



# NORDIC INFORMATION AND GUIDELINES BRITISH FIS LICENCE HOLDERS 2020/2021

For those of you who are new to racing at this level we hope the following information proves useful and answers any questions you may have. To seasoned campaigners there is also **new information for you**, as well as reminders of procedures.

## 1. RESPONSIBILITIES

In taking out a FIS licence you have agreed to certain obligations, which are mandatory for participation in FIS competitions. These include:

- a) *Signing of the FIS Waiver (Athlete's Declaration) - an acknowledgement of the risks that can exist in competitive skiing.*
- b) *Completion of Certificate of Health medical declaration form by a qualified medical practitioner which certifies that the athlete has had an appropriate evaluation of their medical health, and agreement that you will inform GBS should any change to your health occur during the season.*
- c) *Agreement that you will always be covered with necessary, valid medical insurance for racing (at least £1,000,000).*  
*Your club affiliation to your Home Nation provides you with £1M public liability cover for racers who are resident in the UK (SSE also provide the same cover to those residing outside the UK)*
- c) *Agreement that you will abide by GBS policy relating to Drugs and Doping.*
- d) *Reading and understanding the FIS Rules.*
- e) *Agreement to the GBS Refund Policy for FIS Licence Holders*
- f) *Agreement to GBS FIS Licence Code of Conduct*

## 2. RACE PROGRAMMES

The FIS Calendar, containing listings of events throughout the season, can be found on the FIS website - [www.fis-ski.com](http://www.fis-ski.com)

## 3. CANCELLATIONS / CHANGES

GB Snowsport (GBS) will sometimes be notified by the race organisers about any changes to the published programmes, so the key message is **stay in touch** - organisers only have a 48-hour limit to cancel an event. Occasionally we do not receive notification, but we will always try to confirm if a race is going ahead as scheduled or if it is being held at an alternative venue or date. The best way to find out though is to check [www.fis-ski.com](http://www.fis-ski.com).

## 4. ENTRIES, QUOTAS AND TIMESCALES

Entries to all races listed in the FIS calendar will be made by the GBS Office or by a GBS nominated cross country coach/representative. Entries for ski jumping and nordic combined



will be made through the GBS office. Only athletes selected by the Nordic selection panel will be entered into World Cup, Continental Cups, World Ski Championships and World Junior Championships events. The British Olympic Association is responsible for entries to European Youth Olympics Winter Festival, Youth Olympic Winter Games and Olympic Games. You must complete your request to enter into a race 10 days prior to the Team Captain's Meeting on the first day of the event, not the specific race. If you have any queries in relation to your race entries, please contact the Competition Coordinator on [raceentry@gbsnowsport.com](mailto:raceentry@gbsnowsport.com) or the appropriate coach or official within your discipline.

***We regret that we cannot take race entry requests by telephone.***

### **FIS RACES**

- Entry requests should be processed, no later than 10 days before the day of the Team Captain's Meeting on the first day of the event, not the specific race. The GBS office will charge a processing fee (£5.50) which must be paid in advance.
- It is a requirement of racing in the United States, Europe and often in the Southern Hemisphere, to pay entry fees at approximately £25 per race. The fee is paid directly to the race organiser in the local currency. GBS will not pay for any entry fees.

### **UNIVERSITY (UNI) RACES**

- UNI races are for students, therefore you may be asked to prove your student status.
- The British quota is at the discretion of the race organizers.
- Entry requests should be processed, no later than 10 days before the day of the Team Captain's Meeting on the first day of the event, not the specific race. The GBS office will charge a processing fee (£5.50) which must be paid in advance.
- Entry fees may be applicable. If so, the fee is paid directly to the race organiser in the local currency. GBS will not pay for any entry fees.

### **NATIONAL JUNIOR RACES (NJR)**

- FIS NJR races are only open to juniors.
- The British quota is at the discretion of the race organizers.
- NJR races are good because you may start further up the field as there are less competitors and therefore provide a great opportunity to earn good FIS points.
- Entry requests should be, no later than 10 days before the day of the Team Captain's Meeting on the first day of the event, not the specific race. The GBS office will charge a processing fee (£5.50) which must be paid in advance.
- Entry fees may be applicable. If so, the fee is paid directly to the race organiser in the local currency. GBS will not pay for any entry fees.

### **NATIONAL JUNIOR CHAMPIONSHIPS (NJC)**

- NJC are primarily for juniors (year of birth 1998 or younger) although now it is possible for senior racers to enter, depending on the organisers policy. However, from experience, very few of the alpine nations have space for foreign seniors.
- The British quota is at the discretion of the race organizers.
- Entry requests should be processed, no later than 14 days before the day of the Team Captain's Meeting on the first day of the event, not the specific race. The GBS office will charge a processing fee (£5.50) which must be paid in advance.



- Entry fees may be applicable. If so, the fee is paid directly to the race organiser in the local currency. GBS will not pay for any entry fees.

### **NATIONAL CHAMPIONSHIPS (NC)**

- The British quota is at the discretion of the race organisers. Organisers of NC races have the right to restrict the total foreign entry to no more than 25 overseas competitors often based on a maximum points criteria. The decision of the organising committee can be as late as 24 hours before the event.
- Entry requests should be processed, no later than **14 days** before the day of the Team Captain's Meeting on the first day of the event, not the specific race. The GBS office will charge a processing fee (£5.50) which must be paid in advance.
- Entry fees may be applicable. If so, the fee is paid directly to the race organiser in the local currency. GBS will not pay for any entry fees.

### **CONTINENTAL CUPS (e.g. OPA Cup, South America Cup, Australia & New Zealand Cup)**

- The GBR quota for Continental cups is determined annually by FIS ([www.fis-ski.com](http://www.fis-ski.com)).
- Entry requests should be processed, no later than 10 days before the day of the Team Captain's Meeting on the first day of the event, not the specific race. The GBS office will charge a processing fee (£5.50) which must be paid in advance.
- Only athletes selected by the Nordic selection panel will be entered into Continental Cups.

### **WORLD CUP (WC)**

- These races are usually restricted to team athletes, all entries by non-team athletes must be approved by the Discipline Committee.
- Entries are requested by coaches to the GBS office and then made directly by GBS with the race organisers.
- Preliminary WC entries are made 42 days before the event, and the final entry is submitted 10 days before the event.
- Entry fees may be applicable. If so, the fee is paid directly to the race organiser in the local currency. GBS will not pay for any entry fees, unless the athlete is part of the GB Nordic Elite Programme.

## **5. ENTRY SYSTEM**

### **RACE MEETING REPRESENTATION**

Team Captains' Meetings take place in the afternoon or evening before the race to determine the programme and start list. There should be no more than two people at these meetings to represent the whole GBR entry although this is not always possible.

You should make every effort to have a presence at the race meeting; organisers do have the right to remove racers from the board who are not represented. You can represent yourself or your coach/parent/guardian can represent you. Please ensure you arrive at least 30 minutes before the meeting begins. If you are unavoidably detained en route, it is vital that you phone the race office to confirm your participation. Race office numbers are listed on the FIS calendar and you should take a note of the number before you travel. GBS takes no responsibility for



racers being withdrawn from the start list if you are not represented at the Team Captain's Meeting.

## GB SNOWSPORT REFUND POLICY

GB Snowsport operates a **RESTRICTED REFUND** policy for both FIS Licence and Race Entry Fees.

- **FIS Licences:** When you are selecting your FIS licence type, please ensure that you meet all of the necessary criteria and require the licence that you are applying for.

If you make a mistake and either apply for the wrong licence in error or do not meet the criteria for the licence you have applied for, you may as a result be granted a licence which is of a reduced cost from the original fee paid, in this case the difference will be refunded after deduction of administration fees of 10 percent.

## 6. CHECKING FIS ENTRIES

Due to computerisation by both FIS and GBS, GBS are able to obtain full listings of licence holders who:

- make double entries
- do not show up for events

This information will be used in the implementation of any disciplinary sanctions.

## DOUBLE ENTRIES AND WITHDRAWALS

It contravenes FIS rules to enter more than one race on the same day and double entries that we identify will not be made by GBS. It is also important that withdrawals and cancellations should be communicated directly to GBS as quickly as possible. Repeated breaches of these regulations, shown up by the FIS Database, will result in disciplinary action.

## DISCIPLINE

All FIS licence holders are expected to have read and be bound by the International Ski Federation (FIS) rules ([www.fis-ski.com](http://www.fis-ski.com)), the rules of the competition entered for and GBS FIS licence information and guidelines.

## SANCTIONS

The following sanctions may be imposed by GBS for infringements of the above.

- i) Non-attendance at pre-entered races without prior notification to GBS/or race organisers or failure to remove name from start list if not competing in an event or failure to start second run, unless for medical reasons.

### For the athlete

First occasion	Warning
Second occasion	One month suspension of licence
Third occasion	Suspension of licence for remainder of season

- ii) Making entries and then regularly making a withdrawal at short notice (possibly preventing other licence holders from entering).

Entries will only be made for events that are not oversubscribed by British FIS licence holders.



iii) Actions or behaviour that are considered breaches of discipline.

Suspension of licence for a period relative to the seriousness of the incident.

Appeals can be made against any sanction. These should be addressed to the Board of GBS.

## 7. RACE RESULTS

Please visit the FIS results database at [www.fis-ski.com](http://www.fis-ski.com)

## 8. SPONSORSHIP

FIS provide guidelines relating to sizes and style of permissible commercial markings. Different rules will apply at Olympic Winter Games. Details will be published annually on the FIS website and further information on the GBS website, although if in doubt you should contact the GBS office. Extract from [FIS Rules](#):

### *2.5 Helmets and Headgear*

*2.5.1 Helmets and headwear may carry two commercial markings of the manufacturer with a maximum size of 15 cm<sup>2</sup>, one on each side, placed above or below the ears. The front of helmets and headwear may only be used for the emblems of national teams, and sponsors, subject to art. 2.5.2 and 2.6.*

*2.5.2 The front (middle) of helmets and all headwear worn in competition and within the competition area, to include flower and prize-giving ceremonies, interviews etc., must carry the identification of the National Association with a minimum size of 6 cm<sup>2</sup>.*

*2.5.3 Helmets and headgear worn in competition may carry the name of an athlete. The athlete name with a maximum size of 20 cm<sup>2</sup> must be placed at the back of the helmet or, on the rear of a hat/headband for Cross-Country, Nordic Combined, namely when a helmet is not worn. The athlete name can only consist of the full name of the athlete in a standard font and size defined by FIS which will be the same for all athletes (currently font Arial and size max. 20cm<sup>2</sup>).*

## 9. DRUGS AND DOPING

Racers are forbidden to take drugs and are bound by the doping regulations of GBS/FIS. It is your duty to comply with these rules. You may be asked to submit to a drugs test at any time, both in or out of competition. If you refuse a test, for whatever reason, it will be considered a positive test.

GBS has adopted the UK Anti-doping rules and policies. These can be found at <http://www.ukad.org.uk/>.

If you are taking any medication or homeopathic or herbal remedies, please check with UK as many over the counter preparations can result in a positive test. If in doubt **a)** ask, **b)** don't



take it. Please also note that changes have been made to the Therapeutic Use Exemption (TUE) form and the beta-2 agonists by inhalation form. There is a new TUE form that replaces the Abbreviated TUE, which is now no longer in use. All TUE forms now have an expiry date - lifelong TUEs no longer exist. Please check the expiry date on any existing TUE certificates that you hold.

## 10. INJURIES AND INJURY STATUS

When a FIS competitor injures him/herself and applies for the single penalty, the National Association (GBS) must apply to FIS as soon as possible for approval using the official form and submitting a medical certificate. It is the responsibility of the athletes to inform GBS of their injury.

The application of injury status is valid for one year and you must be inscribed on the FIS list for your injury status to be active e.g. if you are injured near the end of the season then you should renew your FIS licence for the following season and apply for a continued injury status.

**You can only apply for injury status up until 30<sup>th</sup> April 2021.**

To obtain a copy of the single penalty form, please follow the link below:

[Cross Country](#)

## FIS Point Rules

[Cross Country](#)

### Extract from FIS Point Rules:

#### 3.5 Injury Status

##### 3.5.1 Request injury status

*When a competitor injures himself and applies for the single penalty, the National Ski Association must apply to the FIS as soon as possible for the approval of a single penalty using the official form "Single Penalty" and submitting a medical certificate. If the status as injured is approved and according to the valid FIS points at the date of injury there will be added a penalty of 22%, but minimum 4 points respectively maximum 26 points to the original FIS points before the injury break. As soon as the competitor started at a FIS competition he will lose his injury status.*

##### 3.5.1.1. Conditions

*Competitors must remain registered as active with the FIS to maintain injury protection.*

##### 3.5.1.2. Duration

*The injury status can be applied for maximum 365 days. If the injury is longer, the National Ski Association has to apply for the injury status again with a written request and medical certificate to FIS.*

**IMPORTANT!**



If you are injured, you need to discuss with your coach whether you should be placed on injury status. It is then **your responsibility** to make sure that your injury status is applied.

If you need to apply for injury status, you need to send the below two documents to [alex.mckeown@gbsnowsport.com](mailto:alex.mckeown@gbsnowsport.com)

- 1) Complete the Single Penalty Form as above
- 2) Get a medical report/certificate which details your injury and expected recovery time scale, including the accident date as detailed on the Single Penalty Form.

**We recommend that you return both forms to the office within 7 days of your injury as it is not our practice to ask FIS to backdate injury status applications if you forget to apply!**

We will then send to FIS. You can then check your competitor biography which will show your injury protection status. Please note it is a common misconception that injury status will 'freeze' your points. This is not the case as per FIS rule 3 of the FIS Point Rules.

If you have any queries please do not hesitate to contact [fislicence@gbsnowsport.com](mailto:fislicence@gbsnowsport.com) regarding your licence, or [raceentry@gbsnowsport.com](mailto:raceentry@gbsnowsport.com) for race entries.

**We wish you luck and a very successful season!**