

EOSSAA COEDUCATIONAL NORDIC SKIING CHAMPIONSHIP

PLAYING REGULATIONS

Jan. 2010

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1. **Date:**

The EOSSAA Coeducational Nordic Skiing Championship should be held no later than 7 days prior to the OFSAA Championship.

2. **Location:**

The location of the Championship should be decided (through bids submitted) at the Spring EOSSAA meeting in the school year prior to the year of the Championship. If no bids were submitted at the spring meeting the Championship shall be decided not later the EOSSAA Annual meeting held in June of the school year prior to the Championship.

3. **Events:**

The events to be conducted are:
Junior boys team and individual
Senior boys team and individual
Junior girls team and individual
Senior girls team and individual

Boys junior sprint relays / Boys senior sprint relays
Girls junior sprint relays / Girls senior sprint relays

4. **Meet Structure and Course Design**

The competition shall take place in one day.

Course distance shall adhere as closely as possible to the following guidelines:

Nordic Individual and Nordic Team course distances shall be as follows:

Senior boys individual 8km or + 2km

Junior boys individual 5km or + 1 km

Senior girls individual 5km or + 1 km

Junior girls individual 4km or + 1 km

The championship course should consist of one loop or multiples of that same loop to minimize marshalling, timing and general confusion of the competing skiers. Knowledgeable course marshals and signs must be used at points of potential confusion.

Relays:

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:

Schools may enter an unlimited number of eligible skiers and teams. Teams shall be made up as follows:

Boys Team: minimum of 4, maximum of 5, (4 to count)

Girls Team: minimum of 4, maximum of 5, (4 to count)

Relays: 4 of the 5 skiers on each team must be designated as relay competitors in both the Boys Junior and Senior and the Girls Junior and Senior.

EOSSAA eligibility forms must be completed and checked by the teacher coach, or teacher supervisor not a student, and signed by the teacher coach or teacher supervisor and principal.

6. Expenses:

It is the responsibility of the Convenor of the EOSSAA Nordic Ski Championship to look after the expenses of the Championship meet with the revenues generated by the meet.

The recommended entry fee is \$15.00 per individual with a maximum fee of \$150.00 per school.

7. Eligibility:

To represent a school in any activity coordinated by the association of EOSSAA a student must:

- i) be eligible for competition under the Constitution, By-laws, and Standing Rules of the Association league to which his/her school belongs to.
- ii) Be certified eligible by the Principal of the school

8. Rules and Officials

The FIS equipment rule will apply with the following exceptions:

- i) minimum length of ski is shoulder height
- ii) no maximum width of ski
- iii) equipment may be exchanged only if broken during the race
- iv) equipment will not be marked

9. Scoring:

- a) 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.
- b) The Nordic Team Sprint Relay event shall be a series of elimination sprint relays.
- c) To calculate Nordic relay scores, the first place team shall receive the same point score as the tenth place individual Nordic team. The second to ninth place relay teams shall be pro-rated equally between the first and the tenth. The remaining teams shall receive a similar point separation. There shall be no ties in Nordic relay.
- d) The combined winner will be the low score of the total team scores of (a) and of (c).
- e) If in calculating the team winner scores, a tie occurs for first place the lowest times in the individual races will count.

10. Awards:

Individual – EOSSAA medallions shall be presented to the first place finishers in each classification. If the convenor wishes EOSSAA participation certificates may be printed from the EOSSAA web site and presented to all competitors. The convenor may also order silver and bronze EOSSAA medals for the individual races.

Team – Five gold EOSSAA medallions shall be presented to each member of the winning team in each classification. EOSSAA keeper plaques can be presented to the winning team in each classification. The convenor may wish to wait and order the plaques after the event and send them to the winning school so that if there is a division that does not have a complete team and therefore no team champion the plaques are not wasted.

The convenor will provide:

- First place EOSSAA medallions (24)
- Optional silver and bronze medallions for individual racers (4 silver and 4 bronze)
- Participation certificates (optional)
- Four keeper plaques (if required)

11. Deportment:

A teacher from the school represented by each team must be presented and responsible for the behaviour of his/her competitors for the duration fo the Championship.

12. Jury of Appeal:

The jury of appeal shall consist of three individuals to be specified on the day of the meet. The Chairperson of the EOSSAA Sport Advisory Committee for Nordic Skiing, or designate, and two knowledgeable coaches from different schools as selected by the convenor.

13. Convenors Duties

- a) Notice of OFSAA – date, location, qualifications, entry fees, and registration information should be sent out with the information package.

14. Amendments To Playing Regulations:

These playing regulations may be amended at the annual general meeting by a majority vote of member, school present (one vote per school). Proposed amendments are to presented in writing, circulated by the movers to all member schools and the executive three weeks (21 calendar days), before the day of the meeting. Copies of the proposed amendments are to be available to the meeting delegates on the meeting day. Approved amendments are effective immediately.

15. OFSAA Qualification

The 1st place team in each age category will earn the right to represent EOSSAA at the OFSAA Nordic Ski Championships. The 2nd place team may also move on to OFSAA provided that all four scoring team members use the skate technique and demonstrate that they are capable of completing an OFSAA calibre course. A Jury of Appeal consisting of the convenor and two other knowledgeable coaches will make the final decision on qualification of 2nd place teams.