

## 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. Date:**

The OFSSA Co-educational Nordic Skiing Championship shall be held during the week of the fourth Monday of February. The first day of competition must take place in February.

**2. Location:**

The location of the Championship shall be decided not later than the OFSSA Annual Meeting held in April of the school year prior to the Championship. An alternate emergency site should also be designated at that time. The site selected shall have Sport Advisory Committee approval.

**3. Events:**

The events to be conducted are:

First Day: Boys' Junior and Senior Nordic Individual  
Junior and Senior Nordic Team

Demonstration Event (para-nordic and special needs athletes)  
Schedule and awards will be at the discretion of the OFSSA convenor.

Girls' Junior and Senior Nordic Individual  
Junior and Senior Nordic Team

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)

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.

**4. Meet Structure:**

The competition shall take place over two (2) days. Individual racing will be held on the first day and team relays will be held on the second day.

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.

Nordic 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.

**5. Entry:**

- (a) Entries will be accepted from Association convenors or designates only.
- (b) Associations shall be allowed to enter one (1) Junior and one (1) Senior Boys' Team, one (1) Junior and one (1) Senior Girls' Team, and one (1) Junior and one (1) Senior Combined Team **plus six (6)** individuals in each classification who are not already eligible as members of a qualifying team and who placed in the top ten at the Association meet (if one is held). All association entries are eligible to race in the individual events.
- (c) Entries shall be accepted with the following priorities in effect:
  - (i) any Associations wishing to have entry in the meet;
  - (ii) host school entry (in addition to Association entry);
  - (iii) An Association convenor may apply for additional entries if they can be accommodated by the OFSAA convenor.
- (d) 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)
- (e) Only schools with a Team placing after the first day may enter a Sprint Relay Team in the second day. Sprint Relay Teams must be declared from the 5 eligible skiers at the end of the first day, at a time designated by the Convenor. Substitutions and change of order on Sprint Teams between the Preliminary heats and Sprint Finals are permitted.
- (f) for the First Day Individual 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) Entries must be received by the OFSAA Convenor. Late entries will only be accepted if they can be accommodated and shall be subject to a penalty of an additional entry fee.

- (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.
- (h) For associations withdrawing a team(s) after the commitment deadline the minimum sanction imposed will be a fine equal to the entry fee. Further, if the withdrawal takes place at a time that impacts on the convener, financially or logistically, a further fine may be issued. This fine may encompass costs incurred by the convenor for entry fee, banquet meals, banners, etc. as reviewed and approved by OFSAA. The association and/or school may also be brought forward to the Board of Reference sanctions.

## 6. Expenses:

An Entry Fee shall be charged which shall be sufficient to cover operating costs of the tournament. Any Association that does not meet its entry commitment after it has declared an entry into the Championship will be required to submit the entry fee and a report will be made to the Board of Reference - Sanctions.

Those schools having entries are responsible for arranging and financing their own travel, meals and accommodation for the event.

Billets for competitors may be arranged at the discretion of the convenor; when such billeting is requested players must accept billets as assigned as a condition of participation.

## 7. 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 following age requirements:

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;

A student may compete in only one classification at the OFSAA Meet.

- (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) Any nordic skier participating in an OFSAA Championship or an OFSAA qualifying event 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 as certified by the school principal. In addition, athletes must represent their school in at least one Nordic ski race prior to the OFSAA qualifying event.

## 8. Rules and Officials:

Revisions to rulebooks governing play at the OFSAA Championship shall be reviewed by the Sport Advisory Committee and approved by the Board of Directors prior to implementation at any Championship.

- (a) Canadian Ski Association - Cross Country Canada 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 centimetres; **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 groups of the Nordic Individual event, a full random draw will be used.

## 9. Placing:

- a) In the Nordic Individual event, the Individual placing shall be determined by time.
- b) 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 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.
- c) i) The Nordic Team Sprint Relay event shall be a series of elimination sprint relays. For each category the Sprint Teams will be divided into two heats. Sprint Teams with an odd number placing from 9b) above will race in the first Preliminary Team Sprint Relay and Sprint Teams with an even numbered placing from 9b) above will race in the second Preliminary Team Sprint Relay.
  - 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.

- d) i) Team placing from 9b) will be used to rank the lane selection order for the Preliminary Team Sprint Relays. If in this ranking a tie occurs, the fastest time of the fourth skier in the Team event on the first day will be used to break the tie.
  - ii) Lane selection for the Sprint Final will be in the order of the finish in the Preliminary heats. In this ranking, four ties will exist (2 firsts, 2 seconds, etc); the placing from 9b) will be used to break these ties and the higher ranked Team from the first day results shall have priority in lane selection.
  - iii) Lane selection will take place 5 minutes before the start of any relay.
- e) Nordic Team Sprint Relay placing will be determined, and points awarded as in 9(b), first through eighth, by the order of finish in the Sprint Final. However in the case of a tie described in 9c) 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.
- f) The Nordic Combined Team placing will be determined by adding the points in 9b) from both boys' and girls' in the Nordic Team event and the same Teams' points in 9e) 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.
- g) All Individuals who fail to complete the Nordic Individual event on the first day due to lost or broken equipment will receive a place one greater than the last proper place.
- h) Where a tie exists in the final placing of the Nordic Individual 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.
- i) Where a tie exists in the final placing of the Nordic Team event the tie shall be broken by the fastest 4<sup>th</sup> place skier in that event. For the Nordic Combined event, the lowest total time of the 4<sup>th</sup> placed girl and boy from the first day results, shall be used to break the tie.

## 10. Awards:

**Individual:** OFSAA medallions shall be presented to the first three (3) finishers in each race. OFSAA ribbons shall be presented to the fourth through eighth place finishers in each race

**Teams:** Team Championships shall be awarded for

Boys': Junior and Senior Nordic Team, and  
Junior and Senior Nordic Team Sprint Relays

Girls': Junior and Senior Nordic Team, and  
Junior and Senior Nordic Team Sprint Relays

Combined Team: Junior Boys' & Girls' Team, and  
Senior Boys' and Girls' Team

Championship Teams in these events shall receive banners to be retained by the school.

Members of the Championship Teams in these events shall receive gold OFSAA medallions (5)

Members of the second place Teams in these events shall receive silver OFSAA medallions (5)

Members of the third place Teams in these events shall receive bronze OFSAA medallions (5)

Members of the fourth through eighth place Teams in these events shall receive OFSAA ribbons (5)

## **11. Uniforms:**

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. 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. Sponsorship recognition is permitted to be visible but must conform with the placement guidelines outlined in By-Law 6, Section 2(h).

Athletes must pass through a uniform/equipment check point prior to entering the marshalled 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 with 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 Competition Committee for resolution.

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.

## **12. 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.

### **13. Registration:**

Registration materials will only be given to the teacher accompanying the athlete(s), upon receipt of a completed Rules of Behaviour signature form and photo forms.

### **14. Deportment:** (Reference By-Law 6, Section 2)

- (a) A team is defined as, "All participants representing the same school at an OFSAA Championship event".
- (b) 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."
- (c) All participants are expected to abide by the, "Rules of Behaviour for Participants to OFSAA Championships". (see Appendix to By-Laws)
- (d) Supervising adults are responsible for the behaviour of participants for the duration of the Championships.
- (e) Teams are open to censure for failure of its participants to abide by the "Rules of Behaviour".
- (f) (i) All coaches are expected to adhere to the Code of Ethics for Coaches to OFSAA Championships. (See Appendix II)
- (ii) School personnel and coaches are expected to adhere to the Statement of Principle on Recruiting. (See Appendix IV)
- (iii) Spectators are expected to adhere to the Code of Behaviour for Spectators. (See Appendix III)
- (iv) All coaches are expected to adhere to the "Return to Play Guidelines". (See Appendix VI)
- (v) School personnel and coaches are expected to adhere to the Policy on dispensing drugs, medication and food supplements. (See Appendix IX)
- (g) All schools entering a Federation Championship shall, by signature of the school principal on the Championship Entry Form, acknowledge responsibility for making restitution for damage resulting from misconduct by their participants.
- (h) No artificial noisemakers are permitted at OFSAA Championship events.

### **15. Social:**

If a special event is arranged, all team members and coaches must attend; individuals may attend at their discretion.

**Dress Code for Banquets:**

- no person shall wear jeans, shorts or a hat;
- boys shall wear dress pants, a dress shirt and a tie;
- girls shall wear dress pants or skirt with a dress top;
- if a themed event is planned by the convenor, then the convenor must apply to the OFSAA office for permission to vacate these rules;
- should there be an instance of improper attire, the Competition Committee shall deal with the matter and forward a report to the OFSAA Board of Reference - Sanctions.

**16. Medical:**

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.) Qualified first-aid personnel and equipment shall be available at the Championship site. Coaches shall provide all consumable medical supplies (e.g. tape, bandaids) for their athletes.

**17. Jury of Appeal:**

The Jury of Appeal shall consist of three (3) individuals: the chairperson of the OFSAA Nordic Skiing Sport Advisory Committee or designate, a tournament committee member and one (1) other member appointed by the Championship Convenor. The Jury of Appeal shall handle disputes which fall within the realm of:

- (a) Tournament Structure and Procedure;
- (b) Rules and Officials;
- (c) Uniforms and Equipment;
- (d) Scoring.

Tournament structure and procedure concerns shall be addressed no later than the end of the coaches' meeting.

A dispute must be submitted in writing to the Convenor or Designate together with a \$50.00 fee (refundable if dispute is upheld) within thirty (30) minutes, except as provided within specific sport governing regulations, of the conclusion of the event in which the incident under dispute occurred. Decisions of the Jury of Appeal shall be final.

A report of the Jury of Appeal decisions shall be forwarded to the Board of Reference - Sanctions.

**18. Competition Committee:**

- (a) The Competition Committee shall consist of three (3) individuals: the Championship Convenor, or designate; an OFSAA staff or Executive Committee Member, or designate; and the Chairperson of the OFSAA Nordic Skiing Sport Advisory Committee, or

designate. The Competition Committee shall handle disputes regarding:

- (i) Eligibility;
- (ii) Department;
- (iii) Supervision and registration;
- (iv) Social;
- (v) Medical personnel;
- (vi) Awards.

If a dispute cannot be resolved by the Competition Committee within a reasonable period of time, the event will continue and the dispute may be referred to a Board of Reference - General. (Please note that eligibility under the OFSAA Transfer Policy cannot be addressed at OFSAA events (By-Law 5, Section 4 (f)).

Disputes which fall within the jurisdiction of the Competition Committee must be received in writing to the Convenor or designate, together with a \$50.00 fee (refundable if dispute is upheld) within a reasonable time frame.

Appeals to the decisions of the Competition Committee shall be addressed to the Board of Reference - General.

A report of the decisions of the Competition Committee shall be forwarded to the Board of Reference - Sanctions.

- (b) The Competition Committee shall be the body empowered to delay/cancel an event(s) due to unforeseen circumstances at the site(s).

***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.***