

**THE  
NEVADA HIGH SCHOOL  
SKI RACING  
RULES  
2011-2012**

**(Revised 10/2711)**

**COACHES MANUAL**

# GENERAL RACE RULES

## INDEX

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### **100 ORGANIZATION AND GENERAL RACE RULES**

100.1	LEAGUE STRUCTURE	4
100.2	RACE DIRECTOR	4
100.3	JURY	4
100.4	COURSE SETTER	5
100.5	FORERUNNERS	5
100.6	CHIEF OF CALCULATIONS	5

### **110 RACE CANCELLATION**

110.1	WEATHER	5
110.2	SNOW CONDITIONS	5

### **120 COURSE CRITERIA**

120.1	TYPE OF COURSES	5
120.2	TYPE OF GATES	5
120.3	GATE COMBINATIONS	6
120.4	COURSE INSPECTION	6

### **200 START, FINISH, TIMING AND CALCULATIONS**

200.1	COMMUNICATIONS	6
200.2	TIMING EQUIPMENT	7
200.3	START AND FINISH OFFICIALS	7
200.4	THE START	7
200.5	THE FINISH	8
200.6	CALCULATIONS	9
200.7	RESULTS	9

## **201 START ORDER**

201.1	START ORDER	9
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## **202 RE-RUNS**

202.1	PREREQUISITES	10
202.2	GROUND FOR INTERFERENCE	10
202.3	VALIDITY OF A RE-RUN	10

## **203 DISQUALIFICATION**

203.1	PROFANITY	11
203.2	ILLEGAL PRESENCE	11
203.3	COURSE INSPECTION	11
203.4	FREE SKIING OR SHADOWING A COURSE	11
203.5	LOSS OF SKI	11
203.6	MISSING A GATE	11
203.7	SAFETY	12
203.8	OUTSIDE HELP	12
203.9	FINISH AREA	12
203.10	EYE PROTECTION	12
203.11	ALCOHOL	12
203.12	TOBACCO	12
203.13	HEAD PROTECTION	12

## **204 PROTESTS**

204.1	TYPES OF PROTESTS	13
204.2	PLACE OF SUBMITTAL	13
204.3	SETTLEMENTS OF PROTESTS	13

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## **100 ORGANIZATION AND GENERAL RACE RULES**

### **100.1 LEAGUE STRUCTURE**

a. The Nevada State High School Ski Racing Program is now 1 League called the Sierra Nevada League.

b. The Sierra Nevada League consists of the following 13 schools:

Damonte Ranch	Reno
Galena	ROP
Hug	Sage Ridge
Manogue	Spanish Springs
McQueen	Sparks
North Valleys	Wooster
Reed	

c. All 13 schools will compete against each other in each of the 6 league races. Each school may race a maximum of eight (8) boys and eight (8) girls in each of the 6 league races. The top four (4) schools will move on to the Nevada State Ski Racing Championship Races. The determination of these teams will be based on the sum total of their team scores for each of the 6 races. The four (4) schools that have the lowest point totals for the season will qualify.

d. Twenty (20) individual boys and (20) individual girls from non-qualifying teams will also earn the right to compete in the Nevada State Ski Racing Championships. The determination of these individuals will be based on the sum total of their individual scores for five (5) of six (6) races.

e. If a racer does not finish a race (DNF) or does not participate in a race (DNS), a point total will be assigned to that racer for that race equal to the maximum points ( Total number of racers participating in the race).

### **100.2 RACE DIRECTOR**

a. The Race Director is the Washoe County School District Commissioner of High School Skiing.

### **100.3 JURY**

a. The Jury will consist of a head coach from each school and the chief of race. The Race Director and Course Setter will be included on the jury for State finals.

b. The Jury has total jurisdiction of all races and they alone will determine when a race must be canceled or rescheduled.

## **100.4 COURSE SETTER**

a. Mt. Rose Race Support Staff will be the course setters for all league races and the State Championship Races.

## **100.5 FORERUNNERS**

A. There should be at least two forerunners for WEEKLY races and there should be at least three forerunners for the STATE races. There will be a maximum of four forerunners at any event.

## **100.6 CHIEF OF CALCULATIONS**

a. Mt. Rose Race staff will supply results for League and State Races .

## **110 RACE CANCELLATION**

### **110.1 WEATHER**

a. The Jury can decide at anytime that the weather is (or has become) unsafe to proceed. The race will either be stopped and delayed or canceled and run at another time; we will strive for 100% of the racers to complete their runs.

b. The Jury can decide that a race is complete after 1 run if weather conditions become unsafe to start run 2.

### **110.2 SNOW CONDITIONS**

a. The Jury can decide at anytime that the course and/or snow conditions are (or have become) unsafe to proceed. The race will either be stopped and delayed or canceled and run at another time: we will strive for 100% of the racers to complete their runs.

## **120 COURSE CRITERIA**

### **120.1 TYPES OF COURSES**

a. See Schedule.

### **120.2 TYPES OF GATES**

a. Self-Dressing gates may be used on the course.

b. Self-dressing gates should be used in slalom.

- c. Two self-dressing poles should be used in giant slalom.
- d. The gates will consist of alternating red and blue single gates except for hairpin combinations and four gate flushes.
- e. Since only one pole is used in slalom, the race line will be assumed as if there were two poles as a gate.

### **120.3 COURSES**

- a. Slalom courses will be set so that the distance between successive gates ( vertical) will be no less than 11 meters and no more that 13 meters ( 6.5 to 7.5 ski lengths assuming a 170 cm ski). The swing ( horizontal) will be no less than 1.5 ski lengths and no more than 2 ski lengths (170 cm ski) between successive gates. Each course must contain 2 to 4 combinations.
- b. Giant Slalom courses will be set so that the distance between successive gates (vertical) will be no less than 26 meters (15 ski lengths /170 cm. ski) and no more than 30 meters (17.5 ski lengths/170 cm. ski). The swing and vertical distance should be consistant with the pitch of the hill allowing for a rhythmic flow from top to bottom.

### **120.4 COURSE INSPECTION**

- a. Competitors are not allowed to free ski in race course area unless instructed to do so by a coach: race course area is defined by ribbons or ropes.
- b. Competitors may inspect course by ascent or descent. (Skis must always be kept perpendicular to fall line while in race course area.)
- c. Competitors may slip in the race line of the course only when authorized to do so by a coach at the start or the starting official. Otherwise, inspection must be made from outside race line of skiing in the course.

## **200 START, FINISH, TIMING AND CALCULATIONS**

### **200.1 COMMUNICATIONS**

- a. **Jury Members:** All Jury Members must have a radio.
- b. **Weekly Competition:** All coaches must have a radio. Channel 1 should be used for communicating with all coaches.
- c. **State Competition:** There must be a radio between the start and finish, between the start and the chief of calculations, and the finish and the chief of calculations.

### **200.2 TIMING EQUIPMENT**

- a. **Weekly Competition:** Electronic timing will be the standard for all weekly competition. Electronic timing may be used as long as it does not interfere with other races. Hand timers may be used as a back up.

**b. State Competition:**

1. Electronic timing will be the standard for the State competition. Electronic timing will allow measurement of the times to 1/100<sup>th</sup> of a second. Even if the electronic timing can provide 1/1000<sup>th</sup> of a second timing, it will not be used in the event of competitors being tied in the same 1/100<sup>th</sup> of a second..
2. The electronic sensing unit at the finish will be placed at such a height that a competitor will cut the beam as he/she passes the finish line with the lower half of hi/her leg, between the ankle and the knee.
3. Hand timing must be totally separate and independent of the electronic timing. If and when the electronic timing temporarily/permanently fails, the times recorded by hand timing shall be accepted: to these times shall be added a time drift equivalent to the average difference between the times recorded by electronic timing and hand timing.

**200.3 START AND FINISH OFFICIALS**

- a. Mount Rose race staff will handle start and finish responsibilities.**

**200.4 THE START**

**a. Start Procedure**

1. No official or attendant who could possibly give an advantage to or disturb the starting competitor may be behind him/her. All outside help is forbidden.
2. By order of the starter, the competitor must plant his poles in front of the start line, or where indicated.
3. The starter must not help or assist the competitor to accelerate their start.
4. Pushing off from the start posts or other aids is forbidden and the competitor may start only with the help of his/her ski poles.

**b. Start Signals**

1. The starter will give each competitor a “Racer in the gate!” to alert the racer to get ready to go. Then the starter will say “Ready” which tells the competitor he/she may leave the start line at any time. When the competitor’s first boot passes the start line, the starter will say “Go!”
2. The racer should start within five (5) seconds of the “Ready” to avoid confusion.

**c. Delayed Start**

1. All competitors must be in the starting gate when it is their turn to race. Failure to do so will result in the racer running after the last scheduled competitor has run.

**200.5 THE FINISH**

**a. The Finish Area**

1. The finish area must be plainly visible to the competitor approaching the finish. It must be wide, with a gently sloped smooth outrun. It must be especially well prepared and smoothly packed to make stopping easy.
2. In setting the course, the last gates should direct the competitor to the middle of the finish line.

**b. State Competition**

1. The finish area is to be completely fenced in. Barricades shall be placed so that competitors are not injured by colliding with them. Any unauthorized entry must be prevented.

**c. The Finish Line**

1. The finish line is marked by two posts, which should be no less than 10 feet wide.

**d. Determination of Finish**

1. The finish line must be crossed either on both skis, one ski, or, in case of a fall in the immediate finish area, with both feet. In this case, the time counts when any part of the body or equipment stops the time keeping.
2. Loss of a ski more than 3 gates from the finish will be considered a disqualification (DNF).

**e. Timing of Finish**

1. With ELECTRONIC timing, the time is taken when a competitor crosses the line between the finish posts with any part of the body or equipment, and so breaks contact.
2. The time can therefore be taken for a fall at the finish before both feet have crossed the finish line. For this time to be valid, the competitor must immediately cross the finish line with both feet.
3. With HAND timing, the time is taken when the competitor's foot crosses the line.

**f. Failure of Electronic Timing**

1. When the electronic timing TEMPORARILY fails, the times recorded by hand timing shall be accepted, and to these times shall be added or subtracted a time drift equivalent to the average difference between the times recorded by electric timing and by hand.
2. In event the electronic timing systems fails, the Chief of Calculations shall calculate the drift between the electronic timing results and the hand held timing results for the three racers prior to the failure plus three racers after the electronic system is restored/running. In event the electronic timing system cannot be restored/running, the Chief of Calculations will calculate the drift of the six racers prior to the failure
3. When the electronic timing COMPLETELY fails, the times taken by hand throughout the entire race shall be valid.



## **200.6 CALCULATIONS**

### **a. Weekly Competition**

1. Each racer will be awarded points determined by his/her finish overall (sum of both (2) runs) out of all the competing racers. First place will receive 1 point and last place will receive a point value equal to the number of racers competing and finishing the race.
  - a) Example: 95 racers competed in Race #1. 90 racers finished both runs. First place finisher receives one (1) point and last place finisher receives 90 points.
2. A racer who does not finish one (1) or both (2) runs (DNF) will receive 95 points for that race.
3. A racer who does not compete (DNS) will also receive 95 points for that race.
4. Team points will be the sum of the top five (5) finishers' points. The team with the lowest points is declared the winner.
  - b) Weekly points for State
    1. Each racer is allowed FIVE (5) results to qualify for State competition assuming hi/her team does not qualify.

## **200.7 RESULTS**

- a. The top five (5) finishes for each team will be added to determine the Team Score at State Competition.

## **201 START**

### **201.1 START ORDER**

- a. Weekly (League Competition)
  - 1) Race #1 start order will be determined by a random draw of the competing schools.
  - 2) Races #2 - #6 start order will be based on the finish order of the previous race.
3. If a given racer is a DNS (sickness, injury, etc.), another racer may be substituted into his/her place. That racer will start LAST in run #1.
4. Any changes must be given to the race director (Zotter) no later than 48 hours before the next race.
  - b. State Championship Race

1. The starting order will be determined by a team draw with team and individual competitors starting on a rotating cycle based on the draw.

## **202 RE-RUNS**

### **202.1 PREREQUISITES**

- a. A Racer who is hindered while racing by the error of an official, by a spectator, by an animal, or by other causes can apply to any race official for a re-run immediately after the occurrence of the interference.

### **202.2 GROUNDS FOR INTERFERENCE**

- a. Blocking of the course by an official, a spectator, an animal or other hindrance.
- b. Objects in the course such as a lost ski pole or ski of a previous skier.
- c. Activities of the first aid service which hinder the racer.
- d. Absence of a gate knocked down by a previous racer and not properly replaced.
- e. Other similar incidents, which, beyond the will and control of the racer, causes significant loss of speed or lengthening of the racing line and thereby materially affect the racer's time.
- f. Malfunction of the time keeping system.

### **202.3 VALIDITY OF A RE-RUN**

- a. If the competitor was already disqualified before the incident entitling him/her to a re-run the re-run is not valid. The official who observed the incident will immediately call the Chief of Timing. If the jury is not available for an immediate appeal, the racer should proceed to the start, race, and must accept time of second run if approved by the jury.
- b. Subsequent to the race, the jury will vote on validity of request for a rerun. The re-run will be given as soon as the competitor can appear at the start line.

## **203 DISQUALIFICATIONS**

### **203.1 PROFANITY**

- a. A racer is automatically disqualified if he/she uses profanity anywhere on the race course, the start area or the finish area.

### **203.2 ILLEGAL PRESENCE**

- a. A racer may be disqualified if he/she is in the timing shack, around the timers at the finish line or in the calculations area. This includes conversing with any of these personnel with the intent of getting race times or results.
- b. A racer may be disqualified if he/she interferes with the Start Official and/or Assistant Start Official.

### **203.3 COURSE INSPECTION**

- a. Competitors may be disqualified for free skiing in race course area except only when instructed to do so by a coach: race area is defined by ribbons or ropes.
- b. Competitors may be disqualified if skis are not kept perpendicular to the fall line while in race course area.
- c. Competitors may be disqualified if they slip in the race line of the course without authorization to do so by a coach at the start. Otherwise, inspection must be made from outside the skiing line in the course.

### **203.4 FREE SKIING OR SHADOWING COURSE**

- a. If a racer skis along the side of the course, shadowing the line, he/she may be disqualified.

### **203.5 LOSS OF SKI**

- a. Loss of a ski more than three gates from the finish will cause immediate disqualification.

### **203.6 MISSING A GATE**

- a. Failure to go around the single pole with both feet following race line or failure to go between two poles of a gate with both feet constitutes disqualification.

### **203.7 SAFETY**

- a. Not complying with all safety regulations may result in disqualification. This includes jumping anywhere on the mountain.
- b. THE CHUTES: Mount Rose's areas known as "THE CHUTES" are closed to all Nevada High School Ski Racers. If any student skies into The Chutes area during a Nevada High School Race or on a practice day, they will be

immediately dismissed from the High School Ski Racing Program for the remainder of the ski season.

- c. Nevada High School Ski Racers are not permitted to free ski in the terrain parks on team race or practice days.

### **203.8 OUTSIDE HELP**

- a. Racer is disqualified if he/she receives any outside physical help in any form.

### **203.9 FINISH AREA**

- a. If a racer, after finishing, does not leave the finish area in a reasonable time he/she will be disqualified. *Racer results will only be available at end of the race day.*

### **203.10 EYE PROTECTION**

- a. Goggles are mandatory during any gate training or racing.

### **203.11 ALCOHOL**

- a. All racers must follow the NIAA Drug and Alcohol Policy.
- b. Racers/Students will be barred from any and all competitions for the remainder of the season on first incident involving alcohol. This is the policy stated by Mt. Rose Ski Area.

### **203.12 TOBACCO**

- a. All racers must follow the NIAA Drug and Alcohol Policy.
- b. Racer/Students are not allowed to use any form of tobacco. The racer/student will be barred from the next race for the first offense and barred the remaining season for the second offense. This is the policy stated by Mt. Rose Ski Area.

### **203.13 HEAD PROTECTION**

- a. Racer/Student's failure to follow WASHOE COUNTY SCHOOL District's policy and requirement while participating as a regular or alternate Ski Team Member must wear a crash helmet that conforms to the U. S. Ski and Snowboard Association's competition equipment specifications (ASTM Standards, CEN Standards and must have F.I.S. Certification) or they will be disqualified. This requirement includes all time spent while on the ski hill: competition racing, practice racing, clinics and free skiing. Failure to wear the crash helmet will disqualify the student racer from competition and the student racer shall not be allowed to participate in any race, practice, clinics or free skiing. It is the sole responsibility of the Student Racer to select, maintain and inspect the crash helmet for defects and to bring to their Ski Team Head Coach's attention potential problems. The Washoe County School District neither specifies nor recommends any particular helmet design or brand: even

though Washoe County School District is supplying a crash helmet to assure 100% compliance to its usage. *Utilization of a helmet other than WCSD issue has to be of equal to or greater than compliance. This compliance must be verified by the N.H.S. Ski Coordinator.* The Washoe County School District undertakes no responsibility or liability in connection with the requirement that crash helmets be utilized. The Washoe County School District neither specifies nor makes any warranties as to the fitness for use of any particular ski helmet nor assumes responsibilities or duties to any student racer by requiring the use of the helmet.

## **204 PROTESTS**

### **204.1 TYPES OF PROTESTS**

- a. Against admittance of competitor.
- b. Against the course or its condition.
- c. Against another competitor.
- d. Against an official during the race.
- e. Against disqualification.
- f. Against the time keeping.
- g. Against the official results lists.
- h. Against decisions of Jury to stop race.
- i. Against other Jury decisions.

### **204.2 PLACE OF SUBMITTAL**

- a. All protests are to be called into the chief of Race immediately. Protests must be made within 10 minutes of the infraction or they will be disallowed.

### **204.3 SETTLEMENT OF PROTESTS**

- a. The Jury will meet either in person or on the radio to deal with protests as they are encountered. In dealing with a protest against disqualification, the official/officials who witnessed the infraction should be present with Jury member/members.
- b. A vote will be taken and the majority shall rule. The decision is to be made public immediately after the vote.