



# Nordic Skiing

Districts are encouraged to follow the technical information and guidelines found within this manual at all times. When changes are necessary at the District level, participants who qualify for Ontario 55+ Winter Games must be made aware that the following rules will be in use at Ontario 55+ Winter Games.

## A) FORMAT OF PLAY – TWO (2) DIVISIONS

Division	Age Category	Number of Participants
Prediction (5km)	Women 55+ Men 55+	<b>Two (2)</b>
Timed Trial - (5km) (open style) -	Women 55+, 65+, 75+ Men 55+, 65+, 75+	Six (6) <b>(Under Review)</b>
Participants may compete in only one division at Ontario 55+ Winter Games		

Any persons not present at the scheduled commencement of play and throughout the competition are in default and are automatically disqualified from the competition. Competitors are obligated to complete the event regardless of their record in the competition. If a competitor defaults part way through the competition, the results of that competitor will be removed from the standings.

**If there are any questions regarding rulings, the OSGA Winter Games Technical Manual will be considered correct.**

## B) ELIGIBILITY

Event	Requirements
District Games	Any person 55+ living in Ontario
Ontario 55+ Winter Games ( Provincial Championships)	Gold, Silver and Bronze Medal Winners – District competition
<b>NOTE:</b> Previous Ontario 55+ Summer and Winter Games and Canada Games winners are still eligible to compete at the District and Ontario 55+ Winter Games level.	

### C) TOURNAMENT SET-UP

1. Participants will predict the time it will take them to ski the 5000 meters (5km) course
2. At the provincial level, competitors will ski twice over a two-day period (once per day). Competitors' actual times for the two days will then be compared to their predicted times.
3. Timed Trial will be held over a 5000 meter (5km) course.
4. At the provincial level, competitors in the Timed Trials will ski twice (2) over a two-day period (once per day). The individuals race against the clock.

#### Determining the Winners

##### **Prediction**

1. The participants closest to their predicted times over or under win. In the event of a tie, two (2) medals will be awarded
2. At the provincial level, disregarding plus and minuses, the two differential times will be totaled. The person in each event whose total differential time is closest to zero wins the gold.

##### **Timed Trial**

1. In the Timed Trials, points will be awarded according to the order of finish. Points will be added together for the two days to determine the winners.

### D) AWARDS

<b>Gold (8)</b>	Men's Prediction 55+	Women's Prediction 55+
	Men's Timed Trial 55+	Women's Timed Trial 55+
	Men's Timed Trial 65+	Women's Timed Trial 65+
	Men's Timed Trial 75+	Women's Timed Trial 75+
<b>Silver (8)</b>	Men's Prediction 55+	Women's Prediction 55+
	Men's Timed Trial 55+	Women's Timed Trial 55+
	Men's Timed Trial 65+	Women's Timed Trial 65+
	Men's Timed Trial 75+	Women's Timed Trial 75+
<b>Bronze (8)</b>	Men's Prediction 55+	Women's Prediction 55+
	Men's Timed Trial 55+	Women's Timed Trial 55+
	Men's Timed Trial 65+	Women's Timed Trial 65+
	Men's Timed Trial 75+	Women's Timed Trial 75+

## E) RULE SOURCE

As there is no specific rule source for this event, the rules provided under “Tournament Set-Up” and “Nordic Skiing Rules Summary” will apply.

### Websites

www.xco.org  
www.cccski.com

## F) EVENT REQUIREMENTS

### **Equipment**

1. All skiers are expected to dress in clothing that is safe,

### **Facilities**

1. The facility should have a clearly marked start and finish line.
2. The facility should be free from any obstructions which are dangerous to participants on the course.
3. Trails must be a minimum of five metres wide and five kilometers long.
4. All trails shall be machine groomed.

## G) OFFICIALS

The OSGA requires, at minimum, the following major officials for Ontario 55+ Winter Games:

For District Games, the following are only a suggestion. Participation numbers and availability of volunteers may result in fewer officials being required. Districts are encouraged to try to have the necessary officials to run the event successfully.

- A) One (1) Technical Delegate
- B) One (1) Chief of Race
- C) One (1) Chief of Course
- D) Marshals
- E) One (1) Starter
- F) One (1) Assistant Starter
- G) One (1) Chief Timekeeper
- H) One (1) Assistant Timekeeper
- I) Results Officials

The host committee will ensure that all major officials have the required qualifications as specified by the OSGA at least one year prior to Ontario 55+ Winter Games. The host committee is also responsible for any other officials required to host this event.



## Nordic Skiing Rules Summary

1. A medical examination two months prior to the event is strongly suggested.
2. Participants may choose to use either **classical or freestyle techniques**.
3. In the Prediction events, participants may not use watches, **electronic timing devices i.e cell phones, smartphone/tablet, etc** . There shall be no coaching from sidelines.
4. Participants are permitted to change their predicted time on the second day of competition.
5. The start clock will run continuously. Each skier's start time will be subtracted from his/her finish time to determine the actual ski time.
6. Timed Trials are to be run as a "race against the clock", with staggered starts.
7. The FIS rules will be followed and there will be an equipment check to confirm conformity with FIS standards.

