

PLAYING REGULATION 12.0 - SKIING (ALPINE)

1. SAFETY GUIDELINES: Each HSSAA Member School shall ensure that the current Physical Education Safety Guidelines - Secondary Inter School Module, outlined according to the following critical components: EQUIPMENT, CLOTHING / FOOTWEAR, FACILITIES, SPECIAL RULES / INSTRUCTION and SUPERVISION, be adhered to at all times. Specific details on the Critical Components will be provided at the Pre-Season Coaches Meeting.

2. Ages:

All competitors shall meet the age requirements as per Article XI, Section VII of the By-Laws.

3. Events:

A combined Halton/GHAC Alpine Skiing Championship shall be held in sufficient time in order to determine entries for the OFSAA Alpine Skiing Championship.

The season will begin November 1 and end March 31.

The Halton/GHAC Championship race will be a one day Giant Slalom event based on place points established using the combined times of two runs.

Levels I and II – Girls' Giant Slalom

-Boys' Giant Slalom

Definition of Teams and Team Members:

Level I Team Racers:

Participants are school trained athletes. They have NO ski league affiliation race training beyond Nancy Greene or the age of 10 years.

Level II Team Racers:

Participants are those skiers who have ski league affiliation and training beyond the Nancy Greene level or the age of 10 years.

4. Eligibility:

To represent an HSSAA Member School, a student must be eligible for competition under the Constitution By-Laws and Playing regulations of the Halton Secondary School Athletic Association.

(a) Each school eligible to race at OFSAA must have met the team practice requirements by practicing under the direction and supervision of the designated teacher coach, as approved by the school principal, from November 1st until the OFSAA Championship. All athletes must have participated in a minimum of 8 school practice sessions (dry land and on-hill). There must be one on-hill training session with the school team. A ski race is not defined as a practice session.

(b) The activity Convenor shall ensure that a qualified first aid provider is available at all times.

5. Entries:

(a) Each HSSAA Member School may enter one(1) Girls team and one(1) Boys team in each of the Level I and Level II categories. A team consists of a minimum of 3 and a maximum of 5 athletes.

(b) Schools may enter a maximum of 5 individual athletes in each category in addition to their team lists.

(c) Entries must be received by the Race convenor one week prior to the race date.

(d) Late entries or changes prior to the day of the event will only be accepted if they can be accommodated.

(e) All racers must be declared on the entry form prior to the start of the race. NO SUBSTITUTIONS are allowed.

6.Starting Order:

(a)In the first run of each event each school shall have a skier in the first seed section. Seed order will be drawn randomly. Racers will keep the same bib number and seed for both first and second runs.

(b)The bib number must match the registered athlete on the entry forms. NO SUBSTITUTIONS

(c)If an athlete misses their starting order they will be allowed to race at the end of their appropriate division. If their division is over they may be slotted in at the discretion of the Official Starter. At OFSAA an athlete that does not start in the right order is not eligible to race.

7.Disqualifications:

(a)A disqualified athlete may receive a second run but their score will not count.

(b)A dispute must be submitted in writing to the Convenor within 30 minutes of the conclusion of the race.

(c)The Jury of Appeal shall handle disputes and their decision is final.

8.Jury of Appeal:

The Jury of Appeal shall consist of three (3) individuals to be agreed to by the current participating coaches at that specific events coaches meeting.

9.Expenses:An entry fee will be charged which shall be sufficient to cover the operating costs of the event. Each school is responsible for submitting the entry fee prior to the start of the race.

10.Rule Book:

The current F.I.S. Rule Book shall govern competition.

11.Officials:

Not Specified.

12.Uniforms and Equipment:

All skiers must have ski brakes. Hard shell crash helmets with full ear protection are mandatory for all racers, coaches and volunteers.

All competitors are expected to dress in clothing that is safe, neat, clean and which maintains the integrity of the school's/Association's name, colours and logos. No sport 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 guidelines in Article XX of the HSSAA Constitution.

13.Starting Time:

Not Specified.

14.Awards:

Not Specified.

15.GHAC Representation:

Refer to GHAC Agreement.

PLAYING REGULATION 12.1 - SKIING (NORDIC)

1. **SAFETY GUIDELINES:** Each HSSAA Member School shall ensure that the current Physical Education Safety Guidelines - Secondary Inter School Module, outlined according to the following critical components: EQUIPMENT, CLOTHING / FOOTWEAR, FACILITIES, SPECIAL RULES / INSTRUCTION and SUPERVISION, be adhered to at all times. Specific details on the Critical Components will be provided at the Pre-Season Coaches Meeting.
2. **AGES:** All competitors shall meet the age requirements as per Article XI, Section VII of the Constitution
3. **ELIGIBILITY:** As governed by HSSAA Constitution, Article XI, Section V
4. **SCORING:**
 - a) In the individual Cross Country 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.
 - b) To calculate team scores for individual Cross Country the OFSSA scoring shall be applied.
 - c) The following DQ's - lost or broken equipment, DNF, will receive a score 1.5 times the last proper score. Unsportsmanlike conduct, changing numbers, improper equipment change and DNS will receive no score.
 - d) If in calculating the team winner scores, a tie occurs for first place the lowest total times in the individual races will count.

TEAM SIZE: Any one school may enter a maximum of 10 boys and/or 10 girls in each age group or a greater number if decided upon by the convener.

GENERAL:

- 1) The Junior Girls Race shall be 2.5 - 5 km
The Junior Boys Race shall be 4 - 6 km
The Senior Girls Race shall be 4 - 6 km
The Senior Boys Race shall be 8 - 10 km

Sprint relays will be offered as part of the GHAC Championship and shall be run similar to the event run at OFSAA.

- 2) Should a skier jump the signal to start, he/she shall be required to return to the starting gates and then proceed.
- 3) Should a skier arrive after his/her starting time has passed he/she may enter the race upon arrival at the starting gate with the approval of the chief starter. His/her time shall be calculated from the time he/she should have started.
- 4) Failure of a skier to go through a designated checkpoint shall result in the disqualification of that skier.
- 5) When overtaking a slower skier the faster skier shall shout "track". The slower skier must allow the faster skier to pass. In order to protect the safety of all skiers, the call "track" shall be avoided on all downhills. Calling "track" too soon, or failure to yield when "track" is called may result in the disqualification of the racer involved.
- 6) The 150 metre "no tracking" zone prior to the finish line means that the slower skier does not need to give up his/her lane to the faster skier.

- 7) The competitors will be seeded according to the discretion of the coaches.
- 8) The draw will be held by the convener prior to the meet.
- 9) Appeals should be lodged immediately or within 30 minutes of the unofficial posting of results. The decision of the jury will be final.
- 10) A competition jury will consist of the convener and two neutral coaches chosen by the convener.
- 11) No skating or lane changes shall be allowed in the starting zone and no skating or tracking shall be allowed in the finish area. Competitors who violate this rule shall be disqualified.
- 12) There must be a qualified individual assigned to the meet whose sole responsibility will be to provide first aid wherever necessary.