

Poles length in Classic Technique Races.

International Competition Regulation 343.8.1

In classical technique competitions, the maximum pole length must not exceed 83% of the competitor's body height. In free technique competitions, the maximum pole length must not exceed 100% of the competitor's height. The body height is measured with ski boots on from a flat surface, to the top of the uncovered head. The pole length is measured from the bottom of the pole to the highest attachment of the strap. All measurements will be rounded to the nearest centimeter as follows: less than 0.5 cm will be rounded down and 0.5 cm and above will be rounded up.

343.12

Equipment exchange 343.12.1

In all competitions pole exchange is only allowed in the case that a pole is broken or damaged. In classical technique competitions, if both poles are exchanged, they must comply with ICR 343.8.1. It is however permitted to exchange poles in equipment exchange boxes during ski exchange in skiathlon competitions.

Implementation.

FIS races. Organisers will need to provide measuring equipment at the start for competitors to check compliance. Competitors may not start races with non-compliant equipment. Officials may spot-check competitors after races and the sanction will be DSQ.

Other races like Ontario Cups.

Organisers must provide measuring equipment for use by competitors. There must be sanctions for Open class competitors who use non-compliant equipment.

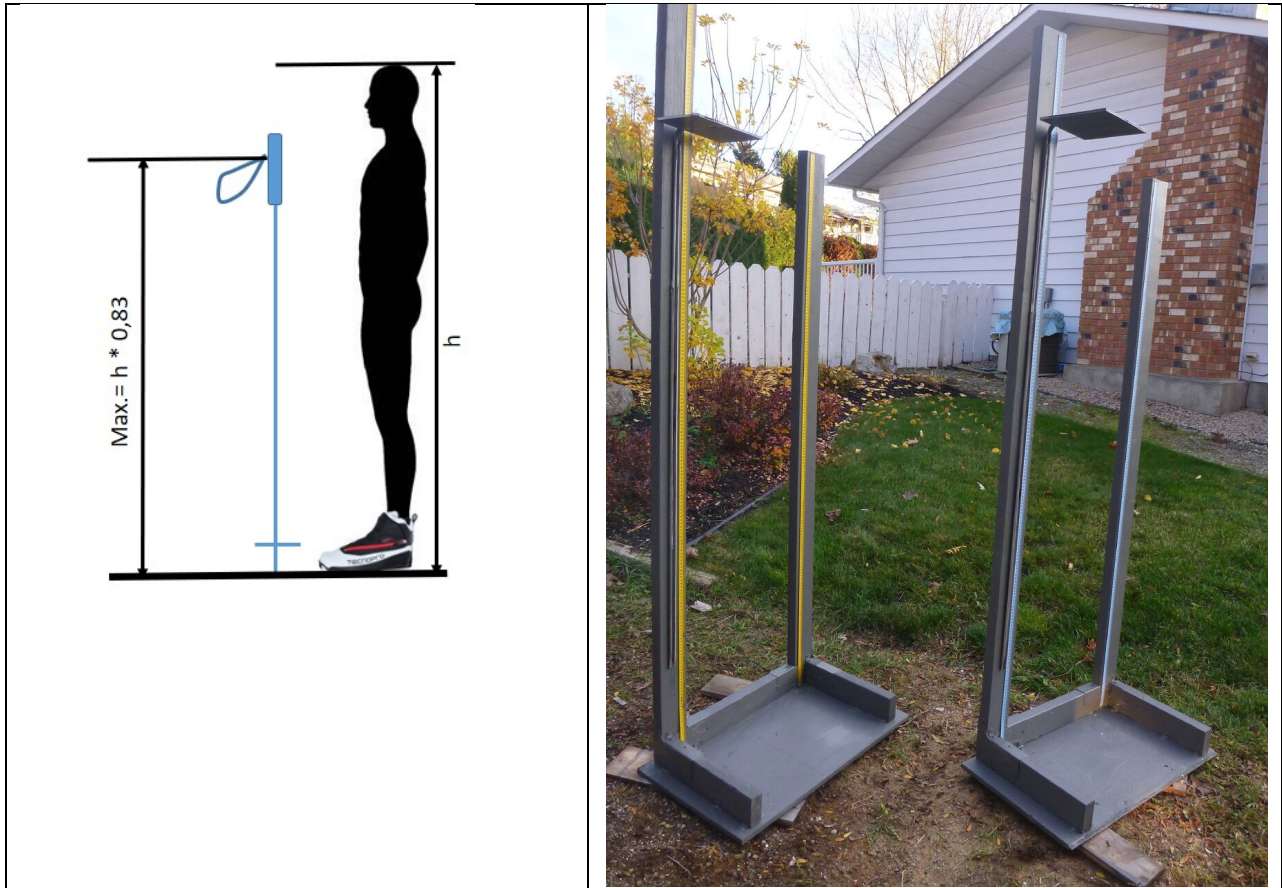
For competitors below Open Class, if non-compliance is suspected by observation the competitor and equipment should be measured. The jury may impose sanctions appropriate to the expected advantage gained.

Footnote: The 83% factor exceeds the length most skiers would select for Classic Technique and was arrived at by monitoring World Cup skiers. Observations from recent races in Norway suggest if the pole is not above the skiers shoulder when standing upright there should be no problem.

Guidelines from FIS:

1. Measurement

A measurement device should be available during official training so that athletes can check their equipment themselves. There should be a possibility to perform the measurements before the start and after the finish. If necessary, more than one measurement device should be available. For popular races a measurement device should be available at every entry to the start box. At the beginning of the season, a majority of the athletes should be checked. At mass start competitions, this is not possible before the start, so plan to do it after the finish.



2. Sanctions

An athlete controlled at the start with non-conforming equipment shall not be permitted to start (ICR 351.2).

Athletes that have used poles during the competition that do not conform with ICR 343.8.1, should be sanctioned. The decision chart should be used to determine the sanction.