



FIS Licence Information Pack 2009 - 2010



Dear Athlete

Your FIS licence for the 2009 – 2010 season is now active. You can view this on the FIS website www.fis-ski.com in the Biographies section.

Enclosed in this pack you will find

- Athlete Information and Guidelines
- Competition entry procedures
- FIS Injury status application procedures

Further relevant information is available on the Snowsport GB website www.snowsportgb.com including

- SnowsportGB anti-doping policy
- Therapeutic Use Exemption (TUE) information
- FIS Injury Status application forms

Important information to note

FIS competition dates are listed on the FIS competition calendar available at www.fis-ski.com

All competition entry requests must be submitted in writing to the SnowsportGB office, either by emailing susan@snowsportgb.com or faxing +44 131 333 2031

We wish you the best of luck for the coming season,
Snowsport GB

Athlete Information & Guidelines

For those of you new to competing at this level we hope the following information proves useful and answers any questions you may have. To seasoned campaigners there is also new information for you, as well as reminders of procedures.

If you have just been awarded a LIMITED FIS licence, restricted to British FIS events and CIT races only, some of this information may not apply to you. However, you should still read all of the information in case you upgrade your licence throughout the season.

1. RESPONSIBILITIES

In taking out a FIS licence you have agreed to certain obligations, which are mandatory for participation in FIS competitions.

These include:-

- a) Signing of the FIS Waiver (Athlete's Declaration) - an acknowledgement of the risks that can exist in competitive skiing.*
- b) Agreement that you will always be covered with necessary, valid medical insurance for racing (at least £1,000,000). (Your affiliation to your Home Nation Governing Body provides you with £1m cover. Note this cover is not valid unless you are currently registered & resident in the UK)*
- c) Agreement that you will abide by Snowsport GB policy relating to Drugs and Doping.*
- d) Reading and understanding the FIS Rules.*

2. PROGRAMMES

The FIS Calendar, containing listings of events throughout the season, can be found on the FIS website www.fis-ski.com

Your competition programme should be put together in conjunction with your coach, who will be able to advise you of the appropriate level of competition exposure and participation.

Athletes whose programmes have not been prepared by a coach may have their number of starts during the season restricted. This is to ensure that athletes who are working without the guidance and supervision of a coach are following an appropriate schedule of training and rest periods.

It is a FIS regulation that first year Junior 1 racers (1994 YOB) are restricted to only 25 starts per season for Slalom and Giant Slalom combined.

3. CANCELLATIONS / CHANGES

Snowsport GB will sometimes be notified by the competition organisers about any changes to the published programmes, and if this information is received it will be distributed by email to those who have requested entry to this competition. Occasionally we do not receive notification, but we will always try to confirm if a competition is going ahead as scheduled or if it is being held at an alternative venue or date. The best way to find out though is to check www.fis-ski.com.

4. ENTRIES, QUOTAS AND TIMESCALES

Entries to all competitions listed in the FIS calendar will be made by Snowsport GB (with the exception of British Championships and British FIS races where entries must be made individually). Only selected athletes will be entered into World Cup, Continental Cups, World Ski Championships and World Junior Championships. The British Olympic Association is responsible for entries to European Youth Olympics and Olympic Winter Games.

To request a competition entry you must email susan@snowsportgb.com or fax +44 131 333 2031 with the following information for EVERY event that you wish to be considered for

- **Your name**
- **Your year of birth**
- **Your FIS number**
- **The details of the competition you wish to enter i.e date, venue and type of competition – FIS, UNI, CIT etc.** Please specify the events you wish to enter if you do not want to enter them all e.g. SL & GS only.
- **A valid email address** so that you can be copied into the race entry (which will serve as confirmation that you have been entered into the race)

We regret that we cannot take competition entry requests by telephone.

FIS RACES

- Only FULL FIS Licence holders can apply to race in non GBR FIS races.
- The British quota for FIS races is 6 male and 6 female race places. Where a race is over subscribed this may be reduced.
- Entry requests should be emailed or faxed to Snowsport GB no later than 10 days before the day of the team captain's meeting.
- In Europe, entries to FIS races are normally free of charge. It is however a requirement of racing in the United States, and often in the Southern Hemisphere, to pay entry fees at approximately £25 per race. The fee is paid directly to the race organiser in the local currency. Snowsport GB will not pay for any entry fees.

CITADIN (CIT) RACES

- Limited licence holders are permitted to enter CIT races.
- The British quota for FIS races is 8 male and 8 female race places.
- Entry requests should be emailed or faxed only to Snowsport GB no later than 10 days before the day of the team captain's meeting.
- Entry fees are charged and are normally in the region of £10-15. The fee is paid directly to the race organiser in the local currency. Snowsport GB will not pay for any entry fees.

UNIVERSITY (UNI) RACES

- UNI races are for students, therefore you may be asked to prove your student status.
- The British quota is at the discretion of the race organizers.
- Entry requests should be emailed or faxed only to Snowsport GB no later than 14 days before the day of the team captain's meeting.
- Entry fees may be applicable. If so, the fee is paid directly to the race organiser in the local currency. Snowsport GB will not pay for any entry fees.

CONTINENTAL CUPS (e.g. Europa Cup, South America Cup, Australia & New Zealand Cup)

- The GBR quota for Continental cups is determined annually by FIS (www.fis-ski.com).
- Entry requests should be emailed/faxed only to Snowsport GB no later than 14 days before the day of the team captain's meeting.
- Only selected athletes will be entered into Continental Cups. Please see the FIS website for more information regarding Continental Cup races
- To be eligible for entry you must meet the following criteria;

Each nation is entitled to a basic quota of two (2) on the condition that these competitors have a maximum of 120 FIS points on the valid FIS points list, as follows:

- Slalom and Giant Slalom: in any of the five events
- Downhill: in Downhill or Super G
- Super G and Super Combined: in Downhill, Super G or Giant Slalom

Exceptions for South American Cup and Australia & New Zealand Cup are as follows:

- Slalom and Giant Slalom: must have a maximum of 140 FIS points in either SL/GS
- Super G and Downhill: must have a maximum of 160 FIS points in either SG/DH (or maximum of 140 FIS points in GS)

NATIONAL JUNIOR RACES (NJR)

- FIS NJR races are only open to juniors (year of birth 1990 or younger).
- The British quota is at the discretion of the race organisers.
- NJR races are good because you may start further up the field as there are fewer competitors and therefore provide a great opportunity to earn good FIS points.
- Entry requests should be emailed/faxed only to Snowsport GB no later than 28 days (4 weeks) before the day of the team captain's meeting.
- Entry fees may be applicable. If so, the fee is paid directly to the race organiser in the local currency. Snowsport GB will not pay for any entry fees.

NATIONAL JUNIOR CHAMPIONSHIPS (NJC)

- NJC are primarily for juniors (year of birth 1990 or younger) although it is possible for senior racers to enter, depending on the organisers policy. However, from experience, very few of the alpine nations have space for foreign seniors.
- The British quota is at the discretion of the race organisers.
- Entry requests should be emailed/faxed only to Snowsport GB no later than 28 days (4 weeks) before the day of the team captain's meeting.
- Entry fees may be applicable. If so, the fee is paid directly to the race organiser in the local currency. Snowsport GB will not pay for any entry fees.

NATIONAL CHAMPIONSHIPS (NC)

- The British quota is at the discretion of the race organisers. Organisers of NC races have the right to restrict the total foreign entry to no more than 25 overseas competitors often based on a maximum points criteria. This will generally mean substantially fewer places than the usual British quota of six. **Please note that the decision of the organising committee can be as late as 24 hours before the event.**
- Entry requests should be emailed or faxed to Snowsport GB no later than 28 days (4

weeks) before the day of the team captain's meeting.

- Entry fees may be applicable. If so, the fee is paid directly to the race organiser in the local currency. Snowsport GB will not pay for any entry fees.

BRITISH CHAMPIONSHIPS / BRITISH FIS RACES

- You are responsible for making your own entry to all British Championship and GBR organised FIS races.
- For the British Championships a maximum points criteria is in place. The points criteria are published within the race entry form.
- You are also responsible for paying entry fees directly to the race organiser.
- The calendar of British events can be found on www.snowsportgb.com or www.britski.org

5. ENTRY SYSTEM (Revised system in place for races from 19 December 2009)

PRIORITY AND MATRIX

Entries will be made by Snowsport GB according to the following regulations and guidelines:-

There are occasions, usually during the holiday periods or when snow conditions have caused a number of event cancellations, when certain races may be oversubscribed. In these situations the following system of priority access will apply.

1. British Alpine Team Status
2. British Alpine Youth Team Status
3. Home Nations Team Status
4. All other athletes

After prioritising athletes to the categories above, should the number of athletes entering a race exceed the number of quota spots available to British athletes:

Where there is a single coach representing a team of athletes affected at the cut off point, this coach will decide the start priority.

Where there is no recognised single coach representing the athletes in the group where the cut off hits, start priority will be allocated to the athlete(s) with the lowest points in the discipline of the race, on the most current FIS points list, once adjusted for age using the matrix below. The figure correlating with the discipline and the year of birth will be deducted from the athletes published FIS points to determine start priority.

The BASS list will be used for 1st year Jun 1 racers only until they have 2 or more FIS results in the relevant discipline

	1994 YoB	1993 YoB	1992 YoB	1991 YoB	1990 YoB
Technical Events	40	30	20	15	0
Speed Events	80	60	40	30	0

There may be situations where athletes are given team status (British or Home Nation) for the purpose of race entries, but the athlete does not necessarily train with the team. In these circumstances for the athlete to receive race priority they must submit their annual

training programme to either the respective National Team head coach (for British Alpine & Home Nations team status) or to the Youth Performance Executive (for British Alpine Youth Team status) for the programme to be approved. Failure to engage with either will result in the withholding of priority race status.

British Alpine Youth Team athletes and British Alpine Team athletes training independently of SnowsportGB managed programmes will only hold their priority status at races identified in their annual training programme. For entry into races out with those identified in the training programme submitted, the entry request submission deadlines identified in section 4 of the FIS Licence Holders Information Pack will apply & British Alpine Youth Team athletes as well as British Alpine Team athletes will hold a status equal to the Home Nations Team athletes.

There may also be situations where athletes are invited to train with a SnowsportGB team, who have not met team criteria. Where an athlete has been invited to train with SnowsportGB or a Home Nation, they may benefit from the race priority that the team they are training with enjoys for that limited period.

CONFIRMATION OF YOUR RACE ENTRIES

Snowsport GB will email competition organisers with the GBR entry. Therefore, you must provide with your competition entry request a valid email address so that you can be copied into the entry email. This email will serve as confirm of your entry.

Please note that it is sometimes necessary to make changes to entries after it has been submitted. Therefore it is imperative that you check your email regularly for updates to the entry form. It can be useful to print off the entry form and take it with you to the team captain's meeting as proof that you have been entered.

TEAM CAPTAINS' MEETING REPRESENTATION

Team captains' meetings take place in the afternoon or evening before the competition to determine the programme and start list. Ideally there should be no more than two people at these meetings to represent the whole GBR entry although this is not always possible.

You should make every effort to have a presence at the race meeting; organisers do have the right to remove athletes from the board who are not represented. You can represent yourself or your coach/parent/guardian can represent you. Please ensure you arrive at least 30 minutes before the meeting begins. If you are unavoidably detained en route, it is vital that you phone the organising committee to confirm your participation. Organising committee numbers are listed on the FIS calendar and you should take a note of the number before you travel. Snowsport GB takes no responsibility for athletes being withdrawn from the start list if you are not represented at the team captain's meeting.

6. CHECKING FIS ENTRIES

Due to computerisation by both FIS and Snowsport GB, Snowsport GB are able to obtain full listings of licence holders who

- make double entries
- do not show up for events
- do not start second run

This information will be used in the implementation of any disciplinary sanctions.

DOUBLE ENTRIES AND WITHDRAWALS

It contravenes FIS rules to enter more than one competition on the same day and double entries that we identify will not be made by Snowsport GB. It is also important that withdrawals and cancellations should be communicated directly to Snowsport GB as quickly as possible. Repeated breaches of these regulations, shown up by the FIS Database, will result in disciplinary action.

DISCIPLINE

All FIS licence holders are expected to have read and be bound by the International Ski Federation (FIS) rules (www.fis-ski.com), the rules of the competition entered, and Snowsport GB FIS licence information and guidelines.

Sanctions

The following sanctions may be imposed by Snowsport GB for infringements of the above.

- i) Non-attendance at pre-entered competitions without prior notification to Snowsport GB or organisers or failure to remove name from start list if not competing in an event or failure to start second run unless for medical reasons.

First occasion	Warning
Second occasion	One month suspension of licence
Third occasion	Suspension of licence for remainder of season

- ii) Making entries and then regularly making a withdrawal at short notice (possibly preventing other licence holders from entering).

Entries will only be made for events that are not oversubscribed by British FIS licence holders.

- iii) Actions or behaviour that are considered breaches of discipline.

Suspension of licence for a period relative to the seriousness of the incident.

Appeals can be made against any sanction. These should be addressed to the Board of Snowsport GB.

7. EQUIPMENT

Plumbed downhill suits (i.e. suits that have been tested for air permeability and have a small FIS metal tag attached) are required at some GS/SG/DH FIS races. Testing of suits is normally possible at these events, but if your suit does not have a plomb, and you would like to have it done, you should send it to:

Federation Internationale de Ski, Blochstraße 2, CH-3653 Oberhofen/Thunersee,
Switzerland

Please refer to FIS Specifications for Competition Equipment and Commercial Markings to verify ski and boot restrictions and padding restrictions for DH and SG.

8. COMPETITION RESULTS

Please visit the FIS results database at www.fis-ski.com

9. SPONSORSHIP

FIS provide guidelines relating to sizes and style of permissible commercial markings. Different rules will apply at Olympic Winter Games. Details will be published annually on the FIS website and further information on the Snowsport GB website, although if in doubt you should contact the Snowsport GB office. If you wear the logo of your personal sponsor on your headgear, you must also wear a national emblem. If you have a head sponsor please contact the Snowsport GB office and we will provide the national emblem for you to attach to your helmet.

10. DRUGS AND DOPING

Racers are forbidden to take drugs and are bound by the doping regulations of Snowsport GB/FIS. It is your duty to comply with these rules. You may be asked to submit to a drugs test at any time, both in or out of competition. If you refuse a test, for whatever reason, it will be considered a positive test.

The Snowsport GB antidoping policy can be downloaded from www.snowsportgb.com/policies.

UK Sport are currently redeveloping the Drug Information Searches and Services that they offer to UK athletes. The current Drug Information Database is being replaced and is no longer available. However, a replacement for this will be operational by mid-2009. It is intended that this service will continue to provide athletes and athlete support personnel with accurate and up-to-date information on the status of medications. In the interim, athletes can check the status of branded medications or ingredients using the Drug Information List available at www.uk sport.gov.uk

If you are taking any medication or homeopathic or herbal remedies please check with UK as many over the counter preparations can result in a positive test. If in doubt **a)** ask, **b)** don't take it.

Please also note that changes have been made to the Therapeutic Use Exemption (TUE) form and the beta-2 agonists by inhalation form. There is a new TUE form that replaces the Abbreviated TUE, which is now no longer in use. All TUE forms now have an expiry date – lifelong TUEs no longer exist. Please check the expiry date on any existing TUE certificates that you hold.

11. INJURIES AND INJURY STATUS

When a FIS competitor injures him/herself and applies for the single penalty, the National Association (Snowsport GB) must apply to FIS as soon as possible for approval using the official form and submitting a medical certificate.

The application of injury status is valid for one year and you must be inscribed on the FIS list for your injury status to be active (e.g. if you are injured near the end of the season then you should renew your FIS licence for the following season so that the status remains active).

FIS 4.7.1.1 Conditions

At least 3 months must fall between the time of the injury and the first start.

After more than 4 starts in one discipline after the injury date the injury status will be deleted in all disciplines

After 3 months from the 2nd start in the same discipline the injury status will be deleted in all disciplines.

FIS 4.7.3 During the period of injury status

The FIS points will be calculated so that the better result of the following possibilities will be considered

Normal FIS points calculation *or*

FIS points considered with the ranking using the better alternative of the list at the time of the injury or the next list plus ranking penalties.

We would recommend that you take the time to read The Rules of the FIS points which detail injury status. These rules are available on www.fis-ski.com

IMPORTANT!

If you are injured you need to discuss with your coach whether you should be placed on injury status. It is then **your responsibility** to make sure that your injury status is applied.

If you need to apply for injury status you need to do three things

- 1) Complete the single penalty form – available on www.snowsportgb.com in the policies section (contained in About Us section)
- 2) Get a medical report / certificate which details the nature of your injury, the date of the injury and expected recovery time scales.
- 3) Send both documents to susan@snowsportgb.com or by fax, post or email.

We recommend that you return both forms to the office within 7 days of your injury as it is not our practice to ask FIS to backdate injury status applications if you forget to apply!

We will then do the rest. You can then check your competitor biography which will show your injury protection status. Please note it is a common misconception that injury status will 'freeze' your points. This is not the case as per FIS rule 4.7.3.

If you have any queries relating to your licence or racing in general, please do not hesitate to contact the Snowsport GB office by phone +44 (0)131 335 5678 or by e-mail susan@snowsportgb.com.

We wish you luck and a very successful season!