



International Ski Mountaineering Federation

Sporting Rules & Regulations Ranking 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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A. SPORTING RULES & REGULATIONS FOR INTERNATIONAL SKI MOUNTAINEERING COMPETITIONS

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 - in the past referred to as Assessment and Certified 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 document named "Rules for organising ISMF international ski mountaineering competitions", for setting out the rules and regulations applicable to international competitions.

1.2 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.

Time points: these points depend on the ratio of a competitor's finish time and that of the winner given in percentage for each race, used to decide between dead heats.

Place Points: points attributed to competitors depending on their results in a given race irrespective 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 attributed to individual competitors, teams or countries and used to establish their position in competition ranking.

1.2 Abbreviations

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

DESCRIPTION OF COMPETITION: See Rules for organizing International ski mountaineering competition section 4.3.

SCHEDULE OF COMPETITION: See Rules for organizing International ski mountaineering competition Appendix 12

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.

Cadets and Juniors can run in a senior relay.

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

There cannot be subdivisions in Cadet and Junior categories.

In Team events only the following may participate as teams:

- Men's team = team composed of 2 men
- Women 's team = team composed of 2 women
- Composition Senior Team = any athlete 18 years old (during the year of the race) or over, (the team is automatically ranked in the senior category, no matter the age of the 2 teammates)
- Composition Junior Team = Junior athletes only
- Composition Cadet Team = Cadets athletes only
- A racer holding a valid ISMF licence who teams up with a racer who does not have an ISMF licence for the current year, is not eligible to receive classification points.
- The 2 members of the team must have the same nationality and belong to the same federation. All other team composition will be rejected.

3.2 Quotas per country

3.2.1 World and European Championships quotas

Individual races, Sprint and Vertical Race:

- Senior: 4 M and 4 W
- Espoir ranking: 3 M and 3 W (total of 7 seniors M and 7 seniors W)
- Junior: 4 M and 4 W
- Cadet: 4 M and 4 W

Team races:

- Senior: 4 teams M + 4 teams W

Relay races:

- Senior: 1 team M + 1 team W
- Youth: 1 team

The title of World Champion grants a bonus place for the next World Championship. Idem for the title of continental Champion.

If for any reason the competition does not take place, or if there is no ranking, this bonus is applied in the next Championship.

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

3.2.2 Continental Championships (excluding Europe), World cup and ISMF Series 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.

Competitors should contact their national federation to obtain an international licence. Each national federation must send the ISMF 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 must ensure that its competitors enrolled in Continental Championships and ISMF World Cup Races are:

- Holders of a public liability insurance and a repatriation assistance policy covering any accidents involving competitors that may arise during journeys to and from the competition and/or during the competition.
- Holders, if necessary, of an individual accident insurance.
- Physically fit to take part in ski mountaineering competitions, holders, if necessary, of a medical certificate in compliance with the national regulation.
- Authorized to take part in competitions. A letter from parents or the legal guardian for young competitors (minors) with respect to the legislation of each country is requested.

For ISMF Series ski mountaineering races it is up to athletes to ensure that they are personally in regulation with national rules concerning participation eg medical certificate, national licence etc

It is not essential to hold an international ISMF licence in order to participate ISMF Series races.

3.4 Athlete Registration

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

For all ISMF ski mountaineering categories, all competitors must register by the national federation for world/continental championships and world/continental cups via the ISMF website www.ismf-ski.org / Race Registration.

The use of the ISMF website for registration is compulsory for all World Cup events and the World/Continental Championships. Registration must be made by the National Federations after having created an account on the Intranet of the ISMF.

For the open races, registration could be made by the athletes or the event organisers via the ISMF website.

National federations can only register athletes of the country they represent (no foreigners). Athletes with dual nationality must choose which nationality they wish to use at the beginning of each season.

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

For every event, a national federation registers its quota of competitors/teams/relays at the time set down by the ISMF stating the names of the competitors, team formation and start order for relays.

For the world/continental championships, the national federation does a global registration before the event. Coaches can then modify their registrations on the eve of the race during a 1h period decided by the ISMF and the LOC before the championships.

An athlete can be replaced until one (1) hour before the start of the race.

The national federation is responsible for giving the sport number to the substitute(s).

The potential substitute(s) will be compulsorily announced at the moment of the registration in the race.

LOC members and ISMF officials cannot participate in a competition which they are officially involved in.

3.4.2 ISMF Series

ISMF Series race organisers have the option to use the ISMF system; however when the ISMF system is not used then a list of all enrolled athletes must be sent to the ISMF in excel format. In this case the athletes will register directly via the Local Organising Committee (LOC).

4. 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 § 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/or skis.

4.1 Description equipment for all ISMF ski mountaineering races

EQUIPMENT	DESCRIPTION	CE or UIAA
a passport or a National ID card	to be showed, by the athlete or the coach after having crossed the finish line.	
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 the instruction for use given by the manufacturer 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 soles in Vibram or an equivalent., 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. The use of adhesive tape on the boots is 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.</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 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.	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: <ul style="list-style-type: none"> • 1 long or short-sleeved, body-hugging layer. • 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 <ul style="list-style-type: none"> • 1 ski suit or ski pants • 1 breathable wind breaker trousers 	
An avalanche	also called DVA or ARVA, that conforms to standard EN 300718 457 kHz frequency.	YES

detector	From season 2016-2017 : The DVA has to be equipped with a 3 antennas emission system. From season 2016-2017 dva will have 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 (For season 2016-2017 : UIAA 106 and EN 1077 classB standards) - or EN 12492 (For season 2016-2017 : or 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 3</i>).	
A snow probe	conforming to ISMF standards (<i>Appendix 2</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	
An UV-protection sunglasses		
A rucksack	with sufficient capacity to hold all the equipment required by the regulation, with two posterior 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.). The rucksack crampon pocket must be opening from the back and not from the front (to avoid opening in case of fall).	
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 Klettersteige /via ferrata conforming to UIAA standard 128.	YES
2 type K (Klettersteige) 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 hung on 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 windbreaker	
A head torch 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

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					
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.

4.2 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

4.3 Advertising on competitor's clothing

Only the race number may be used for advertising purposes by the LOC

Please refer to LOC/ISMF agreement concerning use of race numbers/bibs for advertising.

4.4 Inspection of equipment

Equipment will be inspected at the finish line or at any other point on the course (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.

A place is reserved for the control of competitors' equipment, should they have any doubts, and for the safety equipment required by the LOC, where the presence of an ISMF referee is COMPULSORY.

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

5. RACE ORGANISATION

Start types and starting procedures: see Rules for organising international ski mountaineering competitions

5.1 Conduct of competitors during the race

While racing, competitors must abide by the following rules:

1. The parts marked with green flags must be carried out on skis and the skins under ski. The parts marked with yellow flags must be carried out by 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, the skis and the boots 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. It is strictly forbidden to take off/put on skins or crampons, pack/unpack skins or crampons, fasten/unfasten skis to backpack, do up or un-do boots, lock or unlock bindings anywhere outside of this area, even upon approach to entering and/or straight after exiting the transition ('change') area.
10. The boots and the rear bindings 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 should be placed flat on the ground. 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. He/she may change a broken pole/ski anywhere and with anyone.
 - refreshments only in the areas authorized by the jury (see org. rules 4.3.4.4)

15. During descents, the rope (or elastic) must be put in the rucksack or hung around the waist
16. 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 the finish line equipment control.
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, nothing may be thrown on the ground, this is possible 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).
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 voluntary 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. All dangerous and/or unsportsmanlike behaviour will be sanctioned.

5.2 The finish

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
- 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 controllers will carry out a complete control of 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; 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.
- In case of anti-doping test, an escort authorized by the ISMF 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 to present a passport or national identity card at the finish line if required.

5.3 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.

6. ESTABLISHMENT OF RESULTS

The results of each race are established by the LOC, approved by the president of the 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 Ranking regulations".

6.1 Offences and penalties

A. 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
1	Skis not in compliance with regulations	disqualification	disqualification
3	Bindings not in compliance with regulations	disqualification	disqualification
4	Boots not in compliance with regulations	disqualification	disqualification
5	Missing pole(s) or ski at finish line	1 min per pole or per ski	15 sec per pole or per ski
6	No skins at the finish line (2 skins compulsory)	1 min 30 sec per skin	15 sec/skin
7	Clothes : per each missing item	3 minutes	15 sec
8	Short sleeves – per item - except close body layer (1 st layer).	1 minute	15 sec
9	No DVA, or without battery, or put away in the rucksack.	disqualification for the rest of the season	disqualification for the rest of the season
10	DVA out of order at the finish line (after a fall for example)	3 min	15 sec
11	DVA switched off during the race	disqualification	disqualification
12	DVA switched off after the passage of the finish line, before the equipment control	3 min	15 sec
13	Use of a basic emitting device instead of an avalanche transceiver during the race	disqualification	disqualification
14	Helmet not in compliance with regulations	disqualification	disqualification
15	Helmet not correctly worn	disqualification	disqualification
16	No snow shovel, or one not in compliance with the regulation, or modified	disqualification	disqualification
17	No snow probe, or one not in compliance with the regulation, or modified	disqualification	disqualification
18	Missing or modified survival blanket	3 minutes	15 sec
19	No gloves	3 minutes	15 sec
20	Gloves not worn correctly during the race	1 minute	15 sec
21	No sun glasses	1 minute	15 sec
22	Rucksack not in compliance with regulations	3 minutes	15 sec
23	Missing crampons at the finish line	2 minutes per crampon	DNA (Does Not Apply)
24	Crampons not complying with the regulation	disqualification	DNA
25	No harness, no lanyard, no karabiners « Klettersteig »	disqualification	DNA
26	No ski cap or headband	1 minute	15 sec
27	Missing head lamp	5 min	15 sec
28	Head lamp non switched on	3 minutes	15 sec
29	Modified rope or not in compliance with regulations	disqualification	DNA
30	Chip or electronic system missing at the start	No start	No start
31	Chip or electronic system missing at the finish line	1 minute	15 sec
32	Infringement of any other rules not cited above	30 seconds to disqualification	30 seconds to disqualification

B. BEHAVIOR			
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
1	False start	30 seconds	
2	Voluntary or involuntary - missing out checkpoint and/or waypoint	disqualification	disqualification
3	Disregarding instructions given by an official on the course (at the start, at checkpoints or waypoints, at the finish). Penalties awarded according to offence	See the offence	See the offence
4	Walking on foot, on an ascent ski track (for each time the ski are removed)	3 minute	1min
5	Crossing the finish line on foot, on a ascent ski track (except broken equipment checked by the president of the jury)	5 min	5 min
6	Skiing down a section indicated as being on foot	disqualification	disqualification
7	Walking without crampons on a section where crampons are compulsory (except broken equipment checked by the controller)	Disqualification or 5min if crampons broken	DNA
8	Not following the correct route on a ridge	disqualification	disqualification
9	Having a dangerous and/or unsportsmanlike behaviour by not following closely enough the course markings in ascent/ descent	5min or disqualification	5 min or disqualification
10	Incorrect fastening of skis on the rucksack (less than 2 fastening points)	1 minute	15 sec
11	Removable anti-slipping skins not kept inside the ski suit or rucksack	1 minute	15 sec
12	Crampons without straps clipped on the ankles	5 minutes	DNA
13	Crampons outside the rucksack	5 minutes	DNA
14	Crossing the exit of a checkpoint or waypoint without having correctly fastened skis on the rucksack	1 minute	15 sec
15	Ski poles not placed flat on the ground in transition area	1minute	1 minute
16	Not clipping the karabiner to a compulsory rope	10 minutes	DNA
17	Not yielding the track or disrespecting finish area skating corridor rules	1 minute	15 sec
18	Pushing, shoving, or making another competitor fall	disqualification	disqualification
19	Not rendering assistance to a person in distress or in danger	disqualification	disqualification
20	Receiving outside help: except for changing broken ski and/or poles	disqualification	disqualification
21	Disrespecting the environment (abandoning equipment or littering, outside a checkpoint or a waypoint)	disqualification	disqualification
22	Disrespecting or insulting anyone participating in the event (jury, officials, competitors, organisers, spectators, etc.)	disqualification	disqualification
23	Competitors not present at the flower ceremony (top 3) or at the prize-giving ceremony (top 5), except medical reasons or proof of flight time with authorization of the President of the jury.	Disqualification, provided that the flower and prize-giving ceremony is celebrated in the scheduled place and time. The prize-money will be kept if the scheduled place and time of the flower and prize-giving ceremony is not respected by the organizers.	
24	Voluntary withdrawal between qualification and heats, or between the different heats of the sprint race	DNA	50 World cup points
25	Infringement of any other rules not cited above	30 seconds to disqualification	15 seconds to disqualification

C. SPECIFIC PENALTIES FOR TEAM RACES		
#	Offences	Penalties
1	Team members not all together when leaving a checkpoint	2 minutes
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
3	Competitor carrying a team-mate's skis without fastening them correctly to rucksack	1 minute
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.	3 minutes
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.
6	Using a rope (elastic) on a part of the course where it is strictly forbidden	3 min
7	The rope or the elastic not put away in the rucksack or tied on around the waist	3 min

D. SPECIFIC PENALTIES FOR RELAY RACE		
#	Offences	Penalties
1	Incorrect relay hand-over (defined in the regulations)	disqualification
2	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

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. 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 can 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, for any infringement of the regulation unless those which lead to disqualification (see table below), the athlete concerned by the infringement will automatically be ranked at the end of his heat.
- If 2 or more racers of the same heat have a penalty, they are then separated with the qualification time. There will be no "time penalties" during the heats.
- For the entire sprint race, there will be no possible claims. 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 cannot 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 when 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.

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

During the official ceremony of medals award and anthems playing, the athletes are not allowed to go up to the podium holding any equipment . Following this ceremony, there will be a moment scheduled for this purpose.

7. DOPING

Doping is strictly prohibited. (See *Anti-Doping regulation*)



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 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.

ORGANISATION			
EXACT NAME OF THE RACE :			
EXACT DATE OF THE EVENT :			
LOC NATIONAL FEDERATION :			
CLUB OR ASSOCIATION :			
RACE			
	<i>TYPE OF RACE</i>	<i>TYPE OF EVENT</i>	<i>CATEGORY</i>
<input type="checkbox"/>	Individual race	<input type="checkbox"/> World championship	<input type="checkbox"/> Men
<input type="checkbox"/>	Team race	<input type="checkbox"/> World cup	<input type="checkbox"/> Women
<input type="checkbox"/>	Vertical race	<input type="checkbox"/> Continental championship	<input type="checkbox"/> Senior
<input type="checkbox"/>	Sprint race	<input type="checkbox"/> ISMF series race	<input type="checkbox"/> Espoir
<input type="checkbox"/>	Relay		<input type="checkbox"/> Youth
CLAIM			
Person in charge of filing the claim :			
Federation :			
Phone number :			
Name(s) of athlete(s) involved :			
Bib number of athlete(s) involved :			
DETAIL OF THE EVENTS			
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At, the / / (DD/MM/YY)

Signature

Exact time : HH:MM

DECISION OF THE JURY
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The President of the jury

Exact time : HH:MM

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 mm
- Minimum total length: 240 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).

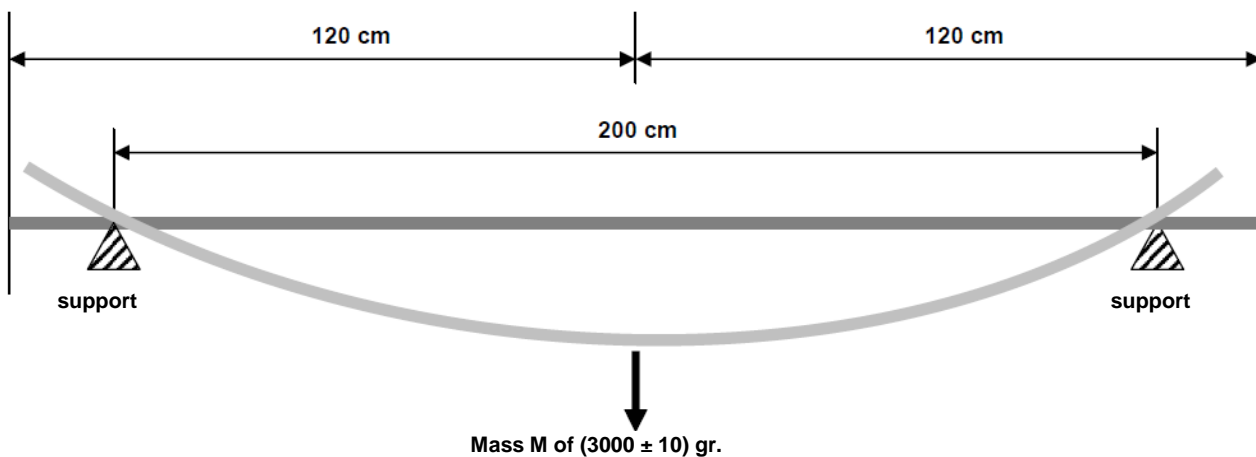


Figure 1

- 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.

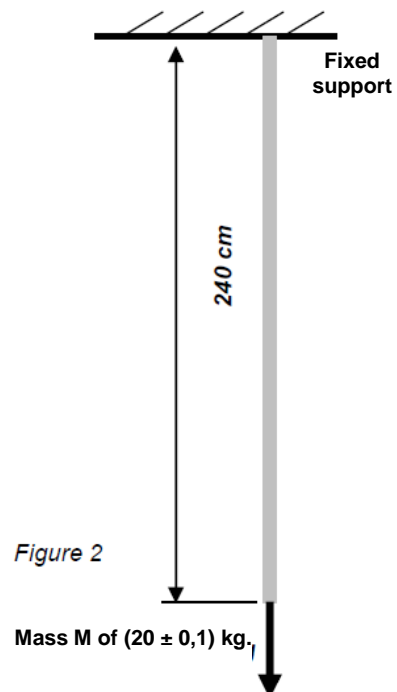


Figure 2

10. Appendix 3: 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 tests 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 ± 10) mm/min as in figure 1, the shovel shall be capable of withstanding a static force of at (100^{+2}_0) daN over a period of (60 ± 5) 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.

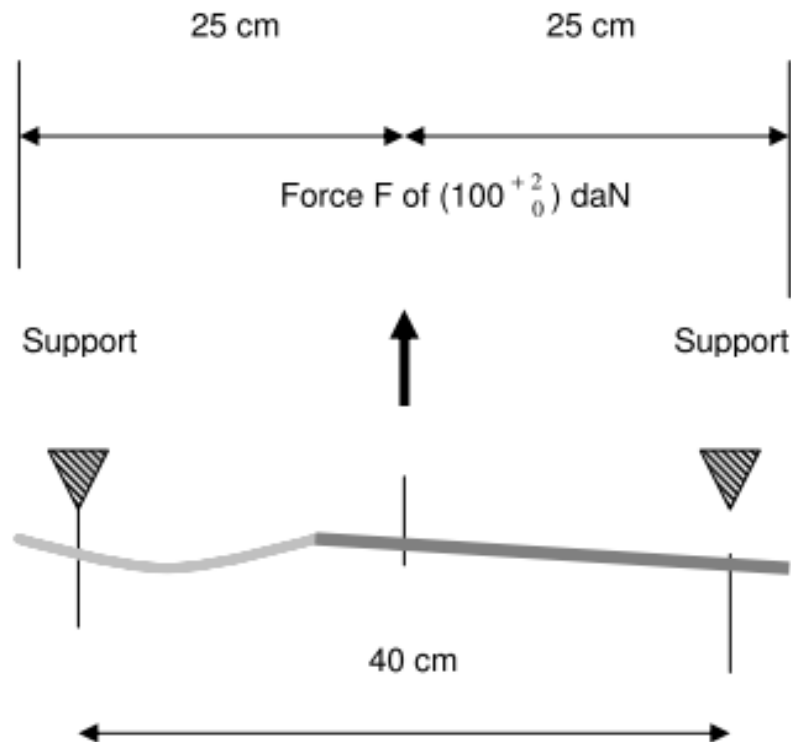


Figure 1



B. RANKING RULES & REGULATIONS FOR INTERNATIONAL SKI MOUNTAINEERING COMPETITIONS

1. APPROVED EVENTS

Only events that meet the following requirements will be taken into account for ISMF rankings:

- event announced in the international ISMF calendar;
- participation of at least 3 athletes;
- compliance with ISMF regulations.

2. MEANS OF RANKING

2.1. Place points

The following points are awarded to competitors and teams depending on their results for each race in which they participate.

Individual Race / Team Race / Vertical Race / Sprint Race - World Cup

Place	Points	Place	Points	Place	Points
1	100	11	24	21	10
2	80	12	22	22	9
3	60	13	20	23	8
4	50	14	18	24	7
5	45	15	16	25	6
6	40	16	15	26	5
7	36	17	14	27	4
8	32	18	13	28	3
9	29	19	12	29	2
10	26	20	11	30	1

2.2. Time points

In order to decide between competitors or teams that have the same final ranking points (same final number of place points), race times will be taken into account. In the event of a tie, the final ranking will be determined by the addition of time points. Time points depend on the ratio between the competitor's time and the winner's time (percentage).

If the competitor's time points are identical, then the tie will not be broken.

Time points are calculated as follows:

$$Px = T1/Tx * 100$$

Tx = time of the competitor or team X, in seconds

T1 = time of the winner (individual or team), in seconds

Px = Time points of competitor or team X

Times are to the second, and percentages to the nearest hundredth.

For example: Competitor A wins the race in 2 hrs 00'00", competitor B finishes second in 2 hrs 03'30" and competitor X is 30th in 2 hrs 15'45". The results of the race are:

A: place points = 100; time points = 100.00

B: place points = 95; time points = 7200 / 7410 * 100 = 97.16

X: place points = 51; time points = 7200 / 8145 * 100 = 88.39

3. RANKINGS

3.1. Continental and world championships

3.1.1. Country ranking

Country ranking is calculated by summing the place points of competitors who count for country ranking. The number of competitors taken into account for country ranking and the coefficients allocated for each event are detailed in the table below.

For the espoir category, only PPs awarded in espoir ranking are taken into account.

For example, if during an individual event, an espoir finishes 1st in the espoir ranking and 3rd in the senior ranking and is 1st for his/her country in both espoir and senior categories, then his/her place points from the espoir ranking count with a coefficient of 1, whereas the place points of the senior competitors from the same country who finished 2nd count with a coefficient of 1.

Type of event	Individual		Team	Vertical Race		Relay		Sprint	
	Seniors Men & Women	Espoir, Juniors & Cadets Men & Women	Seniors Men & Women	Seniors Men & Women	Espoir, Junior and Cadet Men & Women	Seniors Men & Women	Youth relay event	Seniors Men & Women	Espoir, Junior and Cadet Men & Women
Coefficient	1	1	1	1	1	1	1	1	1
Number of competitors/teams that count towards country ranking, men and women	1	1	1	1	1	1	1	1	1

Country ranking points

= (sum of place points of the country's first individual male senior competitors)
 + (sum of place points of the country's first individual female senior competitors)
 + (sum of place points of the country's first individual male espoir competitors)
 + (sum of place points of the country's first individual female espoir competitors)
 + (sum of place points of the country's first individual male junior competitors)
 +... etc. -

Countries can tie.

3.1.2. Combined senior championship ranking

Combined senior championship rankings are calculated by adding the place points obtained by senior competitors (both for men and women) from the 3 best results out of the 4 following races: Team, Individual, Vertical, and Sprint Race.

Senior men combined ranking points = PPs for Individual races + PPs for Team races + PPs for Sprint races + PPs for Vertical races – PPs of the worst result out of the 4 races. In the event of a tie, the final ranking is determined using time points.

if one or more of the 4 following races- Team, Individual, Vertical, and Sprint race- cannot be held during the continental or world championships, then the combined ranking will be calculated by adding the place points obtained during all the remaining races without withdrawing the worst result.

3.2. Continental cups

The continental cups follow the same rules as the world cups (see section 3.3 down below) the only difference being that:

- Only competitors from the host continent are ranked in their continental cup. Competitors from other continents can only participate in these races if they are open.

- If the competitor and/or team are from the continent hosting the cup, then their place points count towards the continental cup ranking and permanent world ranking.
- If the competitor and/or team are not from the continent hosting the cup and if the event is open, their place points count towards the permanent world ranking.
- In order to be ranked in a continental cup, competitors/teams must:
 - o come from the hosting continent;
 - o have participated in at least one of the races that count for ranking.

3.3. World cups

3.3.1 General principles

In order to be ranked in a world cup, competitors/teams must:

- have participated in at least one race that counts towards the world cup;
- be a current ISMF licence holder.

Cadets cannot participate or be ranked in a world cup race.

The race results that count towards world cup ranking are:

- Team World Cup races for men and women in senior, espoir, junior categories;
- Individual world cup races for men and women in senior, espoir, junior categories;
- Sprint and vertical world cup races for men and women in senior, espoir, junior categories;

The top 3 in each category are called to the podium at the final event of each specialty

3.3.2 Individual world cup ranking for Seniors, Espoirs and Juniors

The winner of the individual ski mountaineering World Cup is the competitor who accumulates the most place points during the races of all Individual World Cup competitions - in his/her category. All the world cup races are taken into account for the calculation of the final individual ranking. This is an individual ranking. In the event of a tie, the final ranking will be determined using time points. Ranking will be determined if there are at least 3 Individual races.

3.3.3 Vertical Race world cup ranking for Seniors, Espoirs and Juniors

The winner of the vertical ski mountaineering World Cup is the competitor who accumulates the most place points during all Vertical World Cup Races in his/her category. All the races are taken into account for the calculation of the final Vertical Race ranking. This is an individual ranking. In the event of a tie, the final ranking will be determined using time points. Ranking will be determined if there are at least 3 Vertical races

3.3.4 Sprint Race world cup ranking for Seniors, Espoirs and Juniors

The winner of the sprint ski mountaineering World Cup is the competitor who accumulates the most place points during all Sprint World Cup competitions in his/her category. All the races are taken into account for the calculation of the final Sprint ranking. This is an individual ranking. In the event of a tie, the final ranking will be determined using time points. Ranking will be determined if there are at least 3 Sprint races

3.3.5 General overall world cup ranking for Seniors, Espoirs, Juniors, men and women

The winner of the overall World Cup is the competitor who accumulates the most place points during the races of all Individual / Team / Vertical and Sprint World Cup races -.

It is an individual ranking. the final ranking takes all the season's races into consideration.

This is an individual ranking. In the event of a tie, the final ranking will be determined using time points.

3.4 Permanent men's and women's world ranking

3.4.1. Concepts and provisions

Permanent world rankings are established to represent sporting excellence.

This ranking is based on the results of senior men and women competitors over various ISMF ski mountaineering events.

This is an individual ranking.

3.4.2. Establishing the ranking

Throughout each sporting season, all senior competitors gain place points (PPs) for each event announced in the ISMF calendar. Each competitor's place points are multiplied by the event coefficient = value attributed to the race depending on the previous ranking of the best athletes to finish.

The ranking is updated following each event.

Points become void 1 year and 1 day after having been obtained.

3.4.2.1. Continental ranking

For continental ranking, only the following races are taken into account:

- Continental senior championship events;
- Continental senior cup events;
- Open events that take place on the continent in question.

Senior competitors are only ranked in the international ranking of their continent.

3.4.2.2. Permanent world ranking

ISMF series races count for the permanent world ranking.

All competitors gain points (whether or not ISMF licence holders).

N.B. for continental championship and cup results: if the competitor and/or team are not from the continent and if the event is open, their place points count towards the permanent world ranking. If the event is not open, these competitors cannot register to participate.

4. METHOD FOR CALCULATING RACE POINTS

Competitors start a race with a given number of points, obtained in previous races; these points are their "reference points". Only competitors ranked upon arrival are taken into account.

Whether the race is an individual race or a team race, only individual positions are used (1 team = 2 individuals).

For men, calculations are based on the 20 best ranked competitors with the most points in the world ranking.

For women, calculations are based on the 10 best ranked competitors with the most points in the world ranking.

Using the World Cup point grid, the competitor coefficient is applied:

The total for the 20 first men is of 1480 points.

If the winner is among the 20 best of the World Ranking ranked upon arrival, he gains 100 points.

His competitor coefficient is $100 / 1480 = 0.0675675$

If the runner-up is among the 20 best of the World Ranking ranked upon arrival, he gains 95 points.

His competitor coefficient is $95 / 1480 = 0.0641891$

If the twenty-fifth to finish is among the 20 best of the World Ranking ranked upon arrival, he gains 56 points.

His competitor coefficient is $56 / 1480 = 0.0378378$

The total for the 10 first Women is of 825 points.

The coefficients of the 20 best men of the world ranking ranked upon arrival are summed.

If the 20 first men to finish are the 20 best of the world ranking, then the competitor coefficient for men is equal to 1.

By adding all their percentages, the race coefficient is obtained. This coefficient depends on the quality of the competitors that finish the race (maximum = 1.00).

The method for calculating time points is maintained.

The winner gains 100 points, the 2nd gains (winner's time / 2nd time) x 100.

Race points:

Race points are obtained by multiplying time points by the race coefficient.
There can be a tie.

5. RESULT MANAGEMENT / WORLD CUP RANKINGS / WORLD AND EUROPEAN CHAMPIONSHIPS

The ISMF IT-Ranking Manager is responsible for establishing world cup and world and European championship results and rankings.

He/she must:

- Update, with help from ISMF secretary, computerized data on the competitors participating in events;
- Update, with help from ISMF secretary, the rankings of previous races;
- Update official rankings (cups, championships, etc.);
- Post the ranking on the Internet and send a copy to the head of the Referees' commission, the technical director and ISMF secretary office;
- Provide LOCs with the list of competitors with licences from each National Federation a week before the competition and then again 24 hrs. before the competition;
- Request help from LOCs to set up and coordinate the computerized system by which he/she can immediately receive the results of an event;
- Obtain computerized race rankings within the shortest possible time period;
- Supply a copy of race rankings to each person in charge of competitors from competing countries.

He/she must be present at:

- world cup finals;
- world and European championships.

On all other events, event organisers will hand the official ranking to the ISMF delegate or technical representative who will subsequently communicate it to the IT-Ranking Manager and ISMF secretary office at the end of the race by urgent e-mail.

ISMF Series Ranking

Points are awarded in the same way as for World Cup events. The ranking of each athlete is based upon the top 4 personal results from an ISMF Series Circuit.

6. MANAGEMENT OF PERMANENT WORLD RANKING

The ISMF IT-Ranking Manager will be in charge of updating the Permanent World Rankings.

He/she must:

- Update, with help from ISMF secretary, computerized data on the competitors participating in events;
- Update, with help from ISMF secretary, the rankings of previous races;
- Post the ranking on Internet and send a copy to the head of the Referees' commission, the technical director and ISMF secretary office;
- Request help from LOCs to set up and coordinate the computerized system in order to immediately receive results after an event
- Obtain computerized race rankings within the shortest possible time period.

Event organisers must communicate the official rankings to this person at the end of the race by urgent e-mail.

7. RANKINGS CLAIMS

ISMF technical director will receive and deal with any claims concerning rankings. Claims must be submitted in writing by a National Federation.

The National Federation may appeal, according to the procedures stated in the disciplinary rules in the internal regulations of ISMF.