



August 2008
Proposal April 2009
Per Nymoen

RULES FOR THE NORDIC JUNIOR SKI COMPETITION, NORDIC DISCIPLINES

Last adjustments made after the Nordic Cross Country meeting April 2008

Proposals April 2009

Cross Country: 1: Sprint race (30 qualifying for finals).
 2: 5 km women, and 10 km men, max 18 years during the competition year.
 3: Relay: 3 x 3 km junior women C-F-F, 3 x 5 km junior men C-F-F

The technique for the individual race and the sprint race will change every year, so that in 2009 the individual race is free and the sprint is in classic technique. In 2008 the individual race is classic and the sprint is free, and so on.

In the sprint race there should be electronic timing (qualification), a finish camera and also jury observers along the course.

Jumping: Junior men max 16 years during the competition year.
 Jumping hill K 70 – K 90 .
 1: Individual competition.
 2: Team competition (4 competitors)

Nordic Combined: Junior men max 18 (16??) years during the competition year.
 Jumping hill K70-K90,
 1: Combined sprint: one jump and one cross country race of 5 kms
 2: Ordinary combined competition with 1 jump and cross country race 10 km(5 km for 16 years?) F.
 3: Combined team sprint competition: Team jump competition, and then “Gundersen” race over 2 x 1.000 m x 5 (= 10 kms total)
 should this be kept?? Was introduced in 2009, and now the NOR combined people say that it is “out of time”

Place and date: The nations EST-FIN-NOR-SWE will organise the competition according to the schedule below.
 The Nordic Junior Ski Competition will normally be organised in the same week as the Junior World Championships.
 The organising nation will appoint a technical organiser.

Proposal for race schedule:
Friday: Nordic Combined sprint individual, and cross country sprint individual.
Saturday: Jump individual, Cross Country individual and N. Combined individual.
Sunday: Team Jump, Cross Country Relay, and **Nordic Combined team sprint**.

Competitors: Each of the nordic nations (DEN-EST-FIN-ISL -LAT-LIT -NOR-SWE) may enter an unlimited number of participants. Additionally the organiser may invite other nations. For the nations` competition of the Nordic Junior Ski Competition only a limited number of competitors from each nation DEN-EST-FIN-ISL-LAT-LIT-NOR-SWE

will count (see description below). These competitors must be clearly designed in the entry.

Each competition (XC women, XC men, relay women, relay men, NC sprint, NC individual, NC team, jump individual and jump team,) will count as separate competition.

The Nordic Junior Ski Competition:

The Nordic Junior Ski Competition counts between the nordic nations (see above). The winner of the competition is the nation obtaining highest point score totally in all the disciplines.

In the Nordic Junior Ski Competition count as follows:

XC Junior women*:	maximum 4 athletes per nation
XC Junior men *:	maximum 4 athletes per nation
Sprint Junior women*:	maximum 4 athletes per nation
Sprint Junior men *:	maximum 4 athletes per nation
Jumping:	maximum 4 athletes per nation
Nordic Combined sprint:	maximum 4 athletes per nation
Nordic Combined:	maximum 4 athletes per nation
Relay women:	maximum 2 teams x 3 athletes per nation
Relay men:	maximum 2 teams x 3 athletes per nation
Jumping team:	maximum 1 team x 4 athletes per nation
Nordic Comb. Team	maximum 2 teams x 2 athletes per nation

* In the individual and sprint cross country races the team consists of 6 racers. Only the 4 best of these 6 will count in the calculation of points.

~~** For the team competition in nordic combined there will be organised no team race. The 3 best from each nation in the individual competition will count as team.~~

Invitation and entries:

The organiser must invite the nordic countries DEN-EST-FIN-ISL-LAT-LIT-NOR-SWE.

Additionally invitations should be sent to other countries, e.g. GER-POL-RUS-BLR-UKR and other nations.

The invitation must be sent at latest 2 months before the competition.

Entries, with the number of competitors and leader, must be made at latest 1 month before the competition.

Entries with the names of competitors and leaders must be made at latest 5 days before the competition.

The nordic nations DEN-EST-FIN-ISL-LAT-LIT-NOR-SWE must clearly describe the teams for the Nordic Competition: In cross country 6 of each sex, in jumping 4 and in nordic combined 4. Additionally each of these 4 nations will have the opportunity to enter by name a maximum of 2 substitutes in each discipline, who counts in the Nordic Competition only when racers in the team cannot start due to sickness.

Sectioning and grouping:

Cross country race and sprint race:

Section 1: National racers of the organising nation

Section 2: The teams in the Nordic Junior competition, and also the the additional international competitors. The Section 2 will be divided into 3 groups, group I - III, (group III is the "best" group, and normally starting last) each with 2 competitors

from each of the teams for the Nordic Junior Ski Championship, and with the other international competitors separated evenly into the groups.
For the draw the principles are given in the ICR art. 334 - 335.

Relay, and N. Combined team Sprint:

The names of each team, with substitutes, are entered not later than on the captains' meeting the evening before the relay race. The exact starting order within the relay team must be delivered at latest 1 hour before the start, and cannot be changed. The first team of DEN-EST-FIN-ISL-LAT-LIT-NOR-SWE have the lowest startnumbers (these are drawn). Then all the other teams will be drawn with the following startnumbers.

Nordic Combined and Nordic Combined Sprint, the jumping competitions:

Section 1: National Competitors

Section 2: The teams for the Nordic Competition, and other competitors. Section 2 is divided into 4 groups, each with one competitor from each of the teams for the Nordic Competition, and other international competitors separated evenly into the groups.

The combined jumping competition is carried out before the special jumping competition.

The combined cross country race is carried out according to the "Gundersen" method.

Jumping, individual competition:

The grouping will normally be made at the team captains' meeting.

Section 1: National competitors

Section 2: The teams for the Nordic Junior Competition and other international competitors. Groups as above under nordic combined.

Jumping, team competition :

The team of 4 competitors with their starting order must be delivered at latest on the captains' meeting the evening before the the competition. All 4 competitors will count (not according to FIS rules).

The calculation of points for the Nordic Junior Ski Competition:

The nordic nations DEN-EST-FIN-ISL-LAT-LIT-NOR-SWE will count in the Nordic Junior Ski Competition, only with the teams designed for this competition.

Cross country individual race and sprint race: Points 13-11-10-9-8-7-6-5-4-3-2-1 for the places 1 - 12, with a maximum of 4 competitors from each team of 6. (I.e. If a nation has 5 competitors among the 12 best, only the 4 best of these 5 will count, and no 13 will count, and so on.)

Cross Country relay race, and Nordic Combined team sprint: Points 14-12-8-6-4-2 for the places 1 - 6 (2 teams from each nation will count, i.e. 8 teams, thus no.7 and 8 will not obtain points).

Jumping, Nordic combined sprint, and Nordic combined individual: 13-11-10-9-8-7-6-5-4-3-2-1 for the places 1 - 12. All 4 competitors from each country will count.

Jumping team competiton: 14-10-8-6 for the place 1-4. One team from each nation will count (in total 4 teams).

Economy:

Each nation carries its own costs.

The organiser is obliged to offer cheap accomodation for the competing nations.

There should be accommodation offers available for World Cup prices (**max CHF 125 full board**), so that the nations can choose.

Prizes: For the Nordic Junior Ski Competition there is a travelling trophy to the winning nation. This prize will finally be awarded to the nation who wins the Nordic Junior Ski Competition 3 times.
The Norwegian Ski Federation finances the trophy in 2007. Next trophy will be financed by the nation that wins the current one 3 times.
In addition to the nations' prize, the best competitors (or teams) in all the competitions will obtain a medal or a memory prize, purchased by the organising federation.
In each competition there will be prizes carried by the organiser, according to the FIS rules.
For the relay in cross country and the team competition in ski jumping, the organiser will have to give adequate prizes.

Language: The organiser must use at least English in addition to the country's own language, both at the stadium (speaker) and at the team captains' meeting.

TD's and judges: TD's of jumping, cross country and nordic combined are nominated **by the organising nation**, and will usually be from the organising nation. The costs are carried by the organiser.

The jury of **cross country** will consist of: **TD, Chief of competition, chief of course, and two foreign leaders.**

The jury of Jumping:

The jury of Nordic Combined:

Judges in jumping:

NOR, SWE and FIN will send at least one judge for the jumping competitions. The cost of this judge is carried by the participating nation. Additionally the organising nation will appoint the necessary number of judges.

OR: Alternatively: The organising nation appoints all judges and takes all costs. (is this better???)

Equipment, clothing etc: All equipment shall be according to FIS rules.
For jumping: Ski length 143% ??
BMI:

Previous competition sites:

1975	Kaustinen, FIN
1976	Njurunda, SWE
1977	Trondheim, NOR
1978	Kouvola, FIN
1979	Bredbyn/Övik, SWE
1980	Bjerke, NOR
1981	Kouvola, FIN
1982	Örnsköldsvik, SWE
1983	Steinkjer, NOR
1984	Seinajoki, FIN
1985	Sollefteå, SWE
1986	cancelled
1987	Lillehammer, NOR
1988	Hämeenlinna, FIN
1989	Tynderö, SWE
1990	Steinkjer, NOR
1991	Vuokatti, FIN

1992	Sysslebäck, SWE
1993	Steinkjer, NOR
1994	Jyväskylä, FIN
1995	Tynderö, SWE
1996	Otepää, EST
1997	Stiklestad, NOR
1998	Kouvola, FIN
1999	Sundsvall, SWE
2000	Otepää, EST
2001	Kristinestad, FIN
2002	Gjøvik, NOR
2003	Sysslebäck, SWE
2004	Haanja, EST
2005	Gjøvik, NOR
2006	Vöuri, FIN
2007	Örnsköldsvik, SWE
2008	Otepää, EST
2009	Folldal, NOR

Coming Competitions:

2010	Kuopio, FIN
2011	SWE
2012	EST
2013	NOR
2014	FIN