



RULES FOR THE FIS ROLLER SKI ASIAN CUP

EDITION 2026

INTERNATIONAL
SKI AND SNOWBOARD
FEDERATION

1. General Rules

- 1.1 The matters covered within these rules are intended to focus on the unique aspects of the FIS Roller Ski Asian Cup (hereinafter referred to as “ROLAC”) and the FIS Roller Ski Asian Championship (“ROLASC”). For other questions which are not covered in within these rules refer to the FIS ICR (especially chapter 396) and Rules for the FIS Roller Ski World Cup/ World Championships.
- 1.2 To host a stage of the FIS Roller Ski Asian Cup, the NSA is required to have previously organized at least one FIS Cross Country or FIS Roller Ski competition in its country.
- 1.3 Some rules in this document are valid for the FIS Roller Ski Asian Championship (ROLASC) if it is mentioned additionally. See FIS ROL WSC Rules regarding the candidature and organizing a ROLASC for the general issues, cancellation, starting orders and ceremonies.

2. FIS Roller Ski Asian region

- 2.1 All athletes from countries whose NOCs are members of the OCA (The Olympic Council of Asia) and whose NSA are members of the FIS are eligible to participate in ROLAC and ROLASC. The following nations are currently eligible: AFG, BHU, CHN, HKG, INA, IND, IRI, JOR, JPN, KAZ, KGZ, KOR, KSA, KUW, LBN, MAS, MGL, NEP, PAK, PHI, PLE, PRK, QAT, SGP, SRI, THA, TJK, TPE, UAE, UZB.

3. FIS Roller Ski Asian Coordinator

- 3.1 The FIS Roller Ski Asian Coordinator is proposed by the S.C. for Rollerski, and confirmed by Cross-Country Committee. The Asian Coordinator’s duties are administrative planning and management of the FIS Roller Ski Asian Cup and the FIS Roller Ski Asian Championship events.
- 3.2 The FIS Roller Ski Asian Coordinator should be represented by a country just from the FIS Roller Ski Asian region (p.2.1).

4. FIS Roller Ski Asian Cup

- 4.1 The FIS Roller Ski Asian Cup consists of individual competitions on distances longer than 5 km and Sprint competitions.
 - 4.1.1 The minimum number of competitions for one ROLAC stage are two. Only one competition can be held in one day.

Asian Cup (3-6 stages)

2-6 competitions	Interval start
2-6 competitions	Mass start
2-6 competitions	Individual Sprint

Team events (team sprint or relay) might be also included into the program.

All distance competitions can be organized on courses with undulating or uphill height profile. The minimum number of ROLAC competition to count for overall ranking - 6 individual competitions listed in the ranking for each category.

- 4.1.2 It is recommended to organize the FIS Roller Ski Asian Cup in weeks free of the FIS Roller Ski World Cup.

4.2 Number of Participants

- 4.2.1 Each National Ski Association from the FIS Roller Ski Asian region may enter an unlimited number of athletes per each ROLAC competition.
- 4.2.2 NSA not from the FIS Roller Ski Asian region (p2.1) may enter an unlimited number of athletes, but they do not score Asian Cup points.
- 4.3 The OC may apply an entry fee to athletes outside of the national team (maximum CHF 10 in local currency equivalent per athlete per competition). Each nation has a national team quota of eight (8) athletes per category per ROLAC competition day which are not subject of an entry fee. The names of these athletes must be announced to the OC in the entries.
- 4.4 Only National Ski Associations are entitled to send entries for the ROLAC and ROLASC. Entries made by e.g. individual athletes, ski clubs or private teams cannot be accepted.

4.5 FIS Roller Ski Asian Cup ranking scoring

- 4.5.1 Each ROLAC OC is responsible for providing Asian Cup ranking scoring after each competition. The FIS Roller Ski Asian Cup final stage OC must provide also scoring of Asian Cup season overall ranking. The calculated rankings must be checked by FIS TD and confirmed by the FIS Roller Ski Asian Coordinator before official publishing.
- 4.5.2 During the FIS Roller Ski Asian Championship years, all the competitions within the FIS Roller Ski Asian Championship program will be counted for the Asian Cup Overall Standings.

4.5.3 Points

Men and Women for 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

4.5.4 FIS Roller Ski Asian Cup points in individual Sprint qualification races

The first 10 athletes in the Sprint qualification will get the following Asian Cup points:

1st place = 15 points	6th place = 5 points
2nd place = 12 points	7th place = 4 points
3rd place = 10 points	8th place = 3 points
4th place = 8 points	9th place = 2 points
5th place = 6 points	10th place = 1 point

4.6 The FIS Roller Ski Asian Cup “Winner Nation”.

4.6.1 The best three scores of each country’s competitors for each competition (including Sprint qualification) will be added and to this sum each country’s Relay/Team Sprint scores will be added for a final total for the “Winner Nation” title.

4.6.2 The Relay/Team Sprint and Mixed Team Sprint competitions are scored as follows:

1st place = 200 points	16th place = 30 points
2nd place = 160 points	17th place = 28 points
3rd place = 120 points	18th place = 26 points
4th place = 100 points	19th place = 24 points
5th place = 90 points	20th place = 22 points
6th place = 80 points	21st place = 20 points
7th place = 72 points	22nd place = 18 points
8th place = 64 points	23rd place = 16 points
9th place = 58 points	24th place = 14 points
10th place = 52 points	25th place = 12 points
11th place = 48 points	26th place = 10 points
12th place = 44 points	27th place = 8 points
13th place = 40 points	28th place = 6 points
14th place = 36 points	29th place = 4 points
15th place = 32 points	30th place = 2 points

4.6.3 Each nation can enter ROLAC with two teams to the team events (Relay, Team Sprint and Mixed Team Sprint). Best Men’s team per nation and best Women’s team per nation will count to “Winner Nation” score for each event.

4.6.4 For Team Sprint and Mixed Team Sprint (one man and one woman) the same rules and point-giving system as above will be used.

4.6.5 Mixed teams consisting of different countries are not allowed to compete.

4.6.6 The minimum number of countries to count “Winner nation” ranking is 6 countries from the FIS Roller Ski Asian region (p2.1) over the entire season.

4.7 Leader Bib

4.7.1 The leader of the Overall FIS Roller Ski Asian Cup wears officially the pink bib and blue bib (FIS Roller Ski Sprint Asian Cup).

4.7.2 The leader of the Overall FIS Roller Ski Asian Cup competes at the FIS Roller Ski World Cup in the regional leader bib.

4.7.3 The design of the leader bibs should be confirmed by the FIS (the FIS Roller Ski coordinator).

4.8 FIS Roller Ski Asian Cup Winners

4.8.1 The winner of the Overall FIS Roller Ski Asian Cup is the athlete, man and woman, who scores the highest number of Asian Cup points (both distance and sprint competitions) during the respective season.

- 4.8.2 The winner of the FIS Roller Ski Sprint Asian Cup is the competitor, man and woman, who scores the highest number of Asian Cup Sprint points in all individual Sprint competitions (including bonus points for Sprint qualification).
- 4.8.3 If two or more athletes have the same number of points the winner is that athlete which has:
- a) the highest number of first places
 - b) the best results (most 2nd places, most 3rd places, etc.).
- If the competitors are still equal, two (or more) Asian Cup Trophy will be awarded.

4.9 Medals

The Organizing Committee is responsible for providing medals for each ROLAC competition. Medals must not be mass production article. The official inscription on the front/back of the medals is as follows:

English: FIS ROLLER SKI ASIAN CUP 2026, PLACE, COUNTRY

4.10 FIS Roller Ski Asian Cup overall Trophies and Medals

- 4.10.1 The Overall Asian Cup winners of Men and Women categories receive the FIS Roller Ski Asian Cup trophy, as well as 2 sets of medals for the three best ranked athletes (Women and Men) which will be provided by FIS.
- 4.10.2 The Overall Roller Ski Sprint Asian Cup winners of Men and Women categories receive the Sprint Asian Cup medals sets (1-3 places) each which will be provided by OC of the final stage of the FIS Roller Ski Asian Cup.
- 4.10.3 The “Winner Nation” of the ROLAC season receives a trophy which will be provided by OC of the final stage of the FIS Roller Ski Asian Cup. The trophy will be awarded only if p.4.6.6 is observed.
- 4.10.4 Each LOC might decide to pay out some prize money or other prizes.

5. FIS Roller Ski Asian Championship

- 5.1 The FIS Roller Ski Asian Championship should be organized every 2 years.
- 5.2 The FIS Roller Ski Asian Championship should be organized in the weeks free of the FIS Roller Ski World Championship and the FIS Roller Ski World Cup.
- 5.3 The FIS Roller Ski Asian Championship program consist of the following competitions:

Competition format

-Interval start	15 km
-Mass start (or Skiathlon)	15-20 km
-Super Sprint	200 m
(or normal Sprint)	800-1200 m
-Team Relay	3 x 5 km
(or Team Sprint)	2 x 3 x 1000-1800 m

Men & women athletes are competing in same distances.

At least one of the FIS Roller Ski Asian Championship competitions must be held in classic style.

- 5.4 For ROLASC the basic quota is 6 athletes per discipline per nation from the FIS Roller Ski Asian region (p.2.1).

- 5.5 The last FIS Roller Ski Asian Championship winner athletes of the same competitions authorized to start additionally for that FIS Roller Ski Asian Championship competition.
- 5.6 Athletes not from the FIS Roller Ski Asian region (p.2.1) are not eligible to participate in the FIS Roller Ski Asian Championship. This should be clearly mentioned in the official invitation.
- 5.7 To allow the awarding of the title of "Asian Roller Ski Champion", athletes from at least 6 countries must take part in ROLASC.
- 5.8 All the competitions within ROLASC program will be counted for the FIS Roller Ski Asian Cup Overall Standings.
- 5.9 FIS is responsible for providing medals for ROLASC competitions. Medals must not be mass production article. The official inscription on the front/back of the medals is as follows:
- English: FIS ROLLER SKI ASIAN CHAMPIONSHIP 2026, PLACE, COUNTRY