

*ARTICLE XI*

**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 - Classical Technique  
1.0 kilometre - Classical Technique  
2.5 kilometre - Classical Technique  
5.0 kilometre - Classical Technique  
7.5 kilometre - Classical Technique  
10.0 kilometre - Classical Technique  
3x1 kilometre - Classical Technique

500 metre - Free Technique  
1.0 kilometre - Free Technique  
2.5 kilometre - Free Technique  
5.0 kilometre - Free Technique  
7.5 kilometre - Free Technique  
10.0 kilometre - Free Technique  
3x1 kilometre - Free 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.