

CWOSSA Boys' & Girls' Nordic Skiing Playing Regulations

I. Date

The Championship will be the second Tuesday in February. This is conditional on availability of facilities. The date and location will be published in the CWOSSA annual calendar.

II. Championship Structure:

A. Age Categories

Junior - the individual's birth certificate indicates that he/she has not reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held

Senior - the individual's birth certificate indicates that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held.

B. Individual Competition Divisions

High School Division:

- (i) A skier who exclusively trains with/for his/her high school and does not train or compete with/for any other Nordic program or program with a Nordic skiing component.**
- (ii) A skier in grade nine (9) is eligible, who has ceased to compete with/for any other Nordic program or program with a Nordic component prior to the start of the school year.**
- (iii) A skier in grade ten or above is eligible, who has ceased to compete with/for any other Nordic program or program with a Nordic component prior to the start of the previous school year.**

Open Division:

Any Nordic skier who is not eligible to compete in the High-school division or as a Par-nordic athlete, or who chooses not to compete in the High-school division or as a Par-nordic athlete, must compete in the Open division for individual distance events. All appeals can be made to the OFSAA Nordic Sports Advisory Committee via the OFSAA staff liaison prior to the second Tuesday of January.

C. Events

Boys' Junior and Senior Nordic Distance – High School and Open Division
Boys' Junior and Senior Nordic Team
Boys' Junior and Senior Nordic Team Sprint Relays
Girls' Junior and Senior Nordic Distance – High School and Open Division
Girls' Junior and Senior Nordic Team
Girls' Junior and Senior Nordic Team Sprint Relays
Junior and Senior Nordic Combined Team

In each age category High School and Open athletes will compete in the same race. Separated results will be generated after the race.

D. Entries

1. Schools do not have to qualify through their district.
2. All teams have 5 members in the individual race with 4 to count.
3. Schools can enter as many teams as they wish in each division. Individual skiers can be entered where a full team is not available. If more than one team is entered, they must be designated A and B prior to the race. These teams are then considered separate entities for the purpose of competition and scoring.
4. All skiers must have participated as a member of a bona fide high school program during their Nordic season (November-February), in a minimum number of twelve (12) practices with their high school team, under the supervision of a teacher-coach. In addition, athletes must represent their school in at least two Nordic ski races prior to this event.

E. Competition

1. Individual Races course distances shall be as follows:

Senior Boys'	7.5km or +/- 1km
Junior Boys'	5km or +/- 1km
Senior Girls'	5km or +/- 1km
Junior Girls'	4km or +/- 1km

Convenors shall take into account time, climb and descent of the chosen course for each division.

2. Sprint Relays
 - a) Should be on a course, equal in length for all the above categories, of approximately 800 meters. Convenors shall take into account time and difficulty of the chosen course and shall, at their discretion, set the exact distances.
 - b) Relay teams will consist of 4 skiers and will tag each other hand to back. Missed tags will be called back into the tagging area.
3. Exhibition Relays
May be run at the discretion of the convenor. This event must be run separately so athletes do not interfere with qualifying racers.

F. Scoring

1. In the individual race, the places will be determined by time. Where ties exist, the same placing is awarded and the appropriate number of placings left out.
2. In the individual race, Team placing shall be determined by adding up the placings of the four fastest team members in the individual event. The lowest total will determine the team event winner who will receive one point. The second lowest total shall be second in the team event and will receive two points, and so on. No team with three or fewer members shall receive a place or points.
3. Relay placing shall be determined by position and points awarded as in 2 above.
4. The team winner for each division will be the team with the lowest total score of 2 and 3 above.
5. The combined winner will be the combined team with the lowest total score of boy's 2 and 3 above and girl's 2 and 3 above from the same school.
6. All DNF's due to missed checkpoints, lost or broken equipment and failure to complete the course will receive a placing, one place greater than the last proper place.
7. If, in calculating the team placing, a tie occurs, it shall be broken by the fastest 4th place skier from the individual race. For the combined event, the lowest total time of the 4th placed girl and boy from the individual race, shall be used to break the tie.

III. Finances

A per skier fee will be charged to cover trail fees and the administrative costs of the meet.

IV. Rules

All rules will coincide with OFSAA's current rules unless weather and or facilities will not allow this. The coaches will be notified of changes in advance. Cross-Country Race Standards for Cross-Country Ski-Organization (S.O.D. Huffman and Sinclair) are currently used.

V. Awards

1. CWOSSA medallions will be presented to the championship team in all four divisions.
2. The CWOSSA championship plaque will go to the school with the best, combined score from all four divisions.
3. **CWOSSA medallions will be awarded to individual champions in the High School and Open divisions in each of the 4 categories.**

VI. Uniforms

1. All competitors are expected to dress in clothing that is neat, clean and which maintains the integrity of the school's/Association's name, colours and logos.
3. No sport club insignia on clothing shall be permitted. A sport club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition in single or multisport programs.
4. Uniforms which have been taped, turned inside out or otherwise modified will not be permitted.
5. The above criteria must be met both on and in the immediate vicinity of the competitive area and during the awards ceremonies.
6. Failure to abide with these criteria will result in disqualification.

VII. Jury of Appeal

1. A Jury of Appeal will be set up. This Jury will consist of the Convenor or his/her designate and three coaches from the competing schools.
2. The Jury of Appeal will handle disputes, which do not fall within the jurisdiction of the officials.
3. All protests shall be lodged in writing with the Convenor within two days of the conclusion of the disputed contest.
4. A fee of \$10.00 must accompany each written protest, and will be forfeited to the Association should the protest not be sustained.

VIII. OFSAA

Associations shall be allowed to enter;

- (i) **one (1) Junior and one (1) Senior Boys' Team,**
- (ii) **one (1) Junior and one (1) Senior Girls' Team,**
- (iii) **one (1) Junior and one (1) Senior Combined Team**
- (iv) **in the absence of a Junior and/or Senior combined entry, an Association may send a second place Girls' and/or Boys' team.**
- (v) **a team that qualifies for OFSAA must remain together for OFSAA.**

Note: Teams may be made up of any mix of Open and High-school division athletes.

- (vi) **in addition, each Association may enter up to sixteen (16) individuals, ten (10) in the high school trained division and six (6) in the open division, in each classification who are not already eligible as members of a qualifying team and who placed in the top ten, in their respective divisions, at the Association meet (if one is held). All association entries are eligible to race in the distance events.**

The convenor will ask OFSAA for additional competitors at the request of the CWOSSA Nordic ski coaches due to close competition level.

IX. Sponsorship Policy and Uniforms at CWOSSA Championships

1. All competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school's name, colours and logos.
2. No sport club insignia on uniforms or equipment shall be permitted in the competitive area. A sport club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition in single or multi-sport programs.
3. Sponsorship recognition is permitted to be visible but must conform with the placement guidelines outlined in By-Law 6. Section 2(h) of the OFSAA By-laws. This criteria must be met both on and in the immediate vicinity of the competitive area and during the awards ceremonies.