



NORDIC INFORMATION AND GUIDELINES BRITISH FIS LICENCE HOLDERS 2024-2025

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. FIS LICENCE HOLDER 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)*
- 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 & 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. 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. ENTRIES, QUOTAS AND TIMESCALES

Entries to all races listed in the FIS calendar will be made by the GBS Office or by a GBS nominated cross country coach/representative. Only athletes selected by the Nordic Selection Panel 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 Winter Festival, Youth Olympic Winter Games and Winter Olympic Games. You must complete your request to enter into a race 10 days prior to the Team Captain's Meeting ("TCM") on the first day of the event, not the specific race. If you have any queries in relation to your race entries, please contact raceentry@gbsnowsport.com or the appropriate coach or official within your discipline.

If entries are made by the GBS Office, there will be an administration charge of £6.00 plus VAT per entry, which will be invoiced to you during and/or at the end of the Winter season.

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

FIS RACES

- Entry requests should be processed, no later than 10 days before the day of the TCM on the first day of the event, not the specific race.
- It is a requirement of racing in the United States, Europe 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.

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, no later than 10 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.

NATIONAL JUNIOR RACES (NJR)

- FIS NJR races are only open to juniors (year of birth 2004 (U21) or younger).
- The British quota is at the discretion of the race organizers.
- NJR races are good because you may start further up the field as there are less competitors and therefore provide a great opportunity to earn good FIS points.



- Entry requests should be, no later than 10 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.

NATIONAL JUNIOR CHAMPIONSHIPS (NJC)

- NJC are for juniors (U21) (2004 year of birth or younger)
- The British quota is at the discretion of the race organisers.
- Entry requests should be processed, no later than 14 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.

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 a maximum points criteria. The decision of the organising committee can be as late as 24 hours before the event.
- Entry requests should be processed, no later than **14 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.

CONTINENTAL CUPS (e.g. OPA Cup, Scandinavian Cup, Australia & New Zealand Cup etc.)

- The GBR quota for Continental cups is determined annually by FIS (www.fis-ski.com).
- Entry requests should be processed, no later than 10 days before the day of the TCM on the first day of the event, not the specific race.
- Only athletes selected by the Nordic Selection Panel will be entered into Continental Cups.

WORLD CUP (WC)

- These races are usually restricted to GBS Squad athletes, all entries by non-Squad athletes must be approved by the Nordic Discipline Committee.
- Entries are requested by coaches to the Nordic Programme Manager and then are made directly by GBS with the race organisers via the online FIS Entry System
- Preliminary Entry closes 8 weeks before the respective competition, the Entry (entry by name) closes 8 days before the respective competition and the Final Competition Entry closes 2 hours before the TCM of the respective competition.
- 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 the GB Nordic World Cup Programme.



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 GBR 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 TCM.

5. REFUND POLICY

GB Snowsport 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.

8. COMPETITION EQUIPMENT & 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 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).

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

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 30th 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, please follow the link below:

[Cross Country](#)

FIS Point Rules

[Cross Country](#)

Extract from FIS Point Rules:

3.5 Injury Status

3.5.1 Request injury status When competitors injure themselves and applies for the single penalty, the National Ski Association must apply to the FIS within 3 weeks for the approval of a single penalty using the official form "Single Penalty" and submitting a medical certificate. If the status as injured is approved and according to the valid FIS points at the date of injury there will be added a penalty of 22%, but minimum 4 points respectively maximum 26 points to the original FIS points before the injury break. As soon as the competitor started at a FIS competition she/he will lose her/his injury status.

3.5.1.1. Conditions Competitors must remain registered as active with the FIS to maintain injury protection.



3.5.1.2. Duration The injury status can be applied for maximum 365 days. If the injury is longer, the National Ski Association has to apply for the injury status again with a written request and medical certificate to FIS.

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.

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