

# Classical technique definition and rules



# **International Competition Rules (ICR)**

## **- Classical technique**

### **RULES:**

**In classical technique competitions, the competitor must use classical techniques only:**

- Classical techniques consist of the diagonal techniques, the double poling techniques, herringbone technique without a gliding phase, downhill techniques and turning techniques**
- Single- or double skating is not allowed**
- Where there is a set track, turning techniques with pushing are not allowed, this will also apply to competitors skiing outside of the set track**
- Where there is one or more tracks set, repeatedly changing or stepping in and out of the track(s) is not allowed**

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### **RULES:**

**When an infraction of the rules occurs, the Jury must meet and decide the appropriate sanction, considering:**

- The specific circumstances (ex. track setting, snow condition, location on course)**
- The gain or advantage for the competitor (ex. mass-start or individual start)**
- The negative impact on other competitors**
- The impact on the results (ex. sprint qualification or 50 km)**
- The level of the competition (World Cup or youth competition)**
- The age and experience of the competitor**

**Possible sanctions for classical technique violations are:**

- Verbal warning**
- Written warning (often called Yellow card)**
- Competition suspension (example: Ranked as last in the heat in Sprint heats)**
- Disqualification**



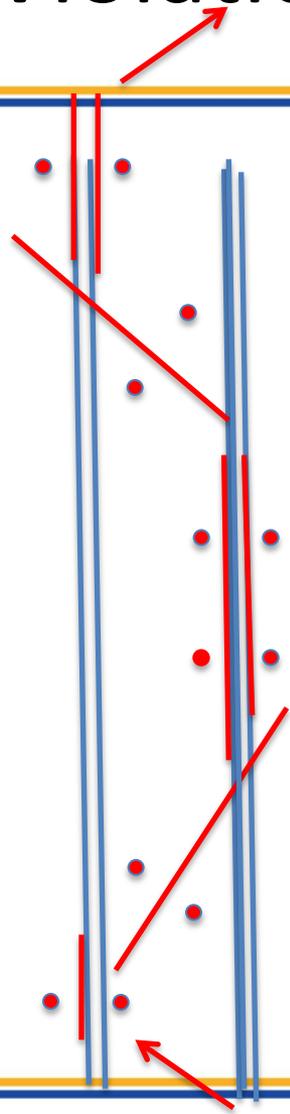
# **International Competition Rules (ICR)**

## **- Schematic illustrations of classical technique “grey areas”**

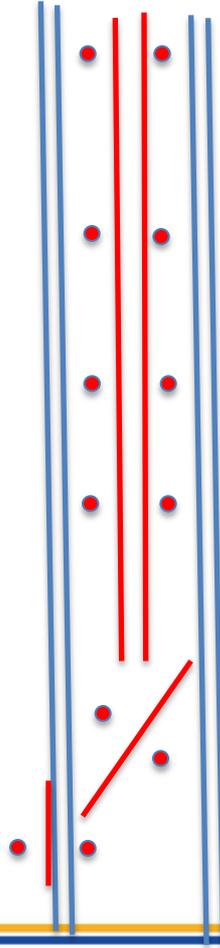
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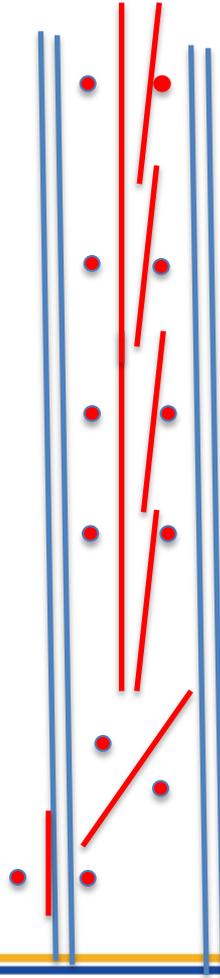
# Violation of ICR



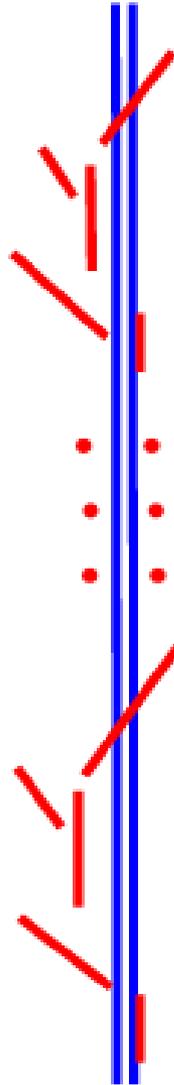
# Allowed



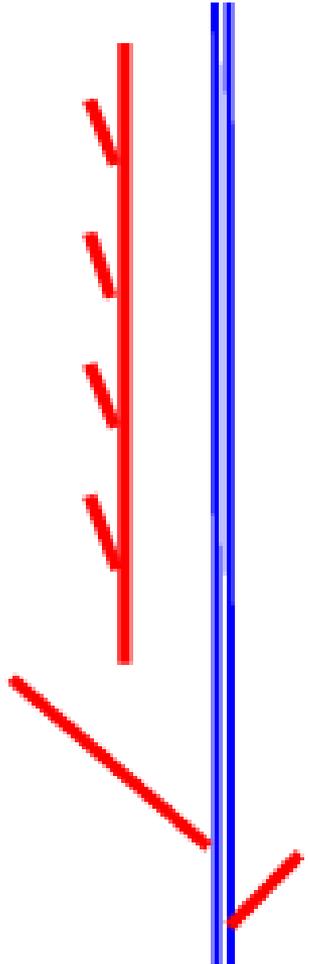
# Violation of ICR



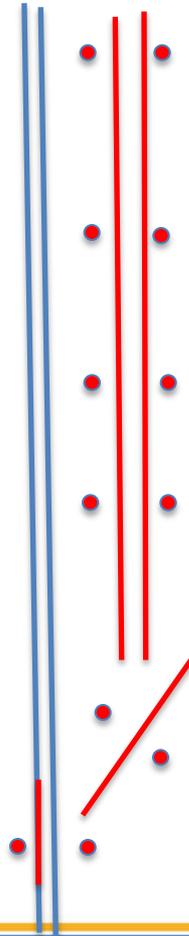
# Violation of ICR



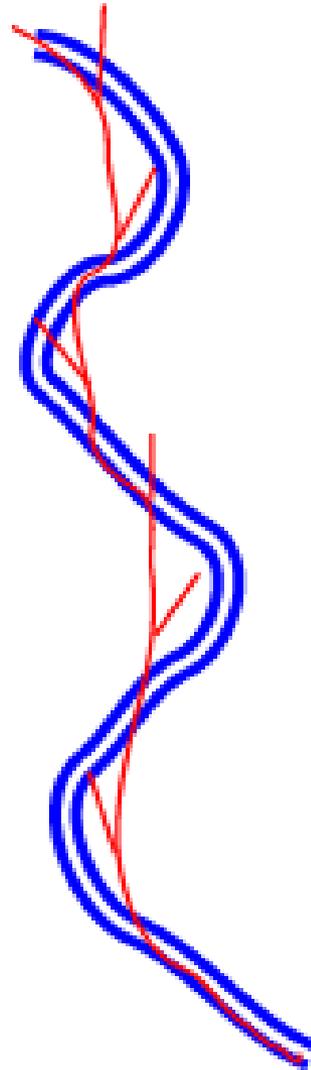
# Violation of ICR



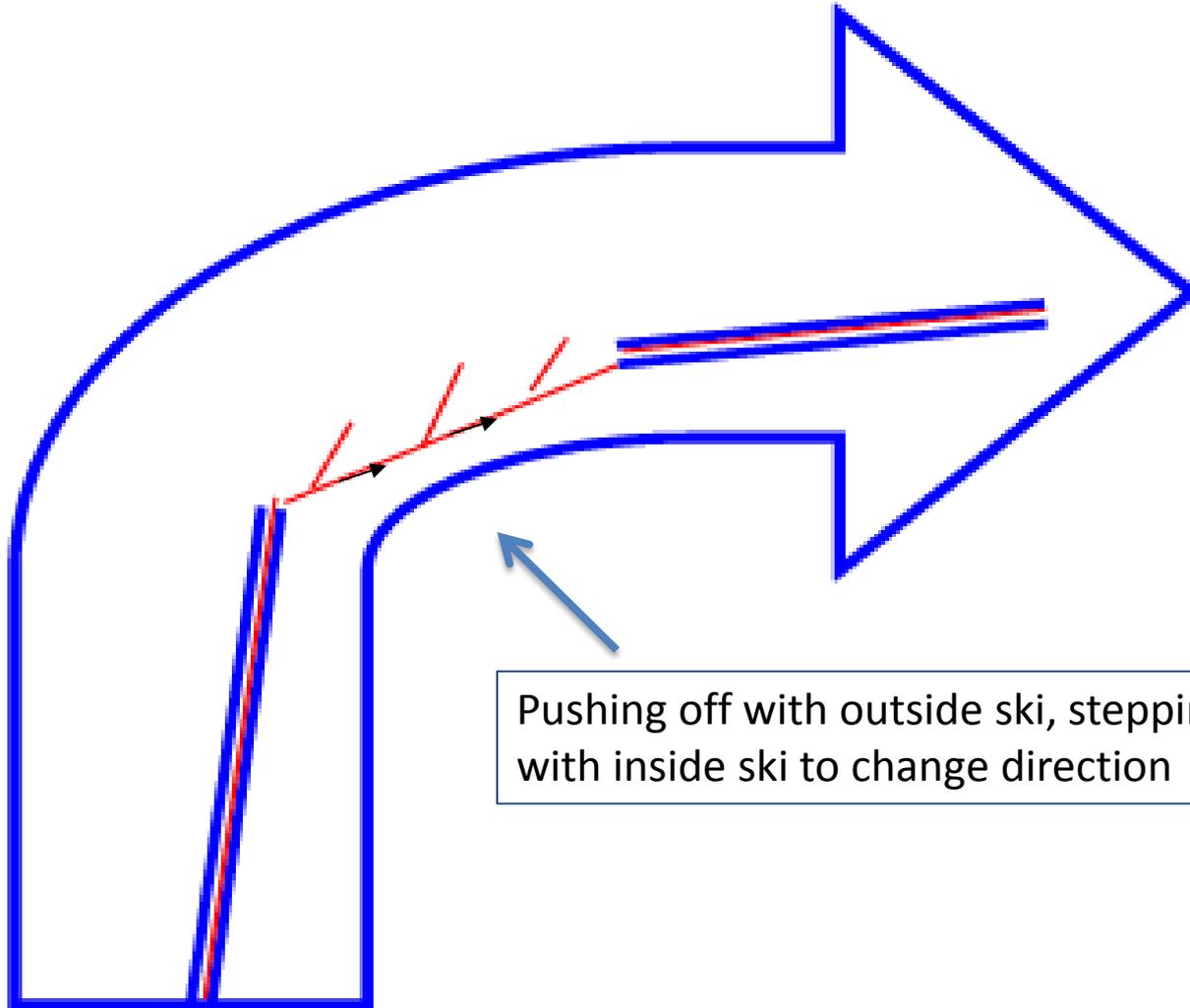
# Allowed



# Violation of ICR

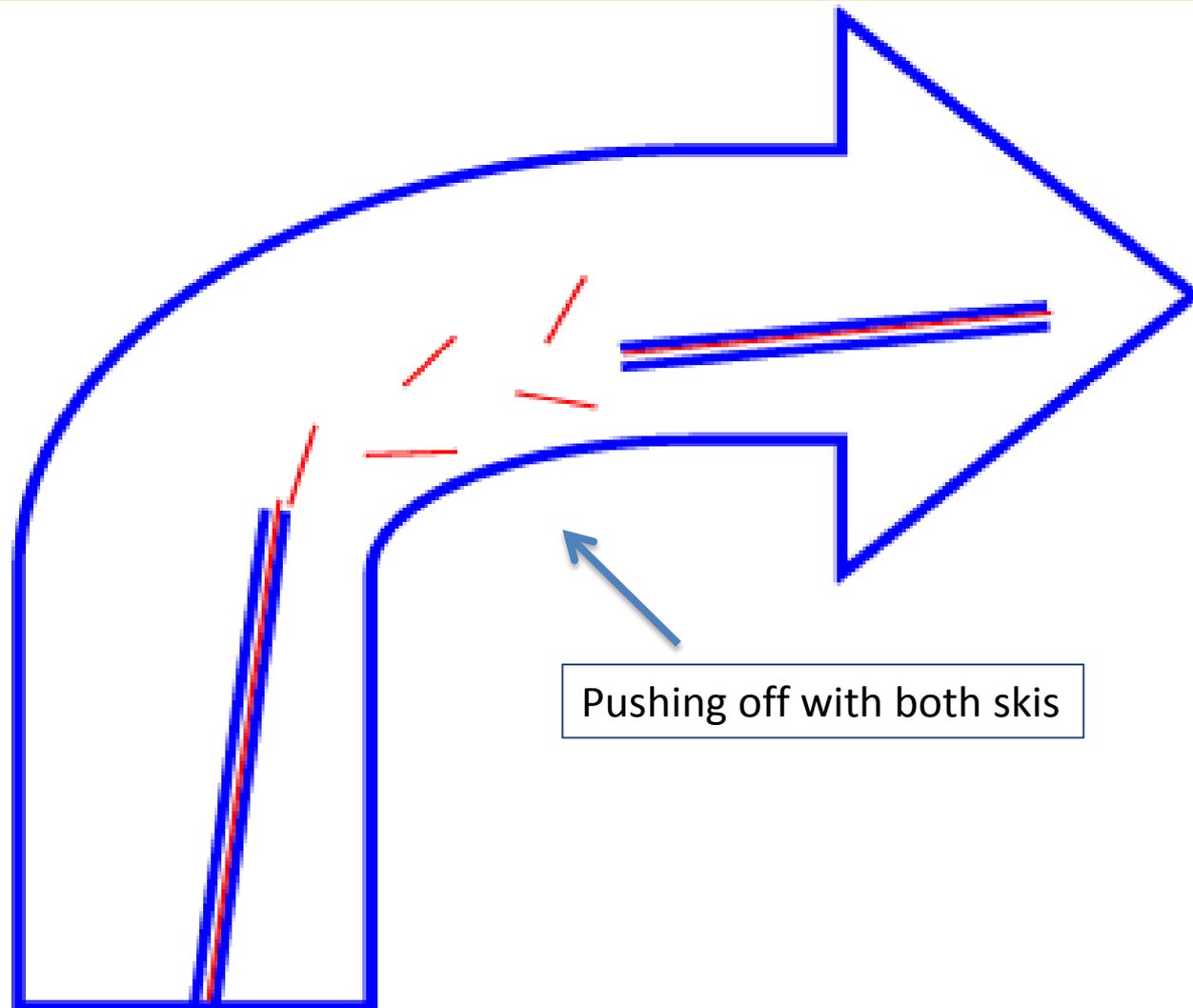


# Correct turning technique

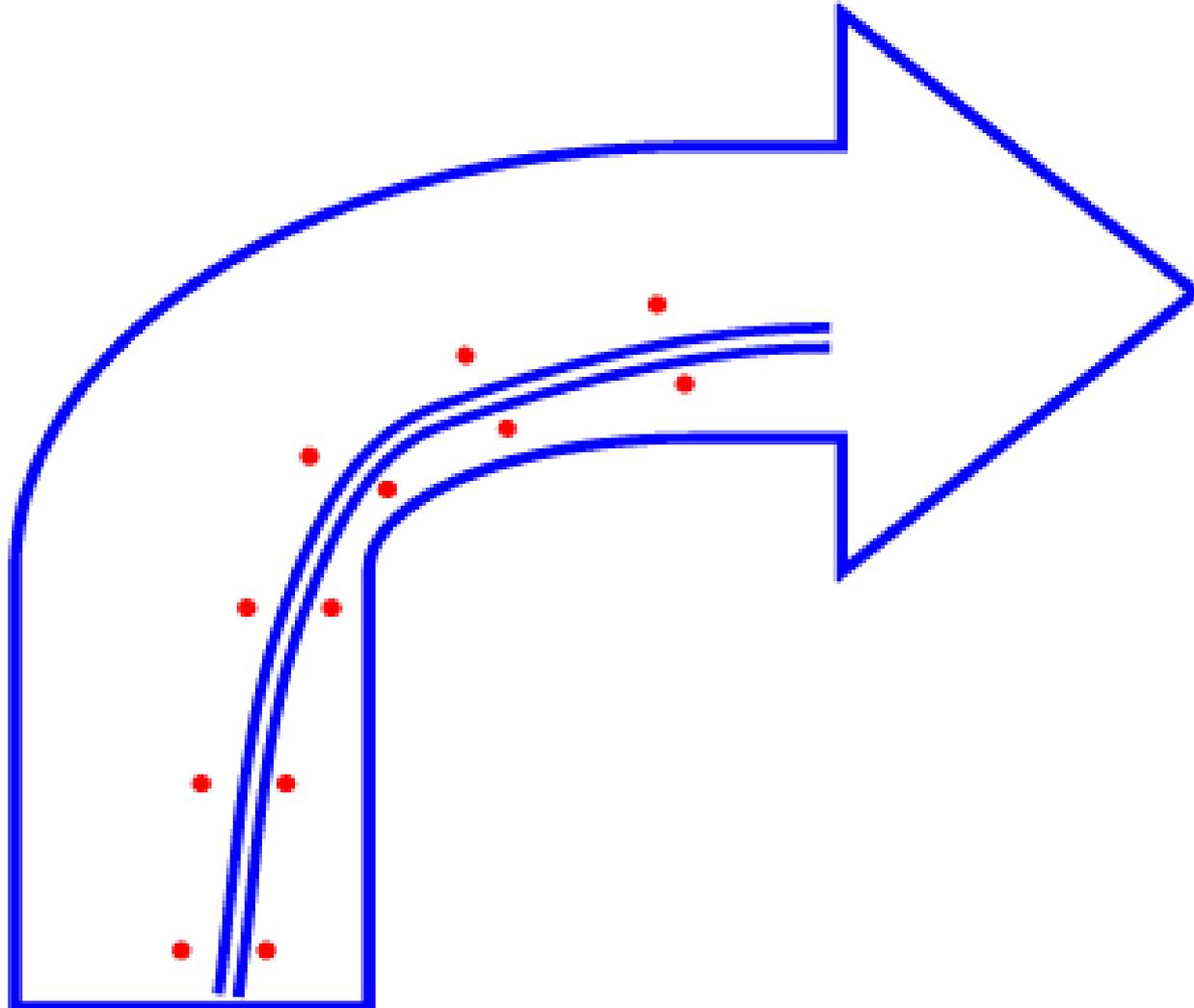


Pushing off with outside ski, stepping  
with inside ski to change direction

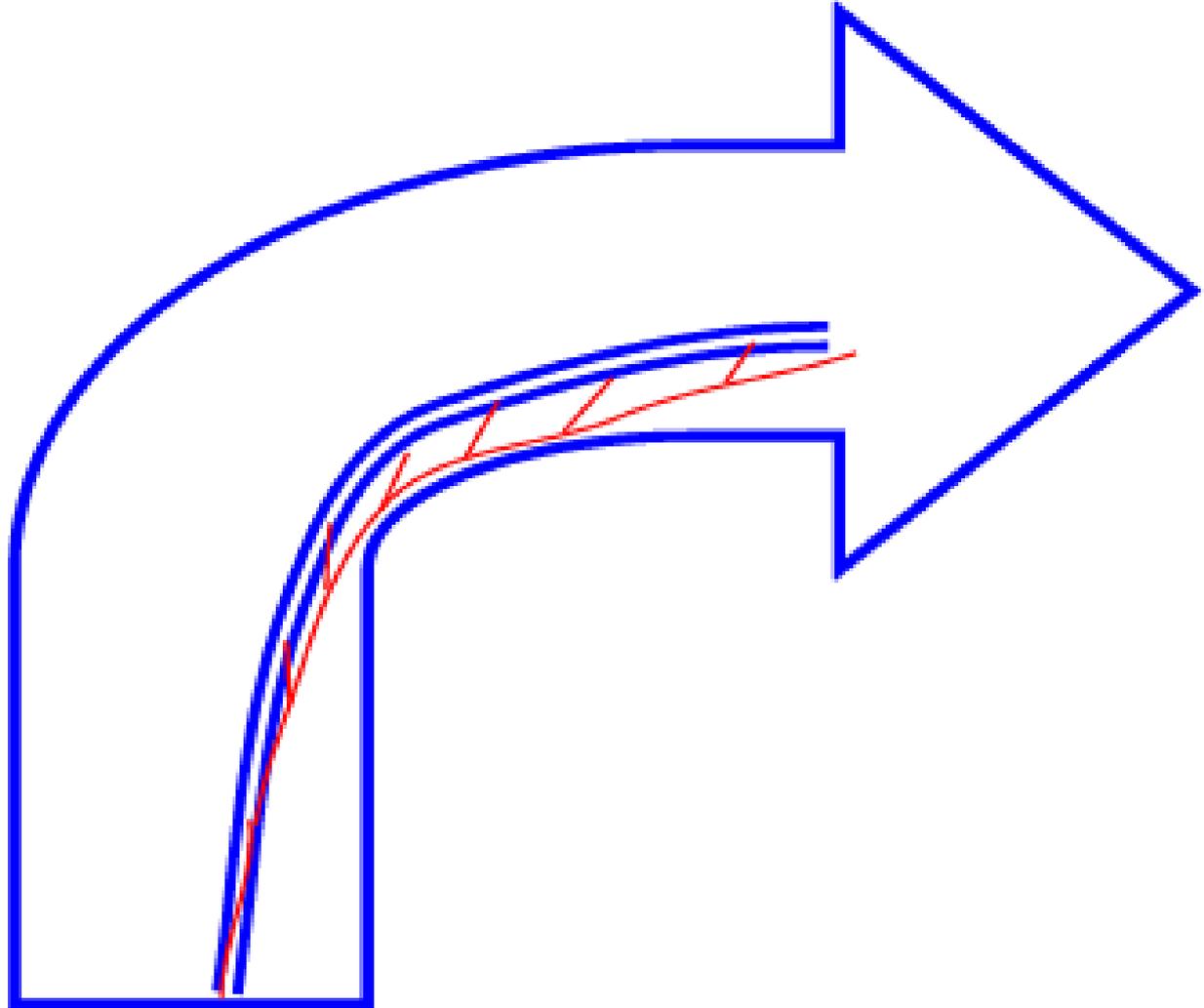
# Incorrect turning technique



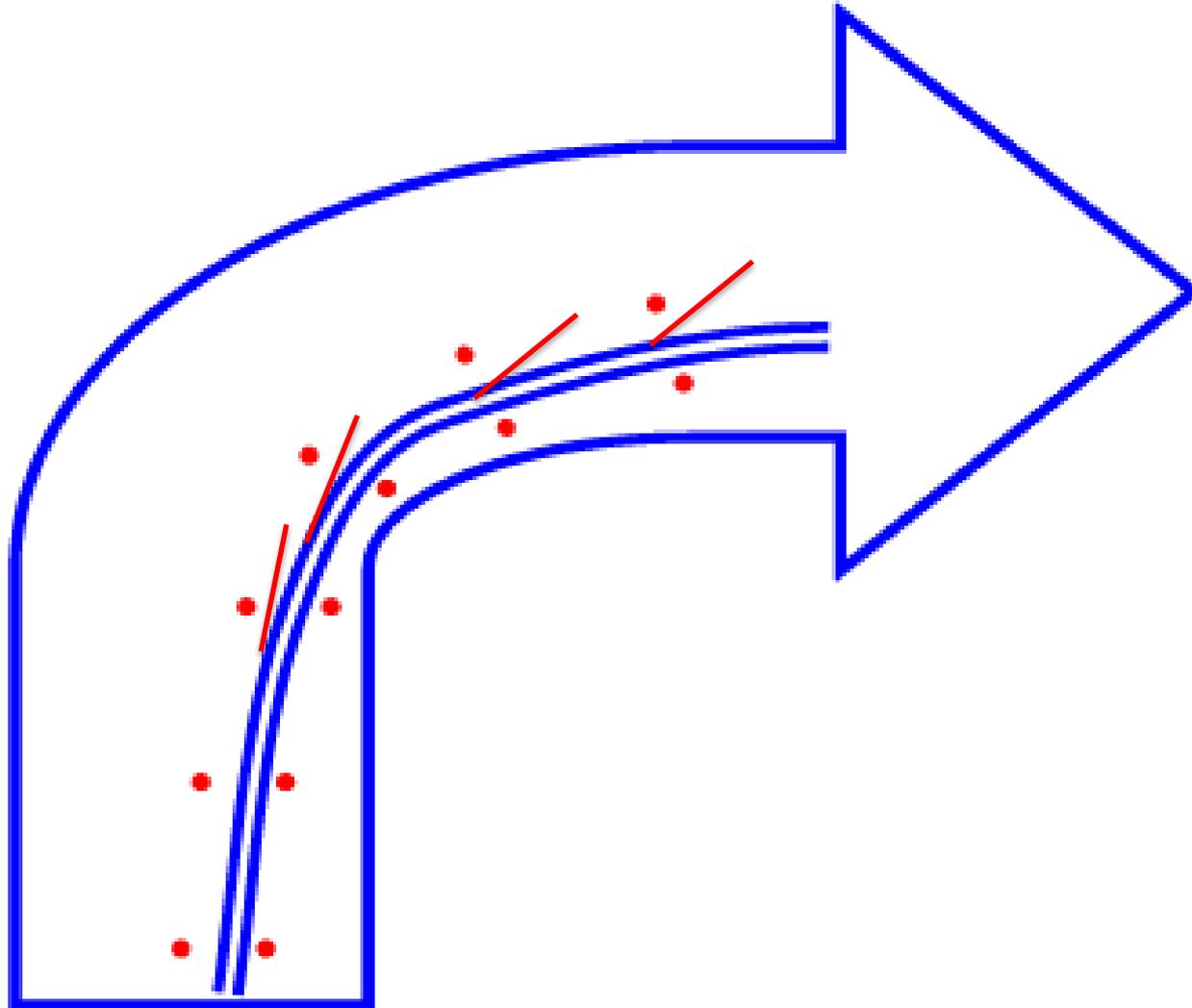
# Correct technique



# Violation of ICR



# Violation of ICR



# Herringbone uphill

Allowed:

Not allowed:

No glide phase

Glide phase

