



## Rules for FIS Scandinavian Cup – 2019/2020

Rules updated: June 1<sup>st</sup>, 2019

### 1. General rules

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

The Scandinavian cup season 2019/2020 contains of nine (9) races and one (1) mini tour, race schedule can be found in the FIS calendar.

The goal with the cup is to stimulate senior ladies and men near World Cup level to race against each other and to give the best ladies 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 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 license from all nations.

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 principally start in a Scandinavian cup race if the number of participants does not exceed 150 and if the national ski federations allow their juniors to enter the race.

Juniors that are selected to represent a national team from NSA's in Scandinavia are allowed to start regardless the number of participants.

### 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.

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

## 5. Calculation of Scandinavian cup points

All skiers placing top 30 in a race will be awarded Scandinavian cup points (see below), this is valid also for skiers outside Scandinavia.

Only athletes from the Scandinavian region mentioned in paragraph 1, however, can be awarded with medals and trophies in the total Scandinavian Cup and get the free quota to the World Cup (see paragraph 1 and 7).

If an athlete outside the Scandinavian region is placed on the podium in the final classification the athlete will be awarded with flowers.

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

|                        |                        |
|------------------------|------------------------|
| 1st place = 60 points  | 16th place = 25 points |
| 2nd place = 54 points  | 17th place = 24 points |
| 3rd place = 48 points  | 18th place = 23 points |
| 4th place = 43 points  | 19th place = 22 points |
| 5th place = 40 points  | 20th place = 21 points |
| 6th place = 38 points  | 21st place = 20 points |
| 7th place = 36 points  | 22nd place = 18 points |
| 8th place = 34 points  | 23rd place = 16 points |
| 9th place = 32 points  | 24th place = 14 points |
| 10th place = 31 points | 25th place = 12 points |
| 11th place = 30 points | 26th place = 10 points |
| 12th place = 29 points | 27th place = 8 points  |
| 13th place = 28 points | 28th place = 6 points  |
| 14th place = 27 points | 29th place = 4 points  |
| 15th place = 26 points | 30th place = 2 points  |

The FIS calendar automatically calculates the general classification for the Scandinavian Cup, for season 2019/2020 all races and final overall standings in mintour are counted in the general classification.

SWE and NOR NSA are responsible to calculate the sprint and distance winners.

The 30 best results in the sprint events will be calculated for the “Scandinavian Sprint Cup” and the 30 best results in the distance events will be calculated for the “Scandinavian Distance Cup” The point scale is the same as here above.

If at end of all the events, a number of competitors are placed equally 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 are valid:

### 1. Basic Rules

- Only one entry for the 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 the 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 points scale mentioned in paragraph 5.

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 price ceremony will take place immediately after each race.

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

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

The cost is divided 50% from the organiser and 50% from the ski federations.

In the season 2019/2020 there will be a money prize for the overall winners' ladies 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 price money here above.

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

The "sprint" winner and "distance" winner (women and men) will receive a trophy (purchased by the OC hosting the final event) after the last race.

The leaders (male and female) of Scandinavian Cup at the following dates have the right to start in World Cup competitions during the next World Cup period:

|                                  |                                |
|----------------------------------|--------------------------------|
| 1 <sup>st</sup> World Cup Period | 1 <sup>st</sup> November 2019  |
| 2 <sup>nd</sup> World Cup Period | 24 <sup>th</sup> December 2019 |
| 3 <sup>rd</sup> World Cup Period | 07 <sup>th</sup> January 2020  |
| 4 <sup>th</sup> World Cup Period | 11 <sup>th</sup> February 2020 |
| 5 <sup>th</sup> World Cup Period | 25 <sup>th</sup> February 2020 |

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.

## 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 athletes will be divided into 4 groups:

- Group 1, athletes with no FIS-points.
- Group 2, 3 and 4 consists of athletes with FIS points. These 3 groups are equal in size.
- Group 4 is for the athletes with the lowest FIS distance points.
- Group 3 is for the athletes with second lowest FIS distance points
- Group 2 for athletes with the highest FIS-distance points. If there are athletes with only sprint points, they will be put into group 2.
- The starting order within each group will be drawn.
- The normal starting order will be group 1-2-3-4.

## 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 on the internet immediately after the race.

Immediately after approval of the Technical Delegate, the organizer must transmit the official results and penalty calculation as an xml-file to FIS database by e-mail to:

|   |
|---|
| <a href="mailto:results@fiski.ch">results@fiski.ch</a>  |
| Direct Phone concerning FIS points (Josephine Achhoff) +41 33 244 6105<br>FIS Office: Phone + 41 (33) 244 61 71<br>E-mail: <a href="mailto:achhoff@fis-ski.ch">achhoff@fis-ski.ch</a> |

## 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, LIT 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 100 €/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.*



## Contacts to the Scandinavian National Ski Associations

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