Revised as of June 2021

ROPSSAA CO-EDUCATIONAL NORDIC SKIING

PLAYING REGULATIONS

1. DATE

   (a) The date of the ROPSSAA Nordic Championship will be decided at the post season meeting and approved by ROPSSAA Council.

   (b) Any conflict surrounding the ROPSSAA date must be addressed at the pre-season meeting and any changes must first be approved by ROPSSAA Council.

   (c) The Nordic ski league dates of pre-ROPSSAA competition will be distributed at the pre-season meeting

2. LOCATION

   (a) The location of the Championship will be decided at the post season meeting and approved by the ROPSSAA Council. The first distance race will start at 10:30am where possible.

3. ELIGIBILITY

   (a) A Novice shall not have attained his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held (for the 2021-2022 season, born in 2002 or later). In addition a novice must be a first year skier.

   (b) A Junior shall not have attained his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held (for the 2021-2022 season, born in 2006 or later).

   (c) A Senior shall not have attained his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held (for the 2021-2022 season, born in 2002 or later).

   (d) Para Nordic is for any student with physical or developmental disabilities.

   (e) 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; and

      (ii) they ceased to train or compete with/for any other Nordic program or program with a Nordic component:
         (a) Prior to the start of the school year, if they are in grade nine (9), or
         (b) 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) All competitors must meet the eligibility requirements as per Article X of the ROPSSAA Constitution and the rules of these playing regulations. The eligibility list and the race participation list must be submitted by the deadline announced at the pre-season meeting.

(h) 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.

(i) All competitors in the ROPSSAA championship must have participated in a minimum of 2 high school meets. Individuals not meeting this criterion may appeal to the Jury of Appeal by the eligibility list deadline. In addition, any novice/new skier must attend a scheduled novice event. The competitor must attend the meet as part of the school team under the supervision of a teacher coach from their school.

Note: The scheduled ROPSSAA Novice Day in early December is highly recommended.

4. OPERATING STRUCTURE

(a) The meet will consist of races of approximately the following distances and where possible will be skied in the following order:

Distance Races

(i)	Novice Girls	3 km +/- 1 km
(ii)	Novice Boys	3 km +/- 1 km
(iii)	Junior Girls	4 km or +/- 1 km
(iv)	Junior Boys	5 km or +/- 1 km
(v)	Senior Girls	5 km or +/- 1 km
(vi)	Senior Boys	7.5 km or +/- 1 km

Para Nordic

(vii)	Varsity	1km +/- 500m

Sprint Relay Races

(viii)	Junior Girls Team	(600+/-100m)
(ix)	Junior Boys Team	(600+/-100m)
(x)	Senior Girls Team	(600+/-100m)
(xi)	Senior Boys Team	(600+/-100m)

(b) Race start time of the Para Nordic event will be determined at the pre-season meeting

(c) Teams should be onsite by 9:30am for registration and bib pickup. The coaches meeting will start at 9:45am. The distance races will start at 10:30am where possible. Sprint relays will start no earlier than 2:00pm and at least 30 minutes after the official results (of the distance race) have been posted. Awards for distance and team sprints will be done as soon as possible following the sprint relays.

5. ENTRIES

(a) Entry deadlines will be determined by the Convenor and will be announced at the pre-season coaches meeting.

(b) (i) For Junior Girls', Junior Boys', Senior Girls', and Senior Boys' distance 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.

Note: Only the first team finisher's results will count towards the distance team total points.

(ii) For Junior Girls', Junior Boys', Senior Girls' and Senior Boys' sprint relay teams. A school must declare intent to participate on the ROPSSAA championship entry form. A team's participants must have participated in the same age category in the distance event. Teams placing first in the distance event must ski 4 of those 5 team members in the sprint relay. All other teams may select any 4 skiers who skied in the distance event, in the same category, to make up their team composition.

(iii) Para Nordic results will not count towards a teams' total points.

(c) Schools may enter as many individuals and sprint teams 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.

6. EXPENSES

(a) Trail passes must be purchased by the participating schools.

(b) Other race management/operational costs may be met by ROPSSAA.

7. RULES OF OFFICIALS

(a) Canadian Ski Association - Cross Country Canada Rules shall govern competition at the ROPSSAA 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
(ii) no maximum width of ski
(iii) equipment may be exchanged only if broken during a race

(iv) equipment will not be marked

8. AWARDS

(a) The presentation of ROPSSAA Championship Awards will occur at the conclusion of the meet. These awards will include:

(i) Gold medallions to the first place individual finishers in each junior and senior distance race and to the winners of the sprint relay event (only 4 gold medals to the sprint relay team)

(ii) Silver medallions to the second place individual finishers in each junior and senior distance race and to the team finishing second in the sprint relay event.

(iii) Ribbons to the third through sixth place individual finishers in each junior and senior distance race and to the corresponding team finishes in the sprint relay event.

(iv) Para Nordic Skiers will receive medallions for finishing first and second and ribbons for finishing third, fourth, fifth and sixth.

(v) ROPSSAA trophies to the top junior and senior boys and girls team (determined by combining the team distance and sprint relay event points) in each category. The best combined Junior Girls' and Junior Boys' team scores from one school will win the ROPSSAA Junior Combined Championship trophy. The best combined Senior Girls' and Senior Boys' team scores in the senior category will win the ROPSSAA Senior Combined Championship trophy.

(vi) Gold medallions to the members of the teams in each category with the best overall distance team standing (maximum 5 to be awarded as long as the competitor started the race).

Note: Should there be fewer than 6 participating schools or individuals in an event gold medallions only will be distributed.

9. UNIFORMS

(a) Skiers must wear, on front and back, an easily readable number, as assigned to their school by the Convenor.

(b) Athletes may not change their clothing in the competition area. For all outdoor sports, athletes must arrive dressed to compete. Visiting teams requiring the use of washroom facilities must send a staff member into the school with the team member(s). For all indoor sports, athletes must move to the designated locker room or change area to change their clothing.

(c) All competitors are expected to dress in clothing that is neat, clean and which maintains the integrity of the school's/Associations' name, colours and logos. 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 or organized competition in single or multi sport programs. Sponsorship recognition is permitted to be visible but must conform to the placement guideline outlined in By-Law 6, Section 2(h) of the OFSAA Constitution.

Athletes must pass through a uniform/equipment check point prior to entering the marshaled start area. Uniforms which have been taped, turned inside out or otherwise modified will not be permitted. Notwithstanding, the onus remains with the athlete to ensure their uniform conforms to sponsorship and club insignia restrictions.

Student-athletes must remain fully clothed in the appropriate attire in the competition area, AND use the designated locker room or change area to change to and from competition attire. Incidents of non-compliance shall be forwarded to the Jury of Appeal for resolution.

The above criteria must be met both on and in the immediate vicinity of the competitive area and during the award ceremony. Failure to abide with these criteria will result in disqualification.

10. SCORING

(a) Team finish places will be determined as follows:

(i) Team Distance Event places shall be determined by adding up the placing of the four fastest team members in the Distance Event. The lowest total will determine the Team Distance Event winner, who will receive one point. The second lowest total shall be second in the Team Distance Event, and will receive two points, and so on. If after calculating the score from the Team Distance Event there is a tie, it will stand. The next place in sequence will be skipped. (Tie for 2nd: Both teams will be awarded two points and no third place points will be awarded etc).

(ii) In the sprint relay event, the fastest team will receive one point, the second fastest two points, and so on. In the case of a tie, the tie will stand (see (i)).

(iii) The overall team standing, in each category, will be determined by combining the distance event finishers with the sprint relay finishers (placing). Any ties will be broken by comparing the 4th place finishers from the distance event as per OFSAA regulations.

(iv) For schools with a Junior Girls' and Junior Boys' team. Repeat the procedure for schools with a Senior Girls' and Senior Boys' Team

(b) To calculate the combined girls and boys team scores: add the team scores calculated in a (iii) for schools with a Junior Girl's and Junior Boy's team. Repeat the procedure for schools with a Senior Girl's and Senior Boy's team.

Note: Winning a combined title is not an OFSAA qualifying method

(c) If a tie exists in the Combined Team scoring then the fastest combined times of the two fourth placed skiers (boys and girls) in the Distance Event would determine the placing.

(d) In the Distance Event, 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 (i.e. unsportsmanlike conduct, changing numbers, improper equipment change, etc.) and DNS's will receive no score.

11. EQUIPMENT

(a) The Convenor will be responsible for making sure all elements of the events are met.

(b) The Convenor will arrange for medical coverage. At some Nordic skiing venues, medical coverage may best be supplied by the local Ski Patrollers on duty.

(c) All coaches, teachers, wax technicians, athletes and parents are respectfully asked to abide by a self-governed protocol on waxing, as follows:

(i) Only low-flouro and non-flouro waxes are to be used on student-athletes' skis.

(ii) Student-Athlete's skis that have had other waxes applied, are to be re-waxed with low-flouro and/or non-flouro waxes before racing at OFSAA.

(iii) Personal protective equipment, including breathing masks and eye protection, are to be used while waxing, especially by athletes.

12. DEPORTMENT

(a) Competitors and coaches are expected to behave in a sportsmanlike manner as per Article XVI, Section II of the ROPSSAA Constitution.

(b) The use of fluro carbons is discouraged for reasons of cost, health and environment concerns. Coaches are responsible for distributing information concerning this issue to their athletes.

13. JURY OF APPEAL

(a) A Jury of Appeal will be constructed at the pre-season coaches meeting. This Jury will consist of the Convenor and four coaches from 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 posting of the last distance race and sprint relays.

(d) A fee of $25.00 must accompany each written protest and will be forfeited to the Association should the protest not be sustained.

14. OFSAA Entry

(a) As per the OFSAA Nordic playing regulations, ROPSSAA is permitted to enter 2 "Teams" from each category (Jr. Girls, Jr. Boys, Sr. Girls, and Sr. Boys).

(i) One "Team" in each category will be determined by the ROPSSAA DISTANCE EVENT". The school that wins the Team Distance Event in each category (Jr. Girls, Jr. Boys, Sr. Girls, and Sr. Boys) will qualify to go to OFSAA. In the event of a tie for 1st place in the Team Distance Event, the tie will stand, and both teams will have qualified for OFSAA. A "team" shall consist of at least 4 but no more that 5 skiers from the same school. (The winners of the ROPSSAA Team distance event must use 4 of their 5 members in the ROPSSAA Sprint Relay Event).

(ii) The second "Team" to qualify for OFSAA will be determined by the "SPRINT RELAY EVENT". The school that wins the Sprint Relay in each category is the second team to qualify for OFSAA in each category. In the event that the same "team" wins both the distance event and the sprint relay then the second fastest relay team in that category will qualify for OFSAA. An OFSAA qualifying Sprint Relay Team shall consist of a minimum of 4 and a maximum of 5 racers from the same age/gender category.

(b) Individual qualifiers will be named once the OFSAA "Team" qualifiers have been determined. The top six individuals high school skiers and the top six open skiers, in each category, who placed in the top ten at ROPSSAA, and who are not already eligible as members of a qualifying "team" will qualify to be entered in the OFSAA Championships.

(c) The number of Para Nordic Skiers who advance to the OFSAA Championships will be determined by the number of entries allotted by OFSAA.

(d) Schools sending athletes to OFSAA must send a staff representative to OFSAA or make arrangements to share equally all costs of those school's staff member's who do attend OFSAA.

(e) Schools sending representatives to OFSAA must adhere to the OFSAA Supervision Policy.

(i) For team sports ("A team consists of all athletes for the same school who qualify for Federation competition as a unit…" {reference By-Law 5, Section 3}), a teacher from the same school, or retired teacher, as approved by the principal of the school, must accompany and be responsible for the team.

(ii) For individual sports (those sports in which athletes from a school qualify for federation competition as individuals), the principal of the school may designate an adult who is not a teacher to accompany the athletes. In addition, a teacher, or a retired teacher, must be present and on site and designated by the principal to be responsible for the athlete(s).

(iii) For all sports, where the teacher, as indicated in (i) and (ii) above, is not of the same sex as the athlete(s), and where athlete(s) are required or might be required to stay overnight, a supervisory adult, as approved by the principal of the school, of the same sex as the athlete(s), must be present and available at the accommodation site for the duration of their stay in the accommodation.

(f) The ROPSSAA Convenor may appeal to the OFSAA Convenor to send any Skiers/team deemed worthy of competing at OFSAA (by the ROPSSAA Convenors and coaches) as extra entries.

15. <u>Novice Day</u>

(a) The organization of ROPSSAA Novice Day will be the responsibility of the Convenor.