

## **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 VI, Section III](#) of the Constitution
3. **ELIGIBILITY:** As governed by HSSAA Constitution [Article VI](#).
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.