



FIL Group 1 Guidelines (General Class)

1. All athletes participating in FIL Group 1 must read, understand and sign the FIL Athlete Code of Conduct prior to participating in any FIL program.
2. Athletes new to Group 1 must be 25 years old or younger and must have a minimum of 8 weeks' sliding experience on at least 4 different tracks. Exceptions will be considered on a case-by-case basis in consultation with the Group 1 coaches.
3. A maximum of 3 athletes per NF are allowed in Group 1, however if space permits, more than 3 athletes from an NF may be accepted. This will be determined on a case-by-case basis.
4. If an NF has 3 athletes training with FIL Group 1, both genders must be represented.
5. Each NF is responsible for registering their athletes by the stated deadline for any WC/ITW/training week they plan to attend as part of the FIL Group 1. Any changes, late notifications or hotel cancelations that incur a financial penalty will be the responsibility of the athlete/NF.
6. All FIL Group 1 participants must be prepared to supply a form of payment for their accommodation and training costs at a WC/ITW/training week at the time the cost is incurred. The FIL can no longer pay for an athlete's/NF's expenses even if they would be reimbursed later.
7. Athletes participating with FIL Group 1 must attend a minimum of 3 weeks of fall training, (or have a minimum of 60 training runs in the current season), prior to participating in their first race of the season.
8. When the budget allows, the FIL *may* provide support as follows:
 - a. In a category "A" week, the FIL will pay for accommodations and track fees for all athletes (maximum of 3 athletes).
 - b. In a category "B" week, the FIL will pay the accommodation costs for all athletes (maximum of 3 athletes).
 - c. In all "C" and "D" category weeks, the individual NF is responsible for all costs.
9. If an athlete participates in an FIL "A" category training week (in which the FIL pays for all expenses), that athlete must also participate in the WC scheduled at that track in the same season, (if one is scheduled).
10. If an athlete participates in an "A" category training week with the FIL group, they must also participate in at least one "D" category training week in the same season.

11. Only athletes will be included in any arrangements made for FIL group 1, (accommodation/transportation). Any NF coaches or personnel must make their own travel and accommodation arrangements.
12. At no time may an athlete participate in Group 1 without having sufficient funds to pay for their weekly expenses.
13. Transportation via the FIL bus to each weekly destination must be arranged in advance to ensure there is space available for all athletes.
14. Each NF will be responsible for arranging transportation from their home to the first training venue of the season and to each successive weekly destination when space is not available on the FIL bus.
15. When travel by air is required, each athlete will be responsible for booking their own flight. The athlete must plan on arriving at the destination airport no more than two hours after the arrival time of the coaches. The coaches' flight itineraries will be provided in advance.
16. FIL sleds and equipment are available for use only to FIL Group participants. Requests will be filled in the order in which they are received.
17. Athletes may not participate in FIL Group 1 and have a partnership with another NF at the same time.

v Aug 7, 2024