



2023 Canada Winter Games Cross Country Ski & Para-Nordic Technical Package



Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the Host Society by detailing competition formats and scoring procedures, assist Provincial/Territorial (P/T) Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coach certification by stating minimum requirements, and generally contribute to athlete development by identifying each National Sport Organization's (NSO) version of athletes in the "Train to Compete" phase of its Long Term Development (LTD) model, or other suitable phase of LTD as justified by the NSO.

Technical Packages are developed 36 to 24 months prior to the Canada Games primarily by NSOs, following the Canada Games Council's (CGC) [Principles that Govern Technical Packages](#). As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO.

Relevant Games stakeholders, specifically Provincial/Territorial Sport Organizations (P/TSOs) and P/T team staff, are encouraged to review the Technical Package in detail to ensure a thorough understanding. If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will submit the requested change or clarification to the CGC for consideration. Timelines for requesting changes to major elements of the Technical Package (i.e. team sizes, age categories, eligibility restrictions, events, competition formats) are outlined in the Principles that Govern Technical Packages. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six [6] months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games stakeholders early.

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2023 Canada Winter Games

Cross Country Ski & Para-Nordic Technical Package

1. SPORT: CROSS COUNTRY SKI & PARA-NORDIC

2. PARTICIPANTS

2.1. Athletes

Able bodied: 6 Males, 6 Females

Para-Nordic: 2 Males, 2 Females

All registered athletes must intend to compete in at least one event.

2.2. Staff

3 Coaches (1 designated for Para-Nordic)

1 Manager

1 Wax Technician

- If there are female athletes on the team, one of the coaches must be female. If there are male athletes on the team, one of the coaches must be male.
- If there are no Para-Nordic athletes on the team, only 2 coaches are permitted.
- Each P/T entering one skier requiring the use of a guide will be allowed one guide position who will be accredited as an athlete. A P/T entering 2 or more skiers requiring the use of a guide will be allowed 2 guide positions who will be accredited as athletes. If required, guide alternates will be identified by Nordiq Canada's Para High-Performance Manager.

2.3. Additional Team Staff*

- Apprentice Coach
 - See [Women in Coaching Canada Games Apprenticeship Program](#)
 - See [Aboriginal Apprentice Coach Program](#)
 - Apprentice coaches have the same access as athletes and team staff.

- Venue Pass Holder
 - See [Venue Pass Holder Policy](#)
 - Venue Pass Holders do not have access to the field of play
 - Venue Pass Holder's venue access
 - Sport Operational Zone (Zone 2)
 - Back of House Zone (Zone 3)

* Additional team staff positions are administered by the P/T Team. Positions must be applied for based on each P/T Team's process. For information pertaining to the process in your P/T contact your Chef de Mission.

2.4. Support for Participants

The Canada Games Council recognizes there can be barriers to participation/attendance at the Canada Games. The below policies have been developed to provide support to participants when required:

- [Support for Nursing Mothers Policy](#)
- [Participant Assistant Policy](#)

3. CLASSIFICATION

Able bodied: Twenty (20) years of age and under as of December 31, 2023.
Year of birth: 2003 or later.

Para-Nordic: Thirty (30) years of age and under as of December 31, 2023.
Year of birth: 1993 or later.*

*In keeping with the objective of targeting athletes within the Training to Compete (TTC) level of Long-Term Development (LTD), age exceptions may be provided to Para-Nordic athletes born prior to 1993. The CGC and Nordiq Canada recognize that an age-dependent criterion may not adequately reflect the entry of the athlete into Para-Nordic skiing due to late onset disabilities through injury or medical condition. The CGC in cooperation with Nordiq Canada's Para-Nordic Committee will consider these special cases up to December 1, 2022. A Province/Territory may only receive 1 age exemption per gender for the 2023 Games and only if there are no other available athletes who meet the age category. Overage athletes must meet all other eligibility restrictions as outlined in section 4.1. Athletes selected through the Para Athlete Reallocation Policy must meet the age category, no exemptions will be granted.

4. ELIGIBILITY

4.1. Athletes

All athletes must meet the eligibility regulations outlined in CGC's [Eligibility Policy](#).

All competitors must hold a valid Nordiq Canada Racing License.

Excluded from the Canada Games are:

ABLE BODIED:

- Senior National Team Members - Defined as: Athletes who have held an SR, SR1, SR2 or C1 card at any time; and/or athletes who are part of (on the roster of) a standing Senior National Team (i.e. recognized as a Senior National Team member regardless of event participation)
- Athletes who have previously competed at the following events:
 - Senior World Championships
 - World Cups (domestic World Cups not included)
 - Olympic Games

PARA-NORDIC:

Excluded from the Canada Games are:

- Senior National Team Members - Defined as: Athletes who have held an SR, SR1, SR2 or C1 card at any time; and/or athletes who are part of (on the roster of) a standing Senior National Team (i.e. recognized as a Senior National Team member regardless of event participation)
- Athletes who have medalled at a World Para Nordic Skiing (WPNS) World Cup
- Athletes who have finished within the top 33% of the field at the WPNS World Championships or Paralympic Winter Games
- Non-classified athletes. Classification by an WPNS Classifier or Canadian Blind Sports Classifier must take place before December 16, 2022. See Para-Nordic section of Nordiq Canada website:
<https://nordiqcanada.ca/wp-content/uploads/Para-Nordic-Classification-Policy.pdf>

No athlete can be rendered ineligible within 90 days of the opening of the Games due to National Team status, carding status or competing in an excluded event (i.e., if an athlete is granted National Team status for the first time, carding status or competes in an excluded event after November 20, 2022 they will still be considered eligible to compete at the 2023 Canada Games).

* Athletes who hold a C1 card (as defined by Sport Canada’s Athlete Assistance program) or are in their first year of Senior National Team status may be deemed eligible on a case by case basis. Requests must be submitted to the respective P/T Team Chef de Mission and approved by the Canada Games Council’s Eligibility Committee.

4.2. Coaches

Coaches registered in the Canada Games electronic registration system must be Nordiq Canada NCCP Competition Coaching Development (CCD) certified.

Para-Nordic coaches must be Nordiq Canada NCCP Competition Coaching Development (CCD) certified in the Para Context.

Coaches must be so certified no later than 90 days prior to the opening ceremony (November 20, 2022).

Please note that “NCCP Competition-Development Certified, Not Renewed” does not qualify under the coaching standards for the 2023 Canada Winter Games.

Please refer to the CGC’s [Coach Certification Policy](#) for additional information:

For more information on the coach certification pathway for Cross Country Ski, please see Appendix 1.

5. **COMPETITION**

5.1. Events

ABLE-BODIED

MALE	10 km	Classic technique; interval start (3.3 km x 3)
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	1,200-1,400 m	Sprints (classic technique; top 30 to quarterfinal heats)
	15 km	Free technique; mass start
FEMALE	7.5 km	Classic technique; interval start (2.5 km x 3)
	1,200-1,400 m	Sprints (classic technique; top 30 to quarterfinal heats)
	10 km	Free technique; mass start
MIXED (2 men & 2 women)	4 x 5 km relay	Free technique. Two official teams per P/T will be permitted. Unofficial teams of 2 men + 2 women may be formed with extra skiers.

Six men and six women team members may compete in all individual competitions. Start order will be determined as follows:

- Interval Start Races – grouped by Canada Points (Distance) and randomly seeded within groups; starting order of the groups to be decided by the Jury
- Sprint Qualification – order by Canada Points (Sprint) i.e. best start first
- Mass Start – order by Canada Points (Distance) i.e. best in first position
- Mixed Gender Relay – Start order by combined Distance points of team members. Each P/T will be eligible to position one team in Group A. P/T's second team will be positioned in Group B. Among all Group A teams, the P/T team with the highest total Distance points will start as number one, the P/T team with the second highest total points will start as number two in the Chevron and so on until all Group A P/T-designated teams are placed. The positioning of P/T teams in Group B will follow the same protocol. Unofficial teams will be positioned by combined points at the back of the start grid. In the case of teams having equal total points, the team with the highest point-holder starts ahead of the other. Skier order will be as follows: Leg 1 - men, Leg 2 - women, Leg 3 - men, Leg 4 - women.

PARA-NORDIC

Para-Nordic competitions will be run as two categories: sitting (sit-skiing class) and standing (visually impaired and standing classes, a combined category).

In the standing category, athletes classified as visually impaired will be compared to standing classified athletes to determine final race results in both male and female events by applying percentage formulas (as per WPNS rules) correlating standing skiers' performances with visually impaired skiers' performances. In the sitting category, results will be determined by applying percentage formulas (as per WPNS rules) specific to the athletes' disability classes.

In that respect, race courses used for Para-Nordic events will be designed (slopes, turns, etc.) in order to be fair for all Para-Nordic athletes within each of the three categories.

MALE		
SITTING:	2.5 km	Para-Nordic, interval start, fastest first
	600-800 m	Sprints (top 8 to semi-finals)
	5 km	Para-Nordic, interval start
STANDING:	2.5 km	Para-Nordic, classic technique*, interval start
	900-1200 m	Sprints (classic technique; top 8 to semi-finals)
	5 km	Para-Nordic, free technique, interval start
FEMALE		
SITTING:	2.5 km	Para-Nordic, interval start, fastest first
	600-800 m	Sprints (top 8 to semi-finals)
	5 km	Para-Nordic, interval start
STANDING:	2.5 km	Para-Nordic, classic technique*, interval start
	900-1200 m	Sprints (classic technique; top 8 to semi-finals)
	5 km	Para-Nordic, free technique, interval start

All four athletes may compete in all Para-Nordic competitions.

*Para-Nordic sit-skiers require as level a surface side to side (full trail, not just tracks) as possible to prevent side slipping and properly banked corners on downhill.

5.2. Weather Protocol

Weather protocol can be found on page 120 of the [ICR-CCR document](#) on the Nordiq Canada website.

6. TIE BREAKING RULES - COMPETITION

If two or more competitors have the same time in the Interval Start Races, they shall have the same placing on the final list. If titles or medals are to be distributed, all those tied shall receive the same title and/or medal.

7. REGISTRATION & EVENT ENTRIES

7.1. Canada Games Council Registration Deadline

All participants (athletes, coaches, managers and additional team staff) must be registered in the Canada Games electronic registration system no later than 14 days prior to the Opening Ceremony (February 4, 2023).

7.2. Event Entry Deadline

Event entries for each athlete will be confirmed at the Coach/Manager meeting held prior to the first event.

8. SPORT SCORING POINTS

Sport scoring points are a tool used to determine the performance of a P/T Team across all events within a sport. At the conclusion of an event, sport scoring points will be awarded using the following criteria:

8.1. Individual Events

- Athletes will be ranked from first through last place in able bodied events. Para-Nordic positions will be determined by adjusting real time by the percentage for each athlete according to their classification.
- For able bodied events, each Province/Territory's four (4) best positions will count for sport scoring points. For Para-Nordic events, each Province/Territory's best position will count for sport scoring points. Other scores are omitted.
- If an athlete does not finish or is disqualified, the athlete will not receive sport scoring points
- If there is a tie, points will be shared equally between competitors (i.e. If two athletes are tied for first then each competitor would receive 97.5 points $[(100+95)/2]$ and 3rd place points would be awarded to the next finisher)
- Each event will be scored separately
- Sport scoring points for individual able bodied and Para-Nordic events will be awarded based on the charts below:

ABLE-BODIED:

Pos	PTS	Pos	PTS	Pos	PTS	Pos	PTS	Pos	PTS
1st	100	17th	63	33rd	47	49th	31	65th	15
2nd	95	18th	62	34th	46	50th	30	66th	14

3rd	90	19th	61	35th	45	51st	29	67th	13
4th	87	20th	60	36th	44	52nd	28	68th	12
5th	84	21st	59	37th	43	53rd	27	69th	11
6th	81	22nd	58	38th	42	54th	26	70th	10
7th	78	23rd	57	39th	41	55th	25	71st	9
8th	76	24th	56	40th	40	56th	24	72nd	8
9th	74	25th	55	41st	39	57th	23	73rd	7
10th	72	26th	54	42nd	38	58th	22	74th	6
11th	70	27th	53	43rd	37	59th	21	75th	5
12th	68	28th	52	44th	36	60th	20	76th	4
13th	67	29th	51	45th	35	61st	19	77th	3
14th	66	30th	50	46th	34	62nd	18	78th	2
15th	65	31st	49	47th	33	63rd	17		
16th	64	32nd	48	48th	32	64th	16		

PARA-NORDIC:

Pos	PTS	Pos	PTS	Pos	PTS	Pos	PTS	Pos	PTS
1st	50	7th	26	13th	14	19th	8	25th	2
2nd	45	8th	24	14th	13	20th	7	26th	1
3rd	40	9th	22	15th	12	21st	6		
4th	35	10th	20	16th	11	22nd	5		
5th	30	11th	18	17th	10	23rd	4		
6th	28	12th	16	18th	9	24th	3		

For Provincial/Territorial teams that have received additional athletes through the CGC's [Para Athlete Reallocation Policy](#), coaches will be required to select four (4) Para-Nordic athletes (2 per gender) whose results will count towards sport scoring for the entirety of the Games. The names of the four (4) athletes whose results will count towards sport scoring must be provided to the Competition Secretary prior to the start of the Games.

For sport scoring purposes only, the final rank of non-scoring para skiers (skiers designated as not eligible for sport scoring as determined by the Provincial/Territorial coaches) will not be considered and the remaining athletes will be re-ranked to provide the official sport scoring results. Medals will be handed out in order of finish and will include non-scoring para skiers (as stated below in section 10).

For example, for Para-Nordic races the sport scoring would be as follows, assuming Athlete B is a non-scoring para-nordic skier:

Athlete A finishes 1st and receives 40 points – 1st place points
 Athlete B finishes 2nd and receives 0 points – no points
 Athlete C finishes 3rd and receives 35 points – 2nd place points
 Athlete D finishes 4th and receives 30 points – 3rd place points

Athlete B would be awarded the silver medal.

8.2. Relay Events:

In the Relay events there are 26 scoring positions, with points allocated for 1st through 26th. Only teams that complete all legs of the relay will be allocated points. Unofficial teams are not eligible for points or medals. In the case where unofficial teams finish ahead of official teams, the final rank of official teams for scoring will be advanced as if the unofficial teams were not in the race.

Position	Points	Position	Points	Position	Points
1st	200	10th	52	19th	24
2nd	160	11th	48	20th	22
3rd	120	12th	44	21st	20
4th	100	13th	40	22nd	18
5th	90	14th	36	23rd	16
6th	80	15th	32	24th	14

7th	72	16th	30	25th	12
8th	64	17th	28	26th	10
9th	58	18th	26		

9. FLAG POINTS

Games to Games performance by a P/T Team at the Canada Games is measured by accumulated Flag Points. Every P/T Team is awarded Flag Points for its ranked performance in each sport in which it competes.

In Cross Country Ski & Para-Nordic, Flag Points will be awarded together for female and male events based on the total of sport scoring points awarded.

After ranking the P/T Teams from first to last, and after any ties have been resolved as detailed in Section 10 (Tie Breaking Rules - Flag Points), Flag Points will be awarded as follows:

Position	Points	Position	Points	Position	Points
1st	20	6th	10	11th	3
2nd	18	7th	8	12th	2
3rd	16	8th	6	13th	1
4th	14	9th	5		
5th	12	10th	4		

10. TIE BREAKING RULES - FLAG POINTS

- If a tie occurs in the final Provincial/Territorial team standing, the Province/Territory with the greater number of first places will be assigned the higher rank.
- If the tie persists, the procedure is repeated for second places.
- If necessary, the procedure is repeated for third places, then fourth places, etc.

- If the tie persists, the Province/Territory with the higher standing in the last event completed will be assigned the higher rank.
- If necessary, the procedure will be repeated for the second last event completed, and the third last, etc.

NOTE: When a triple tie occurs and is only partially resolved, the remaining ties will be resolved by returning to priority #1 and proceeding through the order again.

11. MEDALS

The Canada Games will award medals to athletes only.

GOLD*: 22 (one per gender for individual, 4 for the team relay).

SILVER*: 22 (one per gender for individual, 4 for the team relay).

BRONZE*: 22 (one per gender for individual, 4 for the team relay).

*If an athlete with a visual impairment medals, a medal is also to be awarded to that athlete's Guide.

Athletes selected to compete in the Para-Nordic events through the Para Athlete Reallocation Policy will be eligible to win medals.

12. COMPETITION UNIFORM

Provincial/Territorial team colours must be worn. Additional information on each Provincial/Territorial team's colours can be found in Appendix C of the CGC's [P/T Team Uniform and Sponsorship Policy](#).

The Host Society will supply competitor bibs for the races, including training and Guide bibs for Para-Nordic skiers.

13. EQUIPMENT

Nordiq Canada rules will govern the competition.

14. PROTEST & APPEALS

14.1. Canada Games Council Appeal Policy

Appeals relating to the Cross Country Ski Technical Package or any decisions made by the CGC will be made in accordance with the CGC's [Appeal Policy](#).

14.2. Competition Protests

Protest and Appeals guidelines can be found on page 110 in the [ICR-CRR document](#) on the Nordiq Canada website.

15. ANTI-DOPING

The CGC adopts the Canadian Anti-Doping Program (CADP) Covenant as a fundamental commitment to engage in a cooperative and collaborative effort to eliminate doping in sport and to support harmonized, coordinated and effective anti-doping measures in Canada. Any Canada Games participant (athlete, coach, manager, technical support, or other person) found to have committed an anti-doping rule violation at the Canada Games (as determined pursuant to the CADP) will be subject to all of the penalties and consequences, as outlined in the [Canadian Anti-Doping Program](#).

16. APPENDICES

Please review the attached appendices as they form an integral part of this technical package.

- APPENDIX 1 - Coach Certification Requirements
- APPENDIX 2 - Performance Guidelines

APPENDIX 1 - COACH CERTIFICATION REQUIREMENTS

Detailed information on the Competition Coaching Development (CCD) pathway and requirements to achieve certification can be found on the Nordiq Canada website [here](#).

APPENDIX 2 - PERFORMANCE GUIDELINES

The following Performance Guidelines have been established by the respective NSO, at the request of the CGC and the Federal-Provincial/Territorial Sport Committee (FPTSC), to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Training to Compete phase of LTD. These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams. These Guidelines are not required selection criteria.

[Para-Nordic Performance Guidelines](#)