



TECHNICAL PACKAGE

Technical packages are a critical part of the Saskatchewan Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the organizing committee by detailing tournament formats and scoring procedures, assist the Districts and Provincial Sport Governing Bodies (PSGB) in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coaching certification by stating minimum requirements and generally contribute to athlete development by identifying each PSGB's version of developing young amateur athletes.

Every Saskatchewan Games' coach, manager, host sport directors, District sport contacts and District sport councils 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 Games and 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 Saskatchewan Games Council or the respective PSGB.

Technical Packages are developed primarily by PSGBs, following principles, guidelines and requirements of the Saskatchewan Games Council. As the overall governing body of the Games, the Council has the ultimate authority for Technical Packages, but this authority is exercised only with the knowledge and understanding of the PSGB concerned.

Changes initiated by the PSGB must be directed to the Saskatchewan Games Council for approval. The proposed changes must have solid rationale for enhancing the sport technical requirements. Changes to age groups, eligibility requirements and team sizes or staff complements after 18 months prior to the games will not be considered.

Saskatchewan Games Athlete Eligibility

1. The Saskatchewan Games shall be open to Saskatchewan residents who are Canadian citizens or who have landed immigrant status for a minimum period of one year prior to the Games.
2. Each District team shall be comprised of eligible athletes whose Saskatchewan domicile or actual residence for at least six months prior to the Games, was located within the recognized boundaries of the District they are representing. In the event an athlete moves from one District to another, less than six months prior to the start of the Games, a special request may be made to the Saskatchewan Games Council to determine eligibility.
3. Students enrolled and attending secondary or post-secondary school on a full-time basis outside their District residence may elect to compete in a District play down in either their home District or academic resident District, but not both.

Students attending a secondary school outside their home District must be enrolled in a minimum of 60% of the eligible credits to be considered a full-time student.

Students attending a post-secondary school outside their home District must be enrolled in a minimum of the equivalent 3 full time classes per year to be considered a full-time student.

4. First Nation athletes who reside and attend school in one District but are members of a First Nation Reserve in another District may elect to participate in either District, but not both. If they try out for one District and are not selected for that team, they are not permitted to try out for that sport in another District.
5. Athletes who have shared custody in a split marriage must participate in the District in which they currently attend school. If an athlete is transferring schools to live with the other parent or guardian in another District in the year of the Games, then the school that the athlete previously attended will be the District they participate in.
6. Athletes residing outside Saskatchewan:

Individual Sports:

Athletes residing at an address outside Saskatchewan are eligible to participate in the Saskatchewan Games if they meet the following conditions:

- They reside near the Saskatchewan boundary and attend school on a full-time basis in a recognized Saskatchewan education system;
- In the year of the Saskatchewan Games they must be a registered member of the appropriate Saskatchewan Provincial Sport Governing Body and shall not be a member of another province;
- They are eligible for membership with a PSGB in Saskatchewan.

Team Sports:

If a team has members from outside the Province of Saskatchewan, the team will be eligible if these criteria are met:

- The majority of the team resides in Saskatchewan or attends school on a full-time basis in a Saskatchewan based education system, and the others live within reasonable commuting distance;

- In the year of the Saskatchewan Games they must be a registered member of the appropriate Saskatchewan Provincial Sport Governing Body and shall not be a member of another province;
- They are eligible for membership with a PSGB in Saskatchewan.

7. District Team Eligibility

Sports using Club Team selection

When a team roster is comprised of athletes residing in different Districts, the following criteria will determine which District the team will represent:

- In the year of the Saskatchewan Games they must be a registered member of the appropriate Saskatchewan Sport Governing Body;
- Where a team has members from two or more Saskatchewan Games Districts, and is registered in a recognized league, it shall compete in the District where the majority of the players reside. Teams in this position may have members living in adjacent Districts within reasonable commuting distance.

8. The Games shall be open only to amateur athletes recognized as such by the applicable PSGB.
9. For each Games an athlete may participate in one sport only in each half, however an athlete may elect to try out for different sports in the District team selection process. Upon acceptance of selection to a District team in that half the athlete must remain with that team until the completion of the Games and is not eligible to try out for another sport.
10. Coaches, managers and athletes may participate in more than one sport. However, they may only participate in one sport in each half of the Games.
11. The age classification for participation in the Saskatchewan Games is based on the LTAD model for each sport. Recognizing the multi-sport environment that athletes are exposed to at the Games, each sport shall consider the maturity level of the athlete when establishing its age classification.
12. Eligibility of athletes for the Saskatchewan Games program must be clearly identified by the PSGB in each respective sport technical package.
13. Prior to the Games, the eligibility of any athlete not clearly established by these rules shall be determined by the Saskatchewan Games Council. During the Games the eligibility shall be determined by the Games Jury.
14. Coaches, managers and athletes of the District team must stay in the athletes' village during the Games.

CROSS COUNTRY SKI & PARA-NORDIC TECHNICAL PACKAGE

**2023 Saskatchewan Winter Games
February 19 – 25, 2023
Regina, Saskatchewan**

1.0 SPORT

- 1.1 Competition Site: Foothills and Douglas Park Trails
 - 1.2 Competition Dates: February 22 – 25, 2023
 - 1.3 Sanction: Cross Country Saskatchewan
-

2.0 PARTICIPANTS

- 2.1 Number of Competitors per District: 6 Male and 6 Female
- 2.2 Coaches and Managers per District: 2 Coaches and 1 Manager

Note: Sports that have both male and female competitors must ensure that at least one coach/manager is of the opposite gender.

3.0 CLASSIFICATION

- 3.1 Junior category:
 - Years of Age: 11, 12 and 13
 - Year of Birth: 2009 to 2011
 - 3 females and 3 males
- 3.2 Senior category:
 - Years of Age: 14, 15 and 16
 - Year of Birth: 2006 to 2008
 - 3 females and 3 males
- 3.3 Para Nordic Sit:
 - Years of Age: 10 – 20
 - Year of Birth: 2001 to 2011
 - 2 females and 2 males
- 3.4 Para Nordic Standing:
 - Years of Age: 10 – 20
 - Year of Birth: 2001 to 2011
 - 2 females and 2 males

**As of December 31, 2022

4.0 ELIGIBILITY

- 4.1** Athletes: Athletes must hold a valid CCS Competitor License and belong to a Cross Country Saskatchewan member ski club.
- 4.2** Coaches: Minimum CC certified for one coach. CCS recommends that Districts work towards having one coach trained at the CCI (L2T) level or above.

As a coach or manager of a District team you will be volunteering with children, who are vulnerable members of our society. As per the policy of the Saskatchewan Games Council, all coaches and managers are required to undergo a Criminal Record Check and a Vulnerable Sector Check.

All coaches must have a valid coaching license from Nordic Canada

As per the mandatory requirements for all sports in Saskatchewan the "Respect in Sport" online training program must be taken by all coaches. It is strongly recommended that managers take the online training to ensure that as youth leaders they recognize, understand and respond to issues of abuse, bullying and harassment.

- 4.3** Exclusions: None

5.0 PROVINCIAL REGISTRATION

Sask Ski Association
Alana Ottenbreit
1860 Lorne Street
Regina, SK S4P 2L7
Phone: (306) 780-9240
Email: ccs@sasktel.net

6.0 PROVINCIAL TECHNICAL LIAISON

Dan Brisbin
226 Churchill Drive
Saskatoon, SK S7K 3Y7
Phone: (306) 280-1709
Email: danbrisbin@sasktel.net

7.0 COMPETITION

- 7.1** Type of Competition: Cross country ski races

- 7.2** Events:

Race 1: Interval start classic race (Juniors ~5km, Seniors ~8 km).

Race 2: Free technique sprint qualification and heats (Juniors ~400m, Seniors

~800m).

Race 3: Relay race: 3-person Junior team and 3-person Senior team in each gender. (4 relay teams per District). Each leg 1.5 to 3 km long.

Para Sit Race 1: Interval start race (2.5km).

Para Sit Race 2: Sprint qualification and heats (200m). Para Standing Race 1: Interval start race (2.5km).

Para Standing Race 2: Sprint qualification and heats (400m).

Para Relay Race 3: 2-person para team in mixed division (1 Sit, 1 Standing). Each leg 500m (Sit) 1.5 km (Stand).

Note: Distances and race formats are subject to revision after inspection of the venue and discussions with the LOC.

7.3 Playoff Format: Interval start distance race and relay race are single competitions that don't need a subsequent playoff. Sprints begin with an interval start competition to rank competitors for heat selections (based on time). Heats consist of 4 to 5 competitors with the fastest 2 or 3 from each heat advancing to semifinals then the fastest 2 or 3 from each semifinal advancing to the finals.

7.4 Seeding: Random draw

8.0 RESULTS

Order of finish from fastest to slowest in mass start races. Fastest time to slowest time as recorded by Nordiq Canada approved software and timing equipment in interval start races.

9.0 TIE BREAKING PROCEDURE

Highly unlikely with electronic timing to ~0.2 second accuracy but if a tie does occur it will be resolved as per the current edition of Nordiq Canada Canadian Competition Rules.

Video or photographs may be used to confirm competitor ranking in mass start format races (including sprints and relays).

10.0 SPORT PROTEST PROCEDURE

The procedure for fairly handling protests will follow that described in the current edition of the Nordiq Canada Canadian Competition Rules (ICR-CCR) valid at the time the 2022 Saskatchewan Winter Games competitions are held.

11.0 EQUIPMENT

- Track-setting equipment consisting of snow machine and drags
 - Electronic timing equipment (Summit timers, start wand, plungers, stadium clock)
 - Team/wax trailers or tents and warm-up building
 - Race office and officials' room
 - Timing and results room or shack with view of start and finish, electronic power, heat and preferably internet
 - Equipment storage (skis, poles) for athletes
 - Computer and printer (with extra toner cartridges)
 - Emergency equipment - snow machines, toboggan, blankets, first aid kit, radios
-

12.0 SPORT JURY

As per Nordiq Canada Canadian Competition Rules (ICR-CCR) valid at the time the 2022 Saskatchewan Winter Games competitions are held. A Jury consisting of the Provincial Technical Liaison person and two other major officials will be established to rule on rule infractions and protests.

13.0 OFFICIALS REQUIRED

13.1 Major Officials:

- Technical Delegate (PTL)
- Assistant Technical Delegate preferable (as a developmental opportunity)
- Chief of Competition ("Sport Chair")
- Race Secretary
- Chief of Course
- Chief of Stadium
- Chief of Start, Timing and Results
- Chief of Controllers

13.2 Minor Officials:

- Course groomers - 2
 - Stadium set-up/take down crew - 4 (can do other functions during race)
 - Race office (start lists, bib distribution, results posting, temperature checks) - 3
 - Controllers and course marshals - 4
 - Starter - 1
 - Assistant starters - 2
 - Start bib poster - 1
 - Clothing stewards - 2
 - Finish referee - 1
 - Finish electronic timing - 6 (2 x plunger, poster, caller)
 - Finish line manual timing - 3 (timer, caller, poster)
 - Finish line camera operator - 1
 - Finish line stewards - 2
 - Runner - 1
 - Results operators - 2
 - Announcer - 1
 - Forerunners - 4 (nice to have, could be coaches)
-

14.0 MEDICAL SERVICES

Use Canadian Ski Patrol or suitable alternative with medical officer in stadium during all competitions and official training times. Snowmobile, toboggan and driver must be available during all competitions and official training times. Vehicle suitable for transporting injured skiers to hospital must be available near the stadium during all competitions and official training times. An emergency plan must be developed and must be known by all major officials. This plan must include emergency phone numbers (e.g., 911) and the capability of connecting to them by cell phone and/or landline from the stadium or race office. Medical staff, course controllers and the Jury must be able to communicate by radio.

15.0 MEDALS

| Event | Gold | Silver | Bronze |
|---------------------|-------------|---------------|---------------|
| Interval Start | 4 | 4 | 4 |
| Sprint | 4 | 4 | 4 |
| Relay | 12 | 12 | 12 |
| Para Interval Start | 4 | 4 | 4 |
| Para Sprint | 4 | 4 | 4 |
| Para Relay | 4 | 4 | 4 |
| Total | 32 | 32 | 32 |

16.0 DISTRICT TEAMS SELECTION CRITERIA

Will be set by each District in conjunction with Cross Country Saskatchewan.

17.0 PROVINCIAL SPORT CONTACT

Alana Ottenbreit
1860 Lorne Street
Regina, SK S4P 2L7
Phone: (306) 780-9240
Email: ccs@sasktel.net
