

2019-2020 SOD Paraffin Race Series Hosting Requirements

Race hosts must follow these requirements to be included in the SOD Paraffin Race Series.

Scheduling

In order to be included in the series, hosts must apply to the Paraffin Series Coordinator (colin.rhodes@gmail.com) by **Oct 15, 2019**. This application should include the name of the Chief of Competition, the race date(s), and an agreement to follow the requirements in this document. In case of a scheduling conflict, hosts may be required to select alternative dates in order for their race to be included in the series.

Categories and Results

The host must record results by year of birth (YOB) and gender for athletes up to and including U18 categories. The host may combine YOBs into larger categories, but they must be combined according to Nordiq Canada (NC) age categories. Multiple NC age categories may be combined. For example, the host must not place year 1 U18 with U16 while placing year 2 U18 with U20. NC Age Categories can be found in ICR-CCR 341.1

<http://cccski.com/Events/Rules-and-Regulations.aspx>.

Context for revised age categories:

[http://cccski.com/getattachment/Events/Technical-Packages/2020-Comp-Yr-Revised-Age-Categorization---YOB-1--\(1\).pdf.aspx](http://cccski.com/getattachment/Events/Technical-Packages/2020-Comp-Yr-Revised-Age-Categorization---YOB-1--(1).pdf.aspx)

The host must either offer Open (open includes U20, U23, Senior) and Masters categories or list YOB of each athlete in combined categories. The host may choose whether or not to calculate Masters awards using an age-correction formula.

The host must specify whether paranordic categories are offered on all marketing material. If terrain permits, we recommend noting "Paranordic categories available upon request to ____".

The results must list the YOB and club of each athlete. Results must be posted on Zone4 (if race format is supported), and race file must be submitted to the Paraffin Series Coordinator.

The host must submit a draft Zone4 registration and, if applicable, a race notice to the Paraffin Series Coordinator before registration goes live in order to confirm that registration meets the Paraffin Series Hosting Requirements.

Distances

Hosts are encouraged to offer a single distance option for each category. If the host wishes to offer a choice of distance to one or more categories (ie for a loppet), the host must clearly specify which distance for each category is to be included for points in the SOD Paraffin Series. This note must be included on the registration form (ie Zone 4) as well as any marketing material that lists the distances for each category.

Waxing (updated for 2019-2020)

At all SOD Paraffin Races, high-fluoro and medium fluoro waxes are not permitted in any category (including open and masters). These rules are aligned with the Ontario Cup series. Hosts should include the following message (or equivalent) on the registration form as well as any marketing material.

This race is a part of the SOD Paraffin Race Series. In order to increase accessibility of the sport, focus on athlete development, and reduce costs, High Fluoro (HF) or Medium Fluoro (MF) glide waxes, including HF or MF powders, pucks, blocks and liquids are NOT permitted. Hardeners are also not permitted. This restriction applies to all categories, including Open and Masters. This restriction does not apply to grip waxes.

Marketing

Hosts are encouraged to mention affiliation with the SOD Paraffin Race Series on the race marketing material, including the SOD website (<http://xcskiontario.ca/districts-clubs/sod/>). Hosts are encouraged to find a sponsor for their race to provide draw prizes.

Team Captains' Meeting

Each Paraffin Series race must have a team captains' meeting approximately 1 hour before the first start. This meeting need only be approx 15 minutes, and should not be as formal as an Ontario Cup. The meeting should include discussion of the format (especially for newer race formats), the course, information about starts, and timing of awards. A representative from SOD may be on hand to give some announcements about upcoming races, camps, team selection, etc.

Cancellations and Backup Plans

Updated for 2019-2020: SOD wishes to ensure that our athletes have as many racing opportunities as possible, and we need to adapt to the changing weather patterns by being flexible with race organization. If the weather leading up to a scheduled race indicates the possibility that the race might not proceed as planned, the race host **must** search for a suitable backup location. Race hosts **must not** cancel their event without discussing with the SOD Paraffin Series Coordinator. Running the event at the original venue with a modified format is preferred over relocating the event.

Highlands Nordic has expanded snowmaking capabilities this year (with the support of SOD) and has agreed to act as a backup race site when necessary. Relocating a race will involve a discussion between the original organizing committee and the crew at the new venue. This discussion should include volunteers, race timing, course formats, prizes, and cost/revenue sharing. At a minimum, the original Chief of Competition and Race Secretary are expected to be present at the new venue.

Race hosts should set their entry fees such that the race budget can support relocating the event.

Appendix A - Race Format Recommendations

SOD's goals for race formats:

1. Youth categories should emphasize **skiing faster not longer**
2. We should be trying to facilitate offering **race formats that emphasize skill development.**
3. All races for the **U8 and U10** age groups must be **classic** technique. This must be communicated clearly in marketing materials and on the registration page.

Category	YOB	Min Distance	Max Distance	Sprint	Relay
U8 Boys/Girls *classic only*	2012 & younger	0.5	1.5	0.1 - 0.2	0.5 - 1.0
U10 Boys/Girls *classic only*	2010 - 2011	1.5	2	0.1 - 0.3	1.0-1.5
U12 Boys/Girls	2008 - 2009	2.5	4	0.1 - 0.3	2-3
U14 Boys/Girls	2006 - 2007	2.5	4	0.1 - 0.3	2-3
U16 Girls	2004 - 2005	2.5	5	0.5 - 0.8	2-3
U16 Boys	2004 - 2005	3.5	5	0.5 - 0.8	2-3
U18 Girls	2002 - 2003	5	10	0.6 - 1.0	3-5
U18 Boys	2002 - 2003	7.5	15	0.8 - 1.2	3-5
U20 Men	2000 - 2001	7.5	30	1.0 - 1.6	5-8
Open Men	1999 - 1988	7.5	30	1.0 - 1.6	5-8
Masters Men	1989 & earlier	7.5	30	1.0 - 1.6	5-8
U20 Women	2000 - 2001	5	30	1.0 - 1.6	4-8
Open Women	1999 - 1988	5	30	1.0 - 1.6	4-8
Masters Women	1989 & earlier	5	30	1.0 - 1.6	4-8

Recommended Race Formats

- Distance (all categories)
- Sprints: King's Court with Obstacles (U8, U10)
- Sprints: King's Court (U12 and older)
- 3 Person Relay (or mixed relay)
- 2 Person Team Sprints
- Ski Cross
- Skill Races