



2026 MANITOBA WINTER GAMES

Cross Country Skiing Technical Package

Technical Packages are a critical element of the Manitoba Games. They guide the selection of teams by detailing age and eligibility requirements, govern competition by outlining tournament formats and scoring procedures, and identify the minimum/maximum number of participants permitted by region.

Technical Packages are developed 12-18 months prior to the Games by the relevant Provincial Sport Organization (PSO) following the standards set in place by Sport Manitoba.

After publication, any changes to the Technical Packages must be approved by Sport Manitoba – requests should first be sent to the PSO for consideration. Adjustments to age groups, eligibility requirements, team sizes, or competition formats will not be considered within six months of the start of Games.

1. SPORT: CROSS COUNTRY SKIING

2. PARTICIPANTS

2.1. Athletes

Up to 4 athletes (2 male, 2 female), per age category, per regional team.

Final number of athletes per age category may be adjusted prior to the event with a maximum of 12 athletes (6 male, 6 female) total per regional team.

2.2. Coaches and Managers

Up to 2 coaches and 1 manager per regional team.

Each regional team must have at least 1 male and 1 female on their staff.

2.3. Regional Teams

Region	Number of Teams
North	0
East	1
South	1
West	1
Winnipeg Blue	1
Winnipeg Gold	1
Total	5

3. CLASSIFICATION

U12 (Year 2): Open to athletes born in 2014.

U14: Open to athletes born in the years 2012–2013.

U16: Open to athletes born in the years 2010–2011.

4. ELIGIBILITY

4.1. Athletes

All athletes must meet the eligibility requirements identified in the Manitoba Games [Eligibility Policy](#).

All athletes must be a registered member of a Cross Country Ski Association of Manitoba (CCSAM) affiliated ski club.

4.2. Coaches and Managers

4.2.1. Sport Manitoba Requirements

All coaches and managers participating in the Games must have completed:

- Criminal Record Check
- [Respect in Sport](#)
- [Understanding the Rule of Two eLearning Module](#)

4.2.2. Sport-Specific Requirements

All coaches and managers must be at least 18 years of age as of March 1, 2026.

All coaches and managers participating in the Games must have completed CAC's Safe Sport Training.

Coaches must be minimum NCCP Community Coach Trained.

5. COMPETITION

5.1. Competition Format

Race Formats

- Day 1: Interval start, classic technique
- Day 2: Mixed Team, 4 Person Relay – two legs classic technique, two legs skate technique
- Day 3: Mass start, free technique (if schedule allows)

Race Distances

- U12: 2-3km
- U14: 3-5km
- U16: 5-7.5km
- *Regional and final race distances will be subject to conform to the established trail system at the regional and final event venues but should fall within the range indicated above per age category. Team relay course is a short course of ~300-750m (venue dependent).

5.2. Competition Rules

Rules and regulations for cross country ski sanctioned by Nordiq Canada will apply.

5.3. Tie-Breaking Procedure

If two or more competitors have the same time (truncated to nearest tenth of second), they shall have the same placing in the final results. If titles or medals are to be distributed, all those tied shall receive the same title and/or medal.

6. MEDALS

Gold, silver, and bronze medals will be awarded to the first, second, and third-place individuals in each event respectively.

7. EQUIPMENT AND UNIFORMS

7.1. Regional Team Uniforms

Athletes may wear their choice of competitive uniform during all competitions.

CCSAM will supply all competitors with race bibs for the purpose of race identification.

7.2. Equipment Standards and Restrictions

Classic skis (waxable or waxless) must be used for the classic technique event. Classic or skate skis may be used for the free technique event.

CCSAM No-Flouro Wax Protocol will apply.

7.3. Host Society / PSO Provided Equipment

Host Society will provide a waxing table for each regional team.

CCSAM will provide a neutral wax support person to assist teams where necessary.

7.4. Athlete / Regional Team Provided Equipment

Athletes to provide their own skis, boots, poles.

Regional teams must come prepared to glide and grip wax their team's skis.

8. PROTESTS AND APPEALS

8.1. Guiding Rules

8.1.1. Appeals will only be considered for sport-specific, technical issues affect the field of play and competition structure.

8.1.2. Appeals are only considered when submitted by a regional team's coaching staff.

8.1.3. All appeals must be made in writing within one hour of the end of competition or the time of the initial decision being rendered. Extensions may be considered due to logistical challenges.

8.1.4. Sport Appeal Committees will be led/chaired by the PSO Technical Representative (Tech Rep) and include the Sport Committee Chair(s), Head Official of the game/competition in question (if applicable), and a representative of Sport Manitoba.

8.1.5. Decisions of the Sport Appeal Committee will be final.

8.2. Procedure

- Participants protesting the result of a competition decision must request an appeal form from the Sport Committee Chair(s).
- Upon completion, the form must be submitted to the Sport Committee Chair(s).
- The Sport Committee Chair(s) will contact the PSO Tech Rep and request they convene a Sport Appeal Committee.
- The Sport Appeal Committee will review the submission, request additional information and/or meetings if desired, and make their decision within an hour of the time the protest was submitted.
- Relevant parties will be notified of the Sport Appeal Committee's decision.

9. ATHLETE FILL POLICY

9.1. Sport Manitoba Requirements

Regional teams may utilize athletes from outside of their region's boundaries to fill out rosters in accordance with the Manitoba Games Regional Team Policy.

Regional teams outside of Winnipeg may only use athletes from the North, East, South, or West regions to fill their rosters. Winnipeg Blue or Winnipeg Gold regional teams may only use athletes from the Winnipeg region to fill their rosters.

9.2. Sport-Specific Requirements

CCSAM in cooperation with the regional managers will regulate fills.

Immediately following their qualifier, each region will forward to the CCSAM office a list of qualifying athletes – 1st and 2nd place finishers – in all six categories (age group and gender). Each region will also provide a list of all 3rd place finishers (in all six categories) and a list of additional athletes who may desire to attend the Games. These last two lists are potential “Fill” athletes.

Fill spots will be distributed equally and fairly among regional teams. Only eligible athletes from their respective categories (age and gender) will be used as fills. The intent is to fill by gender and category first. If positions are still vacant then cross category and cross gender fills will be assigned based on CCSAM approval.

A regional team may have more than the standard number of competitors for a category only if other regional teams have fewer than the allocated numbers for that same category, provided they stay within the regional maximums (12 athletes; 6 male, 6 female).

A regional team may have more than the allotted number of athletes by gender within a category only if other regional teams are not able to fill their complement, provided they stay within the regional maximums (12 athletes; 6 male, 6 female).

1. Immediately following the final regional qualifier, the CCSAM office will determine the number of positions available for the 2026 Manitoba Winter Games fills.
2. CCSAM will take the Manitoba Games rosters and rank the fills based on the results submitted. The extra skiers will be ranked equally for each regional team; i.e. all 3rd place competitors from their regional qualifiers will be randomly drawn to fill the available category spots.
3. Once all category and gender fill positions have been assigned to qualified category and gender athletes, leftover fill positions will then be drawn by qualified category and alternate gender athletes still on the qualified list.