THE
NEVADA HIGH SCHOOL
SKI RACING
RULES

(Revised 10/28/26)

COACHES MANUAL

I N D E X

100 ORGANIZATION AND GENERAL RACE RULES

100.1	LEAGUE STRUCTURE	4
100.2	RACE DIRECTOR	4
100.3	JURY	4-5
100.4	COURSE SETTER	5
100.5	FORERUNNERS	5
100.6	CHIEF OF CALCULATIONS	5
100.7	ATHLETE QUALIFYING	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	COURSES	6
120.4	COURSE INSPECTION	6

200 START, FINISH, TIMING AND CALCULATIONS

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

201 START ORDER

201.1	START ORDER	8-9

202 RE-RUNS

202.1	PREREQUISITES	9
202.2	GROUNDS FOR INTERFERENCE	9
202.3	VALIDITY OF A RE-RUN	9

203 DISQUALIFICATION

203.1	SAFETY	9-10
203.2	EYE AND BODY PROTECTION	10
203.3	ALCOHOL	10
203.4	TOBACCO	10
203.5	HEAD PROTECTION	10

204 PROTESTS

204.1	TYPES OF PROTESTS	11
204.2	PLACE OF SUBMITTAL	11
204.3	SETTLEMENTS OF PROTESTS	11

205 ADDENDUM 1 – WESTERN U.S. HIGH SCHOOL CHAMPIONSHIPS

100 ORGANIZATION AND GENERAL RACE RULES

100.1 LEAGUE STRUCTURE

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

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

Bishop Manogue	Reed
Coral Academy	Reno
Damonte Ranch	ROP
Debbie Smith CTE	Sage Ridge
Excel Christian	Spanish Springs
Galena	Sparks
Hug	Wooster
McQueen	Virginia City
North Valleys	

c. All 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 five (5) 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 (or total number of league races if races are cancelled). The five (5) 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 (or 1 less than the total races completed, n-1).

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 Ski Racing.

100.3 JURY

a. The Jury will consist of all the Head Coaches from each school participating in the race.

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

100.4 COURSE SETTER

a. Either the Host Mountain Race Staff or designated coaches 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. Host Mountain Race Staff will supply results for League and State Races.

100.7 ATHLETE QUALIFYING

a. **League races:** From NAC 385B.790, an athlete must complete at least 5 days of practice in the sanctioned sport under the direct guidance of a member of the school's coaching staff. Club or Far West team practices do not count towards this minimum.
b. **State Championships:** A skier must compete in at least three separate NNSRL ski meets to be eligible to participate in the State Championships. If the regular season schedule is reduced from the normal six races, a skier must start in at least 40% of the scheduled regular season races to be eligible.
    a. The minimum participation requirement may be waived under the following circumstances:
        i. Illness or Injury: A licensed physician must certify that the student was medically unable to participate in the missed races.
        ii. Extreme Family Emergency: The student's school principal must certify that the student was unavailable to participate due to an extreme family emergency.

110 RACE CANCELLATION

110.1 WEATHER

a. The Race Director and 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 Race Director and 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 Race Director and 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. All gates used in races will conform to USSA standards and guidelines.

120.3 COURSES

a. Both Slalom and Giant Slalom will be set according to USSA guidelines.
b. Changes due to conditions must be appropriate to hill pitch and must be approved by

the Race Director and Jury.

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. Race Director and Jury 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 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 1/100th of a second. Even if the electronic timing can provide 1/1000th of a second timing, it will not be used in the event of competitors being tied in the same 1/100th 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 his/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. Host Mountain 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. 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. Determination of Finish

1. Refer to USSA finish standards and guidelines.

c. 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.

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 (or N-1 if a race is cancelled) assuming his/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.
b. League results – Results from rule 100.1.c will be used to crown League (or Regional) Champions.

201 START ORDER

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.

b. State Championship Race

1. The starting order will begin with the #1 team (1st slot) through the #5 team (5th slot) and #1 individual (6th slot) and cycle back to the #1 team until all racers are entered into the starting order.
2. Coaches may designate whether a racer will compete in just 1 event or both events.
3. Starting order will stay the same for both races. (Day #1, race 1 and Day #2 race 1)

202 RE-RUNS

202.1 PREREQUISITES

a. USSA Rules-623.1.1, 623.1.2

202.2 GROUNDS FOR INTERFERENCE

b. USSA Rules-623.2.1 to 623.2.6

202.3 VALIDITY OF A RE-RUN

c. USSA Rules-623.3.1 to 623.3.3

203 DISQUALIFICATIONS and PENALTIES

a. USSA Rules-628 and 629

203.1 SAFETY

a. Not complying with all safety regulations may result in disqualification. This includes jumping anywhere on the mountain.
b. Nevada High School Ski Racers are not permitted to free ski in the terrain parks on team race or practice days.

203.2 EYE AND BODY PROTECTION

c. Helmets/Goggles are mandatory during any training or racing.
d. Full covering of hands, arms and legs must be adhered to during any training and racing.

203.3 ALCOHOL/DRUGS

e. All racers must follow the NIAA Drug and Alcohol Policy.

f. 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 the Host Mountain.

203.4 TOBACCO

g. All racers must follow the NIAA Drug and Alcohol Policy.

a. 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 the Host Mountain.

203.5 HEAD PROTECTION

h. 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 with solid, hard ear protection or they will be disqualified. Soft ear protection is only permitted for helmets used in Slalom. 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 may be supplying a crash helmet to assure 100% compliance to its usage. 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. USSA Rules-640 and 641

204.2 PLACE OF SUBMITTAL

b. All protests are to be called into the Race Director.

c. Protests must be made either:

- Within 10 minutes of the infraction
- Immediately after the completion of the race when Race Director asks if there are any protests over radio.

204.3 SETTLEMENT OF PROTESTS

d. The Race Director and 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 the T.D. and Referees (or on radio in the least). It is also

recommended for the coach to gather proof of a suspected incorrect call before the meeting.

e. A vote of Head Coaches will be taken and the majority shall rule. The decision is to be made public immediately after the vote.

f. If needed, athlete may take a provisional second run to continue the race flow, then discussion can continue after the race.

205 ADDENDUM 1 – WESTERN US HIGH SCHOOL CHAMPIONSHIPS

Definition:

This is not a sanctioned event by NIAA, therefore it is a separate event not sponsored by the NIAA or WCSD.

The Western US High School Championships are put on by USSA Far West Skiing. States attending include California, Nevada, Oregon, Wyoming, Colorado, Wisconsin, Illinois and Minnesota. The goal is to bring together the top High School racers in the Western Half of the United States to compete for their State in a Championship format event, participating in GS and SL. This event is a US Ski and Snowboard Sanctioned, Non-Scored, event.

Event website here: https://fwskiing.org/events/western-us-high-school-championships/

Qualifying:

Athletes qualify out of the Nevada – Sierra League (NNSRL). The top 12 boys and top 12 girls qualify. If one of the top 12 qualifiers does not elect to participate, that spot is opened up to the next highest qualifier until the 12 spots are full. Qualifiers will be notified approximately 2 weeks before State. Athletes will have 72 hours from that time to accept or reject their spots. Approximate costs will be shared prior to the athletes needing to indicate their participation.
To be eligible for selection, an athlete must:

- Be a member of an NIAA-sanctioned high school ski team, and
- Hold a current U.S. Ski & Snowboard competitor license.

Each season, the NIAA high school ski team head coaches shall select, by majority vote:

- The Head Coach for the Western US High School Championships,
- Assistant coach(es), and
- The boys' and girls' teams that will represent the State of Nevada.
- The decisions of the head coaches shall constitute the official Nevada team selection for the Western US High School Championships.

Event Requirements:

1. All racers **must** hold one of the following US Ski and Snowboard memberships: Alpine Non-Scored Athlete (AS), Short Term Alpine (STA) if under 18 years of age, or Alpine Competitor U16 and Older (AC U16).
2. All coaches **must** hold a US Ski and Snowboard Coaches membership (can take up to two weeks to pass all background and Safesport requirements).
3. Helmets: All helmets must be FIS approved, no exception
4. Skis must meet US Ski and Snowboard equipment rules
5. Team size is 12 men and 12 women. Top 6 finishers of each run count for the team score (this allows DNF or DSQ first run to get a 2nd chance to potentially score points for their team). Combined times count towards individual standings.
6. Awards: Top 3 Men's Teams, Top 3 Women's Teams, Top 3 Combined Teams, Top 5 for men GS, Top 5 for men SL, Top 5 for women GS, Top 5 for women SL