

DRAFT NWOSSAA NORDIC SKIING – November 2025

PLAYING REGULATIONS:

1. DATE & LOCATION:

(a) The date and location of the Championship will be decided at the NWOSSAA AGM.

2. ELIGIBILITY:

(a) A Junior shall not have attained their 15th birthday by January 1st prior to the start of the school year in which the competition is held.

(b) A Senior shall not have attained their 19th birthday by January 1st prior to the start of the school year in which the competition is held.

(c) All competitors are subject to the rules of competition and eligibility as established by OFSAA. The eligibility list must be submitted to the convenor and Hub before the race date.

(d) Any competitor must have participated as a member of a bona fide high school program during their Nordic season (November - February), in a minimum number of practices (12), at a location where the majority of their high school practices are held under the supervision of a teacher coach as certified by the school principal.

(e) High School Division: Any Nordic skier may compete in the High School division, provided:

i. They exclusively train and compete with/for their high school and do not train or compete with/for any other Nordic program or program with a Nordic skiing component.

ii. They ceased to train or compete with/for any other Nordic program or program with Nordic component.

1. Prior to the start of the school year, if they are in grade nine (9), or

2. Prior to the start of the previous high school year, if they are in grade ten or above.

(f) Open Division: Any Nordic skier who is not eligible to compete in the High-school division or as a Para-nordic athlete, or who chooses not to compete in the High-school division or as a Para-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.

(g) A student may only compete in one gender and age classification.

3. OPERATING STRUCTURE:

The meet, which will take place over the course of one day, shall consist of approximately the following:

(a) Distance Competition:

i. Senior Boys' and Girls' will ski the same course which is to be between 6.5 and 7.5 km in length.

ii. Junior Boys' and Girls' will ski the same course which is to be between 4.5 and 5.5 km in length.

iii. Time, climb and descent of the chosen course for each classification will be taken into account.

(b). Team Sprint competitions:

i. It shall be determined, prior to the event and based on entries, whether the sprint relay shall be for exhibition or competition.

ii. All genders, classifications, heats and finals will ski the same course which is to be approximately 800 meters in length.

iii. Convenors shall take into account time and difficulty of the chosen course and shall, at their discretion, set the exact distance.

iv. Team Sprint competitions shall be a series of elimination sprint relays with each of four athletes (pro-rated should smaller participation numbers dictate it) skiing one time for their team in each relay heat or final. For each gender-classification the Sprint teams will be divided into two (2) preliminary heats using serpentine seeding based on the placings from the Team Distance competition. Therefore, Team Sprint Heats will be as follows:

Heat #1: 1, 4, 5, 8, 9, 12, etc.

Heat #2: 2, 3, 6, 7, 10, 11, etc.

v. The first through fourth place Sprint teams in each of the two Preliminary heats will advance to race together in a Team Sprint Final.

vi. If in either of the Preliminary heats, there is a tie for the fourth-place position, then both Sprint teams will advance to the Team Sprint Final.

vii. The Team Sprint competitions will be conducted by running the Preliminary heats for all gender-classifications, followed by the Finals for all gender-classifications at start times published beforehand by the Convenor.

v. For the Team Sprint preliminary heats, team placement in the start chevron will be selected by the starting athlete or coach as athletes enter the start chevron in order based on the placings from the Team Distance competitions.

vi. For the Team Sprint finals, team placement in the start chevron will be selected by the starting athlete or coach as athletes enter the start chevron in order based on the team's placing in the preliminary heats of the Team Sprint. Where two (2) teams have the same placing, their placing in the Team Distance competitions will determine priority.

(c) All races will be freestyle.

4. ENTRIES:

(a) Entry deadlines will be determined by the Convenor and will be announced prior to the Nordic season.

(b) Junior Girls', Junior Boys', Senior Girls', and Senior Boys' teams shall not be declared in advance. A school's first five finishers (with 4 to count) shall constitute the school's first team; the sixth to tenth place finishers (inclusive) shall constitute the school's second team; the eleventh to fifteenth place finishers shall constitute the school's third team; etc.

(c) Schools may enter as many individuals as they wish to each event.

(d) Changes to existing entries are to be submitted at registration the day of the meet.

(e) No additions to the entry list will be allowed after the entry deadline. Appeals for additional entries after the deadline may be made to the Jury of Appeal at registration the day of the meet.

5. RULES OF OFFICIALS:

(a) The Nordiq Canada Canadian Competition Rules (FIS ICR - CCR) shall govern competition at the NWOSSAA Championship with the exceptions outlined in these regulations.

(b) The FIS equipment rule will apply with the following exceptions:

(i) Minimum length of ski is 140 centimetres or 10 cm shorter than the skier's height; Para-Nordic and Special Needs equipment is exempt

(ii) No maximum width of ski

(iii) Equipment may be exchanged only if broken during a race

(iv) Equipment will not be marked

6. AWARDS:

(a) The presentation of NWOSSA Medals will occur at the conclusion of each race. These awards will include:

- i. Gold medallions to the first place individual finishers in each junior and senior event.
- ii. Silver medallions to the second place individual finishers in each junior and Senior event

7. Selection Criteria for Qualification to OFSAA events:

a. Individual Qualification

- i. All paranordic skiers will qualify automatically for OFSAA Nordic Ski Events.
- ii. Up to Six (6) High-school division athletes in each classification and gender who are not already eligible as members of a qualifying team and Six (6) Open division athletes in each classification and gender who are not already eligible as members of a qualifying team for a maximum total of 48 skiers (24 Open and 24 High School), will qualify to attend the OFSAA Nordic Ski Event.
- iii. If one of the first or second place is unable to attend, the next skier on the official results list may take that place. This will be determined by a committee consisting of the NWOSSAA Executive and the event convenor.

3. Team Qualification

- a. Teams will be made of any combination of Open and HS division skiers.
- b. Team representation at OFSAA will be based on the 2 lowest aggregate times of 4 top skiers, from an individual school, in each category. Teams shall be made up as follows:
Boys' Team: minimum of 4, maximum of 5. Girls' Team: minimum of 4, maximum of 5. A maximum of 2 teams can be sent for each category as outlined in the OFSAA regulations.
- c. Girls' and Boys' Teams shall be made up of the student-athletes that qualified together as a team representing the same school and gender-classification at their Association Championship or OFSAA qualifying meet, with a maximum of five (5) student-athletes and a minimum of four (4) student-athletes entered per team.

8. SCORING:

- (a) In the individual Nordic event, places will be determined by time.
- (b) To calculate team placing, the times of the 4 fastest skiers will be added together. No three-person team will receive a team placing.
- (c) To calculate combined team scores, the team scores calculated in (b) for schools with a Junior Girls' and Junior Boys' team will be added together. The procedure will be repeated for schools with a Senior Girls' and Senior Boys' Team.
- (d) DNF's due to missed check point, lost or broken equipment and failure to complete the course will receive a time one second greater than the last proper time. DQs (eg. unsportsmanlike conduct, changing numbers, improper equipment change, etc.) and DNS's will receive no score.
- (e) If, in calculating the team placing, a tie occurs, the times of the fourth skiers in the individual race will determine the placing.

9. UNIFORMS:

- (a) Skiers must wear, on front, an easily readable number, as assigned to their school by the Convenor.
- (b) Team uniforms or school colours should be worn during the race.

10. EQUIPMENT:

- (a) The convenor will be responsible for making sure all elements of the events are met.
- (b) The Convenor will arrange for qualified first aid personnel and equipment. At some Nordic skiing venues, medical coverage may best be supplied by the local Ski Patrollers on duty.

11. DEPORTMENT

- (a) Competitors and coaches are expected to behave in a sportsmanlike manner as per the OFSAA regulations.
- (b) The use of fluorocarbons is discouraged for reasons of cost, health and environmental concerns. Coaches are responsible for distributing information concerning this issue to their athletes.

12. JURY OF APPEAL:

- (a) A Jury of Appeal will be constructed at the pre-race coaches meeting. This Jury will consist of the Convenor and a coach from each of the competing schools.
- (b) The Jury of Appeal will handle disputes which do not fall within the jurisdiction of the officials.
- (c) All protests shall be lodged in writing and presented to the Convenor within thirty minutes of the conclusion of the race under appeal.