



International Ski Mountaineering Federation

Sport Rules for ISMF competitions

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1. INTRODUCTION

ISMF rules and regulations for international ski mountaineering competitions (for world and continental championships, world and continental cups and ISMF homologated races) consist of a set of rules for standardized organisation of ski mountaineering competitions. The purpose of this text is to describe the obligations and rights of competitors who participate in the international ski mountaineering competitions announced in the ISMF calendar.

The official ISMF *Game Rules* text is published in both English and French. In the event of any contradiction, the English version will prevail.

This document is the reference. Together with the document named "Rules for organising ISMF international ski mountaineering competitions", these documents describe rules and regulations to implement for international competitions.

1.1. Definitions

Sport season: year N-1/N runs from 1st June N-1 to 31st May N.

Any changes in rules voted in May N-1 by the PA will be applicable from 1st June N-1 and therefore for the season N-1/N.

National Federation: federation or association that represents ski mountaineering in its country, approved by the corresponding ministry or state department, approved by the federation sitting at the National Olympic Committee and member of ISMF.

Event: describes all proceedings extending from LOC preparations to final results (candidacy, administrative and technical procedures, route marking, welcome, registration, inspections, races, podium, accommodation, meals, etc.).

Race: describes the contest from start to finish.

Competition: all the races that take place during the event.

Competitors: all persons participating in the race and the competition.

Time points: points depending on the ratio of a competitor's finish time and that of the winner given in percentage for each race; used for final ranking in the event of a tie.

Place points: points attributed to competitors depending on their results in a given race irrespectively of the race coefficient.

Race coefficient: value attributed to the race depending on the previous ranking of the best athletes to finish.

Ranking points: points of an individual competitor, a team or a nation used to establish their position in competition ranking (sum of PP*coefficients).

1.2. Abbreviations

ISMF:	International Ski Mountaineering Federation
PA:	Plenary Assembly
MC:	Management Committee
LOC:	Local Organising Committee
UIAA:	International Mountaineering and Climbing Federation
DVA:	Détecteur de Victimes d'Avalanche, also called: Avalanche transceiver (ARVA)
M / W:	Men/ Women
NF:	National Federation

1.3. References

The following documents relate to ISMF ski mountaineering competitions:

- ISMF: Rules for organising international ski mountaineering competitions
- ISMF: International ski mountaineering game rules
- ISMF: Rank regulations for international ski mountaineering competitions
- ISMF: Disciplinary rules
- ISMF: Anti-doping policy & procedures

2. COURSES AND COMPETITIONS

The courses that can be found on ISMF international competitions are:

Ski mountaineering courses: several ascents and descents on mountain slopes. Ski mountaineering courses can be raced individually and/or in teams.

Team formation (number and category of competitors) depends on the type of competition and is approved by ISMF.

Vertical race: a single ascent, individual race.

Relay: ascent(s) and descent(s) raced by each member of the relay team.

The various ISMF international competitions and open categories (§ 3.1) are as follows:

2.1. World and Continental Championships

Each race takes place on 1 day.

Ski mountaineering race:

Individual: senior M, senior W, espoir M ranking, espoir W ranking, junior M, junior W, cadet M and cadet W
Teams: senior M (2 competitors) and senior W (2 competitors)

Vertical Race: senior M, senior W, espoir M, espoir W, junior M, junior W, cadet M and cadet W

Teams: senior M (4 competitors) and senior W (3 competitors)
youth (juniors/cadets): 3 competitors per team including 1 cadet and 1 girl
1 Cadet (M) + 1 Girl (C or J) +1 youth (M or W, Cadet or Junior)
The girl necessarily starts in 1st position.

Proposal for the week's schedule to be used and respected (if weather conditions are favourable)

During candidacy assessment, the distinctive features of each candidacy will be taken into account, and decisions will be taken by common agreement between the LOC and the TD (technical direction).

Day 0:	Welcome (preferably a Saturday or Sunday)	
Day 1:	Individual senior and espoir races M and W	From 1440 m to 1760 m
Day 2:	Individual youth races	From 900 m to 1100 m
Day 3:	Rest	
Day 4:	Vertical Race	
	Start order: Youth	From 425 m to 575 m
	Women, after a 20 min interval	From 745 m to 1000 m
	Men, after a 30 min interval	From 745 m to 1000 m
Day 5:	Team races Men and Women	Positive difference in height superior to 2400 m
	Require use of technical equipment: crampons - harness - tethers.	
Day 6:	Relays	
	Start order: Youth	From 130 m to 160 m
	Women	From 160 m to 200 m
	Men	From 160 m to 200 m

Before 2 pm except if races take place on entirely lit up trails.

2.2. World and Continental Cups

Each race takes place on 1 or more days.

Ski mountaineering races:

Individual races: senior M, senior W, espoir M ranking, espoir W ranking, junior M, junior W, cadet M and cadet W
Team races: (2 or 3 competitors): Senior M & W

Athletes holding valid ISMF licences are not allowed to take part in races that count towards the ISMF World Cup by team with team members of different nationalities.

2.3. ISMF homologated competitions

Ski mountaineering races:

Individual races: seniors, espoirs, juniors and cadets (M and W)

Team races: Senior M & W

having fulfilling the criteria required to obtain the ISMF Homologated Race Label (see appendix 1)

3. ENTRY TO COMPETITIONS

3.1. Categories

The categories for international competitions are:

Cadet: 16 - 17 - 18 years (for season 2008/2009 the year of birthday should be 1993 - 1992 – 1991);

Junior: 19 - 20 years (for season 2008/2009 the year of birthday should be 1990 - 1989) ;

Senior: 21 years and above;

Espoir ranking: 21 - 23 years.

For the sports season N-1/N, the age taken into account is the age on 31st December of year N.

For example, for a competition held in November 2008 => age on 31/12/09.

March 2009 => age on 31/12/09.

3.2. Quotas by country

For some international ski mountaineering competitions, ISMF lays down quotas by country.

3.2.1. World and European Championships

Ski mountaineering races:

Individual races:

Seniors: 4 M and 4 W

Espoir ranking: 3 M and 3 W (total of 7 seniors M and 7 seniors W)

Juniors: 4 M and 4 W

Cadets: 4 M and 4 W

Team races:

Seniors: 4 teams M + 4 teams W

Vertical Race:

Seniors: 4 M and 4 W

Espoir ranking: 3 M and 3 W (total of 7 seniors M and 7 seniors W)

Juniors: 4 M and 4 W

Cadets: 4 M and 4 W

Relay races:

Seniors: 1 team M + 1 team W

Youth: 1 team

Bonus: an additional competitor or team for the winning nation (1st place) of the previous European or World Championships in the same category. This rule does not apply to relay races.

E.g.: a competitor from country X won the individual women's race at the 2008 world championships and a competitor of country Y finished 2nd. For the 2010 world championships, country X may register five (four + one) women competitors for this race, whereas country Y (and all other countries) may only register 4 competitors.

If, for any given reason, the competition did not take place, or if there was no ranking, this bonus is not applied.

3.2.2. *Continental Championships (except Europe), World Cups and ISMF homologated races*

There are no quotas.

3.3. Licence and documents

Competitors must hold an ISMF INTERNATIONAL LICENCE to participate in ISMF ski mountaineering championships and world cup races, as well as to obtain points that count towards the world cup ranking.

Competitors should contact their national federation to obtain an international licence. Each national federation must send the international ISMF ski mountaineering licence registration form to ISMF headquarters at least one week before the start of the competition. Both the national federation and the competitor agree to accept and abide by all ISMF rules and regulations (equipment, conduct, anti-doping, etc.).

Each national federation is responsible for its competitors registered for races in world and continental championships and ISMF ski mountaineering world cups.

Notably:

- Civil and accident liability covering any accidents involving competitors that may arise during journeys to and from the competition and/or during the competition.
- To ensure that competitors are medically fit to take part in ski mountaineering competitions.
- A letter from parents or the legal guardian for young competitors in accordance with the rules that apply in each country.

For homologated ISMF ski mountaineering races, each competitor must contract insurance policies for civil and accident liability that cover the competitions and journeys to and from the competitions. Likewise, it must be ensured that competitors are medically fit to take part in ski mountaineering competitions.

For ISMF homologated races, all competitors under 18 years must have a letter from parents or the legal guardian in accordance with the laws that apply in each country. **It is not compulsory to hold the international ISMF licence.**

3.4. Registration

3.4.1. *World/Continental Championships and World/Continental Cups - all categories*

For all ISMF ski mountaineering categories, all competitors must register for world/continental championships and world/continental cups via their national federation.

Registration forms must be completed and sent to the LOC by each national federation. National federations can only register athletes of the country they represent (no foreigners). Athletes with dual nationality must choose under which nationality they register at the beginning of each season.

Competitors holding an ISMF licence can only participate in team races with team members of their own nationality during ISMF world championships or world cups.

For every event, a national federation registers its quota of competitors/teams/relays at the time set down by the event organisers stating the names of the competitors, team formation and start order for relays. At time = X (set down by the LOC) before departure, national federations may substitute registered competitors by other competitors, and are responsible for passing on their body numbers to the substitutes.

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

3.4.2. *ISMF homologated races*

For ISMF homologated ski mountaineering races, competitors can register directly via the Local Organising Committee (LOC).

4. CLOTHING AND EQUIPMENT

The equipment listed hereafter is required for all ISMF competitions.

For the 2008 – 2009 season, competitors taking part in ISMF events must necessarily use equipment from suppliers registered in a chamber of commerce and industry and/or produce a VAT receipt from their country of origin. All other equipment will be rejected by ISMF referees and the competitor will receive penalties, or even be disqualified.

The security equipment marked *with asterisks must be stamped CE and UIAA and conform to UIAA directives without any modifications; with only the modifications authorized by the manufacturer (modified equipment no longer complies with standards).*

The chairman of the jury reserves the right to reject any equipment judged to be defective or inadequate.

Infringement of these rules will be sanctioned by penalties, as described in § 6.1.

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

4.1. Equipment for ski mountaineering races (ascents and descents)

4.1.1. Compulsory equipment

The following equipment is compulsory for all competitors in all categories:

- a pair of skis with metallic edges covering at least 90% of their length, and a minimal width of at least 60 mm under the boot; ski length must be of at least 160cm for men and 150cm for women and youth categories (juniors and cadets, men and women).
- bindings which allow heel movement during ascents and are blocked for descents; they may or may not be equipped with security straps. The front and rear parts of the binding devices must have frontal and lateral release safety systems.
- boots covering the ankles with notched soles in Vibram or an equivalent. The soles must cover at least 75% of the boot surface and the minimal depth of the notches is 4 mm. There must be at least 8 notches under the heel and 15 under the front part of the sole, with minimal surface area of 1 cm² per notch. The boot must have at least 2 buckles. Boots must be adapted for the use of metallic crampons. Cross-country ski boots and bindings or equivalents are strictly forbidden.
- a pair of alpine or cross-country ski poles (carbon or other material) of a maximum diameter of 25 mm, and with non-metallic baskets.
- a pair of removable anti-slipping skins. When the skins are not on the skis, they must be put away in the rucksack or ski suit. Use of adhesive tape or an equivalent system to enhance gliding is strictly forbidden for environmental reasons.
- Upper body clothing: three layers that properly fit the competitor:
 - 1 long-sleeve body layer. Depending on weather conditions, the jury may decide that short-sleeves are suitable.
 - 1 ski suit with long-sleeves or a second layer with long-sleeves.
 - 1 breathable, waterproof long-sleeved windbreaker.
- Lower body clothing: two long-legged layers that properly fit the competitor
 - 1 ski suit or ski pants
 - 1 breathable and waterproof windbreaker layer
- an avalanche transceiver, also called ARVA, that complies with standards (457 kHz frequency). Each competitor must wear this apparatus against his/her body, under all clothing in transmitting mode. This device must never be visible during the race even if the competitor opens his/her suit due to high temperatures. Competitors must ensure that their device runs properly during the entire race.
- a helmet* conform to UIAA 106 standards. It must be used (strapped under the chin) for all descents and for any other passages specified by the jury and/or the LOC.
- a snow shovel (minimum 0.2 m x 0.2 m) without any modifications subsequent to manufacture. The term "snow shovel" is defined by the manufacturer.
- a snow probe* of minimum length 2.40 m and minimum diameter 10 mm, without any modifications subsequent to manufacture. The term "snow probe" is defined by the manufacturer.
- a survival blanket of minimum 1.80 m², without any modifications subsequent to manufacture. The term "survival blanket" is defined by the manufacturer.
- a pair of gloves that cover all the hand up to the wrist and worn throughout the duration of the race
- UV-protection sunglasses;

- a rucksack with sufficient capacity to hold all the equipment required by the jury during the race, with two posterior and/or lateral fastening straps for carrying skis (carrying skis in shoulder straps is not allowed). In the event of cooperation between team-mates, the carrier's rucksack must have two independent sets of fastening straps.

4.1.2. *Supplementary equipment that may be required by the LOC and/or jury*

Depending on race conditions and the type of race, the LOC and/or jury may require competitors to carry:

- a pair of metallic crampons* (UIAA standard 153) with at least 10 spikes, of which two are frontal spikes, without any modifications subsequent to manufacture and adjusted to fit the competitor's boots. Crampons must have safety straps;
- During their use on a race, crampons are put on and safety straps fastened properly. Any non-complying devices will lead to the disqualification of the competitor. When crampons are not the boots, they must be packed in the rucksack, spikes facing each other;
- a harness* (UIAA standard 105), without any modifications subsequent to manufacture;
- 1 tether certified "via ferrata energy absorbing system" (UIAA standard 128) without any modifications subsequent to manufacture;
- 2 connectors* with type K automatic locking devices (Klettersteige) (UIAA standard 121);
- an additional upper body thermal layer of clothing (4th layer with long sleeves) that properly fits the competitor;
- a ski cap or headband;
- a second pair of gloves or over-gloves;
- a head torch in full working order;
- 1 or 2 ice anchors* carried on the harness (UIAA standard 151);
- an alpinism descender;
- a dynamic single rope* (UIAA standard 101), 8 mm diameter, length 30 m;
- a compass;
- an ice axe* conform to UIAA standard 152;
- an altimeter;
- a second pair UV-protection sunglasses.

For teams, only one rope, one compass and one altimeter are required.

4.2. Equipment for Vertical Races and Relays

4.2.1. *Compulsory equipment*

Compulsory equipment for vertical races and relays is identical to that required for ski mountaineering races (ascent and descent), except as regards to the weight of:

Skis and bindings: minimal weight (applied strictly) for all categories:

Men: 850 grams, i.e. 1700 grams per pair.

Women and Youth (cadets and juniors, boys and girls): 800 grams, i.e. 1600 grams per pair

Boots: minimal weight, shell alone (applied strictly)

Men: 500 grams, i.e. 1000 grams per pair

Women and Youth (cadets and juniors, boys and girls): 450 grams, i.e. 900 grams per pair

In accordance with the requirements of the UIAA standard 106, helmets* are compulsory for relays. Helmets must be used (strapped under the chin) for all descents and for any other portions specified by the jury and/or the LOC.

4.2.2. *Adaptation of rules by the LOC depending on race conditions*

Depending on race conditions (course on entirely secured and marked out ski trails, optimal weather and snow conditions), the LOC, in agreement with the ISMF referees, can decide to remove some equipment from the compulsory equipment list:

- upper and lower body clothing: 1 breathable and waterproof windbreaker
- survival blanket
- snow shovel
- snow probe
- crampons
- cap or headband
- helmet (only for vertical races)
- rucksack (only for vertical races)

4.3. Equipment for ISMF homologated races

For ISMF homologated races, the same equipment is required as for ski mountaineering races as described in § 4.1.1 (compulsory) and § 4.1.2 (supplementary).

4.4. Equipment supplied by the LOC

The LOC provides competitor's numbers which:

- might include an electronic device;
- must not be folded, or cut without authorisation from the jury;
- must be displayed in the place(s) reserved for this purpose and specified by the LOC (back of the rucksack and right thigh) throughout the duration of the race;
- might need to be handed in once the competitor has crossed the finishing line;
- are assigned in the following manner (preferably):
 - numbers 1 to 199 are for Senior Men and assigned according to world ranking*
 - numbers 200 to 299 are for Senior Women and assigned according to world ranking
 - numbers 300 to 399 are for Espoirs Men
 - numbers 400 to 499 are for Espoirs Women
 - numbers 500 to 599 are for Juniors Men
 - numbers 600 to 699 are for Juniors Women
 - numbers 700 to 799 are for Cadets Men
 - numbers 800 to 899 are for Cadets Women
 - for relays: for each team competitor:
 - 1st relay = X-1, 2nd relay = X-2, 3rd relay = X-3 and 4th relay = X-4.
 - the numbers "X" are assigned according to ranking at the previous race for the same title (for a world championship n° N, competitors numbers are determined by their ranking at the world championship n° N-1)
- If a previous ranking is not available for number assignment in a category, then numbers will be drawn at random.
- Any other equipment not stated in the present regulations with prior agreement of the race jury.

4.5. Advertising on competitor's clothing

The only space that can be used by the LOC for advertising on competitor's attire is the number. National federations can use spaces on competitor's clothing.

4.6. Inspection of equipment

Equipment will be inspected at the finish or at any other point on the course (without stopping the competitor, the LOC makes note of what it can see as the competitor goes past). **The competitor is responsible for his/her equipment.** If a competitor has doubts about his/her equipment, he/she can have it checked by the jury the day before the competition. The chairman of the jury reserves the right to reject any equipment judged to be defective or inadequate.

5. RUNNING OF THE RACE

5.1. Race briefing

On the eve of the competition the LOC organizes a meeting chaired by the Race Director and the Trail Director to which all those participating in the event are invited (competitors, trainers, heads of national selections, LOC members, national federations, etc.).

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

The following information is provided:

- Presentation of race officials, particularly the jury and ISMF representatives.
- Weather forecasts and snow conditions: snow quantity and quality, forecast temperatures, wind speed, avalanche risks using the European scale, etc.
- A course description using visual aids (board or overhead projector) specifying change and danger areas, checkpoints and waypoints, technical features of the course and refreshment points.
- Equipment specifically required for the competition.
- Race procedures:
 - the start (competitor's briefing, inspection of avalanche transceivers and equipment, warm-up area and procedures, start of the race, etc.),
 - the procedure to follow for competitors who do not finish the race,
 - information on medical assistance procedures,
 - cut-off times (if any) and race stoppages,
 - short notice cancellation procedures,
 - Finish (equipment inspection),
 - Procedures for claims,
- Daily event schedule with times and places: breakfast, public transport to and from the competition, car parks, race starts and finishes, anti-doping controls, team leader and jury meetings, results service with groupings and posting, formal ceremonies (awards and prizes), press conferences and other meetings, meals and closing ceremony (if any).
- Race services: place to leave and collect clothing, changing rooms, showers, catering facilities, communication services and all other necessary information.
- Information about good environmental practices to be respected during warm-up and races.

All this information will be displayed on a notice board before, during and after the race briefing.

Another short briefing will also be held just before the start of the race by member of the LOC.

The LOC reserves the right to change the schedule if necessary, at any time, as long as the changes remain within the bounds defined by race organisation rules. It can decide to implement cut-off times at any moment of the race. It reserves the right to change the event for safety reasons.

5.2. Racing and conduct of competitors

All competitors must respect LOC members, referees, officials, and the other competitors throughout the duration of the competition (preparation, registration, race, results, etc.).

Any breach to the rules of conduct reported or observed by checkpoint chiefs, LOC members, referees or officials will be examined by the race jury and may be sanctioned (§ 6.1).

5.2.1. The start

All competitors must:

- arrive on time and at the place stated at the race briefing;
- respect instructions given by referees and LOC members.

Before entering the start area, the LOC must:

- ensure that avalanche transceivers are in good working order (15-30 minutes before the official departure);
- inspect equipment (skis - boots - poles);
- make sure that competitors sign in.

If race conditions have been modified, a LOC member may give a short extra briefing just before the start of the race. Any changes to the course will be announced 30 minutes before the start. If the start of the race is delayed, an announcement will be made every 15 minutes.

5.2.1.1. Start types

Ski mountaineering races: mass start organised using starting handicap ranking. This means that the best ranked athletes (permanent ISMF world ranking) have the best starting positions and are followed by the next best ranked athletes, etc.

Vertical race: either mass starts (see ski mountaineering races) or individual starts for races against the clock.

Relay races: Competitors for the first relay take position on the starting line. Number 1 is positioned in the centre of the trail, n° 2 to his/her right, n°3 to his/her left, and so on. Starting marks will be made to the right of the trail.

If there is not enough room for all competitors on the same line, two or more starting lines (4 metres between each line) can be set up for a simultaneous start.

If there are many ISMF starting lines for different courses or categories, then start order will be given at the race briefing.

Competitors who are not participants in the ISMF competition are relegated to another starting line, systematically 20 to 50 m behind the last ISMF starting line.

5.2.1.2. Starting procedure

Competitors are called to the starting line five minutes before the start: they are informed twice of the time left before the start: two minutes before and then thirty seconds before the start. The tips of their skis must be on the start line. Then the starter gives the starting signal "Go" or a pistol shot (this phrase in English must be used for all international competitions).

If the start is approved, the starter raises a green flag.

In the event of a false start, the starter raises a red flag and the starter's assistant, placed a 100m in front of the starting line, closes the trail with a rope. The starter gives a new start from this line.

False starts are penalised (§6.1).

For relays, competitors must remain in the starting area until relay hand-over.

Starts for Youth and Women's races: if these starts do not take place at the same time as for men's races, care must be taken to ensure that these competitors:

- do not hinder the men's race (if start given before the men's race)
- are not themselves hindered by the last competitors of the men's race.

5.2.2. Course features

5.2.2.1. Positive difference in height

1) For ski mountaineering courses (ascents and descents)

Individual races:

- seniors and espoir ranking, men and women:
 - 1600m +/- 10% (from 1440m to 1760m)
 - duration: 1.5 hrs to 2 hrs for the first competitors;
- juniors and cadets, men and women :
 - 1000m +/-10% (from 900m to 1100m)
 - courses must include at least 3 ascents. The longest ascent must not exceed 50% of the total positive difference in height.

Team races:

- seniors, men and women:
 - average superior to 2400m (positive difference in height) per day
 - duration: 3 hrs maximum for the first competitors.
- juniors and cadets, men and women:
 - 1200m +/- 10%

In particular instances, certain dispensations for excess time or duration may be agreed to on request of the race organisers.

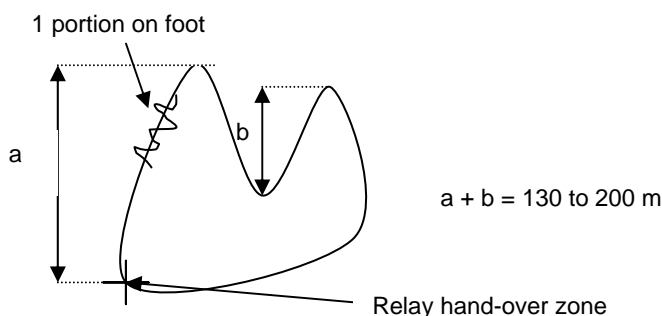
2) For vertical race courses: (a single ascent)

seniors and espoir ranking, men and women:
juniors and cadets, men and women:

875 m +/- 15% From 745m to 1000m
500 m +/- 15% From 425m to 57 m

3) For relays, all categories:

Each relay leg (course run by each competitor) must be between 160m and 200m for senior categories and between 130 m and 160m for youth categories and must include 2 distinct ascents and descents.
The running time for each competitor should not be superior to 20 min.



Relay leg run by each member of the relay team

One of the ascents on each leg comprises a portion to be climbed on foot with skis strapped on the rucksack.

5.2.3. Course route and marking

Courses are described in the ISMF document: "Rules for organising international ski mountaineering competitions".
It is important that:

- Detailed information on routes and marking is given at the race briefing.
- A copy of this information is provided in the mailbox of each country taking part in the event.
- Zones for removing and replacing skins and techniques to be used for safety reasons (on foot, crampons, etc.) will be located at checkpoints or waypoints.
- If the route crosses or follows a marked ski trail, then the portion used by competitors must be separated from that used by other users by nets (or any other means making it impossible to cross the course by accident) both during ascents and descents. As far as possible these trails should be closed to the general public for the duration of the competition.
- Junctions for different categories must be located at checkpoints or waypoints.
- In the event of risks due to high speed, LOC markers must set up chicanes using signs to reduce speed. Competitors must respect their use.

The route is marked with flags:

- green (preferably fluorescent) in ascents, 15 x 20 cm, rectangular or triangular;
- red (preferably fluorescent) in descents, 15 x 20 cm, rectangular or triangular;
- at route junctions or crossings, signs with arrows showing which direction should be followed by each category must be used;
- large flags must be used during difficult conditions to reinforce marking (minimal height 1.5m);
- yellow rectangular flags with a black stripe (40 x 60 cm) mark technically difficult or dangerous areas;
- Special areas (§5.2.4) are marked out with a red line at the entry and a blue line at the exit.

5.2.4. Special areas

Special areas are stated and described at race briefing.

5.2.4.1. Checkpoints

Competitors must pass through the checkpoints so that arrival order and times can be determined (for ranking in case the race is neutralised or stopped), and so that safety issues can be checked. Competitors must follow instructions given by the checkpoint chief and his/her assistants (e.g. put on windbreakers, crampons, procedure to follow is the race is neutralised, etc.). If the position of the checkpoint corresponds to a change in the racing technique (removing skis, etc.) or to a route junction, it will be in such a way that competitors reduce speed upon arrival.

5.2.4.2. Waypoints

All competitors must pass through these points and safety issues may be checked. Competitors must follow instructions given by the waypoint chief.

5.2.4.3. Refreshment points

Food and drinks are provided for competitors at refreshment points under the responsibility of the LOC.

5.2.4.4. Relay hand-over zone

The relay is handed-over when the competitor finishing a relay leg reaches the hand-over zone and touches any part of his/her team-mate's body with his/her hand. This hand-over must take place within the relay hand-over zone. If relay hand-over is not carried out according to the rules, the faulty team receives a penalty. The team-mate waiting for the next relay leg may only enter the relay hand-over zone when called for.

5.2.5. Conduct of competitors during the race

While racing, competitors must abide by the following rules:

- Ascents are carried out with skins on skis, and descents without skins (except if the jury decides otherwise). A competitor who is about to be overtaken must, without fail, immediately leave the route tracks and let by a competitor who shouts "TRACK".
- Upper tracks are preferably reserved for faster competitors.
- A competitor having difficulties may give-up on his/her own initiative, or be forced to give-up by decision of the race director or one of the doctors present.
- Giving-up (own initiative or forced) must take place at a checkpoint or waypoint according to the procedure described during race briefing except in extreme circumstances. For team races, if one team member gives-up then the other will be told to give-up and must follow instructions given by the race director, the chairman of the jury or any of their representatives.
- Competitors must render assistance to fellow competitors in distress or any kind of danger. The jury will take into account the time spent rendering assistance.
- Competitors must not leave a checkpoint under they are clocked by an official. Team members must leave checkpoints together (i.e. before crossing the blue line which marks the exit of the checkpoint).
- Competitors must necessarily pack their skins either inside their ski suit or in their rucksack.
- In team races, each competitor must carry his/her own rucksack throughout the entire duration of the race with all the required equipment excepting skis.
- Skis must be carried on the rucksack using 2 fastening straps designed for this purpose (skis are not to be carried underarm or in shoulder straps). In team races, a competitor may only carry his/her team-mate's skis if there are two separate sets of two fastening straps for carrying skis on his/her rucksack that comply with regulations.
- Competitors must have finished fastening their skis and putting on their crampons (if compulsory) before crossing the blue line marking the exit of the checkpoint or waypoint.
- On stretches using a fixed rope, where use of tethers are compulsory, competitors must not, at any time, detach themselves from the fixed rope. When passing a point anchoring the fixed rope, the competitor must clip his/her second karabiner onto the following part of the rope before removing the first karabiner. Any breaches to these safety rules will be penalized.
- It is strictly forbidden for competitors to place their ski poles tips upwards between their backs and rucksacks whilst proceeding to equipment changes. Ski poles must be either placed on the ground or held by hand.
- The race director or a checkpoint/waypoint chief may compel competitors, at any point on the route, to wear their windbreakers, caps or any other item of compulsory equipment.
- No outside assistance is allowed except for:

- changing a broken pole. The competitor must leave his/her broken pole at a checkpoint or waypoint in order not to be penalised.
 - However, he/she may change a broken pole anywhere and with anyone
- For team races, assistance is allowed only between team members (except for the rucksack containing compulsory equipment which must be carried by each team member).
- Competitors must respect the environment. Penalties will be incurred to any competitors seen littering the course or for poor environmental conduct (see §6.1).
- Award winners, for all races and in all categories, must without fail be present at the prize-giving ceremony or incur penalties (see §6.1).

5.2.6. *The finish*

The finish shall proceed as follows:

- if the race uses an electronic timing system, then times and finishing orders are established by this system;
- if the race does not use an electronic timing system, then times and finishing orders are established when the competitors front foot crosses the finish line (photo finish, film, etc.);
- if a competitor falls while crossing the finish line, all of his/her body must cross the line without any outside help (except for team-mates in team races) in order to declare a finish;
- for team races, team-mates must finish together and the team's finishing time is that of the second team-mate;
- upon arrival, and under the responsibility of the race jury, the LOC will inspect the contents of the competitor's rucksacks and other equipment;
- a podium with the first three competitors will take place shortly after their arrival for press coverage;
- in the event of anti-doping controls, competitors must submit to tests according to the laws of the host country, or be liable to sanctions;
- all competitors must use the rubbish bags provided for disposal of all waste material.

5.2.7. *Safety / Event stoppage*

The race director or the chairman of the race jury may stop the competition for safety reasons or sporting fairness.

6. ESTABLISHMENT OF RESULTS

The results of each race are established by the LOC, approved by the chairman of the race jury and displayed as and when competitors finish. Ranking is carried out by adding the finishing time to any penalties incurred by the jury.

If there are no means to decide between competitors, then a tie is declared.

Championship, cup and permanent international rankings are treated as described in "ISMF Rank regulations".

6.1. Offences and penalties

Any offences committed by competitors are communicated by the referee to the race director who informs the chairman of the jury.

Penalties are incurred by the chairman of the jury after consulting the race jury, according to the tables hereafter. For team competitions, penalties incurred by one team member also apply to other team member(s).

The chairman of the jury informs competitors and/or teams having incurred penalties, if possible before results are announced. Competitors / teams may appeal (see § 6.2).

Disciplinary procedures are described in "ISMF: Disciplinary Rules".

EQUIPMENT AND CHANGING OF EQUIPMENT (individual, vertical and team races)		
Offences	Penalties	
	Ski mountaineering race	Vertical and relay races
Any compulsory equipment required by the jury replaced during the race or lacking at a checkpoint or at the finish (excepting broken ski poles given to a checkpoint referee or assistant). Penalties for each piece of equipment missing (cumulative).	30 seconds to disqualification	30 seconds to disqualification
Use of crampons without safety straps or with modified non-homologated straps	1 minute to disqualification	1 minute to disqualification
Crampons carried on the outside of the rucksack	2 minutes	30 seconds
Use of a basic emitting device instead of a avalanche transceiver during a race	disqualification	disqualification
Any offence to rules not mentioned here above	30 seconds to disqualification	30 seconds to disqualification

RACING AND COMPETITOR'S CONDUCT (individual, vertical and team races)		
Offences	Penalties	
	Ski mountaineering race	Vertical and relay races
False start	First	30 seconds
	Second	Disqualification
Voluntary or involuntary skipping of a checkpoint and/or waypoint	disqualification	disqualification
Disrespect of instructions given by an official on the course (at the start, at checkpoints or waypoints, at the finish).	30 seconds to disqualification	30 seconds to disqualification
Disrespect of the correct racing technique required for a given portion of the course: For example: walking without skis on the track, using skater's stride on the tracks of the course, skiing down a portion indicated as a portion on foot, walking without crampons on a portion where crampons are compulsory, etc.	30 seconds to disqualification	15 seconds to disqualification
Disrespect of marking and course itinerary. For example: Cutting across a turn, not following the correct route on a ridge, disrespecting descent markings (wind slab, rocky area, cutting across a marked forest route), etc.	30 seconds to disqualification	15 seconds to disqualification
Incorrect fastening of skis on the rucksack (less than 2 fastening points)	30 seconds to disqualification	30 seconds
Removable anti-slipping skins not kept inside the ski suit or rucksack	30 seconds to disqualification	30 seconds
Crossing the blue line of a checkpoint or waypoint without having correctly fastened skis on the rucksack	30 seconds to disqualification	30 seconds
Any actions considered to be dangerous or jeopardising race safety or the proper running of the race. For example: overtaking dangerously on a ridge, during a descent, etc.	30 seconds to disqualification	30 seconds to disqualification
Unsportsmanlike conduct: Not yielding the track, pushing or shoving, making another competitor fall, not rendering assistance to a person in distress or in danger.	30 seconds to disqualification	30 seconds to disqualification
Receiving outside help: for equipment, manoeuvres, speed during ascents or descents, food and/or drinks elsewhere than at official areas, or any other help seen by an official, except for changing broken ski poles.	30 seconds to disqualification	30 seconds to disqualification
Disrespecting the environment (abandoning equipment or littering)	30 seconds to disqualification	15 seconds to disqualification
Disrespecting or insulting anyone participating in the event (jury, officials, competitors, organisers, spectators, etc.)	30 seconds to disqualification	30 seconds to disqualification

Competitors not present at the temporary finish podium at race finish or at the prize-giving ceremony (without supported medical reasons).	disqualification	disqualification
Any offence to rules not mentioned here above	30 seconds to disqualification	15 seconds to disqualification

SPECIFIC PENALTIES FOR TEAM RACES	
Offences	Penalties
All team members not together when leaving a checkpoint and not following instructions given by the referee.	30 seconds to disqualification
Team with a competitor not carrying his/her own equipment in his/her own rucksack throughout the duration of the race (except for skis). Penalties for each item of equipment	30 seconds to disqualification
Competitor carrying a team-mate's skis without fastening them correctly to his/her rucksack	30 seconds
The members of a team must not be separated by: - more than 30m in ascents - more than 10 seconds in descents All teams will be subject to surprise inspections throughout the course.	30 seconds to disqualification
Interval of more than 5 seconds between the members of a team on the finishing line	In the event of intervals exceeding 5 seconds between team members, each excess second will incur a penalty adding the same amount of seconds E.g.: 15 second interval = 10 excess seconds. Penalty = 10 excess secs + 10 penalty secs = 20 secs. Interval of 1 min 5 secs = + 1 min Penalty = 1 excess min + 1 penalty min = 2 min.
Any offence to rules not mentioned here above	30 seconds to disqualification

SPECIFIC PENALTIES FOR RELAY RACES	
Offences	Penalties
Incorrect relay hand-over (defined in the regulations)	30 seconds to disqualification
The same competitor races 2 legs	disqualification

6.2. Results in the event of race stoppage

Ranking will be established according to times and orders at the last checkpoint passed by the first competitors. Competitors who have not yet reached this checkpoint will be ranked according to their times and order at preceding checkpoints.

A world cup race that is stopped does not count towards world cup ranking. Any results corresponding to a stopped race will not be used for calculations for the permanent world ranking.

6.3. Claims

All claims must be submitted in writing:

- by the team head (or the competitor if he/she registered directly through the LOC – ISMF homologated race);
- submitted to the chairman of the jury;
- at the latest 15 minutes after race results are posted;
- accompanied by an amount equivalent to 50 CHF or 30 Euros in the currency of the country hosting the race, payable to ISMF. This sum is not refunded when the outcome is to the competitor's disadvantage.

The race jury will present a detailed written response within one hour of the claim.

Competitors may appeal (see Rank Regulations), according to the disciplinary procedures described in ISMF internal regulations.

The jury of the last race will receive claims related to the final world cup ranking.

6.4. Podiums

The winners of each category receive awards (see "ISMF Rules for organising international ski mountaineering competitions"). Team heads must make sure that award-winners wear the official dress and are present at the prize-giving ceremony.

Absent award-winners will be disqualified.

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

It is strongly recommended to stage official ISMF prize-giving podiums before 2 pm.

7. DOPING

Doping is strictly prohibited. Controls can be performed (see ISMF Rules for organising international ski mountaineering competitions - §4.5.5). Control procedures and sanctions correspond to recommendations from IOC, WADA, the ISMF anti-doping committee and the ISMF disciplinary committee.

The official list of prohibited substances is that established by WADA.

8. Appendix 1: ISMF Homologated Race

Aims

ISMF has launched a new label, called **"ISMF Homologated Race"** for ski mountaineering races. This label acts to guarantee a minimum of quality for a race, and may be used by race organisers as a quality label and implemented for official ISMF races.

The label

What is this label?

This label will be issued after considering the following aspects of race organisation: technical issues, safety, ranking, organisation, accommodation, marketing and communication.

To decide if a label should be issued for a given race, ISMF assesses the race and then judges whether the race reaches high enough standards to be an ISMF official race.

How to get this label?

An application form must be sent by race organisers to ISMF at least 6 weeks before the race in the form of a written letter, a fax or an email.

An ISMF official, appointed by the Technical Director, will attend the race and make a report. The expenses for the ISMF official (transport and accommodation) will be assumed by the race.

The ISMF official will be present on-site from 2 days before the race to 1 day after the race (i.e. 3 nights for a one-day race). No application fees or charges will be billed to race organisers for homologation requests.

The ISMF official will make a complete report on the race. This report will be assessed by the Technical Director and presented to the Management Committee. The Management Committee will decide whether the race should be homologated. The options are:

- Not Homologated;
- Homologated;
- Homologated subject to conditions (to be fulfilled for the next edition of the race).

The results of the decisions taken by the Management Committee will be communicated to race organisers at the end of the season. If the race is homologated, ISMF will send a contract and an invoice for the first season's fee. The race will be officially announced in the ISMF calendar of homologated races once the invoice has been paid and the contract signed (before General Assembly for the contract and payment before 15th August).

Duration of the label

The label has a validity of 4 years.

After 4 years, the race must re-apply for the label.

Meanwhile, if the race hosts an ISMF world or continental cup or championship, and if the report of the chairman of the jury is favourable, then the label will remain valid for 4 more years.

Under special conditions, if ISMF considers that the race has not reached the expected homologation level, ISMF may withdraw the label by addressing a written letter to race organisers explaining the reasons of this decision.

Rights and obligations of races displaying the label

Races having the label must:

- Abide by ISMF regulations.
- Pay a yearly fee of 275 €.
- Keep the level of the race to homologation standards.
- If the homologation granted was "subject to conditions", race organisers accept the specified conditions and guarantee their fulfilment for the next edition of the race.
- Deliver race results to ISMF headquarters at the latest 24 hrs after the race and using the standardised format.
- Use of the "ISMF Homologated Race" logotype must comply with ISMF image rules.
- Seek actively to apply for the organisation of an ISMF cup or championship within the next 4 years.

Races having the label have the right to:

- Apply to be an official ISMF race (world or continental championships, and world cups). From season 2010-2011 onwards, only applications from ISMF homologated races will be accepted.
- Use the "ISMF Homologated Race" logotype in flyers, on the website and any other advertising for the race.
- The race will count towards the new **world ranking**. All athletes taking part in the race (with or without ISMF licences) will obtain points counting towards world ranking.
- The race will be announced in the official ISMF calendar and promoted by ISMF.

9. Appendix 2: Claim form

- Only written claims on official ISMF forms submitted before the appropriate deadline will be accepted by members of the race jury.
- All claims must be accompanied with the sum of 50.00 CHF (or the equivalent in Euros or the currency of the host country).
- A separate claim form must be completed for each incident and each form accompanied with the sum stated in the regulations.

Exact name of the race:

Organised by: National Federation

Club or association

Kind of race: World Championship ☐ Continental Championship ☐
World Cup ☐ ISMF Homologated Race ☐
Men ☐ Women ☐
Seniors ☐ Espoir ☐ Youth ☐

Individual race ☐ Team race ☐

Vertical race ☐ Relay ☐

Exact date of the event:

Claim

Name of person in charge of filing the claim	
Federation	
Telephone N°	

Athletes involved

Name(s) of athlete(s) involved	Number	Federation



Exact account of events

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At, on / / (exact time (hrs + min))

Signature

Decisions of the jury

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At, on / / (exact time (hrs + min))

Chairman of the jury