



FIL Group 1 Guidelines

1. All athletes participating as part of FIL Group 1 must read, understand and sign the FIL Athlete Code of Conduct prior to participating in any FIL program.
2. New athletes must be 25 years old or younger to participate with Group 1 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. In the rare case that an NF has more than 3 athletes accepted to participate with FIL Group 1, 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. Each NF is responsible for registering their athletes by the stated deadline for any WC, ITW or training week they plan to attend as part of the FIL Group. Any changes, late notifications or hotel cancelations that incur a financial penalty will be the responsibility of the athlete/NF.
6. Athletes participating with FIL Group 1 must attend a minimum of 3 weeks of fall training with Group 1, (or have a minimum of 60 training runs in the current season), prior to participating in their first race of the season.
7. 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.
8. When the budget allows: in a category "A" week, the FIL will pay for housing and track fees for all athletes (maximum of 3 athletes).
In a category "B" week, the FIL will pay the accommodation costs for all athletes (maximum of 3 athletes).
In all "C" and "D" category weeks, the individual NF is responsible for all costs.
9. Only athletes will be included in any arrangements (accommodation/transportation) made for FIL Group 1. Any NF coaches or personnel must make their own travel and accommodation arrangements.
10. All FIL Group 1 participants must be prepared to supply a form of payment for their accommodations and training costs at a WC, ITW or training week at the time the cost is incurred.

11. At no time may an athlete participate in Group 1 without having sufficient funds to pay for their weekly expenses.
12. Transportation via the FIL bus to each weekly destination must be arranged in advance to assure there is space for all athletes.
13. 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.
14. 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.
15. 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 provided on a first come, first served basis.
16. Athletes may not participate in FIL Group 1 and a Partnership with another NF at the same time.

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