



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 in writing 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 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 1st July to 30th June. Any changes in the rules voted in June by the PA will be applicable from 1st 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 Local Organising Committee 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 related to ISMF competitions:

- ISMF guidelines for organising international ski mountaineering competitions (Technical & Logistic)
- ISMF ranking rules & regulations
- ISMF regulation regarding registration and participation in ISMF competitions
- ISMF rules for registering events in the ISMF calendar
- ISMF specific rules for ISMF Youth World Cup
- ISMF sporting rules & regulations
- SR annex_Technical equipment
- ISMF Official Ceremony Protocol
- ISMF specific rules for Long Distance competitions
- 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 COMPETITIONS

2.1 General features of ISMF races

The ISMF competitive events include five disciplines as follows:

- Sprint race
- Vertical race
- Individual race
- Team race (including Long Distance races)
- Relay & Mixed Relay race

In order to find out the general features of ISMF races, please refer to the *guidelines for organising international ski mountaineering competitions (Technical document)*.

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 Technical 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 during all track and/or skis and/or binding unless the designation comes directly from the Event Jury.

3.1 Equipment description for all ISMF ski mountaineering races

	DESCRIPTION	CE or UIAA
A passport or a National ID card or copy	required to be stowed away in the backpack or race suit. Every competitor must present an official ID document or a copy if required– Passport or National ID card.	
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 and 150cm for women. 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 both a lateral and a forward complete release system (the boot is allowed to 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 compulsory. Ski brake: Retention device for ski mountaineering which is designed to slow down a ski after a ski binding release or ski loss. Uphill position	

	<p>Arrangement of the ski brake during the ascent phase Downhill position: Arrangement of the ski brake during the descent phase. Braking position: Arrangement of the ski brake when set in downhill position and the boot is released from the binding.</p> <p><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></p> <p>Minimal weight for skis and bindings: Men: 780 grams per ski. Women: 730 grams per ski. Mixed bindings (front part from one manufacturer and rear part from another one) are not allowed.</p>	
Boots	<p>In case of bikini liners, 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 cm² 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.</p> <p>Modified boots by a second manufacturer are allowed only if there is a formal agreement between the two manufacturers, which is specified in the written information supplied with the modified part.</p> <p>Athletes in the U18 and lower category are not allowed to wear/use full carbon structured boots (including carbon composites or similar: Kevlar, aramite, etc.).</p> <p>The notched soles have to cover the 100% of the boot surface.</p> <p>Minimal weight for boots (shell and dry inner):</p> <ul style="list-style-type: none"> - Men: 500 grams - Women & U18 Men: 450 grams 	
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	<p>Skins originating from wild animals are strictly forbidden.</p> <p>The skins have to cover at least 40% of the snow contact length of the ski.</p> <p>Use of adhesive tape is forbidden on the skins for environmental reasons.</p>	
Upper body clothing	<p>Three layers that fit the competitor well:</p> <ul style="list-style-type: none"> 1 long or short sleeves or sleeveless, body-hugging layer. Event Jury decides if compulsory. 1 ski suit with long-sleeves or a second layer with long-sleeves. 1 long-sleeved wind breaker jacket. The jacket must be size appropriately to fit the racer. 	
Lower body clothing	<ul style="list-style-type: none"> Two long-legged layers that fit the competitor well 1 ski suit or ski pants 1 breathable wind breaker trousers 	
An avalanche detector	<p>also called DVA or ARVA, that conforms to standard EN 300718 457 kHz frequency.</p> <p>The DVA has to be equipped with a 3 antennas receiving system.</p> <p>The DVA has to be worn in a closed pocket (zipper only) inside of the race suit at the belly level or as defined by the manufacturer.</p>	YES
A helmet	<p>conforming to:</p> <ul style="list-style-type: none"> - UIAA 106 and EN 1077 class B standards. - EN 12492 and EN 1077 class B standards. <p>Helmets must be used (chin-strap has to be fastened) during the whole race (from the start to the finish line).</p>	YES
A snow shovel	conforming to ISMF standards (see Appendixes and SR annex – Technical equipment).	
A snow probe	conforming to ISMF standards (see Appendixes and SR annex – Technical equipment).	
A survival blanket	with a minimum surface area of 1.80 m ² . 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 eyewear	Recommended for the athletes following appendixes and SR annex – Technical equipment.	

A backpack	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 teammates, the carrier's backpack must have two independent sets of fastening straps. If the backpack has an independent crampons pouch, the pouch must be securely fastened to the back of the backpack (using Velcro straps, etc.). Crampons must be secured in the appropriate compartment of the backpack worn on the back.	
A whistle		
Supplementary equipment that may be required by the jury		
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 backpack, 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. When the lanyard and the 2 connectors are not in use, they must be put away in the backpack or wrapped around the waist.	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 and wind-proof.	
A Head lamp in full working order;		
A second pair of UV-protection eyewear	Recommended to the athletes as follows in the appendixes and SR annex – Technical equipment.	
A dynamic rope	that conforms to UIAA standard 101, with a minimum diameter of at least 8 mm and a length of 30 m.	YES
Skins	The Event Jury has the right to request additional skins.	

COMPULSORY EQUIPMENT	TEAM	INDIVIDUAL	SPRINT	RELAY	VERTICAL
Passport/National ID card or a copy (in the backpack or race suit)	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*
Backpack	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*
Eyewear	X	X	X*	X*	X*
Whistle	X	X	X*	X*	X*
SUPPLEMENTARY EQUIPMENT					
Fourth layer					
Ski cap or head band					
Second pair of gloves					
Head lamp					
Second pair of eyewear					
Crampons					
Second pair of skins					
Dynamic rope (one per team)					
Harness					
Via Ferrata kit					
Two connectors					
Mask (2 pieces) – Pandemic equipment					

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

During the race Team Captain Meeting, the Local Organising Committee 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 Technical 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 Local Organising Committee (with the agreement of the President of the Technical Jury) from the list of required equipment.

3.2 Items supplied by the Local Organising Committee

In the WC and European/World Championships the official time-keeping company will provides the competitors' race numbers/bibs, which:

- includes an electronic device;
- must not be folded or cut;
- must be displayed in the place(s) reserved for this purpose (back of the backpack and the front part of the both thighs) throughout the duration of the race. In the case of a Vertical race, where the use of a backpack is not compulsory, one bib number is reserved for the back;
- may need to be returned once the competitor has crossed the finishing line.

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 Technical Jury at the end of the race Team Captain Meeting the day before the competition.

ISMF and LOC designates a reserved area for the control of compulsory equipment for the athletes. Equipment inspection is presided by a member of the ISMF staff or a person designated by the President of the Technical Jury.

4. RACE ORGANISATION

4.1 The start

Any changes from the Team Captain Meeting must be announced 30 minutes before the start of the race during the Team Captain Meeting to be held in the morning of the race.

If the start is delayed, announcements must be made every 15 minutes in English at the start and pre-start / warm-up area.

4.1.1 Starting procedure

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 commits the false start.

INDIVIDUAL – TEAM – VERTICAL – 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 organised on the Pre-Start
The speaker will call: "2 minutes until the start", according with the President of the Technical 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 totally behind the start line.	30 seconds	The speaker will ask for silence. The athletes will move from Pre-Start line to the Start line and are asked to stay stationary in place. The referees must verify that the front part of the skis are totally behind the start line.
The President of Technical Jury calls: "Take your marks," Athletes must stay stationary and in position. Referees will check that all skis are totally behind the start line.	About 10 seconds	The President of the Technical Jury calls: "Take your marks."
The President of Technical 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 Technical 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 WC athletes

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

4.1.3 Specifications for Sprint races

- For the quarters, the competitor with the best qualification time chooses a start lane, then the second placed competitor, then the third placed competitor, etc. For the semi-finals and finals, the competitors with the best time in the previous heat choose the start line position, then the second,...
- During the qualification stage a single competitor starts every 20 seconds, timed against the clock
- The Lucky Losers will be the two best times of the quarter-final heats among racers not qualified for the semi-finals. It means that the two lucky losers can come from the same quarter.
Exception: If the timekeeper is not available to take times during the heats, the lucky loser from the quarters will be the best two third position using the time from the qualification stage.
- Athletes must be present in the pre-start tent 3 minutes before their start time. If a racer arrives later, then the start line will be designated without permitting the late-arriving racer to choose.
- If a competitor arrives at the starting line late, that racer is 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 Local Organising Committee will place slalom poles or nets across the 2 m close to the race gate, so racers must go around them.
- For the sprint, in case of bad weather conditions, the Event 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 Event Jury should take this decision before the start of the competition and communicate it to the coaches and athletes in the TCM 30min before the start., except in the case of sudden conditions that may suggest taking this decision at a later time. If the decision is done before the start the ranking points of the race will be included in the overall ranking.

4.2 The finish

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 teammates in team races) in order to declare a finish;
- for team races, teammates must finish together (less than 5 seconds between them) and the team's finishing time is that of the second teammate;
- a Flower Ceremony podium with the first three competitors will take place shortly after their arrival for press coverage; After the Flower Ceremony the 3 top athletes will pass to the control equipment.
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;
- every competitor must present an official Passport/ID card or a copy if required.

(For technical specifications of the Finish Area, see the Guidelines for organising ISMF international ski mountaineering competitions – Technical document)

4.3 Transition area and check point

- The transition areas are all the designated locations where the racers must change from one mode of travel to another.
- A transition area is a closed area (with nets, ropes, flags), reserved for the competitors and the qualified course staffers.
- The flags used to delimit the transition area will be of the colour 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 (2m minimum for individual/team races and 3m minimum for Sprint/relay race) controls the exit. An image sign will indicate the operation to be carried out.
- The entrance and the exit gates of the area should be clearly marked with preferably blue line in the snow with environmentally friendly marking material.
- 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.).

Racers must pass through all the transition areas or check points present on the race track.

4.4 Relay hand-over area and overlapping

Relay hand-over

The relay is exchanged when the finishing competitor's touch any part of the following competitor's body with his/her hand.

Relay exchanging must take place inside the relay hand over zone. This zone is defined between an entry blue line and an exit blue line. At the moment of the body/hand contact, a minimum of one boot of each racer must be inside the hand-over area.

For safety reasons, it is compulsory to include a short uphill (with skins on) before the handover. Not for the last athlete of the Relay, who has to arrive directly to the finish line.

If a team's athlete is overlapped, that athlete will be stopped in the following hand-over area. If there is/are other athlete(s) in the relevant team, he/she/they will not be allowed to start the own lap.

4.5 Mixed Relay race

A – Race description

The Mixed Relay race covers 4 loops, each with 2 ascents and 2 descents. In the final the female racer will start, the male athlete will do the final loop.

B – Registration

Registration of athletes racing the Mixed Relay is done by the National Federation via the ISMF registration platform until the registration deadline.

C – Team Composition

One woman and one man compose a team. Senior Mixed Relay teams can be composed of Senior athletes. Each team composition must be communicated to the ISMF latest the day before the qualification will take place. Changes of the team composition on the day of the qualification are not possible.

D – Replacement

Changes of the team composition between the qualification and the final(s) is not possible. In the case a team retires from the start that place cannot be taken by another team.

E – Specifications for Mixed Relay race

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

F – Handover

Regarding some handover area specifications, please refer to the point 4.4.

Handover must take place inside the entry and exit line of the handover area. Handover is done by touching with the hand of the predecessor any part the body of the successor. At the moment of the contact the skis of both athletes must be within the handover area. The athletes shall only enter the handover area when they see their partner entering the previous transition area. The predecessor must leave the track via the exit area within 10 seconds.

G - Race Behaviour

The penalties applied are those of the Vertical and Sprint race.

H – Final

Starting position is chosen according to the qualification time. The best team will be able to choose its start line position first. If there is a final B it will take place before the final A.

I – Overlapping

Regarding some overlapping specifications, please refer to the point 4.4.

If a team is overtaken by the fastest team (overlapping) it will be taken out of the race at the following handover area. The team taken out of the race will be ranked with its position at the moment of the overlapping.

J – Championships

For the Continental and World Championship the quota per nation is 2 teams.

4.6 Conduct of competitors during the race

1. Flag colour

The sections marked with green flags must be carried out on skis with skins affixed to the underside of the skis and with bindings secured to the boots in uphill mode.

The sections marked with yellow flags must be carried out on foot with skis on the backpack or in the hands if allowed by the Event Jury.



The sections marked with red flags must be carried out on skis without skins affixed to the bases of the skis, and with bindings secured to the boots in downhill mode.

The boots must be locked during all the downhill parts marked with red flags except in the case of broken equipment. In the case of broken equipment, racers have to show it to the equipment control.

2. Follow the markings

Athletes must follow the course markings closely in ascent and descent.

In ascent, the racers must go in the direction of the next flag. In case of a kick turn you should follow the marked tracks; it is not allowed to cut.

In downhill the racers must go in the direction of the flags.

All dangerous and/or unsportsmanlike behaviour will be sanctioned.

3. 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, except in the event of presence of a ridge.

4. Through 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.

5. Foot parts

Skis must be carried on the backpack using two (2) fastening straps designed for this purpose (skis cannot be carried in shoulder straps and must remain fastened to the backpack of the competitor). In the event that the skis detach from the backpack, the racer must stop to reattach the skis.

5.1 Foot parts with crampons

If crampons are mandatory in the foot part and a crampon detaches from the boot, then the racer must stop to reattach the crampon immediately.

6. Transition Area

Competitors in the transition area must carry out all transition manipulations required for changing from one mode of travel to another, within the transition area, as marked by entrance and exit lines. Skis are not permitted to touch or go over the entrance or exit lines during the transition manipulations. Transition manipulations should not take place anywhere outside of this area, even upon entering and/or directly after exiting the transition area.

Exception: Athletes can clip the rear part of the binding outside of the transition area.

****The competitor must stay in the same place from the beginning to the end of the transition manipulations. Prior to starting transition manipulations, ski poles must be placed on the snow or ground, next to (and parallel to) the competitor. The ski poles may not be picked up while the competitor is performing their transition manipulations. If the competitor must move the poles during their manipulations (ex. bringing them closer) they must stop their manipulations and may move the poles. They may not continue their manipulations until the poles again rest on the ground. This also applies to when the competitor takes off/puts on skins or crampons, packs/unpacks skins or crampons, unfastens/fastens skis to the backpack**.**

7. Skins

Competitors may have skins outside of race suit or backpack only during Transition manipulations; at all other times they must pack their skins either inside their ski suit or place them in their backpack. The exception is for one pair of skins to be applied to the ski bases during appropriate times.

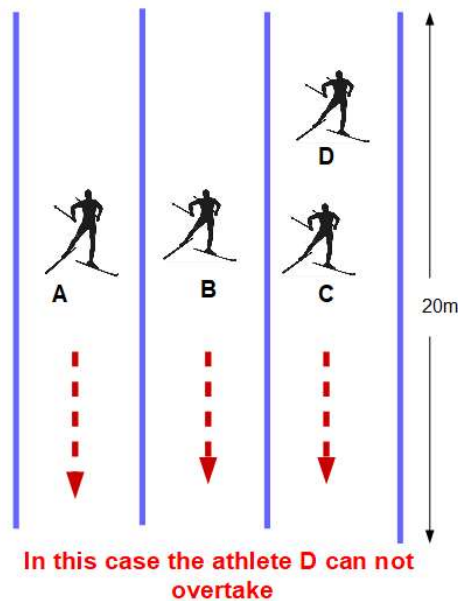
8. Skins Storage

While skins are not in use on skis, they must be packed inside the competitor's race suit or backpack. If during a transition manipulation a competitor packs their skins into their race suit, they must zip up their race suit at least till the armpit closed (a measuring point of the armpit will be used) prior to the end of manipulation. The skins may still be visible but cannot be dangling to any extent outside of the race suit or backpack. See pictures in the Appendixes.

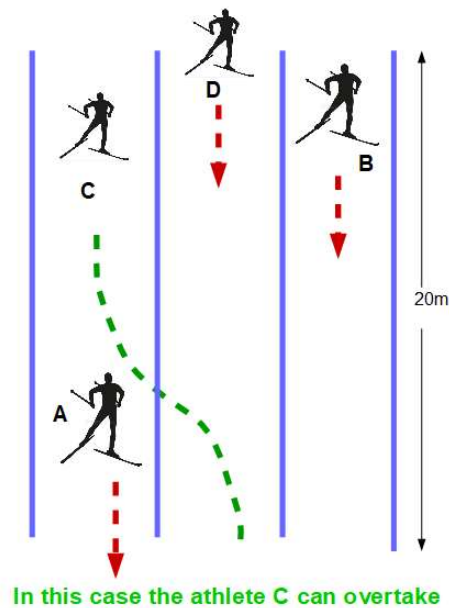
9. Arrival in skating

When the athletes enter to the finish area, skating corridors have to yield the track to the athlete that arrived first and respect the corridor. To overtake, the athlete must change the corridor.

**Arrival in the corridors
(compulsory change the corridor
to overtake and not disturb the
athlete in front of you)**



**Arrival in the corridors
(compulsory change the corridor
to overtake and not disturb the
athlete in front of you)**



10. DVA

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 not working properly, the athlete will be stopped and immediately disqualified.**

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

12. 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.

13. 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.

14. 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 technical zone close to the refreshment zone and/or a technical zone authorised by the Event Jury.
- refreshments only in the areas authorised by the Event Jury.
- competitors must render assistance to fellow competitors in distress or any kind of danger. The Technical Jury will take into account the time spent rendering assistance

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 Team Captain Meeting 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 Technical 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. Respect the environment

Competitors must respect the environment. Athletes must leave any rubbish in only the dedicated trash bag between the two lines marking the entrance and the exit of the refreshment points. Penalties will be applied to competitors seen

littering or abandoning equipment on the course (including in the transition area) or for any other poor environmental conduct.

16. 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). This means that both members have finished transition manipulation when the first teammate crosses the exit line.
- Each competitor must carry his/her own backpack throughout the entire duration of the race with all the required equipment (except skis).
- In team races, a competitor may only carry his/her teammate's skis if there are two separate sets of two fastening straps for carrying skis on his/her backpack that comply with regulations.
- Assistance is only allowed between team members. It is forbidden to use a rope or an elastic to tow his/her teammate during the first 15 minutes of the race during descents and in the parts defined by the Event Jury and announced in the Team Captain Meeting. 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 backpack or in the race suit 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.

17. Offences to the LOC, ISMF officials or ISMF image.

Competitors and coaches must respect the LOC, the officials and the image of the ski mountaineering during the race and during all events. These behaviours will be analysed by the Event Jury. In case of need, the International Disciplinary Commission of the ISMF will decide the sanction in less than a month.

4.7 Safety/Event stoppage

The race director, after having informed the President of the Technical jury or/and the Event director, 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 Technical Jury and displayed as, and when, competitors finish, with full results available immediately after the last competitor crosses the finish line and passed the control equipment. The ranking is carried out by adding the finishing time to any penalties incurred by the Technical 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.

Championships, Cups 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 following 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	Behaviour that 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 Technical 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	Ski and bindings or boot weight: between 1 and 20 grams missing	3 minutes	1 minute
B.3	Ski and bindings or boot weight: 21 or more grams missing	disqualification	disqualification
B.4	<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 backpack; 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. Athletes have to prove equipment is broken.</p>	disqualification	disqualification
B.5	<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 Event jury), survival blanket, gloves (included not worn correctly during the race), eyewear (excepted if not required by the Event jury), backpack, ski cap or headband, whistle, skins, passport/ National ID card or a copy. Pole(s) and Ski(s) missing (only for team and Individual races) one or both crampons.</p> <p>No penalty for equipment broken during the race. Athletes have to prove equipment is broken</p>	1 minute (for each item missing)	20 seconds
B.6	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.	3 minutes	1 minute
B.7	Crampon or crampons missing in a foot part with crampons	disqualification	disqualification
B.8	Head lamp not switched on	3 minutes	1 minute
B.9	Chip or electronic system missing at the start line	No start	No start
B.10	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
C.1	False start	1minute	20 seconds
C.2	Missing checkpoint – Voluntary or involuntary	disqualification	disqualification
C.3	Not following the correct route on a ridge	disqualification	disqualification
C.4	Missing a Gate (Downhill section) - Voluntary or involuntary -	1 minute	20 seconds
C.5	Having dangerous and/or unsportsmanlike behaviour by not closely following the course markings in ascent/ descent	disqualification	disqualification

C.6	Disregarding instructions given by an official on the course (at the start, at checkpoints or waypoints, at the finish).	3 minutes	1 minute
C.7	Not respecting the indicated mode of locomotion (e.g., skiing down a section indication as being on foot etc.). According to the point 4.6 (Conduct of competitors during the race – 1. Flags colours) In the case of broken equipment, the racer will not be penalized if he/she does everything possible to avoid destroying the trail.	3 minutes	1 minute
C.8	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
C.9	Incorrect fastening of skis on the backpack (less than two fastening points).	1 minute	20 seconds
C.10	Removable anti-slipping skins not kept inside the ski suit or backpack.	1minute	20 seconds
C.11	Crampons without straps clipped on the ankles.	3 minutes	1 minute
C.12	Crampons outside the backpack.	3 minutes	1 minute
C.13	Ski poles not placed flat on the ground in a transition area.	1 minute	20 secs
C.14	Not clipping the karabiner to a compulsory rope.	3 minutes	DNA
C.15	Not yielding the track or disrespecting finish area skating corridor rules.	1 minute	20 secs
C.16	Pushing, shoving, or making another competitor fall.	Voluntarily: disqualification Not voluntarily: 1 minute	Voluntarily: disqualification Involuntary: 20 seconds
C.17	Not rendering assistance to a person in distress or in danger.	3 minutes	1 minute
C.18	Receiving outside help: except for changing broken ski <i>and/or</i> poles.	3 minutes	1 minute
C.19	Disrespecting the environment.	3 minutes	1 minute
C.20	Disrespecting or insulting anyone participating in the event (jury, officials, competitors, organisers, spectators, etc.) or any behaviour that can damage ISMF and Ski Mountaineering during the race	Disqualification and the EJ sends the success to the International Disciplinary Commission of the ISMF	Disqualification and the EJ sends the success to the International Disciplinary Commission of the ISMF
C.21	Disrespecting or insulting anyone participating in the event (jury, officials, competitors, organisers, spectators, etc.) or any behaviour that can damage ISMF and Ski Mountaineering during the event except during the race	The EJ sends the success to the International Disciplinary Commission of the ISMF	The EJ sends the success to the International Disciplinary Commission of the ISMF
C.22	Competitors not present at any kind of official ceremony related to ISMF competitive events, except for medical reasons or proof of flight time with authorization of the ISMF Event Director before the ceremony. The following ISMF official ceremonies are concerned: <ul style="list-style-type: none"> • Flower Ceremony (top three) • Award Ceremony (top five) • Top5 Ceremony (if foreseen by the LOC) • Overall Ceremony (top ten) Prize money will be still awarded in the case of absences if the Award Ceremony takes place much later than scheduled. The athlete concerned or his/her coach must inform the ISMF Event Director in good time if the athlete will not be present at one or more ceremonies listed above, even if the athlete is not present in person at the event in question.	Do not receive the Prize Money	
C.23	Incorrect manoeuvre in the transition area	1 minute	20 seconds

C.24	In case of abandon or DNS the racer who does not inform the organisation will start in the rear part in the following competition.	The athlete will start in the rear part in the following competition (100€)	
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D. SPECIFIC PENALTIES FOR TEAM RACES

#	Offences	Penalties
D.1	Team members not together when leaving a check point or transition area.	1 minute for each transition area.
D.2	Team member not carrying own compulsory equipment of the ISMF list in own backpack throughout the duration of the race or at the finish line (exception for skis). The Event jury will decide and inform in the Team Captain Meeting about the supplementary equipment of the ISMF list.	Disqualification
D.3	Competitor carrying a teammate's skis without fastening them correctly to backpack.	1 minute
D.4	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)
D.5	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.
D.6	Using a rope (or elastic) on a part of the course where it is strictly forbidden	3 minutes
D.7	The rope/elastic not put away securely in backpack or inside the race suit.	1 minute

E. SPECIFIC PENALTIES FOR RELAY RACE

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

F. SPECIFIC OFFENCES & PENALTIES for COACHES BEHAVIOUR

#	Offences	Penalties
F.1	Not respecting designated areas for coaches, or areas with limited access.	The Event Jury prepares a report for the International Disciplinary Commission of the ISMF, who will decide a possible sanction
F.2	Not rendering assistance to a person in distress or in danger.	The Event Jury prepares a report for the International Disciplinary Commission of the ISMF, who will decide a possible sanction
F.3	Assisting own athletes (with the exception of changing broken ski and/or poles).	The Event Jury prepares a report for the International Disciplinary Commission of the ISMF, who will decide a possible sanction

F.4	Disrespecting or insulting anyone participating in the event (jury, officials, racers, organisers, spectators, etc.) and/or disrespecting a decision of the jury.	The Event Jury prepares a report for the International Disciplinary Commission of the ISMF, who will decide a possible sanction
F.5	Infringement of any other rules not cited above.	The Event Jury prepares a report for the International Disciplinary Commission of the ISMF, who will decide a possible sanction

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.

The ISMF Event Jury decides if the results are fair-play and could be used for World Cup Ranking and World ranking.

5.3 Claims

The process to be followed in case of claim is present in the ISMF Guidelines for organising international ski mountaineering competitions – Technical document.

However, the official form for claims is in Appendix 1.

5.4 Podiums

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.

The last day of the event, the Official ISMF Award Ceremony 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*).



7. Appendixes:

Appendix 1: Claim form

- Only written claims on official ISMF forms submitted before the appropriate deadline will be accepted by members of the Technical Jury.
• All claims must be accompanied by the sum of 50.00 € (or the equivalent in Euros of 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.

ORGANISATION
EXACT NAME OF THE RACE:
EXACT DATE OF THE EVENT:
LOC NATIONAL FEDERATION:
CLUB OR ASSOCIATION:
RACE
TYPE OF RACE TYPE OF EVENT CATEGORY
Individual race World championship Men
Team race World cup Women
Vertical race Continental championship Senior
Sprint race ISMF series race U23
Relay race U18- U20
CLAIM
Person in charge of filing the claim :
Federation :
Phone number :
Name(s) of athlete(s) involved :
Bib number of athlete(s) involved :
DETAIL OF THE EVENTS

At, the / / (DD/MM/YY)

Signature

Exact time : HH:MM

DECISION OF THE TECHNICAL JURY

At, the / / (DD/MM/YY)

The President of Technical Jury

Exact time : HH:MM

Appendix 2: Skins storage pictures

