



# ALPINE INFORMATION AND GUIDELINES FOR 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.

If you have 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 under Governance in the Policies and Minutes section of the GBS website under Forms and Guidelines <https://qbsnowsport.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*. 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](http://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 the GB Alpine 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 Olympic Festival, Youth Olympic Games and Winter Olympic Games.

To request a place in a race you should email [raceentry@gbsnowsport.com](mailto:raceentry@gbsnowsport.com). You must complete your request to enter a race up to 7 days prior to the Team Captain's Meeting ("TCM") on the first day of the event, not the specific race. Any requests within the 7-day deadline are not guaranteed to be accepted. If you have any queries in relation to your race entries, please get in touch.

#### ATHLETES BASED IN NORTH AMERICA

Regarding entries in North America, all competition entries must come from the GBS Office, as GBS must still manage quotas and entry priorities for these events. Therefore, if you are based in the USA, GBS will not issue authorisation letters for coaches to make entries on their behalf. Please send all entry requests to [raceentry@gbsnowsport.com](mailto:raceentry@gbsnowsport.com).

***We cannot accept race entry requests by phone call, text message or WhatsApp – all entry requests must be sent via email.***

#### INTERNATIONAL RACE CATEGORIES

##### 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 only; Full licence holders can also compete in international 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 sent by email to [raceentry@gbsnowsport.com](mailto:raceentry@gbsnowsport.com) no later than 7 days before the day of the TCM on the first day of the event, not the specific race. The GBS Office will charge a processing fee of £6.00 per race (see section 5 under GBS ADMINISTRATION 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**

- Only FULL and FULL TECH ONLY FIS Licence holders can apply to race in international CIT races. Full Tech Only licence holders can compete in international SL and GS events only; Full licence holders can also compete in international speed events – SG and DH.
- The British quota for CIT races is 8 male and 8 female race places.
- Entry requests should be sent by email to [raceentry@gbsnowsport.com](mailto:raceentry@gbsnowsport.com) no later than 7 days before the day of the TCM on the first day of the event, not the specific race. The GBS Office will charge a processing fee of £6.00 per race (see section 5 under GBS ADMINISTRATION 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 organisers.
- Entry requests should be sent by email to [raceentry@gbsnowsport.com](mailto:raceentry@gbsnowsport.com) no later than 7 days before the day of the TCM on the first day of the event, not the specific race. The GBS Office will charge a processing fee of £6.00 per race (see section 5 under GBS ADMINISTRATION 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 (year of birth 2003 (U21) or younger).
- \* 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 sent by email to [raceentry@gbsnowsport.com](mailto:raceentry@gbsnowsport.com) no later than 7 days before the day of the TCM on the first day of the event, not the specific race. The GBS Office will charge a processing fee of £6.00 per race (see section 5 under GBS ADMINISTRATION 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 2003 (U21) 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 sent by email to [raceentry@gbsnowsport.com](mailto:raceentry@gbsnowsport.com) no later than 14 days before the day of the TCM on the first day of the event, not the specific race. The GBS Office will charge a processing fee of £6.00 per race (see section 5 under GBS ADMINISTRATION 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 sent by email to [raceentry@gbsnowsport.com](mailto:raceentry@gbsnowsport.com) no later than **14 days** before the day of the TCM on the first day of the event, not the specific race. The GBS office will charge a processing fee of £6.00 per race (see section 5 under GBS ADMINISTRATION 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 (published [here](#)).
- Only selected athletes will be entered into Continental Cups, and Europa Cup entries will be made in line with the GBS Selection Policy.
- 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 140 FIS points on the valid FIS points list, as follows:
  - Slalom, Giant Slalom and Parallel: in any of the five events
  - Downhill and Alpine Combined (with DH): in Downhill or Super G
  - Super G and Alpine Combined (with SG): in Downhill, Super G or Giant Slalom

Exceptions for Australia & New Zealand Cup and South American Cup are as follows:

- Slalom and Giant Slalom: must have a maximum of 160 FIS points in either SL/GS
  - Super G, Downhill and Alpine Combined: must have a maximum of 180 FIS points in either SG/DH
- Entry requests should be sent by email to [raceentry@gbsnowsport.com](mailto:raceentry@gbsnowsport.com) no later than 14 days before the day of the TCM on the first day of the event, not the specific race. The GBS Office will charge a processing fee of £6.00 per race (see section 5 under GBS ADMINISTRATION FEE FOR RACE ENTRIES).



## WORLD CUP (WC)

- These races are usually restricted to Squad athletes, and entries will be made in line with the [GBS Selection Policy](#).
- Entries are requested by coaches to the Alpine Programme Manager and then made directly by the GBS Office with the race organisers via the FIS online entry system.
- Preliminary entries are made 35 days before the event; Final entries confirmed 7 days before the day of the TCM 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.

## GB ALPINE CHAMPIONSHIPS/BRITISH FIS RACES

- You can enter these races with an Alpine Limited Licence.
- You are responsible for making your own entries to all GB Alpine Championships and British-organised FIS races directly with the organisers. You cannot enter these races by emailing GBS Race Entry.
- For the GB Alpine Championships, a maximum points criterion is in place. The points criteria are published within the event invitation.
- \* 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>.

## MASTERS RACES

- Athletes holding a Masters FIS licence can enter FIS Masters Cup, FIS Masters Races and FIS World Criterium Masters (WCM) international events.
- Entry requests should be sent by email to [raceentry@gbsnowsport.com](mailto:raceentry@gbsnowsport.com) no later than 7 days before the day of the TCM on the first day of the event, not the specific race. For FIS WCM, the deadline for entries is no later than 27 days before the date of the TCM on the first date of the event, not the specific race. The GBS Office will charge a processing fee of £6.00 per race (see section 5 under GBS ADMINISTRATION FEE FOR RACE ENTRIES).
- Competitors are classed by age groups and gender (A, B and C), full information about classification can be found on the [FIS website](#).
- There is no set quota, just a maximum number of overall competitors in the WCM event.
- The calendar of Masters events can be found on <http://www.fis-ski.com>.
- Entry fees will not exceed €20 per race per person. All entry fees are paid directly to the race organiser in the local currency. GBS will not pay for any entry fees.

## 5. ENTRY SYSTEM

### RACE ALLOCATION POLICY

Entries will be made by GBS according to the GBS Alpine Race Allocation Policy. This is available on the [GBS website](#).



## **RACE ENTRY PROCEDURE**

Race entries can be submitted by emailing [raceentry@gbsnowsport.com](mailto:raceentry@gbsnowsport.com) within the timelines stated within the GBS Alpine Race Allocation Policy.

## **GBS ADMINISTRATION FEE FOR RACE ENTRIES**

All race entries (including Downhill training runs) processed by GBS will incur an administration fee of **£6.00 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 will be invoiced to athletes individually at the end of the season. All outstanding race entry administration fees must be settled before a FIS licence can be issued for the following season.

## **NOMINATING AN ENTRY REPRESENTATIVE**

During the FIS Licence application process, athletes will be asked to nominate a coach/academy/parent to make their competition entries on their behalf. This is the person responsible for making an athletes' competition entries during the season and this person will be copied into any communications with the organisers about the final entry. If this is the athlete themselves, please state this. You must notify [raceentry@gbsnowsport.com](mailto:raceentry@gbsnowsport.com) if this changes during the season.

## **CONFIRMATION OF YOUR RACE ENTRIES**

GBS will email race organisers with the British entry for all racers. Therefore, you must provide a valid email address with your race entry request, so that you can be copied into the email to the organisers. 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 have the final entry email/PDF available to take with you to the TCM as proof that you have been entered.

## **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 British entry although this is not always possible.

You should make every effort to have a presence at the race meeting; 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.

Under no circumstances are TCM representatives allowed to enter athletes at the TCM who were not on the final entry submitted by GBS to the organisers. The final entry has been carefully managed by GBS to take into consideration Squad status, FIS points and timelines of entry as per the GBS Alpine Race Allocation Policy. If any athlete is found undermining the GBS entry process, athletes will be sanctioned as outlined in 6. SANCTIONS.



## 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](mailto: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](mailto: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](mailto: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 TCM of the race series*. Notification should be emailed to [raceentry@gbsnowsport.com](mailto: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](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.
- j) 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

- 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 plumb, 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](http://www.fis-ski.com).

## 9. 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. 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 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 2.7.*

*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's 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'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 cm<sup>2</sup>).*

## 10. 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.

## **11. INJURIES AND INJURY STATUS**

When a FIS competitor injures themselves, the National Association (GBS) must apply to FIS via their online system by completing a detailed injury form and submitting a medical certificate. It is the responsibility of the athletes to inform GBS of their injury. Please contact the GBS Office to obtain a copy of the FIS Injury Form to complete and send a copy of your medical certificate which must report in detail the kind of injury and the period of recovery.

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.

**Please note that a single penalty is only active when an athlete has not had more than 5 competition starts during the current season (2023/2024). You can only apply for injury status up until 30<sup>th</sup> April 2024.**

### **FIS Point Rules**

[Alpine](#)

#### **Extract from FIS Point Rules:**

*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.

- Competitors have 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 the Alpine Programme Manager.

1) Complete the FIS Injury Form

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](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!**