

MHSSC SKI MANUAL

Midwest High School Ski Conference

*This is the Official Rule Book for MHSSC Ski Competition



MIDWEST HIGH SCHOOL SKI CONFERENCE

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I. RULES COMMITTEE MISSION

The mission of the Rules Committee is to formulate a framework of rules consistent with high school ski racing nationally, taking into consideration the purpose of our ski league, which is to encourage and train young people in the sport and enjoyment of alpine skiing. Our league attempts to be inclusive rather than exclusive, yet we want to provide ample challenge to our better, more experienced racers.

Due to the size, location and other unique features of our race league, the coaches have to wear many hats. This manual is provided to help everyone involved understanding some of the complexities of organized ski racing while using the knowledge within to facilitate our own races. Please note that at this time that ***SKIER SAFETY IS THE CHIEF GOAL OF ALL RACING.***

Further Documentation

We follow most of the USSA official rules for alpine ski racing. In certain instances, however, we have needed to clarify/document how these rules should be interpreted when applied to a high school racing league. Wherever USSA guidelines don't apply to the running of a high school race, we have attempted to interpret how the rules apply to us without changing the overall intent of the official rules.

Further documentation is available related to the following topics:
USSA Alpine Competition Regulations

II. JURY AND ADMINISTRATORS

The Jury of a race is usually comprised of the following members:

- a. ***Chief of Race*** - the host of the race. Role is to run the race and make sure all issues are attended to and is the Referee of the night.
- b. ***Assistant COR*** – besides being a part of the jury they are to assist in any way with the COR in running the race.
- c. ***Participating Head Coaches*** – besides being part of the jury they are to assist with if possible with course maintenance and helping the race run smoothly.

Because the rules are sometimes subject to interpretation, we have the jury to make these interpretations if necessary. Because of the limited time and personnel, disputes will be handled as follows: □

- A "Fast Track" jury to arbitrate disqualifications on the hill will consist of the COR/Referee and Assistant COR. A hearing will take place as soon as feasible, or at the conclusion of the race. The head coach may appeal the findings of this hearing and request that the dispute will be taken before the formal jury within 15 minutes of the posted DQ.
- The formal jury will consist of one coach from each participating team. After the initial vote, in case of a tie, the COR/Referee will be the tiebreaker. In this case, the COR/Referee may vote twice. The protesting team does not have a vote in this dispute. The jury will hear ***only*** from the disputing racer in question.
- The COR/Referee will be the head of the Jury and will be responsible for bringing all information bearing to the decision to the meeting.

Therefore it was discussed and concluded that to run a race fairly, safely, and within the parameters of national ski racing, a race administration group was necessary to run, oversee, and act as the eyes and ears of the race. This administrative group would consist of the following:

- COR/Referee who would oversee and guide the race. Member of the "Fast Track" Jury.
- Assistant COR would assist in inspecting the course and report to the COR/Referee on course safety, etc. Member of the "Fast Track" jury.
- Chief Gatekeeper organizes and oversees the gatekeepers who have been assigned to officiate the race. Collects gatekeeper score sheets and delivers them to the referee immediately following each run.

III. RUNNING AND SCORING A SKI RACE

Rules are formulated by the USSA with a few exceptions according to this conference.

- The COR must receive all varsity and JV teams and bib number changes at least thirty-minutes (30) prior to any event. Only in the event of illness or injury prior to the start of the race, may another racer substitute a racer and the substitute racer must race in the same seed as the replaced racer. Substitutions among seed racers in the same event are not allowed.
- There will be no more than two forerunners unless the COR/Referee determines otherwise. **ONLY** the Chief of Race/Referee and/or course setter can pre-run the course.
- Team Running Order. The running order for the first run will be as follows: Team 1, followed by team 2, team 3, team 4, and team 5. Running Order for the second run will be reversed from the first run as follows: Team 5, followed by team 4, team 3, team 2, team 1
- Racer Running Order. Seeding of racers will follow the team running order with the first racer from team 1 going first followed by the first racer from team 2 going next and so on.
- Girls Varsity, Boys Varsity, Girls Junior Varsity, Boys Junior Varsity will be the order of racing. If there are any exhibition racers they will race at the conclusion of the Junior Varsity race. COR/Referee has the option to insert exhibition racers according to gender at the end of the Girls or Boys Junior Varsity race.
- Scoring Point System
Six (6) skiers may be entered for the girls' events and six (6) skiers may be entered for the boys' events.
The best four (4) finishes for each girl's event will be counted. The best four (4) finishes for each boy's event will be counted. These four (4) times will be added together to get a team score for each run. Each event will consist of two (2) individually scored runs. Totals times from both runs will determine the team's final score.
A DQ, DNS, or DNF will be given a 200 second time for that run.

IV. THE JURY

a. DUTIES OF THE JURY

Members of the Jury must remain at the race until dismissed at the conclusion of the race by the COR/Referee after he/she has determined that there are no protests to be heard by the jury. If a member of the jury leaves before being dismissed, the remaining members of the jury

will determine the outcome.

The Jury watches that the rules are adhered to throughout the entire race. Duties include but not limited to:

- checking the racecourse and the set course
- checking the snow conditions for safety,
- checking the start, the finish area,
- granting of re-runs (COR/Referee only may grant not the timers)
- cancellation of the race if the safety of the competitors is endangered
- decisions on protests
- adheres to the philosophy that when there is doubt, the racer receives the benefit of the doubt

V. QUESTIONS NOT COVERED BY THE RULES

In general, the jury makes decisions on all questions not clarified by the rules

VI. COURSE CRITERIA

a. COURSE SETTING

- The COR/Referee is responsible for selecting the course setter.
- Only representatives who have attended the course setting clinic at the beginning of the season will be permitted to set courses.
- A representative may petition the Rules and Waiver Committee to set courses if they can show proof of qualification in writing and they cannot attend the course setting clinic at the beginning of the season.
- Changing of the course by taking out or adding gates; if the COR/Referee alone inspects the course; his/her decision is final. The course setter should be informed of such changes if her/she was not present at their inspection. NOTE: it is always preferable for the COR/Referee to request that the course setter make the required modifications in the course under the direction of the COR/Referee.

b. COURSE INSPECTION

- COR/Referee should inspect the course immediately after it is set, alone or accompanied by members of the Jury.
- Competitors are not allowed to free ski in the racecourse arena.
- Competitors may inspect course by ascent or descent.

- Competitors may slip in the race line of the course only when authorized to do so by the COR/Referee or the starting official at the start. Otherwise, inspection must be made from outside of race line without skiing in the course.
- Shadowing the course before or during the event will result in disqualification.

c. **RE-RUNS PREREQUISITES**

- 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.
- The racer must ski out of the course IMMEDIATELY if he/she feels there is interference.
- For a provisional re-run to be granted, the racer must report immediately to the finish area and contact the COR/Referee to make a decision. Only the COR/Referee may grant a provisional re-run.
- In case of timing error a re-run will be granted with approval of COR/Referee.
- After the race, the Race Jury will hear the protest from the racer for the re-run not the coach's. The race jury will make the final decision regarding acceptance or rejection of the racer's provisional time.

d. **GROUND FOR INTERFERENCE**

- 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.

e. **VALIDITY OF A RE-RUN**

- 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 COR/Referee. If the "Fast Track" 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.

- 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.

VII. DISQUALIFICATIONS

a. **VIOLENCE AND AGGRESSIVE BEHAVIOR**

- Violent and/or aggressive behavior will not be tolerated and can lead to disqualification from races and/or expulsion from MHSSC. Penalty to be determined by Rules Committee.

b. **PROFANITY**

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

c. **COURSE INSPECTION**

- Competitors will be disqualified for free skiing in the racecourse arena: ribbons, fences, or ropes define race arena.
- Competitors will be disqualified if they slip in the race line of the course without authorization to do so by the COR/Referee at the start. Otherwise, inspection must be made from outside the skiing line in the course.

d. **FREE SKIING OR SHADOWING COURSE**

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

e. **LOSS OF SKI**

- If a racer loses a ski anywhere except the last two gates, he/she is disqualified. **The finish line does not count as the last gate.**
- The racer may finish with one ski after breaking the plane of the second to last gate on two skis in either GS or Slalom. **The finish line does not count as the last gate.**
- **If a racer pops out of their bindings in the starting gate they are DQ'd**

f. **MISSING A GATE**

- Failure to break the plane of the gates with both skis and boots constitutes disqualification. Legal passage in single pole Slalom and Giant Slalom, both tips and feet must pass the turning pole on

the same side following the natural course of the slalom. (That would be rule 804.3 USSA/FIS rule book)

g. OUTSIDE HELP

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

h. DRUGS, ALCOHOL OR TOBACCO

- Racers/Students will be barred from any and/or all competitions for the remainder of the season on first incident involving drugs, alcohol and/or any form of tobacco.

i. DISHONESTY

- Dishonesty will not be tolerated and can lead to disqualification from races and/or expulsion from the conference. Penalty to be determined by the Rules Committee.

j. HEAD PROTECTION

- Helmets are to be of the hard sided type. Hard sided helmets are a full helmet that covers the ears entirely with the hard helmet structure. Hard sided helmets ARE REQUIRED in order to race in any MHSSC sanctioned event. In addition chin guards can be used for SL, however they must be removed for GS races. Failure to follow the conference helmet policy will result in racer not being allowed to race!

GATEKEEPERS D.Q. CARD	
GATE NUMBERS _____	
GATEKEEPERS NAME & SCHOOL _____	
RACER BIB # <input type="text"/>	1ST RUN <input type="checkbox"/> WOMEN <input type="checkbox"/>
	2ND RUN <input type="checkbox"/> MEN <input type="checkbox"/>
Diagram Violation Below:	REASON
	<input type="checkbox"/> Improper Inspection
	<input type="checkbox"/> Missed Gate
	<input type="checkbox"/> Straddled Gate
	<input type="checkbox"/> Only 1 Foot Through
	<input type="checkbox"/> Did Not Finish (DNF)
	<input type="checkbox"/> Received Aid
	<input type="checkbox"/> Other (describe on back)

VIII. POSTING OF GATEKEEPER DISQUALIFICATIONS

- DQ'S must be posted immediately after the race with the time of the posting.

- If a racer wishes to place a protest, it must be placed through the head coach, within 15 minutes of posting of DQ's..
- All gatekeepers' disqualification cards must be filled out indicating the infraction with diagram and signed by the gatekeeper. An invalid card will not be accepted.

IX. PLACE OF SUBMITTAL

- All protests are to be called into the Chief of Race immediately. Protests must be made within 15 minutes of the infraction/posting or they will be disallowed.

X. SETTLEMENT OF PROTESTS

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

XI. General Rules

- Lost ski DQ if more than 2 gates from finish. Finish line is not a gate.
- All DQ and DNF posted within 15 minutes of the end of each run. Protests must be given to the COR/Referee within 15 minutes of posting time by the coach involved.
- A racer who is interfered with must immediately ski out of the course and notify the nearest gatekeeper and/or COR/Referee.
- Racers late for his or her start will start at the end of their race.
- Bibs must be visible at all times.

REMEMBER:
GOOD SPORTSMANSHIP IS AN ATTITUDE -
NOT AN ACTION.

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