

Rules for FIS Scandinavian Cup

Rules updated: 1st July 2026

1. General rules

The Scandinavian Cup consists of athletes from the NSA's and a series of FIS competitions in Scandinavia and British Islands (Denmark, Estonia, Finland, Great Britain, Iceland, Ireland, Lithuania, Latvia, Norway and Sweden).

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.

Junior categories can be organized during a Scandinavian Cup event, but in such case, the hosting NSA must apply this to the Scandinavian Conference and get it confirmed before publishing of the invitation to the event.

If the application is accepted *the senior categories MUST be prioritized* both regarding to the status of the racing tracks and time of the day according to for example tv slots.

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 per athlete per race is:

- 30 € for season 2026/2027
- 35 € for season 2027/2028

5. Calculation of Scandinavian cup points

Only athletes from Scandinavian region (DEN-EST-FIN-GBR-IRL-ISL-LAT-LTU-NOR-SWE) 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 from SWE - points for rank 2
3. Athlete from GER - no points
4. Athlete from IRL - points for rank 4
- etc.

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

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

49th place = 2 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 1st places, then their 2nd places, 3rd places, etc. If they cannot be classified by this system, they will each receive the medals corresponding to their placing.

6. The winners

The price ceremony will take place immediately after each race.

Each organiser or organising federation pay prize money 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.

Prize money will be paid to the athletes ranked according to the final result of each competition regardless of the NSA.

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.

However, prize money for the overall winners and points for the Scandinavian Cup are only available for athletes belonging to the member NSA's mentioned in paragraph 1.

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>

7. 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.

8. 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.

9. Jury and TD

The jury for all events is appointed by the Scandinavian TD coordination group. The jury must be from Scandinavian region but exceptions can be made if cooperation with NSA 's outside of the region is justified.

10. Homologation

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

11. Temperature limits

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

12. 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.

13. Carrying cost

The organiser should offer accommodation for World Cup prices (maximum 140 €/day full board, double room).

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

14. Transport

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

15. 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 bibs is purchased and distributed by the SWE NSA.

16. 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 **900€*** 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.*

Contacts to the Scandinavian National Ski Associations

Sweden and Race Director

Ludvig Remb
Phone +46 70 372 21 32
ludvig.remb@skidor.com
info@skidor.com

Denmark

Christian M Borch
Phone +4523600680
christian@mborch.dk
skiforbund@skiforbund.dk

Estonia

info@suusaliit.ee

Finland

Hannu Koivusalo
Phone +358 504077500
hannu.koivusalo@vuokatti.net
hiihtoliitto@hiihtoliitto.fi

Great Britain

Roy Young
roy_y@icloud.com

Iceland

ski@ski.is

Ireland

SSAI Snowsports Ireland
ssai@snowsports.ie

Latvia

Gunārs Ikaunieks
Phone +371 26396032
gunars21@inbox.lv

Lithuania

info@nsaski.lt

Norway

Erik Husby
Phone +47 454 50 297
erik.husby@skiforbundet.no
post@skiforbundet.no

FIS

Madeline Nappey
nappey@fis-ski.com