

UniSport Australia Guideline

Snow sports (Cross Country Skiing)

Men and Women

UniSport cross country skiing competitions are conducted in accordance with the rules of [Snow Australia](#) as developed for Interschools competition except where these differ from UniSport competition guidelines; in which case the latter shall take precedence.

1. Team/squad size

- 1.1. There is no limit to the number of entrants a university can enter in the individual competition.
- 1.2. Each university relay event may enter up to three relay teams consisting of three participants per team, in both the men's and women's competition.

2. Competition rules

- 2.1. The following distances will be offered:
 - a) Individual events minimum 3 km; maximum 5 km
 - b) Relays 3 different competitors x 1 km each
- 2.2. Distances for individual events will be confirmed by event organisers after an evaluation of the cross country course to be utilised.
- 2.3. All events will be held in freestyle technique.
- 2.4. UniSport and the host mountain reserve the right to adjust timing and schedules as conditions require.
- 2.5. Individual events and the relay events will be scheduled such that the women's event is finished before the men's event starts, where scheduling and conditions allow it.
- 2.6. Individual events shall be conducted using a mass start:
 - a) A random draw will determine the starting position within the mass start
 - b) The first university drawn is assigned letter 'A' and is placed first on the university start list, the second is assigned letter 'B' etc.
 - c) Individuals start list:
 - i. Row 1 = 'A'1, 'B'1, 'C'1, 'D'1, 'E'1, and so on
 - ii. Row 2 = 'A'2, 'B'2, 'C'2, 'D'2, and so on
 - iii. Row 3 = 'A'3, 'B'3, 'C'3, and so on until all participants have been assigned to a row
- 2.7. Each row in the start area shall be filled according to the individual start list. The number of skiers on each row shall be determined by the race organisers.
- 2.8. The order assigned to each competitor within each university shall be nominated by the team manager at the first team managers meeting of the event.
- 2.9. Relay events shall have a mass start. A random draw shall be used to determine the starting position within the mass start as per the procedure above for the individual events.
- 2.10. UniSport in consultation with the host mountain may amend the program if due to inclement weather it is not possible to conduct an event within the allocated time, order or specified distance.
- 2.11. Decisions to cancel or postpone an event shall be made by UniSport in consultation with the host mountain.

3. Point score

- 3.1. Individual events will be scored based on a medal tally and will apply to the university's overall placing for the particular event.

- 3.2. The combination of placings (medal tally) from the relay and individual events will determine the winner of the cross-country pennants within Nationals Snow. Separate tallies exist for men's and women's competitions.
- 3.3. In the event that the medal tally is tied between one or more universities, they will be separated by tallying the number of 2nd places each university won. The university with the most 2nd places will be deemed the overall winner. Should there still be a tie after the 2nd places are tallied, 3rd places will be tallied and so on until a winning university is determined.

4. Uniform requirements

- 4.1. The specific uniform requirements for snow sports – cross country are as per Snow Australia standard. Race suits will be permitted during competition.
- 4.2. Competitors must wear the allocated race bib as issued by the event organisers.
- 4.3. Headphones and music players
Competitors are not permitted to wear or use music players or phones for the duration of their event, including start marshalling, course inspection, or whilst racing. Failure to adhere to this will result in disqualification.
- 4.4. Helmet cameras and Point of View Cameras (POVs)
Competitors are not permitted to wear or use helmet cameras or POV's for the duration of their event, including start marshalling, course inspection, or whilst racing. Failure to adhere to this will result in disqualification.
- 4.5. Waxing of any type is prohibited in the start area or course arena. Fluoro wax and Fluorocarbon liquid sprays are prohibited. All equipment may be subject to inspection. Grip and Glide waxing is allowed outside of the marked start and course arena.

5. Award ceremonies

- 5.1. The following pennants will be presented at the closing presentation:
 - a) Cross Country Skiing (men) and Cross Country Skiing (women)
- 5.2. The following trophies will be presented to the overall cross country champions at the closing presentation
 - a) Cross Country Overall Champions – The Bob Lawton Perpetual Trophy

Previous amendments

August 2002 | August 2005 | May 2010 | May 2012 | May 2014 | February 2015 | August 2015 | April 2017 |
March 2018 | May 2018 | August 2018 | March 2019 | June 2019 | January 2021 | August 2022

*All competitions will be held in accordance with the UniSport competition guidelines.