

CNISSF
NORDIC CHAMPIONSHIP GUIDELINES AND RULES OF COMPETITION
Revised May 18th, 2018

Table of Contents

- I. Awards
 - A. Championships
 - B. League
- II. Race Officials
 - A. Jury
- III. Responsibilities
 - A. Host Coach Responsibilities
 - B. Racer Responsibilities
 - C. Spectator Responsibilities
- IV. Race Administration
 - A. Seeding
 - B. Scoring
 - C. Start Order
- V. Race Schedule Timeline
 - A. Championship Dates
- VI. Changes to Rules or Procedures

NORDIC RULES AND CHAMPIONSHIP GUIDELINES

I. AWARDS

A. Championships

1. There will be awards for 1st, 2nd, 3rd, 4th, 5th, places Men's and Women's Teams overall (no JV or Open Class/Varsity distinction)
2. Individual Awards will be given to the top TEN women and top TEN men placing in each race.

B. League

1. League rankings will be published before state championships
2. Awards will be given to 1st, 2nd, 3rd place Men's and Women's Teams overall (No JV or Open Class/Varsity distinction)

II. RACE OFFICIALS

A. Jury

1. A jury shall be appointed for each race and be composed of:
 - a) Host School delagate
 - b) CNISSF Rep
 - c) One additional coach from another school (rotating, from the host school from the previous week or race)
2. The jury shall meet at the close of each race at the finish line, 10 minutes after the end of the previous race.
3. The jury is also the final decision-maker of last-minute race decisions.

III. RESPONSIBILITIES

A. Host Coach Responsibilities

1. The Host School will announce the details of an upcoming race in a timely manner.

B. Racer Responsibilities

*Rules of Competition- Violation of these rules may result in disqualification and/or other sanctions

1. No "HF" (per)fluorocarbon waxes or additives, including HF paraffin waxes, "Puro Flouo" powders, blocks, or liquids may be used in CNISSF competitions. "LF" waxes are permitted and no restrictions will be placed on kick/grip waxes in classic races.
2. An athlete's correct bib number must be visible front and back while racing.
3. For order and control on the course the following principles apply:
 - a) from 5 minutes before the start until the time the course closers have passed, all officials, coaches, non-competitors and other accredited persons, are not permitted to ski on the course.
 - b) During the competition, these persons must take fixed locations beside the course and must stand without skis on.

- c) while giving intermediate times and information to competitors, officials, coaches and others are not allowed to run more than 30 meters beside the competitors
- d) while doing this work officials and others have to ensure not to obstruct competitors - while giving refreshments to the competitors the coaches must ensure not to obstruct competitors and must maintain a fixed position.
- 4. Additional race rules will be handled by US Ski and Snowboard Competition Guidelines and FIS International Competition Rules (ICR) as appropriate

C. Spectator Responsibilities

- 1. Spectators will remain outside the start/finish area
- 2. Spectators will exhibit good sportsmanship as a model for racers
- 3. Spectators will not interfere with jobs performed by any race official
- 4. Spectator complaints will be directed to their team coach who, in turn, will direct complaints to the Division Coordinator

IV. RACE ADMINISTRATION

A. Seeding

- 1. Seeding Rules for all races will be decided by majority vote at the Fall CNISSF Coaches meeting. The fall meeting minutes will reflect the decision for the current season.

B. Scoring

- 1. For a race to be scored (Team or Individual) half or more of the teams currently in the League must be officially in attendance
 - a) "Officially in attendance" means that the athletes must be sanctioned by their schools with a CNISSF coach present. Should a school not take part in a race (e.g. due to weather) an athlete may not travel individually to the race and compete as a part of a school team.
- 2. Both Team and Individual League Standings will allow the dropping of either one or two worst race results
 - a) Whether R-1 or R-2 (dropping one race or two races) is applicable (and the specific conditions) will be determined on a year-by-year basis at the CNISSF Fall Coaches Meeting.
 - (1) Note that Team and Individual Standings may use different R-1 or R-2 determinations. The minutes of the CNISSF Fall Coaches Meeting shall make this clear.
- 3. Team Score:
 - a) Individual athletes will earn Team Points in an individual race in the following manner.
 - (1) Ordinary team points will be awarded as follows: If the number of racers in the class (Open or Varsity) for this

race is N, First place will receive N points. Second place will receive N-1 points, etc.

- b) The top one third of the (nominal) field ($N/3$ rounded down to the integer) will also receive additional bonus points as follows:
 - (1) First place $N/3$ (rounded down), Second place $N/3-1$ (rounded down) etc. Athletes in rankings lower than the top third of the field will only receive Ordinary Team points.
- c) In the case of a tie (either simultaneous crossing of the finish line or for the members of a relay team) each athlete will receive the same points and subsequent places will be adjusted downwards.
 - (1) For example, with 3 person relay teams- the first place team members will all earn first place points for their schools and the second placed relay team will all earn fourth place points for their schools.
- d) The top 4 racers per school will earn Team Points.
- e) The 5th and 6th racers from a school will displace racers from other schools but will not earn Team Points.
- f) The sum of the earned points for each school will determine the Team Placing in the race.
- g) Overall Team ranking for the season will be determined as follows:
 - (1) If the maximum number of teams in any scored race is K, then the first placed team at each scored race will receive K points for that race, second place will receive K-1 points etc. The points in the individual races will be added together (subject to the R-1 or R-2 rule that is in effect for Team Placing) to give a season total to determine the League Team Standings.
- h) Team Ties
 - (1) Resolution of ties in Season Team Standings will proceed in the following order:
 - (a) The team who completed the most races during the season wins the tie.
 - (b) If a tie still exists, the team with the most head to head wins
 - (c) If a tie still exists, the team with the highest total points (including dropped races) wins.
 - (d) If a tie still exists, the team with the highest single finish points
 - (e) If a tie still exists, let it stand.

4. Individual Score:

- a) The maximum number of racers (M) in a particular class (e.g. Open Boys, or Varsity Girls, etc.) overall scored races from the

current season will determine the nominal maximum points for individual scoring.

- (1) This number (M) will only be official after the last League Race. First place in a race class will receive M points. Second Place will receive M-1 points, etc.
- b) The points for each race will be added up subject to the R-1 or R-2 rule in effect to give a season points total. The awards will be based on this season's points total after the application of any necessary tie breaking rules.
- c) Resolution of ties in Season Individual Standings.
 - (1) The racer who completed the most races during the season wins the tie.
 - (2) If a tie still exists, compare the results: The racer who finished ahead of the other racer more often wins the tie.
 - (3) If the tie still exists, add back in the points of the dropped race(s) and compare the points totals. The racer with the highest points total wins the tie.
 - (4) If the tie still exists, the racer with the highest points in any single race wins the tie.
 - (5) If the tie still exists, let it stand

C. Start order

1. The time and start order (Varsity, Open, Male, Female) will be determined at the Fall CNISSF Coaches Meeting.
2. Assignment of lanes in mass starts will be determined by a random process under supervision of the Host School.
3. Mass starts shall have a minimum of 1 (one) lane per school.

V. RACE SCHEDULE TIMELINE

A. Championship Dates

1. The championships will be scheduled for one day.
2. The preferred date for the Nordic Championships is the last Saturday in February.
3. The preferred makeup date for the Nordic Championships is the Monday following the last Saturday in February.
4. In cases of unforeseen circumstances, other dates and venues may be selected with the approval of the executive committee. However, changes must be communicated with all due notice and the championships must be completed by March 15th.

VI. CHANGES TO RULES OR PROCEDURES

- A. Changes to the Nordic Championship Guidelines and Rules of Competition between the Fall Meeting and Spring Meeting (during the race season) require 100% agreement by all schools affected by the change.**