



**May 7<sup>th</sup>, 2019**

RULES FOR THE NORDIC JUNIOR SKI COMPETITION,  
NORDIC DISCIPLINES

*Last adjustments for cross country made after the Nordic Cross Country meeting May 2018 and in December 2018 after input from the Scandinavian jumping committee.*

*Latest adjustment concerning SJ and NC made May 2019 in Vilnius, LAT.*

- Cross Country:
- 1: Sprint race (30 qualifying for finals).
  - 2: 5 km women, and 10 km men, max 18 years during the competition year.
  - 3: Relay: 3 x 3 km junior women C-F-F, 3 x 5 km junior men C-F-F

The technique for the individual race and the sprint race will change every year, so that in 2015 the sprint race is classic and the individual race is in free technique. In **2019** the sprint race is classic and the individual race is free, and so on.

In the sprint race there should be electronic timing (qualification), a finish camera and also jury observatory along the course.

Jumping:

**Each National Ski Association has full responsibility for the qualification of its competitors for competitions and for their ability to handle the jumping hills being used.**

Boys:

- Athletes aged 16-18 years old during the competition season
- 2019/20 this means born 2002-2004

Girls:

- Athletes aged 16-20 years old during the competition season
- 2019/20 this means born 2000-2004

Common:

- Jumping hill K60 – K95.
- FIS rules
- Ski length 145% and BMI
- Individual competition
  - Each nation can participate with as many athletes as they want, but only 4 athletes counting in the Nordic Junior Ski competition.
- Team competition
  - 2 athletes per team.
  - The nations can participate with as many teams as they like, but only 2 teams per gender count in the team competition in Nordic Junior ski competition.

- Mixed team competition
  - 1 girl and 1 boy per team.
  - The nations can participate with as many mixed teams as they like, but only 2 mixed teams count in the team competition in Nordic Junior ski competition

If there are less than 4 active athletes (aged 16 – 18) in a nation, then up to 2 athletes aged 13 – 15 may compete. An athlete from younger group cannot replace an athlete from older group.  
All athletes have the same equipment rules.

Nordic Combined:

Each National Ski Association has full responsibility for the qualification of its competitors for competitions and for their ability to handle the jumping hills being used.

Boys:

- Athletes aged 16-18 years old during the competition season
- 2019/20 this means born 2002-2004
- Cross country race 8 km

Girls:

- Athletes aged 16-20 years old during the competition season
- 2019/20 this means born 2000-2004
- Cross country race 5 km

Common:

- Jumping hill K60 – K95.
- FIS rules
- Ski length 145% and BMI
- Individual Gundersen competition
  - 1 jump, cross country race
  - Each nation can participate with as many athletes as they want, but only 4 athletes counting in the Nordic Junior Ski competition.
- Team sprint competition
  - 2 athletes per team.
  - Boys: team jump competition, and then “Gundersen” race over 2 x 1 km x 5 (= 10 km total)
  - Girls: team jump competition, and then “Gundersen” race over 2 x 1 km x 3 (= 6 km total)
  - The nations can participate with as many teams as they like, but only 2 teams per gender count in the team competition in Nordic Junior ski competition.

If there are less than 4 active athletes (aged 16 – 18) in a nation, then up to 2 athletes aged 13 – 15 may compete. An athlete from younger group cannot replace an athlete from older group.  
All athletes have the same equipment rules.

Place and date: The nations EST-FIN-NOR-SWE will organise the competition according to the schedule below.  
**The Nordic Junior Ski Championships should avoid being organised the same week as the Junior World Championships.**  
The organising nation will appoint a technical organiser.

Proposal for race schedule:  
**Thursday (late afternoon): Team captains meeting, official training for SJ, PCR for NC**  
Friday: cross country sprint individual, **individual competitions for SJ and NC**  
Saturday: Cross Country individual, **team (morning) and mixed team (afternoon) for SJ, team sprint for NC**  
Sunday: Cross Country Relay

Competitors: Each of the Nordic nations (DEN-EST-FIN-ISL -LAT-LTU -NOR-SWE) may enter an unlimited number of participants. Additionally, the organiser may invite other nations.

Each competition (XC women, XC men, relay women, relay men, NC sprint, NC individual, NC team, jump individual and jump team,) will count as separate competition.

The Nordic Junior Ski Competition:  
(New rule from 2012)  
The winner of each individual competition will be named as “Nordic Junior Champion”

The Nordic Junior Ski Nations’ Competition counts between the Nordic nations (see above). The winner of the competition is the nation obtaining highest point score totally in all the disciplines.

There will also be a winning nation in each discipline: Cross Country, Ski Jumping and Nordic Combined.

In the Nordic Junior Ski Competition count as follows:

XC Junior women*:	maximum 4 athletes per nation
XC Junior men *:	maximum 4 athletes per nation
XC Sprint Junior women*:	maximum 4 athletes per nation
XC Sprint Junior men *:	maximum 4 athletes per nation
SJ boys:	maximum 4 athletes per nation
SJ girls:	maximum 4 athletes per nation
NC boys:	maximum 4 athletes per nation
NC girls:	maximum 4 athletes per nation
XC Relay women:	maximum 2 teams x 3 athletes per nation
XC Relay men:	maximum 2 teams x 3 athletes per nation
SJ team boys:	maximum 2 teams x 2 athletes per nation
SJ team girls:	maximum 2 teams x 2 athletes per nation
SJ mixed teams:	maximum 2 teams x 2 athletes per nation
NC Team sprint boys:	maximum 2 teams x 2 athletes per nation
NC Team sprint girls:	maximum 2 teams x 2 athletes per nation

\* In the individual and sprint cross country races the team consists of 6 racers. Only the 4 best of these 6 will count in the calculation of points.

Invitation and entries:

The organiser must invite the Nordic countries DEN-EST-FIN-ISL-LAT-LIT-NOR-SWE.

Additionally, invitations should be sent to other countries, **especially** GER-POL-RUS-BLR-UKR and other nations.

The invitation must be sent at latest 2 months before the competition.

Entries, with the number of competitors and leader, for each of the national teams must be made 1 month before the competition.

Entries with the names of competitors and leaders must be made at latest 1 week before the competition.

Participants outside the national teams must send their entry within 2 weeks before the competition.

The organiser will offer accommodation **possibilities** for the national teams.

Participants outside the national teams will provide their own accommodation.

The Nordic nations DEN-EST-FIN-ISL-LAT-LIT-NOR-SWE must describe the nations' teams for the Nordic Competition: **In Cross Country 6, in Ski Jumping 5 and in Nordic Combined 5 of each gender.**

Additionally: Athletes outside the nations' teams can enter the races, in unlimited number. These athletes will not count in the nations' competition. If a participant outside the national teams wins one of the individual competitions, the winner will be named as individual Nordic Champion.

Sectioning and grouping:

*Cross Country race and Sprint race:*

Section 1: Athletes from all nations who are outside the nations' teams. The jury will decide the grouping inside section 1.

Section 2: The teams in the Nordic Junior competition. The Section 2 will be divided into 3 groups, group I - III, (group III is the "best" group, and normally starting last) each with 2 competitors from each of the teams for the Nordic Junior Ski Championship.

For the draw the principles are given in the ICR art. 334 - 335.

*Relay, and N. Combined team Sprint:*

The names of each team, with substitutes, are entered not later than on the captains' meeting the evening before the relay race. The exact starting order within the relay team must be delivered at latest 1 hour before the start, and cannot be changed.

The first team of DEN-EST-FIN-ISL-LAT-LIT-NOR-SWE have the lowest start numbers (these are drawn). Then all the other teams will be drawn with the following start numbers.

*Nordic Combined and Nordic Combined Sprint, the jumping competitions:*

Section 1: Competitors from all nations who are outside the nations' teams.

Section 2: The teams for the Nordic Competition, and other competitors. Section 2 is divided into 4 groups, each with one competitor from each of the teams for the Nordic Competition.

The combined jumping competition is carried out before the special jumping competition.

The combined cross country race is carried out according to the "Gundersen" method.

*Jumping, individual competition:*

The grouping will normally be made at the team captains' meeting.

Section 1: Competitors from all nations who are outside the nations' teams.

Section 2: The teams for the Nordic Junior Competition. Groups as above under nordic combined.

*Ski Jumping, team competition, mixed team:*

The team of 2 competitors with their starting order must be delivered at latest on the evening before the competition. Both competitors will count.

The calculation of points for the Nordic Junior Ski Competition:

The nordic nations DEN-EST-FIN-ISL-LAT-LIT-NOR-SWE will count in the Nordic Junior Ski Competition, only with the teams designed for this competition.

*Cross country individual race and sprint race:* Points 13-11-10-9-8-7-6-5-4-3-2-1 for the places 1 - 12, with a maximum of 4 competitors from each team of 6. (I.e. if a nation has 5 competitors among the 12 best, only the 4 best of these 5 will count, and no 13 will count, and so on.)

*Cross Country relay race, Ski Jumping team Competition and Mixed team, and Nordic Combined team sprint:* Points 14-12-8-6-4-2 for the places 1 - 6 (2 teams from each nation will count, i.e. 8 teams, thus no.7 and 8 will not obtain points).

*Ski Jumping and Nordic combined individual:* 13-11-10-9-8-7-6-5-4-3-2-1 for the places 1 - 12. 4 competitors from each country will count.

- Economy: Each nation carries its own costs.  
The organiser is obliged to offer accommodation to favourable cost for the competing nations. There should be accommodation offers available for World Cup prizes (**max CHF 125 full board**), so that the nations can choose.
- Entry Fee: The entry fee will be maximum EUR 20 per start per person.
- Prizes:
- 1) For the Nordic Junior Competition there shall be a trophy to the winning nation organised and purchased by the organising federation.
  - 2) There shall be a trophy for the best nation in each discipline: Cross Country, Jumping and Nordic Combined, organized and purchased by the organising federation.
  - 3) In addition to the nations' prize, the best competitors (or teams) in all the competitions will obtain a medal or a memory prize, purchased by the organising federation.  
In each competition there will be prizes carried by the organiser, according to the FIS rules.  
For the relay in Cross Country and the team competition in ski jumping, the organiser will have to give adequate prizes.
  - 4) The "Nordic Junior Champion" in each individual competition will have a special Prize (trophy).
- Language: The organiser must use at least English in addition to the country's own language, both at the stadium (speaker) and at the team captains' meeting.
- TD's and judges: TD's of ski jumping, cross country and Nordic Combined are nominated **by the organising nation** and will usually be from the organising nation.  
The jury of **Cross Country** will consist of: **TD, Chief of competition, chief of course, and two foreign leaders.**  
**The jury of Ski Jumping: TD, chief of competition, TD ass**

**The jury of Nordic Combined: TD, chief of competition, TD ass, chief of the Cross Country course.**

**Judges in jumping:**

**NOR, SWE, EST and FIN will send at least one judge for the jumping competitions. The cost of this judge is carried by the participating nation. Additionally, the organising nation will appoint the necessary number of judges.**

Equipment, clothing etc: **Equipment, clothing etc. accord to valid FIS rules for each discipline**

Previous competition sites:

1975	Kaustinen, FIN	1997	Stiklestad, NOR
1976	Njurunda, SWE	1998	Kouvola, FIN
1977	Trondheim, NOR	1999	Sundsvall, SWE
1978	Kouvola, FIN	2000	Otepää, EST
1979	Bredbyn/Övik, SWE	2001	Kristinestad, FIN
1980	Bjerke, NOR	2002	Gjøvik, NOR
1981	Kouvola, FIN	2003	Sysslebäck, SWE
1982	Örnsköldsvik, SWE	2004	Haanja, EST
1983	Steinkjer, NOR	2005	Gjøvik, NOR
1984	Seinäjoki, FIN	2006	Vöuri, FIN
1985	Sollefteå, SWE	2007	Örnsköldsvik, SWE
1986	cancelled	2008	Otepää, EST
1987	Lillehammer, NOR	2009	Folldal, NOR
1988	Hämeenlinna, FIN	2010	Kuopio, FIN
1989	Tynderö, SWE	2011	Örnsköldsvik, SWE
1990	Steinkjer, NOR	2012	Mammaste, EST
1991	Vuokatti, FIN	2013	Trondheim, NOR
1992	Sysslebäck, SWE	2014	Rovaniemi, FIN
1993	Steinkjer, NOR	2015	Örnsköldsvik, SWE
1994	Jyväskylä, FIN	2016	Otepää, EST
1995	Tynderö, SWE	2017	Orkdal, NOR
1996	Otepää, EST	2018	Vuokatti, FIN
		2019	Otepää, EST

Coming Competitions:

2020 Falun, SWE  
2021 NOR  
2022 FIN  
2023 SWE  
2024 EST