

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



January 2018

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- Update 10/04 - scoring rules
- Update 10/05 - deleted St Bernard's added Westboro
- Updated 10/06 – added Wachusett
- Update 2/08 – changed coaches and points
- Updated 11/08 – added Algonquin, changed points, seeding and team scoring
- Update 12/09 – updated coaches
- Update 11/10 – added Nipmuc
- Update 10/11 – added Worcester, Hopedale and Millis, Updated Board Members, changed cancelation policy, change miss start policy, add mandatory meeting
- Update 12/13 – change scoring for states
- Update 12/14 – mandate hard sided helmets
- Update 11/17 – added King Phillip / added Vice Commissioner / JV eligibility for States / update coaches
- Update 12/17 – updated individual and team scoring

# 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.

School	Coach	Coach's Phone	Email	AD
Algonquin	Head: Wayne Hey Asst: Nate Largesse	508-795-8050	<a href="mailto:Wayne.hey@verizon.net">Wayne.hey@verizon.net</a>	Fran Whitten
		508-439-0138	<a href="mailto:Nathan.largesse@gmail.com">Nathan.largesse@gmail.com</a>	
Wachusett	Head: Yury Vashugin	508-330-2188	<a href="mailto:Yuryvashugin@juno.com">Yuryvashugin@juno.com</a>	Jennifer Lynch
Westboro	Head: Greg Rota		<a href="mailto:rotag@westboroughk12.org">rotag@westboroughk12.org</a>	
St. Johns	Head: Tim Williams Asst: Will James	978-660-6933	<a href="mailto:twilliams@stjohnshigh.org">twilliams@stjohnshigh.org</a>	Pat White
		774-239-7778	<a href="mailto:wjames@stjohnshigh.org">wjames@stjohnshigh.org</a>	
Shrewsbury	Head: John Shapazian Asst: Rob Murner	508-769-0823	<a href="mailto:jshapazia@shrewsbury.k12.ma.us">jshapazia@shrewsbury.k12.ma.us</a>	Jason Costa
		508-826-0460	<a href="mailto:murnerr@gmail.com">murnerr@gmail.com</a>	
Ashland-Medfield	Head: Nancy Schlusssel Asst: Evan Sherr	508-719-0286	<a href="mailto:nancyschlusssel@gmail.com">nancyschlusssel@gmail.com</a>	Mike Grimes
		617-733-5158	<a href="mailto:evan.sherr@gmail.com">evan.sherr@gmail.com</a>	
Hopkinton	Head: Nancy Schlusssel Asst: Dan Barry	508-719-0286	<a href="mailto:nancyschlusssel@gmail.com">nancyschlusssel@gmail.com</a>	Dee King
		508-728-9105	<a href="mailto:dbarry38@gmail.com">dbarry38@gmail.com</a>	
Medway	Head: Jeff Rozak  Asst: Brian Snow	508-246-7497	<a href="mailto:jrozak@dow.com">jrozak@dow.com</a>	Rob Pearl
		774-270-4939	<a href="mailto:snowbgs@comcast.net">snowbgs@comcast.net</a>	
Hopedale	Head: Shawn Ashby Asst: Tony Pino	508-246-7497	<a href="mailto:Spa747@gmail.com">Spa747@gmail.com</a>	Bill Grine
		774-270-4939		
Millis	Head: Pier D'Aprile	508-918-0980	<a href="mailto:p.daprile@comcast.net">p.daprile@comcast.net</a>	Chuck Grant
Nipmuc	Head: Robert O'Hagan	508-340-5938	<a href="mailto:Roh4229@aol.com">Roh4229@aol.com</a>	Chris Schmidt
King Phillip	Head: Kevin Malloy Asst: Don Powers	508-269-0959	<a href="mailto:kevinmalloy@servicenow.com">kevinmalloy@servicenow.com</a>	
		774-254-0276		

## League Officials

Title	Name	Phone	Email
League Commissioner	Dan Barry	508-728-9105	<a href="mailto:Dbarry38@gmail.com">Dbarry38@gmail.com</a>
League Vice Commissioner	Evan Sherr	617-733-5158	<a href="mailto:evan.sherr@gmail.com">evan.sherr@gmail.com</a>
Statistician	Jeff Rozak	508-246-7497	<a href="mailto:jrozak@dow.com">jrozak@dow.com</a>
Secretary / Treasurer	Cora Hey		<a href="mailto:cora_hey@verizon.net">cora_hey@verizon.net</a>

# 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 4 is required to have a representative at the meeting, if a team does not have a representative at the meeting then that team's 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 week race schedule. One makeup date will be scheduled. Weather permitting; a minimum of 2 slalom race days and 2 Giant Slalom race days 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 League Commissioner or the Race Chair 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 their designated member of the 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 12:00 PM two days 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. A ski racing helmet shall have a hard shell that covers the ears, unless it is a designated slalom specific helmet. 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
King Phillip	300 – 399
Shrewsbury	400 – 499
Westboro	500 – 599
Millis	600 – 699
Wachusett	700 – 799
Hopkinton	800 – 899
Algonquin	900 – 999
Medway	1000-1101
Ashland-Medfield	1102-1201

## 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. Unless otherwise agreed, 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 racer's 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 than 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 institute 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** possess 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:**

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

Points will be awarded on a sliding scale in a manner such that the first-place racer receives between 5-20 points plus points equal to the total number of racers in the league. This method will accommodate growth in the number of racers and ensure that a racer who finishes last will receive more points than any racer who is a DNF or DSQ.

If a racer misses a race, the racer will receive a score of 0 for that race. If a racer starts the race but is a DNF or DSQ, the racer will receive a score of 5. If a racer is a DNF or a DSQ in the first run and does not compete in the second run, the racer will receive 5 points for each race.

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 male and female athletes that will attend the State Championship. The total number of male and female athletes is based on the MIAA rule which allows each league to send a number of racers equal to two times the number of teams of each respective gender in the league. Varsity and JV athletes are eligible to compete in 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 place points or 96).

The race season shall consist of ten races (based on two races/runs at each race day), each run constituting an individual race. A race day shall consist of two runs/races (weather and snow conditions permitting). All racers will race both runs. The run order shall be the same for each run in one day. The times of each individual run will be combined to determine the place of finish for team scoring.

At the end of the season, point scoring to determine the league racers qualifying for states will be calculated by removing the athlete's lowest three scores, not all from the same discipline, regardless of the finish. The remaining scores will be added to determine total points. If there are less than 8 scored races, then the two lowest scores will be dropped. If there are less than 6 scored races only the lowest score will 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:***



A racer's team points are determined by combining the times of both runs. Points are awarded such that the first-place racer with the lowest combined time will receive 5-20 points plus a number of points equal to the equal to the total number of racers in the League. If a racer is a DNF or a DSQ in one of the runs, that racer's team score will be 5. A racer who misses a race will receive a team score of 0. 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.

## 9. Race Results

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

Race results will be available to coaches as soon as practicable after 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."

Unsportsmanlike behavior, including throwing equipment, vulgar language or abusive behavior is subject to discipline by the League Commissioner or Race Chair as deemed necessary and appropriate. This may include disqualification from the racer, from the following race, or more.

## 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 and both ski tips 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