

Vermont Principals' Association

2024-2025 Nordic Ski Guide

(Updated 12/21/24)

Table of Contents

click on heading to jump to section

Introduction	2
1. Points of Emphasis	2
2. State Championship Meets	2
Directions for Boys' and Girls' State Meets	3
General Directions for State Meets:	3
3. Rules	4
Section 1: The Events	4
Section 2: Qualifications for Entry	5
Section 3: The Race Committee and its Duties	5
Section 4: Technique Definitions	7
(from ICR Rules 310 and 311)	7
Section 5 The Courses	8
Section 6: The Competition and the Competitors	9
Section 7: Timing and Results	11
Section 8: Scoring	13
Section 9. Sanctions, Disqualification, Protests and Appeals	14
Section 10: Relay Races	15
Appendix: Individual Athletes	17
1. Individual/Team Activities	17
2. Rules Governing Participation In Individual Competitions	17

Introduction

This guide is an annual publication of the Vermont Principals' Association (VPA) standing committee on cross-country skiing. The committee members are doing their best to include all necessary information to assist schools in the proper procedures in the sport. However, you may recognize errors or omissions. We welcome your suggestions to improve this guide.

It is intended that VPA cross country skiing follows the rules/guidelines as described in the ICRs (International Competition Rules) of the [International Ski and Snowboard Federation \(FIS\)](#), unless otherwise specified below. It is the responsibility of every coach to know these rules/guidelines and any changes or alterations to these as described below.

These rules have been established as a recommendation for conducting all high school nordic ski meets in the State of Vermont and will be followed at the State Championship Meets. They are intended to provide safe conditions and uniform and fair treatment for all participants and their teams.

1. Points of Emphasis

- 1.1. As of the 2020-21 season the the VPA Cross Country High School Coaches Association banned the use of ALL fluorinated glide AND kick waxes (including klister) for all competitions. This decision is based on well-documented research linking exposure to polyfluoroalkyl substances (PFAS), including fluorinated waxes, to harmful health effects in humans and animals.
- 1.2. All participating coaches must have AED, CPR, Emergency Action Plan and Implicit Bias Training.

2. State Championship Meets

2024-2025 State Meet :

1. The State meets will be held on Thursday, February 20, at Craftsbury Outdoor Center for Freestyle technique and Tuesday, February 25, at Prospect Mountain Nordic Ski Center for Classic technique.
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 competitors for no more than 30 meters.
4. Participants must have participated in 50% of the INTERSCHOLASTIC school meets (exclusive of injury or illness) in which the school participates prior to entering the States. If competitors do not meet this criterion, an appeal must be made to the VPA.

5. All courses must be properly prepared according to this guide.
6. The VPA has no affiliation with any events beyond State Meet. Please note that Eastern High School 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.

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 scores 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 5 #501 below).
- 3a. Unofficial non-scoring combined relay teams may be entered consisting of skiers from two schools, each having fewer than four (4) skiers entered in the individual race. Entries for combined teams must be submitted by the registration deadline. In the relay entry, include the home school for each member of the relay team. Substitutions may be made from registered skiers from either school.
4. A school's entrants to State Meet must be listed in the order in which they will start the individual races. On the day of the race, substitutes will be allowed from the 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 to the Chief of Registration on or before the stated deadline (typically 8:00pm Monday, the week of the first State competition.) All events will be started on time so far as weather conditions 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:
 Lauren Thomas, Assistant Executive Director, VPA Fax: 229-4801
 Vt. Principals' Assoc., 2 Prospect Street, Suite 3, Montpelier, VT 05602, or by email
lthomas@vpaonline.org and to all coaches involved.
2. 2025 State Meet Information

Freestyle Technique: Division I and II State Championship (Combined)

Date: Thursday, February 20, 2025 at Craftsbury

Site: Craftsbury Outdoor Center

Host: Craftsbury, Burlington

Meet Director: Tim Albertson - VPA Nordic Ski Representative

Chief of Competition: Oliver Buess

Race Order: Girls Ind.(10:30am) , Boys Ind (11:45am) , Girls Relay (2:00pm) , Boys Relay(3:00pm)

Classic Division I and II State Championship (Combined)

Date: Tuesday, February 25, 2025

Site: Prospect Mountain Nordic Ski Center

Host: Mt. Anthony, Rutland

Meet Director: Tim Albertson - VPA Nordic Ski Representative

Chief of Competition: TBA

Race Order: Boys Ind.(10:30am), Girls Ind. (11:45am) , Boys Relay (2pm), Girls Relay(3pm)

3. At State Meets, the VPA provides plaques for the top two boys' and top two girls' teams. Medals are also provided for members of the championship and finalist teams. Individual medals/ribbons will be given out to the top ten skiers in each event. This cost will be charged to the teams participating.

4. All other costs involved in State Meets will be borne by the participating schools. Any school hosting a State Meet (and/or VPA Nordic Skiing Representative) will tally the costs involved in the event, i.e., timing, race officials' fees, toilets, trail fees, etc. Host schools then notify participating schools of these charges and bill each school their equalized share.

Present Alignment - Nordic Skiing

Division 1

BFA St. Albans, Brattleboro, Burlington, CVU, Colchester, Essex, Mt. Anthony, Mt. Mansfield, 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

*Independent Skiers compete in the division of their home school primary designation

3. Rules

Section 1: The Events

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

101 In the Nordic Ski State Meet, the events are a balance of classic 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, which is certified by the School's Athletic Director during State Meet Registration.

201 VPA Loyalty Clause Policy - A member of a school team is a student-athlete who is regularly present for, and actively participates in, 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 team 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.)

202 Each competitor must compete in at least fifty percent 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.

203 An independent skier's eligibility must be signed off by their School's Athletic Director.

204 In the Nordic State Championships Meets, 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:

- Chief of Competition
- Chief of Registration
- Chief of Course
- Chief of Timing
- Chief of Stadium
- Technical Delegate
- Chief of Control and Competition Security
- 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' meetings, a member of the jury, and the Organizing Committee's representative in dealings with the Technical Delegate.

303 The Chief of Registration is responsible for all secretarial work concerned with the technical aspects of the competition. This person works with the Chief of Timing to prepare all 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 works with the Chief of Timing to arrange 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. 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 the track in the ideal line and place it or remove it correctly on curves and on downhill. This person decides on the suitable placing of controllers in cooperation with the TD, Chief of Comp, and the Chief Controller. All starting racers must be accounted for either through electronic verification or by sending 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 ensure that the course is in the best possible condition.

305 The Chief of Timing 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 US Ski and Snowboard. 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 with the Chief of the Stadium and the Chief of Course. This person decides with the Chief of Course and the TD on the

suitable placement of controllers, informs controllers of their duties, and 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 medical 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, or 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. The Jury will utilize 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 (2 out of 3).

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. 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

(from ICR Rules 310 and 311)

400 The jury (Chief of Competition in case of regular races) may ban or enforce the use of specific techniques on marked sections of the course. All infractions will be reported to the jury.

401 Classical Technique

1. Classical technique includes the Diagonal Stride techniques, the double poling with or without diagonal kick, herringbone without a gliding phase and turning techniques.
2. Diagonal Stride technique consists of alternating diagonal movements of both arms and legs

and includes diagonal stride and herringbone or half herringbone techniques without a gliding phase. In diagonal technique only one or no pole is in the ground at any time.

3. Turning techniques consist of steps with the inner ski and pushes with the outer ski in order to change skiing direction. The sections of the course where turning techniques are allowed should be clearly marked.
4. Where there are one or more set tracks, repeatedly changing or stepping in and out of tracks is not allowed.
5. Single or double-skating is not allowed.

402 Free Technique includes all Cross-Country skiing techniques.

Section 5 The Courses

500 Course and stadium set up rules, especially should be followed for the Nordic State Meet. (Refer to Sections 311 and 312 in the FIS ICRs). In the State Meet, the TD can allow for accommodations if venue layout or weather dictates changes.

501 Cross-Country courses must be laid out so that they provide a technical, tactical and physical test of the competitors' qualifications. The degree of difficulty should be in accordance with the level of the competition. The course should be laid out as naturally as possible to avoid any monotony, with rolling undulating sections, climbs, and downhill sections. Rhythm should not be broken by too many sharp changes in direction or steep climbs. The downhill sections must be laid out so that they create a challenge to the competitors. At the same time it should be possible to ski the course even under fast conditions.

502 In principle, the Cross-Country course should consist of - One third uphills defined as climbs with a gradient between 9% (1:11) and 18% (1:5.5) with height differences over 10 meters plus some short climbs steeper than 18%. - One third undulating, rolling terrain, utilizing all terrain features with short climbs and downhills (with height differences of 1-9 meters). - One third varied downhills, demanding versatile downhill techniques.

503 A test area should be prepared and clearly marked along or near the competition course.

504 Warm up courses should be prepared as close as possible to the stadium.

505 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.

506 The courses must be prepared before the winter so that they can be raced on with minimal risk, even on very little snow. Stones, roots, stumps, brush-wood and similar obstacles should be removed. Special attention must be given to downhill sections.

507 Course preparation for individual competitions in the Classic 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 as turning zones. The tracks should be set 17 – 30 cm apart and 2 – 5 cm deep. Where two tracks are used they should be set 1.20 m apart as measured from the middle of each pair of tracks.

508 Course Preparation for individual competitions in the Freestyle Technique, the course shall be well-packed and graded to a width of at least 4 meters.

509 Start Zone: For individual interval start competitions, the starting line consists of two vertical posts with an electric wand or a line on the snow.

510 Finish Zone (see Section C in FIS ICR's)

The last straight 50m or more will be the Finish Zone. This should be as straight as possible and prepared to a width of at least 6 meters. This zone is normally separated into corridors. They must be clearly marked and highly visible but the markings must not interfere with the skis. The corridors should be as long as possible.

Recommended norms for Individual Classic races 3-4 tracks with 1.2 m distance between tracks with a finish line 4m wide.

Recommended norms for Individual Freestyle races are 3-4 corridors with 3m each wide and a finish line that is 9 meters wide.

The number, width and length of corridors will be determined by the Jury according to the competition formats (see ICR articles section C) and the stadium layout.

The finish line is clearly marked in the very least by two vertical posts and a colored line on the snow. The width of the finish line is maximum 10 cm. Behind the finish, there should be a fenced area not less than 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

511 Exchange zone: should be sufficiently wide and long, clearly marked and located on flat or smoothly rising ground in the stadium. The recommended length is 45 m and the width is 9m for classical and 15m for freestyle. The size (length and width) should be adapted to the available space in the stadium.

512 The course shall be marked clearly 24 hours in advance (with signs, arrows, flags and maps) so that the competitor is never in doubt about where the course goes.

513 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.

Section 6: The Competition and the Competitors

600 Each competitor must compete in at least fifty percent 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.

601 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.

602 All team rosters and starting orders should be sent to the Chief of Registration 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.

603 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.

604 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.

605 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.

606 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.

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

608 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.

609 Bibs with start numbers that are legible from back and front (and preferably also on each side), will be issued to each competitor for each event. No athlete will be allowed to start if they are not wearing their assigned bib.

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

611 During the competition, the competitors must follow the marked course from start to finish and pass all controllers. The competitors must 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.

612 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, 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.

613 Classic pole height: in classic technique the maximum pole length must not exceed 83% of the competition height of the skier. 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 the 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.

614 Competitors who are overtaken by others must give way at the first demand of "Track" even if there are two tracks (as in classic 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.

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

616 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.

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

618 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 or shorts allowed.

619 The use of ALL fluorinated glide AND kick waxes (including klister) is banned for regular season and state meet races.

Section 7: Timing and Results

700 In the State Meet individual race, a single start with a 15 second interval is generally used.

701 The starter gives every competitor a verbal warning of "ten seconds" and "five seconds" at the appropriate time. 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.

702 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.

703 If electronic timing is used, competitors may start anytime between 3 seconds before and 3 seconds after the "Go" signal.

703a If they start more than 3 seconds before the "Go" signal, it is a false start. Early start infractions should be sanctioned by a minimum time penalty of 15 seconds (the competitor's actual skiing time + 15 seconds minimum penalty).

703b If competitors start more than 3 seconds late, the start time will count. If competitors start more

than 3 seconds after the start signal, it is a late start and the start list time will count.

703c The assistant starter or a designated person must record the time they started.

704 If hand timing is used, in Interval Start competitions early start infractions should be sanctioned by a minimum time penalty of 15 seconds (the competitor's actual skiing time + 15 seconds minimum penalty). All additions from 703 (703a-703c) apply.

705 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. There should be a separate late start lane.

706 With both electronic and hand timing, actual start times must be noted in case the Jury decides that a competitor's late start was due to "force majeure".

707 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..

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

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

710 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.

711 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.

712 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.

713 The results are calculated by taking the difference between the finish and start times. Times should be recorded to the nearest tenth of a second.

714 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.

715 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 electronically available to all competitors and coaches as soon as possible.

716 The official result list must contain the final order of competitors, their start number, school, times and team scores. The results should list the competitor's name with DNS, DNF and DSQs at the end.

717 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 8: Scoring

800 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.

801 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.

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

803 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 overall 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. 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.

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

805 Low score wins.

806 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.

807 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.

808 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.

809 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.

810 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 9. Sanctions, Disqualification, Protests and Appeals

900 A competitor can be sanctioned by the Jury if s/he:

1. Enters the race under a different name or uses a bib that is not assigned to him/her.
2. Does not follow the marked course or does not pass all controls.
3. Receives unauthorized assistance. (see art. 612)
4. Fails to give way to an overtaking competitor when so requested, or obstructs another competitor.
5. Runs part of the course without skis on his or her feet.
6. Competes or trains on the course with skis other than cross country skis.
7. Does not ski the classic technique in a classic race. (see article 401)

901 If disqualification, a competitor's name will be deleted from the result list and a new list prepared with competitor's name at the end of the list labeled DSQ.

902 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.

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

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

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

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

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

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

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

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

911 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.

912 An appeal shall be considered by the VPA Ski Committee, if it's received via email within 24 hours of the final.

Section 10: Relay Races

1000 The rules for relay races are the same as for the individual races with the following changes:

1001 For relay competitions, a mass start is used. The Classic and Freestyle Relays will have 4 legs.

1002 For relays, an arrow start grid is typically used. Skiers on different teams occupying the same start lane should be separated by four meters. The individual starting places must be 1.2 meters apart. There must be no factors that cause unwarranted congestion. *To provide a fair start in either the classic or freestyle relay, modifications can be made as required by terrain and snow conditions.*

1003 It is recommended that the first kilometer of the course should not have narrow sections or sharp curves.

1004 For classic 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, there is a scrub zone and the tracks should converge to half the original number of tracks. After that, another scrub zone should converge to two or three tracks. The rest of the course should be prepared with two sets of tracks.

1005 For freestyle 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. The rest of the course should be prepared as in article 508.

1006 The relay start positions shall be as follows: Start number 1 stands in the middle track, number 2

to their right, number 3 to their left, number 4 to their right, etc.

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

1007 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 seven competitors.

1007a. Unofficial non-scoring combined relay teams shall start in a row behind the last row of official teams. Unofficial teams shall use team numbers after those of the last official team, randomly assigned among the non-scoring teams.

1008 The Relay Exchange zone: should be sufficiently wide and long, clearly marked and located on flat or smoothly rising ground in the stadium. The minimum recommended length is 30m and the width is 9m. The size (length and width) should be adapted to the available space in the stadium. The relay exchange zone cannot serve as a finish line.

1009 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 relay race, the names of the four competitors from each team and their starting order must be delivered to the organizers and may not be subsequently changed.

1010 The starter must be positioned to be easily heard by all competitors.

1011 One minute before the start, the competitors are lined up on the start line. They are given a 30 second warning. At any time during the last 10 seconds, the starter fires a shot or says "GO".

1012 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.

1013 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.

1014 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.

1015 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.

1016 The same rules for sanction apply as the individual races with the following additions. A team will be sanctioned 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

ICR Rule: Relay exchange infractions in relay will be sanctioned by time penalties as follows: - relay competitions: minimum 30 seconds time penalty.

Appendix: Individual Athletes

1. Individual/Team Activities

- The VPA sponsors several activities in which there are both individual and team competitions. These activities are golf, gymnastics, skiing, snowboarding, tennis, cross-country, track (indoor and outdoor), and wrestling.
- Traditionally, the VPA has allowed student-athletes who wanted to participate in these sports as individuals but attended schools that did not sponsor teams to practice with and participate through schools with teams. These student-athletes would only participate as individuals. They could win individual awards, but their scoring would not count for any team.
- The purpose of this policy is to formalize this practice and establish regulations that are consistent with the VPA's regulations.

2. Rules Governing Participation In Individual Competitions

- To participate under this rule, a student-athlete must be enrolled in a school that is a member of the VPA or be enrolled in a home study program in compliance with Title 16 V.S.A.
- Participation in this program is limited to the following sports: golf, gymnastics, skiing, snowboarding, tennis, cross-country, track (indoor and outdoor), and wrestling.
- Student-athletes under this program may practice and travel with the school team.
- Student-athletes under this program only participate as individuals. They may win individual awards, but their scoring will not count for any team.
- A student is ineligible for this program if their school maintains a team in the sport. A home study student is ineligible for this program if the school district in which they have a legal residence (or a school that the home study student's town pays tuition to) has a team. Enrolled students and home study students should first be placed on their home school or hometown teams as participants.
- This program does not allow student-athletes to select the school team in which they will participate. If the school district in which they have a legal residence does not have a team, the student-athletes must participate on a team that is geographically closest to the student's residence.
- The participating student must comply with all VPA regulations to be eligible to participate.
- The school where the student is enrolled and the school that is sponsoring the team must consent to the student athlete's participation.
- The participating student must adhere to the same standards of behavior, responsibility, and performance as the participants on the team. The participating student may be subject to the same discipline and sanctions as are applied to team members.