

CROSS COUNTRY SKIING

GENERAL RULES

The Official Special Olympics Sports Rules shall govern all Special Olympics cross country skiing competitions. As an international sports program, Special Olympics has developed these rules based upon Federation Internationale de Skie (FIS) rules for cross country skiing. FIS rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules. In such cases, the Official Special Olympics Rules shall apply. For more information, visit www.fis-ski.com.

OFFICIAL EVENTS OFFERED

1. 500m Cross Country Ski Race
2. 1km Cross Country Ski Race
3. 2.5km Cross Country Ski Race
4. 5km Cross Country Ski Race
5. 7.5km Cross Country Ski Race
6. 4x500m Cross Country Skiing Relay

Athletes may compete in a maximum of two individual events and one relay.

Developmental Cross Country Skiing

1. 50m Cross Country Race
2. 100m Cross Country Race

Athletes entered in either or both of these events may not be entered in any other cross country event – maximum events entered will be two for developmental cross country athletes.

NOTE: It is suggested that coaches train athletes for the following training-based "paired" races: 500m and 1km; 1km and 2.5km; 2.5km and 5km. Athletes in the 7.5km race should be "paired" with the 2.5km or 5km. Skiers who are at more of a beginning level for the 1km are encouraged to be in the 4x500m relay (in addition to a 500m and a 1km individual race). At the State Winter Games, all events will be formatted with a time trial and a final, with the exception of the 7.5km race (final only).

SECTION A – COLD WEATHER SAFETY

Per Special Olympics, Inc., the International Ski Federation and United States Ski Association Joint Regulations:

- a. There are three main factors to be considered regarding cold weather safety: the temperature, the duration of the exposure, and clothing and other protection against cold weather. These factors together with any other relevant information, such as the "wind chill factor," must be taken into consideration when a decision is made regarding cold weather.

SECTION B – RULES OF COMPETITION

1. General Rules and Modifications
 - a. Events ranging from the 500m race through the 7.5km race should be conducted utilizing the interval start format described in section 351.1 of the FIS rules for cross country skiing. That is, one or two racers should start on intervals every 30 seconds. At the discretion of the venue coordinator, a maximum time limit will be enforced for cross country skiing events.
 - b. The start command for cross country skiing events ranging from the 500m race through the 7.5 kilometer race shall be as follows: "Racer ...15 seconds10 seconds...5 – 4 – 3 – 2 – 1 – GO!" For individual events of distances 100m and less, there shall be no preliminary warning.

The start command shall be, "Racers ... Ready ... BANG (i.e., pistol shot)." The start command for relay events shall be the same as for individual events of distances 100m and less except that there will be a 10-second warning: "10 seconds ... Racers ... Ready ... BANG (i.e., pistol shot). When racers arrive at the relay point, they shall not interfere with the start of other races.

- c. Events ranging from the 500m race through the 7.5km race should be conducted on courses which include uphill, downhill, flat sections and sections with turns. It is prescribed that when possible, the courses should include one-third uphill, one-third downhill, and one-third flat sections. The degree of slope of the uphill and downhill sections should be dictated by ability levels of the athletes entered in the events. Thus, the courses for 500m events should have less severe terrain than courses for 2.5km events, and courses for 2.5km events should have less severe terrain than courses for 5km events.
 - d. Events ranging from the 500m race through the 7.5km race should be conducted on courses which are of a loop configuration. In long distance events, multiple loop courses are permissible. The start and finish areas should be as nearly adjoined as possible.
2. Event Specific Rules and modifications
- a. 50m and 100m Cross Country Skiing Race
 - 1) The 100m event should be conducted in accordance with FIS rules for starting relay races with the following modifications to FIS rule in ICR, Book II, Section 372.1:
 - a) The start line is a straight line. There must be six lanes with tracks set in the center of each lane. These lanes must be a minimum of two meters wide.
 - b) Sections 372.2, 371.8, and 378.1 do not apply to Special Olympics.
 - 2) The course for the 100m event should be as flat as possible. No events should have a course slope more than five percent. In the event that the course is set on slopes, the start of the race shall be such that the competitors will ski uphill to finish the race.
 - b. Cross Country Skiing Relay Races
 - 1) The exchange is achieved by the arriving competitor, with a tap of the hand on any part of the next competitor's body, while both competitors are in the relay exchange zone. If an exchange contravenes the rules, both competitors must be recalled to the relay exchange zone, where a correct handover must take place before the next competitor taking over can start. The next competitor may only enter the relay exchange zone when summoned. Any way of pushing for the starting competitor is forbidden.
 - 2) In the event a team does not execute a proper exchange, an exchange zone referee shall notify the skiers involved in the exchange immediately. It is then the skiers' responsibility to decide whether or not to re-execute an exchange.

SECTION C – DISQUALIFICATIONS

1. A competitor may be disqualified by the jury if he/she:
 - a. Does not follow the marked course, does not pass all the control check-points, or takes a short cut
 - b. Receives unauthorized assistance
 - c. Fails to give way to an overtaking competitor when so requested or prevents another racer from passing
 - d. Does not finish with skis on his/her feet