



# **CROSS COUNTRY SASKATCHEWAN**

## **SASK CUP SERIES RULES**

**2023-24 SEASON**

## **Acknowledgements**

\*A Coaches Committee of CCS was formed in 2010 to complete revisions to the 2003-04 Competition Rules and Regulations. The committee was comprised of:

Dave Martinuk – President of CCS

Sid Robinson – member at large

Jeff Whiting – member at large

Craig Francis – Coaching and Officials Development Director of CCS

Dan Brisbin – Competition and High Performance Director of CCS

Tim Trottier – member at large (committee chair)

Thanks to all the coaches and others that provided input to the rules, to the Executive for creating the impetus for revisions to occur, to the High Performance Committee for leading the review, to the above committee for following through, and especially to Sid Robinson for his detailed re-write of the former 2003-04 Competition Rules and Regulations.

This current version of the Sask Cup Rules was approved September 2023 and was issued by the High Performance Committee of Cross Country Saskatchewan as per Section 5.2

# **Cross Country Saskatchewan Sask Cup Series Rules**

## **1. Preamble**

The rules set out herein, being the “Sask Cup Series Rules,” will govern the “Sask Cup Series,” a Cross Country Saskatchewan program designed to promote competitive cross country ski racing in Saskatchewan.

## **2. Definitions**

2.1. “AGM” means Annual General Meeting of all members of Cross Country Saskatchewan, usually held in spring after the ski season.

2.2. “CCS” means Cross Country Saskatchewan Association Inc. and, in these rules, unless otherwise stated, refers to the association’s Executive or a committee or individual appointed by the Executive to make decisions with respect to a particular rule.

2.3. “The CCS Executive Director” means the Executive Director hired pursuant to Article 1.007–9.01 of the CCS By-laws. Contact information for the Executive Director is as follows:

Cross Country Saskatchewan  
1860 Lorne Street  
REGINA SK S4P 2L7  
Phone: (306) 780-9240  
Fax: (306) 781-6021  
E-mail: [ccs@sasktel.net](mailto:ccs@sasktel.net)

2.4. “CCS racer” means a racer belonging to a CCS member club.

2.5. “Citizen racer” means a racer that wishes to participate in a race but is neither a CCS racer as defined in Section 2.4 or a NC racer as defined in Section 2.8.

2.6. “Event” and “Sask Cup event” both mean a cross country ski competition including one to several races hosted by a CCS member club and sanctioned by CCS as a Sask Cup event. The SaskMan Cup, a co-operative event between CCS and CCSAM started in 2012, may also be designated as Sask Cup event even if it is hosted by a CCSAM club if approved by CCS Executive.

2.7. “Head-to-head” means a race or event designated by CCS to achieve direct competition between CCS licensed racers in their respective categories.

2.8. “Member club” means a club that is a member in good standing of Cross Country Saskatchewan.

2.9. “NC” means Nordiq Canada.

2.10. “NC racer” means, a racer holding a NC racing licence, or a license from another NC Division. It also recognizes licensed racers from a foreign country, or Biathlon Canada licensed racers.

2.11. “Race” means a cross country ski competition that is one continuous timed race within an event as defined in Section 2.4 above and shall include a pursuit race without a break (skiathlon).

2.12. “Sask Cup Points” mean the points earned by a licensed racer who completes a Sask Cup race. Points are based on a racer’s race time as a percentage of the winner’s time (Section 36).

2.13. “Sask Cup Points List” means the compilation of “Sask Cup Points” earned by a racer at selected Sask Cup events during the race season.

### **3. Sask Cup Series**

3.1. The Sask Cup Series will consist of CCS-sanctioned and/or NC tier 2 sanctioned ski events hosted by member clubs over the course of the ski race season and will include the provincial championships.

3.2. As much as possible, there should be an equal number of classic and free-style distance races in the Sask Cup Series during the race season.

3.3. An event may be held over the course of one, two or more consecutive days and may include one or more “Sask Cup” races where licensed racers may earn competitive points towards Sask Cup Series awards.

3.4. An event shall be held on a weekend except in special circumstances, as determined by CCS (one example being described in Section 3.5).

3.5. CCS may designate “School Championship” events as Sask Cups even if they are not held on a weekend so long as the event will be run to the quality expected of a Sask Cup event (volunteer capacity, suitability of venue, quality of course and stadium). As per Sections 14.3, 15.4 and 15.5, races must be made available for competitors in all age categories, and for Para Nordic competitors, if they register.

3.6. Separate events hosted by different member clubs may be held on the same day if the geographic distance between the events is great enough (minimum 2 hours) to make significant conflict unlikely.

3.7. Separate, one-day events may be held on different days of the same weekend at venues in the same geographic area if the separate event venues are close enough (maximum 3 hours) together to allow racers to attend both events with little extra travel.

3.8. No head-to-head or Provincial Championships event will be scheduled on the same day as another such event.

3.9. Events will be scheduled so as not to conflict with the Western Canadian Cross Country Ski Championships.

3.10. An Event name should begin with “Sask Cup”, followed by assigned race numbers, in the order of the dates on which they occur in the series, and the host club’s name or location. For example, an event hosted by the Regina Ski Club that has both a classic technique race and a free technique race might be referred to as “Sask Cup #3 & #4 (Regina).” It would follow “Sask Cup #1 & #2 held the previous event weekend.

3.11. All Sask Cup races including Provincials shall follow the most recent Nordiq Canada Flouro Wax Policy. For this season GLIDE wax can NOT contain ANY fluorinated wax. A partial list of permitted waxes is listed on Nordiq Canada’s website.

3.12. The new FIS/NC ruling on maximum pole heights (classic poles can be no more than 83% of the athlete’s height, and skate poles can be no more than 100% of athlete’s height) shall be enforced this season. The measurement is taken with the ski boots on.

#### **4. Application of Nordiq Canada Rules**

4.1. Events shall be conducted according to the latest *Nordiq Canada Competition Rules* (“NC Rules”), [www.nordiqcanada.ca](http://www.nordiqcanada.ca), and any subsequently issued precisions. In the case of a conflict, the Sask Cup Series Rules in this document will govern except for NC sanctioned events in which case NC rules and precisions must take precedence.

4.2. Para Nordic Events shall be conducted according to the latest *World Para Nordic Skiing Rules and Regulations*. In the case of a conflict, the Sask Cup Series Rules in this document will govern except for para sanctioned events in which case the para rules must take precedence.

a) The event venue shall have a minimum of one accessible washroom.

4.3. The Chief of Competition for an event should make sure that they have an up-to-date copy of the NC Rules document and is familiar with its contents.

## **5. Cross Country Saskatchewan Authority**

5.1. Notwithstanding anything contained herein, the CCS Executive has the authority to waive, change, delete or add any Sask Cup Series rule to promote the good management of the Sask Cup Series. However, any such waiver, change, deletion or addition intended to have effect beyond the current or upcoming race season shall be presented to CCS member clubs at a general meeting of the association for approval by the member clubs.

5.2. These rules will be reviewed annually by the High Performance Committee (HPC) of CCS. The HPC shall update Section 15.3 prior to the start of each race season, and may also recommend other changes of these rules, to the CCS Executive.

5.3. If a host club seeks to have a Sask Cup Series rule waived, amended or varied, it shall forward its request to the CCS Executive Director by e-mail at the earliest opportunity. The Executive Director shall then bring the request to the attention of the HPC.

5.4. In an emergency situation, a host club, its Competition Committee or Race Jury (refer to Section 22.2) may waive, amend or vary the application of a Sask Cup Series rule. However, CCS may later review any such waiver, amendment or variation.

5.5. CCS has the authority to withdraw the CCS sanction of an event should the host club fail to comply with a CCS directive, a Sask Cup Series rule, or a NC rule or regulation.

## **6. Racing Licences**

6.1. Racers competing in a Sask Cup event no longer are required to have a CCS racing licence but are encouraged to purchase a NC racing licence.

6.2. NC racing licenses are required for U16 and older racers participating in NC Tier 2 events. Only NC licensed racers are eligible to receive NC Canada Points List (CPL) points.

6.3. CPL points are used for a variety of purposes, including the ranking and selection of athletes to the provincial team, preferential seeding at races, etc.

## **7. Citizen Racers**

7.1. Racers who are not CCS club members and do not hold a NC licence may race in Sask Cup events as “citizen” racers but will not gain standing in the Sask Cup race or races, nor earn Sask Cup Points. Event organizers are encouraged to offer a separate category of Citizen Racer Awards.

7.2. Event organizers are encouraged to combine licensed racers and citizen racers in the same age category into a single race to increase the size of the race field, but licensed racers are entitled to preferential seeding when combined with citizen racers.

## **8. Bid to Host Event**

8.1. Any CCS member club may bid to host an event during a ski season by filing a completed Event Bid with the CCS Executive Director no later than April 15<sup>th</sup> of the onset year for that ski season.

8.2. A club presenting a bid to host is encouraged to put forward both a preferred date for an event and one or more alternate dates. CCS shall assume that the bidding club will be ready and able to host an event on any of the dates put forward.

8.3. CCS will give preference to clubs offering to host events lasting two or more days that includes both distance and sprint races.

8.4. Clubs bidding for a NC tier 2 sanctioned Sask Cup must satisfy the relevant conditions listed in the latest NC's Competition Registration and Sanctioning Policy.

8.5. Clubs bidding for a divisional CCS sanctioned Sask Cup must satisfy the relevant conditions listed in the latest NC's Competition Registration and Sanctioning Policy.

8.6. A bid to host an event is to be formally confirmed at the "fall general meeting" of the membership prior to start of the race season in question, by a host club representative.

8.7. At a "fall general meeting", CCS member clubs may approve a bid to host with or without conditions attached or may reject the bid.

8.8. In exigent circumstances, the CCS Executive may approve an event as a Sask Cup Event even though the event was not approved at the "fall general meeting". Before granting such approval, the Executive shall consider whether the proposed event is likely to enhance the Sask Cup Series and whether it conflicts with another event.

## **9. Sanction Fees**

9.1. At the Annual General Meeting, CCS member clubs may set an event sanction fee to be paid by a host club to help offset CCS costs related to the Sask Cup Series.

9.2. A host club shall forward any required event sanction fee to CCS with its Event Bid.

9.3. If an event is unable to go ahead for reasons beyond the control of the host club, CCS shall refund any CCS sanction fee paid to the host club.

9.4. For the current competition season, CCS will reimburse the NC Tier 2 sanction fees for any qualifying Event.

## **10. Event Dates**

10.1. CCS member clubs shall fix the dates for the upcoming season's race events at a "fall general meeting" based on a calendar of events recommended by the CCS High Performance Committee at that meeting.

10.2. If snow conditions, bad weather or other exigent circumstances force a host club to cancel an event on a certain date, CCS may re-schedule the event to a date suitable to the host club.

10.3. If an event is cancelled, it is the responsibility of the host club to give all registrants prompt notice of the cancellation and any re-scheduled date for the event.

## **11. Event Venues**

11.1. CCS member clubs shall confirm the venues for the upcoming season's race events at a "fall general meeting".

11.2. If poor trail conditions or other exigent circumstances make a race venue unsuitable for an event, CCS may change the venue to a new location suitable to the host club.

11.3. If an event is moved to a new venue, it is the responsibility of the host club to give all registrants prompt notice of the change of venue.

## **12. Head-to-Head Events**

12.1. At the "fall general meeting" the HPC shall present its recommendations for the two or three race events, in addition to the Sask Cup Provincial Championships, to be designated as "head-to-head events" to CCS member clubs for their discussion and approval. These "head-to-head events" are intended to increase head-to-head competition between Sask Cup racers.

12.2. In making a head-to-head event designation, CCS member clubs at the fall meeting shall consider:

- a) the quality of the host club's venue;
- b) the host club's volunteer base;
- c) the host club's ability to provide multiple races during a one-day or two-day event;
- d) the number of licensed racers living near the event venue;
- e) skier travel distances;
- f) equitable access to the maximum number of licensed racers; and
- g) any other factors it deems relevant.

12.3. If a head-to-head event is cancelled and cannot be re-scheduled during the race season, the CCS Executive may designate another event as a head-to-head event or, if not possible, vary Section 36.8 and Section 37.2 as they relate to head-to-head events.



12.4. To be eligible for an individual final award in the Sask Cup Series, a racer must compete in two or more races in one or more head-to-head events in addition to the Provincial Championships and, while so competing, complete at least one race where they used classic technique and one race where they used free technique.

### **13. Sask Cup Provincial Championships**

13.1. At the “fall general meeting”, the HPC shall present its recommendations, with the consent of a host club, to designate an event as the Sask Cup Provincial Championships to CCS member clubs for their discussion and approval. The Provincial Championships should be the last event in the season’s Sask Cup Series.

13.2. In designating an event as the Provincial Championships, CCS member clubs shall consider:

- a) the quality of the host club’s venue;
- b) the host club’s volunteer base;
- c) the host club’s ability to provide multiple races during a two-day event;
- d) the number of licensed racers living near the event venue;
- e) the benefit of moving the Provincial Championships within the province from year to year; and
- f) any other factors it deems relevant.

13.3. Unless otherwise decided by CCS, the Provincial Championships will be a two or more day event held on a weekend with a classic technique race, a free technique race and, where possible, a sprint race. A dual technique race may count as either a classic technique race or a free technique race.

13.4. The completion of all races of the Provincial Championships is a mandatory component of the Sask Cup Series as described in Section 36.8.

### **14. Types of Races**

14.1. The Sask Cup Series may include distance races, distance skiathlon (pursuit) races, distance relay races, sprint races or team sprint races.

14.2. Races may require the use of classic technique skiing, free technique skiing or a combination of the two techniques.

14.3. Every Sask Cup event shall offer Para Nordic races for Para Nordic racers wishing to compete. The type and distance of races offered shall be determined after consultation with Para Nordic coaches and/or racers wishing to attend the event.

## 15. Age Categories

15.1. Able-bodied skiers will compete against other skiers in their own age category. Age categories are based on the athlete's chronological age as of December 31<sup>st</sup> of the competition season.

15.2. Para Nordic (PN) skiers will ski in two age categories for sit, standing and blind Para Nordic ski competitions as follows: PN Development less than or equal to 23 years of age or within 4 years of trauma or beginning of disability (IPC Classification required); PN Open either skiing up to or older than 23.

15.3. The table below provides the athlete's chronological age as of December 31<sup>st</sup> of the competition season and the Year of Birth ranges for racers in the current competition years.

Category	Year of Birth	Age as of December 31, 2023
U8 Boys & Girls	2016 and later	Under 8
U10 Boys & Girls	2014, 2015	8, 9
U12 Boys & Girls	2012, 2013	10, 11
U14 Boys & Girls	2010, 2011	12, 13
U16 Boys & Girls	2008, 2009	14, 15
U18 Boys & Girls	2006, 2007	16, 17
U20 Male & Female	2004, 2005	18, 19
Senior Men & Women	2003 and earlier	20+
Masters 1 & 2	1984-1993	30-39
Masters 3 & 4	1974-1983	40-49
Masters 5 & 6	1964-1973	50-59
Masters 7+	1963 and earlier	60+
PN Dev. Sit Male & Female	On or after 2001	22 and younger
PN open Sit Male & Female	before 2001	23 and older
PN Dev. Stand Male & Female	On or after 2001	22 and younger
PN open Stand Male & Female	before 2001	23 and older
PN Dev. Blind Male & Female	On or after 2001	22 and younger
PN open Blind Male & Female	before 2001	23 and older

*Note that there is a discrepancy between the FIS-NC definition and the Canadian Masters Cross Country Ski Association definition of a “Master. FIS-NC considers Masters to be 31 and older. The CMCCSA considers Masters to be 30 and older. The FIS-NC definition is used herein for Master 1 (30-34) and thereafter the Master age categories align with CMCCSA five year age categories starting at 35-39 for Master 2.*

15.4. A host club shall offer all racers, regardless of age, an opportunity to compete in their appropriate age category in any race where Sask Cup Points can be earned.

15.5. If either a licensed racer or a citizen racer properly registers for a race, then a race for their proper age category must be run.

15.6. A racer shall be allowed to race up a category. **However, if a racer chooses to race up at the Provincial Championships, they must race up in all races held during the Championships weekend. Further, for the purpose of calculating individual Sask Cup Series awards, the racer will only be allowed to earn points for those races during the season where they raced in the age category used during the Provincial Championships. A racer will only be eligible to win a Sask Cup Points Award in the age category they entered at the Provincial Championships.**

15.7. A racer in an age category older than the senior category shall be allowed to “race down” one or more categories down to the senior category. However, if a racer chooses to race down at the Provincial Championships, they must race down in all races held during the Championships weekend. Further, for the purpose of calculating individual Sask Cup Series awards, the racer will only be allowed to earn points for those races during the season where they raced in the age category used during the Provincial Championships. A racer will only be eligible to win a Sask Cup Points Award in the age category they entered at the Provincial Championships.

## 16. Distance Races

16.1. The maximum distance to be skied in a single race is as follows:

U8 Boys	1.5 km	U8 Girls	1.5 km
Para-Nordic Development Sit	2.5 km	Para-Nordic Development Sit	2.5 km
U10 Boys	3.0 km	U10 Girls	3.0 km
U12 Boys	5.0 km	U12 Girls	5.0 km
U14 Boys	10 km	U14 Girls	10 km
U16 Boys	15 km	U16 Girls	15 km
U18 Boy	30 km	U18 Girl	30 km
U20 Men	30 km	U20 Women	30 km
Senior Men	50 km	Senior Women	50 km
Masters Men	50 km	Masters Women	50 km
Para-Nordic Development Standing (inc. ID) Men	10 km	Para-Nordic Development Standing (inc.ID) Women	10 km
Para-Nordic Open Sit Men	10 km	Para-Nordic Open Sit Women	10 km
Para-Nordic Open Standing (inc.ID) Men	20 km	Para-Nordic Open Standing (inc.ID) Women	20 km

16.2. The distances for Masters Women and Masters Men is the same in any given age category.

16.3. A club hosting an event early in the race season is encouraged to set race distances that are somewhat reduced in length to account for any lack of on-snow conditioning.

## 17. Distance Relay Races

17.1. Relay Distances shall be determined according to NC Rules. Recommended distance ranges are as follows:

Category	Length of relay sections
U8 Boys & Girls	0.5-1km (closer to 0.5 km)
U10 Boys & Girls	1-1.5 km
U12 Boys & Girls	1.5-2.5 km
U14 Boys & Girls	1.5-3 km (closer to 3 km)
U16 Boys & Girls	3-5 km
U18 Men & Women	3-5 km
U20 Men & Women	3-10 km
Senior Men & Women	3-10 km
Master Men & Women	3-10 km
Para-Nordic Women Open (1 must be a sit skier)	1-2.5 km
Para-Nordic Men Open (1 must be sit skier)	1-2.5 km

17.2. Distance relay races may be organized for teams of either three racers per team or four racers per team.

17.3. Subject to these Rules, a relay team shall consist of skiers in the same age category from the same club.

17.4. If the number of skiers at an event is low, the event's Competition Committee may combine two or more age categories into a single distance relay category (for example, U16 and U18 Women in the same relay race).

17.5. If a relay team is short one or more skiers, it may add another skier from the same club from a younger age category.

17.6. If a skier wants to race in a distance relay but has no other skier available from their club to ski with, that skier's name shall go into a pool. Names from the pool will be chosen by random draw to augment any team short one or more skiers or to form a new team. It is expected that any skier wanting to participate in a distance relay race shall have the opportunity to do so.

17.7. If a relay team is short a member and that missing person cannot be replaced from the random draw pool, then one or more racers on the team will be allowed to race an extra leg. No single racer shall be allowed to race more than two legs.

## **18. Individual Sprints**

18.1. An individual sprint begins with a qualification round using interval starts. Sprint heats follow for racers selected to move on from the qualification round.

18.2. A sprint may be either classic or free technique.

18.3. A sprint occurs on a short course with maximum distances ranging from 200 meters for U8/U10 to 1400 meters for Senior and Masters Women, and 1800 meters for Senior and Master Men.

18.4. Sprint heats shall include: quarter-finals, semi-finals, and finals unless the number of racers qualifying to heats is low enough (8 or less) to move directly to semi-finals or finals (4 or less) and racers are not impeded on the course by crowding.

18.5. Sprint heats shall be run by age/gender categories where racers are selected by their qualifying times within categories.

## **19. Team Sprints**

19.1. Team sprints are sprint races carried out as relays with two athletes who alternately ski between three and six legs each.

19.2. A team sprint may require classic technique, free technique or a combination of both techniques.

19.3. If a team sprint is to have both classic technique legs and free technique legs, it is recommended that the classic legs and the free technique legs be run on separate parts of the race course.

19.4. If a host club chooses to offer a team sprint race, the technique allowed, the number of legs and the distance of each leg shall be set out in the Event Notice.

19.5. Subject to these Rules, a sprint team shall consist of skiers in the same age category from the same club.

19.6. If the number of skiers at an event is low, the event's Competition Committee may combine two or more age categories into a single team sprint category.

19.7. If a sprint team is short a skier, it may add another skier from the same club from a younger age category.

19.8. If a skier wants to race in a team sprint but has no other skier available from their club to ski with, that skier's name shall go into a pool. Names from the pool will be chosen by random draw to augment any team short a skier or to form a new team. It is expected that any skier wanting to participate in a team sprint shall have the opportunity to do so.

## **20. Competition Committee & Chief of Competition**

20.1. It is the host club's responsibility to appoint a Competition Committee with enough qualified officials to run a race event successfully.

20.2. The Competition Committee shall be headed by a Chief of Competition whose name, telephone number and e-mail address shall be included in a club's bid to host an event.

## **21. Technical Delegate**

21.1. CCS shall, in co-operation with a host club's Competition Committee, appoint a Technical Delegate (T.D.) or a Technical Advisor (T.A.) to oversee every Sask Cup event. NC Tier 2 sanctioned events must have a Technical Delegate (or Technical Advisor is not sufficient).

21.2. The host club is responsible for keeping the Technical Delegate or Technical Advisor constantly informed of event preparations.

21.3. Reasonable expenses incurred by the Technical Delegate or Technical Advisor in performance of their duties (e.g. travel to venue) shall be refunded to them upon submission of a report of expenses to CCS. CCS will bear the cost of refunding the TD's expenses but this policy may be revised in the future.

21.4. The Technical Delegate for NC Tier 2 sanctioned events must complete a TD Report on the standard NC TD Report template and submit a copy to NC as indicated on the form, to CCS and to the Chief of Competition and/or Event Chair at that event host club.

## **22. Race Jury**

22.1. The Competition Committee shall appoint a Race Jury for an event as early as possible.

22.2. The Race Jury shall consist of the Technical Delegate, the Chief of Competition and a third person mutually agreed upon by the Technical Delegate and the Chief of Competition – normally the Assistant Technical Delegate (ATD), if present, or a coach elected by their peers at the event.

22.3. The Race Jury must ensure that an event is organized and carried out according to the Sask Cup Rules and the NC Rules. The Race Jury's responsibilities begin when the Race Jury is appointed and are ended when protests from the final competition have been decided and all official results for an event have been produced.

22.4. The Race Jury's authority includes the power to disqualify a competitor from a race or an entire event for a failure to comply with the Sask Cup Rules or the NC Rules or for a failure to act in a sportsmanlike manner during the event.

22.5. Decisions of the Race Jury are made by majority vote.

### **23. Event Notices**

23.1. A club hosting an event is responsible for sending an electronic copy of an Event Notice to the CCS Executive Director at least three weeks prior to the event. A template Event Notice is available from CCS.

23.2. The CCS Executive Director will be responsible for e-mailing, and posting on the CCS website, every Event Notice and Event Registration form to all licensed racers, club presidents and club race coaches who have provided CCS with an e-mail address.

23.3. The CCS Executive Director will also post every Event Notice and Event Registration on the CCS website.

23.4. The CCS Executive Director may forward an Event Notice and Event Registration to other Divisions or clubs in other Divisions.

23.5. Host clubs that maintain a club website are encouraged to post Event Notices and Event Registration for their events on the club website.

### **24. Publicity**

24.1. Event publicity is the responsibility of the host club.

24.2. Host clubs are encouraged to send out advance event publicity to local media and put up any event posters at least three weeks prior to an event.

24.3. Host clubs are encouraged to forward race results, stories and pictures to local media as soon as practicably possible after an event is over.

24.4. CCS shall be responsible for province-wide publicity relating to the Sask Cup Series.

### **25. Race Fees**

25.1. The minimum fee a host club may charge at a Sask Cup event is \$5.00 per race for each racer. The maximum fee that a host club may charge at a Sask Cup event or Provincial Championships is \$30.00 per race.

25.2. A late registrant may be charged a late registration fee in addition to the regular registration fee. The late registration fee shall not exceed the amount of the regular registration fee.



## **26. Registration**

26.1. Registration information for a Sask Cup event - consisting of a racer's full name, their date of birth, their gender, their e-mail address, their club name, their coach's name (if any) and their Divisional and NC racing licence numbers (if any), Para Nordic Class (if any) – shall be submitted to the Competition Committee no later than 5:00 p.m. two days prior to the start of the event. The Host Club can decide on how registration information can be submitted. CCS recommends that Host Clubs use zone4.ca for event registration, however a club can decide to use alternative methods.

26.2. A racer's final registration for an event shall be completed by the racer submitting a completed Event Registration & waiver form and the required race fees to the host club's Competition Committee no later than the deadline published in the Event Notice. A racer will not be allowed to compete in a race until a completed Event Registration & waiver form and the required race fees have been submitted.

26.3. An event Competition Committee may in its discretion refuse to accept any race entry that does not meet the registration deadline.

26.4. An event Competition Committee may in its discretion charge a racer a late registration fee up to but not exceeding the event registration fee if the racer has failed to meet the registration deadline.

26.5. If a racer who has paid their registration fee for an event is unable to compete for any reason, an event Competition Committee is not required to refund any registration fee paid, but the Competition Committee may, in its discretion, refund all or part of the said registration fee.

## **27. Insurance**

27.1. To comply with NC's liability insurance requirements, a host club must ensure that every participant in a race event, whether a licensed racer or citizen racer, completes a NC-approved waiver.

## **28. Cancellations and Postponements**

28.1. A host club, its Competition Committee or Race Jury may cancel or postpone an event in the case of:

- a) cold temperatures or other extreme weather;
- b) poor trail conditions; or
- c) other good cause.

28.2. The authority to cancel or postpone an event, rests initially with the host club. Once the host club appoints an event Competition Committee, its authority to cancel or postpone an event passes to the Competition Committee. Once a Race Jury has been appointed, the authority to cancel or postpone an event, rests solely with the Race Jury.

28.3. A decision to cancel or postpone an event is to be made as soon as practicable with every effort being made to avoid racers incurring unnecessary costs for travel and accommodation.

28.4. A host club shall immediately notify all event registrants or their coaches of any cancellation or postponement. Any notification made in advance of the date set for the event shall be made by telephone or by e-mail.

28.5. A host club shall immediately notify the CCS Executive Director of any event cancellation or postponement. The CCS Executive Director shall then forthwith post a notice respecting the cancellation or postponement on the CCS website.

28.6. If an event is to be postponed, a host club and CCS shall mutually agree upon a new date for the event.

28.7. If an event is postponed, a host club shall e-mail an amended Event Notice reflecting the postponement date to all racers who had originally given notice of their intention to register for the event.

28.8. If an event is postponed, a host club shall also e-mail an amended Event Notice reflecting the postponement date to the CCS Executive Director. The Executive Director shall then distribute and publicize the amended Event Notice as if it were an original Event Notice.

28.9. A racer fully registered for an event that is postponed shall be considered registered for the event on its new date unless the racer advises that he/she will not be attending on the new date.

28.10. The return of registration fees to racers when an event is postponed or cancelled is encouraged but is wholly at the discretion of the host club holding the fees.

## **29. Cold Weather**

29.1. A race with distances less than or equal to 15 km shall be postponed or cancelled when the temperature at the coldest point of the course (without wind factor) is colder than minus 20 degrees Celsius.

29.2. A race with distances greater than 15 km shall be postponed or cancelled when the temperature at the coldest point of the course (without wind factor) is colder than minus 18 degrees Celsius.

29.3. For U8 and U10 age categories, with air temperatures below -15°C (the temperature at the coldest part of the course without wind factor), the Race Jury shall postpone or cancel the competition.

29.4. When making decisions regarding temperatures and cancellation of other age groups, the jury should consider whether it is early season or not, experience level of competitors, exposure of the course, protection in the start and finish area, benefit of changing race order/time of race and other factors that affect the ability of the age group competitors to effectively handle the conditions. Organizers may also consider offering younger skiers an alternate activity in extreme cold weather conditions.

29.5. If the Environment Canada weather forecast published for the race venue at 4:00 p.m. two days prior to an event is predicting race day maximum temperatures of -20°C or colder, the event shall be cancelled or postponed.

29.6. If high winds produce significant wind chills on a race day, the Race Jury may, after consulting with team coaches and the event's medical officer, decide to shorten, modify, delay or cancel any or all races set for the day.

### **30. Race Course**

30.1. Race courses must be approved in advance of competition by the event's Technical Delegate.

30.2. The marking of the race course must be so clear that a racer is never in doubt as to where their course goes.

30.3. Race course markings shall use colour to help show race routes. However, to avoid confusion caused by colour blindness, colour shall not be the only system used to mark the course.

30.4. Where practical, race course markings should be placed so that they are on the right-hand side of a racer as they skis the course in the correct direction of travel.

30.5. Race courses should be set in a way that avoids or reduces the need for forks or intersections. Forks or intersections on the course must be sensibly marked by clearly visible signage.

30.6. Any trail adjoining the race course but not being used for a race must be fenced off from the race course.

30.7. A host club must provide either a wall map or map hand-outs showing the layout of the event's race courses.

30.8. It is the responsibility of every racer and their coach to know the layout of the course that the racer will be racing on before their race gets underway.

30.9. A host club should ensure that the race course is prepared for racing and correctly signed no later than 3:00 p.m. on the day before an event gets underway.

30.10. The race course must be open to racers from 4:00 p.m. until at least 6:00 p.m. on the day before an event gets underway in order to allow racers to train and familiarize themselves with the course.

30.11. On the day an event gets underway, racers shall be allowed on all portions of the race course excepting critical areas closed off by officials, such as the Start/Finish area, from the time of their arrival at the venue until 15 minutes before the first race gets underway.

30.12. The Competition Committee shall provide skier with a trail or area, separate from the race course, to warm up and cool down while races are underway.

### **31. CCS Equipment**

31.1. A host club shall be entitled to the use of CCS Sask Cup Series equipment and, upon receiving a request for equipment; the CCS Executive Director shall arrange to forward the equipment to the host club at CCS expense.

31.2. Notwithstanding Rule 31.1, a host club shall only have the use of CCS electronic timing equipment if it can arrange to have properly trained personnel present at an event to operate the equipment.

31.3. After an event is over, a host club shall return any CCS equipment in its charge to the CCS Executive Director or forward it to another host club entitled to the use of the equipment. CCS shall be responsible for any cost associated with the return of or the forwarding of the equipment.

31.4. If CCS race bibs are not returned to CCS after an event, the host club responsible for the bib shall pay CCS a replacement cost of \$25 for each lost bib. A host club shall be entitled to claim the \$25 replacement cost from any racer responsible for the loss of a bib.

### **32. Medical Considerations**

32.1. A person currently certified with basic First Aid training shall be stationed near the Start/Finish area of each race.

32.2. A snow machine, toboggan and/or stretcher, and first aid kit, along with people capable of using this equipment, shall be stationed near the Start/Finish area of each race.

32.3. A vehicle with keys which can be used to transport a person requiring medical attention from the event venue to a hospital or medical clinic shall be stationed near the Start/Finish area of each race.

32.4. All main event officials shall have reasonable access to a working telephone and must have available the telephone numbers for the nearest hospital or medical clinic and the nearest ambulance service.

32.5. Course controllers should have some means of communicating quickly to the event medical officer to report any injury or medical emergency.

32.6. Event officials should be aware of what procedures to follow in the event of an injury or medical emergency.

32.7. Host clubs may, at their discretion, arrange to have members of the Canadian Ski Patrol assist with First Aid at events.

### **33. Coaches Meeting & Draw**

33.1. It is recommended that a coaches meeting be completed the day prior to each race event, but shall be no later than one (1) hour prior to the race.

33.2. The time and location of any coaches meeting and any draw shall be set out in the Event Notice.

33.3. Attendance at the coaches meeting and any draw shall not be unduly restricted, but only two representatives from each club will be given official recognition at the meeting and draw. These representatives are responsible for making themselves aware of all skiers racing for their club to ensure that the interests of those skiers are looked after during the meeting and draw.

### **34. Results & Protests**

**34.1.** Unofficial race results for a category shall be posted as soon as practicable. Results shall be posted at the race venue in a conspicuous location accessible to all coaches and athletes. **Unofficial results for NC Tier 2 sanctioned events must be posted to Zone4 as soon as the race finishes.**

34.2. Where possible Para Nordic results should be calculated results based on the level of disability, and not real-time results. If real-time results are used, then a note to that effect should be made.

34.3. Any coach or athlete protesting an unofficial race result shall put the protest in writing and file the protest with the event's Race Secretary or another designated official within 15 minutes following the posting of the unofficial result being challenged. Protests received more than 15 minutes after the posting of the unofficial result being challenged will not be considered.

34.4. Upon a protest being filed, the person receiving the protest shall bring it to the attention of the Race Jury forthwith. The Race Jury shall then decide the matter as promptly as possible in the manner it sees fit.

34.5. If the Race Jury determines that a protest has merit, it may choose to take no action, assess a time penalty, change the order of finish where times have not been recorded, disqualify a racer, issue a verbal or written sanction for one year, or take other appropriate action.

34.6. Where a significant race irregularity has occurred, the Race Jury may decide to cancel or modify all results from a race or part of a race on such conditions that it deems fair. Where it is desirable to achieve a fair race for all competitors and practicable to do so, the Race Jury may order that a race or part of a race be re-run.

34.7. When all protests have been determined and all necessary changes to the unofficial results have been made, the official race results shall be posted and copies made for distribution.

34.8. It is recommended that copying equipment be available at the race venue so that a printed copy of the results may be provided to each coach and athlete at the end of the race day.

34.9. Notwithstanding the fact that official results have been posted, an event's Competition Committee shall have 72 hours after the posting of the official results to correct an obvious and easily proven calculation error in the results.

34.10. A host club shall forward an electronic copy of the official race results in a standard CCS form, showing the name, club, category, race distance and race time for each racer, as well as a brief race report to the CCS Executive Director within 72 hours following the end of the event. Official results for races in NC Tier 2 sanctioned events must be posted to Zone4 within 24 hours of completion of the race.

34.11. Upon receiving the official results of an event from a host club, the CCS Executive Director shall forthwith publish the results on the CCS website in a standard CCS form.

### **35. Event Prizes & Awards**

35.1. Prizes and awards are entirely at the discretion of the host club.

35.2. Host clubs are encouraged to award ribbons or medals to recognize the achievements of the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place finishers, at minimum, in all race categories. In the case of Para Nordic Blind athletes, their guide should be awarded ribbons or medals as well but not prizes.

35.3. Host clubs are encouraged to consider giving awards or recognition for winners in year of birth (YOB) sub-categories within categories up to Senior (where practical), and for each sub-category of Masters present. YOB awards must be given in the U8, U10 and U12 categories.

35.4. Host clubs are allowed to award cash as race prizes.

35.5. Host clubs may choose to: a) combine licensed racers and citizen racers in a category into a single group when giving awards; b) give separate awards to the licensed racer group and the citizen racer group; or c) give awards to licensed racers only.

35.6. Host clubs are encouraged to have a podium for use in awarding race prizes.

### **36. Sask Cup Points List**

36.1. A CCS racer (rule 2.4) competing in Sask Cup events will earn “Sask Cup Points” for their performance in each Sask Cup race completed.

36.2. The “Sask Cup Points List” is the compilation of points earned by a CCS racer at selected Sask Cup races during the race season.

36.3. The “Sask Cup Points List” will be maintained and updated after each event by CCS.

36.4. Individual Distance: The individual distance scoring system used to calculate points for a Sask Cup individual distance race provides that, among the CCS racers, the winner of the race earns 100 Sask Cup Points and that a runner up earns points equal to their per cent of the winner’s time rounded off to the nearest tenth of a per cent. For example, if Racer A wins a race with a time of 40 minutes and Racer B finishes with a time of 51 minutes, Racer A gets 100 points and Racer B gets 78.4 points ( $40/51 \times 100 = 78.43$  rounded to 78.4).

36.5. Distance Relay: The distance relay scoring system used to calculate points for a Sask Cup distance relay race provides that each CCS racer on a winning team earns 100 Sask Cup Points and that each CCS racer on a runner up team earns points equal to the team’s per cent of the winning team’s time, rounded off to the nearest tenth of a per cent.

36.6. Individual Sprint: The individual sprint scoring system used to calculate points for a Sask Cup sprint race is the same as for the individual distance race based upon the qualifying times.

36.7. Team Sprint: The team sprint scoring system used to calculate points for a Sask Cup team sprint race for each winning team member based upon their total team time (not each member’s individual time is the same as for the individual distance race based upon the qualifying times).

36.8. The selected Sask Cup races used to calculate a CCS racer’s points recorded on the Sask Cup Points List are the following:

- a) All races offered at the Sask Cup Provincial Championships;
- b) A classic technique race at a head-to-head event;
- c) A free technique race at a head-to-head event; and
- d) A racer’s three best Sask Cup races (which are not mandatory) that are not included in paragraphs a, b, or c.

36.9. For the purposes of Rule 36.8, a CCS racer may elect to have a skiathlon (pursuit) race count as either a classic technique race or a free technique race.

36.10. For the purposes of Rule 36.8, where a CCS racer participates in a relay race involving both classic technique and free technique, the racer shall be credited with the technique that he/she used in the relay as long as the lap is timed.

36.11. A competitor who does not complete a race or is disqualified from a race by the Race Jury will not receive any Sask Cup Points for the race.

### **37. Individual Awards**

37.1. After the Sask Cup Provincial Championships, CCS will use the Sask Cup Points List to determine the overall standings for each CCS racer participating in the Sask Cup Series and make Sask Cup Points Awards to the racers finishing 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each category.

37.2. Sask Cup Points Award: To achieve a final standing in the Sask Cup Series or be eligible for a Sask Cup Points Award, a CCS racer must complete the races set out in clauses a, b, and c of Rule 36.8