

Rules and Regulations of the
CENTRAL MA CONFERENCE SKI LEAGUE



January 2019

Index

Organization

- General Page 3

Rules

- General Page 4
- Race Jury Page 4
- Race Cancellation Page 4
- Seeding Page 4
- Equipment Page 5
- Course Setting Page 5
- Race Policies Page 6
- Course Inspection Page 6
- Start Page 6
- Course Rules Page 7
- Finish Page 7
- Scoring Page 8
- Race Results Page 9
- Sportsmanship Page 9

Gate Keepers Instructions

- General Page 10

Forms

Page 11

- 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.
- Update 12/18 – individual and team scoring, protest procedures.

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		Wayne.hey@verizon.net Nathan.largesse@gmail.com	Mike Mocerino
Wachusett	Head: Yury Vashugin		Yury.vashugin@gmail.com	Jennifer Lynch
Westborough	Head: Peter Glenn Asst: Wendy Moore		peterjamesglenn@gmail.com justdoit262@yahoo.com	Johanna DiCarlo
St. Johns	Head: Tim Williams Asst: Will James		twilliams@stjohnshigh.org wjames@stjohnshigh.org	Pat White
Shrewsbury	Head: John Shapazian Asst: Rob Murner		jshapazia@shrewsbury.k12.ma.us murnerr@gmail.com	Jason Costa
Ashland-Medfield	Head: Nancy Schlüssel Asst: Evan Sherr Asst: John Agostinelli		nancyschlussel@gmail.com evan.sherr@gmail.com john@agostinelli.com	Mike Grimes
Hopkinton	Head: Nancy Schlüssel Asst: Dan Barry		nancyschlussel@gmail.com dbarry38@gmail.com	Dee King
Medway	Head: Jeff Rozak Asst: Brian Snow Asst: Michael Downing		jrozak@dow.com snowbgs@comcast.net downingnortheast@verizon.net	Rob Pearl
Millis	Head: Pier D'Aprile		p.daprile@comcast.net	Chuck Grant
Nipmuc	Head: Robert O'Hagan		Roh4229@aol.com	Chris Schmidt
King Phillip	Head: Jay Kannally Asst: Jim Summers		kannallyclan@verizon.net summershomesincc@gmail.com	

League Officials

Title	Name	Phone	Email
League Commissioner	Dan Barry		Dbarry38@gmail.com
League Vice Commissioner	Evan Sherr		evan.sherr@gmail.com
Statistician	Drew Schlüssel		drewschlussel@gmail.com
Secretary / Treasurer	Cora Hey		cora_hey@verizon.net

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 3rd 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.

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 (i.e. 400, 402, 404)
Boys will be assigned odd Numbered bibs (i.e. 401, 403, 405)

Coaches will email their desired order of seed to the Statistician no later than 12:00 PM two days before the race. All varsity racers on a team must be seeded in the run order before any junior varsity racer. 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. Changes to race orders after the submission deadline will be made in the sole discretion of the Statistician.

5. Equipment

Ski Brakes, which are functional, are required. 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.

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	1000-1099
Ashland-Medfield	1100-1199

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 by the Commissioner, 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 (DSQ).

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 Head 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. The Event scheduled 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.**

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

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 Commissioner may institute disciplinary sanctions to competitors who violate this rule.

If a racer wishes to protest, the racer must notify the Head Coach. The Head Coach will notify the League Commissioner and, if necessary, it will be brought to the attention of the timer. Otherwise, the protest will be considered when the Race Jury convenes after each race.

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 and the race venue.

8. Scoring:

a. Individual Scoring:

Individual points will be awarded on a sliding scale, with the first-place racer receiving 200 points, and the second-place racer receiving 199 points, etc. (boys and girls). In the event of a tie (same time), both athletes will be given the same point total for that finish and the points for the next lower finish will not be used (e.g., a tie for third place will result in both racers receiving 198 points. The next finisher will receive 5th place points or 196). This scoring method will accommodate growth in the number of racers and ensure that a racer who finishes a run will receive more points than any racer who is a DNF (Did Not Finish) or DSQ (Disqualified).

Each run is considered a race for the purpose of individual scores. If a racer misses a race, the racer will be considered a DNS (Did Not Start) and will receive a score of 0 for that race. A racer may miss the first run (race) and still participate in the second run (race). If a racer starts the race but is a DNF the racer will receive 5 points. For a DSQ, the racer will receive a score of 7 points. The different points for DNF and DSQ help to simplify the auditing and reporting process. If a racer is a DNF or a DSQ in the first run and does not compete in the second run, the racer is scored as a DNS for the second run and will receive 0 points for the second run.

Scoring will be used to determine individual athletes rank within the league and to determine team rank at individual races and for the season standings.

Total individual points will be cumulative and used to determine the male and female athletes that will attend the State Championship, regardless of Varsity or Junior Varsity status. 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.

The race season shall consist of ten races (based on two races/runs at each event), 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 9-10 completed races, the lowest three (3) scores* will be dropped

If there are 7-8 completed races, the lowest two (2) scores* will be dropped

If there are 6 or fewer races, the one lowest score will be dropped

*at least one score will be dropped from each discipline (SL and GS).

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

b. Team Scoring:

Each team will designate 8 varsity racers per race. All remaining racers are considered to Junior Varsity racers.

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 200 points, and the second-place racer receives 199 points, etc... If a racer is a DNF or a DSQ in one or both of the runs, that racer's team points will be 0. Any racer who misses a single run (DNS) will receive a team score of 0. Each The top 5 Varsity racers' points will be combined and used to calculate Varsity team points for the race. The Varsity team with the most points for the event wins. The Varsity team with the most cumulative points at the end of the season will be the Varsity League Champion. In the event of a tie, win/loss record will be used.

All other racers will be considered JV. The top 5 Junior Varsity racers' points will be combined and used to calculate Junior Varsity team points for the race. The team with the most Junior Varsity points for the event wins. The Junior Varsity team with the most cumulative Junior Varsity points at the end of the season will be the Junior Varsity League Champion. In the event of a tie, win/loss record will be used.

9. Race Results

All 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 judge to determine whether racers have passed through assigned gates correctly.
- B. Fill out gatekeeper cards to verify above.
- C. Help with gate maintenance when necessary.
- D. Notify Commissioner 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.

Team Roster Form

School _____

Coach _____

Team	First Name	Last Name	Varsity/JV	Bib#	RacerID	

A unique RacerID is critical to accurate and timely results reporting.
RacerID will be assigned based on initial bib assignment.
Future roster submissions will ONLY allow for variations in Varsity/JV and/or Bib#

NOTES