

SPECIAL OLYMPICS BC - Cross Country Skiing Criteria for Sanctioning of Competition

DIVISIONING

Due to the facility and time restrictions often faced at a Regional Qualifier the following divisioning procedure is suggested.

1. Local Coaches identify times generated by their athletes at events no earlier than three (3) months prior to the regional qualifier.
 - Should an athlete produce a time faster than the seed time submitted to the organizing committee prior to the regional qualifier the coach is obligated to submit the new time to the organizing committee prior to the start of the event.
2. The Competition Coordinator, Race Secretary and a SOBC Staff Representative will division athletes based on the Special Olympics Canada Divisioning Process.

FACILITY

The competition venue should comply with the requirements dictated in the Special Olympics Canada Official Sport Rules Book keeping in mind that availability may require deviations from these recommendations. In situations, which require such a deviation, the Competition Coordinator is required to contact the Provincial Office for facility approval.

In addition to the venue requirements listed in the SOC Official Rules Book participants should also have access to the following facility amenities:

- Access to washroom facilities for Male and Female participants
- Separate changing facilities for Male and Female participants
- Fully accessible to all participants, i.e. participants with a physical disability.
- Access to waxing facilities, (Organizing Committees are not expected to provide waxing equipment rather just a location so teams can wax).
- Warming huts, (permanent or temporary).

SPORT OFFICIALS

Due to the technical nature of the sport of cross country skiing the following officials, (refer to the attached form) must be in place prior to applying for sanctioning from the Provincial Office, (form must be included with the application for sanctioning). For assistance in recruiting individuals appropriate for these roles please contact the SOBC Provincial Office. Brief job descriptions for each of these positions can be found in the SOBC Event Planning Guide for cross country skiing.

MEDICAL REQUIREMENTS

The following are the minimum requirements for medical coverage at a Cross Country competition.

- One (1) Doctor and Two (2) First Aid Attendants at Start and Finish, (preferably trained in ski related events, i.e. prepared for temperature and remote location).
- Access to a snowmobile and rescue sled

Special Olympics BC – Cross Country Skiing
Primary Officials Registration Form

The Officials listed on this form must be certified under the 'Official Certification Program' of their respective National/Provincial Sport Organization. Officials not presently registered with Special Olympics BC must complete the 'Special Olympics BC – One Day Volunteer Form' to be covered under the organizations insurance policy.

POSITION	NAME	HOME TELEPHONE	ALTERNATE TELEPHONE	E-MAIL
Chief of Competition				
Race Secretary				
Chief of Stadium				
Chief of Course				
Chief of Timing				

Special Olympics Canada Official 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 Cross Country Canada (CCC) Rules and Regulations. FIS or CCC 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

1. Athletes shall enter a minimum of two and a maximum of three events plus a relay.
2. Skiers shall employ the “classical” technique in the 100 metre race.
3. Events from 500 metre 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 500 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.
4. Coaches are allowed to run (not ski) with the competitors for up to 10 metres to give splits and advice. No physical contact is allowed.
5. 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.

6. Coaches Penalties for infractions:*

First occurrence of offence: Warning

Second occurrence of offence: Barred from competition

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

7. Starts:

The start order for staggered 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

Special Olympics Canada recognizes and shall enforce Cross Country Canada's Rules and Regulations, Canadian Rulebook, Section 312.1, page 12. This rule specifies the maximum course length for participation for thirteen and fourteen year old females, thirteen and fourteen year old males, and fifteen and sixteen year old females.

SECTION D

Race Marshall

1. 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.

2. Race officials shall be distributed around the course such that all areas of the course will be supervised.