

2025-2026 NORDIC SKIING RULE BOOK

MAINE PRINCIPALS' ASSOCIATION INTERSCHOLASTIC NORDIC SKIING RULES

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CODE OF ETHICS FOR SECONDARY SCHOOL ACTIVITIES

The Code of Ethics for secondary school activities has been developed for the purpose of stating the behavioral expectations of all who are involved with (secondary) school activities programs.

Adherence to the Code is expected at all MPA sponsored or sanctioned activities. Reported consistent and/or flagrant violations of the Code may result in punitive action by the MPA Interscholastic Executive Committee if charges are substantiated at a hearing convened for that purpose.

In order to promote desirable behavior and enhance the over-all quality of secondary school activities programs for which MPA has assumed responsibility, the following Code of Ethics is in effect:

It is the duty of all concerned with secondary school activities programs to...

1. Cultivate awareness that participation in high school activities is part of the total education experience. No one should either seek or expect academic privileges for the participants.
2. Emphasize sportsmanship, ethical conduct and fair play as they relate to the lifetime impact on the participants and spectators.
3. Develop an awareness and understanding of the rules and guidelines governing competition and comply with them in all activities.
4. Recognize the purpose of activities in school programs is to develop and promote physical, mental, moral, social and emotional well-being of participants.
5. Avoid any practice or technique, which endangers the present or future welfare of a participant.
6. Avoid practices that encourage students to specialize or that restrict them from participation in a variety of activities.
7. Refrain from making disparaging remarks to opponents, officials, coaches, or spectators.
8. Encourage the development of proper health habits and discourage the use of chemicals.
9. Exemplify self-control and accept adverse decisions without public display of emotion.
10. Encourage everyone to judge the success of the activities programs on the basis of the attitude of the participants and spectators, rather than on the basis of a win or loss.

Adopted by the MPA Membership: April 29, 1988; Revised: April 29, 1999

COACHES CODE OF ETHICS

National Federation of State High School Associations

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student-athlete should be treated as though he or she was the coaches' own, and his or her welfare should be uppermost at all times. Accordingly, the NFCA Board of Directors has adopted the following guidelines for coaches.

The coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student-athlete and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

The coach shall uphold the honor and dignity of the professional. In all personal contact with student-athletes, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The coach shall take an active role in the prevention of drug, alcohol, and tobacco abuse.

The coach shall avoid the use of alcohol and tobacco products when in contact with players.

The coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.

The coach shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

The coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.

The coach shall respect and support contest officials. The coach shall not indulge in conduct, which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

Before and after contests, coaches for the competing teams should meet and exchange cordial greetings to set the correct tone for the event.

A coach shall not exert pressure on faculty members to give student-athletes special consideration.

A coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

GENERAL RULES

RULE I - MEET OFFICIALS

- ☐ Chief of Competition
- ☐ Technical Delegate
- ☐ Race Committee
- ☐ Jury
- ☐ Scorer
- ☐ Chief of Course
- ☐ Timers
- ☐ Starter
- ☐ Forerunners

LOCAL MEET COORDINATOR

Section 1 - The Meet Coordinator shall be appointed by the MPA Ski Committee and shall be a member of the Race Committee. The local Meet Coordinator shall be responsible for all the technical aspects of the competition including the selection and preparation of the courses. He/she appoints all race officials and cares for all other matters not otherwise prescribed.

The Meet Coordinator shall conduct a meeting of representatives of all competing teams and individuals prior to the first event of the meet. This meeting is to be the official opening of the meet.

TECHNICAL DELEGATE

Section 2 - the MPA Ski Committee assigns Technical Delegates to each state championship ski meet. The delegate will make decisions regarding safety, the conduct of individuals, and the postponement and cancellation of events. The Technical Delegate will interpret the nature of the rules and their application and the appropriateness of the behavior of coaches, competitors and spectators, as well as serve as chairman of the Race Jury. The TD shall be responsible for announcing or making known to the contestants before the meet starts any special conditions imposed by the Jury.

A member of the Timing crew does the posting of unofficial results and any disqualifications.

RACE COMMITTEE

Section 3 - The Race Committee shall consist of five people and is the group to decide on matters of meet organization. The race committee is responsible for: appointing a starter and chief of timing. The Meet Coordinator shall serve as chairman of the Race Committee.

JURY

Section 4 - The Jury is responsible for all technical aspects of the race and shall decide on all issues that arise during the competition. In general, the Jury makes decisions on all questions not clarified by the rules. The Jury shall meet after each race in a designated place. Notice of the Jury meeting shall be given if a protest or other emergency matters arising out of the race have to be considered. Every member will be personally notified. No coach may serve on the jury if his or her athletes are participating in the competition.

Jury Members

Technical Delegate (Jury Chairperson) - Represents the Sanctioning Body (MPA) (One vote, if necessary, to break a tie) hired by the MPA.

Chief of Competition - Appointed by the Race Venue- Host Organization

MPA Representative - Voting Member of the Jury (Committee Member)

SCORER

Section 5 - It shall be the job of the MPA Ski Committee member(s) in attendance to be the meet scorer and to record and complete all results and to determine team scores.

CHIEF OF COURSE

Section 6 - Each event is assigned a Chief of Course who is responsible for the satisfactory conduct of the event to which he/she is assigned.

TIMERS

Section 7 - The Chief Timer shall see that all necessary timing equipment is procured such as watches, radio or telephone instruments, and electronic timing. He/she shall determine and appoint such personnel to operate the above as he/she deems necessary such as timers, judge of finish, starters, radio and phone operators. He/she may act as one of the timers, or in the case of radio or telephone starting from the finish line; he/she may be the starter.

STARTER

Section 8 - The Starter shall be responsible for the warning and start signals. He/she shall be responsible for determining false starts until the final start signal is given. He/she shall be responsible for ensuring the electronic timing system is working properly. In the event of the need for hand timing, he/she shall see that his/her watch and any watches of the assistants are all synchronized with the timers' watches before the start of the race as well as after.

FORERUNNERS

Section 10 -At least two forerunners may be used, if deemed necessary by the chief of course. The duties of the forerunners shall be to clear the course of spectators, check upon and alert course officials and determine that all direction and control flags are in position. The time of the forerunner may be taken solely to check upon the starting and timing procedures but in no case will the forerunners' time be made public. At least one post runner should close the course after the Nordic race. The Meet Coordinator or other members of the Jury shall designate the forerunners and post runners. No coach or competitor who has team members entered in the Nordic event shall be allowed to forerun any part of the course.

RULE II - EVENTS, CONTESTANTS, CONDUCT, AND SEEDING

- ☐ Events
- ☐ Contestants
- ☐ Injury and Illness
- ☐ Conduct - Coaches and Competitors
- ☐ Use of Prohibited Substances
- ☐ The Draw, Seeding, Race Numbers and Order

EVENTS

Section 1 - The events in the Nordic skiing championship event shall be 5 Km Freestyle and 5 Km Classical.

CONTESTANTS

Section 2 - In order to participate in the state meet, a competitor must have competed in a minimum of four high school events regardless of the discipline unless mitigated by the MPA Ski Committee due to weather related complications during the season. Medical appeal must be made to the committee chair two weeks in advance of the state meet. Medical documents must be supplied.

Section 3 - A school may compete with all team members on the MPA roster in a championship meet. Up to eight competitors from a school may compete in each Nordic event, with the best four to count in the team scoring in the Nordic freestyle pursuit on day 2. In the Nordic races, the same 8 skiers will compete on both days in compliance with the pursuit format.

INJURY AND ILLNESS

Section 4 - In Nordic races, in case of injury or sickness to the contestant prior to the orientation meeting on Day 1, a substitute may be made from the original duly entered list of team members. The coach may enter anybody that is on their eligibility roster. In case of injury or sickness after the orientation meeting, substitutions may be made upon certification of need by the Referee. Any substitution shall take the starting position of the competitor replaced. The running order of the team may not be changed during the championship meet. On day 2, substitutions will be allowed for any who competed on day 1 but cannot compete on day 2. If a skier only races on day 1 and is unable to race on day 2 then (s)he shall not count toward their team's score for the meet.

A skier that does not finish or is disqualified on day 1 will not count in the team scoring for the pursuit but may still race starting at the end of the field.

A skier must compete both days to count for the team score.

CONDUCT- COACHES AND COMPETITORS

Section 5 - All coaches must meet MPA Coaches' Eligibility Standards to be working with athletes at any **MPA** ski meets.

Section 6 - All competitors and coaches are expected to conduct themselves in a respectful and sportsmanlike manner and to present a personal appearance that will reflect the highest credit upon the sport and their institutions. Swearing or other unsportsmanlike behavior will cause contestants to be referred to the jury for review and consequence up to disqualification. If the jury decides to disqualify from the event they are, or have just competed, in it will result in the forfeiture of all points earned in the meet. Coaches and competitors who bring discredit to their school, the MPA, or the sport by failure to conduct themselves in a sportsmanlike way, shall be barred from further meet participation by the TD. This determination may not be appealed. If a coach is disqualified and there is no other qualified person to supervise the team, the team may not continue to participate in the meet. Unsportsmanlike activity by a coach or a spectating rostered athlete will be referred to the jury with understanding that points may be deducted from the team score up to 50 points. School principals will receive written notification of any coach or contestant disqualification.

USE OF TOBACCO PRODUCTS, ALCOHOLIC BEVERAGES, AND ILLEGAL DRUGS

Section 7 - The use or possession of tobacco products, alcoholic beverages, or illegal drugs is prohibited at any MPA sponsored meets. Any violation will be cause for disqualification of the competitor from further meet participation by the TD. This determination may not be appealed. Any points scored, or awards received by a disqualified competitor will be

forfeited. School principals will receive written notification of any contestant's disqualification.

THE DRAW, SEEDING, RACE NUMBERS, AND ORDER

Section 8 - In Nordic races, the starting order of the members of each team on day 1 shall be decided by the team's coach. Coaches shall submit their team's starting order to the Meet Coordinator as part of their entries. Coaches shall have the option of passing any rounds if the entry is short of maximum. The start order for all racers on day 2 will be determined by the finish order on day 1 as specified in Rule X, Section 1.

Section 9 - In the Nordic race on day 1, the Meet Coordinator shall draw team groups. Only one team member per school will be seeded in each group. Individuals will be seeded the same as teams are seeded.

Section 10 - In Nordic races, each seed for the day 1 race will be drawn separately (8 drawings).

Section 11 - Race numbers will be assigned for each event to correspond with the individual's starting position. Bibs are to be worn over the outer garment during the race.

WAXING

Section 1 - Private ski entities and ski businesses may not wax ski equipment at meets. Coaches meeting eligibility standards, parents, and athletes may wax skis at meets.

Section 2: Fluoro-free glide and kick wax only may be used and no topcoats shall be used in MPA Championship events by all Nordic competitors. Violations will be reported to the jury for a consequence.

List of Approved Waxes

<https://docs.google.com/document/d/1N5TvX9HdTzNSQaZz6wdwOoneC--HgUXfxO9ZeUlj-ag/edit?tab=t.0#heading=h.jqjedvhmgckb>

RULE III - TIMING AND SCORING

- ☐ Timing Personnel
- ☐ Scoring

TIMING PERSONNEL

Section 1 - The Chief Timer will set up and use an electronic timing apparatus for the races as well as having a sufficient number of timekeepers, the Starter, and necessary recorders.

Section 2 - The assistant timekeepers shall work with the Chief Timer to ensure the success of the timing system. There should be at least three timekeepers for every event, the Chief Timer and two assistants.

Section 3 - The Starter and Assistant Starter shall be responsible for summoning the contestants in order to the starting line and in ample time for them to start at the listed time. They shall check off each contestant on the starting list as they start.

Section 4 - The Technical Delegate (TD) shall be responsible to see that the Starter carries out his/her duties according to the rules and should take immediate action to rectify any discrepancies by the Starter, assistant starter, or contestants. He/she shall rule on false starts and recall of contestants. This job, and that of the starter and assistant starter, is often done by the same person.

Section 5 - Electronic/digital stopwatches or electronic timing will be used for the timing of all events.

Section 6 - When electronic timing is used, the contestant's time is to be the period between the breaking or making of the starting contact and the contact at the finish. The contact to be broken at the finish shall be placed at a height of 10 to 20 inches or 25 to 50cm above the ground. Hand timing must always be used in addition to electronic timing.

Section 7 - When the electronic timing temporarily fails, the times recorded by hand shall be accepted and to those times shall be added or subtracted, as the case may be, a time equivalent to the average difference between the times recorded by electronic timing and by hand. If the electronic timing breaks down completely during the race, the times taken by hand throughout the entire race shall be valid.

Section 8 - Times shall be recorded in all races to the nearest tenth of a second if timing is done by stopwatch. If electronic timing is used, results will be reported to the nearest tenth of a second.

SCORING

Section 9 - Scoring in the Nordic events is by finish points assigned to places with 200 finish points to the first-place finisher, 199 to second place, continuing with one point lower for each place. If there are more than 200 racers, all finishers from 199 beyond will be awarded one place point. The highest team score is the winning team.

In the Nordic championship, the team score will be determined by the order of finish in the 5k freestyle pursuit on day 2. The Chief of Timekeeping may elect to use a collapsed start for the pursuit if they deem it appropriate and if so, they must adjust the order of finish accordingly.

Section 10 - A team score is determined by adding up the finish points of the team's first four finishers. In the event of a tie, racers receive finish points equal to the tying place. (Example: If there is a tie for third, both skiers are awarded 198 finish points, there would be no fourth place, and the next place would be fifth.) The 5th and 6th finishers for each team do not score finish points, but they displace points for scorers from other teams. Finishers after the 6th on each team do not displace and are removed from the finish order for purposes of team scoring. All teams with at least one skier finishing the 5k freestyle pursuit will earn a team score. The team score for a team with fewer than four finishers will be the sum of the finish points for those that finish. There are no longer any ghost scores in the team scoring.

RULE IV – PROTESTS

Section 1 - **All protests must be submitted in writing by the coach by using the MPA Protest Form. A \$50 fee must accompany the protest before the Jury of Appeals may meet. If the protest is upheld, the \$50 fee will be returned to the school, if it is denied the fee remains with the MPA.**

Section 2 - No protest against the qualifications of a contestant to compete in a particular event, or against the conduct of a contestant in a particular event, shall be considered by the Race Jury unless reported in writing to the Referee within THIRTY MINUTES. Disqualifications must be posted after each race. The protest period starts with the unofficial posting of the results of the last race of the day and ends 30 minutes later. This means that if the boys ski first followed by the girls, the protest period will commence with the unofficial

posting of the girls' results. Official results will not be made available until the protest period has been completed.

Section 3 - **Protests against another contestant or an official in the course of an event must be submitted in writing** to a member of the Jury immediately, and in no case, later than THIRTY MINUTES after, the results of the event in question have been posted on the official notice board.

Section 4 - Protests concerning an error in timing must be made in writing to the Referee or member of the Jury within THIRTY MINUTES after the official results have been posted on the official notice board.

Section 5 - the Jury shall consider no protest against disqualification by a race official unless the protest is made in writing to a member of the jury within THIRTY MINUTES of the UNOFFICIAL posting of results.

Section 6 - A complaint based on an alleged error in calculation of the results shall be considered by the **MPA representative** if reported during the course of the meet. Such a protest made at a later date must be made by the Athletic Director of a competing school by Registered Mail to the **MPA office** within one month of the date of the race. If the mistake shall be proven, correct results shall be published and the awards redistributed as necessary.

Section 7 - **After the coach has filed the protest**, individual contestants may appeal to the Race Jury in person or may be represented by their coach.

Section 8: Video in defense of a disqualified athlete not for creation of a disqualification may used by the jury.

RULE V - EVENT OFFICIALS

- ☐ Chief of Course
- ☐ Controllers
- ☐ Start and Finish Judges
- ☐ Chief of Timekeeping
- ☐ Scorer
- ☐ Starter

CHIEF OF COURSE

Section 1 - The Nordic Chief of Course is responsible for the selection of the course and for the exact measurement and preparation of the same. He/she is also responsible for the prompt and correct preparation and marking of the course and for suitable placing of controls. The main task of the Chief of Nordic Course both before and during the race, especially if the weather and snow conditions are bad, is to use the course preparation group and forerunners to ensure that the course is in the best possible condition during the whole race. He/she is responsible for seeing that enough forerunners are available. In collaboration with the Starter, he/she should send a post runner around the course to close it after the last competitor.

Section 2 - The Chief of Course shall assign the controllers to the places chosen for them by the Chief of Course and make sure that the controllers know their duties.

CONTROLLERS

Section 3 - Every control is manned by at least one person who will note all competitors who pass through his control. If a competitor leaves the marked course, this must be clearly

marked on the controller's card. After the course closers have passed, the controllers must immediately hand over the control cards to the Chief of Course and he/she, in turn, to the Race Secretary.

START AND FINISH JUDGES

Section 4 - The Start Judge and Finish Judge work under the Chief of Course and are responsible for the preparation and control of the start and finish areas. The Finish Judge shall make out a list stating the order in which each contestant passed the finish line. A video camera shall be employed at the finish for both races to assure an accurate order of finish. A video camera shall also be used at the start of the pursuit race to assure accurate start times.

CHIEF OF TIMEKEEPING

Section 5 - The Chief of Timekeeping is responsible for the direction and coordination of the officials working in the finish area. Under his/her supervision are the Starter, Finish Referee, Finish Controller, and Timekeepers.

In Nordic events, electronic timing will be the primary method of timing and hand-held will be backup. The use of watches, one held by the Starter and others by the Timers, with all watches being synchronized before the start of the race, will be compared afterward.

The racers are started by the Starter's watch in accordance with the time shown on the Starting List and timed at the Finish Line by the Timer's watch with the contestant's time being the difference between the time shown for his/her departure on the official Starting List and his/her recorded time of finish. Reserve watches shall be used to ensure that accurate timing is recorded.

SCORER

Section 6 - The Scorer is responsible for quick and correct calculations.

STARTER

Section 7 - The Nordic Starter must ensure that the competitors start at the correct time in the order of their numbers. An assistant, placed a few meters beyond the start line, may act on the instructions of the Starter if a competitor makes a false start.

RULE VI - PREPARATION FOR NORDIC EVENTS

Two (2) MPA eligible coaches will be presented bibs for course access. Coaches with bibs will be allowed to run on the side of the course with their athletes for up to 30 meters.

EVENTS

- ☐ Events
- ☐ Course Setting Guidelines
- ☐ Start and Finish Area Guidelines

Nordic events include a 5 Km Freestyle and a 5 Km Classical Race. The sites for these events must be prepared prior to the meet.

COURSE SETTING GUIDELINES

Section 1 - A Nordic course should be laid out so as to be a technical, tactical, and physical test of the racers' qualifications and should adhere to guidelines in appendix. The course should be laid out as naturally as possible varying height, climbs, flat, and downhill sections to avoid any monotony and should be a minimum of 20 ft. or 7m in width in freestyle races and 15 ft. or 5m in width in classical races. Where possible, the course should be laid out

through woodland. The first and last 200m should be relatively flat and straight. The most strenuous climbs should not come in the first two kilometers.

Rhythm should be broken as little as possible by sudden or sharp changes in direction or by steep climbs that force the competitors to herringbone. The downhill sections should be laid out so that they can be negotiated without danger, even on a particularly fast or icy track. The changes of direction should occur before, rather than at, the end of downhill sections. In principle, the Nordic course should be 1/3 uphill and 1/3 downhill.

Section 2 - The marking of the course must be done in the direction of the race, with boards, arrows, flags, or marking tape. The marking of the course must be so clear that the competitor is never in doubt where the track goes.

Section 3 - The course must be prepared before winter so that it can be raced later, without danger, with very little snow.

Section 4 - In the winter, the course must be completely prepared with packed track and poling area. If possible, it should be prepared by dragging or rolling the trail mechanically and then setting tracks with a track sled. Tracks for skis and poles must be hard enough to allow a racing tempo and good downhill speed. The same conditions must be ensured for all competitors during the race. To achieve this while it is snowing or blowing hard, forerunners should be sent around continuously to keep the course open. Tracks may be set to allow for classical techniques during the freestyle.

Section 5 - In Classical races, the dividing wall of snow between the ski tracks should be about 6 inches or 12-15cm wide. At changes of direction, mechanical track making may be discontinued and racers' skating tracks allowed to develop on the turns. In special cases on downhill sections, the turns may be prepared without tracks.

Section 6 - At the start and finish area there should be a scoreboard for unofficial results.

START AND FINISH AREA GUIDELINES

Section 7 - A Cross-Country stadium must be prepared with a well-designed start/finish area. The stadium arrangement should provide a functional entity divided and controlled as necessary by gates, fences and marked zones. It must be prepared in such a way that, the competitors may pass through it several times, competitors, officials, media, service people and spectators may reach their respective areas easily, and there is enough space to carry out all competition formats.

The vertical poles determine the definite start and finish line. When electronic timing is used, the starting gate should be situated on the starting line and the photocells on the finish line. The start and finish should normally be on the same level and near at hand to each other.

The area should be large enough to accommodate all necessary technical equipment and for the start and finish tracks. The finish should be a large, flat area. The finish area should be fenced or roped off behind the finish line for a sufficient length and breadth that the competitors can be properly looked after. The timekeeper's area should be protected from competitors, press, and public.

The start area for the day 1 classical interval start shall contain one classical track.

The start area for the day 2 freestyle pursuit shall contain a minimum of 3 lanes. This is necessary to successfully carry out the start of multiple racers in a very short time. It is recommended that each lane have a sign with the bib numbers for that lane. Each start lane shall be 2-3 meters in width, so the start line must be a minimum of 10 meters wide. It is also recommended that there be an additional start lane beyond the required 3 lanes to

be kept empty and used exclusively for late starts to avoid fouling up the active start lanes with late starters.

The last straight area of approximately 100 meters will be the finish zone. The beginning of this zone must be clearly marked with a colored line. This zone is normally separated into three (3) lanes with set tracks for classical skiing. For freestyle technique races there are no tracks in the finish zone. Each lane is a minimum of three (3) meters wide so the finish line itself must be a minimum of nine (9) meters. These lanes must be clearly marked and highly visible but must not interfere with the skis.

RULE VII - NORDIC COMPETITION

NORDIC START

- ☐ Nordic Start
- ☐ Early Nordic Start
- ☐ Late Nordic Start
- ☐ Successful Completion of Course

Section 1 - The regular interval start of one racer every 15 seconds shall be employed in the 5k Classical races on day 1. The competitor must have his/her feet behind the start line and remain stationary before the starter gives starting commands. The poles remain stationary and must be placed in front of the starting line and/or starting gate. The start command consists of a countdown starting 5 seconds before the start time ("5-4-3-2-1") and start signal ("GO!"). The command can be given verbally or by audible signals.

The competitor may start any time between three seconds before and three seconds after the start signal. If he/she starts more than three seconds before the start signal, it is a false start. If he/she starts more than three seconds after the start signal, it is late start and the start list time will count. For competitions using interval start procedures a competitor who makes a false start **will not be recalled to the start line**. False start infractions must be reported to the Jury.

A pursuit start will be employed on day 2 for the 5k freestyle race. The start order on day 2 will be the same as the finish order on day 1. The time interval between when the first skier starts, and the start time of any other skier will be equal to the difference in elapsed time between that skier and the first-place skier in the 5k classic race the day before. The order of finish in the 5k pursuit race on day 2 will determine the team scores for the state championship. The Chief of Timekeeping may elect to use a collapsed start for the pursuit if they deem it appropriate and if, so they must adjust the order of finish accordingly. The order of finish in the individual state championship on day 2 will be determined by each skier's elapsed time between when they started the race and when they finished sorted from fastest to slowest.

The pursuit start on day 2 is carried out without an electronic start gate. To guarantee an exact start, a large display clock can be used together with bib number and starting times for respective competitors for that lane. The start must be prepared so that two or more competitors may start side by side.

Race organizers should:

- ☐ Provide each athlete with a sticker stating his or her start time, name, and bib number.

- ❑ Publish lists for each lane. This includes the name and time of start.
- ❑ Publish list prior to lane assignment of lane and time.

EARLY NORDIC START

Section 2 - In an individual start race, a competitor who crosses the line early is disqualified for a false start. The racers time starts on the "GO" command and continues until they finish or drop out of the race. The Starter informs the Referee of the start numbers and names of racers who made a false start and/or did not start.

In a pursuit race, if a skier starts early, (s) he will NOT be called back. Instead, a penalty will be assigned by the jury that would reflect the actual time that the skier was racing, up to 15 seconds. If a racer leaves 15 or more seconds early, the racer would be disqualified from the race and would not be included in either the skate results or the pursuit results. The adjusted time (with penalty seconds added) will be used to determine both the skate results and the pursuit results, including the team scoring.

For example, let's say Skier A left 2 seconds early and finished the race in 5th place. Let's say that both 6th and 7th places finished behind Skier A, but less than 2 seconds after Skier A finished. Skier A would be assessed a 2 second penalty. Then, the 6th and 7th would move up to 5th and 6th and Skier A would now be 7th place for the pursuit scoring.

LATE NORDIC START

Section 3 - In the 5k classic race on day 1, the delayed racer starts in the half interval between two successive racers, but if the racer and the Starter agree, they may start at the normal interval at the end of the group. If the racer does not start when scheduled, and this lateness is not justified, they may be allowed to start directly after the next racer scheduled, with their original start time. The Starter shall make all decisions in cases of a delayed start. If the delay is reasonable, the racer should have a provisional start.

In the 5k freestyle pursuit on day 2, if a racer does not start when scheduled, and this lateness is not justified, (s)he may be allowed to start directly after the next racer scheduled, with their original start time. The racer's unadjusted order of finish will determine the team score and the elapsed time between when they were originally scheduled to start and when they completed the course will be used for their individual result.

SUCCESSFUL COMPLETION OF COURSE

Section 4

- A. The competitors must follow the flagged or indicated track from the start and pass through all controls.
- B. During the race both poles may be exchanged, but only one ski.
- C. A racer may wax his/her skis during the race but without assistance from any other person. (S) he has the right, however, to make use of a blowtorch and wax provided by other persons along the course.

- D. Except in the last 100 meters, a competitor who is overtaken by another racer must give way at the first demand, even if the course has two tracks. The passing skier must yell "track" well in advance to allow the skier being overtaken to react.
- E. The entire course must be completed on skis.
- F. In classical events, no skating is allowed except skate turns and when changing tracks, in which case the competitor is allowed one skate out and one skate back in. Any classical technique violation will be reported to the jury for sanction.
- G. A competitor will be disqualified for unsportsmanlike conduct.

Uniform Regulations

Section 5 - All competitors from a single team shall wear the school issued uniform which consists of a long-sleeve top and bottoms (bottoms are uniform race bottoms or appropriate ski pants) at all Nordic skiing championship races. If the TD determines that the temperature at race time is high enough then he/she may convene the jury to vote on permitting the substitution of t-shirts in place of long-sleeve school uniform tops. If a majority of the jury votes to allow t-shirts then the motion passes and the decision will be communicated to coaches either the day before the race or at the coaches meeting. In this situation, skiers may choose to wear either their official school uniform top or a t-shirt. Skiers must still wear their official school uniform pants. If a skier elects to wear a t-shirt it may not contain any inappropriate or otherwise offensive content. Under no circumstance is a skier permitted to wear anything less than a t-shirt underneath their race bib.

APPENDIX

Nordic Specifications:

The USSA Rules suggest the following guidelines for junior national races in terms of uphill climbs:

Race length 5km 7.5km

Highest to lowest point 100m 125m

Maximum continuous climb 50m* 60m

Total Climb 120-200m 175-275m

Definitions

Climb: Increase in altitude.

Break: Downhill grade which allows recovery of heart rate. Length of break is measured along the trail, not in altitude.

** Point of clarification - A skier will not be asked to make a continuous climb of more than 50m without a 100m or more break.*