

International Ski Mountaineering Federation

Rules for organizing international ski
mountaineering competitions



Contents

| | |
|---|-----------|
| 1. GENERAL REMARKS..... | 2 |
| 2. FINANCE AND ADMINISTRATION..... | 7 |
| 3. ORGANIZATION..... | 9 |
| 4. SPORT AND TECHNICAL ISSUES..... | 11 |
| 5 ENVIRONMENTAL CONCERNS | 27 |
| 6 RACE SAFETY..... | 27 |
| 7 COMMUNICATION / PROMOTION / PARTNERSHIP..... | 28 |
| 8. THE FIGHT AGAINST DOPING..... | 31 |
| 9. APPENDIX 1 : START AREA | 34 |
| 10. APPENDIX 2: CONTROL SHEET..... | 35 |
| 11. APPENDIX 3: FINISH AREA | 36 |
| 12. APPENDIX 4: FINISH CONTROL SHEET..... | 37 |
| 14. APPENDIX 6: SPECIAL MOTION FOR ASIA (CHINA AND SOUTH KOREA). | 40 |

1. GENERAL REMARKS

1.1. Aim and abbreviations

This document describes the rules and guidelines for organizing official international ISMF ski mountaineering races.

It defines the responsibilities of all the partners involved in the organization.

These rules cover all competitions announced in the official ISMF calendar.



The official document for "Rules for organizing international ski mountaineering competitions" is published in both English and French. In the event of any contradiction, the English version will prevail.

1.2. Definitions

- **Sporting season:** from 1st July to 30th June. Any changes in rules voted in June by the PA will be applicable from 1st July and therefore for the season.
 - **National Federation:** federation or association that represents ski mountaineering at a national level, approved by the corresponding ministry or state department, approved by the federation sitting at the National Olympic Committee and member of the ISMF.
 - **Event:** describes all proceedings extending from LOC preparations to final results (candidacy, administrative and technical procedures, route marking, welcome, registration, inspections, races, podium, accommodation, meals, etc.).
 - **Race:** describes a contest from start to finish.
 - **Open:** race for competitors with no ISMF license, and taking a course different of the ISMF race (course B or C)
 - **Competition:** all the races that take place during the event.
 - **Competitors:** all persons participating in the race and the competition.
 - **Time points:** these points depend on the ratio of a competitor's finish time and that of the winner given in percentage for each race, used to decide between dead heats.
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- **Place Points:** points attributed to competitors depending on their results in a given race irrespective of the race coefficient.
 - **Race coefficient:** value attributed to the race depending on the previous ranking of the best athletes to finish.
 - **Ranking points:** points attributed to individual competitors, teams or countries and used to establish their position in competition ranking.

Abbreviations

- ISMF: International Ski Mountaineering Federation
- PA: Plenary Assembly
- MC: Management Committee
- LOC: Local Organizing Committee
- UIAA: International Mountaineering and Climbing Federation
- DVA: *Détecteur de Victimes d'Avalanche*, also called: avalanche transceiver (ARVA)
- M: Men
- W: Women
- NF: National Federation
- WADA-AMA: World Anti-Doping Agency
- TAS: Court of Arbitration for Sport Lausanne (Ch)

References

- The following documents relate to ISMF ski mountaineering competitions:
- ISMF: Rules for organizing international ski mountaineering competitions
 - ISMF: International ski mountaineering game rules
 - ISMF: Rank regulations for international ski mountaineering competitions
 - ISMF: ISMF Disciplinary rules
 - ISMF: ISMF Anti-doping policy & procedures
 - ISMF: Athletes' Commission
 - ISMF: Rules Commission
 - ISMF: Referee's Commission



- ISMF: ISMF statutes
- ISMF: «Bylaws»

1.3. Types of events and competitions

The different types of ISMF race:

- **ski mountaineering races:** several ascents and descents on mountain slopes. Ski mountaineering courses may be raced individually and/or in teams. Team formation (number and category of competitors) depends on the type of competition and is as approved by ISMF.
- **vertical race:** a single ascent, individual race.
- **relay races:** ascent(s) and descent(s) raced by each member of the relay team.
- **Sprint :** A varied short course (between 3min and 3min30sec) with ascent, descent, and a walking part with skis attached to rucksack, which will take place in qualifying phases, quarter-finals, semi-finals and final.
Race held by heats of 6 runners from quarter-finals to final.

The types of international ski mountaineering events are:

1.3.1 World/Continental Championships

Each race takes place on 1 day

- **ski mountaineering races:**
 - **Individual races:** senior M, senior W, espoir M ranking, espoir W ranking, junior M, junior W, cadet M and cadet W
 - **Team races:** seniors M (2 competitors) and seniors W (2 competitors)
- **vertical race:**
 - senior M, senior W, espoir M ranking, espoir W ranking, junior M, junior W, cadet M and cadet W
- **relay races:**
 - seniors M (4 competitors) and seniors W (3 competitors)
 - youth (junior/cadets): 3 competitors per team including 1 cadet and 1 woman
1 Cadet (M) + 1 Girl (C or J) + 1 youth (M or W, cadet or junior)
The lady competitor necessarily starts in 1st position
- **Sprint:**
 - Senior M, Senior W, Junior M, Junior W, Cadet M, Cadet W
 - Individual Race with qualification series
 - quarter-finals, semi-finals and final for Senior M,
 - semi-finals and final for Senior W
 - Final for Youth Categories

For the Continental Championships (excluding Europe), it will be possible to adapt the rules.

- Positive difference in height adapted.
- The composition of the relay teams.
- 2 categories: Senior and Youth.
- Etc...

Other possibilities may be put forward to the Management Committee via the ISMF Technical Director. New decisions only become effective after acceptance by the Board

Athletes holding valid ISMF licences are not allowed to take part in ISMF World Cup team races with team members of different nationalities.

Schedule for the week - subject to favourable conditions



During candidacy assessment, the distinctive features of each candidacy will be taken into account, and decisions will be taken in common agreement between the LOC and the TD (technical direction).

Day 0: Welcome (preferred on Saturday)

Day 1: *Sprint Senior, Espoir, Junior, Cadet Men and Women*

| | | | |
|---|--------------|-------|----------------------|
| Day 2: <i>Vertical Race Senior and Espoir</i> | | Women | From 575 m to 775 m |
| | After 30 min | Men | From 745 m to 1000 m |

| | | | |
|----------------------------|--------------|------------------------|---------------------|
| Day 3: Youth Vertical Race | | Cadet Men | From 425 m to 575 m |
| | After 20 min | Cadet and Junior Women | From 425 m to 575 m |
| | | Junior Men | From 575 m to 775 m |

| | | | |
|---|--------------|-------|-----------------------|
| Day 4: Individual Senior and Espoir races | | Women | From 900 m to 1320 m |
| | After 30 min | Men | From 1170 m to 1760 m |

| | | | |
|-------------------------------------|--------------|------------------------|----------------------|
| Day 5: <i>Youth Individual Race</i> | | Cadet Men | From 900 m to 1100 m |
| | After 20 min | Cadet and Junior Women | From 900 m to 1100 m |
| | | Junior Men | From 900 m to 1320 m |

Day 6: *Race by Team – Men and Women*

Races consisting of ascents with a positive difference in height

Races consisting of ascents with a positive difference in height

Require use of technical equipment: crampons – harness – lanyard

superior to **1800 m** for Men

superior to **1350 m** for Women

Day 7: *Relays Senior Men and Women, and Youth*

| | | |
|--------------|-------|-------------------|
| Start order: | Youth | From 150m to 180m |
| | Women | From 150m to 180m |
| | Men | From 150m to 180m |

Before 2 pm except if the race takes place on entirely lit up trails.

1.3.2. World Cup and Continental Cups

Each race takes place on 1 or more days

- **Ski mountaineering races:**
 - Individual races: senior, espoir ranking, junior, cadet Men & Women
 - Team races (2 or 3 competitors): Senior, espoir ranking, junior, cadet Men & Women.
- **Sprint:**
 - Senior, espoir ranking, Junior, Cadet Men & Women
 - Individual Race with qualification series
 - quarter-finals, semi-finals and final for Senior M
 - semi-finals and final for Senior W
 - Final for Youth Categories
- **Vertical Race:**
 - Senior M, senior W, espoir M, espoir W, junior M, junior W, cadet M and cadet W
- **Relays:**
 - Senior/Espoir M, senior/espoir W, youth
 - Exemptions can be granted according to the type of format of the proposed relays

Athletes holding valid ISMF licences are not allowed to take part in team races that count towards the ISMF Championships with team members of different nationalities.

1.3.3 ISMF homologated competitions

- **ski mountaineering races:**
 - Individual races: senior, espoir ranking, junior and cadet (M and W)
 - Team races: Senior, espoir ranking, junior and cadet (M and W)



- Sprint : senior, espoir, junior and cadet (H et F)
- Vertical Race: senior, espoir, junior et cadet (H et F)
- Relays : Format to be proposed to the ISMF

meeting the criteria required to obtain the ISMF Homologated Race label (see appendix 1 of "Game Rules").

Espoirs are also ranked in senior categories.

1.4. Registering an event in the international calendar

See in "rules for registering an event in the international calendar.

1.4.1 Procedure to follow to register an event in the ISMF calendar

There is a special appendix (see attached document) which title is "rules for registering an event in the international calendar"

The document consists of the appendix and 2 sheets of questions

1.4.2 Calendar registration fees

Payment of registration fees:

- 300 € for an ISMF Homologated Race
 - 1 000 € for a World Cup or a Continental Championship
 - 2 000 € for a European Championship
 - 5 000 € for a World Championship

1.4.3. Race organizer - ISMF meetings

The organizers of events selected for the calendar of the upcoming season will be invited to attend 1 meeting (place and dates to be specified in due course, with at least 1 month's notice).

(Generally organized by the competition which welcomes the World or European Championship)

- The meeting should take place at the end of September – beginning of October, with members of the ISMF board, and other race organizers (new regulations - exchange views with ISMF members and other race organizers, training those responsible for the race route and volunteers).

For all ISMF races, a contract must be drawn up and signed by both the LOC and ISMF.
See document in appendix 3.

The ISMF homologated race label lasts for 4 years, during which time organizers may apply to host a World Cup event

1.5. LOCs, National Federations and ISMF

1.5.1 Local Organizing Committee (LOC)

The administrative and legal statutes of LOCs are under the responsibility of the national federation that registers for the event. ISMF headquarters must be informed of the internal structure of the LOC organization and of the persons in charge of each of the areas mentioned in this document.

1.5.2 Relations between ISMF and LOCs/National Federations



Relations between ISMF and the LOC/national federation will initially be carried out by the ISMF, Technical Director or the person in charge of the ISMF calendar, and then by the chairman of the ISMF jury once he/she has been appointed.

All contracts regarding official ISMF competitions must be signed by the ISMF and the national association. The national association appoints the LOC to carry on the duties and responsibilities connected with the event.

Information on the general internal structure of the organization, and lists naming qualified members of staff, referees and ISMF officials must be communicated by the ISMF within the deadlines agreed to by both the ISMF and the LOC/National Federation.

Meetings: at least 2 or 3 meetings must be held and chaired by the ISMF, to which at least one ISMF delegate will attend:

- one meeting to prepare the event;
- one optional meeting to assess the final outcome of the event.

Minutes of LOC meetings and LOC commission meetings must be sent to the technical ISMF delegate as well as to ISMF headquarters.

1.5.3 Agreement between ISMF and the LOC

An agreement will be signed between the ISMF and the national federation. This agreement will specify:

- General conditions,
- Special conditions,
- Technical conditions,
- The number of officials, referees and other competition authorities,
- Promotion of the event,
- Availability and suppliers of goods and services,
- Budgetary and financial obligations.

Any arrangements that are not provided for in the initial agreement will be settled by amendments between the national federation and ISMF.

2. FINANCE AND ADMINISTRATION

2.1. Administrative requirements

The LOC and the national federation must take all necessary and useful administrative measures to ensure that the event takes place in the best possible conditions (aid and rescue, environmental issues, etc.).

2.2. Insurance

The national federation and/or the LOC must have adequate insurance as required in the host country to cover all civil liability risks.

2.3. Budget

The budget (inflows and outflows) is the sole responsibility of the national federation or the LOC. The national federation and/or the LOC assume the event's financial risk, being entirely responsible for any losses and /or deficit, whilst also retaining any surplus in the event of a budget benefit.

The national federation and/or the LOC must also abide by national legislation with respect to the payment of any local and /or national taxes that may apply to the event.

2.4. Costs assumed by the LOC

The national federation and/or the LOC assumes all organizational costs, with the exception of those assumed directly by ISMF (§2.5).

The LOC will meet the following costs:

- α) For World / European championships
for the following members of the jury:
- ✓ the president of the jury appointed by ISMF
 - ✓ the first international referee appointed by ISMF
 - ✓ the second international referee appointed by ISMF
 - ✓ the ISMF ranking secretary
 - ✓ *the ISMF delegate*
 - ✓ *the Anti-Doping delegate*
- β) For World / continental Cups and others championships
for the following members of the jury:
- ✓ the president of the jury appointed by ISMF
 - ✓ the international referee appointed by ISMF
 - ✓ the ISMF ranking secretary (if requested by the LOC)
 - ✓ the ISMF delegate
 - ✓ *the Anti-Doping delegate*
- financial allowances as per the ISMF grid, (except for the ISMF Delegate) 120 €/ day
 - transport expenses from their home to the competition venue, (500 €)
 - Accommodation expenses (food and lodging) from two nights before the start of the first race until the morning following the end of the event.
- γ) For the ISMF Homologated Races
- ✓ the international referee appointed by ISMF
 - financial allowances as per the ISMF grid - 120 €/ day
 - actual transport expenses from his home to the competition venue,
 - Accommodation expenses (food and lodging) from two nights before the start of the first race until the morning following the end of the event.
- δ) In the case of the ISMF Pre Homologated Races:
- ✓ *The technician ISMF (appointed by the ISMF)*
 - financial allowance according to the ISMF grid - 120 €/ day
 - actual transport expenses from his residence to the competition venue,
 - expenses for accommodation and meals from two nights before the start of the first race until the morning following the end of the race.

The above expenses should be paid to the ISMF by the LOC. ISMF will then reimburse its officials.

- if the race takes place in a ski resort:
 - 2 ski passes for each national team per day of competition + 1 day (the day before the competition),
 - 1 ski pass for each ISMF official per day of competition + 1 day (the day before the competition),
- competitor's prize-money* based on the ISMF grid,
- cups, medals, trophies, ... of the competition,

An ISMF race (except " Homologated race ") can invite foreign runners.

To be invited to participate in a race, athletes must:

- Hold the national license of an ISFM federation member
- The federation member has to be up to date with all ISMF fees
- Hold an ISMF international licence for the current season.

2.5. Costs assumed by ISMF

ISMF covers the expenses for:

Cups, trophies, gold, silver and bronze medals for the first three competitors of each category (men and women; senior, espoir, junior and cadet) for the following events:

- world championships,
- continental championships, (when the race is "ISMF Homologated ")
- World Cup (stages and finals)

3. ORGANIZATION

3.1. LOC staff

All persons involved in the organization of a competition are named "members of the organization". A list of names will be drawn up, communicated to the ISMF and displayed on the race organization's website.

A typical LOC is composed of:

- the president of the national federation or his/her representative;
- the organizing committee president;
- the race director;
- the treasurer;
- the administrative officer (registration, accreditations, ski passes, interpreter, etc.);
- the press officer (press and media relations, communication);
- the environmental protection officer;
- a person in charge of results;
- a person in charge of catering and accommodation;
- a person in charge of the awards ceremonies;
- a person in charge of site management and equipment;
- a doctor and rescue team;
- etc.

3.2. Officials

Race officials are:

- the president of the national federation or his/her representative;
- the president of the LOC;
- the LOC race director;
- the chairman of the jury (ISMF);
- the race jury referee (ISMF);
- the head LOC trail director;
- the LOC environmental protection officer;
- the LOC press officer;
- national federation delegates;
- ISMF officials, ISMF delegate and Anti-Doping delegate.

The roles and responsibilities of these officials are described in §4.1 and 7.1.

Trainers, team managers and competitors cannot be race officials.

Members of the ISMF jury appointed for a given race may not compete in said race.

3.3. Documents prepared by the LOC

3.3.1 Prior to the competition. **On the website before 1st December of the current season**

A translation of the information into English is mandatory

- The LOC must publish documentation giving general information about the event for racers, the national federation, ISMF and the press. This document should contain the following elements:
 - the program: schedules, locations of registration, briefings, routes, meals, etc.;
 - courses: types of courses and differences in height;
 - any supplementary equipment required (see Game Rules = sport rules?);
 - contact information (phone, email, fax) ;
 - Information on how to reach the venue (by car or public transport); accommodation, etc
 - Registrations will be handled by the LOC, enrolled competitors will be entered on-line upon receipt of the registration form.
- Registrations are carried out directly via internet (An ISMF software will be supplied to every organizer) or,
- only in exceptional circumstances (number of reserved places) through the ISMF.
- To prepare a location and have the necessary means for taking samples for anti-doping controls, as provided in the texts of the WADA-AMA and the National Agency.
- With regards to accommodation the LOC should propose
- An attached list of local accommodation information, with negotiated price rates.
 - Accommodation should be located as close as possible to the race area.
- The LOC will set a deadline for registration booking.
- It is **mandatory** to issue official passes to athletes, race personnel and members of the press
- In the event of an adjournment due to bad weather conditions, national federations should do everything within their control to ensure participation on the day scheduled for the adjournment if this was an inherent part of the event program.
- In the event of cancellation, the LOC has to refund a minimum of 50 % of the registration fees paid by the federations.

3.3.2 During the competition

At the welcome and registration area, the LOC must provide:

- For competitors:
 - the event program;
 - race numbers;
 - A course map and profile (scale 1:25 000 or to nearest possible) showing the route, starting and finishing areas, checkpoints, difficult passages and first-aid posts).
- For officials, team managers and members of the press:
 - official passes for permanent or temporary access to certain competition areas;
 - the event program, course maps and profiles;
 - a list giving contact details (phone numbers) of LOC members, brochures and press releases;
 - the provisional world cup ranking, as well as the permanent world ranking.

3.4. Organization locations

The LOC must structure the event around the following locations:

3.4.1. Welcome and registration areas

Welcome and registration areas should be easy to find, (Clearly sign-posted upon entering the resort), being at the same location or very close to each other.

At least one fluent English speaker must be present at the welcome area and at the briefing.

The following procedures are performed in these locations:

- General welcome to : athletes, officials, guests, sponsors, members of the press, spectators, etc.;



- Distribution of official passes and documents as mentioned above (§ 3.3.2).

Welcome and Registration areas must have notice boards displaying the following:

- a list of members of the organization and officials (§ 3.1 and 3.2);
- the full event program;
- descriptions of the race routes;
- the documents: "ISMF International Ski Mountaineering Sporting Rules" and "ISMF Ranking Regulations".

A place where competitors equipment can be checked, should they have any doubts, as well as confirming the safety equipment required by the LOC - presence of an ISMF referee.

3.4.2 Meals and accommodation

The LOC must organize catering and accommodation for the duration of the event for the ISMF personnel. The LOC can organize the accommodation and meals ONLY in case it can propose equal conditions to all the delegations. Otherwise, the LOC must provide to the delegations, a list of accommodation information, with prices and contact details. Information on the tourist board or assistance with regards to accommodation should be included in the general information document (§3.3.1).

3.4.3 Reception events

Should the LOC organize a welcome event/reception (at own expense) the appropriate people should be invited.

3.4.4 On-site transportation

Any planned transport for competitors and accompanying persons, officials, guests and members of the press, should be coordinated by the LOC.

Road access to the start or arrival area of the race should always be correctly cleared of snow. In case of icy roads and requiring the use of special automobile equipment (winter tire chains), it must be indicated on the competition venue the previous days of the competition.

A big car park near the start area of the race has to be reserved for racers, coaches and organization members. The LOC should consider organizing transport between the closest airport and the race location, in which case, the cost of transport should be indicated on the registration form.

4. SPORT AND TECHNICAL ISSUES

4.1. Competition officials (roles and responsibilities)

N.B.: competitors, trainers and team managers cannot be officials.

4.1.1 The LOC President

He/she is in charge of the event for the national federation and is the main contact person for the ISMF.

4.1.2 The LOC race director:

- He/she is appointed by the national federation hosting the event;
- He/she is in charge of all technical issues relating to the competition;
- He/she organizes the sporting event according to the ISMF document: "Rules for organizing ski mountaineering competitions" and other ISMF regulations;
- He/she has the responsibility of ensuring that the course respects the rules laid down in §4.3 to 4.5;

- He/she decides whether the event takes place depending on conditions prior to the event (trails, weather, snowfall, etc.);
- He/she has the responsibility of stopping the competition in the event of accident, danger, adverse weather conditions, etc.;
- He/she is responsible for evacuating all participants: competitors, technical staff and also spectators;
- He/she is in constant contact with the members of the jury, referees, the LOC president, the ISMF
 - delegate and the environmental protection officer;
- He/she decides where areas for removing and replacing skins should be positioned, and which techniques should be used for safety reasons (sections on foot, with crampons, etc.).

4.1.3 The LOC environmental protection officer

- He/she is appointed by the national federation hosting the event;
- He/she has the responsibility of ensuring that the host country's and ISMF environmental protection regulations are enforced (§5);
- He/she works in collaboration with the *president of jury* to guarantee respect of the environment;
- He / she will supervise the observance of the ISMF texts (regulations) regarding the environment
- He/she is familiar with local environmental issues;
- He/she is familiar with the realities of ski mountaineering competitions;
- He/she is involved in preparing and running the event;
- He/she may, if necessary, resort to environment experts;
- He/she is in charge of obtaining environmental approval and ensuring it is respected;
- He/she writes a short report on the environmental impact of the event and sends it to the LOC.

4.1.4 The president of the jury

- He/she is appointed by the ISMF referee manager;
- He/she is an international ISMF referee;
- He/she is the highest ISMF official during the race;
- He/she coordinates relations between ISMF and the LOC prior to the event;
- Once appointed, he/she contacts the LOC, follows the organization of the event and replies to any requests from the LOC;
- He/she ensures that ISMF regulations are followed and resolves any registration issues (categories, etc.);
- He/she ensures, together with the LOC and the environmental protection officer, that the event is run in respect of the environment thus complying with ISMF resolutions;
- He/she ensures that Olympic regulations concerning anti-doping are followed;
- He/she ensures that Olympic regulations concerning anti-doping are followed;
- He/she coordinates work carried out by other ISMF delegates;
- He/she has the responsibility to approve the protocol drawn up by the LOC;
- He/she is in charge of relations with the representatives of the national federation;
- He / she has to go through (or make his/her assistants go through) the complete circuit of the competition so that drawing, beaconing, organization of control points and passages are in accordance with the current ISMF regulation.
- He/she must attend safety committee meetings;
- He/she attends race meetings;
- He/she ensures sporting fairness;
- He/she calls for jury meetings to set up and organize the jury's work and revise ISMF regulations before the event;
- He/she coordinates referees throughout the duration the event;
- He/she takes the decisions concerning any disputed points or issues that are not provided for in ISMF "Sporting rules" and "Ranking regulations";
- He/she is in constant contact with the LOC (race director) during the event;
- He/she supervises provisional ranking, and performs an initial verification with the international referees once he/she has received the provisional results,
- He/she calls a jury meeting, as soon as the ISMF ranking secretary or the person in charge of ranking has submitted the official provisional results and drawn up the official provisional ranking;
- He/she receives claims submitted within the correct deadline as specified in "International Ski Mountaineering Sporting Rules";

- He/she signs official rankings, gives copy to the ISMF delegate, the ISMF technical delegate and the LOC for official posting;
- If the ranking secretary is not present at the event, he/she must rapidly send the competition results by e-mail to the ranking secretary and ISMF headquarters;
- He/she writes an official report, within 48 hours, addressed to the ISMF technical director, the responsible of the referees, the board and the LOC.

4.1.5 The Race Jury Referee

- He/she is appointed by the ISMF referee manager;
- He/she is an international ISMF referee; the ISMF referee manager will inform the LOC of his/her appointment;
- He/she carries out the tasks assigned by the president of the jury;
- He/she ensures that the event is run according to ISMF regulations;
- He/she attends LOC technical meetings.

4.1.6 The ISMF Ranking Secretary (only in World / European Championships and in the last race of the World Cup (Senior and Youth))

- He/she provides the LOC with the list of competitors with licences from each national federation a week before the competition, and then again 24 hrs before the competition;
- He/she updates computerized data on the competitors taking part in the event;
- He/she updates official ISMF rankings;
- He/she requests for help from the LOC to set up and coordinate the computerized system by which he/she can immediately receive data from the finish line;
- He/she produces computerized event rankings;
- He/she posts results on the official website and sends them to the referee manager and ISMF headquarters;
- He/she makes sure that each person in charge of a national team receives a copy of rankings for the event;
- He/she is necessarily present at championships and cup finals;

4.1.7 The ISMF Delegate

1. He / she is appointed by the Board
2. He/she is the person responsible for the protocol organized regarding anti doping tests
3. He / she is the person responsible for providing the LOC with the ISMF banners
4. He / she is the person responsible for relations with the person in charge of the National Federation,
5. He / she is not a member of the jury but can attend the meetings of the jury, without right to vote
6. He / she can act as representative of the ISMF president.
7. He / she is the person responsible for providing the person in charge of the protocol with cups, trophies and medals (golden, silver and bronze);

4.1.8 The Anti-Doping delegate

- He/she is appointed by the Board.
- He/she is in charge of the *organization of the protocol* of doping controls.
- He/she is responsible for the relations with the representative of the organization of the sport event.
- He/she is responsible for the relations with the Doping Control Officers of the organizing nation.

4.2 The race jury

4.2.1 Composition

For all competitions, world championships, continental championships and world cup races, a race jury is formed. The jury only meets at the request of the chairman of the jury.

The jury is composed of:

- the president of the jury appointed by ISMF (right to vote)
- The LOC race director (right to vote)
- The LOC trail director (no vote)
- The first international referee (right to vote)
- The second international referee (right to vote) only for World or European Championships
- The ISMF rankings secretary (no vote) (if present on the race)
- An ISMF Delegate (no vote)

4.2.2 Role of the jury

The role of the race jury is to:

- take decisions concerning any issues for which the ISMF "Sporting Rules" and "Rules for organizing ski mountaineering competitions" might seem incomplete or unclear;
- approve solutions proposed in conflict situations or in adverse weather conditions;
- assess claims and decide on their outcome (only the chairman of the jury may register a claim);
- ensure that races and rankings are standardized;
- guarantee sporting fairness;
- attend race meetings.

4.2.3 Jury decisions

Decisions are taken by the majority of jury members having the right to vote, with at least 3 voters. In the event of a draw, the decision taken by the chairman of the jury prevails.

4.3 Courses

Courses must be designed and set up by LOC trail setters. If another race takes place at the same time as an ISMF race:

- The "Open" race for the athletes with no ISMF license will start at least **3 min** after the ISMF race
- If this race goes through a shorter course, which could create problems with the ISMF race (traffic jam, risk of collision in descent, etc.), the ISMF race will take place the day before
- If the race has departures at time intervals, the ISMF race will start at least **2 hours** after the last non-ISMF start.

4.3.1 Types of courses

- The courses that can be found on ISMF international competitions are:
- **ski mountaineering races**: several ascents and descents on mountain slopes. Ski mountaineering courses can be raced individually and/or in teams. Team formation (number and category of competitors) depends on the type of competition and is approved by ISMF;
- **vertical race**: a single ascent, individual race;
- **relay races**: ascent(s) and descent(s) raced by each member of the relay team.
- **sprint**: varied, short course (between 3mn and 3mn30) with ascent, descent, and a walking part with skis on rucksack, takes place in qualifying phases, quarter-finals, semi-finals and final.
- Race held by heats of 6 runners from quarter-finals to final.

4.3.2 Course design

1) Ski mountaineering races (ascents and descents)

Out of the total difference in height (positive + negative):

- at least 85% must be raced with skis on feet;
- at the most 5% should be raced on foot (footpaths, forest tracks, etc.);



- at the most 10% should be technical sections raced carrying skis on the rucksack (ridges, couloirs, etc.).

2) Vertical Race (a single ascent)

The course may comprise a section on foot with skis carried on the rucksack.

3) Relay races

The ascent of the second leg comprises a section to be climbed on foot with skis strapped on the rucksack.

4) Sprint

A circular course with an ascent of approximately 80 m, with a part on ski (50m with kick turns), and a part on foot (20m) with skis on the rucksack, then 10 m on skis for Senior/Espoir Men.

A descent, with directional gates, and a final false flat using skating style.

4.3.3 Positive difference in height

1). **For ski mountaineering courses** (ascents and descents)

➤ Individual races:

- **senior and espoir ranking**

- men From 1170 m to 1760 m
- duration: 1,5 hrs to 2 hrs for the first competitors
- women From 900 m to 1320 m

- **cadet**

- men From 900 m to 1100 m
- women From 900 m to 1100 m

- **junior**

- men From 900 m to 1320 m
- women From 900 m to 1100 m

Courses must include at least 3 ascents.

The longest ascent must not exceed 50% of the total positive difference in height.

➤ Team races:

- **senior and espoir ranking**

- men Average superior to 1800 m per day
- duration: 3 hrs maximum for the first competitors
- women Average superior to 1350 m per day

- **cadet**

- men From 1080 m to 1320 m
- women From 1080 m to 1320 m

- **junior**

- men Average superior to 1350 m per day
- women From 1080 m to 1320 m

The youth races can take place on more than 2 days.

In particular circumstances, dispensations for excess time or duration may be agreed upon request of the race organizers.

2). **For vertical race courses:** (a single ascent)

- **senior and espoir ranking**

- men From 745 m to 1000 m
- women From 575 m to 775 m

- **cadet**

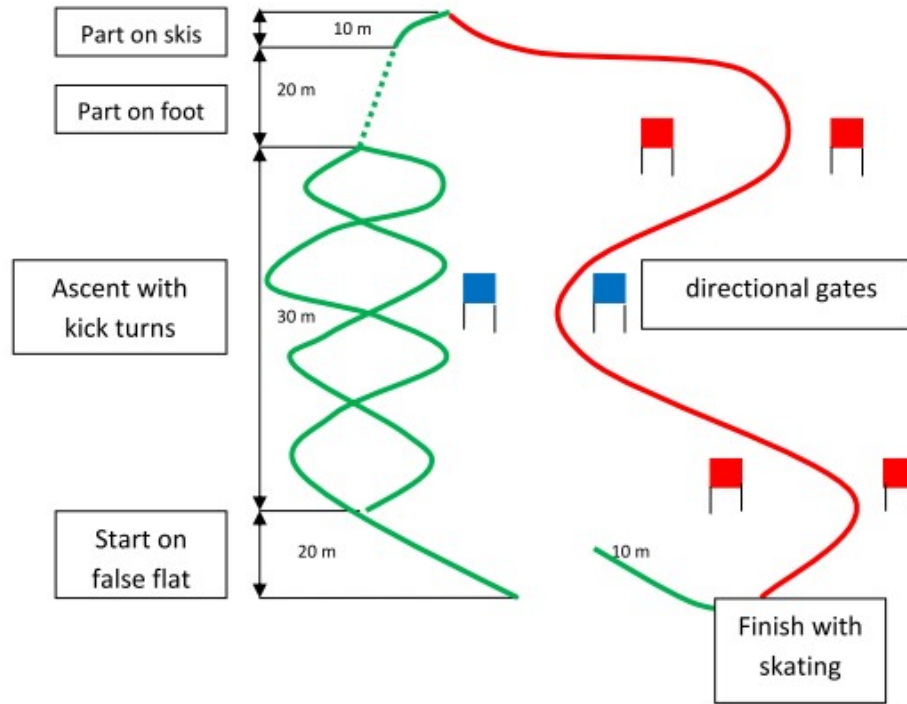
- men From 425 m to 575 m
- women From 425 m to 575 m

- **junior**

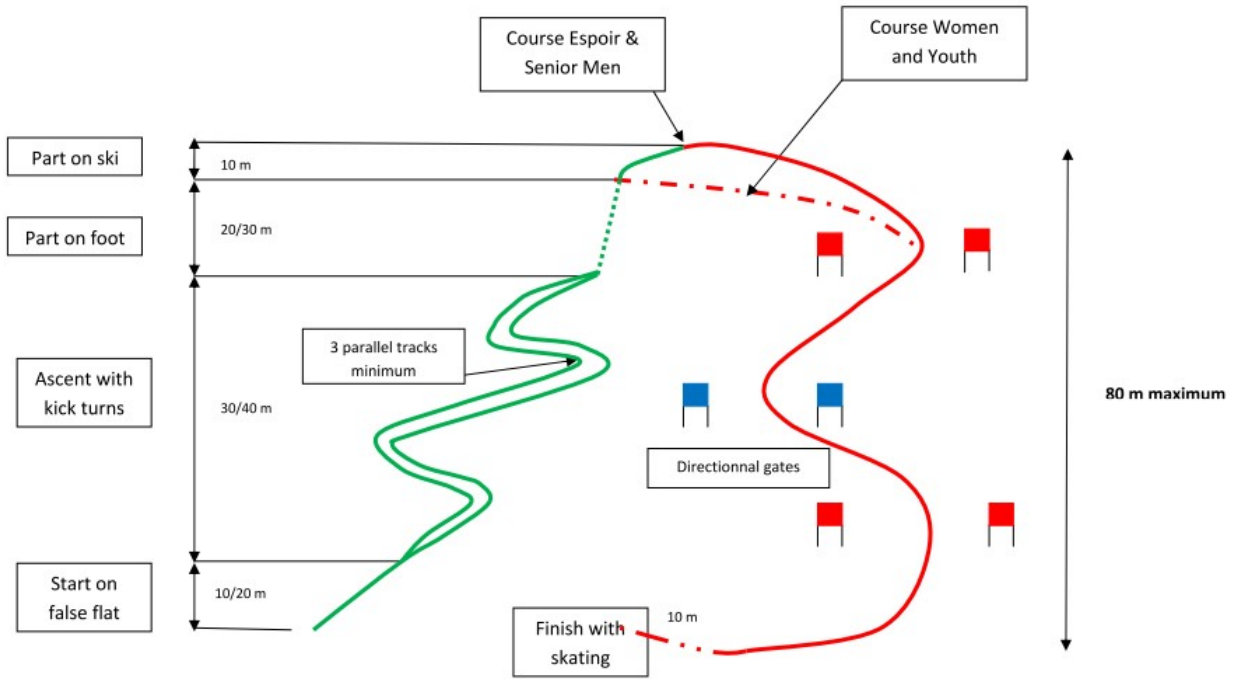
- men From 575 m to 775 m
- women From 425 m to 575 m

3) For Sprint, all categories:

The race on this course lasts approximately 3 min, for all categories and is composed of 1 ascent and 1 descent. A part of the ascent (20 m max.) has to be carried out on foot, with the skis fixed onto the rucksack.



Crossed ascent routes



Parallel ascent routes

4) **For relays, all categories:**

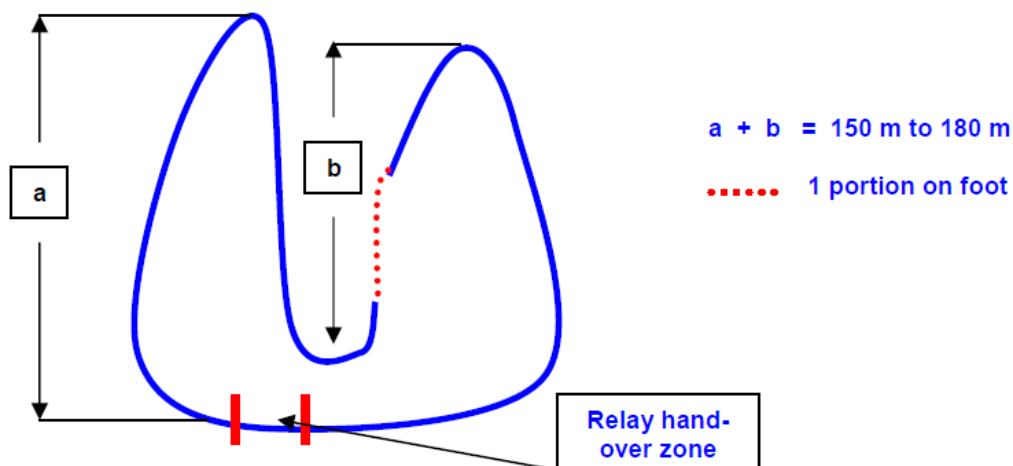
Each relay leg (course run by each competitor) must be between 150 m and 180 m for all categories (senior men – senior women or youth) and must include 2 distinct ascents and descents.

A part of the second ascent comprises a portion to be climbed on foot with skis strapped on the rucksack. The running time for each competitor should not be more than 15 minutes.

Relay leg is run by each member of the relay team.

Cadets and Juniors can run in a senior relay.

Each competitor can participate **only in ONE relay**. (That means that, if a junior competitor participates in a senior relay, he / she cannot run in the youth relay - idem for women senior)



4.3.4 Course route and marking

The rules which govern course design and marking are as follows:

- It is recommended that wide areas should be placed just before technical portions and that special care should be taken to avoid "traffic jams";
- To pay attention to areas with little snow which might present a risk for competitor safety;
- Make sure that trainers, team managers, press members and spectators cannot place objects along the side of the track (except for rescue teams) and cannot invade the track;
- If skis are to be removed, then *several* wide, flat areas should be prepared for this purpose supervised by a sufficient number of controllers;
- Areas for changing equipment (removing or replacing skins, portion on foot, putting on or removing crampons) are announced at the race briefing and are indicated on the course by a checkpoint or waypoint; Images indicating the action to be carried out will be put in the entrance of every checkpoint.



Take off the skins



Put the skins



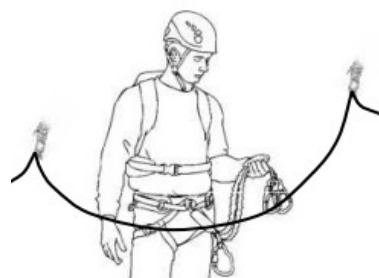
Put on the crampons



Take off the crampons



Skis on the rucksack



Lanyard
COMPULSORY

- If the route crosses or follows a marked ski trail, then the portion used by competitors must be separated from that used by others, by means of nets (or any other means making it impossible to cross the course by accident) both during ascents and descents. As far as possible these trails should be closed to the general public for the duration of the competition;
 - Junctions for different categories must be located at checkpoints or waypoints where competitors arrive at more controlled speed
- The organizers will have to avoid, as far as possible, creating traffic zones.
 - The tracks in corridors and in ridges will be used for ascents at the end of the race
 - The parts where the use of the lanyard is necessary must be minimized.
 - On the tracks in a corridor or on a ridge where there is one single lane, overtaking zones will be compulsorily arranged.
 - In the event of a risk due to high speed, then LOC tracers should set up chicanes with signs in order to make competitors reduce their speed;
 - Organizers are responsible for adapting the speed of the competitors in function of:
 - the ground (forest – narrow trail - risk of dangerous fall - obstacles - ski trail)
 - the quality of the snow (hard - wet or crusty)
 - weather conditions (bad visibility - snow)
- They have an obligation to slow the competitors, by using appropriate means (courses drawn in big curves), when a too high speed can be reached.
 - big steep slope
 - mass start in descent
- The route is marked with flags of at least 20 cm²:
 - Rectangular 15 x 20 cm
 - Triangular 15 x 20 cm
 - Round 15 cm of diameter
 - Green (preferably fluorescent) in ascents,
 - Red (preferably fluorescent) in descents,
 - Yellow (rather fluorescent) on the parts on foot,



- Junctions or route crossings are marked with arrows showing which direction should be followed by a given category. Junctions for different categories must be located at checkpoints or waypoints;
- Large flags must be used during difficult conditions to reinforce marking (minimal height: 1.5m);
- Yellow rectangular flags with a black stripe (40 x 60 cm) mark technically difficult or dangerous areas;
- **On the ISMF events, the races must apply the international regulations.**
- Respect the environment (see §5).

It is important to note that:

- detailed information on routes and marking is given at the race briefing.
A copy of this information is provided in the mailbox of each country taking part in the event.

4.3.5 Special areas

Special zones (checkpoints and waypoints) are closed with nets, ropes or flags and must have a narrow exit (2 m maximum).

They are reserved for the competitors and controllers only

4.3.5.1 Race headquarters

Race headquarters must be clearly indicated

It must be linked by radio to all checkpoints, to the main organizers and rescue teams.

It is at the disposal of the race director, the chairman of the jury and trail director.

4.3.5.2 The start

The starting area must consist of:

- Nets to separate it from other areas (at least 15m long);
- An area for controlling avalanche transceivers; (*minimum 1 entrance / line*)
- *Control of entrance for chips*
- A blue starting line;
- An area for changing ski poles marked out at 150m from the starting line;
- Toilets;
- Equipment inspectors (for avalanche transceivers and other compulsory safety equipment);
- Starting list controllers (*they take note of all numbers*) (*minimum 1 entrance / line*)
- A starter;
- People in charge of collecting competitor's personal effects at the start and handing them back at the finish.

A typical start area is presented in appendix § 1.

Any changes to routes must be announced 30 minutes before the start.

If the start is delayed, announcements must be made every fifteen minutes.

Starting procedure for a ski mountaineering race: Mass start

- Avalanche transceivers and equipment are inspected **10-20** minutes before the official start time (§4.4);
- The starter positions himself/herself in the starting area in a manner in which all competitors can easily hear his/her announcements (use of a microphone is recommended);
- Competitors are called to the starting line five minutes before the start: they are informed twice of the time left before the start: two minutes before and then thirty seconds before the start;
- The starter gives the starting signal "Go" or a pistol shot (this phrase in English must be used for all international competitions);
- If the start is approved, the starter raises a green flag;
- The starting area and the trail for 300m after the starting line must be wide.

Starting procedure for individual, or by team, or vertical races:

The start is a mass start in the following order :

- 1/. Cadet Men and Women, and Junior Women start first
- 2/. 20 min after, Junior Men and Senior / Espoir Women

3/. 30 mn after the 2nd start, Senior and Espoir Men

Starting procedure for relay races:

Competitor's starting positions are given in the following way:

- Starting positions must be separated by 1.5m (to be adjusted depending on the terrain);
- If there is not enough room for all competitors on the same line, two or more starting lines (4 metres between each line) can be set up for a simultaneous start;
- On uneven ground, the starting line should be positioned in a fair way for all competitors;
- Start order: competitors for the first relay take position on the starting line. Number 1 is positioned in the centre of the track, n° 2 to his/her right, n°3 to his/her left, and so on;
- Starting marks will be made to the right of the trail.

Special cases of starting races combining ISMF races and local races:

- ISMF licence holders must have distinct numbers from other competitors;
- Depending on the terrain, several distinct parallel starting lines will be set up:
 - First line(s): ISMF licence holders;
 - Second line(s): other competitors.

A distance of 20 to 50m, should separate the last line for ISMF licence holders, registered for an ISMF world cup race and the first line of other competitors without ISMF licences.

Open Race: If the LOC proposes a course B and C, and they might cause problems of equity in the ISMF race, the LOC will be asked to organize the ISMF race on the previous day, or another less crowded day.

4.3.5.3. Checkpoints (CP)

A Checkpoint is a closed area (with nets, ropes), reserved only for the competitors and the controllers
A narrow gate (2 m maximum) controls the exit. An image will indicate the operation to be carried out. The entrance to the zone is marked out on the ground.

Checkpoints are set up at outstanding places along the route:

- Summits,
 - Passes,
 - Places where the racing technique changes,
 - Junctions or route crossing places.
- ✓ Controllers must be equipped with radios and be able to communicate with race headquarters.
✓ Controllers take note when competitors pass through their checkpoint and record their arrival order + times + ranking if the race is neutralized or stopped (example of the sheet to be used in appendix 3).
✓ Controllers also check safety issues.
✓ Controllers ensure that ISMF regulations are followed and immediately report any offences committed by competitors to race headquarters.

Under instruction from race headquarters, the checkpoint chief must have enough authority to give instructions

to competitors (for example: giving instructions to put on an extra layer of clothing, stopping the race under the authority of the race director, etc.).

If the checkpoint corresponds to a change in racing technique (removing skis, etc.) or to a route junction, it will be positioned so that competitors reduce speed upon arrival.

At all times, the checkpoint chief must be able to inform the speaker at the finish on the advancement of the race – competitor racing order – times between racers – etc.

4.3.5.4. Waypoints (WP) or change in technique

Competitors must pass through these points. At the least, the order of competitors is noted for safety reasons. Control points are set up in the points where the technique must be changed.

An image will indicate the operation to be carried out, in order to avoid any confusion or misunderstanding.

The entrance and the way out of the zone is marked out on the ground.

A controller indicates the direction to be followed or the manoeuvre to be carried out.

Controllers ensure that ISMF regulations are followed and immediately report any offences committed by competitors to race headquarters.



Under instruction from race headquarters, the waypoint chief must have enough authority to give instructions to competitors (for example: giving instructions to put on an extra layer of clothing).

4.3.5.5. Refreshment points

Food and drinks are provided for competitors at refreshment points under the responsibility of the LOC and only in the zones authorized by the jury.

If a competition takes longer than 2h, the LOC must organize refreshment points. The number and the location of these supply areas are determined by the jury with the LOC. In these areas, only persons approved by the organization can provide food and beverage for the competitors. The LOC must also plan some food and beverage for the other competitors.

4.3.5.6. Relay hand-over zone

The relay hand-over zone is an area marked out with a red line for the entry and a blue line for the exit, both of sufficient length and width, and situated on a flat or slightly upward sloping area near to the start and finish area.

The race director appoints a person in charge of the relay hand-over zone, and the jury appoints a referee in charge of the relay.

Relay hand-over

The relay is exchanged when the competitor finishing a relay leg reaches the hand-over zone and touches any part of the following competitor's body with his/her hand. This hand-over must take place within the relay hand-over zone. If the relay hand-over is not carried out according to the rules, the team is disqualified. The team-mate waiting for the next relay leg may only enter the relay hand-over zone when called for by a referee.

4.3.5.7. The finish

The finish area must consist of:

1. A finish line marked on the ground, at least 10 centimetres wide, preferably situated in a skiable area. Steep downhill slopes must be avoided.
2. A restricted finish area surrounded by barriers and / or nets.
3. Timing to 1/100 of second to decide between "hand in hand" arrivals
4. A person in charge of taking note of all the numbers of the racers who cross the line (in the arrival order)
5. An area for inspecting equipment, designated "Equipment Control", situated 15 to 30 metres after the finish line. This area is closed off and athletes can take time to recover in it. In this area, a controller inspects completely the equipment of the selected competitor.
6. Controllers of compulsory equipment, with control forms (appendix § 6)
7. A podium for the first 3 competitors/teams.
8. A notice board for displaying provisional results (**including penalties**) as and when competitors come in.
9. A medical assistance area.
10. In case of a doping test, a person of the LOC shall escort the racer to the medical control area (the person must be of the same sex as the racer – see special protocol Appendix 8)
11. Toilets.
12. A referee from the race jury in charge of finish procedures.
13. Compulsory equipment controllers, with control sheets (see appendix § 6)
14. People in charge of handing back the competitor's personal effects that were left at the start.
15. A press area with a spot for conducting interviews, near to the equipment control area and located inside the restricted finish area.
16. A person from the LOC in charge of press relations will be present in the finish area to supervise interviews.
17. The placement of the ISMF flags will be decided together with the ISMF Delegate

A typical finish area is presented in appendix § 3.

Finish procedures

- If the race uses an electronic timing system, then times and finishing orders are established by this system;



- If the race does not use an electronic timing system, then times and finishing orders are established when the competitor's chest crosses the finishing line (photo finish, film, etc.);
- If a competitor falls while crossing the finish line, all of his/her body must cross the line without any outside help (except for team-mates in team races) in order to declare a finish;
- For team races, team-mates must finish together and the team's finishing time is that of the second team-mate.

4.3.5.8. Spectator areas

Spectator areas should be set up both at the start and the finish but also all along the course where spectators can watch the race. These areas are marked out under the LOC's responsibility. The LOC must ensure the safety of the spectators (rescue teams, radio links, etc.).

4.3.5.9. Press areas

An area reserved for members of the press should be set up inside the finish area. Only people with a press card will be able to access this area. Organizers are advised to set up a board displaying race partners/sponsors, in front of which interviews may be conducted.

4.4 Equipment inspections

Equipment inspections are performed by controllers under the authority of the LOC.

- At the registration (possibilities)
 - o Safety equipment such as crampons and lanyard "via ferrata" type
- At the start:
 - o individual inspection to control the good working order of avalanche transceivers for all competitors;
 - o *Taking note of all the numbers of the racers*
 - o *Control of the chips (if any)*
- During the race:
 - officials may check equipment at any moment of the race (observations are noted as the competitor goes past without stopping the competitor).
 - Control DVA are strongly advised
 - At the finish: competitor's equipment is inspected (systematic or random inspections according to the instructions issued by the LOC/jury).

4.5 Race Organization

4.5.1 Race briefings

On the eve of the competition, the LOC, organizes a meeting chaired by the race director and the trail director to which all those participating in the event are invited (competitors, trainers, heads of national selections, LOC members, national federations, etc.).

All teams attend the briefing. Competitors should at least be represented by their trainers.

The following information is provided:

1. Presentation of race officials, particularly the jury and ISMF representatives.
2. Weather forecasts and snow conditions: snow quantity and quality, forecast temperatures, wind speed, avalanche risks using the European scale, etc.
It is advisable that a meteorologist is present in the race (or in direct communication with the race) to predict the weather or snow conditions
3. A course description using visual aids (video-projector), specifying change and danger areas, checkpoints and waypoints, technical features of the course and refreshment points.
4. Equipment specifically required for the competition.
5. Race procedures:



- the start (competitor's briefing, inspection of avalanche transceivers and safety equipment, warm-up area and procedures, start of the race, etc.);
 - procedure to follow for competitors who do not finish the race;
 - information on medical assistance procedures;
 - cut-off times (if any) and race stoppages;
 - short notice cancellation procedures;
 - finish (equipment inspection);
 - claim procedures.
6. Daily event schedule with times and places: breakfast, public transport to and from the competition, car parks, race starts and finishes, anti-doping controls, team leader and jury meetings, results service with groupings and postings, formal ceremonies (awards and prizes), press conferences and other meetings, meals and closing ceremony (if any).
 7. Race services: place to leave and collect clothing, changing rooms, showers, catering facilities, communication services and all other necessary information.
 8. Information about good environmental practices to be respected during warm-up and races.

All this information will be displayed on a board before, during and after the race briefing. Another short briefing will also be held just before the start of the race by a member of the LOC.

The LOC reserves the right to change the schedule if necessary, at any time, as long as the changes remain within the bounds defined by race organization rules. It can decide to implement cut-off times at any moment of the race. It reserves the right to change the event for safety reasons.

9. A sample (in power point) of the content of the briefing will be provided by the ISMF to every organization.

10. Any appeals, by coaches or athletes regarding decisions taken by the jury, will be entrusted to the Court of Arbitration for Sport in Lausanne
11. It should be noted that there is the possibility of unannounced anti-doping controls. In events lasting several days, this could occur every day (at the finish line). Every competitor, once he has crossed the finishing line, has to inquire whether or not he undergoes a doping control. A reserved board for that purpose, over which will be posted the list of the controlled athletes, will be put in the closed finishing area.
12. Every competitor has to be able, at the finish line, to present, if required, his/her **Passport or National ID card**.
13. If a competitor has to pass an anti doping test, he/she has to behave respectfully towards the Delegate, the escort, the doctor, etc.
14. Every competitor having withdrawn has to inform **NECESSARILY** the President of the Jury (or his representative) of his return to the finishing area, and especially the Anti-Doping Delegate. The competitors having withdrawn can also be subject to a doping control.

4.5.2 Radio links

Radio links between the various race areas are compulsory. The LOC must provide radios, informing ISMF personnel of the frequency used.

4.5.3 Race closure

Race closure is the responsibility of the LOC trail director, the race director, the chairman of the jury and the ISMF technical director.

4.5.4 Event stoppage or cancellation

In the event of extremely poor weather conditions or for safety reasons or sporting fairness reasons, and in order to guarantee the quality of official ISMF events, the jury must anticipate the possibility of the event being postponed or cancelled. This decision should only be taken in the event of severe conditions and when alternative routes are not suitable when taking into account the travel arrangements and preparation of teams participating in the event.

The race director after having informed the president of the race jury can stop the competition for safety reasons or sporting fairness. They determine where the race should stop depending on the conditions. A report of the decision will be drawn up immediately.

In these cases, meeting points will be set up to make sure that all people taking part in the event are accounted for. All competitors, members of technical staff, team managers, controllers, members of the press, of ISMF and of the LOC must go to a meeting point if the race is stopped for safety reasons.

4.5.5 Anti-doping controls

(See chapter 8)

4.6 Results

Results are to be produced according to the procedure described in the following documents:

- ISMF International Ski Mountaineering Game Rules,
- ISMF rank regulations for international ski mountaineering competitions.

The LOC must make arrangements so that:

- results can be posted at the finish and in the welcome area;
- posting of results is to be announced;
- the place and time of results posting is stated.

Reminder on claim procedures (see ISMF Game /Sports Rules)

All claims must be submitted in writing:

- by the team head (or the competitor if he/she registered via the LOC);
- to the chairman of the jury;
- at the latest 15 minutes after the official race results are posted;
- accompanied by an amount equivalent to 30 € or 50 CHF in the currency of the country hosting the race, payable to ISMF. This sum is not refunded when the outcome is to the competitor's disadvantage.

The race jury will present a detailed written response within one hour of the claim.

Competitors may appeal according to the disciplinary procedures described in ISMF internal regulations via their national federation.

The jury of the last race will receive claims related to the final world cup ranking.

4.7 Official ceremonies

4.7.1 General protocol rules

All the official ceremonies of the ISMF will be performed according to the following protocol rules:

1. The LOC of the event is responsible for the organization of protocol ceremonies.
 - A first podium can be organized on the finish area, when the three first athletes of each category have arrived, for a flowers ceremony, the pictures for the press, etc.
 - The doping tests take place before all other protocol actions. (These moments can be, in some cases, negotiated again with the ISMF Delegates, the LOC, the National Federation and the sampling doctors.)The official ceremony can take place then.
2. Podiums are compulsory for
 - The events of the Cups
 - The Final of the Cups, right after the podium of the Cup.
 - The Continental Championships,
 - The World Championship
 - At least the three first individual competitors and teams must be awarded in all categories;
 - For the cup finals, when all the categories are together, it's recommended to call up the athletes from the 15th place onwards for the prize giving.Precise information with the date, time and attending personalities must be sent to the ISMF (Barcelona office) one month prior to the event.
The day of the event, this list must be handed to the ISMF Delegate. present
The ISMF recommends that the prize-giving ceremony should take place at about 2 pm (1400).



3. ISMF publicity material:
 - boards,
 - acronyms,
 - pennants,
 - banners, etc.... are provided to the organizers prior to the event and should be located in the best possible places:
 - On the finish line,
 - podium area, etc.,
4. The LOC must appoint an interpreter to translate speeches into English.
5. In the event of a delayed race start, the president of the LOC and the ISMF delegate will agree on a new ceremony time.

Results that count towards all the ISMF rankings are awarded first and according to the following category order:

1. Cadet women,
2. Cadet men,
3. Junior women,
4. Junior men,
5. Espoir women,
6. Espoir men,
7. Senior women,
8. Seniors, men.

The award-winners are called up according to their finish, in reverse order: 3rd, 2nd then 1st.
The winner is always the last person to receive a prize

Prizes are awarded by the highest authority present, under the auspices of the ISMF delegate and the president of the LOC. The names of the people awarding prizes should be communicated the day before the event. A typical awards presentation is as follows :

1. First place handed over by the ISMF Delegate.
2. Second place handed over by the Authority of the host country.
3. Third place handed over by the National Federation that organizes the event.

The ceremony must always start with the ISMF medal presentation

For results that do not count towards ISMF ranking, the LOC can organize prize-giving however it likes.

4.7.2 Protocol rules for World and Continental Championships

(See Official Ceremonies protocol)

4.7.3 Protocol rules for World Cup podiums

(See Official Ceremonies protocol)

4.8 Prize money for World Cup and Championships

4.8.1 World Cup bonuses

Minimum prize money is fixed by ISMF Board.
Equality in prizes for podiums (male/female) is COMPULSORY.

An espoir could win two lots of prize money - senior and espoir.
If the number of participants in one category is too low, (less than 10 competitors classified), only the podium place are awarded prize money.

- For individual and vertical races:
Minimum of 6 200 € total cumulative prize money, for men and women
Of which a minimum of 1100 € for 1st place, 825 € for 2nd place, 575 € for 3rd,
Prize-money is awarded to at the least the first 6 places.
For espoir, junior and cadet, both men and women, the awards may be prize money or its equivalent.
 - For team races:
Minimum of 13 000 € total cumulative prize money, for men and women
Of which a minimum of 2200 € for 1st place, 1775 € for 2nd place, 1150 € for 3rd place,
Prize-money is awarded to the first 6 teams.
For espoir, junior and cadet, both men and women, the awards may be prize money or its equivalent.
 - For the Sprint :
Minimum of 2 000 € total cumulative prize money, for men and women, of which a minimum of 500 € for 1st place, 300 € for 2nd place, 200 € for 3rd place,
For espoir, junior and cadet, both men and women, the awards may be prize money or its equivalent.

The LOC will pay the prize money directly to the competitors during the prize-giving ceremony. The presence of the prize winners is mandatory at the awards ceremony, other than when an exceptional request is accepted by the president of the jury.

In case an athlete called during the prize ceremony is absent:

 1. The whole prize-money is withdrawn if the price ceremony takes place at the time and place scheduled by the LOC.
 2. The prize-money is kept if the place and time scheduled by the organizers for the prize ceremony is not respected.
- These bonuses are awarded during the podia ceremony of the last World Cup event, and the person in charge is the ISMF Delegate.

4.8.2 World Championships bonuses

(See Appendix 5: Grid of prize-money)

4.9. World Cup prize-money

- A minimal amount of the prize-money is kept each year by the Board of the ISMF.
- The equality in prize-money for the male and female podiums is compulsory.
- It is possible that an espoir athlete wins 2 prizes in the same race: one in senior and other in espoir category.
- If the number of competitors in one category is very low (under 10 athletes at start line), only the prize-money corresponding to the podium will be granted.
- The absence on the podium entails an automatic withdrawn of the prize-money, if the time and place of the prize-giving ceremony are respected.
- These prize-money are delivered during the podium ceremony after the last race.
- The ISMF delegate is in charge of these matters.

5 ENVIRONMENTAL CONCERNS

The LOC must take all necessary measures to conform with ISMF recommendations (1994), as well as to the 21 directives of the IOC Agenda 21 (1999) and local laws and regulations.

In particular, the LOC should:

- Avoid designing routes that cross areas with sensitive ecosystems.
- Discourage spectators from entering areas with sensitive ecosystems.
- No deforestation or harm to reforestation areas.
- Ecologically sensitive areas must be protected.
- If necessary, areas open to spectators and the media should be restricted.
- The event should be prepared in collaboration with (and not to the detriment of) any other activities organized in the mountain range.
- Minimum acoustic impact
- Mechanical means should be minimised (helicopters, snow ploughs, snow scooters, etc.).
- Explosives are not to be used to trigger avalanches outside of ski resorts unless the LOC is authorised to do so
- Provide sufficient amenities for the number of spectators and participants expected: toilets, specific public transport (buses) to and from start and finish areas, information about existing public transport (trains, buses, etc.).
- Rapid removal of race marking at the end of the race.
- Rapid removal of all waste material discarded by spectators and participants.
- Monitoring waste material must continue even once the event is finished. Depending on the location and weather conditions, inspections and extra waste material removal might be necessary during the summer season.
- No sound systems or billboards outside of the start and finish areas.
- Billboards and other means of advertising must be confined to the start and finish areas and to ski resort trails.
- Members of press and spectators must be informed on the importance of environmental protection.
- Protection of ecologically sensitive areas must be ensured by quality trail design and proper route marking.
- Only natural biodegradable products should be used for marking on snow.
- The flora must be protected. Zones that are not or only partially covered by snow must be prepared. If there is insufficient snow coverage, then the event should be cancelled or take place in another location.
- The organizers must ensure that athletes, supporters, spectators and the press remain on or close to the race route.

6 RACE SAFETY

6.1 Rescue and emergencies

The LOC must provide a rescue service according to directives of the host country including:

- a rescue plan (medical organization planned for the event, relations with emergency services and hospital admissions);
- agreements involving specialised services;
- agreements with the services of nearby ski resorts.

The LOC must discourage spectators from approaching areas deemed dangerous by the LOC technical staff.

6.2 Medical organization

Together with the race doctor (specialized in sports and mountain medicine), the LOC must organize appropriate medical facilities for the competition:

- First-aid stands manned by trained staff;
- Medical equipment (with instructions) handed out to LOC members posted on the course (technical and sports committee);
- Facilities for anti-doping tests (see §4.5.5.);

- A medical assistance area;
- Relations with the emergency services of the nearest hospital.

6.3 Safety committee

This committee operates under the responsibility of the LOC, the national federation organizing the event and the local authorities of the host country.

The role of this committee involves:

- Approving the different routes;
- Approving the general organization of the event in terms of safety: protection of competitors, spectators and organizers, etc.;
- Approving planned organization of rescues and emergencies;
- Deciding if an event should be canceled or modified for safety reasons, and deciding alternative routes in liaison with the ISMF technical delegate;
- Ensure that slopes on the course showing obvious risks of avalanches are avoided or made secure;
- The safety committee will regularly inform ISMF of any actions taken such as police controls, safety, evacuation plans, etc.
- The safety committee is composed of:
 - A local authority representative (in Europe this is usually the mayor);
 - The LOC president;
 - The LOC trail director;
 - The head of the LOC rescue team;
 - Officials from state rescue services;
 - The LOC race director;
 - The president of the jury;
 - The director of the local ski resort
 - The LOC race doctor;
 - A delegate from the national federation;
 - A national technical delegate;
 - The ISMF technical delegate.

The minutes of safety committee meetings must be written up and filed by the LOC.

7 COMMUNICATION / PROMOTION / PARTNERSHIP

7.1. Communication

A good ADSL internet connection with WIFI is compulsory.

7.7.1. Press officers

The LOC press officer:

He/she is appointed by the LOC and the national federation.

The LOC is responsible for ensuring the recruitment, the quality of work and the salary of the press officer.

The press officer must:

5. Draw up the press kit;
6. Write press releases;
7. Organize press conferences;
8. Greet journalists from all the Media: TV, radio, written press, photographers, etc.;
9. Monitor press relations;
10. Ensure that race results are communicated to all media



11. Ensure that race results are communicated to the national federation;
12. Ensure that journalists receive proper accreditations/official passes;
13. Ensure that ISMF, national federation and LOC partners are promoted appropriately,
14. Work in cooperation with the ISMF press officer and provide him/her with all press releases, images or other material.

The ISMF press officer:

The ISMF press officer will make all the necessary arrangements to communicate written, oral or televised news to the press as well as to national federations.

For this, he/she will stay in contact with the LOC press officer.

7.1.2 Press kit

The LOC will prepare a press kit that must be sent to ISMF before 1st June during the year before the race. The ISMF is responsible for sending this kit to the international press, and the LOC or the National Federation, to the national and local press.

When the ISMF has an official partner, the ISMF/partner is responsible for adding the appropriate information to the press kit.

7.1.3 Press releases

Press releases are prepared jointly by the LOC press officer and/or the national federation and ISMF.

At the end of the event, the LOC press officer must provide the ISMF press officer by fax, email or other means, all press releases, images, results and any other information about the competition that might interest. The ISMF press officer will then send this information to international press agencies.

All press releases must be communicated on paper with the ISMF letterhead.

7.1.4 Press conferences

The LOC organizes press conferences to present the event. The ISMF must be informed of these conferences so that they can be prepared jointly.

ISMF may delegate one or 2 officials who will assist at these press conferences.

7.1.5 Journalists and photographers

The LOC assigns official passes to journalists and photographers upon presentation of their press credentials.

The LOC will set up a press room with free Internet access (broad band), preferably with a WIFI connection. The LOC press officer is in charge of greeting journalists and assisting them in their work. The LOC press officer will provide them with provisional results as well as with final rankings at the end of the competition and any other documents available on the race and the competitors.

7.1.6 Radio

The ISMF will participate in all contact with national radio stations as well as in any radio interviews that may take place at national level.

7.1.7 Television

ISMF will participate in all contact with national television channels as well as in any subsequent TV interviews.

7.2. Promotion of the event

All published material about the competition must be drawn up according to the ISMF Design Manual.

Draft copies must be sent upon registering the event in the ISMF calendar, as well as prior to printing for a final approval.

The ISMF logo must appear on all promotional tools, being well positioned and clearly visible



The LOC may benefit from preferential prices for advertising in ISMF documents. Upon event closure, the LOC must send a final report which may be used as a reference document for the promotion of ski mountaineering. The LOC must ensure that all photos, films, videos, etc. provided are not subject to copyright.

7.2.1. *The ISMF logo*

The ISMF logo must appear on all promotional tools:

- Posters,
- Flyers,
- The event program,
- The ISMF banners must be present at the briefing, start area, finish area and the prize-giving ceremony.
- Official result lists,
- All documentation related to the competition,
- Official dress,
- Press kit, etc.

The logo should be shown distinctly from other logos and be at least of the same size as national federation and LOC logos.

Draft copies should be sent to ISMF before proofs are signed off for printing.

7.2.2. *Event brochure*

The LOC is responsible for the event brochure. .

The LOC decides the brochure content. However 3 pages must be reserved as follows:

- 1 page for an editorial by the president of ISMF,
- 1 page for the president of the national federation,
- 1 page for national federation partners.

The national federation and ISMF must provide the information for these pages. Space allotments may be reviewed depending on the length of the brochure. The event brochure should adhere to the design rules of the ISMF design manual.

7.2.3 *Acknowledgements*

The competition speaker must not fail to mention:

- ISMF,
- the national federation,
- ISMF and national federation partners,
- LOC partners.

7.3. Partners

General principles: all contracts (of any type) signed by the ISMF, bind both the LOC and the national federation.

The ISMF will provide a list of partners and their activities to the LOC.

The LOS is not permitted to enter into a partnership or advertising agreement that might conflict with the activities of the main ISMF partners.

All advertising deemed unsuitable regarding health or moral reasons is not acceptable.

7.3.1. *Means of advertising:*

- Advertising on equipment and clothing is restricted to use by national federations;
- When advertising using billboards or banners (which must not obstruct the jury's and/or spectator's viewpoint) a space corresponding to 20% of the surface area should be reserved for ISMF use.

The standard billboard size is a height of 1m and width of 3m



Each partner/sponsor is responsible for providing his own billboards and banners.
An official ISMF banner must be placed visibly at both start and finish areas, as well as in the podium background.

- Seats in stands: the LOC will reserve, free of charge, places in the stands for each partner.
- The same rules apply to advertising over radio/loudspeakers.

7.3.2. LOC and ISMF guests

The LOC has to organize a meal for the competitors, officials and guests.
The LOC must get in touch with ISMF about inviting international guests.

8. The fight against doping

The ISMF intends to battle against doping via several programs, such as those of the WADA. The ISMF intends to successfully apply a doping control policy through the actions and the will of its **Anti-Doping Commission**. The rules governing the activity of the commission, its guiding principles and the respective punishments are highlighted in the WADA approved document: « **Anti-Doping Regulations of the ISMF** » (**ISMF Anti-Doping Regulations**).

The competitions included in the ISMF calendar are thus subjected to the following undertakings:

8.1. Doping Tests Expenses

Organizers of competitions included in the official ISMF calendar must pay for doping tests during the event. The organization of doping tests can be entrusted through an agreement to an international association that has its headquarters in Lausanne: SPORTACCORT.

Costs to be covered include:

The expenses of an accredited laboratory

Travel expenses for those from the official national body responsible for doping tests

Fees for those mentioned above

Equipment (anti-doping kits) necessary for the tests,

All other expenses related to the anti - doping procedure during the competition.

Competition organizers may be able to reach an agreement with the respective national bodies responsible for doping matters, so that said institution undertakes the financial responsibility for carrying out anti-doping test

8.2. Location of doping tests (Reminder of basic obligations)

The location for carrying out doping tests must respect the recommendations and the technical characteristics set out by WADA, the standards and rules of the National Anti-Doping Agency of the host country, and above all: show **respect to the athletes** subjected to the tests.

8.2.1. Test area

The area must be specific for the tests. It must respect the athletes' sense of modesty, confidentiality, and genders. These are particularly important when dealing with minors (under 18).

8.2.2. The two possible scenarios:

a) There are two doctors, a man and a woman: each one in a separate room with an adjacent toilet. There must be a table and two chairs in each room, so the people concerned can sit opposite each other.



b) There is only one doctor, a man or a woman: one single room is sufficient. In this case the escort will witness the sampling.

8.2.3. The waiting room/area

The escorts accompany the identified athletes to the waiting area, and wait for the doctors to make the examination.

This area must:

- Be spacious,
- have as many chairs as athletes and escorts
- be heated,
- provide water for each athlete: at least 3l. of mineral or natural water, in closed bottles; all other drinks are excluded,
- a storage area for the athletes equipment, skis, boots, etc. This area must be sheltered and secure.

8.3. The staff: the doctors, the « Escorts », the person in charge of Anti-Doping from the LOC

8.3.1 The doctors

Doctors are appointed by the national agency in charge of doping tests. They contact the LOC and the ISMF delegate before the competition.

8.3.2 The « Escorts »

a) Escorts who accompany the athletes are *compulsory*:

- A man for a male athlete to be tested,
- A woman for a female athlete to be tested,
- There must be as many escorts as athletes to be tested.

b) Training of the Escorts.

Training of the escorts is as stipulated by the rules of the host country's ruling body. In the case of lack of training the doctor in charge, or the ISMF delegate by default, may organize an intensive training course, so as to ensure that the doping tests are carried out under the best possible conditions.

8.3.3 The person in charge of Anti-Doping from the LOC

a) He is appointed by the organization.

b) Role:

- Reception of the whole staff: doctors, delegate, escorts.
- Ensuring the necessary means to carry out a 'good' doping test,
- Everything must be diligently planned: location, drinks, chairs, offices, etc.

c) The LOC person responsible must display: discretion, efficiency, availability...

The quality of the relationship between the athletes and those others involved, depends upon the good handling by the LOC anti-doping official prior to the tests

8.4. Number of doping tests

The number of doping tests is established by the Anti-Doping.

- The number cannot be under 10 on a World Cup event, except for the associated national open category which is not under the responsibility of the ISMF. Part of these tests can be made on blood and during the days preceding the competition.
- For the European Championship, the number cannot be under 30 tests distributed



among all events and categories in the European Championship. Part of these tests can be made on blood and during the days preceding the competition.

- For the Continental Championships, the number will be established by the LOC and the Anti-Doping Commission of the ISMF depending on the risk, the number of participants, and other criteria stipulated by the Anti-Doping Commission. Part of these tests can be made on blood and during the days preceding the competition.
- For the World Championship, the number cannot be under 30 tests distributed among all events and categories. Part of these tests can be made on blood and during the days preceding the competition.

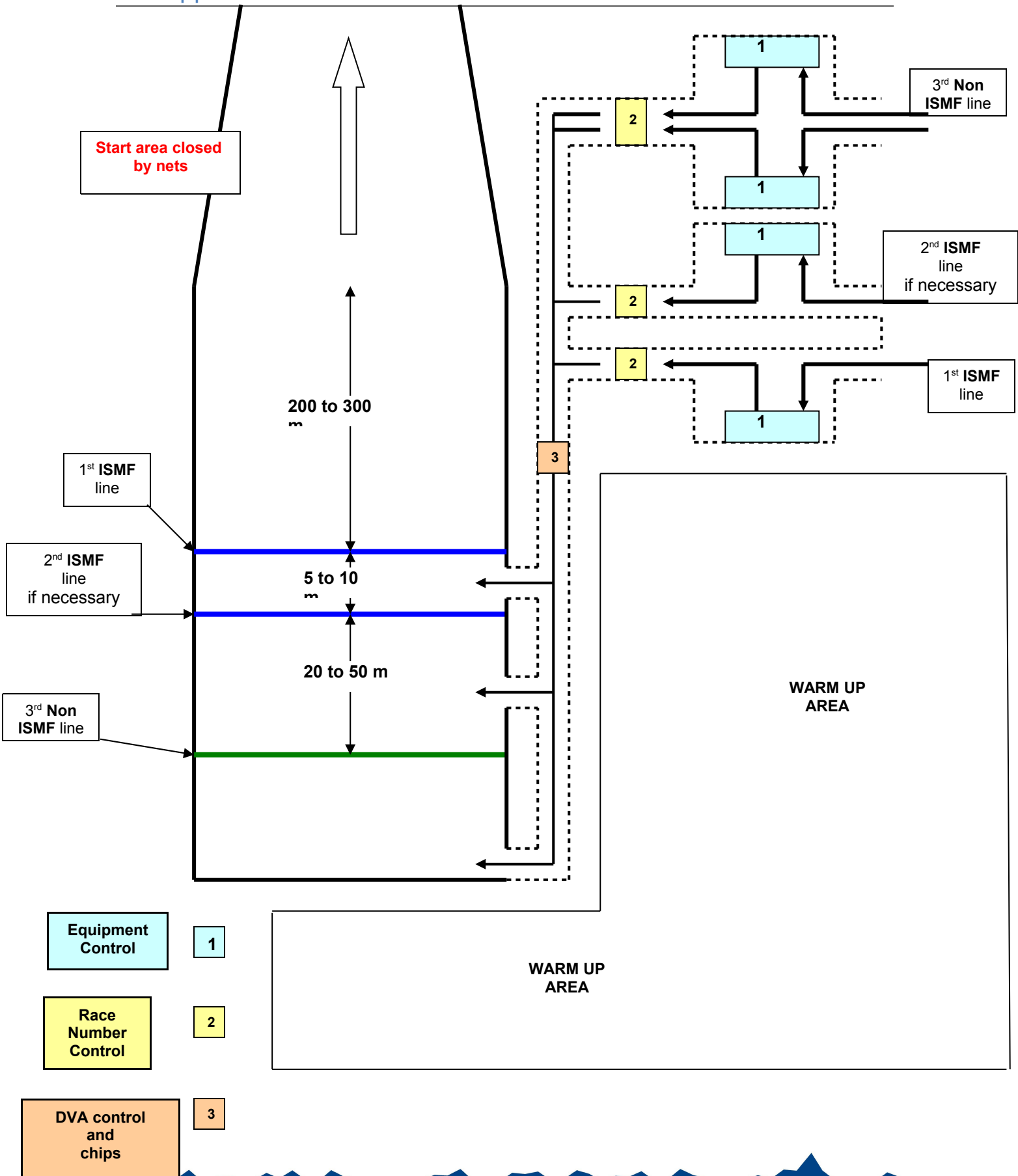
8.5. Identification of the athletes to be tested

The identification and the selection procedure of athletes to be tested, are subjected to the authority of the Anti-Doping Commission of the ISMF, according to the criteria that it has established at the beginning of the season in a document of intern activity and in the respect of:

- complete impartiality
- total confidentiality



9. Appendix 1 : Start Area





10. Appendix 2: Control Sheet

Name/number of checkpoint or waypoint: _____

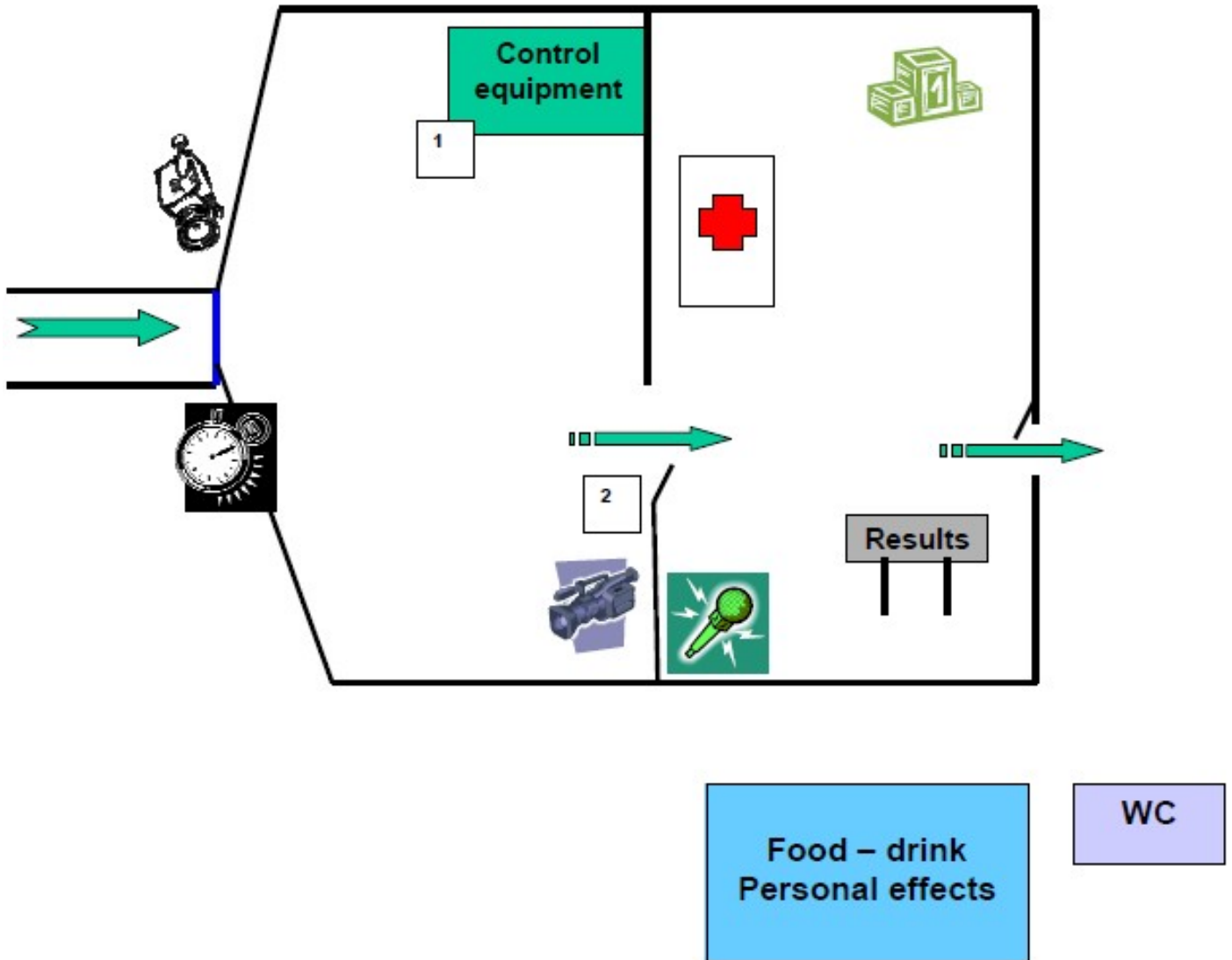
Route: _____

Point chief: _____

Referees: _____

| Rank | Hours | Minutes | Competitor | | Rank | Hours | Minutes | Competitor | |
|------|-------|---------|------------|----------|------|-------|---------|------------|----------|
| | | | Num. | Comments | | | | Num. | Comments |
| 1 | | | | | 17 | | | | |
| 2 | | | | | 18 | | | | |
| 3 | | | | | 19 | | | | |
| 4 | | | | | 20 | | | | |
| 5 | | | | | 21 | | | | |
| 6 | | | | | 22 | | | | |
| 7 | | | | | 23 | | | | |
| 8 | | | | | 24 | | | | |
| 9 | | | | | 25 | | | | |
| 10 | | | | | 26 | | | | |
| 11 | | | | | 27 | | | | |
| 12 | | | | | 28 | | | | |
| 13 | | | | | 29 | | | | |
| 14 | | | | | 30 | | | | |
| 15 | | | | | 31 | | | | |
| 16 | | | | | 32 | | | | |

11. Appendix 3: Finish area





12. Appendix 4: Finish control sheet

| | | | | | | | | | | | | | | |
|----------------------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Numbers | | | | | | | | | | | | | | |
| Skis + bindings | | | | | | | | | | | | | | |
| Boots | | | | | | | | | | | | | | |
| Pair of ski poles | | | | | | | | | | | | | | |
| Pair of skins | | | | | | | | | | | | | | |
| Upper body clothing: 3 layers | | | | | | | | | | | | | | |
| Lower body clothing: 2 layers | | | | | | | | | | | | | | |
| Avalanche transceiver | | | | | | | | | | | | | | |
| Helmet | | | | | | | | | | | | | | |
| Snow shovel | | | | | | | | | | | | | | |
| Snow probe | | | | | | | | | | | | | | |
| Survival blanket | | | | | | | | | | | | | | |
| Gloves | | | | | | | | | | | | | | |
| UV-filtering sunglasses | | | | | | | | | | | | | | |
| Rucksack minimum 20 litres | | | | | | | | | | | | | | |
| Crampons | | | | | | | | | | | | | | |
| Weight of skis | | | | | | | | | | | | | | |
| Weight of boots | | | | | | | | | | | | | | |
| Comments | | | | | | | | | | | | | | |

13. Appendix 5 : Grid of prize money

for a World Championship or a Continental Championship

| | Senior Men | Senior Women | Espoir Men | Espoir Women | Junior Men | Junior Women | Cadet Men | Cadet Women |
|------------------------|---------------------------------------|---------------------------------------|-------------------------------------|-------------------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| Individual Race | 3200 € 1500, 1000 and 700 € | 3200 € 1500, 1000 and 700 € | 1000 € 500, 300 and 200 € | 1000 € 500, 300 and 200 € | Prize in equipment | Prize in equipment | Prize in equipment | Prize in equipment |
| Race By Team | 6500 € | 6500 € | | | | | | |
| Sprint | 3200 € 1500, 1000 and 700 € | 3200 € 1500, 1000 and 700 € | 500 € 300, 200 and 100 € | 500 € 300, 200 and 100 € | Prize in equipment | Prize in equipment | Prize in equipment | Prize in equipment |
| Vertical Race | 3200 € 1500, 1000 and 700 € | 3200 € 1500, 1000 and 700 € | 1000 € 500, 300 and 200 € | 1000 € 500, 300 and 200 € | Prize in equipment | Prize in equipment | Prize in equipment | Prize in equipment |
| Relays | 3700 € | 3700 € | | | Prize in equipment | | | |
| | 19 800 € | 19 800 € | 2 500 € | 2 500 € | Prize in Equipment | Prize in Equipment | Prize in Equipment | Prize in Equipment |



14. Appendix 6: Special motion for Asia (*China and South Korea*)

Motion submitted by the Technical Committee because of the specific conditions encountered in ASIA.

(China and South Korea)

Request for a temporary change in Game/sporting Rules as described hereafter:

The following only applies to Asia, **(China and South Korea)** as defined according to the IOC classification, at the end of paragraph 4.1: "When a course has been designed on ski trails within a ski resort and if competition organizers consider that no avalanche risk exists, then the following equipment may be excluded from the list of compulsory equipment: avalanche transceiver (ARVA), snow shovel and snow probe.

The organizer must submit these temporary changes in game/sporting rules to the ISMF regulations committee and must obtain approval from the ISMF technical director when registering the race.