2018

TECHNICAL PACKAGE
SNOWSHOEING

SNOWSHOEING

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

2. Categories:

Junior Male & Female: Born in 1999 or later
Juvenile Male & Female: Born in 2003 or later

3. Events and Schedule:

Individual Events

a. Junior categories (middle and short distance)
- 5 kilometre cross – country
- Short Distance combined – 100 meters, 400 meters and 1500 meters. See Table 'A'

b. Juvenile categories (middle and short distance)
- 2.5 kilometre cross – country
- Short Distance combined – 100 meters, 400 meters and 800 meters. See Table 'A'

c. All Categories (long distance)
- Junior Male 10 km cross-country
- Junior Female 7.5 km cross-country
- Juvenile Male 5 km cross-country
- Juvenile Female 5 km cross-country

Relay Events

b. Relays
- Mixed Junior – 4 x 400 meters
- Mixed Juvenile – 4 x 400 meters

If a Unit does not have four athletes in a category they can:
1. Enter a three person team with one athlete completing the course twice, however athletes cannot complete laps consecutively or
2. For the junior category only, a juvenile athlete (same gender) may move up to compete in the junior category. An athlete electing to do so is then ineligible to compete in the relay event as a juvenile.

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 competition schedule shall be:

Sunday	- practice day
Monday	- middle distance events
Tuesday	- rest/weather day
Wednesday	- short distance combined events
Thursday	- rest/weather day
Friday	- distance events

4. Team Composition:

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

Junior Male	-2
Junior Female	-2
Juvenile Male	-2
Juvenile Female	-2
Coaches	-2

One coach must be female and one male. If a coach from one gender is not available a chaperon must be substituted.

5. Medals

Individually by event:
Individually by team for relay race:

Gold	-20
Silver	-20
Bronze	-20

6. Arctic Winter Games Rule Modifications

a. Competition Management and Race Procedure

The Arctic Winter Games Snowshoeing competition must be run in a manner similar to an athletics / cross country running competition. The following competition / race procedures apply:

i. All athletes must begin their races with the toe of the snow show of their leading foot behind the start line.
ii. An athlete final race time / position shall be determined when their torso crosses the finish line.
iii. Once a competitor is in the starting area for his/her 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.
iv. No starting blocks or aids will be allowed for assistance in starting a race.
v. 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 s/he committed the first and or second false start. False start decisions of the starter are final and cannot be appealed.
vi. 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.
vii. 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.

viii. 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.

ix. 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.

x. 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.

xi. The race starter shall start each race in a regular and consistent fashion.

xii. A competitor is judged to have finished a race when his/her chest crosses the finish line.

xiii. 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.

b. Equipment – 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).

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.

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 unaffected by cold temperatures, and capable of measuring less than 1.1 kilograms (2.5 pounds).

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.

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 his/her snowshoes are legal as defined by these rules.

Marking

The Race Committee shall establish a procedure for "marking" snowshoes

c. Equipment – Bindings

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.

d. Equipment – 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.

e. Relays

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.

f. Course Layout

i. 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.

ii. 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.

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

iv. 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.

v. 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.

g. 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 outlined below is then followed with respect to any further actions related to a disqualification.

h. Snowshoeing Protest/Dispute Protocol

Purpose:

The purpose of this protocol is to provide a fair and reasonable process for any formal protests that lodged with respect to the snowshoeing competition.

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 Arctic Winter Games International Committee 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 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.

i. 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.

j. 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.

TABLE 'A'
SCORING TABLE FOR SHORT DISTANCE COMBINED EVENTS

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.

1. The athlete with the fastest time in each event shall be awarded 1000 points.

2. All other athletes shall receive the points as determined by the following formula:

$$\frac{\text{First Place Finisher's Time}}{\text{Athlete's Time}} \times 1000 = \text{Athlete's Points}$$