

# Classic Technique – Definition & Technique Zones (Ontario Cup #2)

## Technique Zones (from FIS, CCC Officials Webinar -Apedaile, Dyer Nov 2017)

ICR rules

310.2 Technique Definitions

310.2.1 The jury may ban or enforce the use of specific techniques on marked sections of the course. All infractions will be reported to the jury.

310.2.2.1 Classical technique includes the diagonal techniques, the double poling techniques, herringbone techniques without a gliding phase, downhill techniques and turning techniques.

310.2.2.2 Turning techniques comprise steps with inner ski and pushes with outer ski in order to change skiing direction. The sections of the course where turning techniques are allowed must be clearly marked.

*When it is planned to use zones, the organizer must inform the athletes and team leaders of this the day before (TCM and/or web/notice board/SMS etc).*

• *The information should say the following:*

*"The competition jury has decided to use zones where only diagonal technique with diagonal movements of both arms and legs are allowed. In diagonal technique only one pole is in the ground at any time. All other techniques are not allowed."*

Notes -

*Must move inside leg/ski while stepping around corner.*

*For infractions, sanctions must be given (usually WR, CS or DSQ)*

### Ontario Cup #2

Technique zones will be used. **see above** These zones will be determined by the jury.

They will be marked for official training day as well as the race days.

Course Controllers will be at various positions on the courses during the races.