

## Contact information

### Organiser contact information

Phone	General: <a href="tel:+358408419915">+358 40 841 9915</a>
E-mail	General: <a href="mailto:kev@rukanordic.com">kev@rukanordic.com</a> , Entries: <a href="mailto:jukka.tahkola@rukanordic.com">jukka.tahkola@rukanordic.com</a> , Accommodation: <a href="mailto:nordic@ruka.fi">nordic@ruka.fi</a>
Address	Kuusamon Era-Veikot, Vanttajantie 6 B, 93600 Kuusamo, Kuusamo
Website	<a href="https://rukanordic.com">https://rukanordic.com</a>
Social media	<a href="https://rukanordic.com/en/">https://rukanordic.com/en/</a>

### Officials

<b>FIS Technical Delegate</b>	Hubert Mathis (SUI) Renata Nadarkiewicz (POL)
<b>FIS Race Director</b>	Sandro Pertile (ITA) <a href="tel:+393341124196">+393341124196</a> <a href="mailto:pertile@fisski.com">pertile@fisski.com</a>
<b>Chief of Competition</b>	Jani Hyvärinen (FIN) <a href="mailto:jani.hyvarinen@pp.inet.fi">jani.hyvarinen@pp.inet.fi</a>
<b>Sport</b>	Jukka Tahkola (FIN) <a href="tel:+358408519915">+358408519915</a> <a href="mailto:jukka.tahkola@rukanordic.com">jukka.tahkola@rukanordic.com</a>
<b>Accommodation</b>	Mari Kämäräinen (FIN) <a href="tel:+358103825039">+358103825039</a> <a href="mailto:nordic@ruka.fi">nordic@ruka.fi</a>
<b>Transportation</b>	Anselmi Pitkänen (FIN) <a href="tel:+358401485557">+358401485557</a> <a href="mailto:transportation@rukanordic.com">transportation@rukanordic.com</a>
<b>General Secretary</b>	Marika Paananen (FIN) <a href="mailto:marika.paananen@rukanordic.com">marika.paananen@rukanordic.com</a>

## Event schedule

### Event schedule (LOC times)

25.11.2022	Event	Location	Races
13:00	Team Captains' Meeting	RukaVillage meeting room	26 Nov - QUA Men's LH 26 Nov - WC Men's LH 27 Nov - QUA Men's LH 27 Nov - WC Men's LH
15:15	Training	Ruka Ski stadium HS 142, Hiihtostadionintie 3, FI-93830 Rukatunturi	
26.11.2022	Event	Location	Races
08:30	Start Qualification	Ruka Ski stadium HS 142, Hiihtostadionintie 3, FI-93830 Rukatunturi	26 Nov - QUA Men's LH
10:00	Competition start	Ruka Ski stadium HS 142, Hiihtostadionintie 3, FI-93830 Rukatunturi	26 Nov - WC Men's LH
27.11.2022	Event	Location	Races



**08:30** Start Qualification

Ruka Ski stadium HS 142,  
Hiihtostadionintie 3, FI-93830 Rukatunturi

27 Nov - QUA Men's LH

**10:00** Competition start

Ruka Ski stadium HS 142,  
Hiihtostadionintie 3, FI-93830 Rukatunturi

27 Nov - WC Men's LH

## ENTRIES

The FIS Online Registration System must be used to register the participating teams.

**Booking of waxing cabins** via FIS Online Entry System by the preliminary entry. Preliminary entry counts as wax cabin booking. Extra wax cabin must be ordered.

**Preliminary entry** deadline: 14.10.2022

**Entry** deadline: 17.11.2022

## TEAM INFORMATION FIS WORLD CUP RUKA NORDIC 2022

### 1. Accommodation

Teams and SRS companies must use the FIS online booking system by requesting the number of rooms/apartments with full-board. The OC will pay accommodation costs according to the FIS rules reimbursement lists and prices. For additional persons, the teams must pay directly to OC.

Accommodation in 3 star hotel rooms or apartments.

Accommodation Office, opening times:

- Wed 23.11 - Thu 24.11: 9-19
- Fri 25.11 - Sat 26.11: 9-18

### 2. Accreditation

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

Accreditation office, opening times:

- Mon 21.11: 12-19
- Tue 22.11 - Thu 24.11: 9-19
- Fri 25.11: 8-18
- Sat 26.11: 8-17
- Sun 27.11: 8-11

### 3. Transport

- The transportation office will arrange transportation between the official airports (Kuusamo, Oulu and Rovaniemi) and the hotels in Ruka. No shuttle service between hotels and venues (walking distance).
- Transports (from the official airport to Ruka and from Ruka to the official airport) free of charge.
- Requests for transportation (exact arrival times, flight numbers and number of arriving people) must be sent via the FIS Online Entry System or directly to the Transportation office at [transportation@rukanordic.com](mailto:transportation@rukanordic.com)
- Teams departing from Oulu or Rovaniemi airport must prepare to leave from Ruka approximately 4 hours before flight time.

Transportation office, opening times

- 21.11 - 23.11.2022: 10.00 - 18.00



- 24.11 - 27.11.2022: 9.00 - 20.00

## 4. Payments

Accommodation costs: Persons from the reimbursement lists will be paid by the OC directly. For additional persons, the teams will pay directly in the accommodation office until the 26th of November.

Payments by invoice or credit card.

## 5. 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.

Prize money payment (Word Cup Rules Art. 8) OC will use a protected FIS database for prize money payment information. Please make sure that all your athletes' information is uploaded to the system before the race weekend (including Tax codes).

Finnish law does not allow any prize money transfer without indicating the TINs (Tax identification number). You can find an instruction where to find your personal TIN here:

- <https://www.oecd.org/tax/automatic-exchange/crs-implementation-and-assistance/tax-identification-numbers/>

The financial office is in the Congress Centre, Hotel Scandic Rukahovi.

Financial Office, opening times:

- Thu 24.11: 10-18
- Fri 25.11: 10-19
- Sat 26.11:10-18
- Sun 27.11: 10-14

## 6. Race office, SJ Info, Waxing facilities and Starting Bibs

**Race Office** (is located in the Scandic Rukahovi Congress Centre), opening times:

- Mon 21.11 - Thu 24.11: 9-19
- Fri 25.11 - Sat 26.11: 8-21
- Sun 27.11: 8-18

Race office tel. +358 40 580 0467

**SJ info** (is located in the Ski Jumping hill Area), opening times:

- Sun 20.11: 11-18
- Mon 21.11 - Wed 23.11: 9-15
- Thu 24.11 - Sat 26.11: 8-15
- Sun 27.11: 8-17

Wax cabins:

- Available from 21/11/2022 at 12:00
- The keys to the waxing cabins are available at the SJ info. Keys return to SJ info on the day of departure.
- Fee for lost key 100€ and cleaning fee 150€.
- Parking cards can be picked up at the SJ info together with the keys.

Starting Bibs:

- Distribution of Starting Bibs from the SJ info before the races.



## 7. Team Catering

SJ Café both at the Ski Jumping Service Area and at the top of Ski Jumping Hill.  
Warm food and snack is served (Take Away).

## 8. Medical Service & Health protection plan

Nearest hospital: Kuusamo City Hospital

- Address: Raistakantie 1, FIN-93600 Kuusamo, +358 40 860 8611
- X-ray, on call during the event

A doctor and ambulances are on duty in the Ski Jumping area during the event.

## 9. Covid-19 information

### Arriving to Finland:

At the moment, Finland does not impose any restrictions on entry to the country because of the COVID-19 epidemic. All restrictions on entry have been lifted.

- Pre-pandemic practices have been reinstated at border checks. Travellers arriving from non-EU and non-Schengen countries must still have normal travel documents, i.e. a passport and, if necessary, a visa.
- In Finland, it is no longer necessary to show your EU Digital COVID Certificate when attending events, visiting food and beverage service businesses or entering the country.
- Please note, that the regulations may change with short notice. Detailed and updated info on practices at Ruka Nordic is available here: <https://rukanordic.com/en/info-for-teams-media/for-teams/>
- *More information:* <https://valtioneuvosto.fi/en/information-on-coronavirus>

### During the travel and the event:

- When traveling and at the event area and accommodation, The event organizer recommend to keep the social distances and use a mask/respirator indoor.
- Wash your hands before cooking and meals, when you come in from outdoors, after using the toilet, after coughing, sneezing or blowing your nose, after touching the same surfaces as someone with a cold.
- Ruka Nordic Covid-19 info:  
+358 40 148 5576 (available 24h starting from 22.11.2022)  
[covid19@rukanordic.com](mailto:covid19@rukanordic.com)

### Corona testing in Ruka:

- Doctor Service Bene Finland Oy offers corona testing during the race week.
- PCR tests: Results and written test certificates within 24 hours.
- Antigen tests: Results on the same day
- Appointment and the questions directly to the Doctor Service: <https://www.benefinlandia.fi/>
- Opening hours and test prices will be announced in November.

### If you get sick

- If person get sick (covid-19) she / he is able to travel home as soon as she / he wants. In Finland we don't have any testing at the airports or have any requirement for a vaccination certificate. It is on a teams duty to take care of person who gets ill.

## 10. 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 2022.



- <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>

## 11. Regulations of Visa

- 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.

## 12. Special permissions for truck driving (Sunday and night, other days with special regulations)

There is no need for a special permission for truck driving on Finnish roads. No special rules and regulations, except for the normal Finnish weather and snow conditions and the need of snow tires.

## 13. Technical Delegates and jumping judges

TD: Mathis Hubert SUI, TD ass. Nadarkiewicz Renata POL

Jumping judges:

Karjalainen Janne FIN  
Gschwentner Hermann AUT  
Malec Pascal FRA  
Sebergesen Nikolai NOR  
Marit Stub Nybelius SWE

## 14. Maps

More information on our website.

## 15. Media and Communications

- [Ruka Nordic -Website](#)
- [Facebook](#)
- [Twitter](#)
- [Instagram](#)
- [Youtube](#)

#rukanordic

## Invitation

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

**21st FIS WORLD CUP RUKA NORDIC** on November 25th - November 27th 2022 in Kuusamo Ruka.

**PROGRAMME**

**Thursday 24.11.2022**



- 11.00 Team Captain's Meeting, Nordic Combined
- 11.00 Cross-Country, Official training
- 13.00 Nordic Combined, Official training SJ HS 142
- 15.00 Nordic Combined, Provisional Competition Round, Ski Jumping HS 142
- 17.00 Nordic Combined, Official training CC
- 17.00 Team Captain's Meeting, Cross-Country

## Friday 25.11.2022

- 10.45 Nordic Combined, Trial round HS 142
- 11.00 Cross-Country, Sprint Qualification 1,4km Ladies&Men
- 12.15 Nordic Combined, Ski Jumping HS 142, VIESSMANN FIS NORDIC COMBINED WORLD CUP
- 13:00 Team Captain's Meeting, Ski Jumping
- 13.30 Cross-Country, Sprint Finals 1,4km Ladies&Men, C, COOP FIS CROSS-COUNTRY WORLD CUP
- 15:15 Ski Jumping, Official training HS 142
- 16.00 Nordic Combined, 5km Ind Gundersen, F, VIESSMANN FIS NORDIC COMBINED WORLD CUP
- 17.00 Team Captain's Meeting, Cross-Country
- 17.45 Ski Jumping, Qualification HS 142

## Saturday 26.11.2022

- 08.45 Ski Jumping, Trial round HS 142
- 10.00 Ski Jumping, HS 142, VIESSMANN FIS SKI JUMPING WORLD CUP
- 12.00 Cross Country, 10 km Ladies, C, COOP FIS CROSS-COUNTRY WORLD CUP
- 12.15 Nordic Combined, Trial round HS 142
- 13.30 Nordic Combined, Ski Jumping HS 142, VIESSMANN FIS NORDIC COMBINED WORLD CUP
- 14.30 Cross Country, 10 km Men, C, COOP FIS CROSS-COUNTRY WORLD CUP
- 16.20 Nordic Combined, 10km Ind Gundersen, F, VIESSMANN FIS NORDIC COMBINED WORLD CUP
- 18.30 Team Captain's Meeting, Cross-Country

## Sunday 27.11.2022

- 08.30 Ski Jumping, Qualification HS 142
- 10.00 Ski Jumping HS 142, VIESSMANN FIS SKI JUMPING WORLD CUP
- 12.00 Nordic Combined, 10km Mass Start, F, VIESSMANN FIS NORDIC COMBINED WORLD CUP
- 13.00 Cross Country, 20 km Ladies, F, COOP FIS CROSS-COUNTRY WORLD CUP
- 14.30 Cross Country, 20 km Men, F, COOP FIS CROSS-COUNTRY WORLD CUP
- 15.00 Nordic Combined, Trial round HS 142
- 16.15 Nordic Combined, Ski Jumping HS 142, VIESSMANN FIS NORDIC COMBINED WORLD CUP



# FIS Ski Jumping World Cup

Ruka (FIN)  
25.11.2022 - 27.11.2022



## ENTRY

The entries must be done by FIS online entry system.

## 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

CC: Marte Trondsen (NOR) Jakub Tejchman (CZE) Kai Samposalo (FIN)

SJ: Hubert Mathis (SUI) Renata Nadarkiewicz (POL)

NC: Matija Stegnar (SLO) Jerome Pagnier (FRA) Asko Aalto (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 10 382 5039 email: nordic@ruka.fi. Accommodation reservations via FIS online entry system by 14th October.

## INFORMATION

FIS World Cup Ruka Nordic, Kuusamon Erä-Veikot, Vanttajantie 6 B, FI-93600 KUUSAMO, FINLAND, [www.rukanordic.com](http://www.rukanordic.com), e-mail: [kev@rukanordic.com](mailto:kev@rukanordic.com)

Jukka Tahkola, chief of sport, mobile: +358 408 419 915, [jukka.tahkola@rukanordic.com](mailto:jukka.tahkola@rukanordic.com)

Welcome to Kuusamo!

**KUUSAMON ERÄ-VEIKOT – RUKA NORDIC ORGANIZING COMMITTEE**