



Sport Regulations for International skim mountaineering competitions adopted on 04.07.2007 by the PA of ISMC



**UIAA**

**UIAA- ISMC**

**Sport Regulations for ISMC  
International Ski Mountaineering  
competitions**

Adopted by the ISMC Plenary Assembly in Matsumoto Japan on Oct 4<sup>th</sup> 2007



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# 1. INTRODUCTION

The UIAA/ISMC International Ski Mountaineering Game Rules, for World and Continental Championships, World and Continental Cups and Opens, are a series of rules which constitute the practice of competition ski mountaineering. The purpose of this text is to describe the obligations and rights of competitors who participate in international ski mountaineering competitions in the UIAA/ISMC calendar. The official text of the games rules is published in English and French. In the case of any contradiction in the translation, the French version will be taken as the definitive authority.

## 1.1. Definitions

The sport season *N-1 / N* runs from 1<sup>st</sup> June *N-1* to 31 may *N*.

Rule changes voted in October *N-1* by the P/A will be applicable from 1<sup>st</sup> December *N-1* and thus for the season *N-1 / N*.

- National Federation: the Federation or Association that represents ski mountaineering in its country, in agreement with the federation that sits on the National Olympic Committee and/or approved by the corresponding ministry and ISMC member.
- The Event: describes the general situation extending from LOC preparations to the final results (candidature dossier, administrative and technical procedures, route marking, welcome, registration, inspections, races, podium, accommodation, meals...)
- Race : describes the contest from start to finish.
- Competition: all the races which take place during the event.
- Competitors: everyone who participates in the competition.
- Times points: these points are a function of a competitor's and the winner's time in a race as a percentage, and serve to distinguish between competitors who draw in a race.
- Place points: these are the points attributed to a competitor in function of his/her place in the race independent of the race coefficient.
- Race coefficient: this is a value attributed to the race course in function of the "type of course".
- Ranking point: these are the competitor's, teams' or nation's which determine the place in the competition ranking (sum of PP\* coef.).

## 1.2. Abbreviations

UIAA: International Mountaineering and Climbing Federation

ISMC: International Council for Ski Mountaineering Competition

PA/MC: Plenary Assembly/Management Committee

MC: Management Committee

LOC: Local Organising Committee

DVA or ARVA: Avalanche transceiver (*Appareil de Recherche de Victime d'Avalanche*)

M: Men W: Woman

NF: National Federation

## 1.3. References

- The documents relating to UIAA/ISMC ski mountaineering competitions are:
  - “UIAA/ISMC: Rules for Organising International Ski Mountaineering Races”
  - “UIAA/ISMC: International Ski Mountaineering Game Rules”
  - “UIAA/ISMC: International Ski Mountaineering Rules of Classification”
  - “UIAA: Disciplinary rules”
  - “UIAA: Anti-doping policy & procedures”
  - “ISMC Statutes”

## 2. THE COURSE AND COMPETITIONS

The different courses of a UIAA/ISMC international competition are:

**Ski mountaineering race:** numerous ascents and descents on a mountain. Ski mountaineering courses can be raced individually and/or in teams. The formation (number and category) of teams and/or relay teams depends on the type of competition and is approved by the ISMC.

**Vertical race:** one individual single ascent.

- **Relay:** ascent(s) and descent(s) made by each member of a team.

The different UIAA/ISMC international competitions and open categories (§ 3.1) are:

### 1. **World Championships (each race takes place on 1 day)**

- Ski Mountaineering races:
  - Singles: M senior, W senior, M espoir ranking, W espoir ranking, M junior, W junior, M cadet and W cadet.
  - Teams: M senior (2 competitors) and F senior (2 competitors)
- Vertical race individual: M senior, W senior, M espoir ranking, F espoir ranking, M junior, W junior, M cadet and F cadet
- Relays
  - M senior (4 competitors) and W senior (4 competitors)
  - Youth (junior/cadet): 3 competitors per team including 1 cadet (M or W) and 1 woman.

### 2. **Continental Championship (each race takes place on 1 day)**

- Ski Mountaineering races:
  - Singles: M senior, W senior, M espoir ranking, W espoir ranking, M junior, W junior, M cadet and W cadet
  - Teams: M senior (2 competitors) and W senior (2 competitors)
- Vertical races: M senior, W senior, M espoir ranking, W espoir ranking, M junior, W junior, M cadet and W cadet
- Relays
  - M senior (4 competitors) and senior (3 competitors)
  - youth (junior/cadet): 3 competitors per team including 1 cadet (M or F) and 1 female

### 3. **World Cups (each race takes place on 1 day)**

- Ski mountaineering races:
  - Singles: M senior, W senior, M espoir ranking, W espoir ranking, M junior, W junior, M cadet, W cadet.
  - Teams: M senior (2 competitors) and W senior (2 competitors)

### 4. **Continental cups (each race takes place on 1 day)**

- Ski Mountaineering races:
  - Singles: M senior, W senior, M espoir ranking, W espoir ranking, M junior, W junior, M cadet and W cadet
  - Teams: M senior (2 competitors) and senior F (2 competitors)

### 5. **Opens**

- Ski mountaineering races:
  - Singles: M senior, W senior,
  - Teams M senior, W senior

Teams comprised of competitors of different nationalities are authorised for all Opens and cups.

## 3. ENTRY TO COMPETITIONS

### 3.1. Categories

The categories for international competitions are:

- Cadet : 16-17-18 years.
- Junior : 19-20 years.
- Senior : 21 years and up.
- Espoir ranking : 21-23 years.

For the sports season N-1-N, the age is calculated from 31/12 of year N.

*Example: Competition in November 2002 => age on 31/12/03.*

*March 2003 => age on 31/12/03.*

### 3.2. Quotas for nation

UIAA/ISMC imposes nation quotas in certain international ski mountaineering competitions.

#### 3.2.1. World and European Championships

Ski Mountaineering race:

- Individual:
  - Senior : 4 H and 4 F
  - Classement Espoir : 3 H and 3 F (total 7 seniors H and 7 Seniors F)
  - Junior : 4 H and 4 F
  - cadet : 4 H and 4 F
- Par équipe :
  - Senior : 4 teams H + 4 teams F
- vertical race :
- Senior : 4 H and 4 F
  - Classement Espoir : 3 H and 3 F (total 7 seniors H and 7 Seniors F)
  - Junior : 4 H and 4 F
  - cadet : 4 H and 4 F
- relais :
  - Senior : 1 teams H + 1 teams F
  - Jeunes : 1 teams

**Bonus:** one extra competitor or team for the winning nation (1<sup>st</sup> place) of the previous European or World Championships in the same category. This rule does not apply to relays.

Example: a competitor from nation X won the individual women's race in the 2004 World Championships and a competitor from country Y came second. Consequently, in the 2006 World Championships nation X can register five (four + one) women competitors in this race ; nation Y and others can register 4 competitors

#### 3.2.2. Continental Championships (excluding European), Cups and Opens

There are no quotas.

### 3.3. Licence and documents

Competitors must hold an ISMC INTERNATIONAL LICENCE to participate in ski mountaineering competitions included in the UIAA/ISMC ski mountaineering calendar.

Competitors must contact their National Federation to obtain an international licence. Each National Federation must send the corresponding application form(s) to the ISMC office at least one week before the competition. The National Federation and competitors are bound to accept all ISMC Rules (equipment, conduct, anti-doping etc.)

Each National Federation is responsible for its competitors who are registered to take part in UIAA/ISMC world and continental ski mountaineering championships. Notably:

- Civil and accident liability for competitor's accidents that arise en route to and from the competition or during the competition.
- To ensure that competitors are medically fit to take part in the competition.
- A letter from parents or the legal guardian's for young competitors in accordance with the rules in each country.

For World and Continental cups, Grand Classic Opens and International Opens of UIAA/ISMC Ski Mountaineering each competitor must be covered for civil liability and accidents applicable to competitions, covering both the trajectories as well as the competition itself. Likewise, it must be verified beforehand that he/she is medically fit for the ski mountaineering competition.

For International Opens and Grand Classic Opens, each competitor under 18 must have a letter from their parents or guardians corresponding to the law of each country.

The Management Committee can authorise registration of competitors from UIAA federations who are not ISMC members by giving them a special international licence.

### 3.4. Registration

#### 3.4.1. World/Continental championships and Cups, all categories.

For UIAA/ISMC ski mountaineering World and Continental Championships all categories and World and Continental Cups all categories competitors are to be registered by their National Federation. Only competitors from the same continent can participate in Continental Cups and Continental Championships. Athletes from other continents can only participate if these competitions are also Opens.

Registration forms should be filled out and sent to the LOC by each Federation.

National Federations cannot register athletes except of their own nationality (no foreign athletes). Athletes who possess double nationality must choose one at the beginning of the season.

For every Championship event, a National Federation can register the quota + 2 competitors X hours before the start, names (and relay starting order) must be communicated to the organizer and cannot be changed. After the limit of X hours, only the substitute competitors can replace the registered starting athletes in the case of « force majeure ».

LOC members and ISMC officials cannot register in a competition in which they are engaged.

#### 3.4.2. Opens

For UIAA/ISMC ski mountaineering Grand Classic Opens and International Opens competitors can register directly with the Local Organising Committee.

## 4. CLOTHING AND EQUIPMENT

The equipment listed below is required for all ISMC courses. The safety equipment marked with an asterisk \* must conform to UIAA directives without any modification. (Modified equipment does not conform).

The jury president reserves the right to reject all equipment judged defective or inadequate.

The infringement of these rules is sanctioned with penalties described § 6.1.

It is categorically forbidden to change equipment during the race with the exception of one or more broken ski poles.

### 4.1. Equipment for ski mountaineering courses (ascent and descent)

#### 4.1.1. Compulsory equipment

Compulsory equipment for all competitors in any category is:

- A pair of skis with metallic edges on at least 90% of their length, and with a ski width of at least 60 mm under the boot; ski length must be at least 160 cm for men and 150 cm for women.
- Bindings which allow heel movement on ascent and blocking on descent, they may be equipped with security straps or not. Front and rear binding devices must have lateral and frontal release safety systems.
- Boots covering the ankles with notched Vibram soles or equivalent. These soles must cover at least 75% of the surface and have notches with a depth of at least 4 mm. The heel must have a minimum of 8 notches and the front sole a minimum of 15, with a minimum surface area of 1 cm<sup>2</sup> per notch. The boot must have at least 2 buckles and allow the use of metallic crampons. Cross-country boots and bindings or equivalent is categorically forbidden.
- A pair of alpine or cross-country ski poles (carbon or other material) with a maximum diameter of 25 mm, and with non-metallic baskets.
- A pair of removable anti-slipping skins. When skins are not in use they must be put away in the rucksack or suit. The use of scotch tape or equivalent in order to enhance gliding is categorically forbidden for environmental reasons.

Upper body clothing: three layers that properly fit the competitor.

1 long-sleeve body layer. The jury can decide if this layer can be short-sleeved depending on weather conditions.

1 long-sleeve ski suit or a second long sleeved layer of clothing.

1 breathable, waterproof long-sleeved windbreaker.

Lower body clothing: two long-legged layers that properly fit the competitor.

A ski suit or ski pants.

A breathable, waterproof windbreaker.

- An avalanche transceiver\* (ARVA) conforming with current standard (457 khz). Each competitor must wear this device against his/her body under the clothing in transmitting mode. At no point should the device be visible, including if the competitor opens his/her ski suit in the case of overheating. The competitor is responsible for the correct functioning of the device during the entire race.
- A helmet \* that conforms to the UIAA 106 standard. It must be worn on the head during all descents and during passages specified by the jury and/or the LOC.
- A snow shovel (0.2 m x 0.2 m minimum) without modifications subsequent to manufacture. The term « snow shovel » is defined by the manufacturer.

A snow probe of minimum 2.40 m length and minimum diameter of 10 mm, without modifications subsequent to manufacture. The term « snow probe » is defined by the manufacturer.

A survival blanket of minimum 1.80 m<sup>2</sup> without modifications subsequent to manufacture. The term « survival blanket » is defined by the manufacturer.

A pair of gloves covering the hand until the wrist must be worn during the whole duration of the race.

UV-protection sunglasses;

A rucksack with sufficient capacity to hold all the material required by the jury during the race and with two fastening points for carrying skis on the back or sides (carrying skis in shoulder straps not allowed). In the case of cooperation between teammates the carrier's rucksack should be equipped with two carrying systems.

#### **4.1.2. Supplementary equipment which may be required by LOC/jury**

Depending on race conditions and the type of race the LOC/jury can demand that all competitors carry:

A pair of metallic crampons with at least 10 spikes, two in front, without modification after manufacture and adjusted to fit the competitor's boots. Crampons must have safety straps. Crampons must be kept in the rucksack when not in use, spikes facing each other.

A harness\* without modification after manufacture.

2 dynamic cow's tails, with 1 useful metre and each fitted with a type K or Klettersteig karabiner (2 in total). The resistance of the ensemble (cow's tail + karabiner) must be equal or superior to 22kN.

A fourth long-sleeved upper body thermal layer fitting the competitor.

A ski cap or a headband;

A second pair of gloves or over-gloves ;

A head torch in full working order.

## **4.2. Equipment for vertical race and relays**

### **4.2.1. Compulsory equipment**

Compulsory equipment required for vertical races and relays is the following:

- A pair of skis with metallic edges on at least 90% of their length, and with a ski width of at least 60 mm under the boot; ski length must be at least 160 cm for men and 150 cm for women.
- Bindings which allow heel movement on ascent and blocking on descent, they may be equipped with security straps or not. Front and rear binding devices must have lateral and frontal release safety systems.

Minimum weight of skis + bindings (without tolerance) for all categories:

- Men: 850 grams or 1700 grams per pair.
- Women: 800 grams or 1600 grams per pair.
- Boots covering the ankles with notched Vibram soles or equivalent. These soles must cover at least 75% of the surface and have notches with a depth of at least 4 mm. The heel must have a minimum of 8 notches and the front sole a minimum of 15, with a minimum surface area of 1 cm<sup>2</sup> per notch. The boot must have at least 2 buckles and allow the use of metallic crampons.

Minimum weight of boots for all categories (without tolerance)

- Men: 650 grams or 1300 grams per pair
  - Women: 600 grams or 1200 grams per pair
- Cross-country ski bindings and boots or equivalent are strictly forbidden.

- A pair of alpine or cross-country ski poles (carbon or other material) with a maximum diameter of 25 mm, and with non-metallic baskets.

- A pair of removable anti-slipping skins. When skins are not in use they must be put away in the rucksack or suit. The use of scotch tape or equivalent in order to enhance gliding is categorically forbidden for environmental reasons.  
Upper body clothing: two layers that properly fit the competitor.  
1 long-sleeved ski suit or one second long-sleeved layer.  
1 breathable, waterproof long-sleeve windbreaker.  
Lower body clothing: two long-legged layers that properly fit the competitor.  
A ski suit or ski pants.  
A breathable, waterproof windbreaker.  
A survival blanket of minimum 1.80 m<sup>2</sup> without modifications subsequent to manufacture. The term « survival blanket » is defined by the manufacturer.
- A helmet\* that conforms with the UIAA 106 standard for the relay only. It must be worn on the head during all descents and during passages specified by the jury and/or the LOC.  
A pair of gloves covering the hand until the wrist during the whole duration of the race.  
UV-protection sunglasses;  
A ski cap or a headband is required for the vertical race only;
- A rucksack with sufficient capacity to hold all the material required by the jury during the race and with two fastening points for carrying skis on the back or sides (carrying skis in shoulder straps not allowed).

#### **4.2.2 Supplementary equipment which may be required by LOC/jury in function of the race condition.**

Upper body clothing: 1 long-sleeved or short-sleeved body layer.

- An avalanche transceiver\* conforming with current standard (frequency 457 khz) also called ARVA. Each competitor must wear this device against his/her body under the clothing in transmitting mode. At no point should the device be visible, including if the competitor opens his/her ski suit in the case of overheating. The competitor is responsible for the correct functioning of the device during the entire race.
- A helmet \* that conforms to the UIAA 106 standard. It must be worn on the head during all descents and during passages specified by the jury and/or the LOC.
- A ski cap or a head band
- A snow shovel (0.2 m x 0.2 m minimum) without modifications subsequent to manufacture.  
The term « snow shovel » is defined by the manufacturer.
- A snow probe of minimum 2.40 m length and minimum diameter of 10 mm, without modifications subsequent to manufacture. The term « snow probe » is defined by the manufacturer.
- A pair of metallic crampons with at least 10 spikes, two in front, without modification after manufacture and adjusted to fit the competitor's boots. Crampons must have safety straps. Crampons must be kept in the rucksack when not in use, spikes facing each other.

#### **4.3. Equipment for open races**

- The material for open races is that described for ski mountaineering races in § 4.1.1 (compulsory) and § 4.1.2 (supplementary) to which the following might be added:  
1 or 2 ice screws carried on the harness.  
A mountaineering descender.  
A dynamic rope, 8 mm in basic diameter and 30 m long.  
A compass  
An ice axe  
An altimeter.
- A second pair of UV filtered sunglasses.
- A single rope, compass and altimeter are necessary for teams.

#### **4.4. Equipment supplied by the LOC**

The LOC provides:

Competitor's number bibs which:

May have an electronic system.

Must not be folded or cut without the authorisation of the jury.

Must be displayed in a place reserved for this purpose and specified by the jury (mainly on the back of the rucksack and/or right thigh) during the whole race.

May be asked for once the competitor has crossed the finish line.

Are assigned in the following manner preferably.:

Numbers 1 to 199 will be reserved to senior men and assigned according to international ranking of the previous season, continental or world depending on the type of race

Numbers 200 to 299 will be reserved to senior women and assigned according to international ranking of the previous season, continental or world, depending on the type of race.

Numbers 300 to 399 will be assigned to espoir men

Numbers 400 to 499 will be assigned to espoir women

Numbers 500 to 599 will be assigned to junior men.

Numbers 600 to 699 will be assigned to junior women

Number 700 to 799 will be assigned to cadet men

Number 800 to 899 will be assigned to cadet women

For relays:

For each relay team competitor: 1st relay = X-1, 2<sup>nd</sup> relay = X-2, 3rd relay = X-3 and 4th relay = X-4.

The numbers X are assigned according to the ranking of the previous race of the same title (for a world championship N, the ranking of the world championship N-1 determines the number)

If there isn't a previous ranking for assigning of numbers in a category, the numbers will be drawn at random.

Any other equipment not mentioned in these rules having prior agreement from race jury.

#### **4.5. Advertising on competitor's clothing**

The race organiser may only use the number as advertising on the racers attire.

National Federations can use the space on the competitor's clothing.

#### **4.6. Marking and inspection of equipment**

The skis, ski poles and boots are inspected the day before the competition and are re-inspected at the finish of the race. Other equipment will be inspected at the finish or at any part of the itinerary (competitors are not stopped, the LOC makes a note of what it sees when upon passing)

The jury president reserves the right to reject all equipment judged defective or inadequate.

## 5. RUNNING OF THE RACE

### 5.1. Race briefing

On the eve of the competition the LOC organizes a meeting under the authority of the Course Director and the Trail Director to which all of the participants of the event are invited (competitors, trainers, head of the national selection, LOC members, national federations...)

All teams must attend the briefing. The competitors must at least be represented by their trainers.

The information provided is the following:

- Presentation of race officials, particularly the jury and ISMC representatives.
- Snow and weather predictions: snow quantity and quality, forecast temperature, wind-speed, avalanche risk on the European Scale.
- A course description made with visual aids (board or overhead projector), indicating change and danger areas, checkpoints and sequence points, technical features of the course and supply points.
- Equipment specifically required for the competition
- Race procedures:
  - The start (racer's briefing, inspection of avalanche transceiver, equipment, warm-up area and procedures, competition start...)
  - Protocol for competitors who do not finish the competition,
  - Information on medical assistance procedures,
  - Cut-off times (if any) and race stoppages.
  - Short notice cancellation procedures
  - Finish and equipment inspection
  - Procedures for complaints/objections
- Daily event programme with times and places: breakfast, public transport to and from the competition, parking, race start and finish, anti-doping controls, meetings of team leaders and jury, results service with groupings and publication, formal ceremonies (awards and prizes), press conferences and other meetings, meals and closing ceremony (if any)
- Race services: location to deposit and collect clothing, changing rooms, showers, food and beverage facilities, communication services and all other necessary information.
- Information on good environmental practice during warm-up and competition

All of this information will be available on the board before, during and after the race briefing.

Another (short) briefing should also be given just before the start of the race by a member of the LOC.

The LOC reserves the right, at all times, to modify the programme if necessary, with the condition that the changes conform to the rules of organisation. Cut-off times can be applied at any moment of the race. The right is reserved to modify the event for safety reasons.

### 5.2. Racer's progression and conduct

Each competitor must respect the LOC members, judges, officials and other competitors during the competition (preparation, registration, race, results...)

Any breach of rules of conduct which is reported or observed by the jury president will be examined by the jury of the race and may be sanctioned (§ 6.1).

### 5.2.1. The Start

All competitors must:

- Arrive on time and at the place indicated in the course briefing.
- Respect the referees' and the LOC members' instructions.

On arrival in the starting zone the LOC carries out the following:

- Control to ensure avalanche transceiver is in good working order (15-30 minutes before the official start).
- Material control.
- Filling in of the starting list.

Just before the start of the race and if the conditions of the race have been changed, a member of the Loc may give a short briefing.

All changes of the course will be announced 30 minutes before the start.

If the start must be delayed, an announcement will be made every quarter hour.

#### 5.2.1.1. Start types

- Ski mountaineering race: a mass start must be carried out with a handicapped starting system. This means that the higher ranked athletes (permanent world UIAA-ISMC ranking) have the best starting position and are followed by next best ranked athletes.
- Vertical race: a mass start (see ski mountaineering race) or against the clock.
- Relays: The competitors of the first relay position themselves on the starting line. The number one leaves from the middle of the track, number 2 to the right and number 3 to the left etc. The starting marker will be made on the right of the trail.

If there is not enough space to start all the competitors on the same line, it is possible to start the race on two or more lines of more than four metres between them and with a simultaneous start.

If there are many starting lines for different courses or categories, the starting order will be announced at the course briefing.

#### 5.2.1.2. Starting procedure

The competitors are called to the starting line five minutes before the start: an announcement two minutes before the start and then thirty seconds before the start will be made. The ski tips must be on the start line.

The starter informs with « ready » followed by the starting signal « Go » or a pistol shot (the English expressions must be used at each international competition)

If the start is valid the starter raises the green flag.

In the case of a false start the starter raises the red flag and the starter's assistant, positioned 100 metres ahead of the start closes the trails with a rope. The starter gives a new start from this location.

False starts are penalised (§6.1).

For relays, competitors must remain in a zone of the start area until beginning the relay.

### 5.2.2. Course features

#### 5.2.2.1. Positive difference in height

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

Individual:

Seniors and espoir ranking men and women: 1440 m to 1760 m  
duration of 1:30/2:00 for the first competitors;

Juniors and cadet men and women: 900 to 1100 m. The route must have at least 2 ascents. The largest ascent must make a maximum of 40 to 60% of positive difference in height.

Teams:

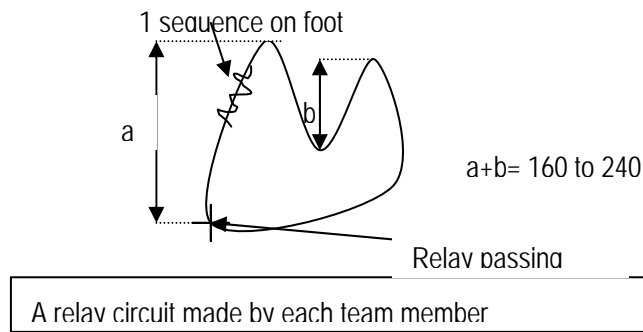
Senior men and women: 1620 to 2420 m.  
duration of 2:00/2:30hrs for the first competitors.

2) For vertical races (one ascent only)

Seniors and espoir ranking men and women: 675 m to 1100 m  
Juniors and cadets men and women: 600 m to 700 m

3) For relays in all categories:

each stretch (course run by one competitor) must be between 160 m and 240 m and be made up of 2 ascents and 2 descents.



4) For opens

For Opens and Grand Classic Opens the difference in height are proposed by the LOC and approved subsequently by the ISMC.

**5.2.2.2. Composition of the course**

1) Ski mountaineering races (ascents and descents)

Out of the total distance in height (positive + negative):

- At least 85% of the course must be made with skis;
- Maximum 5 % on foot (tracks, forest routes, ...);
- Maximum 10 % skis on back (crests, couloirs,).

The relationship between positive and negative difference in height will be inferior to 20%.

$$\frac{\text{Positivedifferenceinheight} - \text{Negativedifferenceinheight}}{\text{Positivedifferenceinheight}} \leq 20\%$$

2) Relays

One of the ascents of each stretch will consist of a portion on foot with skis on the rucksack.

**5.2.3.Course route and marking**

The courses are described in the document « UIAA/ISMC: Rules of organisation and development of international ski mountaineering competitions » It is important that:

Precise information on the route(s) and marking are given at the race briefing.

The points to put on and take off skins and techniques to use for safety reasons (on foot, crampons) are announced at the race briefing and are carried out at control or checkpoints.

If the route crosses or uses a marked ski slope, the part used by competitors is separated from that used by others by a net (or any other procedure making it impossible to accidentally cross the course) on the ascent and descent. As far as possible, these trails will be closed to the public during the duration of the race.

Junctions for different categories are positioned on a crossing point or checkpoint.  
In the case of high speed risk LOC tracers must put chicanes in place using signs to reduce speed which must be respected by competitors;  
The route is marked using flags:  
green (preferably fluorescent) on the ascent, 15x20 cm rectangular or triangular;  
red (preferably fluorescent) on the descent, 15x20 cm rectangular or triangular;  
Blue slalom poles to mark route junctions for different categories.  
Large flags are used in difficult conditions to reinforce markers (minimum height 1.5 m)  
Yellow rectangular flags (40x60 cm) with a black stripe indicate technically difficult areas or dangerous areas.  
Special zones (§5.2.4) are marked with a red line at the entry and a blue line at the exit.

#### **5.2.4. Special areas**

Special areas are cited and named at the race briefing.

##### **5.2.4.1. Changing area for ski poles at the start**

The LOC and/or the jury will define a changing area for ski poles just after the starting area. Each competitor who wants to have the option of changing broken ski poles at the start will designate one person (trainer ...) who will remain in this area with replacement ski poles.

##### **5.2.4.2 Checkpoints**

Competitors must pass checkpoints and be noted (arrival order + timing + safety + ranking if the race is stopped). They must respect the orders of the referee in charge of the checkpoint and of her or his assistants (e.g.: put on windbreaker or crampons, procedure to follow if the race is stopped etc.) If this point corresponds to a change in progression (taking off skis ...) or a junction, it will be set up in such a manner that competitors arrive with no speed.

##### **5.2.4.3 Sequence points**

Competitors must pass these sequence points and may be observed (for safety). They must respect the orders of the referee in charge of the sequence point and her or his assistants.

##### **5.2.4.4 Supply points**

Food and drinks are distributed to competitors from supply points, under the responsibility of the jury and LOC.

##### **5.2.4.5 Relay passing area**

The passing of the relay is carried out upon the competitor's arrival with him / her making hand contact with any part of his/her team-mate's body while both competitors are in the relay passing point. If the passing of the relay is not carried out according to the rules, a penalty will be given to the team. The waiting team-mate for the next stretch of the relay cannot enter this area until called.

#### **5.2.5. Conduct of competitors during the race.**

The advance of competitors is governed by the following rules:

- Ascents with skis are made with skins on and descents are made without skins (excepting instructions by the jury to the contrary)
- A competitor who is about to be overtaken must immediately and obligatorily yield the trail in favour of a competitor who shouts «TRACK»
- Superior trails are reserved for faster competitors;

- A competitor in difficulty can abandon the race on his / her own initiative or be taken out of the race on the decision of the race director or one of the doctors present.
  - Abandoning or being taken out of the race should take place at a checkpoint or sequence point except in extreme circumstances. If one of the team members abandons the course in a team event, the other team-mate will also be out of the race and will follow the instructions of the race director or jury president or one of their representatives.
  - Competitors are under the obligation to assist a fellow competitor who is in danger. The jury will take into account time spent whilst giving assistance;
  - Competitors cannot leave a checkpoint until they are clocked in by an official. Team members must leave a checkpoint together before crossing the blue line which indicates the checkpoint exit.
  - Team-mates are not obliged to leave sequence points together.
  - Competitors are obliged to put their skins away inside the ski suit or rucksack.
  - Each competitor in team events must wear his / her rucksack during the entire race with all the equipment required except skis.
  - Skis are obliged to be carried with the 2 fastening points on the rucksack designated to this effect (no carrying skis under-arm or in shoulder straps.) During team events, the carrying of team-mate's skis is not allowed except when the carrier of two pairs of skis has two independent and regulated fastening systems.
  - Competitors must have their skis attached and have put on crampons (if obliged) before crossing the blue line which indicates the exit of the check/sequence point.
  - The race director or head of the post can oblige competitors at any point of the route to put on the windbreaker, cap, or any other obligatory material.
- No outside assistance is authorised except for:
- The changing of a broken ski pole. The competitor must leave the broken ski pole at a checkpoint or sequence point or be penalised.
  - In the case of a team race, assistance is only permitted between team-mates (except the carrying of the rucksack with equipment)
- All competitors must respect the environment. Penalties will be applied for throwing objects onto the course and for poor environmental conduct. (See §6.1).
  - All competitors awarded in an event, whatever the category, must participate at the prize-giving ceremony or incur a penalty. (See §6.1).

### **5.2.6.The finish**

The features of the finish are as follows:

If electronic timing is in place, the times and finishing order are determined by the readings of the system.

If there is not electronic timing in place, the finishing order and times are determined by the crossing of feet over the finish line (arrival photo, camera etc.)

If a competitor falls at the finish line it is necessary for all parts of his / her body cross the line without outside help ( with the exception of race team-mate in team events) in order to declare a finish.

In team events, team-mates must arrive together and time of the second is taken;

The LOC, under the control of the jury, will carry out an inspection of rucksacks and equipment.

A podium of the three first competitors will be made just after their arrival for the attention of the press.

Competitors must submit to an anti-doping control according to the country's legislation or be liable for sanction.

Competitors are obliged to use rubbish bags for the disposal of waste.

### **5.2.7.Safety/Event stoppage**

The race director or jury president can stop the competition for safety reasons or sporting fairness. The instructions will be passed onto competitors by the LOC and the jury.

## 6. ELABORATION OF RESULTS

The results of every race are elaborated by the LOC and validated by the jury president. The rankings are made by resting the finishing times with the penalties imposed by the jury.

If there is no way to decide between competitors a tie is declared.

The rankings of championships, cups and internationals are dealt with in the document «UIAA-ISMC Classification Rules».

### 6.1. Infractions and penalties

Offences by competitors are reported by the referees in charge of the post to the race director who in turn informs the jury president.

Penalties are applicable by the jury president after consultation with the race jury according to the table below. For teams competitions the penalties of each team-mate are applied to the team.

The president of the jury informs the competitor and/or team concerned that he/she/they have incurred a penalty if possible before announcing the result. The competitor/team can bring forth an appeal. (see § 6.2).

The corresponding disciplinary procedures are stated in the document "UIAA: Disciplinary Rules".

<b>EQUIPMENT AND CHANGING OF EQUIPMENT (individual, relay, vertical and teams)</b>		
<b>Offence</b>	<b>Penalties</b>	
	<b>Ski mountaineering race</b>	<b>Vertical and relay race</b>
All equipment required by the jury and replaced during the race or lacking at a checkpoint or at the finishing inspection (excepting broken ski poles left with a referee in charge of a point or his/her assistants. Penalty given for each item (cumulative))	1 minute to disqualification	30 seconds to disqualification
Changing ski poles out of checkpoint and without the presence of a race official.	1 minute	1 minute
Using crampons without security straps	2 minutes	30 seconds
Carrying crampons outside rucksack	2 minutes	30 seconds
Using a basic emitting device instead of an avalanche transceiver during the course	disqualification	disqualification
Any infraction of the rules not mentioned above	1 minute to disqualification	30 seconds to disqualification

<b>COMPETITOR'S ADVANCE AND CONDUCT (individual, relays, vertical and teams)</b>			
<b>Offences</b>		<b>Penalties</b>	
		Ski Mountaineering race	Vertical race and relay events
False start	First	No penalty	
	Second and consecutive	1 minute	30 seconds
Voluntary or involuntary avoiding of a checkpoint and/or sequence point		Disqualification	Disqualification
Not respecting the orders of an official on the course (at the start, a control or sequence point, at the finish)		1 minute to disqualification	30 seconds to disqualification
Not using the correct advancement technique required at a given part of the course:  Example: walking without skis on the track, making a skater's stride on the tracks of the course, making a ski descent in a place indicated as a sequence on foot, not using crampons in a crampon sequence etc.		30 seconds disqualification	to 15 seconds to disqualification
Not respecting the marking and itinerary of the course  Example: Cutting straight ahead at a turn, not following the correct route on a crest, not respecting the marking on a descent (rocky zone, taking a marked forest route) etc.		30 seconds disqualification	to 15 seconds to disqualification
Not correctly attaching skis to the rear of the rucksack (without 2 fastening points)		2 minutes	30 seconds
Not keeping the anti-slipping skins immobile inside the ski suit or rucksack		2 minutes	30 seconds
Crossing the blue line of a post without having attached the skis correctly on the rucksack		2 minutes	30 seconds
Making an action considered dangerous or jeopardising the safety or effective advancement of the race.  Example : overtaking dangerously on a crest, during a descent, etc.		1 minute to disqualification	1 minute to Disqualification
Unsportsmanlike conduct: Not yielding the track, shoving, pushing or making a competitor fall, not helping a person injured or in danger		1 minute to disqualification	30 seconds to disqualification
Receiving outside help: with equipment, manoeuvres, extra speed given on ascents or descents, food and drink outside of designated areas or other forms of assistance noted down by an official, except change of ski poles		1 minute to disqualification	30 seconds to disqualification
Lack of respect for the environment (abandoning of equipment or waste)		30 seconds to disqualification	15 seconds to disqualification

Lack of respect or insults toward every participant of the event (jury, competitors, organisers, public...)	Disqualification	Disqualification
Competitor not present on the provisional podium at the finish line and without medical justification	Disqualification	Disqualification
Any infractions of the rules not mentioned above	30 seconds to disqualification	15 seconds to disqualification

<b>SPECIFIC PENALTIES FOR TEAM RACE</b>	
<b>Offences</b>	<b>Penalties</b>
Team not together when leaving a checkpoint or not respecting the orders of the official in charge of the post.	2 minutes to disqualification
Team with a team-mate who does not carry their own equipment in their rucksack, during the duration of the race. Penalty given per piece of equipment	1 minute to disqualification
Competitor who carries his/her team-mate's skis without attaching them correctly to the rucksack.	2 minutes
Time between both team-mates arrival on the finish line exceeding 15 seconds.	1 minute
Any infraction of the rules not mentioned above	1 minute to disqualification

<b>SPECIFIC PENALTIES FOR RELAYS</b>	
<b>Infractions</b>	<b>Penalties</b>
Not making the correct transfer of the relay as defined by the rules	30 seconds to disqualification
The same competitor races two circuits of the relay	Disqualification

## 6.2. Results in the event of race stoppage

The race jury will determine the checkpoint(s) to be used for ranking. The ranking will be made according to the order and passing time of athletes at the last checkpoint which has been passed by the first competitors.

The ranking will be made according to the order and time of passing of athletes at the last control point that the first competitors have crossed. Competitors that have not passed this checkpoint will be ranked according to their order and time at the last checkpoint that they have passed.

### **6.3. Claims**

All claims must be submitted in writing:

- By the team head or the competitor if he/she is registered directly through the LOC.
- Given to the Jury President
- Within 15 minutes following the publication of race results
- Accompanied by a sum equivalent to 50 Swiss Francs, in the currency of the host country and for the attention of the ISMC. This sum is not reimbursable in cases where the decision is not in the competitor's favour

The Race Jury will present its decision in writing within an hour of the claim.

The competitor can appeal according to the procedures outlined in the internal disciplinary regulations of the ISMC-UIAA

The Jury of the final race will receive claims and report to the final classification of the Cup (World or Continental Cup)

### **6.4. Podiums**

The first three competitors of each category are awarded (see UIAA-ISMC Rules for Organising International Ski Mountaineering Competitions). The team chiefs will ensure that the recipients wear official clothing and assist at the prize-giving.

## **7.DOPING**

Doping is strictly forbidden and tests may be carried out (see UIAA-ISMC Rules for Organising Ski Mountaineering Competitions §4.5.5). Testing procedures and sanctions correspond to IOC recommendations, the WADA agency and the UIAA anti-doping commission.

The list of banned substances is published by the WADA agency.