



TECHNICAL PACKAGE FOR

PROVINCIAL CROSS-COUNTRY SKI EVENTS

ALBERTA CUP SERIES

ALBERTA YOUTH CHAMPIONSHIPS

ALBERTA UNIVERSITY / COLLEGE SERIES

PARA-NORDIC EVENTS

POPULAR CROSS-COUNTRY EVENTS (LOPPETS)

REGIONAL EVENTS

ALBERTA ROLLER SKI SERIES

2021-2022

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Introduction

This Technical Package document outlines the areas of responsibility for Nordiq Alberta (NA) member clubs bidding for and hosting provincial level cross country ski events, and the levels of service NA will provide. The organization of such provincial events follows:

1. Nordiq Canada (NC) Rules and Regulations and annual revisions and updates (see NC web site at nordiqcanada.ca).
2. NC Officials Manual
3. Where appropriate, Alberta provincial rule adaptations, which will be duly noted in this document (in box form) and on the NA website, at nordiqalberta.ca

Nordiq Alberta Provincial Events Mission & Objectives

To provide a framework for the hosting of provincial cross-country ski events, the following mission statement and objectives will apply:

Mission:

The Alberta Cup Series is the premiere event series in Alberta. The goal of the Alberta Cup Series is to create events that are accessible and desirable by all NA clubs. The Alberta Cup Series aims to be the most important athlete development race series in Alberta (able-bodied and para-nordic) aligned with the Long-Term Athlete Development Plan (LTAD). The Alberta Youth Cross Country Ski Championships aims to be the most important event on the calendar for U14 and U12 skiers. Provincially supported Regional Events aim to be an important stepping-stone from club events to Alberta Cup events. Introducing roller ski events offers Alberta athletes a variety of year-round events.

Objectives:

- The Alberta Cup Series aims to provide safe, quality competitive experiences to prepare all Alberta athletes for Canadian National Championships.
- To attempt to avoid conflict of dates for provincial events with other similar competitive events (including Biathlon events) in the province and elsewhere.
- To plan for an event cancellation contingency, in case of changes to health emergency protocols, adverse snow and weather conditions for other date(s) and location(s) for provincial events.
- To encourage provincial events be held by any NA member club. If required, NA will provide additional resources and assistance as well as its other member clubs.
- To validate that a variety of trails across Alberta are suitable for Alberta Cup races.
- To plan NC Officials' Certification Courses in places where member clubs are hosting provincial events.
- To host an annual Alberta Cross Country Ski Championships that includes two individual events and a club relay.

Provincial Events

NA sanctions the following four types of provincial cross-country ski events that provide opportunities for able-bodied and para-nordic skiers in all age group categories to compete at a provincial level year-round: the Alberta Cup Series, the Alberta Youth Championships, the Alberta University/College Series, and the Alberta Roller Ski Series. These are discussed in the following chapters

Chapter One – Alberta Cup Series

The Alberta Cup Series is the premiere race series in Alberta. The annual series consists of six to ten races held over three to five weekends throughout Alberta. This series is aimed at skiers from U8 through to Masters (age 31 and older). The Alberta Cup Series is held in a spirit of friendly competition, but with sufficient formality and organization that a well-run, fair-for-all attitude is maintained.

Alberta Cup Races are open to all active members of NA clubs as well as skiers from other provinces holding NC Racing Licenses. <https://nordiqcanada.ca/races/racing-license/> NC Race Licenses are required for U16 and above to compete in any Alberta Cup. U14 category may purchase a developmental license but it is not required. Skiers from other countries who hold a FIS license or purchase a day license are welcome to compete in Alberta Cups. NA will base participation in Alberta Cup Series dependent on the evolving Alberta Health Services COVID-19 protocols and Government of Alberta COVID-19 guidelines as they pertain to athletic events

The overall winners of the Alberta Cup Series will be selected according to the rules outlined in this document and will receive recognition for their accomplishments. All Alberta Cup races are nationally sanctioned events, and thus results are forwarded to the National NC Office for entry into the Canada Points List (CPL). Only those racers who hold a NC Racing License will be given Canada Points.

The last Alberta Cup event of the season is to be a three-race event called **The Alberta Championships**. Ideally this event is to be held two weeks prior to the Canadian National Championship event. The Alberta Cup will consist of two races, a Mass Start race and an Interval Start race. The third event is a Team Relay held either on a separate day or later in the day following one of the other events. Relay groups should be started in waves, one after the other, with only a few minutes between starts in order to complete all events in a reasonable time frame. The Team Relay consists of three legs. Laps of short courses should be used when possible. It is recommended the Team Relay alternate technique from year to year.

Relay Rules:

- Younger skiers may ski on an older age category relay team; however, the reverse is not permitted.
- A maximum of one female skier may compete on a male relay team.
- An ‘Official’ relay team will have 3 team members from the same club. Club Championship trophy points will not be awarded to “Unofficial” teams.

Relay Teams by clubs, combining the following categories:

- U10 Boys: U8 and U10 (Age 9 & under) 3 X 1km

- U10 Girls: U8 and U10 (Age 9 & under) 3 X 1km
- U14 Boys: U12 and U14 (Age 10 to 13) 3 X 2km

- U14 Girls: U12 and U14 (Age 10 to 13) 3 X 2km
- U20 Men: U16, U18 and U20 (Ages 14 to 19) 3 X 3.5km
- U20 Women: U16, U18 and U20 (Ages 14 to 19) 3 X 3.5km
- Senior Men: U23, Senior Men and 31 & Older Men 3 X 5km
- Senior Women: U23, Senior Women and 31 & Older Women 3 X 5km
- Para-Nordic: Sit Ski (dependent on athlete registration numbers)
- Para-Nordic: Standing (dependent on athlete registration numbers)

Saturday afternoon or evening awards offering dessert and beverages for Alberta Cup series cumulative awards pending health guidelines. This award event will be hosted by NA.

Sunday awards to be given out as soon as possible after the conclusion of the relay event including Club Aggregate Award. The day's Team Relays to count for club standings.

A. Provincial Regions and Zones

Provincial cross-country ski events are intended to be hosted in all regions of the province. The expected snow conditions for the time of year that the races are scheduled will be considered. Generally, the province will be divided into three basic regions with reference to the Zones that are used for the Alberta Winter Games:

South (Zones 1, 2, 3): Calgary and Lethbridge, southeast to Medicine Hat and west to the Bow Valley (Canmore and Banff).

Central (Zones 4, 5, 6): Edmonton Capital Region north to Athabasca (but not including Athabasca), westwards to Edson, Hinton, and Jasper; and south to Red Deer.

North (Zones 7, 8): from Calling Lake north of and including Athabasca, including Grande Prairie and Fort McMurray, and eastwards to Vermilion and Lloydminster.

B. Age Categories

The age categories for all provincial events are outlined in the following table:

Alberta Cup Categories 2021/2022 Season

Category	Age / Year of Birth	Code
U8 (B/G)	Age 7 and younger (2014 or younger)	U8
U10 (B/G)	Age 8 or 9 (2013, 2012)	U10
U12 (B/G)	Age 10 or 11 (2011, 2010)	U12
U14 (B/G)	Age 12 or 13 (2009, 2008)	U14
U16 (B/G)	Age 14 or 15 (2007, 2006)	U16
U18 (B/G)	Age 16 or 17 (2005, 2004)	U18
U20 (M/W)	Age 18 or 19 (2003, 2002)	U20
Senior (M/W)*	Age 20+ (2001 and older)	Senior
31 and Older I & II	Age 30 to 39 (1982 to 1991)	M12 / W12
31 and Older III & IV (M/W)	Age 40 to 49 (1972 to 1981)	M34 / W34
31 and Older V & VI (M/W)	Age 50 to 59 (1962 to 1971)	M56 / W56
31 and Older VII + (M/W)	Age 60 and older (1961 and older)	M7+ / W7+
Para Nordic Sit Ski	No age restrictions	
Para Nordic Standing	No age restrictions	
Sport Event (Novice)	No age restrictions	SPM / SPW
University Series	No age restrictions	

- U23 (M/W) is a sub-category of Senior

(M/W) Additional notes:

Open Categories are created by combining U20 M/W with Senior (M/W) to increase the competitive field. Categories start and race together, but the results are split into original categories.

C. Bid Submission and Selection

1. Any registered NA member club that is interested in hosting a NA sanctioned provincial event is eligible to submit a bid for the desired event.
2. The schedule of provincial events is developed by the NA Technical Committee in consultation with its member clubs, and includes dates, race technique, and relative distances (short, medium, long). It is within this schedule framework that bids will be requested by NA from its member clubs to host provincial events.
3. All bids presented to the NA Technical Committee to host a provincial event will be considered when all of the following items have been completed and included in the bid package.
 - a. Alberta Provincial Event Bid Form; (See Appendix A)
 - b. Club Minutes, with an approved motion to place a bid and host a Provincial event. This motion must confirm that the club accepts the financial responsibility for the event including if canceled and accepts responsibility for operating the event in accordance with the NA Technical Package.
 - c. The event bid fee of \$25 per competition, an AB Cup weekend is typically two competitions with the exception of Alberta Championships, which is three competitions.
 - d. A list of the members of the Organizing Committee with their position and contact information including e-mail addresses.
 - e. Event Sanction Form and corresponding fees will be paid to NC at the time of online registration through Zone4.
4. Bids will be reviewed and determined by the NA Technical Committee and will be reported to the NA Board.
5. Any new site being proposed for a NA provincial event must meet the approval of the NA Technical Committee. New site sanctioning will be carried out by a Technical Delegate assigned by NA prior to the approval of the bid.
6. The Technical Committee will use a Bid Assessment Grid to evaluate bids (<https://nordiqalberta.ca/races/hosting-an-event/>). Please see Appendix A for the Bid Assessment Grid which includes a full explanation of the criteria used to review the bids. Please see Appendix A for the Alberta Provincial Event Bid Form.

D. NA Responsibilities and Services

1. Scheduling
 - a. The NA Technical Committee will draft a framework for the Events Schedule for the following season.
 - b. It is intended that the first draft of the framework will be available in March for discussion among NA member clubs and ratified by the end of June.
 - c. Starting in the month of March, clubs will submit bids for provincial (and national) events, and dates for regional events to NA.

- d. Starting in the month of May, the Technical Committee will review the bids, and will select hosts for the provincial events. The Events' Schedule will aim to be out by August 1st.
 - e. The most current Events Schedule will be presented at the NA Annual General Meeting.
 - f. The NA Technical Committee reserves the right to change the dates of scheduled events up to the end of August as some national and international events may require adjustments in the provincial schedule.
 - g. The schedule will be made available to the entire membership on the NA website once approved by the Technical Committee. Updates will be regularly posted on the NA website as new event information is available.
2. Publishing the invitation to NA Member Clubs to host provincial events (see 1.d above and Section F).
 3. Assignment of Technical Delegate:
 - a. The Technical Committee will determine the assignments of the Technical Delegates for provincial events.
 - b. Technical Delegates will have current Level 3, 4, or 5 Official Certification.
 - c. A current Level 2 Official may be selected as a Technical Delegate if other higher officials are not available, and such Level 2 Official is deemed to have adequate experience and competence.
 - d. For larger provincial events, an Assistant Technical Delegate who is a current Level 2 or higher official may be assigned.
 - e. For national events where provincial events may be included, NC will determine the assignment of the Technical Delegate, and NA will determine the assignment of the Assistant Technical Delegate.
 4. National Race Sanctioning: NA will liaise with NC to obtain appropriate sanctions for provincial (and national) events. NA will pay the National Race Sanction Fee.
 5. Technical Package:
 - a. The package will be posted on the NA website here:
<https://nordiqalberta.ca/officials/officials-resources/>
 6. NA will take leadership in securing sponsorships for provincial event series (where possible).
 7. Leader Bibs:
 - a. NA will provide Leader Bibs at no cost to the host clubs for use at Alberta Cup events. Leader Bibs will be used for U14 Boys/Girls, U16 Boys/Girls, U18. Boys/Girls, U20 Men/Women, Senior Men/Women, and Para-Nordic Men/Women. A Leader bib will be offered to the leader of each of the above-mentioned categories from Alberta Cup #2 onward to the conclusion of the season. A Leader Bib will be worn by the athlete who has the highest cumulative aggregate points in each category. The Leader Bibs, like all bibs, will be returned by the racers after each race. As the property of NA, at the conclusion of each Alberta Cup weekend, the bibs will be returned to a NA representative.

8. Race Notice:
 - a. NA will assist in the preparation of the Race Notice with the host club. This may require a site visit by an NA representative or the assigned NA Technical Delegate (refer to Section F-4 for the components of the Race Notice).
 - b. Distribution of the Race Notice: Host club will submit a second draft Race Notice for provincial races to NA 8 weeks in advance of the event for the purpose of providing opportunities to give event host feedback. The race notice will be posted weekly in Nordic News and on NA Social Media. Additional advertisement(s) can be purchased by the host club.
 - c. The complete Race Notice should not be posted until it is approved by NA. NA will review and provide feedback to the Host club within 6 weeks of the first scheduled event.
9. Arrangements for Officials Certification Courses:
 - a. NA will support the host club to host NC Officials Certification Course(s). The host club has the lead role for course organization.
 - b. The NA Technical Committee will arrange for a Course Conductor.
 - c. NA will reimburse the Course Conductor from outside the host community for travel expenses to and from the venue and will provide an honorarium. Accommodation, meals and travel arrangements will be the responsibility of the host club.
 - d. The Host Club will be responsible for the costs of the venue incidental expenses and refreshments and may charge the registrant officials accordingly for those expenses.
 - e. NA will invoice the host club for the costs of the officials' manuals if required, and the host club will issue a payment to NA, and in turn NA will reimburse NC accordingly for those materials.
10. Communications: NA will assist the club with course promotion through referrals and the NA electronic newsletter "Nordic News".
11. Coverage of expenses for the Technical Delegate:
 - a. NA will reimburse the Technical Delegate for travel expenses to and from the venue from outside the community upon receipt of the Technical Delegate report.
 - b. The Host Club will reimburse the Technical Delegate for expenses accrued for transportation within the community to the venue, accommodations, and a stipend of \$65 per day for meals.
 - c. These provisions also apply to an Assistant Technical Delegate if appointed to the event.
 - d. In the event that an Alberta Cup is also part of the NorAm series the Technical Delegate and Assistant Technical Delegate expenses will be covered by the Organizing Committee (OC). See excerpt from NC Technical Package:

5.0 Technical Delegate and Jury 5.1 Technical Delegate (TD). The TD and the Assistant TD are appointed by the Events Committee of Nordiq Canada and are responsible to the appointing body. Nordiq Canada will confirm these appointments to the OC and will provide the TD with the name and address of the

Chairperson of the OC. Communication will then occur directly between these two people and the Race Director.

All reasonable travel, gas and accommodation expenses of the TD and the Assistant TD are the responsibility of the OC. The TD's expenses must also be covered if a pre-event visit is required.

Refer to Rule 304. It is up to the OC to make mutually agreeable travel and accommodation arrangements with the TD prior to the event. All reasonable accommodation expenses of the Nordiq Canada Race Director are the responsibility of the OC from 2 days prior to the event to the morning after the last race.

12. Calculation of points (refer to Chapter 1 Section G 3):
 - a. Alberta Cup Points (individual and club).
 - b. Aggregate Points for the Alberta Youth Championships.
 - c. Aggregate Points for University/College Championships.
 - d. NA will be responsible for posting updated cumulative results onto the NA website within 2 days of each competitive weekend.
13. Providing the National NC office with race results.
14. Distribution of season-end results.
15. Distribution of the Final Report of the provincial event by the Technical Delegate to the host event Chief, the Technical Committee, and NA.
16. Purchasing and Presentation of Awards:
 - a. NA will keep an inventory of individual provincial medals for the top three places of each category and the top ten for the Alberta Youth Championships. There are no medals awarded for the College category. The host club will purchase the medals from NA. For the University and College Series, NA will provide an overall aggregate award to the top three places at the end of the season.
 - b. NA will purchase and present aggregate awards for the overall winners and will present these awards, annual trophies, and recognition awards at a NA season end event. NA will assign a representative to present these awards at the event. The event will take place on Saturday of the final race weekend.
17. Optional Services: Should a host club require additional resources from outside their club to run the provincial event, NA may assist in the following areas:
 - a. Approach officials and volunteers of other member clubs to assist in areas that need additional resources.
 - b. Request assistance from competitors' families who may be attending the events.
 - c. Assign NA Staff to assist in such areas as Registration, Race Site Administration, and Results.
 - d. On an event specific basis, the host club and NA will identify and confirm in writing how revenue and costs will be allocated. This agreement will be completed in writing during the bid acceptance process.

E. Host Club Responsibilities

The host club of a provincial event is expected to be responsible for the following:

1. Submit bid with supporting material (forms, meeting minutes and fees) by the specified dates.
2. Establish Race Committee to plan and organize the event. Clubs are encouraged to start the planning process early and to find the primary people (chiefs) early. The Race Committee must include a minimum of Chief of Competition, Race Secretary, Chief of Course, and Chief of Timing. The Race Committee should also be able to provide enough volunteers.
3. Arrange for local sponsorships for financial support and value-in-kind services.
4. Prepare Race Notice and submit to the NA Office for approval 8 weeks prior to event. All notices must receive the approval of the NA.
5. Host NC Officials Certification Course(s) as deemed necessary: reserve the venue for the Course, contact and encourage Club members to take the Course, and pay the following expenses for the Course Conductor: (in-town transportation, meals, and accommodation). Ideally, the Club should consider providing some funding within their budget to support the certification and development of officials within their Club. In addition to the cost of the course materials, the host club may charge each registrant official a fee to cover the costs of the venue, refreshments and any other incidental expenses.
6. Produce Start Lists, after confirmation of participant eligibility from the NA Office.
7. Prepare appropriate course maps for distribution to competitors and coaches.
8. Arrange for the rental transport and use of the NA race management equipment trailer and return of equipment to the appropriate NA depot.
9. Ensure that all race materials (e.g. bibs, timing equipment) are available either through the Club or from other NA member clubs.
10. Ensure that the layout for the stadium provides for the recognition of NA and NC sponsors and appropriate displays of local event sponsor banners.
11. Prepare a post-race summary and distribute such material to major newspapers, local media, and NA.
12. Provide and be responsible for the costs of accommodation, meals, and in-town transportation for the NA Technical Delegate and Assistant Technical Delegate assigned to the event.
13. Should a host club require additional resources from outside their club to run the provincial event, with the assistance of NA and its member clubs, the host club should set up a regional planning and operations committee to organize the event.
14. Awards (see Section K and G-15.1b): The host club will purchase AB Cup medals from NA to ensure the consistency of the award product. NA will recognize the host club on the medal.

F. Event Organization

The following sections are included in this package to assist the host club in the planning, organization, and operation of a provincial event. Additional information is available in the Official Certification Course documentation.

1. Volunteer Requirements

- a. The Host Club will recruit volunteers for the positions outlined in the NC Rules and Regulations and NC Officials Certification documentation.

2. Technical Delegate

- a. The Technical Delegate (TD) for each provincial event is a delegate of NA to the host organizing committee and is the guarantor that the competition will be run according to NC Rules and Regulations and the Technical Package.
- b. The TD will monitor and advise the event host committee on preparation and organization of the competition. The TD should preview the course and survey the stadium layout together with the Chief of Competition, Chief of Course, and Chief of Stadium on the day preceding the race and can make recommendations for changes needed. The TD must attend the Team Leaders / Coaches meeting and is the Chairperson of the Jury.
- c. The TD must submit the NA Technical Delegate's Report on the particular provincial event to the Host Club with a copy sent to the NA Office within two weeks of completion of the event. The TD will report on his/her findings on activities and areas that need improvement to the respective technical committee(s).
- d. Upon submission of the TD report, any expenses incurred by the TD will be reimbursed by NA and the Host Club as outlined above in Section D-11 respectfully.

3. Race Director

- a. The NA Technical Committee will appoint a Race Director who will be part of the jury.

4. Race Notice

- a. In general, the following items should be included in the Race Notice:
 - i. Date(s) and location of the event
 - ii. Directions to the venue
 - iii. Early cancellation dates
 - iv. (if possible) Alternate date(s) and site(s) in the event of cancellation
 - v. Itinerary of significant dates/events
 - vi. Planned order in which categories will be racing for each day's races (subject to change per Section F-7)
 - vii. Time and location of Team Leaders / Coaches meeting
 - viii. Registration dates and fees
 - ix. Cancellation and Refund Policy and Procedures on fees and informing registrants
 - x. Keep athletes safe by basing race decisions off of evolving Alberta Health

Services protocols and Government of Alberta COVID-19 guidelines as they pertain to sports and public gathering events.

- xi. Food and beverage services
 - xii. Accommodation (Host Hotel(s) with telephone numbers)
 - xiii. Waxing Services
 - xiv. Events by technique and distances for each age category
 - xv. Awards
 - xvi. Registration and Waiver Form
- b. The following waxing protocol must also be included on all race notices for provincial events (see Appendix B).

5. Race Registration & Fees

- a. Eligibility: NA provincial events are open to:
 - i. All active members of NA member clubs;
 - ii. Skiers from other provinces holding an equivalent Provincial/Territorial status with NC;
 - iii. Non NA members who purchase an applicable day license.
- b. Registration:
 - i. It is required that the Host Club use the current electronic Zone4 Registration system for the facilitation of receiving registrations and fees.
 - ii. The Host Club will include late registration information on the Race Notice.
 - iii. Under no circumstances are bibs to be issued to racers who have not registered or paid by the noted deadlines.
- c. Fees:
 - i. Entry fees for each age category will be determined by the Host Club and will include the NA Levy Fee (see c. vii below); however, fees for U8, U10, and U12 categories will not exceed \$25.00 per race. Fees for U14 and U16 categories will not exceed \$40.00 per race. Fees for U18, U20, Senior and older and Para-Nordic categories will not exceed \$45.00 per race.
 - ii. A Snow Enhancement Fee of \$5 per competition day per U14 athlete and older and \$2.50 per competition day per U12 athlete and younger will be collected by the Host Club for events hosted at the Canmore Nordic Centre. A Snow Enhancement Fee of \$5 per event weekend per athlete for U14 and older and \$2.50 for U12 and younger will be collected by the Host Club for events hosted at all other Alberta venues. The Snow Enhancement Fee contributes to the snow making/storage program run by NA in partnership with Winsport and other contributing funders and allows access to all members of NA and ensures guaranteed training and events can occur including the AB Cup Series. It is the responsibility of the Host Club to charge this fee on their registration and the Host Club will be invoiced by NA.
 - iii. The Host Club must receive the race entry fees by the designated deadline on the Race Notice.
 - iv. NC Race Licenses are required for U16 and above to compete in any Alberta Cup. U14 category may purchase a developmental license but it is not required. Any athlete in the U16 category and older that does not have a race license

must

The Alberta Youth Championships levy fee for U12 and U14 is \$3.00.

The NA Levy Fee goes toward the costs associated with coordinating the entire provincial event series. Levy fees will be calculated based on the Official Results received by the NA representative after the event, which includes all finishers and competitors that 'Did Not Finish' (DNF). The Levy will not be charged for competitors that 'Did Not Start' (DNS).

6. Race Cancellation & Reallocation of Venue and Date(s)

The cancellation of provincial events will be according to the following conditions and procedures:

- a. Lack of snow or unsafe conditions:
 - i. Cancellation of an event due to lack of snow or unsafe conditions may be made as early as eight days before the event by the Chief of Competition, Chief of Course, and the Technical Delegate. NA must be informed of the decision.
 - ii. The moving of the site because of the aforementioned conditions is determined by the Chief of Competition in consultation with the Technical Delegate and NA no later than the Sunday prior to the scheduled event.
- b. Weather conditions, in accordance with NC Rules and Regulations:
 - i. Cancellation of an event in the case of forecasted cold may be made as early as three days before the start of the event (the start of the event being the day of Official Training) by the Chief of Competition and Technical Delegate, and NA must be informed of the decision.
 - ii. If there are unforeseen weather conditions and cold weather is forecasted the day before or during the event, the Jury may delay the start time or shorten the race distances.
 - iii. If there is only one race scheduled for the weekend, and it is scheduled for Saturday, the Jury may, in consultation with the Host Club, delay the race until Sunday.
- c. If an event is cancelled, either in whole or in part, the Host Club will refund all fees paid by participants at 100% less the percentage which reflects incurred costs plus 20%. Incurred costs, received revenue, and determined refund percentage will be submitted to NA within 3 days of cancellation. NA will confirm the refund percentage to be paid to participants.
- d. If an event is cancelled due to reasons related to the COVID-19 Pandemic, either in whole or in part, the Host Club will refund all fees paid by participants at 100% less the percentage which reflects incurred costs plus 20%. Incurred costs, received revenue, and determined refund percentage will be submitted to NA within 7 days of cancellation. NA will confirm the refund percentage to be paid to participants.
- e. In the case of a cancellation, options the Host Club can consider include:
 - i. Try to find an alternate site and / or Host Club for the rescheduled date; or
 - ii. The same venue for another date; or
 - iii. Another venue for another date.
- f. If a competition is canceled, the Host Club must send a letter to NA, explaining the circumstances of the cancellation within two weeks of the canceled competition.

7. Cold Temperature

- a. -15.0°C cut off for U8, U10, U12 and Sport categories.
- b. -20.0°C for all other categories as per NC rule 303.2.2.
With air temperature below - 20.0°C, (temperature measured at the coldest point of the course and without wind factor), and competition distances less than or equal to 15 km, the Jury must postpone or cancel the competition. With competition distances greater than 15 km and temperature less than -18.0°C without wind factor, the Jury must postpone or cancel the competition.
- c. Events for younger age groups to be held during the warmest part of the day.
- d. If a race is canceled due to cold (day of race cancellation), race organizers should make best efforts to provide an alternate ski activity for various age groups, e.g. Easy ski together.

8. Team Leaders / Coaches Meeting(s)

The first Team Leaders / Coaches meeting is to be held at the standardized time of approximately 7:00 or 8:00 p.m. on the evening prior to the competition event at a location to be specified in the Race Notice. The meeting is chaired by the Chief of Competition, and attended by the Chief of Course, Chief of Stadium, Competition Secretary, Technical Delegate, Race Director and Team Leaders and Coaches.

Among the items to be presented and discussed are:

- a. weather report
- b. course description and map(s)
- c. stadium lay-out
- d. changes in distances and courses from the Race Notice, due to weather and snow conditions
- e. selection of the Jury as per the NC Rules and Regulations
- f. starting procedures and finalized starting order
- g. protest procedure
- h. award presentations
- i. banquet and special event plans
- j. subsequent meeting(s)
- k. The draw, bib pick-up, and start lists.

The draw may, with the approval of the Technical Delegate, be made by the computer at any time between the deadline for registration and the Team Leaders / Coaches meeting. If a manual draw is being made, this must be done at the Team Leaders / Coaches meeting. After the meeting, any changes to the race format (distances, start times, cancellation) can be made only with the approval of the Jury.

9. Race Techniques

The NA Technical Committee will determine in consultation with the host club, the race techniques and distances for the provincial event and include them in the NA Events Schedule by October 1st annually.

The race techniques may include the following: Classic Technique; Free Technique; Sprint Races, either Classic or Free Technique; Pursuit Races, Sprint Relays and Relays, either Classic or Free Technique.

If safety conditions warrant, a last-minute race technique and /or distance change is acceptable with the approval of the Jury.

10. Distances

The following table is a guideline for the Host Club to determine the appropriate distance for each age category and race technique.

U20 Men (2002, 2001) 18 – 19	7.5 to 20	1000 - 1200
U20 Women (2002, 2001) 18 - 19	5.0 to 15	1000 - 1200
Senior Men (2000 and older)	7.5 to 20	1000 - 1200
Senior Women (2000 and older) Men 31 and older (1989 and older)	5.0 to 15	1000 - 1200
and older)	7.5 to 20	1000 - 1200
Women 31 and older (1989 and older)	5.0 to 15	1000 - 1200
Sport		
Event	1.0 to 5.0	N/A
Para	1.0 to 15	500-1000
Nordic		

depending on the facility.

11. Starting & Seeding Procedures

- a. Starting
 - i. The Host Club will establish and produce the Start Lists when all race entries are received, with fees.
 - ii. Under no circumstances are bibs to be issued without fees being paid and signed race entry forms received.
 - iii. U8, U10 and U12 categories will start in the middle of the day when the temperatures are the warmest.
 - iv. The types of starts by category shall be: individual starts; mass starts or pursuit starts.
 - v. For group / mass starts, categories may be combined if the number of entries in certain categories is low. For Classic and Free Technique races, either individual starts or mass starts may be used in accordance with NC Rules and Regulations. Where both Classic and Free Techniques are used over a two- or three-day race schedule, one race is encouraged to be a mass start and one race an individual

start.

- vi. Starts for Pursuit type races and Sprint Heats must be in accordance with NC Rules and Regulations.
- b. Seeding
 - i. Seeding for provincial events will be done using the following criteria:

Category	1st priority	2nd priority	3rd priority
U16 and older	CPL points	AB Cup points (if no CPL pts)	Random draw (if no AB Cup pts)
U14s	AB Cup points	Random draw (if no AB Cup pts)	
U12 and younger	Always random draw		

12. Timing

All races are expected to be run on a minimum of manual timing as outlined in the NC Officials Certification Handbook. Except for U8, U10 and on occasion, U12 categories.

- a. The Host Club is encouraged to use electronic timing at their expense (example: Zone4).
- b. Legacy equipment from NA is available on request which will include electronic timing equipment, Zone4 race management system, laptop, printer, bibs, snow fencing, V boards, equipment and tools to hold a race.

13. King's Court Race Format

- a. A timed sprint qualifier at 15 second starts will be used to determine the four to six person heats, fastest to slowest.
- b. Top 2 from each heat go into the faster group for the next heat (top 1 for four-person heats). Middle 2 from each heat are grouped together and the slowest 2 (slowest one for four-person heats) from each heat together.
- c. Genders can be combined to maximize fields when registered athletes are lower.
- d. Computerized timing, such as Zone4, can be used to simplify results generation.

G. Results

1. Alberta Cup Individual Points Calculations

Alberta Cup points will be awarded to all Alberta registered skiers in only the U14 and older categories for overall aggregate awards based on the following points system:

Place	1	2	3	4	5	6	7	8	9	10	11	12
Points	100	80	60	50	45	40	36	32	29	26	24	22
Place	13	14	15	16	17	18	19	20	21	22	23	24
Points	20	18	16	15	14	13	12	11	10	9	8	7
Place	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>						
Points	6	5	4	3	2	1						

- a. Each person participating will be awarded the corresponding points to their placing based on the individual point system above.
- b. Point calculations will be updated and posted on the NA website within two days of each Alberta Cup event.
- c. Alberta Cup points will be awarded to all Alberta U14 age skiers and all U16 and older Alberta licensed skiers participating in the Alberta Cup.
- d. A relay can be part of the Alberta Cup Series, but points will not be awarded in Individual Points Calculations; however, relay points will be calculated for club Team Points (see G2a below).

- e. Skiers will be given race points for each category in which they compete with all points going towards the aggregate total in the skiers Year of Birth (YOB) category. In the event an AB Cup is a selection race where an athlete is required to race up a category to be considered for selection their points will be added to their aggregate in their YOB category.

2. Alberta Cup Club Team Points Calculations

- a. Alberta Cup Club Team points will be awarded per category, and then all Alberta Cup categories will be added for overall Club Team points.
- b. All points for the categories, including relay points, will be added together to determine the total for each club.
- c. 1st place is based on the highest combined score of a team.
- d. Overall club points do not negate placing or Alberta Cup points for the individual skier.

3. Aggregate Points Calculations

Alberta Cup aggregate points will be used for selection of ADST athletes based on the following formula:

- Best 5 of 7 or best of 6 of 8 races (where there are 8 AB Cup races in a season)
- Best 4 of 5 or 6 races (when there are 5 or 6 AB Cup races in a season)
- Best 3 of 4 races (when there are 4 AB Cup races in a season)
- Best 2 of 2 or 3 races (when there are 2 or 3 AB Cup races in a season)
- Best 1 of 1 race (when there is only 1 AB Cup race in a season)

4. Alberta Youth Championships Individual Points Calculations

Points to the overall winners of the Alberta Youth Championships will be awarded to all Alberta registered skiers in each class (U12 and U14) for each race based on the following points system:

Place	1	2	3	4	5	6	7	8	9	10	11	12
Points	100	80	60	50	45	40	36	32	29	26	24	22
Place	13	14	15	16	17	18	19	20	21	22	23	24
Points	20	18	16	15	14	13	12	11	10	9	8	7
Place	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>						
Points	6	5	4	3	2	1						

5. Posting

- a. NA, in cooperation with the host club, must ensure race results are produced in the current NC format.

b. Official results are to be posted with year of birth included.

- c. NA will have a representative (staff or designated volunteer) at each race to work with the Race Secretary in the recording and production of results.
- d. For the Alberta Cup categories, the results MUST include the Category, Bib #, NC License number (if applicable), club name, first name, last name and all appropriate records of performance.
- e. The official results (i.e., signed by the assigned Technical Delegate) will be given to the NA representative prior to leaving the competition site on the last day of each competitive weekend.
- f. NA will be responsible for posting results onto the NA web site within two days after each competitive weekend.
- g. The NA Office will forward the results for the Alberta Cup Categories to the NC Office for entry into the Canada Points Lists (CPL) after each competition weekend.

H. Awards

The intent is to provide a wider and more inclusive recognition of participation and performance particularly for younger age groups.

1. Individual Awards

- a. Individual Awards: U10 and younger will receive participation items at the finish line for their participation in the race.
- b. U12 up to and including U16 will receive medals for Year of Birth for 1st, 2nd and 3rd.
- c. U18 and older – Category medals for 1st, 2nd and 3rd
- d. The medals are to be awarded to the respective winners, regardless of their division or country of origin. In addition, tangible prizes may be awarded.
- e. Medals and tangible prizes for each Alberta Cup and each individual race at the Alberta Youth Championships are at the expense of the Host Club. NA will provide the medals for the clubs. Individual club recognition will be provided on the medals.
- f. Additional prizes and/or special awards are left to the discretion of the Host Club.
- g. Event organizers are encouraged to present awards or prizes not tied to performance, e.g. best effort, technique, sportsmanship, youngest and oldest competitors.
- h. In cases of ties, both participants will be awarded equally for that position, with the remaining positions receiving a medal. (Example: should there be a tie for 2nd, the awards would be 1, 2, 2, etc.).

2. Club Awards

- a. Club Team Awards: Club awards will be presented at the end of each season at the AB Championship event by NA.
- b. The Alberta Cup Club Award will be presented to the club which accumulated the most aggregate points.

3. Overall Alberta Cup Series

- a. Individual awards for the overall 1st, 2nd, and 3rd place skiers in each Alberta Cup category will be awarded and presented by NA based on overall Alberta Cup points, as calculated according to the stated rules.
- b. Champions in each Alberta Cup category, for which there is a NA trophy, will be presented at the AGM.
- c. Other recognition will be provided through various publications, the NA electronic Nordic News, and the NA website (www.nordiquaalberta.ca)

Chapter Two – Alberta Youth Cross Country Ski Championships

The Alberta Youth Championships (AYC) are held annually on one weekend (2-3 races) for skiers in the U12 and U14 categories. The Alberta Youth Championships aims to be the focal point of the competitive season for U12 and U14 age athletes. The focus of AYC is to be one of the first ‘team’ trips for younger athletes. The Alberta Youth Championships should be on a separate weekend and should not be integrated into the same weekend as an Alberta Cup. Preference will be given to host clubs who can offer a camp style event where food services and accommodations are included.

Club banners are a focal point for the event. Points are awarded for each finisher from each club. Host clubs can choose to recognize individual overall champions as well. If this is done, it will be done by year of birth and are the skiers with the highest aggregate total of all such races. Alberta Youth Champions will then be designated for all categories. Individual medals for each race shall be awarded for the top ten places in each and every participating category.

Alberta Youth Championships race distances will align with the race distances as stated in NA Distance Table for Provincial events in Section 9 Distances.

A. Sanctioning

The Alberta Youth Championships is an official, NA sanctioned event.

B. Race Notice

1. The race notice and registration information must be posted on Zone4 a minimum of **eight** weeks in advance of the competition.
2. Entries must close no later than Wednesday prior to the competition. No late entries are allowed.
3. The race notice should include a cancellation policy pertaining to refunds – both for situations in which the participant wishes to withdraw, and for situations when the organizers cancel the event. In addition, accommodation information with phone numbers.
4. The race notice should be planned carefully so there are no changes once it is posted.
5. It is important that the race notice is complete with all necessary information required by coaches.
6. Race notices must be submitted to the NA Events Committee for review and approval **before they can be published.**
7. If an event is cancelled due to reasons related to the COVID-19 Pandemic, either in whole or in part, the Host Club will refund all fees paid by participants at 100% less the percentage which reflects incurred costs plus 20%. Incurred costs, received revenue, and determined refund percentage will be submitted to NA within 7 days

of cancellation. NA will confirm the refund percentage to be paid to participants.

C. Eligibility

1. The age categories are U14 boys, U14 girls, U12 boys, and U12 girls.
2. A participant in this event must ski for one team only.
3. The Championships is open to individuals that are not affiliated with a club.
4. Skiers may only enter in one age category for the duration of the event. When a skier registers initially, they can move up an age category, but not down.

D. Banquet

1. A banquet or social is encouraged based on the most current health guidelines.

E. Draw

1. There is no seeding for this event - a random draw will be used; however, if a Mass Start or Wave Start is held on Day 2, start order will be based on finish results from Day 1. A random draw will be used for the relay.

F. Team Leaders / Coaches Meeting

1. It is the responsibility of the organizers to ensure the event notice carries most of the necessary information coaches will need, and that start lists for the first day are available on Zone4 and at the race site the day before.
2. It is the responsibility of the race organizer to provide all the information that is necessary for the team leaders / coaches, including the start maps, course maps and race bibs.

G. Course Inspection

1. The competition courses must be properly groomed and marked for inspection by the skiers/coaches the afternoon prior to the first event. The course marking for the first day of competition should be clearly marked out. It is very important the courses are marked correctly. A course map displayed in the stadium area is not sufficient.
2. It is imperative the site be prepared in advance.

H. Start and Results List

1. Electronic timing software must be used (e.g. Zone4).
2. Both start and results list must include the name of each athlete's home club.
3. The start list should be posted on Zone4 no later than noon on Friday before the event. It should also be available at the race site no later than Friday afternoon.
4. In addition to full results postings on Zone4, the technique awards and the aggregate team points should be posted on the host club or event website as soon as possible following the event.

I. Timekeeping

1. A recognized electronic timing system must be used.

J. Awards for Interval Start, Sprint and Relay Events

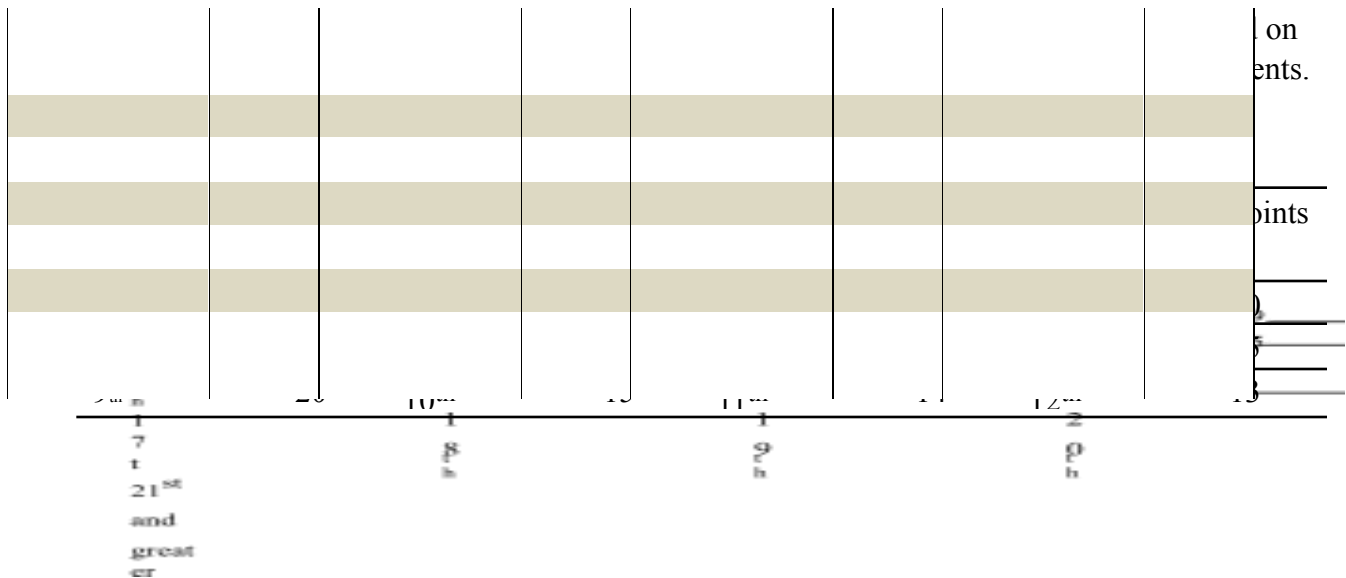
1. Medals will be awarded for the top 10 finishers in each category for the individual races. The top three teams will be awarded medals in the team category.
2. The host club purchases the medals from NA.

K. Team/Club Aggregate Banner

1. Alberta Youth Championships Individual Points Calculations

Points to the overall winners of the Alberta Youth Championships will be awarded to all Alberta registered skiers in each class (U12 and U14) for each race based on the following points system:

Place	1	2	3	4	5	6	7	8	9	10	11	12
Points	100	80	60	50	45	40	36	32	29	26	24	22
Place	13	14	15	16	17	18	19	20	21	22	23	24
Points	20	18	16	15	14	13	12	11	10	9	8	7
Place	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>						
Points	6	5	4	3	2	1						



3. NA provides the banner.

L. Ski Licenses

1. Participants do not require a ski license.

M. Race Format and Technique

1. NA encourages classic technique and skate techniques. One of the races must be an interval start, others may be wave or mass start. There is also a four to six person relay. The length of the relay is dependent on the trail layout of the host club venue. Ideally, the race length should be approximately 1km.

N. Registration Fees

1. Event organizers are encouraged to keep their entry fees as low as possible to encourage participation. NA will charge a levy fee of \$3.00 per participant to offset the costs of the event.

Chapter Three – Alberta University/College Series

The Alberta University/College Series will be integrated into the Alberta Cup Series and Loppet series when available resources and criteria are met. Awards will be handed out to the overall aggregate winners for the top three male and female skiers attending Alberta Universities and Colleges. The series champions will be awarded at a year-end event.

A. Preface

Nordic skiing is defined in sport science as a late peak performance (Smith, 2003) which infers prolonged progressive overload of no more than 5 % annually. The mean age of maturation for a nordic skier to reach their individual biological development capacity is upwards of 20 years of sport specific training (Solli, 2017). The University years are often cited as important in the development of athlete characteristics where a complimentary balance of training overload can be combined with scholastic activities. This, balance holds true for Nordic skiing and should be supported as a primary tenet of skier development within the development pathway. With this aim the Alberta Colleges and University Cup Series is an integral part of skier development in Alberta.

B. Purpose

Provide a dedicated points series for University and College students attending a recognized post-secondary institution in the province of Alberta. The series recognizes:

1. The demands of full time post-secondary studies by providing a series that considers conflict with periods of high student stress.
2. The financial obligations of pursuing post-secondary studies and thus aims to provide a series that is a combination of reasonable travel, minimal accommodation, and lower cost race registration fees.
3. The importance of social inclusion and sharing of the student experience thus the series aims to also provide opportunities to socialize and race in student only team events.

C. Eligibility

Student athletes who are registered at an Alberta post-secondary institution taking a minimum of three 3 credit courses per term (term 1 Sept 1 - Dec 31 and term 2 Jan 1 - April 30). All student athletes must complete the student registry form to be eligible for individual as well as team points.

D. Points

Individual Aggregate:

1. Points System will follow the Alberta Cup points system. 1st place in Alberta University/College Series receives 100 points, 2nd - 80 points, 3rd - 60 points, 4th - 50 points, 5th - 45 points, 6th - 40 points, etc. in both male and female categories.

Place	1	2	3	4	5	6	7	8	9	10	11	12
Points	100	80	60	50	45	40	36	32	29	26	24	22
Place	13	14	15	16	17	18	19	20	21	22	23	24
Points	20	18	16	15	14	13	12	11	10	9	8	7
Place	25	26	27	28	29	30						
Points	6	5	4	3	2	1						

2. The overall individual aggregate winner for both male and female will be the athlete with the most points as per Chapter 1, Section G, Point 3 .
3. University athletes need to be entered in either U20 Men/Women or Senior Men/Women.
4. Awards will be presented to the top 5 individuals and top school at the end of season.
5. An overall School ranking will take the top 3 males and top 3 females from each school from the aggregate totals, Same scoring system of 1st – 100 points, 2nd – 80 points, 3rd - 60 points etc.

Chapter Four – Para-Nordic Race Guidelines

A. Visual Impairment/Blind (B1-B3)

Guides: The role of the guide is to be responsible for the safety of the visually impaired competitor. He/She may lead or follow the visually impaired competitor in the same track or ski alongside the parallel track.

The guide has to be treated as a competitor with respect to all rules governing.

1. For B1 athletes, a guide is obligatory. For B2 and B3 athletes, a guide is also allowed. A competitor may change guides if the guide has an accident or cannot keep up.
2. The guides wear a yellow/orange bib printed with a “G” meaning the word “Guide” or other forms of identification.
3. Guiding must be by voice only. Radio communication between guide and competitor is accepted. The guide can also use an amplifier. No other means of communication is allowed. The amplifier must not disturb other competitors.
4. Excessive music or noise at the start line can create confusion for visually impaired skier, particularly B1’s.

Start Line

1. Most athletes will not see the starting clock. It is always good practice for the starter to inform the athlete of the time frame before the gun. Usually placing a hand on the athlete’s shoulder and lift the hand when “0”. This is only used when there is no start wand, otherwise there is no contact.
2. The competitor must have his feet behind the start line and remain stationary before the starter gives his starting commands. The poles remain stationary and should be placed over the starting line and/or starting gate.
3. The athlete must be behind the start wand but the guide can be in front, beside or following the athlete.
4. There are no set distance requirements for the guide in front of the start wand and their athlete.

Finish Line

1. For all B classes the clock will be started and stopped as the competitor and not the guide crosses the line. The time of the guide must not be recorded. The guide does not need to cross the finish line in front of the athlete.
2. Guides are allowed to cross the finish line in front of the athlete. They are the ones that will advise the athlete when to stop and how to avoid potential hazards at the finish line such as other athletes lying on the ground.
3. It is important for the finish line area to be clear of coaches or volunteers. Leave sufficient stopping space at the finish line.

Holding Zones (ONLY athletes with visual impairments are allowed holding zones)

1. Holding zones for B competitors shall be determined by the Jury and be marked clearly with visible signs/flags in contrasting colours for the beginning (green) and ending (red) zones.
2. Holding zones are created for safety reasons, the guide is allowed to hold a Class B athlete (one arm or one pole) on certain sections of the track, which shall be clearly marked.
3. No physical contact between guides and athletes with a visual impairment is allowed during the race except holding zones. It is forbidden to hold on, to hold up or pull the competitor even on the downhill sections. After a fall a guide or a marshal may hand him his skis and/or poles.

Track

1. When athletes are integrated it is important that the able-bodied skiers are informed not to pass in-between the guide and the athlete.
2. Should a visually impaired competitor wish to change his wax during a race due to changing snow conditions, the guide may apply the wax.
3. Once the competitors enter a zone where corridors are marked the athlete and the guide must ski in the same corridor.

B. Standing (LW2-9)

Standing category skiers must abide by the same rules as the able-bodied race events with some minor exceptions.

1. Waxing, scraping or cleaning of the competitor's skis during the competition is forbidden. Exception: in classical technique competitions competitors may scrape their skis to remove snow and ice and add wax if necessary. The competitor must do this outside the track without help from any other people. It is not allowed to place branches, tools or materials on or adjacent to the groomed course.
2. Should an LW5/7 (impairment in both upper arms, does not use poles) athlete wish to change his wax during a race due to changing snow conditions, they can be supported by a team official that may apply the wax.
3. In the case of any ski exchange, the competitor must do it outside the track. The athlete can be supported by a team official.

Start Line

1. The competitor must have his feet behind the start line and remain stationary before the starter gives his starting commands. The poles remain stationary and should be placed over the starting line and/or starting gate.

C. Sit Ski (LW10-12)

Start Line

1. Sit skiers may not know when they are cold. It is important to ensure they have an area to stay warm prior to a race. Blankets are also a good idea to have on hand or those that are in line waiting to race.
2. The competitor must have his feet/chest behind the start line and remain stationary before the starter gives his starting commands. The poles remain stationary and should be placed over the starting line and/or starting gate.

Track

1. Fallen competitors in the LW 10-12 classes may be brought back to the track by official help. They have to re-enter the race at the same place.
2. If a sit skier has fallen on course, they need to ask for assistance before an official can assist them back up.
3. If a sit skier is going uphill, stops and starts moving backwards, the official (official, staff, team support) CAN stop the sit skier by placing a leg or hand behind the sit skier. The sit skier MUST continue on their own steam/propulsion. The official is NOT allowed to push the sit skier once they are back in position.
4. LW10-12 athletes are not allowed to use one or both of their legs to steer or brake the sledge during competition.
5. In the case of any ski exchange, the competitor must do it outside the track. The athlete can be supported by a team official.

Other

1. Para-Nordic skiers can be integrated into the able-bodied race events. It is important that they race the correct distance for their category not the age range.
2. There is the possibility of an athlete having a hearing impairment with or without having another disability. Other means of communication may be needed such as an interpreter or simply that the starter may need to place a hand on the athlete's shoulder.
3. Athletes with a hearing impairment are not classified under Para-Nordic skiers. Meaning that they can race with able-bodied skiers.
4. Wax testing and warming up on the ski competition course must always be done in the competition course direction. Anyone testing skis on the competition course must consider the safety of others on the course and the course preparation. Electronic timing devices used for testing skis will not be allowed on the course during the competition.

Examples that can lead to disqualifications

1. An athlete participates in the competition under false pretenses (e.g. wrong bib number)
2. The athlete either jeopardizes the security of persons or property or actually causes injury or damage
3. The athlete does not ski the entire marked course

4. The athlete violates the use of correct technique (unless specified by their classification that they can only classic ski in a free technique race)
5. The athlete intentionally causes obstruction

NC and NA abide by the International Paralympic Committee (IPC) rules and regulations.

For more information visit the IPC Nordic Skiing website:

www.paralympic.org/NordicSkiing/RulesandRegulations/Rules

Chapter Five – Popular Cross-Country (Loppet) Events

Purpose: Popular cross-country competitions are organized for the enjoyment of all participating competitors. Because these competitions involve competitors with a wide range of experience and ability, good sportsmanship and courtesy toward other competitors is essential.

Provincial Regions:

NA Role in Loppet Events

Loppet events are organized by local clubs in each region.

Categories

Each region develops their own race format that best meets the needs of their event and of the participants. As the goal of Loppet events is to encourage mass participation in cross country skiing and provide skiers with a competition format focused on participants having a positive ski experience, categories can be defined by the organizing committee.

Technical Delegate

A Technical Delegate will not be appointed by NA, it is up to the Organizing Committee to find a suitable TD for their event.

Race Cancellation

The cancellation of Loppet events will be at the discretion of the Technical Delegate, Jury and the Organizing Committee:

Weather conditions, in accordance with NC Rules and Regulations:

Cold Temperature

388.2: *Between -15 and -25C,*

If the temperature level is forecast to be between minus 15° and minus 25° C at any point on the course, recommendations regarding cold weather protection should be made available to the participants. Under such conditions it is the responsibility of the participants to seek the information and to follow the recommendations given by the organizer

388.3: *Minus 25° C and below*

If the temperature in a major portion of the course is -25C or below, the competition shall be delayed or cancelled.

Excerpts from Worldloppet Rules & Regulations

Chapter Six - Regional Events

Purpose: Regional events are important development events for young skiers to transition from club events to Alberta Cup and Alberta Youth Championships events.

Provincial Regions:

Southern Alberta - including clubs in the greater Calgary area, Brooks, Medicine Hat, Lethbridge, Crowsnest and Bow Valley

Central Alberta - including clubs south of Edmonton, Camrose, and Red

Deer Capital Region - including clubs in the greater Edmonton region

Northeast Alberta - including clubs - Athabasca, Kikino, Fort McMurray, Vermillion, etc.

Northwest Alberta – Grande Prairie, Edson, Hinton, Drayton Valley, etc.

Categories

Each region develops their own race format that best meets the developmental needs of young athletes. As the goal of regional events is to provide developmentally positive introductions to racing events, therefore the categories are recommended as follows:

- Single year categories
- Novice and experienced skier categories for each single year category

Technical Delegate

No technical delegate is required to host a Regional Event.

Chapter Seven – Roller Ski Series

The Roller Skiing Series is new to Alberta. Taking Roller Skiing beyond summer training and bringing it into a competitive arena. Competitions will follow NC's already designed Technical Package (see link below).

Nordiq Canada's Technical Package:

<https://nordiqcanada.ca/wp-content/uploads/Roller-Ski-Tier-2-Sanctioned-Events-Technical-Package-1.pdf>

APPENDIX - A

NA Provincial Event Bid Form

See form available from NA website <https://nordiqalberta.ca/wp-content/uploads/Nordiq-Alberta-Host-Bid-Form-2021-May-16-1.pdf>

APPENDIX – B

Alberta Cup Wax Protocol

Nordic Alberta respectfully requests all coaches, athletes, wax technicians, and parents to abide by a self-governed protocol while waxing skis for identified races taking place in Alberta. This also applies to coaches, athletes, wax technicians, and parents traveling to Alberta from out-of-province or out-of-country.

Waxing protocol:

- Structure tools **ARE** permitted.
- Non-flouro (NF) waxes **ARE** permitted.
- Fluorinated glide waxes or tuning products containing fluorine liquid are **NOT** permitted at Alberta Cups for **ALL** age categories. This includes all types of fluorinated glide wax (e.g., LF, HF, block, powder, liquid).
- Fluorinated Kick Wax **IS** permitted for all age categories at this time

Occasionally an Alberta Cup may be run in conjunction with a FIS Cup, NorAm, or other FIS sanctioned event, in this case, a different Flouro policy may apply to certain age categories. Please confirm with Nordic Canada or the Organizing Committee which Flouro policy applies.

APPENDIX - C

Alternate event formats for U8/U10 categories

In accordance with the NC LTAD competition guidelines, we strongly recommend a more relaxed competition format for the U8 and U10 categories to promote greater inclusion and confidence in young skiers with little to no emphasis on end results and extrinsic motivators such as medals and ribbons. Host clubs may get creative with the courses and formats to make use of available terrain and features. Since timing and results are not required (or recommended) for these categories, organizers should focus on designing an event focused on fun challenges that develop skier young skiers' balance, skill and agility. Conventional awards are also unnecessary. Instead, participation awards and other creative awards should be considered (ie. super strider, best wipeout, double pole monster, slalom salamander, smooth skater).

Course Recommendations

Clubs can create courses including rollers, bicycle bumps, small drops or other terrain park type snow features. If such preparation is not possible, it is entirely acceptable to add temporary obstacles such as slalom gates, duck-through gates, or creatively use v-boards to ensure kids need to do a lot of zig-zagging and balancing activities. Zones of the course can even be designated as “backwards ski zones” or “1 leg only zones”. These should be simple to add to existing courses so the kid's events can be held between other races in the warmest part of the day.

Racing Formats

Racing formats that allow for a fun team atmosphere are encouraged. Organizers should consider which formats are feasible in the available course. These may include:

- Mass start
- Mixed relay
- King's Court Sprint
- Legs only races
- Freestyle only for U8s

Mixed relays are a highly recommended format. Relay teams should be created by the organizers with the goal of intermixing participants of different clubs to promote new connections and friends. Although difficult, some effort should be made to ensure that there is no “super-star” or highly disadvantaged team.

APPENDIX - D

COVID-19 Protocol

1. Definitions

- 1.1. Participants - all people involved in the event including but not limited to coaches, athletes, officials, volunteers, and spectators.

2. Nordiq Alberta Responsibilities

- 2.1. Nordiq Alberta will offer recommendations and tools to help facilitate a safe and successful competitive season. Nordiq Alberta will work alongside local organizers of Nordiq Alberta sanctioned events, to decide if these events can proceed as planned, must be adjusted, or cancelled.

3. Organizing Committee (OC) responsibilities

- 3.1. OC's should run events that prioritize safety for all participants. OC's will work with Nordiq Alberta when running a Nordiq Alberta sanctioned event.
- 3.2. Appoint a COVID-19 lead on the OC
 - 3.2.1. Responsible for organizing and enforcing all COVID-19 related measures.
 - 3.2.2. Receives information about confirmed and suspected COVID-19 cases.
- 3.3. Registration
 - 3.3.1. Athlete registration should include an assumption of risk for COVID-19 if they have not already signed the assumption of risk through Zone 4.
 - 3.3.2. Non-athlete participants (i.e: coaches and volunteers) should register their attendance (for tracking and numbers management) and complete an assumption of risk.
 - 3.3.3. OC's must keep a register of participants for tracing, in the event of an outbreak.
- 3.4. Screening
 - 3.4.1. Recommend a daily self assessment for all participants during each training and competition day.
- 3.5. Volunteers

- 3.5.1. Ask volunteers what roles they are comfortable with to accommodate people's individual risk tolerance.
 - 3.5.2. Minimize volunteer numbers when possible.
 - 3.5.3. Ensure there is adequate space and comfort for volunteer rest periods. Consider renting heated outdoor tents (see Venue Spaces and Buildings below).
 - 3.5.4. Provide volunteers with specific COVID-19 event training.
- 3.6. Venue Traffic and Access
- 3.6.1. Establish clear instructions on access and exit to the venue (competition office, waxing cabins, meeting rooms, changing rooms, toilets, showers) and to competition areas.
 - 3.6.2. Indicate the direction of travel in all high use areas.
 - 3.6.3. Control access to the premises: ie: schedule, number of people admitted, who is admitted.
 - 3.6.4. Make clear arrival/departure procedures (limit time at venue) for all participants.
- 3.7. Venue Spaces and Buildings:
- 3.7.1. Limit numbers in indoor spaces (timing room, competition office, medical room), increase ventilation and ensure individuals inside wear masks at all times.
 - 3.7.2. Separate athletes and coaches, volunteers and spectators with designated areas.
 - 3.7.3. Create a clear plan for how you will manage spectators. If they are not allowed, who will ask them to leave? How will you communicate that spectators are not allowed pre-event?
 - 3.7.4. Space for volunteers to rest in between races (i.e. a heated tent with enough space to physical distance).
 - 3.7.5. Reinforce that athletes and coaches should: Arrive. Train/Compete. Depart.
 - 3.7.6. Establish an area for athletes to keep warm/change clothes, where distancing is possible (consider personal vehicles or warming tents).
- 3.8. Personal Protective Equipment:
- 3.8.1. Recommend the use of masks for all participants inside.
 - 3.8.2. Ensure volunteers have adequate protective equipment (masks, disinfectant, gloves), especially those with duties that require close contact or are in vulnerable populations (bibs, transponders, starters) and they are all trained in COVID-19 event protocols.
 - 3.8.3. Have extra masks/gloves available.

3.9. Disinfection/Sanitization:

- 3.9.1. Make hand sanitizer dispensers available to all users, especially at entrances/exits to buildings.
- 3.9.2. Provide access to soap and water or an alcohol-based hand sanitizer (at least 60% alcohol), one time use paper towels and waste baskets in all public washrooms.
- 3.9.3. Remind participants of the importance of hand hygiene, respiratory etiquette and physical distancing especially in areas conducive to contamination: entrances, rooms, toilets, changing rooms, showers, exterior doors.
- 3.9.4. Avoid sharing objects ie: timing equipment. If this is not possible, implement strict hygiene and cleaning measures.

3.10. Competition:

- 3.10.1. Establish the schedule of competitions to minimize contact between participants and maximize regular competition activity.
- 3.10.2. Online/virtual tools:
 - 3.10.2.1. Disseminate information electronically
 - 3.10.2.2. Online registration and payment
 - 3.10.2.3. Online daily health screening
 - 3.10.2.4. Virtual coaches meeting
 - 3.10.2.5. Prize/Medal ceremony
 - 3.10.2.6. Digital documents (Start lists, results).
- 3.10.3. Bibs:
 - 3.10.3.1. Prepare bibs in advance and be organized to limit waiting time.
 - 3.10.3.2. Limit pick-up to one coach for each team and/or consider bib distribution outside.
 - 3.10.3.3. Consider extending bib pick-up times.
 - 3.10.3.4. Consider paper bibs.
 - 3.10.3.5. Ensure bibs are not reused prior to proper washing and drying protocol.

3.11. Stadium:

- 3.11.1. Separate entrance and exit location(s) to the stadium.
- 3.11.2. Clearly communicate the direction of travel.
- 3.11.3. Use a protocol that will deal safely with athletes' belongings in the start/finish.

3.12. Start:

- 3.12.1. Maximize the size of the start pen.
- 3.12.2. Consider limiting time in the start pen (i.e. 10min before start).
- 3.12.3. Set-up start pen to allow for 2 meters of physical distance.
- 3.12.4. Have athletes wear a mask in the start pen, until they go into a start grid where there are clear positions marked at 2 meters apart.
- 3.12.5. Have athletes receive transponders with masks or have athletes take their own transponder (with direction from an official/volunteer).
- 3.12.6. Consider starts that better maintain physical distancing and reduce volunteer time directly with athletes (duel start, wave start, individual start).
- 3.12.7. Ensure garbage cans are clearly marked.

3.13. Finish:

- 3.13.1. Maximize the size of the finish pen.
- 3.13.2. Distribution of one time use masks at the finish or the quick ability for athletes to grab their own mask.
- 3.13.3. Direct traffic away from high volume areas.
- 3.13.4. Athletes can be directed to drop bib and transponders in a specific place.
- 3.13.5. At the end of the competition, bibs and transponders should be handled with gloves. Transponders should be disinfected after each use. The bibs must be washed with laundry soap and the wash, dry cycle or both should be with the high heat setting after each use.
- 3.13.6. Have multiple sets of bibs if available or one use paper bibs.
- 3.13.7. Have all participants bring their own meals/snacks/drinks.
- 3.13.8. Encourage athletes to leave the finish area quickly (avoid coach-athlete discussions in/around the finish area). No coaches or support staff are allowed in this area, unless there is an emergency.
- 3.13.9. Ensure garbage cans are clearly marked.

3.14. Wax cabins:

- 3.14.1. Reduce use when possible.
- 3.14.2. Limit the number of waxers and wear a mask.
- 3.14.3. Consider implementing a wax protocol.
- 3.14.4. Wax skis at accommodation or outside if possible.
- 3.14.5. Open air wax tents with physical distancing and mask use.

3.15. Course:

- 3.15.1. Skiing remains low risk - can maintain 2 meters physical distance. Can wear buff and glasses as extra precaution (athlete choice).

4. Participant responsibilities

- 4.1. In order to participate in an Nordiq Alberta sanctioned event, all participants (coaches, athletes, officials, volunteers) must register on Zone4 and verify that they meet Nordiq Alberta's COVID-19 Protocol requirements:
 - 4.1.1. Participants that are 12 years of age or older must be fully immunized against COVID-19 as [defined by Alberta Health](#) ¹
or
Provide a negative PCR test taken within 72 hours prior to bib pick up on the first day of competition.
 - 4.1.1.1. Nordiq Alberta will be following Alberta Health Guidelines throughout the season for participants under the age of 12.
 - 4.1.2. Participants must be prepared to provide proof of immunization or a negative PCR test at any point in a Nordiq Alberta sanctioned event.
 - 4.2. Any documentation that is required to participate in a Nordiq Alberta sanctioned event must be authentic. If it is determined that any documentation submitted to participate in a Nordiq Alberta sanctioned event is deemed to be not authentic, the participant will be ineligible to take part in the event and further sanctions may be applied.
 - 4.3. Participants are reminded that all Nordiq Alberta events do not allow harassment of any sort. Harassment may result in sanctions being applied.
 - 4.4. Stay home and arrange for testing if you have been around someone with COVID-19 or if you experience symptoms such as a cough, fever, breathing difficulties, loss of taste or smell, severe fatigue.
 - 4.5. Limit time at the venue. Arrive. Train/Compete. Depart.
 - 4.6. Participants should wear masks at all times, unless skiing.
 - 4.7. A buff can be used as a non-medical mask, so long as it's worn properly (i.e. masks must cover both the mouth, nose, and have two layers). Bring multiple masks as breathing + cold can freeze them.
 - 4.8. Bring your own equipment.
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<https://open.alberta.ca/dataset/eb2de753-fc10-45f8-9c7b-dfe191e23558/resource/705e526b-515a-4578-9af3-a8dc789ae973/download/health-aip-defining-fully-immunized-covid19-2021-11-15.pdf>

- 4.9. Keep your personal belongings to a minimum (water bottle, food, change of clothing, competition equipment, mask).
- 4.10. A change of clothing, especially race gloves and buffs/masks, could be a good idea for athletes in between the race and cool-down.
- 4.11. Athletes are encouraged to wash gloves & other race clothing in between races to increase sanitary measures and personal hygiene.
- 4.12. Limit time spent in public washrooms and utilize washrooms at your residence. If you do use the public washroom, practice extremely good hygiene.
- 4.13. Wash hands often with soap and water for 20 seconds and/or use hand sanitizer regularly.
- 4.14. Participants must read and follow the COVID-19 protocols listed on the Race Notice and on the Registration page
- 4.15. Participants who test positive for COVID-19 should immediately notify the host organizing committee, including positive COVID-19 results up to 14 days after the event.

5. COVID-19 Specific Competition Guidelines

- 5.1. Persons allowed at the competition venue
 - 5.1.1. Follow the most current AHS guidelines on the maximum number of persons allowed at the competition venue.