Precisions to the Published 2020 Nordic Competition Guide

National Ranking List

Races have minimum penalties depending upon the category of the event. Those minimums are applied regardless of the calculated penalty; there are no maximum penalties.

<table>
<thead>
<tr>
<th>Event Category</th>
<th>Minimum 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>World Cup, Olympic and World Championships</td>
<td>zero</td>
</tr>
<tr>
<td>Continental Cup, NCAA Champs, American Birkebeiner2, SuperTour</td>
<td>20 min</td>
</tr>
<tr>
<td>U.S. Championships</td>
<td>15 min</td>
</tr>
<tr>
<td>U23 World Championships</td>
<td>25 min</td>
</tr>
<tr>
<td>World Junior Championships</td>
<td>35 min</td>
</tr>
<tr>
<td>Junior Nationals</td>
<td>no min</td>
</tr>
<tr>
<td>Regional Scored Events, College Events, Juniors at U.S. Champs</td>
<td>35 min</td>
</tr>
<tr>
<td>U16 and younger competitions 3</td>
<td>100 min</td>
</tr>
<tr>
<td>U14 and younger competitions 3</td>
<td>150 min</td>
</tr>
</tbody>
</table>

Calculating Penalties - NRL Points

Penalties are assigned to each competitor’s race points, based on the strength of the field. The race penalty is calculated by adding the three best values of the top five finishers’ discipline points and dividing by 3.75. The result is rounded to two decimal places.

For the calculation, any U.S. competitors in the top five without NRL points or without a current Competitor membership will receive the following points:
• U18 and older men - 200 points
• U18 and older women - 250 points
• U16 - 350 points
• U14 - 450 points
• U12 and under - 550 points

47.2.3 For sprint competitions, the jury may decide the order of starting Groups (e.g. A-B-C-D, B-A-C-D, etc.) such that Group A is the most advantaged, followed by Group B, etc. The best available (FIS or NRL) sprint points will be used for assigning groups. The groups will run in order (A,B,C,D, etc). The order of Group A will be from a random draw. The order of the remaining groups will run in points order from the lowest to the highest. Competitors without points will run in random order in the final group.

75.4.1 A skier represents the District or Division in which they reside, attend school, or customarily train and race. Only athletes currently enrolled in a college/university may choose to compete in either the division of their primary residency or the division in which their college/university is located. All divisional eligibility issues are arbitrated by the Sport Development Manager.

Highlights of the NEW Nordic Competition Guide Rules

Minimum Age to Score NRL Points
• Youngest Event Category is U16.
• U14 with Competitor Licence may be scored for NRL points in U16 or older Events.
• U12 and under are not eligible to score NRL in any competitions

U.S. Cross Country Championships
• New Event Bid procedures (see Article 41)

Cross Country Junior Nationals
• Loosened rules around declaration of Divisional Representation (see Article 75.4)
Clarification that all age class relays run as separate races (See Article 82.7)

Modification and Consolidation of the Jury Composition and Jury Expense Compensation (See Articles 303.1, 303.2, 304.1.1, & 303.4.)

Addition of Cross Country Cross (XCC) as a Competition Format (see Article 328)
- Run in two rounds, Qualifying and Finals
- Qualifying results scored to the Sprint NRL
- Establishes guidelines for Features

Highlights of the NEW FIS ICR

The FIS will from now on refer to females as Women (no more Ladies!).

Medical devices such as oxygen tanks, hyperoxic or hypoxic tents, and/or cryogenic chambers are prohibited from being brought into use by competitors and teams within the competition venues. (Article 222.7)

New definition of Maximum Climb (the largest climb on a course). Previously the climbing sections (with slopes of 9 to 18 %) could be interrupted with sections of Undulating Terrain that was 200 m long. This was reduced to 150 m. (Article 311.2.4.2)

The homologation requirements for Maximum Climb and Total Climb are reduced by 20% for course that is over 1800 m above sea level. (Article 311.2.8)

There are many changes around the configuration of Start Zones:
- The jury can determine if classic tracks are to be used in the start grid for Mass Start competitions (Article 315.3.2)
- The minimum number of start corridors was reduced to 3 for Mass Start, Skiathlon, Team Sprint, and Relay Competitions (Articles 222, 223, 226, 227)
- If classic tracks are set in a start grid, then only classic techniques can be used (this applies to all competition formats, even in freestyle technique competitions) (Article 315.3.4 & 315.5.5)
- The length of the zone in which the competitors can not change corridors in a start grid was reduced to 30 m for Classic and 15 m for Freestyle (Article 322)

The term "Pit Box" was adopted for the place where both skis may be exchanged in long distance and skiathlon competitions and the dimensions of the pit box area were unified for both formats. (Articles 322,232, & 343.12)

The Relay Exchange Zone dimensions were established as minimums, these can be larger if the space allows. (Articles 226 & 227)

Policies and information that were previously only published in the Cross Country Jury Guidelines were added to the ICR. These include:
- The mandated considerations for violations of the classic technique (Article 343.8.1)
- The classic pole height chart (Article 343.8.2)
- The Jury Decision Chart (352.1.1.1)
A jury may determine that competitor that would normally be disqualified for a violation of rules in the first race of a Pursuit can be sanctioned with a time penalty instead to allow them to compete in the second competition. (Article 353.2.4).