



## 2011 CANADA WINTER GAMES

### CROSS COUNTRY SKIING & PARA-NORDIC TECHNICAL PACKAGE

Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the organizing committees by detailing tournament formats and scoring procedures, assist Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coaching certification by stating minimum requirements, and generally contribute to athlete development by identifying each National Sport Organization's (NSO) version of prospective high performance athletes.

Every Games' coach, manager, sport leader, and mission staff has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete his or her eligibility for the Games or could affect final standings or the conduct of the competition. If someone does not understand an aspect of the Technical Package, he or she is to seek clarification from the Sport Committee of the Canada Games Council through his or her Chef de Mission or National Sport Organization.

Technical Packages are developed primarily by National Sport Organizations, following principles, guidelines, and requirements of the Canada Games Council. As the overall governing body of the Games, the Council has the ultimate authority for Technical Packages, but this authority is exercised only with the knowledge and understanding of the NSO concerned.

If an individual wishes to initiate a change to a Technical Package leading up to the Games, the desired change should be first directed to the National Sport Organization or the Chef de Mission. The NSO or Chef will evaluate the merits of the change and will, if it has merit, submit the requested change to the Sport Committee of the Canada Games Council. The NSO or Chef will submit the rationale for the change. Changes to age groups, eligibility requirements, team size or staff complements will not be considered after three years prior to the Games. Substantive changes to events or competition formats will not be considered after 18 months before the Games. Minor corrections will be considered at almost anytime, but will be increasingly difficult to achieve within six months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package early.

THANK-YOU/ MERCI



## 2011 CANADA WINTER GAMES TECHNICAL PACKAGE

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**1. SPORT:** CROSS COUNTRY SKI & PARA-NORDIC

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**2. PARTICIPANTS:**

Able Bodied\*: 5 Males and 5 Females

Para-Nordic\*: 3 Athletes

- If 3 athletes, at least one must be male, and at least one must be female.

Staff: 1 Manager, 1 Wax Technician, and 3 coaches.

- One of the coaches must be female.
- If no Para-Nordic athletes are sent, only 2 coaches are permitted.
- A Guide pool will be accredited at the 2011 CWG for Para-Nordic competitors with a visual impairment. Each P/T entering one or more skiers requiring the use of a guide will be allowed one guide position who will be accredited as an athlete. Should a P/T team require more than one guide, Guide alternates will be identified by Cross Country Canada's (CCC) Para-Nordic Committee in cooperation with the Canada Games Council (CGC) to fulfil this role based on the required level of experience and certification.

\*Total number of competitors allowed is 13

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**3. AGE CATEGORIES:**

23 years of age and under

Year of birth: All athletes born 1988 or later

**PARA-NORDIC:**

Year of birth: Athletes born 1976 or later\*

\*In keeping with the objective of targeting athletes within the Training to Compete (TTC) level of the LTAD, age exceptions will be provided to Para-Nordic athletes born prior to 1976 whose athlete development level is consistent with TTC. The CGC and CCC recognize that an age-dependent criterion may not adequately reflect the entry of the athlete into Para-Nordic skiing due to late onset disabilities through injury or medical condition. CCC's Para-Nordic Committee in cooperation with the CGC will consider these special cases up to December 1, 2010.

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#### 4. ELIGIBILITY:

##### 4.1 Coaches:

Any staff listed as coaches on the official registration form must be fully certified under the National Coaching Certification Program to at least Level 3 in Cross Country Skiing, or the equivalent in the new NCCP Competition Stream, Development Context (Trained Status). If the team will include Para-Nordic athletes, the additional Para-Nordic coach must have the same certification listed above. Further, it is strongly recommended that *all* coaching staff are briefed ahead of time on the specialized support this group requires. These coaches must be so certified no later than 90 days before the opening of the Games (ie. by November 13, 2010).

##### 4.2 Competitors:

All competitors must hold a valid Cross Country Canada Racing License.

Excluded from the Canada Games are:

##### Able-Bodied Competitors:

- a) All athletes that have medalled in (individual or team events) at World Cup, World Senior Championships, or Olympic Winter Games events.

##### Para-Nordic:

- a) Athletes who have medalled in Para-Nordic competitions at the Paralympics or IPC World Championship;
- b) Non-classified athletes. Classification by an IPC Classifier or Canadian Blind Sports Classifier must take place before December 15, 2010. See CCC Para-Nordic home page <http://www.cccski.com/main.asp?cmd=cat&ID=70&lan=0>

No athlete can be rendered ineligible within 90 days of the opening of the Games due to performance in a World Cup, World Senior Championship or Olympic Winter Games (i.e., no athlete will be rendered ineligible for any of the above after November 13, 2010).

## 5. COMPETITION:

### Able-Bodied Competition:

<b>MALE:</b>	10 km	Free technique; interval start
	900 - 1,200 meters	Sprints (free technique; top 30 to quarterfinal heats)
	15 km	Classic technique; mass start
	4 x 5 km relay	2 classic + 2 free technique legs
<b>FEMALE:</b>	7.5 km	Free technique; interval start
	900 - 1,200 meters	Sprints (free technique; top 30 to quarterfinal heats)
	10 km	Classic technique; mass start
	4 x 3.75 km relay	2 classic + 2 free technique legs

Five men and five women team members may compete in all individual competitions. Start order will be determined as follows:

- Interval Start Races – reverse order by Canada Points (Distance) i.e. best start last
- Sprint Qualification – order by Canada Points (Sprint) i.e. best start first
- Mass Start – order by Canada Points (Distance) i.e. best start first
- Relay – Start order by finish order of the 2007 relay races. Provinces and Territories without a 2007 result will be drawn after those who have a result.

### Para-Nordic:

Para-Nordic competitions will be run as two categories: sitting (sit-skiing class) and standing (visually impaired and standing classes, a combined category).

In the standing category, athlete classified as visually impaired will be compared to standing classified athletes to determine final race results in both male and female events by applying percentage formulas (as per IPC rules) correlating standing skiers' performances with visually impaired skiers' performances. In the sitting category, results will be determined by applying percentage formulas (as per IPC rules) specific to the athletes' disability classes.

In that respect, race courses used for Para-Nordic events will be designed (slopes, turns, etc) in order to be fair for all Para-Nordic athletes within each of the three categories.

MALE		
SITTING:	2.5 km	Para-Nordic, interval start
	7-800 meters	Sprints (top 8 to semi-finals)
	5 km	Para-Nordic, mass start
STANDING:	2.5 km	Para-Nordic free technique, interval start
	7-800 meters	Sprints (free technique; top 8 to semi-finals)
	5 km	Para-Nordic <b>classic technique</b> , mass start
FEMALE		
SITTING:	2.5 km	Para-Nordic, interval start
	7-800 meters	Sprints (top 8 to semi-finals)
	5 km	Para-Nordic, mass start
STANDING:	2.5 km	Para-Nordic free technique, interval start
	7-800 meters	Sprints (free technique; top 8 to semi-finals)
	5 km	Para-Nordic <b>classic technique</b> , mass start

At least three athletes (including at least 1 male and 1 female) may compete in all Para-Nordic competitions.

## 6. SPORT SCORING:

### 6.1 Individual

The winner in each event will be the competitor with the best position in that event.

The province/territory's three best able-bodied positions and the best Para-Nordic position for each gender and event will count towards the provincial/territorial ranking point total (if ranked higher than 69<sup>th</sup> in able-bodied and higher than 20<sup>th</sup> in Para-Nordic as indicated in the charts below). Other scores are omitted. Para-Nordic positions will be determined by adjusting real time by the percentage for each athlete according to their classification. If there is a tie, points will be shared equally between competitors (i.e. If tied for first then each competitor would receive 97.5 points  $(100+95)/2$ ). If an athlete does not finish or is disqualified, the athlete does not receive any points.

### Able-bodied points

Position	Pts
1st place	100
2nd place	95
3rd place	90
4th place	85
5th place	80
6th place	77
7th place	74
8th place	71
9th place	68
10th place	65
11th place	63
12th place	61
13th place	59
14th place	57
15th place	55
16th place	54
17th place	53
18th place	52
19th place	51
20th place	50
21st place	49
22nd place	48

Position	Pts
23rd place	47
24th place	46
25th place	45
26th place	44
27th place	43
28th place	42
29th place	41
30th place	40
31st place	39
32nd place	38
33rd place	37
34th place	36
35th place	35
36th place	34
37th place	33
38th place	32
39th place	31
40th place	30
41st place	29
42nd place	28
43rd place	27
44th place	26

Position	Pts
45th place	25
46th place	24
47th place	23
48th place	22
49th place	21
50th place	20
51st place	19
52nd place	18
53rd place	17
54th place	16
55th place	15
56th place	14
57th place	13
58th place	12
59th place	11
60th place	10
61st place	9
62nd place	8
63rd place	7
64th place	6
65th place	5
66th place	4

Position	Pts
67th place	3
68th place	2
69th place	1

### Para-Nordic Points

Position	Pts
1st place	40
2nd place	35
3rd place	30
4th place	25
5th place	20

Position	Pts
6th place	18
7th place	16
8th place	14
9th place	12
10th place	11

Position	Pts
11th place	10
12th place	9
13th place	8
14th place	7
15th place	6

Position	Pts
16th place	5
17th place	4
18th place	3
19th place	2
20th place	1

## 6.2 Relay Competitions

In the relay events there are 13 scoring positions, with points allocated for 1<sup>st</sup> through 13<sup>th</sup>. Only teams that complete all legs of the relay will be allocated points.

Position	Pts
1st place	150
2nd place	140
3rd place	130
4th place	120

Position	Pts
5th place	110
6th place	100
7th place	90

Position	Pts
8th place	80
9th place	70
10th place	60

Position	Pts
11th place	50
12th place	40
13th place	30

## 7. PROVINCIAL/TERRITORIAL RANKING:

### Points Attribution for the Games Flag

When the ranking of men's and women's teams has been established, points for the Games flag will be awarded as follows:

1 <sup>st</sup> place - 10 points	6 <sup>nd</sup> place - 5 points	11 <sup>th</sup> place - 1.5 points
2 <sup>nd</sup> place - 9 points	7 <sup>nd</sup> place - 4 points	12 <sup>th</sup> place - 1 point
3 <sup>rd</sup> place - 8 points	8 <sup>nd</sup> place - 3 points	13 <sup>th</sup> place - 0.5 point
4 <sup>nd</sup> place - 7 points	9 <sup>nd</sup> place - 2.5 points	
5 <sup>nd</sup> place - 6 points	10 <sup>nd</sup> place - 2 points	

For Provincial/Territorial teams that have received additional athletes through the Canada Games Reallocation of ParaSkier Quota Policy, coaches will be required to select three (3) Para-Nordic athletes who's results will count towards sport scoring for the entirety of the Games. The names of the three (3) athletes whose results will count towards sport scoring must be provided to the Competition Secretary at the Coach – Manager Meeting (Team Captains Meeting) prior to the start of competition. If a team does not submit these names by the end of the Coach-Managers Meeting, the original three (3) Para-Nordic athletes selected through the Provincial/Territorial Team Selection process will automatically become the athletes whose results count towards sport scoring.

## 8. TIE BREAKING RULE - COMPETITION:

If two or more competitors have the same time in the Interval Start Races, they shall have the same placing on the final list. If titles or medals are to be distributed, all those tied shall receive the same title and/or medal.

## 9. PROVINCIAL/TERRITORIAL RANKING - TIE BREAKING:

1. If a tie occurs in the final provincial/territorial team standing, the province/territory with the greater number of first places will be assigned the higher rank.
2. If the tie persists, the procedure is repeated for second places.
3. If necessary, the procedure is repeated for third places, then fourth places, etc.
4. If the tie persists, the province/territory with the higher standing in the last event completed will be assigned the higher rank.
5. If necessary, the procedure will be repeated for the second last event completed, and the third last, etc.

NOTE: When a triple tie occurs and is only partially resolved, the remaining ties will be resolved by returning to priority #1 and proceeding through the order again.

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## 10. MEDALS:

GOLD\*: 26 (one per gender for individual, 4 per gender for the team relays).  
SILVER\*: 26 (one per gender for individual, 4 per gender for the team relays).  
BRONZE\*: 26 (one per gender for individual, 4 per gender for the team relays).

\*If an athlete with a visual impairment medals, a medal is also to be awarded to that athletes' Guide.

Athletes selected to compete in the para-nordic events through the Reallocation of Para-Skier Quota Policy will be eligible to win medals.

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## 11. COMPETITIVE UNIFORM:

Cross Country Ski attire. Competitive uniform colours are optional. Provincial/territorial colours must be worn for medal ceremonies.

The Host Society will supply competitor bibs for the races, including training and Guide bibs for Para-Nordic skiers.

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## 12. EQUIPMENT & REGULATIONS

Cross Country Canada rules will govern the competition.

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## 13. APPENDIX

The attached appendix forms an integral part of this technical package.

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## APPENDIX 1

### 2011 (Halifax) Canada Winter Games

#### Competitor Eligibility

1. Competitors must meet all eligibility requirements outlined in the Technical Package.
2. The Canada Games are open to Canadian citizens and permanent residents.
3. The Games are open to athletes who are members in good standing of their provincial and/or national sport organization.
4. An athlete's permanent domicile or actual residence must be located, for at least the 180 days prior to the opening of the Games, within the recognized boundaries of the province or territory they are representing. An athlete can have only one domicile.
5. Students attending school on a full-time basis outside their province of permanent residence during the year of the Games shall be permitted to compete for either their province of permanent residence or the province in which the athlete attends school. To be eligible to compete for the province where the athlete attends school, the student must be enrolled on a full-time basis during the 2010-2011 academic year.
6. If a non-student athlete attends a recognized national training centre outside his or her province of permanent residence, the athlete is encouraged to represent his or her province of permanent residence; however, the athlete could represent the province where the centre is located under the terms of paragraph (7), below.
7. Exceptions to the domicile requirement will be possible if the athlete can demonstrate a commitment to the province or territory she or he wishes to represent by such means as having been a member of a club or provincial sport organization in that province for the entire previous competitive season, having represented that province or territory at a previous national or regional championship, or having attended school full-time the previous academic year, or a recognized national training centre full-time during the previous 12 months. Other similar circumstances may be considered.
8. An athlete is permitted to try out for only one province or territory per Games.
9. The eligibility of any athlete that is not clearly established by these rules and by the Technical Package shall be determined by the Sport Committee of the Council. **Coaches or Provincial Sport Organizations must bring forward any unclear cases to their Chef de Mission and to their National Sport Organization as early as possible before**

2011 Cross Country Skiing and Para-Nordic Technical Package (Edition 1.0 (2009.05.04), Edition 2.0 (2009.11.24), Edition 3.0 (2010.03.01), Edition 4.0 (2010.07.31), **Edition 5.0 (2010.10.04)**)



**the competition for forwarding to the Sport Committee of the Canada Games Council.**

10. Where a team/province or territory/Chef wishes to challenge the eligibility of an athlete on another provincial/ territorial team, it is expected that such a challenge will be made as soon as the protesting team knows that an athlete may be ineligible. Every effort must be made to ensure that protests on eligibility are lodged before an athlete competes.

OTHER

1. All teams are reminded of the Canada Games Council's regulations concerning advertising on uniforms: only the uniform manufacturer's name or trade mark logo may be worn on team competition uniforms to *a maximum size of 60 square centimetres*.
2. The only coaching permitted is by those accredited coaches identified in the Technical Package. Personal coaches of athletes or additional coaches of any type will not receive accreditation and will not have access to competition or training areas.
3. Canada Games rules do not allow team staff to practice as therapists, physicians or other medical or paramedical practitioners. The Host Society (organizing committee) is responsible for providing high quality medical care at a central clinic at the Athletes' Village and at competition and training venues. The Canada Games Council assists the Host Society through its medical partners by providing additional medical practitioners to ensure that French and English speaking and male and female persons are available, to ensure that sport specific medical expertise is available and to ensure that all regions of Canada are represented. Team staff will not be permitted to administer medical care to athletes.