

OPA - Alpencup rules

Ski Jumping and Nordic Combined



October 2021 - Meeting Ruhpolding

1. General rules for the competition types

Alpencup Men, Alpencup Women, 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 realization 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 Women 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

The Alpencup Women takes place in two annual periods:

First period: July – October

Second period: December – March

The OPA Games children takes place annually in October

The OPA Games Youth takes place annually in Februar.

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 before the spring meeting. 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 organizers and also responsible for the equipment control. 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 and TDA should come from an OPA country and both can come from the host nation.

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

1.8 Jumping Judges

Only FIS Jumping Judges and Candidates are accepted.

All the judges can come from the host nation. The nomination is done by the FIS and the national representative.

1.9 Competition Evaluation / technical requirements

The company "Ewoxx" will be commissioned with the competition evaluation / video distance measurement / time keeping cross-country skiing 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. (Exceptions at 1.9.1.)

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 a xml file and to upload the data to the database.

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“. (only for organizers without Ewoxx)

To achieve a fair competition it is mandatory to use a 3-phase light system for every competition. (AC Men, Women and OPA Games). If there is no 3-phase light system available on the ski-jump facility, the organizer has to get this on his own expenses. To support the jury it is also mandatory to use a speed measurement unit for all competitions (included OPA Games).

The organizer has to cover the accommodation costs for two to three staff members of Data Service (Hotel single room with full board plus one drink of choice per meal), no travel costs.

The Ewoxx-costs will be split between the OPA nations and billed by Ewoxx two times per year, in November and March.

1.9.1 Exceptions

If a hosting nation has the opportunity to use an own system to cover all points at art. 1.9. it's possible to use this in with the agreement from the coordinators.

The video distance measurement system and the wind/gate compensation system must be certificated by FIS. All other equipment must comply with FIS Guidelines.

Essential is the update from all cup and nation standings from and back to the Ewoxx System.

The usage of a wind/gate compensation system is permissible. The position of the measuring units depends on the HS. The calculation of wind/gate points must be integrated in the calculation system and must be shown on the result list.

1.10 Cup Standings

1.10.1 Individual Evaluation

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

1 st place = 100 points	16 th place = 15 points
2 nd place = 80 points	17 th place = 14 points
3 rd place = 60 points	18 th place = 13 points
4 th place = 50 points	19 th place = 12 points
5 th place = 45 points	20 th place = 11 points
6 th place = 40 points	21 st place = 10 points
7 th place = 36 points	22 nd place = 9 points
8 th place = 32 points	23 rd place = 8 points
9 th place = 29 points	24 th place = 7 points
10 th place = 26 points	25 th place = 6 points
11 th place = 24 points	26 th place = 5 points
12 th place = 22 points	27 th place = 4 points
13 th place = 20 points	28 th place = 3 points
14 th place = 18 points	29 th place = 2 points
15 th place = 16 points	30 th place = 1 point

1.10.2 Team Evaluation

1 st place = 200 points	9 th place = 40 points
2 nd place = 150 points	10 th place = 30 points
3 rd place = 130 points	11 th place = 25 points
4 th place = 110 points	12 th place = 20 points
5 th place = 90 points	13 th place = 15 points
6 th place = 70 points	14 th place = 10 points
7 th place = 60 points	15 th place = 5 points
8 th place = 50 points	

1.10.3 Yellow Bib

The current leader of the Alpencup overall evaluation receives the “AC yellow Leader bib”, which he/she is allowed to keep. The “AC Leader bib” has to be worn by the leader at the AC event, at the official winner`s ceremony and at all official Ski Jumping trainings. The „AC yellow Leader bib“ is provided by the OPA.

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 Women: the best five athletes) and the best team per nation in the team competition count. The Nations CUP is carried out for Men and Women Skijumping and Men and Women Nordic Combined. (Men and women are rated together)

1.10.7. Alpencup Final

The final is carried out with the normal quotes from Alpencup.

2. Alpengcup Men

2.1 Competition formats

The following competition formats will be held:

Ski Jumping: Individual Competition
 Team Competition
 Mixed Team Competition
All competitors are eligible for the final round.

Nordic Combined PCR
 Individual Gundersen 10 km
 Individual Gundersen 5 km
 Mass Start Competition
 Team Competition
 Team Sprint Competition
 Mixed 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” and Nordic Combined “Juniors”.

Allowed to start in the competitions are:

Athletes born 2002 to 2006 in the season 2021/22

Athletes born 2003 to 2007 in the season 2022/23

Athletes born 2004 to 2008 in the season 2023/24

2.3 Man of the Day (best youth athlete)

Athletes born 2004 and younger in the season 2021/22

Athletes born 2005 and younger in the season 2022/23

Athletes born 2006 and younger in the season 2023/24

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: 14 starters (OPA countries)

4 starters (FIS member nations)

The host country has an additional national group of five (5) participants, except for the team events.

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. A national group of 3 athletes has to be seeded at the first three (3) positions.

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 (3) 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 Alpengcup-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.

Exception: For Mixed Team competitions the maximum number of teams per nation is three (3). 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 € 10, - per athlete and € 40, - 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.

All FIS-member nations are invited to participate in the Alpencup Nordic Combined Men 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 imposed on countries after their first participation in an OPA event. For the OPA-Associations the amount is included in the annual fee.

3. Alpencup Women

3.1 Competition formats

The following competition formats will be held:

Ski Jumping: Individual Competition
 Team Competition (3 athletes)
 Mixed Team Competition
 All competitors are eligible for the final round.

Nordic Combined: PCR
 Individual Gundersen 5 km
 Individual Gundersen 2,5 km
 Mass Start Competition
 Team Competition (3 athletes)
 Team Sprint Competition
 Mixed Team Competition

3.2 Age classification of competitors

The competitions will be held in only one junior category.

Ski Jumping “Juniors” and Nordic Combined “Juniors”.

Allowed to start in the competitions are:

Athletes born 2002 to 2006 in the season 2021/22

Athletes born 2003 to 2007 in the season 2022/23

Athletes born 2004 to 2008 in the season 2023/24

3.3 Woman of the Day (best youth athlete)

Athletes born 2004 and younger in the season 2021/22

Athletes born 2005 and younger in the season 2022/23

Athletes born 2006 and younger in the season 2023/24

3.4 Quota

For now the number of participants is unlimited. Only athletes with a valid FIS Code are eligible to start. For JP/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. A national group of 3 athletes has to be seeded at the first three (3) positions.

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 (3) 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 Alpengcup-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.

Exception: For Mixed Team competitions the maximum number of teams per nation is three (3). 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 € 10, - per athlete and € 30, - per team and is calculated according to the official start list in each event.

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

3.8 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.

For track length shorter than 5 km the value is 1 min = 20 points

All FIS-member nations are invited to participate in the Alpencup JP/NC Women 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 imposed on countries after their first participation in an OPA event. For the OPA-Associations the amount is included in the annual fee.

4. OPA-Games

4.1 OPA GAMES Children

4.1.1. Competition formats

The following competition formats will be held:

Ski Jumping:	Individual Competition boys / girls
	Team Competition boys (3 athletes per team)
	Team Competition girls (3 athletes per team)
Nordic Combined	Individual Gundersen Children Girls 1,5 - 2 km
	Individual Gundersen Children Boys 3 - 4 km
	Team Competition Children Boys 3 x 2 km
	Team Competition Children Girls 3 x 1 - 2 km

The competitions could be carried out as ski roller or cross races.

4.1.2 Age classification of competitors

The categories are set as following:

Children born 2007 to 2009 in the season 2021/22

Children born 2008 to 2010 in the season 2022/23

Children born 2009 to 2011 in the season 2023/24

Children born 2010 to 2012 in the season 2024/25

Children born 2011 to 2013 in the season 2025/26

4.1.3. Quota

The maximum number of active participants per nation is defined as six (6) athletes per class and nation. The host country can provide a national group of three (3) athletes per class, starting in front of the respective class.

4.1.4. Starting Order and Draw

Individual Competitions: draw in three groups

Team Competitions: reverse start order to last year results

4.1.5. Team Competition

Any number of teams per nation may be registered depending on the number of participants. Mixed Teams of different nations are allowed, but not ranked in the official results. In the girls events, the teams can consist of Ski Jumping and Nordic Combined athletes.

4.1.6. Hill sizes, distance, points

Hill sizes: Medium hills (HS 50 - 84m)

Race distances:	Boys Roller	4 km	1 min = 20 Pts.
	Boys Cross	3 km	1 min = 20 Pts.
	Girls Roller	2 km	1 min = 20 Pts.
	Girls Cross	1,5 km	1 min = 20 Pts.
	Team Boys Roller	3 x 2 km	1 min = 45 Pts.
	Team Boys Cross	3 x 1 km	1 min = 45 Pts.
	Team girls Roller	3 X 2 km	1 min = 45 Pts.
	Team girls Cross	3 x 1 km	1 min = 45 Pts.

4.1.7. Entry fee

The entry fee is € 10, - per athlete and € 30, - per team (boys) and € 30, - (girls) and is calculated according to the official start list in each event.

4.1.8. 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.

Only OPA Nations are eligible to start.

4.1.9. Rotation Plan OPA Games Children

2020/21	GER	2027/28	GER
2021/22	ITA	2028/29	ITA
2022/23	FRA	2029/30	SLO
2023/24	SUI	2030/31	SUI
2024/25	SLO	2031/32	FRA
2025/26	AUT	2032/33	AUT
2026/27	CZE	2033/34	CZE

4.2. OPA GAMES Youth

4.2.1. Competition formats

The following competition formats will be held:

Ski Jumping:	Individual Competition Men / Women
	Team Competition Men (4 athletes per team)
	Team Competition Women (3 athletes per team)
Nordic Combined	Individual Gundersen Youth Women 4 km
	Individual Gundersen Youth Men 6 km
	Team Competition Men 4 x 4 km
	Team Competition Women 3 x 2 km

4.2.2. Age classification of competitors

The categories are set as following:

- Youth born 2003 to 2005 in the season 2020/21
- Youth born 2004 to 2006 in the season 2021/22
- Youth born 2005 to 2007 in the season 2022/23
- Youth born 2006 to 2008 in the season 2023/24
- Youth born 2007 to 2009 in the season 2024/25

4.2.3. Quota

The maximum number of active participants per nation is defined as eight (8) athletes men and six (6) athletes women per nation. The host country can provide a national group of four (4) men and three (3) women, starting in front of the respective class.

4.2.4. Starting Order and Draw

Individual Competitions: draw in three groups

Team Competitions: reverse start order to last year results

4.2.5. Team Competition

Any number of teams per nation may be registered depending on the number of participants. Male teams consist of four (4) athletes, female teams of three (3) athletes.

Mixed Teams of different nations are allowed, but not ranked in the official results. In the Women' events, the teams can consist of Ski Jumping and Nordic Combined athletes.

4.2.6. Hill sizes, distance of races, points

Hill sizes:	Normal hill (HS 85 - 109m)		
Race distances:	Youth Men	6 km	1 min = 15 Pts.
	Youth Women	4 km	1 min = 20 Pts.
	Team Men	4 x 4 km	1 min = 45 Pts.
	Team Women	3 x 2 km	1 min = 40 Pts.

4.2.7. Entry fee

The entry fee is € 10, - per athlete and € 40, - per team (men) and € 30, - (women) and is calculated according to the official start list in each event.

4.2.8. 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.

Only OPA Nations are eligible to start.

4.2.9. Rotation Plan OPA Games Youth

2014	FRA	2025/26	FRA
2015	AUT	2026/27	AUT
2016	ITA	2027/28	CZE
2017	GER	2028/29	ITA
2018	SLO	2029/30	GER
2019	SUI	2030/31	SLO
2019/20	AUT	20/3132	SUI
2020/21	FRA (C)	2032/33	FRA
2021/22	ITA	2033/34	AUT
2022/23	GER	2034/35	CZE
2023/24	SLO		
2024/25	SUI		

5. Organizer

5.1 Invitations

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

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 € 80, - per day/person including one drink per meal. This rule is only valid when the organizer is assigned to organize the accommodation for the respective nations.

It's not a requirement to book the accommodation over the organizer, each nation has the right to book itself.

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 timing/data service staff.

5.3. Expenses

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

5.3.1 OPA Coordinator

Train tickets first class or in case of an arrival by car € 0,60 (tolls included) per kilometer. For the travel days and stay on location, a recompense of 80 € per day has to be paid (plus eventual toll fees).

Travel costs and daily allowance are paid by OPA.

5.3.2 FIS TD

Train tickets first class or in case of an arrival by car € 0,60 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

If possible, the TDA should come from the region of the organizer. Travel expenses will be recompensed with € 0,60 per kilometer, with a maximum amount of € 250, -. 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 € 490, - plus eventual toll fees.

5.3.4 Jumping Judge International

Travel expenses will be recompensed with € 0,60 per kilometer, with a maximum amount 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, 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 Nation Ski Associations, respectively the organizers are required to cover the travel expenses for the jumping judges as per their national rules. The maximum amount payable is € 410, - per judge.

5.3.6. Equipment Control Women

The equipment Control Women will be charged as FIS-TD (see art. 5.3.2)

5.3.7 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.

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 doesn't count in any higher competition series.

In case of ambiguity the coach must present an actual list from the FIS.

For the female athletes, a female controller has to be used. She must have the necessary education.

6.1. Equipment Control OPA Games

For the OPA Games Children, the FIS Youth Cup suit and equipment rules are valid.

Additional regulations OPA Games Children:

The measurement of the body height is done with the suit. Simultaneously a control and marking of the suit is done. The procedure will be done on the day before the first competition or training.

For the OPA Games Youth the normal FIS Rules for Equipment are used.

7. Prize Giving Ceremony

The organizers are responsible for the prize giving ceremonies. The prize giving ceremony must be included in the invitation but follows the actual course of the competitions. All teams are required to take part.

To be honored are:

Individual Events Ski Jumping and Nordic Combined

- The Top 6 athletes plus the Man/Woman 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 Alpengcup trophy.

The trophies have to be obtained by the organizers.

The medals for the top three athletes 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 organizers. The first three athletes receive the OPA medal in addition.

Team Event OPA Games

- The first three teams receive the OPA medals

Nation CUP OPA Games

- 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.

OPA Games - special regulations

The prize giving ceremonies of all competitions that took place up to this time will be conducted in a small festive event on Saturday night to which all athletes, coaches and service staff are invited by the organizers. The prize giving ceremonies for the remaining competitions will be held at 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 organizers 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
Thörl 39, 8983 Bad Mitterndorf	Waldstrasse 7, D-98559 Oberhof
Mobile +43 664 3371866	Mobile: +49 1705854616
jwcf@icloud.com	uwemuehlh@outlook.de
Equipment Control Women	
Anja Tepes	
Smarje pri Sezani 22d, 6210 Sezana	
Mobile: +386 40 555 924	
anjatepes91@gmail.com	