

FESA Continental Cup Cross-Country

Competitions Rules

2025/2026

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ORGANIZERS' CHECKLIST FESA CONTINENTALCUP COSS-COUNTRY

In order to ensure or even improve the quality of FESA competitions, the organizers need to observe the **FIS COC rules** and the following points:

1. Invitation/ Program

- Layout/contents according to ICR 213 & 214
 - Mention the age categories
 - Mention the entry deadline (and the pre-entry deadline if useful for the OC)
 - Mention the different entry fees
 - current FESA Logo
- The draft must be presented to the FESA COC Coordinator 10 weeks before the competition at the latest.
- The invitation must be sent to the national federations and the FESA office 6 weeks before the competition at the latest.

2. Welcome of the Teams

- Signposting in the stadium
- The race office must be open at the teams' arrivals.
- The following documents must be ready to be handed over to the team captains (in digital version; only if necessary, in printed version):
 - Timetable / track maps / stadium map / parking facilities / waxing rooms

3. Official Training (ICR 311.3)

- Official training the day before the first competition is mandatory
- The tracks must be professionally prepared, secured and signposted for the competition and the official training as well.
- The organizer must have at disposal sufficient equipment of good quality in order to be able to prepare the ICR competition facilities in an adequate way (e.g. track in ideal line, handle leg of snow or heavy snowfall)
- The function and security staff must be present for the official training. At the official training and the day of the competition, the medical services must be present 2 hours before the start at the latest.

4. Ski Test and Warm up

- Sufficient space for ski depot and ski test (glide out) is mandatory as well as possibilities for warm up beside the race course
- The areas need to be groomed in the same way as the competition course
- In case of lack of snow the TD, Chief of Competition and COC Coordinator try to find the best possible solution

5. Waxing Facilities

- The organizer provides sufficient waxing facilities (electricity provided) in the stadium area. (cf. FIS-COC Rules)
- Recommendation to OCs:

up to 5 athletes	= 10 m ²	
6-10 athletes	= 15 m ²	etc.

6. Fluor Test area

- tent (3x3m), shelter, container, etc. for the fluor test station next to the finish (flat and compact ground)
- electricity (220V)
- table
- sufficient ski racks
- fluor test stickers to mark the skis are provided by FESA

7. Bibs

- For each Individual competition (Interval Start, Mass Start) and sprint qualification:
 - 1 set of bibs No.1 to approx. No.350
- In Sprint Heats: 2nd bib-set No.1 to No. 180
- In Team-Events: bib set with leg nb. (1-1, 1-2, 1-3, 1-4 / 2-1, 2-2, 2-3, 2-4 / ...)
- Leader bibs are provided by FESA
- Leg bibs for Mass Start and Sprint Heats are provided by FESA

8. Meeting of Team Captains (ICR 305)

- The meeting of the team captains must be well prepared, and the arrangements must be checked with the Technical Delegate: time, place, course, agenda, computer draw, written weather forecast, distribution of bibs
- The agenda must be available in written
- FESA provides a TCM slides template

9. Working conditions for Jury and Timekeeping / athletes requirements

- Jury Room** (Work and meeting area for Jury)
 - Size: minimum 15 square meters; ideally with a clear view over the stadium.
 - Printer, power extension cable, hooks & shelves for ski equipment & clothing
 - Table, 4-5 chairs
 - It is important for the integrity of the Jury work that this room is secure, quiet and separate from any other activity.
- Radio:** 4x radio for the Jury/ Competition Management (separate channel)
- Internet:** Internet connection must be available in the Jury Room and in the Timing Room (wired, Live – Timing)
- Timekeeping/ Results Service:**
 - Room Size: minimum 15 square meters.
 - Room optimally situated directly at/ above the finish line, with clear view of the start area. Room for 2 -3 computer workstations along the windows facing the finish line.
 - Space for equipment and tables for intermediate timing operators and interface. Space for a photo finish camera and monitor must also be planned.
- Athletes' changing room / Lounge / Tent**
 - Changing rooms and toilets separated for both genders must be available
 - An appropriate room or a big tent has to be provided for the athletes in the team area. The room or tent must be adapted to the number of competitors.

10. Information/Speaker

- The stadium announcements **must be in English** in addition to the national language.
- The stadium announcer must be well informed.

11. Forerunners

- There should be at least 8 forerunners who are active skiers/ athletes, minimum youth age group.

12. Media Work / Publicity

- The organizer must prove that he has contacted the regional and national media (press, radio, TV) and invited their representatives to the event.
- After the event, a press release incl. pictures from the events shall be sent to the FESA office

13. Prize Giving Ceremony

- The ceremony shall be prepared and organized by a special committee (not by the chief of competition).
- If possible, there could be a presentation of the winners / flower ceremony as soon as the competition is over (Top 3)
- The announcements **must be in English** in addition to the national language.
- Rundown:
 - Fanfare
 - The top six athletes will be announced in the order: 6th place, 5th place, 4th place, 3rd place, 2nd place, 1st place and step on the podium. This is done without presenters.
 - When all six athletes are on the podium, the announcer introduces the presenters, and the prizes can be distributed.
 - National anthem
 - Photo possibility
 - Immediately after each senior category, the U23 winner will be awarded

14. Snow control

- The OC together with the national COC coordinator must regularly inform the FESA COC Coordinator about snow conditions, especially during the last 2 weeks before the event.
- An official update on the snow conditions must be given to the FESA COC coordinator 14 day prior the event.**
- Last minute decisions: generally, 6 days prior the event (ref. FIS COC rules)**
- The FIS TD must be involved in the decision making.**

Competition Rules FESA Continental Cup Cross-Country

1. PURPOSE

The FIS Continental Cups are divided into different geographical regions. The FESA COC consists of the following nations: **AND, CZE, GER, SUI, FRA, ESP, AUT, ITA, LIE, SLO.**

The participation of athletes from other nations is welcome and shall be conducted in accordance with the provisions of the FIS ICR.

By participating in FESA COC talented young athletes shall be given the opportunity to gain necessary experience to later be successful in the demanding World-Cup competitions.

2. ORGANIZATION

2.1 The National Ski Associations of the FESA Continental Cup geographical region are entitled to organize FESA Continental-Cup competitions Cross Country.

The respective National Ski Federation is responsible for the organization of their FESA event and names an organizer. In case an organizer cannot carry out their competition, they must name a substitute place generally 6 days before the event (ref. FIS COC rules). In agreement with the Coordinator, the deadline may be shortened to Monday before the competition.

FESA supports organizers according to their financial possibilities. The OC's will be informed in advance of the potential grants from FESA.

2.2 Number of Competitions

The total number of competition weekends should be 6 & the number of events should be 15.

2.3 Competition Calendar

The competition-calendar is established by the Cross-Country Commission of FESA. The competitions are carried out annually within the period from December till March. In order to follow the FIS COC Rules, the calendar for the next season must be determined no later than at the Spring-Meeting, so that it can be presented to the FIS Sub-Committees for World-and Continental Cups at their Calendar Conferences.

3. PARTICIPATION ELIGIBILITY

3.1 Categorization of the nations

The eligibility and conditions for participation in the FESA COC depends on the status of each national ski association within FESA, on its contribution to the joint financing of the Commission and the competition, and on its geographical COC region.

a) "Core" Members FESA Cross-Country Commission / geographical FESA COC nations

- AND, CZE, GER, SUI, FRA, ESP, AUT, ITA, LIE, SLO
- Right to start in FESA Cup competitions including participation in FESA Cup overall ranking and World Cup qualification
- Quotas: 40 entries (big nations) / 20 (small nations)
- Entry Fee over the quota: € 15
- Obligation to host Cup events (organization and financing)

b) “New” Members FESA Cross-Country Commission

- POL, HUN
- Right to start in FESA Cup competitions but without participation in FESA Cup evaluation and World Cup qualification.
- Quotas: 40 entries (big nations) / 20 (small nations).
- Entry Fee over the quota: € 15

c) Non-Members FESA Cross-Country Commission (i.e. Basic FESA members) and Non-FESA Countries

- Right to start (FIS Competition)
- Entry Fee: € 25

The amount of the entry fee must be announced in the official invitation to the competition.

3.2 Age and Categories

The competitions are announced according ICR 341ff. for:

Category	Years of birth (season 2025/26)
Women	2005 and older
Women U20	2006, 2007
Men	2005 and older
Men U20	2006, 2007

Athletes can only start one age category higher:

- i.e. only U 18 athletes (no U 16 athletes) can start in the U 20 category
- U 20 athletes should start in their category

If an athlete competes in a higher category, the timekeeping service must be informed separately by the respective National Ski Association. U20 athletes starting in the senior category shall not be eligible to obtain overall points in the U20 category for this competition.

The categories and the eligibility to start shall be specified in the invitation.

3.3 Entries

The official announcement according to ICR 213 and 214 shall be transmitted at least 6 weeks prior to the event online to the FESA Cross-Country Commission member nations and to the FESA office.

Entries shall be made in accordance with ICR 215 and 313:

- Only National Ski Associations are entitled to make entries. Entries made by e.g. individual athletes, ski clubs or private teams cannot be accepted.
- Entries from FESA nations must be made online on:
<http://live.pflanzl.info/registrationservice/>
- All other NSA's can enter their athletes via the official FIS entry form

The entry deadline generally shall be Tuesday, 20:00 CET, preceding the competition weekend.

The number of competitors per nation is generally not limited.

3.4 Starting Order/ Draw / Seeded group

The starting order will be determined according ICR 314.

The seeded group consists of the best 15 competitors of the FESA overall ranking per category. For the first competition weekend the starting order is determined by FIS Points.

Starting Order for Mass start:

For mass start competitions the Overall COC leader is always assigned the first start position, followed by the competitors of the seeded group, who are assigned the next start positions in order of their current Cup standing.

The composition of the seeded group will be re-calculated and determined after each competition weekend.

U 20 competitions must be registered and carried out as independent competitions with their own FIS Codex.

3.5 Competition Distances

According ICR 310

For 10 km distance competitions the minimum loop length should be 2,5 km.

For 15 km distance competitions (and longer) the minimum loop length should be 3.75 km.

Sprint Competitions: The distance should be between 1.2 and 1.4 km.

Different distances for Women and Men are possible.

The events/ competitions can only be given to organizers who can provide the equivalent homologated courses.

4. RANKINGS

The ranking shall take place in accordance with the FIS COC Rules.

4.1 Points

The first 50 athletes will get the following FESA COC points in all individual competitions:

place	points	place	points	place	points	place	points	place	points
1 st	100	11 th	60	21 st	40	31 st	20	41 st	10
2 nd	95	12 th	58	22 nd	38	32 nd	19	42 nd	9
3 rd	90	13 th	56	23 rd	36	33 rd	18	43 rd	8
4 th	85	14 th	54	24 th	34	34 th	17	44 th	7
5 th	80	15 th	52	25 th	32	35 th	16	45 th	6
6 th	75	16 th	50	26 th	30	36 th	15	46 th	5
7 th	72	17 th	48	27 th	28	37 th	14	47 th	4
8 th	69	18 th	46	28 th	26	38 th	13	48 th	3
9 th	66	19 th	44	29 th	24	39 th	12	49 th	2
10 th	63	20 th	42	30 th	22	40 th	11	50 th	1

Only athletes representing nations of the COC FESA Cup geographical region shall be eligible to obtain points and FESA athletes shall advance accordingly.

The colors of the leader bibs are:

U20 Women: pink

Women: red

U20 Men: petrol

Men: blue

4.2 Overall Ranking

For the COC overall ranking all COC Points gained by an athlete during the season will be counted.

The two lowest point results, including results with zero points or no start (DNS), shall be designated as scratch results and shall not be included in the final ranking.

4.3 Exclusion from Scoring

A competition category can only score points if **minimum 3 FESA nations (core nations)** are in the results.

5. PRIZES

5.1 Prizes at every FESA COC- competition

Prizes will be awarded to the six best competitors of each category.

The winners of the U23 Women and U23 Men will be awarded as well.

Prize Money Value

Regulation of the Cross-Country Commission of the FESA:

The minimum value of all prize money (including Cash-Money and value of non-cash presents) is 1.600 € per competition day.

The value is divided into the categories as follows:

Women:	€ 500	Men:	€ 500
Women U20:	€ 300	Men U20:	€ 300

The minimum cash money to be paid by the Organizer shall be specified in the table below. Non-cash prizes shall correspond approximately to the equivalent values indicated in the table below. The Organizer shall be free to increase these amounts.

	U20 Women	Women	U23 Women	U20 Men	Men	U23 Men
1 st place	50,00 €	100,00 €	50,00 €	50,00 €	100,00 €	50,00 €
2 nd place	non-cash present	75,00 €		non-cash present	75,00 €	
3 rd place	non-cash present	50,00 €		non-cash present	50,00 €	
4 th place	non-cash present	non-cash present		non-cash present	non-cash present	
5 th place	non-cash present	non-cash present		non-cash present	non-cash present	
6 th place	non-cash present	non-cash present		non-cash present	non-cash present	
Total cash	50,00 €	225,00 €	50,00 €	50,00 €	225,00 €	50,00 €
total non-cash presents	250,00 €	225,00 €	0,00 €	250,00 €	225,00 €	0,00 €
Total prize money	300,00 €	450,00 €	50,00 €	300,00 €	450,00 €	50,00 €

5.2 FESA Continental Cup Overall

The winners of the FESA -COC Cross Country are:

- the overall winner of the Women
- the overall winner of the Women U 20
- the overall winner of the Men
- the overall winner of the Men U 20

5.3 Handing over of Awards

The first three competitors of the overall score will get medals from FESA.

The winners of the U23 Women and U23 Men will be awarded as well.

The medals will be ordered by the FESA office, and they will be delivered to the organizer of the COC final on time.

5.4 FESA Nations Cup

From each nation the best 3 Women, the best 3 Men, the best 3 Women U20 and the best 3 Men U20 from the overall ranking will be scored.

In addition, all points won by the relay and team sprint competitions will be counted. The two best teams per nation and category will be scored.

The FESA Cross-Country Commission nations together obtain the FESA nations trophy. The responsibility for the procurement is with the FESA office. Name of the winner nation and year will be engraved on the trophy.

6. SETTLEMENT OF COSTS

The costs for travel, accommodation and board have to be covered by the National Ski Associations.

6.1 Accommodation standard

The accommodation standard must comply with RULES FOR THE FIS CROSS-COUNTRY CONTINENTAL CUP 2025/2026 § 5

The Organizers have to guarantee the accommodation standard as ruled in the FIS- COC rules first and foremost to the FESA Cross Country Commission Nations. Participations of athletes from FESA basic members and outside FESA are welcome, but for them the OC is not committed to provide the same conditions.

Together with the COC coordinator, the national coordinators are responsible for finding regulations with the OCs.

6.2 Accommodation price

The **maximum price that can be charged for the full board is € 90** per day for at least 1 night before the first official training until at least the morning after the last competition. **In case the normal price of the hotel is lower, only the normal price may be charged.**

Additionally, the organizers can make offers for accommodations on different price levels at different distances from the venue. The maximum travel distance should not exceed approximately 30 minutes. If accommodation options at the FESA maximum price are available within this radius, offers located closer to the venue may exceed this price.

The price of the recommended accommodations needs to be mentioned in the invitation.

In case of participation in only one competition the assumption of costs by the organizer halves. The obligation to cover the costs like mentioned above also applies to a potential substitute organizer, except when the substitute competition is carried out by an organizer of a different FESA - NSA.

The maximum accommodation price applies only to 40 places per nation (20 places per small nation) for members of the Cross-Country Commission. Nations that are not members of the Cross-Country Commission shall not be entitled to the capped prices. However, the Organizing Committee shall help in finding accommodation.

This rule applies only when the organizer is assigned to arrange the accommodation for the respective nations. (It shall be irrelevant whether the accommodation contract is concluded directly between the NSA and the hotel or between the NSA and the Organizing Committee).

It is not required to make use of the accommodation offers provided by the organizer, each nation has the right to make its own booking. In this case, the Organizing Committee is not be obliged to provide accommodation at the maximum price.

To ensure sufficient accommodation capacity, the Organizing Committee may establish a pre-entry deadline by which the number of beds shall be reserved by each nation.

7. CONTROL

7.1 International Ski Competition Rules (ICR)

The competitions must be held under the applicable FIS rules of the ICR, the Rules for the FIS Cross Country Continental Cup and the Rules for the FESA Continental Cup Cross Country.

All competitions must be carried out on FIS-homologated courses.

7.2 Technical Delegates

All FESA Continental Cup competitions must be registered in the International Ski-Calendar and supervised by a FIS Technical Delegate.

The reimbursement is according to FIS regulations (see ICR 304).

7.3 Representatives FESA COC

The organizing National Ski Federation names a national representative for the CC competitions of their FESA COC.

The nomination of the coordinator for FESA COC is made by the Cross-Country Commission of FESA and is confirmed by the Presidential Conference.

The COC Coordinator is a member of the Jury without right of vote.

If the COC coordinator cannot be present at the event, he will be substituted by the national FESA representative with the same rights and duties.

Accommodation and food of the COC Coordinator are covered by the OC.

Travel costs € 0,30 / km (tolls etc. separately) and daily allowance € 125 per day are paid by FESA.

In case the coordinator is also in charge of NSA duties (team leader, coach, service staff) the travel costs are covered by the coordinator's NSA. The daily allowance is covered by FESA.

7.4 Calculation of Results

The calculation of the COC results is the responsibility of the Data Service which is financed by all FESA nations. The daily results must be made available in electronic form immediately after the end of each competition by the Data Service. After each competition, it is the duty of the Data Service to transfer the results and the current COC points score to the FIS, the FESA -NSA, the media and the next organizer.

Remarks on TIMING:

- ICR 317.2.5 All official results must also be electronically transmitted to FIS in XML format.
- ICR 316.9 An electronic timing report for every race must be transmitted to FIS.
- At the end of each COC period and after the last COC competition, the leading competitor must be reported to FIS by the Data Service.

The Timing and Data Service for all FESA COC competitions in the 2025/2026 season will be provided by RaceTimePro GmbH.

The fee and the travel costs for the timing company will be covered by FESA. The Organizing Committee has to cover the costs for accommodation and full board.

7.5 Official communication

The FESA COC WhatsApp chat is considered as official communication channel.

All official communications concerning major changes of the event (confirmation, re-scheduling, cancellation, etc.) must be coordinated with the FESA COC Coordinator.

7.6 Organizer

For the invitations (national language and English), conducting of the public relations, press hospitality, winners presentation, quality of the accommodation, requirement for waxing cabins and technical details see attachment to the FIS Rules for COC (Book of duties for Organizers of COCs) and the Organizers Checklist of the FESA COC rules.

7.7 Validity

The rules for the organization of the FESA- COC Cross-Country are passed by the Cross-Country Commission of the FESA and they come into effect with the approval of the general assembly.

Planegg, October 2025

FESA GAMES CROSS COUNTRY U16/ U18

The event serves as test of performance for the developing young talents within FESA.

§1 Annual Carrying Out

The events of the cross-country competitions of the FESA U16 and U18 will be carried out once in a year.

§ 2 Date and Duration

FESA Games Cross Country U16/U18 should be organized together with a COC - however **an additional combination with National Cups is not possible.**

If possible, the date should be the last weekend of February/ first weekend of March. The competitions will take place on 2 days.

§ 3 Application and Selection

The allocation of the events is according to the regular cycle. The NSA organizing the events at the time will be confirmed by the Cross-Country Commission of the FESA.

§ 4 Eligibility

For this event all National Ski Associations of the FESA Cross-Country Commission are invited: AND, AUT, CZE, ESP, FRA, GER, HUN, ITA, LIE, POL, SLO, SUI.

These ski associations oblige themselves to supply the competitions as best as possible.

U18 competitors are only entitled to start if they have a valid FIS CODE.

U16 competitors don't need FIS CODE. FESA Games U 16 will not be listed in the FIS calendar.

Athletes from FESA basic member states and from NON FESA nations can only start in U18 and with a valid FIS code.

§ 5 Number of Competitors

The quotas (entry fee, accommodation) for FESA Games are the same as for COC.

The number of competitors per nation is generally not limited.

§ 6 Age Limits - Categories

The competitions will be carried out in 2 age-categories. The fixed date for the allocation to the respective category is January 1st. The naming of the year of birth is decisive.

For the season **2025/2026** the following categories apply:

U 16: Year of birth 2010+2011

U 18: Year of birth 2008+2009

§ 7 Competition Program

The following competitions will be held. The techniques alternate annually:

<u>Year 1</u>	<u>Year 2</u>
Interval Start C	Interval Start F
Relay F	Relay C

Remarks Relays:

- same distances for Women and Men
- Leg order: Woman – Man – Woman – Man
- Mixed relays (outside the allocation of points) are possible.

Program 2025/2026:

Friday	Official Training in the afternoon
Saturday	Interval Start Competition U16 Women 5.0k C U18 Women 7,5k C U16 Men 7,5k C U18 Men 10,0k C
Sunday	U 16 Mixed Relay 4 x 3.3 km F U 18 Mixed Relay 4 x 5,0 km F

§ 8 Rules

In principle the competitions will be carried out according the ICR and replenished with the rules announced here.

The competition courses must be FIS homologated.

§9 Prizes & rules FESA Games

Interval Start

The first 3 competitors in the Interval start competitions will get medals. The medals will be ordered by the FESA office and delivered to the organizer in due time.

The first 6 competitors of each competition will get non-cash prizes from the organizer.

Relay

The athletes of the first 3 teams will get medals. The medals will be ordered by the FESA office and delivered to the organizer in due time.

The athletes of the first 3 teams of each category will get non-cash prizes from the organizer.

FESA GAMES Team Trophy

The best nation will receive the FESA Games Team trophy. The following competitions will be scored:

- Interval Start:
 - the 3 best Women U16 and the 3 best Men U 16 per nation
 - the 3 best Women U18 and the 3 best Men U 18 per nation
- Relay:
 - the 2 best relay teams U16 per nation
 - the 2 best relay teams U18 per nation

Points allocation:

- Interval Start: according to COC point system
- Relay:

place	points	place	points	place	points
1 st	300	11 th	72	21 st	30
2 nd	240	12 th	66	22 nd	27
3 rd	180	13 th	60	23 rd	24
4 th	150	14 th	54	24 th	21
5 th	135	15 th	48	25 th	18
6 th	120	16 th	45	26 th	15
7 th	108	17 th	42	27 th	12
8 th	96	18 th	39	28 th	9
9 th	87	19 th	36	29 th	6
10 th	78	20 th	33	30 th	3

Awarding of the CUPS

The FESA Games Team Trophy will be awarded for 1 year to the FESA Ski-Association whose team has reached the highest overall score.

§10 Invitation and Entries

The invitation has to be sent to the FESA-NSA not later than 6 weeks before the competition. The entry deadline generally shall be Tuesday, 20:00 CET, preceding the competition weekend.

§ 11 Accommodation and Food

The organizer must provide accommodation and food for the competitors according to FESA COC rules (§6).

The expenses are covered by each NSA.

§ 12 Finances

The organizer carries out the competitions on their own expenses. FESA supports organizers according to their financial possibilities. The reimbursement of the official is according to FIS ICR.

Planegg, October 2025

FESA Cross Country Commission

Member Associations of the FESA Cross-Country Commission

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