

2020-21 NORDIC SKI INFORMATION For COVID -19.

IMPORTANT INFORMATION FOR ALL SKI COACHES PARTICIPATING IN STATE

Education Statement:

The VPA Nordic High School Coaches Association has made the decision to stop the use of ALL fluorinated glide AND kick waxes (including klister) for the 2020-2021 regular season and state meets. The decision is based on well-documented research linking the risks of use to both human health and environmental impacts. Fluorinated waxes are part of a family of carbon- fluorine man-made compounds commonly known as PFAS. As adults, we are listening to our young people, hearing their concerns regarding climate change, and taking action by reducing the amount of PFAS used in our sport and state. This new wax policy is based on trust and the hope that all involved in our High School League make the health of their teammates, coaches, spectators and the environment a priority.

COMPETITION: Cross Country Skiing will follow the guidelines of the USSA unless otherwise specified below.

Coaches – Please remember that as of 7/1/16 all coaches must have AED, CPR and Emergency Action Plan training.

2020-21 COVID Considerations

1. All state guidelines must be followed, including all guidelines published by the Vermont department of Health.
2. All [VPA Guidelines for Winter High School Athletics During COVID -19 Pandemic](#) must be followed
3. All school guidelines must be followed.
4. All venue guidelines must be followed.

2020-21 Return to Practice:

Schools with Nordic Programs agree to:

1. Conduct Daily Health Screenings at the start of practice

Schools will follow the VPA Guidance for Winter High School Athletics during Covid-19 Pandemic:

Schools shall ensure that all players, coaches, officials, staff, and spectators complete a health check at first point of contact for school-sponsored practice sessions, scrimmages, games, meets or competitions. The daily monitoring for COVID-19 exposure and symptoms that schools conduct consistent with the Agency of Education's [Strong and Healthy Start](#) guidance is sufficient for student athletes. If an individual has already been screened that day by a school, it is not necessary to screen them again. At a minimum, a temperature screening should be conducted for all people present and they should be asked to consider the following questions:

1. Have you been in close contact with a person who has COVID-19?
If yes, have you been directed by the Department of Health to quarantine?

2. Have you travelled outside the State of Vermont in the past 14 days
If yes, have you complied with the Agency of Commerce and Community Development (ACCD) and Department of Health guidance around quarantine?

3. Do you feel unwell with any symptoms consistent with COVID-19?
For example, have they had fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, fatigue, muscle or body aches, headache, congestion or runny nose, sore throat, new loss of taste or smell, nausea or vomiting, diarrhea?

2. Wear facial coverings. All skiers and coaches are required to wear facial coverings at all times (coaches should monitor [VPA Guidelines for Winter High School Athletics During COVID -19 Pandemic](#) for current updates). The VPA Guidance for Winter High School Athletics during Covid-19 Pandemic define facial coverings as:

- **Cloth facial coverings must be at least 2 layers thick and cover both the nose and mouth without any gaps around the edges.**
- Surgical face masks may be worn and must cover both the nose and mouth without any gaps around the edges.
- Vented masks are not permitted.
- At this time the NFHS does not permit the use of plastic shields covering the entire face, or attached to a helmet during competition. They are also not recommended for use during a practice.
- **During competitions, the coaches, officials, and site administrator are equally responsible for enforcing all COVID-19 safety rules. Teams found to be in non-compliance with safety rules will be warned and if behavior continues, the competition may be forfeited. Individual students found to be non-compliant after two warnings shall be ineligible for the remainder of the game.**
- School administrators and athletic directors are encouraged to report non-compliance issues to the VPA. Repeated non-compliance with COVID-19 safety rules may result in exclusion from participation in interscholastic competition for the remainder of the season.

- NOTE:

- It is suggested that skiers use a neck gaiter or buff for ease of use while having poles in their hands. Neck gaiters can be worn if they are 2-ply or are doubled up.
- Some venues require neck gaiters be pulled up on trails when passing the general public.

3. Physical Distance before, during and after all Nordic Ski related practices and events. From The VPA Guidance for Winter High School Athletics:

- During times when athletes are not actively participating in practice or competition, appropriate physical distancing shall be maintained. Teams must structure team meetings to limit congregation and ensure physical distancing between players on the sidelines or benches. Consider using tape or paint as a guide for spacing.
- Place personal belongings and water bottles at least 6 feet apart for safer water breaks.
- During competition, alter spacing of players, coaches, officials, and staff to achieve physical distancing to the greatest extent possible.

4. Increase Personal Hygiene Behaviors for the season.
 - a. Most venues will have outside porta-potties for the season. If a venue is allowing indoor use of restrooms, skiers will wear a facial covering and abide by the venue protocols.

Specifics from the VPA Guidance for Winter High School Athletics include:

- Individuals must wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in training. If hands are not visibly soiled, an alcohol-based hand sanitizer with at least 60% alcohol can be used in the absence of soap and water.
- Hand sanitizer must be plentiful at all contests and practices and available to individuals as they transfer from place to place.
- There shall be no shared personal gear (i.e. towels, clothing, shoes, water bottles) between students. Personal gear must be washed/cleaned after every session.
- Discourage unnecessary physical contact such as high-fives, handshakes, fist bumps, or hugs.
- Students and coaches must wash their hands at the end of training sessions and contests.
- Students must be encouraged to shower and wash their workout clothing immediately upon returning to home.
- Facial coverings must be washed daily.

5. Conduct all training sessions outside.
 - Most lodges will be closed. Some may have limited access to indoor restrooms. Skiers will come prepared to “gear up” outside.
 - Skiers will adopt a “arrive, trail, leave” approach, in line with the state’s advocated approach to outdoor recreation during the pandemic
6. Refrain from Team-Based Social Gatherings. In accordance with the VPA Guidance for Winter High School Athletics, teams will refrain from team-based social gatherings for the 2020-21 season.
7. Be aware of cold temperatures.
 - a. Coaches need to pay attention to and be aware of cold weather conditions. There will be no indoor warm up areas. Coaches need to show flexibility with the current cold weather policy since there will be no place for skiers to warm up. This will be very site specific, schools should respect the host schools knowledge of their venue and weather conditions.

Refer to [VPA Guidance for Winter High School Athletics during Covid-19 Pandemic](#) for more specifics

020-21 Return to Racing

Schools with Nordic Programs agree to:

1. Schedule races within designated groups for ease of communication and scheduling. Each group will have a regional coordinator to help facilitate scheduling

The groups are :

<u>East Coordinator:</u> Mark Chaplin (U32)	<u>West Coordinator:</u> Sarah Strack (CVU)	<u>Southern Coordinator:</u> Rob Short (MAU) & Bill Belmonte (RHS)
Craftsbury NCU LUHS PA LI SJA Harwood Stowe Mont U32	BFAS BFAF EHS MMU CVU MUHS BHS CHS SB	Brattleboro Burr and Burton Mt Anthony OV Rutland Woodstock South Royalton

2. Wear Masks to the start line. In accordance with VPA Guidance for Winter High School
 - a. It is suggested that skiers use a 2-ply neck gaiter that can easily be pulled up and down when at the start, during the race, and at the finish.

3. Follow current recommendations for number of participations as outlined in [VPA Guidelines for Winter High School Athletics During COVID -19 Pandemic](#)
 - a. Event sites may choose to implement additional restrictions which will be followed by VPA Nordic Ski Programs

4. Abide by VPA Guidance for Winter High School Athletics regarding the number of Spectators at Events:
 - a. The number of spectators should be limited as much as possible and measures should be put in place to ensure social distancing between households.
 - b. Interactions between spectators and participants should be minimized before, during and after events.
 - c. At no time shall the total number of spectators exceed current limits on event size

5. Choose from the Following Race Format Options:
 - a. Interval Starts: Individual or 2 racers at a time
 - b. Wave starts - skiers seeded by speed
 - c. Designated team times for starts. Each school is assigned a designated time to have racers on course, times are then entered into a google sheet with other schools for results.
 - d. Relays; if a relay or sprint event takes place it can not be a mass start or include a single tag zone for all competitors.

6. Limit the number of volunteers when hosting races and utilize school coaches instead.

7. Physical distancing between schools on site to limit inter-school socializing of athletes.
8. Finish line monitoring. Coaches are responsible for monitoring their athletes in the finish area, moving their racers out of the area and getting them to put their face covering back on.
9. Alternative ways to hand out Bibs
 - a. Bib numbers are assigned by the host school, each team assigns those numbers using their own school bibs
 - b. Paper bibs can be used as long as numbers are visible to finish line recorders
 - c. Schools can offer the use of clean bibs to all competitors at the race. Post race, competitors leave used bibs in bins for the host school to launder.
10. No Concessions at races, no food tables. No shared food. Skiers can bring their own food and eat away from others.

2020-2021 State Meet Considerations

1. The State Meet for the 2020-21 season will consist of 2 individual races. A 3.5-4k interval start classic race followed by a 3.5-4k interval start skate race.
 2. Boys and Girls races will be held on separate days and Divisions will be divided between morning and afternoon.
 3. For the 2020-21 season there will be no relay race, team scores will be based on 2 individual races only.
1. The boys' and girls' nordic state ski meets will include two separate championships; Classical and Freestyle. Please see appropriate sections for detailed information.
 2. Rules and Regulations will conform to the Vermont Principals' Association Ski Rules.
 3. Pacing Rule - Coaches and spectators may be on the course on skis. They may shout encouragement and give splits but shall not ski alongside racers or follow the racers in the track once they have passed, but they are allowed to run by foot alongside of competitors for no more than 30 meters.
 4. Participants must have participated in 50% of the INTERSCHOLASTIC school meets (exclusive of injury) which the school participates in prior to entering the States. If competitors do not meet this criteria, an appeal must be made to the VPA.
 5. The Tag Zone for Relay Races should be a rectangle 30 meters long. It should be sufficiently wide, clearly marked, roped off, and located on flat or smoothly rising ground near the start or finish.
 6. All courses must be properly prepared according to Ski Rules.
 7. The VPA has no affiliation-with any events beyond State Meet. Please note that Eastern Championships are not endorsed by the VPA. If a New England Championship is approved, it would be endorsed by the VPA.

Directions for Boys' and Girls' State Meets

Points of Emphasis

Both Division I and Division II will compete on the same date and at the same site for the Freestyle State Championship and the same date/site for the Classic State Championship.

Team scores for each division will be posted prior to relay lane assignments. The overall team scores will be posted as well to determine relay lane assignments. Scores will be sorted for DI and DII to determine separate state champions.

Application forms for state meets are enclosed. Please read all directions prior to filling out an application, especially those regarding seeding (see general directions for state meets #4). Directions will accompany forms.

General Directions for State Meets:

1. In order to qualify, a school must have at least four racers for a full team.
2. Individuals enrolled in a VPA member school may compete in events, but their score will not count.
3. Each school may enter eight (8) names for each event with four to count for score and four to displace. In the relay official teams consist of four skiers from the same school (**Reminder:** To be eligible to race in State Meet athletes must have participated in 50% of the regularly scheduled interscholastic school meets their school has entered- see rules section 2 #201 below).
4. A school's entrants to State Meet must be listed in the order in which they will start the individual races. On day of race substitutes will be allowed from school's list of alternates, but the original running order may not be changed. Relay lineups will be finalized on race day.
5. For Division I or Division II the entry list must be submitted via email to the Meet Director no later than **Noon on March 1, 2021 (Boys) & March 3, 2021 (Girls)**. All events will be started on time in so far as weather conditions will permit. Each contestant is expected to be at the starting line to start on time and in order of their number. No one will be allowed to start the race without wearing a bib

Notice To State Meet Directors:

1. Please send a copy of results to:
Bob Johnson, Associate Executive Director, VPA Fax: 229-4801
Vt. Principals' Assoc., 2 Prospect Street, Suite 3, Montpelier, VT 05602, or by email
bjohnson@vpaonline.org and to all coaches involved.
2. **Meet Directors: Site and Date:**
Boys Division 1 and Division 2 state meet
Date: **March 8, 2021**
Site: **Craftsbury Outdoor Center**
Host: **CVU and U32 High schools**
Meet Director: **Sarah Strack**
Race Order

Girls Division 1 and 2 state meet
Date: **March 10, 2021**
Site: **Craftsbury Outdoor Center**
Host: **MMU and Craftsbury Academy**
Meet Director: **Eric Barker**

3. At State Meets, the VPA provides plaques for top two boys' and top two girls' teams. Medals are also provided for members of the championship and finalist's teams. Individual medals/ribbons will be given out to the top ten skiers in each event and top 3 relay teams in each division. This cost will be charged to the teams participating. The host schools should coordinate which school is responsible for ordering these awards.

4. All other costs involved in State Meets will be borne by the participating schools. Any school hosting a State Meet will tally the costs involved in the event ie, timing, race officials' fees, toilets etc. Host schools then notify participating schools of these charges and bill each school their equalized share. If trail passes are to be charged by the race venue, participating schools must be notified of this in advance of the scheduled meet.

Present Alignment - Nordic Skiing

Division I

BFA St. Albans, Brattleboro, Burlington, CVU, Colchester, Essex, Mt. Anthony, Mt. Mansfield, North Country, Rutland, South Burlington, St. Johnsbury

Division II

BFA Fairfax, Burr & Burton, Craftsbury, Harwood, Lamoille, Lyndon, Middlebury, Montpelier, Peoples, Otter Valley, South Royalton, Stowe, U-32, Woodstock

NORDIC SKI RULES

These rules have been established for the purpose of conducting all high school nordic ski meets in the State of Vermont. They are intended to provide safe conditions and uniform treatment for all participants and their teams.

Section 1: The Events

100 The events in a high school nordic ski include individual races and relay races.

101 In the State Nordic Ski Meet (State Meet), the events are a balance of classical technique and freestyle technique and are held over a two day period.

Section 2: Qualifications for Entry

200 Each competitor shall be eligible under the Rules of the VPA.

201 A member of a school team is a student athlete who is regularly present for, and actively participates in, all team tryouts, practices and competitions. Bona fide members of a school team are prevented from missing a high school practice or competition to compete with an out-of-school team, practice or competition to include tournaments, showcases, combines or other athletic events.

Whenever a conflict arises between the high school team practice/competition and an out-of-school practice/competition on the same day, the high school team practice/competition shall be honored by the student athlete. Priority must be given at all times to the high school team, its practices, and its contest unless permission has been granted by the school. It is expressly understood that permission shall *not* be granted on a regular basis.

It is highly recommended to all schools that this information be put into all athletic handbooks and also should be presented by Athletic Directors/Coaches at pre-season meetings with athletes and parents. (Date Warned: 5-28-14, Date Adopted: 8-8-14)

202 In the State Meet, each competitor shall be cleared as to physical condition for skiing and shall be covered by some form of health and accident insurance to the satisfaction of their local school.

Section 3: The Race Committee and its Duties

300 The organizers shall appoint for each meet a Race Committee which will be responsible for the meet's orderly preparation and conduct. It is responsible for all the technical aspects of the competition. It consists of specialists who are particularly well qualified for their allotted tasks. It is recommended that each official do only one job.

301 When possible, the members of the Race Committee should be:

- The Chief of Competition
- The Competition Secretary
- The Chief of Course
- The Chief of Timekeeping and Data Processing
- Chief of Stadium
- Technical Delegate
- Chief of Control and Competition Security
- The Chief Medical Officer
- The Chief of Competition will appoint other officials as necessary

302 The Chief of Competition supervises the preparation and carrying out of the competition. This person is responsible for all technical aspects of the competition. This person must check that all officials responsible for the organization of the competition are qualified to carry out the competition according to the VPA Nordic Ski Rules. The Chief of Competition supervises the work of all Race Committee officials. The Chief of Competition is the chair of all team leaders meeting, a member of the jury, and the Organizing Committee's representative in dealings with the Technical Delegate

303 The Competition Secretary is responsible for all secretarial work concerned with the technical aspects of the competition. This person prepares all the forms for the start, timing, calculation, draw and controls. This person organizes coaches meetings, preparation of start lists, and distribution of the minutes of the coaches and jury meetings. This person arranges for the earliest possible publication of the unofficial results and distribution of official results and possible disqualifications. This person must hand over protests immediately to the Jury. A copy of the official results shall be given to each competitor and shall be sent to the Executive Director of the VPA.

304 The Chief of Course is responsible for selecting courses to meet the VPA norms. For the exact measuring and production of the plans, this person shall consult experts. This person is responsible for the prompt preparation, marking, and fencing of the course, ski warm-up and testing areas, temperature measurements and first aid posts. This person must be able to set track in the ideal line and place it or remove it correctly on curves and on downhills. This person decides on suitable placing of controllers in cooperation with the TD, Chief of Race and the Chief Controller. In agreement with the starter, this person must send at least two post runners around the course after the last competitor. If the weather or snow conditions are bad, this person shall use course preparation and the forerunners to insure that the course is in the best possible condition.

305 The Chief of Timekeeping and Data processing is responsible for the direction and coordination of the officials working in the timing area. Manual timers, electronic timers and calculations officials work under this person's supervision. This person coordinates the work of the starter and the finish referee. This person supervises the data processing services and provides media information support.

306 The Technical Delegate is the guarantor that the competition is run in accordance with VPA rules Before the event the TD is responsible for being in contact with the Chief of Competition and other members of the Organizing Committee The TD should visit the site prior to the competition. The TD decides in collaboration with the Chief of Competition, Chief of Course, and Chief of Stadium how and when the course should be prepared, the width of tracks, the layout of the stadium including the start, finish and tag zones, the controlled

access to start and finish, the placement of technique controllers and all other technical aspects related to the competition. The TD should be able to ski the course and make a judgment of course preparations. During the event the TD should be in the stadium unless prior arrangements have been made with the Chief of Competition. The TD should remain in permanent radio contact with the Chief of Competition and the Chief of Course. The TD should carry a valid Technical Delegate license from the USSA or NENSA. The VPA Nordic Ski Guide should be provided to the TD at least one week prior to the first state event by the host schools.

307 -Chief of Control and Competition Security is responsible for coordinating activities between the Chief of Stadium and the Chief of Course. This person decides with the Chief of Course and the TD on the suitable placing on controllers, informs controllers of their duties, equips controllers with control cards and any other materials necessary to the performance of their duties. This person collects control cards after competition and reports any incidents to the Jury. Two controllers are necessary at each post.

308 The Chief Medical Officer is responsible for the organization of all medical and first aid arrangements and for the quick transport to the nearest hospital. All host sites need to have an emergency action plan. This plan needs to be presented to all schools. Note – the VPA will cover the cost of medical personnel at state championship events.

309 The Jury consists of three members: the Technical Delegate (TD). The Chief of Competition, and the VPA representative/Host Athletic Director.

310 The Jury must ensure that the race is carried out according to the VPA Nordic Ski Rules.

311 The Jury must clarify and decide:

1. Whether a race shall be interrupted, postponed, canceled due to dangerous weather conditions. With temperatures below -20°C (-4°F), measured at the coldest point of the course, the race will be postponed or canceled by the Jury. Make sure coaches review the VPA Cold Policy which can be found on the VPA website under Sports Medicine.
2. If "force majeure" was the reason for a competitor's late arrival at the start.
3. Whether substitutes can be included and late entries accepted.
4. Whether protests should be accepted and sanctions enforced
5. Any questions not covered by the VPA Nordic Ski Rules.

312 Decisions of the Jury are made by a majority of the votes.

313 Before the race, the TD checks all the technical aspects of the race and skis the course after final grooming and marking. During the race, this person should be in the stadium area where difficulties are likely to arise. After the race, this person should meet with the Jury and deal with any infractions and protests. Within five days, this person should submit to the VPA a detailed report on the preparations, the organization and the carrying out of the competition. (see Appendix A for a copy of this report). It is important that the Technical Delegate not be affiliated with the host school

314 The VPA will reimburse the TD \$100 plus mileage at the State Meet.

Section 4: Technique Definitions and the Course

400 Classical Techniques

1. Classical techniques include diagonal techniques, double poling techniques, herringbone techniques without a sliding phase, downhill techniques and turning techniques.
2. Single or double skating is not allowed.
3. Turning techniques comprise steps with the inner ski and pushes with the outer ski in order to change direction

4. Where there are multiple tracks repeatedly changing tracks or stepping in and out of tracks is not allowed
5. On some race courses “Stride Only Zones” may be placed on gradual uphill. In these zones, diagonal techniques must be observed. The jury is, in all competitions in classical technique, enforcing the use of diagonal technique on marked sections of the course. Diagonal technique means the use of alternating diagonal movements of both arms and legs and includes diagonal stride and herringbone techniques. In diagonal technique only one pole is in the ground at any time. No double-poling is allowed. The beginning and ending of “Stride Only Zones” must be clearly marked.

401 Free technique includes all cross-country ski techniques

402 A cross country course should be laid out so as to be a technical, tactical and physical test of the racer's qualifications. The degrees of difficulty should be in accordance with the level of competition. The course should be laid out as naturally as possible, varying the prescribed differences in elevation, climbs, flat and downhill sections to avoid any monotony. Rhythm should be broken as little as possible by sharp changes in direction or steep climbs. The downhill sections must be laid out so that they can be negotiated without danger, even on a particularly fast or icy track.

403 In the State Meet, the distance for the individual races shall be between 5km and 6km. and for the relay races as close as possible to 4x2.5 km. This means four different skiers each ski one 2.5 km leg.

404 AS A GENERAL GUIDELINE:

- The height difference (HD) between the lowest and highest points of a 6 km. competition may not exceed 100 meters. The difference in height of a single climb (MM) without a break of at least 200 meters may not exceed 50 meters. The total climb (MT) should be within 150 - 225 meters.
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405 The courses must be prepared before the winter so that they can be raced on without danger, even on very little snow. Stones, roots, stumps, brush-wood and similar obstacles should be removed. Special attention must be given to downhill sections.

406 For individual competitions in the Classical Technique, a single track should be set in the ideal skiing line of the course. The track is normally set in the middle of the trail except through curves. The best line for the track before, during and after the curves must be chosen so that the competitor can always ski in the best line without leaving the track. If this is not possible or is dangerous in sharp curves, the track shall be removed and if necessary these places shall be marked. The tracks should be set 17 – 30 cm apart and 2 – 5 cm deep. Where two tracks are used they should be set 1.00 – 1.20 m apart as measured from the middle of each pair of tracks.

407 For the last 100 meters before the finish of a classical race the course shall be as straight as possible. The beginning of the finish zone should be marked with a colored line and flagged. The final 30 -40 meters of the zone is separated into 3 corridors with set tracks. They must be clearly marked and highly visible in a way that does not interfere with skiers.

408 For individual competitions in the Freestyle Technique, the course shall be well packed and graded to a width of at least 6 meters.

409 For the last 100 meters before the finish of a freestyle race the course shall be as straight as possible and prepared to a width of at least 6 meters, 30 – 40 meters before the finish line the course should be separated into no less than 2 clearly marked lanes 3 meters in width

410 The course shall be marked clearly 24 hours in advance (with signs, arrows, flags and maps) so that the

competitor is never in doubt where the course goes.

411 In the State Meet, it is compulsory that signs mark each kilometer. Forks and intersections on the course must be marked by visible signage; unused parts of the course must be blocked off.

412 In the State Meet results should be posted in two or more places accessible to coaches.

413 In the event that a lap lane is required it should be located to the side of the start or finish. **For relays the finish line must be in a separate area from the tag zone.**

414 Warm-up areas, warm-up tracks and tracks for wax testing and for ski testing should be provided.

415 For individual interval start competitions, the starting line consists of two vertical posts and a line on the snow. The start may be elevated.

416 The finish line is clearly marked in the very least by two vertical posts and a line on the snow. Behind the finish there should be a fenced area not less 10m in length and 6M in width. This allows for skiers to move a safe distance away from finishing skiers while their bibs are being collected

Section 5: The Competition and the Competitors

500 Each competitor must compete in at least fifty per cent of its team's regularly scheduled meets before taking part in the State Meet. Exceptions to this rule for reasons of injury or illness or because of meet cancellation may be granted by the Executive Director of VPA.

501 In State Meet, a maximum of eight competitors may compete in an individual race and exactly four must compete in a relay. A school may enter only one relay team.

502 All team rosters and starting orders should be emailed to the Meet Director by the deadline and in the manner listed in the Nordic Ski Guide. Any team or individual failing to comply with the above may be disallowed from entering the State Meet.

503 In case of injury or illness to a competitor prior to an event, a substitution may be made only from the original team roster, up to the posted time registration closes. The substitute shall take the starting position of the competitor replaced. The starting order of the team may not be changed.

504 All competitors and coaches are expected to conduct themselves in a sportsmanlike manner and to present a personal appearance that will reflect the highest credit upon their sport and their schools. All Competitors who bring discredit to their school or the sport by failure to conduct themselves in this way, may be disqualified from that event and cannot be substituted for.

505 All contestants are responsible for knowing and observing all these rules and VPA regulations as well as any special regulations handed down by the Race Committee.

506 The order of events may vary with the availability of the site facilities. In the State Meet, the individual race is held first and the relay race is held second.

507 The starting order for each team shall be decided by the team's coach. The coach shall submit his team's starting order to the Meet Director with his team roster. Coaches shall have the option of passing any rounds if their entry is short of the maximum number of eight.

508 In the State Meet, separate drawings shall be made within each round in each event. Individuals who are not members of a team may be seeded in any of the eight rounds as determined by their coach.

509 Double start numbers, legible from back and front, will be issued to each competitor for each event. No athletes will be allowed to start if they are not wearing a bib

510 Competitors should be given an opportunity to train and inspect the course in racing condition. Only in exceptional circumstances may the course be closed or may certain sections be limited to inspection.

511 During the competition, the competitors must follow the flagged course from start to finish and pass all controllers. The competitors have to ski the entire course using only their own means of propulsion. The help of pushing is not allowed. Pacing of any type (on skis or foot) is not allowed. Skiing in front of or behind a racer within 50 meters is not allowed.

512 Competitors may change both poles and one ski, if the ski is broken or damaged or the binding is damaged and can be proven to the Jury. Wax may be changed, without help from any one person. Wax, torch, scraper, food and drink may be provided by others. Split times and other verbal information may be provided by an individual who moves on foot no more than 30 meters while doing so.

513 Classic pole height: in classical technique the maximum pole length must not exceed 83% of the competition height. Competition height is measured when the athlete is wearing ski boots. Height is from the ground to the top of the head. Pole height is measured from the bottom of the pole tip to highest attachment of the strap. Measurements are rounded to the nearest centimeter. This rule will be enforced at the State Championships by the Jury when potential infractions are reported by course marshals. Athletes out of compliance will be reported to the Jury. Sanctions up to and including disqualification may result. This rule should be enforced during the regular season as well.

514 Competitors who are overtaken by others must give way at the first demand of "Track" even if there are two tracks (as in classical races) or if the competitor's movements become restricted (as in freestyle races). The exception to this rule is where the competitor does not have space to leave the track or to give way. There are no tracking protocols in mass start races. This includes mass starts in relays.

515 The competitors must comply with the directions of the competition officials.

516 If all the scheduled events cannot be completed in one day, then the events which have not been completed may be carried out the following day or on such make-up date as has been established by the VPA.

517 VPA Transgender Policy: please reference the VPA website under Sports Medicine.

518 Uniforms: competition uniforms will consist of school approved, full length long- or short-sleeved tops so that all team members are dressed in the same school colors. No Singlets allowed.

519-The use of ALL fluorinated glide AND kick waxes (including klistar) is banned for regular season and state meet races. This wax policy is based on trust and the hope that all involved in our High School League make the health of their teammates, coaches, spectators and the environment a priority. (new as of 2020/21)

Section 6: Timing and Results

600 In the State Meet individual race, a single start with a 15 second interval or a double start with a 30 second interval is generally used.

601 The starter gives every competitor the warning "ten seconds" ten seconds before the start. Five seconds before the start the starter speaks "five seconds" The starter's last command is "GO!" If electric timing is used, an audible signal will be given simultaneously. The start clock must be placed so that the competitor can easily see it.

602 The competitor must have their body stationary and their feet placed behind the start line before the starter gives the commands to start. The poles should be placed stationary over the start line and/or gate.

603 If hand timing is used, a competitor who starts early must be recalled and again pass the start line. In this case, the starting time must be the one on the start list. When competitors are not recalled, the assistant starter or a designated person must record the time they started. The jury will decide if a time penalty will be enacted.

604 If electronic timing is used, competitors may start anytime between 3 seconds before and 3 seconds after the "Go" signal. If they start more than 3 seconds before the "Go" signal, it is a false start and must be recalled and made to pass an extension of the start line outside the electronic start gate. When competitors are not recalled, the assistant starter or a designated person must record the time they started. The jury will decide if a time penalty will be enacted. If competitors start more than 3 seconds late, the start time will count.

605 A competitor who starts late shall not interfere with the start of other competitors. An assistant starter or another designated official shall be assigned to handle late starts.

606 With both electronic and hand timing, actual start times must be noted in case the Jury decides that his late start was due to "force majeure".

607 In the State Meet, a finish order is established after the individual race. This overall finish order will establish the team scoring and hence the starting lane assignments for the relay race. The team in first place overall (Div 1 and 2 combined) will be assigned lane 1 in the relay, etc..

608 No one is allowed in the starting area except the starting officials, the starting racer and the racer's coach or trainer.

609 The Starter must ensure that the competitors start at the correct start times in accordance with their start numbers.

610 The controllers note all competitors who pass through their control area. If a competitor leaves the marked course or does not follow the rules, this must be clearly marked on the control card. The control cards must be collected immediately after the passing of the final competitor by the Chief of Control and Competition Security (Technical Delegate).

612 If hand timing is used, the finish time is taken when the competitor's first foot crosses the line between the two posts at the finish.

613 If electronic timing is used, the finish time is taken when the contact is broken. The measuring point of the light or photo barrier must be at a height of 25 cm. above the surface of the snow.

614 The results are calculated by taking the difference between the finish and start times.

615 If two or more competitors have the same time, they shall have the same placing on the finish list, and the

competitor with the lower starting number will be listed first.

616 The unofficial finish list shall be posted on the official bulletin board as soon as possible after the competition, with the time of posting noted. The result becomes official after a pre-arranged protest period or after the Jury's decisions. Official results should be distributed to all competitors and coaches as soon as possible.

617 The official result list must contain the final order of competitors, their start number, school, times and team scores.

618 If a race is postponed and then completed the same day, the results shall be official. If a race is not resumed the same day the times of the competitors who have completed the course shall be annulled.

Section 7: Scoring

700 In the individual races, the team score for a school shall be the sum of the points earned by the four best finishers from the school.

701 Points are awarded to a finisher by the PLACE the racer finishes in his/her division and only the best four (4) finishers from each school receive points. All other finishers receive no points but can displace. An individual who is not a member of a team receives no points and does not enter in the team scoring.

702 The first place finisher receives one point, the second place finisher receives two points, third place three points, fourth place four points, etc.

703 To be considered a team, a school must start four racers in an event. If a team has at least four starters, but has less than four finishers in an event, then its score will be figured as follows: Add one point to the points of the last finisher and add this point value to the team score for each missing finisher. This same point value will be used for any team needing a "finisher" for scoring. Also this same point value will be used for a team member who has been disqualified, if that team member is needed as one of the four best finishers of a team. A disqualified relay team will receive the same points as the last place team plus 10 points

704 In case of a tie between individuals, each finisher receives the same points.

705 Low score wins.

706 In the relay races, the scoring is done by a 10 point increment system. The first place team receives 10 points, the second place team receives 20 points, the third place team receives 30 points, etc. In the event that a relay team is disqualified, that team or teams will be scored 10 points more than the last place team.

707 The overall meet score for a team shall be the sum of the points earned in each event. If a team does not have a score in all the events, then they receive no overall meet score.

708 If two teams have the same number of points at the end of a meet, then a tie-breaker shall be determined by the combined places in the two state meets of the 5th place skier. This shall be determined after the last individual event has been contested, and shall be used for all tied places.

709 If an event of a meet has to be canceled, then the overall meet score for a team will be the sum of the points of the completed events.

710 Example of team scoring in an individual race:

1. Mt. Mansfield 1 point
 2. Mt. Anthony 2
 3. Mt. Mansfield 3
 4. North Country 4
 5. North Country 5
 6. Rutland (an individual)
 7. Mt. Anthony 6
 8. Mt. Mansfield 7
 9. Mt. Anthony 8
 10. Mt. Mansfield 9
 11. tie North Country 10
 11. tie Mt. Anthony 10
 13. Mt. Mansfield 12
 14. Mt. Mansfield 13
 15. Middlebury 14
 16. Mt. Anthony 15
 17. North Country 16
 18. Mt. Anthony 17 end of field
- Mt. Mansfield $1+3+7+9 = 20$ points
 Mt. Anthony $2+6+8+10 = 26$
 North Country $4+5+10+16 = 35$

Section 8. Disqualification, Protests and Appeals

800 A competitor *can be* disqualified by the Jury if s/he:

1. Does not meet the eligibility requirements of articles 200, 201, 202
2. Enters the race under a different name or uses a bib that is not assigned to him/her.
3. Does not follow the marked course or does not pass all controls.
4. Receives unauthorized assistance. (see art. 512)
5. Fails to give way to an overtaking competitor when so requested, or obstructs another competitor.
6. Runs part of the course without skis on his feet.
7. Competes or trains on the course with skis other than cross country skis.
8. Does not ski the classical technique in a classical race.(see article 400)

801 After disqualification, a competitor's name will be deleted from the result list and a new list prepared.

802 In case of major offenses (repeated disqualification, intended obstruction of competitors by other competitors, trainers, coaches, officials and other offenses), the Jury informs the VPA Executive Director and proposes corresponding sanctions.

803 A protest shall be considered by the Jury, when filed by the school's Head Coach to the Competition Secretary within the time limit specified. A \$100 filing fee must be submitted with the protest.

804 A protest shall be considered by the Jury, only if it submitted within the stated protest time period.

805 A protest shall be considered by the Jury, only if it is made in writing by a school's Head Coach.

806 Protests against the admission of a competitor must be delivered in writing before the competition begins.

807 Protests against the conduct of another competitor or of an official must be delivered within the stated protest time period

808 Protests concerning the timing, calculations of time or calculations of team scores must be delivered within the stated protest time period

809 If an error is proved, the corrected results must be published and the prizes redistributed and the \$100 filing fee will be returned.

810 A contestant may appeal a decision of the Jury to the VPA Ski Committee. If so, the contestant must notify the Meet Director that an appeal is going to be made.

811 An appeal shall be considered by the VPA Ski Committee, only if it is endorsed by the Principal or Athletic Director of the contestant's school.

812 An appeal shall be considered by the VPA Ski Committee, only if it is delivered by registered mail to the VPA Ski Committee within twenty-four hours after the meet.

Section 9: Relay Races

900 The rules for relay races are the same as for the individual races with the following changes:

901 For relay competitions, a mass start is used. The Classic Relays will have 4 legs, as will the Freestyle Relays.

902 For relays the start line is part of an arc of a circle with a radius of 100m. (The center of the circle is 100m away on the middle track) Members of the same relay team occupying the same start lane should be separated by four meters. The individual starting places must be 1.5 meters apart. The relay mass start should have 30 – 50 meters of parallel tracks where each competitor is forbidden to leave the track. There will be a zone where tracks converge into the competition course. There must be no factors that cause congestion. *To provide a fair start in either the classical or freestyle relay , modifications can be done as required due to terrain and snow conditions.*

903 It is recommended that the first kilometer of the course should not have narrow sections or sharp curves.

904 For classical technique relays, the mass start should have 30 - 50 meters of parallel tracks where the competitors must neither change lanes nor leave the tracks, nor use skating steps. After that, the tracks should converge to half the original number of tracks. After that, they should converge to two or three tracks. The rest of the course should be prepared with two sets of tracks.

905 For free technique relays, the mass start should have 30 - 50 of parallel tracks where the competitors must neither change lanes nor leave the tracks, nor use skating steps. The rest of the course should be prepared as in article 408.

906 The competitors of the first relay leg stand at the start line. Start number 1 stands in the middle track, number 2 to his right, number 3 to his left, number 4 to his right and etc.

Example: 15, 13, 11, 9, 7, 5, 3, 1, 2, 4, 6, 8, 10, 12, 14, 16

907 If there is not enough room to start all the competitors in one line, it is permissible to have two or more rows behind the row on the starting line. The front row should have at least six competitors.

908 The relay exchange zone should be a rectangle 30 meters long and sufficiently wide, clearly marked and roped off and on flat or smoothly rising ground. The relay exchange zone cannot serve as a finish line.

909 Bibs may be assigned to the teams before or after the individual races. As soon as possible but no less than 30 min before the start of each the relay races, the names of the four competitors actually competing from each team and their starting order must be delivered to the organizers and after that it cannot be changed.

910 The starter must be positioned to be easily heard by all competitors.

911 One minute before the start, the competitors are lined up on the start line. They are informed when there are 30 seconds left. Sometime during the last 10 seconds, the starter fires a shot or says "GO".

912 deleted

913 In a team event, the exchange is achieved by the arriving competitor, with a tap of the hand on any part of the next competitor's body while both competitors are in the relay exchange zone. Hand to equipment is not a valid tag. The next competitor may only enter the relay exchange zone when summoned. Any method of pushing the starting competitor is forbidden.

914 Intermediate times for the individual legs of the course are taken when a competitor enters the relay exchange zone. This is also the starting time for the next competitor.

915 The total time for a relay team is calculated by taking the difference between the finish time of its fourth competitor and the start time of its first competitor.

916 In the State Meet, the official result list must contain the final order of teams, the total team times and the team scores. The split times of each leg may be listed.

917 The same rules for disqualification apply as the individual races with the following additions. A team will be disqualified by the Jury if:

1. The same competitor skis more than one leg.
2. The exchange is not correctly carried out and not corrected.
3. A Member of a school's relay team skis out of order

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Nordic Ski Guide 2017-2018 14