

Explanation of Skating Infractions in Classic Competitions

(Phraseology and explanation to be used during TC Meetings)

General considerations:

1. As indicated in art 314 of CCC ICR, in all places on the course where the track is set, skiers are expected to ski with parallel skis. This also applies to skiers who choose to ski outside the track. (Diagonal stride, one-step double pole, double pole)
2. Where there is no track set be sure that you do not refer to these sections of the course as free technique or skating zones as that will imply that any skating technique is acceptable.

Specific considerations:

3. Explanation of what is allowed: From the point on the track where the track(s) are removed and a competitor is required to change direction, the athlete may do so by; 1) pushing with the outside leg; 2) using a stepping motion with the inside leg. This sequence may be repeated as long as a change in direction is required and no tracks exist.
Note: Normally the tracks will begin 2-3 meters after the curve to allow the competitor to align themselves with the tracks; this distance is determined relative to the anticipated speed of the competitors coming out of the curve.
4. Once in the tracks a competitor must ski with parallel skis. One side push for alignment only will be tolerated, a second push is to be reported to the jury and in this case the jury will consider the appropriate sanctions (verbal, written reprimand or disqualification).
5. The jury is entitled to sanction a competitor who they believe is repeatedly changing tracks in order to gain an advantage by using side pushes (skating motion).
6. The length of the push and arm thrust are not monitored in this turning technique as this varies in accordance with the speed & ability of the competitor.
7. In classic competitions, alternate (Lt & Rt) side pushes with a glide are not permitted this is clearly skating and used for acceleration. Some exceptions exist when the competitor is struggling for balance and track alignment but these are easily recognised as not an effort to accelerate.