

## International Competition Rules (ICR) - Classic technique

### **RULES:**

In classic technique competitions, the competitor must use classic techniques only:

- Classic techniques consist of the diagonal techniques, the double poling techniques, herringbone technique without a gliding phase, downhill techniques and turning techniques
- Single or double skating is not allowed
- Where there is a set track, turning techniques with pushing are not allowed, this will also apply to competitors skiing outside of the set track
- *Where there is one or more tracks set, repeatedly changing or stepping in and out of the track(s) is not allowed*

### **RULES:**

When an infraction of the rules occurs, the Jury must meet and decide the appropriate sanction, considering:

- The specific circumstances (ex. track setting, snow condition, location on course)
- The gain or advantage for the competitor (ex. mass-start or individual start)

- The negative impact on other competitors - The impact on the results (ex. sprint qualification or 50 km)
- The level of the competition (World Cup or youth competition)
- The age and experience of the competitor

Possible sanctions for classical technique violations are:

- Verbal warning - Written warning (often called Yellow card)
- Competition suspension (example: ranked as last in the heat in Sprint heats)
- Disqualification

## **International Competition Rules (ICR)**

*Schematic illustrations of classical technique “grey areas”*