

Special Olympics ***Newfoundland & Labrador***



EVENT:

Place & Date:

Cross Country Skiing

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CROSS COUNTRY SKIING TECHNICAL PACKAGE

Technical Packages are a critical part of Special Olympics Newfoundland & Labrador Winter Championships. 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 and advance coaching certification by stating minimum requirements.

Every 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 Championships 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 Games Organizing Committee or SONL through his or her Chef de Mission/Manager.

Technical Packages are developed primarily by SONL, in consultation with National Sport Organizations (where applicable), following the principles, guidelines and requirements of SONL. As the overall governing body of the Games, SONL has the ultimate authority for Technical Packages.

If an individual would like to initiate a change to a Technical Package leading up to a Championships, the desired change should be first directed to the Club or Chef de Mission. The Club or Chef will evaluate the merits of the change and will, if it has merit, submit the requested change to the SONL's Program Committee. The Club or Chef will submit the rationale for the change. Minor corrections will be considered.

Venue

The facility should have

- warming area
- washrooms
-

Eligibility

I. Coaches

Any coaches listed on the official registration form should obtain the following certification no later than 30 days prior to the Championships.

Minimum requirements for all Cross Country Skiing coaches attending Winter Championship:

- SO Competition NCCP coaching course or SO Community NCCP coaching course

OR

- SOC/NCCP Level 1 Technical – Cross Country Skiing

Exemption Process – coaches

All coached registered for attend the Championships will have their certification checked by the Provincial Office prior to the Event in the respective sport. Should a coach fail to meet the required certification, he/she may apply to the Provincial Office for an exemption. The application must outline the reasons for the exemption, and detail the reason(s) for incomplete certification. Should an exemption be granted, the coach will be eligible to attend the respective Provincial Championships. It should also be noted that a coach who receives an exemption would not be eligible for any further exemptions in the respective sport (i.e. he/she must meet all certification requirements prior to the next Games/Championships).

Coach and Mission Staff quotas were allocated as per Policy 5000-07.

The athlete coach ratio for snowshoeing is a maximum of 3:1

For every four (4) coaches one (1) Mission Staff position is allocated.

II. Competitors:

- Athletes must be registered with an accredited Special Olympics Club, and be active in a Special Olympics program.
- Athletes must have been training in the sport that they are competing in for a minimum of 1 sport seasons prior to the Championships in their sport.

- All skiers must be 10 years of age or older as of the first day of competition

Competition

I. Equipment/Safety regulations

All cross country ski athletes must arrive at the competition venue prepared and equipped to ski.

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

II. Rules

- A) The competition will be run according to Federation International de Ski (FIS) and the Cross Country Canada (CCC) rules for Cross Country competitions, except when they are in conflict with the Special Olympics Canada (SOC) rules (<http://www.specialolympics.ca/learn/official-sports-and-rules>). In such cases SOC rules shall apply
- B) Skiers with visual impairments may compete with the assistance of a guide providing auditory cues. The guide may be positioned in front of, parallel to, or behind the skier. At no point shall the guide make physical contact with the skier. Disqualification will result if at any time the guide makes physical contact with the skier.

III. Events

- 100m
- 500m
- 1km
- 2.5km
- 5km
- 7.5km
- 10km

Note: Athletes shall enter a minimum of two (2) and a maximum of three (3) events

IV. Schedule

Specific schedules are currently being developed and will be made available upon completion

V. Practice/Warm up

The competition will allow for appropriate warm up time for all athletes. Exact warm up times will be made available once the competition schedule is finalized

VI. Competitive Attire

Special Olympics Newfoundland and Labrador Policy 3000-01, Use of Commercial Messages on Uniforms or Equipment will be adhered to at the championships (*Appendix A*)

VII. Competitive Equipment

Special Olympics Canada, Special Olympics Newfoundland and Labrador recognizes and shall enforce Cross Country Canada's Rules and Regulations, Canadian Rule Book, Section 312

VIII. Divisioning/seeding

Divisioning races will be held for the following distances:

- 100m
- 500m
- 1.0km
- 2.5km

Divisioning races will not be held for the following races

- 5.0km
- 7.5km
- 10.0km

Note: Divisioning for these distances will occur after the race has been completed. Each athlete's time will be entered into GMS and the divisioning protocol will be followed. The GMS allows the divisioning process to take place without revealing athlete's names, thus ensuring a fair and equitable process

See - SOC Divisioning (*Appendix B*)

IX. Marshalling

Marshalling will be at a location to be determined by the event organizer and will be made known to all athletes and coaches prior to the beginning of the event.

Coaches are permitted in the marshaling area to facilitate athlete preparations

X. Starts

The start command will be English only and will be as follows:

- Racers Ready
- Start (using wooden clapper)

XI. Tiebreakers

There will be no tiebreakers.

In the case of a tie, each athlete who has achieved the same result shall receive the award for the highest place. Athletes who follow shall receive the appropriate award for their order of finish (e.g. two athletes who tie for first shall both receive recognition for first place. The athlete with the next highest score will receive recognition for third place).

XII. Technical Officials

The host committee will select technical officials

XIII. Protest Procedures

All protests must be endorsed by the Chef de Mission and submitted in writing by the Head Coach to the Cross Country Skiing Venue Manager (*Appendix C*)

Type of Protests

- Against the admittance of competitors or their competition equipment
 - o Submitted before the competition begins
- Against the course of its conditions
 - o Submitted no later than 60 minutes before the beginning of the race
- Against another competitor or against an official during the race
 - o Submitted within 30 minutes following the posting of results
- Against disqualification
 - o Submitted within 30 minutes following the posting of results
- Against timekeeping
 - o Submitted within 30 minutes following the posting of results
- Against decisions of the Technical Delegate
 - o Submitted within 30 minutes following the posting of results

****Protests on divisioning will not be permitted****

All Protests must be accompanied by the protest off of \$50.00.

Any discrepancies in results (as posted) should first be checked with the results coordinator (located in the results room at the venue)

Appendix C – Protest form

Maximum Performance Rule (MPR)

See appendix D – MPR in Action

NOTE: Should snow conditions during finals make races considerably faster for all racers, the MPR may not be in effect

Divisioning heats are conducted to ensure that athletes compete against athletes of a similar ability level in their final competition. To ensure that athletes compete at the best of their ability during the divisioning around, the maximum performance rule will be implemented.

Maximum performance would indicate that there should be no more than 15% difference in performance between divisioning and final events. If an athlete exceeds their divisioning event performance by 15% in the final round of competition the following shall occur:

- Athlete is flagged under the Maximum Performance Rule (MPR)
- The athlete will be re-divisioned and placed in the correct division as indicated by their time/distance
- The athlete will be eligible for a medal if their time/distance warrants
- Re-divisioning will not affect the standing of the athletes in the division where the flagged athlete is placed (i.e. re-divisioned athlete places their in the new division, the current athlete in the division will also be awarded third place. The re-divisioned athlete will not receive any selection points for advancement to higher levels of competition, for the event)
- The Maximum Performance Rule would not apply if an athlete, when re-divisioned, would still be placed in the same division

If the coach believes his/her athlete has not competed to the best of their ability in the divisioning race, and may be in danger of violating the MPR, they have the option to submit a faster time for their athlete so that they can be placed in a division which reflects their ability.

If an athlete fall or is disqualified in the divisioning race, they will have the following two options:

- 1) Submit a faster time
- 2) Concede the event qualifying time

IMPLEMENTAION OF THE MAXIMUM PERFORMANCE RULE CANNOT BE PROTESTED

Head Coaches meeting

I. Tentative Schedule

A head coaches meeting will be scheduled prior to the start of competition

II. Meeting Attendance

Clubs are not limited to the number of representative they can send to the coaches meeting, yet only one representative per team is permitted to speak.

The speaking representative will be asked by the chair to introduce themselves and other team representatives at the beginning of each meeting.

Results

Results will be posted in a designated area immediately following the competition

Award Presentations

Gold, silver, and bronze medals will be awarded to the first, second and third place athletes or teams respectively in each division. Ribbons will be awarded for fourth through eighth position.

Medals/ribbons will be presented to each division, the total number of divisions will not be determined until after divisioning at the competition

The athletes receiving awards shall stand in their official uniforms, on the stand with the first-place winner slightly above the second who is on his right and third who is on his left. The third-place award will be presented first followed by the second-place award. The first-place award will be presented last.

Appendix A – Sponsorship Markings

Section:	MARKETING AND PUBLIC RELATIONS	3000-01
Topic:	Use of Commercial Messages on Uniforms Or Equipment at Provincial Games	
Policy Type:	Provincial	
Effective:	November 2005	Page 1/1

1. Advertising is not permitted on either the equipment used or the uniforms and/or numbers worn by athletes or by any person with an official function other than the normal commercial markings on retail goods during the competition.
2. Athletes not actively involved in competition may wear apparel, carry and use non-sports equipment items, such as tote bags, bearing small and attractively designed identification of corporate or organizational sponsors.
3. Volunteers, other than sport officials, may wear jackets, t-shirts, caps and other apparel bearing small and attractively designed identification of corporate and organization sponsors at sports venues.
4. During the Opening and Closing Ceremonies, athletes, coaches, team delegates and other official members in the Parade of Athletes are not permitted to wear uniforms which bear corporate or organizational identification.
5. Athletes may not endorse products by displaying them in interviews or ceremonies.

Appendix A – Alcohol Policy

Section:	TRAINING AND COMPETITION	5000-08
Topic:	Alcohol Policy	
Policy Type:	Provincial	
Effective:	November 2005	Page 1/1

Alcohol shall not be available to, or consumed by, athletes, coaches, mission staff, team managers and chef de missions, from point of departure to return, or at any sporting event organized by Special Olympics in Newfoundland & Labrador (i.e. National, Provincial, or Regional Events).

Appendix B – SOC Divisioning

Special Olympics Canada Divisioning Document

Preamble:

Special Olympics divisions athletes on the basis of ability. This process outlines the most equitable competition environment for all Special Olympics athletes

Divisioning Process

Individual Sports

Step 1: Divide by Gender

Step 2: Divide by Ability

Proceed on the premise that the recommended performance difference between athletes in a division is 25%

Step 3: Divide number of athletes registered in an event

For 3 or more athletes:

Place athletes into division no less than 3, no more than 8

If you have more than 8 athletes in a division reduce the performance percentage to produce new ability groupings – 5% at a time is suggested. For example an ability group could be reduced to 20% difference in performance to create two ability groupings

For 2 Athletes entered into an event:

Athletes would compete against each other as long as their abilities are within 25% otherwise they would compete against self

For 1 athlete entered into an event

An athlete would compete against their own seeded time in the event. If they are competing against their own seeded time medals would be awarded as follows

Gold Medal: Final performance is better than the seeded performance

Silver Medal: Final performance is the same as or less than the seed performance by 10%

Bronze Medal: Final performance is less than the seed performance by 11-25%

For events that are not seeded the athlete would be awarded a gold medal

Appendix C – Protest and Appeal Procedures

Protest and Appeal Procedure

A reminder that all protests must be endorsed by the Chef de Mission and submitted **in writing** by the **Head Coach** to the **Sport Specific Manager** within 30 minutes following the posting of results.

The protest fee of \$50.00 must accompany all protests.

Any discrepancies in results (as posted) should first be checked with the **Results Centre**.

The protest committee will be comprised of:

1. Sport Manager
2. Head Official
3. SONL Representative

Protest forms to be utilized for the Special Olympics Newfoundland & Labrador 2013 Provincial Winter Championships were included in the technical packages for all sports.

The results of the protest committee will be rendered to the Chef de Mission immediately following the review and follow-up in writing.

Should a Club wish to appeal a protest, decision, the chef de mission must submit a request in writing to Mike Daly, SONL Program Director (or designated SONL staff). The Appeals Committee will review the request for an appeal to determine if there are grounds for an appeal. If satisfied that there are not sufficient grounds for an appeal, the Committee will notify the Club in writing of its decision. This decision is discretionary and cannot be appealed.

If deemed to have sufficient grounds, the Club will be notified immediately and the appeal will be heard as soon as time permits. Once the appeal has been heard the committee will notify the Club in writing of its decision.

The Appeals Committee will be composed of:

1. Games Chair
2. SONL Games Committee Representatives
3. Other SONL Representatives

Grounds for Appeal

An appeal of a protest decision shall only be heard if there are sufficient grounds for the appeal. Sufficient grounds include, but are not limited to:

- a) failing to follow procedures as outlined above
- b) making a decision which was influenced by bias
- c) failing to consider relevant information or taking into account irrelevant information in making the decision
- d) availability of new information not heard during the appeal

Appendix C – Protest Form

SNOWSHOEING PROTEST FORM – APPENDIX V

Club: _____

Date of Incident: _____

Time of Incident: _____

Event: _____

Heat Number: _____

Name and number of athlete(s) involved:

1. Name: _____ Club: _____ Bib Number: _____

2. Name: _____ Club: _____ Bib Number: _____

3. Name: _____ Club: _____ Bib Number: _____

4. Name: _____ Club: _____ Bib Number: _____

List of Rule(s) Alleged To Have Been Infringed:

Statement Of Facts:

Request of The Referee:

Signed by:

_____ Head Coach

_____ Club

Received by: _____

Snowshoeing Venue Manager

_____ Time

_____ Date

PROTEST COMMITTEE USE ONLY

Protest Fee Paid:	Yes _____	No _____
Protest Committee Decision:	Accepted _____	Rejected _____
Protest Committee Initials:	_____	_____

NOTE:A protest, signed by the Head Coach, must be made to the Venue Manager within 30 minutes following the posting of results and/or the end of a game. A protest fee of \$50 must accompany all written

Appendix D - Maximum Performance Rule In Action

Maximum Performance Rule

Divisioning heats are conducted to ensure that athletes compete against athletes of a similar ability level in their final competition. To ensure that athletes compete at the best of their ability during the divisioning round, the maximum performance rule will be implemented.

Maximum performance would indicate that there should be no more than 15% difference in performance between divisioning and final events. If an athlete exceeds their divisioning event performance by 15% in the final round of competition the following shall occur.

- Athlete is flagged under the Maximum Performance Rule
- The athlete may be re-divisioned and placed in the correct division as indicated by their time/distance.
- The athlete will be eligible for a medal if their time/distance warrants.
- Re-divisioning will not affect the standing of athletes in the division where the flagged athlete is placed. (i.e. re-divisioned athlete places third in new division, current athlete in division will also be awarded third place).
- Flagged athlete will not receive any selection points (for advancement to higher levels of competition) for the event.
- The Maximum Performance Rule would not apply if an athlete when re-divisioned would still be placed in the same division.
- If the coach is of the opinion that his/her athlete has not competed at the best of their ability in the divisioning race, and may be in danger of violating the MPR, they have the option to submit a faster time for their athlete so that they can be placed in a division which reflects their ability

If an athlete falls or is disqualified in their divisioning event the coach has the following options: 1) Submit a faster time or longer distance/greater height
2) Concede the event qualifying time/distance/height
3) Rerun of the event*

IMPLEMENTATION OF THE MAXIMUM PERFORMANCE RULE CANNOT BE PROTESTED.

Final Divisions

Based on time from the divisioning race

Division 1	Division 2	Division 3
0:11.00 A	0:21.00 AA	0:51.00 AAA
0:11.89 B	0:22.89 BB	0:52.89 BBB
0:13.00 C	0:23.00 CC	1:03.00 CCC
0:13.76 D	0:23.76 DD	1:11.76 DDD
0:16.00 E	0:24.00 EE	

Final Times

Division 1	Division 2	Division 3
0:8.00 E	0:13.25 AA	0:39.00 BBB
0:12.89 B	0:22.00 BB	0:50.89 AAA
0:13.50 C	0:23.00 CC	1:00.00 CCC
0:13.76 A	0:23.76 DD	1:11.76 DDD
0:14.00 D	0:25.00 EE	

Initial placing's based on times from the divisioning race

Final Results – with MPR

Based times from the final races

Division 1		Division 2		Division 3	
Gold	0:08.00 E	Gold	0:22.00 BB	Gold	0:39.00 AAA
Silver	0:12.89 B	Silver	0:23.00 CC	Silver	0:50.89 BBB
Bronze	0:13.50 C	Bronze	0:23.76 DD	Bronze	1:00.00 CCC
Bronze	0:13.25 AA	1st	0:25.00 EE	4th	1:11.76 DDD
4th	0:13.76 A				
5th	0:14.00 D				

Exceeded 15% MPR but since they athlete was already in the highest division racing the highest ability level athletes, his time did not affect other athletes. The athlete was not DQ'd and kept all selection

Athlete finished second on their race but was awarded the gold because athlete AA was moved due to MPR

This athlete exceeded the 15% MPR and was moved from Div 2 into Div 1 for final results. They lose their selection points for this event. Although their time was better than the bronze medalist for Div 1 the original bronze medalist keeps their medal and selection points. No other athlete will be negatively affected by MPR movement

This athlete exceeded the 15% MPR but their time would still not place them in the next division. As a result they are not penalized under the MPR. This is meant to protect athletes in the lowest division who tend to have the greatest fluctuation of times while not affecting other athletes. The MPR is only enacted if the athletes time would have places them in another division.

