



ALPINE INFORMATION AND GUIDELINES FOR BRITISH FIS LICENCE HOLDERS 2020/2021

For those of you who are new to racing at this level we hope the following information proves useful and answers any questions you may have. To seasoned campaigners there is also **new information for you**, as well as reminders of procedures.

If you have just been awarded a LIMITED FIS licence, restricted to British organised FIS and CIT races only, some of this information may not apply to you. However, you should still read all the information in case you upgrade your licence throughout the season.

1. RESPONSIBILITIES

In taking out a FIS licence you have agreed to certain obligations, which are mandatory for participation in FIS competitions. These include:

- a) *Signing of the FIS Waiver (Athlete's Declaration) - an acknowledgement of the risks that can exist in competitive skiing.*
- b) *Completion of the Certificate of Health medical declaration by a qualified medical practitioner which certifies that the athlete has had an appropriate evaluation of their medical health and agreement that you inform GBS should any change to your health occur during the season.*
- c) *Agreement that you will always be covered with necessary, valid medical insurance for racing (at least £1,000,000).
Your club affiliation to your Home Nation provides you with £1M public liability cover for racers who are resident in the UK (SSE also provide the same cover to those residing outside the UK) - your registration is not valid unless you are BASS registered.*
- c) *Agreement that you will abide by GBS policy relating to Drugs and Doping.*
- d) *Reading and understanding the FIS Rules.*
- e) *Agreement to the GBS Refund Policy for FIS Licence Holders.*
- f) *Agreement to GBS FIS Licence Code of Conduct.*

All policies can be found in the Governance section of the GBS website under Forms and Guidelines www.gbsnowsport.com.

2. RACE PROGRAMMES

The FIS Calendar, containing listings of events throughout the season, can be found on the FIS website - www.fis-ski.com

3. RACE CANCELLATIONS / CHANGES

GB Snowsport (GBS) will sometimes be notified by the race organisers about any changes to the published programmes, so the key message is **stay in touch** - *organisers only have a 48-hour limit to cancel an event*. Occasionally we do not receive notification, but we will always



try to confirm if a race is going ahead as scheduled or if it is being held at an alternative venue or date. The best way to find out though is to check www.fis-ski.com.

4. ENTRIES, QUOTAS AND TIMESCALES

Entries to all races listed in the FIS calendar will be made by GBS - with the exception of British Championships and British FIS races where entries must be made directly with the race organisers. Only selected athletes will be entered into World Cup, Continental Cup, World Ski Championship and World Junior Championship events. The British Olympic Association is responsible for entries to European Youth Olympics and Olympic Winter Games.

To request a place in a race you must fill in the Online Race Entry System on the GBS website- www.gbsnowsport.com. You must complete your request to enter a race 7 days prior to the Team Captain's Meeting on the first day of the event, not the specific race. If you have any queries in relation to your race entries, please contact Alex at raceentry@gbsnowsport.com.

We regret that we cannot take race entry requests by telephone.

INTERNATIONAL FIS RACES

- Only FULL and FULL TECH ONLY FIS Licence holders can apply to race in international FIS races. Full Tech Only licence holders can compete in international SL and GS events; Full licence holders can also compete in speed events – SG and DH.
- The British quota for FIS races is 6 male and 6 female race places. Where a race is over- subscribed this may be reduced.
- Entry requests should be processed through the GBS website only, no later than 7 days before the day of the Team Captain's Meeting on the first day of the event, not the specific race. The GBS office will charge a processing fee of £5.50 per race (see section 5 under GBS ADMIN FEE FOR RACE ENTRIES).
- In Europe, entries to FIS races are normally free of charge. It is however a requirement of racing in the United States, and often in the Southern Hemisphere, to pay entry fees at approximately £25 per race. The fee is paid directly to the race organiser in the local currency. GBS will not pay for any entry fees.

CITIZEN (CIT) RACES

- Limited licence holders are now permitted to enter British organised CIT races.
- The British quota for CIT races is 9 male and 9 female race places.
- Entry requests should be processed through the GBS website only, no later than 7 days before the day of the Team Captain's Meeting on the first day of the event, not the specific race. The GBS office will charge a processing fee of £5.50 per race (see section 5 under GBS ADMIN FEE FOR RACE ENTRIES).
- Entry fees are charged and are normally in the region of £10-15. The fee is paid directly to the race organiser in the local currency. GBS will not pay for any entry fees.

UNIVERSITY (UNI) RACES

- UNI races are for students, therefore you may be asked to prove your student status.



- The British quota is at the discretion of the race organizers.
- Entry requests should be processed through the GBS website only no later than 7 days before the day of the team captain's meeting on the first day of the event, not the specific race. The GBS office will charge a processing fee of £5.50 per race (see section 5 under GBS ADMIN FEE FOR RACE ENTRIES).
- Entry fees may be applicable. If so, the fee is paid directly to the race organiser in the local currency. GBS will not pay for any entry fees.

NATIONAL JUNIOR RACES (NJR)

- FIS NJR races are only open to juniors.
- The British quota is 3 per gender.
- NJR races offer the opportunity to earn good FIS points - since there are less competitors, you may start further up the field of racers.
- Entry requests should be processed through the GBS website only, no later than 7 days before the day of the Team Captain's Meeting on the first day of the event, not the specific race. The GBS office will charge a processing fee of £5.50 per race (see section 5 under GBS ADMIN FEE FOR RACE ENTRIES).
- Entry fees may be applicable. If so, the fee is paid directly to the race organiser in the local currency. GBS will not pay for any entry fees.

NATIONAL JUNIOR CHAMPIONSHIPS (NJC)

- NJC are primarily for juniors (year of birth **2002** or younger), although now it is possible for senior racers to enter, depending on the organiser's policy. However, from experience, very few of the alpine nations have space for foreign seniors.
- The British quota is at the discretion of the race organisers.
- Entry requests should be processed through the GBS website only, no later than 14 days before the day of the Team Captain's Meeting on the first day of the event, not the specific race. The GBS office will charge a processing fee of £5.50 per race (see section 5 under GBS ADMIN FEE FOR RACE ENTRIES).
- Entry fees may be applicable. If so, the fee is paid directly to the race organiser in the local currency. GBS will not pay for any entry fees.

NATIONAL CHAMPIONSHIPS (NC)

- The British quota is at the discretion of the race organisers. Organisers of NC races have the right to restrict the total foreign entry to no more than 25 overseas competitors, often based on maximum points criteria. This will generally mean substantially fewer places than the usual British quota of six, and *the decision of the organising committee can be as late as 24 hours before the event*.
- Entry requests should be processed through the GBS website only, no later than **14 days** before the day of the Team Captain's Meeting on the first day of the event, not the specific race. The GBS office will charge a processing fee of £5.50 per race (see section 5 under GBS ADMIN FEE FOR RACE ENTRIES).
- Entry fees may be applicable. If so, the fee is paid directly to the race organiser in the local currency. GBS will not pay for any entry fees.



CONTINENTAL CUPS (e.g. Europa Cup, South America Cup, Australia & New Zealand Cup)

- The GBR quota for Continental cups is determined annually by FIS (www.fis-ski.com).
 - Entry requests should be processed through the GBS website only, no later than 14 days before the day of the Team Captain's Meeting on the first day of the event, not the specific race. The GBS office will charge a processing fee of £5.50 per race (see section 5 under GBS ADMIN FEE FOR RACE ENTRIES).
 - Only selected athletes will be entered into Continental Cups.
 - To be eligible for entry you must meet the following criteria:
Each nation is entitled to a basic quota of two (2), three (3) in DH events, on the condition that these competitors have a maximum of 120 FIS points on the valid FIS points list, as follows:
 - Slalom and Giant Slalom: in any of the five events
 - Downhill: in Downhill or Super G
 - Super G and Super Combined: in Downhill, Super G or Giant Slalom
- Exceptions for Australia & New Zealand Cup are as follows:
- Slalom and Giant Slalom: must have a maximum of 140 FIS points in either SL/GS
 - Super G and Downhill: must have a maximum of 160 FIS points in either SG/DH
- Exceptions for South American Cup are as follows:
- Slalom and Giant Slalom: must have a maximum of 140 FIS points in either SL/GS
 - Super G and Downhill: must have a maximum of 160 FIS points in either SG/DH

WORLD CUP (WC)

- These races are usually restricted to team athletes, all entries by non-team athletes must be approved by the Discipline Committee.
- Entries are requested by coaches to the GBS office and then made directly by the GBS office with the race organisers.
- Preliminary entries are made 35 days before the event; Final entries confirmed 7 days before the day of the Team Captain's Meeting on the first day of the event, not the specific race.
- Entry fees may be applicable. If so, the fee is paid directly to the race organiser in the local currency. GBS will not pay for any entry fees, unless the athlete is part of a GBS Alpine Programme.

BRITISH CHAMPIONSHIPS/BRITISH FIS RACES

- You are responsible for making your own entry to all British Championship and GBR organised FIS races directly with the organisers. You cannot enter these races via the GBS Online Race Entry System.
- For the British Championships a maximum points criteria is in place. The points criteria is published within the race entry form.
- You are also responsible for paying entry fees directly to the race organiser.
- The calendar of British events can be found on <http://www.gbski.com>.



5. ENTRY SYSTEM



RACE ALLOCATION POLICY

Entries will be made by GBS according to the GBS Alpine Race Allocation Policy which is under review This is available on the GBS website- www.gbsnowsport.com

RACE ENTRY PROCEDURE

All race entries must be submitted using the Online Race Entry System, which is accessible via the GBS Website. If you are submitting entries for **greater than 20 individual races**, then please submit your entries via email to raceentry@gbsnowsport.com. Please note only entries for greater than 20 individual races will be accepted via email, entries for 20 or fewer races must be completed using the Online Race Entry System.

GBS ADMIN FEE FOR RACE ENTRIES

All race entries (including Downhill training runs) processed by GBS will incur an admin fee of **£5.50 per race** (not per event). It is necessary to charge per race as each individual race has its own quota which needs to be managed. This is payable via the online system, when requesting your race entries. Entries submitted by coaches via email will be invoiced to athletes individually during and at the end of the season. All outstanding race entry admin fees must be settled before a FIS licence can be issued for the following season.

CONFIRMATION OF YOUR RACE ENTRIES

GBS will email race organisers with the British entry for all races. Therefore, you must provide a valid email address with your race entry request, so that you can be copied into the race entry email. This email will serve as confirmation of your entry. Please note that it is sometimes necessary to make changes to race entries after an entry has been submitted. Therefore, it is imperative that you check your email regularly for updates to the race entry. It can be useful to print off the race entry and take it with you to the Team Captain's Meeting as proof that you have been entered.

RACE MEETING REPRESENTATION

Team Captains' Meetings take place in the afternoon or evening before the race to determine the programme and start list. There should be no more than two people at these meetings to represent the whole British entry although this is not always possible.

You should make every effort to have a presence at the race meeting; organisers do have the right to remove racers from the board who are not represented. You can represent yourself or your coach/parent/guardian can represent you. Please ensure you arrive at least 30 minutes before the meeting begins. If you are unavoidably detained en route, it is vital that you phone the race office to confirm your participation. Race office numbers are listed on the FIS calendar and you should take a note of the number before you travel. GBS takes no responsibility for racers being withdrawn from the start list if you are not represented at the Team Captain's Meeting.

GB SNOWSPORT REFUND POLICY

GB Snowsport operates a **RESTRICTED REFUND** policy for both FIS Licence and Race entry Fees.

- **FIS Licences:** When you are selecting your FIS licence type, please ensure that you meet all of the necessary criteria and require the licence that you are applying for.



If you make a mistake and either apply for the wrong licence in error or do not meet the criteria for the licence you have applied for, you may as a result be granted a licence which is of a reduced cost from the original fee paid, in this case the difference will be refunded after deduction of administration fees of 10 percent.

- **Race Entries:** Race entry fees will **NOT** be refunded. In the following cases race entries will be carried forward if the criteria set out below are adhered to:
 - **If you submit a race entry but do not gain entry because racers with higher priority fill the available quota places.** GB Snowsport will automatically carry the race entry fees forward.
 - **If a race is cancelled, or postponed to a date that you unable to compete:** Please note you must notify GB Snowsport via email to raceentry@gbsnowsport.com within **7 days** of the date the race was due to take place, to qualify to have your fees carried forward. GB Snowsport are **NOT** responsible for keeping track of cancelled or postponed races, it is the athlete's responsibility to inform GB Snowsport of any changes that occur.
 - **If you become ill or are injured prior to a race or series of races:** Please note that you must inform GB Snowsport **immediately** via email to raceentry@gbsnowsport.com. If you require to withdraw from 10 or more races due to a single illness or injury, you must provide GB Snowsport with a medical certificate within **7 days** of the original notification of your withdrawal. Medical certificates can be sent electronically to raceentry@gbsnowsport.com.
 - **If you decide you no longer want to race:** In this case, entry fees will only be carried forward if you notify GB Snowsport of your intention not to race *up to 3 days prior to the Captains meeting of the race series*. Notification should be emailed to raceentry@gbsnowsport.com.

Failure to meet one of the above criteria will result in your entry fees NOT being carried forward and you having to pay for any future race entries in full.

6. CHECKING FIS ENTRIES

Due to computerisation by both FIS and GBS, GBS are able to obtain full listings of licence holders who

- make double entries
- do not show up for events
- do not start second run

This information will be used in the implementation of any disciplinary sanctions.

DOUBLE ENTRIES AND WITHDRAWALS

It contravenes FIS rules to enter more than one race on the same day and double entries that we identify will not be made by GBS. It is also important that withdrawals and cancellations should be communicated directly to GBS as quickly as possible. Repeated breaches of these regulations, shown up by the FIS Database, will result in disciplinary action.

DISCIPLINE

All FIS licence holders are expected to have read and be bound by the International Ski Federation (FIS) rules (www.fis-ski.com), the rules of the competition entered for and GBS FIS licence information and guidelines.



SANCTIONS

The following sanctions may be imposed by GBS for infringements of the above.

- i) Non-attendance at pre-entered races without prior notification to GBS/or race organisers or failure to remove name from start list if not competing in an event or failure to start second run, unless for medical reasons.

For the athlete

First occasion	Warning
Second occasion	One month suspension of licence
Third occasion	Suspension of licence for remainder of season

- ii) Making entries and then regularly making a withdrawal at short notice (possibly preventing other licence holders from entering).
Entries will only be made for events that are not oversubscribed by British FIS licence holders.

- iii) Actions or behaviour that are considered breaches of discipline.

Suspension of licence for a period relative to the seriousness of the incident.

Appeals can be made against any sanction. These should be addressed to the Board of GBS.

7. EQUIPMENT

Plumbed downhill suits (i.e. suits that have been tested for air permeability and have a small FIS metal tag attached) are required at some GS/SG/DH FIS races. Testing of suits is normally possible at these events, but if your suit does not have a plomb, and you would like to have it done, you should send it to:

Federation Internationale de Ski, Blochstrasse 2, CH-3653 Oberhofen/Thunersee,
Switzerland

Please refer to FIS Specifications for Competition Equipment and Commercial Markings to verify ski and boot restrictions and padding restrictions for DH and SG.

8. RACE RESULTS

Please visit the FIS results database at www.fis-ski.com.

9. SPONSORSHIP

FIS provide guidelines relating to sizes and style of permissible commercial markings. Different rules will apply at Olympic Winter Games. Details will be published annually on the



FIS website and further information on the GBS website, although if in doubt you should contact the GBS office. FIS Regulations on Race Helmets:

2.5 Helmets and Headgear

2.5.1 Helmets and headwear may carry two commercial markings of the manufacturer with a maximum size of 15 cm², one on each side, placed above or below the ears. The front of helmets and headwear may only be used for the emblems of national teams, and sponsors, subject to art. 2.5.2 and 2.6.

2.5.2 The front (middle) of helmets and all headwear worn in competition and within the competition area, to include flower and prize-giving ceremonies, interviews etc., must carry the identification of the National Association with a minimum size of 6 cm².

2.5.3 Helmets and headgear worn in competition may carry the name of an athlete. The athlete name with a maximum size of 20 cm² must be placed at the back of the helmet or, on the rear of a hat/headband for CrossCountry, Nordic Combined, namely when a helmet is not worn. The athlete name can only consist of the full name of the athlete in a standard font and size defined by FIS which will be the same for all athletes (currently font Arial and size max. 20cm²).

10. DRUGS AND DOPING

Racers are forbidden to take drugs and are bound by the doping regulations of GBS/FIS. It is your duty to comply with these rules. You may be asked to submit to a drugs test at any time, both in or out of competition. If you refuse a test, for whatever reason, it will be considered a positive test.

GBS has adopted the UK Anti-doping rules and policies. These can be found at <http://www.ukad.org.uk/>.

If you are taking any medication or homeopathic or herbal remedies, please check with UK as many over the counter preparations can result in a positive test. If in doubt **a)** ask, **b)** don't take it. Please also note that changes have been made to the Therapeutic Use Exemption (TUE) form and the beta-2 agonists by inhalation form. There is a new TUE form that replaces the Abbreviated TUE, which is now no longer in use. All TUE forms now have an expiry date - lifelong TUEs no longer exist. Please check the expiry date on any existing TUE certificates that you hold.

11. INJURIES AND INJURY STATUS

When a FIS competitor injures him/herself and applies for the single penalty, the National Association (GBS) must apply to FIS as soon as possible for approval using the official form



and submitting a medical certificate. It is the responsibility of the athletes to inform GBS of their injury.

The application of injury status is valid for one year and you must be inscribed on the FIS list for your injury status to be active e.g. if you are injured near the end of the season then you should renew your FIS licence for the following season and apply for a continued injury status. Injury Status is only valid for one season.

Please note that a single penalty is only active when an athlete has not started more than 5 times in one event and 15 times across all events during the current season (2020/2021). You can only apply for injury status up until 30th April 2021.

To obtain a copy of the single penalty form, please follow the link below:

[Alpine](#)

FIS Point Rules

[Alpine](#)

Extract from FIS Point Rules:

FIS 4.6.1.1 Conditions

- *At least 8 months must have been passed between the time of the injury and the competitors 1st start.*
- *Competitors must remain registered as active with the FIS to maintain injury protection.*
- *A competitor has not started more than five (5) times (FIS and COC level competitions) + four (4) times (World Cup, Olympic Winter Games and World Championships competitions) in one event and/or more than fifteen (15) times (FIS and COC level competitions + eight (8) times (World Cup, Olympic Winter Games and World Championships competitions) across all events during the valid season.*

IMPORTANT!

If you are injured, you need to discuss with your coach whether you should be placed on injury status. It is then **your responsibility** to make sure that your injury status is applied. If you need to apply for injury status, you need to send the below two documents to alex.mckeown@gbsnowsport.com.

- 1) Complete the Single Penalty Form as above
- 2) Obtain a medical report/certificate which details your injury and expected recovery time scale, including the accident date as detailed on the Single Penalty Form.

We recommend that you return both forms to the office within 7 days of your injury as it is not our practice to ask FIS to backdate injury status applications if you forget to apply!

We will then send to FIS. You can then check your competitor biography which will show your injury protection status. Please note it is a common misconception that injury status will 'freeze' your points. This is not the case as per FIS rule 4 of the FIS Point Rules.



If you have any queries please do not hesitate to contact fislicence@gbsnowsport.com regarding your licence, or raceentry@gbsnowsport.com for race entries.

We wish you luck and a very successful season!