



*Ski. Run. Bike. Live!*

## 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.

Kortelopet skiers must be 13 years of age by Race Day.

Prince Haakon skiers must be 13 years of age by Race Day.

### Transfer of Entries

Entries are non-transferable between individuals. **It will be considered a violation of event rules if a participant competes under a false identity.** Allowing another individual to participate in the bib assigned to you will result in their disqualification and a fine imposed on both parties.

### Equipment

All participants' skis must comply with the definition of *Cross-Country Racing Skis* defined by the Federation of International Skiing (FIS). All equipment must be in good working order and safe for use. Metal edged skis are not allowed.

No participant may pull a sled of any sorts for any reason. No child carriers are allowed for the safety of all participants.

### Gender

The American Birkebeiner Ski Foundation supports all athletes and their quest to live an active, healthy lifestyle. We request that you register under the same name and gender that is listed on your government ID.

### RUS/BLS Athletes

The ABSF will not invite or allow any citizen or professional athletes from Russia or Belarus at the 2023 American Birkebeiner Week of Events.

### 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.
- Repeatedly changing or stepping in and out of tracks is not allowed.
- Classic participants must follow FIS pole length rules. Poles may not be longer than 83% of skiers height.

### 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 available wave. No one will be allowed to start more than 15 minutes after the final wave.

### **Ski the Entire Course**

Participants must complete the entire course for the event which they are registered and assigned a bib. If they complete a different course (for example; classic course when they are registered for the skate) they will receive credit for completing the course, but will not be ranked or eligible for awards. They must complete the course on skis with their own means of propulsion.

### **Cut-Off Times**

Cut-off times for races must be strictly followed for the safety of participants and volunteers. Participants not following guidance from Medical Staff and Race Chiefs will risk penalty and possible ineligibility for future Birkie Events.

### **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.

### **Penalties for Skiing the race under false pretenses**

If a registered participant allows another skier to use their bib (current or previous year), the registered participant must pay a \$200 fine. The non-registered participant must pay a \$200 plus the race fee.

### **Wax Policy**

The American Birkebeiner Ski Foundation has joined U.S. Ski and Snowboard in banning the use of fluorinated ski wax in competition beginning the 2020-2021 season. We encourage all competitors to abide by this policy for all events on the Birkie Trail and at the American Birkebeiner Trailhead. All athletes are subject to random ski testing at events and penalties will apply to any US Ski and Snowboard licensed or citizen skier that is found to be non-compliant.