



RULES FOR THE FIS CROSS-COUNTRY WORLD CUP

MULTISTAGE (3 DAYS) WORLD CUP

MULTISTAGE TOUR DE SKI

MULTISTAGE WORLD CUP FINAL



**CROSS
COUNTRY
WORLD CUP**



EDITION 2010/2011

RULES FIS CROSS-COUNTRY WORLD CUP 2010-2011

1. General Rules

1.1 Organisation, Number of Competitions, Awarding of Competitions

- 1.1.1 The FIS Overall Cross-Country World Cup consists of individual competitions on distances longer than 1.8 km (Distance World Cup) and on Sprints shorter than 1.8 km (Sprint World Cup).

Furthermore, a number of relays and Team Sprints are organised which are included in the Nations Cup.

Future Calendar Frame; World Cup selection

World Cup Single Day Events

World Cup Distance competitions	7
World Cup Sprint competitions	7
Relays	2-3
Team Sprints	2-3

World Cup Multistage Events

- 10-days event (Tour de Ski) with 8 competitions (6 Distance Races/2 Sprint Races)
- 5-days event (World Cup Final) with 4 competitions (3 Distance Races/1 Sprint Race).
- 3-days event (Nordic Opening) with 3 competitions (2 Distance Races/1 Sprint Race).

Overview Single and Multistage Events

- World Cup Distance competitions 18
- World Cup Sprint competitions 11
- Relays 2-3
- Team Sprints 2-3

- 1.1.2 **The FIS Cross-Country World Cup calendars** are planned by the FIS Sub-Committee for World and Continental Cups Cross-Country in a close collaboration with the National Ski Associations five years in advance. The FIS Sub-Committee for World and Continental Cups, however, has the right to make any changes in venue in order to guarantee the quality of the event.

Last minutes decisions

Depending on the case, an expert named by a joint agreement between the FIS Head Office (Race Director) and the Chairman and another member of the FIS Sub-Committee for World and Continental Cups Cross-Country will be called to make a decision together with the Organising Committee and the representative of the National Ski Association involved.

1.1.3 For all FIS World Cup events, a substitute resort has to be appointed in advance and named in the invitation.

If for any reason a FIS World Cup competition cannot take place, the FIS Race Director Cross-Country and Race Director Assistant must be informed immediately. The substitute resort has to be confirmed in writing **until 25th September 2010**.

In the events where is insufficient or no snow in the courses selected for the competition(s), the Organising Committee must cancel the event(s) and this must be done **9 (nine) days** before the race (exceptional 6 days before, approved by the members of the last minutes decision, 1.1.2). Depending on the case, an expert named by a joint agreement between the FIS Head Office and the FIS Sub-Committee for World- and Continental Cups Cross-Country will be called to make a decision together with the Organising Committee and the representative of the National Ski Association involved.

As a principle, a transferred competition shall be carried out in the same country. If that is not possible, the competition can be carried out in another country or postponed to a later date in the season.

2. Distances and Techniques

In principle, the competitions will be carried out with 50 % free technique and 50 % classical technique.

3. Number of Participants

3.1 Limitation

3.1.1 FIS World Cup 2010-2011

The quota is basically according to the Distance and Sprint World Cup.

Calculation of the Quota:

World Cup Analysis 2009-2010 and New Quota (Q1 for 2010-2011)

Ladies

Nation	Dist.	Q1	Sprint	Q1
NOR	12	6	11	6
RUS	15	6	18	6
FIN	8	5	8	5
GER	6	5	8	5
SWE	11	6	12	6
ITA	8	5	6	5
FRA	8	5	4	4
JPN	1	3	2	3
CAN	2	3	4	4
KAZ	3	4	2	3
CZE	3	4	1	3
USA	4	4	2	3
SUI	2	3	6	5
BLR	3	4		2
EST	2	3	4	4
UKR	3	4	1	3
CHN	1	3		2
SLO	2	3	3	4
LTU	0	2		2
POL*	3	4+1	1	3+1
SVK	1	3	1	3
AUT	1	3	1	3
SPA		2	0	2
AUS		2		2

Men

Nation	Dist	Q1	Sprint	Q1
SWE	10	6	12	6+1
NOR*	24	6+1	20	6+1
RUS	19	6	19	6
ITA	9	6	7	5
GER	10	6	7	5
EST	5	4	6	5
JPN	2	3	2	3
FRA	6	5	5	4
CZE	6	5	2	3
FIN	7	5	10	6
KAZ	6	5	6	5
AUT	1	3	2	3
SUI	4	4	6	5
CAN	5	4	6	5
SVK	2	3		2
USA	2	3	6	5
POL	3	4	2	3
AUS	1	3		2
BLR	1	3	2	3
CHN	1	3	1	3
UKR		2	1	3
SPA	1	3		2
BUL	1	3		
HUN		2		

* World Cup Winners 2009-2010 get an extra quota.

Calculation of the quota			
Ladies		Men	
All nations: Base = 2		All nations: Base = 2	
+		+	
9 >	4	9 >	4
6 - 8	3	6 - 8	3
3 - 5	2	3 - 5	2
1 - 2	1	1 - 2	1

National group: 10

Check and notice the quota for the "Multistage World Cup Events 2010-2011" (see enclosure).

Basic Quota for Team Sprint:

- 2 teams per nation except sprint quota of 2 then 1 team
- National Quota 2 additional teams
- No Mixed teams (different nations)

Basic Quota Relay

- 2 teams per nation
- National Quota 2 additional teams
- No Mixed teams (different nations)

3.1.2 **Additional Quotas**

Nations with more than 6 members on the Red Group (pay list) list, have the right to have additional quota. Seven members in the Red Group equals one additional quota, greater than seven members in the Red Group equals maximum two additional quota (maximum 8 athletes). The additional quota names must be from the Red Group.

The leaders (male and female) of all COC Cups after each World Cup period have the right to start in World Cup during the next World Cup period. The athletes have to reach the World Cup entry requirements. Those competitors must have a FIS code and have reached at least one (1) result better than or equal to 60 FIS points (Men Distance), 90 FIS points (Ladies Distance) and 120.00 FIS points (Ladies and Men Sprint).

The Overall Winners from the previous season's COC have the right to start in the 1st World Cup period in the following season (beginning 2010-2011 season).

According to the Continental Cup rules, up to three Ladies and Men have the right to start outside of the quota in March 2011. The athletes have to reach the World Cup entry requirements. All requirements are fixed in the new Continental Cup rules 2010-2011.

The winners and the current leaders of these Continental Cups will get reimbursement according to art. 8.1.

For the Distance World Cup 2010-2011 the quota is valid under the condition that every individual competitor (= Ladies and Men) has a FIS code number and has reached at least one (1) result better than or equalizing:

- **60.00 FIS Distance points Men: for individual competitions**
- **90.00 FIS Distance points Ladies: for individual competitions**

during the last 365 days.

3.1.3 The previous season's **FIS "Overall" World Cup winners** and the previous season's FIS "Distance" World Cup Winners may start addition to a nation's calculated "Distance" quota and the FIS "Sprint" World Cup Winners may start addition to a nation's calculated "Sprint" quota.

3.1.4 **The number of participants of the organising country**, called national quota, may not exceed ten (10) competitors. Those competitors must have a FIS code number and have reached at least one (1) result better than or equalizing **120.00 FIS points**.

3.1.5 **Nations, which have a Distance or Sprint quota of 3**, have the right to start with 4, if next day will be a Relay or a Team Sprint. But they do not have the right to get any further wax cabins for free.

3.1.6 For the season 2010-2011 the **Sprint World Cup quota** is valid under the condition that every individual competitor (= Ladies and Men) has a FIS Code number and has reached at least one (1) result better than or equalizing:

- **120 FIS Points (Sprint or Distance).**

3.2 **Quotas / Number of Nations**

Each FIS affiliated National Ski Association not carrying out a FIS World Cup can register one (1) competitor for the FIS World Cup competitions under the following conditions:

Distance competitions Interval Start / Mass Start / Pursuit

Minimum requirement: A maximum of **120 FIS Points** in a Distance competition of the valid FIS points list.

Sprint competitions

Minimum requirement: A maximum of **120 FIS Points** in a Sprint or Distance competition of the valid FIS points list.

3.3 **Red Group**

3.3.1 **FIS Distance and Sprint World Cup 2010-2011**

The Red Group List consists of the 30 best Men and the 30 best Ladies in the current Distance and Sprint World Ranking Lists (WRL). After each WRL period a new WRL will be compiled and the latest list is valid for the next WRL period. All World Cup results and maximum two results of the Distance and one Sprint competitions at OWG or WSC will count for the Red Group. Racers having resigned before the start of the season will be substituted by the following athlete.

If a competitor on the World Ranking Lists is unable to start for one (1) year, a new penalty as follows will be calculated according to the rank after his last penalty: The application for status as injured has to be confirmed by the FIS Cross-Country Committee (Executive Board).

Scale for penalties according to ranks:

<u>Ranks</u>	<u>Penalties</u>
1 - 5	4
6 - 10	6
11 - 15	8
16 - 20	10
21 - 25	12
26 - 30	14

3.4 **Starting Order**

At OWG, WSC and WC, the Seeded Group is defined as the top 30 competitors in the current World Cup Standing (Distance or Sprint). The current Overall World Cup Leader is added as one additional if not already included. No Men or Ladies within the ranking of top 30 will be substituted if they are not entered. Maximum 4 competitors per nation plus the World Champion of the respective discipline are allowed to start in a WSC.

Check and notice the starting order for the "Multistage Events" 2010-2011 (see enclosure).

3.4.1 Starting Order for Interval Start (Distance Races)

- The 30 best athletes according the current World Cup standing registered to compete will start in reverse order as the last group according to the current World Cup Standings. The current leader of the Distance World Cup has the second last start number and the current leader of the Overall World Cup has the last one. The same method will be used at the WSC and OWG.
- From first start number to the beginning of the last group (top 30 of the current Distance World Cup standing) the athletes are assigned starting numbers according to their FIS Distance points, that means the athlete with the highest FIS points starts with the first number and so on.

3.4.2 Starting Order for Mass Start

For mass start competitions (including pursuits) the Overall World Cup Leader is always assigned the first start position and the remaining competitors in the seeded group are assigned the next start positions in order of their current Distance World Cup standing. Following the seeded group all other competitors will be assigned start positions according to the priorities in art. 334.2.

3.4.3 Starting Order individual Sprint Qualification

For the individual Sprint qualification round the seeded group starts first and the starting order within the group is drawn. Following the seeded group all other competitors will be assigned start positions according to the priorities in art. 334.2.

4. Evaluation

4.1 Points

4.1.1 Ladies and Men for individual distances:

1st place = 100 points	16th place = 15 points
2nd place = 80 points	17th place = 14 points
3rd place = 60 points	18th place = 13 points
4th place = 50 points	19th place = 12 points
5th place = 45 points	20th place = 11 points
6th place = 40 points	21st place = 10 points
7th place = 36 points	22nd place = 9 points
8th place = 32 points	23rd place = 8 points
9th place = 29 points	24th place = 7 points
10th place = 26 points	25th place = 6 points
11th place = 24 points	26th place = 5 points
12th place = 22 points	27th place = 4 points
13th place = 20 points	28th place = 3 points
14th place = 18 points	29th place = 2 points
15th place = 16 points	30th place = 1 point

Bonus World Cup points in Mass Start races

The first three athletes will get the following World Cup points at the defined bonus positions as mentioned below:

1st place = 15 points
2nd place = 10 points
3rd place = 5 points

In order for these World Cup points to be awarded, the competitor must complete the competition.

In all Mass Start races the additional bonus positions are implemented like:

Race length	Number of bonus positions
until 10 km	1
11 - 20 km	2
30 km	4
50 km	6

Check and notice the World Cup points rules for the „Multistage” Events 2010-2011 (see enclosure).

4.1.2 Heat Sprints

Sprints with 30 athletes in the final:

1 – 6	A – final
7 – 12	will be fixed according to the results of the semi finals. See principles in ICR 360.5.1
13 – 30	will be fixed according to the results of the quarter finals. See principles in ICR 360.5.1.

Selections for the next round in the finale heats

Quarter Finals

Nr. 1 and 2 are directly selected; in addition the two quickest according to the time in the quarter finals. The faster of those two additionally selected athletes will be placed in Semi Final 1 and the slower of those athletes will be placed in Semi Final 2.

Semi Finals

Nr. 1 and 2 are directly selected in addition the two quickest according to the time in the Semi Finals for Final A.

4.1.3 Team Sprint

Qualification (Semi Final)

Each athlete runs three laps by changing after each lap. After the qualification, there is a break of approx. 30 - 45 minutes, before starting the finales.

Final

The athletes will run 3 laps by changing after each lap.

4.2 In case of a tie, each competitor receives the points for that placing. Example: Three-way tie for 12th place. All three competitors get 22 points; the competitor gets 16 points for the 15th place.

4.3 The Winners

4.3.1 The winner of the Overall FIS Cross-Country World Cup is the athlete, male and female, who scores the highest number of World Cup Distance points and World Cup Sprint points and the finale ranking of the “Multistage” Events for the Overall World Cup.

4.3.2 The winner of the **FIS Distance World Cup** is the competitor, male and female, who scores the highest number of World Cup Distance points in the final scoring in all individual Distance competitions.

4.3.3 The winner of the **FIS Sprint World Cup** is the competitor, male and female, who scores the highest number of World Cup Sprint points in the final scoring in all individual Sprint competitions.

4.4 **Tie-Breaker**

If two or more competitors score the same number of points in the final evaluation, the winner is the competitor who has:

- a) the highest number of individual wins
- b) the best results (i.e. most 2nd places, most 3rd places, etc.)

If the competitors are still equal, two (or more) World Cups will be awarded.

5. **Nations Cup Scoring**

5.1 **The FIS Nations Cup**

The individual scores of each country's competitors will be added and to this sum each country's relay scores will be added for a final total for the Nations Cup. The relay competitions are scored as follows:

1st place = 200 points	16th place = 30 points
2nd place = 160 points	17th place = 28 points
3rd place = 120 points	18th place = 26 points
4th place = 100 points	19th place = 24 points
5th place = 90 points	20th place = 22 points
6th place = 80 points	21st place = 20 points
7th place = 72 points	22nd place = 18 points
8th place = 64 points	23rd place = 16 points
9th place = 58 points	24th place = 14 points
10th place = 52 points	25th place = 12 points
11th place = 48 points	26th place = 10 points
12th place = 44 points	27th place = 8 points
13th place = 40 points	28th place = 6 points
14th place = 36 points	29th place = 4 points
15th place = 32 points	30th place = 2 points

Only one Men's relay team per nation and one Ladies' relay team per nation will count for each event and this team must be named prior to the draw.

For mixed relays (Men and Ladies) the same rules and point-giving system as above will be used.

For Team Sprints (relays consisting of two athletes) the same scoring will be used as for individual races (see pt. 4.1.1). Only two (2) Men's Sprint teams per nation and two (2) Ladies' Sprint teams per nation will count for each event and these teams must be named prior with I and II to the draw. The national quota is two additional teams for each gender.

5.2 **The Winners**

5.2.1 **The FIS Nations Cup**

The winner of the Nations Cup is that country with the highest number of points calculated by adding the Men's and Ladies' FIS World Cup points including Sprints.

5.2.2 Tie-Breaker

If two or more nations have the same number of points the winner is that country which has:

- a) the highest number of first places
- b) the best results (most 2nd places, most 3rd places, etc.).

6. Advertising / FIS World Cup Sponsors / Media service

6.1 Advertisement / Marketing

Advertising and marketing must conform to the FIS Advertising Rules and Guidelines.

The new marketing and sponsoring concept will be implemented by FIS Marketing AG. For the necessary rights acquisition, contracts have to be signed between NSA/LOC and FIS Marketing AG. These contracts are mandatory for each NSA/LOC, in order to organize FIS Cross-Country World Cup competitions.

6.2 Media

6.2.1 Press- and Media Service

The press- and media service organized by the Organising Committee must conform to the FIS PR and media regulations including the Media Guidelines Version 2010/2011 as well as the Media Check List, elaborated in cooperation between AIPS Nordic, the FIS PR and Media Committee and the FIS Marketing and Communications Management.

6.2.2 FIS World Cup Press Coordinator

The OC's Chief of Press will be supported by the FIS World Cup press coordinator, who is nominated by the FIS and assists with general services in regard to PR, information, press service, winners press conference etc. on behalf of the FIS.

The organiser must provide good working conditions for the FIS press coordinator. The OC must consider his proposals. Furthermore it has to pay his expenses for accommodation, meals, travel and eventual fees for visa. Prior to his travel the press coordinator must contact the organizer regarding the travel arrangements.

6.2.3 Each FIS World Cup Organizer must, before the beginning of winter, inform his national News Agency in time and make sure that, immediately after the World Cup competition the result list or at least the World Cup point ranks will be distributed by this agency.

7. Prizes

7.1 Prize-Money

All the prize-money should be paid in Swiss Francs (CHF) and has to be paid electronically. Prize-Money without VAT

7.1.1 Individual events: CHF 40'000 per event, divided between positions 1–10:

1.	CHF	15'000.—	6.	CHF	1'500.—
2.	CHF	10'000.—	7.	CHF	1'000.—
3.	CHF	5'000.—	8.	CHF	750.—
4.	CHF	3'500.—	9.	CHF	500.—
5.	CHF	2'500.—	10.	CHF	250.—

In case of a tie result, both prize-monies will be added, divided by two and each athlete gets 50 %.

Check and notice the rules of the „Multistage” Events 2010-2011 (see enclosure).

7.1.2 Relay and Team Sprint events: CHF 30'000 per event, divided between teams 1 – 6:

1.	CHF	12'000.—	4.	CHF	3'000.—
2.	CHF	8'000.—	5.	CHF	2'000.—
3.	CHF	4'000.—	6.	CHF	1'000.—

In case of a tie result, both price monies will be added and divided by 2. And each team gets 50 %.

If athletes do not show up at the winner TV flash interview, flower ceremony and official ceremony and press conference they lose their right to receive the prize-money. OC's must give the details of the prize giving schedule to the FIS Office by 30th September 2010. The FIS Office takes into consideration departure flight schedules and “force majeure” may authorize the distribution in the absence of the competitor.

7.1.3 Overall Prize-Money

For the 2010-2011 season, prize-money for an individual World Cup event, the amount of CHF 2'500 per competition shall be paid by the organisers in a so-called “overall pool” and will be distributed at the World Cup Finals (similar to the Tour de Ski). The reason for this request is to encourage the focus on the overall World Cup and the participation in a greater number of events by leading athletes.

Calculation for season 2010-2011 (34 competitions for each gender):

Prize-Money Calculation 2010-2011 (CHF *)	
Amount	2500
Number of events pro gender	34
Genders	2
Total	170000
Total for each gender	80'000

1st Place	35%	29750
2nd Place	25%	21250
3rd Place	15%	12750
4th Place	10%	8'500
5th Place	7%	5'950
6th Place	5%	4'250
Rookie of the Year	3%	2'550
	100%	

Definition: Rookie of the Year: Best athlete in the World Cup Overall list from the category U23.

*) If a competition has to be cancelled, the prize-money has to be adapted.

7.2 FIS World Cup Trophies (for Ladies and Men)

- a) The Overall World Cup winners receive the big FIS World Cup trophy.
- b) The Distance and the Sprint World Cup winners receive each a small FIS World Cup trophy.
- c) Own FIS Trophies for the „Tour de Ski “2010-2011 (see enclosure).

7.3 FIS World Cup Medals

The first three competitors receive a FIS World Cup medal.

7.4 FIS World Cup Medals

The 4th, 5th and 6th competitors receive a FIS World Cup medal.

7.5 FIS Nations Cup / Team Cup

The best nation receives the FIS Nations Cup / Team Cup.

7.6 The trophies and medals will be provided by the FIS.

7.7 The VIESSMANN FIS World Cup Trophy and all other awards will be given at the conclusion of the last FIS World Cup event.

7.8 Leader Bib of the World Cup Leaders

The leader of the Overall World Cup wears officially the yellow bib. The leaders of the Sprint and Distance World Cups wear the red bib of their respective discipline.

7.9 Leader Bib of the Team Events

The current leading teams of the FIS World Cup (male and female) wear the leader bib. Naturally only the first team will wear it.

7.10 Flower Ceremony / Distribution of Prizes

The Flower Ceremony / prize giving ceremony will be standardised respectively a real ritual is celebrated. If an appropriate stage (location, town etc.) is available, the award ceremony will be carried out separately, otherwise the following procedure will be carried out.

Procedure

- Introduction with the FIS Fanfare
- Flower Ceremony / Award Ceremony
- Ranking of the day 1-3 (relay and Team Sprint 1 – 3)
(3 – 2 – 1) => photos
- In case of a new leader in the overall World Cup standing: Handing over of the yellow bib (overall leader)
- Official persons OC (1-2) & maid of honours.

8. Carrying Costs

8.1 The organizer shall pay for **the travel and living costs** (accommodation, food etc.) for:

- 1) The competitors on the current Red Group Lists (pay lists): 30 best Men and 30 best Ladies according to the current World Ranking List. An athlete of the Red Group List will also be reimbursed if he/she only participates in a Team event.
- 2) For the current leader or winner (Ladies and Men) of the Continental Cups (see 3.3).
- 3) For a maximum of one coach per nation and per gender, if there are three (or more) athletes per gender in the Red Group List:
 - Stages with only Sprint competitions: 3 (or more) athletes (same gender) in the Sprint Red Group List => 1 coach reimbursed
 - Stages with only Distance competitions: 3 (or more) athletes (same gender) in the Distance Red Group List => 1 coach reimbursed
 - Stages with Sprint + Distance competitions: 3 (or more) athletes (same gender) in the Sprint and/or Distance Red Group List => 1 coach reimbursed
 - Stages with Sprint + Team event or Distance + Team event: 3 (or more) athletes (same gender) in the Sprint and/or Distance Red Group List => 1 coach reimbursed.
- 4) For the Technical Delegate and his/her assistants.

The Red Group list will be updated after each FIS World Cup period. The payment of the pay list will be based on personal places and travel costs will be calculated according to the schedule in 8.3. Travel costs for athletes will be paid by the organiser to the teams on their arrival at the site.

If a competition is canceled or an athlete gets sick after the official day of arrival, the travel and accommodation expenses must also be paid to the corresponding teams having athletes in the Red Group List, if they are present on the site. The official arrival day is earliest the day after the final snow inspection.

Reimbursement of athletes (accommodation and travel expenses) in the case where Distance and Sprint events are organised in one week-end (see below) the Red Group List quota will be compensated once only (not once for Distance and additionally for Sprint), that means, if an athlete belongs to both Red Group Lists, they get reimbursed only once.

In the season 2010-2011 this concerns the following events:

Kuusamo, Davos, Rybinsk, Otepää, Drammen, Lahti

Check and notice the rules of the „Multistage Events”2010-2011 (see enclosure).

8.2 Regions

The FIS members are divided into five travel regions:

- 1) Northern Europe
(DAN, EST, FIN, ISL, NOR, SWE)
- 2) East Europe
(BLR, BUL, GEO, KAZ, LAT, LTU, RUM, RUS, UKR, UZB)
- 3) Middle and South Europe
(AND, AUT, BEL, BIH, CRO, CZE, FRA, GER, GBR, GRE, HUN, IRE, ITA, JUG, LIE, LUX, MON, NED, POL, RSM, SVK, SLO, SPA, SUI, TUR)
- 4) Overseas I
(ALG, CAN, EGY, IRA, ISR, LIB, MAR, MEX, RSA, SEN, SUD, SWZ, USA, ZIM)
- 5) Overseas II
(ARG, AUS, BRA, CHI, CHN, FIJ, GUA, HON, JPN, KOR, PRK, MGL, NZE, PHI, PUR, URU, ISV)

8.3 Schedule

In Swiss Francs (CHF):

Airfare to and return	Region 1 North Europe	Region 2 East Europe	Region 3 Middle and South Europe	Region 4 Overseas I	Region 5 Overseas II
Region 1 North. Europe		CHF 500	CHF 500	CHF 750	CHF 750
Region 2 East Europe	CHF 500		CHF 500	CHF 750	CHF 750
Region 3 Middle and South Europe	CHF 500	CHF 500		CHF 750	CHF 750
Region 4 Overseas I	CHF 750	CHF 750	CHF 750		CHF 750
Region 5 Overseas II	CHF 750	CHF 750	CHF 750	CHF 750	

Local organisers have to pay CHF 300.— per participant for the travel to the World Cup event if this is localized within the region or the country of the participant.

Check and notice the rules of the “Multistage Events” 2010-2011 (see enclosure).

8.4 Transport

Teams arriving or leaving by plane have to be transported to and from the venue free of charge under the following conditions:

Only one transfer per team. The arriving and departing times have to be communicated to the organiser at least one week in advance. The airport has to be chosen in cooperation with the organising committee.

Check and notice the rules of the „Multistage Events“2010-2011 (see encl.).

8.5 Wax Cabins

At all FIS Sprint and Distance competitions each team has the right for minimum of 10 m² (1 to 2 athletes) and 15 m² (3-5 athletes). For more than 5 athletes, each athlete has the right to get 2 m² for waxing and 1 m² for changing/athletes lounge.

If a team arrives with the motor home (wax cabins on the truck), the connections and the parking space has to be available for the team, but the teams have to inform the OC latest 30 days before the competitions with the request form (size, power supplier, design etc.) for the motor home and the wax cabins size will be reduced by 60 %...

The following two nations will have a waxing truck in the season 2010-2011 (final confirmation follows before the fall meeting)

- Sweden
- Norway.

If Distance and Sprint competitions are carried out at the same resort, the same athlete does not get counted double. The containers available in each country are different standard sizes; therefore the size of Wax cabins is decided by the size of these containers. Furthermore it needs a bigger capacity when carrying out Distance and Sprint competitions at the same resort.

Prevent breathing of waxing fumes by the athletes (detail definition will follow after a consultation by the Medical Committee). If this is not possible, a separate warming shelter must be provided for the athletes. The cabins should be equipped with locking doors and teams are to be issued with keys. If the entrances cannot be locked, the organiser must provide security for the cabins. Parking space for teams must be provided within a reasonable distance of the cabins. A loudspeaker of the public address system should be placed near the cabins.

Safety Guidelines for Wax Cabins

- All wax room staff should wear approved protective masks with filters
- The masks should ideally have intercom systems to enable the staff to communicate without removing the masks
- Suction for ventilation should be set up close to the waxing iron and the rotating polishing machines – this will reduce the smoke and pollution in the room
- General good heating and efficient ventilation
- The wax rooms must be cleaned and fully ventilated daily
- The time of exposure to smoke and pollution must be reduced to the absolute minimum per day
- Access to the waxing rooms without protective masks must be limited
- Written notices regarding the dangers for unprotected persons should be posted.

The wax cabins have to be ready 5 nights before the competitions.

Waxing Facilities Season 2010-2011
Basis for planning FIS Cross-Country World Cup

Nr.	NATION	Distance				Sprint				Distance & Sprint
		L	M	Total	Size D	L	M	Total	Size S	Size D&S
1	NOR*	6	7	13	39	6	7	13	39	54.6
2	RUS	6	6	12	36	6	6	12	36	50.4
3	GER	5	6	11	33	5	5	10	30	46.2
4	ITA	5	6	11	33	5	5	10	30	46.2
5	SWE*	6	6	12	36	6	6	12	36	50.4
6	FIN	5	5	10	30	5	6	11	33	42
7	FRA	5	5	10	30	4	4	8	24	42
8	JPN	3	3	6	18	3	3	6	18	25.2
9	KAZ	4	5	9	27	3	5	8	24	37.8
10	CZE	4	5	9	27	3	3	6	18	37.8
11	EST	3	4	7	21	4	5	9	27	29.4
12	CAN	3	4	7	21	4	5	9	27	29.4
13	SUI	3	4	7	21	5	5	10	30	29.4
14	USA	4	3	7	21	3	5	8	24	29.4
15	BLR	4	3	7	21	2	3	5	15	29.4
16	POL	5	4	9	27	4	3	7	21	37.8
17	AUT	3	3	6	18	3	3	6	18	25.2
18	CHN	3	3	6	18	2	3	5	15	25.2
19	UKR	4	2	6	18	3	3	6	18	25.2
20	SLO	3	2	5	15	4	2	6	18	21
21	SVK	3	3	6	18	3	2	5	15	25.2
22	AUS	2	3	5	15	2	2	4	12	21
23	BUL	2	3	5	15	2	2	4	12	21
24	SPA	2	3	5	15	2	2	4	12	21
	HUN, RUM, KOR, others				15				15	15
	Service				105				105	105
					693				672	922.2

*70 % Reduced Waxing Facilities

- *) The detailed list will be sent out before the World Cup season 2010-2011 starts. SRS companies only accept cabins. The windows and heating are the main request to provide by OC. Concentration of the industry cabins at one spot.

If a nation has not entered the number/s will be reduced from the total sum. The minimum is according 1 to 2 athletes is 10 m² and 3 – 4 athletes is 15 m².

If a nation needs more capacity, the nation has to order the additional Cabins 30 days before the competition. The price for an additional container (15 m²) is CHF 1'400.— (independent of duration).

The organisers have to provide a heated wardrobe to the athletes' resp. to provide the wardrobe in connection with the waxing cabins. Wireless network in wax cabin/or athletes area is request for a World Cup organiser.

Wax Cabins for SRS companies

- Each SRS company has the right for at least 15m². If a company needs more capacity, the company has to order an additional Cabin. The price for an additional container (15 m²) is CHF 1'400.— (independent of duration).
- For security and confidentiality reasons, SRS companies only accept cabins. The cabins shall be in one open room with at least one window and shall be equipped with locking doors and heater.
- All the industry cabins have to be concentrated in one spot.
- The company has to order the cabins before September 15 (truth the FIS office).
- A financial penalty (CHF 1'400. per cabin) will be applied to the company which have ordered waxing cabin and not shown up.

8.6 Accommodation (Teams and SRS companies)

Each OC is obliged to nominate **a responsible person for the accommodation** and has the duty to inform the Teams. The NSA's are obliged to provide to the OC the final size of the team 10 days before the World Cup competition (size tolerance -/+ 10 %). If the NSA changes this figures with more than 10 %, the NSA's are obliged to pay the difference between the effective and announced persons. In any case if the team size will be bigger than previously announced the effective costs must be paid.

Hotel requirements

- Each OC shall offer to all team member rooms at 3 Star hotels including full board and 1 drink (3dl) for at least 5 nights before the first competition until at least the morning after the last competition.
- The distance for travel between the hotel and the competition site should not exceed 25km.
- There shall be a maximum of 2 persons per room with separate beds. Each team has the right (for each gender) to have one single room without any additional cost. All other single rooms will be charged.

Costs

- The OC shall pay the accommodation costs for the **red group list and their qualified coaches** for at least two nights before the first competition until at least the morning after the last competition.
- For the other FIS World Cup team members the price may not be higher than the official local prices offered at the time of the World Cup event and at a maximum price of CHF 125. — per person (full board and 1 drink (3dl)).
- If teams wish to use other hotels than the ones proposed by the OC, the effective costs must be paid, i.e. the OC must pay CHF 125.— to the NSA, who has members of the Red Group lists that are booked at another hotel.

SRS Industry

- The price for SRS company members (3 members per company) may not be higher than CHF 125. — per person (full board and 1 drink) . Each SRS company has the right to have one single room without any additional cost. All other single rooms will be charged. Invitation has to be sent to all SRS industry companies by the OC.
- The entry will be done directly by each SRS industry company.

9. Rescue Service – Medical Support Requirements

The Organizer is responsible for setting up and operating during all competition times (training and competitions) an appropriate rescue service. The Medical Support Requirements for FIS Event Organizers are given in the ICR, 221.6 as well as chapter 1 of the FIS Medical Guide.

10. Other

10.1 No skier shall be forced to enter a FIS World Cup competition

10.2 A Technical Delegate and an Assistant TD from another nation is appointed for every FIS Cross-Country World Cup competition.
An additional Assistant TD is to be appointed by the National Ski Association.

10.3 These regulations, the agreement signed by FIS and the organisers, the World Cup handbook and the rules of the ICR are binding for the organisers of FIS Cross-Country World Cup events.

10.4 By using GPS transponders in Mass start events, the athletes have to carry a GPS device. The weight of the device is 99 g and will be implemented in the bib.

11. Promotion Cross-Country

All World Cup organizers pay a marketing fee of € 3'000.-- to promote Cross-Country skiing.

Value for the money (coordinated by FIS):

- World Cup booklet, basic layouts for printed World Cup products
- Cross-Country website
- World Cup village
- World Cup merchandising products
- Media press conferences

(Item 11; It will be added to the FIS/NSA/OC contract)

RULES FIS CROSS-COUNTRY MULTISTAGE (3 DAYS) WORLD CUP 2010-2011

1. Basic Rules

- Only entry for all FIS CROSS-COUNTRY MULTISTAGE WORLD CUP Stages is possible. Abandonment in one race will lead to exclusion from the rest of the FIS CROSS-COUNTRY MULTISTAGE WORLD CUP.

This also includes ICR 340.1.5 (overlapping). In an interval start, an athlete will be excluded from the rest of the FIS CROSS-COUNTRY MULTISTAGE WORLD CUP if he loses:

- Interval start (> 5 km)
 - more than 18 % for Ladies and
 - more than 15 % for Men.
- Interval start (< 5 km)
 - more than 23 % for Ladies and
 - more than 20 % for Men
- Handicap Start counts like a Mass Start competition.

In special conditions the jury can adapt the percentages.

- The overall results for the FIS CROSS-COUNTRY MULTISTAGE WORLD CUP will be based on the overall time score in the three FIS CROSS-COUNTRY MULTISTAGE WORLD CUP Stages. Sprint competitions will count as well.
- There will be a bonus system for the top 30 in the Sprint race. The Sprint bonus seconds for the overall FIS CROSS-COUNTRY MULTISTAGE WORLD CUP ranking are as listed below. Bonus seconds are subtracted from the competitor's actual race time before being added into the overall time score.

1 st place = 60 seconds	16 th place = 15 seconds
2 nd place = 56 seconds	17 th place = 14 seconds
3 rd place = 52 seconds	18 th place = 13 seconds
4 th place = 48 seconds	19 th place = 12 seconds
5 th place = 44 seconds	20 th place = 11 seconds
6 th place = 42 seconds	21 st place = 10 seconds
7 th place = 40 seconds	22 nd place = 9 seconds
8 th place = 38 seconds	23 rd place = 8 seconds
9 th place = 36 seconds	24 th place = 7 seconds
10 th place = 34 seconds	25 th place = 6 seconds
11 th place = 32 seconds	26 th place = 5 seconds
12 th place = 30 seconds	27 th place = 4 seconds
13 th place = 18 seconds	28 th place = 3 seconds
14 th place = 17 seconds	29 th place = 2 seconds
15 th place = 16 seconds	30 th place = 1 second

Daily Bonus Seconds

Stage # and Date	Race	Distance	Technique	Start	Bonus Seconds
1. Stage Friday	Sprint	1.2 km L 1.4 km M	Classic	Individual/ Mass	For the athletes in the finales: 60", 56" etc.
2. Stage Saturday	Interval	5 km L 10 km M	Classic	Individual	
3. Stage Sunday	Handicap Start	10 km L 15 or 20 km M	Free	Handicap	

2. FIS World Cup Points for the FIS CROSS-COUNTRY MULTISTAGE WORLD CUP

FIS World Cup points will be awarded after the last Stage according to the final FIS CROSS-COUNTRY MULTISTAGE WORLD CUP standings. The factor will be 2, i.e. the FIS CROSS-COUNTRY MULTISTAGE WORLD CUP winner will receive 200 points:

1. =	200 points	11. =	48 points	21. =	20 points
2. =	160	12. =	44	22. =	18
3. =	120	13. =	40	23. =	16
4. =	100	14. =	36	24. =	14
5. =	90	15. =	32	25. =	12
6. =	80	16. =	30	26. =	10
7. =	72	17. =	28	27. =	8
8. =	64	18. =	26	28. =	6
9. =	58	19. =	24	29. =	4
10. =	52	20. =	22	30. =	2

In addition to the Overall World Cup points awarded, each stage will also receive the following World Cup points. On the last day, the winner of the day (fastest time on this stage for those specific kilometres) will get the World Cup points and Daily Prize-Money.

1. =	50 points	11. =	24 points	21. =	10 points
2. =	46	12. =	22	22. =	9
3. =	43	13. =	20	23. =	8
4. =	40	14. =	18	24. =	7
5. =	37	15. =	16	25. =	6
6. =	34	16. =	15	26. =	5
7. =	32	17. =	14	27. =	4
8. =	30	18. =	13	28. =	3
9. =	28	19. =	12	29. =	2
10. =	26	20. =	11	30. =	1

3. FIS CROSS-COUNTRY MULTISTAGE WORLD CUP Prize-Money

Place	Overall Prize-Money (CHF)	FINAL Total (CHF)
1 st	33'750	
2 nd	22'500	
3 rd	11'500	
4 th	7'875	
5 th	5'625	
6 th	3'375	
7 th	2'250	
8 th	1'687	
9 th	1'125	
10 th	563	
Total	for each gender 90'000	180'000

Place	Daily Prize-Money (CHF)	FINAL Total (CHF)
1 st	5'000	
2 nd	3'000	
3 rd	2'000	
Daily Total	for each gender 10'000	60'000

GRAND TOTAL	CHF 240'000
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All prize-money without VAT.

In case of competition cancellation the prize-money has to be adapted.

The prize-money will be paid after the last Stage.

4. FIS CROSS-COUNTRY MULTISTAGE WORLD CUP Starting Order

Stage 1 (Sprint)

For the individual Sprint qualification round the top 30 according the current Overall World Cup and the starting order within the group is drawn. Following the top 30 all other competitors will be assigned start positions according to the FIS Overall World Cup and FIS Sprint points

Stage 2 (Interval start)

All athletes registered to compete will start in reverse order as according to the current standings after the first stage.

Stage 3 (Handicap Start)

The starting bibs will be according to the current FIS CROSS-COUNTRY MULTISTAGE WORLD CUP standings after 2 Stages. To prevent too large start time differences, the Jury can decide upon the use of the "wave start".

5. Quotas FIS CROSS-COUNTRY MULTISTAGE WORLD CUP

The following table displays the suggested quotas for athletes and team staff members. There will be national quota of 5. The calculations are based on Distance quota (D Quota) plus 50 % of the Sprint quota (S Quota), rounded downward.

The overall World Cup winner from 2009-2010 and the current leaders or winners of the COC 2009-2010 get an additional spot.

6. The Maximum Number of Team Officials, Medical and per National Team:

Calculation staff member	
Athletes	Staff
15 >	15
11 to 15	12
8 to 10	10
5 to 7	8
< 5	6

No right for World Cup prizes for additional staff members.

7. Reimbursement

The organisers pay for **the living costs** (accommodation, food etc.) for the competitors on the current Red Group Lists (pay lists), 30 best Men and Ladies according to the current World Ranking Lists (Sprint and Distance), their coaches and officials as follows:

- For a maximum of one coach per nation and gender, if there are three or more athletes per gender in the Red Group Lists (Sprint and Distance lists).

Travel costs will be paid once by the organisers to the teams on the last stage. The **Red Group List and their qualified coaches get free accommodation**, for at least two nights before the first FIS CROSS-COUNTRY MULTISTAGE WORLD CUP competition until at least the morning after the last FIS CROSS-COUNTRY MULTISTAGE WORLD CUP competition.

8. Ceremony

The flower ceremony and prize giving ceremonies are standardized.

Introduction with the FIS fanfare:

- Ceremony
- Ranking of the day 3-1
- Overall WC Leader
- Official persons OC (1-2) & maid of honors.

10. Postponement/Substitution

In case of a postponement or substitution of an individual Stage at the FIS CROSS-COUNTRY MULTISTAGE WORLD CUP, the Race Management can decide to postpone a Stage by 24 hours.

RULES FIS CROSS-COUNTRY MULTISTAGE TOUR DE SKI 2010-2011

1. Basic Rules

- Only entry for all FIS TOUR DE SKI Stages is possible. Abandonment in one race will lead to exclusion from the rest of the FIS TOUR DE SKI.

This also includes ICR 340.1.5 (overlapping). In other Tour competitions, an athlete will be excluded from the rest of the Tour de Ski if he loses:

- Interval start (> 5 km)
 - more than 18 % for Ladies and
 - more than 15 % for Men.
- Interval start (< 5 km)
 - more than 23 % for Ladies and
 - more than 20 % for Men
- Handicap Start counts like a Mass Start competition

In special conditions the jury can adapt the percentages.

- The overall results for the FIS TOUR DE SKI will be based on the overall time score in the eight FIS TOUR DE SKI Stages. Sprint competitions will count as well.
- Tour Team Cup: Each day counts the best two Ladies and Men for the Team Cup. All times will be added.
- There will be a bonus system for the top 30 in the Sprint races. The Sprint bonus seconds for the overall FIS TOUR DE SKI ranking are as listed below. Bonus seconds are subtracted from the competitor's actual race time before being added into the overall time score.

1 st place = 60 seconds	16 th place = 15 seconds
2 nd place = 56 seconds	17 th place = 14 seconds
3 rd place = 52 seconds	18 th place = 13 seconds
4 th place = 48 seconds	19 th place = 12 seconds
5 th place = 44 seconds	20 th place = 11 seconds
6 th place = 42 seconds	21 st place = 10 seconds
7 th place = 40 seconds	22 nd place = 9 seconds
8 th place = 38 seconds	23 rd place = 8 seconds
9 th place = 36 seconds	24 th place = 7 seconds
10 th place = 34 seconds	25 th place = 6 seconds
11 th place = 32 seconds	26 th place = 5 seconds
12 th place = 30 seconds	27 th place = 4 seconds
13 th place = 18 seconds	28 th place = 3 seconds
14 th place = 17 seconds	29 th place = 2 seconds
15 th place = 16 seconds	30 th place = 1 second

- There will also be bonus seconds for intermediate points in Mass start competitions during the FIS TOUR DE SKI. Bonus seconds will be 15, 10 and 5 seconds for the first three athletes at a designated intermediate point. In Mass start competitions, Handicap Starts (except the last competition) and the Prologue the top three of the Stage will also get bonus seconds (15, 10 and 5 seconds).
- The FIS TOUR DE SKI Sprint Ranking will be calculated on the basis of the bonus seconds as detailed above. The winner of the FIS TOUR DE SKI Sprint Ranking will be the athlete (male & female) who has collected the most bonus seconds by the end of the FIS TOUR DE SKI.

Daily Bonus Seconds

Stage # and Date	Race	Distance	Technique	Start	Bonus Seconds
1. Friday, 31 st Dec 2010	Prologue	2.5 km L 3.75 km M	Free	Individual	Finish Top 3 15", 10" and 5"
2. Saturday, 1 st Jan 2011	Handicap Start	10 km L 15 km M	Classic	Handicap	Top 3: 15", 10" and 5"
3. Sunday 2 nd Jan 2011	Sprint	1.2 km L 1.2 km M	Classic	Mass	For the athletes in the finals: 60", 56" etc.
4. Monday, 3 rd January 2011	Pursuit	5 + 5 km L 10 + 10 km M	Classic/ Free	Mass	2 for Ladies and 5 for Men intermediate points and Finish Top 3: 15", 10" and 5"
5. Thursday, 5 th January 2011	Sprint	1.2 km L 1.2 km M	Free	Mass	For the athletes in the finals: 60", 56" etc.
6. Thursday, 5 th January 2011	Distance	15 km L 35 km M	Free	Handicap	Finish Top 3: 15", 10" and 5"
7. Saturday, 8 th January 2011	Distance	10 km L 20 km M	Classic	Mass	2 for Ladies and 5 for Men intermediate points and Finish Top 3: 15", 10" and 5"
8. Sunday, 9 th January 2011	Handicap Start (final climb on Alpe Cermis)	9 km L 9 km M	Free	Handicap	

2. FIS World Cup Points for the FIS TOUR DE SKI

- FIS World Cup points will be awarded after the last Stage according to the final FIS TOUR DE SKI standings. The factor will be 4, i.e. the FIS TOUR DE SKI winner will receive 400 points (4 x 100 points in the regular FIS World Cup Cross-Country races), as follows:

1. = 400 points	11. = 96 points	21. = 40 points
2. = 320	12. = 88	22. = 36
3. = 240	13. = 80	23. = 32
4. = 200	14. = 72	24. = 28
5. = 180	15. = 64	25. = 24
6. = 160	16. = 60	26. = 20
7. = 144	17. = 56	27. = 16
8. = 128	18. = 52	28. = 12
9. = 116	19. = 48	29. = 8
10. = 104	20. = 44	30. = 4

In addition to the Overall World Cup points awarded, each stage will also receive the following World Cup points. The daily World Cup points at the Tour de Ski will count for the overall and the discipline World Cup standings. On the last day, the winner of the day (fastest time on this stage for those specific kilometres) will get the World Cup points and Daily Prize-Money. The two Sprints during Tour de Ski 2010-2011 will count for the Sprint World Cup; all other stages will count for the Distance World Cup:

1. = 50 points	11. = 24 points	21. = 10 points
2. = 46	12. = 22	22. = 9
3. = 43	13. = 20	23. = 8
4. = 40	14. = 18	24. = 7
5. = 37	15. = 16	25. = 6
6. = 34	16. = 15	26. = 5
7. = 32	17. = 14	27. = 4
8. = 30	18. = 13	28. = 3
9. = 28	19. = 12	29. = 2
10. = 26	20. = 11	30. = 1

3. FIS TOUR DE SKI Prize-Money (Final definition follows asap)

Place	Overall Prize Money (CHF)	TOUR Total (CHF)
1 st	150'000	
2 nd	100'000	
3 rd	50'000	
4 th	35'000	
5 th	25'000	
6 th	15'000	
7 th	10'000	
8 th	7'500	
9 th	5'000	
10 th	2'500	
Total	for each gender 400'000	800'000

Place	Sprint Ranking Prize-Money (CHF)	TOUR Total (CHF)
1 st	10'000	
2 nd	5'000	
3 rd	2'500	
4 th	1'500	
5 th	1'000	
Total	for each gender	20'000
		40'000

Place	Daily Prize-Money (CHF)	TOUR Total (CHF)
1 st	5'000	
2 nd	3'000	
3 rd	2'000	
Daily Total	for each gender	10'000
		160'000

Place	Tour Leader (CHF), except the last stage	TOUR Total (CHF)
1 st	2'500	
Total	for each gender	17'500
		35'000

Place	Final Tour Team Cup (CHF)	TOUR Total (CHF)
1 st	10'000	
2 nd	6'000	
3 rd	4'000	
Total	20'000	20'000

GRAND TOTAL		CHF 1'055'000
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All prize-money without VAT.

In case of competition cancellation the Prize-Money will be adapted.

4. FIS TOUR DE SKI Starting Order

Stage 1 (Prologue)

The athletes registered to compete will start in reverse order to the current World Cup Overall Standings. The athletes without any World Cup Overall points are assigned starting numbers according to their FIS Distance points that means the athlete with the highest FIS points starts with the first number.

Stage 2 (Handicap)

The starting bibs will be according to the result of the first Stage.

Stage 3 (Sprint)

For the individual Sprint qualification round the top 30 after 2 Stages starts first and the starting order within the group is drawn. Following the top 30 after 3 Stages all other competitors will be assigned start positions according to the FIS TOUR DE SKI ranking after 2 Stages.

Stage 4 (Pursuit, Mass Start, 5+5, 10+10)

For Mass start competition the Overall FIS TOUR DE SKI Leader after 3 Stages is assigned the first start position and bib and the remaining competitors are assigned the next start positions in order of their current FIS TOUR DE SKI standing after 3 Stages.

Stage 5 (Sprint)

For the individual Sprint qualification round the top 30 after 4 Stages starts first and the starting order within the group is drawn. Following the top 30 after 4 Stages all other competitors will be assigned start positions according to the FIS TOUR DE SKI ranking after 4 Stages.

Stage 6 (Distance, Handicap Start)

The starting bibs will be according to the current FIS TOUR DE SKI standings after 5 Stages. To prevent too large start time differences, the Jury can decide upon the use of the "wave start".

Stage 7 Distance, (Mass Start)

For Mass start competition the Overall FIS TOUR DE SKI Leader after 6 Stages is assigned the first start position and bib and the remaining competitors are assigned the next start positions in order of their current FIS TOUR DE SKI standing after 6 Stages.

Stage 8 (Handicap Start, Final Climb Alpe Cermis)

The starting bibs will be according to the current FIS TOUR DE SKI standings after 7 Stages. To prevent too large start time differences, the Jury can decide upon the use of the "wave start".

5. Quotas FIS TOUR DE SKI

The following table displays the suggested quotas for athletes and team staff members. There will be a national quota of 5 for all two hosting countries. The calculations are based on Distance quota (D Quota) plus 50 % of the Sprint quota (S Quota), rounded downward.

No additional current COC leaders and no attention to the number in the Red Group. Only the overall World Cup winner from 2009-2010 gets an additional spot.

6. The Maximum Number of Team Officials, Medical and per National Team:

Calculation staff member	
Athletes	Staff
15 >	15
11 to 15	12
8 to 10	10
5 to 7	8
< 5	6

No right for World Cup prizes for additional staff members.

7. **Transport**

For FIS TOUR DE SKI Stage-to-Stage transportation, the teams must have their own vehicles and are independent (the FIS TOUR DE SKI Board has negotiated a preferential price with a car rental agency for any additional cars that need to be rented). There will be no transport provided by the FIS TOUR DE SKI from venue to venue, except the pick up at the first airport (before the first Stage) and transport to the final airport (after the last Stage) the teams are entitled to one transport in each direction (airport to the venue and venue to the airport) for free.

8. **Reimbursement**

The organisers pay for **the living costs** (accommodation, food etc.) for the competitors on the current Red Group Lists (pay lists), 30 best Men and Ladies according to the current World Ranking Lists (Sprint and Distance), their coaches and officials as follows:

For a maximum of one coach per nation and gender, if there are three or more athletes per gender in the Red Group Lists (Sprint and Distance lists).

Travel costs will be paid once by the organisers to the teams at the last resort.

The **Red Group List and their qualified coaches get free accommodation**, for at least two nights before the first FIS TOUR DE SKI competition until at least the morning after the last FIS TOUR DE SKI competition.

9. **Registration/Entries**

To register the participating teams, the FIS Tour de Ski Online Registration System must be used. Only entry for all FIS TOUR DE SKI Stages is possible and abandonment in one race will lead to exclusion from the rest of the FIS TOUR DE SKI.

The registration deadlines are included in the invitation. Registration can only be submitted electronically.

10. **Gas Money for Teams**

The organisers pay for the gas costs to the teams as follows:

Number of athletes (at the start of the Tour)	CHF
10 and more	2'000.—
7 to 9	1'500.—
4 to 6	1'000.—
3 and less	500.—

The gas money will be paid at the last resort.

11. **FIS TOUR DE SKI Trophy**

The the top three of the overall FIS TOUR DE SKI ranking (Ladies and Men) receive a FIS TOUR DE SKI trophy. The winning nation in the Tour Team Cup will receive a Tour Team Trophy.

- 12. Leader Bib**
The current leader of the FIS TOUR DE SKI wears the FIS TOUR DE SKI overall leader bib. The current leader of the Tour Sprint ranking wears the Sprint leader bib. If the same athlete is leading the Overall and the Sprint ranking, the athlete will wear the Overall leader bib and the second in the Sprint leader ranking will wear the Sprint leader bib.
- 13. FIS TOUR DE SKI Prize-Money**
The overall Prize-Money will be paid after the last Stage. Daily Prize-Money will be paid out on-site after the event.
- 14. Ceremony**
The flower ceremony and prize giving ceremonies are standardized.
- Introduction with the FIS TOUR DE SKI fanfare:
- Ceremony
 - Stage Ranking: Winner
 - Handing over the FIS TOUR DE SKI Leader Bib
 - Handing over the FIS TOUR DE SKI Sprint Leader Bib
 - Official persons OC (1-2) & maid of honors.
- 15. Team presentation**
The official Team Presentation is mandatory for all competitors including the head coach. If athletes do not show up at this Team Presentation, the team will be financially sanctioned by the reduction of the Gas Money reimbursement.
- 16. Postponement/Substitution**
There will be no postponement or substitution of FIS TOUR DE SKI competition in the case of a cancellation of an individual Stage except if there is no Stage scheduled for the following day. In this case, the Tour Board and Jury can decide to postpone a Stage by 24 hours.

RULES FIS CROSS-COUNTRY MULTISTAGE WORLD CUP FINAL 2010-2011

1. Basic Rules

- Only entry for all FIS WORLD CUP FINAL Stages is possible. Abandonment in one race will lead to exclusion from the rest of the FIS WORLD CUP FINAL.

This also includes ICR 340.1.5 (overlapping). In an interval start, an athlete will be excluded from the rest of the FIS WORLD CUP FINAL if he loses:

- Interval start (> 5 km)
 - more than 18 % for Ladies and
 - more than 15 % for Men.
- Interval start (< 5 km)
 - more than 23 % for Ladies and
 - more than 20 % for Men
- Handicap Start counts like a Mass Start competition

In special conditions the jury can adapt the percentages.

- The overall results for the FIS WORLD CUP FINAL will be based on the overall time score in the four FIS WORLD CUP FINAL Stages. Sprint competitions will count as well.
- There will be a bonus system for the top 30 in the Sprint races. The Sprint bonus seconds for the overall FIS WORLD CUP FINAL ranking are as listed below. Bonus seconds are subtracted from the competitor's actual race time before being added into the overall time score.

1 st place = 60 seconds	16 th place = 15 seconds
2 nd place = 56 seconds	17 th place = 14 seconds
3 rd place = 52 seconds	18 th place = 13 seconds
4 th place = 48 seconds	19 th place = 12 seconds
5 th place = 44 seconds	20 th place = 11 seconds
6 th place = 42 seconds	21 st place = 10 seconds
7 th place = 40 seconds	22 nd place = 9 seconds
8 th place = 38 seconds	23 rd place = 8 seconds
9 th place = 36 seconds	24 th place = 7 seconds
10 th place = 34 seconds	25 th place = 6 seconds
11 th place = 32 seconds	26 th place = 5 seconds
12 th place = 30 seconds	27 th place = 4 seconds
13 th place = 18 seconds	28 th place = 3 seconds
14 th place = 17 seconds	29 th place = 2 seconds
15 th place = 16 seconds	30 th place = 1 second

- There will also be bonus seconds for intermediate points in competitions during the FIS WORLD CUP FINAL. Bonus seconds will be 15, 10 and 5 seconds for the first three athletes at a designated intermediate point. In stage 2 and 3 competitions the top three of the Stage will also get bonus seconds (15, 10 and 5 seconds).
- The FIS WORLD CUP FINAL Sprint Ranking will be calculated on the basis of the bonus seconds as detailed above. The winner of the FIS WORLD CUP FINAL Sprint Ranking will be the athlete (male & female) who has collected the most bonus seconds by the end of the FIS WORLD CUP FINAL.

Daily Bonus Seconds

Stage # and Date	Race	Distance	Technique	Start	Bonus Seconds
1. Stage Wednesday, March 16, 2011	Sprint	1.1 km W 1.1 km M	Classic	Individual/ Mass	For the athletes in the finales: 60", 56" etc.
2. Stage Friday, March 18 2011	King of the Hill	2.5 W 3.3 km M	Classic	Individual	Top 3 15", 10" + 5"
3. Stage Saturday, March 19, 2011	Pursuit	5+5 km W 10+10 km M	Classic/ Free	Mass	2 for Ladies and 4 for Men intermediate points and Finish Top 3: 15", 10" + 5"
4. Stage Sunday, March 20, 2011	Handicap Start	10 km W 15 km M	Free	Handicap	

2. FIS World Cup Points for the FIS WORLD CUP FINAL

FIS World Cup points will be awarded after the last Stage according to the final FIS WORLD CUP FINAL standings. The factor will be 2, i.e. the FIS WORLD CUP FINAL winner will receive 200 points:

1. = 200 points	11. = 48 points	21. = 20 points
2. = 160	12. = 44	22. = 18
3. = 120	13. = 40	23. = 16
4. = 100	14. = 36	24. = 14
5. = 90	15. = 32	25. = 12
6. = 80	16. = 30	26. = 10
7. = 72	17. = 28	27. = 8
8. = 64	18. = 26	28. = 6
9. = 58	19. = 24	29. = 4
10. = 52	20. = 22	30. = 2

In addition to the Overall World Cup points awarded, each stage (except stage 4) will also receive the following World Cup points. The handicap start at the last day will not count for the discipline World Cup. The Sprint competition will count to the Sprint World Cup, stages nr. 2 and 3 will count for the Distance World Cup:

1. =	50 points	11. =	24 points	21. =	10 points
2. =	46	12. =	22	22. =	9
3. =	43	13. =	20	23. =	8
4. =	40	14. =	18	24. =	7
5. =	37	15. =	16	25. =	6
6. =	34	16. =	15	26. =	5
7. =	32	17. =	14	27. =	4
8. =	30	18. =	13	28. =	3
9. =	28	19. =	12	29. =	2
10. =	26	20. =	11	30. =	1

3. FIS WORLD CUP FINAL Prize-Money

Place	Overall Prize-Money (CHF)	FINAL Total (CHF)
1 st	41250	
2 nd	27500	
3 rd	13750	
4 th	9625	
5 th	6875	
6 th	4125	
7 th	2750	
8 th	2063	
9 th	1375	
10 th	687	
Total	for each gender 110'000	220'000

Place	Sprint Ranking Prize-Money (CHF)	FINAL Total (CHF)
1 st	5'000	
2 nd	2'500	
3 rd	1'250	
4 th	750	
5 th	500	
Total	for each gender 10'000	20'000

Place	Daily Prize-Money (CHF)	FINAL Total (CHF)
1 st	5'000	
2 nd	3'000	
3 rd	2'000	
Daily Total	for each gender 10'000	80'000

GRAND TOTAL	CHF 320'000
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All price money without VAT.

In case of competition cancellation the prize-money has to be adapted. On the last day, the winner of the day (fastest time on this stage for those specific kilometres) will get the Daily Prize-Money.

4. **FIS WORLD CUP FINAL Starting Order**

Stage 1 (Sprint)

For the individual Sprint qualification the top 30 according to the current World Cup Overall points will start first and the starting order within the group is drawn according to the current World Cup Overall Standings. Following the top 30 according to the overall World Cup standing, all athletes with overall World Cup points will be set after the first group. Then without any World Cup Overall points are assigned starting numbers according to their FIS Sprint points that means the athlete with the highest FIS Sprint points starts with the last number in the sprint qualification.

Stage 2 (Interval Start, "King of the Hill")

All athletes registered to compete will start in reverse order according to the current FIS WORLD CUP FINAL standings after the 1st Stage.

Stage 3 (Pursuit)

For the Pursuit competition the Overall FIS WORLD CUP FINAL Leader after 2 Stages is assigned the first start position and bib and the remaining competitors are assigned the next start positions in order to their current FIS WORLD CUP FINAL standings after 2 Stages.

Stage 4 (Handicap Start)

The starting bibs will be according to the current FIS WORLD CUP FINAL standings after 3 Stages. To prevent too large start time differences, the Jury can decide upon the use of the "wave start".

5. **Quotas FIS WORLD CUP FINAL**

The top 50 according to the current Overall World Cup Standings 2010-11 before the World Cup Final have the right to start, no replacement will be made.

To the final quota belong as well the:

- COC leaders or winners 2010-11,
- U23 WSC winners 2011 and
- 5 national spots for the host country.

6. **The Maximum Number of Team Officials, Medical and per National Team**

Calculation staff member	
Athletes	Staff
15 >	15
11 to 15	12
8 to 10	10
5 to 7	8
< 5	6

No right for World Cup prizes for additional staff members.

7. **Reimbursement**

The organisers pay for **the living costs** (accommodation, food etc.) for the competitors on the current Red Group Lists (pay lists), 30 best Men and Ladies according to the current World Ranking Lists (Sprint and Distance), their coaches and officials as follows:

- For a maximum of one coach per nation and gender, if there are three or more athletes per gender in the Red Group Lists (Sprint and Distance lists).

Travel costs will be paid once by the organisers to the teams on the last stage.

The **Red Group List and their qualified coaches get free accommodation**, for at least two nights before the first FIS WORLD CUP FINAL competition until at least the morning after the last FIS WORLD CUP FINAL competition.

8. **FIS WORLD CUP FINAL Prize-Money**

The prize-money will be paid after the last Stage.

9. **Ceremony**

The flower ceremony and prize giving ceremonies are standardized.

Introduction with the FIS WORLD CUP FINAL fanfare:

- Ceremony
- Stage Ranking: Winner
- Leader World Cup Final
- Leader Overall World Cup
- Official persons OC (1-2) & maid of honors.

10. **Postponement/Substitution**

There will be no postponement or substitution of FIS WORLD CUP FINAL competition in the case of a cancellation of an individual Stage except if there is no Stage scheduled for the following day. In this case, the FIS WORLD CUP FINAL Board and Jury can decide to postpone a Stage by 24 hours.