

396 Rollerski Competitions

396.1 Rollerski ICR Definitions

- 396.1.1 The matters covered within this section of the ICR are intended to focus on the unique aspects of Rollerski sport that are significantly different from the methodologies used in Cross-Country ski sport as outlined in the previous sections of this ICR publication.
- 396.1.2 The previous sections in this ICR will be used to give specific requirements in areas where there is direct similarity between Rollerski and Cross-Country (including ICR 200-226.2).
- 396.1.3 In addition, the underlying principles that apply in the Cross-Country sections of this ICR must also be applied to Rollerski sport.

396.2 Competition Equipment

- 396.2.1 Rollerski sport equipment must be available as a commercially produced product that is available to the general public.
- 396.2.2 Random controls will be carried out during the competition.
- 396.2.3 The diameter of the wheels must not be more than 100 mm.
- 396.2.4 The distance between the axles of the Rollerskis must not be less than 530 mm.
- 396.2.5 Two ski poles with specific Rollerski or Cross-Country skiing tips must be used.
- 396.2.6 Approved cycling helmets and eye protection must be worn.
- 396.2.7 Shoes or ski boots have to be fixed on the Rollerskis with a Cross-Country binding.
- 396.2.8 The changing of poles and Rollerskis is allowed during the competition.

396.3 Competition Formats and Programs

- 396.3.1 The following competition formats and recommended distances may be used and the competitions may be carried out in either classic or free technique:

Prologue	
Up-hill 4 – 6 km	all categories
Undulating 8 – 12 km	all categories
Interval Start or Pursuit	
20 km	all Ladies and Junior Men
30 km	Senior Men
Uphill (Interval or Pursuit or Mass Start)	
Up to 10 km	all Ladies and Junior Men
Up to 15 km	Senior Men

Individual Sprint 150 – 1000 m	all categories
Pursuit (with or without a break) 4 – 20 km 4 – 30 km	all Ladies and Junior Men Senior Men
Team Sprint (2 members per team) 2 x 2 km x 3 laps 2 x 2 km x 5 laps	all Ladies and Junior Men Senior Men
Team Relay 4 km x 3 laps 6 km x 3 laps	all Ladies and Junior Men Senior Men

All distances shall be measured to +/- 10% accuracy

396.4 Course Design Standards

- 396.4.1 Rollerski competitions are held on asphalt or similar artificial or natural surfaces which are hard packed.
- 396.4.2 The course must be designed with the highest priority being given to the safety of competitors.
- 396.4.3 Obstacles or hazardous objects along or beside the track must be removed, or if not possible, they must be clearly marked and where necessary protected by padding.
- 396.4.4 The course has to be at least 4 metres wide.
- 396.4.5 The downhill sections must not have any sharp curves.
- 396.4.6 Warm up and cool down areas must exist and be secured.

396.5 General Course Preparations

- 396.5.1 Courses should be ready for inspection and for official training by the teams at least one day before the competition.
- 396.5.2 Courses must be closed to normal traffic. Only the OC, Jury, security cars/motorbikes are allowed to be on the course during the competition or during official training.

396.6 Requirements of the Competitors

- 396.6.1 The competition season is defined as 1st January to 31st December. See CC ICR article 331.1 for age categories.
- 396.6.2 Final entries should be received at least 14 days before the competition starts.
- 396.6.3 Methods of grouping
- 396.6.4 Refer to World Cup Rules for special seeding rules.

396.7 Refreshment Stations

- 396.7.1 During competitions which are 15 km or less, refreshment services are only permitted in the finish zone after the finish line.
- 396.7.2 For competitions greater than 15 km but less than 40 km, refreshment services are allowed along the course without the use of motorized vehicles. For competitions greater than 40 km, motorbikes may be allowed at the discretion of the jury.
- 396.7.3 Bicycles are forbidden on the course.
- 396.7.4 Competitors are permitted to change or repair equipment during the competition but they must do this without any outside assistance other than being handed the replacement equipment or tools.

396.8 Start and Finish Requirements

- 396.8.1 The start line must be clearly marked on the surface using paint.
 - 396.8.1.1 Mass start areas must be a minimum of 6 m wide in order to permit a fair start.
 - 396.8.1.2 Skating is not permitted for the first 70 m after the start.
 - 396.8.1.3 Pursuit starts must have a minimum of two corridors that are a minimum of 10 m in length and each corridor must be a minimum of 2 m wide.
 - 396.8.1.4 For World Cup during Mass Starts and Pursuit Starts it is required to video tape the no-skating areas at the start and the finish with a minimum of two digital video cameras.
 - 396.8.1.5 There must be radio or phone contact between the start and the finish area.
 - 396.8.1.6 There must be a loudspeaker system at the start and the finish area.
- 396.8.2 Finish Area Requirements
 - 396.8.2.1 Three finish corridors which are 2m wide must be marked for the final 100 m before the finish line. The final 200 m of the course should be relatively straight.
 - 396.8.2.2 For Rollerski World Cup and Rollerski World Championships the finish corridors must be video taped using a minimum of 2 digital video cameras. Play back units must be available in the jury room.
 - 396.8.2.3 The finish line must be clearly painted on the surface of the course.
 - 396.8.2.4 The Finish Zone (Roll Out Zone) which follows the finish line must be a minimum of 100 m.
 - 396.8.2.5 The start area, the finish area and the exchange area must be secure from spectators and unauthorised coaches and service personnel.

396.9 Timing

396.9.1 For Relay or Sprint competitions a photo finish camera must be used.

396.10 Exchange Zone

396.10.1 The exchange zone for Team Relay or Team Sprint must be a minimum of 15 m wide and 50 m in length.

396.10.2 The exchange zone must be clearly marked with a line at the beginning of the zone. When the front wheel of the arriving competitor reaches this exchange line the corresponding team mate is allowed to depart the exchange zone. No physical contact between the competitors is required.