IMC Booklet

IMC: International Masters’ Championship
(of ski jumping and Nordic combined).

A general instruction’s booklet for the IMC site.

Primary objective of this book:
To supply important information to the organizers of the championships.

Secondary objective:
To supply all members of the IMC family with information about our organisation, including the purpose of it and its rules.

Topics
1) Introduction
2) Facilities
3) Schedule and basic rules of the competitions
4) IMC disclaimer
5) Consequences of cancellations
6) IMC fees and entry fees
7) Accommodations
8) Additional program
9) Commission
1) Introduction

The background of the IMC

The founders of the International Masters’ Championships, Earle Murphy, USA, and Guttorm Bakke, Norway, aimed in 1989 to create a master’s platform and motivate all those who had ended their ski jumping and Nordic combined careers as young people and therefore never had a chance to be part of a team, but were still connected to the sport and wanted to actively participate in the sport, to take up this sport again. Many known and unknown ski jumpers and Nordic combiners from all over the world were activated again. At every annual master’s world championship do we see each other again and meet new athletes. The creation of an individual cheerful atmosphere makes this master’s competition so attractive. The masters’ movement is like a big family, different from all similar formal organizational structures and business interests. These extraordinary sports competitions are embedded in first-class traditions and classic cultural programming and actively serve international understanding. They are flexible concerning the order of the competitions, but inflexible concerning the safety of the athletes. That is the IMC’s requirement of every organizer.

The basis of every event is the IMC regulations. The international IMC family is neither subject to the requirements of the national organizations nor the FIS. However, every master should belong to a sports club in his country.
Organisation of the IMC Family

**STRUCTURE:**

**Organisation:**
- IMC International Masters' Championships

**Executive of IMC:**
- IMC Board team consisting of 3 persons

**Members of the Committee:**
- (Committee) is the respective country's representatives

**THE IMC-EVENT:**

The IMC Championships consist of four events with the following competitions:
- Special Jumping, NC-Nordic-Combined, Team Jumping, Team NC

**Duration of the IMC:**
- Four days.

**Nations:**
- Every nation that wants to join the IMC

**Number of competitors:**
- In the years 2000 - 2006 around 200 athletes **per event**

**Age:**
- Men from 30 years of age; no upper age limit
- **Women from 25 years** of age; no upper age limit

**Length of stay:**
- On average **6 to 9 days**

**Costs:**
- Paid by the athletes themselves

**The typical IMC Jumper:**
- A **wide variety**: Rich and poor, **workmen and teachers**, factory owners, professors, artists and...

**IMC RULES:**

The IMC rules were originally and specially created by and for our masters. They primarily contain the safety and consideration of the physical intactness of the masters in relation to the facilities, as well as the order of the competitions, respectively the IMC additional program.
Please fill in your proposals for modification in red colour!

2) Facilities

All facilities (jumping hills, cross-country tracks etc.) have to fulfil the IMC requirements (especially in regard to safety) – during IMC training and competition times.

JUMPING HILLS:

a) Lift running during official training
b) Nicely prepared inrun tracks, preferably with machines
c) Optimally prepared outrun, preferably with machines
d) Markings (painted lines or the like) of length
e) Visible landing area not obstructed by branches or the like
f) Desirable: Video measuring on the K-90/K-60
g) Desirable: Speed measuring on the K-90/K-60
h) Desirable: Score board
i) Highly desirable: Heated dressing rooms for men and women (separate rooms for women) as well as waxing rooms

CROSS-COUNTRY SKIING

a) Freestyle: Adequate skating track
b) Moderate inclines. Distances 1 km, 2 km, 4 km, 6 km, 10 km. Visible round course is desired, but not required
c) Heated dressing rooms for men and women (separate rooms for women) as well as waxing rooms
d) Desirable: Score board
3) Schedule and Basic Rules of the Competitions

Schedule and specific rules of the several competitions have to be approved by the IMC-committee (team captains) and the board — before the IMC event!!! -.

INVITATION:

It is recommended that the next host is determined at the preceding annual general meeting of IMC. The host has to send out the invitations by e-mail and/or regular mail before October 1st — around half a year before the determined date of the IMC event. The invitations should contain a registration for as well as suggestions for possible accommodations. Moreover the IMC-rules have to be attached.

OPENING CEREMONY:

Welcome Event of the Master Championship organised by the host.

The opening ceremony should be a ceremonial event (similar to the Olympic games, but of course on a smaller scale). The IMC recommends cultural performances and speeches from the mayor and/or other local celebrities, perhaps also with a blessing of the church or a short lighting of a flame.

PRESENT TO THE PARTICIPANTS AS A MEMENTO TO THE EVENT:

For several years it has been a tradition that the participants get a “participant gift” from the organizers. The IMC thinks that this tradition is justified because most of the participants will not get a medal. This gift might be a T-shirt, a little “statue”, a pin etc. This gift could be handed over during the registration of the participants (preferred, because not all athletes stay until the last day) or at the banquet.
Please fill in your proposals for modification in red colour!

**COMPETITIONS:**
They have to be performed according to the IMC rules (as presented by the IMC-C board to the actual organizer).

**ELIGIBILITY:**
Eligible are men and women.

Age Limit of a Master:
Men - 30 years of age
Women - 25 year of age.

Eligibility of a Master:
The participant has to turn to 30 years (men) / 25 years (women) in the year in which the IMC event takes place.

Recruitment Group:
Men – 25 to 29 years of age
Women – 20 to 24 years of age

Recruitments groups with ski jumpers who fulfill 25 years (men) / 20 years (women) in the year in which the IMC event is carried out.

Age Groups:
An age group consists of at least three participants.

A participant in an age group with less than three participants can switch to the next younger group (until a group with more than three participants can be formed).

Groups with participants ≤ 59 (men) / ≤ 49 (women):
If there are too little participants for a group, the group is automatically assigned to the next younger group. This is valid for men as well as for women. Men switch to the younger men group and women switch to the younger women group so long until a group consist of three male / female participants. The group formation with three participants ends with age group 59 (men) / 49 (women).

If the participant remains in his age group, the instructions of the race leader have to be followed.

Medals:
Medals are provided for groups with at least three participants. The three best participants of each group obtain gold-, silver and bronze medals.

In age classes 60+ (men) and 50+ (women) a group must not consist of three persons any longer. Medals will be provided for each age group, also in case that a group consists only of one or two persons.
COMPETITIONS:

SPECIAL JUMPING

Start:
Men and women start together in their corresponding age groups.

Sizes of jumping hills:
K-40, K-60 and K-90. For all sizes are +/-10 meters acceptable.

Maximum registrations:
2 jumping hills, whose sizes must be next to each other.

Group classification


Start gate and women:
Women jump first in the corresponding group!

The start gate is determined by the race director. The race director orientates towards the best ski jumper of the trial round of each group.

In case that women do not switch to the next younger group, (if there are less than three participants) and want to stay in their group, they start from the same starting gate as the men and they are assigned to the rating of this men group.

Race director:
The racing leader has the right to take unsecure skijumpers out of the training / competition (for safety reasons).

Important start note:
For safety reasons, men ≥ 75 years / women ≥ 65 are not allowed to jump from K-90, except the race director / IMC Commission decides for an individual starting permission.

Jumping Recruitment Group:

Participation of Men
is strictly limited to:
only two jumpers from each country and four jumpers from the host country

Age of Men: 25 – 29 years
They jump only on the biggest hill!!!

Participation of Women:
is not limited

Age of Women: 20–24
They jump only on the biggest hill
NORDIC COMBINED (NC)

No Jumping Competition!
Points are taken and calculated from the special jumping competition.
The competition hills of Nordic Combined are K-60 and K-40.

Jumping hills:
K-60 (+/-10 m) and K-40
(if required K-20 for the oldest participants)

Age and hills

<table>
<thead>
<tr>
<th>Men:</th>
<th>K-40: age groups</th>
<th>≥ 50 years</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>K-60: age groups</td>
<td>30 - 49 years</td>
</tr>
<tr>
<td></td>
<td>K-60:</td>
<td>Recruits 25 - 29 years</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Women:</th>
<th>K-40: age groups</th>
<th>≥ 35 years</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>K-60: age groups</td>
<td>25 - 34 years</td>
</tr>
<tr>
<td></td>
<td>K-60:</td>
<td>Recruits 20 - 24 years</td>
</tr>
</tbody>
</table>

Exception:
Participants ≥ 60 years of age (men) / ≥ 35 years of age (women)
These participants (≥ 60 years of age (men) / ≥ 35 years of age (women) that did not jump on K-40 (special jumping competition) must have an additional competition on K-40 (only for NC – this competition does not count for special jumping).
These participants had already two competitions on other hills.

NC recruitment group:

Participation of Men:
is strictly limited to:
only two jumpers from each country and four jumpers from the host country.

Age of Men:
25 - 29 years
They jump only on the K-60 +/- hill.

Participant of Women:
is strictly limited
is not limited

Age of Women:
20 - 25 years
They jump only on the K-60 +/- hill.
**Please fill in your proposals for distance-changes in red colour:**

**Cross-country style:** Classic or Freestyle.

**Distances:**

<table>
<thead>
<tr>
<th>Age</th>
<th>the official IMC rules</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Men</strong></td>
<td></td>
</tr>
<tr>
<td>25 - 29 years:</td>
<td>10 km .................. recruitment</td>
</tr>
<tr>
<td>30 - 49 years:</td>
<td>10 km .................. master</td>
</tr>
<tr>
<td>50 - 59 years:</td>
<td>5 km ................... master</td>
</tr>
<tr>
<td>≥ 60 years:</td>
<td>3 km ................... master</td>
</tr>
<tr>
<td><strong>Women</strong></td>
<td></td>
</tr>
<tr>
<td>20 - 24 years:</td>
<td>6 km ............... recruitment</td>
</tr>
<tr>
<td>25 - 34 years:</td>
<td>6 km ............... master</td>
</tr>
<tr>
<td>35 - 49 years:</td>
<td>4 km ............... master</td>
</tr>
<tr>
<td>≥ 50 years:</td>
<td>2 km ............... master</td>
</tr>
</tbody>
</table>
TEAM JUMPING MASTER COMPETITION:

Jumping competition! Performing is a welcome gift to the host.

Eligibility: Only men and women of master classes (men ≥ 30 years; women ≥ 25 years) are allowed to take part. They start in the corresponding groups.

Age Groups for the Team Competition:

<table>
<thead>
<tr>
<th>Group</th>
<th>Age Men</th>
<th>Age Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>30 - 39</td>
<td>with best women age group</td>
</tr>
<tr>
<td>2.</td>
<td>40 - 49</td>
<td>with best women age group</td>
</tr>
<tr>
<td>3.</td>
<td>50 - 59</td>
<td>with best women age group</td>
</tr>
<tr>
<td>4.</td>
<td>≥ 60</td>
<td></td>
</tr>
</tbody>
</table>

A team consists of one participant in each age group, i.e. the same age groups as in the individual competitions. However, an older athlete can start in a younger group, but a younger athlete is not allowed to start in an older group.

Mainly, this competition is meant for national teams. The groups are build up to age group 50 – 59 years.

In case that one or more nations do(es) not have enough jumpers to form a team, it is allowed to form mixed teams with jumpers from different nations. In order to build a group in the corresponding age group, jumpers ≥ 60 years (men) / ≥ 40 years (women) can be taken to complete this groups.
TEAM NC MASTER COMPETITION

No Jumping Competition! Performing is a welcome gift to the host.

Eligibility: Men and Women start together in the corresponding groups
Team entries have to be made during the team captains meeting before the cross country competition.

A team consists of four participants (men ≥ 30 years; women ≥ 25 years)

A round is 1 km.

SKI JUMPING POINTS:
two

Jumping points for each competitor are taken from the best of his scored jumps on the hill that he would ordinarily use for individual NC.

Points for skijumping are calculated as follows:

- classes
  - Men ≥ 30 years to 59 years
  - Women ≥ 25 years to 34 years
  - competition from K60 hill

- class
  - Men ≥ 60 years
  - Women ≥ 35 years
  - competition from K40 hill

45 point / minute.

Age groups for the team competition:

<table>
<thead>
<tr>
<th>Group</th>
<th>Age Men</th>
<th>Age women</th>
<th>Distances</th>
<th>Sequence of age</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>60 +</td>
<td>50+</td>
<td>1 km</td>
<td>Starter</td>
</tr>
<tr>
<td>2.</td>
<td>50-59 with best women age group</td>
<td>40-49</td>
<td>2 km</td>
<td>Next</td>
</tr>
<tr>
<td>3.</td>
<td>40-49 with best women age group</td>
<td>30-39</td>
<td>3 km</td>
<td>Next</td>
</tr>
<tr>
<td>4.</td>
<td>30-39 with best women age group</td>
<td>25-29</td>
<td>3 km</td>
<td>Finishes</td>
</tr>
</tbody>
</table>

Cross country will be skied as Gundersen competition. The oldest class will start the competition.

Victory Ceremony:

The victory ceremony is preferably held immediately after the competition.
The ceremony should begin and end with the official IMC hymn (Anton Zapf).
The gold medal winner will be honoured with his national anthem.

The victory ceremony of the last competition (Saturday) could be held during banquet.
4) **Banquet:**

This part of the program is very important for improving the friendly atmosphere among the participants and giving them the opportunity to get to know each other. In addition, the banquet is the opportunity for the IMC-Team Captain as well as the participants to express their gratitude to the organizers in a more or less formal way. Furthermore, this occasion should also be the event where the officials persons of the organisation committee may express their greetings to the participants.

The price of the banquet should remain in an adequate relation(not too expensive) so that many participants can take part. We propose that the host offers a buffet, a bar (with the possibility to buy additional drinks) and dance music after the meal.

Cultural entertainment, preferably folk dance, songs and similar contributions from the organizing site’s cultural heritage, is also highly recommended and would be appreciated by the participants.

5) **IMC disclaimer**

The IMC or IMC-C does not take any legal responsibility for the participants. Each IMC participant is always responsible for himself and his safety.

However, by accepting the IMC the host club takes responsibility for the safety in regards to the facilities during training, competitions and the additional program for the duration of the IMC. This means that the facilities have to be prepared and the activities organized according to the highest possible safety standards, including the presence of paramedics and the avoidance and clearance of any sources of danger.
6) Consequences of cancellations

Possible IMC hosts offer their places during the annual meeting. The hosts are confirmed by the IMC committee.

The information and invitation for the Championships have to be sent by the host until October 1st.

Before October 1st the host has the right to revoke the performance of the Championships.

After October 1st the host has the duty to perform the Championships. Natural causes like lack of snow, warm weather etc. can cause a cancellation. If the host revokes the Championships after October 1st, he has to look for an alternative place in his country. Any costs that may arise for transfer, rebookings of hotel rooms as well as for the whole organisation will be paid by the original host. The participants will not have additional costs.

In case that the technical delegate or responsible persons from the IMC notice safety problems like unsufficient preparation or misorganisation which cannot be eliminated in agreement with the race director, the competition will be cancelled. The host has to repay the starting fees to the participants. ..

7) Entry Fee and Fee for the IMC-C

The entry fee should not be more than EURO 25,00 including the IMC fee per starting athlete and competition. EURO 1,00 per athlete and competition must be paid to IMC board.

Practically and due to formal restrictions and legal control the money should be paid to the IMC board

IMC fee will be taken by a member of the board or the committee

Name: .................................................................

A control person for the correctness of this handling will be determined IMC intern.

Name: .................................................................

8) Accommodations

During the invitation the host should offer enough accommodations (hotels / guesthouses / youth hostels or private rooms). The participants should be able to book their accommodations by themselves.
9) Additional program

The host site should consider the world championship as the opportunity to stimulate the participants to take interest in other fields than the one of ski jumping, as well as using the opportunity to increase tourism to the location. Especially, the host site is highly recommended to include cultural programs of several kinds (including classical music and arrangements in a church) during the IMC event.

EXCURSION PROGRAMS:

Desirable is the possibility of having organized excursion programs for participants and their partners, aimed at giving them knowledge of the region’s attractions as well as improving the possibilities to get to know each other.

10) Commission

Most of the participants appreciate the possibility to buy one or more souvenirs from the event. Especially popular are T-shirts, caps and pins with the symbol or emblem of the site or region. The sales of these souvenirs would probably also improve the possibilities of recruiting young ski jumpers from the several countries to come to training camps and/or competitions at the site.

Klaus Günther
(President of the IMC)  
Bayreuth, 02/09/2006

Torbjørn Haugen
Vice President of the IMC  
Oslo, 02/09/2006

Anton Zapf / Åke Salomieni
IMC board

Updated 2014
through the currently IMC board  
Bayreuth, 01/02/2014

Accepted by...

Date

Host in 20..

Host

IMC board