



FREESTYLE & SNOWBOARD INFORMATION AND GUIDELINES FOR BRITISH FIS LICENCE HOLDERS 2020/2021

For those of you who are new to competing 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.

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 form 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)
- 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. COMPETITION PROGRAMMES

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

3. COMPETITION CANCELLATIONS / CHANGES

GB Snowsport (GBS) will sometimes be notified by the competition 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 competition 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 competitions listed in the FIS calendar will be made by GBS or the GBS nominated coach within your discipline. Only selected athletes will be entered into World Cup, Continental Cups, World Ski Championships and World Junior Championships events. The British Olympic Association is responsible for entries to European Youth Olympics and Olympic Winter Games. You must complete your request to enter into a competition either 7 or 14 days (depending on the event) prior to the Team Captains' meeting on the first day of the event, not the specific competition. If you have any queries in relation to your competition entries, please contact the Competition Coordinator raceentry@gbsnowsport.com or the appropriate coach or official within your discipline.

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

FIS COMPETITIONS

- Entry requests should be processed, no later than 7 days before the day of the Team Captains' meeting on the first day of the event, not the specific competition. The GBS office will charge a processing fee of £5.50 per individual entry (see section 5 under GBS ADMIN FEE FOR COMPETITION ENTRIES).
- It is a requirement of competing in the United States, Europe and often in the Southern Hemisphere, to pay entry fees at approximately £25 per competition. The fee is paid directly to the competition 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 individual entry (see section 5 under GBS ADMIN FEE FOR COMPETITION 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 competitions have the right to restrict the total foreign entry to no more than 25 overseas competitors, often based on maximum points criteria. 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 competition. The GBS office will charge a processing fee of £5.50 per individual entry (see section 5 under GBS ADMIN FEE FOR COMPETITION ENTRIES).
- Entry fees may be applicable. If so, the fee is paid directly to the competition organiser in the local currency. GBS will not pay for any entry fees.



CONTINENTAL CUPS (e.g. Europa Cup, North 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 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 individual entry (see section 5 under GBS ADMIN FEE FOR COMPETITION ENTRIES).
- Only selected athletes will be entered into Continental Cups.
- Entry fees may be applicable. If so, the fee is paid directly to the competition organiser in the local currency. GBS will not pay for any entry fees.

WORLD CUP (WC)

- These competitions are usually restricted to team athletes, all entries by non-team athletes must be approved by the Selection Panel of the appropriate ski/snowboard discipline.
- Entries are requested by coaches to the GBS office and then made directly by the GBS office with the event organisers.
- Entry fees may be applicable. If so, the fee is paid directly to the event organiser in the local currency. GBS will not pay for any entry fees, unless the athlete has an APA (Athlete Personal Award).

5. ENTRY SYSTEM

COMPETITION ALLOCATION POLICY

Entries will be made by GBS according to the FIS Competition Allocation Policy which is currently under review. The policy is available on the GBS website- www.gbsnowsport.com

GBS ADMIN FEE FOR RACE ENTRIES

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

CONFIRMATION OF YOUR COMPETITION ENTRIES

GBS will email event organisers with the British entry for all competitions. Therefore, you must provide a valid email address with your entry request, so that you can be copied into the competition entry email. This email will serve as confirmation of your entry. Please note that it is sometimes necessary to make changes to entries after an entry has been submitted. Therefore, it is imperative that you check your email regularly for updates to the entry. It can



be useful to print off the entry and take it with you to the Team Captain's Meeting as proof that you have been entered.

COMPETITION MEETING REPRESENTATION

Team Captains' Meetings take place in the afternoon or evening before the competition 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 Team Captain's Meeting; organisers do have the right to remove competitors from the board who are not represented. You can represent yourself if there is not a coach/team captain present. 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 organisers office to confirm your participation. Organisers' 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 competitors 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/competition 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/Competition Entries:** entry fees will **NOT** be refunded. In the following cases entries will be carried forward if the criteria set out below are adhered to:
 - **If you submit an entry but do not gain entry because competitors with higher priority fill the available quota places.** GB Snowsport will automatically carry the entry fees forward.
 - **If a competition 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 competition 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 competitions, it is the athlete's responsibility to inform GB Snowsport of any changes that occur.
 - **If you become ill or are injured prior to competition:** 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 compete:** 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/competition 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 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

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 competition 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.

- Non-attendance at pre-entered competitions without prior notification to GBS/or 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

- 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.

- 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.



8. COMPETITION 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.

10. DRUGS AND DOPING

Competitors 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.

You can only apply for injury status up until 30th April 2021.

To obtain a copy of the Request for Injury Status form, please follow the links below:
[Freestyle](#)

To refer to the FIS Point Rules, follow the links below:

[Freestyle](#)
[Snowboard](#)

Extract

FIS 4.2.7.1 Conditions

- At least 90 days must have passed between the time of the injury and the competitor's first start.
- During the valid season a competitor can have no more than 6 starts while retaining the right to apply for Injury Status in respect of the following season.
- Competitors must remain registered as active with FIS to maintain Injury Status.

We would recommend that you take the time to read The Rules of the FIS points which detail injury status.

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!