

# CROSS COUNTRY CROSS

HOW TO ORGANIZE A CROSS COUNTRY EVENT





## Cross country cross

To become an all-round cross country skier it is important to practice technical skills. A Cross country cross course with technical challenges incorporated is an excellent way to accommodate for such practice, for both children and adolescence.

The level of difficulty can be varied according to age and skill. The aim is to incorporate elements into existing cross country courses. We have previously published a brochure containing tips and ideas on how to make these courses.

Cross country cross can also be organised as events. This brochure contains tips and ideas on how to organise these events. Here you will find suggestions on how to organise them, what to incorporate into the course, general tips and ideas and which rules and guidelines you can apply. There are also a range of instructional videos on the Norwegian Ski Federation's YouTube channel (search for "Cross Country Cross"). These videos have English subtitles and explain how to make cross country cross courses.

We are hoping that lots of organisers take the challenge, and try to accommodate for both training and events in their own clubs.

Good luck!  
Ski regards from the Norwegian Ski Federation



## Organising

Cross country cross is normally organised as an ordinary sprint, according to the cross country regulations, pt. 325 (Individual Sprint events).

### The following model is recommended

- Prologue with interval start, quarter finals, semi finals and finals
- 16 skiers qualify for quarter finals
- Four skiers in each heat
- Heat setup and coordination in general according to regulations, pt. 325

Distance: 1-1.4km

Lapsed best time: 3-3.5 minutes

Start: Recommended highest point in the course

Finish: Recommended lowest point in the course

The different elements can be placed in any order throughout the course

### In addition, the following competition formats can be considered

- Mass start
- Paired start
- Paired start, chase (start at different locations in the course, lap course required)
- Individual start
- Pursuit (requires results from a previous event to provide start times)

The event regulation's ordinary directions for the different event categories should be applied in the organising

### Tips and ideas for how to ensure “flow” in the event, to maintain speed

During preparation the nature of the terrain should be considered, and appropriate elements should be implemented. It should be a priority to accommodate for speed, flow and rhythm during the activities. At the same time it should be challenging to maintain speed.

- Avoid cueing! Consider this while preparing for the event. Make two identical elements, eg. two slalom courses to avoid cues. It can also be constructed as one easy element that takes longer to complete in addition to a more difficult one that is quicker to complete, the skier can then choose which one to pick.
- It should be considered which elements should be prepared, and in what order they should appear according to the available terrain.
- When the skiers perform well technically, this should result in high speed, and good rhythm. If the technical performance is poor, it should be challenging to maintain speed and rhythm.

### The course should consist of the following elements

- Mogul section (wave section)
  - Minimum of eight moguls
  - Seize: 0,75 - 1,25m high
  - Distance: 6 - 8m between the peaks
  - Width: Minimum 2,5m wide, preferably wider
  - The terrain should not be too steep, the moguls can be placed in flat terrain.
  - It can be separated into several sections.
- Pump organ section
  - Minimum 30m long
  - Four tracks
  - 4 -5m between the peaks
  - The terrain should not be too steep, the section can be placed in flat terrain.
- Slalom in downhill
  - Minimum four gates (two right and two left turns)
  - Two courses side by side
- Slalom in flat section or uphill
  - Minimum four gates (two right and two left turns)
  - Two courses side by side
- Backward gate
  - Four choices to slide through
  - Back end of the skis should pass through the gate first





- 360 degree loop
  - Can be contoured
  - Width: Minimum 2,5 m wide, preferably wider
- Jumps
  - Two equal jumps side by side
  - Jump distance minimum 1 m.
  - Jumps should be 2 - 4 m long, without kick
  - Landing area needs to be sloped to ensure smooth landings
  - Pick an area which is not too steep for the in-run
  - Width: 2m or wider, so two skiers can jump side by side on the same jump
- Serial jumps
  - Minimum 2 jumps after each other
  - Distance between jumps must be so that the skier can land safely before the next jump, but next jump should be immediately after landing.
  - Landing area needs to be slopes to ensure smooth landings
  - Pick an area which is not too steep for the in-run
  - Width: 2m or wider, so two skiers can jump side by side on the same jump
- Contoured turns/bobsleigh turns
  - Minimum 3
  - Width: Minimum 2,5m wide, preferably wider
  - Works well after serial jumps, pump organ or mogul section
- Flat sections
  - Minimum 2 sections
  - Distance: 50 - 100m
- Ridge in uphill
  - Distance: 20 - 35m
  - Two parallel courses



## Tips

### Constructing a cross country cross course

When constructing a cross country cross course you have a lot of freedom based on the nature of the available terrain. There is no right or wrong, but cross country cross should be exciting and challenge the skier's technical skills.

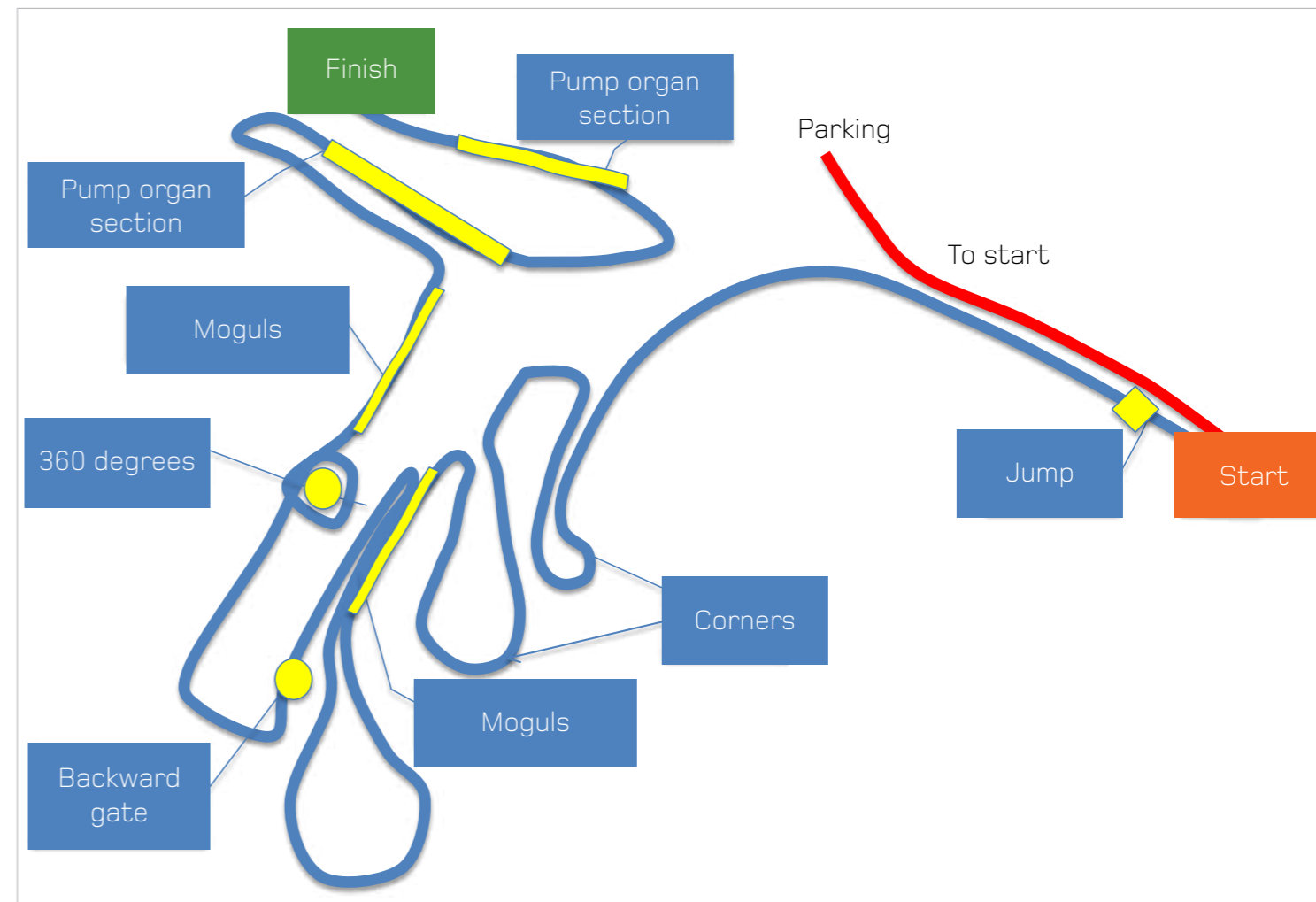
- Cross country cross works in both classical and free style, although free style might seem like the most natural choice.
- Remember to make sure that the majority of the elements can be prepared by a grooming machine.
- It should be a goal to utilise the terrain according to the skiers' skill level.
- It should also be considered what the course will be used as (practice or events), and if it needs to be able to accommodate for lots of skiers at the same time.
- There are many ways to utilise the terrain. Make sure to change the contents of the course throughout the season if cross country cross is a regular activity during the season
- It is not necessary to have a dedicated area or course for cross country cross. Any ski play area or training course can be used.
- The length of a course can be changed by adding additional loops and elements to an existing course.
- The available terrain should decide the length of the course. For events either one lap in a long course or several laps in a short course can be considered. The Norwegian Ski Federation recommends courses with lengths of 1,5 - 2,5km for the age group 15 - 16 yrs

### Permanent cross country cross course

- It is important that the course is constructed as a loop. This makes it possible to repeat the course without having to transport from finish to start again.
- If for practical reasons there ends up being a distance between start and finish, make sure it is possible to ski between the two

### Required equipment

- Slalom gates, with and without flag
- Short poles
- Different types of markers, that can highlight elements and decorate the course
- Ribbons and fences
- Shovels
- Signs



### How could a cross country cross course look?

There are inspiring illustrations, full of ideas. They give ideas on how to utilise the terrain to the maximum, how to construct the different elements and how to implement them into the course. The goal should be to create tight, intimate courses that have exciting technical challenges. With some experience it is possible to create courses that have a nice flow and that are both technically and physically challenging.





Cross country cross arena. Illustration: Berit Sæten



Cross country cross, course example

**You**Tube

You can find more examples and information on the Norwegian Ski Federation's YouTube channel (search for "Cross Country Cross"). These videos have English subtitles and explain how to make cross country cross courses.

URL: <https://www.youtube.com/watch?v=plJ5dr5sB1s>







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