



2019 Canada Winter Games Cross Country Ski & Para-Nordic Technical Package



Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the organizing committees by detailing tournament formats and scoring procedures, assist Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coaching certification by stating minimum requirements and generally contribute to athlete development by identifying each National Sport Organization's (NSO) version of athletes in the "training to compete" phase of its Long Term Athlete Development Model (LTAD), or other suitable phase of the model as justified by the NSO, discussed with the LTAD expert group, and approved by the Canada Games Council (CGC) Sport Committee.

Every Games' coach, manager, Sport Chairperson and Mission staff has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete his or her eligibility for the Games or could affect final standings or the conduct of the competition. If someone does not understand an aspect of a Technical Package, he or she is to seek clarification from the CGC Sport Committee through his or her Chef de Mission or NSO.

Technical Packages are developed 36 to 24 months prior to Games primarily by NSOs, following principles outlined in this document, guidelines and requirements of the CGC. As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO. Generally, Technical Packages are developed by sport, but in certain cases may be developed by discipline.

If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will evaluate the merits of the request and will, if it has merit, submit the requested change or clarification to the CGC's Sport Division for consideration. The NSO or Chef de Mission will submit the rationale for the request. Changes to age groups, eligibility requirements, team sizes or staff complements will not be considered after 36 months prior to the Games. Additions or changes to events/competition formats that result in a significant cost increase to the Host Society will not be considered after 24 months before the Games, unless approved by the CGC and the Host Society. Substantive changes to events or competition formats will not be considered after 18 months before the Games, unless approved by all participating Provincial/Territorial associations and the CGC. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games' participants early.

Table of Contents

1. SPORT: CROSS COUNTRY SKI & PARA-NORDIC	3
2. PARTICIPANTS:	3
2.1. Competitors	3
2.2. Staff	3
2.3. Additional Team Staff	3
3. CLASSIFICATION:	4
4. ELIGIBILITY:	4
4.1. Coaches	4
4.2. Competitors	5
5. COMPETITION:	6
6. SPORT SCORING:	8
6.1. Individual	8
6.2. Relay Competitions	10
7. PROVINCIAL/TERRITORIAL RANKING:	10
8. TIE BREAKING RULE – COMPETITION:	10
9. PROVINCIAL/TERRITORIAL RANKING – TIE BREAKING:	11
10. MEDALS:	11
11. COMPETITIVE UNIFORM:	11
12. EQUIPMENT:	11
13. APPENDICES:	11
APPENDIX 1 – COMPETITOR ELIGIBILITY	12
APPENDIX 2 – COACH CERTIFICATION REQUIREMENTS	14
APPENDIX 3 – PERFORMANCE GUIDELINES	15

**2019 Canada Winter Games
Cross Country Ski & Para-Nordic Technical Package**

1. SPORT: CROSS COUNTRY SKI & PARA-NORDIC

2. PARTICIPANTS:

2.1. Competitors:

Able Bodied: 5 Males and 5 Females

Para-Nordic: 2 Males and 2 Females

2.2. Staff:

3 Coaches (1 designated for Para-Nordic)

1 Manager

1 Wax Technician

- If female athletes, one of the coaches must be female. If male athletes, one of the coaches must be male.
- If no Para-Nordic athletes are sent, only 2 coaches are permitted.
- A Guide pool will be accredited at the 2019 CWG for Para-Nordic competitors with a visual impairment. Each P/T entering one skier requiring the use of a guide will be allowed one guide position who will be accredited as an athlete. A P/T entering 2 or more skiers requiring the use of a guide will be allowed 2 guide positions who will be accredited as athletes. If required, guide alternates will be identified by Cross Country Canada's (CCC) Para-Nordic Committee in cooperation with the Canada Games Council (CGC) to fulfil this role based on the required level of experience and certification.

2.3. Additional Team Staff*:

- Apprentice Coach
 - See [Women in Coaching Canada Games Apprenticeship Program](#)
 - See [Aboriginal Apprentice Coach Program](#)
 - Apprentice coaches have same access as competitors and team staff
- Venue Pass Holder
 - See [Venue Pass Holder Policy](#)
 - Venue Pass Holders do not have access to the field of play
 - Venue Pass Holder's access
 - Front of House (spectator areas)
 - Team Areas (athletes lounge, change rooms)

* Additional Team staff positions are administered by the Provincial/Territorial (P/T) Mission Team. Positions must be applied for based on each P/T Mission's process. For information pertaining to the process in your P/T contact your Chef de Mission.

3. CLASSIFICATION:

ABLE BODIED:

Competitors 20 years of age and under (born in 1999 or after), plus a maximum of one competitor 23 years of age and under (born 1996 to 1998, inclusive).

PARA-NORDIC:

Year of Birth: Athletes born 1984 or later.*

*In keeping with the objective of targeting athletes within the Training to Compete (TTC) level of the LTAD, age exceptions may be provided to Para-Nordic athletes born prior to 1984 whose athlete development level is consistent with TTC. The CGC and CCC recognize that an age-dependent criterion may not adequately reflect the entry of the athlete into Para-Nordic skiing due to late onset disabilities through injury or medical condition. CCC's Para-Nordic Committee in cooperation with the CGC will consider these special cases up to December 1, 2018. A Province/Territory may only receive 1 age exemption per gender for the 2019 Games and only if there are no other available athletes who meet the age category. Athletes selected through the reallocation policy must meet the age category, no exemptions will be granted.

4. ELIGIBILITY:

4.1. Coaches:

The head coach on the official registration form must be certified under the National Coaching Certification Program (NCCP) Competition stream, Development context (Certified status), or Level 4 fully certified in the old NCCP in Cross Country Ski. These coaches must be so certified not later than 90 days before the opening of the Games (November 10, 2018).

Assistant coaches and the Para-Nordic designated coach on the official registration form must be certified under the National Coaching Certification Program (NCCP) Competition stream, Development context (Trained status), or Level 4 fully certified in the old NCCP in Cross Country Ski. These coaches must be certified / trained not later than 90 days before the opening of the Games (November 10, 2018).

If a Provincial/Territorial team does not distinguish between a head coach and assistant coaches, at least one of the team's coaches must be NCCP Competition Development Certified or old Level 4 fully certified, while the others must be NCCP Competition Development Trained or old Level 4 fully certified.

It is *strongly recommended* that the designated coach for Para-Nordic be at least Comp-Intro Trained in the Para Context. All coaching staff should be briefed ahead of time on the specialized support this group requires.

For more information on the coach certification pathway, please see Appendix 2.

4.2. Competitors:

All competitors must hold a valid Cross Country Canada Racing License.

Excluded from the Canada Games are:

ABLE BODIED:

- Senior National Team athletes*;
- Athletes who do not meet the date of birth requirements as determined in section 3 of this document;
- Athletes who have held SR1 or SR2 cards (as defined by Sport Canada's Athlete Assistance Program) at any time;
- Athletes who have previously competed at the following events: Senior World Championships, Olympic Games, or World Cups (domestic World Cups not included).

PARA-NORDIC:

- Senior National Team athletes*;
- Athletes who do not meet the date of birth requirements as determined in section 3 of this document;
- Athletes who have held SR1 or SR2 cards (as defined by Sport Canada's Athlete Assistance Program) at any time;
- Athletes who have competed at the Paralympic Games;
- Athletes who have medalled at a World Para Nordic Skiing (WPNS) World Cup;
- Athletes who have finished within the top 33% of the field at the WPNS World Championships;
- Non-classified athletes. Classification by an WPNS Classifier or Canadian Blind Sports Classifier must take place before December 15, 2018. See Para-Nordic section of CCC web site: <http://www.cccski.com/Para-Nordic/Classification.aspx>

No athlete can be rendered ineligible within 90 days of the opening of the Games due to carding status or National Team status (i.e., no athlete will be excluded if they become National Senior Team members for the first time or are granted carding status after November 10th, 2018).

* Athletes who hold a C card (as defined by Sport Canada’s Athlete Assistance program) or are in their first year of Senior National Team status may be deemed eligible on a case by case basis. Requests must be submitted to the respective Provincial/Territorial Chef de Mission and approved by the Canada Games Council’s Sport Committee.

5. COMPETITION:

ABLE-BODIED

MALE	10 km	Free technique; interval start (3.3 km x 3)
	1,200-1,600 meters	Sprints (free technique; top 30 to quarterfinal heats)
	15 km	Classic technique; mass start
FEMALE	7.5 km	Free technique; interval start (2.5 km x 3)
	1,200-1,600 meters	Sprints (free technique; top 30 to quarterfinal heats)
	10 km	Classic technique; mass start
MIXED (2 men & 2 women)	4 x 5 km relay	Classic technique. Two official teams per P/T will be permitted. Unofficial teams of 2 men + 2 women may be formed with extra skiers.

Five men and five women team members may compete in all individual competitions. Start order will be determined as follows:

- Interval Start Races – grouped by Canada Points (Distance) and randomly seeded within groups; starting order of the groups to be decided by the Jury
- Sprint Qualification – order by Canada Points (Sprint) i.e. best start first
- Mass Start – order by Canada Points (Distance) i.e. best in first position
- **Mixed Gender Relay – Start order by combined Distance points of team members. Each P/T will be eligible to position one team in Group A. P/T’s second team will be positioned in Group B. Among all Group A teams, the P/T team with the highest total Distance points will start as number one, the P/T team with the second highest total points will start as number two in the Chevron and so on until all Group A P/T-designated teams are placed. The positioning of P/T teams in Group B will follow the same protocol. Unofficial teams will be positioned by combined points at the back of the start grid. In the case of teams having equal total points, the team with the highest point-holder starts ahead of the other. Skier order will be as follows: Leg 1 - men, Leg 2 - women, Leg 3 - men, Leg 4 - women.**

PARA-NORDIC

Para-Nordic competitions will be run as two categories: sitting (sit-skiing class) and standing (visually impaired and standing classes, a combined category).

In the standing category, athletes classified as visually impaired will be compared to standing classified athletes to determine final race results in both male and female events by applying percentage formulas (as per WPNS rules) correlating standing skiers' performances with visually impaired skiers' performances. In the sitting category, results will be determined by applying percentage formulas (as per WPNS rules) specific to the athletes' disability classes.

In that respect, race courses used for Para-Nordic events will be designed (slopes, turns, etc) in order to be fair for all Para-Nordic athletes within each of the three categories.

MALE		
SITTING:		
	2.5 km	Para-Nordic, interval start, fastest first
	600-800 meters	Sprints (top 8 to semi-finals)
	5 km	Para-Nordic, interval start
STANDING:		
	2.5 km	Para-Nordic, free technique*, interval start
	900-1200 meters	Sprints (free technique*; top 8 to semi-finals)
	5 km	Para-Nordic, classic technique, interval start
FEMALE		
SITTING:		
	2.5 km	Para-Nordic, interval start, fastest first
	600-800 meters	Sprints (top 8 to semi-finals)
	5 km	Para-Nordic, interval start
STANDING:		
	2.5 km	Para-Nordic, free technique*, interval start
	900-1200 meters	Sprints (free technique*; top 8 to semi-finals)
	5 km	Para-Nordic, classic technique, interval start

All four athletes may compete in all Para-Nordic competitions.

*On free technique days, Para-Nordic sit-skiers require a classic track to be set on best line if possible.

6. SPORT SCORING:

6.1. Individual:

The winner in each event will be the competitor with the best position in that event. The Province/Territory's three best able-bodied positions and the best Para-Nordic position for each gender and event will count towards the Provincial/Territorial ranking point total (if ranked higher than 69th in able-bodied and higher than 20th in Para-Nordic as indicated in the charts below). Other scores are omitted. Para-Nordic positions will be determined by adjusting real time by the percentage for each athlete according to their classification.

If there is a tie, points will be shared equally between competitors (i.e. If tied for first then each competitor would receive 97.5 points $(100+95)/2$). If an athlete does not finish or is disqualified, the athlete does not receive any points.

ABLE-BODIED:

Position	Pts		Position	Pts		Position	Pts	Position	Pts
1st place	100		23rd place	47		45th place	25	67th place	3
2nd place	95		24th place	46		46th place	24	68th place	2
3rd place	90		25th place	45		47th place	23	69th place	1
4th place	85		26th place	44		48th place	22		
5th place	80		27th place	43		49th place	21		
6th place	77		28th place	42		50th place	20		
7th place	74		29th place	41		51st place	19		
8th place	71		30th place	40		52nd place	18		
9th place	68		31st place	39		53rd place	17		
10th place	65		32nd place	38		54th place	16		
11th place	63		33rd place	37		55th place	15		
12th place	61		34th place	36		56th place	14		
13th place	59		35th place	35		57th place	13		
14th place	57		36th place	34		58th place	12		
15th place	55		37th place	33		59th place	11		
16th place	54		38th place	32		60th place	10		
17th place	53		39th place	31		61st place	9		
18th place	52		40th place	30		62nd place	8		
19th place	51		41st place	29		63rd place	7		
20th place	50		42nd place	28		64th place	6		
21st place	49		43rd place	27		65th place	5		
22nd place	48		44th place	26		66th place	4		

PARA-NORDIC:

Position	Pts		Position	Pts		Position	Pts		Position	Pts
1st place	40		6th place	18		11th place	10		16th place	5
2nd place	35		7th place	16		12th place	9		17th place	4
3rd place	30		8th place	14		13th place	8		18th place	3
4th place	25		9th place	12		14th place	7		19th place	2
5th place	20		10th place	11		15th place	6		20th place	1

For Provincial/Territorial teams that have received additional athletes through the Canada Games Para Athlete Reallocation Policy, coaches will be required to select four (4) Para-Nordic athletes whose results will count towards sport scoring for the entirety of the Games. The names of the four (4) athletes whose results will count towards sport scoring must be provided to the Competition Secretary at the Coach/Manager Meeting (Team Captains Meeting) prior to the start of competition. If a team does not submit these names by the end of the Coach/Manager Meeting, the original four (4) Para-Nordic athletes selected through the Provincial/Territorial Team Selection process will automatically become the athletes whose results count towards sport scoring.

For sport scoring purposes only, in relation to Canada Games flag point calculations, the final rank of non-scoring para skiers (skiers designated as not eligible for sport scoring as determined by the Provincial/Territorial coaches) will not be considered and the remaining athletes will be re-ranked to provide the official sport scoring results. Medals will be handed out in order of finish and will include non-scoring para skiers (as stated below in section 10).

For example, for able-bodied races, the sport scoring would be as follows:

Athlete A finishes 1st and receives 100 points – 1st place points

Athlete B finishes 2nd and receives 95 points – 2nd place points

Athlete C finishes 3rd and receives 90 points – 3rd place points

For Para-Nordic races the sport scoring would be as follows, assuming Athlete B is a non-scoring para-nordic skier:

Athlete A finishes 1st and receives 40 points – 1st place points

Athlete B finishes 2nd and receives 0 points – no points

Athlete C finishes 3rd and receives 35 points – 2nd place points

Athlete D finishes 4th and receives 30 points – 3rd place points

Athlete B would be awarded the silver medal in both the able-bodied and para-nordic races.

6.2. Relay Competitions:

In the Relay events there are 26 scoring positions, with points allocated for 1st through 26th. Only teams that complete all legs of the relay will be allocated points. **Unofficial teams are not eligible for points or medals. In the case where unofficial teams finish ahead of official teams, the final rank of official teams for scoring will be advanced as if the unofficial teams were not in the race.**

Position	Pts		Position	Pts		Position	Pts		Position	Pts
1st place	200		8th place	64		15th place	32		22nd place	18
2nd place	160		9th place	58		16th place	30		23rd place	16
3rd place	120		10th place	52		17th place	28		24th place	14
4th place	100		11th place	48		18th place	26		25th place	12
5th place	90		12th place	44		19th place	24		26th place	10
6th place	80		13th place	40		20th place	22			
7th place	72		14th place	36		21st place	20			

7. **PROVINCIAL/TERRITORIAL RANKING:**

Points Attribution for the Games Flag:

When the overall ranking has been established based on the point allocation for each event in Section 6, points for the Games flag will be attributed as follows. Men and women will be ranked together.

1st Place – 20 Points

2nd Place – 18 Points

3rd Place – 16 Points

4th Place – 14 Points

5th Place – 12 Points

6th Place – 10 Points

7th Place – 8 Points

8th Place – 6 Points

9th Place – 5 Points

10th Place – 4 Points

11th Place – 3 Points

12th Place – 2 Points

13th Place – 1 Point

8. **TIE BREAKING RULE – COMPETITION:**

If two or more competitors have the same time in the Interval Start Races, they shall have the same placing on the final list. If titles or medals are to be distributed, all those tied shall receive the same title and/or medal.

9. PROVINCIAL/TERRITORIAL RANKING – TIE BREAKING:

1. If a tie occurs in the final Provincial/Territorial team standing, the Province/Territory with the greater number of first places will be assigned the higher rank.
2. If the tie persists, the procedure is repeated for second places.
3. If necessary, the procedure is repeated for third places, then fourth places, etc.
4. If the tie persists, the Province/Territory with the higher standing in the last event completed will be assigned the higher rank.
5. If necessary, the procedure will be repeated for the second last event completed, and the third last, etc.

NOTE: When a triple tie occurs and is only partially resolved, the remaining ties will be resolved by returning to priority #1 and proceeding through the order again.

10. MEDALS:

GOLD*: 22 (one per gender for individual, 4 for the team relay).
SILVER*: 22 (one per gender for individual, 4 for the team relay).
BRONZE*: 22 (one per gender for individual, 4 for the team relay).

*If an athlete with a visual impairment medals, a medal is also to be awarded to that athlete's Guide.

Athletes selected to compete in the Para-Nordic events through the Para Athlete Reallocation Policy will be eligible to win medals.

11. COMPETITIVE UNIFORM:

Where possible, athletes should wear their Provincial/Territorial team colors for medal ceremonies. The Host Society will supply competitor bibs for the races, including training and Guide bibs for Para-Nordic skiers.

12. EQUIPMENT:

Cross Country Canada rules will govern the competition.

13. APPENDICES:

The attached appendices are an integral part of this technical package.
Appendix 1 – Competitor Eligibility
Appendix 2 – Coach Certification Requirements
Appendix 3 – Performance Guidelines

APPENDIX 1 – COMPETITOR ELIGIBILITY

1. Competitors must meet all eligibility requirements outlined in the Technical Package.
2. The Canada Games are open to Canadian citizens or permanent residents.
3. The Canada Games are open to athletes who are members in good standing of their sport's Provincial/Territorial Sport Organization.
4. An athlete's permanent domicile or actual residence must be located, for at least the 180 days prior to the opening of the Games, within the recognized boundaries of the Province or Territory they are representing. An athlete can have only one domicile.
5. An athlete attending school on a full-time basis outside his or her Province or Territory of permanent residence during the year of the Canada Games shall be permitted to compete for either their Province or Territory of permanent residence or the Province or Territory in which the athlete attends school. To be eligible to compete for the Province/Territory where the athlete attends school, the student must be enrolled on a full-time basis during the current academic year.
6. An athlete who is training outside his or her Province or Territory of permanent residence may represent the Province or Territory in which they are training provided he or she can demonstrate a commitment to the Province or Territory she or he wishes to represent by:
 - i) Having been a member of a club or Provincial/Territorial Sport Organization in that Province/Territory for the entire previous or current competitive season,

- AND –
 - ii) Having represented that Province or Territory at an international, national or regional championship,

- AND –
 - iii) Not having received direct development funding from their Province or Territory of permanent residence within a year of the opening of the Games, unless the funding jurisdiction provides permission for the athlete to compete for another team.

- OR
 - iv) Other similar circumstances may be considered.
7. An athlete is permitted to try out for any Province or Territory of eligibility but can only try out for one Province or Territory per sport (i.e. an athlete may try out for swimming for one Province or Territory but cannot try out for swimming in another Province or Territory. An athlete may try out for one Province or Territory in swimming, and may try out for another Province or Territory in diving).

8. Athletes may only compete for one Province or Territory at a single Canada Games.
9. Athletes may not compete in two sports at one Canada Games if they are scheduled in the same week.
10. The eligibility of any athlete that is not clearly established by these rules and by the Technical Package shall be determined by the Sport Committee of the Council. Coaches or P/TSOs must bring forward any unclear cases to their Chef de Mission and to their NSO as early as possible before the competition for forwarding to the Sport Committee.
11. Where a team/Province/Territory/Chef wishes to challenge the eligibility of an athlete on another Provincial/Territorial team, it is expected that such a challenge will be made as soon as the protesting team knows that an athlete may be ineligible. Every effort must be made to ensure that protests on eligibility are lodged before an athlete competes.

Other

12. All teams are reminded of the Canada Games Council's regulations concerning advertising on uniforms: only the uniform manufacturer's name or trade mark logo may be worn on team competition uniforms to a maximum size of 60 square centimeters.
13. Canada Games rules do not allow team staff to practice as therapists, physicians or other medical or paramedical practitioners. The Host Society (organizing committee) is responsible for providing high quality medical care at a central clinic at the Athletes' Village and at competition and training venues. The Sport Medicine Council of Canada assists the Host Society by providing additional medical practitioners to ensure that French and English speaking and male and female persons are available, to ensure that sport specific medical expertise is available and to ensure that all regions of Canada are represented. Team staff will not be permitted to administer medical care to athletes.

APPENDIX 2 – COACH CERTIFICATION REQUIREMENTS

In order to become a Competition-Development Certified coach in Cross Country Skiing/Para-Nordic Skiing, the following Sport Specific Courses, Multi-Sport Courses, Projects/Papers and Evaluations are required.

- Sport Specific Courses
 - a. Learning to Compete Workshop (On-snow)
 - b. Learning to Compete Workshop (Dryland)

- Multi-Sport Courses
 - a. CCD (L2C) multi-sport modules
 - Leading Drug Free Sport + Online evaluation
 - Managing Conflict + Online evaluation
 - Coaching and Leading Effectively
 - Psychology of Performance

- Evaluations
 - a. Making Ethical Decisions online evaluation
 - a. Planning and delivering a practice
 - b. Supporting the competitive experience
 - c. Managing a program for L2C athletes

For additional information regarding the Cross Country Skiing/Para-Nordic coaching pathway, please see [CCD Coach Development Flowchart](#)

APPENDIX 3 – PERFORMANCE GUIDELINES

The following Performance Guidelines have been established by the respective National Sport Organizations, at the request of the Canada Games Council and the Federal-Provincial/Territorial Sport Committee (FPTSC,) to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Training to Compete phase of LTAD. These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams. These Guidelines are not required selection criteria.

To be confirmed by Cross Country Canada.