

LONG DISTANCE TEAM WORLD CUP

Additional regulation

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ABREVIATIONS

WC: World Cup
 LDT: Long Distance Team
 OR: ISMF Rules for organizing an International Ski mountaineering competition
 SR : ISMF Sporting and Ranking rules : Sporting rules
 RR : ISMF Sporting and Ranking rules : Ranking rules
 Mixed team: Team with teammates of different nationalities
 Nation team: Team with teammates of the same nationality
 LGC : La Grande Course
 LOC : Local Organization Committee

Any rule not cited below obey by the rest of ISMF regulation

100 ISMF Rules for registering events in the ISMF calendar

- 101 All applications from race organizers must be submitted to their national federation, who after consideration, will then forward to the ISMF office. Applications submitted directly to the ISMF office from race organizers will not be considered.
- 102 Long Distance Team event for Senior category only at World Cup level

200 ISMF Rules for organizing an International Ski mountaineering competition

- 201 (Ref. OR 2.4.) Cots assumed by the LOC

LDT RACE RANKING*	MEN	WOMEN
1	3000 €	3000 €
2	2000 €	2000 €
3	1500 €	1500 €
4	1000 €	1000 € (if more than 40 teams ranked)
5	500 €	500 € (if more than 40 teams ranked)
TOTAL	14500 € (16 000 € if more than 40 women team ranked)	

Prize Money for LDT WC
 *mixed and nation teams

ISMF staff

- Every LDT event will have 2 members of the Ismf Sporting Team present- (composed of either 2 referees or 1 ref and 1 delegate - with expenses, fees etc paid by La Grande Course), plus an ISMF qualified referee from La Grande Course team. In the event that an ISMF qualified Grande Course referee is not available the ISMF will provide an additional referee, with expenses to be paid by the Grande Course. All costs related to the deployment of Ismf staff will be paid according to the established ISMF rules.
- 202 (Ref. OR 4.3.1.) Minimum 3 ascents/descents on mountain slopes.
The longest ascent must not exceed 50% (60% for LDT WC) of the total positive difference in height.
Out of the total difference in height (positive + negative) :
- At least 85% must be raced with skis on feet (except for LDT races: 75%)
 - At the most 5 % should be raced on foot - footpaths, forest tracks, etc - (except for LDT races: 20%)
 - At the most 10% should be technical sections raced carrying skis on the rucksack - ridges, couloirs, etc-. (except for LDT races: 15%)
- Only bad weather or special snow conditions could impact these rules.
- 203 (Ref. OR 4.3.1.) Maximum positive ascent :
- For single day's race : 4500 m maximum
 - For race with several stages : 3000 m/day
- 204 (Ref. OR 4.3.2) WC races cannot start before 9:00 am or after 5:00 pm except for sprint races which can be held as a nocturnal event and for LDT races which can start before 9:00 am (upon request)
- 205 (Ref. OR 4.3.2) Unless there are critical weather conditions or important safety issues (and except for Long Distance Team races), the tracks for individual/team race must be ready in the morning on the day before the race (10h00 maximum) or the eve of the first race during a World Cup event
There should be at least one track, with a few flags to give the main direction.
- 206 (Ref. OR 4.7.5.) Podiums are compulsory for
- o The events of the Cups
 - o The Final of the Cups, right after the podium of the Cup.
 - o The Continental Championships,
 - o The World Championship
- the 5 first individual competitors and the 3 first teams of each category must be awarded in all categories;
 - For the cup finals, when all the categories are together, it's recommended to call up the athletes from the 15th place onwards for the prize giving.
 - For Long Distance Team world cup, in case of mixed team on the podium, 2 ceremonies will be presented :
 1. A first podium with nation teams (Team World Cup Podium)
 2. A second podium with all teams (Scratch podium with mixed and national teams)
- Precise information with the date, time and attending personalities must be sent to the ISMF Administrative office one month prior to the event.

300 ISMF Sporting and Ranking rules : Sporting rules

- 301 (Ref. SR 3.1.) In Team events only the following may participate as teams:
- Men's team = team composed of 2 men (or 3 men for LDT WC upon request to the ISMF)
 - Women 's team = team composed of 2 women (or 3 women for LDT WC upon request to the ISMF)
- 302 (Ref. SR 3.1.) Composition Senior Team = any athlete 18 years old (during the year of the race) or over, (the team is automatically ranked in the senior category, no matter the age of the 2 or 3 teammates).
For LDT World Cups, athletes must be 21 years old or over.
- 303 (Ref. SR 3.1.) The 2 (or 3) members of the team must have the same nationality and belong to the same federation except for LDT World Cup race where nation mixed team are allowed. Please refer to point 400 for the specific LDT ranking rule.
- 304 (Ref. SR 3.4.) For all ISMF ski mountaineering categories, all competitors must register by the national federation for world/continental championships and world/continental cups via the ISMF website www.ismf-ski.org / Race Registration.
The use of the ISMF website for registration is compulsory for all World Cup events and the World/Continental Championships except LDT World Cups. Registration must be made by the National Federations after having created an account on the Intranet of the ISMF.
For LDT World Cup, the registration is made via the La Grande Course website only

(www.grandecourse.com)

For the open races, registration could be made by the athletes or the event organisers via the ISMF website.

305 (Ref. SR 3.4.1) Athletes register to the LDT WC directly on the La Grande Course website, according to the registering rules set by its LOC (e.g. price, deadline, etc)

For an athlete to be allowed to take part in a LDT WC, he must hold a valid ISMF-LGC open card. The ISMF-LGC open card must be purchased on the La Grande Course website while registering for the event.

The ISMF-LGC open card is valid for all the sporting season.

The ISMF-LGC open card of the season N gives the right to :

- Take part of any of the LDT WC of the season N (in the limit of the quotas set by the LOC)
- Be ranked in the overall world cup ranking of the season N
- Take part of any of the individual, sprint, and vertical world cup of the season N+1 if he/her is ranked in the first 30 teams of one of the LDT WC of the season N. His/her position on the start line will be set according to his/her world cup ranking. To take part of those races, he/her will have to purchase an ISMF national team license through his/her respective national federation. If the athlete is in compliance with the rules of his/her federation, the federation must validate the license.

306 (Ref. SR 4.1.) In addition to all the compulsory and supplementary equipment require in the ISMF Sporting Rules section 4.1., LDT WC organizers might request the following supplementary equipment :

Lower body clothing : 3 rd layer	Soft shell double layer with fleece that fits the competitor well. The 3 rd layer is thermal clothing. See the race specific rules.
Dynamic rope	Specific rule : Rope (UIAA standard 101) with a minimum length of 20 meters and a minimum diameter of 8,5mm
Ice axe	Minimum length 50cm, UIAA standard 152
Crampons	Crampons (UIAA standard 153) with steel spikes might be asked by the LOC

400 ISMF Sporting and Ranking rules : Ranking rules

401 (Ref. RR 3.3.) *Long Distance Team world cup ranking for Seniors*

The winner of the Long Distance Team ski mountaineering World Cup is the competitor(s) who accumulates the most place points during all Long Distance Team World Cup competitions in his/her category. All the races are taken into account for the calculation of the final Long Distance Team ranking. This is an individual ranking. In the event of a tie, the final ranking will be determined using time points.

Ranking will be determined if there are at least 3 Long Distance Team races.

Only nation team can earn points toward the Long Distance Team World Cup ranking

402 (Ref. RR 3.3.) *General overall world cup ranking for Seniors, Espoirs, Juniors, men and women*

The winner of the overall World Cup is the competitor who accumulates the most place points during the races of all Individual / Long Distance Team / Vertical and Sprint World Cup races.

It is an individual ranking. the final ranking takes all the season's races into consideration.

In the event of a tie, the final ranking will be determined using time points.

For Long distance team world cups, all the teams (mixed and nation) earn point toward the general overall world cup ranking.

403 LDT WC attribute as many world cup points as other individual world cups.

A world cup point bonus will be attributed to the athletes according to their La Grande Course final individual ranking. This bonus will be set for each season by the ISMF-LGC committee according to number of events (See appendix 2)

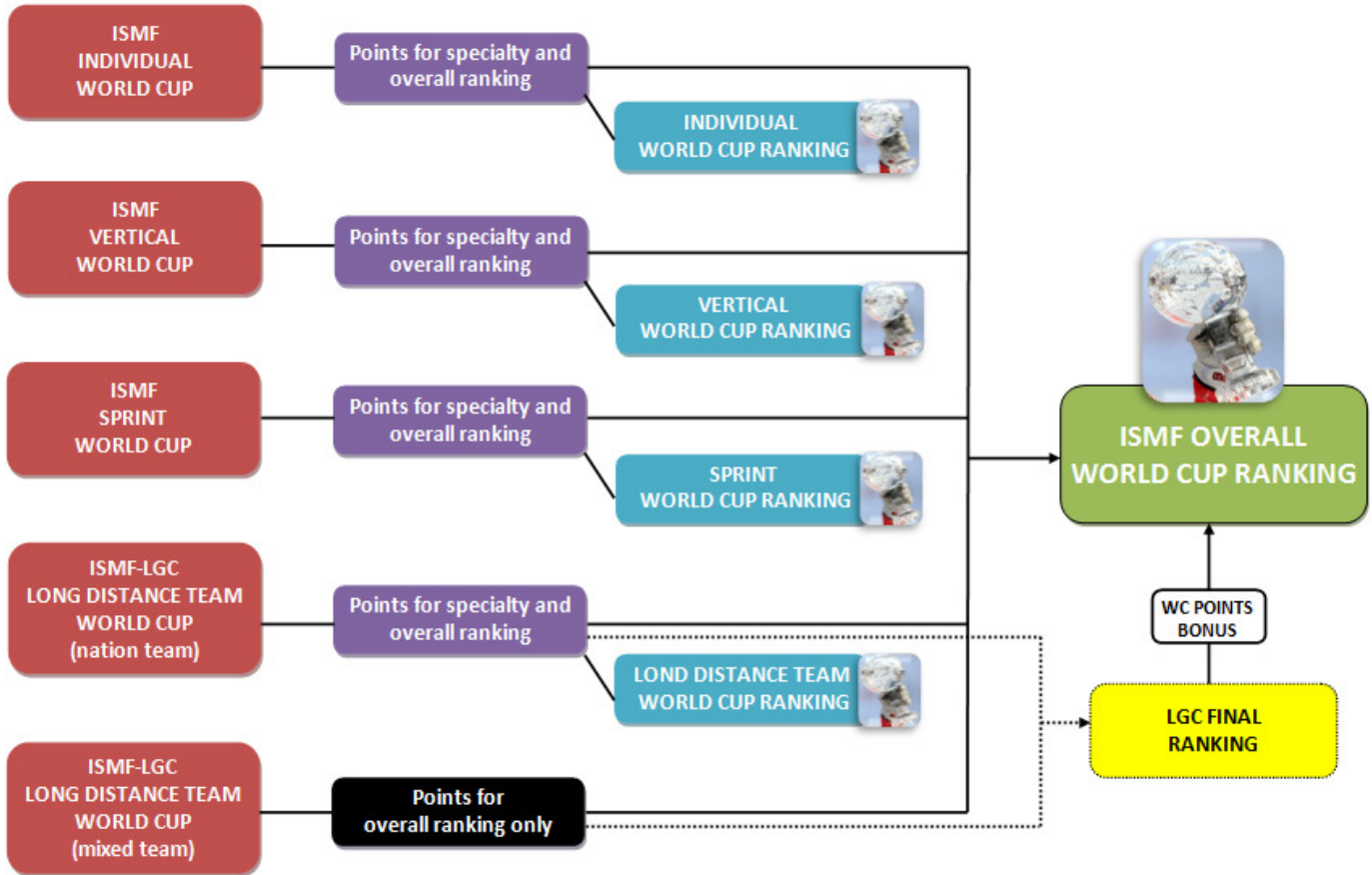
404 The specialty and overall world cup ranking is set as described in Appendix 1

405 The first 90 racers men and the first 30 racers women of the overall world cup ranking of the season N have a priority and guaranteed registration to the LDT WC of the season N+1. To have this priority registration, the athlete must team with other priority athlete(s).

406 If a racer is ranked in the first 30 teams of one of the LDT WC of the season N, he will be allowed to take part of the individual world cup of the season N+1.

407 Each LOC of a LDT WC decides the total quotas of racers in order to ensure the safety and equity of athletes.

APPENDIX 1 : Specialty and overall world cup ranking chart



APPENDIX 2 : WC Bonus - Example of calculation

Example : Calculation of LDT WC Bonus with 14 races during the season

RANKING	INDIVIDUAL WC					VERTICAL WC			SPRINT WC			LDT WC			BONUS LDT WC	OVERALL WORLD RANKING	TOTAL IND-VER-SPR POINTS	TOTAL LGC TEAM WC POINTS
	INDIVIDUAL WC 1	INDIVIDUAL WC 2	INDIVIDUAL WC 3	INDIVIDUAL WC 4	INDIVIDUAL WC 5	VERTICAL WC 1	VERTICAL WC 2	VERTICAL WC 3	SPRINT WC 1	SPRINT WC 2	SPRINT WC 3	LDT WC 1	LGT WC 2	LDT WC 3				
1	100	100	100	100	100	100	100	100	100	100	100	100	100	100	400	1800	1100	700
2	80	80	80	80	80	80	80	80	80	80	80	80	80	80	320	100%	61%	39%
3	60	60	60	60	60	60	60	60	60	60	60	60	60	60	240			
4	50	50	50	50	50	50	50	50	50	50	50	50	50	50	200			
5	45	45	45	45	45	45	45	45	45	45	45	45	45	45	180			
6	40	40	40	40	40	40	40	40	40	40	40	40	40	40	160			
7	36	36	36	36	36	36	36	36	36	36	36	36	36	36	144			
8	32	32	32	32	32	32	32	32	32	32	32	32	32	32	128			
9	29	29	29	29	29	29	29	29	29	29	29	29	29	29	116			
10	26	26	26	26	26	26	26	26	26	26	26	26	26	26	104			
11	24	24	24	24	24	24	24	24	24	24	24	24	24	24	96			
12	22	22	22	22	22	22	22	22	22	22	22	22	22	22	88			
13	20	20	20	20	20	20	20	20	20	20	20	20	20	20	80			
14	18	18	18	18	18	18	18	18	18	18	18	18	18	18	72			
15	16	16	16	16	16	16	16	16	16	16	16	16	16	16	64			
16	15	15	15	15	15	15	15	15	15	15	15	15	15	15	60			
17	14	14	14	14	14	14	14	14	14	14	14	14	14	14	56			
18	13	13	13	13	13	13	13	13	13	13	13	13	13	13	52			
19	12	12	12	12	12	12	12	12	12	12	12	12	12	12	48			
20	11	11	11	11	11	11	11	11	11	11	11	11	11	11	44			
21	10	10	10	10	10	10	10	10	10	10	10	10	10	10	40			
22	9	9	9	9	9	9	9	9	9	9	9	9	9	9	36			
23	8	8	8	8	8	8	8	8	8	8	8	8	8	8	32			
24	7	7	7	7	7	7	7	7	7	7	7	7	7	7	28			
25	6	6	6	6	6	6	6	6	6	6	6	6	6	6	24			
26	5	5	5	5	5	5	5	5	5	5	5	5	5	5	20			
27	4	4	4	4	4	4	4	4	4	4	4	4	4	4	16			
28	3	3	3	3	3	3	3	3	3	3	3	3	3	3	12			
29	2	2	2	2	2	2	2	2	2	2	2	2	2	2	8			
30	1	1	1	1	1	1	1	1	1	1	1	1	1	1	4			
>30	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0			