

OFSAA 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:
 - i. 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.
 - ii. 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. **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.
- c. **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.
- d. A student may only compete in one gender and age classification.
- e. A student may only compete in one division in Distance competitions.
- f. The competitions to be conducted are:
 - i. First Day:
 - 1. Exhibition Para-nordic Individual Distance competitions
 - 2. Boys' and Girls' Junior Individual Distance competitions
 - 3. Boys' and Girls' Junior Team Distance competitions
 - 4. Boys' and Girls' Senior Individual Distance competitions

5. Boys' and Girls' Senior Team Distance competitions

ii. Second Day:

1. Boys' and Girls' Junior Team Sprint competitions
2. Boys' and Girls' Senior Team Sprint competitions
3. Junior and Senior Combined Team competitions (two-day point total)
4. Exhibition sprints – at the discretion of the OFSAA convenor

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

Note: In each gender-classification High School and Open division athletes will compete in the same race, and Para-nordic athletes may compete in the same race at the OFSAA convenor's discretion. Results separated by Division will be generated after the race for the Individual Distance competitions only.

2. Championship Structure and Procedures:

- a. The Championship shall take place over two (2) days. Distance competitions will be held on the first day and Sprint competitions will be held on the second day.
- b. Courses for Distance competitions will be as follows:
 - 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.
- c. Courses for Team Sprint competitions will be as follows:
 - i. All genders, classifications, heats and finals will ski the same course which is to be approximately 800 meters in length.
 - ii. Convenors shall take into account time and difficulty of the chosen course and shall, at their discretion, set the exact distance.
- d. Team Sprint competitions:
 - i. Team Sprint competitions shall be a series of elimination sprint relays with each of four athletes 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 (see section 6f). Therefore, Team Sprint Heats will be as follows:
 1. Heat #1: 1, 4, 5, 8, 9, 12, etc.
 2. Heat #2: 2, 3, 6, 7, 10, 11, etc.
 - ii. The first through fourth place Sprint teams in each of the two Preliminary heats will advance to race together in a Team 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 to the Team Sprint Final.

- iv. 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 (see section 6f).
 - 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 (see section 6f).
- e. 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 match those entered by the Association convenor and be submitted by the deadline date and time.
- c. Associations shall be allowed to enter the following teams to compete in the Team Distance and Team Sprint competitions:
 - i. Two (2) Junior Boys' Teams who each qualified at the Association Championship or OFSAA qualifying meet in the Junior Boys team competition.
 - ii. Two (2) Junior Girls' Teams who each qualified at the Association Championship or OFSAA qualifying meet in the Junior Girls team competition.
 - iii. Two (2) Senior Boys' Teams who each qualified at the Association Championship or OFSAA qualifying meet in the Senior Boys team competition.
 - iv. Two (2) Senior Girls' Teams who each qualified at the Association Championship or OFSAA qualifying meet in the Senior Girls team competition.
- d. Associations shall be allowed to enter the following individuals to compete in the Individual Distance competitions:
 - i. All athletes competing in or qualified to compete in the Team Distance and Team Sprint competitions (as outlined in 3c above)
 - 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 which will be accepted at the OFSAA convenor's discretion if they can be accommodated.

- f. 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. Junior and Senior Combined Teams shall be made up of one Boys' Team and one Girls' Team from the same school and competing in both the Team Distance and Team Sprint competitions for the same classification.
- 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.
- iv. In accordance with Rowan's Law, have all coaches and trainers confirm in writing on the OFSAA form provided, that they have reviewed the concussion awareness resource and OFSAA Concussion Code of Conduct within the previous twelve (12) months.

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, Standing Rules and
- ii. Playing Regulations) of the Association to which his/her school belongs.
- iii. Be certified as eligible by the Principal of the school.
- iv. Meet the age requirements as stated in 1. (a) above.
- v. Be in Grades 9-12.
- vi. Be eligible under the OFSAA Transfer Policy
- vii. Be eligible for no more than five (5) consecutive years from date of entry into Grade 9.

- viii. Have signed the Rules of Behaviour Policy signature form for the competition.
- ix. 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.
- x. In accordance with Rowan's Law, confirm in writing on the OFSAA form provided, that they and their parent/guardian (if student is under 18 years of age) have reviewed the concussion awareness resource and OFSAA Concussion Code of Conduct within the previous twelve (12) months.
- xi. Have participated in their Association Championship or OFSAA-qualifying event.
- xii. 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.
- xiii. Not participate in both the OFSAA Championship and any other event in that same sport on the same day.

6. Rules and Officials:

- a. The Nordiq Canada Canadian Competition Rules (FIS ICR - CCR) and Nordiq Canada Fluoro Wax Policy for Tier 2 Competitions shall govern competition at the OFSAA Championship with the exceptions outlined in these regulations, and where the duties of the jury will be undertaken by the OFSAA Protest Committee.
- 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. Athletes must be registered in one of five start order groups for the Individual Distance competition, where start order group one (1) will start first and start order group five (5) will start last.
- d. 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.)
- e. 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.
- f. Athletes who are not members of a team may be entered in any of the start order groups.
- g. Within each of the five start order groups a full random draw will be used.
- h. There is no requirement or expectation that athletes of a particular ability be placed in certain start order groups.

- i. Only teams with a placing in the Team Distance competitions (after the first day) will be entered in the Team Sprint competitions (for the second day). Substitutions and change of order on Sprint Teams between the Preliminary heats and Sprint Finals are permitted.
- j. For the Individual Distance and Team Distance competitions, 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.
- k. Award Placing:
 - i. In the Individual Distance competitions, individual placings shall be limited to those individuals in the same gender-classification and division, and determined by time. The fastest time will determine the Individual Distance competition winner, and the sequence of increasing times will determine further individual placings.
 - ii. Overall placing in the Individual Distance competitions shall be determined by time regardless of division and this placement shall be used to determine all team placings which are based on the Individual Distance competitions as outlined below, but shall not be used for any Individual Distance competition awards.
 - iii. In the Team Distance competitions, team placings shall be determined by adding up the overall placings of the four fastest Team members in the Individual Distance competition. The lowest total will determine the Team Distance competition winner and the sequence of increasing totals will determine further team placings. No Team with three or fewer members shall receive a placing.
 - iv. In the Team Sprint competitions, team placings shall be determined by the order of finish in the Sprint Final. All remaining team placings shall be determined by finish times from the heats, where the fastest time from preliminary heats is given the next available placing, and the sequence of increasing times from preliminary heats will determine further team placings.
 - v. In the Combined Team competitions, team placings will be determined by adding the team placings from the Girls' Team Distance, Girls' Team Sprint, Boys' Team Distance and Boys' Team Sprint competitions where the same Girls' team and Boys' team from each competition are combined for a single team total, and where both teams are from the same school and classification. The lowest total will determine the Combined Team competition winner and the sequence of increasing totals will determine further combined team placings. No Combined Team without a placing in all four corresponding Team competitions shall receive a placing.
 - vi. All Individuals who fail to complete the Individual Distance competition due to lost or broken equipment will receive a place one greater than the last proper place for that competition
 - vii. Where a tie exists in the final placing of the Individual Distance or Team Sprint competitions the same placing shall be awarded and the subsequent placing will not be awarded. Medals and ribbons may be awarded at a later date.
 - viii. Where a tie exists in the final placing of the Team Distance competition the tie shall be broken by the fastest time of the 4th team member in that competition. For the Combined Team competition, the lowest total time of the 4th girl and 4th boy from the Team Distance competitions, shall be used to break the tie. In both team competitions in this context, 4th means the slowest skier on a team of four (4).

- I. OFSAA participants (those who appear on the OFSAA Behaviour Form) are permitted to enter competition courses for unidirectional skiing during the window between races, subject to the discretion of the Protest Committee.

7. Uniforms and Equipment:

All requirements outlined in the OFSAA General Uniform Policy must be met both on and in the immediate vicinity of the competitive area and during the awards ceremonies. Incidents of non-compliance shall be forwarded to the Protest Committee for resolution.

Sport Specific:

- a. Athletes must pass through a uniform/equipment check point prior to entering the marshalled start area.
- b. 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.
- c. Athletes may not represent sponsors during award presentations except as allowed on uniforms in accordance with the OFSAA General Uniform Policy and as such may not bring any ski equipment (including boots, skis, poles, ski straps, pole clips, or goggles) to award presentations, with the exception of ski boots that can be worn on the feet, if the presentation occurs shortly after the competition.
- d. The use of headphones and/or speakers is not permitted by athletes, teachers, or coaches while on the course or in the competition area, including while warming up, cooling down, or competing, unless specifically used to communicate between a para-athlete and their guide.

8. Awards:

- a. Individuals:
Individual Champions shall be declared for eight (8) individual competitions:
 - i. Boys' and Girls' Junior High-school Division Individual Distance competitions
 - ii. Boys' and Girls' Junior Open Division Individual Distance competitions
 - iii. Boys' and Girls' Senior High-school Division Individual Distance competitions
 - iv. Boys' and Girls' Senior Open Division Individual Distance competitions
- b. OFSAA gold, silver and bronze medallions shall be presented to the first three (3) finishers in each of the eight (8) individual competitions. OFSAA ribbons shall be presented to fourth through eighth place finishers.
- c. Teams:
Team Champions shall be declared for ten (10) team competitions:
 - i. Boys' Junior and Senior Team Distance competitions
 - ii. Girls' Junior and Senior Team Distance competitions
 - iii. Boys' Junior and Senior Team Sprint competitions
 - iv. Girls' Junior and Senior Team Sprint competitions

- v. Junior and Senior Combined Team competitions
- d. OFSAA gold, silver and bronze medallions shall be presented to the five (5) members of the top three (3) teams in each of the eight (8) single-gender Team competitions. OFSAA ribbons shall be presented to the five (5) members of the fourth through eighth place teams.
- e. The schools represented by the Championship Team in the ten (10) Team competitions shall receive an OFSAA banner to be retained by the schools.

9. Supervision:

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...", 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:

- 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 Policy for Participants to OFSAA Championships.
 - 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 Policy.
 - iv. All coaches are expected to adhere to the Code of Ethics Policy for Coaches to OFSAA Championships.
 - v. School personnel and coaches are expected to adhere to the Recruitment Policy.

- vi. Spectators are expected to adhere to the Code of Behaviour Policy for Spectators.
- vii. All coaches are expected to adhere to the Return to Play Policy.
- viii. School personnel and coaches are expected to adhere to the Policy on dispensing drugs, medication and food supplements.

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 OFSAA Sanctions Committee.

12. Medical:

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:
 - i. The Chairperson of the Sport Advisory Committee or designate,
 - ii. The Championship Convenor or designate, and
 - iii. The XCSO Technical Delegate (Head Official)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:
 - i. Officials' decisions
 - ii. 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 Sanctions Committee, who may determine that additional sanctions are necessary.

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.
 - ii. If the coach is a non-teacher, both the teacher-supervisor and the coach must attend.

2. Officials:

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 policy on hygienic precautions with regard to bodily fluids and communicable diseases.
- b. Qualified first-aid personnel and equipment shall be available at the Championship site.

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

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

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