

Rules for the Nordic Junior Ski Competition, Nordic disciplines

Latest adjustment made 4th July 2025

1. General

Nordic Junior Ski competition has been held every year (except 1986 and 2020) since the first time in 1975. The National Ski Associations (NSA) in FIN, SWE, NOR and from 1996 also EST has taken turns in hosting the competitions.

2. Cross Country Competitions

- 1: Sprint race (30 qualifying for finals). The organizer should organize one “block” (according to the sprint bracket in ICR 325) of sprint finals for the athletes in the national teams if the sprint race is open for athletes outside the national teams.
- 2: 5 km women, and 10 km men, max 18 years during the competition year.
- 3: Relay: 3 x 3 km junior women and 3 x 5 km junior men. All legs are in the same technique for 2025 F-F-F, for 2026 C-C-C, for 2027 F-F-F and so on.

The technique for the individual race and the sprint race will change every year, in **2023** the sprint race is classic and the individual race is free technique, and so on.

The Sprint Race shall be organized according to ICR 325.

3. Ski 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

Girls

- Athletes aged 16-20 years old during the competition season

Common

- Jumping hill K60 – K95.
- FIS rules
- Ski length 145% and BMI

Rules for Nordic Junior Ski Competition, edition July 2025

Competitions

- **Individual** competitions boys and girls
Each nation can participate with as many athletes as they want, but only 4 athletes counting in the Nordic Junior Ski competition from each gender.
- **Team** competitions boys and girls
 - Team 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.

4. 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
- Cross country race 7,5 - 8 km

Girls

- Athletes aged 16-20 years old during the competition season
- Cross country race 4 – 5 km

Common

- Jumping hill K60 – K95.
- FIS rules
- Ski length 145% and BMI

Competitions

- **Individual** Gundersen competitions boys and girls
 - 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.

Rules for Nordic Junior Ski Competition, edition July 2025

- **Team sprint** competitions boys and girls
 - 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.

5. Organising the competitions

5.1. Place

The nations EST-FIN-NOR-SWE will organise the competition according to the schedule below in chapter “7. Coming competitions”.

The organising nation will appoint a technical organiser.

5.2. Date

The Nordic Junior Ski Championships should avoid being organised the same week as the Junior World Championships or EYOF.

5.3. Proposal for race schedule

Thursday:	Team captains meeting (late afternoon), 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

5.4. Competitors

Each of the Nordic nations (DEN-EST-FIN-GBR-IRL-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.

5.5. The Nordic Junior Ski Competition

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 below). 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:

Rules for Nordic Junior Ski Competition, edition July 2025

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.

5.6. The calculation of points for the Nordic Junior Ski Competition

The Nordic nations DEN-EST-FIN-GBR-IRL-ISL-LAT-LTU-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.

5.7. Invitation and entries

The organiser must invite the Nordic countries DEN-EST-FIN-ISL-LAT-LTU-NOR-SWE. Additionally, invitations should be sent to other countries, especially USA-GER-POL-UKR and other nations.

Invitation must be written in English.

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.

Rules for Nordic Junior Ski Competition, edition July 2025

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. Only participants within the national teams can be named as individual Nordic Champion.

5.8. Sectioning and grouping

Cross Country race and Sprint race:

Section 1A and 1B: Athletes from all nations who are outside the nations' teams. Section 1A is for all athletes without FIS-points and the starting order will be determined by a draw and will start first in the competition. Section 1B is seeded according to FIS-points, the athlete with lowest FIS-points starts just before section 2.

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.

Relay, and Nordic 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.

Ski 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 competitions and Mixed team competitions:

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

5.9. Economy

Each nation carries its own costs.

The organiser is obliged to offer accommodation to favourable cost for the competing nations.

The hosting NSA must together with the local organiser cover the cost of

- preparations and conducting of the competitions
- prizes as described in the rules
- officials nominated by the hosting NSA as described in chapter 5.13 in the rules

5.10. Entry fee

The entry fee will be maximum EUR 20 per start per person.

5.11. Prizes

- 1) For the Nordic Junior Competition there shall be a diploma to the winning nation organised and purchased by the organising NSA.
- 2) There shall be a diploma for the best nation in each discipline: Cross Country, Ski Jumping and Nordic Combined, organized and purchased by the organising NSA.
- 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 NSA.

In each competition there will be prizes to the top three athletes carried by the organiser.

For the relay in Cross Country and the Team competitions in Ski Jumping, the organiser will have to give adequate prizes to the top three teams.

5.12. 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.

5.13. Officials: Jury, TD and judges

TD's of Ski Jumping, Cross Country and Nordic Combined are nominated by the organising nation's NSA and will usually be from the organising nation.

Cross Country Jury will consist of: TD, TDA and Chief of competition.

Ski Jumping Jury: TD, Chief of competition, TDA

Nordic Combined Jury: TD, Chief of competition, TDA, Chief of the Cross Country course.

Judges in Ski Jumping and Nordic Combined:

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.

5.14. Equipment, clothing etc.

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

6. Previous competition venues

1975	Kaustinen, FIN	2002	Gjøvik, NOR
1976	Njurunda, SWE	2003	Sysslebäck, SWE
1977	Trondheim, NOR	2004	Haanja, EST
1978	Kouvola, FIN	2005	Gjøvik, NOR
1979	Bredbyn/Övik, SWE	2006	Vöuri, FIN
1980	Bjerke, NOR	2007	Örnsköldsvik, SWE
1981	Kouvola, FIN	2008	Otepää, EST
1982	Örnsköldsvik, SWE	2009	Folldal, NOR
1983	Steinkjer, NOR	2010	Kuopio, FIN
1984	Seinäjoki, FIN	2011	Örnsköldsvik, SWE
1985	Sollefteå, SWE	2012	Mammaste, EST
1986	Cancelled	2013	Trondheim, NOR
1987	Lillehammer, NOR	2014	Rovaniemi, FIN
1988	Hämeenlinna, FIN	2015	Sollefteå/Örnsköldsvik, SWE
1989	Tynderö, SWE	2016	Otepää, EST
1990	Steinkjer, NOR	2017	Orkdal, NOR
1991	Vuokatti, FIN	2018	Vuokatti, FIN
1992	Sysslebäck, SWE	2019	Otepää, EST
1993	Steinkjer, NOR	2020	Falun, SWE
1994	Jyväskylä, FIN	2021	Postponed to 2022 due to Covid-19 pandemic
1995	Tynderö, SWE	2022	Steinkjer, NOR
1996	Otepää, EST	2023	Jyväskylä, FIN
1997	Stiklestad, NOR	2024	Otepää, EST
1998	Kouvola, FIN	2025	Gålå/Jordalen, NOR
1999	Sundsvall, SWE	2026	SWE, TBA
2001	Kristinestad, FIN		
2000	Otepää, EST		

7. Upcoming competitions

Following hosting NSA are responsible for finding a local organiser for the competitions. The hosting NSA is responsible to ensure that obligations in the rules are followed.

2027	FIN
2028	EST
2029	SWE
2030	NOR
2031	FIN