

**Maximum Performance Rule (MPR) former Honest Effort Rule (HER)**  
***Rationale for Change***



Changes were made to the Honest Effort Rule because of confusion around implementation as well as the perceived excessive penalties to those who violated it.

The MPR is meant to still impose a penalty and discourage “sand bagging” while not penalizing athletes whose performance does not affect other athletes. Athletes whose performance should have placed them against athletes in a higher ability level would be penalized. They would still receive recognition for the time they posted, however for the purposes of final results they would be moved into a division with similar ability athletes.

The main difference between the MPR and HER (besides the name are):

- Instead of an automatic DQ for exceeding 15% the athletes time is looked at relative to their division and ability level:
  - If an athlete’s result would have placed them in another division then they are moved into that division for final results.
  - If an athlete’s time exceeded the 15% but that time would not have moved them into a higher division, then no penalties are enacted.
- If an athlete is flagged under the MPR they are not DQ’d. They are moved into the correct division for final results, and receive the appropriate award their time would warrant from that division.
  - Getting bumped into a higher division does not affect the athlete’s results in the division they are moved into.
  - If the athlete gets bumped into a higher division and their time would have earned them a bronze medal, then they will receive a bronze medal in the awards ceremony. The original bronze medal winner would also receive their earned bronze, so two bronze medals would be awarded.
- Although athletes moved due to the MPR may receive a medal they will receive no selection points for that event. For selection purposes MPR violation is treated as a DQ.

## **MPR as Written**

Divisioning heats are conducted to ensure that athletes compete against athletes of a similar ability level in their final competition. To ensure that athletes compete at the best of their ability during the divisioning round, the maximum performance rule will be implemented.

Maximum performance would indicate that there should be no more than 15% difference in performance between divisioning and final events. If an athlete exceeds their divisioning event performance by 15% in the final round of competition the following shall occur.

- Athlete is flagged under the Maximum Performance Rule
- The athlete may be re-divisioned and placed in the correct division as indicated by their time/distance.
- The athlete will be eligible for a medal if their time/distance warrants.
- Re-divisioning will not affect the standing of athletes in the division where the flagged athlete is placed. (i.e. re-divisioned athlete places third in new division, current athlete in division will also be awarded third place).
- Flagged athlete will not receive any selection points (for advancement to higher levels of competition) for the event.
- The Maximum Performance Rule would not apply if an athlete when re-divisioned would still be placed in the same division.
- If the coach is of the opinion that his/her athlete has not competed at the best of their ability in the divisioning race, and may be in danger of violating the MPR, they have the option to submit a faster time for their athlete so that they can be placed in a division which reflects their ability

If an athlete falls or is disqualified in their divisioning event the coach has the following options:

- 1) Submit a faster time or longer distance/greater height
- 2) Concede the event qualifying time/distance/height
- 3) Rerun of the event\*

\*NOTE: The following events are eligible to be rerun (time permitting)

- Cross Country Skiing: 100m and 500m
- Snowshoeing: 100m and 200m
- Speed Skating: 111m and 222m
- Athletics: 50m, 100m, 200m, 400m, Hurdles
- Aquatics: All 25m and 50m races

If an athlete falls or is disqualified in the second divisioning race they will have the following two options:

- 1) Submit a faster time
- 2) Concede the event qualifying time

**IMPLEMENTATION OF THE MAXIMUM PERFORMANCE RULE CANNOT BE PROTESTED.**

## Maximum Performance Rule in Action

### Final Divisions

*Based on time from the divisioning race (Preliminary Round)*

DIVISION 1	DIVISION 2	DIVISION 3
0:11.00 Lucy	0:21.00 Sally	0:51.00 Mary
0:11.89 Tammy	0:22.89 Sue	0:52.89 Kim
0:13.00 Chantelle	0:23.00 Molly	1:03.00 Emma
0:13.76 Brenda	0:23.76 Dorothy	1:11.76 Emily
0:16.00 Sara	0:24.00 Heidi	

### Final Times

*Initial placing's based on times from the divisioning race (Final Round)*

DIVISION 1	DIVISION 2	DIVISION 3
0:8.00 Sara	0:13.25 Sally	0:39.00 Kim
0:12.89 Tammy	0:22.00 Sue	0:50.89 Mary
0:13.50 Chantelle	0:23.00 Molly	1:00.00 Emma
0:13.76 Lucy	0:23.76 Dorothy	1:11.76 Emily
0:14.00 Brenda	0:25.00 Heidi	

### Final Results - with MPR

*Based on time from the final races. Results highlighted in red have been flagged under the MPR Rule*

Exceeded 15% but since the athlete was already in the highest division racing the highest ability level athletes in the competition, her time did not affect other athletes. The athlete was not DQ'd and kept all selection points

Athlete finished second in their race but was awarded the gold because Sally was moved due to MPR

This athlete exceeded the 15% MPR rule and was moved from Div 2 into Div 1 for final results. They lose their selection points for this event. Although their time was better than the bronze medalist for Div 1, the original bronze medalist keeps their medal and original selection points. No other athlete will be negatively affected by MPR movement.

DIVISION 1		DIVISION 2		DIVISION 3	
<b>Gold</b>	<b>0:08.00 Sara</b>	<b>Gold</b>	0:22.00 Sue	<b>Gold</b>	<b>0:39.00 Kim</b>
Silver	0:12.89 Tammy	Silver	0:23.00 Molly	Silver	0:50.89 Mary
Bronze	0:13.50 Chantelle	Bronze	0:23.76 Dorothy	Bronze	1:00.00 Emma
<b>Bronze</b>	<b>0:13.25 Sally</b>	4 <sup>th</sup>	0:25.00 Heidi	4 <sup>th</sup>	1:11.76 Emily
4 <sup>th</sup>	0:13.76 Lucy				
5 <sup>th</sup>	0:14.00 Brenda				

This athlete exceeded the 15% MPR but their time would still not place them in the next division. They are not penalized under the MPR. This is meant to protect athletes in the division who tend to have the greatest fluctuation of times while not affecting other athletes. The MPR is only enacted if the athletes time would have placed them in another division with athletes of a different ability level.