

Rules for Rollerski Competitions

1. Definitions

- 1.1 Rollerski competitions are competitions which are held on asphalt or similar surfaces.
- 1.2 Rollerski
 - 1.2.1 The rollerski must be a commercial production available to the general public.
 - 1.2.2 The length of the rollerski must not be less than 53 cm from front to back axle.
 - 1.2.3 The diameter of each of the two wheels must not be greater than 100 mm.
 - 1.2.4 The Rollerski Sub-Committee of the FIS will decide on any matters requiring clarification.
- 1.3 The general rules for Cross-Country skiing also apply for Rollerski.

2. Classification

- 2.1 Individuals: (for competitions in 2000)
 - 2.1.1 Youth men: not more than 18 years in the competition year (born in 1982 and later).
 - 2.1.2 Youth women: not more than 18 years in the competition year.
 - 2.1.3 Junior men: not more than 20 years in the competition year (born in 1980 and 81).
 - 2.1.4 Junior women: not more than 20 years in the competition year.
 - 2.1.5 Senior men: at least 21 during the competition year (born in 1979 and earlier).
 - 2.1.6 Senior women: at least 21 during the competition year.
 - 2.1.7 Masters I: at least 41 during the competition year (born in 1959 and earlier).
 - 2.1.8 Masters II: at least 51 during the competition year (born in 1949 and earlier).
 - 2.1.9 In all competitions youth and juniors can take part in the next higher age group.
 - 2.1.10 The chief of competition is authorized to check competitors passports to establish age classification.
- 2.2 Relay:
 - A team will consist of 3 runners.
 - For the categories see 2.1.1 to 2.1.8.

- 2.3 Team race:
A team will consist of a maximum of 4 persons and a minimum of 3 persons.
For the categories see 2.1.1 to 2.1.8.
The starting time for the team begins when the first competitor passes the start line. The other team members are behind the first one.
The finishing time for the team is the time of the third person in the team.
- 2.3.1 If a racer is overtaken by his own team, he has to withdraw unconditionally from the race. If he fails to do so, his team is disqualified.
- 2.3.2 If a racer X from team X, runs with racer Y of team Y, the team is disqualified on grounds of drafting.
- 2.4 Drafting, i.e. running in the slipstream of another runner, is not permitted, mass start and pursuit start excepted.
- 2.4.1 On a lap of 2 km there have to be 4 control posts; if a person or a team is spotted 10 meters directly behind another person or team the red flag is shown. When to a person or a team three red flags is or are shown the jury will decide on disqualification.
- 2.4.2. The fastest team or person is entitled to the ideal line.
- 2.5 No warming-up is allowed on the racetrack during a competition.
- 2.5.1 During warming-up bibs must be worn.

3. Championships

3.1 FIS Rollerski World Championships will be held every second year for seniors and every year for juniors.

3.1.1 The following world titles will be contested:

individual: sprint, undulating and/or uphill;

team: relay of 3 persons and team race of max. 4 persons on undulating tracks;

3.1.2 Classes: senior women and men; junior women and men;

3.1.3 Only one team for each nation will be permitted to race in each class;

3.1.4 Each nation is limited to 4 competitors per individual event and one team per team event; the winner of the men's and women's senior championships of the previous year can start as a fifth competitor for their country;

3.2 FIS medals will be awarded to the first three individual competitors and to the first three teams in each class;

3.3 European Championships will be held each year for youth's men and women, for masters I and II, and for senior men and women in the year when there are no FIS Rollerski World Championships.

4. Length of the track at FIS Cup events

4.1 Individual with pursuit start

A prologue of 25 minutes maximum, followed by a pursuit start event of 55 to 65 minutes running time for men and 35 to 45 minutes running time for all other classes.

4.2 Uphill race

A mass or group start and 40 to 50 minutes running time for men and 30 to 40 minutes running time for all other classes.

4.3 Relay

Senior women, junior women, junior men: 3 x 6 km

Senior men: 3 x 10 km.

4.4 Team race

Junior men, junior women, senior women: 35 to 45 minutes running time.

Senior men: 55 to 65 minutes running time.

5. FIS World Cup

- 5.1.1 The following individual classes will be contested:
Youth men, youth women, junior men, junior women, senior men, senior women, masters I and masters II.
All FIS World Cup competitions in one season will count for the Cup. The Cup will be given at the last World Cup by the organizers of this competition;
- 5.1.2 Only those competitors entered by their National Federation will count in the FIS World Cup classification.
- 5.1.3 For the individual and Nations Cup, each nation may only have the following maximum number of runners classified:
5 youth men, 5 youth women, 5 junior men, 5 junior women,
10 senior men, 5 senior women, 5 masters I and 5 masters II.
- 5.1.4 For ranking the FIS World Cup system will be used.
- 5.1.5 During one of the FIS World Cup events a European Championship according to rule 3.3 will be held.
- 5.2 Nations Cup
- 5.2.1 All competitions, including the relay and the team competitions, will count towards the Nations Cup.
- 5.2.2 Two competitors per class from each nation will count towards the Nations Cup; except for the masters classes in which only one will count.
- 5.2.3 One team relay or team race per nation will count towards the Nations Cup.

6. Helmets, clothing and equipment

- 6.1 Helmets and protective glasses are obligatory during the official training and in the races. The TD may, at his discretion alone, dispense from this rule in case of adverse wheater conditions e.g. rain, fog, excessive heat a.o.
- 6.2 Every participating nation must wear helmets and clothing in their national colors.
- 6.3 Helmets, clothing, protective glasses and roller skis should be checked at the start and finish. Without one of these items or if it is not correct, a runner is not allowed to start.
- 6.4 The changing of poles and roller skis is allowed.
- 6.5 Skis are checked at random on length and diameter, in start and finish area.
- 6.6 Shoes have to be fixed on the roller ski with a crosscountry binding.

7. The course

- 7.1 The course must be closed to all traffic and should be designed in such a way that there is no danger to competitors.
- 7.2 The width of the course is at least 4 metres and the minimum length of the track should be 2 km. It is preferable to have no curves at a downhill slope. Objects beside the track must be protected by mattresses, hay etc.

8. Organization of the event

- 8.1 The event must have the approval of the relevant authority.
- 8.2 The event must have the approval of the FIS.
- 8.3 Supervision of the organization of the event will be in hands of the host national association with ultimate responsibility lying with the Technical Committee of the FIS.
- 8.4 At FIS World Cups the Technical Delegate (TD) will be present one day before the start.
 - 8.4.1 The TD will be appointed by the FIS Sub-Committee for Rollerskiing.
 - 8.4.2 The Organizing Committee is responsible for the costs of travel, board and lodging for the TD and for the Chairman of the Sub-Committee for Rollerskiing.
 - 8.4.3 The TD has to inspect the track, the accommodation and organization manual two months in advance of the event; he reports on this to the chairman of the Sub-Committee (see rule 304.3 ICR);
 - 8.4.4 After the race the TD has to send his report on a standard FIS form to the chairman of the Sub-Committee within 4 weeks.
- 8.5 A National Federation will receive free board and lodging during the FIS World Championships for Roller Skiing according to the amount of their competitors in the best 25 senior men and the best 25 senior women competitors at the world cup list of the previous season.
 - 8.5.1 Nations with one or more competitors among these competitors get free board and lodging for one team manager.
 - 8.5.2 For all other participants costs for board and lodging must not exceed DEM 60.-- per person per night.
- 8.6 During FIS World Cup events rule 8.5 counts for the best 10 men and the best 10 women competitors at the preceding World Cup list.
- 8.7 It is the duty of the organization to communicate with the competitors in at least one of the official FIS languages (English, French or German)

9. Proceeding of the start and finish

- 9.1 Undulating track: individual start at intervals of 30 seconds for prologue and followed by a pursuit start.
- 9.2 Uphill track: mass start or group start
- 9.3 Skating interdiction at a mass start: first 100 metres after the start.
- 9.4 Changing zone at relay: 50 meters. The track should have no curves in the last 200 meters; the last 100 meters are divided in minimum 3 lanes of at least 2 meters; after the finish there is a rolling out zone of at least 100 meters.
- 9.5 A competitor's place on the starting line will be determined on the results of the preceding FIS Cup competition.
- 9.6 The TD will decide on any unclear situations.
- 9.7 At mass and pursuit starts it is obligatory to video the non-skate-area at the start and the finish by a minimum of two video cameras.
- 9.8 At a relay race the second or third member of a team can start when his finishing team member has past the finish line or the exchange line;
- 9.9 In all cases except the sprint a false start will be punished with one minute time added to the finish time. At the sprint after a second false start follows disqualification.

10. Team captains meeting

- 10.1 For every international competition, a team captains meeting should be held at which every participating nation has a representative.
- 10.2 The team captains' meeting is an informative meeting.

11. Jury

- 11.1 At FIS World Championships for Roller Skiing the jury will consist of: a FIS TD, an international Assistant TD, a national Assistant TD, the Chairman of the Sub-Committee for Rollerskiing and the Chief of Competition.
- 11.2 At other World Cups the jury will consist of: the TD, the Chairman of the Sub-Committee for Rollerskiing and the Chief of Competition.
- 11.3 Disqualifications can only be imposed by the jury.

- 11.4 Protests about occurrences during the competitions must be made to the jury within a quarter of an hour after the publishing of the unofficial result list. Protests must be made by the team captain and accompanied by a payment of DEM 100.-- (or other equivalent currency). If the protest is accepted, the protest money will be refunded.

12. Information and entries

- 12.1 The announcement of an international event should be sent to National Associations at least 6 weeks before the date of the competition. It should contain all important information on the event both in English and in German.
- 12.2 Final entries should be received at least 14 days before the date of competition and should be accompanied by an insurance waiver declaration from the National Association.
- 12.3 The World Cup programme of an year will be decided during the autumn meeting of the Sub-Committee 2 years in advance.

13. Attendant vehicles

At competitions with a longer loop than 10 km one attendant car or motorbike may be allowed at the discretion of the TD for each participating nation. The vehicle must not interfere with competitors nor cause any danger on the course.

14. Arbitration

Where there is any dispute concerning the interpretation of the rules, the decision of the FIS TD will be final.