

# International Ski Mountaineering Federation

## Sporting Rules & Regulations

**Any change requested by the organiser regarding itineraries or schedule in the following regulation has to be presented to and approved by the ISMF technical team in advance.**

*NB : All rules and regulations may be subject to modification of the language used, in so much as the context and the content of the rule/regulation will remain unaltered but the English language used within in said rules and regulations may be subject to improvement in terms of grammar and clarity.*

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## 1. INTRODUCTION

The ISMF rules and regulations for international ski mountaineering competitions (for World and Continental Championships, World and Continental Cups and ISMF Series races) consist of a set of rules for the standardized organisation of ski mountaineering competitions. The purpose of this text is to outline the obligations, behaviour and rights of athletes wishing to take part in international ski mountaineering competitions organised by the ISMF.

The official ISMF Sporting Rules text is published in English.

This document is the main reference, together with the documents titled “Rules for organising ISMF international ski mountaineering competitions, Ranking Rules and Access & Registration Rules”, for outlining the rules and regulations applicable to international competitions.

### 1.1 Definitions

**Sporting season:** from 1<sup>st</sup> July to 30<sup>th</sup> June. Any changes in the rules voted in June by the PA will be applicable from 1<sup>st</sup> July and therefore for the following season.

**National Federation:** any 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 a member of the 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:** a race for competitors with no ISMF licence, and taking a separate course from 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.

### 1.2 Abbreviations

- 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

The following documents relate to ISMF competitions:

- ISMF Rules for organising international ski mountaineering competitions
- ISMF International ski mountaineering sporting and ranking rules and regulations
- ISMF Disciplinary rules
- ISMF Anti-doping policy & procedures
- ISMF Athletes Commission and Athletes Representatives
- ISMF Coaches Commission
- ISMF Rules Commission
- ISMF Referees Commission
- ISMF Statutes
- ISMF «Bylaws»

## 2. EVENTS AND COMPETITION

### 2.1 General features of ISMF races

	DESCRIPTION	CATEG ORIES	POSITI VE ASCEN T	DURATI ON	TEAM COMPOSITIO N	
SPRINT	A varied, short course with ascent, descent, and a walking portion 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. Recognition time: 15min	SM/SW		Between 3min-3min30sf or the best SM/SW		
		EM/EW				
		JM/JW				
		CM/CW***				
VERTICAL RACE	A single ascent on skis, for individual racers. No part takes place on foot with skis on backpack. Vertical race is possible off piste, but only along a sheltered track with a minimum width of 2 meters. The area after the finish line must be completely flat or with a gentle slope, and at least 6m wide.	SM/SW	500 to 700m			
		EM/EW				
		JM				
		JW	400 to 500m			
		CM***				
		CW***				
INDIVIDU AL RACE	Minimum three (3) ascents/descents on mountain slope. The longest ascent must not exceed 50% of the total difference in height. Out of the total difference in height (positive + negative): at least 85% must be raced with skis on feet; at the most 5% should be raced on foot (footpaths, forest tracks, etc.); at the most 10% should be technical sections raced carrying skis on the rucksack (ridges, couloirs, etc.).	SM	1600 to 1900m	1,5 to 2 hrs		
		EM	1300 to 1500m			
		SW				
		EW				
		JM	800 to 1000 m			
		JW				
		CM***				
		CW***				
TEAM RACE*	Junior men race on the same track as senior women.	SM	>2100 m	3 h max for 1 <sup>st</sup> team	2 competitors**	
		SW	>1800 m		2 competitors**	
RELAY*	Two (2) distinct ascent(s) and descent(s) raced by each member of the relay team, with a foot part in the 2 <sup>nd</sup> ascent Each relay leg must include two (2) distinct ascents and descents. A part of the second ascent requires a portion to be climbed on foot with skis strapped on the rucksack. Each relay leg is run by a member of the relay team. Each competitor can participate <b>only in ONE relay</b> . (That is to say that if a junior competitor participates in a senior relay, he / she cannot participate in the youth relay - idem for senior women). Recognition time: 20min	SM	150 to 180 m	Max 15 min	4 competitors	
		SW			3 competitors	
		YOUTH				3 competitors:  1CM 1CW or JW 1CM or JW or CW or JM Start: CW or JW starting necessarily in 1 <sup>st</sup> lap

\* 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.

\*\*can be 3 competitors on continental cups, world cups, and ISMF series

\*\*\* Cadet categories cannot participate or be ranked on world cup races

### Special features for Sprint races (See appendix 5).

SPRINT RACE DESCRIPTION (SEE APPENDIX 5)	
<b>1<sup>st</sup> PART: ON SKIS</b>	
Approximately 30 to 60 m of elevation.	
<ol style="list-style-type: none"> <li>1. After the start, approximately 200 m of moderate slope.</li> <li>2. The slope then becomes steeper, but has to be easily skiable (not too steep).</li> <li>3. This part should be wide enough to allow athletes to overtake easily.</li> <li>4. The track route must not be plotted along slopes with a highly angled diagonal gradient across the transverse of the slope– if such a situation is naturally found on the terrain, then it must be modified to create a more regular slope.</li> <li>5. The circuit should be a figure of '8' designed with rombs and athletes can choose the most advantageous route.</li> </ol>	
<b>2<sup>nd</sup> PART: ON FOOT</b>	
<ul style="list-style-type: none"> <li>- Approximately 20 to 30 m of elevation.</li> <li>- This part must have <u>at least four (4) parallel tracks</u>.</li> <li>- The ascent is made with skis attached to the rucksack.</li> </ul>	
<b>3<sup>rd</sup> PART: ON SKIS</b>	
<ul style="list-style-type: none"> <li>- . After foot part: approximately 10 m of elevation for senior/espoir women and youth, and 30 m for senior/espoir men. Important: all athletes have a ski part after the foot part.</li> </ul>	
<b>4<sup>th</sup> PART: THE DESCENT</b>	
<p>The slope should be wide, with an even packed surface.</p> <ul style="list-style-type: none"> <li>• The descent must be fitted out with turns. The use of blue and red flags (as used for giant slalom), or other safe and visible elements, is permitted.</li> </ul> <p>The athlete must pass through each gate.</p>	
<b>5<sup>th</sup> PART: THE FINISH</b>	
<ul style="list-style-type: none"> <li>• The circuit must finish on a flat area or with a slight ascent, so that competitors must use the skating technique until the finish line.</li> <li>• The last 40 m of the course will be set up with a minimum of three wide lanes with a width approximately 3 m each.</li> <li>• During this part of the race, each athlete should stay in their lane. Athletes may go out of the lane to overtake, but only if they do not hamper the athlete already occupying the lane.</li> <li>• The course is a loop: the finish line is very close to the start line.</li> <li>• The race must last between 3min and 3min30sec for the best Senior men and Senior women.</li> </ul>	
<b>MANAGEMENT OF THE COURSE</b>	
<ul style="list-style-type: none"> <li>• A heated tent (with seats) must be set up close to the start area.</li> <li>• The course should be completely closed off by netting. Only athletes and accredited press officials are allowed access.</li> <li>• The start and finish lanes are marked on the ground.</li> <li>• For the competitors, a path must be set up to facilitate access from the finish area to the start</li> </ul>	
<b>CHANGE AREAS</b>	
<ul style="list-style-type: none"> <li>• The change areas will be wide and fitted out in order to permit all 6 competitors to make changes with ease.</li> </ul>	

## 3. EQUIPMENT

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 **must be CE and UIAA marked** or comply with the requirements of a European rule in force (*except for the helmets, see chart in 4.1*) without any modifications, **except by those authorised by the manufacturer** in the written information supplied with the equipment.

No other compulsory equipment may be modified.

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 § 5.1.

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 and/or binding.

### 3.1 Equipment description for all ISMF ski mountaineering races

	DESCRIPTION	CE or UIAA
A passport or a National ID card	required to be stowed away in the rucksack or race suit. Every competitor must present an official ID document or a copy if required – Passport or National ID card (this may be held by the coach during the race).	
A pair of skis	with metallic edges covering at least 90% of their length, and a 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, and cadet). The skis will be measured according to the method « Rolling ».	
Bindings	which allow heel movement during ascents and are blocked for descents; they may or may not be equipped with security straps. <i>The binding system must have a lateral and a front complete release system (the boot is completely separate from the ski). The lateral release (front part) has to be lockable manually (without the use of any tool). If a binding is TÜV certified, the locking mechanism is not necessary.</i> The use of ski brakes is extremely recommended for 2018/2019 season and will be compulsory from the 2019/2020 season on.  <i>Boots and bindings must be set according to the manufacturer's instructions in order to guarantee optimum function of the release systems and the best protection of bindings and ski structure.</i> <b><u>Minimal weight for skis and bindings:</u></b> Men: 750 grams, i.e. 1500 grams per pair. Women: 700 grams, i.e. 1400 grams per pair. Mixed bindings (front part from one manufacturer and rear part from another one) are not allowed.	
Boots	(only the shell) must cover the ankles and have notched rubber soles. 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 two (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. 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. 2017/18 Athletes in the Cadet category are not allowed to wear/use full carbon structured boots (including carbon composites or similar: kevlar, aramite, etc.). (To be applied starting the 2017-2018 season) <b>The notched soles have to cover the 100% of the boot surface.</b> <b><u>Minimal weight for boots (shell and dry inner):</u></b> - Men: 500 grams, i.e. 1000 grams per pair. - Women & Cadets Men: 450 grams, i.e. 900 grams per pair	
A pair of 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	Skins originating from wild animals are strictly forbidden.  The skins have to cover at least 40% of the snow contact length of the ski.	
Upper body clothing	Three layers that fit the competitor well: 1 long or short-sleeved, body-hugging layer. Not compulsory. 1 ski suit with long-sleeves or a second layer with long-sleeves. 1 breathable, long-sleeved wind breaker.	
Lower body clothing	Two long-legged layers that fit the competitor well 1 ski suit or ski pants 1 breathable wind breaker trousers	
An avalanche detector	also called DVA or ARVA, that conforms to standard EN 300718 457 kHz frequency. The DVA has to be equipped with a 3 antennas emission system. The DVA has to be worn in a closed pocket (zipped lock only) opening on the inside of the racing suit, and at the belly level.	YES

A helmet	conforming to: - UIAA 106 and EN 1077 classB standards. - EN 12492 and EN 1077 classB standards. Helmets must be used (chin-strap has to be fastened) during the whole race (from the start to the finish line). CE/UIAA: Yes.	YES
A snow shovel	conforming to ISMF standards ( <i>Appendix 4</i> ).	
A snow probe	conforming to ISMF standards ( <i>Appendix 3</i> ).	
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 covers the entire hand up to the wrist - to be worn throughout the duration of the race.	

A pair UV-protection sunglasses		
A rucksack	with sufficient carrying capacity to hold all the equipment required by the regulations, with two rear and/or lateral fastening straps for carrying skis. 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.). Crampons must be secured in the appropriate compartment of the rucksack worn on the back.	
A whistle		
<b>Supplementary equipment that may be required by the jury</b>		
A pair of metallic crampons	that conforms to UIAA standard 153, with at least 10 spikes. The two front spikes must adjust to fit the competitor's boots. They must have the original safety straps that should be properly fastened to all crampons during the on-foot portion of the race When crampons are not worn on boots, they must be packed in the rucksack, with spikes facing each other;	YES
A harness	conforming to UIAA standard 105	YES
Via Ferrata kit	with energy absorbing system for use in Via Ferrata Kit conforming to UIAA standard 128.	YES
Two (2) connectors - Via Ferrata kit connectors	that conform to UIAA standard 121. <b>When the lanyard and the 2 connectors are not in use, they must be put away in the rucksack or wrapped around the waist.</b>	YES
An additional upper body thermal fleece layer of clothing	(fourth layer with long sleeves) The sleeves must fit the competitor well. The fourth layer is comprised of thermal clothing which must have a minimum weight of 300 grams.	
A ski cap or headband		
A second pair of gloves	that must be thermal, breathable and wind-proof.	
A Head lamp in full working order;		
A second pair of UV-protection sunglasses.		
A dynamic rope	that conforms to UIAA standard 101, with a minimum diameter of 8 mm and a length of 30 m.	YES
Skins	The Organiser has the right to request additional skins.	

<b>COMPULSORY EQUIPMENT</b>	<b>TEAM</b>	<b>INDIVIDUAL</b>	<b>SPRINT</b>	<b>RELAY</b>	<b>VERTICAL</b>
Passport or ID card (on the finish line)	X	X	X	X	X
Skis	X	X	X	X	X
Bindings	X	X	X	X	X
Boots	X	X	X	X	X
Ski poles	X	X	X	X	X
Skins (one pair min.)	X	X	X	X	X
Helmet	X	X	X	X	X*
Gloves	X	X	X	X	X*
Rucksack	X	X	X	X	X*
Three layers up	X	X	X*	X*	X*
Two layers down	X	X	X*	X*	X*
DVA	X	X	X*	X*	X*
Snow shovel	X	X	X*	X*	X*
Snow probe	X	X	X*	X*	X*
Survival blanket	X	X	X*	X*	X*
Sunglasses	X	X	X*	X*	X*
Whistle	X	X	X*	X*	X*
<b>SUPPLEMENTARY EQUIPMENT</b>					
Fourth layer					
Ski cap or head band					
Second pair of gloves					
Head lamp					
Second pair of sunglasses					
Crampons					
Second pair of skins					
Dynamic rope (one per team)					
Harness					
Via Ferrata kit					
Two connectors					

**The athlete must bring all obligatory and supplementary equipment to the event.**

During the race briefing, the LOC will display the list of all the required equipment for the race.

For Vertical, Sprint, and Relay races:

- If the entire race is on a secured ski slope, the race director (with the agreement of the president of the jury) may remove the DVA, snow shovel and snow probe from the list of required equipment.
- If the weather conditions are favourable, all other equipment marked with an asterisk (X\*) may be removed by the LOC (with the agreement of the president of the jury) from the list of required equipment.

## 3.2 Items supplied by the LOC

The LOC provides the competitors' race numbers/bibs, which:

- includes 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 the front part of the right thigh) throughout the duration of the race. In the case of a Vertical race, where the use of a rucksack is not compulsory, one bib number is reserved for the back.
- may need to be returned once the competitor has crossed the finishing line.
- Any other equipment not stated in the present regulations is subject to addition the prior agreement of the race referee.
- Please refer to 4.5.2 of Rules for Organising a Ski Mountaineering race for further details on race numbers/bibs.

## 3.3 Equipment inspection

Equipment may be inspected at the finish line or at any other point on the course during the race (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 at the end of the race briefing the day before the competition.



The ISMF designates a reserved area for the control of compulsory equipment for the athletes. Equipment inspection is presided over by an ISMF referee.

## 4. RACE ORGANISATION

### 4.1 The start

Any changes to routes must be announced 30 minutes before the start.

If the start is delayed, announcements must be made every 15 minutes.

(For technical specifications regarding the Start area, refer to Appendix 27– ISMF Rules for organising ISMF international ski mountaineering competitions)

#### 4.1.1 Starting procedure

INDIVIDUAL – TEAM – VERTICAL RACE – RELAY	Time before official start		SPRINT
Avalanche transceivers and equipment are inspected.	10-20 minutes		
Competitors are called to the start line.	5 minutes		Competitors are called to the start line
Competitors are placed in starting position at the start line.			Competitors are organized on the Pre-Start
The speaker will call: “2 minutes until the start”, according with the President of the Jury.	2 minutes		
The speaker will ask for silence. The referees must verify that all of the athletes have placed the front part of the skis are totally before the start line.	30 seconds	15 seconds	The speaker will ask for silence. The athletes will move from Pre-Start line to the Start line and are asked to stay relaxed in place. The referees must verify that the front part of the skis are totally behind the start line.
The President of the Jury calls: “Take your marks,” Athletes must stay relaxed and in position. Referees will check that all skis are totally behind the start line.	about 15 seconds	about 8 seconds	The President of the Jury call: “Take your marks.”
The President of the Jury will call: “Set.” After this command is given, all competitors must remain motionless and in their set position.	1-2 seconds		The President of the Jury will call: “Set.” After this command is given, all competitors must remain motionless and in their set position.
Start signal pistol or whistle.	0 seconds		Start signal pistol or whistle.

#### 4.1.2 Specifications for Individual, Team, Relay or Vertical races:

A pole position starting system is compulsory for the top 15 WC athletes ([See Appendix 2](#) - Pole position start).

Number positions must be marked on the snow.

The team race starting positions are decided by adding together the WC ranking of each of the two teammates.

#### 4.1.3 Specifications for Sprint races:

- The competitor with the best qualification 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 20 seconds, timed against the clock

- Timekeeping is only used during the qualification stage, and not during the following heats (quarter finals, semi-finals, and finals)
- Competitors are called to the pre-start room (warm tent) from 10 to 5 minutes before the start. The pre-start room should be warm and must contain chairs for at least 6 racers. Competitors are organized on the pre-start line where instructions are given and start lanes designated.
- From the quarter finals onwards, each heat will consist of 6 athletes.
- If a competitor arrives at the starting line late, they are not allowed to start.
- In order to preserve the quality of the track, racers cannot make direct descent race lines during pre-race reconnaissance. During this reconnaissance phase, the LOC will place slalom poles or nets across the 2 m close to the race gate, so racers must go around them.
- For the finals, the speaker will call the athletes one by one, with a presentation of the athlete and country of the racer.
- For the sprint, in case of bad weather conditions, the jury, in order to make the competition shorter and safer, can take the decision to go directly to the final after the qualification stage with the 6 best places from the qualification. The jury should take this decision before the start of the competition and communicate it to the coaches and athletes, except in the case of sudden conditions that may suggest taking this decision at a later time.

(For technical specifications about Sprint Race Qualification Board and an example of the Sprint Race Schedule, see Appendix 30 and 31 – ISMF Rules for organising ISMF international ski mountaineering competitions).

## 4.2 The finish

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### 4.2.1 The Finish Procedure:

The finish shall proceed as follows:

- times and finishing orders are established by the electronic timing system. In case of a photo-finish, the finishing order is established when the competitor's front foot crosses the finish line;
- when the difference of time between two racers is under 1/10 of a second, the finish order is established when the front part of the competitor's foot crosses the finish line (as indicated by 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;
- 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;
- every competitor must present an official ID document or a copy if required - **Passport or National ID card** (this may be held by the coach during the race).

(For technical specifications of the Finish Area, see Appendix 28 – ISMF Rules for organising ISMF international ski mountaineering competitions)

## 4.3 Transition (change) area

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- The transition (change) areas are all the places where the racers must change their way of progression.
- A transition area is a closed area (with nets, ropes), reserved for the competitors and the controllers.
- The flags used to delimit the transition area will be of the color of the next section (e.g. yellow if it is before a foot part, red if it is before a descent, etc.).
- A narrow gate (2 m maximum) controls the exit. An image will indicate the operation to be carried out.
- The entrance and the exit gate of the area are clearly marked with a blue line in the snow.
- Controllers must be equipped with radios and be able to communicate with race headquarters.
- Controllers also check safety issues.
- Controllers ensure that ISMF regulations are followed and immediately report any offenses committed by competitors to race headquarters.
- Under instruction from race headquarters, the transition area chief must have enough authority to give instructions to competitors (for example: giving instructions to put on an extra layer of clothing, stopping the race under the authority of the race director, etc.).
- Transition area will be positioned so that competitors reduce speed upon arrival.

- At all times, the Transition area chief must be able to inform the speaker at the finish on the advancement of the race – competitor racing order – times between racers – etc.

## 4.4 Check points (CP)

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**A check point is an area where the racers' bibs are noted. Checkpoints may be located at transition areas.**

Controllers take note when competitors pass through their checkpoint and record their arrival order, times and ranking if the race is neutralized or stopped.

## 4.5 Relay hand-over zone

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### **Relay hand-over**

The relay is exchanged when the finishing competitor's leg reaches the hand-over zone and touches any part of the following competitor's body with his/her hand. This hand-over must take place within the relay hand-over zone. If the relay hand-over is not carried out according to the rules, the team is disqualified. The team-mate waiting for the next relay leg may only enter the relay hand-over zone when called for by a referee. (For technical specifications of this zone, see Appendix 32 – ISMF Rules for organising ISMF international ski mountaineering competitions)

## 4.6 Refreshment points

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For Individual and Team Events, the LOC must set up a refreshment point (recommended fresh/warm water/tea, cereal bars, cakes) at the most appropriate location on the track. It must be approved by the Jury (generally at the beginning of an ascent, near the middle of the race). The refreshment point is also to be used by coaches who are not allowed to supply food and beverages at any other location. Garbage bags must be present in the area and near the exit. The recommended length of the area is anywhere between 15 to 20 meters.

The refreshment area must be limited by lines (entry/exit) on the ground, and a pictogram at the entry inform the racers is recommended.

See Appendix 33 in the rules for organising international ski mountaineering competitions.

## 4.7 Conduct of competitors during the race

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While racing, competitors must abide by the following rules:

### 1. False start

In the case of a false start, athletes are not stopped; the penalty will be directly applied to the athletes after he/she crosses the finish line. False start penalty applies only if the ISMF starting procedure is respected and if there is a camera video on the start line. The penalty applies for the first who does the false start.

### 2. Flag colour

The sections marked with green flags must be carried out on skis with skins attached.

The sections marked with yellow flags must be carried out on foot.

The parts marked with red flags must be carried out on skis without skins.

The boots must be locked during all the downhill parts marked with red flags.

### 3. Follow the markings

Athletes must follow the course markings closely in ascent and descent. The racers must go in the direction of the flags. All dangerous and/or unsportsmanlike behaviour will be sanctioned.

### 4. Overtake

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.

### 5. Though by the gates or waypoint

If there is a gate (two sets of two poles with a panel of the same colour) along the tracks (uphill and downhill), the racers have to go through them.

### 6. Foot parts

Skis must be carried on the rucksack using two (2) fastening straps designed for this purpose (skis cannot be carried in shoulder straps and must remain fastened to the back of the competitor).

7. Change area

Competitors have to carry out the entire operation required for technique changes, within the transition area, as marked by entrance and exit lines. These manoeuvres include taking off/putting on skins or crampons, packing/unpacking skins or crampons, fastening/unfastening skis to backpack, fastening/unfastening boots. These actions should not take place anywhere outside of this area, even upon entering and/or directly after exiting the transition ("change") area.

The racer must stay in the same place from the beginning to the end of the manoeuvre. The ski poles must be placed flat on the ground from the beginning until the end of the manoeuvre previously mentioned. This also applies to when the skier takes off/puts on skins or crampons, packs/unpacks skins or crampons, unfastens/fastens skis to the backpack.

8. Skins

Competitors must pack their skins either to the inside of their ski suit or place them in their rucksack. The skins may be visible but never hanging out of the ski suit. Use of adhesive tape is forbidden on the skins for environmental reasons.

9. DVA

The organizers will control DVA/transceivers during the race.

Competitors have to ensure that their device is functioning properly throughout the entire race.

Competitors must keep their DVA in emission until they have passed through equipment control at the finish line.

**• If a DVA is found not to be in working order, the athlete will be stopped and immediately disqualified.**

10. Earphones are forbidden during any ISMF races. They are allowed during the warm-up.

11. Via Ferrata kit

On stretches using a fixed rope, where use of lanyards is 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.

12. Wear all layers

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.

13. No outside assistance is allowed

Exceptions:

- changing a broken pole. He/she may change a broken pole anywhere and with anyone.
- changing a broken ski and or binding. He/she may change a broken ski and or binding only in the refreshment area and/or area authorized by the jury.
- refreshments only in the areas authorized by the jury.
- 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.

14. Abandon

• 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 doctor's present.

• Giving-up (by own initiative or forced) must take place at a checkpoint or waypoint according to the procedure described during race briefing except under 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 controllers. Every competitor having withdrawn MUST inform the President of the Jury (or his representative) upon arrival at the finish area, and especially the Anti-Doping Delegate. The competitors having withdrawn may also be subject to doping control.

15. Sprint voluntary withdraws

During the Sprint race, a penalty worth 50 World Cup points will be applied if a racer voluntary withdraws at any time, be it between qualification and heats, or between the different heat, except in the case of an accident, broken material, sickness, injury or serious justified reasons.

16. Respect the environment

Competitors must respect the environment. Athletes must leave any rubbish in the dedicated trash bag only between the two lines marking the entrance and the exit of the refreshment points. Penalties will be incurred by competitors seen littering the course (including in the transition area) or for any other poor environmental conduct. Disrespecting the environment (abandoning equipment or littering, outside of the refreshment point) is strictly forbidden and will be penalised accordingly.

17. For team races:

• Team members must leave the transition area together (i.e. before crossing the line which marks the exit of the transition area).

- Each competitor must carry his/her own rucksack throughout the entire duration of the race with all the required equipment (except skis).
- 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.
- Assistance is only allowed between team members. It is forbidden to use a rope or an elastic to drag his/her team mate during the first 15 min of the race, in couloirs, on ridges and during descents. If the use of ropes is not mandatory during a downhill, as in the traverse of a glacier for example, the rope (or elastic) must be put in the rucksack or hung around the waist during descents.
- The members of a team must not be separated by more than 30 seconds in ascents and more than 10 seconds in descents. All teams will be subject to surprise inspections throughout the course. The two teammates cannot have an interval of more than 5 seconds between them on the finishing line.

#### 18. Ceremonies

Award winners, for all races and all categories, must be present at the prize-giving ceremony or they will incur penalties. For each category, the top three athletes for the flower ceremony, and the top five athletes for the official ceremony must be present.

## 4.8 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.

## 5. ESTABLISHMENT OF RESULTS

The results, approved by the president of the jury and displayed as, and when, competitors finish, with full results available immediately after the last competitor crosses the line. The ranking is carried out by adding the finishing time to any penalties incurred by the jury. At World Cup races and World Championships, the timings/results are produced by the ISMF timings provider. Provisional results are displayed after the first athletes cross the finish line.

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 Ranking Rules."

## 5.1 Offences and penalties

### A. – General – for infringements not specifically cited

For the infringements not cited in the followings tabs (B, C, D, E, F), the referee uses scale A

#	Offences	Penalties	
		Team and individual races	Vertical, sprint and relay races
A.1	Cheating, unsportsmanlike or important safety fault	disqualification	disqualification
A.2	Behavior which may intentionally hinder	3 minutes	1 minute
A.3	Minor technical error, involuntary negligence,	1 minute	20 seconds

### B. EQUIPMENT

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 and/or bindings). Cumulative penalties are given for each piece of missing equipment.

#	Offences	Penalties	
		Team and individual races	Vertical, sprint and relay races
B.1	Skis, binding or boot not in compliance with regulations	disqualification	disqualification
B.2	Bindings or boots weight: between 1 and 20 grammes missing	3 minutes	1 minute
B.3	Bindings or boots weight: 21 and more grammes missing	disqualification	disqualification

<b>B.4</b>	<p>Missing equipment or equipment not in compliance with regulations, for these items: DVA; DVA without battery or switched off during the race or in rucksack; Snow shovel, probe; Helmet, included but not correctly worn;</p> <p>If required: harness, lanyard, karabiners – Via Ferrata kit head lamp, rope, crampon not in compliance with rules or missing at the start line;</p> <p>No penalty for equipment broken during the race.</p>	disqualification	disqualification
<b>B.5</b>	<p>Missing equipment or equipment not in compliance with regulation, for these items: Clothes (for each item missing), long sleeves (except Vertical race if accepted by the jury), survival blanket, gloves (included not worn correctly during the race), sunglasses (excepted if not required by jury), rucksack, ski cap or headband, skins.</p>	1 minute	20 seconds
<b>B.6</b>	<p>DVA out of order at the finish line (after a fall for example). DVA switched off after the passage of the finish line, before the equipment control.</p>	3 minutes	1 minute
<b>B.7</b>	Crampon loose during the race.	3 minutes	1 minute
<b>B.8</b>	Crampon missing in a foot part with crampons	disqualification	disqualification
<b>B.9</b>	Head lamp non-switched on	3 minutes	1 minute
<b>B.10</b>	Chip or electronic system missing at the start line	No start	No start
<b>B.11</b>	Chip or electronic system missing at the finish line	1 minutes	20 seconds

### C. BEHAVIOUR

Ignoring correct racing technique required for a given section of the course, disrespect of marking and of course itinerary, any actions considered to be dangerous or jeopardising race safety or the proper running of the race, unsportsmanlike conduct.

#	Offences	Penalties	
		Team and individual races	Vertical, sprint and relay races
<b>C.1</b>	False start	30 seconds	
<b>C.2</b>	Missing checkpoint – Voluntary or involuntary	disqualification	disqualification
<b>C.3</b>	Not following the correct route on a ridge	disqualification	disqualification
<b>C.4</b>	missing a Gate (Downhill section) - Voluntary or involuntary -	3 minutes	1 minute
<b>C.5</b>	Having dangerous and/or unsportsmanlike behaviour by not closely following the course markings in ascent/ descent	3 (if marking missing) or disqualification	5min (if marking missing) or disqualification
<b>C.6</b>	Disregarding <b>instructions</b> given by an official on the course (at the start, at checkpoints or waypoints, at the finish).	3 minutes	1 minute
<b>C.7</b>	<p>Not respecting the indicated mode of locomotion (e.g. skiing down a section indication as being on foot etc.).</p> <p>In the case of broken equipment, the racer will not be penalized if he/she does everything possible to avoid destroying the trail.</p>	3 minutes	1 minute

<b>C.8</b>	Crossing the finish line by foot, on an ascent ski track (except broken equipment checked by the president of the jury).	3 minutes	1 minute
<b>C.9</b>	Walking without crampons on a section where crampons are compulsory (except broken equipment checked by the controller).	Disqualification or 3min if crampons broken	Disqualification or 1min if crampons broken
<b>C.10</b>	Incorrect fastening of skis on the rucksack (less than two fastening points).	1 minute	20 seconds
<b>C.11</b>	Removable anti-slipping skins not kept inside the ski suit or rucksack.	3 minutes	1 minute
<b>C.12</b>	Crampons without straps clipped on the ankles.	3 minutes	1 minute
<b>C.13</b>	Crampons outside the rucksack.	3 minutes	1 minute
<b>C.14</b>	Ski poles not placed flat on the ground in a transition area.	1 minute	20 secs
<b>C.15</b>	Not clipping the karabiner to a compulsory rope.	3 minutes	DNA
<b>C.16</b>	Not yielding the track or disrespecting finish area skating corridor rules.	1 minute	20 secs
<b>C.17</b>	Pushing, shoving, or making another competitor fall.	Voluntarily: disqualification Not voluntarily: 1 minute	Voluntarily: disqualification Involuntary: 20 secs
<b>C.18</b>	Not rendering assistance to a person in distress or in danger.	3 minutes	1 minute
<b>C.19</b>	Receiving outside help: except for changing broken ski <i>and/or</i> poles.	3 minutes	1 minute
<b>C.20</b>	Disrespecting the environment.	3 minutes	1 minute
<b>C.21</b>	Disrespecting or insulting anyone participating in the event (jury, officials, competitors, organisers, spectators, etc.).	disqualification	disqualification
<b>C.22</b>	Competitors not present at the flower ceremony (top three) or at the prize-giving ceremony (top five), except for medical reasons or proof of flight time with authorization of the president of the jury.	Disqualification. Prize money will be awarded if the official prize giving ceremony takes place much later than scheduled.	
<b>C.23</b>	Voluntary withdrawal between qualification and heats, or between the different heats of the sprint race.	DNA	50 World Cup points
<b>C.24</b>	Incorrect manoeuvre in the transition area	1min	20s

#### D. SPECIFIC PENALTIES FOR TEAM RACES

#	Offences	Penalties
<b>D.1</b>	Team members not together when leaving a checkpoint.	1 minute
<b>D.2</b>	Team member not carrying own equipment in own rucksack throughout the duration of the race or at the finish line (exception for skis).	disqualification
<b>D.3</b>	Competitor carrying a team-mate's skis without fastening them correctly to rucksack.	1 minute
<b>D.4</b>	The members of a team must not be separated by: - more than 30 seconds in ascents; - more than 10 seconds in descents. All teams will be subject to surprise inspections throughout the course.	1 minute (for each control point)
<b>D.5</b>	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 additional second will incur a penalty adding the same amount of seconds. E.g.: 15 second interval = 10 excess seconds. Penalty = 10 excess sec + 10 penalty sec = 20 sec. Interval of 1 min 5 sec = + 1 min. Penalty = 1 excess min + 1 penalty min = 2 min.



<b>D.6</b>	Using a rope (or elastic) on a part of the course where it is strictly forbidden	3 minutes
<b>D.7</b>	The rope/elastic not put away securely in rucksack or inside the suit.	1 minute

#### **E. SPECIFIC PENALTIES FOR RELAY RACE**

#	Offences	Penalties
<b>E.1</b>	Incorrect relay hand-over (as defined in the regulations).	1 minute
<b>E.2</b>	The same competitor races two legs.	disqualification

#### **F. SPECIFIC OFFENCES & PENALTIES for COACHES BEHAVIOUR**

#	Offences	Penalties
<b>F.1</b>	Not respecting designated areas for coaches, or areas with limited access.	The President of the Jury of the Race and the ISMF Sports Department will apply the appropriate penalty.
<b>F.2</b>	Not rendering assistance to a person in distress or in danger.	The President of the Jury of the Race and the ISMF Sports Department will apply the appropriate penalty.
<b>F.3</b>	Assisting own athletes (with the exception of changing broken ski and/or poles).	The President of the Jury of the Race and the ISMF Sports Department will apply the appropriate penalty.
<b>F.4</b>	Disrespecting or insulting anyone participating in the event (jury, officials, racers, organizers, spectators, etc.).	The President of the Jury of the Race and the ISMF Sports Department will apply the appropriate penalty.
<b>F.5</b>	Infringement of any other rules not cited above.	The President of the Jury of the Race and the ISMF Sports Department will apply the appropriate penalty.

## 5.2 Results in the event of race stoppage

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 the World Cup ranking. Any results corresponding to a stopped race will not be used for calculations for the permanent world ranking.

## 5.3 Claims

Any offences committed by competitors are communicated by the referee to the race director who informs the president of the jury. Penalties have to be transmitted to the race director and the president of the jury as soon as they are seen, and in a maximum delay of 5 min after the concerned athlete crosses the finish line. Any penalty coming after this delay will be rejected. The official form for claims must be used ([See Appendix 1](#)).

When the top five athletes of each category have arrived, the results are signed, timed and posted. Coaches have 15min to protest.

As soon as the results for the top five of each category are official, the flower ceremony will take place.

Penalties are imposed by the president 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 president of the jury informs the coaches or if there are none, the competitors who have incurred penalties before results are announced. Competitors / teams may appeal.

#### IMPORTANT NOTE FOR SPRINT RACE:

- During the quarter-finals, semi-finals and finals, any infringement of the regulation (unless those leading to disqualification – see table below), causes the athlete to be automatically ranked last in the heat.
- When two or more racers of the same heat have a penalty, they are then ranked according to the qualification times. There are no “time penalties” during the heats.
- Claims are not possible during Sprint races. Any infringement observed **by** an official controller will automatically lead to the relevant penalty. Any protest will be rejected. A penalty of 50 € will be applied to any coach **hindering and/or pestering** controllers.
- If the race jury does not post the results within the 5 min after the end of the heat, no penalties will be applied to the heat in question.

All claims must be submitted in writing:

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

The president of the jury will present a detailed and motivated written response within 1 hour of the claim. Competitors may appeal, according to the disciplinary procedures described in ISMF Disciplinary Rules. 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 will be taken by the jury, following indication from the Ranking Rules point 8. Rankings claims.

## 5.4 Podiums

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The winners of each category receive awards (see 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.

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

Official ISMF prize-giving podiums should take place before 2 pm.

During official medals ceremonies, athletes are not allowed to go on the podium holding any equipment. Following this ceremony, there will be a moment scheduled for this purpose.

## 6. DOPING

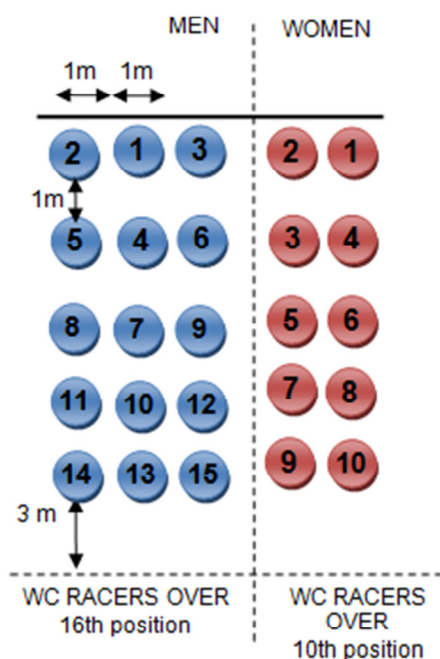
Doping is strictly prohibited (*See Anti-Doping regulation in the Rules for Organising ISMF events*).



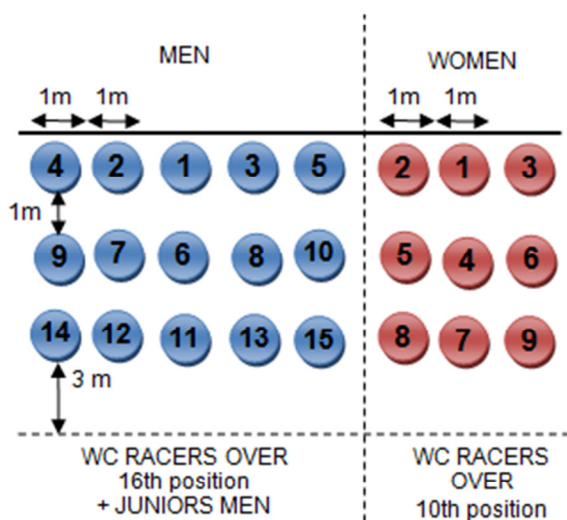
## 8. Appendix 2: Pole position start

### A. MEN AND WOMEN MASS START only allowed if approved by the ISMF appointed Technical Director

CONFIGURATION "3-2" if narrower space  
(3 men, 2 women/line), need 5 meters width

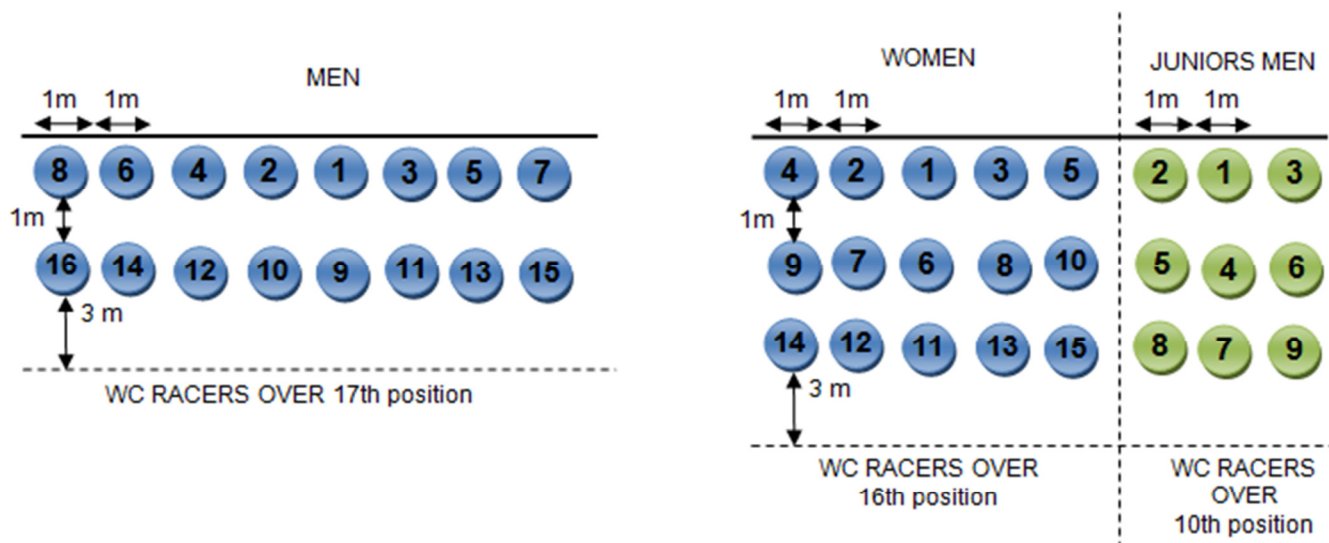


CONFIGURATION "5-3" if enough space  
(5 men, 3 women/line), need 8 meters width



The separation between men and women (or women and juniors, see below) should be made with flags and paint (no nets, no poles) on a distance of 50m minimum. The racers cannot cross this line.

### B. MEN AND WOMEN SEPARATED START (normal start procedure)



## 9. Appendix 3 - 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 should not break or leave permanent deformations and should 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).

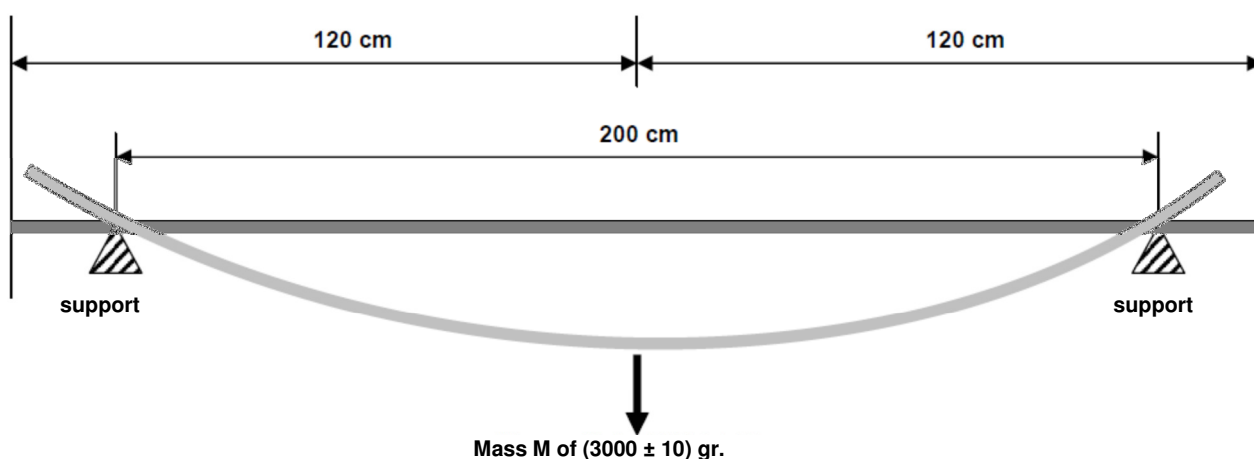


Figure 1

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

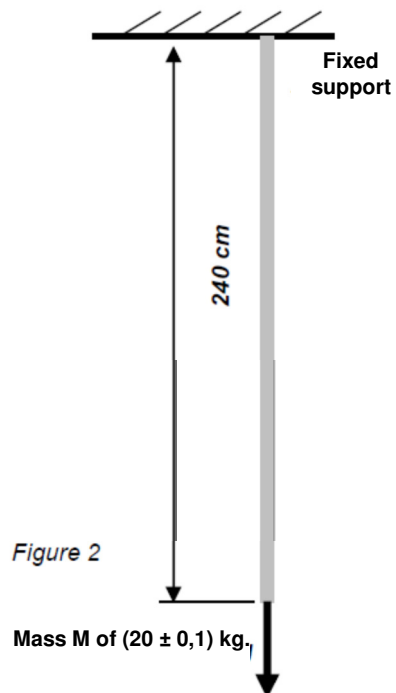
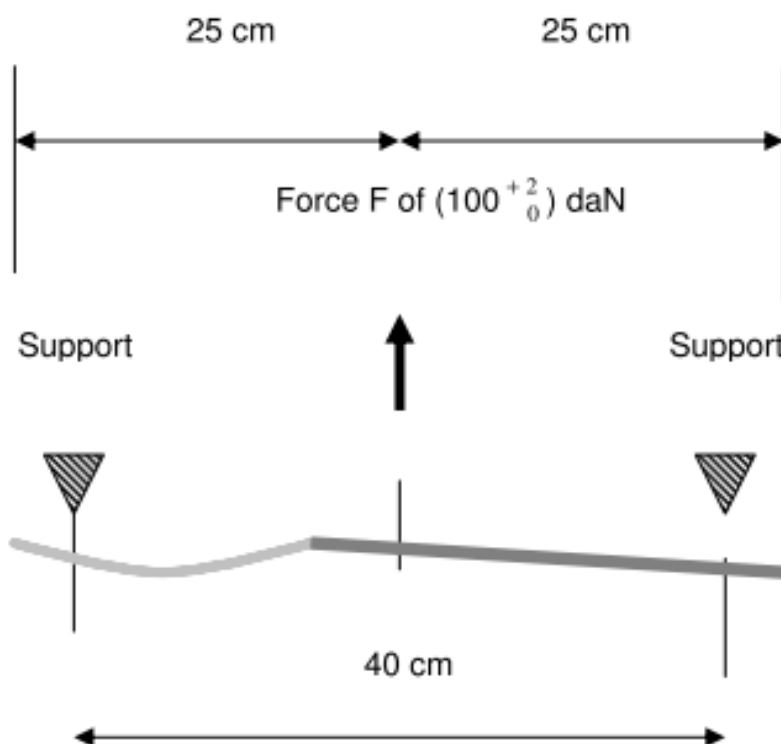


Figure 2

## 10. Appendix 4: Shovel standard

- A snow shovel in compliance with the ISMF standard here stated, defined by the manufacturer as a "rescue snow shovel".  
The equipment concerned directly with safety 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: place 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



## 11. Appendix 5: Altimetric profile and design of the sprint

After foot part: approximately 10 m of elevation for senior/espoir women and youth, and 30 m for senior/espoir men. Important: all athletes have a ski part after the foot part.

