



Cross Country Sanction Form

Date: Race Code:

Competition:

Name of offender:

Member #: Athlete: Team Official:

Offender's hearing location: Time:

Violation against ICR article:

- ICR 343.4 **False Start:** For Interval & pursuit Start time penalty
- ICR 343.6 **Did not follow the marked course**
- ICR 343.8 **Violation of the classical technique rules** (Includes violation of pole height, technique zone, or turning zones)
- ICR 343.9 **Obstruction:** deliberately impeding, blocking (by not following best line), charging or pushing any competitor with any part of the body or ski equipment.
- Other

Remarks:

Sanction decided by the Jury: **Time:**

- Verbal Reprimand
- Disqualification
- Disqualification due to second Written Reprimand (*Yellow Card*)
- Competition suspension + Written Reprimand
(*Competition suspension is always accompanied by a Written Reprimand*)
- Written Reprimand (*Yellow Card*)
- Time Penalty (*for Interval Start 15 seconds, for Pursuit Time gained plus 30 seconds*)
- Monetary Fine: \$250 or:

Name and Signature TD:

Signature of offender:

- Copy to:
- Offender
 - Competition Secretary
 - Submit through the [Sanctions Google Form](#)