THE
NEVADA HIGH SCHOOL
SKI RACING RULES

(Revised 10/28/2026)

STUDENT MANUAL

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Athlete/Ski Racer,

This Student Manual is provided to you to assure you have the racing rules and requirements as you compete in the Nevada State High School Racing Program.

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

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).

STUDENT/RACER HANDBOOK
GENERAL RACE RULES
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(Note: All Index Categories Refer to the Coach's General Race Rules Manual)

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120 COURSE CRITERIA

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.

202 RE-RUNS

202.1 PREREQUISITES

a. USSA Rules-623.1.1, 623.1.2 (see FIS Rulebook)

- Summary: 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. Racer must notify a race official immediately during or after the run.

202.2 GROUNDS FOR INTERFERENCE

a. USSA Rules-623.2.1 to 623.2.6 (see FIS Rulebook)

- Summary:
- Blocking of the course by an official, a spectator, an animal or other hindrance.
- Objects in the course such as a lost ski pole or ski of a previous skier.
- Activities of the first aid service which hinder the racer.
- Absence of a gate knocked down by a previous racer and not properly replaced.
- 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.
- Malfunction of the time keeping system.

202.3 VALIDITY OF A RE-RUN

a. USSA Rules-623.3.1 to 623.3.3 (see FIS Rulebook)
b. Summary:
c. 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.
d. 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

USSA Rules-628 and 629

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 will 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 will be disqualified if he/she interferes with the Start Official and/or Assistant Start Official.

203.3 COURSE INSPECTION

a. Competitors will 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 will be disqualified if skis are not kept perpendicular to the fall line while in race course area.
c. Competitors will 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 will 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 will 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.

203.8 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**.**

203.10 EYE AND BODY PROTECTION

a. Goggles are mandatory during any gate training or racing.
b. Full covering of hands, arms and legs must be adhered to during any training and racing.

203.11 ALCOHOL/DRUGS

a. All students are required to follow the NIAA Drug and Alcohol Guidelines

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 the Host Mountain.

203.12 TOBACCO

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.

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

204.2 PLACE OF SUBMITTAL

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

a. 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.
b. A vote of Head Coaches will be taken and the majority shall rule. The decision is to be made public immediately after the vote.
c. If needed, athlete may take a provisional second run to continue the race flow, then discussion can continue after the race.