

NL CUP SERIES

Technical Guidelines

The NL Cup Series is season long competition in Newfoundland and Labrador. It includes five (5) Regional Race weekends with a mixture of mass start, interval start, and sprint racing. Competitors results will be used to create a ranking list whereby at the end of the last racing weekend overall winners may be announced. Competitions are held in accordance with CCC Rules & Regulations

1. SITE SELECTION

Sites are chosen to ensure the greatest number of participants and fairness to all clubs. Sites are also selected based on their ability to guarantee quality organization and appropriate courses/distances for developing athletes. Each year, there is one NL Cup event held in Northern, Eastern, Western, Central and Labrador.

2. SANCTIONING

All events (interval, sprint, mass and relay) in the NL Cup Series are provincially sanctioned. Events may also be Nationally sanctioned at the discretion of the host club. Anyone is eligible to participate in the NL Cup race series.

3. RACE NOTICE

The race notice and registration information MUST be posted on ZONE4 a minimum of four (4) weeks in advance of the competition. Organizers should also forward race notice to CCNL executive for distribution at this time. The ZONE4 posting must include NL Cup # in the title and registration list must be public. Registration must include categories defined by Year Of Birth (YOB) category name, and distance. Entries must close no later than Wednesday prior to the competition.

With the exception of sprint races, Saturday's race start time is usually 11:00 am to allow sufficient preparation time for skiers from nearby communities traveling to the event the morning of the race. Sunday's race start time is usually at 10:00 am (9:00 if sprints) to allow more travel time for skiers traveling long distances home. The race notice should be planned carefully so that there are no changes after it is posted.

4. RACE CANCELLATION

A decision on event cancellation or change of site due to lack of snow will be made by the organizing committee and the Technical Delegate.

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, please include a basic accommodation list with phone numbers.

5. COACHES MEETINGS AND DRAW

The draw should be held no later than the Thursday night before the event. This is for the convenience of the event organizers. Skiers in Bantam Boy/Girl and younger categories should not be seeded, but grouped according to their category and their positions determined by a normal draw procedure.

Coaches Meetings are generally not held at NL Cup events to allow coaches (who are often traveling long distances as well as preparing young and inexperienced athletes for the competition) to spend more time with their team. It is therefore important that the race notice is complete with all the necessary information that the coaches require. Coaches meetings will be held at the discretion of the club and may also be held by video or conference call.

6. START AND RESULT LISTS

Younger age categories (Bantam and younger) MUST be first on the start list.

Categories Bantam and younger shall be seeded using a draw method.

Categories Midget and older shall be seeded using the NL Cup Points list located at: <http://crosscountrynl.com/standings>

It is recommended that the race schedule begin with Atoms and work up to Peewee. Juvenile and older age categories should be started in whatever order works best for the organizers when all the implicating factors are considered.

Note: It is preferred that races happen on multiple short loops and that categories Midget and older should be started together using NL Cup Seeding if they are on the same course. This is intended to create a busier race course with more racer interaction.

Both start and results list MUST include the year of birth and name of home club for each athlete. The official results should be presented by age categories, not year of birth. The start list should be posted on ZONE4 and at the race site no later than 8PM the evening before each event.

7. COURSE INSPECTION

The competition courses must be properly groomed and marked for inspection on the afternoon prior to the first event. Many participants will arrive in time to familiarize themselves with the course and they should find the courses for Saturday's competition clearly marked out. It is very important that the courses are marked correctly. A course map displayed in the stadium area is not sufficient. Classic tracks are not set for the Free Technique events at this level of competition. However, because this Series is a junior development program, classic tracks do need to be set on the side of the course used for the Atoms age category in all events except the sprints.

8. TIMEKEEPING

An electronic timing system is required. Clubs may have access to this equipment either through ownership or by borrowing from other sport groups in their community. ZONE4, Cross Country Canada's official race management software must be used.

9. AWARDS FOR THE INDIVIDUAL EVENTS

Medals and awards will be distributed at the discretion of the host club.

It is recommended that all entries in the Atoms age category and younger who complete their event will receive the same prize. There should be no ranking awards.

It is also recommended that the quality of awards be prioritized from youngest to oldest. For example: younger skiers should not receive ribbons in lieu of medals if older skiers are being awarded medals. If there are not enough medals or cost is an issue, give them to the kids.

Out of province skiers are eligible for awards.

10. RACE FORMATS AND TECHNIQUE

Race formats, distances and technique should be discussed at the Fall AGM and finalized prior to posting the Race Notice (4 weeks in advance). The format will be determined based on the host club's abilities and also chosen so as to create an equal balance of every race format throughout the season. For this reason it is best that host clubs discuss formats at the Fall AGM.

12. EQUIPMENT

Pole and ski sizes will adhere to CCC regulations.

No High-Fluro glide waxes will be permitted in any category.

13. AGE CATEGORIES

The age categories in each competition season will be as follows:

Age Categories

YOB	2018-2019	2019-2020	2020-2021	2021-2022	2022-2023
Category					
Novice	2013 2018	2014 2019	2015 2020	2016 2021	2017 2022
Atom	2011 2012	2012 2013	2013 2014	2014 2015	2015 2016
Pee Wee	2009 2010	2010 2011	2011 2012	2012 2013	2013 2014
Bantam	2007 2008	2008 2009	2009 2010	2010 2011	2011 2012
Midget	2005 2006	2006 2007	2007 2008	2008 2009	2009 2010
Juvenile	2003 2004	2004 2005	2005 2006	2006 2007	2007 2008
Junior	2001 2002	2002 2003	2003 2004	2004 2005	2005 2006
Open	2000	2001	2002	2003	2004

YOB	2023-2024	2023-2024	2024-2025	2025-2026	2026-2027
Category					
Novice	2018 2023	2019 2024	2020 2025	2021 2026	2022 2027
Atom	2016 2017	2017 2018	2018 2019	2019 2020	2020 2021
Pee Wee	2014 2015	2015 2016	2016 2017	2017 2018	2018 2019
Bantam	2012 2013	2013 2014	2014 2015	2015 2016	2016 2017
Midget	2010 2011	2011 2012	2012 2013	2013 2014	2014 2015
Juvenile	2008 2009	2009 2010	2010 2011	2011 2012	2012 2013
Junior	2006 2007	2007 2008	2008 2009	2009 2010	2010 2011
Open	2003	2004	2005	2006	2007

Note: Only Categories Midget to Open as listed here will count toward NL Cup points. Clubs may add Recreational or Masters categories if they wish, but these will not count toward NL Cup points.

14. RACE DISTANCES

The following distances are guidelines only. Factors to consider include what is available, course difficulty, temperature, whether or not the event is being used as a trial race, etc. Early season races should be at the shorter end of the range provided below. Longer distances should be used towards the end of the season.

The Open categories should always ski the same distance to allow for comparison of athletes competing in the NL Cup Series.

From time to time requests will be made to have other age categories ski common distances for selection purposes. This kind of change to the schedule requires the approval of Cross Country NL to ensure that young skiers don't compete at inappropriate distances too early in the season just for the purpose of comparison with older skiers. In this situation, it is preferable to have the older skiers accommodate the younger skiers by skiing shorter distances.

NL Cup Suggested Distance Limits (Female & Male):

<u>Category</u>	<u>Distance Race</u>	<u>Sprint</u>
Novice	Less than 500m	N/A
Atom	0.5 to 1.0 km	100-200m (skills)
Pee Wee	0.5 to 1.5 km	100-200m (skills)
Bantam	1.0 to 3.0 km	100-300m (skills)
Midget	3 to 7.5 km	0.8 to 1.2km
Juvenile	3 to 10 km	0.8 to 1.2km
Junior	3 to 15 km	0.8 to 1.2km
Open	3 to 15 km	0.8 to 1.2km

15. COURSE STANDARDS

Standards for the courses for the different age categories and distances are tabled in the CCC Competition Regulations section 311 or subsequent Rule Precisions.

At this level of competition the OC should respect homologation guidelines for specific age categories as outlined in the CCR and precisions.

16. TECHNICAL DELEGATE

A Technical Delegate will be appointed by the CCNL Officials Chairperson.

Technical Delegates should be a Current Level 2 trained Official registered on CCNL Officials list or equivalent CCC list who has held a Major Chief position in at least 2 recent competitions. The TD should not be a member of the host club.

The expenses of the TD are the responsibility of the host club.

Event organizers are advised to acquire a complete TD package from the CCNL Office. This will explain the TD duties and responsibilities and what the TD will report on when they evaluate an event.

The TD will Submit a TD Report to the CCNL Officials Chairperson within 7 days after completion of event.

17. JURY COMPOSITION

The jury should be composed of the following:

Technical Delegate – who is chair of the Jury

Chief of Competition

Team Leader (Coach) from outside of Host Club **OR** PSO Appointee

At the discretion of the Jury, other experts may be invited to attend Jury Meetings as observers. Observers do not have a vote in Jury decisions.

18. REGISTRATION FEES

Event organizers are encouraged to keep their entry fees as low as possible. Maximum entry fees per day for NL Cup events are as follows:

INTERVAL, MASS AND SPRINT RACE FORMATS:

Atom: \$10.00

Pee Wee: \$15.00

Bantam: \$15.00

Midget: \$15.00

Juvenile/Junior: \$20.00

Open: \$20.00

Open Para-Nordic \$20.00

Masters: \$20.00

TRAIL FEES:

The host club will not charge trail use fees to athletes, coaches or persons assisting coaches on official training days (in this case the training day is Friday) or race days. Spectators should be allowed access to the competition trails during the competition without payment of trail use fees, to the extent they do not interfere with the competitors.

If the host club requires that persons using trails or facilities display a pass, persons who are not required to pay trail use fees may be required to display a pass provided without charge by the host club.

Athletes are not required to display a pass during the course of competition.

19. NL CUP PRIZES

Prizes for MIDGET, JUVENILE, JUNIOR and OPEN categories will be awarded after the last NL Cup of the season. The prizes will be race registration vouchers for the following season. In each category (MALE and FEMALE) the winner will receive 3 race vouchers, 2nd place 2 vouchers and 3rd place 1 voucher.

NL Cup hosts will make voucher redemption available through ZONE4 registration in the form of coupon codes. After the race weekend, clubs will submit a detailed list of used vouchers to CCNL for reimbursement. This report will be submitted within 7 days of the races to ensure proper reimbursement.

20. NL CUP POINTS CALCULATION

Note: This section is for information purposes only. Points will be calculated by the ski team committee after the race weekend and posted to CCNL website.

The process for points calculation and current standings may be viewed here:

<http://crosscountrynl.com/standings>