



Participant Rules

Fundamental Rule

The race is run according to the Cross-Country Book of the [FIS International Ski Competition Rules](#) and any special requirements stated in the entry form, Birch Scroll and participant race instructions. Offenses against any of these rules may lead to disqualification for current or future events and the forfeiture of any and all awards.

Age Restrictions

All participants in the Birkebeiner must be 18 years of age by Race Day.

Kortelopet skiers must be 13 years of age by Race Day.

Prince Haakon skiers must be 13 years of age by Race Day.

Transfer of Entries

Entries are non-transferable between individuals. **It will be considered a violation of event rules if a participant competes under a false identity.** Allowing another individual to participate in the bib assigned to you will result in their disqualification and a fine imposed on both parties.

Equipment

All participants' skis must comply with the definition of *Cross-Country Racing Skis* found in Section C of the FIS [Specifications for Competition Equipment and Commercial Markings](#)

This includes no metal edges.

No participant may pull a sled of any sorts for any reason. No child carriers are allowed for the safety of all participants.

Classic Technique

Participants of the classic competitions must comply with the following definitions of classic technique:

- Classical Technique includes diagonal striding, double poling, and herringbone technique without a gliding phase, and step turns.
- Step turns may include a push only if tracks are not present.
- Single or double-skating is not allowed.
- Repeatedly changing or stepping in and out of tracks is not allowed.

Start at the Assigned Time

All participants are assigned a wave and required to start with that wave. Any participant starting in an earlier wave will be disqualified. If the race jury determines that there are circumstances beyond the control of the participants that prevent them from starting at their assigned time, their time will be adjusted to reflect their actual time on course. If you are late for your start you will be allowed to start with the next available wave. No one will be allowed to start more than 15 minutes after the final wave.

Ski the Entire Course

Participants must complete the entire course for the event which they are registered and assigned a bib. If they complete a different course (for example; classic course when they are registered for the skate) they will receive credit for completing the course, but will not be ranked or eligible for awards. They must complete the course on skis with their own means of propulsion.

Cut-Off Times

Cut-off times for races must be strictly followed for the safety of participants and volunteers. Participants not following guidance from Medical Staff and Race Chiefs will risk penalty and possible ineligibility for future Birkie Events.

Fair Play

All participants must conduct themselves in a fair and courteous manner on the course and at all of the event venues. They are required to act with due care, taking in to account course conditions and competitor congestion.

Anti-Doping

The American Birkebeiner has a commitment to clean sport. We have contracted with the US Anti-Doping Agency to implement doping control.

Gender

All American Birkebeiner Ski Foundation events require government-issued identification as proof of gender.

NEW! Trash Penalty

The Birkie Trail covers a lot of ground and with snow, wind and grooming, garbage is difficult to pick up and is quick to spread into the adjoining forest. To combat litter, all participants are asked to ONLY throw trash in aid station zones where designated trash areas will be provided. If you are caught throwing trash (wrappers, gel packs, hand warmers, etc.) by a race official, volunteer, competitor or spectator outside of an aid station zone, you may receive a :15 minute time penalty to be added onto your official finish time.

Participants who witness trash being thrown outside of aid station zones should report the bib number via email to birkie@birkie.com upon completion of the race.