumstances
- Whether protests should be accepted or denied
- Any other issues that are not covered by the rules

The jury will be made up of:

- Technical Delegate
- Assistant Technical Delegate
- Chief of Competition
- ASAA representative
- Host school administrator

## **COURSE MAPS AND FACILITIES**

Maps for each race will be posted at [asaa.org/sports/nordic-ski/nordic-ski-state-information/](http://asaa.org/sports/nordic-ski/nordic-ski-state-information/) and reviewed at each coaches meeting where further instructions regarding warmup areas, spectator areas, etc. will be announced. ASAA will work with the Technical Delegate to ensure that the courses used for state competition meet all safety and technical requirements as specified in the FIS rules.

## **RACE FORMAT**

The state championships are held over a three (3) day period with one race for boys and girls each day. The races include two individual competitions and one relay competition. The individual races order will alternate each year (classic or freestyle). Girls will start first on freestyle days and boys will start first on classic days. The relay consists of four legs. The first two legs will be classic technique, and the last two legs will be freestyle technique. Mixed teams of different schools may not be entered in the relays.

### **Order Odd Years**

- Day 1 – Individual Classic Race (7.5k boys, 5k girls)
- Day 2 – Mass Start Freestyle Race (7.5k girls, 10k boys)
- Day 3 – Team Relays (4x3k girls followed by 4x5k boys)

### **Order Even Years**

- Day 1 – Individual Freestyle Race (5k girls, 7.5k boys)
- Day 2 – Mass Start Classical Race (10k boys, 7.5k girls)
- Day 3 – Team Relays (4x3k girls followed by 4x5k boys)

### **SEEDING FOR INDIVIDUAL RACES**

There will be six (6) seed groups for each individual race. Only one skier per team may be placed in each group. The head coach will assign each skier to a group. The start order for the groups will be in numerical order (i.e. group #1 will depart first, group #2 departs second, etc.) The group number does not indicate the skier's ability level. If the coach prefers the best skier to ski last, then that skier should be entered in group #6. Changes to race order may be made at the coaches meeting prior to the day of the race.

### **SEEDING FOR MASS STARTS**

The results of the individual races held on Thursday will be used to seed the Mass Start Race on Friday using the chevron (arrow) start format. There will be no manipulation of the Thursday results by the Race Committee to accommodate any issue that might occur with an individual (illness, breaking a pole, etc.) Individuals own their positions, not the teams. Therefore, skiers performing poorly in the individual races cannot replace teammates positions in the mass race.

### **SEEDING FOR RELAYS**

The number of lanes at the start shall be equal to the number of schools entering teams in the relay. Teams will submit their order of racers at the Friday coaches meeting. Race day changes in start order must be submitted to the race secretary no later than one hour prior to the start of the first relay event of the day. Start positions for the relay will be assigned based upon the team rankings after the first two day's events.

### **FORERUNNERS AND POSTRUNNERS**

Forerunners will ski the course prior to the first race of the day to check course conditions, ensure that intersections are well marked and note any possible hazards. The postrunner shall sweep the course, following the last competitor. The host school is responsible for obtaining forerunners and postrunners.

### **TIMING AND START FORMATS**

- Start lists must be posted the evening prior to a competition, and must include a starting time expressed as a time of day for each starter.
- In all interval start events, electronic timing with start wand(s) and finish beam will be used. Intervals are normally 15 seconds. The jury may approve shorter or longer intervals. This decision shall be communicated at the coaches meeting prior to that day's race.

### **SCORING**

Scoring is based on time. The time for each racer's individual race is combined to determine the skimeister and the All-Tournament team. The team scores are based on the times of the top four (4) finishers in each individual race. That score is added to the relay score to determine the final place finish of each team.

**RESULTS**

Unofficial results will be posted as soon as possible after the completion of the competition. The time period during which protests may be filed begins at the moment that the unofficial results are posted. Official result lists should include each competitor's rank, name, school, and finish time. The official results must also include team scores for each day's events. Results on the second and third days must also include team rankings.

**PROTESTS**

A coach may file a protest against the results, or against a sanction taken by the jury. This must be done in writing within 15 minutes following the posting of unofficial results. The jury will hear the protest, discuss the issue(s) and make its ruling. Decisions by the jury are final and cannot be appealed. Once official results are posted, there can be no protests and the only changes to the results will be for discovered clerical errors.

# Appendix Classical Technique Information and Definitions

To ensure fair competition in classical technique events, it is important that all competitors adhere to a common set of rules defining classical technique. The International Ski Federation (FIS) has developed a set of definitions, rules and course marking practices in order to clarify what forms of classical technique are permissible on various parts of a competition course.

These definitions, rules and practices will be implemented in the classical technique events at the ASAA Championships in order to ensure fair competition for all competitors.

Use the text below, in combination with photos and diagrams to instruct skiers as to how to avoid infractions of classical technique rules.

<b>Location</b>	<b>Correct</b>	<b>Incorrect</b>
<b><i>Turning Zone</i></b>	Skating steps or pushes with the “outside” ski, while inside ski steps (not skates) to the inside of the turn to change direction	Alternating left-right-left-right skating pushes, pushing skier in both directions (i.e. “double skating”); herringbone with glide phase
<b><i>Diagonal Technique Zone</i></b>	Diagonal striding or herringboning without glide phase; alternately moving arms and legs diagonally; one pole in the snow at any one time	Double-poling, double-poling with kick, both poles in the snow at the same time; herringbone with glide phase; turning techniques
<b><i>Outside of Zones with tracks set – basically straight</i></b>	Diagonal striding, herringboning without glide phase, double-poling, double-poling with kick	Pushing or skating steps with one or both skis, regardless of whether one or neither ski is in the tracks; herringbone with glide phase
<b><i>Outside of Zones with tracks wiped out – slight turn</i></b>	Diagonal striding, herringboning without glide phase, double-poling, double-poling with kick; turning with STEPS, rather than pushes; double-pole stroke cannot be synchronized with a step made to change direction	Pushing or skating steps with one or both skis; skating steps with one ski while the other ski does not change direction (marathon skate); herringbone with glide phase

## Other important points.

- Using skating or pushing steps at any time when not changing direction (i.e. when the skier’s other, non-pushing, ski is going straight) is always an infraction; i.e. you cannot use turning techniques outside of a turning zone.
- Herringbone with glide phase is always an infraction
- A technique infraction in an interval start race or sprint qualifier is automatically considered a major rules violation, with the minimum applicable sanction being a written reprimand, i.e. “yellow card”. (see Decision Charts)
- Jury members may assess sanctions for infractions of classical technique rules based upon their personal observation without video evidence

See also these files on the FIS website (FIS-SKI.com > Cross Country > Documents)

- Classical\_Technique\_Clarification\_Cross-Country.pdf
- Jury\_Guidelines\_CC-2018.pdf (note especially point 5)
- Decision\_Charts\_Cross-Country.pdf

<b>Form of Classic Technique</b>	<b>Permissible Anywhere on Course Other Than Diagonal Technique Zones</b>	<b>Permissible in Turning Zones</b>	<b>Permissible in Diagonal Technique Zones</b>
<i>Diagonal Stride</i>	Yes	Yes	Yes
<i>Herringbone without glide phase</i>	Yes	Yes	Yes
<i>Double Pole</i>	Yes	Yes	<b>No</b>
<i>Double Pole with Kick</i>	Yes	Yes	<b>No</b>
<i>Turning Techniques</i>	<b>No</b>	Yes (only here)	<b>No</b>
<i>Herringbone with Glide Phase</i>	<b>No</b>	<b>No</b>	<b>No</b>
<i>V1, V2, V2-alternate, marathon skating</i>	<b>No</b>	<b>No</b>	<b>No</b>

From the FIS International Competition Rules (ICR)

### **Classical Technique:**

Classical technique includes the Diagonal Stride techniques, the double poling with or without diagonal kick, herringbone without a gliding phase and turning techniques.

### **Diagonal Stride Techniques:**

Diagonal Stride technique is comprised of alternating diagonal movements of both arms and legs and includes diagonal stride and herringbone techniques without a gliding phase. In diagonal technique only one or no pole is in the ground at any time.

### **Turning Techniques:**

Turning techniques comprise of steps with the inner ski and pushes with the outer ski in order to change skiing direction. The sections of the course where turning techniques are allowed must be clearly marked

### **NOTE:**

V1, V2, V2-alternate etc. are NOT classical technique. Use of any of those skating techniques, even in a turning section is a violation of technique rules. It is important for coaches to make sure their skiers understand that using V1 technique to ski around a corner in a classical technique race is a violation of technique rules.