

OFSSA CO-EDUCATIONAL NORDIC SKIING CHAMPIONSHIP

The sole basis for the very existence of high school sport is the contribution it makes to the general educational experience of those students who participate.

PLAYING REGULATIONS

1. Events and/or Classifications:

- (a) The OFSAA Nordic Skiing Championships shall be conducted in two (2) age Classifications and two (2) individual distance divisions:

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.

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; 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.

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.

- (b) A student may only compete in one age classification
- (c) A student may only compete in one division in Distance.
- (d) The events to be conducted are:

First Day: Demonstration Event (para-nordic and intellectually developed athletes)

Boys' Junior and Senior Nordic Distance-High School and Open Division
Junior and Senior Nordic Team

Girls' Junior and Senior Nordic Distance-High School and Open Division
Junior and Senior Nordic Team

Schedule and awards will be at the discretion of the OFSAA convenor.

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

Second Day: Boys' Junior and Senior Nordic Team Sprint Relays
Girls' Junior and Senior Nordic Team Sprint Relays

Junior and Senior Nordic Combined Team (two-day total)

Exhibition sprints/relays – at the discretion of the OFSAA convenor

2. Championship Structure and Procedures:

- (a) The competition shall take place over two (2) days. Individual Distance events will be held on the first day and team relays will be held on the second day.
- (b) Course lengths for Individual distance events will be as follows:

Senior Boys'	7.5km or +/- 1km
Junior Boys'	5km or +/- 1km
Senior Girls'	5km or +/- 1km
Junior Girls'	4km or +/- 1km
- (c) Time, climb and descent of the chosen course for each category will be taken into account.
- (d) Team Sprint Relays 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.
- (e) Team Sprint Relays:
 - (i) Team Sprint Relay event shall be a series of elimination sprint relays. For each category the Sprint Teams will be divided into two (2) heats using serpentine seeding based on the placings from the individual distance event (section 6 (f)). Therefore Sprint Teams Heats will be as follows:

Heat #1: 1, 4, 5, 8, 9, 12, etc.
Heat #2: 2, 3, 6, 7, 10, 11, etc.
 - (ii) The first four Sprint Teams in each of the two Preliminary heats will advance to race together in a Sprint Final.
 - (iii) If in either of the Preliminary heats there is a tie for the fourth place position then both Sprint Teams will advance.
 - (iv) The Nordic Team Sprint Relay will be conducted by running the Preliminary heats for all categories, followed by the Sprint Finals for all categories at start times published beforehand by the Convenor.
- (f)
 - (i) For the team sprint preliminary heats, team placement in the start chevron will be pre-assigned based on the team's results in the individual distance events (see section 6f).

- (ii) For the team sprint finals, team placement in the start chevron will be pre-assigned based on the team's placing in the preliminary heats of the sprint relay. Where two (2) teams have the same placing, their team's results in the individual distance events will determine priority (see section 6f).
- (g) The teacher-coach/supervisor must attend the coaches' meeting. If the coach is a non-teacher, both the teacher-supervisor and the coach must attend.

3. Entry:

- (a) Entries will be accepted from the Association convenors or designates only.
- (b) Individual entries into the online registration system will be the responsibility of coaches and must be submitted by the deadline date.
- (c) Associations shall be allowed to enter the following teams to compete in the Team and Team Sprint events:
 - (i) Two (2) Junior Boys' Teams who each qualified at the Association Championship or OFSAA qualifying meet in the Junior Boys team event.
 - (ii) Two (2) Junior Girls' Teams who each qualified at the Association Championship or OFSAA qualifying meet in the Junior Girls team event.
 - (iii) Two (2) Senior Boys' Teams who each qualified at the Association Championship or OFSAA qualifying meet in the Senior Boys team event.
 - (iv) Two (2) Senior Girls' Teams who each qualified at the Association Championship or OFSAA qualifying meet in the Senior Girls team event.
- (d) Associations shall be allowed to enter the following individuals to compete in the Individual Distance events:
 - (i) All athletes competing in the Team and Team Sprint events.
 - (ii) Six (6) High-school division athletes in each classification and gender who are not already eligible as members of a qualifying team.
 - (iii) Six (6) Open division athletes in each classification and gender who are not already eligible as members of a qualifying team.
- (e) An Association may apply for additional entries if they can be accommodated by the OFSAA convenor.
- (f) Teams shall be made up as follows:
 - Boys' Team: minimum of 4, maximum of 5
 - Girls' Team: minimum of 4, maximum of 5
 - Combined Team: One Boys' Team (as outlined above) and one Girls' Team (as outlined above)
- (g) Any suspension or disciplinary actions in Association play shall be carried forward into OFSAA competition. The Association convenor shall be responsible for reporting such players and the nature of the disciplinary action on the OFSAA entry form.

4. Expenses:

- (a) Those schools having entries are responsible for their entry fee, arranging and financing their own travel, meals and accommodation for the event.

- (b) All schools entering a Federation Championship/Festival shall, by signature of the school principal on the entry form, acknowledge responsibility for making restitution for any damage resulting from misconduct by participants.

5. Eligibility:

(a) Team/School Eligibility

To represent a school in any activity coordinated by the Federation, a school/team must:

- (i) conduct a 'bona fide' high school program consisting of twelve (12) practices, from November - February prior to the Association meet, under the supervision of a teacher as certified by the school principal.
- (ii) participate in the Association Championship or OFSAA qualifying meet.
- (iii) use only eligible athletes in any competition during the school year or the school forfeits its right to participate in the OFSAA Nordic Skiing Championship.

(b) Individual Student Eligibility

To represent a school in any activity coordinated by the Federation a student must:

- (i) be eligible for competition under the Constitution, By-Laws and Standing Rules (Playing Regulations) of the Association to which his/her school belongs;
- (ii) be certified as eligible by the Principal of the school;
- (iii) meet the age requirements as stated in 1. (a) above;
- (iv) be in Grades 9-12;
- (v) be eligible under the OFSAA Transfer Policy (By-Law 5, Section 4(f));
- (vi) be eligible for no more than five (5) consecutive years from date of entry into Grade 9 (By-Law 5, Section 4(g));
- (vii) have signed the Rules of Behaviour signature form for the competition.
- (viii) have participated as a member of a bona fide high school program as outlined in (a) above and attend the majority of practices and competitions.
- (ix) have participated in their Association Championship or OFSAA-qualifying event
- (x) have represented their school in at least two (2) additional Nordic ski races during the current high school season prior to their Association qualifying event
- (xi) not participate in both the OFSAA Championship and any other event in that same sport on the same day.

6. Rules and Officials:

- (a) Canadian Ski Association - Cross Country Canada Competition Rules shall govern competition at the OFSAA 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 cm or 10 cm shorter than the skiers height; Para-Nordic and Special Needs equipment is exempt.
 - (ii) no maximum width of ski;
 - (iii) equipment may be exchanged only if broken during race;
 - (iv) equipment will not be marked.
- (c) Within each of the five start order groups of the Day 1 Nordic distance event a full random draw will be used.

- (i) Each member of a qualifying team (4 or 5 skiers) must be entered in a separate start order group. (Coaches MUST NOT enter any two skiers from the same team in the same start order group.)
 - (ii) Schools with more than one qualifying team must enter each team separately. For example an "A" and "B" team from the same school must be entered as in item (i) above.
 - (iii) Athletes who are not members of a team may be entered in any of the start order groups.
- (d) Only schools with a Team placing after the first day may enter a Sprint Relay Team in the second day. Substitutions and change of order on Sprint Teams between the Preliminary heats and Sprint Finals are permitted.
- (e) For the First Day Distance and Nordic Team event, substitutions can be made only from the Association's eligibility list. Except for medical reasons, all substitutions must be made the evening before the race.
- (f) Award Placing:
- (i) In the Nordic Distance event, the Individual placing shall be determined by time, in both the high school and open division.
 - (ii) In the Nordic Team event on the first day, Team placings shall be determined by adding up the placings of the four fastest Team members in the Distance 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.
 - (iii) Nordic Team Sprint Relay placing will be determined, and points awarded as in (Awards – b)), and first through eighth, by the order of finish in the Sprint Final.
However, in the case of a tie described in {Team Sprint Relay a) iii)} such that additional Sprint Teams advance, this paragraph and the calculation of placing will be modified as required for the situation. All remaining placings and points will be determined by the Sprint Teams' times in the Preliminary heats.
 - (iv) The Nordic Combined Team placing will be determined by adding the points in Awards (b) } from both boys' and girls' in the Nordic Team event and the same Teams' points in {Awards (c) } from both boys' and girls' in the Nordic Team Sprint Relay. The lowest total will determine the Nordic Combined Team winner. The second lowest total shall be second in the Nordic Combined Team event and so on.
Combined Teams must have a placing in both the Boys' and Girls' Nordic Team event on the first day and both the Boys' and Girls' Nordic Team Sprint Relays on the second day, in order to be eligible for the Nordic Combined Award.
 - (v) All Individuals who fail to complete the Nordic Distance event on the first day due to lost or broken equipment will receive a place one greater than the last

proper place.

- (vi) Where a tie exists in the final placing of the Nordic Distance event or Nordic Team Sprint Relay event the same placing and points shall be awarded and the subsequent placing and points will not be awarded. Medals and ribbons will be awarded at a later date.
- (vii) Where a tie exists in the final placing of the Nordic Team event the tie shall be broken by the fastest 4th place skier in that event. For the Nordic Combined event, the lowest total time of the 4th placed girl and boy from the first day results, shall be used to break the tie.
- (g) OFSAA participants (those who appear on OFSAA Behavior Form) are permitted to enter the distance event course for unidirectional skiing during the window between race categories, subject to discretion of the Protest Committee.

7. Uniforms and Equipment:

(a) General

- (i) 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.
- (ii) 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 multi sport programs.
- (iii) Sponsorship recognition is permitted to be visible but must conform to the placement guidelines outlined in By-Law 6, Section 2(h).
- (iv) Student-athletes must remain fully clothed in the appropriate team uniform in the competition area AND use the designated locker room or change area to change to and from competition attire. Incidence of non-compliance shall be forwarded to the Protest Committee for resolution.
- (v) The above criteria must be met both on and in the immediate vicinity of the competitive area and during the awards ceremonies. Failure to abide with this criteria will result in disqualification.

(b) Specific to Sport

- (i) Athletes must pass through a uniform/equipment check point prior to entering the marshalled start area.
- (ii) 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.
- (iii) **All coaches, teachers, wax technicians, athletes and parents are respectfully asked to abide by a self-governed protocol on waxing, as follows:**
 - a) **Only low-flouro and non-flouro waxes are to be used on student-athletes skis.**
 - b) **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.**
 - c) **Personal protective equipment, including breathing masks and eye protection, are to be used while waxing, especially by athletes.**

8. Awards:

- (a) **Individuals:** Individual Champions shall be declared for eight (8) individual events:
 - (i) Boys' and Girls' Junior High-school Division Individual Distance events
 - (ii) Boys' and Girls' Junior Open Division Individual Distance events
 - (iii) Boys' and Girls' Senior High-school Division Individual Distance events
 - (iv) Boys' and Girls' Senior Open Division Individual Distance events
- (b) OFSAA gold, silver and bronze medallions shall be presented to the first three (3) finishers in each of the eight (8) individual events. Fourth through eighth place finishers shall receive OFSAA ribbons.
- (c) **Teams:** Team Champions shall be declared for ten (10) team events:
 - (i) Boys' Junior and Senior Team events
 - (ii) Girls' Junior and Senior Team events
 - (iii) Boys' Junior and Senior Team Sprint Relay events
 - (iv) Girls' Junior and Senior Team Sprint Relay events
 - (v) Junior and Senior Combined Team events
- (d) OFSAA gold, silver and bronze medallions five (5) shall be presented to the members of the top three (3) teams in each of the ten (8) Team events. Fourth through eighth place finishers shall receive OFSAA ribbons.
- (e) The schools represented by the Championship Team in the above events shall receive an OFSAA banner to be retained by the schools.

9. Supervision: (Reference By-Law 6, Section 1)

A teacher is defined as a member of the Ontario College of Teachers or a holder of an Ontario Teacher's Certificate or equivalent.

- (a) For team sports ("A team consists of all athletes from the same school who qualify for Federation competition as a unit..." {reference By-Law 5, Section 3}), a teacher from the same school, or a retired teacher, as approved by the principal of the school, must accompany and be responsible for the team.
- (b) 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)
- (c) For all sports, where the teacher, as indicated in (a) and (b) above, is not of the same sex as the athlete(s), and where the 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 athletes, must be present and available at the accommodation site for the duration of their stay in the accommodation.

10. Deportment: (Reference By-Law 6, Section 2)

- (a) **Definitions:**
 - (i) A team is defined as, "All participants representing the same school at an

- OFSAA Championship event".
- (ii) A participant is defined as, "Anyone who has been granted proper authorization to enter a restricted area." "Restricted area" includes "those areas occupied by athletes and to which access by the general public is restricted or prohibited."
- (b) Codes of Behaviour
- (i) All participants are expected to abide by the, "Rules of Behaviour for Participants to OFSAA Championships". (see Appendix to By-Laws)
 - (ii) Supervising adults are responsible for the behaviour of participants for the duration of the Championships.
 - (iii) Teams are open to censure for failure of its participants to abide by the "Rules of Behaviour".
 - (iv) All coaches are expected to adhere to the Code of Ethics for Coaches to OFSAA Championships. (See Appendix II)
 - (v) School personnel and coaches are expected to adhere to the Statement of Principle on Recruiting. (See Appendix IV)
 - (vi) Spectators are expected to adhere to the Code of Behaviour for Spectators. (See Appendix III)
 - (vii) All coaches are expected to adhere to the "Return to Play Guidelines". (See Appendix VI)
 - (viii) School personnel and coaches are expected to adhere to the Policy on dispensing drugs, medication and food supplements. (See Appendix IX)
- (c) No artificial noisemakers are permitted at OFSAA Championship events.

11. Social:

- (a) If a special event is arranged, all team members and coaches must attend; individuals may attend at their discretion.
- (b) Participants are expected to wear 'dress casual' attire. No jeans, shorts, tank tops, or hats are permitted.
- (c) Should there be an instance of improper attire, the Protest Committee shall deal with the matter and forward a report to the Board of Reference-Sanctions.

12. Medical

- (a) Coaches shall provide all consumable medical supplies (e.g. tape, bandaids, ice packs) for their athletes.

13. Protest Committee

All disputes during an OFSAA Championship/Festival shall be directed to the Protest Committee for resolution.

- (a) The Protest Committee shall consist of three (3) individuals; the chairperson of the Sport Advisory Committee or designate, a tournament committee member, and one other member appointed by the Championship convenor. The Head official in some cases, may be asked to serve on the Protest Committee. Members of the Protest Committee must not have any conflict of interest relevant to the incident under protest.

- (b) All protests must be submitted in writing to the Championship convenor or designate, shall fully outline the incident under protest, and shall be accompanied by a \$50.00 fee (refundable if protest is upheld).
- (c) A protest must be submitted within thirty (30) minutes of the completion of the game/event in which the incident under protest occurred, or within thirty minutes of the occurrence if protesting an incident outside the field of play.
- (d) The following areas may not be protested at a Championship/Festival:
 - Officials' decisions
 - Eligibility of transfer students
- (e) Any disputes or protests re: tournament structure and procedure must be addressed no later than the coaches' meeting.
- (f) The Protest Committee shall be the body empowered to delay/modify/cancel an event due to unforeseen circumstances (e.g. weather conditions) at the site(s).
- (g) Decisions of the Protest Committee shall be final.
A report of all appeals and decisions shall be forwarded to the OFSAA Board of Reference – Sanctions, who may determine that additional sanctions are necessary.

***All Federation Championships are non-smoking events.
This includes the use of all tobacco related products.***

Participants must obey the Ministry of Education's Code of Conduct.

SPORT SPECIFIC DIRECTIVES

1. Championship Structure and Procedure

- a) On the second day, at the discretion of the convenor, an exhibition relay event may take place. The running of the event would be subject to time, facility and weather conditions. The convenor will seek the advice of the Sport Advisory Committee Chairperson prior to the Championship and at the conclusion of the first day a decision on whether or not to proceed will be made.
- b) Convenors shall take into account time and difficulty of the chosen course and shall, at their discretion, set the exact distances.
- c) There shall be a coaches meeting held prior to the start of competition.
 - i) The teacher-coach/supervisor must attend the coaches' meeting.
 - a. If the coach is a non-teacher, both the teacher-supervisor and the coach must attend.
- d) Award Placing:
 - (i) In the Nordic Distance event, the Individual placing shall be determined by time.
 - (ii) In the Nordic Team event on the first day, Team placings shall be determined by adding up the placings of the four fastest Team members in the Distance 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.
 - (iii) Nordic Team Sprint Relay placing will be determined, and points awarded as in (Awards – b)), and first through eighth, by the order of finish in the Sprint Final. However, in the case of a tie described in {Team Sprint Relay a) iii)} such that additional Sprint Teams advance, this paragraph and the calculation of placing will be modified as required for the situation. All remaining placings and points will be determined by the Sprint Teams' times in the Preliminary heats.
 - (iv) The Nordic Combined Team placing will be determined by adding the points in {Awards (b) } from both boys' and girls' in the Nordic Team event and the same Teams' points in {Awards (c) } from both boys' and girls' in the Nordic Team Sprint Relay. The lowest total will determine the Nordic Combined Team winner. The second lowest total shall be second in the Nordic Combined Team event and so on. Combined Teams must have a placing in both the Boys' and Girls' Nordic Team event on the first day and both the Boys' and Girls' Nordic Team Sprint Relays on the second day, in order to be eligible for the Nordic Combined Award.
 - (v) All Individuals who fail to complete the Nordic Distance event on the first day due to lost or broken equipment will receive a place one greater than the last proper place.
 - (vi) Where a tie exists in the final placing of the Nordic Distance event or Nordic Team Sprint Relay event the same placing and points shall be awarded and the subsequent placing and points will not be awarded. Medals and ribbons will be awarded at a later date.

- (vii) Where a tie exists in the final placing of the Nordic Team event the tie shall be broken by the fastest 4th place skier in that event. For the Nordic Combined event, the lowest total time of the 4th placed girl and boy from the first day results, shall be used to break the tie.

2. Officials

- a) The head official must attend the coaches' meeting, and is encouraged to hold an officials' meeting prior to the start of the first race, when possible. Otherwise the head official is responsible for communicating the information to all officials participating.

3. Medical

- a) Provision shall be made by the Convenor to have a medical doctor in attendance or readily available and to follow appropriate hygienic precautions with regard to bodily fluids and communicable diseases. (See Appendix IV to the By-Laws.)
- b) Qualified first-aid personnel and equipment shall be available at the Championship site.