



**YORK REGION ATHLETIC ASSOCIATION
NORDIC SKIING PLAYING REGULATIONS**



1. Season:

Winter Sport - Co-ed

2. Divisions:

Junior Girls

Junior Boys

Senior Girls

Senior Boys

All YRAA sports will be offered at two tiers of competition provided the following conditions are met:

- A) The minimum number of teams to run a league will be 4. If less than 4 teams declare for a league, the convenor(s) of the league may appeal to the executive for an exception. Appeals must be heard before the pre-season meeting for that sport.
- B) If a sport declares less than 4 teams three years in a row, the sport will no longer be offered as an option by the YRAA.

3. Eligibility:

a) See Y.R.A.A. Eligibility/Transfer Policies

b) AGE DIVISION CATEGORIES

Junior

School Year: **2024-25**

Year of Birth must be no earlier than: **2009**

Date of Entry to grade 9 must be no earlier than August of: **2020**

Senior

School Year: **2024-25**

Year of Birth must be no earlier than: **2005**

Date of Entry to grade 9 must be no earlier than August of: **2020**

- c) A student/athlete must be on the team roster at the proper age group (Jr/Sr) for a specific sport and tier, to be eligible to participate in that sport. The team roster must be completed on-line by 5:00 p.m. one week prior to the York Region Championship and no changes or additions will be allowed after that date. In addition, a list of skiers competing in each race is to be prepared.
- d) High School Division:
 - (i) A skier who exclusively trains with/for their high school and does not train or compete with/for any other Nordic program or program with a Nordic skiing component.
 - (ii) they ceased to train or compete with/for any other Nordic program or program with a Nordic component:
 - i) Prior to the start of the school year, if they are in grade nine (9), or
 - ii) Prior to the start of the previous high school year for grades 10 or above
- e) Open Division:

All other Nordic Skiers (i.e. not Para-skiers or high school Nordic Skiers as defined above) who are bona fide members of the school team must compete in this division for all Distance races. All appeals can be made to the OFSAA Nordic Sports Advisory Committee prior to the Monday of the 2nd week of January.



**YORK REGION ATHLETIC ASSOCIATION
NORDIC SKIING PLAYING REGULATIONS**



- f) Any nordic skier participating in an OFSAA Championship or an OFSAA qualifying event must have participated as a member of a bona fide high school program during their nordic season (November – February), in a minimum of twelve(12) practices at a location where the majority of their high school practices are held under the supervision of a teacher-coach as certified by the school principal. In addition, athletes must represent their school in at least two Nordic ski races prior to the OFSAA qualifying event.

4. Governing Rules:

- a) Refer to the current OPHEA safety guidelines for this sport.
- b) Athletes may enter and compete in one age class only.
- c) Athletes must compete in age class in which they are entered.
- d) Unlimited entries per school.
- e) A Jury of Appeal will be established at the pre race coaches' meeting. This Jury of Appeal will deal with any disputes arising on the day of the meet.
- f) Competition Format: Course distances shall be as follows (as OFSAA):

Junior Girls 4km + or - 1 km,
Junior Boys 5km + or - 1 km,
Senior Girls 5km + or - 1 km,
Senior Boys 7.5km + or - 2 km

The course must be clearly marked. Course maps must be available for each school prior to the meet.

g) Scoring:

- i) The York Region Championship will be decided on a point system rather than which school has all four (4) teams. (Entry to OFSAA will still be the same -ie- teams and three (3) individuals and Jr. Combine and Sr. Combine.)
- ii) Teams in any race would score as follows:
- | | | | |
|-----|-----------|-----|----------|
| 1st | 10 points | 4th | 4 points |
| 2nd | 8 points | 5th | 2 points |
| 3rd | 6 points | 6th | 1 point |
- iii) In addition, the top six individual skiers would score 6,5,4,3,2,1 towards their total team scores.iv) The Championship would be decided on total points.
- v) Ties will be broken by giving a point to the next skier in each event.
- vi) No three (3) person teams will receive a team score on the individual races.
- vii) The following disqualifications - missed check point, lost or broken equipment, DNF's - will receive a score of one and a half times the last proper score.
- viii) Unsportsmanlike conduct, changing numbers, improper equipment change and DNS will receive no score.



**YORK REGION ATHLETIC ASSOCIATION
NORDIC SKIING PLAYING REGULATIONS**



5. Supervision of Teams/Individuals:

- a) All teams or individuals must have on site supervision by a member of the teaching staff.
- b) This teacher shall be responsible to the YRAA for the conduct of his/her team and shall be the only person involved in all exchanges with officials, opposing teacher/coaches and members of school staffs.
- c) A non-teacher (community volunteer, parent, etc.) is permitted to assist in the coaching of an individual or team provided that a teacher is present and responsible.
- d) The teacher must be present on the bench for team sports or in the immediate vicinity for all other sports.
- e) Unless the staff member (as defined in Section 1 a) – above) of the competing school is present, the opposing teacher/coach and/or convenor shall not allow the game to begin or an individual to compete and the competition shall be forfeited.
- f) No teacher/coach shall officiate a game involving his/her team.
- g) It is the teacher/coaches' duty to ensure the accuracy of the information provided on the game sheets compared to the team's eligibility list.

6. Qualifying to OFSAA:

- a) Individual entries into the online registration system will be the responsibility of coaches and must be submitted by the deadline date.
- b) Associations shall be allowed to enter the following teams to compete in the Team and Team Sprint events:
 - (i) Two (2) Junior Boys' Teams who each qualified at the Association Championship or OFSAA qualifying meet in the Junior Boys team event.
 - (ii) Two (2) Junior Girls' Teams who each qualified at the Association Championship or OFSAA qualifying meet in the Junior Girls team event.
 - (iii) Two (2) Senior Boys' Teams who each qualified at the Association Championship or OFSAA qualifying meet in the Senior Boys team event.
 - (iv) Two (2) Senior Girls' Teams who each qualified at the Association Championship or OFSAA qualifying meet in the Senior Girls team event.
- c) Associations shall be allowed to enter the following individuals to compete in the Individual distance events:
 - (i) All athletes competing in the Team and Team Sprint events.
 - (ii) six (6) High-school division athletes in each classification and gender who are not already eligible as members of a qualifying team.
 - (iii) six (6) Open division athletes in each classification and gender who are not already eligible as members of a qualifying team.



**YORK REGION ATHLETIC ASSOCIATION
NORDIC SKIING PLAYING REGULATIONS**



7. Awards:

- a) Team Combined: Trophy, pennant
- b) Individuals: 4 first place, 4 second place and 4 third place medallions.
- c) Teams: First Place team in each division receives 4 medallions. (Team combined trophy and all 1st and 2nd place medallions are provided by the YRAA. All additional costs for awards are shared by the competing schools)

June 2024