

**2012**



**TECHNICAL PACKAGE  
CROSS COUNTRY SKIING**

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**2012 ARCTIC WINTER GAMES**

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# **CROSS COUNTRY SKIING**

1. **RULES:** This competition will be conducted under the rules of the Fédération Internationale de Ski (FIS).

2. **CATEGORIES:**

Junior Males: Born in 1994 and 1995  
Junior Females: Born in 1994 and 1995  
Juvenile Males: Born in 1996 and 1997  
Juvenile Females: Born in 1996 and 1997  
Midget Males: Born in 1998 and 1999  
Midget Females: Born in 1998 and 1999

3. **EVENTS AND SCHEDULE:**

Events and schedules as follows:

|                   | <b>Junior Male/Female</b> | <b>Juvenile Male/Female</b> | <b>Midget Male/Female</b> |
|-------------------|---------------------------|-----------------------------|---------------------------|
| <b>Day 1</b>      |                           |                             |                           |
| 5 Kilometer       | Free Technique            | Free Technique              | Free Technique            |
| <b>Day 2</b>      |                           |                             |                           |
| 750 Meter Sprints | Classic Technique         | Classic Technique           | N/A                       |
| 500 Meter Sprints | N/A                       | N/A                         | Classic Technique         |
| <b>Day 3</b>      | Rest Day                  | Rest Day                    | Rest Day                  |
| <b>Day 4</b>      |                           |                             |                           |
| 10 Kilometer      | Classic Technique         | N/A                         | N/A                       |
| 7.5 Kilometer     | N/A                       | Classic Technique           | N/A                       |
| 5 Kilometer       | N/A                       | N/A                         | Classic Technique         |
| <b>Day 5</b>      |                           |                             |                           |
| 3 x 5 KM Relay    | Free Technique            | Free Technique              | N/A                       |
| 3 x 2.5 KM Relay  | N/A                       | N/A                         | Free Technique            |

Relay teams may consist of athletes registered in a given category unless one or more of those athletes cannot compete. In that case athletes from a younger age category may be moved up to fill a team.

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4. **TEAM COMPOSITION:** Each Games Unit may enter a team comprised of a maximum of twenty-four (24) skiers plus three (3) coaches; as follows:

|                 |     |
|-----------------|-----|
| Junior Male     | - 4 |
| Junior Female   | - 4 |
| Juvenile Male   | - 4 |
| Juvenile Female | - 4 |
| Midget Male     | - 4 |
| Midget Female   | - 4 |
| Coaches         | - 3 |

Athletes who have competed in a World Junior Championship in cross-country skiing within 2 years of the Games are ineligible to compete in the Arctic Winter Games. See also other restrictions in the Arctic Winter Games Staging Manual.

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 and individually by team for relay events:

|        |      |
|--------|------|
| GOLD   | - 36 |
| SILVER | - 36 |
| BRONZE | - 36 |

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**6. 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 750 meter sprint event is to feature qualification and elimination rounds designed to allow each skier to compete a minimum of three times, see separate sprint event format.

**7. Sprint Event Format Guidelines**

**Goal**

To have all participants ski a minimum of three times in their respective category sprint event.

**Format**

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

16 or fewer competitors in a class: Two semi-final heats of up to eight competitors, with the top three finishers in each heat advancing to a six-person final that determines places 1-6. Competitors finishing in places four and higher in each semi-final would compete in a consolation final to determine places 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

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Finishers outside the top three in each semi-final advance to Consolation Final to determine finish positions 7 and higher. Skiers choose their own start positions in this order:

- 1<sup>st</sup> Choice: 4<sup>th</sup> place Semifinal 1
- 2<sup>nd</sup> Choice: 4<sup>th</sup> place Semifinal 2
- 3<sup>rd</sup> Choice: 5<sup>th</sup> place Semifinal 2
- 4<sup>th</sup> Choice: 5<sup>th</sup> place Semifinal 1
- 5<sup>th</sup> Choice: 6<sup>th</sup> place Semifinal 1
- 6<sup>th</sup> Choice: 6<sup>th</sup> place Semifinal 2
- 7<sup>th</sup> Choice: 7<sup>th</sup> place Semifinal 2
- 8<sup>th</sup> Choice: 7<sup>th</sup> place Semifinal 1
- 9<sup>th</sup> Choice: 8<sup>th</sup> place Semifinal 1
- 10<sup>th</sup> Choice: 8<sup>th</sup> place Semifinal 2

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

- 1<sup>st</sup> Choice: winner Semifinal 1
- 2<sup>nd</sup> Choice: winner Semifinal 2
- 3<sup>rd</sup> Choice: runner-up Semifinal 2
- 4<sup>th</sup> Choice: runner-up Semifinal 1
- 5<sup>th</sup> Choice: 3<sup>rd</sup> place Semifinal 1
- 6<sup>th</sup> Choice: 3<sup>rd</sup> place Semifinal 2

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

Seeding for 17 or more competitors:

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

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First three finishers in Quarterfinal 1 and Quarterfinal 2 advance to Semifinal 1  
Skiers choose start their own start positions in this order:

- 1<sup>st</sup> Choice: winner Quarterfinal 1
- 2<sup>nd</sup> Choice: winner Quarterfinal 2
- 3<sup>rd</sup> Choice: runner-up Quarterfinal 2
- 4<sup>th</sup> Choice: runner-up Quarterfinal 1
- 5<sup>th</sup> Choice: 3<sup>rd</sup> place Quarterfinal 1
- 6<sup>th</sup> Choice: 3<sup>rd</sup> place Quarterfinal 2

First three finishers in Quarterfinal 3 and Quarterfinal 4 advance to Semifinal 2  
Skiers choose start their own start positions in this order:

- 1<sup>st</sup> Choice: winner Quarterfinal 3
- 2<sup>nd</sup> Choice: winner Quarterfinal 4
- 3<sup>rd</sup> Choice: runner-up Quarterfinal 4
- 4<sup>th</sup> Choice: runner-up Quarterfinal 3
- 5<sup>th</sup> Choice: 3<sup>rd</sup> place Quarterfinal 3
- 6<sup>th</sup> Choice: 3<sup>rd</sup> place Quarterfinal 4

Finishers outside the top three in each quarter-final advance to Consolation Semi-Final to determine finish positions 13 and higher. Skiers choose their own start positions in this order:

- 1<sup>st</sup> Choice: 4<sup>th</sup> place Quarterfinal 1
- 2<sup>nd</sup> Choice: 4<sup>th</sup> place Quarterfinal 2
- 3<sup>rd</sup> Choice: 4<sup>th</sup> place Quarterfinal 3
- 4<sup>th</sup> Choice: 4<sup>th</sup> place Quarterfinal 4
- 5<sup>th</sup> Choice: 5<sup>th</sup> place Quarterfinal 4
- 6<sup>th</sup> Choice: 5<sup>th</sup> place Quarterfinal 3
- 7<sup>th</sup> Choice: 5<sup>th</sup> place Semifinal 2
- 8<sup>th</sup> Choice: 5<sup>th</sup> place Semifinal 1
- 9<sup>th</sup> Choice: 6<sup>th</sup> place Semifinal 1
- 10<sup>th</sup> Choice: 6<sup>th</sup> place Semifinal 2
- 11<sup>th</sup> Choice: 6<sup>th</sup> place Semifinal 3
- 12<sup>th</sup> Choice: 6<sup>th</sup> place Semifinal 4, etc. if necessary

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

- 1<sup>st</sup> Choice: 4<sup>th</sup> place Semifinal 1
- 2<sup>nd</sup> Choice: 4<sup>th</sup> place Semifinal 2
- 3<sup>rd</sup> Choice: 5<sup>th</sup> place Semifinal 2
- 4<sup>th</sup> Choice: 5<sup>th</sup> place Semifinal 1
- 5<sup>th</sup> Choice: 6<sup>th</sup> place Semifinal 1
- 6<sup>th</sup> Choice: 6<sup>th</sup> place Semifinal 2

First three finishers in each semi-final advance to Final to determine positions 1-6  
Skiers choose their own start positions in this order:

- 1<sup>st</sup> Choice: winner Semifinal 1
- 2<sup>nd</sup> Choice: winner Semifinal 2
- 3<sup>rd</sup> Choice: runner-up Semifinal 2
- 4<sup>th</sup> Choice: runner-up Semifinal 1
- 5<sup>th</sup> Choice: 3<sup>rd</sup> place Semifinal 1
- 6<sup>th</sup> Choice: 3<sup>rd</sup> place Semifinal 2