

FIS Roller Skiing updates

Martins Niklass (LAT)
FIS Rollerski Subcommittee - Chairman

LOOKING BACK TO LAST SEASON



FIS WC ROL 2014 overall winners
Ksenia Konohova (RUS) & Marcus Johanson (SWE)

Presentation content

- I. FIS Rollerski competition season 2015
 - II. FIS ICR section H.Rollerski Competitions updates
 - III. Rules for the FIS Rollerski World Cup/World Championships updates
 - IV. FIS Rollerski World Cup Organiser's Check List
 - V. FIS Points for Rollerskiing competitions (**proposal**)
 - VI. FIS ROL equipment **guidelines**
 - VII. Other matters
-

FIS Rollerski competition season 2015

FIS ROLLER SKI WORLD CUP 2015

Date	Day	Site	NSA	Ladies	Men	ROL equipment
July 10.07. 11.07. 12.07.	Fri Sat Sun	Oroslavje Oroslavje Oroslavje	CRO CRO CRO	Mass start F Sprint F Interval C	Mass start F Sprint F Interval C	ICR 396.2.3–396.2.4
24.07. 25.07. 26.07.	Fri Sat Sun	Madona Madona Madona	LAT LAT LAT	Sprint F ▽ Prologue 5km C ▽ Pursuit 10km F	Sprint F ▽ Prologue 7.5km C ▽ Pursuit 15km F	ICR 396.2.3-396.2.4 (SP) ▽ Provided by OC, rubber wheels (70A hardness)
August 21.08. 22.08. 23.08.	Thu Fri Sat	Bad Peterstal Bad Peterstal Bad Peterstal	GER GER GER	▽ Uphill C Sprint F ▽ Uphill Pursuit F	▽ Uphill C Sprint F ▽ Uphill Pursuit F	ICR 396.2.3-396.2.4 (SP) ▽ Provided by OC, rubber wheels
WSC 24.09. 25.09. 26.09. 27.09.	Thu Fri Sat Sun	Val di Fiemme Val di Fiemme Val di Fiemme Val di Fiemme	ITA ITA ITA ITA	Interval C Uphill Sprint F Team Sprint F Mass start F	Interval C Uphill Sprint F Team Sprint F Mass start F	ICR 396.2.3-396.2.4

II. FIS ICR Rollerski Competitions updates

Wording change

- 396.2.2 ~~Random~~ The OC in cooperation with TD must ~~controls will be carried~~ carry out ~~equipment control during~~ before the start and after ~~the~~ finish of ~~the~~ each competition. Rollerski wheel dimensions, wheel material hardness and frame length must be controlled.
- 396.2.5 Cross country ~~Two~~ ski poles ~~with specific Rollerski or Cross-Country skiing tips~~ must be used.
- 396.2.6 ~~Approved cycling~~ sSafety helmets (e.g. DIN EN 1078 or equivalent) and eye protection must be worn during official training and competition.
- 396.2.7 Shoes or ski boots have to be fixed on the Rollerskis with a Cross-Country ski binding.

New articles

- 396.2.9. In order to provide safer and fairer conditions for athlete's competition the organizer can limit technical parameters for rollerski equipment by announcing it in advance in the competition invitation.
- 396.2.10. The competition organizer can may provide official rollerski equipment supplier for all athletes entered in competition. This must be clearly announced in official invitation.

Rollerski competitions formats

<u>Race Format</u>	<u>Competition Distance (km)</u>	<u>Course Length (km)</u>
<u>Interval start competition</u>	<u>2.5, 3.3, 3.75, 5, 7.5, 10, 15, 30, 50</u>	<u>2.5, 3.3, 3.75, 5, 7.5, 8.3, 10, 12.5, 15, 16.7</u>
<u>Mass Start competition</u>	<u>5, 10, 15, 30, 50</u>	<u>2.5, 3.3, 3.75, 5, 7.5, 8.3, 10, 12.5, 16.6</u>
<u>Popular competitions</u>	<u>No limitations</u>	<u>No limitations</u>
<u>Skiathlon</u>	<u>5+5, 7.5+7.5, 10+10, 15+15</u>	<u>2.5, 3.3, 3.75, 5, 7.5, 10</u>
<u>Pursuit competition (2nd part)</u>	<u>5, 7.5, 10, 15</u>	<u>2.5, 3.3, 3.75, 5, 7.5, 10</u>
<u>Relay competition (teams with 3 or 4 competitors, can include mixed gender)</u>	<u>2.5, 3.3, 5, 7.5, 10</u>	<u>2.5, 3.3, 3.75, 5</u>
<u>Individual sprint</u>	<u>0.2 – 1.8</u>	<u>0.2 – 1.8</u>
<u>Team Sprint</u>	<u>2x(3-6) x 0.8 – 1.8</u>	<u>0.4 – 1.8</u>

Actual competition distances can vary by $\pm 155\%$. Interval start, Mass start and Skiathlon competitions can be organized on undulating or uphill courses. Individual sprint up to 200m may be organized on flat or uphill course (with a maximum allowed average inclination of 10%).

Start and Finish requirements

- 396.8.1.2 At mass start competitions, a no skating zone must be clearly marked is not permitted for the first 50-70 m after the start.
- 396.8.2.4 The Finish Zone (Roll Out Zone) which follows the finish line must be a minimum of 100 m long for sprint competitions. For distance competitions the Jury will decide on the length ~~this~~. The finish control line must be after the roll out zone. Competitors are not allowed to take off their roller skis until they cross the control line.
- 396.8.2.5 The start area, the finish area and the exchange area must be secure and completely fenced off from spectators and unauthorized ~~coaches and service~~ vice-personnel.

III. RULES FOR THE FIS ROLLERSKI WORLD CUP/WORLD CHAMPIONSHIPS"

UPDATES

New articles

- 1.1.3 New FIS ROL WC organizer candidates must organize FIS Rollerskiing competition test event 1 season before to test competition courses and technical aspects of OC.
- 1.1.4. FIS ROL WSC candidates must organize FIS ROL WC at least 1 season before event.

FIS WC ROL calendar frame

Calendar Frame; World Cup selection (~~43-7-6 organisers stages~~)

1-~~3~~ competitions Interval start (~~on the undulating course~~)

1-2 competitions Pursuit

2-3 competitions Mass start (~~on the undulating course~~)

~~2-3 competitions Uphill (Interval or Mass start)~~

2-6 competitions Individual Sprint events Competition

2-3 competitions Team Sprint (including Mixed Team Sprint)

Total ~~428~~-14 competitions

All distance competitions (Interval start, Mass start, Pursuit) can be organized on courses with undulating or uphill height profile.

2. Distances and Techniques

- 2.1. In principle, the FIS Rollerski World Cup competitions will be carried ~~in~~ both in free technique, ~~but at least 2 competitions from FIS Rollerski World Cup program must be carried out in and~~ classical skiing technique. Race formats of each WC events should be confirmed by FIS Rollerski Sub-committee during the calendar planning.

FIS WSC ROL programme

1.2.4 The FIS Rollerski World Championships programme consists of the following competitions:

- Interval start ~~(on the undulating course):~~
 - Men 10-15km C/F
 - Ladies 5-10km C/F
- Mass start or Skiathlon Uphill ~~(Mass Start or Interval Start)~~
 - Men 10-30km C/F
 - Ladies 10-20km C/F
- Sprint ~~(150-250 m)~~
- Team Relay or Team Sprint
- ~~Mixed Team Sprint~~

At least 1 of the FIS Rollerski World Championship competitions must be held in classic style.

Additional WC quota (3.2.1.1)

Nations with more than 6 members on the ~~Mens'~~ World Cup Ranking list within Top ~~40~~20, have the right to have additional quota. Six members within top ~~40~~20 equals one additional participant in respective category, greater than seven members in the top ~~40~~20 equals maximum two additional participants in respective category.

Junior ~~Men~~

Nations with more than 4 members on the Junior ~~Mens'~~ World Cup Ranking list within Top ~~6~~10, have the right to have additional quota. Four members within top ~~6~~10 equals one additional participant in respective category, greater than ~~five~~5 members within top ~~6~~10 equals maximum two additional participants in respective category.

In exceptional cases with approval of competition TD NSA can enter more athletes per discipline than it is specified in article 3.2.1. In this case Team Captain must nominate those athletes who will be counted for WC ranking (within quota limit) before the TC meeting of each competition.

Max total: 8 base quota + 2 add.quota + 15 nat. group = 25 per category

Rollerski sprint competition

For the individual Sprint qualification round the competitors starting positions will be assigned according to their position in current FIS WC Rollerski ranking list (for the ROL WSC according to last World Championship) ordered by pts and lastly a group for those with no FIS WC Rollerski ranking points is drawn.

Sprint Final Heats Sprints

Sprints final heats can be organized with 8 to ~~16~~ 30 athletes in the final with 2 ~~or 4~~ 6 athletes in the heat. See competition principles in FIS ICR 325.5.3.2-5 and ~~325.5.3.3~~ 325.5.3.5.

FIS WC ROL media & PR

6.3.3. Each FIS World Cup Rollerki Organizer must organize Top 1-3 winner picture and short interview right after the top 1-3 athletes of the respective race are in the finish area. Pictures and interview quotes must be sent within same competition day to the FIS office as well as published in respective NSA or event website.

Updates on WC OC carrying costs

8.4 Transport

8.4.1. Transport Airport - Venue

Teams arriving or leaving by plane have to be transported to and from the venue **free of charge** under the following conditions:

- Only 1 free of charge transfer per team from the official airport to the venue and one from the venue to the airport.
- The arriving and departing times have to be communicated to the organiser latest 10 days before the first competition.
- The official airport(s) has to be chosen in cooperation between the organising committee. The official airport has to offer sufficient flight possibilities for all the teams and has to be named early in advance in the official invitation.

8.4.2. Transport Hotel-Venue

The OC has to provide to the teams a **free of charge** shuttle service between the hotels and the stadium. A suitable transport schedule will be fixed in cooperation between the teams and the OC. Teams booking accommodation by their own are responsible to arrange their own transportation. The OC does not have to provide a shuttle service for these teams.

IV. FIS Points for Rollerski competitions

FIS s.c. for Roller Skiing proposals

FIS CC Executive board decision

- **Proposal for FIS points** : both Rollerski and Popular Competitions Sub-Committees made proposals concerning the FIS points.
 - **Working group** in charge to present a proposal for the next spring meeting: Pierre Mignerey, Robert Peets, Ulf Seehase, Judith Lessing, Karl Heinz Lickert, Niklass Martins.
-

FIS s.c. Roller Skiing proposal

5.3.2.3. Table of minimum penalties

Ladies	Men	
FIS ROL (NC) competitions	50	50
FIS ROL JUN competitions	60	60

5.3.3.3 Table of maximum penalties

Ladies	Men	
FIS WC ROL	40	40
FIS WSC ROL	35	35

FIS s.c. Roller Skiing proposal

FACTORS:

- 800 – Interval start on uphill courses (HD > 500m)
- 1200 – Interval start on undulating course, Mass start on uphill course (HD>500m)
- 1400 – Sprint and Pursuit competition 2nd part
- 2000 – Mass start and Skiatlon on undulating courses

FIS code in ROL competition

- The **ROL FIS code** is the **CC FIS code**.
- If FIS points calculation for ROL competitions will be approved in Varna meeting then athlete will need **active FIS code** also to enter in FIR ROL competitions.
- More information about FOU system you find here: <http://member.fis-ski.com/data/document/fou-instructions-1415.pdf>

V. FIS ROL equipment guidelines

Annex of FIS WC ROL OC checklist

General Conditions

- In order to provide safe and fair conditions for athletes competition OC can limit certain parameters for rollerski equipment in FIS Rollerski competition. Athlete's safety should always put as priority for equipment restrictions.
- If OC decides to limit certain rollerski equipment specification in given competition it must communicate with TD before publishing official invitation.
- OC together with TD must be able perform control of predefined equipment restriction aspects in field conditions.

Officially Supplied Rollerski Equipment

- Official equipment supplier must be able to provide **1 type of rollerskis with standardized quality of frame, wheels, bearings** and lubrication.
- Wheels provided by official equipment supplier must be new and unused before 1st official training in given competition.
- It is recommended to use wheels with hardness range 65-70A shores measured by Type A durometer. Allowed variation of wheel hardness set point in given competition can be +/- 2 shores.
- It is recommended to use wheel bearings type: 608
- For classic rollerskis it is recommended to use 2 wheel carbon or composite fibre frame.
- Rollerskis must be **marked and drawn before each competition**. Draw must be performed by competition OC (competition secretary)
- Rollerskis must be issued to athletes **at the earliest 30 min and not later than 20 min before the start**.
- During competition official supplier must provide **spare Rollerskis** in specially predefined technical zone near the course.

Control of Rollerski Equipment

- **OC and TD must perform random check** of officially supplied equipment before official training and before each competition.
- The control must include measurements of:
 - 1) wheel size
 - 2) wheel hardness (allowed measurement variation +/- 2 A shores);
 - 3) type and model of bearings;
 - 4) standardized rolling (ski) test on rollerski course with (TD itself or random athlete) with several rollerskis chosen randomly from pool of officially supplied rollerskis. measurements of rolling speed (recorded time: ss,00) or rolling distance (mm,00) in given test area **cannot exceed variation +/- 3%**
- If controlled and tested equipment do not complies with measured criteria official **supplier must provide given equipment change.**

Rules for Teams and Athletes

- Competition entries must be sent with notice for each athlete what kind of ski bindings athlete will use.
- Athletes and/or team stuff has no right to make any technical changes in picked rollerskis.
- Athletes must return rollerskis to official control judge right after the finish of his competition (or final round in Sprint finals).
- If competition Jury has evidence that given rollerskis has been technically impacted without notice it has right to disqualify athlete.
- During official training and before competition athlete has a right to declare any technical defect found in drowned rollerskis and ask for repairing or rollerski change in due time.

What else?

- New denominations for FIS ROL competition in FIS calendar:
 - ROLWSC, ROLJWSC –Rollerski World Ski Championships
 - ROLWC, ROLJWCJ - World Cup Rollerski
 - ROL, ROLJ - all other FIS Rollerski competitions including NC and popular

What else?

- FIS TD online report also for FIS ROL competitions:
- Instead of snow conditions there will be list with asphalt condition description:
 - Rough (in good condition)*
 - Rough (with minor cracks or manholes)*
 - Rough (with many cracks or manholes)*
 - Smooth (in good condition)*
 - Smooth (with minor cracks or manholes)*
 - Smooth (with many cracks or manholes)*

Q & A

Thank you!
