



## Participant Rules

### Fundamental Rule

The race is run according to the Cross-Country Book of the [FIS International Ski Competition Rules](#) and any special requirements stated in the entry form, Birch Scroll and participant race instructions. Offenses against any of these rules may lead to disqualification for current or future events and the forfeiture of any and all awards.

### Age Restrictions

All participants in the Birkebeiner must be 18 years of age by Race Day.  
Korteloppet skiers must be 13 years of age by Race Day.

### Transfer of Entries

Entry fees are non-transferable between individuals or to future races. **It will be considered a violation if a participant competes under a false identity.** Allowing another individual to use your bib will result in their disqualification and a fine will be imposed on both parties.

### Equipment

All participants' skis must comply with the definition of *Cross-Country racing Skis* found in Section C of the FIS [Specifications for Competition Equipment and Commercial Markings](#). This includes no metal edges.

### Classic Technique

Participants of the classic competitions must comply with the following definitions of classic technique:

- Classical Technique includes diagonal striding, double poling, and herringbone technique without a gliding phase, and step turns.
- Step turns may include a push only if tracks are not present.
- Single or double-skating is not allowed.

### Start at the Assigned Time

All participants are assigned a wave and required to start with that wave. Any participant starting in an earlier wave will be disqualified. If the race jury determines that there are circumstances beyond the control of the participants that prevent them from starting at their assigned time, their time will be adjusted to reflect their actual time on course. If you are late for your start you will be allowed to start with the next wave of the same technique. No one will be allowed to start more than 15 minutes after the final wave, The Prince Haakon 13 km.

### Ski the Entire Course

Participants must complete the entire course on skis with their own means of propulsion. Use of devices for the creation of foreign energy are prohibited.

### Fair Play

All participants must conduct themselves in a fair and courteous manner on the course and at all of the event venues. They are required to act with due care, taking in to account course conditions and competitor congestion.

### Anti-Doping

The American Birkebeiner has a commitment to clean sport. We have contracted with the US Anti-Doping Agency to implement doping control.