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RULES & REGULATIONS

NORDIC SKI | G3 | 2019-20

G3 SPORT SERVICES

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RULES & REGULATIONS

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1.0 Sport Governance

- 1.1 The purpose of the OUA Nordic Ski Championship is to be the Premiere Nordic Ski event in Ontario.
- 1.2 OUA Nordic Ski will abide by all relevant OUA Policies and Procedures.
- 1.3 This document provides additional regulations that will be followed.

2.0 Team Composition

2.1 Team Complement

For the OUA Nordic Ski Championship, each university team is allowed the following:

- 2.1.1 For a women's team – maximum of 8 individuals.
- 2.1.2 For a men's team - maximum of 8 individuals.

2.2 Definition

Participants in the OUA shall be understood to include: players, coaches, referees, managers, chaperones, medical personnel, minor officials and volunteers. All participants must be in good standing with the OUA.

2.2 Submission of Rosters

As per OUA eligibility deadlines.

2.3 In-Game Eligibility

As per OUA regulations and deadlines.

3.0 Composition and Format

3.1 Categories of Play

3.1.1 OUA Nordic Ski events will take place in the following categories:

- 3.1.1.2 Women's
- 3.1.1.3 Men's

3.2 Entry Format

3.2.1 Please refer to the OUA Entries, Commitment and Withdrawal Policy.

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- 3.2.2 Each institution must then complete the OUA Team Championship Entry Form and submit it to the OUA Convenor. This entry form must be received by the host institution a minimum of 30 days prior to the Championship, through the use of the Championship Entry Form (Appendix A) – no late entries will be accepted.
- 3.2.3 Participating athletes must be eligible according to the “Athlete Participation Rules” of the OUA. The eligibility of each athlete will be confirmed prior to the OUA Championship by the Championship Convenor (see Host Responsibilities).
- 3.2.4 The full names (first and last) of all participants must be included on the Championship Entry Form (see Appendix A). An OUA roster must be submitted to the Championship Host Convenor by the set deadline. Players may NOT be added to the roster after the respective roster deadline.
- 3.2.5 **Event Definitions**
- 3.2.5.1 **Individual Event** is a race where the entire distance is covered by a single athlete.
- 3.2.5.2 **Team Event** is a race where 2 or more athletes from the same institution each cover a portion of the total race.
- 3.2.5.3 **(Individual) Sprint Event** is a multi-round elimination-style individual event that follows the Cross Country Canada (CCC) definition of a sprint race.
- 3.2.5.4 **(Individual) Distance Event** is a single-leg individual event where the total length is no less than 3km for women or 5km for men.
- 3.2.5.5 **Relay Event** is a team event where each skier races a single leg. Relay events must follow the CCC definition of a relay race.
- 3.2.5.6 **Team Sprint** is a team event where each skier races multiple legs. Team Sprint events must follow the CCC definition of a team sprint.

4.0 Championships

4.1 Format

4.1.1 Competition Format

The host may select any event format that conforms to the Championship Rules, but should consult with coaches of OUA teams when selecting a format. The host should endeavour to alternate the technique of the team event for each year’s Championships. See Appendix B for sample schedules.

4.1.2 Championship Entries

4.1.2.1 Participating institutions must submit entries to the host institution 30 days prior to the Championship. At this time, entry indicates a commitment to

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attend the Championship and indicates the approximate number of athletes that will participate.

- 4.1.2.2 Events shall be seeded according to the CCC method of grouping, using the Canada Points List (CPL) as a seeding list.
- 4.1.2.3 Seeding for the team event will be based on the finishing order from the team event at the previous year's Championships.
- 4.1.2.4 Relay teams must be entered no later than the coaches meeting on the evening preceding the team event. Teams may be chosen from any of the OUA athletes entered in the individual competitions. Substitutions and changes in order may be made up to one hour before the start of the race. The start list shall not be published with athlete names until 1 hour before the race (although it may be published with the team names).

4.1.3 Pre-competition Technical Meeting

A Pre Competition Technical Coaches' Meeting and an OUA Annual Coaches meeting shall be held on the evening prior to the first Championship event. Minutes of this meeting must be kept and submitted to the OUA office along with any motions.

4.1.3.1 Pre-Competition Technical Meeting Agenda

- 4.1.3.1.1 Welcome
- 4.1.3.1.2 Roll call of university coaches
- 4.1.3.1.3 Introductions: Organizing Committee
- 4.1.3.1.4 Establish the Jury, composed of the Chief of Competition, and two coaches (one for each day)
- 4.1.3.1.5 Remarks by Chief of Competition
- 4.1.3.1.6 Clarification questions, e.g. seeding
- 4.1.3.1.7 Weather report
- 4.1.3.1.8 Course information
- 4.1.3.1.9 Stadium information
- 4.1.3.1.10 General information, i.e. transportation, parking, awards etc.
- 4.1.3.1.11 Distribution of start lists
- 4.1.3.1.12 Distribution of bibs

4.1.3.2 OUA Annual Coaches Meeting

- 4.1.3.2.14 OUA Regulations Review
- 4.1.3.2.15 OUA Competition Schedule
- 4.1.3.2.16 OUA Representation at CROSS COUNTRY SKI ONTARIO AGM
- 4.1.3.2.17 Other Business

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4.2 **Championship Requirements**

- 4.2.1 The host institution of the championship shall be decided by the OUA Board of Directors as part of the OUA Annual General Meeting in accordance with the OUA host rotation. The date of the OUA Nordic Ski Championships will be the third weekend in February, if possible. Scheduling should be determined in conjunction with the OUA Championship Calendar and CROSS COUNTRY SKI ONTARIO to minimize conflicts with other competitions.
- 4.2.2 The host institution must announce the location of the Championship competition at least sixty (60) days before the competition. The host must also announce a backup location that will be used should snow conditions not permit racing at the preferred location. To provide teams adequate time to plan logistics, a move to a backup location should be announced no later than the Monday before the Championships.
- 4.2.3 The meet shall be held on two (2) or three (3) consecutive days, one of which must be a Saturday or Sunday.

4.3 **Championship Scoring**

- 4.3.1 In the Individual events, each skier will be awarded points equal to their placing. The top four (4) skiers on each team will score and other skiers will act as displacers. For each team with less than four (4) skiers finishing an individual event, the team score will be the sum of the placing of the finishing skiers, plus a score of one greater than the total number of official (OUA) skiers finishing the race for each skier fewer than four (4).
- 4.3.2 The score for the team event will be calculated by multiplying the team's placing in the race by three (3). When the team event is a team sprint, the score will be the sum of the scores for the top two relay teams for that institution. The score for each relay team will be calculated by multiplying the team's placing in the race by two (2). If a team does not start or does not finish the team event, their score will be calculated as if they had finished one place after the last finishing official team.
- 4.3.3 Non-OUA teams will not receive a team score.
- 4.3.4 In the individual events, non-OUA skiers will not act as displacers when calculating team scores.
- 4.3.5 In the team event, non-OUA teams and teams comprised of athletes from two or more institutions will not act as displacers when calculating team scores.
- 4.3.6 The overall team score will be the sum of the team scores from the individual events and the team event.
- 4.3.7 **Event Cancellation:** In the event that one or more individual or team events are not run, team scores will be calculated from the events that did take place. If all events are cancelled during the Championship, no team champion will be declared.

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- 4.3.8 Ties in overall team score shall be resolved in favour of the highest placing in the team event, then the highest number of first place finishes in individual events, then the highest number of second place finishes in individual events, etc.

5.0 Sport Rules and Regulations

5.1 Rules of Play

- 5.1.1 The host shall ensure that the Championship is a sanctioned event by Cross Country Canada (CCC).
- 5.1.2 The Cross Country Canada (CCC) Rules shall govern the competition with modifications as stated in the regulation.
- 5.1.3 The Championship shall consist of no less than two (2) individual events and no less than one (1) team event. Race distances and techniques will be balanced between sprint & distance, classical & freestyle. Consideration will be given to the race site and the previous years' event structure so as to provide fairness to the respective strengths and weaknesses of each athlete and institution. Race organizers will also consider limits on coaching and technical support in designing the championship format.
- 5.1.4 At least one (1) individual event must be no less than 5km in length for women and no less than 7.5km in length for men.
- 5.1.5 The combined maximum race distance for any competitor that participates in all events for the Championship should be no less than 20km for men and 15km for women. This distance shall not exceed 30km for men and 20km for women for two-day Championships, or 35km for men and 30km for women for three-day Championships.
- 5.1.6 The course shall be composed of a constant variety of climbing, flats, and downhill. It is recommended that course setters follow as closely as possible the CCC rules on technical preparation of a course.
- 5.1.7 The team event shall use a CCC-sanctioned relay or team sprint format, as defined in the CCC Rules.
- 5.1.8 When a team event is on the same day as an individual event, the team event shall be raced in the same technique as the individual event.
- 5.1.9 For team events without heats, and where facilities permit, each institution shall have its own lane. B teams (and C teams for a team sprint) will start behind the A team from the same institution. Non-OUA teams and mixed teams will start behind the other teams.
- 5.1.10 Participating institutions may enter up to two (2) teams of each gender for relay events or up to three (3) teams of each gender for team sprint events.

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- 5.1.11 The host institution may deny entry to mixed-institution relay teams if required by the facilities, or if permitting these teams entry would require that the event be run with (additional) heats.
 - 5.1.12 The meet must strictly adhere to the CCC rules on temperature requirements.
 - 5.1.13 The course must be groomed and marked for pre-skiing one day prior to the first event of the Championship.
 - 5.1.14 As a guideline, races shall start no later than one half hour after the end of the Jury's Meeting.
 - 5.1.15 High Fluorocarbon (HF) glide products are not permitted to be used at the OUA Championships
 - 5.1.15.1 Only non-fluoro (NF) or low fluoro (LF) glide waxes are permitted
 - 5.1.15.2 High fluoro (HF) or Medium fluoro (MF) glide waxes, including HF or MF powders, pucks, blocks, and liquids are NOT permitted. Cold weather powder additives and hardeners are NOT permitted.
 - 5.1.15.3 The adherence to this guideline is self-governed and is the responsibility of coaches, administrators, athletes, and wax technicians.
- 5.2 **Officials**
- 5.2.1 Experienced officials must be selected. Officials from Cross Country Ontario and/or Cross Country Canada are recommended.
 - 5.2.2 The following list of required officials shall be provided by the host:
 - 5.2.2.1 Chief of Competition
 - 5.2.2.2 Race Secretary
 - 5.2.2.3 Chief Time
 - 5.2.2.4 Controllers
 - 5.2.2.5 Announcer
 - 5.2.2.6 Timer
 - 5.2.2.7 Recorder
 - 5.2.2.8 Bib Recorder
 - 5.2.2.9 Starter
 - 5.2.2.10 Assistant Starter
- 5.3 **Protests**
- 5.3.1 The competition jury will have all of the powers and duties specified in the Cross Country Canada (CCC) rules. All decisions of the jury are final.
 - 5.3.2 For the championships, the jury will be composed of the following:

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5.3.2.1 Chief of Competition

5.3.2.2 Technical Delegate

5.3.2.3 Coach (from an institution other than the host institution) elected at the Coaches' Meeting

5.3.3 When reviewing an onsite completion-related incident and protest, any member of the jury who is perceived to have a conflict of interest with the matter at hand, must be removed from the jury for that specific incident in question.

5.4 Appeals

5.4.1 Team may appeal the following actions:

5.4.1.1 Competitor eligibility

5.4.1.2 Administrative errors and/or omissions

5.4.1.3 Team eligibility

6.0 Game Structure and Protocol (Discipline)

6.1 Discipline

6.1.1 Issues related to discipline will proceed in accordance with the [OUA Policy on Member, Administrator, Participant, and Coach Discipline](#).

6.1.2 All student-athletes and coaches shall abide by the [OUA Policy on Member, Administrator, Participant, and Coach Discipline](#).

6.1.3 Complaints

Any complaint must be made in accordance with the [OUA Policy on Member, Administrator, Participant, and Coach Discipline](#) and [OUA Appeal Policy](#).

7.0 Game Film (Film / Video Exchanges)

Not applicable to OUA Nordic Ski.

8.0 Awards and All-Stars

8.1 OUA Awards

8.1.1 **Coach of the Year** is awarded to the coach with the most votes at the conclusion of the Championship. Ballots are distributed at the OUA Coaches Technical Meeting and collected by the host convenor. Name plates will be mailed from the OUA office to the award recipients.

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8.1.2 **OUA All-Stars** will be awarded to the first 10 overall skiers with combined totals (time) in the Classical and Freestyle events. The team relay will not count towards the determination of an All-Star.

8.2.2.1 In the event that only one individual event is completed, all-star awards will be given to the top ten athletes for that event. If none of the individual events are completed, no all-star awards will be given.

8.2 Medals

8.2.1 The OUA will provide medals for the gold, silver, and bronze medal event winners. A maximum five (5) medals will be awarded per gender.

8.3 Team Championship Awards

8.3.1 A Championship banner and trophy will be provided by OUA and presented by the host to the winners at the closing ceremony concluding the Championship.

8.3.2 The prior year's winning team will bring the Team Championship trophy to the Pre-Competition Coaches meeting in good condition, which will involve polishing and an up-to-date engraving. Failure to do so, or if the trophy requires repairs, will result in a \$100 CAD administrative fee plus the actual costs to restore the trophy payable to the OUA office via invoice. If the trophy is lost the team/club returning the trophy must pay an administration fee of \$100 CAD plus the cost of restoring the trophy to current, not to exceed \$1,000 CAD, payable to OUA via invoice

8.3.3 Winning institutions are responsible for the maintenance of OUA Championship and Major Award Trophies. This includes updating the name plates and/or shields each year the trophy is awarded, repairing and updating trophies as needed, and the replacement of lost or stolen trophies while in their possession. All costs associated with the above are to be the responsibility of the institution. In addition, failure to bring the championship trophy and/or major award trophy(s) will result in a \$500 fine.

9.0 Coaches Meetings

9.1 G3 annual technical meeting to occur at OUA Championship prior to the start of Day 1. Coaches are encouraged to meet after the technical meeting to discuss possible rule recommendations. Proposed rule recommendations will be reviewed by the OUA annually at the end of each semester.

9.2 Coaches may submit technical rule changes annually.

9.3 An annual Coaches' Survey will be issued after the conclusion of the post-season.

9.4 Please refer to the OUA Coach Engagement Procedure.

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10.0 Obligations (OUA, Host, Team)

10.1 OUA

10.1.1 Pre-championship

10.1.1.2 To provide host convenor with the 17" x 11" foldable OUA Championship Program template to be used for team rosters, schedules, statistics, or any other pertinent details.

10.1.2 Awards/Championship

10.1.2.1 To provide host (men's and women's) with:

- i) 26 gold, 26 silver, 26 bronze medals
- ii) 10 All-Star Athlete Awards for men
- iii) 10 All-Star Athlete Awards for women
- iv) large banner for the winning team
- v) sponsorship banners to be hung at the Championship venue during the duration of the event

10.1.3 Post-Championship

- i) To publish the tournament results and information on the OUA website
- ii) To circulate motions from the Post-Tournament General Coaches' Meeting for voting and eventual distribution to the OUA Sport Committee for consideration

10.1.4 Media responsibilities

10.1.4.1 OUA Championship Preview Release
10.1.4.2 All-Star release following the championship
10.1.4.3 Recap of the championship following the event

10.2 Host

10.2.1 Pre-championship

10.2.1.1 To designate an official Championship Convenor for the duration of the competition

- i) The host convenor for every OUA Championship must be a full-time staff member from the host athletic department;

10.2.1.2 Distribute a Championship Bulletin to the OUA, Cross Country Ontario, and participating teams at least 60 days prior to the start of competition. The bulletin must include:

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- 10.2.1.2.1 A competition event schedule, including race formats and distances
- 10.2.1.2.2 Information on accommodations
- 10.2.1.3.3 Schedule for technical meeting
- 10.2.1.3 Collect entry fees and team rosters from each of the participating teams.
- 10.2.1.4 Ensure that qualified race officials are present to manage the event.
- 10.2.1.11 Produce a souvenir program for the event from the Championship template provided by the OUA office. The program must include a schedule of games, team lists and photos, welcome note, and sufficient space to fulfill OUA's obligations to its sponsors. The host must send the final draft version to the OUA at least fourteen days (14) days prior to the beginning of the Championship for approval.
- 10.2.1.13 Should the host wish to implement a variation to the championship format/schedule from what is listed in the handbook they may submit a request to Sport Committee who may approve the request for the current season should the committee determine it appropriate.
- 10.2.1.15 This committee will rule on any protest or disciplinary
- 10.2.1.16 The Technical Committee may refer the incident(s) to OUA for additional disciplinary action based on the OUA Discipline Policy.
- 10.2.3 **Awards/Championship**
 - 10.2.3.1 To organize a formal awards ceremony immediately after the conclusion of the competition.
 - 10.2.3.2 The winning team and/or host institution is required to provide a championship recap by 8:00am the following day.
 - 10.2.3.3 Report all results and statistics into the OUA database and follow the same reporting timelines used for all regular-season and playoff events.
 - 10.2.3.4 Assure the safekeeping of promotional banners loaned to the Host for the purpose of promoting the Association's sponsors. Should these banners be lost, stolen or damaged, the Host will be responsible for their replacement or repair
- 10.2.4 **Post-championship**
 - 10.2.4.1 Submit championship report due to the OUA 15 days after the completion of the event:
 - i) Any unused medals and awards, sponsorship banners;
 - ii) Convenor's report including detailed financial statement of incomes and expenditures

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10.2.4.2 Be subject to sanctions and/or penalties if found in breach of any of the above obligations. Such sanctions and/or penalties will be determined by the OUA Sport Committee.

10.2.4.3 Absorb any deficit incurred from the competition.

10.2.4.4 To circulate the OUA Championship report and financial report to the OUA office and all participants 2 weeks after the championship event.

10.2.2 Media Responsibilities

10.2.2.1 Acknowledge the OUA and other major sponsors

10.2.2.2 Ensure that all local media relations are executed and that the reporting of all scores is submitted within regulation to local media, the OUA, USPORTS and other media outlets.

Round summaries must be posted within 2 hours on the host's website and the OUA statistics and schedule database as outlined in the manuals

10.2.4.3 Reporting of post-event results to the OUA media rep at the end of the championship

10.2.4.4 A copy of all advertising materials must be sent to the OUA office at the end of the championship

10.2.4.5 Provide a mandatory Championship recap by 8:00 am the following day of the Championship to the OUA Office

10.2.4.6 Abide by the OUA All-Star and Major Announcement Policy

- i) Convenor must have the names to the OUA office by 12:00pm the day following the championship
- ii) OUA office will issue the release by 4:00pm the following day
- iii) Championship hosts are not to include all-stars in releases prior to the OUA release on the Tuesday following the championship
- iv) Institutions that knowingly release All-Stars or major award winners prior to the release date and time established by the OUA will pay a \$500 fine

10.2.4.7 Agree to adhere to the minimum result and media information requirements as established for the event by the OUA office.

10.2.4.8 Provide the following to the media:

- i) a suitable location to report on the event
- ii) Access to a phone line
- iii) Reliable power source
- iv) acceptable location to view/report on the game

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- 10.2.4.9 Be prepared to cater to media by providing rosters, access for interviews or photo opportunities and technical support during the championship
- 10.2.2.10 Championship trophy is present and in presentable condition for display and championship presentations
- 10.2.2.11 Ensure championship awards presentation is executed properly by following the script and set up for each championship and special event
- 10.2.2.12 Championship awards set up on a table with OUA banners, medals, MVP awards
- 10.2.2.13 Medals are to be presented to each individual winner, by a representative of the OUA and may either be the convenor, staff, host member or sponsor in a dignified way
- 10.2.4.14 Have a photographer throughout the championship (unless OUA specifies that a photographer will be provided)
 - i) Photos must be provided to the league office no later than 10-days following the event
 - ii) A selection of action photos of all participating institutions are required in addition to the team championship banner shot

10.3 Team

- 10.3.1 To ensure the entry fee is paid to the host university by a specific deadline
- 10.3.2 To ensure all players, coaches, and team staff are registered
- 10.3.3 A completed Roster/Seeding Form is submitted to the Host prior to the appropriate deadline
- 10.3.5 All rules and regulations are maintained and adhered to and that the team is in good standing.

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Appendix A

OUA NORDIC SKI CHAMPIONSHIP – Team Relay Entry Form

EVENT: _____ EVENT DATE: _____ UNIVERSITY NAME: _____ HEAD COACH: _____ ADDRESS: _____ EMAIL: _____ TELEPHONE: _____ FAX: _____	
Men's A Team 1. _____ 2. _____ 3. _____	Women's A Team 1. _____ 2. _____ 3. _____
Men's B Team 1. _____ 2. _____ 3. _____	Women's B Team 1. _____ 2. _____ 3. _____
Men's C Team (team sprint only) 1. _____ 2. _____	Women's C Team (team sprint only) 1. _____ 2. _____
Men's D Team (team sprint only) 1. _____ 2. _____	Women's D Team (team sprint only) 1. _____ 2. _____
Received By: _____ Time: _____	
<div style="display: flex; justify-content: space-around; margin-bottom: 10px;"> <div style="text-align: center;"> _____ SIGNATURE OF University Athletic Director </div> <div style="text-align: center;"> _____ SIGNATURE OF University Head Coach </div> </div> <p>THIS TEAM ENTRY FORM MUST BE SUBMITTED AT THE TEAM CAPTAIN'S MEETING PRECEEDING THE RACE</p>	

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Appendix B

OUA NORDIC SKI CHAMPIONSHIP – Format & Seeding

2-Day Competition (relay)

A typical two-day competition schedule with a relay is as follows. This should be the default format; the host should only select an alternate format if facilities, officials and schedules permit.

Friday	Trails open and marked		
Saturday	Individual Starts	9:00am	Men 10km
		10:00am	Women 5km
	Relays	2:00pm	Men 3x5km
		3:00pm	Women 3x2.5km
Sunday	Mass Start	9:00am	Women 10km
		10:00am	Men 15km

2-Day Competition (team sprint and non-continuous pursuit)

A typical two-day competition schedule with a team sprint and non-continuous pursuit is as follows:

Friday	Trails open and marked		
Saturday	Individual Starts (classic)	9:00am	Men 7.5km
		10:00am	Women 5km
	Pursuit Starts (freestyle)	2:00pm	Men 10km
		3:00pm	Women 7.5km
Sunday	Team Sprint Heats	9:00am	Women 2x3x1.3 km
		10:30am	Men 2x3x1.3 km
	Team Sprint Finals	12:00pm	Women
		12:30pm	Men

3-Day Competition (individual sprint)

A typical three-day competition schedule with an individual sprint is:

Thursday	Trails open and marked		
Friday	Sprint Qualifiers	9:00am	Men 1.3km
		9:20am	Women 1.3km
		11:00am	Women & Men
Saturday	Mass Start	9:00am	Men 15km
		10:30am	Women 10km
		Sunday	Relays
10:00am	Women 3x2.5km		

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Appendix C

OUA Championship Financial Report

(Please see excel spreadsheet)

Championship: _____	
Host Institution: _____	
Date of Event: _____	
Section A – Revenue	
Gate Receipts	_____
Program Sales	_____
Sponsorship	_____
Other	_____
Section B – Expenses	
<u>Facilities Management</u>	
Security/Police	_____
Ticket sellers/takers	_____
Ushers	_____
Clean-up/Set-up	_____
Rental	_____
Others _____	_____
<u>Officials</u>	
Major Officials	_____
Minor Officials	
Scorer	_____
Timer	_____
Announcer	_____
<u>Publicity, Promotion, Publications</u>	
Advertising	_____

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Press Conference	_____
Photographs	_____
Other _____	_____
<u>Publicity, Promotion, Publications</u>	
Advertising	_____
Press Conference	_____
Photographs	_____
Other _____	_____
<u>General Administration (if applicable)</u>	
Ticket Printing	_____ (up to \$150)
Telephone	_____
Supplies	_____
Program Printing	_____
Other	_____
Total Expenditures	_____
Section C – Amount	
Total Revenue	_____
Visitor’s share of gate	_____ (if applicable)
Total	_____
Home Share	_____ (if applicable)
Total	_____

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Appendix D

OUA Championship Awards Protocol – Nordic Ski

ORDER OF PRESENTATIONS

- 1) Teams Line-Up
- 2) Introduce Awards Presenters/Dignitaries
- 3) OUA All-Stars/Major Award Winners
- 4) Medal Presentations
- 5) Trophy and Banner Presentations
- 6) Thank You to Fans

Presentation Protocol

Prior to the end of the tournament, un-wrap all medals and place them on an awards table (skirted, table cloth top).

1) Teams Line-Up

While the teams are lining up, bring a skirted table onto the field of competition.

Place the championship trophy on the table after it has been put into place.

2) Introduce Awards Presenters/Dignitaries

ANCR: "Ladies and Gentlemen, please turn your attention to _____ as we introduce today's medal presenters.

Representing the OUA, _____

From <Host School Athletics>, _____"

3) Medal Presentation

ANCR: "It's time now to present the championship medals beginning with the Bronze Medal winning skier, _____."

***** REPEAT FOR SILVER & GOLD MEDALLISTS*****

4) Trophy and Banner Presentation

ANCR: "To present the OUA Championship Banner and Trophy, please welcome _____

RULES & REGULATIONS

NORDIC SKI | G3 | 2019-20

We now ask that the captains of the _____ to come forward to accept the trophy, gold medals and OUA Championship banner!”

PAUSE FOR APPLAUSE AND PHOTOS OP

5) Thank You to Fans

ANCR:“On behalf of <host institution> and Ontario University Athletics, we thank you for your attendance at the 201_ OUA Nordic Skiing Championship and look forward to seeing you next year!”