



Instruction for the use of FIS Online Update (FOU) System

Competitors are registered by using the FOU System on the FIS website via the Member Section. <http://www.fis-ski.com/>
The Login and password can be received by the respective discipline administrators.

With this system the status of the athletes can be changed, the biographies can be updated and new athletes can be added. The FIS Codes will be distributed automatically.

Extract of the FIS points rules

Registration

Please change the Status to "E" for all those competitors under the status "O", who should not be included on the FIS points list anymore. Competitors who are not changed in the list, "O" will be considered as registered for the coming season.

Special marks on the national output:

- O = active (in the FIS points list). The status "O" remains also if athletes do not participate at a FIS event.
- E = not active (not in the FIS points list). Athletes with status "E" will automatically be changed to "O" by FIS as soon as they participate at a FIS event. The National Ski Association is responsible that they have appropriate insurance and have signed the FIS athlete's declaration.
- D = deceased
- N = active for the 2009/10 season (not active for current season 2009)

Important: Competitors with an injury status must remain registered as active to maintain injury protection.

Only competitors who have signed the Athletes' Declaration (<http://www.fis-ski.com/uk/rulesandpublications/fisgeneralrules/licences.html>) as per ICR art. 203.2 may be registered by his/her National Ski Association.

The responsible person of the National Ski Association, who sends the registration to FIS, confirms directly that the above mentioned requirements are fulfilled.