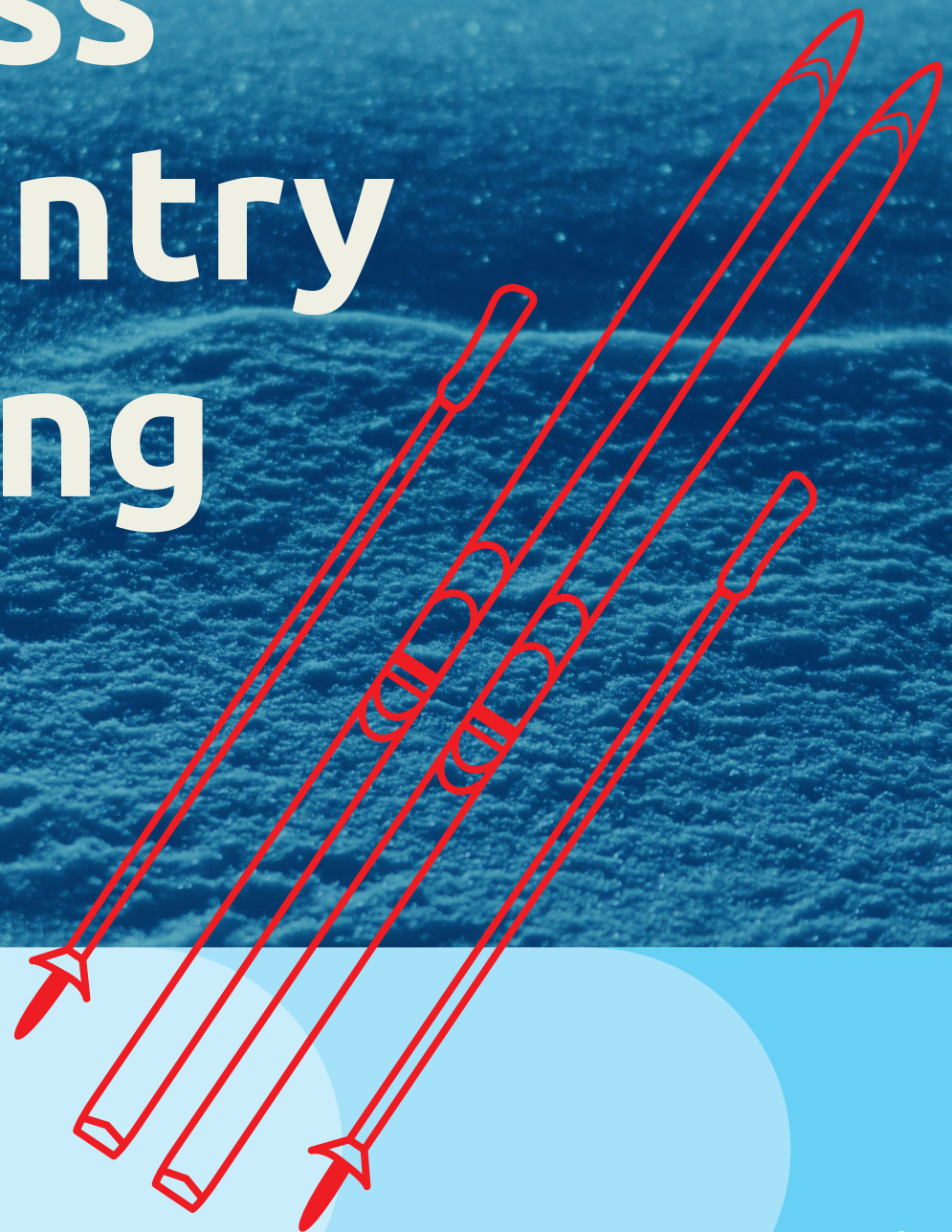


Winter Sport Rules

Cross Country Skiing



The Special Olympics Canada (SOC) Official Sports Rules shall govern all SOC cross country skiing competitions.

As a national sports program, SOC has created these rules based upon the Federation Internationale de Ski (FIS) and Nordiq Canada Rules and Regulations. FIS or Nordiq Canada rules shall be employed except when they are in conflict with the SOC Official Sports Rules. In such cases, the following SOC Cross Country Skiing Rules shall apply.

SECTION A - Official Events

| | | | |
|----------------|---------------------|----------------|----------------|
| 100 metre | Classical Technique | 500 metre | Free Technique |
| 500 metre | Classical Technique | 1.0 kilometre | Free Technique |
| 1.0 kilometre | Classical Technique | 2.5 kilometre | Free Technique |
| 2.5 kilometre | Classical Technique | 5.0 kilometre | Free Technique |
| 5.0 kilometre | Classical Technique | 7.5 kilometre | Free Technique |
| 7.5 kilometre | Classical Technique | 10.0 kilometre | Free Technique |
| 10.0 kilometre | Classical Technique | 3x1 kilometre | Free Technique |
| 3x1 kilometre | Classical Technique | | |

SECTION B - Rules of Competition

- I. Athletes shall enter a minimum of two and a maximum of three events plus a relay.
- II. Skiers shall employ the “classical” technique in the 100 metre race.
- III. The 500 metre event take place on a double tracked looped course that is flat.
- IV. Events from 1 to 10 kilometre races shall be conducted on a double-tracked course which includes 1/3 uphill, 1/3 downhill, 1/3 flat sections and section with turns. Events from 1 to 10 kilometre races shall be conducted which are of a loop configuration. The start and finish areas should be a nearly adjoined as possible.
- V. Coaches are allowed to run (not ski) with the competitors for up to 30 metres to give splits and advice. No physical contact is allowed.
- VI. Relay handovers: Skiers will tag their team partner by touching bodies (usually a hand or body tag). The tag must take place within the Exchange Zone. The tagging skiers will ski alongside the skier to be tagged, not behind.*

NOTE: Skiing behind could be interpreted as aiding the tagged skier by pushing. Aiding is not allowed.

- VII. Coaches Penalties for infractions:*
First occurrence of offence: Warning
Second occurrence of offence: Barred from competition

NOTE: In the Nordiq Canada and FIS rules, athletes are penalized for infractions by coaches. Special Olympics athletes should not be penalized for actions other than their own.

- VIII. Starts: The start order for interval starts shall be from the fastest racer to the slowest racer with a thirty second interval in between each start.



Section C - Equipment and Safety Requirements

When skiers are passing, the responsibility for an obstruction or collision shall be upon the skier who is passing, provided that the skier being passed does not act improperly. The faster skier is responsible for passing the slower skier.

Section D - Race Marshall

- I. Relay Event: The Race Marshall will call up each ski team member (3 or 4 at a time) as their team partner approaches. This is in order to keep congestion in the Exchange Zone to a minimum.
- II. Race officials shall be distributed around the course such that all areas of the course will be supervised.

