



# International Ski Mountaineering Federation

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## Sporting Rules for ISMF competitions

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## 1. INTRODUCTION

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The ISMF rules and regulations for international ski mountaineering competitions (for world and continental championships, world and continental cups and ISMF homologated races) consist of a set of rules for the standardized organisation of ski mountaineering competitions. The purpose of this text is to set out the obligations, behaviour and rights of athletes wishing to take part in the international ski mountaineering competitions of the ISMF calendar.

The official ISMF *sporting rules* text is published in both English and French. In the event of contradiction, the English version prevails.

This document is the main reference, together with the document named "Rules for organising ISMF international ski mountaineering competitions", for setting out the rules and regulations applicable to international competitions.

### 1.1. Definitions

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- **Sporting season:** from 1<sup>st</sup> July to 30<sup>th</sup> June. Any changes in rules voted in June by the PA will be applicable from 1<sup>st</sup> July and therefore for the following season.
- **National Federation:** federation or association that represents ski mountaineering at a national level, approved by the corresponding ministry or state department, approved by the federation sitting at the National Olympic Committee and member of ISMF.
- **Event:** describes all proceedings extending from LOC preparations to final results (candidacy, administrative and technical procedures, route marking, welcome, registration, inspections, races, podium, accommodation, meals, etc.).
- **Race:** describes a contest from start to finish.
- **Open:** race for competitors with no ISMF license, and taking a course different of the ISMF race (course B or C)
- **Competition:** all the races that take place during the event.
- **Competitors:** all persons participating in the race and the competition.
- **Time points:** these points depend on the ratio of a competitor's finish time and that of the winner given in percentage for each race, used to decide between dead heats.
- **Place Points:** points attributed to competitors depending on their results in a given race irrespective of the race coefficient.
- **Race coefficient:** value attributed to the race depending on the previous ranking of the best athletes to finish.
- **Ranking points:** points attributed to individual competitors, teams or countries and used to establish their position in competition ranking.

### 1.2. Abbreviations

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- ISMF: International Ski Mountaineering Federation
- PA: Plenary Assembly
- MC: Management Committee
- LOC: Local Organising Committee
- UIAA: International Mountaineering and Climbing Federation
- DVA: *Détecteur de Victimes d'Avalanche*,  
also called: Avalanche transceiver (ARVA)
- M / W: Men/ Women
- NF: National Federation
- WADA-AMA: World Anti-Doping Agency
- TAS : Court of Arbitration for Sport Lausanne (Ch)

### 1.3. References

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The following documents relate to ISMF ski mountaineering competitions:

- ISMF: Rules for organising international ski mountaineering competitions
- ISMF: International ski mountaineering sporting rules

|        |  |
|--------|--|
| ISMF:  | Rank regulations for international ski mountaineering competitions |
| ISMF:  | ISMF Disciplinary rules  |
| ISMF:  | ISMF Anti-doping policy & procedures                               |
| ISMF:  | Athletes' Commission   |
| ISMF : | Coaches' Commission  |
| ISMF : | Rules Commission   |
| ISMF : | Referee's Commission   |
| ISMF:  | ISMF statutes  |
| ISMF : | « Bylaws »   |

## 2. EVENTS AND COMPETITIONS

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**ski mountaineering races:** several ascents and descents on mountain slopes. Ski mountaineering competitions may be raced individually and/or in teams. Team formation (number and category of competitors) depends on the type of competition and is approved by ISMF.

**vertical race:** a single ascent, individual race.

**relay races:** ascent(s) and descent(s) raced by each member of the relay team.

**Sprint :** A varied, short course (between 3min and 3min30 sec) with ascent, descent, and a walking part with skis attached to rucksack, which will take place in qualifying phases, quarter-finals, semi-finals and final.

Race held by heats of 6 runners from quarter-finals to final.

**Athletes holding valid ISMF licences are not allowed to take part in ISMF team races with team members of different nationalities.**

### 2.1. World and Continental Championships

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Each race takes place on 1 day

- ***ski mountaineering races:***
  - Individual races: senior M, senior W, espoir M ranking, espoir W ranking, junior M, junior W, cadet M and cadet W
  - Team races: seniors M (2 competitors) and seniors W (2 competitors)
- ***vertical race:***
  - senior M, senior W, espoir M ranking, espoir W ranking, junior M, junior W, cadet M and cadet W
- ***relay races:***
  - seniors M (4 competitors) and seniors W (3 competitors)
  - youth (junior/cadets): 3 competitors per team including 1 cadet and 1 woman  
1 Cadet (M) + 1 female (C or J) + 1 youth (M or W, cadet or junior)  
The lady competitor necessarily starts in 1<sup>st</sup> position
- ***Sprint:***
  - Senior M, Senior W, Junior M, Junior W, Cadet M, Cadet W
  - Individual Race with qualification series
    - quarter-finals, semi-finals and final for Senior M,
    - semi-finals and final for Senior W
    - Final for Youth Categories

For Continental Championships (excluding Europe), it is possible to adapt the rules.

- Positive difference in height adapted.
- The composition of the relay teams.
- 2 categories: Senior and Youth.
- Etc...

Other possibilities may be put forward to the Management Committee through the ISMF Technical Director. New decisions only become effective after acceptance by the Board.

**Schedule for the week to be applied - subject to favourable conditions.**

During candidacy assessment, the distinctive features of each candidacy will be taken into account, and decisions will be taken in common agreement between the LOC and the TD (technical direction).

Day 0: Welcome (preferred on Saturday)

Day 1: *Sprint Senior, Espoir, Junior, Cadet Men and Women*

|   |     |       |                      |
|---|-----|-------|----------------------|
| Day 2: <i>Vertical Race Senior and Espoir</i> |     | Women | From 575 m to 775 m  |
| After 30 min                                  | Men |       | From 745 m to 1000 m |

|                            |              |                        |                     |
|----------------------------|--------------|------------------------|---------------------|
| Day 3: Youth Vertical Race |              | Cadet Men              | From 425 m to 575 m |
|                            |              | Cadet and Junior Women | From 425 m to 575 m |
|                            | After 20 min | Junior Men             | From 575 m to 775 m |

|   |              |       |                       |
|---|--------------|-------|-----------------------|
| Day 4: Individual Senior and Espoir races |              | Women | From 900 m to 1320 m  |
|   | After 30 min | Men   | From 1170 m to 1760 m |

|                              |              |                        |                      |
|------------------------------|--------------|------------------------|----------------------|
| Day 5: Youth Individual Race |              | Cadet Men              | From 900 m to 1100 m |
|                              |              | Cadet and Junior Women | From 900 m to 1100 m |
|                              | After 20 min | Junior Men             | From 900 m to 1320 m |

Day 6: *Race by Team – Men and Women*

Races consisting of ascents with a positive difference in height

superior to **1800 m** for Men

Races consisting of ascents with a positive difference in height

superior to **1350 m** for Women

Require use of technical equipment: crampons – harness – lanyard

Day 7: *Relays Senior Men and Women, and Youth*

|              |       |                   |
|--------------|-------|-------------------|
| Start order: | Youth | From 150m to 180m |
|              | Women | From 150m to 180m |
|              | Men   | From 150m to 180m |

Before 2 pm except if the race takes place on entirely lit up trails.

## 2.2. World and Continental Cup

Each race takes place on 1 or more days

- ***Ski mountaineering races:***
  - Individual races: senior, espoir ranking, junior, cadet Men & Women
  - Team races (2 or 3 competitors): Senior, espoir ranking, junior, cadet Men & Women.
- ***Sprint:***
  - Senior, espoir ranking, Junior, Cadet Men & Women
  - Individual Race with qualification series
    - quarter-finals, semi-finals and final for Senior M
    - semi-finals and final for Senior W
    - Final for Youth Categories
- ***Vertical Race:***
  - Senior M, senior W, espoir M, espoir W, junior M, junior W, cadet M and cadet W
- ***Relays:***
  - Senior/Espoir M, senior/espoir W, youth
  - Exemptions can be granted according to the type of format of the proposed relays

**Athletes holding valid ISMF licences are not allowed to take part in team races that count towards the ISMF Championships with team members of different nationalities.**

## 2.3. ISMF homologated competitions

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- ski mountaineering races:
  - Individual races: senior, espoir ranking, junior and cadet (M and W)
  - Team races: Senior, espoir ranking, junior and cadet (M and W)
  - Sprint : senior , espoir, junior and cadet (M and W)
  - Vertical Race : senior , espoir, junior and cadet (M and W)
  - Relays : Format to be proposed to the ISMF

meeting the criteria required to obtain the ISMF Homologated Race label (see appendix 1 of "Game Rules").

Espoirs are also ranked in senior categories.

## 3. ENTRY TO COMPETITIONS

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### 3.1 Categories

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The categories for international competitions are:

- Cadet: 15 – 16 – 17 years
- Junior: **18 – 19 – 20** years
- Senior: 21 years and above;
- Espoir ranking: 21 - 23 years.

For the sports season N-1/N, the age taken into account is the age on 31st December of year N.  
There cannot be subdivisions in Cadet and Junior categories.

### 3.2 Quotas per country

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For some international ski mountaineering competitions, the ISMF lays down quotas by country.

#### 3.2.1 World and European Championships

Ski mountaineering races:

**Individual races, Sprint and Vertical Race:**

- Senior: 4 M and 4 W
- Espoir ranking: 3 M and 3 W (total of 7 seniors M and 7 seniors W)
- Junior: 4 M and 4 W
- Cadet: 4 M and 4 W

**Team races:**

- Senior: 4 teams M + 4 teams W

**Relay races:**

- Senior: 1 team M + 1 team W
- Youth: 1 team

**Bonus:** an additional competitor or team from the winning nation (1<sup>st</sup> place) of the previous Championships of the same category. This rule does not apply to relay races.

The title of World Champion grants a bonus place for the next World Championship. Idem for the title of European Champion.

If for any reason the competition does not take place, or if there is no ranking, this bonus is applied in the next Championship.

E.g.: a competitor from country X won the individual women's race at the last world championship and a competitor of country Y finished 2<sup>nd</sup>. For the world championship, the country X may register five (four + one) women competitors for this race, whereas country Y (and all other countries) may only register 4 competitors.

### *3.2.2 For Continental Championships (excluding Europe), and ISMF homologated races*

There are no quotas.

### *3.2.3 World Cup Races*

The teams have to be built up with athletes of the same nation. In case of a lower amount of athletes per nation in a team race or a relay race, the Jury can allow teams of different nations. The athletes for the teams must be announced by the nation-team leader. Every athlete is counting to the World Cup-ranking.

## **3.3 Licence and documents**

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Competitors must hold an ISMF INTERNATIONAL LICENCE to participate in ISMF ski mountaineering championships and world cup races.

Competitors should contact their national federation to obtain an international licence. Each national federation must send the ISMF licence registration form to ISMF headquarters at least one week before the start of the competition. Both the national federation and the competitor agree to accept and abide by all ISMF rules and regulations (equipment, conduct, anti-doping, etc.).

**Each national federation must ensure that its competitors enrolled in Continental Championships and ISMF World Cup Races are:**

- Holders of a public liability insurance and a repatriation assistance policy covering any accidents involving competitors that may arise during journeys to and from the competition and/or during the competition.
- Holders, if necessary, of an individual accident insurance.
- Physically fit to take part in ski mountaineering competitions, holders, if necessary, of a medical certificate in compliance with the national regulation.
- Authorized to take part in competitions. A letter from parents or the legal guardian for young competitors (minors) with respect to the legislation of each country is requested.

**For homologated and Pre-Homologated ISMF ski mountaineering races**, it is up to the athletes to ensure all the above information.

**It is not essential to hold an international ISMF licence in order to participate in homologated or Pre Homologated races.**

## **3.4 Registration**

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### *3.4.1 World/Continental Championships and World/Continental Cups - all categories*

For all ISMF ski mountaineering categories, all competitors must register for world/continental championships and world/continental cups via their national federation.

Registration forms must be completed online on the website of the competition by each national federation. National federations can only register athletes of the country they represent (no foreigners). Athletes with dual nationality must choose under which nationality they wish to register at the beginning of each season.

Each organiser proposes its own registration deadlines to the ISMF

A registration is considered complete when:

- It has been sent to the LOC before the registration deadline and is correctly filled in including:
  - Category
  - Number of the ISMF license
- The registration has been paid.

**Competitors holding an ISMF licence can only participate in team races with team members of their own nationality during ISMF world championships or world cups.**

For every event, a national federation registers its quota of competitors/teams/relays at the time set down by the ISMF stating the names of the competitors, team formation and start order for relays.

An athlete can be replaced until one (1) hour before the start of the race.

The national federation is responsible for giving the sport number to the substitute(s).  
The potential substitute(s) will be compulsorily announced in the moment of the registration in the race.

LOC members and ISMF officials cannot participate in a competition which they are officially involved in.

### 3.4.2 ISMF homologated races

For ISMF homologated ski mountaineering races, competitors can register directly via the Local Organising Committee (LOC).

## 4 CLOTHING AND EQUIPMENT

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The equipment listed hereafter is required for all ISMF competitions.

**All equipment used by competitors taking part in ISMF events must be produced by a supplier that:**

- **Is registered in a chamber of commerce and industry.**
- **Is registered for VAT in country of origin** (Intra community number for the EU or similar manufacturers).
- **Has a product liability insurance, which covers the use of the equipment in ski mountaineering**

The labelled security equipment, marked with one asterisk (\*), **must be CE and UIAA marked** or comply with the requirements of a European rule in force (*except for the helmets, see 4.4.1*) without any modifications, **except those authorized by the manufacturer** in the written information supplied with the equipment.

Safety Equipment, marked with two asterisks (\*\*), **cannot be modified**.

Modified boots by a second manufacturer are only allowed if there is a formal agreement between the two manufacturers, which is specified in the written information supplied with the modified part.

Mixed bindings (front part from one manufacturer and rear part from another one) are not be allowed.

The president of the jury reserves the right to reject any equipment judged to be defective or inadequate.  
Infringement of these rules will be sanctioned by penalties, as described in § 6.1.

It is strictly forbidden to change equipment during the course of a race with the exception of one or more broken ski poles and/or skis.

## 4.1 Equipment for ski mountaineering races (ascents and descents)

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### 4.1.1 Compulsory equipment

The following equipment is compulsory for all competitors in all categories:

- **a passport or a National ID card**. (to be showed, if necessary, by the athlete or the coach after having crossed the finish line).
- **a pair of skis** (\*\*) with metallic edges covering at least 90% of their length, and minimal width of at least 80 mm in the front, 60 mm under the boot and 70 mm in the rear part; ski length must be of at least 160cm for men (senior, espoir, junior, and cadet) and 150cm for women (senior, espoir, junior & cadet).  
**For the 2012 -2013 season, the ski length for Cadet Men will be 160 cm.**  
The skis will be measured according to the method « Rolling ».
- **bindings** (\*\*) which allow heel movement during ascents and are blocked for descents;  
**front and rear parts:**
  - The rear part of the bindings must have front and lateral release safety systems.
  - If front bindings have limited or no release safety system or can be used locked without a safety system, it must be clearly specified in the written information supplied with the equipment that these bindings are designed for competition and don't require a safety release system for the front part of the bindings.



**It is recommended to use a safety release system in the front part, which will be compulsory from the season 2012-2013.**

**For the season 2012-2013, a minimal distance of 4mm will be imposed between the rear part of the boot and the heel piece.**

**For the season 2013-2014, the ski stoppers will be compulsory.**

**Minimal weight for skis and bindings:**

- ✓ Men: 750 grams, i.e. 1500 grams per pair.
- ✓ Women & Cadets Men: 700 grams, i.e. 1400 grams per pair.

- **boots** (\*\*only the shell) must cover the ankles and have notched soles in Vibram or an equivalent. The soles must cover at least 75% of the boot surface, the minimum notch depth is 4 mm. There must be at least 8 notches under the heel and 15 under the front part of the sole, with a minimum surface area of 1 cm<sup>2</sup> per notch. Each boot must have at least 2 independent closing systems. Boots must be designed to be used with metallic crampons. Cross-country ski boots and bindings or equivalents are strictly forbidden.

**For the season 2013-2014, the notched soles will have to cover the 100% of the boot surface.**

**Minimal weight for boots (shell and dry inner):**

- ✓ Men: 500 grams, i.e. 1000 grams per pair.
- ✓ Women & Cadets Men: 450 grams, i.e. 900 grams per pair.

- **A pair of alpine or cross-country ski poles** (carbon or other material) of a maximum diameter of 25 mm, and with non-metallic baskets.
- **A pair of removable anti-slipping skins**. When the skins are not on the skis, they must be put away in the rucksack or ski suit. Use of adhesive tape or an equivalent system to enhance gliding is strictly forbidden for environmental reasons.  
The skins of wild animal origin are strictly forbidden.
- **Upper body clothing**: three layers that fit the competitor well:
  - 1 long or short-sleeved, body-hugging layer.
  - 1 ski suit with long-sleeves or a second layer with long-sleeves.
  - 1 breathable, long-sleeved windbreaker.
- **Lower body clothing**: two long-legged layers that fit the competitor well
  - 1 ski suit or ski pants
  - 1 breathable windbreaker trousers
- **An avalanche beacon** (\*\*), also called DVA or ARVA, that conforms to standard EN 300718 457 kHz frequency. Each competitor must wear this apparatus against his/her body, under all clothing in transmitting mode. The device must never be visible during the race even if the competitor opens his/her suit due to high temperatures. Competitors have to ensure that their device is functioning properly throughout the entire race. Controls will take place during the competition to check on the correct usage.  
If the device is not working and the organization is unable to furnish a replacement device, the competitor will be stopped and disallowed to continue.  
If an avalanche transceiver is found in a rucksack or runs out of battery during the course of the race then the competitor will be banned from participating in all future races until the end of the current season.
- **A helmet** (\*) conforming to UIAA 106 standards or CE EN 12492 standards. Helmets must be used (chin-strap has to be fastened) during the whole race (from the start to the finish line).
- **A snow shovel** (\*\*) conforming to ISMF standard (*appendix 3*).
- **A snow probe** (\*\*) conforming to ISMF standards (*Appendix 2*),
- **A survival blanket** with a minimum surface area of 1.80 m<sup>2</sup>, modifications subsequent to manufacture are not allowed.  
The term "survival blanket" is as defined by the manufacturer.
- **A pair of gloves** that cover all the hand up to the wrist - to be worn throughout the duration of the race
- **An UV-protection sunglasses**;
- **A rucksack** with sufficient capacity to hold all the equipment required as stipulated by the referee during the race, with two posterior and/or lateral fastening straps for carrying skis (carrying skis in shoulder straps is not allowed). In the event of cooperation between team-mates, the carrier's rucksack must have two independent sets of fastening

straps. If the rucksack has an independent crampons pouch, the pouch must be securely fastened to the back of the rucksack (using velcro straps, etc.).

- **A whistle**

#### *4.1.2 Supplementary equipment that may be required by the jury*

Depending on race conditions and the type of race, the jury may require competitors to carry:

- **A pair of metallic crampons** (\*) conform to UIAA standard 153, with at least, 10 spikes, the front two must adjust to fit the competitor's boots. Crampons must have safety straps;  
If required during a race, crampons are worn with the safety straps properly fastened.  
Any devices which don't comply will lead to the disqualification of the competitor.  
When crampons are not worn on boots, they must be packed in the rucksack, with spikes facing each other;
- **A harness**(\*) conforming to UIAA standard 105
- **A lanyard**(\*) with energy absorbing system for use in Klettersteige (via ferrata) conforming to UIAA standard 128.
- **2 type K (Klettersteige) connectors** (\*) conform to UIAA standard 121.  
***When the lanyard and the 2 connectors are not in use, they must be put away in the rucksack or hung on around the waist***
- **An additional upper body thermal fleece layer of clothing** (4th layer with long sleeves), soft shell double with fleece that fits the competitor well.
- **A ski cap or headband**;
- **A second pair** of thermal, breathable and windbreaker **gloves**.
- **A head torch** in full working order;
- **A second pair of UV-protection sunglasses**.

For the team:

- **A dynamic rope** (\*) conforms to UIAA standard 101, 8 mm diameter minimum, length 30 m.

#### *4.1.3 Adaptation of rules by the jury depending on race conditions*

Depending on race conditions (route is on entirely secured and marked out ski trails, optimal weather and snow conditions), the jury, in agreement with the ISMF referees, can decide to remove some equipment from the compulsory equipment list:

- upper and lower body clothing: 1 breathable windbreaker
- crampons
- cap or headband

#### *4.1.4 Equipment for races on sheltered tracks*

If the whole itinerary of a race is on a sheltered track, the director of the race can propose to the president of the Jury to exclude from the compulsory equipment list:

- DVA
- Snow shovel
- Snow probe
- Content of the rucksack

The provisions concerning boots, skis, poles, bindings, sealskins, gloves and cloths are still to be applied.

## 4.2 Equipment for ISMF homologated races

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For ISMF homologated races, the same equipment is required as for other ISMF races as described in § 4.1.1 (compulsory) and § 4.1.2 (supplementary).

## 4.3 Equipment supplied by the LOC

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The LOC provides competitor's numbers which:

- might include an electronic device;
- must not be folded, or cut without the referee's authorization
- must be displayed in the place(s) reserved for this purpose as specified by the LOC (back of the rucksack and right thigh) throughout the duration of the race;
- might need to be handed in once the competitor has crossed the finishing line;
- for relays: for each team competitor:
  - 1<sup>st</sup> relay = X-1, 2<sup>nd</sup> relay = X-2, 3<sup>rd</sup> relay = X-3 and 4<sup>th</sup> relay = X-4.
  - the numbers "X" are assigned according to ranking at the previous race for the same title (for a world championship n° N, competitors numbers are determined by their ranking at the world championship n° N-1)
- If a previous ranking is not available for number assignment in a category, then numbers will be drawn at random.
- Any other equipment not stated in the present regulations is with the prior agreement of the race referee.

A **RED number** will be assigned to the competitor (Senior man and senior woman) who is provisionally leading the World Cup on the day of the competition. The following numbers will be assigned according to the temporary classification of the current World Cup.

1st World Cup = Bib Number 1  
2nd World Cup = Bib Number 2  
3rd World Cup = Bib Number 3  
4th World Cup =.... Etc.

In the Women's category, the Red number will be assigned to the first number of the Women category ranking.

When a race is comprised of various stages, an athlete who is the leader of the World Cup whilst also leader of the competition, may wear a bib that indicates the position as competition leader (if there is a bib for this purpose)

Different coloured race numbers must be used to distinguish those who are participating at World Cup level, from other non - ismf competitors in an 'open' event.

The categories will be differentiated from each other through their sport numbers, which will have different numerical series.

## 4.4 Advertising on competitor's clothing

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Only the race number may be used for advertising purposes by the LOC  
National federations can use spaces on competitor's clothing.

## 4.5 Inspection of equipment

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Equipment will be inspected at the finish line or at any other point on the course (without stopping the competitor, the controller takes note as the competitor goes past).

The competitor is totally responsible for his/her equipment.

If a competitor has doubts about his/her equipment, he/she can have it checked by the jury the day before the competition.

A place is reserved for the control of competitors' equipment, should they have any doubts, and for the safety equipment required by the LOC, where the presence of an ISMF referee is COMPULSORY.

The President of the jury reserves the right to reject any equipment judged to be defective or inadequate.

## 5 RACE ORGANISATION

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### 5.1 Race briefing

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On the eve of the competition the LOC organizes a meeting chaired by the Race Director and the Trail Director to which all those participating in the event are invited (competitors, trainers, heads of national selections, LOC members, national federations, etc.).

All teams attend the briefing. Competitors should at least be represented by their trainers.

The following information is provided:

- Presentation of race officials, particularly the jury and ISMF representatives.
- Weather forecasts and snow conditions: snow quantity and quality, forecast temperatures, wind speed, avalanche risks using the European scale, etc. It's recommended that a meteorologist attends the race briefing (or maintains direct contact with the race organisers) to predict the weather or snow conditions.
- A course description using visual aids (board or overhead projector) specifying skin change and danger areas, checkpoints and waypoints, technical features of the course and refreshment points.
- Equipment specifically required for the competition.
- Race procedures:
  - the start (competitor's briefing, inspection of avalanche transceivers and equipment, warm-up area and procedures, start of the race, etc.),
  - the procedure to follow for competitors who do not finish the race,
  - information on medical assistance procedures,
  - cut-off times (if any) and race stoppages,
  - short notice cancellation procedures,
  - Finish (equipment inspection),
  - Procedures for claims,
- Daily event schedule with times and places: breakfast, public transport to and from the competition, car parks, race starts and finishes, anti-doping controls, team leader and jury meetings, results service with groupings and posting, formal ceremonies (awards and prizes), press conferences and other meetings, meals and closing ceremony (if any).
- Race services: place to leave and collect clothing, changing rooms, showers, catering facilities, communication services and all other necessary information.
- Information about good environmental practices to be respected during warm-up and races.
- A sample of the content of the briefing will be provided by the ISMF to every organization.
- It should be noted that there is a possible obligation of being subject to unannounced anti-doping controls. In events lasting several days, this could occur every day (at the finish line).  
Every competitor, once the finishing line crossed, has to inquire if he undergoes an anti-doping control or not. A board for this purpose, on which will be posted the list of the controlled athletes, will be put in the closed finishing area.
- Every competitor has to be able to present at the finish line his/her **Passport or National ID card**.
- If a competitor has to perform an anti doping test, the different parties (athlete, jury of the race, escort, doctor, etc) must be respectful for each other.
- Every competitor having stopped the race must **COMPULSORILY** inform the competition of his/her return on the finishing area
- The competitors having stopped the race can also have an anti-doping control.

All this information will be displayed on a notice board before, during and after the race briefing.

Another short briefing will also be held just before the start of the race by member of the LOC.

The LOC, on recommendation of the technical delegate or of the jury, reserves the right to change the schedule if necessary, at any time, as long as the changes remain within the bounds defined by race organisation rules. It can decide to implement cut-off times at any moment of the race. It reserves the right to change the event for safety reasons.

### 5.2 Racing and competitors conduct

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All competitors must respect LOC members, referees, officials, and the other competitors throughout the duration of the competition (preparation, registration, race, results, etc.).

Any breach to the rules either reported or observed by checkpoint chiefs, LOC members, referees or officials will be examined by the race jury and may be sanctioned (§ 6.1 ).

### 5.2.1 The start

All competitors must:

- arrive on time and at the place stated at the race briefing;
- respect instructions given by referees and LOC members.

Before entering the start area, the LOC must:

- ensure that avalanche transceivers are in good working order (10 – 20 minutes before the official departure);
- inspect security equipment
- take note of all the numbers of the competitors
- control electronic chips.

If race conditions have been modified, a LOC member should give a short extra briefing just before the start of the race.

Any changes to the course will be announced 30 minutes before the start.

If the start of the race is delayed, an announcement will be made every 15 minutes.

#### 5.2.1.1 Start types

**Ski mountaineering races:** Type Mass start

According to the configuration of the track, it is recommended that Senior/Espoir Men start 30 min after Senior/Espoir Women and Junior Men.

Cadet Men and Junior/Cadet Females start 20 min before the Women.

For these 2 last races, the start line is divided in 2 equal zones: One for women, one for men.

If the race starts with time intervals, the ISMF race will start at least 2 hours after the last start non-ISMF race.

In order to permit a correct performance of the race, and especially to avoid that the ISMF race joins the previous race in a zone where there can be problems to overtake (ridge, corridor, etc.)

**Vertical race:** Mass start (see ski mountaineering races)

**Sprint:** Appendix 4

**Relay races:** Competitors for the first relay take position on the starting line. Number 1 is positioned in the centre of the trail, n° 2 to his/her right, n° 3 to his/her left, and so on. Starting marks will be made to the right of the trail.

If there is not enough room for all competitors on the same line, two or more starting lines (4 metres between each line) can be set up for a simultaneous start.

If there are many ISMF starting lines for different routes or categories, then start order will be given at the race briefing.

Competitors who have no ISMF license are relegated to another starting line, systematically 20 to 50 m behind the last ISMF starting line.

Those races which host a 'big' Open event, should consider holding the open race on different day to the ISMF World Cup race.

#### 5.2.1.2 Starting procedure

Competitors are called to the starting line five minutes before the start: they are informed twice of the time remaining before the start: two minutes before and then thirty seconds before the start. The tips of their skis must be on the start line.

The starter then gives the starting signal "Go" or a pistol shot (this phrase in English must be used for all international competitions).

False starts are penalised (§6.1).

For relays, competitors must remain in the starting area until relay hand-over.

If the minimum temperature on the course is lower than - 20 ° C the following may occur:

- Race is held on a more sheltered course (forest)
- Departure time is postponed until later
- Total positive difference in height of the race may be reduced
- A 4th COMPULSORY layer for the descent is imposed
- No night time races

In December, January and February, organizers are recommended to organize race starts for between 9:00 am and 10:00 am.

## 5.2.2 Course features (See Rules for organizing ski mountaineering competitions)

### 5.2.2.1 Positive difference in height

#### 1) For ski mountaineering courses (ascents and descents)

##### ➤ Individual races:

- senior and espoir ranking
  - men From 1170 m to 1760 m
  - duration: 1,5 hrs to 2 hrs for the first competitors
  - women From 900 m to 1320 m
- cadet
  - men From 900 m to 1100 m
  - women From 900 m to 1100 m
- junior
  - men From 900 m to 1320 m
  - women From 900 m to 1100 m

Courses must include at least 3 ascents.

The longest ascent must not exceed 50% of the total positive difference in height.

##### ➤ Team races:

- senior and espoir ranking
  - men Average superior to 1800 m per day
  - duration: 3 hrs maximum for the first competitors
  - women Average superior to 1350 m per day
- cadet
  - men From 1080 m to 1320 m
  - women From 1080 m to 1320 m
- junior
  - men Average superior to 1350 m per day
  - women From 1080 m to 1320 m

The youth races can last no more than 2 days.

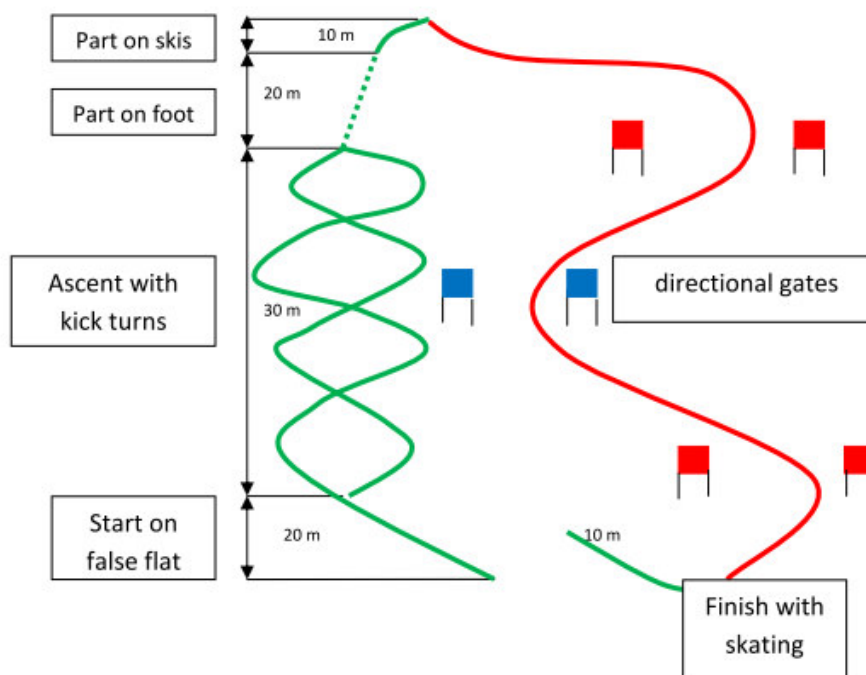
At the request of race organizers dispensations for excess time or duration may be agreed under certain circumstances.

#### 2) For vertical race courses: (a single ascent)

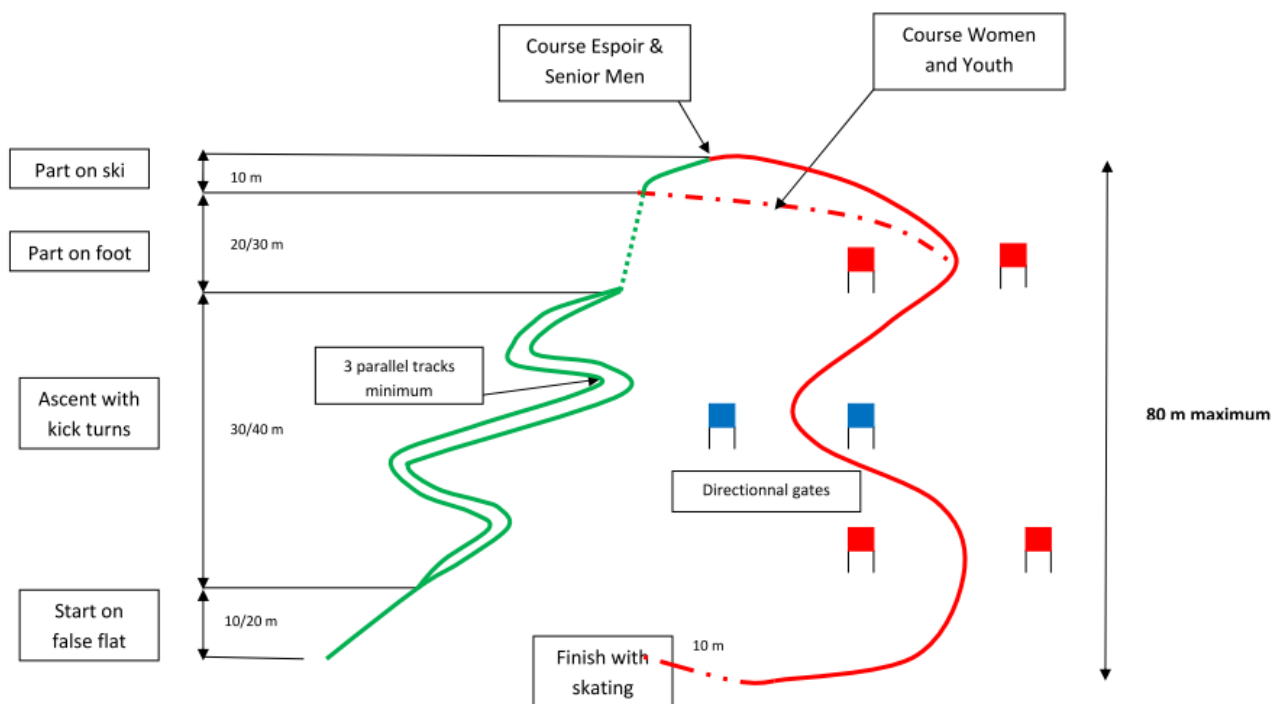
- senior and espoir ranking
  - men From 745 m to 1000 m
  - women From 575 m to 775 m
- cadet
  - men From 425 m to 575 m
  - women From 425 m to 575 m
- junior
  - men From 575 m to 775 m
  - women From 425 m to 575 m

#### 3) For Sprint, all categories:

The race on this type of course lasts approximately 3 min, for all the categories and is composed of 1 ascent and 1 descent. A part of the ascent (20 m max.) will have to be done on foot, with the skis fixed on the rucksack.



Crossed uphill tracks



Parallel uphill tracks



4) **For relays, all categories:** (See Rules for organizing ski mountaineering competitions)

Each relay leg (course run by each competitor) must be between 150 m and 180 m for all categories (senior men – senior women or youth) and must include 2 distinct ascents and descents.

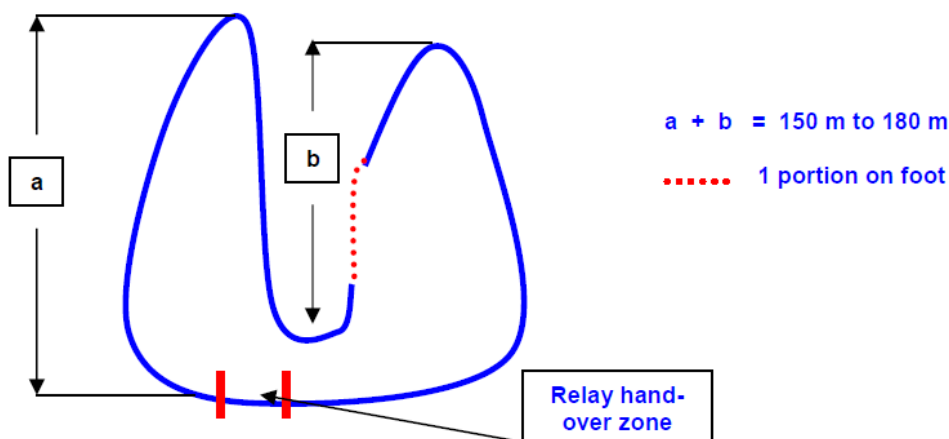
A part of the second ascent includes a section to be climbed on foot with skis strapped on the rucksack.

The running time for each competitor should not be more than 15 minutes.

A relay leg is run by each member of the relay team.

Cadets and Juniors can participate in a senior relay.

Each competitor can participate in **only ONE relay**. (That means that, if a junior competitor participates in a senior relay, he / she cannot run in the youth relay - idem for women senior)



5.2.3 *Course route and marking (See Rules for organizing ski mountaineering competitions)*

Courses are described in the ISMF document: "Rules for organising international ski mountaineering competitions".

It is important that:

- Detailed information on routes and marking is given at the race briefing.
- A copy of this information is provided in the mailbox of each country taking part in the event.
- Zones for removing and replacing skins and techniques to be used for safety reasons (on foot, crampons, etc.) will be located at checkpoints or waypoints
- Images indicating the action to be carried out will be put at the entrance to every checkpoint.







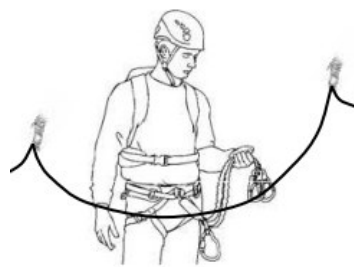
Put on the crampons



Take off the crampons



Skis on the rucksack



Lanyard  
COMPULSORY

- If the route crosses or follows a marked ski trail, then the section used by competitors must be separated from other users by netting (or any other means making it impossible to cross the course by accident) both during ascents and descents. As far as possible these trails should be closed to the general public for the duration of the competition.
- Junctions for different categories must be located at checkpoints or waypoints where competitors arrive at more controlled speed
- The organizers will have to avoid, as far as possible, creating traffic zones. The tracks in corridors and in ridges will be used for ascents at the end of the race. The parts where the use of the lanyard is necessary must be minimized. On the tracks in a corridor or on a ridge, where there is one single lane, overtaking zones will be compulsorily arranged.
- In the event of risks due to high speed, LOC markers must set up chicanes using signs to reduce speed. **These must be respected by all competitors.**
- Organizers are responsible for adapting the speed of the competitors in function of
  - the ground (forest – narrow trail - risk of dangerous fall - obstacles - ski trail)
  - the quality of the snow (hard - wet or crusty)
  - weather conditions (bad visibility - snow)
- They must slow the competitors when necessary, by using appropriate means (courses drawn up with big curves), to reduce the possibility of excessive speed
  - long steep slope
  - mass start in descent
- The route is marked with flags of 200 cm<sup>2</sup> minimum
  - Rectangular 15 x 20 cm
  - Triangular 15 x 20 cm
  - Round 15 cm de diameter
  - Green (preferably fluorescent) in ascents,
  - Red (preferably fluorescent) in descents,
  - Yellow (preferably fluorescent) on the parts on foot,

At route junctions or crossings, signs with arrows showing which direction should be followed by each category; large flags must be used during difficult conditions to reinforce markings (minimal height 1.5m); yellow rectangular flags with black stripes (40 x 60 cm) mark technically difficult or dangerous areas. On the ISMF events, races must apply the international regulations.

The organizers will have to avoid using plastic flags.

#### Environmental protection §5

It is necessary to know that:

- The precise information on the route (s) and the marking are given to the race meeting  
A copy being put back in the box of every participating country

### 5.2.4 Special areas

Special areas are described and discussed at race briefing.

#### 5.2.4.1 Checkpoints

Competitors must pass through the checkpoints so that arrival order and times are noted (for ranking in case the race is cancelled or stopped), and any safety issues observed.

Competitors must follow instructions given by the checkpoint chief and his/her assistants (e.g. put on jacket, crampons, procedure to follow in case of cancellation, etc.).

If the position of the checkpoint corresponds to a change in technique (removing skis, etc.) or to a route junction, it must be designed so that competitors reduce speed upon arrival.

The entrance of the control or change area must be reached at a slow or moderate speed.

A Checkpoint is a closed area (with nets, ropes), reserved for the competitors and the controllers only. A narrow gate (2 m maximum) controls the exit. An image will indicate the operation to be carried out. The entrance and the way out of the zone is marked out on the ground.

In team races, controllers won't allow any member of the team to leave the control area until the 2 (or 3) members are all together near the exit gate, ready to leave.

#### 5.2.4.2 Waypoints or change in technique

For safety reasons all competitors must pass these points. Competitors must follow instructions given by the waypoint chief. The entrance and the way out of the zone are marked out on the ground.

A controller indicates the direction to be followed or the manoeuvre to be carried out.

An image will indicate the operation to be carried out, in order to avoid any confusion or misunderstanding.

#### 5.2.4.3 Refreshment points

Food and drinks are provided for competitors at refreshment points under the responsibility of the LOC. If a competition takes longer than 2h, the LOC is obliged to organize refreshment points. The number and the location of these supply areas are determined by the jury/referee, with the LOC. In these areas, the coaches can provide food and beverages for their competitors.

The LOC is also required to plan food and beverages for any other athletes.

#### 5.2.4.4 Relay hand-over zone

The relay is handed-over when the competitor finishing a relay leg reaches the hand-over zone and touches any part of his/her team-mate's body with his/her hand. This hand-over must take place within the relay hand-over zone. If relay hand-over is not carried out according to the rules, the faulty team will be disqualified. The team-mate waiting for the next relay leg may only enter the relay hand-over zone when called for.

### 5.2.5 Conduct of competitors during the race

While racing, competitors must abide by the following rules:

- Ascents are carried out with skins on skis, and descents without skins (except if the jury decides otherwise). A competitor who is about to be overtaken must, without fail, immediately leave the route tracks and allow the competitor who shouts "TRACK". to pass
- Upper tracks are preferably reserved for faster competitors.

When several types of races (World Cup - route B, C, etc.) share a part of the route, the best track is always reserved for the World Cup competition.

In case of possible traffic jams (corridors, ridges, etc.) organizers will clear the "World Cup" track, warning the other racers that they must leave the route track.

- A competitor having difficulties may give-up on his/her own initiative, or be forced to give-up by decision of the race director or one of the doctors present.
- Giving-up (own initiative or forced) must take place at a checkpoint or waypoint according to the procedure described during race briefing except in extreme circumstances. For team races, if one team member gives-up then the other will be told to give-up and must follow instructions given by the race director, the chairman of the jury or any of their representatives.
- Competitors must render assistance to fellow competitors in distress or any kind of danger. The jury will take into account the time spent rendering assistance.
- Competitors must not leave a checkpoint until given permission by an official. Team members must leave checkpoints together (i.e. before crossing the blue line which marks the exit of the checkpoint).
- Competitors must pack their skins either inside their ski suit or in their rucksack.
- In team races, each competitor must carry his/her own rucksack throughout the entire duration of the race with all the required equipment (except skis.)
- Skis must be carried on the rucksack using 2 fastening straps designed for this purpose (skis are not to be carried underarm or in shoulder straps). In team races, a competitor may only carry his/her team-mate's skis if there are two separate sets of two fastening straps for carrying skis on his/her rucksack that comply with regulations.
- Competitors must have finished fastening their skis and putting on their crampons (if compulsory) before crossing the blue line marking the exit of the checkpoint or waypoint.
- On stretches using a fixed rope, where use of lanyards are compulsory, competitors must not, at any time, detach themselves from the fixed rope. When passing a point anchoring the fixed rope, the competitor must clip the second karabiner onto the following part of the rope before removing the first karabiner. Any breaches to these safety rules will be penalized.
- It is strictly forbidden for competitors to place their ski poles tips upwards between their back and rucksack, while changing equipment. Ski poles must be either placed on the ground or held by hand, tips downwards.
- The race director or a checkpoint/waypoint chief may compel competitors, at any point on the route, to wear their windbreakers, caps or any other item of compulsory equipment.
- No outside assistance is allowed except for:
  - changing a broken pole/ski. The competitor must leave the broken pole/ski at a checkpoint or waypoint in order not to be penalised. However, he/she may change a broken pole/ski anywhere and with anyone.
  - refreshments on a race longer than 2h and only in the areas authorized by the jury.
- For team races,
  - assistance is allowed only between team members (except for the rucksack containing compulsory equipment which must be carried by each team member).
  - It is forbidden to use a rope or an elastic to drag his/her team mate:
    - during the first ascent
    - in couloirs
    - on ridges
    - during descents
    - during ascents, where there are a lot of turns (inversions) very close.

All this information will be furnished at the briefing

- During descents, the rope (or elastic) must be put in the rucksack or hung around the waist
- The organizers will control DVA/transceivers during the race.  
If a DVA is found not to be in working order, **the athlete will be stopped and immediately disqualified.**
- If an athlete is found not to be using safety equipment as/when required (crampons - lanyard - etc.), **he/she will be stopped and immediately disqualified.**
- Competitors must respect the environment. Penalties will be incurred by competitors seen littering the course or for having poor environmental conduct (see §6.1).

- Award winners, for all races and all categories, must without fail be present at the prize-giving ceremony or they will incur penalties (see §6.1).

### 5.2.6 The finish

The finish shall proceed as follows:

- if the race uses an electronic timing system, then times and finishing order is established by this system;
- if the race does not use an electronic timing system, then times and finishing order is established when the competitor's front foot crosses the finish line (photo finish, film, etc.);
- if a competitor falls while crossing the finish line, all of his/her body must cross the line without any outside help (except for team-mates in team races) in order to declare a finish;
- for team races, team-mates must finish together and the team's finishing time is that of the second team-mate;
- upon arrival, and under the responsibility of the race jury, the controllers will carry out a complete control of the contents of the competitor's rucksacks and other equipment;
- a podium with the first three competitors will take place shortly after their arrival for press coverage; The athletes are allowed to have their race equipment on this podium.
- in the event of anti-doping controls, competitors must submit to tests or be liable to sanctions;
- all competitors must use the rubbish bags provided for disposal of all waste material.
- In case of anti doping test, an escort authorized by the ISMF shall escort the racer to the medical control area (the person must be of the same sex as the racer).
- Every competitor has to be able to present a passport or national identity card at the finish line if required.

### 5.2.7 Safety / Event stoppage

The race director, after having informed the president of the race jury, can stop the competition for safety reasons or sporting fairness. A report of the decision will be drawn up immediately.

## 6. ESTABLISHMENT OF RESULTS

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The results of each race are established by the LOC, approved by the chairman of the race jury and displayed as and when competitors finish. Ranking is carried out by adding the finishing time to any penalties incurred by the jury.

If there are no means to decide between competitors, then a tie is declared.

Championship, cup and permanent international rankings are treated as described in "ISMF Rank regulations".

### 6.1 Offences and penalties

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Any offences committed by competitors are communicated by the referee to the race director who informs the chairman of the jury.

Penalties are imposed by the chairman of the jury after consulting with the race jury, according to the tables listed hereafter. For team competitions, penalties incurred by one team member also apply to other team member(s).

If possible the chairman of the jury informs those competitors and/or teams who have incurred penalties, before results are announced. Competitors / teams may appeal (see § 6.2).

Disciplinary procedures are described in "ISMF: Disciplinary Rules".

| <b>EQUIPMENT AND equipment changes (individual, relays, vertical, sprint and team races)</b>   |   |   |
|--|---|---|
| <b>Offences</b>  | <b>Penalties</b>                            |   |
|  | <b>Ski mountaineering race</b>              | <b>Vertical, sprint and relay races</b>     |
| Any compulsory equipment required by the jury replaced during the race or lacking at a checkpoint or at the finish (except for broken ski poles/ski given to a checkpoint referee or assistant). Penalties are given for each piece of missing equipment (cumulative). |   |   |
| Skis not in compliance with regulations  | disqualification                            | disqualification                            |
| Ski weight   | 3 minutes                                   | 1 minute                                    |
| Bindings not in compliance with safety regulations   | disqualification                            | disqualification                            |
| Bindings from 2 different manufacturers.   | 5 min                                       | 2 min                                       |
| Boots not in compliance with regulations   | disqualification                            | disqualification                            |
| Boots from 2 different manufacturers without official agreement  | 5 min                                       | 2 min                                       |
| Boots weight   | 3 minutes                                   | 1 minute                                    |
| Modified boots<br>This penalty is only applied to ISMF license holders. For the "open" racers see national regulations.  | 5 min                                       | 3 min                                       |
| Boot sole not in compliance with regulations   | 3 minutes                                   | 1 minute                                    |
| Boots with adhesive tape   | 5 min                                       | 2 min                                       |
| Missing pole(s) at finish line   | 1 minute per pole                           | 15 seconds per pole                         |
| Pole/ ski broken and changed at special area   | No penalties                                | No penalties                                |
| No skins at the finish line  | 1 minute 30 seconds per skin                | 30 seconds per skin                         |
| Clothes : per each missing item  | 3 minutes                                   | 1 minute                                    |
| Short sleeves – per item - except close body layer (1 <sup>st</sup> layer).  | 1 minute                                    | 20 seconds                                  |
| No DVA, or without battery, or put away in the rucksack.   | Disqualification for the rest of the season | Disqualification for the rest of the season |
| DVA out of order at the finish line (after a fall for example)   | 3 min                                       | 3 min                                       |
| DVA switched off during the race   | disqualification                            | disqualification                            |
| DVA switched off after the passage of the finish line, before the equipment control  | 3 min                                       | 3 min                                       |
| Use of a basic emitting device instead of an avalanche transceiver during the race   | disqualification                            | disqualification                            |
| Helmet not in compliance with regulations  | disqualification                            | disqualification                            |
| Helmet not worn correctly, as when required  | disqualification                            | disqualification                            |
| No snow shovel, or one not in compliance with the regulation, or modified  | disqualification                            | disqualification                            |



|  |                                |                                |
|--|--------------------------------|--------------------------------|
| No snow probe, or one not in compliance with the regulation, or modified | disqualification               | disqualification               |
| Missing or modified survival blanket                                     | 3 minutes                      | 1 minute                       |
| No gloves  | 3 minutes                      | 1 minute                       |
| Gloves not worn correctly during the race                                | 1 minute                       | 30 seconds                     |
| No sun glasses   | 1 minute                       | 10 seconds                     |
| Rucksack not in compliance with regulations                              | 3 minutes                      | 1 minute                       |
| Missing crampons at the finish line :                                    | 2 minutes per crampon          | 30 seconds per crampon         |
| Modified crampons or no straps   | disqualification               | disqualification               |
| Crampons with an elastic as a strap                                      | disqualification               | disqualification               |
| No harness, no lanyard, no carabiners « Klettersteig »                   | disqualification               | disqualification               |
| No ski cap or headband   | 1 minute                       | 20 seconds                     |
| Missing head torch   | 5 min                          | 3 min                          |
| Head torch non switched on   | 3 minutes                      | 1 minute                       |
| Modified rope or not in compliance with regulations                      | disqualification               | disqualification               |
| Chip or electronic system missing at the start                           | 3 minutes                      | 1 minute                       |
| Chip or electronic system missing at the finish line                     | 1 minute                       | 20 seconds                     |
| Infringement of any other rules not cited above                          | 30 seconds to disqualification | 30 seconds to disqualification |

| <b>RACING AND COMPETITOR'S CONDUCT (individual, vertical, sprint and team races)</b>   |                                     |                                     |
|--|-------------------------------------|-------------------------------------|
| <b>Offences</b>  | <b>Penalties</b>                    |                                     |
|  | <b>Ski mountaineering race</b>      | <b>Vertical and relay races</b>     |
| False start      Second  | 1 minute                            |                                     |
| Voluntary or involuntary - missing out checkpoint and/or waypoint  | disqualification                    | disqualification                    |
| Disregarding instructions given by an official on the course (at the start, at checkpoints or waypoints, at the finish). Penalties awarded according to offence. | See the offence                     | See the offence                     |
| Ignoring correct racing technique required for a given section of the course:  |                                     |                                     |
| Walking on foot, on an ascent track  | 3 minute                            | 1 minute                            |
| Skiing down a section indicated as being on foot   | disqualification                    | disqualification                    |
| Walking without crampons on a section where crampons are compulsory  | disqualification                    | disqualification                    |
| Disrespect of marking and of course itinerary.   |                                     |                                     |
| Not following the correct route on a ridge   | disqualification                    | disqualification                    |
| Not respecting the course marking in descent   | 5 minutes                           | 1 minute                            |
| Incorrect fastening of skis on the rucksack (less than 2 fastening points)   | 1 minute                            | 30 seconds                          |
| Removable anti-slipping skins not kept inside the ski suit or rucksack   | 1 minute                            | 30 seconds                          |
| Crampons without straps clipped on the ankles  | 5 minutes                           | 3 minutes                           |
| Crampons outside the rucksack  | 5 minutes                           | 3 minutes                           |
| Crossing the exit of a checkpoint or waypoint without having correctly fastened skis on the rucksack   | 1 minute                            | 30 seconds                          |
| Any actions considered to be dangerous or jeopardising race safety or the proper running of the race.  |                                     |                                     |
| Not holding on to fixed rope as required   | 3 minutes                           | 3 minutes                           |
| Not clipping the karabiner to a compulsory rope  | disqualification                    | disqualification                    |
| Progressing or overtaking dangerously in a dangerous place (ridge, fixed rope)   | disqualification                    | disqualification                    |
| Unsportsmanlike conduct:   |                                     |                                     |
| Not yielding the track   | 1 minute                            | 20 seconds                          |
| Pushing, shoving, or making another competitor fall  | 5 min                               | 3 min                               |
| Not rendering assistance to a person in distress or in danger.   | disqualification                    | disqualification                    |
| Receiving outside help: except for changing broken ski and/or poles.   |                                     |                                     |
| Receiving help with equipment . Refer to equipment   | Same penalties as missing equipment | Same penalties as missing equipment |
| Receiving food and/or drinks elsewhere than at official areas  | 1 minute to 3 minutes               | 1 minute                            |
| Receiving help during skin changes, or during ascents or descents ??   | 3 minutes                           | 1 minute                            |
| Disrespecting the environment (abandoning equipment or littering, outside a checkpoint or a waypoint }   | 10 minutes                          | 5 minutes                           |
| Disrespecting or insulting anyone participating in the event (jury, officials, competitors, organisers, spectators, etc.)  | 3 min                               | 3 min                               |



|  |  |                                |
|--|--|--------------------------------|
| Competitors not present at the temporary finish podium at race finish or at the prize-giving ceremony (medical reasons or proof of flight time and without authorization of the President of the jury) | The whole prize-money will be withdrawn, provided that the prize-giving ceremony is celebrated in the scheduled place and time.<br>The prize-money will be kept if the scheduled place and time of the prize-giving ceremony is not respected by the organizers. |                                |
| Infringement of any other rules not cited above  | 30 seconds to disqualification   | 15 seconds to disqualification |

#### SPECIFIC PENALTIES FOR TEAM RACES

| Offences  | Penalties  |
|---|--|
| Team members not all together when leaving a checkpoint and not following instructions given by the referee.  | 2 minutes  |
| Team member not carrying own equipment in own rucksack throughout the duration of the race or at the finish line (exception for skis).<br>Penalties for each item of equipment : See equipment  | Same penalties as missing equipment  |
| Team with a competitor without a rucksack   | Disqualification   |
| Competitor carrying a team-mate's skis without fastening them correctly to rucksack   | 1 minute   |
| The members of a team must not be separated by:<br>- more than 30m in ascents<br>- more than 10 seconds in descents<br>All teams will be subject to surprise inspections throughout the course. | 3 minutes  |
| Interval of more than 5 seconds between the members of a team on the finishing line   | In the event of intervals exceeding 5 seconds between team members, each excess second will incur a penalty adding the same amount of seconds<br>E.g.: 15 second interval = 10 excess seconds.<br>Penalty = 10 excess secs + 10 penalty secs = 20 secs.<br>Interval of 1 min 5 secs = + 1 min<br>Penalty = 1 excess min + 1 penalty min = 2 min. |
| Using a rope (elastic) on a part of the course where it is strictly forbidden   | 3 min  |
| The rope or the elastic not put away in the rucksack or tied on around the waist  | 3 min  |

#### SPECIFIC PENALTIES FOR RELAY RACES

| Offences   | Penalties        |
|--|------------------|
| Incorrect relay hand-over (defined in the regulations) | disqualification |
| The same competitor races 2 legs                       | disqualification |



## 6.2 Results in the event of race stoppage

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Ranking will be established according to times and orders at the last checkpoint passed by the first competitors. Competitors who have not yet reached this checkpoint will be ranked according to their times and order at preceding checkpoints.

A world cup race that is stopped does not count towards world cup ranking. Any results corresponding to a stopped race will not be used for calculations for the permanent world ranking.

## 6.3 Claims

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All claims must be submitted in writing:

- by the team head (or the competitor if he/she registered directly through the LOC – ISMF homologated race);
- submitted to the chairman of the jury;
- at the latest 15 minutes after race results are posted;
- accompanied by an amount equivalent to 50 Euros, payable to ISMF. This sum is not refunded when the outcome is to the competitor's disadvantage.

The President of jury will present a detailed and motivated written response within one hour of the claim. Competitors may appeal (see Rank Regulations), according to the disciplinary procedures described in ISMF internal regulations.

The jury of the last race will receive claims related to the final world cup ranking.

After the race, any appeals by coaches or athletes regarding decisions taken by the jury, will be entrusted to the Court of Arbitration for Sport in Lausanne

## 6.4 Podiums

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The winners of each category receive awards (see "ISMF Rules for organising international ski mountaineering competitions"). Team heads must make sure that award-winners wear the official dress of their nation and are present at the prize-giving ceremony.

Case of absent award-winners:

1. The whole prize-money will be withdrawn, provided that the prize-giving ceremony is celebrated in the scheduled place and time.
2. The prize-money will be kept if the scheduled place and time of the prize-giving ceremony is not respected by the organizers.

Podiums for ISMF competitions will take place before any other podiums.

It is strongly recommended to hold official ISMF prize-giving podiums before 2 pm.

During the official ceremony of medals award and anthems playing, the athletes are not allowed to have the equipment of their manufacturer.

Following this ceremony, there will be a moment scheduled for this purpose.

## 7 DOPING

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Doping is strictly prohibited.

*(See Anti-Doping regulation)*



## 8 Appendix 1: Claim form

- Only written claims on official ISMF forms submitted before the appropriate deadline will be accepted by members of the race jury.
- All claims must be accompanied by the sum of 30.00 € or 50.00 CHF (or the equivalent in Euros or the currency of the host country).
- A separate claim form must be completed for each incident and each form accompanied by the sum stated in the regulations.
- The person that submits a complaint must support his/her arguments by quoting specific points of the regulation.

Exact name of the race: .....

Organised by: National Federation .....

Club or association .....

Kind of race: World Championship ☐ Continental Championship ☐  
World Cup ☐ ISMF Homologated Race ☐  
Men ☐ Women ☐  
Seniors ☐ Espoir ☐ Youth ☐

Individual race ☐ Team race ☐ Sprint ☐  
Vertical race ☐ Relay ☐

Exact date of the event: .....

### Claim

|  |  |
|--|--|
| Name of person in charge of filing the claim |  |
| Federation                                   |  |
| Telephone N°                                 |  |

### Athletes involved

| Name(s) of athlete(s) involved | Number |
|--------------------------------|--------|
|                                |        |



## Exact account of events

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At ....., on .... / .... / ..... (exact time ..... (hrs + min))

Signature

## Decisions of the jury

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At ....., on .... / .... / ..... (exact time ..... (hrs + min))

The President of the jury

## 9 Appendix 2: ISMF snow probe standard

The manufacturer has to define the probe as a "rescue snow probe" and make a self certification confirming that it meets this ISMF standard:

- Minimum external diameter: 10 mm
- Minimum total length: 240 cm
- When loaded without shock with a mass of 3 kg as in figure 1, the probe shall not break or leave permanent deformations and shall not go out of the supports or hooks the supports (with certain models, the locking system or the metallic point are prominent and they prevent the exit of the supports).

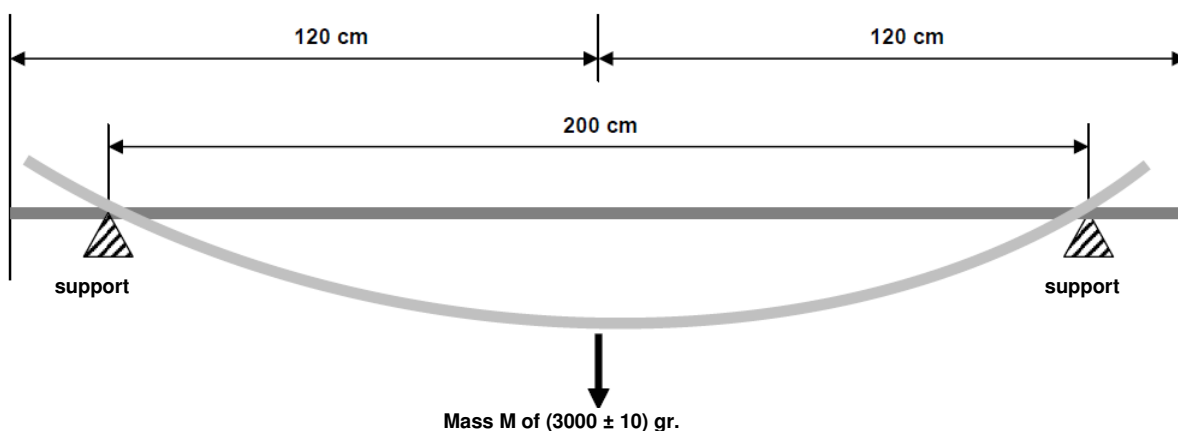


Figure 1

- When loaded without shock with a mass of 20 kg as in figure 2, the probe shall not break and the different parts of the probe shall still fit one inside of the other.

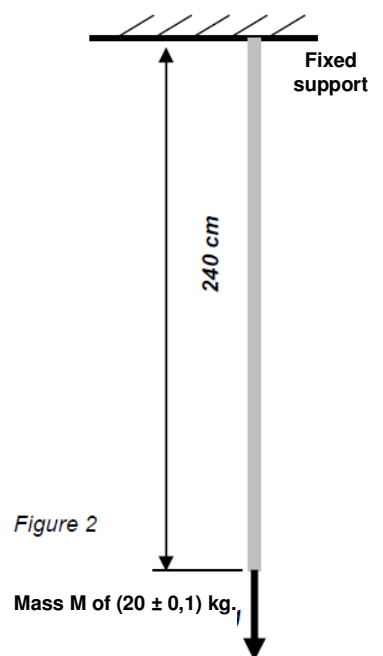


Figure 2

## 10 Appendix 3: SHOVEL STANDARD

- A snow shovel (\*\*) in compliance with the ISMF standard (Appendix 3), defined by the manufacturer as a "rescue snow shovel".

(\*\*) The equipment concerned directly with safety, marked with two asterisks (\*\*), cannot be modified; **except for modifications performed or authorized by the manufacturer.**

The manufacturer has to define the shovel as a "rescue snow shovel" and make a self certification confirming that it complies with the ISMF standard:

- Minimum shovel surface including a square of 20 cm x 20 cm.  
Test method: put a piece of 20 X 20 cm cardboard under the shovel: no part of the cardboard must be visible.
- Minimal total length of the shovel in working configuration: **50 cm**.
- The shaft has to end in a T or L shape, so the athlete is able to push down /lever the handle
- The test sample for the strength test shall be conditioned for at least 1 h at  $(-20 \pm 3) ^\circ\text{C}$ . The test shall be carried out at  $(23 \pm 5) ^\circ\text{C}$ . The test shall begin within 2 min from removal of conditioning.
- Strength test: When loaded with a speed of  $(100 \pm 10) \text{ mm/min}$  as in figure 1, the shovel shall be capable of withstanding a static force of at  $(100^{+2}_0) \text{ daN}$  over a period of  $(60 \pm 5) \text{ s}$ .

The test sample shall not break, nor go out of the supports, and no permanent deformations are admitted on any part of the shovel.

Figure 1

