

**2008-2009
METRO LEAGUE INTERSCHOLASTIC
SKI RACING ASSOCIATION
RULES AND REGULATIONS**

OSAA rules apply to MLISRA sanctioned races, and any pertinent rules adopted by member high schools shall also apply to MLISRA sanctioned races, unless these rules take exception thereto, in which case MLISRA rules shall control.

RULE 1. GENERAL

A Racer will not be allowed to race if Rule 1 is violated. If the violation is discovered after the race, the competitor will be disqualified for both runs of the race day.

1. A Racer's transportation to races will be by bus or private transportation. Private transportation must be driven by a coach or an adult over the age of 21. Students shall not be allowed to transport other students to races. Students may not ride with other students or friends if driven by a person under the age of 21.
2. A Racer must be eligible for interscholastic competition under member high school criteria, OSAA criteria, team and individual eligibility requirements set out in Rule 12.
3. A Racer's skis must have ski brakes.

RULE 2. INDIVIDUAL DISQUALIFICATION FOR RACE DAY

Individual disqualification for race day (both runs) will result from violation of Rule 2 requirements.

1. A Racer must not violate valid rules or the decisions of the Jury.
2. A Racer must follow any rule specific to a particular race and outlined in the race sheet or announced at the coaches meeting.
3. A racer must not use profanity in the display of unsportsmanlike like conduct; i.e.: throwing equipment, verbal abuse, or harassment towards coaches, officials or volunteers. The racer may be sanctioned for his actions; which may include disqualification.
4. A Racer must comply with the safety regulations and regulations of the ski area.
5. A Racer must not participate in the race under false pretenses.
6. A Racer must not train, ski, or shadow the course prior to or during the race.
7. A Racer must wear the official start number (bib) visible, tied in racing fashion, from the time of distribution to the time of collection, except for the start area. In extreme weather conditions, latitude may be granted by the Jury.
8. A Racer shall not ski in racing fashion alongside an active racecourse.
9. An infraction on any course shall be deemed an infraction on all courses.

RULE 3. INDIVIDUAL DISQUALIFICATION FOR THE RUN

Individual disqualification for the run in which the infraction occurred will result from violation of Rules 3 requirements:

1. A Racer must pass through a gate correctly with both of the Racer's ski-tips and both feet, on mounted skis, having passed across the gate line. At the last gate, if a Racer loses one ski without fault, i.e. not by straddling, the ski tip of the remaining ski and both feet must pass the gate line. If the competitor is in doubt about meeting this requirement, he/she must ask the closest gatekeeper. The gatekeeper should reply either "GO ON" or "BACK" according to the particular situation.
2. A Racer must give way to an overtaking competitor at the first call or interferes with that Racer's run.
3. A Racer must cover the course on skis or to pass the finish in accordance with stated

- finish rules set forth in Rule 3 (11).
4. If a second binding release occurs, on the same run, more than two gates from the finish on the Varsity Course. If a third binding release occurs, on the same run, more than two gates from the finish on the Varsity II Course. Refer to Rule 7.
 5. A Racer must not accept outside help in any form during the race.
 6. A Racer must not make a false start, or violate the regulations for execution of the start.
 7. Contestants and forerunners must wear, in racing fashion, a helmet while racing from the start gate through the finish, or until a racer who fails to ski across the finish has proceeded beyond/below the finish area.
 8. A Racer must not slip through the finish line of the course they are racing on after the race has started unless instructed to do so by an official.
 9. A Racer must not enter a course that is closed.
 10. A Racer must not unjustifiably request a re-run, which is later shown to be unsubstantiated.
 11. The finish line must be crossed on either both skis, or on one ski, or in the case of a fall in the immediate finish area when the Racer's momentum carries the Racer across the finish line, with both feet. In this case, the time counts when any part of the body or equipment stops the timing.
 12. An infraction on any course shall be deemed an infraction on all courses.
 13. Competitors are responsible for the equipment they use, and to insure it is in safe working order. Unless otherwise specified it must conform to the FIS Competition Ski Equipment Alpine B specification. Skis and racing suits do not have to conform to FIS. Safety Bindings must conform to FIS 2.1, 2.11, 2.12. Boots must conform to FIS 3.1 & 3.2.

RULE 4. TEAM DISQUALIFICATION

Team Disqualification's are for the race day (both runs).

1. A team disqualification is defined as an action, which affects only those scoring areas dealing with team scoring.
2. A team disqualification will not lead to individual disqualification, except for individuals involved in the infraction(s).
3. Team disqualification will result from violation of Rule 4 requirements:
 - a. A coach or competitor must not alter a course. Note: Do not remove or reposition controls (gates) or flags. If in doubt, always consult the TD or Referee.
 - b. A coach must not pre-run the course. If a coach is the course setter, that coach will be allowed to pre-run the course along with other coaches designated by the setting coach.
 - c. A Racer must return the racing bib at the end of the race or according to the Race Committee instructions. In the event a Racer fails to return a racing bib, in lieu of disqualification, the team may pay the Race Committee a penalty of \$75 per missing bib within the allowed and posted protest time (if not otherwise specified, 15 minutes) of the disqualification being posted.
 - d. Racers and members of a team participating in a race shall not possess or be under the influence of controlled substances at any time on race day or during an event. Controlled substances shall include tobacco products; alcoholic beverages and drugs of any kind except those possessed lawfully under a physician's prescription and over-the-counter nonprescription remedies used in accordance with directions to alleviate a specific condition.

RULE 5. INTERFERENCE

Interference is grounds for a rerun if the Racer acts in strict accordance with Rule 5, subject to jury confirmation and coach compliance with Rule 6 as appropriate.

- A. If a Racer encounters interference while on the course the Racer must:
 - 1. Stop immediately.
 - 2. Move off the course.
 - 3. Inform the nearest official (including a Gate Judge [gatekeeper]).
 - 4. NOT continue on the course.
 - 5. NOT cross the finish line.
 - 6. Communicate with the FINISH REFEREE ONLY and make a formal request for a provisional rerun.
- B. Grounds for Interference:
 - 1. Blocking of the course by an official, a spectator, an animal or other hindrance.
 - 2. Blocking of the course by a fallen competitor, who did not clear the course soon enough.
 - 3. Objects in the course such as a lost ski pole or the ski of a previous competitor.
 - 4. Activities of the first aid service which hinder the Racer.
 - 5. Absence of a gate; knocked down by a previous competitor and not properly replaced.
 - 6. Other similar incidents which, beyond the will and control of the competitor, cause significant loss of speed or de facto lengthening of the racing line and thereby materially affect the competitor's time.
- C. In special situations, including but not limited to malfunction of the timekeeping system, missing gates or other technical failures, the Jury may order a rerun. Such reruns shall not be considered provisional.

RULE 6. VALIDITY OF A RE-RUN

- A. In case the Referee or another Jury member is unable to immediately question the appropriate officials or to judge the justification for the rerun, the official may, to avoid delay for the competitor, grant a provisional rerun. This rerun will be valid only if it is confirmed by the Jury.
- B. A written protest to allow the provisional rerun to stand must be submitted by a coach to the Race Jury prior to the Jury Meeting.
- C. If the competitor was already disqualified before the incident entitling him to a rerun, the rerun is not valid.
- D. The provisionally or definitively approved rerun remains valid if it proves slower than the first (hindered) run.
- E. If the claim for rerun is shown to be unjustified, the competitor is disqualified.

RULE 7. LOSS OF SKI

- A. Varsity Girls or Varsity Boys racers may lose one or both skis and not be disqualified. If a second binding release occurs more than two gates from the finish (the finish is not a gate) it shall be a clear disqualification and the competitor shall leave the course immediately.
- B. Varsity II competitors may lose one or both skis twice and not be disqualified. If a third binding release occurs more than two gates from the finish (the finish is not a gate) it shall be a clear disqualification and the Racer shall leave the course immediately.

RULE 8. HELMETS

- A. In an effort to reduce the possibility of head injury OISRA requires the wearing of ski helmets in racing fashion by contestants and forerunners in all alpine events while racing from the start gate through the finish, or until a racer who fails to ski across the finish has proceeded beyond/below the finish area.
- B. It is the participant's responsibility to ensure that his/her helmet is appropriate for ski racing and conforms to FIS Rule 6 related to equipment, is in a safe and undamaged condition, and fits properly. Racers and parents are advised that the helmet should, according to FIS specification, cover the head and ears and be certified for ski racing by recognized institutes; also the must not have spoilers or edges that stick out and must show a smooth top surface for safety. Racers and parents are advised that MILSRA officials will not inspect or evaluate helmets, and MLISRA neither specifies nor makes any warranties as to the fitness or use of any particular helmet, nor assumes any responsibility or duty to any competitor by requiring the use of a helmet while racing.
- C. MILSRA can not enforce a rule which requires the wearing of helmets at all times by racers while free skiing, racing and training because MLSRA officials and coaches are not always present when such activities occur. Without assuming any responsibility to enforce this Rule 8 (C), because literature and common sense demonstrate that helmets reduce risk of head injury associated with skiing, racers must wear helmets while training to race. MILSRA jurisdiction and authority does not extend beyond the race arena. Racers and parents must assume full responsibility for the consequences of the choice to wear or refrain from wearing protective equipment at all times when skiing.

RULE 9. ATHLETE'S BEHAVIOR

A Racer should cooperate cheerfully with the legitimate requests of race officials and coaches. Each Racer is responsible to his/her coach, and not to another coach. If a Racer feels that an unfair request has been made, the proper recourse is to have his/her coach settle the issue.

Officials and coaches will identify themselves as such whenever any question concerning their status or authority exists.

RULE 10. COACHES BEHAVIOR

On race day coaches as well as their staff members shall NOT use alcohol and controlled substances, except medications used in accordance with medical direction, until no longer responsible for their team. Tobacco shall not be used in the presence of Racers.

Coaches shall not use profanity in the immediate Start/Finish areas, along the course, or in the vicinity of Racers.

Any coach found in violation will be told by an official to leave the race and will not be allowed on the hill with the team on the following sanctioned race day. A letter of reprimand will be sent to the school principal and/or athletic director and to the League Representative and League President by the Secretary-Treasurer.

Coaches will identify themselves as such whenever any question concerning their status or authority exists.

RULE 11. COMMUNICATION PROCEDURES

- A. Racer and parent concerns will be addressed by the racer's coach.
- B. Coaches' concerns will be addressed by the League Representative.
- C. The League Representative will communicate appropriate information, suggestions and

concerns to the OISRA Executive Committee.

RULE 12. ELIGIBILITY FOR SANCTIONED EVENTS

Unless each requirement of eligibility is met, an individual Racer may not train or compete in League races until all eligibility requirements have been met. To be recognized as a ski team and to participate in sanctioned events, a school must:

- A. Submit the school's squad roster (all Racers) to the League representative and the League Secretary-Treasurer not later than the time specified by the Executive Committee. The roster must include the name, grade, gender, parents/guardians names, address and telephone number of each Racer.
- B. Submit to the League Secretary-Treasurer Acknowledgment of and Assumption of Risk and Release forms for OISRA, Oregon Ski Industry Association and MLISRA, not later than the time specified by the Executive Committee.
- C. Submit a letter from school principal on school letterhead sanctioning the team and naming the coach, together with the coach's Information Sheet, to the League Secretary not later than the time specified by the Executive Committee.
- D. Pay OISRA and League dues in full
 1. Dues for the League shall be \$55 per racer.
 2. Dues shall be paid prior to December 1 of each season. If paid after December 1st, dues shall be increased by a \$100 late payment penalty.
 3. Dues may be refunded up to December 5th.
 4. MLISRA may levy a fee per Racer "Head Tax" in an amount set at the Fall Meeting.
 5. If a team fails to pay dues in a timely fashion, the team may not compete in League races until the proper amount of dues has been paid in full.
- E. The Head Coach shall certify in writing that the team has been shown the League safety film prior to first on-hill practice.
- F. The coach or an acting coach must accompany the team to all sanctioned events.
- G. Penalty for missing eligibility deadlines by individual Racers. An individual Racer will not be eligible to race if individual items have not been submitted on time as stated below:
 1. Items submitted seven days late: first counting League race;
 2. Items submitted 8 to 14 days late: through second counting League race;
 3. Items submitted 15 to 21 days late: through third counting League race; and
 4. Items submitted 22 to 28 days late: through fourth counting League race.

RULE 13. TEAMS

- A. A ski team shall include boys and/or girls, grades 9-12. Ninth graders may only be included on teams of that high school to which they will normally be promoted for their next year in school.
- B. A ski team will consist of at least three and not more than five members. (Girls Varsity and Boys Varsity may have one alternate.)
- C. A school may enter one Girl's Varsity team (five racers and an alternate), one Boy's Varsity team (five racers and an alternate), one Girl's Varsity II team (all remaining racers), one Boy's Varsity II team (all remaining racers).
- D. All eligible racers will be allowed to compete in each race.

RULE 14. STATE QUALIFICATION

- A. The Metro League will send Girl's Varsity teams and Boy's Varsity teams to represent Metro in the State Championship Races as determined by the following scale:

League Size	State Qualifiers
1 - 3	1
4 - 5	2
6 - 7	3
8 - 9	4
10+	5

- B. League size is determined by the number of teams entered in 50% of the League's races.
- C. A Racer must have started 50% of all league races his/her school entered in order to qualify for the State Championships. This can be while racing in any classification. A racer who misses 50% of League races will be considered ineligible for future interscholastic competition for that racing season and previous individual points will be forfeited. Official team and individual results will be adjusted as if the particular Racer did not participate in any race. The 50% race requirement may be waived by the League Executive Committee only in cases of injury or illness and only if the following criteria is met.
1. Written request must be submitted at least 1 week prior to the State Championships.
 2. Written verification stating nature and duration of injury by a physician.
 3. Written release by a physician to participate.
- D. Individual participants in each gender at State will be on the following formula:
- Where a league has up to five participating teams they may send two individuals per discipline.
- Where a league has up to seven participating teams they may send three individuals per discipline.
- Where a league has over seven participating teams they may send four individuals per discipline.
- The individuals may compete in either or both of the disciplines.
- Each League can decide if individuals go as individuals per discipline or as combined.
- Metro League voted to send four individuals per discipline.
- Metro League will send 4 individuals to the State Championship (Metro League must have 7 participating teams of each gender.) There will be four from each gender and each must be from a non-qualifying school (Boy's Varsity and Girl's Varsity.)
- Individual State Qualifiers shall be determined by an approval of two-thirds of the coaches, after the final point's race of the season, using the criteria of the individual points and sportsmanship.

RULE 15. TEAM AND PARENT SUPPORT

Each school shall provide volunteers (gatekeepers, timers, bib collectors and others) as are necessary for operation of each race, as determined by MLISRA and scheduled. Each school will provide a Parent Representative who shall be responsible for parent volunteer coordination.

- A. The Parent Representative shall provide to the Parent Representative Coordinator or the Race Secretary no later than the Wednesday at 9:00 p.m. prior to the race day with a list of volunteer gatekeepers, timers and other officials.

- B. Parent volunteers or an alternative must sign in, in person, with the responsible MLISRA official and perform the volunteer duties and responsibilities in order for the team to receive credit for required race support. In the event of a no show on race day, volunteer coverage from the school must be confirmed with the responsible race official by the Parent Representative, Coach or a team parent.
- C. Failure of a team to provide volunteer support required by this rule shall result in a charge of \$150 per volunteer replacement arranged for by the MLISRA officials (as per State Rule), which shall be paid to the MLISRA and delivered to the League Secretary-Treasure.

We would like to thank the many volunteers that put on the Metro Ski League races.