

AWSA SKI COMPETITION RULES Nordic - 2009

INTRODUCTION

GENERAL

1. The AWSA Army Ski Competition Rule Book is published in two disciplines – Alpine and Nordic. The Nordic ski disciplines covered in this Book include Biathlon, Cross Country (XC) and the Military Patrol Race.

EFFECTIVE DATE

2. This 2009 Nordic edition is effective from 1 November 2008. It completely replaces all previous editions and amendments of the Nordic Ski Race Rule Book, which should be destroyed.

ORIGIN AND RATIFICATION

3. AWSA Nordic Ski Competition Rules are based on the 2008 Event and Competition Rules of the International Biathlon Union (IBU) and the 2008 International Ski Competition Rules - Book II Cross Country, of the Federation Internationale de Ski (FIS). The full IBU/FIS rules have been modified principally to ensure that the ethos of Army ski racing remains based on team events, notably in Section 2 (Draw, Seeding and Assignment of Start Numbers). When National competitions are hosted by the AWSA at Army Championships, they are conducted under the appropriate full IBU and FIS Rules.
4. The AWSA Management Committee has delegated ratification of the AWSA Nordic Ski Competition Rules to Chairman Army Nordic, who acts with the advice of the British Army Nordic Ski Committee (BANSC). The Nordic Competition Rules will be formally reviewed annually: proposed amendments should be passed to the BANSC Technical Director (charles.bromleygardner199@mod.uk) for assessment at the spring BANSC meeting; changes will be promulgated by 1 October annually.

APPLICATION OF STANDARDS

5. This Rule Book 'sets the standard' for the Army and Divisional Championships and the goal of all corps championships. Frequently IBU and FIS 'must' Rules have been adjusted to 'should' to take account of the reduced infrastructure and resources available even at the Army Championships. The impact will increase at divisional and corps championships, however the competition procedures and conduct of competitions should be as close to these Rules as possible. Safety, both personal and weapon, must never be compromised. Athletes and officials are to be thoroughly briefed when local conditions dictate that Rules are to be amended or that a lower standard is necessary. The Chairman BANSC reserves the right to take into account any lowering of standards at Divisional Championships when qualifying teams and individuals for the Army Championships.
6. The Military Patrol Race team composition (Rule 5.5) has been amended in October 2008 to reflect the high level of operational commitments. When the level of operational commitments reduces, the revised team composition will be reviewed again with a view to reverting to the traditional rank requirement.

DISTRIBUTION

7. The distribution of these rules is through the AWSA web-site: www.awsa.co.uk, from where they should be downloaded. Printing at 2 pages to each A4 sheet is recommended. Each official and Nordic team attending the Divisional and Army Championships is to hold a copy.

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DEFINITIONS

ADAPTIVE/PARALYMPIC SKIING: Skiing for athletes with a physical disability or visual impairment. Biathlon and cross country disciplines are included under adapted IBU and FIS Rules.

ASCB: The Army Sports Control Board – oversees all sport in the Army.

AWSA: The Army Winter Sports Association – the body which controls competitive snow and ice sports in the Army; subordinate to the ASCB.

BANSC: The British Army Nordic Ski Committee – the body which manages nordic ski disciplines in the British Army.

BBU: The British Biathlon Union – the body which controls competitive Biathlon in Great Britain.

BIATHLON: A competition which combines cross country skiing and rifle marksmanship. Related sports forms are roller-skiing and shooting; cross country running and shooting; and mountain bicycling and shooting.

BSSF: The British Ski & Snowboard Federation – now known as Snowsport GB (see SSGB), BSSF is still the registered company name.

CHAMPIONSHIP: A number of competitions grouped together within a specific period and organised by the same body; the results from all or some of the competitions may be combined to produce Championship Results. Normally organised at Army, Divisional and Corps levels; Inter Service and Inter Corps Championships are held within the Army Championships.

CHAMPIONSHIP COMMITTEE: The officials responsible for the detailed organisation of each championship. See Rule 1.12.

CHAMPIONSHIP COMPETITION: A competition which counts for points towards team and/or individual Army or Inter Service prizes. The Army Team Championship competitions are listed at Annex A. The Divisional Team Championship competitions are listed in Rule 1.3.

CLASSES OF COMPETITORS – VETERAN, SENIOR, JUNIOR, NOVICE: See Rule 1.11.

CLASSICAL TECHNIQUE: Classical technique includes the diagonal techniques, the double polling techniques, herringbone techniques without a gliding phase, downhill techniques and turning techniques. Single or double skating is not allowed. Turning techniques comprise steps and pushes in order to change direction. 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 (FIS art 314.1).

COMPETITION: A competition is a specific event or race for a stated class of competitor.

COMPETITION JURY: Supports the TD to adjudicate on any uncertainties during a competition. See Rule 1.13.

COMPETITOR: Throughout these rules 'competitor' is a generic term and refers to male and/or female as appropriate. The words 'he', 'him' and 'his' shall be taken to mean also 'she', 'her' and 'hers' when used in a general context.

CROSS COUNTRY (XC): A technical, tactical and physical test of competitors' abilities to ski across terrain with rolling undulating sections, climbs and downhill sections. FIS art 312.

CSWSA: The Combined Services Winter Sports Association – the body that supervises Inter Service skiing championships.

EQUIPMENT: The term 'equipment' or 'competition equipment' refers to all items of equipment which the athlete uses in competitions. This includes clothing as well as apparatus with technical functions. The entire competition equipment forms a functional unit. Competition equipment is regulated by the IBU Material Catalogue (Annex A to IBU Event & Competition Rules), FIS art 222 and FIS Specifications for Competition Equipment and Common Markings; advertising is regulated by the IBU Rules for Advertising, FIS art 206 & 207 and FIS Advertising Guidelines.

ED: The Military Patrol Race Equipment Delegate, who determines that patrols' dress and equipment conforms to these Rules.

EX PIPEDOWN: The Divisional Championships for 1 (UK) Armd Div, 2 Div and UKSC(G), organised by HQRA, 1 (UK) Armd Div, for both alpine and nordic skiing.

EX RUCKSACK: The Army Nordic Ski Championships.

EX SPARTAN HIKE (SH): The 4 and 5 Divisional, London District and Territorial Army Championships, organised by G3 PAT, HQ 5 Div, for both alpine and nordic skiing.

FIS: Federation Internationale de Ski (The International Ski Federation) - the international governing body for many skiing disciplines, including alpine and cross country, and snow-boarding.

FORCE MAJEURE: Literally a superior force: an event leading to consequences that could not have been avoided through the exercise of all due care. Implies circumstances beyond one's control which may be pleaded as a reason, e.g. for failure to arrive at the start of a competition on time.

FREE TECHNIQUE: Free technique includes all the different cross country skiing techniques (FIS art 314.2).

HORS CONCOURS (HC): An individual or team not entitled by the rules to enter a competition, but allowed to do so by the Championship Committee. They may not win the normal prizes or trophies, but special prizes may be set aside for them if the committee so decides.

IBU: The International Biathlon Union - the international governing body for Biathlon.

JOKER: One Ex PIPEDOWN unit and one Ex SH unit selected by each Ex Director to compete at the Army Championships, having not qualified by performance alone. See Annex C Para C.7.

MECHANICAL CLIMBING AID: Any mechanism which has moving parts to enhance the competitor's own propulsion, i.e. telescopic poles, springs or mechanical devices in skis, poles, bindings or boots to create additional push-off, is not permitted. 'Chemical' skis, 'fish scales', 'microfiche' or 'skins' are not mechanical aids and are therefore permitted in all nordic competitions.

NORDIC: Internationally 'nordic skiing' comprises the disciplines of Cross Country Skiing (XC) and Ski Jumping. In the AWSA 'nordic' implies the two separate disciplines of Cross Country and Biathlon, as well as the Military Patrol Race.

SNOWSPORT GB (SSGB): Formerly known as BSSF, SSGB is the National Governing Body (NGB) responsible for the management of FIS disciplines, including cross country, in Great Britain. CWSA is an affiliated member.

TD: Technical Delegate - the Jury member responsible, as applicable, to the BBU, BSSF, CWSA or AWSA for the correct technical application of these or IBU/FIS rules.

TEAM: Depending on context, refers to either a unit team competing in a Championship, i.e. the full squad of up to 6 competitors, or the competition team of up to 4 competitors chosen from the squad for a particular competition.

TEAM CAPTAIN: A Team Captain is an officer or for minor units, TA and HC teams only, a SNCO appointed by his Commanding Officer, who is responsible for all competition, administrative and disciplinary matters relating to his unit's team. He is to attend Team Captains' Meetings and is particularly responsible for ensuring that these Rules are made known to, and understood by, his unit, team members and any supporting staff.

TRACK: That part of the course trail prepared either for classical technique skiing or on downhill sections of a free technique competition; tracks are also set at the start of Mass Start competitions (Rule 3.3.2.4). Tracks are prepared so that ski control and gliding are possible without a lateral braking effect by any parts of the boots or bindings. See Rule 3.3.3.3 and FIS art 315.3 for further details.

VORLAUFER/FORERUNNER: A skier who skis the course ahead of the competitors, immediately prior to the competition, in order to prove or improve the track or trail.

ABBREVIATIONS USED IN COMPETITION DETAILS

B -	Boy *
CT-	Classical Technique
F -	Female/Woman *
FT-	Free Technique
G -	Girl *
GBR	British National competition
I -	Inter Service competition
J -	Junior *
K -	Kentish Cup (Military [Nordic] Combination) competition
M -	Champion Ski Team of the British Army competition (The Princess Marina, Duchess of Kent, Cup - known as "The Marina")
N -	Novice *
S -	Senior *
V -	Veteran *
W -	Woman *
Y -	Youth *
XC-	Cross Country

* - *Abbreviation normally used on competition entries/results*

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World Anti-Doping Agency (WADA)

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International Paralympic Committee

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