

TELEMARK INFORMATION AND GUIDELINES BRITISH FIS LICENCE HOLDERS 2025 – 2026

For those of you who are new to racing at this level please read the following information carefully so that you are familiar with GB Snowsport ("GBS") processes. 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 Certificate of Health medical declaration form by a qualified medical practitioner which certifies that the athlete has had an appropriate evaluation of their medical health and agreement that you will 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).
- d) *Agreement that you will abide by GBS policy relating to Drugs and Doping.*
- e) *Reading and understanding the FIS Rules.*
- f) *Agreement to the GBS Refund Policy for FIS Licence Holders*
- g) *Agreement to the GBS FIS Licence Code of Conduct*

All policies can be found under *Governance* in the Policies and Minutes section of the GBS website under Forms and Guidelines <https://gbsnowsport.com/policies/>.

2. RACE PROGRAMMES & RESULTS

The FIS calendar, containing listings of international events throughout the season, can be found on the FIS website - www.fis-ski.com. There is also a FIS "app" which is available for download free of charge.

Results are posted within the events on the FIS calendar after races have taken place. The FIS website/app offers live timing for events on the FIS calendar.

An athlete's FIS points will be calculated according to the [FIS Rules](#), and [FIS Points Lists](#) will be posted on the FIS website throughout the season. Race organisers will consider the latest FIS points lists when seeding races and creating start lists.

3. RACE CANCELLATIONS & CHANGES

According to FIS regulations, race organisers must cancel an event at least 48-hour in advance. If GBS are notified about changes or cancellations to the published programmes, GBS will endeavour to relay this information to all entered athletes as soon as possible.

The FIS website shows all confirmed cancellations or changes to races: www.fis-ski.com. Races have an individual codex, which can be useful to note when tracking race cancellations or changes.

4. ENTRY PROCESS & RACE CATEGORIES

Entries to all races listed in the FIS calendar will be made by GBS or by a GBS nominated coach/representative within your discipline. Only selected athletes will be entered into World Cup, World Ski Championships and World Junior Championships events and selection decisions to Major Events will be made by the Telemark Discipline Committee.

If race entries are made via the GBS Office, an administration fee of £6.00 plus VAT will be charged for each race which will be invoiced to athletes during or at the end of the Winter season. FIS licences for the following season will not be issued until any outstanding debts are paid.

Please speak to the nominated coach or official who will be making the Telemark entries for the season about the specific entry deadlines for each competition and notify them of your entry request well in advance of the entry deadlines. Entry fees may be applicable for each competition – GBS will not pay for any entry fees.

FIS RACES & NATIONAL CHAMPIONSHIPS (NC)

- Please check the individual race programmes for details on entry timelines.
- Race organisers may charge entry fees. Fees may not exceed CHF 110 (full board) or CHF 95 (half board) per person per day (including accommodation, meals, lift pass and entry fee), this amount is payable directly to the organisers.

WORLD CUP (WC)

- These races are usually restricted to Squad athletes, all entries by non-team athletes must be approved by the Chair of the appropriate ski discipline.
- To participate, all racers must pay a yearly FIS World Cup Racers fee of CHF 50 charged by the FIS Telemark Committee.
- Please check for entry timelines in the event programme well in advance of the event.
- Race organisers may charge entry fees. Fees may not exceed CHF 110 (full board) or CHF 95 (half board) per person per day (including accommodation, meals, lift pass and entry fee), this amount is payable directly to the organisers.



RACE MEETING REPRESENTATION

Team Captains' Meetings ("TCM") 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 GBR entry although this is not always possible.

You should make every effort to have a presence at the TCM; organisers 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 TCM.

5. REFUND POLICY

GBS operates a **restricted refund** policy for FIS Licences.

When athletes are selecting their FIS licence type, ensure that you meet all the necessary criteria and requirements of the licence that is being applied for.

If an athlete makes a mistake and either applies for the wrong licence in error or does not meet the criteria for the licence has been applied for, the athlete 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. Athletes have 21 days to apply for a refund for an application due to an error in licence type.

FIS licences are non-refundable and cannot be carried over from one season to the next in case of athlete injury during the season, or in case of an athlete deciding not to compete. FIS licences are valid only for the season during which they were purchased. FIS licences are non-transferrable to other athletes.

6. ABUSE OR MANIPULATION OF THE POLICY

Athletes are not able to enter two events which are running on the same day. FIS will penalise double entries – it is the athlete's responsibility to ensure they do not have a double entry. Any abuse or manipulation of the race entry process that results in other athletes being disadvantaged (e.g., entering races but failing to start) may result in loss of privilege, priority



or even refusal by the GBS Office to enter athletes, taking part in such abuse, in subsequent races or suspension of FIS licence. Measures under this clause will be at the discretion of the GBS Head Coach.

FIS and GBS are able to obtain full listings from the FIS website 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.

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 & SANCTIONS

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.

The following sanctions may be imposed by GBS:

- 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.
- II. Entering athletes directly at the TCM who are not listed as on the final entry submitted to the organisers by GBS.

For the athlete

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

- III. 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.

- IV. 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. COMPETITION EQUIPMENT & COMMERCIAL GUIDELINES

FIS provide [guidelines](#) on its website relating to sizes and style of permissible commercial markings on competition equipment.

Extract from FIS Rules:

2.6 Helmets and Headgear

2.6.1 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. 2.6.2 and 2.9.

2.6.2 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 .

2.6.3 Helmets and headgear worn in competition may carry the name of an athlete. The athlete's 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 Cross-Country, Nordic Combined, namely when a helmet is not worn. The athlete's 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. 20 cm²).

Further information on FIS guidelines regarding specifications around competition equipment e.g. boots, skis, bindings, poles etc. can be found in the [International Competition Rules](#) document.

9. ANTI-DOPING

APPLICATION OF ANTI-DOPING RULES

The UK Anti-Doping Rules shall apply to and shall bind all Athletes and Officials under the jurisdiction of GBS. Those to whom these Rules apply include:

- All Athletes and Officials who are members of, or licensed by GBS, including all GBS Teams and GBS Squads;
- All Athletes and Officials participating in Events, Competitions and other activities organised, convened, authorised or recognised by GBS;
- All Officials working with, treating or assisting an Athlete participating in a professional or sporting capacity; and
- Any other Athlete or Official who, by virtue of an accreditation, membership, licence, contractual arrangement or otherwise, is subject to the jurisdiction of GB Snowsport for the purposes of anti-doping, whether or not such person(s) is or are resident in the UK.



More information on UK Anti-Doping Rules and Violations can be found [here](#) (Rules) and [here](#) (Violations).

WRITTEN AGREEMENT PROVISIONS

Athletes shall be deemed to have made themselves familiar with, and hereby agrees to be bound by the UK Anti-Doping Rules and to submit to the authority of UK Anti-Doping and any other appropriate body in the application and enforcement of those Rules.

DISCIPLINARY ACTIONS

Athletes must cooperate fully with any anti-doping investigations or proceedings, whether conducted by UK Anti-Doping or any other competent body. Failure to do so without acceptable justification may be treated as misconduct under the Code of Conduct.

If an Athlete commits an act of misconduct that relates to anti-doping but does not amount to a violation of the UK Anti-Doping Rules, GBS may bring disciplinary proceedings against that Athlete for such misconduct under Clause 6 of the Code of Conduct.

10. INJURIES & INJURY STATUS

It is the responsibility of the athlete to inform GBS of their injury and request FIS Injury Status.

When an athlete injures themselves, GBS must apply to FIS as soon as possible for FIS Injury Status using the official Single Penalty Form and submitting a medical certificate. **Athletes can only apply for injury status during the current season up until 15th April.** However, it is recommended to contact the GBS Office within 7 days of injury, as it is not GBS practice to ask FIS to backdate injury status applications if athletes forget to apply.

The application of injury status is valid for one season and athletes must be inscribed on the FIS list for their injury status to be active e.g., if the injury occurs near the end of the season, then athletes should renew their FIS licence for the following season and apply for a continued injury status.

To obtain a copy of the single penalty form and to read more on the FIS rules about Injury status, please follow the links below:

[Telemark Single Penalty Form](#)

[Telemark FIS Points Rules](#)

Extract from FIS rules:

6. Single Penalty

6.1 Injury Status – Registration

In case of injury the National Ski Association must apply to FIS as soon as possible or latest until 15th April for approval submitting the official form and a medical certificate to FIS. This official form and medical certificate are only valid for one season.

- Name and address of the injured,*
- Time and place of the accident,*
- Type of injury,*
- Duration of inability to compete,*
- FIS points at the time when the accident occurred.*

In case one or more of the above items are omitted, a single penalty cannot be granted.

6.2 Injury Status – 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 two (2) times in one discipline and/or six (6) times across all disciplines during the valid season.*

6.2.1 If injury status is awarded then 10% (#) will be added to the competitor's BL if the current points are not better than the protected points.

HOW TO APPLY FOR INJURY STATUS

To apply for FIS Injury Status, the injured athlete should send the below two documents to programme@gbsnowsport.com:

- 1) Single Penalty Form as per the link above
- 2) A medical report/certificate which details the athlete's injury and expected recovery time scale, including the accident date as detailed on the Single Penalty Form

The GBS Office will then submit the application to FIS. Athletes can check their FIS competitor biography which will show their injury protection status.