



ORGANIZATION OF THE SKI ASSOCIATIONS
OF THE ALPINE COUNTRIES

OPA -Alpencup rules

Ski Jumping and Nordic Combined

1. General rules for the competition types Alpencup men, Alpencup ladies, OPA-Games

1.1 Intention

The competition series serve as a chance to compare levels of performance to young athletes of the disciplines Ski Jumping and Nordic Combined from the Alpine countries and their ski federations (AUT; CZE; FRA; GER; ITA; LIE; SLO; SPA; SUI, AND)

1.2 Basis

Basis for the realisation of the competition are the ICR Ski Jumping and Nordic Combined as well as the FIS specifications for competition equipment. All competitions of the Alpencup series and OPA Games have to be listed on the FIS calendar and be supervised by a FIS TD and TDA. This rule set only lists special regulations valid only for the Alpencup competition series.

1.3 Competitions – Disciplines

There are three competition forms: Alpencup Men with the disciplines of Ski Jumping and Nordic Combined, Alpencup Ladies with the disciplines of Ski Jumping and Nordic Combined and the OPA Games in the disciplines of Ski Jumping Boys/Girls and Nordic Combined Boys/Girls.

1.4. Period dates

The Alpencup Men takes place in two annual periods:

First period: September – October

Second period: December – March

~~Two two-competition events will take place in the first period – the first event at the beginning of September being held at separate venues for Ski Jumping and Nordic Combined and the second at the end of September/beginning of October being a shared venue.~~

~~In the second period, four two-competition events will take place with the first and the final event (December and March) are hosted at one venue for Ski Jumping and Nordic Combined and the second and third one (January and February) at separate ones if possible.~~

The Alpencup Ladies takes place in two annual periods:

First period: July – October

Second period: December – March

~~In each period, a joint competition of Ski Jumping and Nordic Combined ladies will take place.~~

The OPA Games will take place annually in the month of February.

A list with all dates has to be announced at the annual OPA spring meetings. It is therefore necessary for the participating OPA countries to hand in an application to host events at the preceding autumn meetings. The respective OPA Coordinators are responsible for creating a competition calendar.

1.5 OPA Coordinator

The Presidential Conference of the OPA names one coordinator for the Alpencup Ski Jumping, and Nordic Combined respectively for a period of two years. These Coordinators are in charge of coordinating the organisers and also responsible for the equipment control and taking measurement of each competitor and recording them in lists. These lists have to be constantly updated and extended. One helper for the OPA Coordinator has to be provided by the OC. If the respective OPA Coordinator is not able to attend an event, a replacement Coordinator has to be named. They have to hold a valid FIS TD license.

1.6 FIS Officials

FIS nominated the Technical Delegate (TD) and the Technical Delegate Assistant (TDA). The TD should come from an OPA country (can be a national TD, nominated by FIS) and the TDA from the host country.

1.7 Jury/Competition Management

Jury: Technical Delegate (TD)
 TD Assistant (TDA)
 Chief of Competition

Competition Management: OPA Coordinator
 Chief of Course (only NC)
 Equipment Control Ladies

1.8 Jumping Judges

Only FIS Jumping Judges and Candidates are accepted. For the foreign jumping judges, the allocation of missions is conducted by FIS, for the four national judged, the national ski federations are responsible. Several foreign judges are permitted as well. For the Alpencup ladies, also national jumping judges can be used.

1.9 Competition Evaluation

The company “Ewoxx” will be commissioned with the competition evaluation / video distance measurement / time keeping cross-country skiing (except for AC Ladies and AC Men / OPA Games competitions in Germany and France) and creation of all lists including cup rankings and nations cup rankings. The commissioning of Ewoxx will be done by the OPA Coordinators according to the decision of the OPA meeting. The German and the French Ski Associations have the right to use an own national electronic evaluation system / video distance measurement on their own authority.

In case of the usage of an own system, it's the responsibility of the organizer to import all the data (cup results, nations cup) After every competition the organizer has to hand over a complete result list, the updated cup- and nation results to the coordinators. The manner is defined in a special guideline for organizers. The cup- and nation results contain every competition detailed, not in a bundled form.

To register the results in the FIS database and on the website it is necessary to produce the result lists in an xml file and to upload the data to the database. ~~This has to be done on the same day as the competition.~~

It's mandatory to hand over all lists (startlist, results of training, competition results - for nc also the jumping results, cup results, nations cup) immediately to the coordinators in electronic form. The form of the lists and the xml file will be fixed in the „Guideline for Organizers“.

The organiser has to cover the accommodation costs for two to three staff members of Ewoxx (Hotel double room with full board plus one drink of choice per meal), no travel costs. Other Ewoxx-costs will be split between the OPA nations and billed by Ewoxx two times per year, in November and March. ~~Only nations who have fulfilled their obligation to pay until the 10th of December and 10th of April at the latest are eligible to start in the next period.~~

1.10 Cup Standings

1.10.1 Individual Evaluation

The following points will be given for the results in the Alpencup competitions:

1st place = 100 points	16th place = 15 points
2nd place = 80 points	17th place = 14 points
3rd place = 60 points	18th place = 13 points
4th place = 50 points	19th place = 12 points
5th place = 45 points	20th place = 11 points
6th place = 40 points	21th place = 10 points
7th place = 36 points	22th place = 9 points
8th place = 32 points	23th place = 8 points
9th place = 29 points	24th place = 7 points
10th place = 26 points	25th place = 6 points
11th place = 24 points	26th place = 5 points

12th place = 22 points
13th place = 20 points
14th place = 18 points
15th place = 16 points

27th place = 4 points
28th place = 3 points
29th place = 2 points
30th place = 1 points

1.10.2 Team Evaluation

1st place = 200 points
2nd place = 150 points
3th place = 130 points
4th place = 110 points
5th place = 90 points
6th place = 70 points
7th place = 60 points
8th place = 50 points

9th place = 40 points
10th place = 30 points
11th place = 25 points
12th place = 20 points
13th place = 15 points
14th place = 10 points
15th place = 5 points

1.10.3 Yellow Bib

The leader of the individual overall standings receives a yellow bib. **It's mandatory to wear the leader bib in the next competition**

1.10.4 Equality of points

In case of equality in points between competitors, each athlete receives the points corresponding to the rank (the following place is omitted).

1.10.5 Overall Ranking Alpencup

To determine an Alpencup overall winner, all individual competitions of the current summer- and winter season will be taken into account. There are no void results. In case of equality in points between two or more competitors all jumpers are placed on the same rank.

1.10.6. Nations Cup Alpencup

For the Nations Cup, the best eight athletes from one nation in the individual competitions (Alpencup ladies: the best five athletes) and the best team per nation in the team competition count, separately for Ski Jumping and Nordic Combined.

1.10.7. Alpencup Final

Start permission for the best 50 athletes of the cup standings. If an athlete is not on the start for the final, there will be no move up procedure for the next athletes, the place remain free.

2. Alpencup Men

2.1 Competition formats

The following competition formats will be held:

Ski Jumping: Individual Competition
 Team Competition

All competitors are eligible for the final round.

Nordic Combined PCR
 Individual Gundersen 10 km
 Individual Gundersen 5 km
 Team Competition

Generally, the first event of the weekend should be the 10 km, the second the 5 km event.

2.2 Age classification of competitors

The competitions will be held in only one junior category. Ski Jumping “Juniors”, Nordic Combined “Juniors”.

Allowed to start in the competitions are:

Athletes born 1997 to 2004 in the season 2016/17
Athletes born 1998 to 2005 in the season 2017/18
Athletes born 1999 to 2006 in the season 2018/19
Athletes born 2000 to 2007 in the season 2019/20

2.3 Man of the Day (best young athlete)

Athletes born 1999 and younger in the season 2016/17
Athletes born 2000 and younger in the season 2017/18
Athletes born 2001 and younger in the season 2018/19
Athletes born 2002 and younger in the season 2019/20

2.4 Quotas

Only athletes with a valid FIS code are eligible to start. The following quotas are in effect:

Ski Jumping: 15 starters

Nordic Combined: 18 starters

The host country has an additional national group of five participants, except for the team events.

The following quotas are valid for the Alpencup-final:

- 3 starters per discipline per nation (basic quota)

- a personal starting right for the 25 best athletes of the Cup ranking
- the host nation has the right to enter an additional National Group of four (4) athletes

2.5 Starting Order and Draw

At the first competition of the season, the starting order will be determined as per ICR in the three or four starting groups. From the second competition onwards, the starting order will be determined as following:

- National Group. If a national federation could not fulfill the national group, three athletes from the organizer nation without cuppoints will be drawn at the first three positions of the starting list.
- Competitors without Cup-points: draw
- All competitors with Cup-points will start in reverse order of the current Alpencup-standings. This means the leader of the overall standings will start at the end in the yellow bib.

2.6 Team Competition

Each nation is entitled to nominate as many teams as the quota allows for. Teams start after the current Nations Cup ranking. All teams will be ranked. Teams with mixed nationalities are permitted but will not be ranked.

2.7 Entry fee

The entry fee is € 8, - per athlete and € 32, - per team and is calculated according to the official start list in each event.

For summer Alpencups: 3,- € roller ski deposit per athlete per race.

2.8 Special Regulations

The summer events in Nordic Combined will generally be held on roller-skis with the exception of a cross-country run being possible, too. The roller-skis will be provided by OPA. The FIS regulations concerning safety (see FIS rules Summer Grand Prix) have to be followed. At the summer ski jumping events, only commercially available wax may be used. There are no liquid waxes, oils, creams or fats allowed.

3. Alpencup Ladies

All FIS-member nations are invited to participate in the Alpencup Ladies' competitions. The competitions will be held exclusively in the OPA countries. Each participating nation that does not belong to the OPA has to pay a one-time annual fee of 250, -€. This amount is to cover the expenses, and it is imposed on countries after their first participation in an OPA event. For the OPA-Associations the amount is included in the annual fee.

3.1 Competition formats

The following competition formats will be held:

Ski Jumping: Individual Competition
Team Competition (3 athletes)

All competitors are eligible for the final round.

Nordic Combined PCR
Individual Gundersen 5 km
Team Competition (3 athletes)

The competitions are joined together, the first competition round will be used for NC. All athletes can compete in the two competition rounds of SJ.

The PCR is the last round of the official training. (Only for Nordic Combined)

3.2 Age classification of competitors

The competitions will be held in only one junior category. Ski Jumping “Juniors”, Nordic Combined “Juniors”.

Allowed to start in the competitions are:

Athletes born 1997 to 2004 in the season 2016/17
Athletes born 1998 to 2005 in the season 2017/18
Athletes born 1999 to 2006 in the season 2018/19
Athletes born 2000 to 2007 in the season 2019/20

3.3 Lady of the Day (best young athlete)

Athletes born 1999 and younger in the season 2016/17
Athletes born 2000 and younger in the season 2017/18
Athletes born 2001 and younger in the season 2018/19
Athletes born 2002 and younger in the season 2019/20

3.4 Quota

For now the number of participants is unlimited. Only athletes with a valid FIS Code are eligible to start. For NC an extra FIS Code is mandatory.

3.5 Starting Order and Draw

At the first competition of the season, the starting order will be determined as per ICR in the three or four starting groups. From the second competition onwards, the starting order will be determined as following:

- National Group. If a national federation could not fulfill the national group, three athletes from the organizer nation without cup points will be drawn at the first three positions of the starting list.
- Competitors without Cup-points: draw
- All competitors with Cup-points will start in reverse order of the current Alpcup-standings. This means the leader of the overall standings will start at the end in the yellow bib.

3.6 Team Competition

Each nation is entitled to nominate as many teams as the quota allows for. Teams start after the current Nations Cup ranking. All teams will be ranked. Teams with mixed nationalities are permitted but will not be ranked.

3.7 Entry fee

The entry fee is € 8, - per athlete and € 24, - per team and is calculated according to the official start list in each event.

For summer Alpengcup: 3,- € roller ski deposit per athlete per race.

3.8 Special Regulations

The summer events in Nordic Combined may be held as a cross-country run or a roller-ski race. If roller skis are used, the FIS Safety Guidelines (see NC SGP rules) are valid and poles have to be used. At the summer ski jumping events, only commercially available wax may be used. No liquid waxes, oils, creams or fats are allowed.

4. OPA-Games

4.1 Competition formats

The following competition formats will be held:

Ski Jumping:	Individual Competition Children/Youth Team Competition (3 persons per team Ladies)
Nordic Combined	PCR Individual Gundersen Children 4 km Individual Gundersen Youth/Ladies 5 km Team Competition (3,3 km) (3 persons per team Ladies)

4.2 Age classification of competitors

The categories are set as following:

Season 2017	Children: born 2002 to 2004 Youth: born 2000 and 2001
Season 2018	Children: born 2003 to 2005 Youth: born 2001 and 2002
Season 2019	Children: born 2004 to 2006 Youth: born 2002 and 2003
Season 2020	Children: born 2005 to 2007 Youth born 2003 and 2004

4.3 Quota

The number of active participants per nation is defined as follows: a maximum of six athletes per class and nation. The host country can provide a national group of two athletes per class, starting in front of the respective class.

4.4 Starting Order and Draw

Individual Competitions: draw in three groups

Team Competitions: draw in two groups

4.5 Team Competition

For the team competitions, there is only one age category. Male teams consist of four athletes, female teams of 3 athletes. Any number of teams per nation may be registered depending on the number of participants. The second team of each nation has to be a mixed team of two children and two youth participants. All teams are ranked the official daily ranking.

In the ladies' events, the teams can consist of Ski Jumping and Nordic Combined athletes.

4.6 Hill sizes, distance of races, points

Hill sizes:	between HS 65 and HS 90		
Race distances:	Children	4 km	1 min = 20 Pts.
	Youth/Ladies	6 km	1 min = 15 Pts.
	Team	3,3 km	1 min = 45 Pts.

4.7 Entry fee

The entry fee is € 8, - per athlete and € 32, - per team (boys) and € 24, - (ladies) and is calculated according to the official start list in each event.

4.7 Special Regulations

In emergency situations (e.g. too little or too soft snow) a ceramic or a metal track can be used. Such a decision must be discussed with the OPA representative or Coordinator and the jury. The teams have to be informed of such a decision without delay.

In the categories Children and Youth Nordic Combined Ladies, all FIS member nations are eligible to start.

5. Organiser

5.1 Invitations

The invitations for OPA Alpencup events have to be sent out to the National Ski Associations by the organisers 4 weeks before the event. The draft of the invitation has to be run by the responsible OPA Coordinator beforehand. The timetable has to be designed according to the attached manuscript. Local requirements have to be taken into account by the organisers.

5.2 Accommodation

5.2.1. Teams

The costs for travel, accommodation and board have to be covered by the National Ski Associations. The maximum price for full board accommodation may not exceed 65 € per day/person including one drink per meal. This rule is only valid when the organiser is assigned to organise the accommodation for the respective nations.

5.2.2 Officials

Accommodation and full board in a suitable hotel has to be provided free of charge for all dispatched FIS Officials, OPA Coordinator or replacement, equipment controllers and Ewoxx staff.

5.3. Expenses

In general, expenses are recompensed as described in the FIS ICR with some changes. For the FIS-nominated officials, the organisers have to cover the following expenses:

5.3.1 ~~FIS TD~~ and OPA Coordinator

Train tickets first class or in case of an arrival by car 0,60 € (tolls included) per kilometer ~~to a maximum of 450 €~~. In case of arrival together with a team or in a car sharing situation, a payment of 0.15 € per kilometre has to be made, ~~to a maximum of 150 €~~. For the travel days and stay on location, a recompense of 80 € per day has to be paid. ~~The maximum amount payable is 690 €~~ plus eventual toll fees.

~~Travel costs and daily allowance are paid by OPA. In case the coordinator is also in charge of NSA duties (team leader, coach, service staff) the travel costs are covered by the coordinator's NSA.~~

5.3.2 FIS TD

Train tickets first class or in case of an arrival by car 0,50 € per kilometer-to a maximum of 450 €. In case of arrival together with a team or in a car sharing situation, a payment of 0.15 € per kilometer has to be made, to a maximum of 150 €. For the travel days and stay on location, a recompense of 80 € per day has to be paid. The maximum amount payable is 690 € plus eventual toll fees.

5.3.3 FIS TDA National

If possible, the TDA should come from the region of the organiser. Travel expenses will be recompensed with 0.50 € per kilometer, with a maximum amount of 250 €. If the TDA arrives with a team or shares a car, the same rules as in article 5.3.1 apply. For the travel days and stay on location, a recompense of 80 € per day has to be paid. The maximum amount payable is 490 € plus eventual toll fees.

5.3.4 Jumping Judge International

Travel expenses will be recompensed with 0.50 € per kilometre, with a maximum amount of 450 €. If the Judge arrives with a team or shares a car, the same rules as in article 5.3.1 apply. For the travel days, a recompense of 80 € per day has to be paid. The maximum amount payable is 610 € plus eventual toll fees.

5.3.5 Jumping Judge National

FIS Officials with a national nomination for international competitions: The National Ski Associations, respectively the organisers are required to cover the travel expenses for the jumping judges as per their national rules. The maximum amount payable is 410 € per judge.

5.3.5 Toll fees for all officials

Toll fees (not including the normal national toll fee of the respective official) have to be recompensed additionally. As these fees are known and it is only possible to receive receipt at the toll stations after a special inquiry, it is not required to present these to obtain the recompense.

6. Equipment Control

The equipment control is conducted according to FIS Specifications for Competition Equipment. The control is the responsibility of the respective OPA Coordinator. It's his task to take all relevant measurements of the athletes and collect these in a list. These lists are to be continually updated and extended. The respective FIS rules for competition equipment apply. **Every athlete will be measured once in a year (preferably at season start). Only bigger values will be accepted.**

The coach of Ski Jumpers who have valid FIS measurements has to present a valid FIS list with the measurements. In Nordic Combined, the OPA Coordinator can directly obtain these measurements from FIS. **In Jumping the values from FIS will be obtained from the season 2017/18 on, but only in one direction. The values from Alpencup does't count in any higher competition series.**

For the female athletes, a female controller educated by the OPA Coordinator has to be used. **The payment is equal to the FIS-TD (5.3.3.)** For the OPA Games, the FIS Youth Cup suit and equipment rules are valid.

6. Prize Giving Ceremony

The organisers are responsible for the prize giving ceremonies. They have to be held 15 minutes after the end of the competitions. All teams are required to take part.

To be honoured are:

Individual Events Ski Jumping and Nordic Combined

- The Top 6 athletes plus the Man/Lady of the Day (see 2.3/3.3) receive prizes (trophies, presents or monetary prizes)

Team Event Ski Jumping and Nordic Combined

- The top 3 teams receive prizes

Overall Prize Giving Ceremony (Finals) Ski Jumping and Nordic Combined

- The respective overall winners (The top 3 athletes receive medals)
- The winners of the Nations Cup receive the Alpencup trophy. The trophies have to be obtained by the organisers

The medals for the top three are ordered and by the Nordic Commission and will be brought by the OPA Coordinator. The costs will be covered by the OPA nations.

Individual Events Ski Jumping/Nordic Combined at the OPA Games

- The first six athletes in each class receive a trophy and/or present from the organisers. The first three athletes receive the OPA medal in addition.

Team Event

- The first three teams receive the OPA medals

Overall Ranking

- The best nation receives a challenge cup, which is produced by the OPA. The overall ranking is made up by the best two Ski Jumpers (male/female) per nation and category and the two best Nordic Combined athletes (male/female) per nation and category. The medals are ordered and by the Nordic Commission and will be brought by the OPA Coordinator. The costs will be covered by the OPA nations.

The prize giving ceremonies of the individual events and the overall ranking will be conducted in a small festive event on Saturday night to which all athletes, coaches and service staff are invited by the organisers. The prize giving ceremonies for the team events are held 15 minutes after the end of the respective competition at the jumping hill or in the finish area of the cross-country race.

8. Cancellation of Events

The organisers are obligated to contact the National Ski Federation and the OPA Coordinator in good time in case of weather or other problems so that a replacement may be found as soon as possible.

Contact OPA Coordinators:

Coordinator Jumping	Coordinator Nordic Combined
Jürgen Winkler	Uwe Mühlh
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