

RULES ABOUT POLE LENGTH

ICR 343.8.1 In classical technique competitions, the maximum pole length must not exceed 83% of the competitor's height, nor measure below the hips. In free technique competitions, the maximum pole length must not exceed 100% of the competitor's height, nor measure below the hips. The body height is measured with ski boots on and nothing on the head.

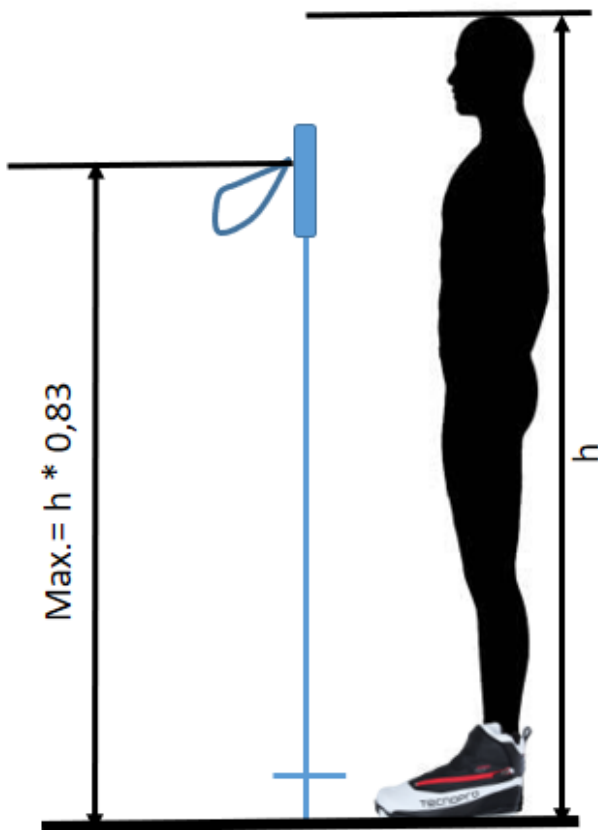
The pole length is measured from the highest attachment of the strap to the tip of the pole.

All measurements will be rounded to the nearest centimeter as follow: less than 0.5 will be rounded down and 0.5 and above will be rounded up.

ICR 343.12.1 In all competitions pole exchange is only allowed in the case that a pole is broken or damaged.

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.



Athlete Length	Pole Length		Athlete Length	Pole Length
140	116		192	159
141	117		193	160
142	118		194	161
143	119		195	162
144	120		196	163
145	120		197	164
146	121		198	164
147	122		199	165
148	123		200	166
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