

## 2009 ONTARIO PARASPORT WINTER GAMES SPORT TECHNICAL PACKAGE

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**1. SPORT:** PARA-NORDIC SKI

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### **2. PARTICIPANTS:**

#### **Competitors:**

- a. Competitors: 15 (male or female)
  - b. Coaches: 2 coaches and 1 manager
  - c. Support: 8
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### **3. CLASSIFICATION:**

- 3.1 Athletes must be 13 years or older.
  - 3.2 IPC Classification System
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### **4 ELIGIBILITY:**

#### 4.1 Competitors:

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Athletes participating in Cross Country Skiing must meet all eligibility requirements outlined below to be eligible to participate in the Ontario Paralympic

Winter Championships:

- i. The athlete must be a member in good standing of Cross Country Ontario and hold a Cross Country Canada Racing License.
- ii. The athlete must have competed in a qualifying event at either a sanctioned Paralympics Ontario competition or event (e.g. Talent identification camp), or a PSO competition or event such as the Ontario Cup 1 or 2. Out of province athletes must have competed in a provincial sanctioned event in the athletes province, prior to competing at the Winter Championship.

Coaches

Any staff listed as coaches on the official registration form must be fully certified

(theory, technical and practical) under the National Coaching Certification Program to at least Level 1 in Cross Country Skiing or Community Coach under NCCP. Special provisions will be made for those coaches educated under the CBET program, whose equivalent level of training/education may not have been firmly established by the time of the event.

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## **5 FACILITIES**

A typical Cross Country Center is required that have accessible facilities and can provide a 5km course as well as a sprint course.

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## **6 COMPETITION:**

- i. Cross Country Canada (IPC & FIS) rules shall be followed.  
LW10-12 (Sit Ski)  
LW2-9 and B1-3 in a combination classification (Standing Ski)
- ii. In separate genders

### **6.2 Schedule:**

Specific schedules will be determined and provided at a later date

### **6.3 Practice/Warm-Up:**

If travel schedules permit practice times will be made available

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

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## **7. SPORT SCORING**

As per CCC competitive rules

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## **8 EQUIPMENT:**

As per CCC competitive rules

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## **9. OFFICIALS:**

9.1 Major Officials – Cross Country Canada Disabled Officials: Chief of Competition, Technical Delegate, Secretary. CCO to assign Technical Delegate.

9.2 Minor Officials –locally trained volunteers per court for scorekeeping and timing

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## **10. PROTEST PROCEDURES:**

10.1 Field of Play – the CCC Official Rule book

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## **11. MEDALS (RIBBONS – Regionals):**

Gold: 12                  Silver:                  12          Bronze: 12

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## **12. COMPETITIVE UNIFORMS**

N/A