



2020/21

ICR UPDATES



RULES UPDATES

- **326.2.3 Ski preparation during team sprint**

During the team sprint heats, no waxing of skis is allowed. It is, however, allowed to wax skis after the end of the semifinal and before the final.

- **343.12.4 Ski Exchange**

It's now required by the rules (343.12.4) to put replacement skis in the pit box before the competition. The maximum number of ski exchange is 1.



RULES UPDATES

- **324.5.1 Pursuit result list**

The result list with times of previous race (no tenths of seconds), actual racing times of the pursuit competition (with tenths of seconds) and total time (with tenths of seconds)

- **310.1**

When masstart 30 - 50 km loops with min. length 5 km



RULES UPDATES

- **310.3.4 Mixed relay**
U23WSC Mixed Relay instead of Masstart
- **325.2.1 No track**
No track in extra corridor qualification round sprint free technique



RULES UPDATES

- 322.2.1 Mass start
- 324.2.1 Pursuit
- 326.2.1 Team Sprint
- 327.2.1 Realy



Start corridors, tracks optional when free technique

RULES UPDATES

- FIS points

List N°	Results from	Results until	* Uploaded results	Valid from	Valid to
1 st FIS points list	13.05.2019	28.06.2020	30.06.2020	01.07.2020	14.10.2020
2 nd FIS points list		11.10.2020	13.10.2020	15.10.2020	25.11.2020
3 rd FIS points list		22.11.2020	24.11.2020	26.11.2020	23.12.2020
4 th FIS points list		20.12.2020	22.12.2020	24.12.2020	13.01.2021
5 th FIS points list		10.01.2021	12.01.2021	14.01.2021	17.02.2021
6 th FIS points list		14.02.2021	16.02.2021	18.02.2021	10.03.2021
7 th FIS points list		07.03.2021	09.03.2021	11.03.2021	24.03.2021
8 th FIS points list		21.03.2021	23.03.2021	25.03.2021	30.06.2021

Calculation period for the FIS points was moved back to 13th May 2019.

PREGNANCY

3.6.1 CONDITIONS

When a competitor is pregnant, the National Ski Association must apply to the FIS for the approval of a pregnancy and maternity protection status, using the dedicated form (available on the FIS website) and submitting a medical certificate with the expected date of birth of the child.

Competitors must remain registered as active with the FIS to maintain the pregnancy and maternity protection.



PREGNANCY

3.6.2 DURATION

The pregnancy and maternity protection status starts at the date of reception by FIS of the application form and medical certificate until maximum 24 months (2 years) after the birth of the child. A medical certificate with the date of birth of the child must be sent to the FIS after the birth of the child.

If the competitor is losing her baby during the pregnancy period, she will keep her protection rights in the same conditions. In this case the medical certificate should specify the date of loss instead of the birthdate of the child.

As soon as the competitor started at a FIS competition, she will lose her pregnancy and maternity protection status.



PREGNANCY

3.6.3 PROTECTION OF FIS POINTS DURING THE BREAK

The FIS points of the competitor (according to the last FIS point lists published after the start of the protection status of the competitor) will be protected as follow:

- If the competitor returns to FIS competitions within 12 months after the birth of the child, her FIS points will be frozen (she will recover her original FIS points).
- If the competitor returns to FIS competitions between 12 and 24 months after the birth of the child, a single penalty will be added to her original FIS points (there will be added a penalty of 22%, but minimum 4 points respectively maximum 26 points to the original FIS points).



PREGNANCY

3.6.4 PROTECTION OF FIS POINTS AFTER COMEBACK TO FIS COMPETITIONS

The FIS points will also be protected for the two FIS point lists published after the competitor's comeback to FIS competitions. Indeed, the competitor will keep her FIS points from the previous list if her calculated FIS points are higher than her previous points.



COMPETITORS

PREGNANCY

3.6.4 PROTECTION OF FIS POINTS AFTER COMEBACK TO FIS COMPETITIONS

The FIS points will also be protected for the two FIS point lists published after the competitor's comeback to FIS competitions. Indeed, the competitor will keep her FIS points from the previous list if her calculated FIS points are higher than her previous points.

~~It also includes the feminine she/her FIS points from the previous list if her points.~~



