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R U L E S
FIS Continental Cup Ski Jumping (Ladies)
2009-2010

Legend: COCJ-L = Continental Cup Ski Jumping (Ladies)

1. Calendar Planning as well as Entry and Appointment of the Competitions

1.1 Continental Cup Ski Jumping (Ladies)

1.1.1 Each National Ski Association is entitled to apply to the Sub-Committee for Calendar Planning for COCJ-L competitions (individual competition) by the pre-established deadline.

1.1.2 The application has to be made two years in advance and on the official FIS entry form.

1.1.3 Only one COCJ-L competitions can be carried out on the same date.

1.1.4 The last COCJ-L event in a competition season is carried out as the COCJ-L final. In connection with the COCJ-L final the overall COCJ-L prize-giving ceremony will take place.

1.2 Appointment of the COCJ-L-events

- 1.2.1 The Sub-Committee for Calendar Planning examines:
- the suitability of the hill in question for COCJ-L-competitions by means of the valid hill certificate;
 - the accommodation capacity and the spectator appeal of the competition site;
 - the standard of the race organization.
 - maximum hill size being used for COC-L competitions is Normal Hill size.

1.2.2 According to the result of this evaluation and the proposed dates the Sub-Committee for Calendar Planning establishes a provisional COCJ-L-competition schedule for the upcoming two years. The final COCJ-L-competition calendar for the current season requires the approval of the FIS Council.

2. Participation Right for COCJ-L Competitions

2.1 Only competitors with a FIS-Code are allowed to be entered.

2.2 Each National Ski Association can enter, for a COCJ event, a maximum of 10 jumpers.

2.3 Each National Ski Association has full responsibility for the qualification of its competitors for COCJ competitions and for their ability to handle the jumping hills being used.

2.4 The host nation has the right to enter an additional National Group of ten (10) athletes (group I).

2.5 If more than two (2) COCJ-L-competitions are planned to be carried out in one country, the host nation is only entitled to enter a National Group in a maximum of two (2) events per series (summer or winter COC-J-L-L series), however, all in all not more than four (4) times.

3. COCJ-L Evaluation

3.1 Individual competitions

1st place = 100 points	16th place = 15 points
2nd place = 80 points	17th place = 14 points
3rd place = 60 points	18th place = 13 points
4th place = 50 points	19th place = 12 points
5th place = 45 points	20th place = 11 points
6th place = 40 points	21st place = 10 points
7th place = 36 points	22nd place = 9 points
8th place = 32 points	23rd place = 8 points
9th place = 29 points	24th place = 7 points
10th place = 26 points	25th place = 6 points
11th place = 24 points	26th place = 5 points
12th place = 22 points	27th place = 4 points
13th place = 20 points	28th place = 3 points
14th place = 18 points	29th place = 2 points
15th place = 16 points	30th place = 1 point

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

3.1.2 A minimum of five (5) National Ski Associations must participate if a COCJ-L competition is to count for the COCJ-L evaluation.

- 3.1.3 **Continental Cup Standing**
The COCJ-L points of all individual competitions of the current season, separated in summer COCJ-L and COCJ-L will be counted for the COCJ-L overall winner.
In case of an equality of points in the COCJ-L standing the better ranking order of the different competitions will be used to decide the ranking.
If the competitors are still equal, the starting order will be drawn.

4. Competition Mode and Starting Order

The COCJ-L competitions have to be carried out according to ICR art. 452 (individual- and team competitions) with the following supplements:

- 4.1 For individual competitions the competitors will be divided into three groups. The number sequence of the groups is as follows:
- Group I of the organising country
 - Group II (athletes without COCJ-L points)
 - Group III (athletes with COCJ-L points)

The starting order within the group will be determined as follows:

- Group I: draw or seeding
- Group II: draw
- Group III: reverse order of the actual COCJ-L standings. As soon as athletes appear in the COCJ-L standings they are seeded in the group III according to their ranking. For the first COCJ-L competition of the season, the final COCJ-L standings of the past season is decisive.

- 4.2 For the second competitive round (final), only the top 30 of the first competition round are qualified (plus jumpers tied at the last qualified place). They start with the same start number but in reverse order of the collective points score from the first competitive round. A jumper, who has reached 95 % of the maximum length of the longest jump by the jumpers who have to qualify but has a fall, has the right to participate in the competition in addition to the top 30.

- 4.3 The final round must start 20 minutes after the end of the first competition round. The jumpers who are not at the start on time are disqualified.

5. COCJ-L-Prizes

- 5.1 The COCJ-L overall winner receives the Continental Cup trophy.
The first three competitors receive a FIS medal.
The trophy and the medals will be provided by the FIS.
The Continental Cup trophy and the medals shall only be awarded at the final.

6. Payment of COCJ-L Expenses

- 6.1 Every COCJ-L organiser must take over at least the costs for the accommodation for a maximum of five persons (4+1) from each participating National Association.
- 6.1.1 Accommodation
Room and full pension in a good hotel in the competition resort for the duration of the event, beginning one night before the first official training resp. the following night after the last competition. The organiser must send an invitation and information packet to each National Ski Association. Participating teams must enter their competitors prior to the published entry deadline. By doing so, they secure their required number of booked room reservation.
For booked room reservations not used, the organiser has the right to demand a cancellation fee from the resp. National Ski Association.
By no means is the organiser or the hotel manager allowed, without agreement of the team captain, to demand the vacating of the rooms on the day of the competition.
- 6.1.2 Transportation
The organiser has to provide and take over a shuttle service between the accommodation and the competition site.
- 6.2 The reimbursement of expenses for travel and accommodation for the TD, the TD-Assistant and the foreign Jumping Judge have to be paid according to ICR art. 405.4.

7. COCJ-L Sponsor

- 7.1 The FIS can sign an agreement between FIS and the sponsor company/agency for sponsorship as Continental Cup sponsor.

8. COCJ-L Control and Reports

- 8.1 Each COCJ-L organiser must get in touch with his national "press agency" before the competition season and make sure that, immediately after the COCJ-L competition, the COCJ-L result list or at least the COCJ-L ranks will be distributed by this agency.
- 8.2 The press-/media service has to be organised and performed according to the recommendations and guidelines of the International Ski Federation as well as the International Association of Ski Journalists (AIPS).
- 8.3 The TD is responsible for the control and the report on the COCJ-L event. The writing and the prompt dispatch of the report to the FIS Office, together with the COCJ-L result list must be completed from the competition site.
- 8.4 Each COCJ-L organiser has the duty to send the result list by e-mail or fax immediately after the competition to the FIS Office and to the next COCJ-L organiser.

8.5 After each COCJ-L competition the COCJ-L Coordinator is responsible for the calculation of the new standing of the COCJ-L overall evaluation and must send it immediately after the competition, to the next COCJ-L organiser and to the FIS Office.

8.6 Control

The FIS nominates a COCJ-L Coordinator who must possess a TD-license for Ski Jumping (see ICR Art. 403.5).

The COCJ-L Coordinator reports to the Race Director Ski Jumping.

The respective organiser has to pay for accommodation, board and travel expenses of the COCJ-L Coordinator.

Prize-money: CHF 1.500 – divided by the first 6 athletes
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