



Contact information

Organiser contact information	
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Website	https://rukanordic.com/
Social media	http://en.rukanordic.com/some

Offices and their opening hours		Officials	
Race office	09-20 Hotel Scandic Rukahovi Congress Centre	FIS Technical Delegate	Uros Ponikvar (SLO) Anna Rosa (ITA)
Transportation	09-20 Hotel Scandic Rukahovi Congress Centre	Chief of Competition	Niklas Turku (FIN) +358400715655 niklas.turku@gmail.com
OC Office	09-20 Hotel Scandic Rukahovi Congress Centre	General Secretary	Marika Paananen (FIN) +358445252444 marika.paananen@rukanordic.com
		Sport	Jukka Tahkola (FIN) +358408519915 jukka.tahkola@rukanordic.com
		Accommodation	Mari Kämäräinen (FIN) +358103825039 nordic@ruka.fi
		Transportation	Anselmi Pitkänen (FIN) +358401485557 transportation@rukanordic.com
		FIS Race Director	Pierre Mignerey (FRA) +33676927823 mignerey@fisski.com

Event schedule

Event schedule (LOC times)			
25.11.2021	Event	Location	Races
10:00	Training	Rukan Hiihtostadion; Hiihtostadionintie 3, 93830 Rukatunturi	
17:00	Team Captains' Meeting	Rukan Hiihtostadion; Hiihtostadionintie 3, 93830 Rukatunturi	26 Nov - SPWQ Women's SP 26 Nov - SPWQ Men's SP 26 Nov - WC Women's SP 26 Nov - WC Men's SP
26.11.2021	Event	Location	Races
11:00	Competition start	Rukan Hiihtostadion; Hiihtostadionintie 3, 93830 Rukatunturi	26 Nov - SPWQ Men's SP



11:00	Competition start	Rukan Hiihtostadion; Hiihtostadionintie 3, 93830 Rukatunturi	26 Nov - SPWQ Women's SP
13:30	Competition start	Rukan Hiihtostadion; Hiihtostadionintie 3, 93830 Rukatunturi	26 Nov - WC Men's SP
13:30	Competition start	Rukan Hiihtostadion; Hiihtostadionintie 3, 93830 Rukatunturi	26 Nov - WC Women's SP
17:00	Team Captains' Meeting	Rukan Hiihtostadion; Hiihtostadionintie 3, 93830 Rukatunturi	27 Nov - WC Women's 10k 27 Nov - WC Men's 15k
27.11.2021	Event	Location	Races
11:15	Competition start	Rukan Hiihtostadion; Hiihtostadionintie 3, 93830 Rukatunturi	27 Nov - WC Men's 15k
14:30	Competition start	Rukan Hiihtostadion; Hiihtostadionintie 3, 93830 Rukatunturi	27 Nov - WC Women's 10k
17:00	Team Captains' Meeting	Rukan Hiihtostadion; Hiihtostadionintie 3, 93830 Rukatunturi	
28.11.2021	Event	Location	Races
11:20	Competition start	Rukan Hiihtostadion; Hiihtostadionintie 3, 93830 Rukatunturi	28 Nov - WC Men's Pur
13:30	Competition start	Rukan Hiihtostadion; Hiihtostadionintie 3, 93830 Rukatunturi	28 Nov - WC Women's Pur

Team Information Ruka Nordic 2021

1. Accreditation

- Requests for additional accreditation must be sent via the FIS Online System or to the OC Secretariat at kev@rukanordic.com.
- All accreditation cards can be picked up at: Accreditation Office in Hotel Scandic Rukahovi, Congress centre.

Opening times: daily from 09:00 to 19:00 (Mon-Thu), Fri 8-18, Sat 8-17, Sun 8-11.

2. Race Office

- The Race Office is located at Hotel Scandic Congress Centre

Opening times: daily from 09:00 to 19:00.

- Sub-Race Offices located in the SJ and XC compounds;

Opening times: CC info: Mon 9-18, Tue-Wed 8-18, Thu-Sun 7-18

3. Accommodation

- Bookings according the FIS Rules via FIS Online registration system

- The OC offers following accommodation (full board included):

-Three star hotel Scandic Rukahovi or Hotel RukaTonttu next to the venue:

112€ per person in double room, 147€ single

-Three star apartments (RukaTonttu, RukaSuites, AurinkoRinne, RukaVillage, Ruka Ski Chalets, Rukahovi apartments) next to the venue:

112€ per person (minimum number of person occur)

- Additional information about the accommodation will be given to the teams after receiving preliminary entry and accommodation request



- Limited amount of accommodation available next to the venue, mainly for quota. For outside of the quota also self-catering holiday cottages /apartments at Ruka area also possible on request
- Price for additional accommodation outside of the quota: 117€ per person in double room or apartment (minimum number of persons occur)
- Price for additional single rooms outside of the quota: 162€
- We retain the right for changes

4. Transport

- Official airport: Kuusamo and Oulu. The organizing committee will arrange transportation between the airports and the hotels. 1 transport (from and to the airport) free of charge.
- Prices for additional transport
 - 260 € for Kuusamo airport (up to 15 persons =260 €, 16-50 p.=330 €)
 - 770 € for Oulu airport (up to 15 persons = 770 €, 16-50 p.=940 €)
 - 715 € for Rovaniemi airport (up to 15 persons = 715 €, 16-50 p.=885 €)
- Shuttle service: No shuttle service between hotels and venues (walking distance)

5. Payments

- Accommodation costs: Persons from the pay lists will be paid by the OC directly. For additional rooms, the teams will pay directly in the Accommodation Office until the 25th of November. Cash and credit cards accepted.
- Carrying costs/Reimbursement:
 - Expenses sheets will be received in financial office during the race weekend or by e-mail: finance@hiihtoliitto.fi
 - All payments will be done electronically by bank transfer.

6. Waxing Facilities

- Wax cabins: available from 22/11/2021 at 12:00
- Waxing trucks: teams arriving with trucks must inform the OC until 15/10/2021 with exact measurements of the truck and details of the needs
- The keys to the cabins are available at the CC/SJ/NC sub-race office on the stadium. Keys return to CC/SJ/NC sub-race office/ Service Area on the day of departure.
- Parking cards can be picked up at the sub-race office together with the keys.

7. Regulations of radio equipment/Radio Frequencies:

The Finnish Transport and Communications Agency (Traficom) regulates the use of radio frequencies in Finland. Based on submitted applications Traficom issues radio licences for users of radio transmitters to ensure trouble-free utilisation of the radio spectrum. Applications can be submitted by filling in the form found with the link below no later than 31 October 2021.

<https://www.traficom.fi/en/contact-form-event-organizers>

Some radio transmitters can be used on licence-exempt basis depending on their operating frequency and application. Please refer to Traficom Regulation 15 - <https://www.traficom.fi/en/regulations/regulation-15-collective-frequencies-licence-exempt-radio-transmitters-and-their-use>

The applicable frequency bands for wireless cameras, video links and microphones have been collected to page <https://www.traficom.fi/en/communications/communications-networks/wireless-cameras-video-links-and-microphones>

8. Visa Regulations



- Remember that citizens of some countries will need visa for visiting Finland. Please check with your embassy if you need a visa for Finland.
- For an official letter of invitation, please send a request to kev@rukanordic.com.

9. Prize Money and Taxes

- Income tax for European and non-European citizens is 15%
- Income tax for US citizens is 0%
- If requested, the OC will provide the athletes with a receipt of taxes paid accompanying the prize money.

10. Media & Communications

<http://www.rukanordic.com>

<https://www.facebook.com/rukanordic>

<https://twitter.com/RukaNordic>

<https://www.instagram.com/rukanordic/>

<https://www.youtube.com/channel/UCDPTQrgtBt33Fj7Y4gz0Etw/videos>

#rukanordic

11. Maps

12. Covid-19 instructions

- Before entering Finland, everyone should fill in their info at <https://www.finentry.fi/en/> The service will provide information if any Covid tests are required before / when entering Finland. In general, everyone with a valid EU Covid-19 vaccination certificate, providing that the second vaccine is taken at minimum 14 days prior to arrival, can enter Finland without testing. For other cases, see detailed instructions here <https://raja.fi/en/guidelines-for-border-traffic-during-pandemic>
- FIS testing procedure will be applied for the teams. All team members are required to provide a negative PCR test result less than 72 hours older in FIS passport system before accreditation.
- Team members that have provided the information of the valid vaccination certification are not required follow-up testing during the event, except in the event of possible Covid-19 symptoms.
- Team members who do not have a valid vaccination certificate will be required follow-up testing during the event after 72 hours. The testing time will be informed separately. The test in Ruka will be an antigen test and the possible positive test result is confirmed with PCR test. The person with positive antigen test result will be quarantined until the PCR test result is received. In case the PCR result is positive, the local health authority can order a quarantine of 10 days (or longer if there are still symptoms after 10 days).
- Team members will be requested to fill in the daily FIS health questionnaire.
- The teams are separated from other groups in the event to ensure safe event experience. Accommodation, transportation etc. will be organized separately. Also hygiene measures like increased hygiene, safety distances and mask usage are in place.
- Please note, that the regulations may change with short notice. Detailed and updated info on practices at Ruka Nordic is available here: <https://en.rukanordic.com/covid-info/>

INVITATION

We cordially invite all member associations of the FIS to participate in the

20th FIS WORLD CUP RUKA NORDIC on November 26th - November 28th 2021 in Kuusamo Ruka

PROGRAMME



Thursday 25.11.2021

- 10.00 Team captains meeting, Nordic Combined
- 10.00-11.00 Official training, Cross Country, Sprint, C
- 12.30-13.30 Official Cross Country training, Nordic Combined, F
- 15.00 Official training HS 142, Nordic Combined
- 17.00 Provisional competition round, Nordic Combined, HS 142
- 17.00 Team captains meeting, Cross Country

Friday 26.11.2021

- 10.45 Trial round HS 142, Nordic Combined
- 11.00 Sprint Qualification (L+M), Cross Country skiing, C (1,4 km), Coop FIS Cross Country World Cup
- 12.00 Nordic Combined, Ski Jumping HS 142, Viessmann FIS Nordic Combined World Cup
- 13.00 Team captains meeting, Ski Jumping
- 13.30 Cross Country, Sprint Ladies +Men, finals, C (1,4 km), Coop FIS Cross Country World Cup
- 15.30 Official training HS142 (2 rounds), Ski Jumping
- 16.10 Nordic Combined, Ind Gundersen, 5 km, F (2x2,5 km), Viessmann FIS Nordic Combined World Cup
- 17.00 Team captains meeting, Cross Country
- 18.10 Qualification HS 142, Ski Jumping

Saturday 27.11.2021

- 09.00 Trial round HS 142, Nordic Combined
- 10.10 Nordic Combined, Ski Jumping HS 142, Viessmann FIS Nordic Combined World Cup
- 11.15 Cross Country, 15 km men, C (3x5 km), Coop FIS Cross Country World Cup
- 14.30 Cross Country, 10 km Ladies, C (2x5 km), Coop FIS Cross Country World Cup
- 16.15 Trial round HS 142, Ski Jumping
- 16.30 Nordic Combined, Ind Gundersen, 10 km, F (4x2,5 km), Viessmann FIS Nordic Combined World Cup
- 17.00 Team captains meeting, Cross Country
- 17.30 Ski Jumping HS 142, Viessmann FIS Ski Jumping World Cup

Sunday 28.11.2021

- 09.00 Trial round HS 142, Nordic Combined
- 10.10 Nordic Combined, Ski Jumping HS 142, Viessmann FIS Nordic Combined World Cup
- 11.20 Cross Country, 10 km Ladies, F (4x2,5 km), Coop FIS Cross Country World Cup
- 13.30 Cross Country, 15 km men, F (6x2,5 km), Coop FIS Cross Country World Cup
- 15.30 Qualification HS 142, Ski Jumping
- 16.05 Nordic Combined, Ind Gundersen 10 km, F (4x2,5 km) Viessmann FIS Nordic Combined World Cup
- 17.15 Ski Jumping HS 142, Viessmann FIS Ski Jumping World Cup

ENTRY The entries must be done by FIS online entry system on 15th October www.fis-ski.com.

Radio license applications:

Applications can be submitted by filling in the form found with the link below no later than October 22th 2021.



FIS Cross-Country World Cup

Ruka (FIN)
26.11.2021 - 28.11.2021



<https://www.traficom.fi/en/contact-form-event-organizers>

More information by sending your inquiries to radiotaajuudet@traficom.fi

RESTRICTIONS FIS rules will apply. The number of participants must comply with World Cup rules and regulations.

LIABILITY Each competitor must be insured by his/her own association. The OC have coverage for their own third part liability only.

TECHNICAL DELEGATES (TD, Assistant TD, National Assistant TD)

Cross Country Uros Ponikvar (SLO) Anna Rosa (ITA) Jussi Prykäri (FIN)

Ski Jumping Ivo Greger (CZE) Andy Bauer (GER)

Nordic Combined Matija Stegnar (SLO) Daniel Köhler (GER) Tapio Nurmela (FIN)

EXPENSES According to the FIS World Cup rules. For electronic payments IBAN and BIC-codes are needed.

ACCOMMODATION Information and reservations Rukakeskus tel.+358 504 682 520 email: nordic@ruka.fi.

Accommodation reservations must by FIS online entry system on 15th October.

INFORMATION FIS Ruka Nordic, Kuusamon Erä-Veikot, Vanttajantie 6 B, FI-93600 KUUSAMO, FINLAND

Jukka Tahkola, chief of sport, mobile +358 408 419 915

www.rukanordic.com , e-mail: kev@rukanordic.com.

Welcome to Kuusamo! KUUSAMON ERÄ-VEIKOT – KUUSAMO ORGANIZING COMMITTEE