

# ROLLER SKI TIPS THAT COMPLY WITH THE NEW FIS RULE



**Nevene** sports store located in Tartu, Estonia offers **roller ski tips with protection baskets that comply with the new FIS rule**. The address is F. Tuglase 14, 51006 Tartu and it is easily found on [Google Maps](#). The shop is open from **Monday to Friday, 11.00–18.00**. The tips are also sold online at [nevene.ee](#). Nevene is a small store specializing in selling cross-country skiing gear. The goods visible in the e-store are also available in the shop in Tartu.

The roller ski tips are available for the following ski pole diameters: **7 - 8 - 8,5 - 9 - 10 - 11 mm**. The tips have to be glued on the pole shafts as it is traditionally done. The protection baskets are sold with the tips or separately. **The price for a pair of roller ski tips with installed protection baskets is 14 euros**. A separate pair of protection baskets costs 5 euros, roller ski tips without the baskets are 10 euros.

The baskets fit identical designs to those shown on the image in the upper right corner. That includes Red Creek or KV+ gluable tips, for example, which have a slimmer section for fixing the extension. The part of the basket that goes around the tip is 15 mm in height and 13 mm in diameter. Please make sure that baskets fit your tips before trying to fix those. If not sure, then prefer fully assembled Nevene roller ski tips.

To fix the basket, press it hard from the side of the metal tip until it snaps in place. You may use a hollow solid object (metal pipe etc), place it against the basket and then tap a few times with a hammer. Using soap water as a lubricant can help slide the basket in place easier. Avoid using heat as it may damage the basket!

**FIS ICR 396.2.6:** Cross-Country ski poles must be used with Cross-Country skiing tips. Alternatively, pole tips must have safety rigid plastic protections with a diameter  $\geq 30$  mm. These protections must be placed a maximum of 45 mm above the metallic tips. The rule will be implemented from 1st July 2022.

The goal of the rule is to prevent deeper body injuries and poles from getting caught in asphalt cracks or holes.