LONDON REGION CHALLENGE CUP - RULES OF COMPETITION 2019

GENERAL

London Region Nordic Ski Club will manage the race entry, organisation, timing, collate and issue official race results and allocate series points.

The Rollerski Co will maintain, store and supply 60 pairs of Marwe 610A skis exclusively for racing.

Roller skis will be numbered and used in rotation. They will be allocated shortly before the race start by a random draw. There will be no prior selection; competitors will have the opportunity to change the skis once for a remaining pair if they are not happy.

There will be no option for competitors to use their own skis even if they are the same model.

The races will be covered by public liability insurance. This will be achieved by either:

i) participants being a member of a club affiliated to its national governing body (i.e. Snowsport England or Snowsport Scotland),

ii) non-affiliated skiers paying an additional fee to cover the insurance premium as set by the national governing body.

• Competitions are open to all nationalities.

RACES AND VENUES

Three races will comprise the London Region Challenge Cup in 2019:

- Sunday 12 May - Hillingdon Cycle Circuit: 10.5km time trial, 4.5km for Juniors
- Sunday 23 June - Hillingdon Cycle Circuit: 15km race, 7.5km for Juniors
- Sunday 3 November – Hillingdon Cycle Circuit: 10.5km race, 4.5km race for Juniors

CATEGORIES

• Age categories for the Series overall in male and female will be:

- Senior 18 and over [born 2000 or before]
- Masters 40 and over [born 1978 or before]
- Masters 60 and over [born 1958 or before]
- Youth 14 to 17 [born 2001-04]
- Junior Youth under 14 [born 2005 or later]

• Age categories of individual races may be combined or further ones added at the discretion of the Race Organiser. However, race entries and race results shall show at least the above age categories.

• Age category will be determined by competitor's age on the 31 December prior to the 2019 season.

• Skiers must declare their club allegiance at the first Challenge Cup race they enter; this may not be changed for the remainder of the series.

• Although it is encouraged that all participants in the London Region Challenge Cup be members of clubs affiliated to their respective national governing bodies, it is recognised that for a variety of reasons not all skiers will be members of affiliated clubs. Non-affiliated skiers will not be prevented from entering a Series race as long as they pay the additional insurance premium described above.

GENERAL RACE RULES

• Competitors under the age of 16 shall have their entry forms signed by their parents, guardians or responsible adult.

• The minimum safety equipment of appropriate safety helmet (e.g. cycle safety helmet) and eye protection shall be worn. Gloves and elbow and knee pads are optional.

• The event organiser shall adjudicate on disputes.

• F.I.S. rules for cross-country skiing are followed where appropriate (may be viewed on website at www.fis-ski.com). For example the following extracts from the F.I.S. Book II Cross-Country – The International Ski Competition Rules may be helpful:

> *340.1.3 When overtaking, competitors must not obstruct each other.*
>
> *340.1.6 The competitors must comply with the instructions of competition officials.*
>
> *353.1.1 When using hand-timing, the time is taken when the competitor's first foot crosses the finish line.*

POINTS SCORING SYSTEM

• Points will be in each category using the table below:

Position	Points	Position	Points	Position	Points	Position	Points
1	50	12	32	23	21	34	10
2	45	13	31	24	20	35	9
3	42	14	30	25	19	36	8
4	40	15	29	26	18	37	7
5	39	16	28	27	17	38	6
6	38	17	27	28	16	39	5
7	37	18	26	29	15	40	4
8	36	19	25	30	14	41	3
9	35	20	24	31	13	42	2
10	34	21	23	32	12	43	1
11	33	22	22	33	11		

• All racers will be awarded points from their best results in the 3 or less races.

There is no obligation on any competitor to race in all events races to become an age category winner.

• Novice competitors. If they prefer then senior skiers may race in the shorter races but their points will not count towards the series titles.

• The London Region Challenge Cup winner for each category will be the competitor that obtains the most points in that category. Prizes will be awarded at the final event.

• In the event of a tie the competitor with most victories shall win. If there is still a tie the competitor with most second places shall win, and so on until a winner is decided, unless this does not lead to a winner.

• If competitors have an equal number of points and places then the competitor with better placing over the other competitor or competitors shall win.