

To the

- Members of the Cross-Country Executive Board
- Members of the Cross-Country Committee

For information to:

- FIS Management

Oberhofen, 03rd November 2022

**Minutes Cross-Country Committee
Friday, 30.09.2022, 13:00 – 16:00 hrs**

Dear Ski Friends,

We are pleased to send you today the Minutes of the Meeting of the Cross-Country Committee held in Zurich, 30.09.2022.

You are kindly asked to send any remarks to the FIS Nordic Office in Oberhofen until **30th November 2022**.

We would also like to take the opportunity to inform you that the minutes are available on the Member Services section of the FIS Website: www.fis-ski.com.

Thank you very much for your valuable contribution. We wish you a nice autumn.

Kind regards,

INTERNATIONAL SKI AND SNOWBOARD FEDERATION



Michal Lamplot
Race Director Cross-Country

**INTERNATIONAL SKI AND SNOWBOARD FEDERATION
Cross-Country Committee**

**Minutes Cross-Country Committee
Friday, 30.9.2022, 13:00 – 16:00 hrs CET**

AGENDA

1. Opening of the meeting
2. Members present
3. Approval of the agenda
4. Approval of the minutes of the last Cross-Country Committee meeting
5. Report of the last FIS Council meeting
6. Reports from the Sub-Committees:
 - Sub-Committee for World and Continental Cups
 - Sub-Committee for Rules and Control
 - Sub-Committee for Cross-Country Youth and Children
 - Sub-Committee for Development Cross-Country
 - Sub-Committee for Popular Cross-Country
 - Sub-Committee for Rollerski
 - Sub-Committee for Women's Nordic
7. Reports from the working groups (when not already included in the sub-committee)
8. Other items arising
9. Next meeting
10. Closing of the meeting

All proposals and decisions of the Cross-Country Committee are subject to the approval of the FIS Council FIS Council, 22.10.2022

1. Opening of the Meeting

The Chairman Uroš Ponikvar (SLO) welcomed the members of the Cross-Country Committee and opened the meeting on Friday, October 13:00 hrs CET.

2. Members Present

Excuses / Replaced by:

Uros Ponikvar, SLO Chairman	
Katsuhito Ebisawa, JPN	Excused, replaced by Noriko Ozawa
Lars Öberg, SWE	Present
Chris Grover, USA	Present
Chris Jeffries, CAN	Present
Guri Knoten, SUI	Present
Zofia Stefania Kielpinska, POL	Present
Hannu Koivusalo, FIN	Present
Andrey Kovalenko, BLR	Not present
Olivier Michaud, FRA	Present
Aleksandr Panhinskii, RUS	Present
Gabriella Paruzzi, ITA	Present
Petr Mach, CZE	Present
Andreas Schlütter, GER	Present
Michel Bonnfert, AUT	Present
Liu Hao, CHN	??
Espen Bjervig, NOR	Not present

Virginia de Martin	Athletes representative	present
Martti Jylhä	Athletes representative	present
Norbert Meier	LOC representative	present

Satu Kalajainen, FIN for the S.C. Youth & Children Cross-Country
Virginia De Martin Topranin, ITA, for the S.C. Women's Nordic Disciplines
Anna Rosa, ITA, for the S.C. Rules and Control Cross-Country
Chris Grover, USA for the S.C. World Cup and COC Cross-Country
Martins Niklass, LAT, for the S.C. Rollerski
Ozkan Koyoncu, TUR, for the S.C. Development Cross-Country
Tommy Höglund, SWE, for the S.C. Popular Cross-Country Skiing

Pierre Mignerey, FIS
Michal Lamplot, FIS
Doris Kallen, FIS
Synne Dyrhaug, FIS

Guests

Various guests took part in the Cross-Country Committee meeting.

3. Approval of the Agenda

The agenda was sent out on 24th August 2022. As there were no additional items reported, the Cross-Country Committee approved the agenda.
No comments were received, and the agenda was approved.

4. **Approval of the minutes of the last Cross-Country Committee meeting**

No remarks have been registered at the FIS Office.
The Cross-Country Committee approved the minutes.
No comments to the minutes, they were approved.

5. **Introduction of the chairman, Uros Ponikvar**

Chairman of the Cross-Country Committee Uros Ponikvar opened the meeting. He thanked Vegard Ulvang for his service and huge work he did as the chairman of CCC.

The Cross-Country Committee also thanked Karl-Heinz Lickert for his work as the chairman of the S.C. for Rules and Control.

6. **Report from the last FIS Council meeting**

Pierre Mignerey informed the S.C. members about the long-term goal to integrate Para-Nordic in all areas of Cross-Country Skiing. Integration will include ICR, TD education, homologation etc. The goal is to have Para-Nordic fully integrated until after 2026.

Key persons in the FIS Para Nordic team are Elke Gundermann, FIS Para Nordic Coordinator and Georg Zipfel, FIS Para Nordic Race Director.

During the summer 2022 Council also decided to:

- Increase the prize money in all FIS disciplines by 10%. FIS will continue contributing 20% of the new total
- Increase the daily allowance (reimbursement) of FIS officials from CHF 100 to CHF 125. The change is applicable as of 10th October 2022 and is valid for WC, WSC, JWSC & U23 WSC and COC.

The FIS Council will decide about the participation of Russian and Belarussian athletes at FIS competitions outside of their home countries at its next meeting on 22nd October 2022.

7. **Reports from the Sub-Committees:**

- **Sub-Committee for World and Continental Cups**

Chris Grover and Pierre Mignerey informed the Cross-Country Committee about the discussions and decisions at the S.C. for World and Continental Cups.

World Cup rules

Few adjustments of World Cup rules were presented (changes in red).

2.4 Athletes Start Quotas for Team Competitions

Each nation has right to enter 2 teams.

Mixed teams (different nations) are possible only for those National Ski Associations, which do not have enough athletes to form their own team.

If a NSA already has their own team in a team event (relay, mixed relay) it is not allowed to make another team with another NSA.

No more than 2 NSAs (nations) can form 1 team.

2.7.3.2 Additional course bibs for cooperation's between nations

A maximum of two (2) additional course bibs are made available to the nations signing a cooperation agreement (max 2 bibs per cooperation agreement **regardless of the number of cooperating nations**).

These bibs can be used by the **respective cooperating nations** during the entire World Cup season (whether athletes from that nation are present at start or not).

The S.C. approved following cooperation between nations and confirmed extra bibs as follows:

COOPERATING NATIONS	NUMBER OF EXTRA BIBS
NOR/GBR/LAT	2
CZK/SVK/POL	2
AUT/HUN	2
SUI/LIE	1
ITA/THA	1
FIN/EST	2
FRA/AND/ESP	2
SWE/IRL	2
USA/AUS	2
*KOR/JPN	1-2 TBC

Prize money increase

In July this year the FIS Council approved a general 10% prize money increase For all World Cup events, men and women, beginning in the 2022-23 season. Of the new 110% prize money, FIS will contribute 20% of the total sum. New total prize money in Cross-Country will be:

- Individual events CHF55'000 (instead of CHF50'000)
- Team events CHF44'000 (instead of CHF40'000).

The proposal is to keep the prize money split for individual and team events as they are (after the last step of the increase - Individual events CHF 50'000 and team events CHF40'000) and collect the extra money (CHF 5'000 and CHF 4'000 per event) from all World Cup events except Tour de Ski and put them in the overall pot for the Overall World Cup prize money.

The extra prize money from all Tour de Ski stages to be put in the Overall Tour de Ski prize money. The proposal will

- Increase the Overall World Cup prize money
- Increase the number of athletes who will get the overall prize money
- Increase the value of the Overall World Cup and encourage athletes' participation

Place	Overall Prize Money (CHF)
1 st	50 000,00 CHF
2 nd	40 000,00 CHF
3 rd	30 000,00 CHF
4 th	20 000,00 CHF
5 th	15 000,00 CHF
6 th	10 000,00 CHF
7 th	8 000,00 CHF
8 th	6 500,00 CHF
9 th	5 000,00 CHF
10 th	4 500,00 CHF
11 th	4 000,00 CHF
12 th	3 500,00 CHF
13 th	3 000,00 CHF

14 th	2 500,00 CHF
15 th	2 250,00 CHF
16 th	2 000,00 CHF
17 th	1 750,00 CHF
18 th	1 500,00 CHF
19 th	1 250,00 CHF
20 th	1 000,00 CHF
TOTAL applied	211 750,00 CHF

Future of Team Sprint

The S.C. for World Cup and Continental Cup proposed to modify the team sprint in the following way:

- Individual qualification
- 2 athletes / 3 laps per athlete
- 15 best teams qualified for the final
- to keep exchange with contact

The Cross-Country Committee unanimously approved the proposal.

Mixed Team Sprint

Mixed Team Sprint is a very attractive format for athletes, but the competition duration is not long enough to create a good value for TV broadcasters. The S.C. approved that on the World Cup level the mixed gender event will be mixed relay and team sprint will be organized as a gender specific event (team sprint women + team sprint men).

Shorter lap for interval start competitions

Due to very high energy costs, GER proposed to make an exception from ICR 311.2.9 and to allow shorter laps to be used in interval start competitions.

The S.C. approved this proposal as an exception valid for all World Cup organizers of the 2022/23 season.

To guarantee good quality TV production, recommendations will be sent to organizers, how to arrange intermediate timing positions.

World Cup calendar 2022/23

Minor adjustments were done in the FIS Cross-Country World Cup calendar 2022/23. For the full overview see the minutes of the S.C. for World Cup and Continental Cup.

The FIS Cross-Country World Cup calendar is [HERE](#).

World Cup calendar 2023/24

There are several open points, which need to be followed up. For details of each of the open points please refer to the minutes of the S.C. for World Cup and Continental Cup.

- Nordic Opening
- FIS Tour de Ski
- FIS Games
- World Cups in Canada and USA

The working group for World Cup calendar will discuss all options and prepare a proposal for the FIS Council. In any case, the final version of the FIS Cross-Country World Cup 2023/24 will be discussed at the next FIS spring meeting in 2023.

- **Sub-Committee for Rules and Control**

Anna Rosa reported from the S.C. for Rules and Control. The main ICR changes and proposals are as follows.

ICR matters

310.1 Table For Competition Lengths and Courses

Competition Type	Competition Length (km)	Nominal Course Length (km)
Distance	5 to 20	2.5, 3.3, 3.75, 4.0, 5.0, 6.6, 7.5, 10.0, 15.0
	Greater than 20	5 km and greater
Individual and Team Sprint	1.0 - 1.8	0.5 - 1.8
Relay	10 and less / team member	2.5, 3.3, 3.75, 5.0, 7.5, 10

Course Length Rule (Art 311.x)

For courses 15 km in length and less, the actual length should not be less than 5% shorter or 10% longer than the nominal course length.

Norms for World Cup courses

Course Length	Minimum climb (in PHD m) ^{*2}	HD	MC (in PTC m)	TC
Sprint F	-	max. 50 m	0 – 30 m	0 – 60 m
Sprint C	1 climb ≥ 15 m	max. 50 m	15 – 40 m	20 – 60 m
2.5 km	1 climb ≥ 25 m	max. 50 m	25 – 50 m	75 – 105 m
3.3 km	1 climb ≥ 25 m	max. 65 m	25 – 65 m	100 – 140 m
3.75 km	1 climb ≥ 30 m	max. 80 m	30 – 80 m	110 – 160 m
4 km	1 climb ≥ 30 m	max. 90 m	30 – 80 m	120 – 170 m
5 km	1 climb ≥ 30 m	max. 100 m	30 – 80 m	150 – 210 m
> 5 km	2 climbs ≥ 30 m	<12 m/km	≥ 30 m	Average 25 - 42 m/km

Norms for other courses

Course Length	Minimum climb (in PHD m) ^{*2}	HD	MC (in PTC m)	TC
Sprint F	-	max. 50 m	0 – 30 m	0 – 60 m
Sprint C	1 climb > 15 m	max. 50 m	15 – 40 m	20 – 60 m
2.5 km	1 climb > 25 m	max. 50 m	25 – 50 m	68 – 105 m
3.3 km	1 climb > 25 m	max. 65 m	25 – 65 m	90 – 140 m
3.75 km	1 climb > 25 m	max. 80 m	25 – 80 m	100 – 160 m
4 km	1 climb > 25 m	max. 90 m	25 – 80 m	110 – 170 m
5 km	1 climb > 25 m	max. 100 m	25 – 80 m	135 – 210 m
> 5 km	2 climbs ≥ 25 m	<12 m/km	≥ 25 m	Average 25 - 42 m/km

311.2.5.1 ~~Longer loops should follow the same principles.~~

- **Daily fee** (*FIS Council decision valid from October 10th*)
 - 304.1.1 [...] In addition a fixed daily rate of CHF 100 net (CHF 125 net for WC, WSC, JWSC, COC events) is added for the travel days to and from, as well as each day of the assignment, which includes postage charges for mailing reports, etc.
- **Extra daily fee** (*U. Ponikvar wording after spring meeting decision*)
 - **304.1.4** In case of late protests (ICR 387.3) or appeals against jury decisions (ICR 662) the TD has right on reimbursement of one additional day.

Rules for FIS points 2022/23

Following changes and adjustments were proposed and approved by the Cross-Country Committee.

2.1.6 Distance FIS points in senior class will only be awarded for competitions 5 km or more **for women**

~~———— 10 km or more for men~~

2.1.7 Roller Skiing

Sprint FIS Points will be awarded only for Sprint Qualification and for competitions longer than 800 m.

Distance FIS points in senior class will only be awarded for competitions 5 km or more **for women**

~~———— 10 km or more for men~~

2.1.8 FIS long distance popular competitions FIS points will be distributed for all FIS long distance popular competitions with a distance of 30km or more and a minimum of 5 athletes with FIS Code crossing the finish line.

Exception approved by the R&C Sub Committee:

***Kortelopet (also counting for Continental Cup series)**

5.3.2.3. Table of minimum Penalties

FIS points rules 2023/24

The FIS points rules for 2023/24 are proposed to be updated in the following manner

5. Calculation Process

[...]

5.2.4 Maximum value of FIS points is 999. If any competitor has more FIS points in any calculation, value 999 is used.

5.3 Calculating Penalties

[...]

5.3.1.2 The FIS points of the top five competitors (Art. 5.3.1.1) from the actual FIS points list are considered. **Competitors with the lowest and the highest points are removed. Remaining values are added and divided by 3.50.** This is the race penalty. The points shall be rounded down from four thousandths of a point downwards and rounded up from five thousandths of a point upward (e.g. 13.654 = 13.65 or 21.849 = 21.85).

Homologation and TD matters

Janne Pylvas has been nominated as the homologation inspector for OWG and Paralympic Games Milano-Cortina 2026.

Education of FIS officials

The Homologation manual and guidelines for education/appointment of homologation inspectors will be modified.

Inspection and certificates procedures should stay in the Homologation manual, suggestions and best practice should be put under the title Guidelines for course design, while norms (and tables) should be only in ICR.

Guidelines for course design will have to include technical contents:

- Broader guidelines = variety of courses
- Practical evaluation methods
- Checklist of things to take care of
- Big events requirements
- Para integration
- No names

A flexible working group shall be established, which will involve:

- Involve specialists (Coaches, Organizers, TDs,...) to be up to date with sport
- Mission comes from the S.C.
- Para integration

Allan Serrano will lead this field of work and the working group.

Homologation and TD manuals

One document will be elaborated, which will describe organization, education, and appointment of technical officials (both TDs and HIs).

It should contain validity of TDs and HIs license (4 years), how to keep valid the license (TD and HI should take part in TD/HI seminar during the validity period) and appointment procedures.

Anna Rosa will lead the work and present a concrete proposal in spring 2023. Allan Serano will be integrated in the preparation work, together with Annmari Viljanmaa and Petr Mach - CEE Regional TD Coordinator.

Seminars 2022/23

- Western Europe (OPA) - Kranjska Gora- Planica 14-16.10.22
- Scandinavian and Baltic - Oslo 21-23.10.22
- North America - Utah 11-13.11.22
- Homologation seminar Lillehammer 2-4.9.22
- TD Updates: Far East 22.10.22 online TBC

Seminars 2023/24

- FIS TD Seminar organized in Scandinavian/Baltic region
- Central Eastern Europe
- Far East TD Seminar
- Oceania TD Seminar

Dates and locations to be submitted before the sprint meeting

- TD Updates Western Europe and North America

Seminars 2024/2025

- Western Europe (OPA)
- Scandinavian/Baltic
- North America
- Homologation seminar
- TD Updates accordingly

Seminars 2025/2026

- FIS TD Seminar organized in Western Europe (OPA)
- Central Eastern Europe TD Seminar
- Far East TD Seminar
- Oceania TD Seminar
- TD Updates accordingly

- **Sub-Committee for Cross-Country Youth and Children**

Satu Kalajainen reported about the meeting.

Good attendance 16/23 members were present to discuss following topics,

Michal Lamplot, FIS, gave the S.C. an update from JWSC & U23 WSC and YOG. Detailed presentation from organizers are [HERE](#).

Andrew Cholinski, FIS updated the S.C. members about the World Snow Day and Bring Children to the snow. His presentation is [HERE](#).

Georg Zipfel introduced to the S.C. Para Nordic topics. Inclusion of para-athletes in ski clubs, competitions etc. is a great opportunity for all NSAs and ski clubs.

Youth questionnaire has been done already twice. More than 1500 responses from 15 nations have been gathered. Next steps what to do with the youth questionnaire should be evaluated.

Impact of equal distance for women and men is yet to be assessed. Not many NSAs have adjusted the competition distance at other competition levels. Several NSAs expressed their concerns over the 20 km distance for women at the JWSC.

Joint meetings of the S.C. for Youth and Children, S.C. for Development Cross-Country could take place next spring or online. Details will be discussed between the chairs of both S.C.

- **Sub-Committee for Popular Cross-Country**

Tommy Höglund reported from the S.C. for Popular Cross-Country Skiing.

Report Worldloppet

Transition season from covid, -30% participants. 215 races in global calendar/ 167 were held. WL passport is fully digital and My Loppet digital platform is working well. Challenges: high electricity prices, participants and volunteers have new hobbies, travel restrictions, apply new FIS rules (fluor ban etc.), decision of RUS and BLR participation.

Report Ski Classics

New logo, no Visma as title sponsor anymore. New calendar 2022/2023 was presented. 14 races in 6 counties. 49 Challengers. 35 teams, 333 athletes (season 2021/2022, Teams from 12 countries. Not televised in RUS and Russian teams are suspended. Challenge to enhance out of competition doping controls. Proposal to open-up commercial marking limitation discussion.

Status Fluor restriction

Implementation of the full ban has been postponed to season 2023/2024. Organisers and NSAs of popular competitions should start thinking how the fluor ban

control can be organised. Several NSAs have ordered Bruker Alpha II testing devices, which could be use. Active participation by organisers and NSAs will be necessary.

Anti-Doping control system in Popular racing

The S.C. was given a brief introduction to the anti-doping topic by FIS Integrity Manager Sarah Fussek. The anti-doping system should be further developed. Communication between NSAs, professional teams and FIS is needed.

S.C. will send list of the athletes to FIS and FIS helps to transfer this info to national anti-doping agencies.

Update FIS TD list 2022/2023

Robert Peets (EST) was appointed as the as new coordinator of popular TDs. Some adjustments of the TD list have been done. In future final list must be prepared for spring meeting.

Commercial marking

The S.C. proposed that commercial marking rule should be revised and bigger space for sponsors should be available for athletes and teams.

The Cross-Country Committee cannot decide about this matter but will send the request to the FIS Council.

• **Sub-Committee for Rollerski**

Anna Rosa reported from the meeting of the S.C. for Rollerski.

Summary of the season 2022

- The overall medals in World Cup were conquered by NOR, SWE*2 and ITA.
- 20 nations participated in World Cup in the summer 2022.

Martins Niklass expressed a great thanks from the committee to all athletes, LOCs, NSAs, teams and the FIS staff for the efforts made to organize and participate in the WC summer 2022.

In total there were 26 roller ski events organized by 14 nations during the summer 2022. There is tendency that major Cross Country Skiing nations are not entering their competitions (NC) in FIS Calendar. Martins Niklas informed that several NSA´s in Asia shows interest to start cooperate in organization of COC ROL Cup in Asia in the future.

Only 10 nations took part in the Junior Rollerski World Championships. Many other rollerski events and camps were organized at the same time.

FIS Roller Ski World Cup 2023 calendar draft

- No NSA assigned for stage in June/July, discussions with several potential LOC are ongoing. Plan is to present an OC at spring meeting
- Otepää, EST, August (also candidate for ROL WSC)
- Madona, LAT, August
- ITA, September, proposal for decision from FIS; Val di Fiemme. Plan is to present a solution at spring meeting

No rollerskis provider has been assigned yet for 2023.

The application from EST with Otepää/Tartu as hosting venues for ROL WSC 2023 was approved by the Cross-Country Committee.

Rollerski ICR

Update of ICR 396.7.2 regarding safety when coaching from bicycles on the racing

course was approved

- 396.7 Coaching zones and Refreshment Stations**
- ~~396.7.1 During competitions which are 8 km or less, refreshment services are only permitted in the Finish Zone after the finish line.~~
- ~~396.7.2 For competitions longer than 8 km but less than 30 km, refreshment services are allowed along the course without the use of motorized vehicles. For competitions longer than 30 km, motorbikes may be allowed at the discretion of the Jury.~~
- ~~396.7.13 For uphill competitions the Jury may decide about number and the locations of the coaching zones and refreshment stations on the competition course.~~
- ~~396.7.2 Jury may decide whether team officials can use bicycles (or similar means of transportation) to reach refreshment stations or coaching areas. In such case, the team officials are only allowed to move to the respective zones and provide assistance in accordance with ICR 344.2. They are not allowed to follow the athletes along the course.~~

FIS shall provide ROL WC trophies for Nations Cup and JUN WC:

- 7.3 FIS Rollerski World Cup Trophies (for Women and Men) and Medals**
- The Overall World Cup winners of Senior Men and Senior Women categories receive the FIS World Cup trophy, as well as 2 sets of medals for the three best ranked athletes (Women and Men) which will be provided by FIS.
 - The Overall World Cup winners of Junior Men and Junior Women categories receive the 2 sets of medals for the three best ranked athletes (Women and Men) which will be provided by ~~the organizer of the FIS ROL WC Final stage.~~
 - The "Winner Nation" of the WC season receives a trophy which will be provided by the ~~FIS Organiser of the FIS ROL WC Final stage.~~
 - The FIS World Cup trophies and all other awards will be given at the conclusion of the last FIS World Cup event.

- **Sub-Committee for Cross-Country Development**

During the first meeting of the new term SC evaluated the global situation of Cross-Country skiing as a performance sport. Where we are strong and where we are weak.

Numbers shows that Cross-Country skiing is strong in Europe but not so much on the other continents of the World.

When we evaluate the last 4 years (last season before the pandemic - 2019, two seasons with strong global Corona -19 restrictions -2020 &2021- and the last season -2022; good to see that we gain again the number of competitions we lost during the pandemic.

Total number of FIS CC competitions globally by years:

Year 2019: 1860

Year 2020: 1410

Year 2021: 1090

Year 2022: 1828

Cross-Country Skiing is mainly popular in European continent. Nearly 72% of all Cross-Country competitions are held in Europe:

Europe: 1318

Asia: 247

Overseas: 263 (Oceania & Americas)

With this overview Sub-Committee discussed the goals and working direction for the future.

Headlines of the goals for the future:

- Focus on the ideas and projects more than (or beside) the statistics.
- Promote CC to the new nations and guide them.
- Support the new and developing nations with know how/experience or technical education. Encourage them with some sample projects.
- Check the opportunity for more percentage for CC from the FDP projects with the cooperation with NSAs and FIS Development Department.
- Focus on Central & South Asia and South America.
- Encourage and support the member nations for organizing the FIS races. We saw that the organizations increase the local interest and supporters. Promotes the sport in the region.
- Joint projects with SC Roller Skiing and SC CC Youth & Children
- Support the CC development activities at the existing CC nations. Build the bridge between developed and developing nations for the joint projects. Win-Win situation for both sides.
- Check the size of development and promotion of CC skiing globally.

Sub-committee evaluated the participation size and medal distribution of the OWG 2022 Beijing, FIS Nordic JWSC & U23 WSC 2022 Lygna (NOR) with the general 2021/2022 season review.

Unfortunately reduced overall number of CC athlete's quota for OWG 2022, effected the developing nations participation in negative way.

The SC members have been informed with the participation criteria and general information for the FIS Nordic JWSC & U23 WSC 2023 Squamish-Whistler (CAN) and FIS Nordic WSC Planica 2023 as well.

Sub-committee has been informed about the FIS Development Program (FDP Free Training Days, FDP Nordic Camps, FIS Solidarity, etc.) and latest fluor ban situation by the FIS staff.

- **Sub-Committee for Women's Nordic**

Taking advantage of the first physical meeting since 2019, the session opened with a brief introduction of the members, who provided information about their background and their current position within their National Ski Association (NSA).

The main current activity of the Sub-Committee (SC) is the development of a mentorship program. The work conducted by the chairperson in collaboration with the FIS staff has been presented. The work included the identification of women mentorship programs currently available in other sports and/or organizations, the key features for a successful mentorship program, and the creation of a program draft. Further, specific features of the draft have been presented and discussed. All the members have been invited to actively contribute to the next stage of the mentorship program development based on their skills and resources available in their NSAs; the work will continue during autumn and winter.

The SC moved then on to a brief presentation of the discipline-specific matters. Although Cross-Country skiing has achieved another milestone in terms of gender equity with the approval of same race distances in women and men categories, many inequalities are still to be tackled in Ski Jumping and Nordic Combined, such as prize money, representation, and opportunities (e.g., rejected participation to the Olympic games for Women Nordic Combined).

A FIS women initiative is under revision and was briefly mentioned by Stefanie

Gerber during the meeting. The approval and implementation of such initiative will strengthen the work of the SC towards the achievement of its goals, such as representation, promotion, and empowerment of women. Additionally, it will foster the collaboration and knowledge sharing between NSAs as well as the coordination of different disciplines within FIS regarding women-specific matters.

Though acknowledging the FIS' effort and improvements toward a more gender equal organization and sport environment, several challenges still await us. As mentioned during the FIS spring meeting, the attractiveness and accessibility for women to the elite sport environment must be properly addressed. Moreover, the SC Women's Nordic disciplines expresses its concerns about the general lack of knowledge and understanding of female athlete specific challenges among coaches and supporting staff as well as about the physical and mental health in female athletes. Finally, gender is not the only source of diversity, and this raises the question whether this SC should address a broader spectrum of diversities instead of only the gender-based one.

8. Reports from the working groups

The Cross-Country Committee relaunched the discussion about cost reduction. The members of the Cross-Country Committee received summary of the meeting of the working group for cost reduction.

The working group concluded that the first step, which must be done by the Cross-Country Committee, is to answer following principal questions.

1. Do the rising costs related to waxing and ski preparation (structure, grinding, etc.) represent a problem, which should be addressed by international skiing community?
2. If yes, will the Cross-Country Committee be ready to make a political decision, which will tackle the problem and will reduce the costs?

The working group also agreed that only a dramatic revision of the way how ski preparation and waxing has been done until now will make a significant change and have a potential to reduce the costs.

The Cross-Country Committee discussed this matter. Some NSAs do not see it as a problem, which should be addressed by the Committee. All members were asked to express their opinion about this matter. Most of the members answered that yes, rising costs related to waxing represent a problem, which should be address by the Cross-Country Skiing community.

The Cross-Country Committee did not discuss what measures, rule changes and restrictions should be put in place to address this problem. The Cross-Country Committee agreed to create 3 working groups with following topics:

- Common waxing
- Limitation of ski equipment
- Red group – how the red group and nation support could be adjusted?

Each of the working groups should discuss each of the topics during the winter. Each topic will require a detailed analysis. Positive and negative effects of each proposal must be evaluated, potential effects of the fluor ban should be taken into consideration. Control and enforcement possibilities of limitation must be considered. Discussion with NSAs, teams, SRS is an essential part of the evaluation process.

Conclusions of each of the topics are expected to be presented at the FIS Spring meeting 2023.

9. Other items arising

Tarvisio – Planica Mass Start competitions of the WSC 2023

During the meeting Tomi Trbovc from SloSKI and LOC Planica 2023 presented the state of preparations for the FIS Nordic WSC 2023.

The Cross-Country Committee is satisfied with the preparations for the WSC 2023. However, the Cross-Country Committee is concerned about the last two mass start competitions, which are set to start in Tarvisio and finish in Planica. At its meeting in 2021 the Cross-Country Committee gave the permission to organize this exceptional competition. The Cross-Country Committee agreed with the big potential to share the values of cross border cooperation, promotion of Cross-Country Skiing and beauty of both regions. However, very important practical details about safety, snow production, snow transportation, race organization etc. are still missing. If all necessary details are not provided organization of this event is very risky.

9 Next meeting

The next meeting is planned during the FIS Spring meetings in Dubrovnik (CRO), 03. – 05.05.2023

10 Closing of the meeting