

Competition Rules



Only selected rules from the 2019 Australian Competition Rules are included in this handbook. The complete rules are available via the SSA website.

General Rules

1.1 MEMBERSHIP AND RACE LICENCES

- 1.1.1 To enter in National championship races an entrant must be a member of Ski & Snowboard Australia (SSA) and must purchase an appropriate SSA race licence.
- 1.1.2 The different categories of SSA cross country race licences are:
- International Cross Country Racer
 - National Cross Country Racer
 - Sport/Junior Cross Country Racer
- 1.1.3 To enter in State championships an entrant may also need to be a member of SSA and may need to purchase a SSA race licence depending on the requirements of the State sporting organisations.

Full details for each level of race licence and membership can be found on page 28 and also on the SSA website.

1.2 AGE CLASSES

- 1.2.1 The following age classes are used for National Championships and are recommended for other races.
- 1.2.2 Date for age classes is December 31st of the current year.
- 1.2.3 Junior Age Classes

Juniors	MWU12	MWU14	MWU16	MWU18	MWU20
Age Years	11 & under	12-13	14-15	16-17	18-19
2019 Y.O.B	Born 2018 or later	2006 + 2007	2004 + 2005	2002 + 2003	2000 + 2001

1.2.4 Overall Junior Class

In addition to the age classes listed in 1.2.3 there is an Overall Junior Class which is an aggregation of all of those juniors skiing the same distance as MU20 in the case of junior males, and WU20 in the case of junior females. The Overall Junior Class is used to determine Australian Junior Rankings and the overall Australian Junior Champion for a particular event.

1.2.5 Juniors skiing within and outside of their age class

- 1.2.5.1 Junior athletes should normally ski within their specified age class.
- 1.2.5.2 A junior athlete may elect to ski against an older age class only if the distance specified for the older class is longer.
- 1.2.5.3 If a junior elects to ski in a longer distance they will be included in the results for that distance but will not be eligible to receive any age class place awards.
- 1.2.5.4 If a junior elects to ski in a longer distance they will be included in any overall results that may be compiled for that distance and will be eligible to receive any place awards for those overall results.

1.2.6 Open and Masters Age Classes

Open	MWU20	MWU23	MWU30		
Age Years	19 & under	20-22	23-29		
Masters	MWU40	MWU50	MWU60	MWU70	MWO70
Age Years	30-39	40-49	50-59	60-69	70+

1.2.7 Juniors in open competition

The MWU20 age classes are the youngest age classes recognised in open competition. Skiers in MWU18 and below who ski in open competition are placed in the MWU20 age class and will be eligible for MWU20 results and for open results.

When open and junior competitions are conducted together and junior classes compete over the same distance as the open senior classes, junior athletes are automatically included in the overall open results and their own age class and are eligible to receive any place awards in the overall results.

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2.0 FIS INTERNATIONAL COMPETITION RULES

All National Championship races, and by agreement with the state skiing organisations, all State Championship races are to be conducted under the FIS International Competition Rules (ICR), with some minor exceptions that are detailed below under Australian Competition Rules. The latest version of the FIS ICR can be found at this address on the FIS website: <http://www.fis-ski.com>

2.1 AUSTRALIAN COMPETITION RULES

The Australian Competition Rules have been written specifically for national, state and club events sanctioned by SSAXC. These rules follow the same guidelines as the FIS rules but have been simplified to meet the needs of Australian competitions. The full ICR and Australian Competition Rules are available on the SSA website. A selection of these rules are included here in this handbook.

ICR 310.2 Technique Definitions

310.2.1 The jury may ban or enforce the use of specific techniques on marked sections of the course.

310.2.2.1 Classical technique includes the diagonal techniques, the double poling techniques, herringbone techniques without a gliding phase, downhill techniques and turning techniques.

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

310.2.2.3 Where there is one or more set tracks, repeatedly changing or stepping in and out of tracks is not allowed.

310.2.3 Free technique includes all Cross-Country skiing techniques.

ICR 343 Responsibilities of the competitors

343.1 In all training and competition situations the athlete must act with due care taking into account the course conditions, visibility and competitor congestion.

343.2 In all training and competition situations the athletes must always ski in the competition course direction

343.4 The competitor is responsible for arriving at the start and starting at the correct time.

343.6 Competitors must follow the marked course in correct sequence from start to finish and must pass all control points.

343.9 In all competitions obstruction is not allowed. This behaviour is defined as deliberately impeding, blocking, charging or pushing any competitor with any part of the body or ski equipment.

343.10.1 During an interval start competition a competitor who is being overtaken must give way on the first demand.

343.10.2 For all other competitions, when overtaking occurs, competitors must not cause any obstruction. The responsibility for a correct passing without obstruction is on the overtaking skier. The overtaking skier must have his/her skis in front of the skis of the overtaken skier before skiing his/her best line.

343.11 Once the competitors enter a zone where corridors are marked they must remain in their chosen corridor unless they are overtaking another competitor in the same corridor.

343.12.1 In all competitions pole exchange is only allowed in the case that a pole is broken or damaged.

343.12.2 Skis may be changed only if:

1. A ski or binding is broken or damaged. The equipment failure must be proven to the Jury after the competition.
2. Equipment exchange boxes are in place at the competition.

343.12.3 In the case of any ski exchange, the competitor must do it outside of the track without help from any other person

343.12.6 Waxing, scraping or cleaning of the competitor's skis during the competition are forbidden. Exception: In classical technique competitions competitors may scrape their skis to remove snow and ice, and add wax if necessary.

344 Officials and Others during the Competition

344.1 If required, the TD will issue special regulations for officials, media and service people and any other non-competitors, to ensure order on the course, in the stadium and in the team preparation area before, during and after the competition.

344.2 For order and control on the courses the following principles apply:

- from 5 minutes before the start until the time the course closers have passed, all officials, coaches, non-competitors and other accredited persons, are not permitted to ski on the course. During the competition, these persons must take fixed locations beside the course and must stand without skis on.
- while giving intermediate times and information to competitors, officials, coaches and others are not allowed to run more than 30 meters beside the competitors.

- while doing this work officials and others have to ensure not to obstruct competitors.

SSA 2.2.12 At some resorts and for some levels of competition is it not possible to close the course to non-participants. In these circumstances non-participants are advised that a race is in progress and to keep out of the way of competitors where possible. ICR 344 still apply for all competitors, coaches, parents or other non-participants connected with participants in the competition.

ICR 361 Protests

361.3 Deadlines for Submission

- 361.3.1 Against the admittance of a competitor: - before the draw
- 361.3.2 Against the course or its condition: - not later than 15 minutes after the end of official training
- 361.3.3 Against another competitor or competitor's equipment or against an official because of irregular behaviour during the competition: - within 15 minutes after the last competitor has passed the finish.
- 361.3.4 Against the timekeeping: - within 15 minutes after the posting of the unofficial result list.
- 361.3.5 Against decisions of the Jury that are not sanctions: - within 15 minutes after the posting of the unofficial result list.
- 361.3.6 Against clerical errors or violations of the FIS Rules after the competition: - within one month of the competition.

361.4 Form of Protests

- 361.4.1 Protests are to be submitted in writing.
- 361.4.2 Protests must be substantiated in detail. Proof must be submitted and any evidence must be included.
- 361.4.3 CHF 100.– or the equivalent in another valid currency must be deposited with the submittal of the protest. This deposit will be returned if the protest is upheld.

SSA 2.2.17.1 For non-FIS events AU\$ 100 must be deposited.

- 361.4.4 A protest may be withdrawn by the protesting party before the publication of a decision by the Jury. In this case, the money deposit must be returned.
- 361.4.5 Protests not submitted on time or submitted without the protest fee are not to be considered.

361.5 Authorisation: The following are authorised to submit protests: - the National Ski Associations; - Team Captains.

SSA 2.2.17.1 Protests may be submitted by athletes or coaches.

ICR 362 Right of Appeal

362.1 The Appeal

- 362.1.1 It can be made:
 - against all decisions of the Jury
 - against the official result lists. This appeal has to be directed exclusively against an obvious and proven calculation mistake.
- 362.1.2 Appeals must be submitted to the FIS by the NSA.

SSA 2.2.18.1 For non-FIS events appeals against jury decisions should be submitted to SSA and will be addressed by an Appeals Commission set up by SSA. Appeals may be submitted by athletes or coaches.

- 362.1.3 Deadlines
 - 362.1.3.1 Appeals against the decisions on the Jury are to be submitted within 48 hours of the publication of the official results list.
 - 394.1.3.2 The appeals against the official results are to be submitted within 30 days, including the day of the competition.
- 394.1.4 The decision concerning the appeals are taken by
 - the Appeals Commission.
 - the FIS Court.



FIS Technical Delegates

Technical Delegates (TDs) are responsible for ensuring that events are conducted safely and according to the competition rules. Australia currently has 9 TDs accredited at FIS level, and additional TDs at National level.

Australian FIS TDs:

Rob Barrow	Peter Cunningham	Ben Derrick	Peter Ward
Andrew Walker	Graeme Power	Finn Marsland	Ronice Goebel
Sandra Paul			