

COEDUCATIONAL NORDIC SKIING

Revised: **June 2026**

Effective: **Sept 2026**

1.0 DATE

The WOSSAA Nordic Skiing Championship shall be held at least 9 days prior to the OFSAA Championship.

2.0 LOCATION

The location of the Championship shall be determined by that year's WOSSAA Convenor. The Convenorship shall follow a rotation as indicated in the Rotating Calendar of Convenorships (see website).

3.0 CLASSIFICATIONS

Competition shall be conducted in two age classifications as outlined in the OFSAA Age Policy:

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| Senior | The individual's birthday indicates that they have not reached their 19th birthday by January 1st prior to the start of the school year in which the competition is held. |
| Junior | The individual's birthday indicates that they have not reached their 15th birthday by January 1st prior to the start of the school year in which the competition is held. |

4.0 EVENTS

4.1 The following events shall be held:

Boys Nordic Skiing

Junior Individual (Open and High School Division)

Senior Individual (Open and High School Division)

Girls Nordic Skiing

Junior Individual (Open and High School Division)

Senior Individual (Open and High School Division)

Sprint Race/Relays

Individual Race

Boys Team Relay

Girls Team Relay

Mixed Team Relay

Events for the sprint race/relays will be based on the registered participants and agreed upon prior to the start of the Championship by the coaches and WOSSAA Convenor.

4.2 High School Division

Any Nordic skier may compete in the High School division, provided:

- a) they exclusively train and compete with/for their high school and do not train or compete with/for any other Nordic program or program with a Nordic skiing component; and
- b) they ceased to train or compete with/for any other Nordic program or program with a Nordic component:
 - i) prior to the start of the school year, if they are in grade nine (9)
 - ii) or prior to the start of the previous high school year, if they are in grade ten (10) or above.

4.3 Open Division

Any Nordic skier who is not eligible to compete in the High School division or who chooses not to compete in the High School division, must compete in the Open division for individual distance events.

4.4 Course distances shall be as follows:

Senior Boys and Girls	6.5 to 7.5 km
Junior Boys and Girls	4.5 to 5.5 km
Sprint Race/Relays	~ 800 m

The WOSSAA Convenor shall **consider** the time of day and difficulty of the chosen course to determine the exact distances.

5.0 ENTRY AND ENTRY FEES

- 5.1** The Championship is an invitational meet. Any eligible student athlete from WOSSAA may enter **and compete in the Boys Junior/Senior Individual (Open/High School) or Girls Junior/Senior Individual (Open/High School) race.**
- 5.2** **Within the Boys and Girls Individual Open and High School races, a "Team" is a minimum of 4 skiers and a maximum of 5 for qualification to OFSAA, with the best 4 placings counting. The team with the lowest scoring total is the winner. If a school has 8 or more skiers in one age classification they must indicate team members for two teams on entry.**
- 5.3** **Sprint Relay teams shall be made up of 4 skiers.**
- 5.4** All schools will pay an entry fee. The amount of the entry fee will be set by the WOSSAA Convenor and will be sufficient to cover the fixed costs of the Championship.

6.0 ELIGIBILITY

- 6.1** As per WOSSAA Regulation 3.
- 6.2** Rowan's Law
- a) In accordance with Rowan's Law, confirm in writing, that student athletes and their parent/guardian (if student athlete is under 18 years of age) have reviewed their Board's concussion awareness resource and concussion code of conduct within the previous twelve (12) months OR that the student athlete and their parent/guardian (if student athlete is under 18 years of age) have reviewed the OFSAA concussion awareness resource and OFSAA concussion code of conduct within the previous twelve (12) months.
 - b) In accordance with Rowan's Law, all coaches and trainers confirm in writing, that they have reviewed their Board's concussion awareness resource and their Board's concussion code of conduct within the previous twelve (12) months OR that they have reviewed the OFSAA concussion awareness resource and OFSAA concussion code of conduct within the previous twelve (12) months.
- 6.3** A skier may compete in only one classification (**junior or senior**) and in one division (high school or open) at the meet.
- 6.4** Any skier participating at WOSSAA must have participated as a member of a bona fide high school program during their Nordic season (Nov-Feb), in a minimum number of practices (10) and have **competed** in two meets prior to the WOSSAA Championship.

7.0 RULES AND OFFICIALS

- 7.1** The rules of competition shall be those contained in the WOSSAA Regulations; OFSAA Regulations **as of September 1st of the current school year**; and any meet rules circulated by the WOSSAA Convenor.

- 7.2** A Jury of Appeal shall be appointed, consisting of last year's Convenor and two teacher coaches, with the WOSSAA Convenor (or their designate) as the non-voting Chairperson. Members of the Jury of Appeal must not have any conflict of interest relevant to the incident under protest. The Jury of Appeal shall rule on:
- a) any extenuating circumstance written requests for eligibility must be accompanied by suitable documentation, such as a medical note, evidence of transportation complications, or intention to compete by registration of the athlete and must be submitted in writing before the competition begins (see WOSSAA Nordic Playing Regulation 6.4)
 - b) any protest regarding course conditions (must be submitted in writing before the competition begins)
 - c) any protest concerning a race (must be in writing and submitted within thirty minutes of the completion of the race)
- 7.3** All skiers will wear an assigned number.
- 7.4** All skiers must be off the course 15 minutes before the start of racing.
- 7.5** The "tracking rule" will be in effect.
- 7.6** Sprint Relay exchange is a human touch on the torso inside the exchange zone.
- 7.7** A skier must ski the individual events to be eligible for a Sprint Relay.
- 7.8** All coaches, teachers, wax technicians, athletes and parents are respectfully asked to abide by a self-governed protocol on waxing, as follows: only non-flouro waxes are to be used on student athlete's skis.
- 7.9** The use of headphones and/or speakers is not permitted by athletes, teachers, or coaches while on the course or in the competition area, including while warming up, cooling down, or competing, unless specifically used to communicate between a para-athlete and their guide.

8.0 SCORING

- 8.1** In the Individual event the places will be determined by time. Where a tie exists, the same placing is awarded and the appropriate number of placings left out.
- 8.2** The Sprint Relay team placings will be determined from the finishing place of the teams.
- 8.3** DNF's due to missed checkpoint, lost or broken equipment and failure to complete the course will receive a time one second greater than the last proper time.

9.0 UNIFORMS

- 9.1** Uniforms as per the OFSAA Nordic Playing Regulations.
- 9.2** All competitors are expected to dress in clothing that is neat, clean and which maintain the integrity of the school's/Association's name, colours and logos. No club, or Ontario uniforms may be worn while racing and advertising logos greater than 5 cm x 5 cm should be avoided.

10.0 AWARDS

Individual Medals to the 1st, 2nd, and 3rd place individuals in each Junior and Senior race. Ribbons to the 4th, 5th and 6th individuals in each Junior and Senior race.

Team Ribbons to the 1st, 2nd, and 3rd place teams in each Junior and Senior race.

Sprint Race/Relays Ribbons to the 1st, 2nd, and 3rd place team in each relay.

11.0 OFSAA ENTRY

11.1 According to current OFSAA Playing Regulations.

11.2 The school of any individuals attending OFSAA will be responsible for paying their OFSAA fees.