

GB ROLLERSKI SERIES. RULES OF COMPETITION 2010.

Revision 28th Apr 2010

INTRODUCTION.

The GB Rollerski Series was re-established in 2004 as an initiative of the Snowsport GB Nordic Executive to encourage increased participation in the sport of cross-country skiing.

The organiser of any Series race must agree to abide by these general rules however the actual local race rules are the responsibility of each event organiser. They should follow generally accepted rollerski race rules with modifications for local conditions, the Series Directors are available for advice.

GENERAL.

- The GB Rollerski Series will be run under the sanction of the Snowsport GB Nordic Executive.
- The Executive will appoint each year a Series Director/s.
- The Series Director will adjudicate on rules and any disputes that cannot be resolved by race organisers. In the unlikely event a dispute cannot be resolved to the satisfaction of all parties an appeal may be made to the Snowsport GB Nordic Executive whose decision is final.
- Races must be covered by the public liability insurance of either the organising club or their governing body. This will be achieved by:
 - i) being a member of a club affiliated to their national governing body (i.e. Snowsport England or Snowsport Scotland);
 - ii) non-affiliated skiers will pay an additional fee to cover the insurance premium as set by the appropriate national governing body.
- An important aim of the Series is to encourage participation and be fair competition open to all standards of skiers.
- Competition will be open to all nationalities although there may be specific trophies awarded to UK citizens or residents of the UK.

DUTIES OF SERIES DIRECTOR.

- To invite clubs or organisations affiliated to their Home Nation governing body to host a race.
- In consultation with organisers, decide what venues will host scoring Youth (U16) & Junior Youth (U14) races.
- To handle and account for any money raised from fees, donations or sponsorship collected specifically for the Series. This money is to be used for trophies/prizes or other expenditure related to the Series.
- To assist/advise organising clubs on the organisation of their race.
- To approve each venue and race format. The Series Director shall be notified by 31st March of venue and race format and will approve and announce events by the 30th April. The Series Director and Snowsport GB Nordic Executive may vary these timescales at their discretion.
- To notify / advertise races through the Snowsport GB Nordic Executive, regional governing bodies, clubs and other appropriate channels such as magazines and websites.
- To collate and issue official race results and allocate series points.

RACE VENUES.

- A minimum of 4 races will comprise the Series. More races may be added at the discretion of the Series Directors and Snowsport GB Nordic Executive.
- Races will have an even distribution around the UK covering the general areas: southern England, central England, northern England and Scotland.
- One Series race each year will be designated the British Rollerski Championships. This venue should move to a different venue/region each year.
- One venue in Scotland will be designated by the Snowsport Scotland Nordic Committee as the Scottish Rollerski Championships.

CATEGORIES.

- Age categories in male and female will be:
 - Senior over 18 (may be further subdivided Junior 18-21, Senior over 21, Masters over 30).
 - Youth 14 to 18 (may be further subdivided 14-16 and 16-18).
 - Junior Youth under 14 (may be further subdivided to under 12 and under 14).
- Age categories may be combined or further ones added dependent on numbers entered in each category.
- Age category will be determined by competitor's age on the **31st December 2009**.
- Organisers are requested to record actual ages of Youth & Junior Youth competitors on 31st Dec 09.
- The British Masters will supervise the Masters category.

- With the aim of encouraging friendly rivalry and promoting additional interest to the Series skiers are welcome to declare their club allegiance at the first Series race they enter. This may not be changed for the remainder of the Series.
- Although it is encouraged that all participants in the Series be members of clubs affiliated to their respective national governing bodies it is recognised for a variety of reasons that not all skiers will be members of affiliated clubs and no non-affiliated skier will be prevented from entering a Series race as long as they pay the additional insurance premium described above.

TROPHIES.

- The club organising each event shall be responsible for any trophies/prizes awarded at its event.
- The designated British Rollerski Championship organisers will be responsible for trophies/prizes for this competition. They may approach the Snowsport GB Nordic Executive or other clubs for support.
- The designated Scottish Rollerski Championship organisers will be responsible for trophies/prizes for this competition. They may approach the Snowsport Scotland Nordic Committee or other clubs for support.
- The Snowsport GB Nordic Executive will be responsible for organising trophies/prizes for the GB Rollerski Series. They may approach the clubs for support.
- The Bob Lacy Memorial Trophy is presented to the first male veteran (over 40) in the British Rollerski Championships. The trophy shall be returned for presentation at the following years British Championships.

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 (i.e. cycle safety helmet) and eye protection shall be worn. Gloves, elbow and knee pads are optional.
- Each event organiser shall decide on local race format and rules.
- They will appoint a Race Director and/or Panel to adjudicate on disputes.
- The event organiser shall decide:
 - Entry fees.
 - Whether free, classic or combination of techniques is used.
 - Style of rollerski to be used.
 - Race distances shall be appropriate to age categories.
 - Organisers shall ensure that a safe course has been set. Additional care shall be taken for Youth and Junior Youth courses. It may be appropriate also run a novices race on flatter, less difficult course. It is the responsibility of each individual skier to decide whether they are capable of skiing the course.
- A GB Series event may be decided upon one individual race or the combination of several races.
- The race organisers must provide the Series Director with their race results as soon as possible after the event, preferably within seven days. They may utilise the Results Sheet computer spreadsheet provided by the Series Director or use their own preferred format. This Results Sheet should contain the following information:

NAME	CLUB	RACE NO.	SEX	AGE CATEGORY (+ actual age of U18 skiers on 31/12/09)	TIME	OVERALL POSITION	CATEGORY POSITION
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- In deciding local rules it is recommended that 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, 2004 may be helpful:

340.1.3 A competitor who is overtaken must give way on the first demand except in sprint competitions and in marked zones (see 340.1.4). This applies in classical technique courses even when there are two tracks and in free technique courses when the skier being overtaken may have to restrict his skating action. When overtaking, competitors must not obstruct each other.

340.1.4 Once the competitors enter a zone where corridors are marked they must remain in their chosen corridor unless they are overtaking another competitor in the same corridor.

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:

Posn	Points	Posn	Points	Posn	Points	Posn	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	29	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		

- Senior** - will be awarded points from their best results on the following basis:
If 4 or less races are run, no results will be discounted and all 4 results will count towards the Series.
If 5 or 6 races are run, the competitors worst result will be discounted and the remaining results will count towards the Series.
If 7 or more races are run the competitors will score using their best 6 results.
NOTE: At least one race result must be from either an English or Scottish venue (i.e. a competitor can have a maximum of 5 races from either England or Scotland counted towards their Series points).
- Youth & Junior Youth (U18)** - will be awarded points from their best results on the following basis:
A maximum of 5 races will count towards the Series.
NOTE: At least one race result must be from either an English or Scottish venue (i.e. a competitor can have a maximum of 4 races from either England or Scotland counted towards their Series points).
- Novice competitors.** A stated aim of this Series is to promote participation. If at any event a novice race is run in any age category, and not all points have been allocated in the main race, the novice competitors shall be placed behind the competitors in the main race until all available Series points are utilised (that is the first 43 places). A competitor must declare for either the main or novice event only and points cannot be allocated to one competitor for both main and novice events.
- The GB Series winner for each category will be the competitor that obtains the most points in that category.
- 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.
- If competitors have an equal number of points and places then the competitor with better placings over the other competitor or competitors shall win.