



# TELEMARK INFORMATION AND GUIDELINES BRITISH FIS LICENCE HOLDERS 2023-2024

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

The FIS Calendar, containing listings of events throughout the season, can be found on the FIS website - [www.fis-ski.com](http://www.fis-ski.com)

## 3. RACE CANCELLATIONS / CHANGES

GB Snowsport 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. The best way to find out though is to check [www.fis-ski.com](http://www.fis-ski.com).

## 4. ENTRIES, QUOTAS AND TIMESCALES

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.

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. GBS will not pay for any entry fees.

### **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 have to 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. GBS will not pay for any entry fees.

## **ENTRY SYSTEM**

### **RACE ENTRY PROCEDURE**

All race entries will either go through the GBS Office, or a nominated representative within the discipline. If race entries are made via the GBS Office, an administration fee of £6.00 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.

### **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. 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.

## 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](http://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. RACE RESULTS

Please visit the FIS results database at [www.fis-ski.com](http://www.fis-ski.com).

## 8. SPONSORSHIP

FIS provide guidelines relating to sizes and style of permissible commercial markings. Different rules will apply at Winter Olympic 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. Extract from FIS Rules:

### *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 cm<sup>2</sup>, 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 cm<sup>2</sup>.*

*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 cm<sup>2</sup> 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 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. 20cm<sup>2</sup>).*

## 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 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.

**You can only apply for injury status up until 30<sup>th</sup> April 2024.**

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

[Telemark](#)

[Telemark FIS Points Rules](#)

### **Extract from FIS rules**

*FIS 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 10% (#) will be added to the competitor's BL if the current points are not better as the protected points*

**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 [fislicence@gbsnowsport.com](mailto:fislicence@gbsnowsport.com):

1. Completed Single Penalty Form (published on FIS website)
2. Medical report/certificate which details your injury and expected recovery time scale, including 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 submit the application 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 conditions stated above.

For further information, refer to the [FIS Points Rules](#); and the Single Penalty or "Injury Form" can be found as a download on the [Forms](#) tab of the Telemark Document Library.

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

**We wish you luck and a very successful season!**