

## **SOSSA INC. SKIING COEDUCATIONAL NORDIC**

### **PLAYING REGULATIONS – revised December 2008**

**1. Date:**

The SOSSA INC. and SOSSA INC. Zone 1 Coeducational Nordic Skiing Championship shall be held no later than two weeks prior to the OFSAA Championship.

**2. Location:**

The location shall be determined by the Nordic Skiing Convenor.

**Eligibility:**

See SOSSA INC. Article VII and Article VIII..

**4. Events: The events to be conducted are:**

Boys' Nordic Skiing	-Junior Team and Individual -Senior Team and Individual
Girls' Nordic Skiing	-Junior Team and Individual -Senior Team and Individual

**5. Meet Structure:**

Course distances shall be as follows:

Senior Boys'	8 - 10 km
Senior Girls'	4 - 5 km
Junior Boys'	4 - 5 km
Junior Girls'	2 - 3 km

**6. Entry:**

Each school shall be permitted to enter an unlimited number of boys and girls in each of the two classifications - Junior and Senior. Should numbers become unmanageable, the convenor shall be permitted to impose some limitation per school. Team members must be from the same school.

**7. Expenses:**

Expenses for SOSSA INC. championships see Article IV. A fee may be charged to cover costs.

A financial Report shall be submitted to the SOSSA INC. Administrative Secretary-Treasurer following the championship.

**8. Rules and Officials:**

**Canadian Ski Association - Cross Country Canada Rules; Cross Country Race Standards for Cross Country Ski Organization (Southern Ontario Division - Hoffman and Sinclair), and Cross Country Ski Racing in the Extreme Cold (a pamphlet from the Southern Ontario Division of the C.S.A.) shall govern SOSSA. The FIS equipment rule will apply with the following exceptions:**

- 1) minimum length of ski is shoulder length;**
- 2) no maximum width of ski;**
- 3) equipment may be exchanged only if broken during race;**
- 4) equipment may not be marked;**

**All races will be freestyle except in no skating zones.**

**9. Scoring:**

**For purposes of scoring and awards teams shall be made up as follows:**

- Boys' Team: 5 team members, 4 to count**
- Girls' Team: 5 team members, 4 to count**

**In the individual nordic event the competitor with the fastest time shall receive 1 point, the 2nd fastest 2 points, the 3rd fastest 3 points, etc. Where ties exist the same score is awarded and the appropriate number of places left out.**

**To calculate team scores for individual nordic the lowest four (4) scores of each team shall be added together.**

**The Junior Combined Winner will be the low score of the total team scores of the Junior Boys' and Junior Girls' from the same school.**

**The Senior Combined winner will be the low score of the total team scores of Senior Boys' and Senior Girls' from the same school.**

**10. Awards:**

**Individual - A SOSSA INC. medallion shall be presented to the first place finisher in each race in each classification. Ribbons shall be presented to the second, third, fourth, fifth and sixth place finishers in each race in each classification.**

**Team - A SOSSA INC. medallion shall be presented to the first five (5) skiers of each first place team in each classification.**

**11. Medical:**

**Qualified first aid personnel and equipment shall be available at the championship site. Coaches shall provide all consumable medical supplies (ie. tape, bandaids) for athletes.**

**12. Appeals and Protests: See Article IX.3.**