



Nordic Skiing Rules

1. Championship Programme

Day 1: arrival of the teams and technical meeting

Day 2: training, 15 km cross-country competition free technique

Day 3: 30 km cross-country competition classic technique

Day 4: rest day, excursion

Day 5: 4 x 10 km relay competition (2 x 10 km classic technique / 2 x 10 km free technique)

Day 6: departure of the teams

The opening ceremony will be held either on day 1 or day 2.

The excursion will be no more than half a day and will be held at the discretion of the host organisation during the USIC championships.

2. Composition of the Delegations

Each delegation will consist of a maximum number of 10 (11) participants:

Competitors	8
Coach	1
Head of Delegation	<u>1</u>
Participants	10
Interpreter *	1

** for delegations who speak no English (only if required)*

3. Composition of the Teams

15 km cross-country competition 6 competitors

30 km cross-country competition 6 competitors

4 x 10 km relay competition 2 teams

4. Starting Order

The following 4 groups will be set up for the **individual cross-country competition**:

The best competitors will start in group 4.

Group	Competitors per Nation					
	6	5	4	3	2	1
1	2	2	1	0	0	0

2	2	1	1	1	0	0
3	1	1	1	1	1	0
4	1	1	1	1	1	1

Placings within each group will be drawn by lot.

5. Relay Competition

The starting numbers will be assigned by lot. All athletes within a team will be given the same number. The racing order shall be announced in writing one hour prior to the start of the event. Once the competitors' names have been announced, the competitors and the position of the competitors within the race sequence may no longer be changed.

The second (2nd) teams' results will not be officially evaluated and they will be given the last numbers.

6. Evaluation

6.1 Individual and team evaluation – 30 km and 15 km cross-country events

There will be an individual and a team evaluation for the 30 km and the 15 km cross-country events.

For the team evaluation, the times of the 4 fastest competitors of each nation will be added. Nations achieving less than 4 results per race will be placed on the basis of the number of results and their calculated total time. The rankings calculated by means of this procedure will be rewarded with the following number of points:

1 st place = 20 points	4 th place = 15 points
2 nd place = 18 points	5 th place = 14 points
3 rd place = 16 points	6 th place = 13 points, etc.

6.2 Team evaluation – relay event

To calculate the final rankings of the relay competition, the ranking scores (cf. item 4) will be multiplied by two. The second (2nd) team's results will not be officially evaluated.

6.3 Overall national evaluation

To calculate the overall national evaluation, the results of the team evaluation will be taken into account. (per nation: a max. of 20 points for the classic technique and a max. of 20 points for the free technique; for the relay event 2 x 20 points; the overall max. number is 80 points)

6.4 Tie

In case of two or more nations finishing with the same number of points, the nation with the highest number of 1st places, and if necessary, 2nd places will be ranked higher.