

AMENDMENT

- 5.5.5 Has been amended from “*Total of highest 8 scores in sprint and/or distance*” to “*Total of highest 5 scores in sprint and/or distance*”

1.0 FIS COC SERIES OBJECTIVES

1. FIS Objectives: To assist in athlete development for participation in the World Cup.
2. Nordiq Canada Objectives: To create competitive opportunities based on results from the NorAm series and Canadian Ski Championships that provides WC starts and stimulate the transition from NorAm racing to future World Cup, World Ski Championships and Olympic Winter Games medalists.

2.0 GENERAL INFORMATION

1. Nations can apply to FIS to designate as a “FIS Continental Cup Series” domestic race events that meet FIS criteria. In receiving official designation for such a series, host nations receive additional World Cup quota.
2. For the 2019-20 season, Haywood NorAm, and Canadian Ski Championship competitions referenced in 3.0 are designated as Canada’s FIS Continental Cup Series. All designated competitions will be FIS-sanctioned. Competitors with FIS licenses, entered in the Open classes, will be eligible for points allocated for the Series standings and aggregate winners.
3. Nordiq Canada’s High-Performance Director (HPD), or High-Performance Manager (HPM) in the absence of an HPD, reserves the right to decide whether Canada will utilize these additional World Cup quota positions allocated by FIS in consideration of Canada’s FIS Continental Cup Series. The decision will be based on factors that include:
 - i. Nordiq Canada 2019-20 Competition Trip Selection Criteria Sections 1 and 2
 - ii. World Cup scheduling (i.e. competition formats, distances and locations) and the athlete’s ability to compete in the scheduled events
4. Nordiq Canada will only consider for selection Nordiq Canada members in good standing who have a valid Canadian passport, a valid CCC license, and a valid FIS license and who meet FIS minimum eligibility standards referenced in the FIS Rules for the FIS Cross-Country World Cup WC 3.3: https://res.cloudinary.com/fis-production/image/upload/v1536925921/fis-prod/assets/Continental_Cup_Rules_Cross-Country.pdf
5. The COC series winners will receive travel subsidies according to article 10.1 of the FIS World Cup rules. All other expenses, including the daily Nordiq Canada support fee of \$170/day will be the responsibility of the athlete.

3.0 ELIGIBLE COMPETITIONS IN THE 2019-20 SEASON

Date	Place	Category	Format
Period 1			
December 6-8, 2019	Canmore, AB	Haywood NorAm	Sprint F, 5/10Km Cl, 10/15 F
December 14-15, 2019	Gatineau, QC	Haywood NorAm	Sp Cl, 10/15 F, 5/10 Cl
Period 2			
January 31-Feb 2, 2020	Mount Ste Anne, QC	Haywood NorAm, WJR/U23 Trials	Sp F, Int Cl, Mass St F
Period 3 NO EVENTS			
Period 4			
March 26, 2020	Sovereign Lake, Vernon BC	Canadian Ski Championships	Int F, Int Cl, Sp C, Mass St 30/50 F
Period 5 NO EVENTS			

4.0 FIS ALLOCATION OF ADDITIONAL WORLD CUP QUOTAS FOR THE COC SERIES

All FIS requirements regarding additional quota for COC Series Leaders and Winners are set out in the Rules for the [FIS Cross-Country Continental Cup](#).

5.0 NORDIQ CANADA SELECTION OF COC WINNERS AND LEADERS

Subject to Section 2.3 and Section 4.0, Nordiq Canada may select athletes to use the additional quota provided by FIS based on the following:

	Athletes Eligible for Selection	As of:	COC Series Ranking Based on:	Eligible for Selection for:
5.1	Overall male and female winners from 2018-19	End of 2018-19 season	COC Series Overall Winners from 2018-19	WC Period 1 November 29- December 22, 2019
5.2	Overall male and female COC Series leaders	Dec 24/2019	Total of highest 3 scores in sprint and/or distance	WC Period 2 – 3 January 31 - Feb 9, 2020
5.3	Overall male and female COC Series leaders	Feb 11/2020	Total of highest 5 scores in sprint and/or distance	WC Period 4 February 15 – February 23, 2020
5.4	Overall male and female COC Series leaders	Feb 25/2020	Total of highest 5 scores in sprint and/or distance	WC Period 5 February 29 – March 22, 2020



NORDIQ CANADA CONTINENTAL CUP SERIES (COC) SELECTION CRITERIA 2019-20

5.5	Overall male and female winners for 2019-20	April 2/2020	Total of highest 5 scores in sprint and/or distance	WC Period 1 2020-21
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Nordiq Canada will only offer team and travel support to COC Leaders at select WC races as outlined in the 2019-20 Competition Trip Selection Criteria.

6.0 SERIES SCORING

The scoring system outlined in Section 11.3 of the 2019-20 NorAm Technical Package will be used to determine the overall and sprint leaders throughout the COC Series:

The NorAm Technical Package outlines:

- A scoring system that assigns points as follows: 1st place= 100 points, etc.
- The principles to be applied for any tie-breaking situations (Section 11.3)

Cancellation of any race in the series will result in a review of the number of results to be considered in each period; this reassessment will be made by the HPD/HPM with input from the HPC.