2023

TECHNICAL PACKAGE

SNOWSHOEING

Sport: Snowshoeing

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1. Introduction

Technical Packages are critical guiding documents that assist Host Societies as they coordinate all sport competition (including competition formats, rules and procedures) and Mission Teams as they coordinate their teams' participation (including athlete eligibility, categories and team composition). Every Games' Host Society and Participating Unit's Mission Team, Coaches and Managers have an obligation to read and understand every aspect of the Technical Package. Should a need for clarification arise, questions should be directed through the Participating Unit's Chef de Mission for review and response by the Arctic Winter Games International Committee (AWGIC) Technical Director and Technical Coordinator.

2. Rules

This competition will be conducted under the rules developed and approved by the Arctic Winter Games International Committee.

3. Sanction

Where possible, the Host Society should explore sanctioning under their jurisdiction's sport governing body (e.g., Athletics Canada). Should a competition be granted sanction, the Host Society will communicate said sanction to all Participating Units, including the conditions of the sanction that may or may not differ from the International Federation's (IFs) rules and sanction.

4. Participants

Each Participating Unit may enter a team comprised of a maximum of eight (8) players and two (2) coaches, as follows:

<u>Athletes</u>

Females born in 2007 or later	-	2
Males born in 2007 or later	-	2
Females born in 2003 or later	-	2
Males born in 2003 or later	-	2

Note: Units can register Participants within any of the eligible birth years, at the discretion of their Chef de Mission. Units are not obligated to register Participants within the youngest or oldest age category. Where no minimum age category is listed, Chefs

de Mission are responsible for determining an appropriate minimum age for their Unit's Participants, with consideration for Eligibility and Competition structure (as outlined in the Technical Package) and the AWGIC's value of meaningful competition.

Staff

Coaches	-	2
Support Staff	-	0

If qualified coaches are available - unless otherwise approved by the AWGIC Technical Director and Technical Coordinator - one coach must be female and one male. If a coach from one gender is not available a chaperone must be substituted. Units must ensure that coaches are screened and trained in accordance with their jurisdiction's coaching standards.

5. Eligibility

To be eligible to compete in the Arctic Winter Games, an athlete shall:

1. Be a "Developing Athlete"
    1. A Developing Athlete is one who has not represented one's nation in international competition (outside of an Arctic Winter Games) in the sport they are competing in.
        1. An athlete who has competed for one's club in international competition (not representing one's nation) is considered a developing athlete;
        2. An athlete who is a member of one's national team, but has not represented one's nation in international competition is considered a developing athlete.

Athletes eligible for the younger age category may compete in the older age category at the discretion of their Chef de Mission. Should they choose to do so, the athlete may only compete in the older age category for all events. Requests to have an athlete compete in an older age category must be submitted to the AWGIC Technical Director and Technical Coordinator a minimum of 14 days prior to the start of the Games.

See Appendix A for additional eligibility requirements.

6. Competition

Format

The competition shall take place abiding by the rules developed and approved by the Arctic Winter Games International Committee as of January 1 of the year of the Games. Competition must be run in a manner similar to an athletics/cross country running competition. As such, the following competition/race procedures apply:

- All athletes must begin their races with the toe of the snow shoe of their leading foot behind the start line;
- An athlete's final race time/position shall be determined when their torso crosses the finish line;
- Once a competitor is in the starting area for their race, no assistance in any form may be given to the competitor until the competitor has crossed the finish line. Any direct contact with the competitor shall disqualify the competitor from that event. The single exception to this rule is that a replacement snowshoe may be placed in the snow beside a competitor during the course of the race. Coaches may situate themselves along the course to facilitate providing athletes with replacement snowshoes or they may distribute such equipment along the course at their discretion and as long as this does not interfere with any other athletes;
- No starting blocks or aids will be allowed for assistance in starting a race;
- No penalty shall be assessed against a competitor who commits a first or second false start. The competitor who commits a third or subsequent false start shall be disqualified by the starter regardless of whether they committed the first and or second false start. False start decisions of the starter are final and cannot be appealed;
- During the course of the race no competitor shall deliberately interfere in any manner with another competitor. Deliberate interference shall result in the disqualification of the competitor causing the interference;
- During the course of the race no coach or other team official shall interfere in any manner with a competitor from another team. If this occurs, the Sport Specific Technical Committee shall review the matter and determine if a penalty shall be given to the offending team and or its athletes;
- In the cross-country races, when a slower competitor is passed, the passing competitor may call "track" and shall pass on the left. If track is called, the slower competitor shall give way to the right;
- All races shall be "mass starts", lane assignments for these events are to be determined by draw at least one day in advance of the race;

- For all races, the Race Committee shall conduct a draw of competitors for starting lane assignments, if required. If there are more competitors than lanes available, separate heats shall be used with athlete heat assignments being determined by draw;
- The race starter shall start each race in a regular and consistent fashion;
- A competitor is judged to have finished a race when their chest crosses the finish line;
- In long distance event only, accredited coaches may station themselves along the trail to provide water or other nutrients to their athletes during the competition. Rule vii applies if any other athlete is interfered with during this process.

Disqualifications

All disqualifications must be made in writing and approved by the Head Official. Once approved, the Chief Official will cause the disqualification to be announced over a public address system. The disqualification shall also be posted to a public bulletin board. Once the disqualification has been posted the time limits related to coach appeals outlined below come into effect. The Dispute Procedure (Section 12) is then followed with respect to any further actions related to a disqualification.

Events

Competition shall be conducted as per the schedule below. Alterations at the discretion of the Host Society must be approved by the AWGIC.

- Sunday: Practice/Training Day
- Monday: Middle Distance Events
- Tuesday: Rest/Weather Day
- Wednesday: Short Distance Combined Events
- Thursday: Rest/Weather Day
- Friday: Distance Events

a. Individual Events
    - Athletes born in 2003 or later (middle and short distance)
        - 5 kilometre cross – country
        - Short Distance combined – 100 meters, 400 meters and 1500 meters. See Table ‘A’
    - Athletes born in 2007 or later (middle and short distance)

- 2.5 kilometre cross – country
- Short Distance combined – 100 meters, 400 meters and 800 meters. See Table 'A'

- All Categories (long distance)
  - Males born in 2003 or later — 10 km cross-country
  - Females born in 2003 or later — 7.5 km cross-country
  - Males born in 2007 or later — 5 km cross-country
  - Females born in 2007 or later — 5 km cross-country

b. Relay Events

- Relays
  - Mixed for athletes born in 2003 or later – 4 x 400 meters
  - Mixed for athletes born in 2007 or later – 4 x 400 meters

If a Unit does not have four athletes in a category they can:

- Enter a three person team with one athlete completing the course twice, however athletes cannot complete laps consecutively, or;
- For the older category (born in 2003 or later) only, an athlete of the same gender who is born in 2007 or later may move up to compete in the 2003 or later category. An athlete electing to do so is then ineligible to compete in the relay event in the 2007 or later category.
- Athletes in the relay events shall carry an athletics baton. It will be passed from one athlete to the next on each team. Athletes must carry the baton for the full length of their segment of the race. The relay team must start and finish the relay with the baton. If the baton is dropped during any segment of the race the athlete may pick it up and then continue the race.

If the Host Society allows, unofficial teams can be formed by joining athletes not competing from any Unit. These teams will not be entitled to a medal.

Schedule

The Host Society shall distribute a first draft of the Master Sport Schedule - a detailed multi-sport schedule, including: competitions, practices/training, pre-Games Coach/Manager meetings and all technical meetings - to the AWGIC and each Participating Unit's Chef de Mission for review no later than 1 year (12 months) prior to the commencement of the Games (Opening Ceremony). The Master Sport Schedule becomes "final" three (3) months prior to the commencement of the Games, unless otherwise approved by the AWGIC. A

final review and approval of the Master Sport Schedule must be conducted by the AWGIC Technical Director prior to being considered “final”.

The Master Sport Schedule is developed by the Host Society in consultation with the Sport Vice President, Sport Chairs and the AWGIC as required. The sport schedule is developed using the Sport Technical Packages and by reviewing the sport schedules from previous Games.

The Host Society shall:

- Create a process for stakeholders to provide input and request changes to the schedule;
- Revise and update the Master Sport Schedule, redistributing updated versions as required on an ongoing basis between 12 months pre-Games and the end of the Games;
- Refer to the AWGIC Staging Manual to view scheduling templates.

The Host Society, to the best of their ability shall:

- Refrain from scheduling any competition or practice/training within three (3) hours of the beginning of the Opening Ceremony;
- Respect the timing required for participant feeding, transportation and marshalling for opening and closing ceremonies;
- Ensure that practice/training during the first day of the Games reflects the travel realities of Participating Units (e.g., Units with the least amount of travel should be scheduled to practice/train and/or compete first upon arrival in the Host jurisdiction, where Units with the most travel should practice/train and/or compete last);
- Refrain from scheduling overlapping play among male/female teams from the same Participating Units.

7. Scoring

<u>Scoring Table for Short Distance Combined Events</u>

Each athlete entering the Short Distance Combined event will have the results of their performance in all three events scored as detailed below. The athlete with the highest point total from all three events will be declared the gold medal winner. The athlete with the second highest total from all three events will be declared the silver medal winner. The athlete with the third highest total from all three events will be declared the bronze medal winner.

- The athlete with the fastest time in each event shall be awarded 1000 points.
- All other athletes shall receive the points as determined by the following formula:
    - First Place Finisher's Time/Athlete's Time x 1000 = Athlete's Points

Results

The Head Official shall review and approve all results before they are considered final. The Head Official shall then cause these results to be posted in a public place, marking each result with the time it was posted. The above noted time limits start when the results have been posted.

8. Medals

Medals shall be awarded individually by event and individually by team for relay race, as follows:

- Gold - 20
- Silver - 20
- Bronze - 20

9. Equipment

All equipment used must abide by the following:

a. Snowshoes - Dimensions

- The snowshoe shall not be smaller than 220 by 813 millimetres (8 ¾" by 32"). The race committee shall construct a measuring box with inside dimensions of 222 millimetres width, 813 millimetres length and 222 millimetres height. Any shoe that falls through this box in either the vertical or horizontal position shall be deemed illegal and its use will be forbidden. Snowshoes shall be measured and marked by a designated sport official before the start of the first day's events. Officials will check snowshoes for official markings during the weigh in procedure established in the section below (Weight).

b. Snowshoes - Materials

- Snowshoes shall be made of a wooden frame. The webbing shall be of leather or gut. Snowshoes shall not have any device(s) affixed to them, the purpose of which is the improvement of traction.

c. Snowshoes - Weight
- A pair of snowshoes complete with bindings shall weigh no less than 1.1 kilograms (2.5 pounds). Snowshoes shall be weighed prior to and after each competition. The weigh scale shall be digital or mechanical balance type that is unaffected by cold temperatures, and capable of measuring less than 1.1 kilograms (2.5 pounds).

d. Snowshoes - Replacement Procedures
- Athletes must finish the race with at least one (1) of the original snowshoes worn at the start of the race, and both snowshoes must be properly bound to the feet at the finish of the race. Any replacement snowshoes, which were put on during the course of the race, will be measured immediately after the race and the race committee shall ensure compliance with all rules respecting snowshoes.

e. Snowshoes - Illegal Snowshoes
- Any athletes completing the race with an illegal snowshoe(s) shall be disqualified from the race; any medals or points awarded shall be forfeited. It is the competitor's responsibility to ensure that their snowshoes are legal as defined by these rules.

f. Snowshoes - Marking
- The Race Committee shall establish a procedure for "marking" snowshoes.

g. Snowshoes - Binding
- Bindings must be made of soft leather or hide or lampwik. Metal buckles are allowed but may only be used to fasten one part of the binding to another part of the binding and not the binding to the snowshoe. Not allowed are:
  - 3 pin cross-country ski bindings or other metal bindings that prevent the snowshoe from swinging sideways;
  - Velcro or similar materials;
  - Nylon straps, plastic clips or buckles.

- Bindings may be affixed to the mukluks, moccasins or kamiks by using one toe loop that is sewn to the mukluks, moccasins or kamiks within 76 millimetres (3 inches) of the centre front part of the mukluks, moccasins or kamiks. The binding cannot be affixed to the mukluks, moccasins or kamiks in any other way. The loops must be of a natural material such as hide or leather.

h. Footwear

- All athletes must wear traditional style footwear (mukluks, moccasins or kamiks) when racing.
- Footwear must be made of soft leather below the ankle including the sole. No commercial shoes, hard-soled shoes or rigid orthotics are to be worn inside the mukluks, moccasins or kamiks. Acceptable liners are felt, wool or foam. Rubber liners are not allowed. No cleats or track shoes or any kind, or part thereof, are allowed. Velcro or similar materials are not allowed. Duct tape or similar materials or cardboard or similar manufactured materials are not allowed.

10. Competition Uniform

A player's competition uniform must abide by the rules developed and approved by the AWGIC.

11. Registration

All Participants (athletes, coaches, managers and support staff) must be registered in the Arctic Winter Games electronic registration system (GEMS.pro) no later than 14 days prior to the Opening Ceremony.

12. Protests & Appeals

The purpose of this protocol is to provide a fair and reasonable process for any formal protests that are lodged with respect to the snowshoeing competition. Field of Play disputes should be managed in accordance with the AWGIC Field of Play conduct Policy and Protest Procedure and the following:

Authority/Related Documents

The Arctic Winter Games Snowshoeing Technical Package including the Snowshoeing Protest/Dispute Protocol shall be the authoritative document for all sport specific formal protests as detailed below. The Arctic Winter Games International Committee Discipline Policy shall prevail in all other matters.

Application

This protocol applies to sport technical matters related to the organization and conduct of the snowshoeing events. Other protests (for example perceived major violations of the principles of "Fair Play") may be brought to the attention of the Head Official; however the Games Jury rather than the Snowshoeing Technical Appeals Committee would consider them.

Snowshoeing Technical Appeals Committee

The Host Society will arrange for the appointment of a Snowshoeing Technical Appeals Committee to deal with all sport specific formal protests. This committee shall consist of the Head Official, the Sport Chair and two other persons appointed by the Host Society.
Coaches may be appointed to the Snowshoeing Technical Appeals Committee; however if an appointed Coach is in a conflict of interest an alternate shall be appointed to the Committee.

Dispute Procedure

Protests of official decisions with respect to technical or rules-related matters must be filed in written form using the Arctic Winter Games "Discipline Action/Protest Form" by a coach with the Head Official within 30 minutes of the following:

a. The posting of the results of an event;
b. The posting of a disqualification of an athlete;
c. The rendering of another decision by an official for which appeals are allowed.

The Technical Appeals Committee shall meet and render a decision on the protest as soon as possible. Only the Head Official will announce the decision of the protest to the parties involved.

For the purposes of this section, if there are multiple heats within an event, a written protest must be received within 30 minutes of the completion of the

posting of the results of the heat. If the event consists of a single race then the 30-minute requirement relates to the posting of the results of the event itself.

Appeals

All decisions of the Technical Appeals Committee are final unless a review of the decision can be justified as detailed in the AWGIC Discipline Policy.

An affected party wishing to file an appeal of a decision of the Technical Appeals Committee must submit the appeal in writing to the Head Official within three (3) hours of being notified of the Technical Appeals Committee's decision. The appeal must contain a clear description of the perceived error in law, fact or procedural fairness that justifies an appeal to be heard.

The Technical Appeals Committee will then discuss the matter with the Arctic Winter Games International Committee Technical Director to determine whether or not the AWG Appeals Board can hear the appeal. The affected parties will be advised as soon as possible after this decision is made.

13. Course Layout

The 400-meter relay races and short distance combined events shall be staged on a 400-meter track that conforms as close as is possible to track facilities used for athletics competitions. A minimum six (6) racing lanes shall be marked for the entire course. The entire length and width of the track shall be evenly packed so that competitors have the same snow conditions in each lane.

The cross-country shall, whenever possible, utilize local terrain, be across the country on a clearly marked, narrow trails (ski trail width) of softly packed snow. In designing this course, attention should be given to ensuring equal proportions of incline, decline and level running. A suitable number of checkpoints should be set up and at least one water stop established.

For each race, the start and finish line and for relays a 5-meter exchange zone shall be clearly marked.

A starting area not less than 10 x 10 meters shall be provided adjacent to the starting line. This area shall be kept clear of all persons other than competitors and officials.

A warm up shelter and portable washroom facilities should be set up for competitors in a convenient location. Consideration should be given to providing benches, juice and fruit for the athletes in or adjacent to the warm up shelters.

14. Temperature/Weather Delays

The Head Official, Host Society Snowshoe Committee Chair, Contingent coaches and other appropriate officials shall meet as required throughout the competition to consider weather conditions and any impact they may have on the competition. The Head Official shall determine when an event is to be delayed due to weather conditions.

15. Appendix A

AWGP1 ATHLETE AND CULTURAL PERFORMER ELIGIBILITY POLICY

Preamble:
The Arctic Winter Games combine athletic competition, cultural exchange and social interaction among northern contingents. Arctic Winter Games athletic competitions feature sports that enjoy worldwide popularity and sports unique to the north. The AWG Cultural Program offers opportunities for northern artists to perform on a larger stage to diverse audiences. The Arctic Winter Games International Committee is responsible for providing direction and guidance to contingents to ensure meaningful competition and a diverse cultural program in the Arctic Winter Games Program.

Purpose: This policy provides direction and guidance to the participating contingents when selecting athletes and cultural participants for their teams.

1. To be eligible to compete in the Arctic Winter Games, an athlete shall:
    a. be a "Developing Athlete" as described in the Glossary of Terms and not have been a member of a national team in the sport in which they are competing, nor competed in, nor have been selected for an international competition as a representative of their country in the sport within one (1) year of the opening date of the Games (sports without national sport governing bodies are exempt from this rule)
    b. compete in one sport only c) meet individual sport requirements as per the current technical package.

2. To be eligible to participate in the Arctic Winter Games, a Contingent Cultural performer shall comply with the eligibility requirements included in the current Cultural Technical Package.

3. To be eligible to participate in the Arctic Winter Games, all Contingent Athletes and Cultural performers shall:
    a. be a resident of Yukon, Northwest Territories, Alberta North (north of 55 degrees), Greenland, Alaska, Nunavut or any other participating Contingent/Guest Contingent approved by the Arctic Winter Games International Committee (AWGIC). Current approved Guest Contingents are Nunavik (Quebec, Canada), Yamal-Nenets (Russia)*, Sapmi (Finland/Norway/Sweden);
    b. have been a continuous resident of the participating Contingent for six (6) months prior to the opening day of the Games;

c. comply with all other Arctic Winter Games rules and regulations as outlined in the Arctic Winter Games Staging Manual, Arctic Winter Games Technical Packages or other publications issued by the Arctic Winter Games International Committee;
d. comply with all rules and regulations of their Contingent.

NOTE #1.1: 'Resident' means a person who makes their permanent home in a jurisdiction and includes someone who may be temporarily absent from the jurisdiction but who maintains a close connection with the jurisdiction and has the intention of returning to the jurisdiction after a temporary absence. An individual leaving a jurisdiction with no intention of returning continues to be considered a resident of that jurisdiction up to 90 days after leaving and may participate if the first day of the Games falls within that 90-day period.

NOTE #1.2: A resident of a participating Contingent who is attending school outside the Contingent is deemed to be a continuous resident of their Contingent and is eligible to compete for their residence Contingent or the Contingent in which they are attending school (if a participating Contingent) but not both.

NOTE #1.3: An individual who is a resident of a jurisdiction not eligible to compete at the Games; but who lives in a participating jurisdiction as a student, or who is there on a temporary work visa, or who is otherwise temporarily living in a participating jurisdiction; is not considered a resident of the participating jurisdiction and is therefore ineligible to compete in the Arctic Winter Games.

NOTE #1.4: Individual Contingents may impose additional requirements for eligibility for their team provided they do not contravene the intent of the AWG International Committee policies.

* The Arctic Winter Games International Committee has suspended Yamal, Russia, with immediate effect, following the attacks unfolding in Ukraine in a March 1, 2022 decision.