

# Rules for FIS Scandinavian Cup

Rules updated: 1<sup>st</sup> July 2023

## 1. General rules

The Scandinavian Cup consists of a series of FIS competitions in Scandinavia (Iceland, Lithuania, Latvia, Estonia, Finland, Sweden and Norway).

The race schedule is decided by the Scandinavian Conference each season and published in the FIS calendar.

The goal with the cup is to stimulate senior women and men near World Cup level to race against each other and to give the best women and men the chance to race in the World Cup via the free quota system FIS provides for Continental Cups.

Each of the national Ski Associations selected to host a cup event will appoint a technical organizer.

*Each organizer needs a substitute place where it is possible to organize the assigned event on the same date. If jury decides to cancel competitions, an expert commission will decide about new date. The expert commission consists of one member of each country mentioned above.*

During a Scandinavian Cup event only senior categories will be organized.

## 2. FIS/ICR rules

The current ICR Cross Country (distributed from FIS normally in June each year for the upcoming season) is valid as competition rules for all Scandinavian Cup events.

## 3. Quotas and starting times

The cup is open for all skiers with an active FIS code for Cross Country.

The Scandinavian Conference can decide to use the “General quota rules for Scandinavian cup events” if there is a reason to limit the starting field, this will be communicated in the invitation to the or those events that the rules apply.

To make booking of travels easier for the national teams and ski clubs the last racing day of an event must start at 9 o'clock in the morning and evening races shall be avoided.

Juniors can participate if they are entered by their NSA. Each NSA is allowed to enter 10+10 juniors per race in the Scandinavian Cup.

## 4. Entries and entry fees

Entries must be done to all competitions by the national ski associations. FIS entry form or a form containing the same data about the athletes must be used.

*Entries for an event must be sent to the organizer latest Tuesday at 23.59 h before the event start.*

The entry fee must not exceed 20 € per athlete per race.

## 5. Calculation of Scandinavian cup points

Only athletes from Scandinavian region (NOR-SWE-LTU-LAT-EST-ISL-FIN-DEN) are eligible to score points in the Scandinavian Cup and to get the free WC Quota.

If athletes outside of the region is taking part in a competition and are among top 50 the athlete will not get any points, i.e:

Rank Athlete

1. Athlete from SUI - no points
  2. Athlete form SWE - points for rank 2
  3. Athlete from GER - no points
  4. Athlete from Nor - points for rank 4
- etc.

50 best ranked athletes in a race get points as follows:

1 st place = 100 points	26th place = 30 points
2 nd place = 95 points	27th place = 28 points
3 rd place = 90 points	28th place = 26 points
4 th place = 85 points	29th place = 24 points
5 th place = 80 points	30th place = 22 points
6 th place = 75 points	31st place = 20 points
7 th place = 72 points	32nd place = 19 points
8 th place = 69 points	33rd place = 18 points
9 th place = 66 points	34th place = 17 points
10th place = 63 points	35th place = 16 points
11th place = 60 points	36th place = 15 points
12th place = 58 points	37th place = 14 points
13th place = 56 points	38th place = 13 points
14th place = 54 points	39th place = 12 points
15th place = 52 points	40th place = 11 points
16th place = 50 points	41st place = 10 points
17th place = 48 points	42nd place = 9 points
18th place = 46 points	43rd place = 8 points
19th place = 44 points	44th place = 7 points
20th place = 42 points	45th place = 6 points
21st place = 40 points	46th place = 5 points
22nd place = 38 points	47th place = 4 points
23rd place = 36 points	48th place = 3 points
24th place = 34 points	49th place = 2 points
25th place = 32 points	50th place = 1 point

The FIS calendar automatically calculates the general classification for the Scandinavian Cup, which includes all races and final overall standings in mintour.

*The calculation is based from the XML-result from each competition, therefore each organizer must upload the result after a finished race as soon as possible in the FIS data base.*

If at end of all the events, a number of competitors are placed equally in the general classification, then they shall be placed according to the number of their 1<sup>st</sup> places, then their 2<sup>nd</sup> places, 3<sup>rd</sup> places, etc. If they cannot be classified by this system, they will each receive the medals corresponding to their placing.

## 6. Mini Tour (if organised)

If some of the Scandinavian Cup-weekends are organised as a “Mini Tour” the following rules applies:

### 1. Basic Rules

- Only one entry for all stages is possible.
- Abandonment or disqualification in one race will lead to exclusion from the rest of the stage event.
- The overall results for the Scandinavian Cup General Classification will be based on the overall time score in the three stages (including sprint).
- There will be bonus seconds for top 30 in the sprint race. The bonus seconds listed below are subtracted according to the sprint final result from the competitor’s actual race time in the sprint qualification before being added into the overall time score.

1st place = 30 seconds	9th place = 14 seconds
2nd place = 27 seconds	10th place = 13 seconds
3rd place = 24 seconds	11th place = 12 seconds
4th place = 23 seconds	12st place = 11 seconds
5th place = 22 seconds	13th place to 15th place = 5 seconds
6th place = 21 seconds	16th place to 20th place = 4 seconds
7th place = 16 seconds	21st place to 25th place = 3 seconds
8th place = 15 seconds	26th place to 30th place = 2 seconds

### 2. Scandinavian Cup Points for the Scandinavian MINI TOUR

Scandinavian Cup points will be awarded after the last stage according to the points scale mentioned in paragraph 5.

In addition to the Scandinavian Cup points awarded, each stage will also receive Scandinavian Cup points according to the: "Daily World Cup Points" scale

1. = 50 points	16. = 15 points
2. = 47 points	17. = 14 points
3. = 44 points	18. = 13 points
4. = 41 points	19. = 12 points
5. = 38 points	20. = 11 points
6. = 35 points	21. = 10 points
7. = 32 points	22. = 9 points
8. = 30 points	23. = 8 points
9. = 28 points	24. = 7 points
10. = 26 points	25. = 6 points
11. = 24 points	26. = 5 points
12. = 22 points	27. = 4 points
13. = 20 points	28. = 3 points
14. = 18 points	29. = 2 points
15. = 16 points	30. = 1 point

On the last day, the winner of the day (fastest time on this stage for those specific kilometres) will get the Scandinavian Cup points according to paragraph 5.

### *3. Scandinavian MINI TOUR prize money*

The prize money after stage one and two will be distributed according to paragraph 7.

On the last day prize money will be distributed to the top three woman and men in the final classification of the mini tour according to paragraph 7.

### *4. Scandinavian Cup MINI TOUR Starting Order*

#### **Stage 1 (Sprint)**

In sprint qualification the starting order will be according to the FIS sprint points in reversed order; the athlete with lowest points will start first, all other competitors will be assigned start positions according to their FIS sprint points (ordered by pts) and lastly a group for those with no FIS sprint points are drawn.

#### **Stage 2 (Interval start)**

The starting order will be according to the overall standing after stage 1 in reversed order. The winning athlete from stage 1 will start last.

#### **Stage 3 (Pursuit)**

The starting order will be according to the current overall standing in the mini tour after two stages.

The athlete reaching the finish line first is the overall winner of the mini tour.

To prevent too large start time differences, the Jury can decide to use a "wave start" for the end of the starting field.

## **7. The winners**

The prize ceremony will take place immediately after each race.

Each organiser or organising federation pay money prize for each race:

No 1 = **600 €**, - No 2 = **400 €**, - No 3 = **200 €**

The cost is divided 50% from the local organiser and 50% from the hosting ski federation.

There will be prize money for the overall winners' women and men.

No 1 = **800 €**, - No 2 = **600 €**, - No 3 = **400 €**

Every NSA hosting a Scandinavian Cup during the season will be invoiced 1200 € (in total 3600 €) by the NOR NSA who is responsible to pay prize money to the athletes. These 3600 € will be used for the prize money here above.

The 3 best overall women and men will also receive a medal purchased by FIS.

The leaders (woman and man) of Scandinavian Cup will have the right to start in World Cup competitions during the next World Cup period according to "RULES FOR THE FIS CROSS-COUNTRY CONTINENTAL CUP".

A valid list of the qualified athletes will be published on the FIS website. These additional quotas are nominative; the athletes can not be substituted if they can not start due to force majeure.

Complete rules can be downloaded from: <https://www.fis-ski.com/en/inside-fis/document-library/cross-country-documents>

## 8. Seeding for individual races

In sprint qualifications the starting order will be according to the FIS sprint points in reversed order; the athlete with lowest points will start first, all other competitors will be assigned start positions according to their FIS sprint points (ordered by pts) and lastly a group for those with no FIS sprint points are drawn.

In mass start races the starting order will be according to the FIS distance points; the athlete with the lowest points will be assigned the best starting position, all other competitors will be assigned start positions according to their FIS distance points (ordered by pts) and lastly in the starting field a group for those with no FIS distance points is drawn.

In distance races the following seeding rules applies:

- 25 % of the number of entries in the starting field is seeded.
- The seeded field is divided into two (2) groups, A (50%) and B (50%).
- The seeding always starts with a B-seeded skier, then an A-seeded, etc. A-seeded skiers are placed on an even starting minute.
- The seeded field is complemented by a C-group and a D-group.
- The C group is seeded according to FIS points immediately before the B – A seeded group.
- The D-group contains all skiers without FIS points and the starting order of these are decided by a draw. The D-Group shall usually start first in the competition.
- The jury has the jurisdiction to place the A – B seeded group first in the competition due to i.e. heavy snowfall or other circumstances.

## 9. Results

All races in the Scandinavian Cup must be live timed via FIS live.

Official results and ranking from every race must be available in FIS data base immediately after the race.

## 10. Jury and TD

The TD will be appointed from the neighbouring country, i.e. FIN-EST/LAT and SWE-NOR. For events organized in DAN, LTU and ISL the Scandinavian conferences will decide which NSA who appoints the TD.

## 11. Homologation

The organizer of a Scandinavian Cup event must have homologated courses according to ICR.

## 12. Temperature limits

For Scandinavian Cup the Scandinavian conference has agreed to use minus 17°C as limit for the jury to cancel a race.

## 13. Official languages by the organiser

The organiser **must use** at least English language in addition to the country's own language. This means also the speaker at the stadium and the team captains' meeting.

#### **14. Carrying cost**

The organiser should offer accommodation for World Cup prices (maximum 125 €/day full board, double room).

All athletes and leaders have to pay for accommodation and for the valid starting fee.

#### **15. Transport**

On request the organiser will offer adequate transport for national teams to acceptable price.

#### **16. Leader bib**

After each race a calculation will be done to assign the overall leader of the Scandinavian Cup.

The overall leader will be awarded with the Scandinavian Cup leader bib. The athlete must attend if the organizer has a ceremony to honor the leader and the athlete must wear the bib at the upcoming races as long as she or he is the overall leader of the Scandinavian Cup.

The bib is purchased and distributed by the SWE NSA.

#### **17. Waxing facilities**

Sufficient and lockable waxing facilities must be suitable for all national teams (maximum 6+6) without cost. The size of this should be according to the FIS rules.

The OC have to offer one waxing cabin per nation in the Scandinavian region free of charge. If a nation wants more cabins the recommended maximum prize is 600 €\* per cabin for cabin 2-3. 4 cabins or more can be rented to market prizes.

The organizer and the participating nations MUST pay attention to this, and book waxing facilities in due time.

*\* = This is the maximum prize for a cabin; the recommendation is that the organizer try to find cabins with a lower prize. If an organizer only can arrange cabins above the maximum prize the race director must be informed immediately. This information will be forwarded to an expert commission which will decide if the prize is acceptable or not. The expert commission consists of one member of each country mentioned in paragraph 1.*

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