
Alberta 55 plus Cross-Country Skiing Rules

General Information

The rules listed in this section shall be the official rules for any **Alberta 55 plus** event. All Alberta 55 plus Rules are located on our web site at: www.alberta55plus.ca. If there is a discrepancy between any printed rules, the version available on our web site shall prevail.

Entry Procedures: Check with your Zone Activity Director for playoff information and date. Contact information is listed on our website at www.alberta55plus.ca

Game Courtesies

Rules are made to be followed by all players to make games happen. But often there are unwritten “rules” or courtesies which will make the game much better with fewer problems for all. Whether the game is a friendly recreational event among friends or part of an important tournament, participants should practice good sportsmanship and respect for their competitors.

Rules for many of the activities that 55 plus play are contained in rules books written by provincial, national or international governing bodies. These rules are often referred to but any adaptations to these rules will be listed within each rule.

Age Groups / Events

All participants must fall within the age group indicated by December 31 of the Event year. All participants in Zone Playoffs must be Active Members.

Age	Events		Participants Advancing to Provincial Games
55+	Women 5 km	Women 10 km	2 per Zone
60+	Women 5 km	Women 10 km	2 per Zone
65+	Women 5 km	Women 10 km	2 per Zone
70+	Women 5 km	Women 10 km	2 per Zone
55+	Men 7.5 km	Men 15 km	2 per Zone
60+	Men 7.5 km	Men 15 km	2 per Zone
65+	Men 7.5 km	Men 15 km	2 per Zone
70+	Men 7.5 km	Men 15 km	2 per Zone
75+	Men 7.5 km	Men 15 km	2 per Zone
TOTAL NUMBER OF PARTICIPANTS PER ZONE = 18			

The Alberta 55 Plus Games and all sanctioned ALBERTA 55 PLUS events will follow the rules as outlined by **Cross Country Canada**. These rules can be obtained by searching www.cccski.com.

For more information:

Cross Country Canada National Office

Bill Warren Training Centre
1995 Olympic Way, Suite 100
Canmore, AB T1W 2T6
Ph: (403) 678-6791
Email: info@cccski.com

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1. General Overview:

- a) Each Zone will be responsible for organizing time trials for the Individual event. Each individual must enter one individual race in his/her Zone prior to the registration deadline.
- b) Both individual and time predicted events may be offered at the Provincial Games.

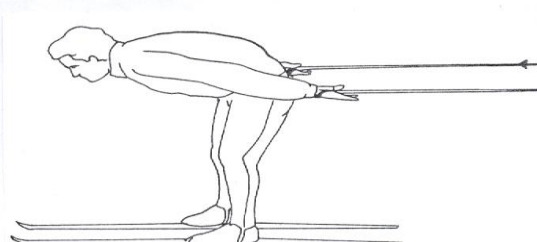
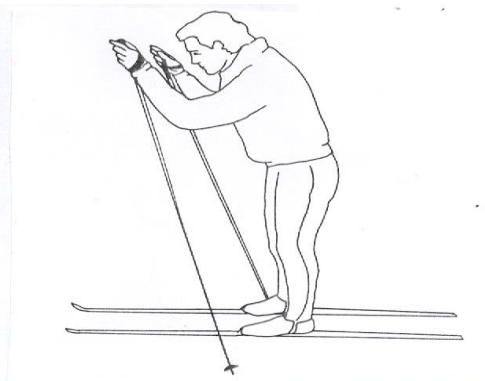
2. Skiing Techniques:

- a) The 'Traditional' skiing method must be used – the skier stays in the tracks and skis in a forward direction, without using a 'Skating' technique.
 - b) The 'Skating' technique is not allowed
 - c) Going uphill, the skier can use the 'Herringbone' method to climb the hill
 - d) Going downhill, the skier can use the 'Snowplow' method
3. Participants must follow the marked course from start to finish, passing all control points. They must complete the course on skis using only their own means of propulsion and without assistance from others.
 4. Participants shall neither hinder nor interfere with other participants
 5. Participants will start the race at one-minute intervals rather than a mass start.
 6. All participants should make a reasonable effort to allow faster participants to pass. Normally slower participants should use the right track or side of the course, faster participants the left.
 7. Each participant is responsible for the equipment that they use. All equipment must conform to CCC specifications and general safety requirements and is in working order. This includes clothing as well as apparatus with technical functions.

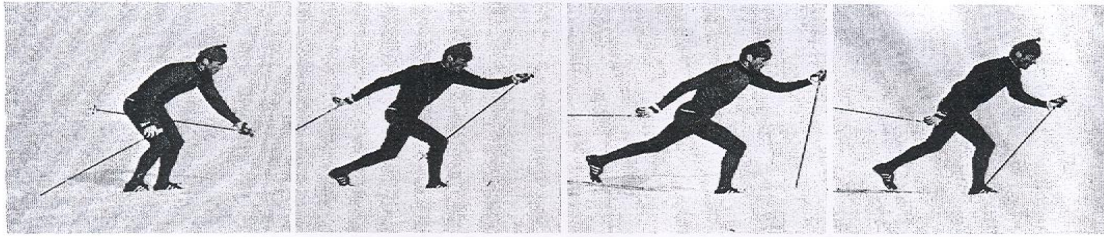
Techniques Outlined



TRADITIONAL METHOD



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The right leg is even with the left, which is now weighted. With a slight, rapid sinking in its knee, the left leg starts its backward kick. The right arm has started its push just before the left leg's kick.

The left leg has almost completed its kick; a gradual weight shift to the right leg starts. The right arm has finished its pole push. The left arm has almost completed its forward swing.

This is gliding: the right leg is now carrying all weight. The right arm has begun to swing forward, and the left pole is just being planted. Note the bend of the gliding knee and ankle.

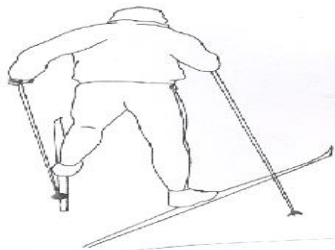
The left leg now swings forward; it is still unweighted. The right arm swings forward, while the left arm exerts downward force on its pole.



The left leg is even with the right, which now is weighted. This phase of the stride is just opposite to that of the first picture. The right leg starts its backward kick and the left arm has started its push.

The right leg has almost completed its kick. This phase of the stride is opposite to that of the second picture. The left arm has almost completed its pole push. The right arm has almost come completely forward.

This is gliding on the left ski, just the opposite phase to the third picture. The left arm has begun to swing forward, and the right pole is just being planted.



HERRINGBONE FOR UPHILL



SNOWPLOW FOR DOWNHILL



SKATING METHOD IS NOT ALLOWED