Athlete Eligibility

1. The Saskatchewan Games are open to Saskatchewan residents who are Canadian citizens or who have landed immigrant status for a minimum period of one year prior to the Games.

2. Each District team shall be comprised of eligible athletes whose Saskatchewan domicile or actual residence for at least six months prior to the Games, was located within the recognized boundaries of the District they are representing. In the event that an athlete moves from one District to another less than six months prior to the start of the Games, a special request may be made to the Saskatchewan Games Council to determine eligibility.

3. Students enrolled and attending secondary or post-secondary school on a full-time basis outside their District residence may elect to compete in a District play down in either their home District or the academic resident District, but not both.

   Students attending a secondary school outside their home District must be enrolled in a minimum of 60% of the eligible credits to be considered a full-time student.

   Students attending a post-secondary school outside their home District must be enrolled in a minimum of the equivalent 3 full time classes per year to be considered a full-time student.

4. First Nation athletes who reside and attend school in one District but are members of a First Nation in another District may elect to participate in either District, but not both. If they try out for one District and are not selected for that team, they are not permitted to try out for that sport in another District.

5. Athletes who have shared custody in a split marriage must participate in the District in which they currently attend school. If an athlete is transferring schools to live with the other parent or guardian in another District in the year of the Games, then the school that the athlete previously attended will be the District they participate in.

6. Athletes residing outside Saskatchewan:

   Individual Sports:
   Athletes residing at an address outside Saskatchewan are eligible to participate in the Saskatchewan Games if they meet the following conditions:
   - They reside near the Saskatchewan border and attend school on a full-time basis in a recognized Saskatchewan education system;
   - In the year of the Saskatchewan Games they must be a registered member of the appropriate Saskatchewan Provincial Organization (PSO) and not be a member of another province;
   - They are eligible for membership with a PSO in Saskatchewan.

Team Sports:
If a team has members from outside the Province of Saskatchewan, the team will be eligible if these criteria are met:

- The majority of the team resides in Saskatchewan or attends school on a full-time basis in a Saskatchewan based education system, and the others live within reasonable commuting distance;
- In the year of the Saskatchewan Games they must be a registered member of the appropriate Saskatchewan PSO and not be a member of another province;
- They are eligible for membership with a PSO in Saskatchewan.

7. District Team Eligibility

Sports using Club Team selection
When a team roster is comprised of athletes residing in different Districts, the following criteria will determine which District the team will represent:

- In the year of the Saskatchewan Games they must be a registered member of the appropriate Saskatchewan PSO;
- Where a team has members from two or more Districts, and is registered in a recognized league, it shall compete in the District where the majority of the players reside. Teams in this position may have members living in adjacent Districts within reasonable commuting distance.

8. The Games are open to amateur athletes recognized as such by the applicable PSO.

9. For each Games an athlete may participate in one sport only in each half; however, an athlete may elect to try out for different sports in the District team selection process. Upon acceptance of selection to a District team in that half of the Games, the athlete must remain with that team until the completion of the Games and is not eligible to try out for another sport.

10. Coaches, managers and athletes may participate in more than one sport, but they may only participate in one sport in each half of the Games.

11. The age classification for participation in the Saskatchewan Games is based on the LTAD model for each sport. Recognizing the Multi-sport environment that athletes are exposed to at the Games, each sport should consider the maturity level of the athlete when establishing its age classification.

12. Eligibility of athletes for the Saskatchewan Games program must be clearly identified by the PSO in the Sport Technical package.

13. Prior to the Games, the eligibility of any athlete not clearly established by these rules will be determined by the Saskatchewan Games Council. During the Games, the eligibility will be determined by the Games Jury.

14. Coaches, managers and athletes of the District team must stay in the Athletes' Village during the Games.

CROSS COUNTRY SKI & PARA-NORDIC
TECHNICAL PACKAGE

2026 Saskatchewan Winter Games
February 15 – 21, 2026
Flying Dust First Nation and Meadow Lake

1.0 SPORT

1.1 Competition Site: St. Cyr Trails

1.2 Competition Dates: February 18 – 21, 2026

1.3 Sanction: Cross Country Saskatchewan

2.0 PARTICIPANTS

2.1 Number of Competitors per District: 6 Male and 6 Female plus 2 para-nordic

2.2 Coaches and Managers per District: 3 Coaches and 1 Manager

Note: Sports that have both male and female competitors must ensure that at least one coach/manager is of the opposite gender.

3.0 CLASSIFICATION

3.1 U12 category (2 females and 2 males):
- Years of Age: 10 and 11 as of December 31, 2025
- Year of Birth: 2014 to 2015

3.2 U14 category (2 females and 2 males):
- Years of Age: 12 and 13 as of December 31, 2025
- Year of Birth: 2012 to 2013

3.3 U16 category (2 females and 2 males):
- Years of Age: 14 and 15 as of December 31, 2025
- Year of Birth: 2010 to 2011

3.4 Para Nordic Sit or Standing (2 co-ed athletes):
- Years of Age: 10 – 20 as of December 31, 2025
- Year of Birth: 2005 to 2015

4.1 ELIGIBILITY

4.2 Athletes: All competitors skiing in U14 and older categories must have at least one of the following licenses:

- Nordiq Canada Race License (U16+)
- Nordiq Canada Associate License (foreign racers who do not belong to a NC club)
- Nordiq Canada Development License (U14 and under if CPL points desired - see NC website)
- Nordiq Canada Event License. This was formerly the Supporting Member Day License (SMDL) and is charged automatically during registration if no other license number is supplied.

U12 category and younger do not require a license of any type but do require a valid Nordiq Canada club membership.

4.3 Coaches: Minimum CC certified for one coach. CCS will work towards having one coach trained at the CCI (L2T) level or above for each District.

As a coach or manager of a District team you will be volunteering with children, who are vulnerable members of our society. As per the policy of the Saskatchewan Games Council, all coaches and managers are required to undergo a Criminal Record Check and a Vulnerable Sector Check.

All coaches must have a valid coaching license from Nordic Canada

As per the mandatory requirements for all sports in Saskatchewan the "Respect in Sport" online training program must be taken by all coaches. It is strongly recommended that managers take the online training to ensure that as youth leaders they recognize, understand and respond to issues of abuse, bullying and harassment.

4.4 Exclusions: None

5.0 PROVINCIAL REGISTRATION

Sask Ski Association
Alana Ottenbreit
1860 Lorne Street
Regina, SK S4P 2L7
Phone: (306) 780-9240
Email: ccs@sasktel.net

6.0 PROVINCIAL TECHNICAL LIAISON

Gabe Andrews
Box 2123
La Ronge, SK S0J 1L0
Phone: (306) 425-8832
Email: gabe.andrews@usask.ca

7.0 COMPETITION

7.1 Type of Competition: Cross country ski races

7.2 Events:

Nordic and Para-Nordic Stand

	Technique	Distance
Day 1	*Free Technique Distance Interval Start*	
	U12 Boys/Girls	3.25km (1 X 3.25km)
	U14 Boys/Girls	5km (2 X 2.5km)
	U16 Boys/Girls	6.5km (2 X 3.25km)
Day 2	*Classic Technique Sprint Qualifier and Ladder Heats*	
	U12 Boys/Girls	700m
	U14 Boys/Girls	700m
	U16 Boys/Girls	1km
Day 3	*Relay Races*	
	Female 3-person Relay (U12, U14, U16)	U12 1km; U14 2.5km; U16 3.25km
	Male 3-person Relay (U12, U14, U16)	U12 1km; U14 2.5km; U16 3.25km

Para-Nordic Sit/Stand

	Technique	Distance
Day 1	*Para-Sit Distance Interval Start*	TBD
Day 2	*Para-Sit Sprint Qualifier and Ladder Heats*	TBD
Day 3	*Relay Races*	
	2-person para team in mixed division (1 Sit, 1 Standing).	TBD

Note: Distances and race formats are subject to revision after inspection of the venue and discussions with the LOC.

7.3 Playoff Format: N/A

7.4 Seeding: Zone4 Race Software Set Up will generate random seeding

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8.0 RESULTS

Order of finish from fastest to slowest in mass start races. Fastest time to slowest time as recorded by Nordiq Canada approved software and timing equipment in interval start races.

9.0 TIE BREAKING PROCEDURE

Highly unlikely with electronic timing to ~0.2 second accuracy but if a tie does occur it will be resolved as per the current edition of Nordiq Canada Canadian Competition Rules.

Recommended that a volunteer be dedicated to filming all mass start finishes.

10.0 SPORT PROTEST PROCEDURE

The procedure for handling protests will follow that described in the current edition of the Nordiq Canada Canadian Competition Rules (ICR-CCR) valid at the time the 2026 Saskatchewan Winter Games competitions are held.

11.0 EQUIPMENT

- Track-setting equipment consisting of snow machine and drags
- Electronic timing equipment (Summit timers, start wand, plungers, stadium clock)
- Team/wax trailers or tents and warm-up building
- Race office and officials' room
- Timing and results room or shack with view of start and finish, electronic power, heat and preferably internet
- Equipment storage (skis, poles) for athletes
- Computer and printer (with extra toner cartridges)
- Emergency equipment - snow machines, toboggan, blankets, first aid kit, radios

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12.0 SPORT JURY

As per Nordiq Canada Canadian Competition Rules (ICR-CCR) valid at the time the 2026 Saskatchewan Winter Games competitions are held. A Jury consisting of the Provincial Technical Liaison person and two other major officials will be established to rule on rule infractions and protests.

13.0 OFFICIALS REQUIRED

13.1 Major Officials:

- Technical Delegate (PTL)
- Assistant Technical Delegate preferable (as a developmental opportunity)
- Chief of Competition ("Sport Chair")
- Race Secretary
- Chief of Course
- Chief of Stadium
- Chief of Start, Timing and Results
- Chief of Controllers

13.2 Minor Officials:

- Course groomers - 2
- Stadium set-up/take down crew - 4 (can do other functions during race)
- Race office (start lists, bib distribution, results posting, temperature checks) - 3
- Controllers and course marshals - 4
- Starter - 1
- Assistant starters - 2
- Start bib poster - 1
- Clothing stewards - 2
- Finish referee - 1

- Finish electronic timing - 6 (2 x plunger, poster, caller)
- Finish line manual timing - 3 (timer, caller, poster)
- Finish line camera operator - 1
- Finish line stewards - 2
- Runner - 1
- Results operators - 2
- Announcer - 1
- Forerunners - 4 (nice to have, could be coaches)

14.0 MEDICAL SERVICES

Use Canadian Ski Patrol or suitable alternative with medical officer in stadium during all competitions and official training times. Snowmobile, toboggan and driver must be available during all competitions and official training times. Vehicle suitable for transporting injured skiers to hospital must be available near the stadium during all competitions and official training times. An emergency plan must be developed and must be known by all major officials. This plan must include emergency phone numbers (e.g., 911) and the capability of connecting to them by cell phone and/or landline from the stadium or race office. Medical staff, course controllers and the Jury must be able to communicate by radio.

15.0 MEDALS

Event	Gold	Silver	Bronze
Interval Start	3	3	3
Sprint	3	3	3
Relay	9	9	9
Para Interval Start	1	1	1
Para Sprint	1	1	1
Para Relay	2	2	2
Total	**19**	**19**	**19**

16.0 DISTRICT TEAMS SELECTION CRITERIA

Will be set by each District in conjunction with Cross Country Saskatchewan.

17.0 PROVINCIAL SPORT CONTACT

Alana Ottenbreit
1860 Lorne Street
Regina, SK S4P 2L7
Phone: (306) 780-9240
Email: ccs@sasktel.net
