

Racing Rules (interpreted)

for Ontario Youth Championships



Following are some explanations of rules that younger racers and parents may not be aware of or fully understand. The simple explanation “rule” is listed in bold with the official rule following it.

Ski under control and watch for others

343.1

In all training and competition situations the athlete must act with due care taking into account the course conditions, visibility and competitor congestion, available space, speed and skiing directions of other competitors, etc.

Don't ski backwards on the course even during warm up (one exception see below)

343.2 *In all training and competition situations the athletes must always ski in the competition course direction.*

Follow the course. If you go the wrong way – go back to where you made the mistake. You might have to ski backwards - - so watch for others. This is the only time you can ski backwards

343.6 *Competitors must follow the marked course in correct sequence from start to finish and must pass all control points.*

343.6.1 *If competitors ski on a wrong section or leaves the marked course, the competitor should return to the point where the error was made. In order to do so, the competitor may have to ski against the correct ski direction and shall be totally responsible for ensuring that there is no obstruction and that other competitors are not endangered.*

No skating in a classic race.

343.8 *In classical technique competitions, the competitors must use classical technique only.*

There are rules for ski poles' height. Check the chart available and make sure your poles are not too long

343.8.1 *In classical technique competitions, the maximum pole length must not exceed 83% of the competitor's body height. In free technique competitions, the maximum pole length must not exceed 100% of the competitor's height. The body height is measured with ski boots on from a flat surface, to the top of the uncovered head. The pole length is measured from the bottom of the pole to the highest attachment of the strap.*

You can't purposely block someone from passing by cutting them off, moving in front of them etc

343.9 *As a general rule applying to all competitions, competitors shall not obstruct other competitors.*

In an interval start race, if the racer behind you calls “track” or “get out of the way” because they want to pass – you **must move over – and let them go by. (except in the start grid and the final finish zone)**

343.10.1 *Process of passing during interval starts: Competitors who are being passed must give way on first demand*

After you pass – you have to be ahead of the other racer's skis before you move in front of them – you can't step on their skis.

343.10.2.5 *A process of passing is considered completed when the passing competitor has his/her body at the front of the ski-tips of the competitor being passed.*

<https://nordiqcanada.ca/wp-content/uploads/final-ICR-CCR-NOV-2021-with-precisions-En.pdf>

Start time – be at your start time between 5 and 10 minutes before

Keep your **warm ups** on until the last few minutes - and don't forget to grab them after

Be a good sportsman - stay positive, tell others they had a good race and thank an official



Have fun !