

Rules and Regulations of the  
**CENTRAL MA CONFERENCE SKI LEAGUE**



October 2011

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## Organization

### 1. General

The Central Massachusetts Conference Ski League **CMCSL** is comprised of the local area schools listed below that generally make up other Central Mass Conference and Mid Watch Leagues. The League follows the rules and guidelines set forth by the Massachusetts Interscholastic Athletic Association **MIAA**. Any team competing in the **CMCSL** must be a member in good standing of the **MIAA**.

### Participating Schools

School	Coach	Coach's Phone	Coach's Email	A/D's Phone	A'D's Fax
St. Johns	Greg Blondin			(508) 842-8934	(508) 842-3670
St Peter-Marian / Worcester	John McNaboe			(508) 852-5555	(508) 852-7238
Wachusett	Yury Vashugin			(508) 829-6771	(508) 829-8271
Notre Dame	Andrea Brewster			(508) 757-6200	
Shrewsbury	Ann Early			(508) 841-8840	(508) 841-8858
Westborough	Matt Nofsinger			(508) 962-7316	(508) 836-7723
Algonquin	Wayne Hey			(508) 351-7010	(508) 393-9226
Nipmuc	Joseph Puggleasa			(508) 634-1585	(508) 634-1582
Hopedale	Drew Wollensak			(508) 634-2217	(508) 634-4319
Millis	Mark Pyenson			(508)376-7000	(508)376-7020

### League Officials

Title	Name	Phone	E-mail	Fax
League Commissioner	Mark "Campi" Campaniello		campi@townisp.com	
Statistician	Greg Blondin			
Secretary/Treasurer	Cora Hey			

## Rules

### 1. General

The overriding authority for all rules is the Massachusetts Interscholastic Athletic Association, MIAA

Individual Schools are responsible for establishing eligibility guidelines for their participating athletes.

There will be a Mandatory league meeting on the 3<sup>rd</sup> Wednesday of October before every season. This meeting is to make any rule changes and set the schedule for the upcoming season. Every team is required to have a representative at the meeting, if a team does not have a representative at the meeting then that teams voting rights are forfeited.

The race season will generally begin after the Christmas vacation and finish prior to the February vacation. The State Championship Race will typically take place in late February.

The season will consist of a 5-6 race schedule. One makeup date will be scheduled.

Weather permitting; a minimum of 2 slalom races 2 Giant Slalom races will be scheduled.

All team rosters are to be submitted to the League Commissioner and Statistician one week prior to the start of the scheduled first race. All rosters will become final after the first race.

The timing shack will be off limits for athletes and coaches once the race has commenced. If you have a protest please go to the Technical Delegate (TD) for the race and it will be brought to the attention of the timer.

Racers must possess and have visible a valid lift ticket and abide by all ski area rules.

**Any racer failing to adhere to the above will be subject to disqualification.**

## **2. Race Jury**

The race Jury will consist of one coach from each school and the League Commissioner. Schools with more than one coach must indicate member of Jury. The Jury will be appointed at the league meeting in the beginning of the year.

## **3. Race Cancellations**

The League Commissioner will cancel races in the event the ski area does not have a sufficient or safe amount of snow cover.

Races will be cancelled automatically when three or more school cancellations are in effect **due to weather**.

## **4. Race Seeding**

School start order will be drawn from a hat at the beginning of the season and rotated in order for each race.

Bibs should be assigned in sequential order based on the race seed.

Girls will be assigned even Numbered bibs (ie. 400, 402, 404 .....

Boys will be assigned odd Numbered bibs (ie. 401, 403, 405 .....

In the case where the school has only boys or only girls then bibs are to be assigned in sequential order.

Coaches will email their desired order of seed no later than 6:00 PM two nights before the race. If the list is not received by the deadline the racers will be seeded in order of the previous race or by alphabetical order if the first race of the year.

## 5. Equipment

Helmets manufactured for ski racing are required for all competitors. The **CMCSL** neither specifies nor recommends any particular brand name or helmet design and undertakes no responsibility or liability in connection with the requirements that helmets be utilized. It is the sole responsibility of the competitor to select an appropriate helmet for accident protection in ski racing.

**Caution:** The protective qualities of all safety helmets are affected by age and use. Some older helmets and any helmets that have been damaged either in a racing fall or from other impact may no longer provide sufficient protection – even with no visible signs of damage.

Ski Brakes, which are functional, are required.

All racers must wear *their assigned* school supplied bibs only. The following numbers are designated to:

Hopedale	0 – 99
St. Johns	100 – 199
Nipmuc	200 – 299
Notre Dame	300 – 399
Shrewsbury	400 – 499
Westboro	500 – 599
Millis	600 – 699
Wachusett	700 – 799
St. Peter-Marian/Worcester	800 – 899
Algonquin	900 – 999

## 6. Course Setting

All League courses will be Slalom or Giant Slalom and will be approved by each team coach or representative before the race.

Courses will be pairs of gates, set in combinations of red and blue. Gates used will be FIS certified gates.

If a closed gate combination is used, it should be set with an over the top entry.

The course should be smooth and have a natural flow. If a rhythm change is used due to terrain change, try to make the change gradual.

The last two gates will be set so as to lead the racer as close to a straight line through the finish as possible.

Flushes, Hairpins, Undergates will be used to a reasonable extent.

In the event the course needs to be changed once the race has begun all racers will rerun.

## 7. Race Policies

**a. Course Inspection:**

It is the racers right and responsibility to inspect the course according to the rules set forth below:

The course will be open for inspection forty five minutes before the posted race start time. Prior to this the course is considered CLOSED. Course will be CLOSED for inspection ten minutes before the posted race start time.

Race start times will be set at the Coaches meeting prior to the first race of the season.

Racers will inspect the course by slipping sideways through the gates. In no case will turns be linked or any part of the course skied. Do not snow plow through the course (unless directed to do so). No practice turns!

The course may not be shadowed. (i.e. skiing next to the course in rhythm with the gates)

Bibs **MUST** be worn and clearly visible during course inspection.

**Any racer failing to adhere to the above will be subject to disqualification.**

**b. Start:**

It is the racers' responsibility to be at the start based on race seeding. A printed start order will be given to all coaches.

Any racer missing their start will run last on both runs.

Do not crowd the starting gate.

Keep personal belongings clear of other skiers coming off the chair lift.

The starter will announce "racer ready". Stand back from the gate if you are not ready. Otherwise, starter will continue with "3-2-1- GO" Timing will begin automatically when the skier trips the start wand.

Start order for the second run will be the same order as the first run.

Racers without *their assigned* school supplied bib will not race.

**c. Course Rules:**

The race will consist of either a Giant slalom or Slalom. Events will be designated prior to the start of the season but may change based on snow or weather conditions. **It is the coach's responsibility to inform racers of the rules set forth below and the rules germane to the MIAA. Racers who violate these rules may be disqualified. However, in most cases the racer will run and a decision will be rendered by the jury at the end of the race:**

If a competitor feels that he/she has suffered from interference on the course, he/she **MUST** ski out of

the course immediately and request a provisional run from the finish line judge or any gate judge, explaining the specific problem and location. The Chief of Course will give immediate instruction. The judges will determine the validity of the claim in a subsequent meeting, according to the rules relating to reruns. If the racer skis through the finish the run stands.

1. A **re-run** will generally be awarded to a racer who overtakes another racer, is interfered with by unauthorized individuals on the course or an authorized individual such as a gate keeper who fails to clear the course one gate prior to the racer on course. A gatekeeper may, however, support a pole in place at arms length during the run.
2. A **re-run** will be awarded automatically even if the racer skis through the finish if a gate has not been re-set

A binding release occurring more that two gates above the finish (3 including the finish) shall be considered a clear disqualification.

A racer who is clearly disqualified for missing a gate or gates **may not** continue through further gates on the course or through the finish. The chief of Course may instigate disciplinary sanctions to competitors who violate this rule.

If any racer protests the decision of a race official, he/she must submit a written protest and post a \$10 dollar bond. If the protest is denied the bond is forfeited.

Any racer losing a ski(s) on the course is expected to expeditiously clear the course.

All racers **must** posses a valid and visible lift ticket from the ski area and abide by all rules and regulations as posted by the ski area in order to compete. Violations will be subject to DSQ.

It **is** the responsibility of each Jury Member to be vigilant and enforce the League rules. It **is not** the responsibility of individual racers to take on the job of rule enforcement.

#### ***d. Finish:***

All racers will promptly clear the finish area after completing their run.

All racers will conduct themselves in a sportsman-like manner when in the finish line area, as well as on other parts of the course

## **8. Scoring:**

Points will be awarded in a "100 Point" scale as follows:

### ***a. Individual scoring:***

1<sup>st</sup> 100, 2<sup>nd</sup> 99, 3<sup>rd</sup> 98, 4<sup>th</sup> 97, 5<sup>th</sup> 96, 6<sup>th</sup> 95, 7<sup>th</sup> 94, 8<sup>th</sup> 93, 9<sup>th</sup> 92, 10<sup>th</sup> 91, etc.

Scoring will be used to determine individual athletes rank within the league and to determine

school rank at individual races.

Total individual points will be cumulative and used to determine the top 10 athletes that will attend the State Championship.

In the event of a tie, both athletes will be given the same point total for that finish and the points for the next lower finish will be deleted. (E.g. a tie for third place will result in both racers receiving 98 Points. The next finisher will receive 5th <sup>place</sup> points or 96)

Each race will generally consist of two runs. In some cases (snow conditions) a race will only have one run. All racers will race both runs. The times from each individual run will be combined to determine the place of finish.

At the end of the season, point scoring to determine the league racers qualifying for states will be calculated by removing the athletes lowest score, **regardless of the finish**. The remaining scores will be added to determine total points. If there is less than 4 scored events, then the lowest score **Will Not** be dropped.

Tie breaker to determine the league racers qualifying for states will be best finish followed by second best finish and so on until tie is broken.

#### ***b. Team scoring:***

Each Team will designate 8 varsity racers per race. The top 5 varsity racers points will be combined and used to calculate team points for the race. The team with the most cumulative points at the end of the season will be the League Champion. In the event of a tie, win/loss record will be used.

All other racers will be considered JV. The points will be combined and then averaged based on the number of JV racers. The team with the most cumulative points at the end of the season will be the League Champion. In the event of a tie, win/loss record will be used.

Any racer who DSQ's, DNF's or DNS will be given at time of 990 for that run only.

### **9. Race Results**

Any results posted on a leader board or web site are unofficial.

Race results will be available to coaches within 30 minutes of race finish.

Race results will be posted at <http://www.skiward.com/cmcs1.html> usually by 9:00 pm.

### **10. SPORTSMANSHIP**

The #1 priority for the race season should be **GOOD SPORTSMANSHIP**. It does not happen accidentally. It takes a lot of hard work, advance planning, a great deal of courage and a dedication.

The following MIAA policy statement should serve as your guide for high school activities and athletics:

“The ideals of good sportsmanship, ethical behavior and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship

shall be defined as those qualities of behavior, which are characterized by generosity and genuine concern for others. Further, an awareness is expected of the impact of an individual's influence on the behavior of others. Good sportsmanship is viewed by the Ski Committee as a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity.”

## 11. Gate Keeper Instructions

### General

- A. Act as referee to determine whether racers have passed through the entire course.
- B. Fill out gatekeeper cards to verify above.
- C. Help with gate maintenance when necessary.
- D. Notify Chief of Course of DSQs and other problems.
- E. Do not move an injured racer.
- F. Help clear the course of equipment if a racer loses a ski.
- G. Stay warm.

### Rules

- A. Watch the skiers **FEET**.
- B. Both boots must pass through the gates (imaginary line between like colored poles)
- C. Racers feet may pass through the gate in any direction, from any direction. He may walk, slide, or fly. He does not have to go in the same direction as everyone else, and may walk up the hill until his boots pass the imaginary line between gates, and then reverse direction. A fallen skier is not DSQ'd until the gate is missed.
- D. If a racer asks if he skied the gate properly, the gatekeeper may respond "**Go On**" if he made it or "**Back**" if he missed it.
- E. Skier must have both skis on except last three gates (2 gates + finish). If a skier loses a ski outside of the last three gates, tell him he may not continue.
- F. Record DSQs on back of card. Note gate numbers and sketch how racer skied gates in space provided.

### Other Points

- A. If a skier skis out of the course due to interference, note location and cause
- B. Reset downed gates. Hold lightly at arms length if gate won't stay set.
- C. Stand where you can see assigned gates, and stay out of skier's site if possible.



## NOTES