

**REGULATION****FIS ROLLER SKIING COMPETITION
LSF Roller Skiing Cup**

(hereinafter referred to as the competition).

1. COMPETITION ORGANIZER

- 1.1. Competition organizes Latvian Skiing federation (LSF) in cooperation with SIA Cēsu Olimpiskais centrs and society Rollertour .
- 1.2. The competition is organized and takes place in accordance with FIS* regulations , taking into account the exceptions mentioned in these regulations.

* International Skiing Federation (FIS) is an international skiing and snowboarding governing body. Competitions with FIS status mean that they are included in the FIS calendar, they are held according to uniform FIS rules, their progress is monitored by the FIS technical delegate - all this provides an opportunity to compare the competitions taking place in the world and the level of athletes competing in them against each other.

2. TIME, PLACE AND DISTANCES OF THE COMPETITION16.06.2024 - Middle distance in classic style with interval start

8:30 a.m	Withdrawal of start numbers of pre-registered participants
9:00 a.m	Meeting of representatives of FIS competition teams
9:00-9:55	The track is open for warm-up
9:30 a.m	FF Classic roller ski distribution for women's FIS group
10:00 a.m	Start S18, S20, S (2.6 km circle) 10 km – FIS category
11:00 a.m	FF Classic roller ski distribution for men's FIS group
11:00-11:25	The track is open for warm-up
11:30 a.m	Start V18, V20, V (2.6 km circle) 15 km – FIS category
12:20-12:55	The track is open for warm-up
12:20 p.m	Meeting of representatives of youth and veteran competition teams
12:30 p.m	FIS group awards
1:00 p.m	Start S10, V10, S12, V12 (1.2 km circle) Start S14, V14, S16 (1.8 km circle) Start V16, S40, V40, S50, V50 (1.8)
15:00	Awards ceremony for youth and veteran groups

GROUP		YEAR OF BIRTH	DISTANCE 16.06.2024 ADVANTAGES
Men	V	2008 and older (excl . born 2009)	15 km (6x2.6 km)
Women	S	2008 and older (excl . born 2009)	10 km (4x2.6 km)
Young people	V16	2009-2010 year	9 km (5x1.8 km)
Young women	S16	2009-2010 year	5.4 km (3x1.8 km)
Young people	V14	2011-2012 year	5.4 km (3x1.8 km)
Young women	S14	2011-2012 year	3.6 km (2x1.8 km)
Young people	V12	2013-2014 year	1.2 km
Young women	S12	2013-2014 year	1.2 km





Children	V10	in 2015 born and younger	1.2 km
Children	S10	in 2015 born and younger	1.2 km
Veterans	V40	1984-1975 year	9 km (5x1.8 km)
Veterans	S40	1984-1975 year	5.4 km (3x1.8 km)
Veterans	V50	1974 and parents	9 km (5x1.8 km)
Veterans	S50	1974 and older	5.4 km (3x1.8 km)

3. COMPETITION RULES

3.1. FIS competitions can be entered according to FIS regulations.

3.2. In order to apply for the LSF roller skiing national team, an athlete must participate in FIS competitions in group V or S.

3.3. To participate in FIS competitions and win FIS points, a participant needs an active FIS code. These athletes need to activate the FIS code in the Latvian Skiing Federation before submitting their applications. The exception is only the candidates for the LSF roller skiing national team born in 2009 .

3.4. roller skiing national team candidates born in 2009).

3.5. All participants in the competition must wear reinforced protective helmets and safety glasses (safety glasses are recommended outside FIS competitions)! If the participants finish without or with an unfastened safety helmet, he is disqualified. The competition jury announces the possibility not to use protective glasses. Such a decision may be made in cases where the weather makes it difficult to see when wearing goggles.

3.6. Allowed to start With for roller skis whose parameters have got as follows :
- In the classical in style : wheeled material – black rubber , diameter ≤ 80mm. Each roller ski must have at least one wheel with a brake mechanism ;
- In FIS competitions: for FF V Active type roller skis or classic style roller skis , the wheels of which are from the FF V Active model.



FIS competition participants who do not have appropriate roller skis will have the opportunity to borrow them from the organizers.

3.7. Participants must ensure that their inventory complies with the rules. The competition jury will conduct an inspection at the specified time before the start, as well as randomly after the finish.

3.8. Competition to the participants have got must be given road faster drivers after 1 of demand .

3.9. During the competition, the track is closed 5 minutes before each start, it is closed until the finish of the participant finishing the race, at this moment only the starting participants are allowed to be on the competition track.





- 3.10. chips or starting numbers, the participant must pay a fine - 20 euros per number, 75 euros per chip.

4. COMPETITION MANAGEMENT

4.1. FIS Competition Jury:

The main judge of the competition: Mārtiņš Niklas

FIS technical delegate: Jānis Puida

National technical delegate: Jānis Lazdāns

5. APPLICATIONS

- 5.1. Registration for the competition takes place through the LSF website (www.ski.lv) no later than June 15, at 15⁰⁰.
- 5.2. The organization that submitted the application or the participant himself is responsible for the state of health and technical and physical fitness of the participants.

6. REGISTRATION OF PARTICIPANTS

- 6.1. Confirmation of participants' registration, receipt of numbers is carried out by the representative specified in the competition application or by the participant himself at the competition venue.
- 6.2. Additional registration on the day of the competition is not possible.

7. MEMBERSHIP FEES

- 7.1. Participation fee in FIS competitions in S, V groups and S40, S50, V40, V50 groups - 10 euros.
- 7.2. The participation fee in the other groups is 5 euros.

8. PROTESTS

- 8.1. Protests are submitted to the head judge of the specific competition within 15 minutes after the preliminary results are posted in the competition secretariat. FIS competition protests are reviewed and decisions are made by the FIS Competition Jury. The protest co-payment is €20 (in exact cash).

9. REWARDING

- 9.1. In FIS competitions, regardless of the country they represent, the winners of the best 3 places are awarded with cups.
- 9.2. In age groups Veterans, Youth and Children, the winners of the best 3 places are awarded with medals.

10. PHOTO AND PUBLICITY

- 10.1. Competition at a time accepted photos and videos of the competition organizers may use self-promotion in materials without coordination With in them visible ones persons .

11. INSURANCE

- 11.1. The organizers of the competition are not responsible for accidents or illnesses.
- 11.2. Participants or the organization that applied for the participant is responsible for the health and accident insurance of the participants.

12. INFORMATION

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MAP OF THE RACE TRACK

