

'POLE LENGTH LIMIT' RULES

343.8.1 In classical technique competitions, the maximum pole length must not exceed 83% of the competitor's body height. In free technique competitions, the maximum pole length must not exceed 100% of the competitor's height. The body height is measured with ski boots on from a flat surface, to the top of the uncovered head. The pole length is measured from the bottom of the pole to the highest attachment of the strap. All measurements will be rounded to the nearest centimeter as follows: less than 0.5 cm will be rounded down and 0.5 cm and above will be rounded up.

Updated rule:

343.12.1 In all competitions ~~poles may be changed~~ pole exchange is only allowed in the case that a pole is broken or damaged. In classical technique competitions, if both poles are exchanged, they must comply with ICR 343.8.1. It is however permitted to exchange poles in equipment exchange boxes during ski exchange in skiathlon competitions.

Guidelines:

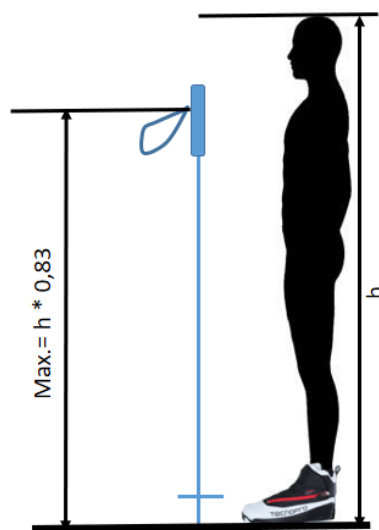
1. Measurement

A measurement device should be available during official training already, so that athletes can check their equipment themselves. There should be a possibility to perform the measurements before the start and after the finish. If necessary, more than one measurement device should be available.

For popular races a measurement device should be available at every entry to the start box.

At the beginning of the season, majority of the athletes should be checked.

At mass start competitions, this is not possible before the start, so plan to do it after the finish.



2. Sanctions

An athlete controlled at the start with non-conforming equipment shall not be permitted to start (ICR 351.2).

Athletes that have used poles during the competition that do not conform with ICR 343.8.1, should be sanctioned. The decision chart should be used to determine the sanction.

3. Pole exchange in case of broken pole

If one pole is exchanged, the size of the exchanged pole is not relevant. If both poles are exchanged, they must conform with ICR 343.8.1.

| Body height | 83% | Max. pole length |
|-------------|--------|------------------|
| 200 | 166,00 | 166,00 |
| 199 | 165,17 | 165,00 |
| 198 | 164,34 | 164,00 |
| 197 | 163,51 | 164,00 |
| 196 | 162,68 | 163,00 |
| 195 | 161,85 | 162,00 |
| 194 | 161,02 | 161,00 |
| 193 | 160,19 | 160,00 |
| 192 | 159,36 | 159,00 |
| 191 | 158,53 | 159,00 |
| 190 | 157,70 | 158,00 |
| 189 | 156,87 | 157,00 |
| 188 | 156,04 | 156,00 |
| 187 | 155,21 | 155,00 |
| 186 | 154,38 | 154,00 |
| 185 | 153,55 | 154,00 |
| 184 | 152,72 | 153,00 |
| 183 | 151,89 | 152,00 |
| 182 | 151,06 | 151,00 |
| 181 | 150,23 | 150,00 |

| Body height | 83% | Max. pole length |
|-------------|--------|------------------|
| 180 | 149,40 | 149,00 |
| 179 | 148,57 | 149,00 |
| 178 | 147,74 | 148,00 |
| 177 | 146,91 | 147,00 |
| 176 | 146,08 | 146,00 |
| 175 | 145,25 | 145,00 |
| 174 | 144,42 | 144,00 |
| 173 | 143,59 | 144,00 |
| 172 | 142,76 | 143,00 |
| 171 | 141,93 | 142,00 |
| 170 | 141,10 | 141,00 |
| 169 | 140,27 | 140,00 |
| 168 | 139,44 | 139,00 |
| 167 | 138,61 | 139,00 |
| 166 | 137,78 | 138,00 |
| 165 | 136,95 | 137,00 |
| 164 | 136,12 | 136,00 |
| 163 | 135,29 | 135,00 |
| 162 | 134,46 | 134,00 |
| 161 | 133,63 | 134,00 |

| Body height | 83% | Max. pole length |
|-------------|--------|------------------|
| 160 | 132,80 | 133,00 |
| 159 | 131,97 | 132,00 |
| 158 | 131,14 | 131,00 |
| 157 | 130,31 | 130,00 |
| 156 | 129,48 | 129,00 |
| 155 | 128,65 | 129,00 |
| 154 | 127,82 | 128,00 |
| 153 | 126,99 | 127,00 |
| 152 | 126,16 | 126,00 |
| 151 | 125,33 | 125,00 |
| 150 | 124,50 | 125,00 |
| 149 | 123,67 | 124,00 |
| 148 | 122,84 | 123,00 |
| 147 | 122,01 | 122,00 |
| 146 | 121,18 | 121,00 |
| 145 | 120,35 | 120,00 |
| 144 | 119,52 | 120,00 |
| 143 | 118,69 | 119,00 |
| 142 | 117,86 | 118,00 |
| 141 | 117,03 | 117,00 |

| Body height | 83% | Max. pole length |
|-------------|--------|------------------|
| 140 | 116,20 | 116,00 |
| 139 | 115,37 | 115,00 |
| 138 | 114,54 | 115,00 |
| 137 | 113,71 | 114,00 |
| 136 | 112,88 | 113,00 |
| 135 | 112,05 | 112,00 |
| 134 | 111,22 | 111,00 |
| 133 | 110,39 | 110,00 |
| 132 | 109,56 | 110,00 |
| 131 | 108,73 | 109,00 |
| 130 | 107,90 | 108,00 |
| 129 | 107,07 | 107,00 |
| 128 | 106,24 | 106,00 |
| 127 | 105,41 | 105,00 |
| 126 | 104,58 | 105,00 |
| 125 | 103,75 | 104,00 |
| 124 | 102,92 | 103,00 |
| 123 | 102,09 | 102,00 |
| 122 | 101,26 | 101,00 |
| 121 | 100,43 | 100,00 |