

Classical technique definition and rules



International Competition Rules (ICR)

- Classical technique

RULES:

In classical technique competitions, the competitor must use classical techniques only:

- **Classical techniques consist of the diagonal techniques, the double poling techniques, herringbone technique without a gliding phase, downhill techniques and turning techniques**
- **Single- or double skating is not allowed**
- **Where there is a set track, turning techniques with pushing are not allowed, this will also apply to competitors skiing outside of the set track**
- **Where there is one or more tracks set, repeatedly changing or stepping in and out of the track(s) is not allowed**

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When an infraction of the rules occurs, the Jury must meet and decide the appropriate sanction, considering:

- The specific circumstances (ex. track setting, snow condition, location on course)**
- The gain or advantage for the competitor (ex. mass-start or individual start)**
- The negative impact on other competitors**
- The impact on the results (ex. sprint qualification or 50 km)**
- The level of the competition (World Cup or youth competition)**
- The age and experience of the competitor**

Possible sanctions for classical technique violations are:

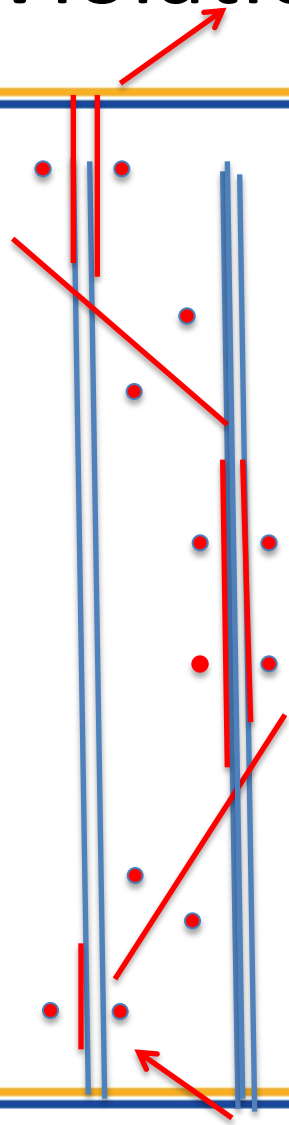
- Verbal warning**
- Written warning (often called Yellow card)**
- Competition suspension (example: Ranked as last in the heat in Sprint heats)**
- Disqualification**



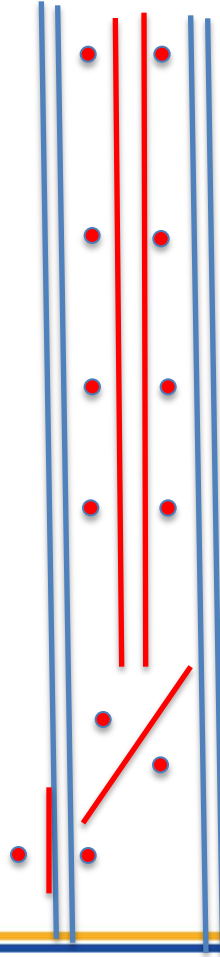
International Competition Rules (ICR)

- Schematic illustrations of classical technique “grey areas”

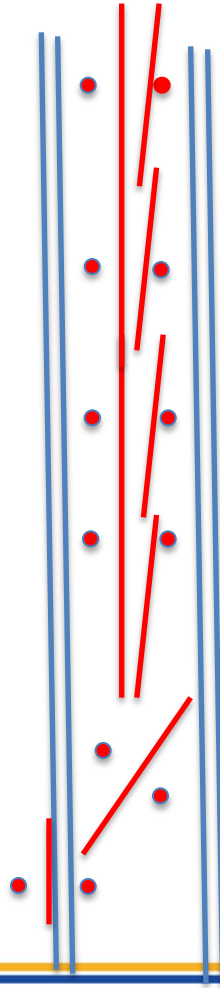
Violation of ICR



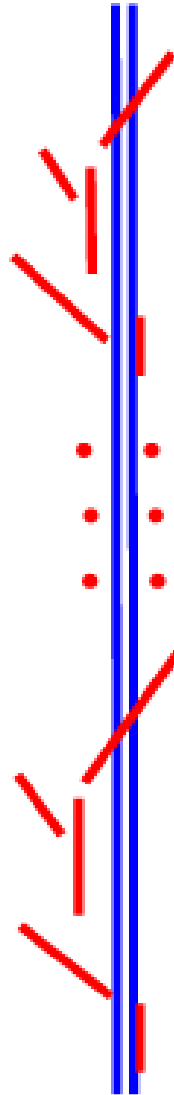
Allowed



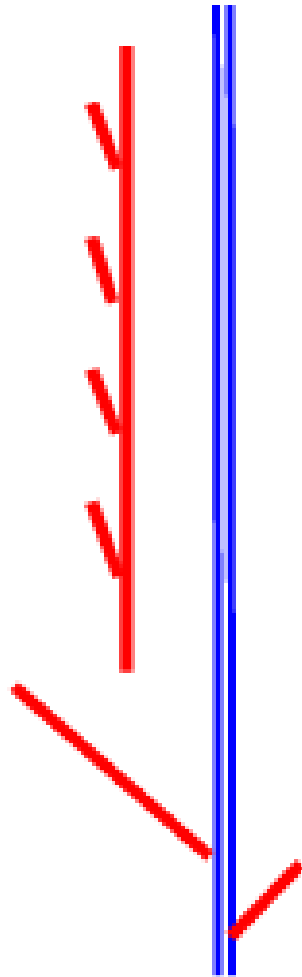
Violation of ICR



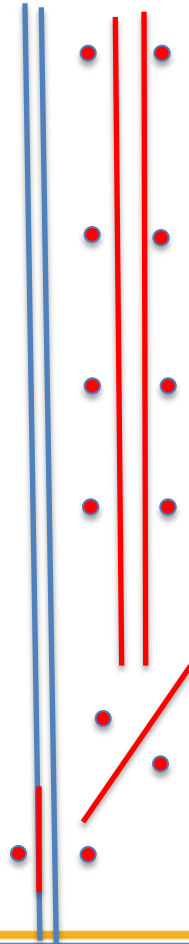
Violation of ICR



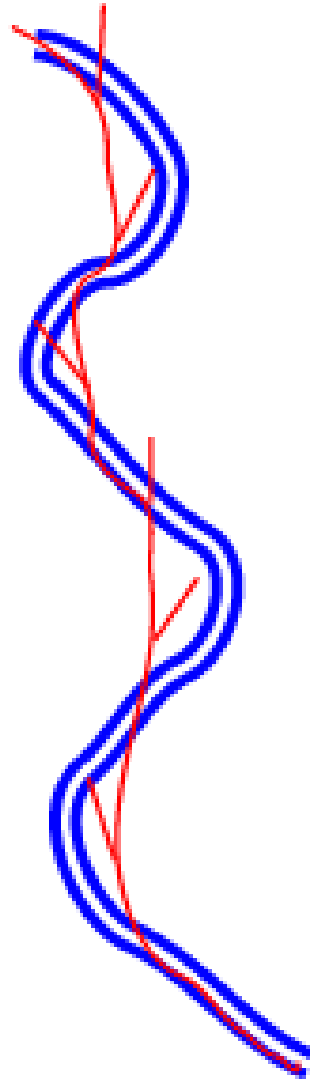
Violation of ICR



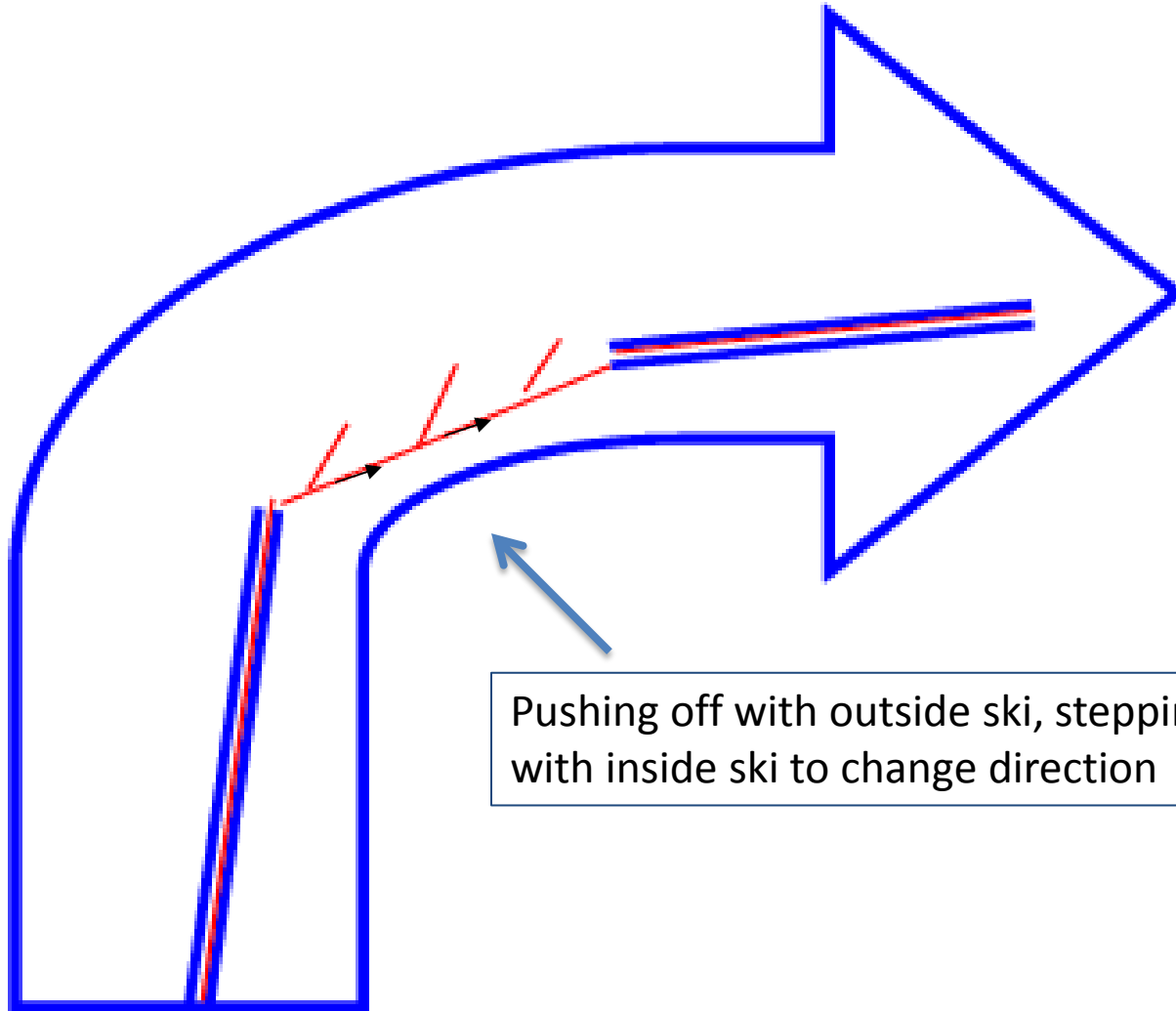
Allowed



Violation of ICR

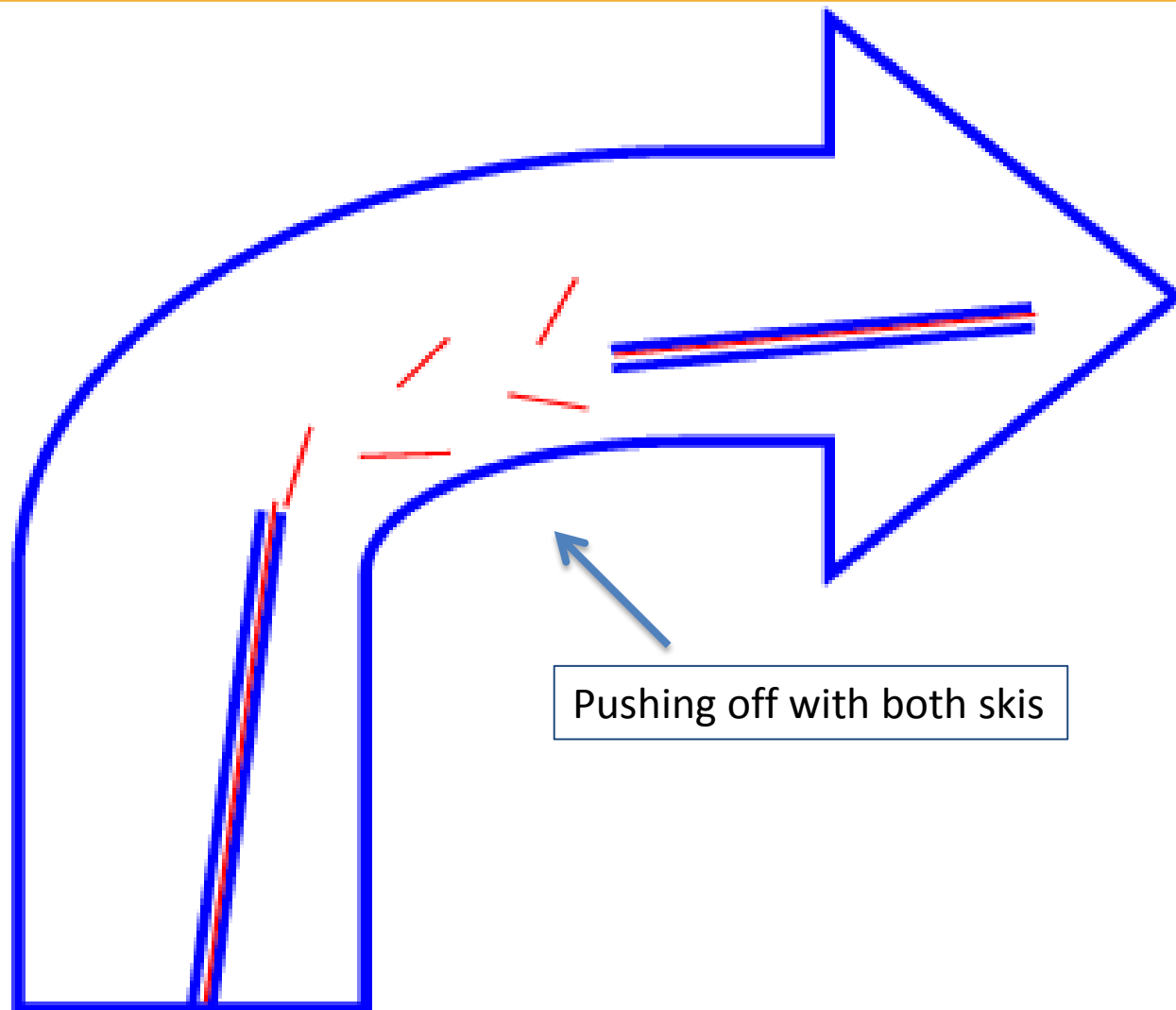


Correct turning technique

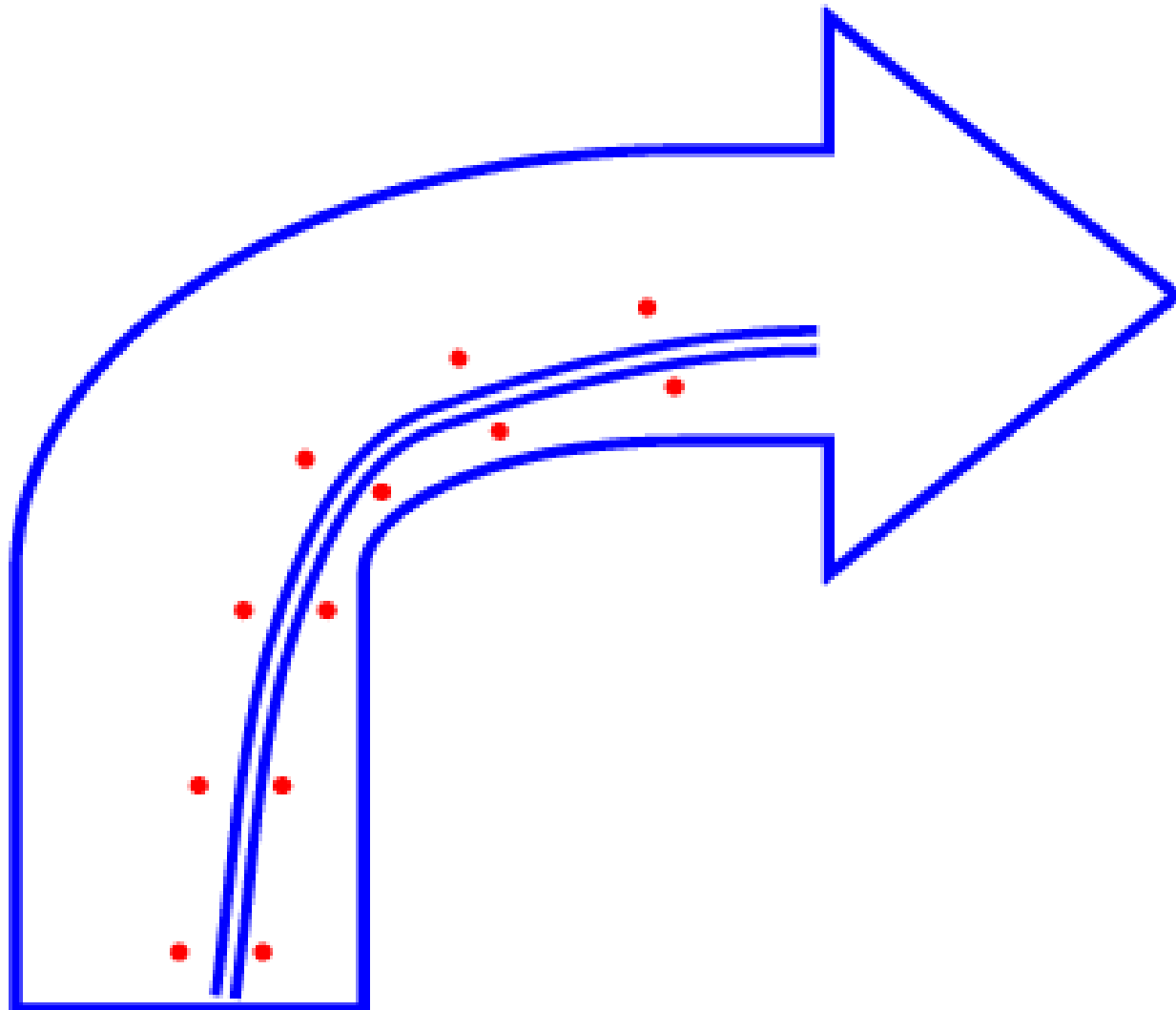


Pushing off with outside ski, stepping
with inside ski to change direction

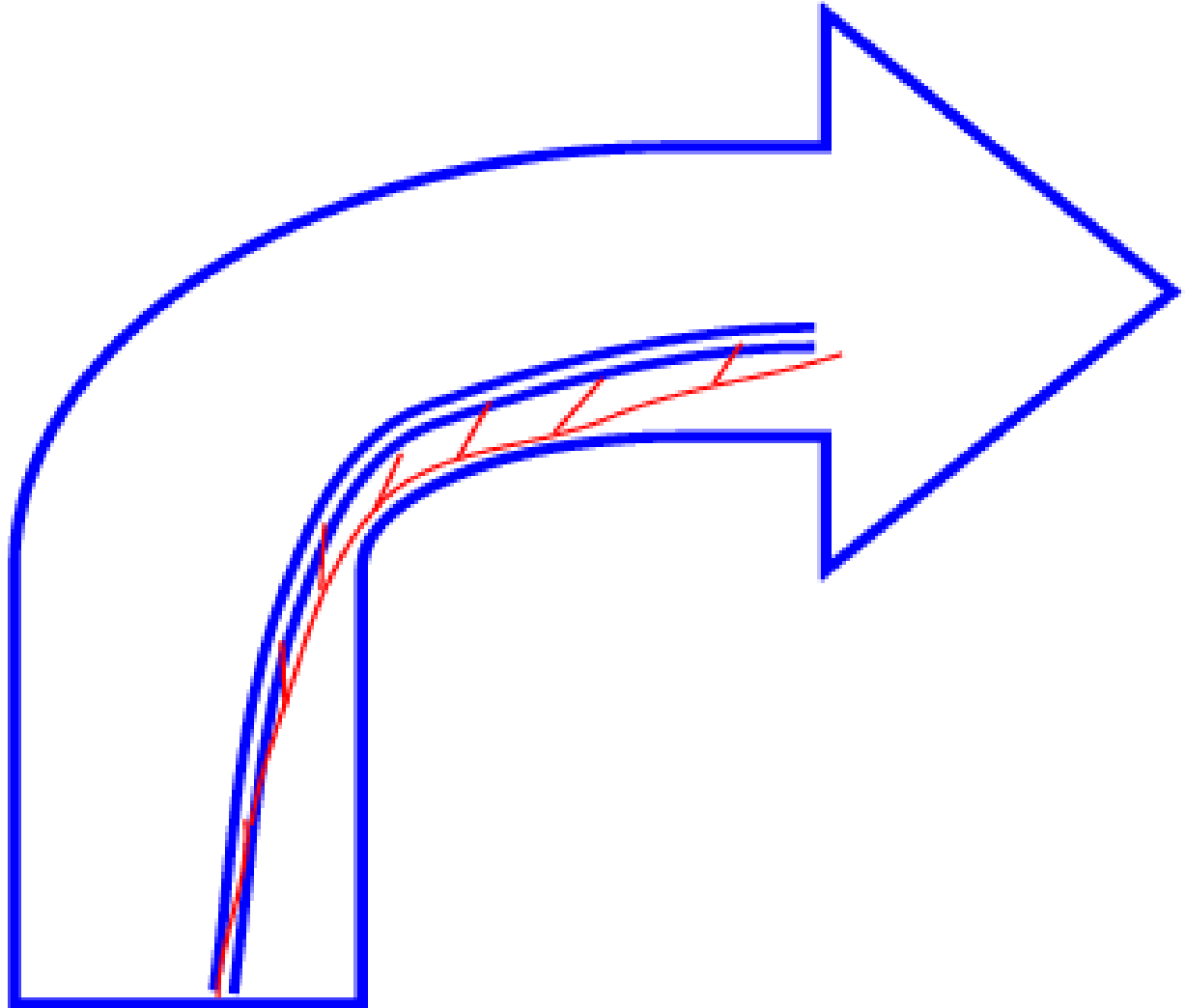
Incorrect turning technique



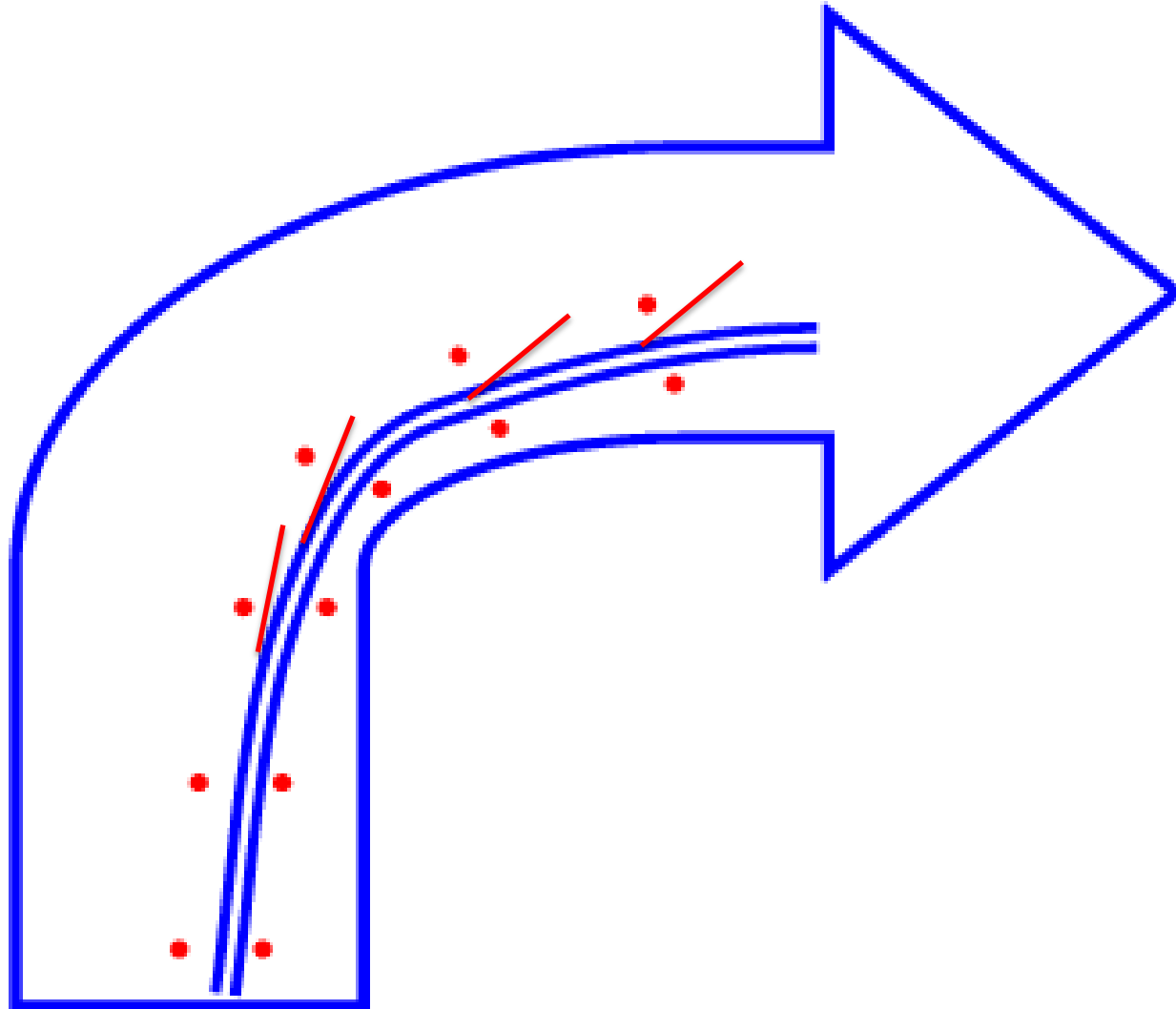
Correct technique



Violation of ICR



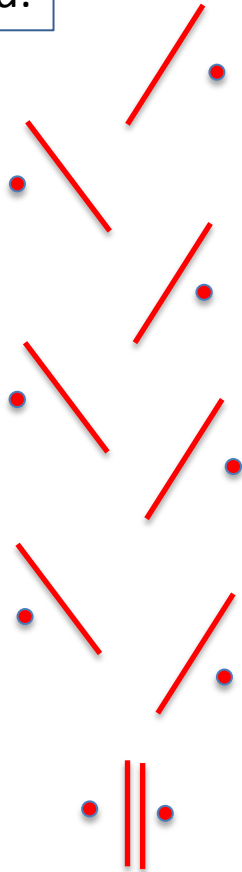
Violation of ICR



Herringbone uphill

Allowed:

No glide phase



Not allowed:

Glide phase

