

Roller Ski Competition Management Guidelines (2022.7.7)

These guidelines are established to ensure safe roller ski competitions based on the latest FIS Roller Ski Competition Rules and SAJ Ski Competition Rules.

I. Roller Ski Specifications

1. Free Technique Roller Skis

Length: Must not be less than 530 mm (axle to axle).

Wheel Diameter: Must not exceed 100 mm.

2. Classical Technique Roller Skis

Length: Must be at least 700 mm.

Wheel Diameter: Must not exceed 75 mm.

Wheel Width: Must be at least 35 mm.

3. Permissible tolerance for roller ski length is ± 5 mm.

II. Pole Tip Protection (Basket/Ring Requirement)

Pole tips must be fitted with safe hard plastic protection material.

FIS rule revision effective from July 1, 2022 requires protection material of at least 30 mm diameter.

III. Pole Length for Classical Technique

Maximum length: 83% of the athlete's height plus 2 cm.

IV. Safety Measures

1. Classical roller skis must have stoppers.

2. Extremely worn tires are prohibited.

3. Only commercially available, unmodified roller skis may be used.

4. Helmets and sunglasses are mandatory. Elbow pads, knee pads, and gloves are recommended.

V. Notes on Equipment Selection for Competitions

Even in free technique races, organizers may limit equipment to classical skis for safety or economic reasons.

Competition techniques and events are decided under the guidance of the TD and the organizing committee.