



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 July to 30th June.

Any changes in rules voted in **June** by the PA will be applicable from **July** 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:	<i>DéTECTEUR DE VICTIMES D'AVALANCHE</i> , also called: Avalanche transceiver (ARVA)
M / W:	Men/ Women
NF:	National Federation
WADA-AMA:	World Anti-Doping Agency /Agence Mondiale Antidoping
TAS :	Tribunal Arbitral du Sport Lausanne (Ch.) / Court of Arbitration for Sport

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

ISMF: Athletes' Commission

ISMF: Rules Commission

ISMF: Referee's Commission

ISMF: ISMF statutes

ISMF: « Bylaws »



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

Relays: 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.

For the Continental Championships, except Europe, it is possible to adapt the rules.

- Positive difference in height adapted.
- The composition of the relay teams.
- 2 categories: Senior and Youth.
- Etc...

Other possibilities can be proposed to the Management Committee through the ISMF Technical Director. New decisions only will be effective after the acceptance of the Board.

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*, Men and Women From 1440m to 1760m

Day 2: *Individual youth races*
Junior From 1170 m to 1430 m
Cadet From 900m to 1100m

Day 3: Vertical Race Senior Women From 745 m to 1000 m
after a 30 min interval Men From 745 m to 1000 m

Day 4: Youth *Vertical Race* Cadet From 425m to 575m
after a 20 min interval Junior From 575 m to 775 m

Day 5: *Team races* - Men and Women

Races consisting of ascents with a positive difference in height superior to **1800** m.

Require use of technical equipment: crampons – harness - lanyard

Day 6: *Relays* Senior Men and Women, and Youth

Start order: Youth From 150m to 180m
Women From 150m to 180m
Men From 150m to 180m

Start before 2 pm except if the race takes place on entirely lit up trails.



2.1.1. Continental Championships

To lay claim to the title(s), medals and classification(s) on a Continental Championship, the runner **HAS TO HAVE** his ISMF licence of his current season.

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 espoir M ranking, espoir W ranking, junior M, junior W, cadet M and cadet 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 **espoirs, juniors and cadets (M and W)**

having fulfilling the criteria required to obtain the ISMF Homologated Race Label

Espoirs are also ranked in senior categories.

3. ENTRY TO COMPETITIONS

3.1. Categories

The categories for international competitions are:

Cadet: 15 – 16 – 17 years

Junior: **18 – 19 – 20** years

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.

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.
- A medical examination and an anti-doping test realized by the National Anti-Doping Agency from which he is a member

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.

Every organizer sets its own deadline for registration.

A registration is considered complete when:

- It has been sent to the LOC before the registration deadline
- It is correctly filled, including:

Name and first name of the athlete

Date of birth

Category

Sex

Federation

Country

Number of the ISMF license

- The registration has been paid.

Any incomplete registration will be rejected by the LOC

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.

All equipment used by competitors taking part in ISMF events must necessarily be produced by a supplier that:

- Specifies that the equipment is designed for ski mountaineering.
- Is registered in a chamber of commerce and industry.
- Can produce a VAT receipt from their country of origin.
- Has a product liability insurance, which covers the use of the equipment in ski mountaineering

The labelled security equipment, marked with one asterisk (*), must be CE and UIAA marked without any modifications, except those authorized by the manufacturer in the information notice delivered with the equipment.

Equipment related directly with security, marked with two asterisks (**), cannot be modified, except modifications authorized by the manufacturer in the information notice delivered with the equipment or modifications done by the manufacturer for competitors related to the manufacturer by a sponsor or test contract (in this last case, a written description of the modification signed by the manufacturer is required).

Modified boots by a second manufacturer are only allowed if there is a formal agreement between the two manufacturers, which is specified in the information notice delivered with the modified part.

Mixed bindings (front part from one manufacturer and rear part from another one) are not be allowed.

The president 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 and skis.

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 passport or a National ID card.
- a pair of skis (**) with metallic edges covering at least 90% of their length, and minimal width of at least 80 mm in the front, 60 mm under the boot and 70 mm in the rear part; ski length must be of at least 160cm for men (seniors, espoirs and juniors) and 150cm for women (seniors, espoirs, juniors & cadets) and cadets Men
- bindings (**) which allow heel movement during ascents and are blocked for descents; They may or may not be equipped with security straps.

front and rear parts:

- ✓ The rear part of the bindings must have frontal and lateral release safety systems.
- ✓ If front part of the bindings has limited or no release safety system or can be used locked without safety, it has to be clearly specified in the information notice delivered with the equipment that these bindings are designed for competition and doesn't have security release system in the front part.

Minimal weight for skis and bindings:

- Men: 750 grams, i.e. 1500 grams per pair.
- Women & Cadets Men: 700 grams, i.e. 1400 grams per pair.
- boots (**only the shell) 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, with 2 independent closing systems. Boots must be adapted for the use of metallic crampons. Cross-country ski boots and bindings or equivalents are strictly forbidden.

Minimal weight for boots (shell and dry inner):

- Men: 500 grams, i.e. 1000 grams per pair.
- Women & Cadets Men: 450 grams, i.e. 900 grams per pair
- 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, long-sleeved windbreaker.
- Lower body clothing: two long-legged layers that properly fit the competitor
 - 1 ski suit or ski pants
 - 1 breathable windbreaker layer
- an avalanche beacon (**), also called DVA or ARVA, conform to standard EN 300718 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. In accordance with the requirements of the UIAA standard 106, helmets* are compulsory for relays.

- 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.
For the season 2010 – 2011, a snow shovel () conform to ISMF standard** defined by the manufactures as a "rescue snow shovel"
- A snow probe (**) conform to ISMF standard (Appendix 2),
- 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 (*) conform to UIAA standard 153, with at least, 10 spikes, of which two are frontal 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(*) conforms to UIAA standard 105
- A lanyard with energy absorbing system for use in Klettersteige (via ferrata) conforms to UIAA standard 128.
- 2 type K (Klettersteige) connectors (*) conform to UIAA standard 121.
When the lanyard and the 2 connectors are not used, they must be put away in the the rucksack or hung on around the waist
- An additional upper body thermal fleece layer of clothing (4th layer with long sleeves), (minimum 400g/m²), soft shell double with fleece (thermal layer), Primaloft 60 or similar, that properly fits the competitor.
- A ski cap or headband;
- A second pair of thermal, breathable and windbreaker gloves.
- A head torch in full working order;
- 1 or 2 ice screws (*) conform to UIAA standard 151, carried on the harness.
- an alpinism descender (**);
- An ice axe (*) conforms to UIAA standard 152, 50 cm length minimum.
- A second pair UV-protection sunglasses.

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

- A dynamic rope (*) conforms to UIAA standard 101, 8 mm diameter minimum, length 30 m.
- A compass.
- An altimeter

4.1.3 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 windbreaker
- survival blanket
- snow shovel
- snow probe
- crampons
- cap or headband
- helmet (only for vertical races)

rucksack (only for vertical races)

4.2. 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).

4.3. 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;
- 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.

A **red number** will be assigned first to the competitor (Senior man and senior woman) who is provisionally leading the World Cup on the day of the competition.

Throughout the season the first 10 athletes (Senior Men and Senior Women) in the general classification of the World Cup of the previous season will wear the same number in all the competitions of the World Cup.

1st World Cup = Number 1
2nd World Cup = Number 2
3rd World Cup = Number 3
4th World Cup = Etc.

In stage races, when the racer who is the leader of the World Cup is also the leader of the competition, the racer will wear the number, if it exists, that distinguish the leader of the competition. Racers must to wear numbers of different colours to distinguish between those participating at the ISMF and the ones participating at the Open event (if possible, also by categories)

4.4. 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.

4.5. 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.

A place where the competitors can check their equipment for which they have doubts and the safety equipment required by the LOC - It is mandatory the presence of an ISMF referee -

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. It is advisable that a meteorologist is present in the race (or in direct communication with the race) to predict the weather or snow conditions.
- 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.

Any appeal to the decision of the jury from a coach or a racer, are entrusted to the Court of Arbitration for Sport in Lausanne. It will be necessarily mentioned that in every arrival there is the possibility of having to pass an anti-doping control without warning. In events lasting several days, it is possible every day, at every arrival.

Every competitor has to be able, at the finish line, to present, if required, his/her Passport or National ID card.

If a competitor has to pass an anti doping test, he/she has to be respectful towards the Delegate of the Federation, the escort, the doctor, etc

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.

A sample of the content of the briefing will be provided by the ISMF to every organization.

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 (10 – 20 minutes before the official departure);
- inspect security equipment
- take note of all the numbers of the competitors
- control the chips.

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).

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, men and women
 - 1300m +/- 10% (From 1170 m to 1430 m)

- 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 1800 m (positive difference in height) per day
 - duration: 3 hrs maximum for the first competitors.
- Juniors, men and women
 - 1500m +/- 10% (From 1350 m to 1650 m)
- and cadets, men and women:
 - 1200m +/- 10% (From 1080 m to 1320 m)

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:	875 m +/- 15%	From 745m to 1000m
juniors, men and women	675 m +/- 15%	From 575 m to 775 m
cadets, men and women:	500 m +/-15%	From 425m to 570 m

3) For relays, all categories:

Each relay leg (course run by each competitor) must be between 150 m and 180 m for all categories (senior men – senior women or youth) and must include 2 distinct ascents and descents.

The running time for each competitor should not be superior to 20 min.

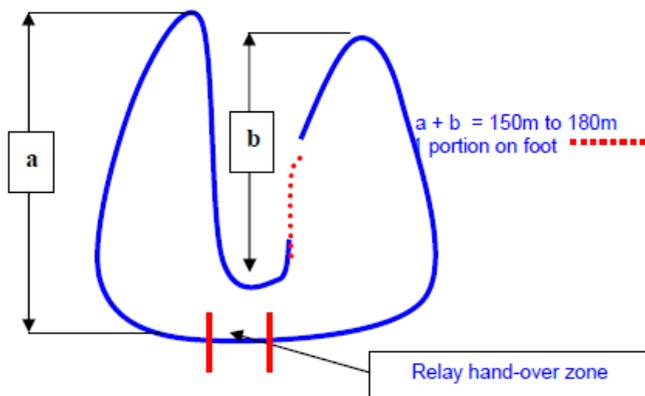
Relay leg run by each member of the relay team.

A part of the second ascent comprises a portion to be climbed on foot with skis strapped on the rucksack.

Cadet or Junior can run in a senior relay.

Every competitor can participate only in ONE relay.

(That means that, if a junior competitor participates in a senior relay, he / she cannot run in the youth relay - idem for women senior)



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 where competitors arrive without running at great speed.
- 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.

Organizers are responsible for adapting the speed of the competitors in function of

- the ground (forest – narrow way - risk of dangerous fall - obstacles - ski trail)
- the quality of the snow (hard - wet or crusty)
- weather conditions (bad visibility - snow)

They have an obligation to slow the competitors, by using appropriate means (courses drawn in big curves), when a great speeding (high speed) can be reached.

- big stiff slope
- mass start in descent

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;

On the ISMF events, a single type of route marking is used.

Races have an obligation to observe the international regulations.

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 if 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.

The entrance of the control or change area must be reached at a slow or moderate speed.

A Checkpoint is a closed area (with nets, ropes or flags), reserved only for the competitors and the controllers

A narrow gate (2 m maximum) controls the exit.

In team races, controllers will not allow the team to leave the control area until, by applying the instructions of the race, the 2 (or 3) team members are together near the exit gate, ready to leave.

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 can be 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.
When several types of races (World Cup - route B, C, etc.) share a part of the route, the best track is always reserved for the competition of the World Cup.
In case of possible traffic jam (corridors, ridges, etc.) organizers will clear the track "World Cup", warning the other racers from the obligation to leave the route track.
- 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/ski. The competitor must leave his/her broken pole/ski at a checkpoint or waypoint in order not to be penalised.
 - However, he/she may change a broken pole/ski 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).
- It is forbidden the use of a rope or an elastic to train his/her team mate:
 - during the first ascent
 - in the corridors
 - on the ridges
 - in the descents
 - in the ascent, where there are a lot of turns (conversions) very close.

All these information will be indicate at the briefing

During the descents, the rope or the elastic must be put away in the rucksack or hung on around the waist

- The organizers will make controls of DVA during the race.
In case of DVA control if it is not in working order, **the runner will be stopped and immediately disqualified.**
- When on a part of the course a runner has not the required safety equipment (crampons - lanyard - etc.), **he will be stopped and immediately disqualified.**
- 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.

In case of anti doping test, a person of the LOC shall escort the racer to the medical control area (the person must be of the same sex as the racer)

- Every competitor has to be able, at the finish line, to present, if required, his/her Passport or National ID card.
- If a competitor has to pass an anti doping test, he/she has to be respectful towards the Delegate, the escort, the doctor, etc

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/ski given to a checkpoint referee or assistant). Penalties for each piece of equipment missing (cumulative).		
Skis not in compliance with the regulation	disqualification	disqualification
Skis weight (penalty plus 2 seconds per each missing gram)	3 minutes + 2 seconds per each missing gram	1 minute + 2 seconds per each missing gram
Bindings not in compliance with the regulation	disqualification	disqualification
Boots not in compliance with the regulation	disqualification	disqualification
Boots weight (penalty plus 2 seconds per each missing gram)	3 minutes + 2 seconds per each missing gram	1 minute + 2 seconds per each missing gram
Sole of the boot non in compliance with the regulation	3 minutes	1 minute
No pole on the finish line : only one - the 2 poles -	1 minute per pole	15 seconds per pole
Pole/ ski broken and change on a special area	No penalties	No penalties
No skins on the finish line : only one – the 2 skins -	1 minute 30 seconds per skin	30 seconds per skin
Clothes : per each missing part	3 minutes	1 minute
Shorts sleeve – by clothes -	1 minute	20 seconds
No DVA or put away in the rucksack	disqualification	disqualification
DVA out of order on the finish line (after a fall for example)	No penalties	No penalties
DVA switched off during the race	disqualification	disqualification
DVA switched off after the passage of the finish line, before the control of equipment	3 minutes	1 minute
Use of a basic emitting device instead of a avalanche transceiver during a race	disqualification	disqualification
Helmet not in compliance with the regulation	disqualification	disqualification

Helmet not on the head in the compulsory parts of the course	disqualification	disqualification
No snow shovel, not in compliance with the regulation, or modified	disqualification	disqualification

No snow probe, not in compliance with the regulation, or modified	disqualification	disqualification
Missing or cutting survival blanket	3 minutes	1 minute
No gloves	3 minutes	1 minute
No gloves on the hands during the race	1 minute	30 seconds
No sun glasses	1 minute	10 seconds
Rucksack not in compliance with the regulation	3 minutes	1 minute
Missing crampons on the finish line :	2 minutes per crampon	30 seconds per crampon
Modified crampons or without straps	disqualification	disqualification
Crampons with an elastic as a strap	disqualification	disqualification
No harness, no lanyard, no carabiners « Klettersteig »	disqualification	disqualification
No ski cap or headband	1 minute	20 seconds
Missing head torch	disqualification	disqualification
Head torch non switched on	3 minutes	1 minute
Rope modified or non in compliance with the regulation	disqualification	disqualification
Chip or electronic system missing at the start	3 minutes	1 minute
Chip or electronic system missing at the finish line	1 minute	20 seconds
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	
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). Apply the penalty of the offence	See the offence	See the offence
Disrespect of the correct racing technique required for a given portion of the course:		
Walking in a ski ascent track	1 minute to disqualification	1 minute to disqualification
Skiing down a portion indicated as a portion on foot	3 minutes to disqualification	1 minute to disqualification



Walking without crampons on a portion where crampons are compulsory	disqualification	disqualification
Disrespect of marking and course itinerary.		
Cutting across one or several turns in an ascent	30 seconds to 3 minutes	30 seconds to 3 minutes
Not following the correct route on a ridge	30 seconds to 3 minutes	30 seconds to 3 minutes
Not respecting the course marking in descent	2 minutes to disqualification	30 seconds to disqualification
Incorrect fastening of skis on the rucksack (less than 2 fastening points)	1 minute	30 seconds
Removable anti-slipping skins not kept inside the ski suit or rucksack	1 minute	30 seconds
Crampons without straps clipped on the ankles	3 minutes	1 minute
Crampons outside the rucksack	5 minutes	3 minutes
Crossing the exit of a checkpoint or waypoint without having correctly fastened skis on the rucksack	1 minute	30 seconds
Any actions considered to be dangerous or jeopardising race safety or the proper running of the race.		
Not seizing a compulsory rope with the hands	3 minutes	3 minutes
Not clipping the karabiner to a compulsory rope	disqualification	disqualification
Progressing or overtaking dangerously in a dangerous place (ridge, fixed rope)	3 minutes to disqualification	3 minutes to disqualification
Unsportsmanlike conduct:		
Not yielding the track	1 minute	20 seconds
Pushing or shoving, making another competitor fall	2 minutes to disqualification	2 minute to disqualification
Not rendering assistance to a person in distress or in danger.	disqualification	disqualification
Receiving outside help: except for changing broken ski and/or poles.		
Receiving help for equipment . To see equipment	Same penalties as missing equipment	Same penalties as missing equipment
Receiving food and/or drinks elsewhere than at official areas	1 minute to 3 minutes	1 minute
Receiving help during the manoeuvres, speed during ascents or descents	3 minutes	1 minute
Disrespecting the environment (abandoning equipment or littering, outside a checkpoint or a waypoint)	10 minutes	5 minutes
Disrespecting or insulting anyone participating in the event (jury, officials, competitors, organisers, spectators, etc.)	disqualification	disqualification
Competitors not present at the temporary finish podium at race finish or at the prize-giving ceremony (without supported medical reasons or proof of the flight time and without authorization of the President of the jury)	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.	2 minutes
Team with a competitor not carrying his/her own equipment in his/her own rucksack throughout the duration of the race or on the finish line (except for skis). Penalties for each item of equipment : See equipment	Same penalties as missing equipment
Team with a competitor without rucksack	Disqualification
Competitor carrying a team-mate's skis without fastening them correctly to his/her rucksack	1 minute
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.	3 minutes
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.
Using a rope (elastic) in a part of the course where it is forbidden	Disqualification
the rope or the elastic neither put away in the rucksack nor hung on around the waist	Disqualification
Any offence to rules not mentioned here above	1 minute

SPECIFIC PENALTIES FOR RELAY RACES	
Offences	Penalties
Incorrect relay hand-over (defined in the regulations)	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.

Once the race finished, any appeal to the decision of the jury from a coach or a racer, shall be submitted to the Court of Arbitration for Sport in Lausanne.

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.

See Appendix 3



8. Appendix 1: 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 30,00 € or 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

9. Appendix 2: ISMF snow probe standard

The manufacturer has to define the probe as a “rescue snow probe” and make a self certification confirming that it meets this ISMF standard:

- Minimum external diameter: 10(+/-2) mm
- Minimum total length: 240(+/-2) cm
- When loaded without shock with a mass of 3 kg as in figure 1, the probe shall not break or leave permanent deformations and shall not go out of the supports or hooks the supports (with certain models, the locking system or the metallic point are prominent and they prevent the exit of the supports).

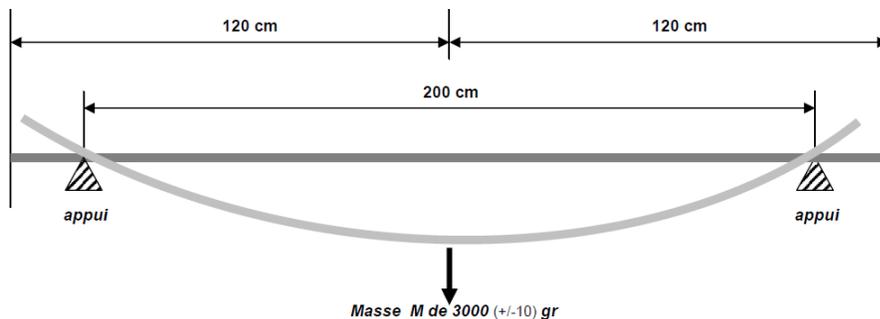


Figure 1

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

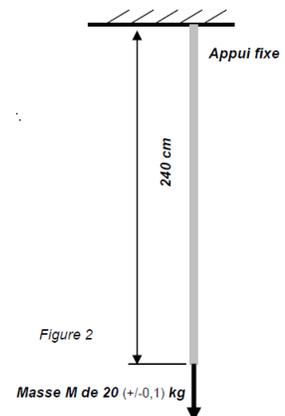


Figure 2



10. Appendix 3: DEFINITION WADA-AMA

Adverse Analytical Finding. A report from a laboratory or other approved *Testing* entity that identifies in a *Sample* the presence of a *Prohibited Substance* or its *Metabolites* or *Markers* (including elevated quantities of endogenous substances) or evidence of the *Use of a Prohibited Method*.

Anti-Doping Organization. A *Signatory* that is responsible for adopting rules for initiating, implementing or enforcing any part of the *Doping Control* process. This includes, for example, the International Olympic Committee, the International Paralympic Committee, other *Major Event Organizations* that conduct *Testing* at their *Events*, WADA, International Federations, and *National Anti-Doping Organizations*.

Athlete. Any *Person* who participates in sport at the international level (as defined by each International Federation), the national level (as defined by each *National Anti-Doping Organization*, including but not limited to those *Persons* in its *Registered Testing Pool*), and any other competitor in sport who is otherwise subject to the jurisdiction of any *Signatory* or other sports organization accepting the *Code*. All provisions of the *Code*, including, for example, *Testing*, and TUE's must be applied to international and national-level competitors. Some *National Anti-Doping Organizations* may elect to test and apply anti-doping rules to recreational-level or masters competitors who are not current or potential national caliber competitors. *National Anti-Doping Organizations* are not required, however, to apply all aspects of the *Code* to such *Persons*. Specific national rules may be established for Doping Control for non-international-level or national-level competitors without being in conflict with the *Code*. Thus, a country could elect to test recreational-level competitors but not require TUE's or whereabouts information. In the same manner, a *Major Event Organization* holding an *Event* only for masters-level competitors could elect to test the competitors but not require advance TUE or whereabouts information. For purposes of Article 2.8 (Administration or *Attempted Administration*) and for purposes of anti-doping information and education, any *Person* who participates in sport under the authority of any *Signatory*, government, or other sports organization accepting the *Code* is an *Athlete*.

[Comment to Athlete: This definition makes it clear that all international and national-caliber athletes are subject to the anti-doping rules of the Code, with the precise definitions of international and national level sport to be set forth in the anti-doping rules of the IFs and National Anti-Doping Organizations, respectively. At the national level, anti-doping rules adopted pursuant to the Code shall apply, at a minimum, to all persons on national teams and all persons qualified to compete in any national championship in any sport. That does not mean, however, that all such Athletes must be included in a National Anti-Doping Organization's Registered Testing Pool. The definition also allows each National Anti-Doping Organization, if it chooses to do so, to expand its anti-doping control program beyond national-caliber athletes to competitors at lower levels of competition. Competitors at all levels of competition should receive the benefit of anti-doping information and education.]

Athlete Support Personnel. Any coach, trainer, manager, agent, team staff, official, medical, paramedical personnel, parent or any other *Person* working with, treating or assisting an *Athlete* participating in or preparing for sports *Competition*.

Attempt. Purposely engaging in conduct that constitutes a substantial step in a course of conduct planned to culminate in the commission of an anti-doping rule violation. Provided, however, there shall be no anti-doping rule violation based solely on an *Attempt* to commit a violation if the *Person* renounces the attempt prior to it being discovered by a third party not involved in the *Attempt*.

Atypical Finding. A report from a laboratory or other WADA-approved entity which requires further investigation as provided by the *International Standard* for Laboratories or related Technical Documents prior to the determination of an *Adverse Analytical Finding*.

CAS. The Court of Arbitration for Sport.

Code. The World Anti-Doping Code.

Competition. A single race, match, game or singular athletic contest. For example, a basketball game or the finals of the Olympic 100-meter dash in athletics. For stage races and other athletic contests where prizes are awarded on a daily or other interim basis the distinction between a *Competition* and an *Event* will be as provided in the rules of the applicable International Federation.

Consequences of anti-doping rule violations. An *Athlete's* or other *Person's* violation of an anti-doping rule may result in one or more of the following: (a) **Disqualification.** means the *Athlete's* results in a particular *Competition* or *Event* are invalidated,



with all resulting consequences including forfeiture of any medals, points and prizes; (b) *Ineligibility* means the *Athlete* or other *Person* is barred for a specified period of time from participating in any *Competition* or other activity or funding as provided in Article 10.9; and (c) *Provisional Suspension* means the *Athlete* or other *Person* is barred temporarily from participating in any *Competition* prior to the final decision at a hearing conducted under Article 8 (Right to a Fair Hearing).

Disqualification. See *Consequences of anti-doping rule violations*, above.

Doping Control. All steps and processes from test distribution planning through to ultimate disposition of any appeal including all steps and processes in between such as provision of whereabouts information, sample collection and handling, laboratory analysis, TUE's, results management and hearings.

Event. A series of individual *Competitions* conducted together under one ruling body (e.g., the Olympic Games, FINA World Championships, or Pan American Games).

Event Period. The time between the beginning and end of an *Event*, as established by the ruling body of the *Event*.

In-Competition. Unless provided otherwise in the rules of an International Federation or other relevant *Anti-Doping Organization*, "*In-Competition*" means the period commencing twelve hours before a *Competition* in which the *Athlete* is scheduled to participate through the end of such *Competition* and the *Sample* collection process related to such *Competition*.

Independent Observer Program. A team of observers, under the supervision of WADA, who observe and may provide guidance on the *Doping Control* process at certain *Events* and report on their observations.

Individual Sport. Any sport that is not a *Team Sport*.

Ineligibility. See *Consequences of Anti-Doping Rule Violations* above.

International Event. An *Event* where the International Olympic Committee, the International Paralympic Committee, an International Federation, a *Major Event Organization*, or another international sport organization is the ruling body for the *Event* or appoints the technical officials for the *Event*.

International-Level Athlete. *Athletes* designated by one or more International Federations as being within the *Registered Testing Pool* for an International Federation.

International Standard. A standard adopted by WADA in support of the *Code*. Compliance with an *International Standard* (as opposed to another alternative standard, practice or procedure) shall be sufficient to conclude that the procedures addressed by the *International Standard* were performed properly. *International Standards* shall include any Technical Documents issued pursuant to the *International Standard*.

Major Event Organizations. The continental associations of *National Olympic Committees* and other international multi-sport organizations that function as the ruling body for any continental, regional or other *International Event*.

Marker. A compound, group of compounds or biological parameter(s) that indicates the *Use of a Prohibited Substance* or *Prohibited Method*.

Metabolite. Any substance produced by a biotransformation process.

Minor. A natural *Person* who has not reached the age of majority as established by the applicable laws of his or her country of residence.

National Anti-Doping Organization. The entity(ies) designated by each country as possessing the primary authority and responsibility to adopt and implement anti-doping rules, direct the collection of *Samples*, the management of test results, and the conduct of hearings, all at the national level. This includes an entity which may be designated by multiple countries to serve as regional *Anti-Doping Organization* for such countries. If this designation has not been made by the competent public authority(ies), the entity shall be the country's *National Olympic Committee* or its designee.

National Event. A sport *Event* involving international or national-level *Athletes* that is not an *International Event*.

National Federation. A national or regional entity which is a member of or is recognized by IF as the entity governing the IF's sport in that nation or region.



National Olympic Committee. The organization recognized by the International Olympic Committee. The term *National Olympic Committee* shall also include the National Sport Confederation in those countries where the National Sport Confederation assumes typical *National Olympic Committee* responsibilities in the anti-doping area.

No Advance Notice. A *Doping Control* which takes place with no advance warning to the *Athlete* and where the *Athlete* is continuously chaperoned from the moment of notification through *Sample* provision.

No Fault or Negligence. The *Athlete's* establishing that he or she did not know or suspect, and could not reasonably have known or suspected even with the exercise of utmost caution, that he or she had *Used* or been administered the *Prohibited Substance* or *Prohibited Method*.

No Significant Fault or Negligence. The *Athlete's* establishing that his or her fault or negligence, when viewed in the totality of the circumstances and taking into account the criteria for *No Fault or Negligence*, was not significant in relationship to the anti-doping rule violation.

Out-of-Competition. Any *Doping Control* which is not *In-Competition*.

Participant. Any *Athlete* or *Athlete Support Personnel*.

Person. A natural *Person* or an organization or other entity.

Possession. The actual, physical possession, or the constructive possession (which shall be found only if the person has exclusive control over the *Prohibited Substance/Method* or the premises in which a *Prohibited Substance/Method* exists); provided, however, that if the person does not have exclusive control over the *Prohibited Substance/Method* or the premises in which a *Prohibited Substance/Method* exists, constructive possession shall only be found if the person knew about the presence of the *Prohibited Substance/Method* and intended to exercise control over it. Provided, however, there shall be no anti-doping rule violation based solely on possession if, prior to receiving notification of any kind that the *Person* has committed an anti-doping rule violation, the *Person* has taken concrete action demonstrating that the *Person* never intended to have possession and has renounced possession by explicitly declaring it to an *Anti-Doping Organization*. Notwithstanding anything to the contrary in this definition, the purchase (including by any electronic or other means) of a *Prohibited Substance* or *Prohibited Method* constitutes possession by the *Person* who makes the purchase.

[*Comment: Under this definition, steroids found in an Athlete's car would constitute a violation unless the Athlete establishes that someone else used the car; in that event, the Anti-Doping Organization must establish that, even though the Athlete did not have exclusive control over the car, the Athlete knew about the steroids and intended to have control over the steroids. Similarly, in the example of steroids found in a home medicine cabinet under the joint control of an Athlete and spouse, the Anti-Doping Organization must establish that the Athlete knew the steroids were in the cabinet and that the Athlete intended to exercise control over the steroids.*]

Prohibited List. The List identifying the *Prohibited Substances* and *Prohibited Methods*.

Prohibited Method. Any method so described on the *Prohibited List*.

Prohibited Substance. Any substance so described on the *Prohibited List*.

Provisional Hearing. For purposes of Article 7.6, an expedited abbreviated hearing occurring prior to a hearing under Article 8 (Right to a Fair Hearing) that provides the *Athlete* with notice and an opportunity to be heard in either written or oral form.

Provisional Suspension. See *Consequences* above.

Publicly Disclose or Publicly Report. To disseminate or distribute information to the general public or persons beyond those persons entitled to earlier notification in accordance with Article 14.

Registered Testing Pool. The pool of top level *Athletes* established separately by each International Federation and *National Anti-Doping Organization* who are subject to both *In-Competition* and *Out-of-Competition Testing* as part of that International Federation's or *National Anti-Doping Organization's* test distribution plan.

Retroactive TUE. As defined in the *International Standard* for Therapeutic Use Exemptions.

Sample. Any biological material collected for the purposes of *Doping Control*.

[*Comment to Sample: It has sometimes been claimed that the collection of blood samples violates the tenets of certain religious or cultural groups. It has been determined that there is no basis for any such claim.*]



Signatories. Those entities signing the *Code* and agreeing to comply with the *Code*, including the International Olympic Committee, International Federations, International Paralympic Committee, *National Olympic Committees*, National Paralympic Committees, *Major Event Organizations*, *National Anti-Doping Organizations*, and WADA.

Specified Substances. As defined in Article 4.2.2.

Substantial Assistance. For purposes of Article 10.5.3, a *Person* providing *Substantial Assistance* must: (1) fully disclose in a signed written statement all information he or she possesses in relation to anti-doping rule violations, and (2) fully cooperate with the investigation and adjudication of any case related to that information, including, for example, presenting testimony at a hearing if requested to do so by an *Anti-Doping Organization* or hearing panel. Further, the information provided must be credible and must comprise an important part of any case which is initiated or, if no case is initiated, must have provided a sufficient basis on which a case could have been brought.

Tampering. Altering for an improper purpose or in an improper way; bringing improper influence to bear; interfering improperly; obstructing, misleading or engaging in any fraudulent conduct to alter results or prevent normal procedures from occurring; or providing fraudulent information to an *Anti-Doping Organization*.

Target Testing. Selection of *Athletes* for *Testing* where specific *Athletes* or groups of *Athletes* are selected on a non-random basis for *Testing* at a specified time.

Team Sport. A sport in which the substitution of players is permitted during a *Competition*.

Testing. The parts of the *Doping Control* process involving test distribution planning, *Sample* collection, *Sample* handling, and *Sample* transport to the laboratory.

Trafficking. Selling, giving, transporting, sending, delivering or distributing a *Prohibited Substance* or *Prohibited Method* (either physically or by any electronic or other means) by an *Athlete*, *Athlete Support Personnel* or any other *Person* subject to the jurisdiction of an *Anti-Doping Organization* to any third party; provided, however, this definition shall not include the actions of bona fide medical personnel involving a *Prohibited Substance* used for genuine and legal therapeutic purposes or other acceptable justification, and shall not include actions involving *Prohibited Substances* which are not prohibited in *Out-of-Competition Testing* unless the circumstances as a whole demonstrate such *Prohibited Substances* are not intended for genuine and legal therapeutic purposes.

TUE. As defined in Article 2.6.1.

TUE Panel. As defined in Article 4.4.4.

UNESCO Convention. The International Convention against Doping in Sport adopted by the 33rd session of the UNESCO General Conference on 19 October 2005 including any and all amendments adopted by the States Parties to the Convention and the Conference of Parties to the International Convention against Doping in Sport.

Use. The utilization, application, ingestion, injection or consumption by any means whatsoever of any *Prohibited Substance* or *Prohibited Method*.

WADA. The World Anti-Doping Agency.