

International Ski Mountaineering Federation

Sporting Rules & Regulations

Any change requested by the organizer regarding itineraries or schedule in the following regulation has to be presented to and approved by the ISMF technical team in advance.

NB : All rules and regulations may be subject to modification of the language used, in so much as the context and the content of the rule/regulation will remain unaltered but the English language used within in said rules and regulations may be subject to improvement in terms of grammar and clarity.

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1. INTRODUCTION

The ISMF rules and regulations for international ski mountaineering competitions (for world and continental championships, world and continental cups and ISMF Series races consist of a set of rules for the standardized organisation of ski mountaineering competitions. The purpose of this text is to set out the obligations, behaviour and rights of athletes wishing to take part in the international ski mountaineering competitions of the ISMF calendar.

The official ISMF Sporting Rules text is published in English.

This document is the main reference, together with the documents named "Rules for organising ISMF international ski mountaineering competitions, Ranking Rules and Access & Registration Rules", for setting out the rules and regulations applicable to international competitions

1.1 Definitions

Sporting season: from 1st July to 30th June. Any changes in rules voted in June by the PA will be applicable from 1st July and therefore for the following season.

National Federation: federation or association that represents ski mountaineering at a national level, 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 a contest from start to finish.

Open race: race for competitors with no ISMF licence, and taking a course different of the ISMF race (course B or C)

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

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

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 (AR VA)
- M / W: Men/ Women
- NF: National Federation
- WADA-AMA: World Anti-Doping Agency
- TAS: Court of Arbitration for Sport Lausanne (CH)

1.3 References

The following documents relate to ISMF competitions:

- ISMF Rules for organising international ski mountaineering competitions
- ISMF International ski mountaineering sporting and ranking rules and regulations
- ISMF Disciplinary rules
- ISMF Anti-doping policy & procedures
- ISMF Athletes Commission and Athletes Representatives
- ISMF Coaches Commission
- ISMF Rules Commission
- ISMF Referees Commission
- ISMF Statutes
- ISMF «Bylaws»

2. EVENTS AND COMPETITION

2.1 General features of ISMF races

	DESCRIPTION	CATEG ORIES	POSITI VE ASCE NT	DURATI ON	TEAM COMPOSITIO N
SPRINT	a varied, short course with ascent, descent, and a walking part with skis attached to rucksack, which will take place in qualifying phases, quarter-finals, semi-finals and final. Race held by heats of 6 runners from quarter-finals to final.	SM/SW		Between 3min-3min30sf or the best SMSW	
		EM/EW			
		JM/JW			
		CM/CW***			
VERTICAL RACE	A single ascent on skis, for individual racers. No part takes place on foot with skis on backpack. Vertical race is possible off piste, but only along a sheltered track with a minimum width of 2 meters. The area after the finish line must be completely flat or with a little bit of downhill, and at least 6m wide.	SM/SW	500 to 700m		
		EM/EW			
		JM			
		JW	400 to 500m		
		CM***			
		CW***			
INDIVIDUAL RACE	Minimum 3 ascents/descents on mountain slopes. The longest ascent must not exceed 50% of the total positive difference in height. Out of the total difference in height (positive + negative): at least 85% must be raced with skis on feet; at the most 5% should be raced on foot (footpaths, forest tracks, etc.); at the most 10% should be technical sections raced carrying skis on the rucksack (ridges, couloirs, etc.). Junior men race on the same track as senior women.	SM	1600 to 1900m	1,5 to 2 hrs	
		EM			
		SW	1300 to 1500m		
		EW			
		JM			
		JW	800 to 1000 m		
		CM***			
		CW***			
TEAM RACE*		SM	>2100 m	3 h max for 1 st team	2 competitors**
		SW	>1800 m		2 competitors**
RELAY*	2 distinct ascent(s) and descent(s) raced by each member of the relay team, with a foot part in the 2 nd ascent Each relay leg must include 2 distinct ascents and descents. A part of the second ascent comprises a portion to be climbed on foot with skis strapped on the rucksack. Relay leg is run by each member of the relay team. Each competitor can participate only in ONE relay . (That means that, if a junior competitor participates in a senior relay, he / she cannot participate in the youth relay - idem for senior women)	SM	150 to 180 m	Max 15 min	4 competitors
		SW			3 competitors
		YOUTH			1CM
					1CW or JW 1CM or JW or CW or JM Start: CW or JW starting necessarily in 1 st lap
* Athletes holding valid ISMF licences are not allowed to take part in team races that count towards the ISMF Championships with team members of different nationalities. **can be 3 competitors on continental cups, world cups, and ISMF series *** Cadet categories cannot participate or be ranked on world cup races					

Special features for Sprint race (See appendix 5).

SPRINT RACE DESCRIPTION (SEE APPENDIX 5)	
1st PART : ON SKIS	
Approximately 30 to 60 m of elevation.	
1. After the start, approximately 200 m of moderate slope	
2. The slope then becomes steeper, but has to be easily skiable (not too steep)	
3. This part should be clearly wide enough to enable athletes to overtake easily.	
4. The track route must not be plotted along slopes with a highly angled diagonal gradient across the transverse of the slope– if such a situation is naturally found on the terrain then it must be modified to create a more regular slope.	
5. The circuit should be a figure of '8' designed with rombs and athletes can choose the most advantageous route.	
2nd PART : ON FOOT	
- Approximately 20 to 30 m elevation	
- This part must have <u>at least 4 parallel tracks</u>	
- The ascent is made with skis attached to the rucksack	
3rd PART : ON SKIS	
- Approximately 10 m of elevation for senior/espoir women and youth, and 30 m for senior/espoir men	
4th PART : THE DESCENT	
• The slope must be wide, with an even packed surface	
• The descent must be fitted out with turns, marked with blue and red flags, (as used for giant slalom).	
• The athlete must pass through each one of the gates	
5th PART : THE FINISH	
• The circuit must finish on a flat area or with a slight ascent, so that competitors must use skating technique up to the finish line	
• The last 40 meters of the course will be set up with a minimum of three wide lanes of approximately 3m width each.	
• During this part of the race each athlete should stay in lane. Athletes may go out of lane to overtake, but only if they do not hamper the athlete already using the lane	
• The course is a loop: with the finish line very close to the start line.	
• The race must last between 3min and 3min30sec for the best Senior men and Senior women	
MANAGEMENT OF THE COURSE	
• A tent heated (with seats) must be set up close to the start area.	
• The course should be completely closed off by netting, only athletes and accredited press officials are allowed access.	
• The start and finish lanes are marked on the ground.	
• For the competitors, a path must be set up to ease access from the finish area to the start	
CHANGE AREAS	
• The change areas will be wide and fitted out in order to permit all the 6 competitors to make the changes with ease.	

3. EQUIPMENT

The equipment listed hereafter is required for all ISMF competitions.

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

- **Is registered in a chamber of commerce and industry.**
- **Is registered for VAT in country of origin** (Intra community number for the EU or similar manufacturers).
- **Has a product liability insurance, which covers the use of the equipment in ski mountaineering**

The labelled security equipment **must be CE and UIAA marked** or comply with the requirements of a European rule in force (except for the helmets, see chart in 4.1) without any modifications, **except those authorized by the manufacturer** in the written information supplied with the equipment.

No other compulsory equipment may be modified.

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 § 5.1.

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

3.1 Equipment description for all ISMF ski mountaineering races

	DESCRIPTION	CE or UIAA
a passport or a National ID card	Mandatory stowed away in the rucksack or race suit	
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 (senior, espoir, junior, and cadet) and 150cm for women (senior, espoir, junior & cadet). The skis will be measured according to the method « Rolling ».	
bindings	<p>which allow heel movement during ascents and are blocked for descents; they may or may not be equipped with security straps.</p> <p><i>The Binding-System must have a lateral and a front complete release system (the boot is completely separate from the ski). The lateral release (front part) has to be lockable manually without tool. If a Binding is TÜV certified, the locking mechanism is not necessary.</i></p> <p><i>Boots and bindings must be set according to manufacturers instructions in order to guarantee optimum working of the release systems and the best protection of bindings and ski structure.</i></p> <p>Minimal weight for skis and bindings: Men: 750 grams, i.e. 1500 grams per pair. Women : 700 grams, i.e. 1400 grams per pair. Mixed bindings (front part from one manufacturer and rear part from another one) are not allowed.</p>	
boots	<p>(only the shell) must cover the ankles and have notched rubber soles, the minimum notch depth is 4 mm. There must be at least 8 notches under the heel and 15 under the front part of the sole, with a minimum surface area of 1 cm² per notch. Each boot must have at least 2 independent closing systems. Boots must be designed to be used with metallic crampons. Cross-country ski boots and bindings or equivalents are strictly forbidden.</p> <p>Modified boots by a second manufacturer are only allowed if there is a formal agreement between the two manufacturers, which is specified in the written information supplied with the modified part. 2017/18 Athletes in the Cadet category are not allowed to wear/use full carbon structured boots (including carbon composites or similar: kevlar, aramite, etc.). (To be applied starting 2017-2018 season)</p> <p>The notched soles have to cover the 100% of the boot surface.</p> <p>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</p>	
A pair of 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.	The skins of wild animal origin are strictly forbidden. The skins have to cover at least 50% of the surface and 50% of the length of the ski	
Upper body clothing	three layers that fit the competitor well: <ol style="list-style-type: none"> 1 long or short-sleeved, body-hugging layer. Not compulsory worn. 1 ski suit with long-sleeves or a second layer with long-sleeves. 1 breathable, long-sleeved wind breaker. 	
Lower body clothing	two long-legged layers that fit the competitor well <ol style="list-style-type: none"> 1 ski suit or ski pants 1 breathable wind breaker trousers 	
An avalanche detector	also called DVA or ARVA, that conforms to standard EN 300718 457 kHz frequency. The DVA has to be equipped with a 3 antennas emission system.	YES

	The DVA has to be worn in a closed pocket (zipped lock only) opening on the inside of the racing suit, and at the belly level	
A helmet	A helmet conforming to : - UIAA 106 and EN 1077 classB standards) - EN 12492 and EN 1077 classB standards). Helmets must be used (chin-strap has to be fastened) during the whole race (from the start to the finish line). CE/UIAA: Yes.	YES
A snow shovel	conforming to ISMF standards (<i>Appendix 4</i>).	
A snow probe	conforming to ISMF standards (<i>Appendix 3</i>),	
A survival blanket	with a minimum surface area of 1.80 m ² , modifications subsequent to manufacture are not allowed. The term "survival blanket" is as defined by the manufacturer.	
A pair of gloves	that cover all the hand up to the wrist - to be worn throughout the duration of the race	
A pair UV-protection sunglasses		
A rucksack	with sufficient capacity to hold all the equipment required by the regulations, with two rear and/or lateral fastening straps for carrying skis. In the event of cooperation between team -mates, the carrier's rucksack must have two independent sets of fastening straps. If the rucksack has an independent crampons pouch, the pouch must be securely fastened to the back of the rucksack (using Velcro straps, etc.). Crampons must be secured in the appropriate compartment of the rucksack worn on the back.	
A whistle		
Supplementary equipment that may be required by the jury		
A pair of metallic crampons	conform to UIAA standard 153, with at least, 10 spikes, the front two must adjust to fit the competitor's boots. They must have original safety straps that should be properly fastened during all the crampons foot part of the race When crampons are not worn on boots, they must be packed in the rucksack, with spikes facing each other;	YES
A harness	conforming to UIAA standard 105	YES
via ferrata kit	with energy absorbing system for use in Klettersteig - Via Ferrata Kit conforming to UIAA standard 128.	YES
2 connectors - (Klettersteige) Via Ferrata Kit connectors	conform to UIAA standard 121. When the lanyard and the 2 connectors are not in use, they must be put away in the rucksack or wrapped around the waist	YES
An additional upper body thermal fleece layer of clothing	(4th layer with long sleeves), soft shell double with fleece that fits the competitor well. The 4th layer is thermal clothing which must have a minimum weight of 300 gr.	
A ski cap or headband		
A second pair of gloves.	thermal, breathable and wind proof.	
A Head lamp in full working order;		
A second pair of UV-protection sunglasses.		
A dynamic rope	conforms to UIAA standard 101, 8 mm diameter minimum, length 30 m.	YES
Skins	The Organiser has the right to request additional skins	

COMPULSORY EQUIPMENT	TEAM	INDIVIDUAL	SPRINT	RELAY	VERTICAL
Passport or ID card (on the finish line)	X	X	X	X	X
Skis	X	X	X	X	X
Bindings	X	X	X	X	X
Boots	X	X	X	X	X
Ski poles	X	X	X	X	X
Skins (one pair min.)	X	X	X	X	X
Helmet	X	X	X	X	X*
Gloves	X	X	X	X	X*
Rucksack	X	X	X	X	X*
3 layers up	X	X	X*	X*	X*
2 layers down	X	X	X*	X*	X*
DVA	X	X	X*	X*	X*
Snow shovel	X	X	X*	X*	X*
Snow probe	X	X	X*	X*	X*
Survival blanket	X	X	X*	X*	X*
Sunglasses	X	X	X*	X*	X*
whistle	X	X	X*	X*	X*
SUPPLEMENTARY EQUIPMENT					
4 th layer					
Ski cap or head band					
2 nd pair of gloves					
Head lamp					
2 nd pair of sunglasses					
Crampons					
2 nd pair of skins					
Dynamic rope (one per team)					
Harness					
Via ferrata kit					
2 connectors					

The athlete must bring all obligatory and supplementary equipment to the event.

During the race briefing, the LOC will display the list of required equipment for the race.

For Vertical, sprint, and relay races:

- If the entire race is on a secured ski slope, the race director (with the agreement of the president of the jury) can remove the DVA, snow shovel and snow probe from the list of required equipment.
- If the weather conditions are favourable, all other equipment marked with an asterisk (X*) may be removed by the LOC (with the agreement of the president of the jury) from the list of required equipment.

3.2 Items supplied by the LOC

The LOC provides competitor's race numbers/bibs which:

- includes an electronic device;
- must not be folded, or cut without the referee's authorization
- must be displayed in the place(s) reserved for this purpose as 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;
- Any other equipment not stated in the present regulations is with the prior agreement of the race referee.
- Please refer to 4.5.2 of Rules for Organising a Ski Mountaineering race for further details of race numbers/bibs

3.3 Equipment inspection

Equipment may be inspected at the finish line or at any other point on the course during the race (without stopping the competitor, the controller takes note as the competitor goes past).

The competitor is totally responsible for his/her equipment.

If a competitor has doubts about his/her equipment, he/she can have it checked by the jury at the end of the race briefing the day before the competition.

The ISMF designates a reserved area for the control of athletes compulsory equipment. Equipment inspection is presided over by an ISMF referee .

4. RACE ORGANISATION

4.1 The start

Any changes to routes must be announced 30 minutes before the start.

If the start is delayed, announcements must be made every fifteen minutes.

(For technical specifications of the Start area Appendix 27– ISMF Rules for organising ISMF international ski mountaineering competitions)

4.1.1 Starting procedure

IND – TEAM – VR – RELAY	Time before official start		SPRINT
Avalanche transceivers and equipment are inspected	10-20 minutes		
Competitors are called to the start line	5 minutes		Competitors are called to the start line
Competitors are placed in starting position at start line.			Competitors are organized on the Pre-Start
Speaker will call: "2 minutes until the start", according with the President of the Jury.	2 minutes		
Speaker will ask for silence. The referees must verify that all front part of the skis are well set before the start line.	30 seconds	15 seconds	Speaker will ask for silence. Athletes move from Pre-Start line to the Start line and stay relax in place. The referees must verify that the front part of the skis are totally behind the start line.
The President of the Jury calls: "Take your marks". Athletes must stay relaxed and in position. Referees will check that all skis are totally behind the start line.	about 15 seconds	about 8 seconds	The President of the Jury call: "Take your marks"
The President of the Jury will call: "Set". After this command is given all competitors must remain motionless and in their set position	1-2 seconds		The President of the Jury will call: "Set". After this command is given all competitors must remain motionless and in their set position.
Start signal (usually the firing of a starter pistol).	0		Start signal (usually the firing of a starter pistol).

4.1.2 Specifications for individual, team, relay or vertical races:

A pole position starting system is compulsory for the top 15 WC athletes (See Appendix 2 - Pole position start).

Number positions must be marked on the snow.

The team race starting positions are worked out by adding together the WC ranking of each of the 2 teammates.

4.1.3 Specifications for sprint races:

- The competitor with the best qualification time chooses a start lane, then the second placed competitor, then the third placed competitor, etc.
- During the qualification stage a single competitor starts every 20 seconds. Timed against the clock
- Timekeeping is only used during the qualification stage, and not during the following heats (¼, ½, and finals)

- Competitors are called to the starting line five minutes before the start: Competitors are organized on the pre-start line where instructions are given and start lanes designated.
- From the quarter finals onwards, each heat will consist of 6 athletes.
- If a competitor arrives at the starting line too late his scheduled start time will be taken into account for the race time.
- In order to preserve the quality of the track, racers cannot make direct descent race lines during pre-race reconnaissance. During this reconnaissance phase, the LOC will place slalom poles or nets across the 2 meters close to the race gate, so racers have to go around.

(For technical specifications About Sprint Race Qualification Board, Example of Sprint Race Schedule, see Appendix 30 and 31 – ISMF Rules for organising ISMF international ski mountaineering competitions).

4.2 The finish

4.2.1 The Finish Procedure

The finish shall proceed as follows:

- Times and finishing order is established by the electronic timing system. In case of photo-finish, finishing order is established when the competitor's front foot crosses the finish line
- When the difference of time between two racers is under 1/10 of second, the finish order is established when the front part of the competitor's foot crosses the finish line (as indicated by 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;
- a podium with the first three competitors will take place shortly after their arrival for press coverage;
The athletes are allowed to have their race equipment on this podium.
- In the event of anti-doping controls, competitors must submit to tests or be liable to sanctions;
- All competitors must use the rubbish bags provided for disposal of all waste material.
- Every competitor has to be able to present a passport or national identity card at the finish line if required.

(For technical specifications of the Finish Area, see Appendix 28 – ISMF Rules for organising ISMF international ski mountaineering competitions)

4.3 Transition (change) area

- The transition (change) areas are all the places where the racers must change their way of progression.
- A transition area is a closed area (with nets, ropes), reserved only for the competitors and the controllers.
- The Flags used to delimit the transition area will be of the color of the next section (e.g. yellow if this is before a foot part, red if this is before a descent, etc.).
- A narrow gate (2 m maximum) controls the exit. An image will indicate the operation to be carried out.
- The entrance and the exit gate of the area are clearly marked with a blue line in the snow.
- Controllers must be equipped with radios and be able to communicate with race headquarters.
- Controllers also check safety issues.
- Controllers ensure that ISMF regulations are followed and immediately report any offenses committed by competitors to race headquarters.
- Under instruction from race headquarters, the Transition area chief must have enough authority to give instructions to competitors (for example: giving instructions to put on an extra layer of clothing, stopping the race under the authority of the race director, etc.).
- Transition area will be positioned so that competitors reduce speed upon arrival.
- At all times, the Transition area chief must be able to inform the speaker at the finish on the advancement of the race – competitor racing order – times between racers – etc.

4.4 Check points (CP)

A check point is an area where the racers bibs are noted. Checkpoints may be located at transition areas.

Controllers take note when competitors pass through their checkpoint and record their arrival order + times + ranking if the race is neutralized or stopped.

4.5 Relay hand-over zone

Relay hand-over

The relay is exchanged when the competitor finishing a relay leg reaches the hand-over zone and touches any part of the following competitor's body with his/her hand. This hand-over must take place within the relay hand-over zone. If the relay hand-over is not carried out according to the rules, the team is disqualified. The team-mate waiting for the next relay leg may only enter the relay hand-over zone when called for by a referee. (For technical specifications of this zone, see Appendix 32 – ISMF Rules for organising ISMF international ski mountaineering competitions)

4.6 Refreshment points

For Individual and Team Events, the LOC must set up a refreshment point (warm time/water, cereal bars) at the most appropriate location on the track approved by the Jury. The refreshment point is also to be used by coaches who are not allowed to supply food and beverages at any other location. (For technical specifications of this point, see Appendix 33 – ISMF Rules for organising ISMF international ski mountaineering competitions)

4.7 Conduct of competitors during the race

While racing, competitors must abide by the following rules:

1. The sections marked with green flags must be carried out on skis with skins attached. The sections marked with yellow flags must be carried on foot. The parts marked with red flags must be carried out on skis without skins. A competitor who is about to be overtaken must, without fail, immediately leave the route tracks and allow the competitor who shouts "TRACK" to pass. If there are 2 gates of the same colour along the tracks (uphill and downhill), the racers have to go through (waypoint, penalty B.2.).
2. 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.
3. In case of false start, athletes are not stopped, the penalty will be directly applied to the athletes after he crosses the finish line. False start penalty applies only if ISMF starting procedure is respected and if there is a camera video on the start line. The penalty applies for the first who does the false start.
4. 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 Controllers. Every competitor having withdrawn **MUST** inform the President of the Jury (or his representative) upon arrival at the finish area, and especially the Anti-Doping Delegate. The competitors having withdrawn may also be subject to a doping control.
5. 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.
6. For team race :
 - Team members must leave transition area together (i.e. before crossing the line which marks the exit of the transition area).
 - Each competitor must carry his/her own rucksack throughout the entire duration of the race with all the required equipment (except skis.)
 - assistance is allowed only between team members. It is forbidden to use a rope or an elastic to drag his/her team mate during the first 15 min of the race, in couloirs, on ridges and during descents
7. Competitors must pack their skins either inside their ski suit or in their rucksack. The skins may be visible but never hanging out of the ski suit. Use of adhesive tape is forbidden on the skins for environmental reasons.
8. Skis must be carried on the rucksack using 2 fastening straps designed for this purpose (skis cannot be carried in shoulder straps and have to stay in the back of the competitor). 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.
9. Competitors have to carry out the entire operation required for technique changes, within the transition area, as marked out clearly with entrance and exit lines. These manoeuvres include taking off/putting on skins or crampons, pack/unpack skins or crampons, fasten/unfasten skis to backpack, fastening/unfastening boots, these actions should not take place anywhere outside of this area, even upon approach to entering and/or straight after exiting the transition ('change') area.
10. The boots must be locked during all the downhill parts marked with red flags.

11. On stretches using a fixed rope, where use of lanyards 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 the second karabiner onto the following part of the rope before removing the first karabiner. Any breaches to these safety rules will be penalized.
12. Once the skier has stopped within the transition ('change') area to carry out a required manoeuvre then the ski poles must be placed flat on the ground. Manoeuvres in the transition zone take place once the athlete has come to a complete stop. This applies when the skier takes off/puts on skins or crampons, packs/unpacks skins or crampons, unfastens/fastens skis to backpack.
13. 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.
14. No outside assistance is allowed except for:
 - changing a broken pole/ski and or binding. He/she may change a broken pole/ski and or binding anywhere and with anyone.
 - refreshments only in the areas authorized by the jury (see org. rules 4.3.4.4)
1. During descents, the rope (or elastic) must be put in the rucksack or hung around the waist
2. The organizers will control DVA/transceivers during the race.
 - If a DVA is found not to be in working order, **the athlete will be stopped and immediately disqualified.**
 - Each competitor must wear this apparatus against his/her body, under all clothing in transmitting mode.
 - The device must never be visible during the race even if the competitor opens his/her suit due to high temperatures.
 - Competitors have to ensure that their device is functioning properly throughout the entire race.
 - If an avalanche transceiver is found in a rucksack or runs out of battery during the course of the race then the competitor will be banned from participating in all future races until the end of the current season.
 - Competitors must keep their DVA in emission until after passing through equipment control at the finish line.
17. If an athlete is found not to be using via ferrata kit and harness as/when required, he/she will be immediately disqualified and if necessary stopped. This applies also for the use of crampons unless the competitor can prove to the controller that a part of the locking system broke.
18. Competitors must respect the environment. Athletes must leave any rubbish in the dedicated trash bag only between the 2 lines marking the entrance and the exit of refreshment points. Penalties will be incurred by competitors seen littering the course (including in the transition area) or for having any other poor environmental conduct (see §6.1). Disrespecting the environment (abandoning equipment or littering, outside of the refreshment point).
19. Award winners, for all races and all categories, must without fail be present at the prize-giving ceremony or they will incur penalties (see §6.1). For each category, Top 3 athletes for flower ceremony and top 5 athletes for official ceremony must obligatory be present.
20. During the Sprint race, a 50 world cup point penalty will be applied if a racer voluntarily withdraws at any time, be it between qualification and heats, or between the different heats.
21. The members of a team must not be separated by more than 30 seconds in ascents and more than 10 seconds in descents. All teams will be subject to surprise inspections throughout the course. The two teammates cannot have an interval of more than 5 seconds between them on the finishing line
22. Athletes must closely follow the course markings in ascent and descent. The racers must go in the direction of the flags. All dangerous and/or unsportsmanlike behaviour will be sanctioned.

4.8 Safety / Event stoppage

The race director, after having informed the president of the race jury, can stop the competition for safety reasons or sporting fairness. A report of the decision will be drawn up immediately.

5. ESTABLISHMENT OF RESULTS

The results, approved by the president of the jury and displayed as and when competitors finish with full results available immediately after the last competitor crosses the line. Ranking is carried out by adding the finishing time to any penalties incurred by the jury. At World Cup races and World Championships the timings/results are produced by the ISMF timings provider. Provisional results are displayed after the first athletes cross the line.

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 Ranking Rules".

B. EQUIPMENT

Any compulsory equipment required by the jury replaced during the race or lacking at a checkpoint or at the finish (except for broken ski poles/ski given to a checkpoint referee or assistant). Penalties are given for each piece of missing equipment (cumulative).

#	Offences	Penalties	
		Team and individual races	Vertical, sprint and relay races
B.1	Skis, binding or boot not in compliance with regulations	disqualification	disqualification
B.2	Ski-binding or boots weight : between 1 and 20 grammes missing	3 minutes	1 minute
B.3	Ski-binding or boots weight : 21 and more grammes missing	disqualification	disqualification
B.4	Missing equipment or equipment not in compliance with regulations, for these items : DVA, DVA without battery or switched during the race or in rucksack; Snow shovel, Probe; Helmet, included not correctly worn; If required : Harness, Lanyard, Karabiners – Via Ferrata Kit head lamp, rope, crampon not in compliance with rules or missing at the start line, Chip or electronic system missing at the start No penalty for equipment broken during the race	disqualification	disqualification
B.5	Missing equipment or equipment not in compliance with regulation, for these items : Clothes (for each item missing), Long sleeves (except Vertical race if accepted by Jury), survival blanket, gloves (included not worn correctly during the race), sunglasses (excepted if not required by jury), rucksack, ski cap or headband, skin	1 minute	20 seconds
B.6	DVA out of order at the finish line (after a fall for example). DVA switched off after the passage of the finish line, before the equipment control.	3 minutes	1 minute
B.7	Crampon loose during the race	3 minutes	1 minute
B.8	Crampon missing in a foot part with crampons	disqualification	disqualification
B.9	Head lamp non switched on	3 minutes	1 minute
B.10	Chip or electronic system missing at the start line	No start	No start

5.1 Offences and penalties

A. – General – for infringements not specifically cited

	For the infringements not cited in the followings tabs (B, C, D, E, F), the referee uses scale A		
A.1	Cheating, unsportsmanlike or important safety fault	disqualification	disqualification
A.2	Behavior which may intentionally hinder	3 minutes	1 minute
A.3	Minor technical error, involuntary negligence,	1 minute	20 seconds

D. SPECIFIC PENALTIES FOR TEAM RACES

C. BEHAVIOUR

Ignoring correct racing technique required for a given section of the course, disrespect of marking and of course itinerary, any actions considered to be dangerous or jeopardising race safety or the proper running of the race, unsportsmanlike conduct.

#	Offences	Penalties	
		Team and individual races	Vertical, sprint and relay races
C.1	False start	30 seconds	
C.2	Missing out checkpoint – Voluntary or involuntary	disqualification	disqualification
C.3	Not following the correct route on a ridge	disqualification	disqualification
C.4	missing a Gate (Downhill section) - Voluntary or involuntary -	3 minutes	1 minute
C.5	Having a dangerous and/or unsportsmanlike behaviour by not following closely enough the course markings in ascent/ descent	3 (if marking missing) or disqualification	5min (if marking missing) or disqualification
C.6	Disregarding instructions given by an official on the course (at the start, at checkpoints or waypoints, at the finish).	3 minutes	1 minute
C.7	Not respecting the indicated mode of locomotion (e.g. skiing down a section indication as being on foot etc.). In case of broken equipment situation, the racer will not be penalized if he do everything possible to avoid destroy the trail.	3 minutes	1 minute
C.8	Crossing the finish line on foot, on an ascent ski track (except broken equipment checked by the president of the jury)	3 minutes	1 minute
C.9	Walking without crampons on a section where crampons are compulsory (except broken equipment checked by the controller)	Disqualification or 5min if crampons broken	Disqualification or 1min if crampons broken
C.10	Incorrect fastening of skis on the rucksack (less than 2 fastening points)	1 minute	20 seconds
C.11	Removable anti-slipping skins not kept inside the ski suit or rucksack	3 minutes	1 minute
C.12	Crampons without straps clipped on the ankles	3 minutes	1 minute
C.13	Crampons outside the rucksack	3 minutes	1 minute
C.14	Ski poles not placed flat on the ground in transition area	1 minute	20 sec
C.15	Not clipping the karabiner to a compulsory rope	3 minutes	DNA
C.16	Not yielding the track or disrespecting finish area skating corridor rules	1 minute	20 sec
C.17	Pushing, shoving, or making another competitor fall	Voluntarily : disqualification Not voluntarily : 1 minute	Voluntarily : disqualification Not voluntarily : 20 sec
C.18	Not rendering assistance to a person in distress or in danger	3 minutes	1 minute
C.19	Receiving outside help: except for changing broken ski and/or poles	3 minutes	1 minute
C.20	Disrespecting the environment	3 minutes	1 minute
C.21	Disrespecting or insulting anyone participating in the event (jury, officials, competitors, organisers, spectators, etc.)	disqualification	disqualification
C.22	Competitors not present at the flower ceremony (top 3) or at the prize-giving ceremony (top 5), except for medical reasons or proof of flight time with authorization of the President of the jury.	Disqualification. Prize money will be awarded if the official prize giving ceremony takes place much later than scheduled.	
C.23	Voluntary withdrawal between qualification and heats, or between the different heats of the sprint race	DNA	50 World Cup Point
C.24	Incorrect manoeuvre in the transition area	1min	20s

#	Offences	Penalties
D.1	Team members not together when leaving a checkpoint	1 minute
D.2	Team member not carrying own equipment in own rucksack throughout the duration of the race or at the finish line (exception for skis).	disqualification
D.3	Competitor carrying a team-mate's skis without fastening them correctly to rucksack	1 minute
D.4	The members of a team must not be separated by: - more than 30 seconds in ascents - more than 10 seconds in descents All teams will be subject to surprise inspections throughout the course.	1 minute (for each control point)
D.5	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 sec + 10 penalty sec = 20 sec. Interval of 1 min 5 sec = + 1 min Penalty = 1 excess min + 1 penalty min = 2 min.
D.6	Using a rope (elastic) on a part of the course where it is strictly forbidden	3 minutes
D.7	The rope/elastic not put away securely in rucksack or inside the suit.	1 minute

E. SPECIFIC PENALTIES FOR RELAY RACE

#	Offences	Penalties
E.1	Incorrect relay hand-over (defined in the regulations)	1 minute
E.2	The same competitor races 2 legs	disqualification

F. SPECIFIC OFFENCES & PENALTIES for COACHES BEHAVIOUR

#	Offences	Penalties
F.1	Not respecting designated areas for coaches, or areas with limited access	The President of the Jury of the Race and the ISMF Sports Department will apply the appropriate penalty.
F.2	Not rendering assistance to a person in distress or in danger	The President of the Jury of the Race and the ISMF Sports Department will apply the appropriate penalty.
F.3	Assisting own athletes (with the exception of changing broken ski and/or poles)	The President of the Jury of the Race and the ISMF Sports Department will apply the appropriate penalty.
F.4	Disrespecting or insulting anyone participating in the event (Jury, Officials, Racers, Organizers, Spectators, etc....)	The President of the Jury of the Race and the ISMF Sports Department will apply the appropriate penalty.
F.5	Infringement of any other rules not cited above	The President of the Jury of the Race and the ISMF Sports Department will apply the appropriate penalty.

5.2 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.

5.3 Claims

Any offences committed by competitors are communicated by the referee to the race director who informs the president of the jury. Penalties have to be transmitted to the race director and the president of the jury as soon as they are seen, and in a maximum delay of 5min after the concerned athlete crosses the finish line. Any penalty coming after this delay will be rejected. The official form for claims must be used ([See Appendix 1](#)).

When the top 5 athletes of each category have arrived, the results are signed, timed and posted. Coaches have 15min to protest.

As soon as the results for the top 5 of each category are official, the flower ceremony will take place.

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

If possible the president of the jury informs the coaches or if there are no, the competitors who have incurred penalties, before results are announced. Competitors / teams may appeal

IMPORTANT NOTE FOR SPRINT RACE:

- During the quarter-finals, semi-finals and finals, any infringement of the regulation (unless those leading to disqualification – see table below), causes the athlete to be automatically ranked last in the heat.
- When 2 or more racers of the same heat have a penalty, they are then ranked according to the qualification times.. There are no “time penalties” during the heats.
- Claims are not possible during Sprint race. Any infringement observed **by** an official controller will automatically lead to the relevant penalty. Any protest will be rejected. A penalty of 50 € will be applied to any coach **hindering and/or pestering** controllers.
- If the race jury does not post the results within the 5 min after the end of the heat, no penalties will be applied to the heat in question.

All claims must be submitted in writing:

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

The President of jury will present a detailed and motivated written response within one hour of the claim.

Competitors may appeal, according to the disciplinary procedures described in ISMF Disciplinary Rules.

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

After the race, any appeals by coaches or athletes regarding decisions taken by the jury, will be entrusted to the Court of Arbitration for Sport in Lausanne.

6.4 Podiums

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

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

Official ISMF prize-giving podiums should take place before 2 pm.

During the official medals ceremonies, athletes are not allowed to go on the podium holding any equipment. Following this ceremony, there will be a moment scheduled for this purpose.

6. DOPING

Doping is strictly prohibited. (*See Anti-Doping regulation in the Rules for Organising ISMF events*)

7. 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 by the sum of 50.00 € (or the equivalent in Euros of the currency of the host country).
- A separate claim form must be completed for each incident and each form accompanied by the sum stated in the regulations.
- The person that submits a complaint must support his/her arguments by quoting specific points of the regulation.

[illegible]

At, the / / (DD/MM/YY)

Signature

Exact time : HH:MM

[illegible]

At, the / / (DD/MM/YY)

The President of the jury

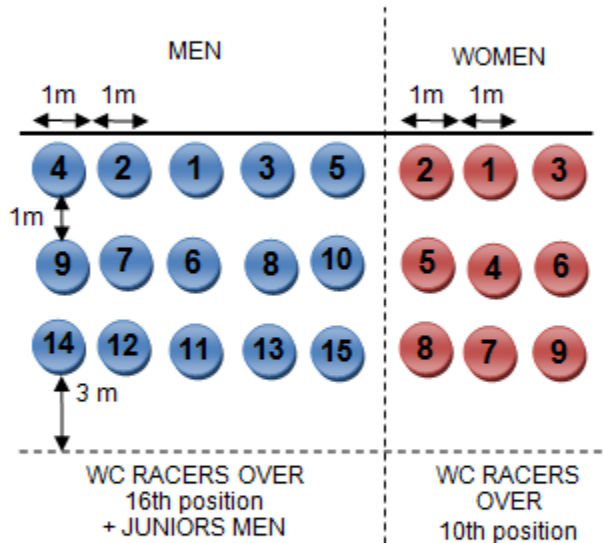
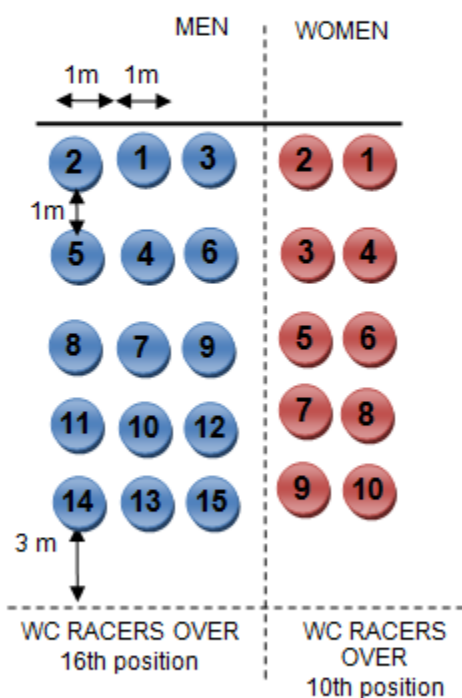
Exact time: HH:MM

8. Appendix 2: Pole position start

A. MEN AND WOMEN MASS START only allowed if approved by the ISMF appointed Technical Director

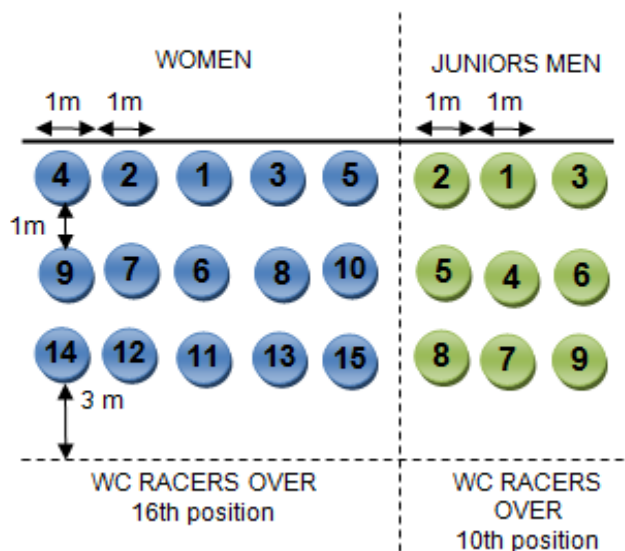
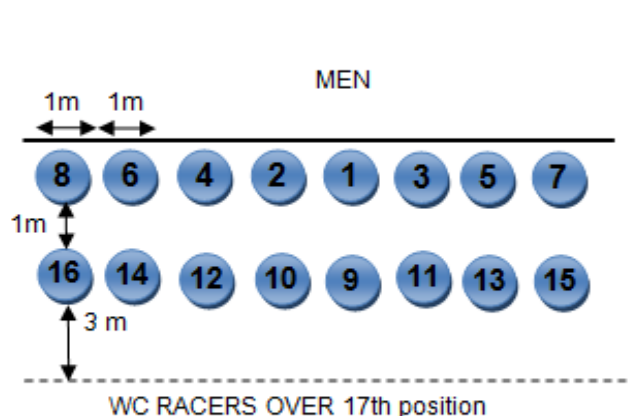
CONFIGURATION "3-2" if narrower space
(3 men, 2 women/line), need 5 meters width

CONFIGURATION "5-3" if enough space
(5 men, 3 women/line), need 8 meters width



The separation between men and women (or women and juniors, see below) should be made with flags and paint (no nets, no poles) on a distance of 50m minimum. The racers cannot cross this line.

B. MEN AND WOMEN SEPARATED START (normal start procedure)



9. Appendix 3- 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 mm
- Minimum total length: 240 cm
- When loaded without shock with a mass of 3 kg as in figure 1, the probe should not break or leave permanent deformations and should 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).

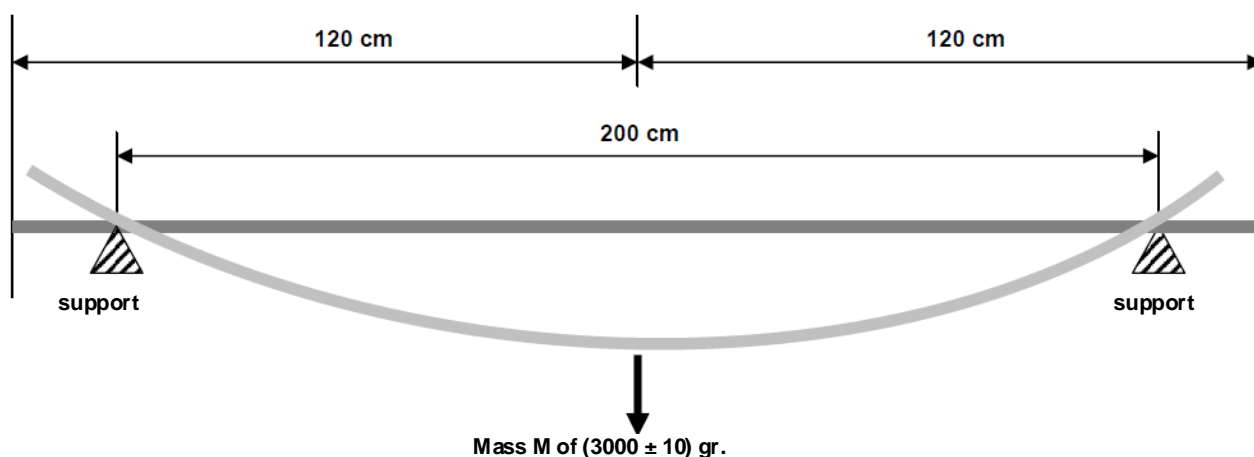


Figure 1

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

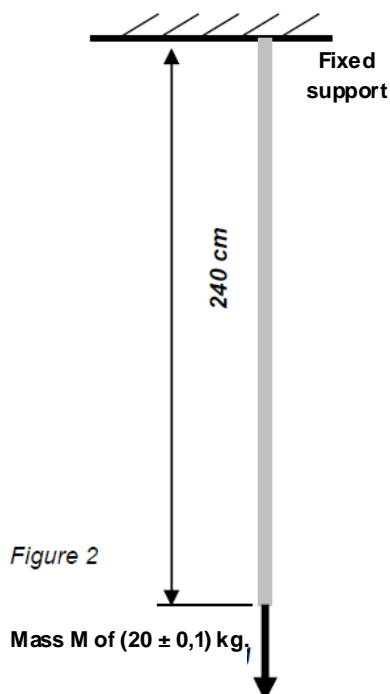
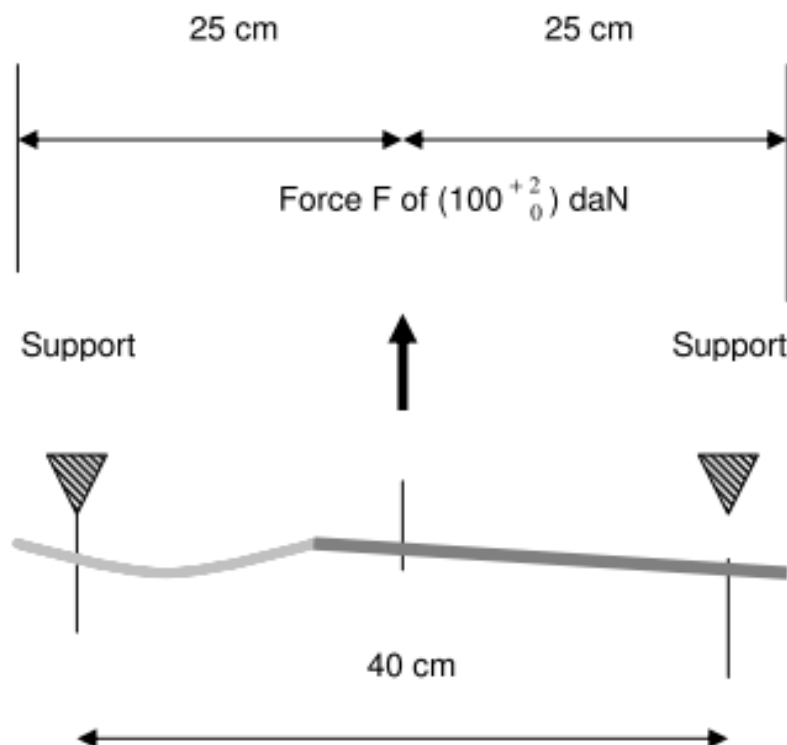


Figure 2

10. Appendix 4: Shovel standard

- A snow shovel in compliance with the ISMF standard here stated, defined by the manufacturer as a "rescue snow shovel". The equipment concerned directly with safety cannot be modified; **except for modifications performed or authorized by the manufacturer.**
The manufacturer has to define the shovel as a "rescue snow shovel" and make a self-certification confirming that it complies with the ISMF standard:
- Minimum shovel surface including a square of 20 cm x 20 cm.
Test method: put a piece of 20 X 20 cm cardboard under the shovel: no part of the cardboard must be visible.
- Minimal total length of the shovel in working configuration: **50 cm.**
- The shaft has to end in a T or L shape, so the athlete is able to push down /lever the handle
- The test sample for the strength test shall be conditioned for at least 1 h at $(-20 \pm 3) ^\circ\text{C}$. The test shall be carried out at $(23 \pm 5) ^\circ\text{C}$. The test shall begin within 2 min from removal of conditioning.
- Strength test: When loaded with a speed of $(100 \pm 10) \text{ mm/min}$ as in figure 1, the shovel shall be capable of withstanding a static force of at $(100^{+2}_0) \text{ daN}$ over a period of $(60 \pm 5) \text{ s}$.
The test sample shall not break, nor go out of the supports, and no permanent deformations are admitted on any part of the shovel.

Figure 1



11. Appendix 5: Altimetric profile and design of the sprint

After foot part: 10 m+ for women/youth, 30m+ for senior/espoir men. Important: All athletes have a ski part after the foot part.

