

## CROSS COUNTRY SKIING RULE INTERPRETATIONS

### SECTION A - GENERAL RULES

- A-1. In cases not covered by these interpretations the Federation Internationale de Ski for Cross Country rules will govern. Rules can be downloaded at <http://www.fis-ski.com>.
- A-2. The Games Rule Committee will make all final decisions.
- A-3. No advertising or sponsorship is allowed to be worn on competition uniforms or warm-ups.
- A-4. Athletes must compete and have a qualifying time at a Regional event to attend the State Winter Games.
- A-5. Athletes can participate in a maximum of 2 events plus 1 relay.
- A-6. At all times athletes are expected to compete to the best of their ability to ensure a quality competition at all levels. Coaches are expected to provide accurate/honest scores of their athlete's ability. The Honest Effort policy will apply to all medal round races. If an athlete has a 30% or more deviation from their time trial score, they will be disqualified and awarded a participation ribbon.

### SECTION B – FACILITIES

- B-1. Events offered:
  - a. 25 meter race
  - b. 50 meter race
  - c. 100 meter race
  - d. 500 meter race
  - e. 1 K race
  - f. 2.5 K race
  - g. 5 K race
  - h. 7.5 K race
  - i. 10K race
  - j. 1 K Unified Race
  - k. 2.5 K Unified Race
  - l. 5 K Unified Race
  - m. 7.5 K Unified Race
  - n. 10K Unified Race
  - o. 4 x 1 K Relay Race
- B-2. Trails shall be packed and tracks set prior to the events. After each day of competition, the course must be freshly prepared. If more than one set of tracks are used, they should be 1 -1.2 meters apart, measured from the middle of one track to the middle of the other. Individual ski tracks should be 20 - 24 centimeters apart, measured from the middle of one track to the other. Tracks should be at least 2-5 centimeters deep. Consideration should be given to the ability level of the field of competitors when determining whether or not a skating lane or a second set of tracks should be set. At least one set of tracks should be set and the other lane, which is mandatory, shall be set as either a skating lane or a second set of tracks.

## SECTION C - EQUIPMENT

- C-1. Athletes must be dressed in accordance with weather and temperature conditions. Competition clothing should consist of snow pants or similar athletic pants, insulated sport coat, hat, gloves and scarf as needed. No jeans will be allowed.
- C-2. Athletes will not be allowed to wear jewelry or awards during competition.
- C-3. Athletes must wear their assigned competition bib while competing in events. Athletes not wearing their bib will not be allowed to compete.

## SECTION D - RULES OF COMPETITION

- D-1. Events ranging from the 500 Meter Race through the 1 Kilometer Race should be conducted utilizing the interval start format described in section 351.1 of the FIS rules for Cross-Country Skiing. That is, one or two racers should start on intervals every 30 seconds.
- D-2. The start command for individual events of distances 100 meters and less, there shall be no preliminary warning. The start command shall be "Racers... Ready...BANG (i.e. pistol shot)."
- D-3. The start command for Cross-Country Skiing events ranging from the 500 meter race through the 1 kilometer race shall be as follows: "Racer...15 seconds...10 seconds...5,4,3,2,1, GO!".
- D-4. The start command for relay events shall be the same as for individual events for distances 100 meters and less except that there will be a 10 second warning: "10 seconds..Racers... Ready...BANG (i.e. pistol shot).
- D-5. The finish:
  - a. A skier has finished the race when his/her torso reaches the vertical plane of the finish line. The torso is distinguished from the head, neck, arms, legs, hands, and feet.
  - b. To be official, a skier must have both skis on his/her feet when crossing the finish line.
- D-6. Events ranging from the 500 Meter Race through the 1 Kilometer Race should be conducted on courses which include uphill, downhill, flat sections, and sections with turns. The degree of slope of the uphill and downhill sections should be dictated by ability levels of the athletes entered in the events. Thus, the courses for 500 Meter events should have less severe terrain than courses for 3 Kilometer events, and courses for 3 Kilometer events should have less severe terrain than courses for 5 Kilometer events.
- D-7. Events ranging from the 500 Meter Race through the 1 Kilometer Race should be conducted on courses which are of a loop configuration. In long distance events, multiple loop courses are permissible. The start and finish areas should be as nearly adjoined as possible.
- D-8. Disqualifications:
  - a. A competitor or relay team will be disqualified for the following:
    - 1) improperly overtaking or impeding another competitor, or in any other way interfering with another competitor
    - 2) preventing another competitor from passing
    - 3) improperly crossing the course
    - 4) making two false starts
    - 5) improper relay exchange

- b. If during a race the competitor falls, has difficulties with a ski or binding; or leaves the track; he/she has two minutes to correct the problem. A competitor who fails to adhere to the two-minute limit or receives assistance of any kind will be disqualified. In any race a competitor must progress at least 10 meters towards the finish line every two minutes. Timing of the two minutes is the responsibility of the closest field judge.
- c. Athletes will not be disqualified if they leave their assigned lane unless they impede another athlete.