

# International Ski Mountaineering Federation

## Sporting Rules & Regulations

**Any change requested by the organiser regarding itineraries or schedule in the following regulation has to be presented in writing 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 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 outline the obligations, behaviour and rights of athletes wishing to take part in international ski mountaineering competitions organised by the ISMF.

The official ISMF Sporting Rules text is published in English.

This document is the main reference, together with the documents titled “Rules for organising ISMF international ski mountaineering competitions, Ranking Rules and Access & Registration Rules”, for outlining the rules and regulations applicable to international competitions.

### 1.1 Definitions

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

**National Federation:** any 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 a member of the ISMF.

**Event:** describes all proceedings extending from Local Organising Committee 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:** a race for competitors with no ISMF licence, and taking a separate course from 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 (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

### 2.1 General features of ISMF races

	DESCRIPTION	CATEGORIES	POSITIVE ASCENT	DURATION	TEAM COMPOSITION
SPRINT	A varied, short course with ascent, descent, and a walking portion with skis attached to backpack, 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. Course inspection time: 15min	SM/SW	80 m maximum	Between 3min-3min30s for the best SM/SW	
		U23M/W			
		U20M/W			
		U18M/W**			
VERTICAL	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 average gradient should be at least 15%. The area after the finish line must be completely flat or with a gentle slope, and at least 6m wide.	SM/SW	500 to 700m		
		U23M/W			
		U20M			
		U20W	400 to 500m		
		U18M***			
		U18W***			
INDIVIDUAL	Minimum three (3) ascents/descents on mountain The longest ascent must not exceed 50% of the 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 backpack (ridges, couloirs, etc.). U20M race on the same track as senior women.	SM	1600 to 1900m	1,5 to 2 hrs	
		U23M	1300 to 1600m		
		SW			
		U23W			
		U20M	900 to 1200 m		
		U20 W			
		U18M***			
		U18W***			
TEAM*	raced carrying skis on the backpack (ridges, couloirs, etc.). U20M race on the same track as senior women.	SM	>2100m	3 h max for 1 <sup>st</sup> team	2 competitors* *
		SW	>1800m		2 competitors* *
RELAY*	2 distinct ascents and descents raced by each member of the relay team, with a part on foot in the 2 <sup>nd</sup> ascent. Each relay leg must include 2 distinct ascents and descents. A part of the second ascent requires a portion to be climbed on foot with skis strapped on the backpack. Each relay leg is run by a member of the relay team. Each competitor can participate in <b>only ONE relay</b> . (That is to say that if a U20 competitor participates in a senior relay, he / she cannot participate in the youth relay - ditto for senior women). For safety reasons it is recommended to include a short uphill (with skins on) before the handover, except for the last athlete of the Relay, who must proceed directly to the finish line. Course inspection time: 20min	SM	150 to 180 m	Max 15 min	4 competitors* ***
		SW			3 competitors* ***
		YOUTH			3 competitors ****
					1 U18M 1 U18W or U20W 1 U18M or U20W or U18W or U20M
					Start: U18W or U20W starting necessarily in 1 <sup>st</sup> 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.
- \*\*\* U18 categories cannot participate or be ranked on World Cup races.
- \*\*\*\* The teams will be composed of athletes belonging to the same nation.

### 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 by those authorised 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 during all track and/or skis and/or binding unless the designation comes directly from the jury.

#### 3.1 Equipment description for all ISMF ski mountaineering races

	DESCRIPTION	CE or UIAA
A passport or a National ID card or copy	required to be stowed away in the backpack or race suit. Every competitor must present an official ID document or a copy if required– Passport or National ID card.	
A pair of skis	with metallic edges covering at least 90% of their length, and a 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 and 150cm for women. The skis will be measured according to the method « Rolling ».	
Bindings	which allow heel movement during ascents and are blocked for descents; they may or may not be equipped with security straps. <i>The binding system must have both a lateral and a forward complete release system (the boot is allowed to completely separate from the ski). The lateral release (front part) has to be lockable manually (without the use of any tool). If a binding is TÜV certified, the locking mechanism is not necessary.</i> The use of ski brakes is extremely recommended for the seasons 2019/2020 and 2020/2021, and will be compulsory from the 2021/2022 season on.  <i>Boots and bindings must be set according to the manufacturer's instructions in order to guarantee optimum function of the release systems and the best protection of bindings and ski structure.</i> <b>Minimal weight for skis and bindings:</b> Men: 750 grams per ski. Women: 700 grams per ski. Mixed bindings (front part from one manufacturer and rear part from another one) are not allowed.	
Boots	In case of bikini liners, 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 cm <sup>2</sup> per notch. Each boot must have at least two (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. Modified boots by a second manufacturer are allowed only if there is a formal agreement between the two manufacturers, which is specified in the written information supplied with the	

	<p>modified part.</p> <p>Athletes in the U18 and lower category are not allowed to wear/use full carbon structured boots (including carbon composites or similar: Kevlar, aramite, etc.).</p> <p><b>The notched soles have to cover the 100% of the boot surface.</b></p> <p><b><u>Minimal weight for boots (shell and dry inner):</u></b></p> <ul style="list-style-type: none"> <li>- Men: 500 grams</li> <li>- Women &amp; U18 Men: 450 grams</li> </ul>	
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	<p>Skins originating from wild animals are strictly forbidden.</p> <p>The skins have to cover at least 40% of the snow contact length of the ski.</p> <p>Use of adhesive tape is forbidden on the skins for environmental reasons.</p>	
Upper body clothing	<p>Three layers that fit the competitor well:</p> <ul style="list-style-type: none"> <li>1 long or short sleeves or sleeveless, body-hugging layer. Jury decide if compulsory.</li> <li>1 ski suit with long-sleeves or a second layer with long-sleeves.</li> <li>1 long-sleeved wind breaker jacket. The jacket must be size appropriately to fit the racer.</li> </ul>	
Lower body clothing	<p>Two long-legged layers that fit the competitor well</p> <ul style="list-style-type: none"> <li>1 ski suit or ski pants</li> <li>1 breathable wind breaker trousers</li> </ul>	
An avalanche detector	<p>also called DVA or ARVA, that conforms to standard EN 300718 457 kHz frequency.</p> <p>The DVA has to be equipped with a 3 antennas receiving system.</p> <p>The DVA has to be worn in a closed pocket (zipper only) inside of the race suit at the belly level or as defined by the manufacturer.</p>	YES
A helmet	<p>conforming to:</p> <ul style="list-style-type: none"> <li>- UIAA 106 and EN 1077 class B standards.</li> <li>- EN 12492 and EN 1077 class B standards.</li> </ul> <p>Helmets must be used (chin-strap has to be fastened) during the whole race (from the start to the finish line). CE/UIAA: Yes.</p>	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 <sup>2</sup> . Modifications subsequent to manufacture are not allowed. The term "survival blanket" is as defined by the manufacturer.	
A pair of gloves	that covers the entire hand up to the wrist - to be worn throughout the duration of the race.	
A pair UV-protection eyewear	Recommended for the athletes following appendix 4.	
A backpack	with sufficient carrying 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 teammates, the carrier's backpack must have two independent sets of fastening straps. If the backpack has an independent crampons pouch, the pouch must be securely fastened to the back of the backpack (using Velcro straps, etc.). Crampons must be secured in the appropriate compartment of the backpack worn on the back.	
A whistle		
<b>Supplementary equipment that may be required by the jury</b>		
A pair of metallic crampons	<p>that conforms to UIAA standard 153, with at least 10 spikes. The two front spikes must adjust to fit the competitor's boots. They must have the original safety straps that should be properly fastened to all crampons during the on-foot portion of the race</p> <p>When crampons are not worn on boots, they must be packed in the backpack, with spikes facing each other;</p>	YES
A harness	conforming to UIAA standard 105	YES
Via Ferrata kit	with energy absorbing system for use in Via Ferrata Kit conforming to UIAA standard 128.	YES
Two (2) connectors - Via Ferrata kit connectors	<p>that conform to UIAA standard 121.</p> <p>When the lanyard and the 2 connectors are not in use, they must be put away in the backpack or wrapped around the waist.</p>	YES
An additional upper body thermal fleece layer of clothing	(fourth layer with long sleeves) The sleeves must fit the competitor well. The fourth layer is comprised of thermal clothing which must have a minimum weight of 300 grams.	
A ski cap or headband		

A second pair of gloves	that must be thermal and wind-proof.	
A Head lamp in full working order;		
A second pair of UV-protection eyewear	Recommended to the athletes as follows in appendix 4	
A dynamic rope	that conforms to UIAA standard 101, with a minimum diameter of 8 mm and a length of 30 m.	YES
Skins	The Jury has the right to request additional skins.	

<b>COMPULSORY EQUIPMENT</b>	<b>TEAM</b>	<b>INDIVIDUAL</b>	<b>SPRINT</b>	<b>RELAY</b>	<b>VERTICAL</b>
Passport/National ID card or a copy (in the backpack or race suit)	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*
Backpack	X	X	X	X	X*
Three layers up	X	X	X*	X*	X*
Two 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*
Eyewear	X	X	X*	X*	X*
Whistle	X	X	X*	X*	X*
Mask (2 pieces)	X	X	X	X	X
<b>SUPPLEMENTARY EQUIPMENT</b>					
Fourth layer					
Ski cap or head band					
Second pair of gloves					
Head lamp					
Second pair of eyewear					
Crampons					
Second pair of skins					
Dynamic rope (one per team)					
Harness					
Via Ferrata kit					
Two connectors					

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

During the race Team Captain Meeting, the Local Organising Committee will display the list of all the 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 Jury) may 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 Local Organising Committee (with the agreement of the President of Jury) from the list of required equipment.

## 3.2 Items supplied by the Local Organising Committee

The Local Organising Committee provides the competitors' race numbers/bibs, which:

- includes an electronic device;
- must not be folded or cut;
- must be displayed in the place(s) reserved for this purpose (back of the backpack and the front part of the right thigh) throughout the duration of the race. In the case of a Vertical race, where the use of a backpack is not compulsory, one bib number is reserved for the back;
- may need to be returned once the competitor has crossed the finishing line.

## 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 Team Captain Meeting the day before the competition.  
ISMF and LOC designates a reserved area for the control of compulsory equipment for the athletes. Equipment inspection is presided by a member of the ISMF staff.

## 4. RACE ORGANISATION

### 4.1 The start

Any changes from the Team Captain Meeting must be announced 30 minutes before the start during the Team Captain Meeting.

If the start is delayed, announcements must be made every 5 minutes in English at the start and pre-start / warm-up area.

#### 4.1.1 Starting procedure

##### False start

In the case of a false start, athletes are not stopped; the penalty will be directly applied to the athletes after he/she crosses the finish line. False start penalty applies only if the ISMF starting procedure is respected and if there is a camera video on the start line. The penalty applies for the first who commits the false start.

INDIVIDUAL – TEAM – VERTICAL – 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 the start line.		Competitors are organised on the Pre-Start
The speaker will call: "2 minutes until the start", according with the President of Jury.	2 minutes	
The speaker will ask for silence. The referees must verify that all of the athletes have placed the front part of the skis totally behind the start line.	30 seconds	The speaker will ask for silence. The athletes will move from Pre-Start line to the Start line and are asked to stay stationary in place. The referees must verify that the front part of the skis are totally behind the start line.
The President of Jury calls: "Take your marks," Athletes must stay stationary and in position. Referees will check that all skis are totally behind the start line.	About 10 seconds	The President of Jury calls: "Take your marks."
The President of 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 Jury will call: "Set." After this command is given, all competitors must remain motionless and in their set position.
Start signal pistol or whistle.	0 seconds	Start signal pistol or whistle.

#### 4.1.2 Specifications for Individual, Team, Relay or Vertical races

A pole position starting system is compulsory for the top WC athletes

The team race starting positions are decided by adding together the WC ranking of each of the two teammates.

#### 4.1.3 Specifications for Sprint races

- During the heats, 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
- **The Lucky Losers will be the two best times of the quarter-final heats among racers not qualified for the semi-finals.** It means that the two lucky losers can come from the same quarter.

Exception: If the timekeeper is not available to take times during the heats, the lucky loser from the quarters will be the best two third position using the time from the qualification stage.

- Athletes must be present in the pre-start tent 3 minutes before their start time. If a racer arrives later, then the start line will be designated without permitting the late-arriving racer to choose.
- If a competitor arrives at the starting line late, that racer is not allowed to start.
- 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 Local Organising Committee will place slalom poles or nets across the 2 m close to the race gate, so racers must go around them.
- For the sprint, in case of bad weather conditions, the jury, in order to make the competition shorter and safer, can take the decision to go directly to the final after the qualification stage with the 6 best places from the qualification. The jury should take this decision before the start of the competition and communicate it to the coaches and athletes, except in the case of sudden conditions that may suggest taking this decision at a later time.

## 4.2 The finish

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### 4.2.1 The Finish Procedure

The finish shall proceed as follows:

- times and finishing orders are established by the electronic timing system. In case of a photo-finish, the 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 a 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 teammates in team races) in order to declare a finish;
- for team races, teammates must finish together (less than 5 seconds between them) and the team's finishing time is that of the second teammate;
- 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;
- every competitor must present an official Passport/ID card or a copy if required.

(For technical specifications of the Finish Area, see Appendix 9 – ISMF Rules for organising ISMF international ski mountaineering competitions)

## 4.3 Transition area and check point

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- The transition areas are all the designated locations where the racers must change from one mode of travel to another.
- A transition area is a closed area (with nets, ropes, flags), reserved for the competitors and the qualified course staffers.
- The flags used to delimit the transition area will be of the colour of the next section (e.g. yellow if it is before a foot part, red if it is before a descent, etc.).
- A narrow gate (2 m minimum) controls the exit. An image sign will indicate the operation to be carried out.
- The entrance and the exit gates of the area should be clearly marked with a blue line in the snow with environmentally friendly marking material.
- 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.).

**Racers must pass through all the transition areas or check points present on the race track.**

## 4.4 Relay hand-over area

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### **Relay hand-over**

The relay is exchanged when the finishing competitor's touch any part of the following competitor's body with his/her hand.

Relay exchanging must take place inside the relay hand over zone. This zone is defined between an entry blue line and an exit blue line. At the moment of the body/hand contact, a minimum of one boot of each racer must be inside the hand-over area.

For safety reasons it is possible to include a short uphill (with skins on) before the handover. Not for the last athlete of the Relay, who has to arrive directly to the finish line.

## 4.5 Conduct of competitors during the race

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### 1. Flag colour

The sections marked with green flags must be carried out on skis with skins affixed to the underside of the skis and with bindings secured to the boots in uphill mode.

The sections marked with yellow flags must be carried out on foot with skis on the backpack or in the hands if allowed by the Jury.

The sections marked with red flags must be carried out on skis without skins affixed to the bases of the skis, and with bindings secured to the boots in downhill mode.

The boots must be locked during all the downhill parts marked with red flags except in the case of broken equipment. In the case of broken equipment, racers have to show it to the equipment control.

### 2. Follow the markings

Athletes must follow the course markings closely in ascent and descent. The racers must go in the direction of the flags. All dangerous and/or unsportsmanlike behaviour will be sanctioned.

### 3. Overtake

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, except in the event of presence of a ridge.

### 4. Through by the gates or waypoint

If there is a gate (two sets of two poles with a panel of the same colour) along the tracks (uphill and downhill), the racers have to go through them.

### 5. Foot parts

Skis must be carried on the backpack using two (2) fastening straps designed for this purpose (skis cannot be carried in shoulder straps and must remain fastened to the backpack of the competitor). In the event that the skis detach from the backpack, the racer must stop to reattach the skis.

#### 5.1 Foot parts with crampons

If crampons are mandatory in the foot part and a crampon detaches from the boot, then the racer must stop to reattach the crampon immediately.

### 6. Transition Area

Competitors in the transition area must carry out all transition manipulations required for changing from one mode of travel to another, within the transition area, as marked by entrance and exit lines. Skis are not permitted to touch or go over the entrance or exit lines during the transition manipulations. Transition manipulations should not take place anywhere outside of this area, even upon entering and/or directly after exiting the transition area.

Exception: Athletes can clip the rear part of the binding outside of the transition area.

The competitor must stay in the same place from the beginning to the end of the transition manipulations. Prior to starting transition manipulations, ski poles must be placed on the snow or ground, next to (and parallel to) the competitor. The ski poles may not be picked up again until the competitor has completed all transition manipulations. This also applies to when the competitor takes off/puts on skins or crampons, packs/unpacks skins or crampons, unfastens/fastens skis to the backpack.

### 7. Skins

Competitors may have skins outside of race suit or backpack only during Transition manipulations; at all other times they must pack their skins either inside their ski suit or place them in their backpack. The exception is for one pair of skins applied to be applied to the ski bases during appropriate times.

### 8. Skins Storage

While skins are not in use on skis, they must be packed inside the competitors race suit or backpack. If during a transition manipulation a competitor packs their skins into their race suit, they must zip up their race suit at least half way closed (a measuring point of the armpit will be used) prior to the end of manipulation. The skins may still be visible, but cannot be dangling to any extent outside of the race suit or backpack. See pictures in Appendix 5.

### 9. DVA

Competitors have to ensure that their device is functioning properly throughout the entire race.

Competitors must keep their DVA in emission until they have passed through equipment control at the finish line.

• **If a DVA is not working properly, the athlete will be stopped and immediately disqualified.**

### 10. Earphones are forbidden during any ISMF races. They are allowed during the warm-up.

#### 11. Via Ferrata kit

On stretches using a fixed rope, where use of lanyards is 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. Wear all layers

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.

#### 13. No outside assistance is allowed

Exceptions:

- changing a broken pole. He/she may change a broken pole anywhere and with anyone.
- changing a broken ski and or binding. He/she may change a broken ski and or binding only in the refreshment area and/or area authorised by the jury.
- refreshments only in the areas authorised by the jury.
- 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.

#### 14. Abandon

- 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 doctor's present.
- Giving up (by own initiative or forced) must take place at a checkpoint or waypoint according to the procedure described during race Team Captain Meeting except under extreme circumstances. For team races, if one team member give 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 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 doping control.

#### 15. Respect the environment

Competitors must respect the environment. Athletes must leave any rubbish in only the dedicated trash bag between the two lines marking the entrance and the exit of the refreshment points. Penalties will be applied to competitors seen littering or abandoning equipment on the course (including in the transition area) or for any other poor environmental conduct.

#### 16. For team races:

- Team members must leave the transition area together (i.e. before crossing the line which marks the exit of the transition area). This means that both members have finished transition manipulation when the first teammate crosses the exit line.
- Each competitor must carry his/her own backpack throughout the entire duration of the race with all the required equipment (except skis).
- In team races, a competitor may only carry his/her teammate's skis if there are two separate sets of two fastening straps for carrying skis on his/her backpack that comply with regulations.
- Assistance is only allowed between team members. It is forbidden to use a rope or an elastic to tow his/her team mate during the first 15 minutes of the race during descents and in the parts defined by the Jury and announced in the Team Captain Meeting. If the use of ropes is not mandatory during a downhill, as in the traverse of a glacier for example, the rope (or elastic) must be put in the backpack or hung around the waist during descents.
- 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.

## 4.6 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 Jury and displayed as, and when, competitors finish, with full results available immediately after the last competitor crosses the line. The 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 finish 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."

## 5.1 Offences and penalties

<b>A. General – for infringements not specifically cited</b>			
For the infringements not cited in the following tabs (B, C, D, E, F), the referee uses scale A			
#	Offences	Penalties	
		Team and individual races	Vertical, sprint and relay races
<b>A.1</b>	Cheating, unsportsmanlike or important safety fault	disqualification	disqualification
<b>A.2</b>	Behaviour that may intentionally hinder	3 minutes	1 minute
<b>A.3</b>	Minor technical error, involuntary negligence,	1 minute	20 seconds

<b>B. EQUIPMENT</b>			
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 and/or bindings). Cumulative penalties are given for each piece of missing equipment.			
#	Offences	Penalties	
		Team and individual races	Vertical, sprint and relay races
<b>B.1</b>	Skis, binding or boot not in compliance with regulations	disqualification	disqualification
<b>B.2</b>	Ski and bindings or boot weight: between 1 and 20 grams missing	3 minutes	1 minute
<b>B.3</b>	Ski and bindings or boot weight: 21 or more grams missing	disqualification	disqualification
<b>B.4</b>	<p>Missing equipment or equipment not in compliance with regulations, for these items: DVA; DVA without battery or switched off during the race or in backpack; Snow shovel, probe; Helmet, included but not correctly worn;</p> <p>If required: harness, lanyard, karabiners – Via Ferrata kit head lamp, rope, crampon not in compliance with rules or missing at the start line;</p> <p>No penalty for equipment broken during the race. Athletes have to prove equipment is broken.</p>	disqualification	disqualification
<b>B.5</b>	<p>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 the jury), survival blanket, gloves (included not worn correctly during the race), eyewear(excepted if not required by the jury), backpack, ski cap or headband, whistle, skins, passport/ National ID card or a copy. Pole(s) missing (only for team and Individual races) one or both crampons</p> <p>No penalty for equipment broken during the race. Athletes have to prove equipment is broken</p>	1 minute (for each item missing)	20 seconds
<b>B.6</b>	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>B.7</b>	Crampon or crampons missing in a foot part with crampons	disqualification	disqualification
<b>B.8</b>	Head lamp not switched on	3 minutes	1 minute
<b>B.9</b>	Chip or electronic system missing at the start line	No start	No start
<b>B.10</b>	Chip or electronic system missing at the finish line	1 minutes	20 seconds

### 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	1minute 20 seconds	
C.2	Missing 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 -	1 minute	20 seconds
C.5	Having dangerous and/or unsportsmanlike behaviour by not closely following the course markings in ascent/ descent	5 min (if marking missing) or disqualification	3 min (if marking missing) or disqualification
C.6	Disregarding <b>instructions</b> 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.). According Point 4.7 Conduct in competition. 1. Flags colours In the case of broken equipment, the racer will not be penalized if he/she does everything possible to avoid destroying the trail.	3 minutes	1 minute
C.8	Crossing the finish line by foot, on an ascent ski track (except broken equipment checked by the President of 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 3min if crampons broken	Disqualification or 1min if crampons broken
C.10	Incorrect fastening of skis on the backpack (less than two fastening points).	1 minute	20 seconds
C.11	Removable anti-slipping skins not kept inside the ski suit or backpack.	3 minutes	1 minute
C.12	Crampons without straps clipped on the ankles.	3 minutes	1 minute
C.13	Crampons outside the backpack.	3 minutes	1 minute
C.14	Ski poles not placed flat on the ground in a transition area.	1 minute	20 secs
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 secs
C.17	Pushing, shoving, or making another competitor fall.	Voluntarily: disqualification Not voluntarily: 1 minute	Voluntarily: disqualification Involuntary: 20 secs
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 <i>and/or</i> 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 three) or at the prize-giving ceremony (top five), except for medical reasons or proof of flight time with authorization of the President of Jury before the ceremony. Prize money will be still awarded in the case of absences if the official prize giving ceremony takes place much later than scheduled.	Disqualification.	
C.23	Incorrect manoeuvre in the transition area	1min	20s



<b>C.24</b>	In case of abandon, the racer who does not inform the organisation will start in the rear part in the following competition.		
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#### D. SPECIFIC PENALTIES FOR TEAM RACES

#	Offences	Penalties
<b>D.1</b>	Team members not together when leaving a check point or transition area.	1 minute <b>For each transition area.</b>
<b>D.2</b>	Team member not carrying own compulsory equipment of the ISMF list in own backpack throughout the duration of the race or at the finish line (exception for skis). The jury will decide and inform in the Team Captain Meeting about the supplementary equipment of the ISMF list.	Disqualification
<b>D.3</b>	Competitor carrying a teammate's skis without fastening them correctly to backpack.	1 minute
<b>D.4</b>	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)
<b>D.5</b>	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 additional 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.
<b>D.6</b>	Using a rope (or elastic) on a part of the course where it is strictly forbidden	3 minutes
<b>D.7</b>	The rope/elastic not put away securely in backpack or inside the suit.	1 minute

#### E. SPECIFIC PENALTIES FOR RELAY RACE

#	Offences	Penalties
<b>E.1</b>	Incorrect relay hand-over (as defined in the regulations).	1 minute
<b>E.2</b>	The same competitor races two legs.	Disqualification

#### F. SPECIFIC OFFENCES & PENALTIES for COACHES BEHAVIOUR

#	Offences	Penalties
<b>F.1</b>	Not respecting designated areas for coaches, or areas with limited access.	Bureau will decide the punishment.
<b>F.2</b>	Not rendering assistance to a person in distress or in danger.	
<b>F.3</b>	Assisting own athletes (with the exception of changing broken ski and/or poles).	
<b>F.4</b>	Disrespecting or insulting anyone participating in the event (jury, officials, racers, organisers, spectators, etc.) and/or disrespecting a decision of the jury.	
<b>F.5</b>	Infringement of any other rules not cited above.	

## 5.2 Results in the event of race stoppage

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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.

ISMF Bureau decide if the results are fair-play and could be used for World Cup Ranking and World ranking.

## 5.3 Claims

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The process to be followed in case of claim is present in the ISMF Rules for organising international ski mountaineering competitions (See Point 5.2.7.3).

However, the official form for claims is in Appendix 1.

## 5.4 Podiums

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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 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

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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]

Signature

Exact time ..... : ..... HH:MM

[illegible]

## The President of Jury

Exact time ..... : ..... HH:MM

## 8. 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 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).

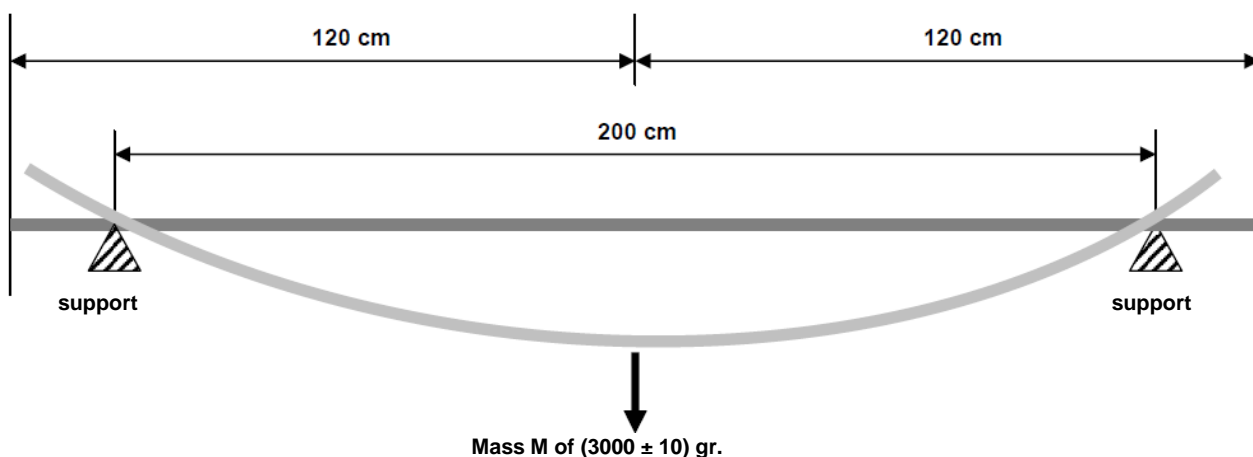


Figure 1

- 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.

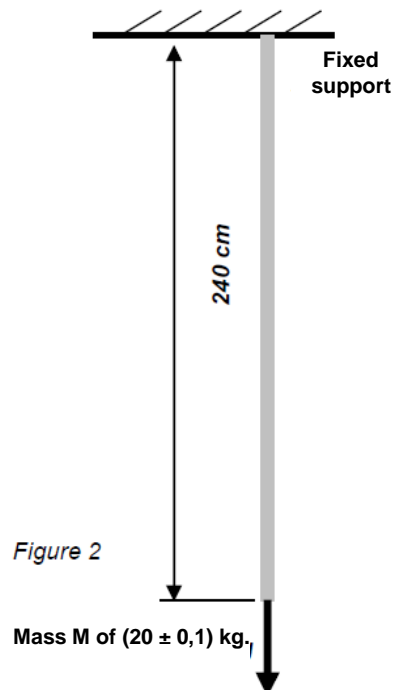
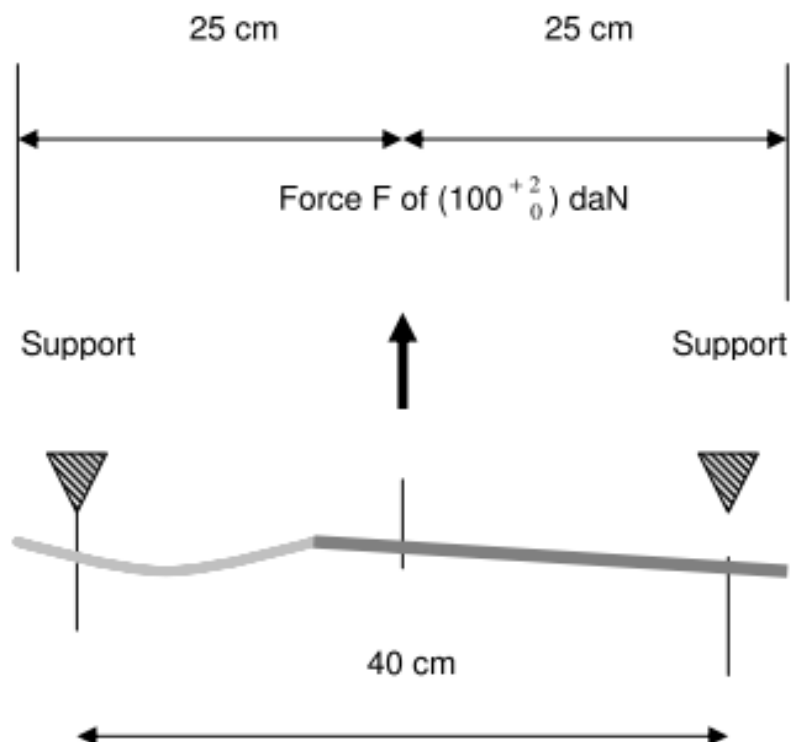


Figure 2

## 9. Appendix 3: ISMF 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: place 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 / leverage 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



## 10. Appendix 4: Recommended eyewear protection chart

Catégorie de protection	Transmission visible	Transmission UVB	Race
Catégorie 0	80% à 100%	Max. 8% à 10%	Night race
Catégorie 1	43% à 80%	Max. 4,3% à 8%	Scandinavian race
Catégorie 2	18% à 43%	Max. 1,8% à 4,3%	
Catégorie 3	8% à 18%	Max. 0,8% à 1,8%	Daylight race
Catégorie 4	3% à 8%	Max. 0,3% à 0,8%	

## 11. Appendix 5: Skins storage pictures

