

Rules for the Sports of the 2024 World Transplant Winter Games



Note: The possessive 'his' in this document also refers to 'her' but is used by itself for brevity.

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1. General Rules for the Sports of the World Transplant Winter Games

a. Conditions of Entry

Entry is open to all recipients of life supporting allografts (heart, intestine, kidney, liver, lung, pancreas) and hemopoietic cell (bone marrow) transplants from other individuals or species which require or have required the use of immunosuppressive drug therapies. Living organ donors and immediate family members of deceased organ or tissue donors (parents, siblings, spouses/partners and children) are also eligible to compete in selected events in their own division. Recipient competitors must have been transplanted for at least 1 year, with stable graft function, be **medically fit and have regularly trained** at the events in which they have entered. Living donors must be nine months post-donation. If a recipient or living donor competitor is at least 6 months post-procedure, with stable graft function, has been training and has permission from his own doctor, his entry may be considered by the WTGF medical committee and be allowed. All competitors must be medically approved by their physician to compete.

The participant must have a minimum competence in the discipline entered. Ideally, each nation will have selected its best competitors and ensure that they are medically fit and without significant complications of chronic organ failure or immunosuppressive therapy. Before competing, each competitor must complete a “waiver” form with his sport registration, which states that he has knowledge of the rules and of the difficulties of the event and of the medical requirements of the WTG. In addition, all forms, including a WTGF medical certificate and a statement by participant form for each competitor, must be submitted at least one month before the start of the Games. The medical certificates will be reviewed by a representative of the WTGF and, if deemed unsatisfactory, that competitor may be barred from competition. The medical certificate must be fully filled out and signed by a transplant doctor.

Competitors of one nationality who live permanently in another country may compete for their country of permanent residence if they wish. Competitors who have been transplanted in a country other than their country of permanent residence may compete for the country where they were transplanted if that team agrees to accept them. Competitors may not switch once a decision is made except if one of the two conditions above changes.

Competitors are expected to understand and be familiar with rules for their sport(s) and the WTGF Rules for the Winter World Games. Proficiency in chosen sports is required. At all times, participants must respect the etiquette and traditions of the sport/discipline. This includes being properly dressed and equipped and conducting themselves in a sportsmanlike manner.

Competition days are long—competitors are urged to be sure they are properly trained and are competent in the sports that they enter.

Before registering, athletes are urged to consider their stamina and physical ability for their events during the entire week. Poorly trained athletes can negatively influence the scheduling of events and can result in increased physical effort leading to unnecessary fatigue.

All registration materials must be reviewed by the team manager prior to submission.

Entry forms must include a declaration signed by each competitor that s/he is fit and has trained for the events entered.

b. Age Groups

Athletes will compete by gender in the following age groups: 18-29, 30-39, 40-49, 50-59, 60-69, 70-79 and 80 and over. Age on the day of the Opening Ceremony of the Games will apply.

Juniors age groups: 8-11 years, 12-14 years and 15-17 years.

Juniors from 15-17 years are permitted to compete in the adult age event.

Team and Living Donor/Donor Families events don't have age-categorizes.

Competitor numbers or identifications for each age group should be identified by a distinct color so that competitors will be able to easily determine each other's age group during competition.

c. Medals

Medals are awarded to the top three competitors in each age group. A competitor must be deemed to have competed according to the rules of his sport in order to earn a medal.

If a sport or event does not use a preliminary competition round to rank competitors before the beginning of elimination rounds, duplicate bronze medals will be awarded to losing semi-finalists.

d. Living Donor/Donor Family Members

Living Donors/Donor Family Members may compete in all individual events and curling. Participants who compete in the Giant slalom must have an acceptable competence. The Living Donor/Donor Family division is an open division and will not be categorized by age, only by gender.

Living donors must be nine months post-donation. If a living donor competitor is at least 6 months post-procedure, with stable graft function, has been training and has permission from his own doctor, his entry may be considered by the WTGF medical committee and be allowed. All competitors must be medically approved by their physician to compete.

Special designed medals for Living Donor/Donor Family: Gold, Silver and Bronze for all events in men and women.

e. Entrants

Athletes will be allowed to enter a total of five events. Athletes may not enter events that take place at the same time and in different venues. Failure of an athlete to appear at any event when called will result in the athlete being scratched or eliminated from that competition. There will be no appeal of any disqualification for failure to appear.

For team events, each team must consist of members from one nation only. Countries are allowed to enter two teams in any team event.

After the registration is completed, an athlete cannot withdraw from one event in order to compete in another.

Heat lists must be issued at least 24 hours prior to the events taking place in order that the entries can be checked.

f. Seeding

Seeding should be used in all events to ensure the fairest competition possible.

In all events, to ensure the fairest competition possible, the entries should be formatted using standard procedures. The following factors should be considered (in this order):

1. medalists from the previous Winter World Games;
2. performances from the previous national games (in evaluating national games, the strength of the competition - quality and size -should be considered);
3. other relevant information.
4. the playing level of a competitor as might be reported during the registration process.

g. Duties of participants

Participants are expected to know the rules of their events and the rules of the World Transplant Winter Games. Participants are not allowed to interfere with the officiating of races at any time.

Participants are responsible for checking with their team manager to receive updates on events and other activities.

h. Duties of Team Managers

The Team Managers and Trainers are obliged to participate and attend the scheduled meetings arranged for them by the jury.

Team Managers must make sure that athletes are properly registered in his or her events and that they receive all relevant information regarding these events as communicated by Race Organizers during team manager meetings.

The team captain must be accountable for the integrity of the registrations. Team Managers are responsible for informing Race Management in the event that a competitor wishes to drop an event as soon as possible and no later than one hour before the start of the race.

In the event of discrepancy, the Team Manager is the only representative that can formally submit a protest to Race Management regarding his or her competitor. Manager must follow official protest procedures.

i. Competition Rules

Competition in the World Transplant Winter Games is governed by the rules of the Fédération Internationale de Ski ("FIS") (<http://www.fis-ski.com/uk/rulesandpublications.html>), except as modified herein.

2. RULES SPECIFIC TO ALPINE SKIING RACES

a. Equipment

1. Helmets

Helmets are obligatory in all alpine races. If a competitor refuses to wear a helmet he will not be allowed to start.

2. Skis

The skis length for each event is up to each competitor's choice

b. Unofficial times

The chronometric times are made public and are unofficial times. Unofficial placings are made and placed on a notice board. This notice board must be placed in a position so that it is clearly visible in the competitors' enclosure and to the Press at the start. If possible, these unofficial times should be made known to the public by a public address system also.

As soon as possible after the completion of the run the unofficial times and any disqualifications will be posted on the Official Notice Board and, if possible, at the start. Competitors have 15 minutes to file a protest should they feel an error has been made.

c. Official results

The sport coordinator will post online or/and print and billboard the results of the events and withdrawals if DNS/DNF, as soon as possible and ideally no later than 180 minutes after the event is ended.

d. Group draws and starting orders

Women shall compete before men. The starting order shall be 17 and under competitors, and then competitors age groups from oldest to youngest.

e. Appeals and protests

Team managers must file protests within 15 minutes of the incident or the posting of unofficial results. The protest must be accompanied by a fee equivalent to €50, such fee to be returned if the protest is upheld.

f. Protests' management

The protest has to be put forward to at least one Judiciary Committee's member (the WTGF official, the LOC's sport manager, or the specific event coordinator). The Judiciary committee will listen to the arguments presented by the Team Manager and will decide if there is a justification or not for modifying the results of the event. The Judiciary Committee's decision is final. The decision is promoted within one hour max.

g. Inspection of the course

When inspecting the course, the competitor must find the run in a state ready for competition. Competitors should not be interrupted during their inspection of the course by people working on the run. The jury will decide exactly how this inspection is carried out.

1. the competitor must always wear his competitors' number

2. the competitor must not descend on the tracks prepared for the event or pass through the gates.
It

3. the competitor must not go on the run without skis i.e., on foot.

A run in close proximity to the starting zone should be open for competitors for warming up.

3. ALPINE SKIING RACES

a. The ski slalom

The Slalom must always be performed in two heats and on two different courses. The two tracks are to be completed one after the other, in an order to be decided by the jury.	
Track	For the slalom the minimum time per heat should be around 30 seconds and the recommended average height around 175 meters.
Division	Individual and Team event (mixed teams allowed)
Attention for:	Best times of three will be counted for the team event

b. Ski parallel slalom

The Parallel Slalom is staged as a head-to-head competition with the winner of each race advancing to the next round. Pairings are determined by seeding the competitors based on the results of the Slalom race. If a competitor did not enter the Slalom or did not finish the Slalom for any reason, he is seeded after all of the competitors who have been ranked. The format for this competition will be determined by the number of entries. Ideally, a competitor should lose two races before being eliminated from the competition—i.e., if a competitor loses a race, s/he moves to the losers' bracket and continues until s/he loses again.	
Track	For the parallel slalom, the course should require 10-15 seconds to complete and the recommended average height is 40 meters.
Division	Individual And special event for team managers, i.e., doctor's, physios or other of the Transplant community.
Competition:	Ski and snowboard parallel slalom
Attention for:	If possible: great for the ambiance to do the ski/snowboard parallel slalom in the evening!

c. Ski giant Slalom

The super-giant slalom is one run, the slalom and giant slalom are 2 runs.
The parallel slalom are multiple runs

The Giant Slalom must always be performed in two heats and on two different courses. The two tracks are to be completed, one after the other, in an order to be decided by the jury.	
Track	For the Giant slalom the minimum time per heat should be around 55 seconds and the recommended average height around 275 meters.
Division	Individual and Living Donor/Donor Family event

d. Super Giant slalom

The Super G must be performed on one heat only, with an inspection one hour before the start.	
Track	The minimum time should be around 75 seconds and the recommended average height around 450 meters.
Division	Individual event

e. Slalom team event (virtual)

Each team must consist of members from one nation only. Countries are allowed to enter two teams max of up to 5 (men and women combined). A team which cannot field 5 but has a minimum of 3 members will be able to compete. The team score is the total of the three best times.

The slalom team event is not an additional event. It is the individual slalom event from which individual AND team results will be issued.

4. SNOWBOARD EVENTS

a. Snowboard giant slalom

The Slalom must always be performed in two heats and on two different courses. The two tracks are to be completed one after the other, in an order to be decided by the jury. The same start as for Slalom!	
Track	The race will be approximately 105m and 18 gates, making 2 runs of approx. 50 seconds.
Division	Individual event
Attention for:	Can take part during Parallel Slalom!

b. Snowboard parallel slalom

The Slalom must always be performed in two heats and on two different courses. The two tracks are to be completed one after the other, in an order to be decided by the jury. The same start as for Slalom!	
Track	The race will be approximately 105m and 18 gates, making 2 runs of approx. 50 seconds.
Division	Individual event
Attention for:	Is done at the same time as the Ski Parallel Slalom.

5. RULES SPECIFIC TO CROSS COUNTRY SKIING

There will be a mass start for the 5K and the one hour event. For the one hour event, competitors will be pre-positioned according to their finish position in the 5K. Competitors who have not competed in the 5K and who are not seeded in the event will be placed after the ranked competitors ranked by bib number.

Competitors must follow the marked course from start to finish, must pass all control posts and conduct themselves correctly at all times towards their fellow competitors. The course must be completed entirely without any outside assistance. No assistant can lead or push a competitor.

The competitor who is on the point of being overtaken by another competitor must give way to that competitor at the first request, even if the course has two tracks. The only exception is within the last 200 meters before the finish line, a competitor is not obliged to get out of the way of the other competitor.

The competitors must follow the instructions of the Course Officials and of the Direction Officials.

a. Disqualifications

Conditions: A competitor will be disqualified by the jury for infractions including but not limited to

1. if, in trying to shorten the distance of the course he does not follow the marked course or does not pass all control posts
2. if he receives any outside assistance
3. if, on the request of a fellow competitor who wishes to overtake him he refuses to give way immediately or if he interferes with a fellow competitor in any way.

After disqualification the name of the competitor is scratched and a new list of results is established.

6. CROSS COUNTRY EVENTS

a. Cross country Classic Style 5 km

The classic style of cross-country skiing is the more traditional style of cross-country skiing. It is sometimes referred to as walking on skis or ski running.
In classic skiing, the skis are mostly parallel to each other, with both feet pointing straight ahead. Classic skiing is done in tracks which are parallel grooves laid in the snow.
The tracks can be set by people or by a machine.

Track	5km
Division	Individual event
Attention for:	Classical Technique is authorized. Single and double skating is prohibited.

b. Cross country one hour

Division	Individual event
Attention for:	Either technique is permitted.

c. Cross country Classic team event

The Classical Technique, each country may enter two teams of 3 competitors. Each competitor competes for 3 km followed by the next teammate taking over within a 20 meters transition zone.	
Division	Mixed teams (men and women) are allowed. It is an event which is not age categorized.
Attention for:	Classical Technique is authorized. Single and double skating is prohibited.

7. BIATHLON

Biathlon information

- Either the freestyle or the classical ski technique is authorized for the biathlon.
- The rifles will remain in the range on a fixed lane on the shooting area while the biathletes ski their loops. (laser rifles can be used)
- Rests will be permitted for shooting if required
- Weapons will be provided

a. Participation and declaration of training

Each competitor entering for biathlon is expected to be trained for this event and to know the general security rules regarding the use of the weapon system selected for the competition.

Every competitor must take part in training sessions in order to get to know the weapon system selected for the competition.

Each competitor will complete a certificate declaring he/she has trained in shooting. In this form, each competitor will also say if he/she is right or left handed.

This certificate can be provided by Biathlon's training supervisor.

b. The start

Order of Competitors

The starting order for the biathlon is to be based on the results from the 5 km Cross Country event.

Competitors who have not competed in the 5km event, and who are not seeded in this competition, will be placed after the ranked competitors ranked by bib number. Competitors will start at 30 second intervals.

c. The shooting

1. First phase

The first shooting phase is performed at the km 2 mark. This shot is taken lying down with authorised support for the elbows only. Each competitor has five shots.

2. Second phase

The second shooting phase is performed at the km 3.5 mark. It is a standing shot, without support. Again, each competitor has five shots.

3. Shooting Penalties

Competitors who miss a target will do a penalty lap for each target missed.

d. Notice of results

1. Shooting phase

There will be two tables for the shooting phase, P1 (for the lying down shot) and P2 (for the standing shot), put up to show each competitor his penalties.

2. At the finish

A Notice Board with the details of each competitor and the total of his results will be installed. The results are made up in the following manner:

- Time taken to complete the 3 km circuit	= t
+ Penalties for lying down shot	= P1
+ Penalties for standing shot	= P2
	Total

8. CURLING

The Rules for the Curling Events are those of International Curling except:

Division	Team and Living Donor/Donor Family event International teams (competitors from 2 or more different countries in a same team) are accepted. They cannot earn medals or displace any national team.
Attention for:	The number of ends is reduced to 4 or 5. Not gender categorized, not age categorized. On the basis of 6 competing teams of 4 players maximum: a. 3 curling tracks provided b. Matches in 4 ends A one hour session of training and/or warm-up is provided at the beginning of the event.

9. SNOW SHOEING

a. Snow shoeing – 2km in virgin snow

Division	Team and Living Donor/Donor Family event
Attention for:	- mass start

1. Infrastructure

- The course for the race is a continuous loop of two kilometres with a minimum track width of 1 metre, signposted and marked, on mountain terrain.
- The start and finish are clear and well-marked.
- Peaks are to be avoided on the loop, tracks have to ascend and go down slowly and continuously

2. Equipment

- The frame of the snowshoe itself has a maximum size of 20.5cm x 64cm (8" x 25"). This measurement is to be taken at the longest and widest part of the snowshoe.
- Factory-installed traction crampons at the heel and toe are acceptable. The use of additional crampons is not permitted.
- The snowshoe consists of a frame and mesh or solid material.
- The foot must be held in place by a hinged binding fixed directly to the snowshoe.
- Competition shoes may include, without any limitations, running shoes, hiking boots, or snow boots.
- The use of sticks is optional.

3. Personnel, Officials

- Games Judiciary Committee

- b. Course manager
- c. Race manager
- d. Starting line judge
- e. Assistant starting line judge
- f. Finishing line judge
- g. Field judges

4. Official duties

- a. The course manager is responsible for the maintenance of the size and condition of the track.
- b. The race manager oversees the competition and ensures that the team complies with the rules and that the specifications of the course conform to the official ruling.
- c. The starting line judge gives the signal to start: 'Runners: ready – go' and fires a starting gun or lowers a large flag as soon as competitors are lined up. The starting line judge decides whether or not a false start has occurred.
- d. The assistant starting line judge is positioned ten (10) metres from the starting line and stops the athletes from continuing with the race if a false start is declared.
- e. The finishing line judge records the time and participant number of competitors as they cross the finishing line.
- f. The field judges, placed in positions throughout the course, oversee the progress of the race and monitor its conformity with the rules of its progression.

5. Competition Rules

- a. All snowshoes will be measured and checked by the race manager before each heat.
- b. Competitors must wear at all times, in such a way as to be clearly visible to officials the number they have been given.
- c. The start
 - 1. At the start of the race, competitors must have both ends of their snowshoes behind the starting line, indicated by colouring or some other type of mark. No part of competitors' bodies or clothes may be in contact with the starting line or the snow in front of the starting line before the start.
 - 2. Two false starts will lead to disqualification.
 - 3. Any type of support, such as starting blocks or holes, which may give a competitor any advantage, are forbidden.
 - 4. The start is in the form of a 'mass start'.
 - 5. Competitors must leave the start area after the order 'Runners: ready – go'
 - 6. Any competitor leaving before the signal to start has been given will be credited with a false start. The competitor will be informed, and the race will be re-started.
 - 7. The starting order will be as follows:
 - a. Orally 'Runners: ready' (the competitor must place himself in the starting position).
 - b. Orally 'Go' or a shot from a starting pistol. A visual starting signal (a flag) may be used to help competitors with hearing difficulties.

6. The Race

- a. Only officials and competitors taking part in the race are authorised to be on the course.
- b. When a curved track is used, the race manager ensures that all competitors cover the same distance.
- c. If, during the race, a competitor falls or has a problem with a snowshoe or a binding, he may not receive assistance of any sort, on pain of being disqualified. The nearest field judge will be authorised to apply this sanction.
- d. A competitor may not travel more than three (3) metres if he does not have both snowshoes attached to his feet.

7. The finish

- a. A competitor has finished the race when his torso reaches the vertical plane of the finishing line. The torso is distinct from the head, the neck, the arms, the legs and the feet.
- b. To be officially recognised, the competitor must have both snowshoes on his feet when he crosses the finishing line.

b. Snowshoeing orienteering (in virgin snow)

Division	Snowshoe Orienteering is a team event (mixed teams allowed). Teams are three persons. Team members must remain together throughout the course. Inter-National teams (competitors from 2 or more different countries in a same team) are accepted provided there is time enough to make them participate without influencing any of the podiums' results of the event. These teams are non-medalist.
Attention for:	Snowshoeing orienteering – various circuits - (chronometers, maps, milestones, punching cards, compass, ...) Markers must be punched in the order shown on the map. Each team has a map. Teams set off every three minutes, against the clock. The start is indicated on the map by a triangle, and the finish by a double circle. Punching of markers is carried out on a punch card given to teams at the start. Markers are indicated on the card by a circle with a number. Teams which have not punched all the markers will not be classified. Teams should not pass information to one another. The LOC reserves the right to disqualify any team found to be cheating. No limitation of national teams.

10. NICHOLAS CUP DAY CAMP AND NICHOLAS CUP RACE

The Nicholas Cup Day Camp is a program open to all youth: transplant recipients and supporters aged 4 – 17 years and is run as part of the Winter Games. Youth will take part in skiing lessons during the morning and fun social activities in the afternoons. This program allows everyone to learn to ski, enjoy mountains sports, build confidence on the slopes and meet other youth from around the world. The Camp will run from Monday – Thursday and dedicated staff will take care of participants every day.

The Nicholas Cup race will be held on Friday and is open to all youth: Day Camp participants and junior athletes competing in the Games.

The Nicholas Cup Race is an easy slalom race and all participants will receive a medal.

A forerunner will open the race. Nobody will know the time of the forerunner. Before they start, the children will guess how many seconds faster or slower they will be from the forerunner's time. The person who guesses the closest will win the Nicholas Cup.

The host will offer one free registration for a transplant recipient youth participating in the Nicholas Cup Camp. This is only applicable for a youth from a WTGF Member country in good standing.

11. RULES FOR OTHER EVENTS

In case of organization of other events (i.e., curling, speed skating, free-style cross country skiing), rules for these events will be approved by the WTGF.