



Dec 6, 2017

Dear Coaches,

There have been some requests for information regarding Technique zones for Saturdays races. The following is an excerpt from FIS Guidelines, including the definition of Classic Technique.

Violation of classical technique rules

In Interval Start competitions and Sprint qualification any violation of classical technique (for example skating strides to maintain or increase the speed) will be considered to affect the results (due to improved time and better FIS points caused by the skating), and the jury will apply the appropriate sanction regardless of the time difference between skiers, even for a winning athlete.

Diagonal technique means the use of alternating diagonal movements of both arms and legs and includes diagonal stride and herringbone techniques. In diagonal technique only one pole is in the ground at any time.

The jury can sanction a skier for classical technique violations without video evidence and without a hearing from the athlete (ICR 352.1.2). The sanction can be given during the competition.

The **Stadium Map** for Saturdays race includes the location of the Technique zone for the Sprint:

<https://www.sovereignlake.com/wp-content/uploads/2017/12/2017-Noram-Saturday-Dec-9-Stadium-Final.pdf>

The Technique Zone for the Saturday afternoon Mass Start Classic Race will be located on the A climb of the 2.5k course.

All technique zone markers will be in place for the Practice Day on Friday.

Sharon Clarke
Chief of Race