



THE UK ARMED FORCES WINTER SPORTS ASSOCIATION (UKAFWSA)

THE 2025 INTER-SERVICES SNOW SPORT CHAMPIONSHIPS (ISSSC)

2nd February to 8th February 2025

COMPETITION RULES

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INTRODUCTION

1. The Inter-Services Snow Sports Championships (ISSSC) is a combined event incorporating British and International Military teams in both men's and Women' competitions. The championships are run under the auspices of the UKAFWSA.

AIMS OF THE UKAFWSA

2. The aims of the UKAFWSA, as agreed by the UKAFSB, are as follows:
- a. To promote Winter sports within the 3 Services without prejudice to gender or rank.
 - b. To ensure that UK Armed Forces Winter Sports events are, as far as possible, run in accordance with both national and international rules and practices.
 - c. To ensure that UK Armed Forces resources are used in the most cost-effective manner and that the right financial balance is struck between disciplines.
 - d. To organise Inter-Service Championships and select UK Armed Forces teams.
 - e. To seek both public and non-public funding of the Association, and to promote sponsorship.
 - f. To represent Service interests on national bodies, such as British Ski and Snowboard (GB Snowsport) committees and the British Alpine Technical Delegates Forum.
 - g. To train and develop race officials for UK Armed Forces Ski, Snowboard and Telemark events and to encourage individual participation at FIS or National Technical Delegate level.

UK ARMED FORCES SPORTS BOARD RULES

1. The following is an extract from the rules and regulations governing Inter-Services Sport as promulgated by the UKAFSB:

- a. **Inter-Service Committees.** Where an Inter-Service Championships exists, all arrangements are to be made by a Committee of each game or sport. The Committees are composed as under:
- (1) One Representative from each Service.
 - (2) One or more representatives, as laid down from each Service Sports Association or Union responsible for such a game or sport.
- b. Eligibility of Competitors in Inter-Service Competitions. The following rules apply:
- (1) All personnel on regular engagement with HM Forces, including those on FTRS engagements may compete.
 - (2) All members of the Foreign & Commonwealth Forces carrying out attachments to units at home or in the Fleet of 6 months or more, may compete, including during the initial 6-month period.
 - (3) Members of the RN Reserve, Army Reserve and RAF Volunteer Auxiliary Forces are eligible to compete in accordance with JSP 660, Part 1, Chapter 2. Volunteer Reserves must have a liability for deployment, be Phase 1 and 2 trained and have met the annual training requirements in the preceding year.
 - (4) Personnel seconded from one Service to another are eligible to compete only for the Service to which they belong.

2. These rules are promulgated by Secretary ISSSC and ratified annually by all discipline Chiefs of Race prior to the start of the sS training seasons.

Signatures for season 2024/25:

COR Alpine	COR Snowboard	COR Telemark
Sigs:		
Date:		
Maj John Poole	LtCdr Rich Stephenson	LtCdr Jamie Davies

ISSSC – CHAMPIONSHIP COMMITTEE AND ORGANISATION

1. The UKAFWSA Council will appoint a Championship Organising Committee to run the ISSSC. The constitution of that Committee is to include:

- a. **Director of the Championship.** Their deputy will one of the other Chairpersons.
- b. **Chief of Race Alpine Skiing.** A 'purple' appointment. Where possible a qualified Service Technical Delegate (TD) appointed by the UKAFWSA Alpine Race Committee.
- c. **Chief of Race Snowboarding.** A 'purple' appointment. Where possible a qualified Chief of Race (COR) Snowboard appointed by the UKAFWSA Snowboard Race Committee.
- d. **Chief of Race Telemark.** A 'purple' appointment. Where possible a qualified Chief of Race (COR) Telemark appointed by the UKAFWSA Telemark Race Committee
- e. **Race Secretaries.** Appointed by the UKAFWSA Alpine Race Committee and the UKAFWSA Snowboard Race Committee. (Non-voting members).
- f. **Chiefs of Timing and Calculations.** Appointed by the UKAFWSA Alpine Race Committee, UKAFWSA Telemark Race Committee and the UKAFWSA Snowboard Race Committee. (Non-voting members).
- g. **Public Relations Officer/Interpreter.** Appointed by the UKAFWSA Championship Organising Committee. (Non-voting member).
- h. **Director Sponsorship/Protocol Officer.** Appointed by the UKAFWSA Championship Organising Committee. (Non-voting member).
- i. **UKAFWSA Secretary.** A permanent post appointed and employed by the Army Sport Control Board (ASCB). The incumbent is also the Army Winter Sports Association (AWSA) Secretary. (Non-voting member).
- j. **Championship Secretary.** Appointed by the UKAFWSA Championship Organising Committee. (Non-voting member).
- k. **Single-Service Representatives.** One representative from each Service for each discipline (skiing and snowboarding) appointed by Single-Service Associations. Single Service representatives should meet the following criteria:
 - (1) Should be a competent skier/snowboarder able to negotiate steep race pistes and accesses.
 - (2) Should have previous experience on a Race Jury as well as having been Start Referee and Finish Referee at a UKAFWSA recognized (single Service or civilian) race meeting.
 - (3) Should be familiar with the race rules and regulations and in particular with the FIS International Competition Rules (ICR).

2. The Championship Organising Committee will appoint a Race Committee for each discipline (Alpine, Telemark and Snowboarding). Each race committee will compose of the following:

- a. Chairperson.

- b. Chief of Race.
- c. Single Service Reps.

3. The duties of all members of the Race Committee are to be as prescribed by FIS rules with such special proviso as agreed by the Championship Organising Committee. The Director will request, from the GB Snowsport, the attendance of a licensed Technical Delegate for both Alpine and Snowboard disciplines.

4. **Additional Responsibilities.** In addition to primary responsibilities, the Director of the Organising Committee may delegate other responsibilities to Race Committee members, and in addition may co-opt other individuals to the Race Committees as required. These may include duties such as:

- a. Start Referee.
- b. Finish Referee.
- c. Chief Gate Judge.
- d. Chief of Course (normally provided by the Resort).
- e. Protocol.
- f. Interpreter/Announcer.
- g. Photographer.
- h. Organisation of the Prize giving.
- i. Liaison with the Resort.
- j. Assistance with the compilation of results.
- k. The social programme.
- l. The hosting of Sponsors.

INTER-SERVICES ALPINE SKI COMPETITION RULES

GENERAL

1. The Inter-Services Alpine Ski Competition is run under UKAFWSA Rules. These UKAFWSA Alpine Ski Competition Rules are based on the International Ski Competition Rules (ICR) of the International Ski Federation, as amended by the British Alpine Ski Competition Rules (BCR) of GB Snowsports. The current FIS ICR Book IV Joint Regulations for Alpine Skiing ([Edition July 2024](#)) as amended by subsequent precisions is the definitive document for all safety regulations and covers all situations not prescribed by these rules. It should be used where assistance is required in rule interpretation. Amendments to the Inter-Services Alpine Ski Competition Rules may only be made by the UKAFWSA Alpine Race Committee, who are to promulgate changes to Service representatives as soon as possible after changes are made.

RACE PROGRAMME

2. Men's and Women' events will, as a minimum aim, consist of a Downhill (DH), Super G (SG), Giant Slalom (GS) and Slalom (SL). Where possible the races should be in the following order:

- a. DH.
- b. SG.
- c. GS.
- d. SL.

RACE JURY

3. There will normally be a fixed Race Jury appointed for the duration of the championships. The Race Jury will consist of:

- a. The Technical Delegate.
- b. The Chief of Race.
- c. The RN single-Service representative.
- d. The Army single-Service representative.
- e. The RAF single-Service representative.

TEAM COMPOSITION

4 Men's and Women' single-Service squads and International squads are to comprise as under. Individuals, who are not part of a single-Service or International squad, will not be allowed to race.

- a. **Men.** A squad of 9 from which a team of 6 racers will be nominated for each race. The best 4 race points of those nominated 6 team racers in each event to count towards the team result. In the event of one of the nominated competitors being unable to start through sickness or injury, a reserve can move up the start order to replace the missing competitor. However, the reserve must continue to race in his own bib number as published on the start list. The team Captain must nominate the reserve team member prior to the start of the race. Reserve team members may not be utilised for injuries or sickness occurring during the race.

- b. **Women.** A squad of 7 from which a team of 6 racers will be nominated for each race. The best 4 race points of those nominated 6 team racers in each event to count towards the team result. Substitutions due to sickness or injury may be made as detailed in paragraph 5.a. above.

THE DRAW

5. **Teams.** The start list for each event will consist of groups, with each team represented by one racer in each group. A draw made at the Team Captain's meeting will then decide the order in which teams will start within each group. Each team Captain is to nominate his team of 6 competitors for each race with their order of running. In any discipline with a second run (GS and SL), the start order of the teams within each group will be reversed.
6. **Individuals.** Squad members not selected to represent a team may be nominated by their team Captain to enter a race as an individual. They will be eligible to compete for individual awards and will race in a drawn group at the end of the start list. The start order for this group in any discipline with a second run (GS and SL) will be reversed.

CALCULATION OF RESULTS

7. Team and individual results will be extracted as follows:
 - a. **Team Results.** The placing of teams in each event will be determined by the sum of the race points of the 4 best competitors of each nominated team. All Inter-Service Championship Combined results will be determined by the sum of each team's race points in each team event. In the event of there being insufficient female skiers for a team result in the Downhill the requirement for 4 competitors' results may be reduced provided this is agreed by all three Service Representatives at the initial Team Captains' meeting. In the event of a tie, the team placed highest in the DH (SG for Women) will be deemed the winner.
 - b. **Individual Results.** Individual results will be calculated using the current FIS calculation procedures. Combination prizes will be awarded to those competitors whose race points total the least in all events. Only those competitors who finish every event will be eligible for combination prizes.
 - c. **Stepping Up.** If a competitor comes to a complete stop (e.g. after a fall), they must no longer continue through previous or further gates. The act of 'stepping up' or climbing is no longer allowed, and racers who do not maintain momentum or step back will be DSQ'd.
8. **Combination Results**
 - a. In the men's and Women' competitions the results of the DH, SG, GS and SL will be used to calculate the team and individual Combined places.
 - b. In the event of inclement conditions, a minimum of 2 race disciplines must be held in order to award the Team and Individual Combination Trophies.

EQUIPMENT

9. **Responsibilities.** Although the ICR specifies particular dimensions for competition equipment to be used¹, the responsibility for skiing, training and racing on appropriate equipment

¹ Specifications for Alpine Competition Equipment 2023/2024, Paragraph B1.

remains with the racer. Unless otherwise stated in paragraph 10 below, equipment must comply with the ICR, Book VI, Competition Equipment Version 18a dated 17 Dec 18.

10. **Specifications.** Specifications for the various events are:

a. **Minimum Ski Length**

- DH Men 213cm
- DH Women 205cm
- SG Men 200cm
- SG Women 195cm
- GS Men 180cm
- GS Women 175cm
- SL Men 165cm
- SL Women 155cm

b. **Minimum Ski Radius**

- DH Men 45m
- DH Women 45m
- SG Men 33m
- SG Women 33m
- GS Men 25m
- GS Women 23m
- SL 12.5m

Note: Tolerance of -1m; ski radius must be marked on the ski (less SL).

c. **Maximum Ski Width.** Maximum width of the running surface at binding without any tolerance.

- DH 65mm
- SG 65mm
- GS 65mm
- SL 63mm

d. **Minimum height of tip.**

- DH 30mm
- SG 30mm
- GS 50mm
- SL 50mm

e. **Maximum height of tail.**

- All events 10mm

f. **Max height of binding, plate & ski.** Distance between the bottom of the running surface of the ski and the ski boot sole.

- All events 50 mm

g. **Maximum height of boot sole.** Distance between the ski boot sole and the base of the heel including all hard and soft parts:

- All events 43mm

h. **Helmets.** Helmets are mandatory for all competitors and forerunners and for all events. They are to conform to FIS Regulations¹ and attested with the manufacturer's label, as amended by BCR, for each discipline. This includes official training as well as races.



INTER-SERVICES SNOWBOARD COMPETITION RULES

GENERAL

1. The Inter-Services Snowboard Competition is run under UKAFWSA Rules. These UKAFWSA Snowboard Competition Rules are based on the International Competition Rules (ICR) for snowboarding, published by FIS. The FIS ICR is the definitive document covering all situations not prescribed by the UKAFWSA rules and should be used where assistance is required in rule interpretation. Amendments to the UKAFWSA Snowboard Competition Rules may only be made by the UKAFWSA Snowboard Committee, who are to promulgate changes to Service Representatives as soon as possible after changes are made.

RACE PROGRAMME

2. Men's and Women' disciplines will consist of a Snowboardcross (SBX), Parallel Slalom (PSL) and Slopestyle (SS) event. Where possible the competition events should be in the following order:

- Snowboardcross
- Parallel Slalom
- Slopestyle

RACE JURY

3. The Race Jury for all Snowboard events consists of the following:

a. **SBX**

- Technical Delegate
- Referee
- Chief of Race

b. **PSL**

- Technical Delegate
- Referee
- Chief of Race

c. **SS**

- Technical Delegate
- Head Judge
- Chief of Competition

The Technical Delegate is Chair of the Jury and will conduct all Jury meetings.

4. In extreme circumstances, such as the possible disqualification of an entire team, or the cancellation or postponement of a race (not delay), nominated single-Service representatives may be invited to attend the Jury Meeting and make their views known to the Jury. **The decision of the Jury is, however, final.** The Technical Delegate, in all votes regarding any decision including protests, will vote last as the casting vote.

TEAM COMPOSITION

5. All teams (British Service or International) are to consist of the following:
- a. **Men. SBX** – Ten riders will compete. **PSL** – Ten riders will compete. **SS** – Six riders will compete. The six highest scoring riders from each team will count towards the team competition. No reserves in addition to the ten riders nominated at the start of the Championships are permitted. Points scored by riders outside the top six will still be counted towards the individual competition. Team members who are unable to ride in one or more of the events are permitted to rejoin the team competition.
- b. **Women. SBX** – Six riders will compete. **PSL** – Six riders will compete. **SS** – Four riders will compete. The four highest scoring riders from each team will count towards the team competition. No reserves in addition to the six riders nominated at the start of the Championships are permitted. Points scored by riders outside the top four will still be counted towards the individual competition. Team members who are unable to ride in one or more of the events are permitted to rejoin the team competition.

THE DRAW

6. The start list for the SBX and PSL events will comprise of all ten male and six female riders except SS which will be six male and four female riders. A draw made at the Team Captain's meeting on the evening prior to the race will then decide the order in which teams will start. Prior to the draw taking place each team captain is to nominate the running order for his/her team for that event. The start order of the teams within each group will be reversed for the second run of the SBX and PSL qualification.

RUNNING OF EVENTS

7. All events are to be run in accordance with the full published UKAFWSA Snowboard Rules, based upon the running order and the draw. Where UKAFWSA or ISSSC rules are unclear the extant FIS ICR will be employed. In general, and in the case of Force Majeure, the Jury takes decisions on all questions not clarified by either the ISSSC or the ICR rules. The decision of the Jury is final and binding subject to the protocol for managing protests.

CALCULATION OF RESULTS

8. For the men's events the following scoring system will apply:

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

And for the Women' events:

POSITION	POINTS	POSITION	POINTS
1	1	10	10
2	2	11	11
3	3	12	12
4	4	13	13
5	5	14	14
6	6	15	15
7	7	16	16
8	8	17	17
9	9	18	18

9. **Combination Results.** In the men's and Women' competition the results of all races will be used to calculate the Team and Individual Combined places. In the event of inclement conditions, a minimum of 2 race disciplines must be held in order to award the Team and Individual Combined Trophies. Only riders who participate in all 3 events can be considered for the individual overall championships.

10. **International Competition.** In any event where there are International teams or individuals competing, International Prizes will be awarded but the results will not affect the Inter-Service Competition. International competitors have standing, only in each competition that is classified as International. For the purposes of calculating the UKAF results, international competitors are removed from the international finish lists and UKAF riders are promoted up the finishing result positions, filling gaps created after removing international competitors.

11. **Splitting of ties.** Any ties for position in either Team or Individual (overall) results will be resolved as follows:

- a. Result in SBX. If the tie cannot be split,
- b. Result SBS. If the result cannot be split,
- c. Result in PSL. If the result cannot be split,
- d. The position is considered tied.

Splitting of ties in single events, for result protocol, will be undertaken iaw the respective ICR regulation.

EQUIPMENT

12. **Boards.** Alpine/squaretail boards may be used for the PSL and SBX qualifications but for both the SBX finals and SBS, freestyle/twin tip boards must be used.

13. **Crash Helmets and Goggles.** The use of crash helmets is mandatory for all snowboard events and must be specifically designed for the discipline and shall bear a CE mark and conform to recognised and appropriate standards such as CE 1077 or US 2040, ASTM 2040. The use of camera mounts is not allowed and any additional (non-manufacturer) stickers may need to be removed to allow closer inspection of the helmet. **Helmets must be worn according to the manufacturers' recommendations.** Goggles must be worn at all times while performing practice and competition.

14. **Protective Equipment.** The use of back protection and 'other' body armour types, are not mandated by FIS, UKAFWSA and ISSSC committees. However, the ISSSC competition jury does recognise that in some circumstances back protection, for example, can provide a significant benefit and afford additional protection to a competitor. As such the committee strongly advocates that each athlete and team manager considers the employment of such devices where they assess it can enhance rider safety.

SAFETY APPROACH

15. Due to the nature of competitive snowboarding, the UKAFWSA Snowboard committee recognizes that significant risks are ever present during preparation, conduct and recovery from each competition arena. The committee recognizes its duty of care to all participants, officials and support staff throughout the conduct of each event. All practicable mitigations are applied to protect personnel and competitors. Protective equipment is mandated where regulation /rule requires it and the race jury encourages the use of back protection and any other relevant protective equipment such as crash-pants or wrist-guards. Moreover, the Race Jury encourages competitors, team managers and coaches to engage the race jury should they identify any risk they believe may have been omitted from assessment, the mitigation is sub-optimal or an alternate and enhanced mitigation may be available. These representations, to the race Jury, do not require the protest or competition protocol to be followed in the first instance - should any team manager, coach or captain feel that an issue is worthy of protest, after initial identification of an issue, this will require correct ICR protocol to be employed. The decision of the Jury in this respect is final and binding but does not remove any rider or team's ability to remove itself from competition should they be unable to tolerate a risk or hazard.

INTER-SERVICES TELEMAR SKI COMPETITION RULES

GENERAL

1. The Inter-Services Telemark Ski Competition is run under UKAFWSA Rules. These UKAFWSA Telemark Ski Competition Rules are based on the International Telemark Ski Competition Rules (TICR) of the International Ski Federation, which is the definitive document for all safety regulations and covers all situations not prescribed by these rules. It should be used where assistance is required in rule interpretation. Amendments to the Inter-Services Alpine Ski Competition Rules may only be made by the UKAFWSA Telemark Race Committee, who are to promulgate changes to Service representatives as soon as possible after changes are made.

RACE PROGRAMME

2. Men's and Women' disciplines will consist of a series of races including Giant Slalom (GS), Sprint (SP) Classic (CL) and Parallel Sprint (PS).

RACE JURY

3. The Race Jury for each race will be appointed at the team Captains meeting prior to each race. The Race Jury will consist of:

- a. The Technical Delegate.
- b. The Chief of Race.
- c. The Referee – normally a single-Service representative.
- d. An assistant Referee – required for the Classic and PS.

4. In extreme circumstances, such as the possible disqualification of an entire team, or the cancellation or postponement of a race (not delay), all nominated single-Service representatives should be invited to attend the Jury Meeting and make known their views to the Jury. The decision of the Jury is, however, final.

TEAM COMPOSITION

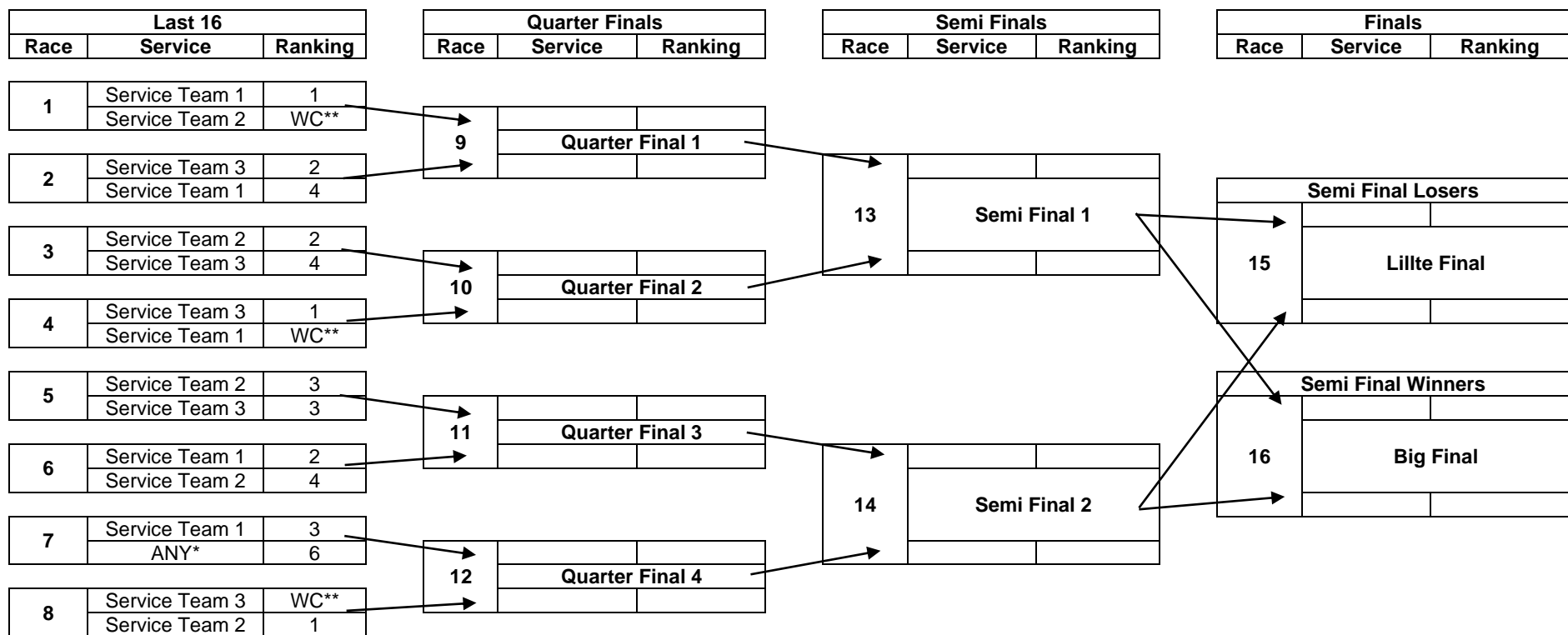
5. Men's and Women' single-Service squads and International squads are to comprise as per below guidance.

- a. **Men.** A squad of 9 from which a team of 6 racers will be nominated for each race. The best four race points in each event to count towards the team result.
- b. **Women.** A squad of up to 6 from which a team of 4 racers will be nominated for each race. The best three race points in each event to count towards the team result.
- c. The team Captain must nominate the reserve team member prior to the start of the race.
- d. In the event a nominated competitor is unable to start through sickness or injury, a reserve can move up the start order to replace the missing competitor². However, the reserve must race in their published bib number as per the start list. Reserve team members may not be utilised for injuries or sickness occurring during the race.

- e. Individuals, who are not part of a single-Service or International squad, will not be allowed to race.

THE DRAW

6. **Start Positions.** The start list for Run 1 for GS, SP and CL will be determined by a randomised Draw comprising the 18 nominated Team racers (maximum 6 from each Service). Individual racers will be drawn separately and run immediately after nominated racers. Where applicable, the Run 2 start list will proceed in reverse order based on the results of the Run 1. The qualification for Parallel Sprint is detailed below.
7. **Telemark Seed List.** Whilst Telemark Seed List will not be used to establish race start orders a Championship Seed List will be generated at the start of the Championship. Seed points will be allocated for the Championship to avoid disadvantaging any competitor in future British Telemark events.
8. **Teams.** Each team Captain is to nominate their team of competitors for each race prior to the draw. A reserve, if available, is to be nominated at the same time.
9. **Individuals.** Squad members not selected to represent a team may be nominated by their team Captain to enter a race as an individual. They will be eligible to compete for individual awards.
10. **Parallel Sprint Qualification.** Qualification and seeding for the PS is based upon the preceding SP results. If the SP is cancelled, then the CL results may be used. Qualification will comply with the following:
 - a. The top four classified competitors from each Service automatically qualify for the PS.
 - b. Each Service has one wildcard entry from their squad.
 - c. Service Teams are ranked in order of their overall combined Team Championship points after the Qualification race. If Team Comp is tied the team that won the qualification race takes the top position.
 - d. The remaining allocation will be topped up from the qualification race results and in classification order, irrespective of service, up to a maximum of sixteen competitors.
 - e. If an athlete who has qualified withdraws between the qualification and knockout rounds they will not be replaced in the start list, thus creating a bye in the first pairings. DNS in the first knockout round will get no points, DNS in subsequent rounds will be awarded points as if they had lost their heat. This avoids the risk of tactical withdrawals after the qualification results.
 - f. The intension for the PS is to run separate Male and Female races under Individual PS rules (to enable the event to contribute to overall Championship team and individual placing). If the numbers of competitors in either class (male or female) is insufficient to run a separate race then a resolution will be established at Team Captains' Meeting prior to the event.
 - g. The competitors are placed into the table below:



Notes:

- Due to the team aspect of this races effecting the loading of the competitors into the start list (iot avoid competitors racing against their own team in opening round) bib numbers do not reflect their placing in the qualification race. The jury has agreed that iaw FIS ICR Telemark rule 2206.2.2 “the better ranked competitor following the qualification choses the course” irrespective of their bib number. The start ref will have a copy of the classified results of the Qualification Race and nominate the better ranked competitor prior to each race.
- * The highest placed non-selected competitor once the 3 Service Team Wild Cards are selected from the seeding race.
- ** Wild Card Competitors selected by Team Captains.
- ** Result unknown as it is contested by 2 competitors with equal seeding.

CALCULATION OF RESULTS

11. Team and individual results will be extracted as follows:

a. **Individual Race Results.** Individual results will be calculated using the individual race times and Championship points awarded as below:

Championship Points schedule for GS, CL, SP and PS:

Place	Points	Place	Points	Place	Points
1st	100	11th	24	21st	10
2nd	80	12th	22	22nd	9
3rd	60	13th	20	23rd	8
4th	50	14th	18	24th	7
5th	45	15th	16	25th	6
6th	40	16th	15	26th	5
7th	36	17th	14	27th	4
8th	32	18th	13	28th	3
9th	29	19th	12	29th	2
10th	26	20th	11	30th	1

For the PS athletes eliminated in the knockout rounds will then be ranked according to the Qualification results for the application of Championship points. DNS in the first knockout round will get no points, DNS in subsequent rounds will be awarded points as if they had lost their heat.

b. **Team Race Results.** The placing of teams in each event will be determined by the sum of the championship points of the four best competitors of each nominated team.

12. Championship Combination Results

a. **Individual Combination.** The Individual Men's and Women² Combination will be determined by the summation of Championship Points across the Championship races (GS, SP, CL and PS). Only those competitors who finish every event will be eligible for combination prizes. In the event of a tie the individual placed higher in the CL will be deemed the winner.

b. **Team Combination.** The Inter-Service Championship Team Combination results will be determined by the sum of each team's Championship points from across all Championship races. In the event of a tie, the team placed highest in the CL will be deemed the winner.

c. In the event of inclement conditions, a minimum of two race disciplines must be held in order to award the Team and Individual Combination Trophies.

EQUIPMENT

13. **Responsibilities.** Although these regulations may specify particular dimensions for competition equipment to be used, the responsibility for skiing, training and racing on appropriate equipment remains with the racer.

14. **Specifications.** Specifications for the various disciplines are:

² If sufficient female entries.

- a. **Skis.** Ski must be commercially available (produced in numbers of not less than 100 per year). Special racing skis of existing models are exempt.
- b. **Boots.** Boots must be commercially available and made for Telemark. The boot may be custom fitted.
- c. **Bindings.** Bindings must be of a commercially available type designed for Telemark skiing. Ski stoppers or safety straps are mandatory. Release bindings are recommended.
- d. **Helmets.** Helmets are mandatory for all competitors and forerunners and for all events. They are to conform to FIS Regulations (Class A or B) and attested with the manufacturer's label. This includes official training as well as races.



PENALTIES

15. Time penalties are awarded in Telemark races for failure to adhere to Telemark race rules with regard to proper Telemark turns in the Telemark sections of a race and on the jump. Time penalties are added to the run times to provide an overall race time and concomitant position for GS, SP and CL. In the PS penalties are converted to additional distance in the skate section.

16. **Telemark Turn.** A 1 second time penalty is added for each turn that is not conducted in the Telemark position unless in a free area for the GS, SP and CL

- a. The inner ski must be the hindmost ski.
- b. The distance between the tip of the inner boot and the heel of the outer boot must be at least one boot length, measured in the direction of the ski.
- c. The heel of the inner ski must be clearly lifted from the ski.
- d. The turns must be linked in one single uninterrupted movement.
- e. If a racer gets more penalties than half the number of turning gates then they will be DSQ (this applies to all races including PS).

17. **The Jump.** Time Penalties are added for insufficient distance and incorrect landing on the jump as follows for the GS, SP and CL:

- a. Insufficient distance: 3 seconds
- b. Parallel Landing: 1 second. (landing with parallel feet is allowed if the skier, directly on impact, executes an uninterrupted movement into the Telemark position).

18. **Telemark Parallel Sprint.**

- a. Penalties are awarded for incorrect Telemark style and jump style or distance in accordance with race rules. Penalty distances will be added to the skate section and be taken before crossing the finish line on each run.
- b. The maximum time penalty or difference that shall be applied to each run of the PS is 3 seconds.

This document is to be ratified and agreed by all Discipline CoRs prior to Competition start