

OREGON INTERSCHOLASTIC SKI RACING ASSOCIATION
NORDIC RACE RULES
(Approved October 2011—changes identified by *bold italics*)

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Section A: Race Organization

1. The Members of the Race Committee

- Chief of Race
- Chief of Course
- Chief of Timing
- Chief Calculator
- Race Secretary
- Additional members at the discretion of the organizing school or club

2. The Duties of the Race Committee

- Appoints a TD and members of the jury
- Administers the rights, duties, and obligations of the organizer of any sanctioned event.

3. The five (5) voting members of the Jury are

- the Technical Delegate, who serves as the chairperson of the jury
- the Chief of Race
- the Chief of Course and
- two other members appointed by the race committee: For **league races**, the other members are selected at the fall meeting and preferably from different schools and from schools who are not hosting the event. For the **state championships**, the other jury members are selected by the race committee and are preferably from different leagues.

3.1 If any jury members are involved directly in the protest, then a neutral jury member will be used.

4. Duties of the Jury

- Insure that the race is organized and carried out according to OISRA rules.
- Decide whether a competition shall be canceled, interrupted or postponed.
- Decide about any late entries, starting orders, etc.
- Decide on any protest or penalty.
- The jury members will be available to serve at the jury meeting during the full allowable time of the protest period.

5. Duties of Race Officials

5.1 Technical Delegate:

- Will be approved by the Race Committee with preference made to individuals who have attended an OISRA approved Nordic officials' clinic within the past two years.
- Makes sure the event is run according to OISRA rules and all technical aspects are in accordance with OISRA rules.

5.1.2 Technical Delegate duties before the competition:

- Shall examine the course with the help of profiles, drawings and other material.
- Shall make necessary approval judgment.
- Shall visit the terrain of the competition site and have accurate knowledge of the courses to be used
- Shall keep informed of the technical preparations being made by the organizers and be well acquainted with the technical organization
- Is able to give advice and information as needed to those in charge and make any necessary changes.

5.1.3 Technical Delegate duties during competition:

- Must be present during the entire period of the competition and should be at the competition site early enough to make a final inspection before the start of events, including the start, finish, and relay zones.
- Make sure that the starting arrangements function in accordance with OISRA requirements, as published.
- Proceed to the finish line and make the same inspection there
- Visit the relay zone to inspect check points or any critical points on the course, if necessary.
- Remain at the site of the event until the last competitor has reached the finish line
- If the TD has to leave the site before the end of the event, the Chief of Race must be informed.
- Assists all officials and race personnel to make sure the race is run safely and effectively.
- Advises the organizers within the scope of their duties.

- In critical cases, above all in cases of danger to the health or safety of the competitors, the decision of the TD (even contrary to the votes of the other Jury members entitled to vote) is binding. In such a case, the TD must put his decision in writing, together with the reasons for it and bring it immediately to the attention of the OISRA Nordic Steering Committee.

5.1.4 Technical Delegate Duties after the Competition

- Meets with the jury to make any necessary decisions
- Obtains the unofficial results from the chief calculator and signs the official results
- Submits a report to the Nordic Steering committee

5.2 Chief of Race

- Directs and controls the work of all officials.
- Summons meetings of the Race Committee
- Acts as chair of the Coaches Meetings after consultation with the TD
- Is responsible that no competitor is left on the course after the finish of the race.
- Informs the coaches of the following: place, time and method of start; marking of the course; position of food and refreshment stations.

5.3 Chief of Course

- Selects the course in consultation with the race committee.
- Is responsible for the preparation of the course in accordance with the regulations.
- Makes arrangements regarding the course for location of food, scoreboards, race headquarters; prepares maps and profiles.
- Is responsible for insuring that competitors and officials have adequate space at the start and finish, including any parts of the course such as practice loops, etc.
- Is well acquainted with the terrain.
- Is preferably an experienced skier with some competition background.

5.4 Chief Steward

- Makes arrangements for providing food and refreshments for racers and race help
- Sets up food station/s.

5.5 Chief of Timing

- Responsible for the coordination of personnel for starting, time-keeping and calculation.
- Starter and time keepers work under the direction of the Chief of Timing
- Establishes controls in the finish area.

5.6 Race Secretary is responsible for

- all secretarial work concerning the technical aspects of the competition,
- all forms and paper work including any starting list
- posting infractions at the same time the unofficial times are posted so that jury members and coaches have the information.
- distribution of results and
- reprint of any other papers as may be required.

5.7 Chief Calculator is responsible for

- all race calculations
- the final team tabulations
- posting unofficial results.

5.8 Chief of Course Monitors

- Reports to Chief of Race and coordinates with the Chief of Course
- Decides together with Chief of Race and TD the suitable placing of course monitors
- Informs course monitors of their duties: that they may use video equipment and they must be ready to testify before the jury about any infractions they note
- Equips course monitors with control cards and other material (maps, etc.) that may be necessary and assigns them to their positions
- Collects all pertinent information and control cards after the competition and reports any infractions to the jury and the Race Secretary.

Section B: The Cross Country Race Rules

All OISRA sanctioned races will be run in accordance with the following rules and regulations. Currently published USSA Competition Guide shall govern OISRA cross country competition in all areas not specifically covered in the following race rules.

10. Race Operations

10.1 Coaches and Officials During the Competition

10.1.1 Identification of coaches and race officials is desirable so that competitors and coaches know who is making a request.

- Identification will be by arm bands or bibs
- The head coach of each school will be allowed to wear a coach's bib or armband. The head coach wearing this identification has the right to approach the officials during a race.

10.1.2 Coaches' Meetings: A coaches' meeting will take place on race day at least 1 hour prior to the race. Coaches are responsible to have reviewed the course and be ready to approve it or make suggestions for changes. Announcements will be made about bib turn-in, meeting place for jury, any procedures the coaches and racers must know, etc

10.1.3. Officials' and Coaches' Behavior

- Officials, coaches, and their staff members will refrain from use of alcohol, tobacco, controlled substances and profanity in the immediate Start/Finish areas as well as along the course.
- Any officials or coaches found in violation will be told to leave the race at that point and will not be allowed near the course with their team during the following races. A letter of reprimand will be sent to their school Principal and Athletic Director as well as to their League Representative, Division President and Division Secretary.

10.2 Race Entry: Each league shall set uniform entry procedures and deadlines.

10.2.1 *Interval starts*

- Each seed will contain no more than one seeding position for each team. Each seed will have the order of teams determined by a computer generated random order system..
- Each team is given the full allotment of seeding positions regardless of whether or not they have a full team to fill all the seeding positions. The coach of each team will choose which seeding position(s) will be given to their skier(s)
- Separate ordering of the seeds will take place for the Girls and *the* Boys teams for each discipline.

10.2.2 *Mass starts*

- Choices of lanes for relay starts are based on prior team race results or random ordering if no prior team race results are available.

10.3 One refreshment station must be provided near the finish of the race course.

10.4 Warm-up areas should consist of the same terrain and grooming as the race course and be in close proximity to the start area.

10.5. For order and control on the courses the following principle applies:

- From 5 minutes before the start until the time the Chief of Course (or his appointee) clears the course after the last competitor, all non-competitors, except coaches and officials are no longer permitted to ski on the designated race course.
- The TD can issue special regulations to allow other specified non-competitors on the designated race course.
- The race map should have access areas to the course marked.

10.6 Competitors during the Competition

10.6.1 A competitor who is overtaken must give way on the first demand, except as follows:

- in relay competitions
EXCEPTION: a skier in a relay race can "track" the lapped skier.
- in marked zones. (See 2.6.2)

This applies in classical technique courses even when there are two tracks and in the free technique courses when the skier being overtaken may have to restrict his skating action. When overtaking, competitors may not obstruct each other.

10.6.2 Once the competitors enter a zone where corridors are marked, they must remain in their chosen corridor unless they are overtaking a competitor.

10.6.3 The competitor must comply with the instructions of competition officials.

10.6.4 Warming up on any ski competition course must always be done in the competition course direction. No one (coach or competitor) should ever ski on the course against the direction of the competition course. Unless the TD has issued exceptions to this rule.

11 Description of the Cross Country Competition Courses

11.1 The cross country course shall be laid out so as to be a true test of the competitors' strength, endurance, ski technique and tactical knowledge.

11.2 All courses should be completely prepared and groomed with machines. If a diagonal race course has two tracks, they will be set at least 1.20 meters apart, except for temporary terrain restrictions, measured from the middle of each pair of tracks. Sharp turns and changes in course direction as well as steep downhill sections of the diagonal course should have discontinued tracks so that the racers can step turn or snowplow such sections.

11.3 The course shall consist of varying sections of climb, downhill and flat parts (recommended approximately 1/3 of each terrain). Climbs that are too long and steep, very difficult and risky downhill sections, as well as monotonous open stretches should be avoided.

11.4 Any artificial obstacles are not allowed on the course. The first section of the course should be relatively easy. The most strenuous part of the course should occur about halfway or in the third quarter of the course.

11.5 The course may not be set on slopes that entail undue risk to the competitor. Changes of direction shall be gradual and not abrupt.

11.6 Courses should not be too flat or monotonous. They should be varied so that endurance and ski technique are put to the test.

11.7 A course that is easy should be preferred to one that is too dangerous.

11.8 The height difference (HD) shall not exceed 100 m.

11.9 The difference in height of a single climb (MC) must not exceed 50 m.

11.10 The total climb (TC) limits for the individual Nordic ski course should be within 20 -200 m. for a 5K course, or proportionally by distance.

11.11 The Nordic course for the State championships shall not be above 2200 m (7269') unless such standards are specifically waived by the Nordic Rules Committee.

11.12 The course shall be measured. Preferably, the measuring shall be done by tape or line. Could be approximated by GPS or a snowmobile. The course may be set to a plus or minus 10% of the stated distance, i.e., 4.5 K to 5.5 K for a 5K course, to allow for terrain availability.

11.13 There will be a "1K to go" sign set 1K from the finish in plain view. A "200 meters" sign shall be placed at the appropriate distance from the finish.

11.14 The start and finish should be clearly marked and preferably be at the same height on level ground.

11.15 The mass start should have a minimum of 35 meters of parallel lanes. After 100 meters the lanes should converge to the race course.

11.15.1 The classic technique competitors are forbidden to leave their lanes.

11.15.2 The freestyle technique competitors are forbidden to leave the parallel lanes or to use skating techniques for this distance.

11.16 All courses shall be open to competitors for inspection. The Race Committee may limit inspection to certain hours or certain parts for grooming.

12. Technique Definitions

12.1 Classical Technique includes the diagonal techniques, the double poling techniques, herringbone techniques without a gliding phase, downhill techniques and turning techniques. Single or double-skating is not allowed. Turning techniques comprise steps and pushes in order to change directions. Where there is a set track, turning techniques with pushing are NOT allowed. This will also apply to competitors skiing outside of the set track.

12.2 Free Technique includes all Cross-Country skiing techniques.

13. Method of Starts

13.1 Individual Race – *Interval Starts*

- Interval starts will normally use half-minute intervals. The TD may approve shorter or longer intervals in order to have fair conditions for the competitors.
- The competitor shall start with the front of both bindings behind the starting line
- The starter shall give every competitor a 10-second warning before start with a verbal "10 seconds" before the start. He/she shall count "5-4-3-2-1 and go."
- The competitor shall always be allowed to see the starter's watch.
- If electrical timing is used, an electrical audible start signal should be given

14. False and Late Starts

- 14.1 Competitors who make an early start shall be recalled and required to again pass through the starting line, in which case they shall be deemed to have started at their pre-fixed starting time
- 14.2 If electrical timing is used, the exact starting time of a competitor shall be accepted if it is between 3 seconds before or 3 seconds after the pre-fixed starting time for the racer.
- 14.3 A competitor who starts late shall not interfere with the start of the other competitors.
- 14.4 If a competitor starts late, the competitor's actual start time must be noted in case the jury decides his late start was due to force majeure.
- 14.5 When a competitor starts late, the start list time will count for the start time.

15. Timing

15.1 General

- 15.1.1 Any primary timing system (hand-timing or wand and photo beam) will be supplemented by hand timing as a validation system and results cross-checked between the two systems.
- 15.1.2 Hand-timing will be truncated down to whole second. I.E. any time from 0.01 to 0.99 seconds will be rounded down. Wand and photo beam timing will be truncated to the tenth of a second.
- 15.1.3 At least two stopwatches will have the freeze dial option so times can be read while the continuous time is still running and/or will have the option of recording into electronic storage.
- 15.1.4 It is desired that two of the watches be able to record into storage 500 separate times.
- 15.1.5 The head timer confirms that all watches are synchronized or all aspects of the timing system are operating correctly.
- 15.1.6 Hand-timing times for the racers will stop when their first foot crosses the finish line. The hand-timing validation system will separate out the times when more than one racer breaks the photo beam at the same time.
- 15.1.6 The clock's memory or other timing recording devices are not cleared until after the final results are official.

15.2 Mass Starts

- 15.2.1 Three stopwatches will be used
- 15.2.2 The finish timer will start two watches when the race starter says "go." One watch is a backup (can be stored around the neck); the other watch is used to capture the finish times.
- 15.2.3 The race starter will start the third watch.
- 15.2.4 If electronic timing is used only two hand watches are needed.

15.3. Individual Starts

- 15.3.1 Four watches will be used. Two for the start and two for the finish.
- 15.3.2 All watches are started 30 seconds before the first racer starts.
- 15.3.3 The Finish timer and the Start timer will start their watches at the race starter's command. Each timer keeps one watch stored as a back-up (can be around the neck) and reads off the other watch.

15.4 Electronic Timing: when available, race officials will rely on recommendations from timing manufacturer regarding back-up timing, and number of timing officials needed to adequately run the system.

16. The Race

- 16.1 All competitors must follow the marked track and pass through all official check points.
- 16.2 Competitors may use no supplemental means of propulsion other than skis and poles.
EXCEPTION: If the racer breaks a binding or ski so that it is not functional they may continue on the course by propelling themselves with their ski-less foot. As soon as they can get a substitute ski they may finish the race on the replacement ski.
- 16.3 Pacing, defined as skiing behind, in front of, or along side a racer with the intent of controlling or maintaining the racer's tempo, is not allowed. It is permissible to run on foot along side the track, giving words of encouragement, giving intermediate times and information to racers for up to 30 meters. In all circumstances the race course must be kept clear.
- 16.4 The entire course must be accomplished on at least one ski.
- 16.5 During the race, poles may be exchanged. In individual races, or relays, one ski may be exchanged providing the competitor can show to the jury the broken ski or damaged binding occurred in that race.
- 16.6 *The technique used in a race may be limited and the race then run by USSA rules for "classical technique" races (See Nordic Race Rules, Section B 12.1).* Such races shall be so designated and all competitors will be notified of this special designation well in advance of the competition.
- 16.7 A competitor may wax skis during the race but without assistance from any other person. Competitors have the right to make use of wax, torch, or scraper, provided by others, as well as refreshments during the events of competition.

17 Calculations of Results

17.1 Calculations for Varsity Team Scores for Individual Races

17.1.1 Only the top five finishers for each team earn varsity placement points at a race. The sum of the placement points of the top three finishers for each team determines the varsity team score.

17.1.2 If a varsity team has only 2 finishers, a dummy score may be used for the third place. The dummy score is calculated by adding one to the total varsity placement points.

17.1.3 Where more than five (5) athletes have entered any race for one team, racers finishing 6th, 7th, 8th, etc. for that team do not displace points for varsity team scoring.

17.2 Calculations for Varsity Relay team scoring are as follows:

First Place Team	6 points
Second Place Team	12 points
Third Place Team	18 points

17.2.1 The points are to be increased by six (6) for each team on through the remaining relay results.

17.2.2 Varsity team relay finish orders ignore any JV1, JV2, etc. relay team finish orders. For example: if the overall relay finish order were Varsity team school A, Varsity team school B, JV team school A, Varsity team school C—then the placement for the Varsity teams is:

1 st place	School A
2 nd place	School B
3 rd place	School C

17.2.3 If a school has only 2 competitors for a Varsity relay team, then those two racers will compete in the first two legs of the relay and a dummy time (a time equivalent to the slowest time of the third relay leg) will be added to their composite time. That total time will be compared to the total times of the other Varsity relay teams to arrive at a finish position.

17.2.4 If a school has only one (1) competitor, that competitor can ski in the relay event

- That competitor can ski the third leg on a relay team that has two other competitors who form a team from another school, or he/she can ski one leg on a relay team where each leg is skied by a competitor from a different school
- The finish times of these composite teams are not posted, but the individual lap times are calculated and posted.

17.3 Scoring for Varsity teams in league races: The total team score will be determined by adding together the team points for the individual race and the team points for the relay race.

18 Tie Breaking – teams

18.1 Tie breaking is to be used only for the first three teams placing. If a tie exists for places beyond third, they will remain as ties

18.2 If there are four (4) finishers in the individual race for each of the tied teams, then the position of the fourth finisher for each school breaks the tie

18.3 If there are not four (4) finishers in the individual race for each of the tied teams, then the team that does not have a fourth finisher loses to the team that does have a fourth finisher.

18.4 If there are not four (4) finishers in the individual race for both of the tied teams, then the tie breaker is accomplished by adding together the times of the top three finishers of each team in each event (the individual event and the relay event). The team with the fastest time wins.

18.5 If a tie remains after applying 18.2 – 18.4, go to the fifth finishers for each team and apply the same rules to the fifth place finishers.

18.6 If a tie remains after applying 18.2 – 18.5, then the teams remain as a tie.

19. Tie Breaking Individuals: If two or more competitors have the same time, they shall each be given the same place on the official results. Therefore, if two are tied for first place, there will be no second place winner but the next place listed will be third place.

20. Announcement of Results

20.1. Unofficial times

20.1.1 Times taken by the timekeepers shall be considered unofficial times. They shall be posted on a scoreboard that shall be readily visible from the area provided for the competitors who have finished.

20.1.2 As soon as possible after completion of the race, unofficial times and infractions shall be announced on the official notice board and also at the finish. The time for protesting times is counted from the moment of this announcement.

21 The Official Result List must contain the following:

- The name of the organizing school or league
- The name of the competition, the site, individual discipline (freestyle or classic), description of the legs of the relay race, and classification (Varsity boys or Varsity girls)
- The date of the race
- All technical data such as the location and distance of the course, the names and school or league of the members of the jury.
- All details concerning the competitors, finish order, start number, surname, first name, school, individual times for individual competitions, individual combined times (for state meet), did not start, did not finish, or disqualified.
- The signature of the Technical Delegate.

22. Reports

22.1 Official results reports shall include the following listings

- Individual Boys
- Individual Girls
- Relay Boys Teams
- Relay Girls Teams
- Total Team Boys
- Total Team Girls

22.1.1 Team members who disqualify (DSQ), do not finish (DNF), or did not start (DNS) will also be indicated on the official results published after the race.

23. Cold and Warm Weather Precautions

23.1. Background: *There are three main factors to be considered by the Jury regarding cold weather safety: the temperature; the duration of the exposure, and, the clothing and other protection against cold weather. These factors together with any other relevant information such as the "wind chill factor" must be taken into consideration when a decision is made regarding cold weather.*

23.2 Between 15 degrees Fahrenheit and zero degrees Fahrenheit: *If the temperature level is forecast to be between minus 15 degrees Fahrenheit and zero degrees Fahrenheit at any point on the course, recommendations regarding cold weather protection should be made available to the participants. Under such conditions it is the responsibility of the participants to seek the information and to follow the recommendations given by the organizer.*

23.3. Zero degrees Fahrenheit and below: *If the temperature in a major portion of the course is zero degrees Fahrenheit or below, the competition shall be delayed or cancelled.*

23.4. Warm Weather Precautions: *If the temperature is forecast to rise above 41 degrees Fahrenheit during the course of the competition, and exposure to sunshine is expected, recommendations must be given to competitors concerning clothing, skin protection and the need to consume adequate liquid before and during the competition. Feeding stations must ensure that they have adequate drinks to meet the increased demand. First aid stations must be briefed to be alert for signs of dehydration or any damage from sun exposure, and be prepared to take necessary measures in cases of dehydration or sunburn.*

24. Penalties

24.1.A competitor may be penalized up to the penalty of disqualification by the competition jury if he/she:

- Enters the race under a false name
- Trains on a course where and when the course is closed.
- Receives any kind of assistance, as mentioned previously.
- Fails to give way to an overtaking skier, on demand.
- Violates the ski exchange rules for either individual races or relay
- Violates other additional infractions as specified in the USSA manual.
- Violates the classical technique definition as defined by Nordic Race Rules, Section B 12.1
- Does not meet OISRA eligibility rules

- Interferes with the progress of any other competitor.
- Does not wear the official start number (bib) visible, and in racing fashion while skiing, from the time of distribution to the time of collection, except for the start area.

24.2 Team disqualifications will result from the following infractions:

- Any member who fails to return their racing bib at the end of the race or according to the Race Committee instructions. In the event that a racer fails to return a racing bib, in lieu of disqualification, the team may reimburse the Race committee \$75 per missing bib within one hour of the disqualification being posted.
- A member or members of a team participating at the State Championship Meet who is found to be in possession or under the influence of controlled substances at any time, including the night after the day's racing, shall be grounds for a team disqualification and any awards or standings from the competition shall be revoked by OISRA. Controlled substances shall include tobacco products, as defined by the 1919 session of the Oregon State Legislature.

24.3 A team disqualification is defined as an action which affects only those scoring areas dealing with team scoring.

24.4 A team disqualification will not lead to individual disqualification, except for individuals involved in the infractions.

24.5 An individual disqualification will not automatically lead to a team disqualification, except in the case of a team that has only two members.

25. Protests

25.1 Types of Protests

- Against the admittance of competitors
- Against a competitor's competition equipment
- Against the course or its condition
- Against another competitor or against an official during the race
- Against timekeeping
- Against decisions of the TD or members of the jury.

25.1 Place of Submittal

25.1.1 Protests pertaining to the race are to be submitted at the location designated on the official notice board or at a place announced at the coaches meeting.

25.1.2 Protests pertaining to rulings from the TD or jury are to be submitted to the Nordic Steering committee

25.3 Deadlines for Submittal

25.3.1 Against the admittance of a competitor: before the start of the race.

25.3.2 Against the course and its conditions, obstacles, danger points, etc. no later than fifteen (15) minutes after the course is set, or sixty (60) minutes before the start of the race (whichever is closest to the start time)

25.3.3 Against another competitor or competitor's equipment or against an official because of irregular behavior during the competition: within thirty 30 minutes after the last competitor has passed the finish.

25.3.4 Against the time keeping: within fifteen (15) minutes after the posting of the unofficial result list.

25.4. Forms of Protest

25.4.1 Protests must be submitted in writing and posted with a \$10 bond

25.4.2 As exceptions, protests may be made verbally by prior approval of the Jury.

25.4.3 Protest must be substantiated in detail. Proof must be submitted and any pieces of evidence must be included.

25.5 Authorization: Designated coaches, League Representatives and officials are the only people authorized to submit protests.

25.6. Settlement by the Jury of a Protest or a Report of an Infraction:

- The Jury meets at a predetermined place and time, fixed and announced by the Jury, to deal with the protests and infractions reported by course monitors or other authorized people.
- The Jury will invite for discussion on protests and reported infractions the officials concerned, and if necessary any other officials involved, possible witnesses to the race concerned and the protesting coach, team captain or competitor. Additionally, any other material such as video tape, film photographs, etc, shall be examined if available.
- At the vote on the protest or reported infraction, only the Jury members are to be present. The TD chairs the proceedings. The decision requires a majority of all voting members of the Jury, not just of those present. In case of a tie, the TD's vote is decisive. There reigns the principal of a free evaluation of the pieces of evidence. The rules on which the decision is to be based shall be applied and interpreted in such a way that fair proceedings, taking into the account the maintenance of discipline, are guaranteed.

26. Right of Appeal

26.1 Appeals against the decision of the TD or jury must be made to the Nordic Steering Committee **by 6:00 pm on the Tuesday following the last race of the event.**

26.2 All appeals must be in writing with all evidence in the possession of every member of the Nordic Steering Committee at the time of their hearing any such appeal.

27. Calculation Error: A complaint based not on an alleged breach of the rules on the part of an official or a competitor, but on an alleged error in calculating the results, shall be considered if sent by registered letter from the competitor's team within one month of the date of the race to the OISRA Nordic Steering Committee.

Section C: Relay Competitions

Fundamental Rule: The organization of the relay competition is the same as for other cross country competitions with the following additions:

50. Timing Procedures for Relay Race

50.1 Three stopwatches will be used.

50.2 The finish timer will start two watches when the race starter says "go." One watch is a backup (can be stored around the neck); the other watch is used to capture the lap and finish times.

50.3 The race starter will start the third watch.

50.4 If electronic timing is used only two hand watches are needed.

51. Special Officials

51.1 A referee ensures that the tag in the exchange zone conforms to the exchange rules (See 54 below)

52. The Relay Course

52.1 The Start Line

52.1.1 When possible, the relay course should have a minimum of 35 meters of parallel lanes.

52.1.2 When possible, a minimum of 100 meters after the start, the lanes should converge to the race course.

52.1.3 The individual starting places should be at least 1.5 m apart.

52.1.4 There shall be one lane per team or the greatest number of lanes possible with a minimum of 4 lanes.

52.1.5 To provide a fair start, modifications can be done if required due to the terrain and the snow conditions.

52.2 For relays with classic technique, it is preferable that two tracks will be set.

53. The Method of Start

53.1 Each team will be assigned a starting lane according to League SOP's for league relay races and according to **Nordic Policies, Section II, J 3** for State Championship Relay Races.

53.2 If there is not enough room to start all the first competitors for each team side by side, then the varsity relay event may be run in immediately consecutive heats and the junior varsity relay event may be run in immediately consecutive heats. It is permissible to have two or more rows of competitors starting at least 2 meters behind each other, and to start them simultaneously.

53.3 A coach may choose to enter a Varsity Team in a Junior Varsity heat, but no Junior Varsity Team may enter a Varsity Team heat.

53.4 At the start, all racers must start in their assigned lanes and remain in those lanes for the length of the parallel lanes.

53.5 All competitors must start with the front of both bindings behind the starting line.

53.6 The starter shall give a warning before the start with a verbal "Racers ready" then say "Go" at a random time within 5 seconds.

53.7 If there is a false start, the starter's assistant (or referee), who stands at the end of the start line, responds to the starter's signal by barring the way, whereupon the starter arranges a new start.

54. The Exchange

54.1 Definition of a legal tag: the arriving competitor taps his/her hand on any part of the next competitor's body, while both competitors are in the relay exchange zone. The definition of "body" includes extremities (hands and feet). Any way of pushing for the starting competitor is forbidden.

54.2 If a tag contravenes the rules, both competitors must be recalled to the relay exchange zone, where a correct tag must take place before the next competitor taking over can start. The next competitor may only enter the relay exchange zone when summoned.

55. Penalties. The same rules apply as for other cross country events with the following additions: a team can be penalized up to disqualification by the jury if

- the same competitor runs more than one leg of the course
- the exchange is not correctly carried out and not corrected

56. Entries

56.1 The names of the three competitors on the varsity relay team and their starting order must be delivered to the Race Secretary before the designated time for the jury meeting that day.

56.2 The names of the competitors on the junior varsity relay teams and their starting orders must be delivered to the Race Secretary according to the instructions of the Race Secretary for that race. League races and State Championships may have different rules about delivering the names of the competitors on the junior varsity relay teams.