



International Ski Mountaineering Federation

Regulations for Sprint races



1. SPRINT RACE

The Sprint race is proposed as an independent race. Nevertheless, it will be always accompanied by another race that will be celebrated during the same weekend (individual or vertical race, or relays).

2. CATEGORIES

- Senior Men
- Senior Women
- Classification Espoir Men
- Classification Espoir Women
- Junior Men
- Junior Women
- Cadet Men
- Cadet Women

3. EQUIPMENT

As the race is very short, the equipment must be adapted to the place and to the weather conditions of the moment.

The following parts of the equipment are COMPULSORILY in compliance with the ISMF regulation:

- Skis
- Ski Poles
- Boots
- Skins
- Helmet
- Gloves
- Glasses
- Rucksack
- Clothes ⇒ upper = 2 layers at least
 ⇒ lower = 1 layer at least

(see “ ISMF sports regulations – 4.1 equipment for ski mountaineering races)

4. COURSE

(See Appendix 1 & 2)

The start

- The departure area must be:
 - Large enough to permit the advancement ahead of 6 athletes
 - Flat
 - The profile of the slope must be progressive
 - Lanes are marked for the first 20 metres of the course. Competitors must stay in lane until leaving the designated area.
 - The competitor with the best heat time chooses a start lane, then the second placed competitor, then the third placed competitor, etc.
 - During the qualification stage a single competitor starts every 30 seconds.

Timing against the clock



- From the quarter finals onwards, each heat will consist of 6 athletes. The start will be done with a tight elastic before the competitors (at about the height of the knees).
- Starting orders are the same as in all other ISMF races (See Sport regulation art. 5.2.1.2).
- In the case of a false start, athletes will be called back
- A false start line will be set up at 50 m from the start.
- In the event of a false start a rope will be placed across the course to hold back the athletes
- The on-site evaluation and, if necessary, a video control let the President of the Jury take immediately the necessary decisions.
 - 1st false start: all competitors are called back to the start line
 - 2nd false start: the athlete causing the 2nd false start is disqualified

▪ The course

- The circuit must be designed with a maximum time of 3min00sec (+/-10 %) for all the competing categories.
- The course is a loop: with the finish line very close to the start line.
- the typical "Sprint" course profile will contain COMPULSORILY the following parts:

1st part on skis: Approximately 50/60 m elevation.

- After the start, approximately 200 m of moderate slope
- The slope then becomes steeper, but has to be easily skiable (not too steep)
 - This part should be rather wide to enable athletes to overtake easily.
 - The track has to avoid strong diagonal slopes, or be fit out if it is necessary
 - The circuit should be
 1. a figure of '8', so athletes can choose the most advantageous route.
 2. In parallel (3 paths at least)
In this case, the athlete must keep his initial path during the whole part on skis.
It is prohibited changing one path for another by cutting the marked turns, except when overtaking.

2nd part on foot: Approximately 20/30 m of positive difference of height

- This part must have at least 4 parallel tracks
- The ascent is made with skis attached to the rucksack
- According to the available ground, the part on foot can be followed, for the men (Senior and Espoir), by another short part on ski in ascent.(+ 10 m)

The descent

- The slope must be wide, with an even packed surface
- The descent must be fitted out with turns, marked with blue and red flags, (as used for giant slalom).
- The athlete must pass through each one of the gates



4th part: The finish area

- The circuit must finish on a flat area or with a slight ascent, so that competitors must use skating technique up to the finish line
- The last 40 meters of the course will be set up with a minimum of three wide lanes of 3 m approximately.
- During this part of the race, each athlete should stay in lane. Athletes may go out of lane to overtake, but only if they do not hamper the athlete already using the lane

▪ Management of the course

- A tent (heated if possible) should be set up close to the start area.
- The course should be completely closed off by netting, only athletes and accredited press officials are allowed access.
- The start and finish lanes are marked on the ground.
- For the competitors, a path must be set up to ease access from the finish area to the start

▪ Change area

- The change areas will be wide and fitted out in order to permit all the competitors to make the changes with no troubles.
- On the change areas, the athletes will have to place their ski poles:
 - Poles put down on the ground.
 - Poles with the tips downwards placed vertically in the snow.
 - Poles with the tips downwards leaning against the body of the athlete.
- The exit from the change area will not be allowed until the required manoeuvre is finished.
 - Skis (not visible) placed inside the rucksack or on the closed clothes.
 - Skis tied to the rucksack.

Persons from the organization (1 per track) will not allow the athletes the leave the change area in case of an unaccomplished manoeuvre.

▪ Timings

- By electric time counter (cell) and electronic chip.
- Timings are to be to the hundredth of second
- At the start, a digital board or a system of bi coloured lights should be set up
- Every lane will be equipped with a start gate

▪ Finish area

- The timings and the heat formations will be displayed, if possible, on an electronic board.
- Referees decisions concerning penalties and other complaints will be immediate.
- A decent sound system is compulsory.

5. PROGRESS OF THE COMPETITION

▪ Qualifications

- The start time and order will be displayed and cannot be modified.



- The start order will be:
 - o Senior/Espoir Men
 - o Senior/Espoir Women
 - o Cadet Women
 - o Cadet Men
 - o Junior Women
 - o Junior Men
 - For every category, the start will be the inverse order of the classification of the World cup, on the day of the competition. The non-classified athletes will start in the first place.
 - The start time of classified athletes will be established at random.
 - Runners will start every thirty (30) seconds.
 - An interval of three (3) minutes will be respected between the heats of each category.
 - If a competitor arrives at the starting line too late his scheduled start time will be taken into account for the race time.
 - If there are only 6 competitors or less in a category, the phase of qualification will not take place, and they will be directly qualified for the next heat.
 - Between the end of the qualifications and the beginning of the final phases, there should be a one hour recovery time, for every category.
- Quarter Finals
 - 5 quarter finals with 6 competitors (only for Senior Men and Espoir Men)
 - There is an in-line start (see placement on the start line)
 - The quarter finals are timed to the hundredth of a second
 - A photo finish or a video control is set up.
 - The first 2 competitors of each heat, as well as the 2 best "lucky losers" go on to semi finals
 - Semi Finals
 - The same system as for the quarter finals
 - The first 2 competitors of every semi final go on to the Final as well as the 2 best "lucky losers":
 1. Semi Final A Women
 2. Semi Final B Women
 3. Semi Final A Men
 4. Semi Final B Men
 - Final
 - a. The running order is as follows:
 1. Final Cadet Women (6 best times of the qualifications)
 2. Final Cadet Men (6 best times of the qualifications)
 3. Final Junior Women (6 best times of the qualifications)
 4. Final Junior Men (6 best times of the qualifications)

Flowers Ceremony for Youth Categories:

 - If no flowers ceremony for the Youth, there will be a stop of 10 min
 - If no Youth races, a stop of 15 min will be set up between the end of Men's Quarter Final and the beginning of Women's Semi Finals.
 5. Final A Senior/Espoir Women
 6. Final A Senior/Espoir Men
 - b. The same system as for the semi finals



- Heat Formation Board

See appendix 3

6. RESULTS

- The classification is based on timings:
 - As per qualification for the non qualified competitors in the quarter finals
 - As per quarter finals for the non qualified competitors in the semi final
 - As per semi finals for the non qualified competitors in the final
- According to the classification established during the Finale
- In case of a tie, the time of the previous heat breaks the tie.
- In case of a second tie, the time made in the Quarter Finals will be taken into account, see qualification

7. CLAIMS

The request time for a claim will be three (3) min after posting of the official heat results, signed and dated by the President of the Jury.

In case of a complaint, the classical procedure will be applied (See Appendix 4).

8. PENALTIES

The "Sprint" regulation applies the penalties stipulated in the ISMF Sporting Rules.

Furthermore:

- In case of jostling or disturbing another competitor = 1 min
- Each athlete must cross the finishing line with all equipment as required by the organization. In the event of arriving at the finish line with only one ski or pole, a **1 min** penalty is incurred.
- After crossing the finish line, a competitor may leave the control area only after the approval of the controller.
- In the event of missing equipment (as detailed obligatory by the organisation) for each missing piece of the equipment, or for each piece not complying with regulation, a penalty of **1 min** is incurred.
- If the athlete does not turn up in the equipment control = **Disqualification**.
- Poles kept in the hand in a change area = 1 min
- Gate missed during the descent = **1 min per gate missed**

Video cameras will be settled on the key points of the race.

9. WORLD CUP POINTS

The Sprint events will count for the general classification of the World cup.

The following points will be attributed:

1	55	7	30	13	18	19	12	25	6
2	49	8	28	14	17	20	11	26	5
3	44	9	26	15	16	21	10	27	4



4	40	10	24	16	15	22	9	28	3
5	36	11	22	17	14	23	8	29	2
6	33	12	20	18	13	24	7	30	1

10. PRIZE MONEY

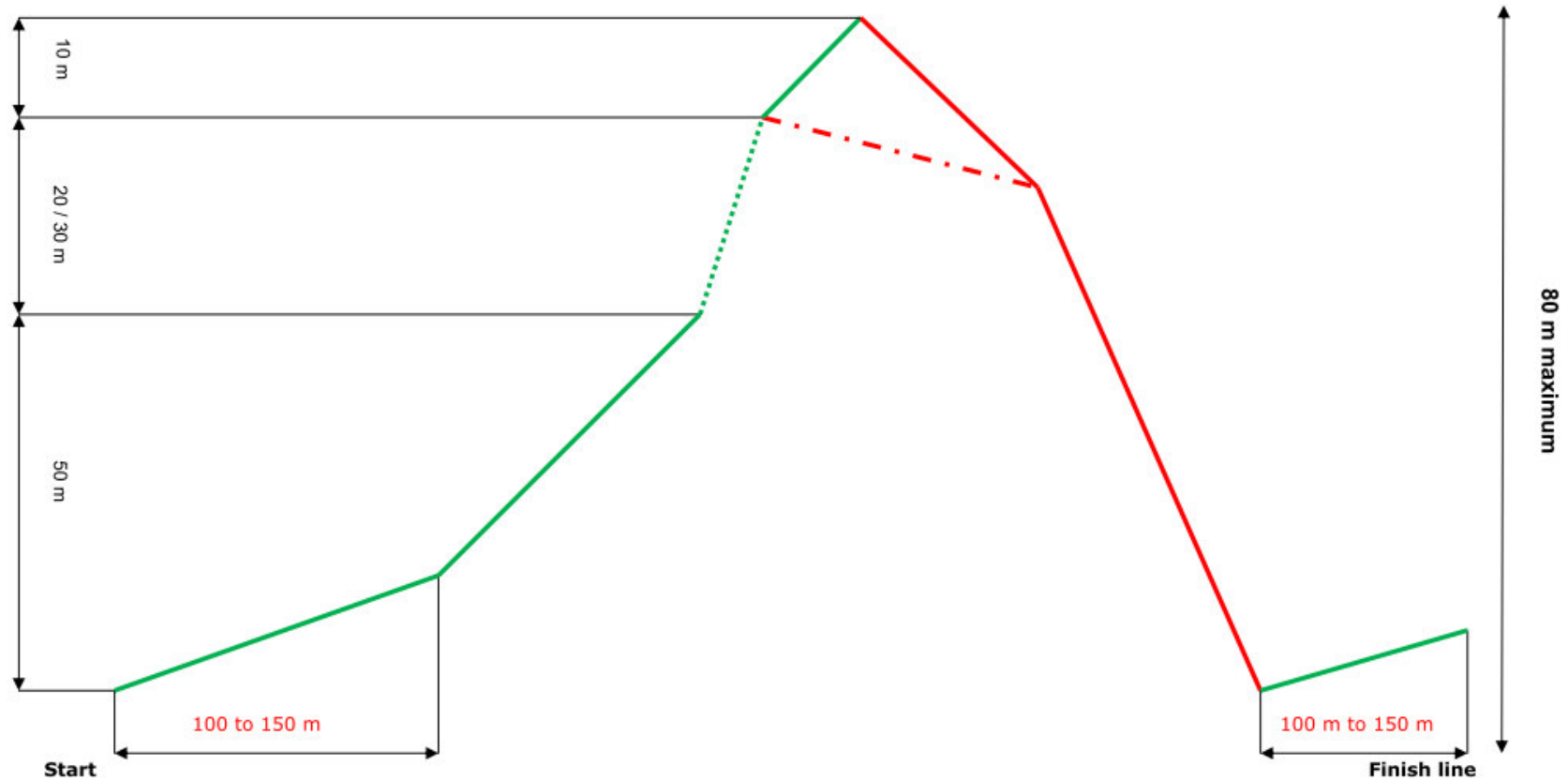
Prize money is awarded to at least the first 3 competitors of every ISMF race (senior Men and Senior Women)

Minimum amount. $1^{st} = 500,00 \text{ €}$ $2^{nd} = 300,00 \text{ €}$ $3^{rd} = 200,00 \text{ €}$

The Espoirs, Juniors and Cadets, Men and Women, will be awarded with prize-money or its equivalent.

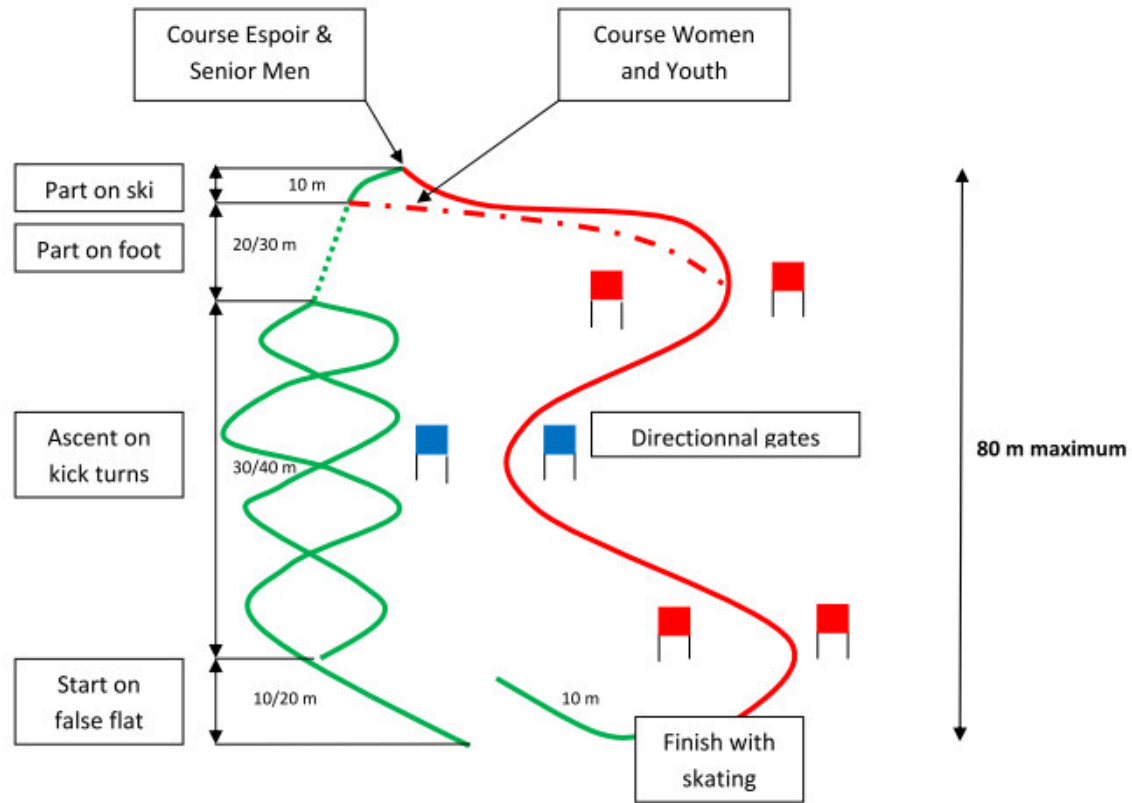


Appendix 1: Altimetric Profile of the Sprint Course



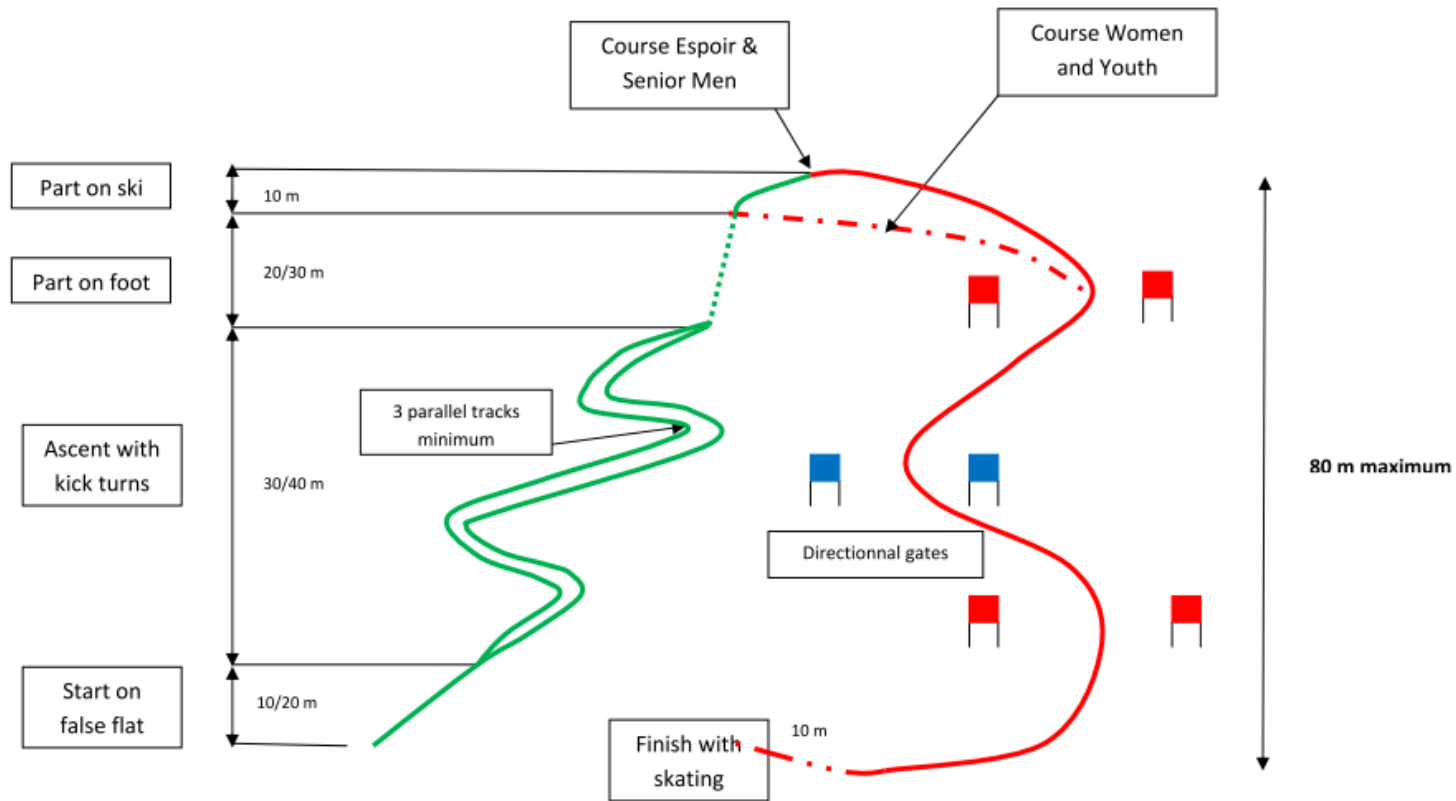


Appendix 2 A: Route of a Sprint race (ascent with crossed route)





Appendix 2 B: Route of a Sprint race (ascent with parallel routes, crossing a slope)



Appendix 3: Qualifications Board Men

