



2021-2022

MINNESOTA STATE HIGH SCHOOL LEAGUE

Boys and Girls Nordic Ski Racing Rules, Policies, and Bylaws

General Information

See General Section of the Athletic Rules and Policies Manual for information regarding the following:

- Athletic Director's Checklist
- Coaches Responsibility: Student Eligibility Checklist
- Multiple Level Teams at Sub-Varsity Level
- Official Squad Size
- Substitution in MSHSL Tournaments
- Weather Conditions (heat, cold & lightning)

CONTEST RULES

Refer to [Bylaw 402](#)

Except as modified by the League, the current rules practically applicable in the NCAA & Federation International de Ski (FIS) Rule Book shall be the official rules for all interscholastic meets which member schools participate.

END OF SEASON

Refer to [Bylaw 411](#)

A. Student Participation on a Non-School Team While the Season is Still in Progress:

1. The season shall end when the student or the student's team has been eliminated from further participation in a League tournament series.
2. Students who have been eliminated from further participation in a League tournament series may participate as an individual or as a member of a non-school team in that sport.

B. School Team Practice and Competition:

The "end of season" shall be defined to be the last date of the state tournament in that sport.

1. Schools may continue to conduct practice and training for all squad members, including the students who have been eliminated from further individual competition in a League-sponsored series, until completion of the state tournament conducted by the League in that activity.
2. Dual contests may be scheduled after the start of the official League tournament series providing the school does not exceed the maximum number of games/matches/meets permitted in that activity.

C. No school may engage in any meet or meets, practice, training, or other activities between the end of the season and the opening of the next season.

D. During the Summer Vacation Period (Bylaw 208:3 Non-School Competition and Training—Team and Individual Sports) members of a high school team may participate on a non-school team and they may receive coaching or training from a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport provided the school has approved a summer coaching waiver for the coach or coaches of that sport.

VIDEO TAPING ANOTHER SCHOOL'S GAME

It shall be an ethical violation to tape another school's game, meet or contest without their permission. Further it may be a violation of the laws governing copyrights. Each school owns the copyrights to their games, meets and contests. Taping another schools game without permission could constitute a violation of the copyright law.

RESPONSIBILITY FOR SPECTATOR CONDUCT

In order to elevate standards of sportsmanship and encourage the growth of responsible citizenship among the students, member schools, fans and school personnel, the MSHSL held a Sportsmanship Summit and asked student participants to identify behavior expectations they felt should be in place at every school event.

These minimum behavior expectations provide a foundation upon which member schools, conferences, administrative regions and the League's Board of Directors can build specific guidelines for activities under their control.

MSHSL [Bylaw 409](#), RESPONSIBILITY FOR PARTICIPATING TEAMS, STUDENTS AND SPECTATORS, speaks to this issue directly, and Bylaw 409-2 specifically states that, "School officials shall be held responsible for the proper conduct of teams, team members, students and home spectators regardless of where the contest is being held."

In all MSHSL activities, each participating school shall designate a person or persons from that school to serve as crowd control supervisors or chaperones. MSHSL tournament staff may require school administrators to contact the tournament manager prior to the start of the tournament game so that they can be immediately contacted to respond to behavioral issues regarding their team members, students and/or spectators at the tournament site. Each supervisor or chaperone should be immediately identifiable to the students and to the tournament site ushers and other security personnel. This will help to coordinate crowd control between school supervisors and tournament site personnel. (8/9/05)

MSHSL MINIMAL BEHAVIOR EXPECTATIONS FOR REGULAR AND POST-SEASON TOURNAMENT COMPETITIONS

Respect the American flag and the National Anthem.

- Respect the American flag and the National Anthem.
- Spectators must wear clothing that covers the entire torso. Those who do not comply or who wear clothing that is vulgar, obscene or that in some other way inappropriate, as determined by school/tournament personnel, will be removed from the arena/stadium if they do not cooperate with this behavior expectation.
- The use of appropriate language is expected at all times. Profanity, negative chants, booing, trash talk, name calling, personal attacks or other acts of disrespect are unacceptable and must be immediately addressed by school and/or tournament administrators.
- Respect the game/contest. Under no condition shall anyone other than the members of the official squad enter the playing surface. No one may interfere with the contest in any way.
- Hand-held signs, which do not obstruct the view of others, will be permitted provided they are in good taste. Signs, message boards, "white" boards or other similar items contest/tournament officials deem to be in poor taste will be removed.
- Artificial noise makers (i.e., megaphones, cowbells, sirens, whistles, thunder sticks, and other similar items) are not allowed.
- Laser lights are strictly prohibited.

THANK YOU for supporting your student athletes and fine arts participants and for providing a positive environment in which educational activities are conducted.

Nordic Ski Racing Information – Regular Season

See the MSHSL Official Handbook [Bylaw 501](#) for information regarding:
Maximum Number of Contests

See the MSHSL Official Handbook [Bylaw 502](#) for information regarding:
Daily and Season Player Participation Limitations

See the MSHSL Official Handbook [Bylaw 513](#) for information regarding the following:

- Contests
- Equipment Issued
- Last Date to Join a Team
- Practice Sessions before First Contest
- Season Begins

RULE MODIFICATIONS

The MSHSL rule modifications have been made to the NCAA Men's and Women's Skiing Rules and FIS which serve as the official rules for all interscholastic Nordic ski racing meets. The NCAA rules and modifications and FIS are equally applicable to the girls and boys skiing program.

NCAA Rule 2.1.1: General Meet Officials

Games Committee

A games committee shall be established at section and state competitions and shall monitor and actively supervise the conduct of each meet. Games committees are recommended for conference and large invitational meets.

Membership on the games committee shall include coaches or a coaches' representative, the meet manager, chief of race, and other personnel such as section representatives.

Organizing Meeting (see checklist)

Each section shall hold an organizing meeting at which the site, order of races, tournament date, meet personnel and games committee shall be determined. Representatives of all competing teams shall be present at the organizing meeting.

The required personnel at all competition(s) shall include the following: meet director; chief of race; medical personnel; calculators; starter; timers; recorders; announcer; scoreboard posters; finish checkers; and finish judge. One individual may perform more than one of the above functions.

All other personnel referenced in Rule 1, Section 3-13 shall be provided where and when necessary.

FIS RULE 310.2 to 310.2.3: Technical Regulations and Arrangements for Cross

Country Events: Technique Definitions

- Classical technique includes the diagonal techniques, the double pole techniques, herringbone techniques without a gliding phase, downhill techniques and turning techniques. *ICR June 2021.*
310.2.2 Diagonal Stride technique is comprised of alternating movements of both arms and legs and includes diagonal stride and herringbone techniques with a gliding phase. In diagonal technique only one or no pole is in the ground at the same time.
- Turning techniques comprise steps with inner ski and pushes with the outer ski in order to change skiing direction.
- The sections of the course where turning techniques are allowed must be marked.
- Where there are one or more set tracks, repeatedly changing or stepping in and out tracks are not

allowed.

- Single or double skating is not allowed.
- Free Technique includes all Cross-Country skiing techniques

NCAA RULE 2.4: Event Officials — Cross Country

The required personnel at all competition(s) shall include the following: meet director; chief of race; medical personnel; calculators; starter; timers; recorders; announcer, scoreboard posters; finish checkers; and finish judge. One individual may perform more than one of the above functions.

All other personnel referenced in NCAA Rule 1, Section 1.3–1.14 shall be provided where and when necessary.

Please note that tobacco use by meet personnel is illegal.

NCAA Rule 2.4.23: Jury

The jury for conference and section meets shall include three to five coaches from the competing schools or other qualified personnel. It is recommended that the jury positions rotate annually, and that up to two alternate coaches be identified to serve on the jury if necessary. Coaches serving on the jury will not rule on incidents involving their school.

The jury for the state meet shall be made up of the following voting members: chief of course; chief of race; two coaches' representatives, and the technical delegate who has the deciding vote in the case of a tie.

If possible, all other event officials referenced in Rule 9, Section 9.1–9.26 shall be provided where and when necessary.

NCAA RULE 5: Competitors, Seeding and Start and Finish — Cross Country Events

Number

Each member school may enter a maximum of seven skiers. (5 Pursuit Skiers and a 2 Person Relay Squad)
The team score will be determined by totaling the points scored by the top three pursuit skiers and the score of each team's sprint relay squad. The first-place finisher of the pursuit event receives the full value of the scoring base.

Each successive finisher in the pursuit event shall score one point less than the previous place. Each team member will hold his or her place in the final standing. In case of a tie, the skiers share the value of their positions. The first-place team (Relay Squad) in the Relay Event will score the full value of the relay scoring base. Each successive relay squad will receive 3 points less than the preceding relay squad. The team with the highest overall score shall be declared the winner. All skiers shall maintain their individual ranking. Teams with fewer than three finishers shall be included in the team point totals. At the State Meet non-team qualifiers will ski only as individuals and will not be included in the team scoring.

Entries

The team entry form must be submitted to section meet managers 48 hours before the section meet or at a designated time as determined by the section meet manager.

NCAA Rule 1.5

Uniform Requirement

All team members and individual skiers shall compete in school-issued uniforms. Coaches are responsible for proper team attire and should encourage uniformity in team dress. Team uniforms should be

appropriate to Nordic ski racing and shall not include advertisement of ski products of companies or other ski team names (i.e., U.S. Biathlon, foreign national teams, U.S. Ski and Snowboard, etc.). All competitors are expected to present a personal appearance that will reflect the highest credit upon the sport and their school. No clothing, hats, or head gear displaying product, slogans, or graphic illustrations that are inappropriate to MSHSL principles will be acceptable.

Uniform Markings

The only commercial marking on a uniform is a manufacturer's logo/trademark. The total surface area of all manufacturers' logo/trademark on the clothing of one person shall not exceed 350cm². The maximum surface area for a single marking is 110 cm². Manufacturers' logo/trademark may not appear one above the other or one beside the other. The MSHSL may decide on the placing of the manufacturers' logo.

Seeding, The Draw, Racing Order

NCAA Rule 1.6 For team competition, separate random drawings shall be made for each of the starting positions in the individual race. State Meet Order is based on Section Results. Race order will be 3-2-1-4-5-6....20.

Race Numbers

NCAA Rule 1.6 Race numbers will be issued for each event and should be sequential.

Start Commands

Rule 315.2 The equal interval starts (single start or in pairs) shall be employed in the individual cross-country race. For the individual cross-country race, racers start at equal intervals of 30 seconds. Ten seconds before the start, the starter will give each racer a warning "10 second." Five seconds before the start, the starter shall count "5-4-3- 2-1" and give the start command "Go."

315.2 Interval Start Procedure

FIS Rule 315.2.1 Interval Starts will normally use half-minute intervals and 15 seconds for sprint qualifying round. The Jury may approve shorter or longer intervals.

FIS Rule 315.2.2 The start command consists of a countdown starting at 5 seconds before the time ("5-4-3-2-1") and the start signal ("GO!"). This command can be given verbally or by audible signals.

FIS Rule 315.2.3 The competitor must have their feet behind the start line. The poles must be placed in front of the starting line and/or starting gate.

FIS Rule 315.2.4 the competitor may start any time between three seconds before and three seconds after the start signal. If he/she starts more than 3 seconds before the start signal it is a False Start. If he/she starts more than three seconds after the start signal, it is a late start and the start list time will count.

FIS Rule 315.2.5 Competitors who start late must not interfere with the start of others.

FIS Rule 315.2.6 With both electric and hand-timing, the competitors actual start time must be noted in case the Jury decides their late start was due to force majeure.

Pursuit Start - Determination of Finish

SECTION 10.17 Interval-Start Competition. In determining the finish of an interval-start competition with electric chip timing, a competitor's time is taken when the leading chip makes contact with the finish wire. When hand timing is being used, the time is taken when the competitor's leading foot crosses the finish line.

ICR 316.4.1 -Photo finish system. The measuring point will be the toe of the first boot meeting the line.

Primary Timing

Electric chip timing -- Electric chip timing should be used as the primary timing system. The contest's time is to be the period between the breaking or making of the starting contact and the contact at the finish. When using electronic chip timing, all "actual" start times during 0-1-2-3-second window should be recorded by hand timing to the tenth, and those times should be used in case of failure of the primary electronic timing system.

Recording Time

Electronic chip times shall be recorded in all cross-country races to the tenth of a second. Hand timing times shall be recorded to the second.

FIS RULE 310.2 Competition — Cross Country

Equipment

Ski Length: The legal ski length for all MSHSL races shall be a minimum 100 cm and maximum 230 cm, and commercially available skis.

Classical Pole Length: In classical technique competitions, the maximum pole length must not exceed 83% of the competitors body height.

Freestyle Pole Length: In free technique competitions, the maximum pole length must not exceed 100% of the competitor's height. The body height is measured with ski boots on from a flat surface, to the top of the uncovered head. The pole length is measured from the bottom of the pole to the highest attachment of the strap.

Training

NCAA Rule 5.15 Contestants in the cross-country event must be given an opportunity to inspect the course in its racing condition. When possible, the course must be given for inspection prior to the race. In exceptional circumstances, the course may be closed during certain hours.

During Competition

NCAA Rule 5.17 The competitors must follow the flagged tract from the start and pass through all controls. Competitors must complete the course on at least one ski using only their own means of propulsion.

During the race

- A ski may be exchanged but only if equipment failure occurs. However, competitors must complete the course on at least one original ski using only their own means of propulsion. A ski may be exchanged more than once during a race.
- No pacing is allowed. Pacing is defined as skiing behind or in front of or alongside of a racer with the intent of controlling or maintaining that racer's tempo.
- Note: It is not illegal to run on foot alongside the tract shouting encouragement, giving intermediate times and information to racers for maximum distance of 30 meters. In all circumstances the racecourse must be kept clear for all other competitors.
- Pushing or pulling someone along the racing track is illegal and will result in disqualification.
- Coaches who interfere with other racers may disqualify their entire team per discussion of the jury.
- It is strongly recommended that no spectator or competitor (skiers who have yet to start their race or who have completed their race) may ski on the racecourse while the race is in progress.

Following are recommendations to assure that the racer has free access to the course without any outside interference:

1. The only non-racers allowed on the race trails with skis should be Marshals, Medical Personnel and Coaches. All other spectators should be limited to foot traffic.
2. Positions on the trail for foot-traffic spectators should be defined, advertised and enforced by the coaches. Parents serving as marshals do not want to be "Ski-Police" but can be asked to note any violations.
3. Access to points on the trail for foot traffic spectators should be controlled so that the ski trail is not damaged.
4. Forerunners should be provided before each race.
5. Start and finish areas should be well defined, and barricades of some order should be used to define the limits of spectator traffic.

Disqualification

- **NCAA Rule 5.18** Competitors in cross country may be disqualified by the race jury if they: Violate any of the NCAA Rule 12.5.1 -12.5.10
- Run part of the course without skis on their feet or finish with two skis in a classical event which they did not start with.
- Violate any of the Official MSHSL Policies for the conduct of Boy and Girl Nordic Ski Racing.

NCAA RULE 5.21: Protests and Appeals - Cross Country

Cross Country Decisions

All protests must be made by the official team coach or team representative to the Chief of Race immediately after the announced or posted disqualification, or unofficial or official results. All protests must be reported and resolved before the award ceremony.

NO VIDEO REVIEW WILL BE CONSIDERED BY THE JURY

Clerical Errors

Errors for section/state meets must be reported and resolved before the awards ceremony.

Nordic Skiing Information – Post Season

ELIGIBILITY DURING MSHSL TOURNAMENT – SUBSECTION, SECTION AND STATE

Refer to [Bylaw 206](#): A student must be fully eligible under all local school district policies, MSHSL Bylaws and Rules & Policies to be in uniform, occupy the bench or playing area, participate and receive individual and/or team awards, including all-tournament honors, in the awards ceremony.

MINIMUM REQUIREMENTS FOR PARTICIPATION IN LEAGUE-SPONSORED TOURNAMENTS

Refer to [Bylaw 405](#) A member school must schedule a minimum of three interscholastic varsity games, meets or matches to qualify for League-sponsored tournament participation in that sport.

- A. Team: A member school must schedule a minimum of three interscholastic varsity games, meets or matches to qualify for League-sponsored tournament participation in that sport.
- B. Individual: A skier must compete in at least three separate high school ski meets to be eligible to enter section competition. A skier who has not been a member of the school team may not join the school team at League tournament time.

C. Participation as a member of a school team will be counted if:

- A skier who is a member of the school's JV or B squad and is promoted to membership of the Varsity squad and attended regularly scheduled school meets.
- A skier who is a regular member of the school team and failed to participate in the three required meets because of illness, or injury. A physician must certify that the student was not permitted to participate.
- A skier who is a regular member of the school team and failed to participate in three required meets because of extreme family emergencies. The school principal must certify that the student may be permitted to participate.

CONDUCT

All competitors are expected to conduct themselves in a sportsmanlike manner and to present a personal appearance that will reflect the highest credit upon the sport and their school. Competitors who bring discredit to their school or the sport may be disqualified from competition by a majority vote of the competition jury.

SPECTATORS

No person shall hinder any contestant in a Nordic ski race. Team representatives not competing shall observe the race only at designated areas controlled by a marshal appointed by the meet manager. Violations will be subject to review by the race committee.

OFFICIAL SQUAD

Seven skiers plus two alternates and one coach.

SCHOOL REPRESENTATIVE

Competing teams or individual contestants shall be accompanied by a member of a school's administration, faculty or coaching staff. The individual shall be responsible to act on behalf of the member school.

COURSE LENGTH

Freestyle - 5 Kilometers, Classical - 5 Kilometers, Sprint Relay 1.2 - 1.5 Kilometers

SCORING PROCEDURE

The scoring base is the point total that race results are scored from. The scoring base for the Pursuit Event at Section and State Meets is 80. This would be the point base for all races. The scoring base is not affected if a skier does not show or finish the race.

In team scoring, the first-place finisher of the pursuit event receives the full value of the scoring base. (Scoring Base of 80) Each successive finisher in the pursuit event shall score one point less than the previous place. Each team member will hold his or her place in the final standing. In case of a tie, the skiers share the value of their positions. All skiers shall maintain their individual ranking or team ranking.

In team scoring, the first place Team Relay Squad in the relay event will score the full value of the relay scoring base. Each successive Team Relay Squad will receive 3 points less than the preceding Team Relay Squad. (Scoring base of $80+79=159$, 1st Place is 159 points, 2nd Place is 156 points, 3rd Place is 153 points.....)

The Team (Pursuit skiers and 2 skier Relay Squad) with the highest overall score shall be declared the winner. Teams with fewer than three (3) finishers shall be included in the team point totals. At the State Meet, non-team qualifiers will ski only as individuals and will not be included in the team scoring. At the State Meet relay squads that qualified separate from a team will not be included in team scoring but will be eligible for place awards.

TIE BREAKER FOR TEAM SCORING

1. Combine the times of the fastest two finishers in the pursuit event. The team with the fastest combined time shall prevail.
2. If a tie still remains, combine the times of the three fastest finishers in the pursuit event. The team with the fastest combined time shall prevail.
3. If a tie still remains, go to the tied teams' relay squad. The team with the best placing relay squad shall prevail.
4. If a tie still remains, go the tied teams' fourth place finisher in the pursuit event. The team with the best fourth place skier shall prevail.

ENTRIES FOR SECTION MEETS

Eight section meets will be conducted in boys and girls Nordic ski racing.

- A. Each member school may enter a maximum of seven skiers. Up to five (5) skiers will race in the pursuit events and two (2) skiers will race in the team sprint relay.
- B. A team shall consist of a maximum of seven skiers.

SECTION MEET ENTRY FORM

All information and instructions for section meets will come from the section meet manager.

ADVANCEMENT TO THE STATE BOYS AND GIRLS NORDIC SKI RACING MEET

- A. **Team:** The first and second place team in each section meet shall advance to the state meet. A team shall consist of a maximum of seven skiers plus two alternates.
- B. **Individual - Pursuit:** The first four (4) pursuit skiers not on the top two teams shall advance to the state meet.
- C. **Sprint Relay:** The fastest relay squad not qualifying for the state meet as a team shall also advance.

SECTION AWARDS

- **Trophies:** First and second place teams
- **Medals:**
First and second place teams (teams consist of 7)
1st - 7th place Pursuit individuals
1st – 3rd Place Relay Squads

It is a violation of MSHSL policy for a member school or a representative of a member school to establish, distribute or accept any awards not provided by the MSHSL for section or state tournaments.

Team photo of first and second place section winner requested for state program

STATE TOURNAMENT QUALIFYING SCHOOL INFORMATION

Specific information for qualifying schools is available on the MSHSL Administrative website under Nordic Ski Racing Tournament Information.

SCHEDULE (Boys & Girls Are on a Rotating Schedule Every Year)

Subject to Change – updated 2/1/2022

Wednesday

| | |
|------------------|-----------|
| Boys 5K Classic | 2:00 p.m. |
| Girls 5K Classic | 3:00 p.m. |

Thursday

| | |
|-----------------------------|------------|
| Boys Sprint Prelims Heat 1 | 9:00 a.m. |
| Boys Sprint Prelims Heat 2 | 9:30 a.m. |
| Boys Sprint Prelims Heat 3 | 10:00 a.m. |
| Girls Sprint Prelims Heat 1 | 10:30 a.m. |
| Girls Sprint Prelims Heat 2 | 11:00 a.m. |
| Girls Sprint Prelims Heat 3 | 11:30 a.m. |
| Break | 12:00 p.m. |
| Boys Sprint Relay Finals | 1:00 p.m. |
| Girls Sprint Relay Finals | 1:30 p.m. |
| Boys 5K Freestyle/Pursuit | 2:00 p.m. |
| Girls 5K Freestyle/Pursuit | 3:00 p.m. |

An awards ceremony will follow the final race.

STATE MEET ENTRIES

Team and individual members who participate in the section meet and advance to the state meet as an individual or team member are eligible for awards at the state meet.

STATE AWARDS

- **Trophies:** First, second and third place teams
- **Medals:**
 - First, second and third place teams (7) and one (1) coach
 - 1st - 7th place Pursuit individuals
 - 1st – 3rd Place Relay Squads
- **Certificates:** All participants & one certificate for the coach