

FESA - Alpencup rules

Ski Jumping and Nordic Combined



FEDERATION OF
EUROPEAN SKI &
SNOWBOARD
ASSOCIATIONS

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1. General rules for the competition types

Alpencup Men, Alpencup Women, FESA-Games

1.1 Intention

The competition series serves as a chance to compare levels of performance to young athletes of the disciplines Ski Jumping and Nordic Combined. FESA member Nations have the right to participate, likewise countries that meet the necessary criteria of the different competition formats.

Actual List of member nations:

AUT; CZE; FRA; GER; ITA; LIE; SLO; SPA; SUI, AND, POL, HUN

1.2 Basis

Basis for the realization of the competitions are the ICR Ski Jumping and Nordic Combined as well as the FIS specifications for competition equipment. All competitions of the Alpencup series and FESA Games have to be listed on the FIS calendar and be supervised by a FIS TD and TDA. This ruleset only lists special regulations valid only for the Alpencup competition series.

1.3 Competitions – Disciplines

There are four competition forms: Alpencup Men with the disciplines of Ski Jumping and Nordic Combined, Alpencup Women with the disciplines of Ski Jumping and Nordic Combined and the FESA Games Youth 1 boys/girls in the disciplines of Ski Jumping and Nordic Combined and FESA Games youth 2 men/women Ski Jumping and Nordic Combined.

1.4. Period dates

The Alpencup Men takes place in two annual periods:

First period: September – October

Second period: December – March

The Alpencup Women takes place in two annual periods:

First period: September – October

Second period: December – March

These periods serve as a basis for planning, but can be changed as necessary

The FESA Games Youth 1 should take place in October. The FESA Games Youth 2 should take place during the winter period. In special cases the event can be postponed in the autumn.

It is therefore necessary for the participating FESA countries to hand in an application to host events before the spring meeting. The respective FESA Coordinators are responsible for creating a competition calendar.

1.5 FESA Coordinator

The Presidential Conference of the FESA names one coordinator each for the Alpen-cup Ski Jumping and Nordic Combined respectively for a period of two years. These Coordinators are in charge of coordinating the organizers and also responsible for the equipment control. If the respective FESA Coordinator is not able to attend an event, a replacement Coordinator has to be named. They have to hold a valid FIS TD license.

1.6 FIS Officials

FIS nominated the Technical Delegate (TD) and the Technical Delegate Assistant (TDA). The TD and TDA should come from a FESA country and both can come from the host nation.

1.7 Jury/Competition Management

Jury:	Technical Delegate (TD)
	TD Assistant (TDA)
	Chief of Competition
Competition Management:	FESA Coordinator
	Chief of Course (only NC)
	Equipment Control

1.8 Jumping Judges

Only FIS Jumping Judges and Candidates are accepted.

All the judges can come from the host nation. The nominations are done by the FIS and the national representative.

1.9 Competition Evaluation / technical requirements

The company "Ewoxx" will be commissioned with the competition evaluation / video distance measurement / wind and gate compensation / time keeping cross-country skiing and creation of all lists including Cup Standings and Nations' Cup standings.

The commissioning of Ewoxx will be done by the FESA Coordinators according to the decision of the FESA meeting (Exceptions at 1.9.1.).

In case of the usage of an own system, it's the responsibility of the organizer to import all the data (Cup Standings, Nations' Cup) After every competition the organizer has to hand over a complete result list, the updated Cup- and Nations' Cup Standings to the coordinators in electronic form. The Cup- and Nations' Cup Standings contains every competition detailed, not in a bundled form.

To register the results in the FIS database and on the website it is necessary to produce the result lists in a xml file and to upload the data to the FIS database. This process is the responsibility of the data service, which carries out the evaluation at the events.

To achieve a fair competition it is mandatory to use a 3-phase light system for every competition. (AC Men, Women and FESA Games). If there is no 3-phase light system available at the ski-jump facility, the organizer has to get this at their own expense. To support the jury it is also mandatory to use a speed measurement unit for all competitions (including FESA Games).

The organizer has to cover the accommodation costs for two to three staff members of Data Service (Hotel single room with full board plus one drink of choice per meal), but no travel costs.

The Ewoxx-costs will be split between the FESA nations and billed by Ewoxx two times per year, in November and March.

1.9.1 Exceptions

If a hosting nation has the opportunity to use its own system to cover all points of art. 1.9. it is possible to use this with the agreement from the coordinators.

The video distance measurement system and the wind/gate compensation system must be certificated by FIS. All other equipment must comply with FIS Guidelines.

Essential is the update from all Cup - and Nations' Cup standings from and back to the FIS system. In order to register the results in the FIS database and on the website, it is necessary to create the result lists in an xml file and upload the data to the database.

The usage of a wind/gate compensation system is permissible. The position of the measuring units depends on the HS. The calculation of wind/gate points must be integrated into the calculation system and must be shown on the result list.

1.10 Cup Standings

1.10.1 Individual Evaluation

The following points will be given for the results in the Alpencup competitions:

1 st place = 100 points	16 th place = 15 points
2 nd place = 80 points	17 th place = 14 points
3 rd place = 60 points	18 th place = 13 points
4 th place = 50 points	19 th place = 12 points
5 th place = 45 points	20 th place = 11 points
6 th place = 40 points	21 st place = 10 points

7 th place = 36 points	22 nd place = 9 points
8 th place = 32 points	23 rd place = 8 points
9 th place = 29 points	24 th place = 7 points
10 th place = 26 points	25 th place = 6 points
11 th place = 24 points	26 th place = 5 points
12 th place = 22 points	27 th place = 4 points
13 th place = 20 points	28 th place = 3 points
14 th place = 18 points	29 th place = 2 points
15 th place = 16 points	30 th place = 1 point

1.10.2 Team Evaluation

1 st place = 200 points	9 th place = 40 points
2 nd place = 150 points	10 th place = 30 points
3 rd place = 130 points	11 th place = 25 points
4 th place = 110 points	12 th place = 20 points
5 th place = 90 points	13 th place = 15 points
6 th place = 70 points	14 th place = 10 points
7 th place = 60 points	15 th place = 5 points
8 th place = 50 points	

1.10.3 Yellow Bib

The current leader of the Alpencup Standings receives the “AC yellow Leader’s bib”, which he/she is allowed to keep. The “AC Leader’s bib” has to be worn by the leader at the AC event, at the official winner ceremony and at all official Ski Jumping training rounds. The „AC yellow Leader’s bib“ is provided by the FESA.

1.10.4 Equality of points

In case of equality in points between competitors, each athlete receives the points corresponding to the rank (the following place is omitted).

1.10.5 Overall Cup Ranking Alpencup

To determine an Alpencup overall winner, all individual competitions of the current summer- and winter season will be taken into account. There are no void results. In case of equality in points between two or more competitors all jumpers are placed in the same rank.

1.10.6. Nations’ Cup Alpencup

For the Nations’ Cup, the best eight athletes from one nation in the individual competitions (Alpencup Women: the best five athletes) and the best team per nation in the team competition are taken into account. The Nations’ Cup is carried out for Men and Women Skijumping and Men and Women Nordic Combined. (Men and women are calculated together)

1.10.7. Alpencup Final

The final is carried out with the normal quotas of Alpencup.

2. Alpencup Men

2.1 Competition formats

The following competition formats will be held:

Ski Jumping:	Individual Competition
	Team Competition
	Mixed Team Competition
Nordic Combined	Provisional Competition Round
	Individual Gundersen 10 km
	Individual Gundersen 5 km
	Mass Start Competition
	Team Competition
	Team Sprint Competition
	Mixed Team Competition

Generally, the first event of the weekend should be the 10 km, the second the 5 km event.

2.2 Age classification of competitors

The competitions will be held in only one junior category.

Ski Jumping "Juniors" and Nordic Combined "Juniors".

Allowed to start in the competitions are:

Athletes born 2006 to 2010 in the season 2025/26

Athletes born 2007 to 2011 in the season 2026/27

2.3 Man of the Day (best Youth 2 athlete)

Athletes born 2008 and younger in the season 2025/26

Athletes born 2009 and younger in the season 2026/27

2.4 Quotas

Only athletes with a valid FIS code are eligible to start. The following quotas are in effect:

Ski Jumping: 15 starters

Nordic Combined: 14 starters (FESA countries)

4 starters (FIS member nations)

The host country has an additional national group of five (5) participants, except for the team events.

2.5 Starting Order and Draw

At the first competition of the season, the starting order will be determined as per ICR in the three or four starting groups. A national group of 3 athletes has to be seeded in the first three (3) positions.

From the second competition onwards, the starting order will be determined as follows:

- National Group:
If a national federation cannot fulfill the national group, three (3) athletes from the organizer nation without Cup-points will be drawn at the first three positions of the starting list.
- Competitors without Cup points: draw
- All competitors with Cup points will start in reverse order of the current Alpen-cup Standings. This means the leader of the Overall Standings will start at the end in the yellow bib.

2.6 Team Competition

Each nation is entitled to nominate as many teams as the quota allows.

Exception: For Mixed Team Competitions the maximum number of teams per nation is three (3). Teams start according to the current Nations' Cup ranking. All teams will be ranked. Teams with mixed nationalities are permitted but will not be ranked.

2.7 Entry fee

The entry fee is € 10, - per athlete and € 40, - per team and is calculated according to the official start list in each event.

For summer Alpencup Competitions: 5 EUR roller ski deposit per athlete per race.

2.8 Special Regulations

The summer events in Nordic Combined will generally be held on roller-skis with the exception of a cross-country run being possible, too. The roller-skis will be provided by FESA. The FIS regulations concerning safety (see FIS rules Summer Grand Prix Nordic Combined) have to be followed.

In exceptional cases during the winter season, competitions may be held on an artificial snow or ice track system in combination with a plastic covered landing hill. However, this must be approved in advance, no earlier than 1 week before the start of the event, by one responsible person of the OC, the NSA and the responsible coordinators.

All FIS-member nations are invited to participate in the Alpencup Nordic Combined Men competitions. The competitions will be held exclusively in the FESA countries. Each participating nation that does not belong to the FESA has to pay a one-time annual fee of € 250, -.

This amount is to cover the expenses, and it is imposed on countries after their first participation in a FESA event. For the FESA-Associations the amount is included in the annual fee.

3. Alpencup Women

3.1 Competition formats

The following competition formats will be held:

Ski Jumping:	Individual Competition
	Team Competition (3 athletes)
	Mixed Team Competition
Nordic Combined:	Provisional Competition Round
	Individual Gundersen 5 km
	Individual-Gundersen 2,5 km
	Mass Start Competition
	Team Competition (3 athletes)
	Team Sprint Competition
	Mixed Team Competition

3.2 Age classification of competitors

The competitions will be held in only one junior category.

Ski Jumping “Juniors” and Nordic Combined “Juniors”.

Allowed to start in the competitions are:

Athletes born 2006 to 2010 in the season 2025/26

Athletes born 2007 to 2011 in the season 2026/27

3.3 Woman of the Day (best Youth 2 athlete)

Athletes born 2008 and younger in the season 2025/26

Athletes born 2009 and younger in the season 2026/27

3.4 Quota

For now the number of participants is unlimited. Only athletes with a valid FIS Code are eligible to start. For JP/NC an extra FIS Code is mandatory.

3.5 Starting Order and Draw

At the first competition of the season, the starting order will be determined as per ICR in the three or four starting groups. A national group of 3 athletes has to be seeded in the first three (3) positions.

From the second competition onwards, the starting order will be determined as following:

- National Group.
If a national federation cannot fulfill the national group, three (3) athletes from the organizer nation without Cup points will be drawn at the first three positions of the starting list.
- Competitors without Cup points: draw
- All competitors with Cup points will start in reverse order of the current Alpen-cup Standings. This means the leader of the Overall Standings will start at the end in the yellow bib.

3.6 Team Competition

For Mixed Team competitions the maximum number of teams per nation is three (3). Teams start after the current Nations' Cup ranking. All teams will be ranked. Teams with mixed nationalities are permitted but will not be ranked.

3.7 Entry fee

The entry fee is € 10, - per athlete and € 30, - per team and is calculated according to the official start list in each event.

For summer Alpengcup Competitions: 5 EUR roller ski deposit per athlete per race.

3.8 Special Regulations

The summer events in Nordic Combined will generally be held on roller-skis with the exception of a cross-country run being possible, too. The roller-skis will be provided by FESA. The FIS regulations concerning safety (see FIS rules Summer Grand Prix) have to be followed.

For track length shorter than 5 km the value is 1 min = 20 points

In exceptional cases during the winter season, competitions may be held on an artificial snow or ice track system in combination with a plastic covered landing hill. However, this must be approved in advance, no earlier than 1 week before the start of the event, by one responsible person of the OC, the NSA and the responsible coordinators

All FIS-member nations are invited to participate in the Alpengcup JP/NC Women competitions. The competitions will be held exclusively in the FESA countries. Each participating nation that does not belong to the FESA has to pay a one-time annual fee of € 250, -.

This amount is to cover the expenses, and it is imposed on countries after their first participation in a FESA event. For the FESA-Associations the amount is included in the annual fee.

4. FESA-Games

4.1 FESA GAMES Youth 1

4.1.1. Competition formats

The following competition formats will be held:

Ski Jumping:	Individual Competition boys / girls
	Team Competition boys (3 athletes per team)
	Team Competition girls (3 athletes per team)

Nordic Combined	Individual Gundersen Girls 1,5 - 2 km
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Individual Gundersen Boys 3 - 4 km

Team Competition Boys 3 x 2 km

Team Competition Girls 3 x 1 - 2 km

The competitions can be carried out as ski roller or cross races.

4.1.2 Age classification of competitors

The categories are set as follows:

Athletes born 2011 to 2013 in the season 2025/26

Athletes born 2012 to 2014 in the season 2026/27

4.1.3. Quota

The maximum number of active participants per nation is defined as six (6) athletes per class and nation. The host country can provide a national group of three (3) athletes per class, starting in front of the respective class.

4.1.4. Starting Order and Draw

Individual Competitions: draw in three groups

Team Competitions: reverse start order to last year results

4.1.5. Team Competition

Any number of teams per nation may be registered depending on the number of participants. Mixed Teams of different nations are allowed but not ranked in the official results. The teams can consist of Ski Jumping and Nordic Combined athletes.

4.1.6. Hill sizes, distance, points

Hill sizes: Medium hills (HS 50 - 84m)

Race distances:	Boys Roller	4 km	1 min = 20 Pts.
	Boys Cross	3 km	1 min = 20 Pts.
	Girls Roller	2 km	1 min = 20 Pts.
	Girls Cross	1,5 km	1 min = 20 Pts.
	Team Boys Roller	3 x 2 km	1 min = 45 Pts.
	Team Boys Cross	3 x 1 km	1 min = 45 Pts.
	Team Girls Roller	3 X 2 km	1 min = 45 Pts.

The categories are set as follows:

Athletes born 2008 to 2010 in the season 2025/26

Athletes born 2009 to 2011 in the season 2026/27

4.2.3. Quota

The maximum number of active participants per nation is defined as eight (8) athletes men and six (6) athletes women per nation. The host country can provide a national group of four (4) men and three (3) women, starting in front of the respective class.

4.2.4. Starting Order and Draw

Individual Competitions: draw in three groups

Team Competitions: reverse start orders of last year's results

4.2.5. Team Competition

Any number of teams per nation may be registered depending on the number of participants. Male teams consist of four (4) athletes, female teams of three (3) athletes.

Mixed Teams of different nations are allowed but not ranked in the official results. The teams can consist of Ski Jumping and Nordic Combined athletes.

4.2.6. Hill sizes, distance of races, points

Hill sizes:	Normal hill (HS 85 - 109m)		
Race distances:	Youth 2 Men	6 km	1 min = 15 Pts.
	Youth 2 Women	4 km	1 min = 20 Pts.
	Team Men	4 x 4 km	1 min = 45 Pts.
	Team Women	3 x 2 km	1 min = 40 Pts.

4.2.7. Entry fee

The entry fee is € 10, - per athlete and € 40, - per team (men) and € 30, - (women) and is calculated according to the official start list in each event.

4.2.8. Special Regulations

In exceptional cases during the winter season, competitions may be held on an artificial snow or ice track system in combination with a plastic covered landing hill. However, this must be approved in advance, no earlier than 1 week before the start of the event, by one responsible person of the OC, the NSA and the responsible coordinators.

Only FESA Nations are eligible to start.

4.2.9. Rotation Plan FESA Games Youth 2

2014	FRA	2025/26	FRA
2015	AUT	2026/27	AUT
2016	ITA	2027/28	CZE/POL
2017	GER	2028/29	ITA
2018	SLO	2029/30	SUI
2019	SUI	2030/31	SLO
2019/20	AUT	2031/32	SUI
2020/21	FRA (C)	2032/33	FRA
2021/22	ITA	2033/34	AUT
2022/23	GER (C)	2034/35	CZE
2023/24	SLO (C)		
2024/25	SUI (GER)		

5. Organizers

5.1 Invitations

The invitations for FESA Alpencup events have to be sent out to the National Ski Associations by the organizers 4 weeks before the event. The draft of the invitation has to be approved by the responsible FESA Coordinator beforehand. The timetable has to be designed according to the organizer guideline. Local requirements have to be taken into account by the organizers.

5.2 Accommodation

5.2.1. Teams

The costs for travel, accommodation and board have to be covered by the National Ski Associations. The maximum price for full-board accommodation may not exceed € 80, per day/person including one drink per meal. This rule is only valid when the organizer is assigned to organize the accommodation for the respective nations.

It is not a requirement to book the accommodation with the organizer, each nation has the right to book themselves.

5.2.2 Officials

Accommodation and full board in a suitable hotel have to be provided free of charge for all dispatched FIS Officials, FESA Coordinator or replacement, equipment controllers and timing/data service staff.

5.3. Expenses

In general, expenses are recompensated as described in the FIS ICR with some changes. For the FIS-nominated officials, the organizers have to cover the following expenses:

5.3.1 FESA Coordinator

Train tickets first class or in case of arrival by car 0.65 EUR per kilometer. For the travel days and stay on location, a recompense of 125 EUR per day has to be paid (plus eventual toll fees).

Travel costs and daily allowance are paid by FESA.

5.3.2 FIS TD

Train tickets first class or in case of arrival by car 0.65 EUR per kilometer - to a maximum of 450 EUR. In case of arrival together with a team or in a car sharing situation, a payment of 0.15 EUR per kilometer has to be made to a maximum of 150 EUR. For travel days and stay on location, a recompense of 125 EUR-per day has to be paid.

The maximum amount payable is 690 EUR plus eventual toll fees. The payment cap of 690€ is only applicable for a TD coming from the host nation – international TDs have to be paid the full amount.

5.3.3 FIS TDA

If possible, the TDA should come from the region of the organizer. Travel expenses will be recompensated with 0.65 EUR per kilometer, with a maximum amount of 250 EUR. In case of arrival together with a team or in a car sharing situation, a payment of 0.15 EUR per kilometer has to be made to a maximum of 150 EUR. For the travel days and stay on location, a recompense of 125 EUR per day has to be paid.

The maximum amount payable is 490 EUR plus eventual toll fees. The payment cap of 490€ is only applicable for a TDA coming from the host nation – international TDAs have to be paid the full amount.

5.3.4 Jumping Judge International

Travel expenses will be recompensated with 0.65 EUR per kilometer, with a maximum amount of 450 EUR. In case of arrival together with a team or in a car sharing situation, a payment of 0.15 EUR per kilometer has to be made to a maximum of 150 EUR. For the travel days, a recompense of 125 EUR per day has to be paid.

The maximum amount payable is 610 EUR plus eventual toll fees.

5.3.5 Jumping Judge National

FIS Officials with a national nomination for international competitions. The Nation's Ski Associations, respectively the organizers, are required to cover the travel expenses for the jumping judges as per their national rules. The maximum amount payable is 410 EUR per judge.

5.3.6. Equipment Controller

Train tickets first class or in case of arrival by car 0.65 EUR per kilometer-to a maximum of 450 EUR. In case of arrival together with a team or in a car sharing situation, a payment of 0.15 EUR per kilometer has to be made to a maximum of 150 EUR. For travel days and stay on location, a recompense of 125 EUR-per day has to be paid.

5.3.7 Toll fees for all officials

Toll fees (not including the normal national toll fee of the respective official) have to be recompensed additionally. As these fees are known and it is only possible to receive receipts at the toll stations after a special inquiry, it is not required to present these to obtain recompense

6. Equipment Control, Competition Equipment

The equipment control is conducted according to FIS Specifications for Competition Equipment. The control is the responsibility of the respective FESA Coordinator. The respective FIS rules for competition equipment apply.

Every athlete will be measured once a year. Deadline according to date in FIS database. Only bigger values will be accepted.

For the measurements to be recognized in higher-level series, they must be made by an official FIS equipment controller.

In case of ambiguity the coach must present an actual list from the FIS.

For the female athletes, a female controller has to be used. She must have the necessary education.

Necessary helpers for the FESA Coordinator and the equipment controller has to be provided by the OC. The number of helpers must be agreed with the coordinator.

6.1. Equipment Control FESA Games

For the FESA Games Youth I, the FIS Youth Cup suit and equipment rules are valid.

Additional regulations FESA Games Youth 1:

The measurement of the body height is made according to the FIS Youth 1 measurement procedure. The procedure will be done on the day before the first competition or training.

For the FESA Games Youth 2 the normal FIS Rules for Equipment are used.

7. Prize Giving Ceremony

The organizers are responsible for the prize giving ceremonies. The prize giving ceremony must be included in the invitation but follows the actual course of the competitions. All teams are required to take part.

To be honored are:

Individual Events Ski Jumping and Nordic Combined

- The Top 6 athletes plus the Man/Woman of the Day (see 2.3/3.3) receive prizes (trophies, presents or monetary prizes).

Team Event Ski Jumping and Nordic Combined

- The top 3 teams receive prizes

Overall Prize Giving Ceremony (Finals) Ski Jumping and Nordic Combined

- The respective overall winners (The top 3 athletes receive medals)

- The winners of the Nations Cup receive the Alpencup trophy.

The trophies have to be obtained by the organizers.

The medals for the top three athletes are ordered by the Nordic Commission and will be brought by the FESA Coordinator. The costs will be covered by the FESA nations.

Individual Events Ski Jumping/Nordic Combined at the FESA Games

- The first six athletes in each class receive a trophy and/or present from the organizers. The first three athletes receive the FESA medal in addition.

Team Event FESA Games

- The first three teams receive the FESA medals

Nations CUP FESA Games

- The best nation receives a challenge cup, which is produced by the FESA. The overall ranking is made up by the best two Ski Jumpers (male/female) per nation and category and the two best Nordic Combined athletes (male/female) per nation and category.

FESA Games - special regulations

The prize giving ceremonies of all competitions that took place up to this time will be conducted in a small festive event on Saturday night at which all athletes, coaches and service staff are invited by the organizers. The prize giving ceremonies for the remaining competitions will be held at the end of the respective competition at the jumping hill or in the finish area of the cross-country race.

8. Cancellation of Events

The organizers are obliged to contact the National Ski Federation and the FESA Coordinator in good time in case of weather or other problems so that a replacement may be found as soon as possible.

Contact FESA Coordinators:

Coordinator Skijumping	Coordinator Nordic Combined
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Equipment Control	