2023

TECHNICAL PACKAGE

CROSS-COUNTRY SKIING

Sport: Cross-Country Skiing

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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 of the Fédération Internationale de Ski (FIS) as published on January 1 of the year of the Games, except as modified by the AWGIC (Section 13). The Host Society must advise Chefs on sanctioning and any related matters that might affect their teams.

3. Sanction

The competition will be conducted under the rules and sanction of FIS as published on January 1 of the year of the Games, unless otherwise approved by the AWGIC. Where possible, the Host Society should explore sanctioning under their jurisdiction's sport governing body (e.g., Nordiq 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 twenty four (24) skiers and four (4) coaches as follows:

Athletes

Males born in 2008*/2009/2010	-	4
Females born in 2008*/2009/2010	-	4
Males born in 2006*/2007/2008*	-	4
Females born in 2006*/2007/2008*	-	4
Males born in 2004/2005/2006*	-	4

Females born in 2004/2005/2006* - 4

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.

* Any overlapping age categories should be considered exceptions for 2023.

Staff

Coaches	-	4
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 (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.

Relay teams should consist of athletes registered within the same category. In exceptional circumstances, or where a team does not have enough skiers to fill a relay category, skiers from a younger category can be moved up an age category to fill a relay team.

See Appendix A for additional eligibility requirements.

6. Competition

Format

The competition shall take place abiding by the FIS International Ski Competition Rules (ICR) Book II Cross-Country, as published on January 1 of the year of the Games.

Refer to Section 13 for information regarding Interval Start, Mass Start, and Relay Formats.

Sprint Format

Sprint Competition will be conducted with the goal of having all participants ski a minimum of three (3) times in their respective category's sprint event. As such, the format will follow:

Qualification Round: All skiers in all categories participate in a qualification round, held on the same course. Skiers are ranked within their age categories according to their qualifying times. Skiers are seeded in the first elimination round based upon their ranking within their respective categories. There is no timing in the Sprint Event after the qualification round.

16 or fewer participants in a category: Two semi-final heats of up to eight (8) participants, with the top three finishers in each heat advancing to a six-participant final that determines places 1-6. Participants finishing in places four (4) and higher in each semi-final will compete in a consolation final to determine places seven (7) and higher.

Seeding for 16 or fewer competitors:

- Semifinal 1: skiers ranked 1-4-5-8-9-12-13-16
- Semifinal 2: skiers ranked 2-3-6-7-10-11-14-15

Finishers outside of the top three (3) in each semi final advance to the Consolation Final to determine finish positions seven (7) and higher. Skiers choose their own start positions in the following order:

- 1st Choice: 4th place Semi Final 1
- 2nd Choice: 4th place Semi Final 2
- 3rd Choice: 5th place Semi Final 2
- 4th Choice: 5th place Semi Final 1
- 5th Choice: 6th place Semi Final 1
- 6th Choice: 6th place Semi Final 2
- 7th Choice: 7th place Semi Final 2
- 8th Choice: 7th place Semi Final 1
- 9th Choice: 8th place Semi Final 1
- 10th Choice: 8th place Semi Final 2

First three (3) finishers in each semi final advance to the final to determine finish positions 1 through 6. Skiers choose their own start positions in this order:

- 1st Choice: winner Semi Final 1
- 2nd Choice: winner Semi Final 2
- 3rd Choice: runner-up Semi Final 2
- 4th Choice: runner-up Semi Final 1
- 5th Choice: 3rd place Semi Final 1
- 6th Choice: 3rd place Semi Final 2

17+ competitors in a class: Four (4) quarter final heats of four (4) or more, with the top three (3) finishers in each quarter final advancing to two (2) six-person semi finals, and the top three (3) finishers in each semi final advancing to a six-person final to determine the top six (6) places. The last three (3) finishers in each semi final will advance to a consolation final to determine places 7-12. Skiers who did not qualify for the semi finals will advance to a Consolation Semi Final to determine places thirteen (13) and higher.

Seeding for 17 or more competitors:
- Quarter Final 1: skiers ranked 1-8-9-16-17-24-25-32
- Quarter Final 2: skiers ranked 4-5-12-13-20-21-28-29
- Quarter Final 3: skiers ranked 2-7-10-15-18-23-26-31
- Quarter Final 4: skiers ranked 3-6-11-14-19-22-27-30

First three (3) finishers in Quarter Final 1 and Quarter Final 2 advance to Semi Final 1. Skiers choose start their own start positions in this order:

- 1st Choice: winner Quarter Final 1
- 2nd Choice: winner Quarter Final 2
- 3rd Choice: runner-up Quarter Final 2
- 4th Choice: runner-up Quarter Final 1
- 5th Choice: 3rd place Quarter Final 1
- 6th Choice: 3rd place Quarter Final 2

First three (3) finishers in Quarter Final 3 and Quarter Final 4 advance to Semi Final 2. Skiers choose start their own start positions in this order:

- 1st Choice: winner Quarter Final 3
- 2nd Choice: winner Quarter Final 4
- 3rd Choice: runner-up Quarter Final 4
- 4th Choice: runner-up Quarter Final 3
- 5th Choice: 3rd place Quarter Final 3
- 6th Choice: 3rd place Quarter Final 4

Finishers outside the top three (3) in each Quarter Final advance to Consolation Semi Final to determine finish positions thirteen (13) and higher. Skiers choose their own start positions in this order:

- 1st Choice: 4th place Quarter Final 1
- 2nd Choice: 4th place Quarter Final 2
- 3rd Choice: 4th place Quarter Final 3
- 4th Choice: 4th place Quarter Final 4
- 5th Choice: 5th place Quarter Final 4
- 6th Choice: 5th place Quarter Final 3
- 7th Choice: 5th place Semi Final 2
- 8th Choice: 5th place Semi Final 1
- 9th Choice: 6th place Semi Final 1
- 10th Choice: 6th place Semi Final 2
- 11th Choice: 6th place Semi Final 3
- 12th Choice: 6th place Semi Final 4, etc. if necessary

Finishers outside the top three (3) in each Semi Final advance to Consolation Final to determine finish positions 7-12. Skiers choose their own start positions in this order:

- 1st Choice: 4th place Semi Final 1
- 2nd Choice: 4th place Semi Final 2

- 3rd Choice: 5th place Semi Final 2
- 4th Choice: 5th place Semi Final 1
- 5th Choice: 6th place Semi Final 1
- 6th Choice: 6th place Semi Final 2

First three (3) finishers in each Semi Final advance to Final to determine positions 1-6. Skiers choose their own start positions in this order:

- 1st Choice: winner Semi Final 1
- 2nd Choice: winner Semi Final 2
- 3rd Choice: runner-up Semi Final 2
- 4th Choice: runner-up Semi Final 1
- 5th Choice: 3rd place Semi Final 1
- 6th Choice: 3rd place Semi Final 2

Events

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

Day	Event	Style	Athletes born in 2004/2005/ 2006	Athletes born in 2006/2007/ 2008	Athletes born in 2008/2009/ 2010
Sunday	Training	-	-	-	-
Monday	Interval Start	Classic	5 km	5 km	3.75 km
Tuesday	Mass Start	Free Technique	10 km	7.5 km	3.75 km
Wednesday	Weather Day	-	-	-	-
Thursday	Relay	Free Technique	3 x 3 km	3 x 3 km	3 x 3 km
Friday	Sprint	Classic	700m - 1000m	600m - 800m	400m - 400m
Saturday	Weather Day	-	-	-	-

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.

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).

7. Medals

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

- Gold - 36 (one per gender for individual, 4 per gender for team relays)
- Silver - 36 (one per gender for individual, 4 per gender for team relays)
- Bronze - 36 (one per gender for individual, 4 per gender for team relays)

8. Equipment

A skier's equipment consists of skis, bindings, poles, ski boots, suit, helmet, glasses (clothing as well as apparatus with technical functions; the entire competition equipment forms a functional unit).

Wax

Under FIS International Ski Competition Rules (ICR) Book II Cross-Country, Section 222.8, use of fluorinated wax or tuning products containing fluorine is prohibited for all FIS disciplines and levels.

9. Competition Uniform

Teams are responsible for providing the competition uniforms (ski suits) and should consider the climate and race conditions in the Host region. The Host Society is responsible for providing practical bibs that are suitable for competition, readable from the back and the front, and do not hinder the participant in any way. Visible wearing of the starting bibs is mandatory. The size, the shape and the method of attachment cannot be changed.

10. 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.

11. Protests & Appeals

Field of Play disputes should be managed in accordance with the AWGIC Field of Play conduct Policy and Protest Procedure and each International Federation's (IFs) rules.

12. Arctic Winter Games Rule Modifications

a. The FIS requirement to pay a fee when filing a sport technical protest is waved for the Arctic Winter Games. The non-sport protest procedure continues to apply.
b. The sprint event is to feature qualification and elimination rounds designed to allow each skier to compete a minimum of three (3) times, see separate sprint event format (Section 7).
c. Seeding for Interval Start and Qualifying Round of Sprint:
    - Teams will seed skiers in four (4) seed groups for the interval start and sprint qualifying rounds, with not more than one (1) skier in each seed group. Seeding/entry forms for these events will be sent to the teams 14 days prior to the Games and should be returned to the Host Society not less than 5 days prior to the first race.
d. Seeding for Mass Start:
    - If the interval start event is held before the mass start event, skiers will be seeded in the mass start event based upon their finish in the

interval start event (i.e., the winner of the interval start event will be seeded first in the mass-start event, the second-place finisher in the interval start event will be seeded second in the mass-start event, etc.).

e. Relay Format:
    - If trail widths are sufficient, there should be a single start for all three (3) female categories and another single start for all three (3) male categories.

f. Relay Bibs: If all classes of a single gender start together in the relay, bib numbers must be assigned in such a manner that it is easy to tell which class a skier is in.

13. 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.