2012-2013 NORDIC SKI INFORMATION

IMPORTANT INFORMATION FOR ALL SKI COACHES PARTICIPATING IN STATE COMPETITION: Cross Country Skiing will follow the guidelines of the USSA unless otherwise specified below.

1. The boys' and girls' nordic state ski meets will include two separate championships; Classical and Freestyle. Please see appropriate sections for detailed information.

2. Rules and Regulations will conform to the Vermont Principals' Association Ski Rules.

3. Pacing Rule - Coaches and spectators may be out on the course with skis on. They may shout encouragement and give splits but shall not ski alongside the racer or follow the racer in the track once he or she has passed, but they are allowed to run by foot alongside of a competitor for no more than a distance of 30 meters.

4. Participants must have participated in 50% of the INTERSCHOLASTIC school meets (exclusive of injury) which the school participates in prior to entering the States. If competitors do not meet this criteria, an appeal must be made to the VPA.

5. Tag Zone for Relay Races when the event is held - the tag zone should be a rectangle 30 meters long and sufficiently wide, clearly marked, and roped off and located on flat or smoothly rising ground near the start or finish.

6. All courses must be properly prepared according to Ski Rules.

7. Any events beyond the State Meets, the VPA has no affiliation.
   a. Please note that Eastern Championships are not endorsed by the VPA.
   b. If a New England Championship is approved, it would be endorsed by the VPA.

DIRECTIONS FOR GIRLS' AND BOYS' STATE SKI MEETS

Point 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 will be posted by division prior to relay lane assignments. Overall team score list will be posted to determine relay lane assignments.
* Scores will be sorted for DI and DII to determine separate state champions.
* No Unofficial or cooperate relay teams in the state meet.

Application forms for state meets are enclosed. Please read all directions prior to filling out an application.

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 score will not count.
3. Each school may enter eight (8) names for each event with FOUR TO COUNT FOR SCORE; four to displace. In the relay, when it is held, only four (4) enter with only one school allowed.
PARTICIPANTS MUST HAVE PARTICIPATED IN 50% OF THE REGULARLY SCHEDULED INTERSCHOLASTIC SCHOOL MEETS THAT THE SCHOOL HAS COMPETED IN PRIOR TO ENTERING THE STATES.

4. On the electronic application form in each event, list the entrants in order you want them to run, excepting the relay. Substitutes will be allowed from your list of alternates, but order may not be changed.

5. FOR DIVISION I OR DIVISION II THE ENTRY LIST FOR THE STATE MEETS MUST BE SUBMITTED THROUGH E-MAIL TO THE MEET DIRECTOR NO LATER THAN FEBRUARY 14, 2013 (Freestyle) & February 18, 2013 (Classsic). All events will be started on time in so far as weather conditions will permit. Each contestant is expected to be at the starting line to start on time and in order of their number.

NOTICE TO STATE MEET DIRECTORS:
1. State Meet Directors: Please send a copy of results to:
   Bob Johnson, Associate Executive Director, VPA  Fax: 229-4801
   Vt. Principals' Assoc., 2 Prospect Street, Suite 3, Montpelier, VT 05602, or by email
   bjohnson@vpaonline.org and to all coaches involved.

2. Meet Directors: Site and Date:

   Date: February 21, 2013
   Freestyle Division I and II State Championship (Combined)
   Site: Craftsbury
   Host: BFA-St. Albans & Burlington High School
   Meet Director: Dan Marlow

   | Boys       | 10:30 a.m. | Freestyle Individual |
   | Girls      | 11:30 a.m. | Freestyle Individual |
   | Boys Relay | 1:30 p.m.  |                    |
   | Girls Relay| 2:30 p.m.  |                    |

   Date: February 26, 2013
   Classical Division I and II State Championship (Combined)
   Site: Prospect Mountain
   Host: Mt. Anthony High School/Woodstock High School

   Meet Director: Tim Brown

   | Girls      | 10:30 a.m. | Classical Individual |
   | Boys       | 11:30 a.m. | Classical Individual |
   | Girls Relay| 1:30 p.m.  |                    |
   | Boys Relay | 2:30 p.m.  |                    |
3. **State Meets** - VPA will provide plaques for top two teams, boys/girls. Medals are also provided for members of the championship and finalists teams. Individual medals/ribbons will be given out to the top ten skiers in each event and top 3 relay teams in each division. This cost will be charged to the teams participating. The host school is responsible to order these awards.

4. **ALL OTHER COSTS INVOLVED WILL BE BORNE BY THE PARTICIPATING SCHOOLS. ANY SCHOOL HOSTING A DISTRICT OR STATE MEET MUST ASCERTAIN WHAT COSTS MAY BE INVOLVED IN THE MEET (TIMING, RACE OFFICIALS, SEWAGE PUMPING, ETC.) AND THEN NOTIFY THE PARTICIPATING SCHOOLS OF THESE CHARGES AND BILL EACH SCHOOL THEIR EQUALIZED SHARE. IF LIFT FEES ARE TO BE CHARGED BY THE MOUNTAIN PARTICIPATING SCHOOLS SHOULD BE MADE AWARE OF THIS BEFORE THE SCHEDULED MEET.**

Present Alignment - Nordic Skiing

**Division 1**
- BFA St. Albans
- Brattleboro
- Burlington
- CVU
- Colchester
- Essex
- Mt. Anthony
- Mt. Mansfield
- Rutland
- South Burlington
- St. Johnsbury
- North Country

**Division II**
- BFA Fairfax
- Burr & Burton
- Craftsbury
- Harwood
- Lake Region
- Lamoille
- Lyndon
- Middlebury
- Montpelier
- Peoples
- Otter Valley
- South Royalton
- Stowe
- U-32
- Woodstock

**NORDIC SKI RULES**

These rules have been established for the purpose of conducting ALL high school nordic ski meets in the State of Vermont. They are intended to provide safe conditions and uniform treatment for all participants and their teams.

Section 1: The Events

100 The events in a high school nordic ski meet may include individual and relay races.
101 In the State Nordic Ski Meet (State Meet), the events will be a balance of classical technique and freestyle technique and will be held over a two day period.

Section 2: Qualifications for Entry
 Each competitor shall be eligible under the Rules of the VPA.

Each competitor shall satisfy all the rules of their local school for participation on their ski team. In the spirit of high school sports, students are required to practice/participate with the team on a regular basis. In addition students enrolled in tutorial programs to enhance their ski skills are not allowed in high school sports.

In the State Meet, 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

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.

When possible, the members of the Race Committee should be:
- The Chief of Competition
- The Competition Secretary
- The Chief of Course
- The Chief of Timekeeping and Data Processing
- Chief of Stadium
- Technical Delegate
- Chief of Control and Competition Security
- The Chief Medical Officer
- The Chief of Competition will appoint other officials as necessary

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 enough to ensure that the competition is carried out 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 meeting, a member of the jury, and the Organizing Committee’s representative in dealings with the Technical Delegate

The Competition Secretary is responsible for all secretarial work concerned with the technical aspects of the competition. This person prepares all the 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 arranges 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.

The Chief of Course is responsible for selecting courses to meet the VPA norms. For the exact measuring and production of the plans, this person shall consult experts. 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 track in the ideal line and place it or remove it correctly in curves and on downhills. This person decides on suitable placing of controllers in cooperation with the TD, Chief of Race and the Chief Controller. In agreement with the starter, this person must send 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 insure that the course is in the best possible condition.
305 The Chief of Timekeeping and Data processing 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 USSA or NENSA.

307 -Chief of Control and Competition Security is responsible for coordinating activities between the Chief of Stadium and the Chief of Course. This person decides with the Chief of Course and the TD on the suitable placing on controllers, informs controllers of their duties, 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.

309 The Jury consists of four members; the Technical Delegate (TD) who is the Chairman of the Jury but does not vote. The Chief of Competition, the VPA representative/Host Athletic Director, the Chief of Course. (The Chief of Race is a member of the Jury without the right to vote).

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, 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.
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 disqualifications announced.
5. Any questions not covered by the VPA Nordic Ski Rules.

312 Decisions of the Jury are made by a majority of the votes.

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. (see Appendix A for a copy of
314 The organizing body should reimburse the TD for all expenses, including mileage. At the State Meet, the VPA will pay the expenses for this TD.

Section 4: Technique Definitions and the Course

400 Classical technique includes diagonal techniques, the double poling techniques, herringbone techniques, without a sliding phase, downhill techniques and turning techniques. Single or double skating is not allowed. **Turning techniques comprise steps and pushes in order to change directions**

401 Free technique includes all cross-country ski techniques

402 A cross country course should be laid out so as to be a technical, tactical and physical test of the racer's qualifications. The degrees of difficulty should be in accordance with the level of competition. The course should be laid out as naturally as possible, varying the prescribed differences in elevation, climbs, flat and downhill sections to avoid any monotony. Rhythm should be broken as little as possible by sharp changes in direction or steep climbs. The downhill sections must be laid out so that they can be negotiated without danger, even on a particularly fast or icy track.

403 In the State Meet, the distance for the individual races shall be between 5 and 6km. and for the relay races shall be not more than 4x2.5 km. This means four different skiers each skiing 2.5 km.

404 **AS A GENERAL GUIDELINE:**
The height difference (HD) between the lowest and highest points of a 6 km. competition may not exceed 100 meters. The difference in height of a single climb (MM) without a break of at least 200 meters may not exceed 50 meters. The total climb (MT) should be within 150 - 225 meters.

405 The courses must be prepared before the winter so that they can be raced on without danger, even on very little snow. Stones, roots, stumps, brush-wood and similar obstacles should be removed. Special attention must be given to downhill sections.

406 For individual competitions in the Classical 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. The tracks should be set 17 – 30 cm apart and 2 – 5 cm deep. Where two tracks are used they should be set 1.00 – 1.20 m apart as measured from the middle of each pair of tracks.

407 For the last 100 meters before the finish and before the relay exchange zone, the course shall be as straight as possible. The beginning of this zone should be marked with a colored line. This zone is normally separated into 3 corridors with set tracks. They must be clearly marked and highly visible in a way that does do interfere with skiers.

408 For individual competitions in the Freestyle Technique, the course shall be well packed and graded to a width of at least 4 meters. On downhill sections with tracks, the track should follow the ideal skiing line of the course.
409 For the last 100 meters before the finish and before the relay exchange zone, the course shall be as straight as possible and prepared to a width of at least 9 feet (6 meters). This section should be clearly marked by a colored line and separated into three clearly marked lanes.

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

411 In the State Meet, it is compulsory that signs mark each kilometer. Forks and intersections on the course must be marked by visible signage; unused parts of the course must be fenced off.

412 In the State Meet results should be posted in two or more places accessible to coaches.

413 A lap lane or lap track should be located to the side of the start or finish. For relays the finish line should be in a separate area from the tag zone.

414 Warmup areas, warmup tracks and tracks for wax and ski testing should be provided.

415 For individual interval start competitions, the starting line consists of two vertical posts and a line on the snow. The start may be elevated.

416 The finish line is marked by two vertical posts and a line on the snow.

Section 5: The Competition and the Competitors

500 Each competitor must compete in at least fifty per cent of its team's regularly scheduled meets before taking part in the State Meet. Exceptions to this rule due to injury or illness of a competitor or because of meet cancellation may be granted by the Executive Director.

501 In (both Division I & II) 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.

502 All team rosters and starting orders should be emailed to the Meet Director by the deadline and in the manner listed in the Nordic Ski Guide which is mailed to each school before the event. Any team or individual failing to comply with the above may be disallowed from entering the State Meet.

503 In case of injury or illness to a competitor prior to an event, a substitution may be made only from the original team roster. The substitute shall take the starting position of the competitor replaced. The starting order of the team may not be changed.

504 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. A competitor who brings discredit to his school or the sport by failure to conduct himself in this way, may be disqualified from that event and cannot be substituted for.

505 All contestants are responsible for knowing and observing all these rules and VPA regulations as well as any special regulations laid down by the Race Committee.

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

508 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.

509 Double start numbers, legible from back and front, will be issued to each competitor for each event.

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

511 During the competition, the competitors must follow the flagged course from start to finish and pass all controllers. The competitors have to 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.

512 A competitor 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, torch, 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.

513 A competitor who is overtaken by another one must give way at the first demand of "Track" even if there are two tracks (as in classical 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 to leave the track or give way.

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

515 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.

Section 6: Timing and Results

600 In the State Meet individual race, a single start with a 15 second interval or a double start with a 30 second interval is generally used.

601 The starter gives every competitor the warning "Ten seconds" ten seconds before the start. Five seconds before the start he counts "5-4-3-2-1-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.
602 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.

603 If hand timing is used, a competitor who starts early must be recalled and again pass the start line. In this case, his starting time must be the one on the start list.

604 If electronic timing is used, the competitor may start anytime between 3 seconds before and 3 seconds after the "Go" signal. If he starts more than 3 seconds before the "Go" signal, he has made a false start and must be recalled and made to pass an extension of the start line outside the electronic start gate. If he starts more than 3 seconds late, the start time will count.

605 A competitor who starts late shall not interfere with the start of other competitors.

606 With both electronic and hand timing, his actual start time must be noted in case the Jury decides that his late start was due to "force majeure".

607 In the State Meet, a finish order is established after the individual race. This finish order will establish the team scoring and hence the starting lane assignments for the relay race. The team in first place will be assigned lane 1 in the relay, etc.

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

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

610 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 (Technical Delegate).

611 If hand timing is used, times will be measured in full seconds. If electronic timing is used, times will be measured in full tenths of a second. If the time is measured in 1/100 second, the one hundredth is truncated to one tenth of a second.

612 If and timing is used, the finish time is taken when the competitor's first foot crosses the line between the two posts at the finish.

613 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.

614 The results are calculated by taking the difference between the finish and start times.

615 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.

616 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 the Jury's decisions. Official results should be distributed to all competitors and coaches as soon as possible.
The official result list must contain the final order of competitors, their start number, school, times and team scores.

If a race is postponed and then completed the same day, the results shall be official. Otherwise the times of the competitors who have completed the course shall be annulled.

Section 7: Scoring

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.

Points are awarded to a finisher by the PLACE the racer finishes 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.

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

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, the its score will be figured as follows: Add one point to the points of the last 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. Also 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 team that has been disqualified receives not team score.

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

Low score wins.

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.

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.

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.

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.

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 8. Disqualification, Protests and Appeals

800 A competitor can be disqualified by the Jury if he:
1. Does not meet the eligibility requirements of art. 200, 201, 202
2. Enters the race under a different name or uses a bib that is not assigned to him/her.
3. Does not follow the marked course or does pass all controls.
4. Receives unauthorized assistance. (see art. 512)
5. Fails to give way to an overtaking competitor when so requested, or obstructs another competitor.
6. Runs part of the course without skis on his feet.
7. Competes or trains on the course with skis other than cross country skis.
8. Does not ski the classical technique in a classical race.
(see art. 400)

801 After disqualification, a competitor's name will be deleted from the result list and a new list prepared.

802 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.

803 A protest shall be considered by the Jury, only if it is delivered to the Competition Secretary within the time limit specified.

804 A protest shall be considered by the Jury, only if it has not been deliberately delayed to obtain an advantage.

805 A protest shall be considered by the Jury, only if it is made in writing by a coach or school official of a competing team.
806 Protests against the admission of a competitor must be delivered in writing before the competition begins.

807 Protests against the conduct of another competitor or of an official must be delivered within one-half hour after the posting of the unofficial result list.

808 Protests concerning the timing, calculations of time or calculations of team scores must be delivered within one-half hour after the posting of the unofficial result list.

809 If an error is proved, the corrected results must be published and the prizes redistributed.

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

811 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.

812 An appeal shall be considered by the VPA Ski Committee, only if it is delivered by registered mail to the VPA Ski Committee within twenty-four hours after the meet.

Section 9: Relay Races

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

901 For relay competitions, a mass start is used. The Classic Relays will have 4 legs, as will the Freestyle Relays.

902 For relays the start line is part of an arc of a circle with a radius of 100m. (The center of the circle is 100m away on the middle track) The individual starting places must be 1.5 meters apart. The relay mass start should have 100m of parallel tracks where each competitor is forbidden to leave the track. There will be a zone where tracks converge into the competition course. There must be no factors that cause congestion. To provide a fair start, modifications can be done as required due to terrain and snow conditions members of the same relay team occupying the same start lane should be separated by four meters.

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

904 For classical technique relays, the mass start should have 100 meters of parallel tracks where the competitors must neither change lanes. After that, the tracks should converge to half the original number of tracks. After that, they should converge to two or three tracks. The rest of the course should be prepared with two tracks.

905 For free technique relays, the mass start should have 100 meters of parallel tracks where the competitors must neither change lanes nor leave the tracks, nor use skating steps. After that, there should be 50 to 100 meters without tracks. The rest of the course should be prepared as in art. 408.

906 The competitors of the first relay leg stand at the start line. Start number 1 stands in the middle track, number 2 to his right, number 3 to his left, number 4 to his right and etc.
Example: 15, 13, 11, 9, 7, 5, 3, 1, 2, 4, 6, 8, 10, 12, 14, 16

907 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 six competitors.

908 The relay exchange zone should be a rectangle 30 meters long and sufficiently wide, clearly marked and roped off and on flat or smoothly rising ground. The relay exchange zone should never serve as a finish line.

909 Bibs may be assigned to the teams before or after the individual races. One hour before the start of the relay races, the names of the four competitors actually competing from each team and their starting order must be delivered to the organizers and after that it cannot be changed.

910 The starter must so position himself that he can easily be heard by all competitors.

911 One minute before the start, the competitors are lined up on the start line. They are informed when there are 30 seconds left. Sometime during the last 10 seconds, the starter fires a shot or says "GO".

912 A racer need not give way to a "Track" signal in the last 100 meters before the relay exchange zone or the finish line. The last 100 meters must be clearly marked.

913 The exchange is achieved by the arriving competitor, with a hand to body tag, while both competitors are in the relay exchange zone. If the hand to body tag takes place outside the relay exchange zone, both competitors may return to the relay exchange zone, where a correct hand to body tag must take place before the competitor taking over can start. The next competitor may only enter the relay exchange zone when summoned. A push by the arriving competitor to the next competitor is not allowed.

914 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.

915 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.

916 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.

917 The same rules for disqualification apply as the individual races with the following additions. A team will be disqualified by the Jury if:
1. The same competitor skis more than one leg.
2. The exchange is not correctly carried out and not corrected.
VERMONT PRINCIPALS' ASSOCIATION, INC.  
NORDIC SKIING TECHNICAL DELEGATE REPORT  
(Return within five days of Race)

TECHNICAL DELEGATE NAME: ________________________________

NAME OF RACE: __________________________________________

SITE: __________________________ TOWN: _______________________

HOST SCHOOL: __________________________ DATE: ____________

MEET DIRECTOR: __________________________________________

RACE COMMITTEE: __________________________________________

CHIEF OF RACE: ___________________________________________

COMPETITION SECRETARY: _________________________________

CHIEF OF COURSE: ________________________________________

CHIEF OF TIMEKEEPING: _________________________________

TECHNICAL DELEGATE: ________________________________

CHIEF MEDICAL OFFICER: ________________________________

JURY: ____________________________________________________

SCHEDULED EVENTS:  
Start Time | Length Technique | Indiv/Relay | Type of Start
BOYS: ________________________________

______________________________

______________________________

______________________________

GIRLS: ________________________________

______________________________

______________________________

______________________________

APPROXIMATE TOTAL RACERS: ____________

Please comment on the questions in each of the major categories.

THE COURSE:
A. Snow Conditions: __________________________________________
B. Air Temperature: ___________________________________________
C. Condition of Course: _______________________________________

___________________________________________________________
D. Type of Track-setting
Equipment:________________________________________________________

E. Course Marking (course directions, flags, arrows, km. signs, 200 m sign):
______________________________________________________________________________________________

F. Course Inspection (Was course available and ready prior to race?):
______________________________________________________________________________________________

G. Wax Test Tracks: ______________________________________________________________

H. Warm-up Tracks: ______________________________________________________________

I. Any dangerous sections of the course?____________________________________________

J. Start Area:_____________________________________________________________________________

K. Finish Area: ________________________________________________________________________

L. Relay Exchange Zone:_________________________________________________________________

THE FACILITIES:
A. Rest Rooms/Changing Rooms: ________________________________________________________

B. Waxing Rooms (Indoor or Outdoor): ________________________________________________

C. Timing System (Manual or Electric): ________________________________________________

D. Scoreboard (Unofficial/Official Results): _____________________________________________

E. Public Address System:______________________________________________________________

F. Type of Medical Aid available:______________________________________________________

G. Accident/Emergency Plan adequate:__________________________________________________

H. Sufficient Area for Spectators:_______________________________________________________

THE RACE:
A. Were Starting orders available:
_________________________________________________________________________________

B. Seeding (separate draw in each round):
_________________________________________________________________________________

C. Was there a Coaches Meeting:
_________________________________________________________________________________

D. Were there any special race day regulations:
_________________________________________________________________________________

E. Did the events start on time:
_________________________________________________________________________________

G. Were there any late starters:
_________________________________________________________________________________

H. Were there any difficulties:
_________________________________________________________________________________

I. Were there any accidents during the race:
_________________________________________________________________________________

THE RESULTS:
A. Comments on the Calculations:
_________________________________________________________________________________

B. Comments on the Team Scoring:
_________________________________________________________________________________

C. How soon were unofficial results available:
_________________________________________________________________________________

D. When were copies of official results available to all skiers:
_________________________________________________________________________________

PROTESTS:
A. List any official protests:
_________________________________________________________________________________

Nordic Ski Guide 2012-2013
B. Was JURY meeting held: __________________________________________
   1. What happened: ______________________________________________
   ________________________________________________________________
   2. Outcomes: ____________________________________________________
   ________________________________________________________________

GENERAL IMPRESSIONS:
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

RECOMMENDATIONS FOR IMPROVEMENT:
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

Return to: Executive Director, Vermont Principals' Association, Inc., 2 Prospect Street, Montpelier, VT 65602. (Attach copy of Official Race Results)
Please send a copy of this report to the Chief of Race and Chief of Course.

SIGNATURE OF TECHNICAL DELEGATE: _________________________________

TODAY'S DATE: _____________