

## Roller Ski Competition Operational Guidelines (Dec. 2024)

### Introduction

Based on the latest versions of the FIS Roller Ski Competition Regulations and the Ski Competition Regulations of the Ski Association of Japan (SAJ), these operational guidelines aim to ensure the safe execution of roller ski competitions.

### I. Types of Roller Skis

For Free Technique:

- Length: The distance from the front axle to the rear axle must not be less than 530 mm.
- Wheel Diameter: The diameter of the wheels must not exceed 100 mm.

For Classical Technique:

- Length: The distance from the front axle to the rear axle must be at least 700 mm.
- Wheel Diameter: The diameter of the wheels must not exceed 75 mm.
- Wheel Width: The width of the wheels must be at least 35 mm.

Length tolerance for roller skis:  $\pm 5$  mm for both Free and Classical types.

### II. Pole Tip Requirements (Basket/Ring Attachment)

The tip of the poles must be equipped with a protective cap made of hard plastic for safety (winter pole caps are acceptable).

FIS Roller Ski Competition Rule Update (Effective July 1, 2022):

- 396.2.6: Cross-country ski poles must be used.
- The tip of each pole must be fitted with a hard plastic protective device of at least 30 mm in diameter. This protection must be positioned up to 45 mm above the metal tip (mandatory basket ring installation).

### III. Maximum Pole Length for Classical Technique

Length: Must not exceed 83% of the athlete's height plus 2 cm.

- Height measurement: Measured from the top of the head while standing on a flat surface, wearing boots, and without a hat.
- Pole measurement: From the tip to the upper part of the strap attachment.

#### **IV. Safety Measures**

- Classical roller skis must have built-in stoppers.
- Roller skis with excessively worn-out or small tires due to overuse are prohibited.
- Roller skis must be in original, unmodified condition as sold commercially.
- Modified roller skis are not allowed.
- Wearing helmets and sunglasses is mandatory. Use of elbow pads, knee pads, and gloves is recommended.

#### **V. Notes on Equipment Selection for Competitions**

1. If a course is deemed dangerous due to narrow paths, downhill slopes, or sharp curves—or for financial considerations (especially for junior athletes)—a Free Technique race may be conducted using only Classical-type roller skis. In such cases, this must be clearly stated in the event guidelines.
2. The type of technique and competition format for each race must be determined by the competition organizing committee under the guidance of the Technical Delegate (TD).