



FIL Continental Cup – Youth A Group Guidelines

1. All Youth A athletes participating as part of the FIL Continental Cup Group must read, understand and sign the FIL Athlete Code of Conduct prior to participating in any FIL program.
2. Requested athletes must be between the ages of 12-17 years old, and in the current season have attended the FIL Luge School or have at least 3 weeks of sliding experience and must participate in all Continental Cup Group fall training before participating in any racing. Exceptions will be considered on a case by case basis in consultation with the Continental Cup FIL Group coaches.
3. A maximum of 3 athletes per NF are allowed as part of the Continental Cup Group. However, if space permits, more than 3 athletes per NF may attend at their own expense. The number of athletes accepted will be determined on a case by case basis.
4. In the rare case that an NF has more than 3 athletes accepted to participate with FIL Continental Cup Group, that NF must have a coach/adult accompany their team and the NF must arrange all the accommodation arrangements and ground transportation for their athletes
5. NFs must register their athletes by the stated deadline. Any changes, late notifications or hotel cancelations that incur a financial penalty will be the responsibility of the athlete/NF. Athletes cannot be accepted after the stated deadline.
6. When online registration is required for participation in a CC/ITW, the NF will be responsible for registering their athletes prior to the stated deadline.
7. When the budget allows: in an FIL category “A” week, the FIL will pay for housing and track fees for all athletes (maximum of 3 per nation).
In a FIL category “B” week, the FIL will pay accommodation costs for all athletes (maximum 3 per nation).
In “C” and “D” category weeks, the individual NF is responsible for all costs.
8. 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 CC scheduled at that track in the same season.
9. All FIL Continental Cup Group participants must be prepared to supply a form of payment for their accommodations and training costs at a CC/ITW/training week at the time the cost is incurred.

10. At no time may an athlete participate without having a form of payment to pay for their weekly expenses.
11. Transportation via the FIL bus to each weekly destination must be arranged in advance to assure there is space for all athletes.
12. Each NF will be responsible for arranging transportation from their home to the first training destination of the season and to each successive weekly destination when space is not available on the FIL bus.
13. When travel by air is required the NF/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.
14. FIL sleds and equipment are available for use only to FIL Group athletes or those in a Partnership arrangement with another NF. Equipment will be distributed on a first come, first served basis.
15. Athletes may not participate in an FIL Group and a Partnership with another NF at the same time.

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