



**JÕULUMÄE**  
TERVISESPORDIKESKUS



## **EVIKO Suusarull Jõulumäe SPRINT (FIS) NEVENE ROLLERSKI MARATHON Jõulumäe CLASSIC (FIS) July 4<sup>th</sup>- 5<sup>th</sup> 2020**

### **Rules and Program**

#### **1. Race format:**

- **EVIKO Suusarull Jõulumäe SPRINT (FIS)** is held in free technique.  
In EVIKO Suusarull will held only qualification.
- **EVIKO Suusarull Nevene marathón** is held in free technique.
- **Jõulumäe CLASSIC (FIS)** is held in classic technique.

#### **2. Place:**

The competition center and Race Office are located at Jõulumäe Sports Center Ski Stadium, with an address Leina village, Häädemeeste parish, Pärnumaa, Estonia ([www.joulumae.ee](http://www.joulumae.ee))

#### **3. Program:**

##### **Friday, 03.07.2020**

18:00 – 19:00 Official training

##### **Saturday, 04.07.2020**

09:00 – 19:00 Administration open (registering in the start to the marathón 1 hour before the start the latest)

10:00 – 10:55 Track open for warm up (with upside down number)

10:00 Team leaders meeting

**11:00 FIS Jõulumäe SPRINT Women's qualification**

**11:30 FIS Jõulumäe SPRINT Men's qualification**

**12:00 EVIKO Suusarull Jõulumäe SPRINT qualification**

**13:00 FIS Jõulumäe SPRINT Women's and Men's finals**

15:00 Prize giving ceremony

18:00 – 18:55 Track open for warm up

18:00 Team leaders meeting

**19:00 EVIKO Suusarull NEVENE ROLLERSKI MARATHON**

All distances are skied on a 3,5 km lap as follows:

W12, M12, W14, M14, W16, M16                      3 laps (8 km)

W20, M20, W, M, W35+, M45+                      13 laps (43 km)

First lap is skied on a 1 km lap.

##### **Sunday, 05.07.2020**

09:00 Administration open

10:00 – 10:55 Track open for warm up (with upside down number)

10:00 Team leaders meeting

**11:00 FIS Jõulumäe CLASSIC individual Women 7 km**

**12:00 FIS Jõulumäe CLASSIC individual Men 10 km**

13:00 Prize giving ceremony

The start list and final program will be published on July 3rd, the latest.

#### 4. Age groups

##### FIS SPRINT and CLASSIC: W and M

##### EVIKO Suusarull:

**W12** (born between 2009-2010), **M12** (2009-2010), **W14** (2007-2008), **M14** (2007-2008), **W16** (2005-2006), **M16** (2005-2006), **W20** (2001-2004), **W** (1986-2000), **M20** (2001-2004), **M** (1976-2000), **W35+** (born 1985 or earlier) ja **M45+** (born 1975 or earlier).

Participants born later than 2009 have to present a written permission from a parent or coach. Organizers have the right to re-arrange age groups according to the number of registered participants.

#### 5. Equipment

- EVIKO Suusarull Jõulumäe SPRINT – all FIS competitors are using **KV+ Launch Skate** rollerskis which are provided by organizers 30 min before the start. Participating in age groups **W12, M12, W14, M14** is allowed only on organizer's **START roller skis** which will be distributed immediately before the start. For warm-up the competitors are required to use their own rollers.
- Jõulumäe FIS CLASSIC - Organisers will provide **Elpex Vasa 610** rollerskis for all competitors, which will be distributed 30 min before the start.
- EVIKO Suusarull NEVENE ROLLERSKI MARATHON  
Participating in age groups **W12, M12, W14, M14, W16 and M16** is allowed only on organizer's **START roller skis** which will be distributed immediately before the start. **For warm-up the competitors are required to use their own rollers.**

- Participating in age groups **W20, W, W35+, M20, M and M45+** is allowed with equipment corresponding to FIS rules:

- roller skis have to be commercially available
- the distance between roller ski axles cannot be less than 530 mm
- the wheel diameter cannot be more than 100 mm

- It is compulsory to use ski poles.

- Roller skis need to have ski bindings.

- Ski boots have to be attached to roller skis using ski bindings.

#### 6. Registering

Pre-registering until **July 1st 2020**.

For registering please fill the form in the website [www.tartusuusaklubi.ee](http://www.tartusuusaklubi.ee)

The number of new registrants at the start to EVIKO Suusarull site is limited. There is no on-site registration for FIS competitions. **To participate in FIS competition, a participant must have an active FIS code.**

To prepare the rollers provided by organizers, please mark the type of your binding to the registration form.

#### 7. Entry fees

FIS competitions: **15 €** per competition

Entry fee for Eviko Suusarull:

- Years of birth **2001 and later** pre-registered **7€** (registering after **July 1st** and in the start 15€)

- Years of birth **2000 and earlier** pre-registered **15€** (registering after **July 1st** and in the start 30€)

The entry fee has to be paid on the MTÜ Tartu Suusaklubi bank account EE402200221010980313 in Swedbank, marking the name of competition and participant's name as an explanation. You can also pay in cash at the start when receiving your start number. In case you cannot participate, the entry fee will not be refunded.

#### 8. Safety

Participants must wear a helmet during the race. Racers without a helmet and/or glasses are not allowed to start. Racers without helmet are disqualified. It is also recommended to use additional protective gear.

All participants will compete on their own responsibility. All participants remarkably slower or left behind have to move to the right side of the road and let other racers pass without complications.

Double poling has to be used, when necessary. It is presumed that participants won't do any dangerous moves and avoid pushing. Clear violators are disqualified.

## 9. Responsibility

Everybody whose physical form and training allows covering their race distance may participate in the competition. By registering, each participant confirms that he/she has read and fully understands these rules and competes at his/her own responsibility. Responsibility for minors is covered by their parents. It is highly recommended to have a health insurance. Organizers are not responsible for any health concerns, accidents, loss or breakage of personal equipment.

### By registration, the participant confirms:

- has read this competition guide
- **complies with the orders of the Government of the Republic established for the prevention of the spread of COVID-19 virus and the recommendations of the Ministry of Culture and the Health Board.**
- **he and the accompanying team members do not show any symptoms**

## 10. Medical help

Medical service is provided by professional medical staff. If you notice someone in need for medical help, please notify medical workers, organizers or call 112 for emergency. It is not allowed to participate when feeling bad.

## 11. Information and results

Information and results will be posted on the following websites: [www.tartusuusaklubi.ee](http://www.tartusuusaklubi.ee) and EVIKO Suusarull Facebook page.

Preliminary results are published on [www.tartusuusaklubi.ee](http://www.tartusuusaklubi.ee)

Protests must be submitted to the secretariat no later than 15 minutes after the publication of preliminary results.

The results of the sprint qualification and the results of the Nevene Roller Ski Marathon are taken into account in the EVIKO Suusarull series.

## 12. Prizes

Three best in adult and age groups W20/M20 and five best in youth age groups receive diplomas and presents from sponsors.

## 13. Additional information

All issues not discussed in this guide will be solved by organizing committee. Organizers will follow present rules, but have the right to change them, if it is in the best interest of the race and competitors.

## 14. Organizers

MTÜ Tartu Suusaklubi

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