

## Guidelines Equipment Cross-Country Skiing (05.11.2016) Maximum Pole Length Classical Technique Competitions

The FIS Council confirmed on 5<sup>th</sup> November 2016 the ICR Art. 343.8.1 and 343.12.1 regarding the pole length in classical technique Cross-Country skiing competitions.

### International Competition Rules

343.8.1 In classical technique competitions, the maximum pole length must not exceed 83% of the competitor's body height. In free technique competitions, the maximum pole length must not exceed 100% of the competitor's height. The body height is measured with ski boots on from a flat surface, to the top of the uncovered head.

The pole length is measured from the bottom of the pole to the highest attachment of the strap.

All measurements will be rounded to the nearest centimeter as follows: less than 0.5 cm will be rounded down and 0.5 cm and above will be rounded up.

343.12.1 In all competitions pole exchange is only allowed in the case that a pole is broken or damaged. In classical technique competitions, if both poles are exchanged, they must comply with ICR 343.8.1.

It is however permitted to exchange poles in equipment exchange boxes during ski exchange in skiathlon competitions.

### Correlation table body height / max pole length

Body height	83%	Max. pole length	Body height	83%	Max. pole length	Body height	83%	Max. pole length	Body height	83%	Max. pole length
200	166	166.00	180	149.40	149.00	160	132.80	133.00	140	116.20	116.00
199	165.17	165.00	179	148.57	149.00	159	131.97	132.00	139	115.37	115.00
198	164.34	164.00	178	147.74	148.00	158	131.14	131.00	138	114.54	115.00
197	163.51	164.00	177	146.91	147.00	157	130.31	130.00	137	113.71	114.00
196	162.68	163.00	176	146.08	146.00	156	129.48	129.00	136	112.88	113.00
195	161.85	162.00	175	145.25	145.00	155	128.65	129.00	135	112.05	112.00
194	161.02	161.00	174	144.42	144.00	154	127.82	128.00	134	111.22	111.00
193	160.19	160.00	173	143.59	144.00	153	126.99	127.00	133	110.39	110.00
192	159.36	159.00	172	142.76	143.00	152	126.16	126.00	132	109.56	110.00
191	158.53	159.00	171	141.93	142.00	151	125.33	125.00	131	108.73	109.00
190	157.70	158.00	170	141.10	141.00	150	124.50	125.00	130	107.90	108.00
189	156.87	157.00	169	140.27	140.00	149	123.67	124.00	129	107.07	107.00
188	156.04	156.00	168	139.44	139.00	148	122.84	123.00	128	106.24	106.00
187	155.21	155.00	167	138.61	139.00	147	122.01	122.00	127	105.41	105.00
186	154.38	154.00	166	137.78	138.00	146	121.18	121.00	126	104.58	105.00
185	153.55	154.00	165	136.95	137.00	145	120.35	120.00	125	103.75	104.00
184	152.72	153.00	164	136.12	136.00	144	119.52	120.00	124	102.92	103.00
183	151.89	152.00	163	135.29	135.00	143	118.69	119.00	123	102.09	102.00
182	151.06	151.00	162	134.46	134.00	142	117.86	118.00	122	101.26	101.00
181	150.23	150.00	161	133.63	134.00	141	117.03	117.00	121	100.43	100.00

## 1. Procedural guidelines

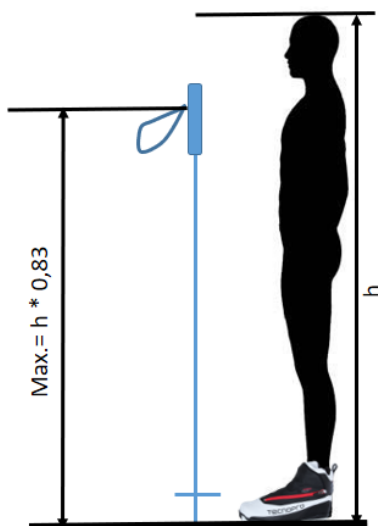
- It is the responsibility of the jury to decide when and where the control(s) will take place and which athletes will be checked.
- The Organisers are responsible to provide the measurements devices. The jury should send to the organisers a list of required equipment several weeks before the event.
- It is not intended to check all the athletes but to carry out a random control. At the beginning of the season, a majority of the athletes should be checked.
- Pole marking will not be used.

## 2. Measurement

A measurement device should be available during official training, so that athletes can check their equipment themselves. There should be a possibility to perform the measurements before the start and after the finish. If necessary, more than one measurement device should be available.

For popular races a measurement device should be available at every entry to the start box.

At mass start competitions, where measurement is not possible before the start, plan to do it after the finish.



### Sanctions

An athlete controlled at the start with non-conforming equipment shall not be permitted to start (ICR 351.2).

Athletes that have used poles during the competition that do not conform with ICR 343.8.1, should be sanctioned. The decision chart should be used to determine the sanction.

### Pole exchange in case of broken pole

If one pole is exchanged, the size of the exchanged pole is not relevant. If both poles are exchanged, they must conform with ICR 343.8.1.

### Rollerski competitions

Due to the fact that athletes on rollerskis are standing higher than on their skis, the maximum pole length must not exceed 83% of the competitor's body height + 5 cm (max = (h+5)\*0,83).