



AUSTRALIAN CROSS COUNTRY SKIING COMPETITION RULES

2021

SECTION 1 - GENERAL RULES SECTION 2 - COMPETITION RULES

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CROSS COUNTRY COMMITTEE**

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GLOSSARY

SSA.....Snow Australia
 FISInternational Ski Federation
 SSA XC.....Cross Country Committee of Snow Australia
 ICR.....International Competition Rules of FIS
 TD.....Technical Delegate
 Juniors.....Skiers under the age of 20
 U23 Athletes..... Skiers aged 20-22
 Masters.....Skiers over the age of 30

SECTION 1. GENERAL RULES

1.1 MEMBERSHIP AND RACE LICENCES

- 1.1.1** To enter in National championship races an entrant must be a member of Snow Australia and must purchase an appropriate race licence.
- 1.1.2** The different categories of Snow Australia 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 Snow Australia and may need to purchase a Snow Australia 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 the Snow Australia website: www.snow.org.au/

1.2 AGE CLASSES

- 1.2.1** The following age classes are used for National Championships and are recommended for State Championships and all 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
Y.O.B	Born ≥ 2010	2009 + 2008	2007 + 2006	2005+ 2004	2003 + 2002

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	20-23	24-29		
Y.O.B 2021	Born ≥ 2002	1999-2001	1992-1998		
Masters	MWU40	MWU50	MWU60	MWU70	MWO70
Age Years	30-39	40-49	50-59	60-69	70+
Y.O.B 2021	1982-1991	1972-1981	1962-1971	1952-1961	Born ≤ 1951

1.2.6.1 Age groups MWU40 and above are the Master classes (in line with the International Masters age classes).

1.2.6.2 All open and masters athletes will be included in the overall results and will be eligible to receive any place awards in the overall results and in their specified age class

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, the 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.

1.2.8 Junior Age class amalgamation

Age classes are generally never amalgamated even if there is only one starter in a group. The only exception is when age classes are specifically combined for a particular event, as detailed in 1.2.9.

1.2.9 Age Classes for Sprint, Team Sprint, and Skiathlon events

1.2.9.1 For Sprint, Team Sprint and Pursuit events the junior age classes are as follows:

Combined	MW U12	MW U14	MW U16	MW U18	MW U20	WM Open
Age Years	<12	12-13	14-15	16-17	18-19	All ages

- 1.2.9.2** When U20 and Open Australian Championship events are held on the same day U20 and Open competitors race together in the finals. The Australian Junior Champion is the highest ranked junior competitor in the open competition.
- 1.2.9.3** For Sprint, Team Sprint and Skiathlon events there are no senior or masters age classes and all competitors will race together in the open class.
- 1.2.9.4** Depending on the number of entrants race organisers may decide to group together sprint finals, e.g. MW U14 and MW U16, MW U18 and MW U20. When these age classes are combined, the medals for each age class will be awarded to the highest placed athletes of that age class in the finals.

1.3 CHAMPIONSHIP DISTANCES/EVENTS/STYLES

1.3.1 Events

Australian Championships may be held using the following event formats

- Interval Start Distance
- Mass Start Distance
- Sprint
- Team Sprint
- Skiathlon
- Relay

1.3.2 Distances / Techniques Principles

- 1.3.2.1** The SSA XC Committee will annually determine the distances and techniques to be skied in all Junior and Open / Masters National Championship events.
- 1.3.2.2** In principle distances and techniques will rotate between NSW and Victoria every 1-2 years. Where possible there will be a 50-50 mix of classic and freestyle techniques each year.
- 1.3.2.3** The NSW, ACT and Victorian XC Committees will annually determine the distances and techniques to be skied in all Junior and Senior / Open State Championship events.
- 1.3.2.4** All State and National Championship distances and techniques are to be listed in the annual XC Race Calendar.

1.3.3 Current Year Distances / Techniques

For 2021 the following Australian Championship events/distances will be held:

Open Events

Women	Sprint C	Sprint F	Interval Start	Interval Start
	0.8-1.2km	0.8-1.2km	10km C	5km F
Men	Sprint C	Sprint F	Interval Start	Interval Start
	1.0-1.4km	1.0-1.4km	15km C	10km F

Junior Events

- Freestyle Sprint
- Classical Distance, Interval Start

Distance Events					
Gender	U12	U14	U16	U18	U20
Women	1.5km	2.5km	3.5km	5.0km	5.0km
Men	1.5km	2.5km	5.0km	7.5km	7.5km
Sprint Events					
	U12	U14 and U16	U18 and U20		
Women	~ 400m	400-800m	0.8-1.2km		
Men	~ 400m	400-800m	0.8-1.2km		

1.4 NATIONAL RANKINGS

Seeding is used to determine starting positions at championship level competition.

1.4.1 National rankings will be calculated for the following categories:

Open Ranking	Junior Ranking
Distance – Men	Distance – Junior Men
Distance – Women	Distance – Junior Women
Sprint – Men	Sprint – Junior Men
Sprint - Women	Sprint – Junior Women

1.4.2 All rankings shall be calculated using the % behind the fastest Australian skier in nominated events as published on the Australian Race Calendar

1.4.3 All rankings shall be calculated using the average of an athlete's best two results in each category. If an athlete has only a single result in a category they will not be ranked except in the case of 1.4.4.

1.4.4 If only one event is held for a particular category, then the ranking for that category shall be determined from that single event.

1.4.5 Rankings will be calculated as soon as possible after the last nominated ranking event.

1.5 SEEDING

Seeding is used to determine starting positions at championship level competition.

1.5.1 FIS Races

1.5.1.1 All FIS races will be seeded according to the current FIS points list as per ICR 336 unless otherwise determined by the race jury.

1.5.1.2 Any competitors without FIS licences entered in Australian Open Championship events will be seeded in groups after those with FIS licences according to the seeding method outlined in 1.5.2 below.

1.5.1.3 In general, the athletes with the lowest FIS points will start first in Sprint events and last in Distance events, unless otherwise determined by the race jury.

1.5.2 Non-FIS Distance races

- 1.5.2.1 For distance events all competitors will be seeded in start groups according to results from the national distance championships from the previous year.
- 1.5.2.2 Competitors without championship results from the previous year will be allocated into start groups by the National Race Secretary, based on race performances from the current or preceding season.

1.5.3 Non-FIS Sprint races

- 1.5.3.1 For sprint events all competitors will be seeded according to the national sprint results from the previous year.
- 1.5.3.2 Competitors without sprint results from the previous year will be allocated into the seeding list by the National Race Secretary, based on race performances in the current or preceding season.

1.5.4 Junior Competitions

- 1.5.4.1 1.5.4.1 In general, all junior competitors will be seeded according to age class and drawn randomly within that group. In the case that a junior competition is combined with an open senior competition over the same distance, junior competitors will be seeded according to sections 1.5.2 and 1.5.3 above

1.5.5 State Championships

For State Championships race organisers may choose to use the same seeding system used for National Championship events, with any additional seeding to be performed by the relevant State Race Secretary.

1.6 MEDALS/CERTIFICATES

1.6.1 Open Classes – Distance Events

- 1.6.1.1 *Medallions* (Gold, Silver and Bronze-heavy type) Awarded to the first three Australian overall placegetters in the race, men and women.
- 1.6.1.2 *Certificates* (Gold, Silver and Bronze) Awarded to all age class placegetters ie. first, second and third. An overall placegetter will receive an age class certificate as well as a medallion.
- 1.6.1.3 *Team events*: Gold, silver and bronze certificates awarded to all first, second and third placed teams in Open and Masters events.
- 1.6.1.4 Medallions are to be engraved with event, distance and class. Certificates are to be completed appropriately.

1.6.2 Junior Classes – Distance Events

- 1.6.2.1 *Medallions* (Gold, Silver and Bronze-heavy type) Awarded to the three Australian placegetters in the overall junior class (defined in 1.2.4)

- 1.6.2.2** *Medallions* (Gold, Silver and Bronze) Awarded to all age class placegetters ie. first, second and third.
- 1.6.2.3** An overall placegetter will receive 2 medallions, one for age class and one for overall.
- 1.6.2.4** *Team events*: Gold, silver and bronze certificates awarded to all first, second and third placed teams in all age classes.
- 1.6.2.5** Medallions are to be engraved with event, distance and class. Certificates are to be completed appropriately.

1.6.3 All Classes – Sprint Events

- 1.6.3.1** *Open Medallions* (Gold, Silver and Bronze-heavy type) Awarded to the first three Australian placegetters in the Open Sprint Finals.
- 1.6.3.2** *Open Junior Medallions* (Gold, Silver and Bronze-heavy type) Awarded to the first three Australian placegetters in the Open Sprint Finals.
- 1.6.3.3** *U20, U18, U16, U14, U12 Medallions* (Gold, Silver and Bronze) awarded to the first three Australian placegetters in each age group Sprint Final. If U20 and Open finals are conducted together then the U20 and U18 medals are awarded to highest placed Australian U20 and U18 athletes in the Open Sprint Finals.
- 1.6.3.4** An overall placegetter will receive 2 medallions, an age class as well as an overall.
- 1.6.3.5** Medallions are to be engraved with event, distance and class.

1.6.4 International Guests

If an international skier wins a national title the organisers may present him/her with an award e.g. medallion, certificate or other gift.

1.6.5 Perpetual Trophies

1.6.5.1 The Otto Pinkas Perpetual Trophies.

These trophies were donated in 1985 by Gina Pinkas and family of Farrer, ACT, in memory of Otto, husband and father.

They are awarded in the overall junior class based on the times of the individual distance event of the Australian Junior Championships.

These skiers will be named "Australian Junior Distance Champion - Boys" and "Australian Junior Distance Champion - Girls" respectively.

1.6.5.2 Other Perpetual Trophies:

A review of perpetual trophies for other championship events is needed.

SECTION 2. COMPETITION RULES

2.1 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/uk/disciplines/cross-country-rules/cross-country-rules/rules.html>

2.2 AUSTRALIAN COMPETITION RULES

The following rules have been written specifically for national, state and club events sanctioned by SSA XC. These rules follow the same guidelines as the FIS rules but have been simplified to meet the needs of Australian competitions. The rules are listed in the same order that they appear in the FIS ICR.

2.2.1 ICR 207 Advertising and Commercial Markings

Advertising and commercial markings rules will not be applied for non-FIS competitions.

2.2.2 ICR 206.7 Presentations/Podium

In general there are no restrictions on equipment/clothing that competitors may wear/take to the presentations and podium in Australia, unless stipulated by race organisers and agreed to by the jury.

2.2.3 ICR 212.1 Insurance

All competitions published on the Ski & Snowboard Australia cross country race calendar must be covered by public liability insurance.

2.2.4 ICR 225 Appeals

For non-FIS events appeals will be addressed by an Appeals Commission set up by SSA.

2.2.5 ICR 303 Members of the Jury

2.2.5.1 For all FIS events a TD will be appointed by FIS on the recommendation of the Australian TD Coordinator. A National TD Assistant will be appointed by the Australian TD Coordinator. The jury will consist of the two TDs and the chief of competition according to 303.1.6

2.2.5.2 For non FIS championship SSA XC will appoint TDs according to the SSA XC TD Policy. For events in which a TD is appointed the jury will consist of the TD, the chief of competition and the chief of course.

2.2.5.3 For events in which a TD and an assistant TD are appointed the jury will consist of the two TDs and the chief of competition

2.2.5.4 For events in which no TD has been appointed organising committee should nominate an independent person from another club to chair a jury including the chief of competition and chief of course.

2.2.6 ICR 305 Team Captains Meetings

Team Captains Meetings should be held for all Open and Junior Australian championship events. In general, team captains meetings are not held at lower levels of competition. If a team captains meeting is not held it is the responsibility of race organisers to provide competitors with all relevant race information such as course maps, start lists, time schedules and safety information in advance of the competition and at latest by the race registration / bib pickup on the competition day.

2.2.7 ICR 310.2.1.4 Classic Technique Zones

2.2.7.1 Classic technique zones should be used to prevent only double poling in championship sprint and distance events. For implementation of classic technique zone refer to the SSAXC Guidelines for Classic Technique Zones.

2.2.8 ICR 311 Homologation

2.2.8.1 All FIS races should be conducted on a FIS registered homologated course.

2.2.8.2 For all non-FIS championship races courses will be designed following the general fundamental characteristics as detailed in ICR 311.1.2, however the total climb and maximum climb recommendations will be adjusted according to the level of competition.

2.2.8.3 For non-championship competitions there are no height requirements.

2.2.9 ICR 311.3 Preparation of the courses

2.2.9.1 For interval start classic competitions a classic track will be prepared in the line of best fit as according to ICR 311.3.3.2 only if appropriate grooming equipment is available. If it is not possible to groom in the line of best fit a single classic track will be set on one side of the course.

2.2.9.2 For mass start classic competitions multiple parallel classic tracks will be set according to ICR 311.3.3.6 only if appropriate grooming equipment is available.

2.2.10 ICR 313 Entries

2.2.10.1 Entries will close 5 days prior to race day for Australian Championships or as determined by the organising committee.

2.2.10.2 It is not necessary to confirm entries the day before the event. All entrants will be included on the start list unless withdrawn before the race draw is completed.

2.2.11 ICR 313.3 Late Entries

2.2.11.1 In general, late entries are permitted on the race day up until a final time set by the race organisers. Start times will be allocated as per 335.1.2 with no advantage given to the late entrants.

2.2.11.2 For interval start events all competitors must have their own start time and sufficient space must be left on the start list for late entrants if late entries are to be accepted.

2.2.11.3 For mass start events late entrants shall be seeded at the back of the

2.2.12 ICR 314 Starting Order

2.2.12.1 For FIS races race organisers may choose to use FIS point seeding method as set out in ICR 334.

2.2.12.2 Start groups and seeding will be determined as per the procedure set out in section 1.5 Seeding.

2.2.13 ICR 344 Responsibilities of Officials and Others

At some resorts and for some levels of competition it is 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.

2.2.14 ICR 315.3 Mass start procedure

For small starting fields race organisers may decide to use a straight line or series of straight lines for mass starts and pursuit starts instead of an arrow or staggered mass start configuration. In general start corridors will not be marked.

2.2.15 ICR 317.2 Publication of results

2.2.15.1 For all FIS competitions organisers must produce a copy of the results according to FIS rules and must also submit these results to FIS in XML format.

2.2.15.2 For Non-FIS races all results for each separate event (men and women) should be published as follows:

Place	Surname	First Name	Class	Club	State	Time	% Behind
1	Svan	Gunde	M25		SWE	42.18	-2.3
2	Smith	Tom	M20	Cooma	NSW	43.16	0
3	Brown	Bill	M18	WSC	VIC	44.06	1.8

A separate age group result sheet may also be published.

2.2.15.3 For Junior competitions each separate age group result must be published using the same format.

For relay competitions the following format should be used:

Place	Team Name	Individual Names	Cumulative Times	Individual Times	Team Time
1	Yeti SC	Sam Hill	16.04	16.04	
		Joe Watt	32.14	16.10	
		Ned Adams	58.36	16.22	58.36

2.2.15.4 Race organisers shall email an electronic copy of the results to the relevant state or national race secretary.

2.2.15.5 Where possible race organisers will upload an electronic copy of the results in PDF format to the AUSXC website. If direct upload is not

possible race organisers will notify the relevant race secretary who will arrange for the AUS-XC upload.

2.2.16 ICR 325 Individual sprint competitions

2.2.16.1 Starting order of the qualification will be in accordance with the seeding as set out in 1.5 Seeding.

2.2.16.2 In case of equal qualification times the competitors who advance to the finals will be ranked according to their seeding position. Competitors who have been seeded by draw will be ranked according to their start number.

2.2.17 ICR 325.5.3 Sprint finals heats

2.2.17.1 In general up to 16 athletes will be taken to the finals, with four competitors in each heat. However, organisers may choose to allow additional athletes ranked outside the top 16 to start in the finals on a second row, using heat allocation as per ICR 325.4.2.6.

2.2.17.2 Organisers may also choose to run additional heats to rank competitors outside the top 16. For example, competitors ranked 17-20, 21-24, 25-28 and so on will race off together. The final rankings will be determined from the results of these heats.

2.2.17.3 When U20 and open finals are run together, additional finals may also be held to determine the final rankings of junior competitors who do not progress to or past the quarter-finals. In the case that there are no junior competitors in the semi-finals then these additional finals will determine the Australian Junior Champion.

2.2.17.4 When additional junior finals are held, the final ranking will be determined by:

- (i) the rank of junior athletes in the open A-final, then;
- (ii) the rank of junior athletes in the open B-final, if held, then;
- (iii) the rank of athletes in the additional junior finals.

2.2.18 ICR 326 Team sprint competitions

2.2.18.1 Race organisers may decide to use an individual sprint qualification instead of team sprint semi-finals before team sprint finals.

2.2.18.2 If an individual sprint qualification is used all teams will qualify for the finals and teams will be seeded for the finals according to their combined qualification times. Team members must be nominated prior to the qualification.

2.2.19 ICR 343.8.1 Maximum Pole Length

2.2.19.1 For non-FIS competitions TDs will consider whether any use of longer poles was intentional or inadvertent when considering sanctions. For younger athletes not attempting to gain an advantage education of the rules to athletes and parents is an appropriate action.

2.2.20 ICR 361 Protests

2.2.20.1 For non-FIS events AU\$100 must be deposited to the jury with the submittal of the protest. This deposit will be returned if the protest is upheld.

2.2.20.2 If the protest is dismissed the deposit goes to Snow Australia in the case of national events and to the relevant SSO in the case of state or club events.

2.2.20.3 Protests may be submitted by athletes or coaches.

2.2.21 ICR 362 Right of Appeal

2.2.21.1 For non-FIS events appeals against jury decisions should be submitted to SSA and will be addressed by an Appeals Commission set up by Snow Australia.

2.2.21.2 Appeals may be submitted by athletes or coaches.