

NCSSAA NORDIC SKIING BY-LAWS

1. There shall be three events: Boys' and Girls' Individual, Sprint Relay Team and Combined Team.
2. There shall be two race days organized by the Convenor:
 - a) on the first day, skiers shall be timed as Individuals and as a member of a Combined Team:
 - b) on the second day, in the morning, skiers shall be timed as Individuals and as a member of a Combined Team; and in the afternoon, there shall be a Sprint Relay Team race.
3. Teams shall be made up as follows, from the same School:
 - Girls' Team: Junior and Senior, minimum of 4 and maximum of 5;
 - Boys' Team: Junior and Senior, minimum of 4 and maximum of 5;
 - Combined: One Boys' Team as outlined above and one Girls' Team as outlined above;
 - Sprint Relays: Sprint Relay Teams must be declared from any 4 of the 5 eligible skiers at the end of the morning of the second day.

A School shall be allowed to register more than one Team. Each Team from the same School must be clearly designated as A,B,C, etc. Skiers may not be shifted from one Team (or category) to another.

4. Placing
 - a) Individual placing, (and OFSAA qualification) shall be determined by the total time from both the first day and morning of the second day. Where a tie exists the same placing is awarded and the appropriate number of places left out.
 - b) Sprint Relay Team placing and points (and OFSAA qualification) shall be determined by the order of finish in the Sprint Relays.
 - c) Combined Team placing (and OFSAA qualification) shall be determined by:
 - i) adding up the placing of the four highest placing Team members in the Individual event. The lowest total shall receive one point, the second lowest total shall receive two points and so on. No Team with three or fewer skiers shall receive any points.
 - ii) Team placing and points from 4 b) in the Sprint Relay.
 - iii) Combined placing shall then be determined by adding up the points in i) and ii) for both Boys' and Girls' from the same School. There shall be a Junior Combined Team and a Senior Combined Team. The lowest total will determine the Combined Team Champion and the second lowest total shall be second and so on.
 - d) all Individuals who fail to complete the race in either of the two days, due to missed checkpoint, lost or broken equipment and failure to complete the course, will receive a time one second greater than the last proper time of that race.
 - e) if in calculating the Sprint Relay Team placing, a tie occurs, the higher placing (fewest points) from c i) shall be used to break the tie. If a tie still exists the higher placing (closest to first) from 4a) of the fourth Individual on the Team shall be used to break the tie.

- f) If in calculating the Combined placing, a tie occurs, the higher total placing (fewest total points) of both the Boys and Girls Team in c i) shall be used to break the tie. If a tie still exists the higher total placing (closest to one) from 4a) of both the Boys and Girls fourth Individual on Combined Team shall be used to break the tie.
5. a) Race course distances shall be approximately the same as at OFSAA and as follows:
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|---------------|---------------|
| Junior Girls' | 4 km +/- 1 km |
| Junior Boys' | 5 km +/- 1 km |
| Senior Girls' | 5 km +/- 1 km |
| Senior Boys' | 8 km +/- 1 km |
- b) Sprint Relays are to be on a course, equal in length for all of the above categories, of approximately 800 to 1000 meters.
- c) The Convenor shall take into account safety, fairness, and difficulty of the chosen course and shall at his or her discretion set the exact course distances.
6. There shall also be a Novice category for both Boys and Girls, for skiers who have had no previous Nordic racing experience. Skiers can only race in the Novice category for one year. The race distance shall be set by the Convenor but in no case will it be longer than that of Junior Girls. Skiers in this category can not gain points for their School.
7. There shall also, at the discretion of the Convenor, be an Exhibition Sprint Relay. Exhibition Teams can race in the Exhibition Sprint Relay only and not the Sprint Relay Team race.
8. Skiers must start in the race on the first day in order to be eligible to race on the second day. Skiers must start in the Individual race in the morning of the second day in order to be eligible to race in the Sprint Relays in the afternoon of the second day.
9. Awards:
- for the NCSSAA Individuals (including Novice)- Gold, Silver and Bronze Medals and ribbons for fourth through tenth place.
 - For the NCSSAA Sprint Relay Team Champions- Gold, Silver and Bronze Medals (5)
 - For the NCSSAA Combined Team Champions – Plaque
 - For the Exhibition Sprint Relay – draw prizes subject to availability

RACE RULES IN EFFECT

1. **Calling track:** permitted anywhere on the race course. However, it is very important to remember that any skier does not have to give the track (even if the track is called for) in these three situations:
 - (a) within 200 metres of the finish line;
 - (b) within the individual start zone (i.e. prior to reaching the scramble zone).
 - (c) **in the Sprint Relay Team competition**

Skiers failing to give track on the first call by another skier will be subject to disqualification by the course marshals. If a skier calls for the track he/she must be given the track (3 exceptions noted.)
Skiers are encouraged to ask for "Track please".

2. **Interference:** **Skiers in the Sprint Relay Team that intentionally interfere with another skier by repeatedly skiing in front of them, will be subject to disqualification. The decision of the Marshall is final, there is no appeal.**
3. **Skating:** permitted anywhere on the race course (from start to finish) with one exception which is: within **the sprint relay and individual** start zone. Relay starters must double pole or diagonal stride until they reach the scramble zone.

Skating is not a license to interfere with any other skier.

4. **Pacing:** not allowed anywhere. Pacing is defined as skiing and/or running behind or beside a skier so as to encourage that skier to move faster. Friends, coaches, parents, teammates, etc. - it's all considered as pacing and is all illegal.
5. **Physical Aid:** racers may receive equipment, food, drink, wax, clothes, etc. but must not be physically assisted in using it. (i.e. a skier must put on her own wax, his own ski, his own pole, her own bail spring.)
6. **Removing of skis:** racers are not permitted to intentionally remove a ski or skis in order to better continue along the race course, especially on the climbs. Should a ski fall off, it must be put back on immediately unless said ski is broken and cannot be used. All skiers must finish on at least one ski.
7. **The course:** skiers must follow the marked course. Deviation is grounds for disqualification.
8. **Bibs:** Skiers' bibs must be clearly visible at all times throughout the race.
9. **Personal Music Devices:** **IPods, MP3 players etc. are strictly prohibited at all times while skiing: warm-up, actual race and cool-down. Skiers failing to abide by this rule will be subject to disqualification.**
10. **Uniforms:** Absolutely no private club warm ups or ski suits allowed at NCSSAA Nordic Ski races. Uniforms which have been taped, turned inside out or otherwise modified will not be permitted. With respect to commercial insignia the rule is the same as at OFSSA. Failure to abide with the rule will result in disqualification.
11. *There must be a teacher from each competing school present throughout the day at **the final NCSSAA / OFSAA qualifying race.***