

# 2022 – 2023 Ski Bulletin



## **IMPORTANT REMINDERS**

- State Ski Championships – February 16 & 17, 2023 – Hosted by Summit High School
- CHSAA Committee Meeting – February 28, 2023 - Virtual
- Season schedules will be available online at CHSSL Website (see below for address) when they are finalized in early October
- Promote high levels of sportsmanship – Cheer for your team!

# CHSAANOW

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### CHSAA SKI INFORMATION

CHSSL Website – <https://sites.google.com/site/coloradohighschoolsatileague/>





October 2022

COACHES and ATHLETIC DIRECTORS:

Welcome to the 2022-2023 ski season! As you embark on this season, I wish you and your athletes the best. Your enthusiasm, energy and knowledge will be passed on to your eager athletes. I look forward to a great year of skiing!

There are several **CHSAA bylaws** that I want to highlight:

1. **1800.1 (Transfer):** The CHSAA supports school choice in academic pursuits and encourages its student participants to enhance their academic achievement. In concert with this approach, the Association's philosophy addresses the establishment of a fair playing field for all student athletes. A student who establishes his/her high school eligibility at a member school and subsequently transfers, will be ineligible for varsity competition for 365 days from the date of their transfer, in the sports they participated in during the last 365 days.
2. **1800.4 (Athletic Transfer):** Any transfer substantially motivated by athletic considerations will cause the student to be ineligible for varsity competition for 365 days from the date of the transfer in any sports(s) they participated in during the last 365 days.
  - a. *A student transferring, moving or for any reason changing to a new school where the student's non-school coach is also a coach of the school team, is considered to be attending for athletic purposes. The student, as a result of this transfer, will be ineligible for varsity competition for one calendar year from the date of the transfer in any sport(s) they participated in during the twelve months prior to the transfer. As used in this Rule, the term "coach" includes any person who coaches, volunteers (regardless of compensation) or assists in any capacity with the coaching or training of the school or non-school team.*
  - b. *For purposes of this Bylaw and its exceptions, no personal relationship or one-on-one/group coaching or individual contact is required for application of this rule. If a coach has any standing with the outside team/organization/business, that coach is considered a coach of that non-school sports team.*
3. **1900.5 (8<sup>th</sup> Grade Contact):** A person, acting in the capacity of the high school coach or serving in a role representing the high school, may have informational meetings anytime with 8<sup>th</sup> grade students who live in that high school's attendance area as established by the school district, or with those 8<sup>th</sup> grade students that have pre-registered to attend that high school; the coach may conduct practice with those eighth graders starting May 1. This contact may include currently registered underclassmen. The Sunday Contact rule applies to this contact.
4. **2860 (Game Contracts):** Member schools shall honor game contracts entered into in good faith, unless a reasonable accommodation between the competing schools is reached or the contest is cancelled due to an act of God which gives league/conference rescheduled contests a priority over non-conference games. Contracts must be written, should be specific with respect to the obligations of each party, and must be signed by the principal or athletic director of each of the contracting schools.
  - a. **2860.12 (Game Contracts Penalty):** *Schools which violate this regulation will immediately be placed on probation and a \$500 reimbursement must be paid to the offended school within 45 days. Schools which violate this regulation will be immediately placed on probation and a \$500 reimbursement must be paid to the offended school within 45 days. A second violation of this regulation will result in a school or program being placed on restriction, and a reimbursement of \$1,000 must be paid to the offended school. For subsequent violations, please [refer to the bylaws](#).*
5. **2210 (Coach Ejection):** A coach ejected from a contest for committing an unsportsmanlike act shall be suspended from coaching for the next regularly scheduled match or contest of the same level. He/she may not coach in any other contest at any level during this time.
6. **2310.5 (Sunday Contact):** SUNDAY CONTACT -- No high school interscholastic contests, practices for interscholastic contests, camps, nor association between participants and coaches/directors of any CHSAA sanctioned activity from the student's school shall take place on Sunday at any time during the school year. (This is to include both in-season and out-of-season sports/activities other than those noted in the Music Bylaws.) The Commissioner may, when deemed advisable, allow postponed state-level events to be played on Sunday. Teams playing on Monday in district, regional or in a state-culminating event will be exempt from this rule. **Note: Penalty for Violation, see Section 2420. Please see your AD for further clarification.**

If questions arise and interpretations are needed, please do not hesitate to call the CHSAA office. Please keep in mind that you are our best public relations director. Not only have your peers respected your role as a coach and leader, but also by your students and community members as well.

Good luck! Your upcoming season will pass quickly and your efforts and accomplishments will be memorable to those involved in your program.

Sincerely,

Bethany S. Brookens  
Assistant Commissioner  
BB/lc

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# 2022-2023 CHSAA Ski Committee

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**SKI LEAGUE OFFICERS**

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**RESULTS COORDINATOR (ALPINE)**

Karl Barth  
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**2022-2023 BOYS' & GIRLS' SKI SCHOOLS (15)**

|                     |              |                   |
|---------------------|--------------|-------------------|
| Aspen               | Eagle Valley | Platte Canyon     |
| Battle Mountain     | Evergreen    | Poudre Stars      |
| Clear Creek         | Lake County  | Steamboat Springs |
| Colorado Rocky Mtn. | Middle Park  | Summit            |
| Durango             | Nederland    | Vail Mountain     |

# MAJOR BYLAW CHANGES 2022-2023

1. *TWO MEETINGS OF THE LEGISLATIVE COUNCIL*  
-- Constitution & Bylaws, Article 8, Rule 800.2.....page 26
2. *FALL REGAIN DATES*  
-- Constitution & Bylaws, Article 17, Rule 1710.....page 48
3. *Winter & Spring Regain Dates*  
-- Constitution & Bylaws, Article 17, Rule 1710.....page 49
4. *Sport Specific Specialized Training*  
-- Constitution & Bylaws, Article 18, Rule 1850.....page 72
5. *Name, Image & Likeness*  
-- Constitution & Bylaws, Article 20, Rule 2000.2.....page 76

# CHSAA Constitution and Bylaws

The CHSAA Constitution and Bylaws are the official rules of the Association. This bulletin provides the regulations for ski competition, but never supersedes the regulations found in the CHSAA Constitution and Bylaws. Copies of the CHSAA Constitution and Bylaws may be previewed and copied from the CHSAA website ([www.CHSAAnow.com](http://www.CHSAAnow.com)).

We encourage the telephone calls on areas of ELIGIBILITY to be made to the designated administrator; rulings on season policies should be made by the school personnel.

***CHSAA Uniform Rule: All skiers must be wearing school-approved ski attire for races. Nordic skiers must wear shirts with sleeves (no tanks or bare chests), and Alpine cannot wear costumes.***

## **\*NEW CLARIFICATION: JV Only or Restricted Varsity Skiers (Bylaw 1800.47)**

**JV only skiers or "Restricted Varsity" skiers per bylaw 1800.47, will be allowed to ski "normally" in regular season races and their times will stay in the race results. However, that skier would not count toward any team scores, league awards, all-state points, and will not qualify for the state championships.**

**If schools have a student who will be regaining varsity eligibility in the middle of the season, prior to the state championships, please contact Bethany at the CHSAA to review options. These students will only be considered for a waiver to state if they have met the 2 / 3 race minimum start per discipline, and have finished in the top 25% of at least one of the races per discipline.**

## **ALPINE EXCEPTIONS TO USSA RULES**

- A. Race bibs shall be issued by the school and shall be the proper color and number sequence. Each racer must have an assigned number and no duplication of numbers will be allowed (i.e. a girl cannot have the same number of a boy).
- B. Ski Length – CHSAA does not have a rule about ski length, radius or style (i.e. twin tips, or telemark skis).
- C. CHSAA athletes shall be held to a higher standard for disqualification on swearing, tobacco use, inappropriate behavior, drugs, alcohol, etc. The venue where these standards applies shall include (but not limited to) the race arena, lifts, lodges, and parking lots.

## **INFORMATIONAL ITEMS:**

- A. In Alpine, DQ's will be listed after both genders have completed their 1st run of the day. **Once posted, coaches will have 15 minutes to protest.**
- B. Helmets designed and manufactured for the particular discipline of ski racing being contested are required for all competitors and forerunners in all events and official training. Telemark skiers who are racing must comply with the hard sided helmet rule.



- C. Bibs are the responsibility of the participant. If an individual shows up to a race without their bib, they will not be able to participate. If the bib is completely lost, it's up to the school to obtain a permanent replacement for this individual.
- D. High School Ski Race Courses are to be set using U-16 USSA rules as a guideline, all course setters shall be licensed by USSA as Referees.
- E. Modifications were made to the league schedule to eliminate as much travel and lost school times as possible.
- F. The CHSAA Fall League Meeting will be the first Friday in October (October 7) at Summit High School. This will be used to finalize the regular season schedule and logistics.

**CHSAA INCLUSION POLICY**

A CHSAA student-participant may participate as the gender in which they self-identify. Please refer to the CHSAA policy, linked above.

**SPORTS MEDICINE ADVISORY COMMITTEE**

For all CHSAA sports medicine policies, procedures, and protocols, please visit the [Sports Medicine Advisory Committee Handbook](#).

Lightning and Tornado Policy and Procedures and Heat Acclimatization and Safety Priorities can be found in the [Sports Medicine Advisory Committee Handbook](#).

**SPORTSMANSHIP**

CHSAA [Game Management & Sportsmanship Expectation Guide](#)

# CHSAA Ski Regulations for Alpine & Nordic Skiing

## **OFFICIAL RULES**

Official rules for all competitions will be governed under the rules of CHSAA, NCAA, USSA, and FIS rules, in that order, except where they are modified by this document.

## **SKI COMMITTEE/LEAGUE MEETINGS**

The CHSAA and Colorado High School Ski League (CHSSL) host bi-annual meetings for athletic directors and coaches. The CHSAA Pre-Season Meeting is generally held the first Friday in October. Immediately following this meeting is the fall Ski League meeting.

The official CHSAA Ski Committee meeting and the end-of-season Ski League meeting will occur via Zoom on Tuesday, February 28. Please contact a committee member or Bethany Brookens, CHSAA Assistant Commissioner, 303-344-5050 or [bbrookens@chsaa.org](mailto:bbrookens@chsaa.org) if you have proposals.

## **THE CHSAA EVENTS**

Nordic: Freestyle and Classical    Alpine: Giant Slalom and Slalom  
No variations to the disciplines are allowed.

## **THE COLORADO HIGH SCHOOL SKI LEAGUE (CHSSL) WEBSITE:**

<https://sites.google.com/site/coloradohighschoolskileague/>

The purpose of the CHSSL website is primarily to distribute information to coaches and athletic directors. Please visit this website to familiarize yourself with it.

## **PRE-SEASON COMMUNICATIONS**

Prior to the season, athletic directors and ski coaches should discuss the bulletin and other CHSAA regulations. All contracted coaches should understand all rules regarding the season and state championship regulations.

## **STUDENT MEETING**

Coaches are encouraged to conduct a student orientation meeting prior to any practice and/or tryout session. Consideration should be given to a review of the rules and regulations of the CHSAA organization and the school. Notice of the acknowledgment of risk in the sport should be mentioned. Without question, a signed attendance roll should be utilized for a permanent record of the meeting and a brief statement of acknowledgment of what was covered. Strong consideration should be given to deny practice opportunities to those not in attendance, until such time that the orientation meeting has been made up.

## **PHYSICAL EXAMINATION/PARENT CONSENT**

Skiers must have on file with the principal a statement signed by a parent or legal guardian certifying that a physical exam has been passed and that the athlete is physically fit to participate.

If at any time during participation, a doctor removes an athlete from participation because of an illness or injury, the athlete must have a written release from a doctor before participating again. The release may be satisfied, if upon removal, the doctor specifies the duration of the student's restriction from participation.



## **DEFINITION OF A SPORT SEASON**

A sport season begins with the first formal practice session as established in the CHSAA Bylaws and ends with the final state championship in that sport. Exception: The sport season ends for a member of a high school athletic team on the day following the completion of his/her school's competition at the level at which the student competes.

Unlike many other CHSAA sports, skiing does not have an official start date before which practices may not commence. **Each school needs to email the official start date for its program to Bethany Brookens at CHSAA, [bbrookens@chsaa.org](mailto:bbrookens@chsaa.org), each fall.**

## **PRACTICE RULE**

Each student competing in an interscholastic sports program must have had a minimum practice period of three days in his/her sport(s) (exclusive of Sundays) before representing a member school in an interscholastic contest or scrimmage. (Receiving school must have written verification on file if transfer of schools is involved.) The ski league must submit a practice start date to the CHSAA prior to the teams' first practice. Count days for five practice requirements will begin with the submitted date.

Q1: Do outside practices individual or club count toward the 3-day practice rule?

A1: No, the 3 days of practice must be with the high school team.

## **SUNDAY CONTACT (2310.5)**

No high school interscholastic contests, practices for interscholastic contests, or association between participants and coaches/directors of any activity from the student's school shall take place on Sunday at any time during the school year. (This is to include both in-season and out-of-season sports/activities.) The Commissioner may, when deemed advisable, allow postponed state-level events to be played on Sunday.

A coach may have contact with his/her team on a Sunday for a social, academic or service related activity that is strictly voluntary. The contact must be a voluntary, non-competitive/non-participatory activity.

## **WINTER VACATION CONTACT PROHIBITION**

2310.4 "There shall be no school sponsored activity of any sort, including practices, camps, clinics, tournaments, etc. from and including December 24 through December 27 and New Year's Day. Beginning December 28, **winter sports programs** may have **voluntary** practice (excluding Sundays), but may not compete in interscholastic scrimmages or competition."

2310.41 "No faculty member or coach may have contact with any of his/her school's athletes from December 24 through December 27 and New Year's Day. Beginning December 28, winter sports programs may have voluntary practice (excluding Sundays), but may not compete in interscholastic scrimmages or competition."

## **RESTRICTED TRANSFER RULE (1800)**

Colorado School Choice: The CHSAA supports school choice in academic pursuits and encourages its student participants to enhance their academic achievement. In concert with this approach, the Association's philosophy addresses the establishment of a fair playing field for all student athletes. A student entering high school for the first time shall be eligible for all interscholastic athletic competition.

1800.1 A student who establishes his/her high school eligibility at a member school and subsequently transfers, will be ineligible for varsity competition for 365 days from the date of their transfer, in the sports they participated in during the last 365 days.

1800.2 The transfer rule addresses athletic eligibility only as it relates to transfer between schools. Rules related to age, semesters, academic requirements and other CHSAA Bylaws may result in an eligible transfer being declared ineligible.

*Clarifying Statement: the definition of transfer shall be any change of schools by a student participant for academic or participatory reasons. This includes all students who have established their eligibility at: 1) the school they are enrolled in, 2) a school they are playing for because their school of enrollment did not offer that activity and they are participating under state statute, or 3) the student is a home-based student and has established his/her athletic eligibility under state statute.*

## **JV ONLY OR RESTRICTED VARSITY SKIERS (Bylaw 1800.47)**

JV only skiers or "Restricted Varsity" skiers per bylaw 1800.47, will be allowed to ski "normally" in regular season races and their times will stay in the race results. However, that skier would not count toward any team scores, league awards, all-state points, and will not qualify for the state championships.

If schools have a student who will be regaining varsity eligibility in the middle of the season, prior to the state championships, please contact Bethany at the CHSAA to review options. These students will only be considered for a waiver to state if they have met the 2 / 3 race minimum start per discipline, and have finished in the top 25% of at least one of the races per discipline.

## **AMATEUR RULE**

In skiing, the amateur rules of the United States Ski Association will be in effect from the closing date of the sports season and until the individual becomes a member of the high school team.

## **SPONSORSHIP**

A team or individual athletes may be sponsored by an outside organization provided all outside equipment and travel are cleared and in writing with the Athletic Director, during the high school season.

Example: Endorsement companies must send all equipment or travel requests to the Athletic Director during the CHSAA season. The Athletic Director will then record and issue the equipment to the student athlete during the ski season. Equipment return is negotiable through school personnel and athlete.

## **OFFICIAL TEAM**

All members of the ski team must meet all CHSAA eligibility and competition rules.

## **OUTSIDE COMPETITION**

2100.2 Players certified to participate as members of any high school sport team may compete on any other team, in any non-school activity or event in that sport during that sports season with the express written permission of the principal, which permission shall be granted if:

1. The student's class attendance is not compromised; and
2. The student is in good academic standing under the school's activities policy applicable to all students.

Q1: When may a principal prohibit a student from competing on an outside team in the same sport during that sports season?

A1: The principal may deny permission only when the student fails to meet the requirements of (1) and (2) above.

Q2: May high school team rules be used to determine the high school eligibility of the students who participate on outside teams?

A2: Yes. Section (b) would include team rules and other school policies which are applied and adhered to by all students.

## **INTERNATIONAL COMPETITION**

Requests to participate in international competition (i.e., a training program or competition (1) conducted or sponsored by the United States Olympic Committee, or (2) directly funded and conducted by a national governing body for athletes having potential for future national participation) held during the school year involving eligible high school students must be submitted to the principal and/or athletic director. The athletic director will file an out-of-state travel waiver with the CHSAA Commissioner or designee.

# CHSAA Ski Regulations for Alpine & Nordic Races

## **ASSIGNED COACHES**

The coach for the team at races must be the high school contracted coach, certified educator (CDE) and/or registered with the CHSAA office. (Refer to the CHSAA Constitution and Bylaws for registration criteria for coaches.)

## **NUMBER OF CONTESTS**

No individual may participate in more than 11 regularly scheduled high school ski races during the skiing season, exclusive of state championships. A registered skimeister may compete in 12 (6 Alpine & 6 Nordic) within the 11 meet schedule, if they desire to do so. Skimeister is a ski league event (see below for details).

## **NUMBER OF RACES WITHIN ONE DAY**

A host school or schools could schedule part of the meet at one site, other events at another site, and then move to another site due to changes in snow conditions. Schools would count this three-site, two-day meet as one of their scheduled competitions.

## **UNIFORM/EQUIPMENT RULE**

Competing equipment rules not covered by the CHSAA and/or the NCAA can be found at [www.fis.org](http://www.fis.org). Complete uniform and equipment rules must be followed to ensure both safety and fairness. Racers must be in proper ski athletic attire during their competition.

## **PROTESTS**

Only coaches may file protests (not spectators, parents, or other racers) against race officials' disqualifications or official results. Coaches will have 15 minutes after the disqualification list or results are posted to make a formal protest. Any protests are to be filed according to the meet organizer's instructions and comply with the rules of protest as defined by USSA and FIS. The results of the jury decision cannot be protested.

## **VIDEO USE**

Video will be used (if available) during a protest and may be used to overturn a DQ (**ALPINE ONLY**).

Video will be used (if available) during a protest and may be used to DQ or overturn a DQ of a skier and to correct official results (**NORDIC ONLY**).

## **HOW TEAM SCORING WORKS**

In individual events for both alpine and Nordic, the score for the winning individual in each event is 60 points (scoring base). The scoring base is the same for all four events. The winner receives the full value of the scoring base, and each successive finisher shall score one point less – a reduction of one point per place.

Only **three** individuals from any one team may score points in an individual event. If a fourth or fifth individual from one team finishes in a scoring position, the points to be awarded to that place are awarded to the next skier who is not a fourth or fifth skier from a team.

In case of a tie, the tying skiers are awarded the average of the points designated for the tied position and the points for the next place of finish.

The following example illustrates the scoring of a sample competition. The winner receives 60 scoring points, and each successive finisher receives one point less. As explained above, only **three** individuals from any one team may score points.

The final score of a team in the meet shall be the sum of the points earned in each of the events. If the total points are the same for more than one team, that position shall be declared a tie.

| Place | Finisher | Time  | Team | Team Points   |
|-------|----------|-------|------|---|
| 1.    | Racer A  | 56.97 | A    | 60 – (receives value of scoring base)   |
| 2.    | Racer B  | 57.21 | B    | 59  |
| 3.    | Racer C  | 57.22 | C    | 58  |
| 4.    | Racer D  | 57.33 | D    | 57  |
| 5.    | Racer E  | 57.44 | A    | 56  |
| 6.    | Racer F  | 57.55 | B    | 54.5 – (racers tied for 6 <sup>th</sup> & 7 <sup>th</sup> and share the value of the two positions) |
| 6.    | Racer G  | 57.55 | C    | 54.5  |
| 8.    | Racer H  | 57.66 | A    | 53  |
| 9.    | Racer I  | 58.12 | A    | -- (Racer I is fourth skier for Team A, so does not score team points)                              |
| 10.   | Racer J  | 58.34 | E    | 52  |
| 11.   | Racer K  | 58.34 | A    | -- (Fifth skier for Team A, so no need to split points for a tie)                                   |
| 12.   | Racer L  | 59.22 | H    | 51  |

### **Nordic Regular Season Scoring**

For 2022-2023, Nordic regular season races will be scored with 4 athletes, using the above scoring as a guide. If a team does not have 4 athletes, the team will be awarded points equal to the value of one less than the last place team scoring racer for each scoring member who the school does not have.

### **Nordic Relay Scoring**

Team scores for a relay will be given to the fastest team per school in the A relay. They will be awarded as follows:

1st: 180 points, 2nd: 170 points, 3rd: 160 points, 4th: 150 points, etc.

### **SNOWBALLS**

In all competition, snowball throwing is prohibited. Please be considerate of crowds at start and finish lines. The Unsportsmanlike Conduct Penalty will be applied for violation (Bylaw 2200.)

### **TOBACCO POLICY**

No use of tobacco, including chewing by coach or athlete is allowed in the race arena. Host organizers should discourage volunteers from using tobacco in the race arena.

### **UNSPORTSMANLIKE CONDUCT**

Unsportsmanlike conduct is conduct that is unethical or dishonorable. It includes action and/or language that will bring discredit to the individual or his/her school. Disrespectfully addressing an official, using profanity, criticizing an opponent or an official are examples of unsportsmanlike conduct. This can only be reported by a race official. Race officials are defined as members of the jury, gate keepers, timers, starters and/or finish judges. The penalty is disqualification from the remainder of the meet. If flagrant, the skier would not be allowed to ski in the next race. This must be reported on the race result sheet.

### **EJECTION OF A SKIER**

Any skier who has been ejected from a meet shall be disqualified for the remainder of that meet. In addition, the skier shall be ineligible for the next regularly scheduled meet of the same level. A school may not schedule a meet after an ejection in order to circumvent the penalty. He/she may not take part in any other high school meet during this time. The number of races for which the participant has been declared ineligible will decrease the stated maximum allowable races for the disqualified participant. If the ejection happens *prior* to physically starting the first race of the day, the race will not count as a "start" for the skier. If the ejection happens *after* the skier has physically started racing, it will count as a "start" but will not count as qualifying time for the skier.

Any skier ejected from a second meet during the same season shall be ineligible for the next two meets of the same level. Any skier ejected from a third race during the same season shall be subject to a penalty to be determined by the Commissioner or a CHSAA administrator.

If such ejection occurs in the final contest of the season, then that player shall be ineligible for the first match or contest of the next season of any sport that player elects to play. In satisfying the penalty, the player must sit out a game in a sport in which he/she completes the season.

Only race officials can disqualify a skier.

### **EJECTION OF A COACH**

CHSAA Bylaws require that a credentialed coach under contract with the school district must assume supervisory responsibility for all interscholastic races. If a coach is ejected and no credentialed person from that school is available, the race shall be forfeited by that team.

If it becomes necessary for an official to eject a coach from a race for any reason, the coach shall be placed on probation in accordance with the policies established by the CHSAA Board of Directors.

### **TAUNTING RULE**

Taunting is considered any action(s) or comments by coaches, players or spectators which are intended to bait, anger, embarrass, ridicule or demean others, whether or not the deeds or words are vulgar or racist.

Game officials shall, in all sports, follow the rules set forth by the National Federation for each sport. Penalties under these rules may include ejection or other penalties for flagrant unsportsmanship-like offenses. Taunting in all sports and or activities is an unsportsmanlike offense that may result in a game ejection with penalties as outlined in the student ejection policy (CHSAA Handbook, Article 22, Rules 2200.20 and 2240).

### **LANGUAGE**

Competitors, coaches and officials shall maintain high standards of moral and ethical conduct, self-control and responsible behavior. The physical and emotional wellbeing of others must be considered. Courtesy and good manners must be displayed in public places at competitions. Competitors shall abide by the rules of competition in all events in public places. Competitors, coaches and officials shall avoid profane and abusive language. Skiers and coaches will be disqualified for swearing when warranted.

### **CONDUCT OF PARTICIPANTS**

The responsibility for the conduct of the coaches, players and spectators at any athletic contest shall lie with the officials of the schools whose teams are participating in the contest.

### **SKIMEISTER COMPETITION**

The Skimeister competition challenges high school skiers to excel in both alpine and nordic disciplines. Skiers partake in races for classic, skate, slalom, and giant slalom techniques in order to prove that they are the best all-around skier in Colorado. It is not an official CHSAA event; it is a Ski League

competition. Skiers compete in each of the four disciplines throughout the regular season and try to accumulate low finishes in each event.

**To be eligible to compete in the Skimeister Competition you must:**

1. Have your coach must register your name before the first races of the season with the results coordinator.
2. Plan to compete in at least one (1) regular season races in each discipline and the Skimeister Championships.

**To be eligible to compete in the end of season Skimeister Championships (if there is one) you must:**

1. Start and finish one (1) nordic state qualifier races in each discipline (classic and skate)
2. Compete in at least one (1) GS and one (1) Slalom regular season races. Results of DSQ or DNF count as competing in an alpine race.

**Scoring**

**Each individual race will be calculated to a 20-point scoring system by the following:**

1. Divide 20 by the total number of starters. (This calculates finish place points)
2. Determine the points for each skimeister by multiplying their finish place by the number calculated in step 1.
3. If a skier started the race but did not finish, he or she will be awarded a 25.

**To determine the overall score for a skimeister:**

1. Take the lowest score from each discipline (GS, Slalom, Classic, Freestyle) from the regular season. Add these together and multiply by two.
2. Take the score from each discipline from the Skimeister Championships (if there is one)
3. Add the value from step 1 to the values from step 2.
4. Lowest total in each gender is the winner (the skimeister for the year!)
5. The top 5 (lowest 5 totals) of each gender will be recognized and awarded at the Skimeister Championships.

The State Championships do not count towards skimeister scoring in any way.



# Nordic Specific Regulations & Procedures

## **NORDIC RACE TYPES AND STARTS**

The following types of starts are allowed for high school races: mass starts, individual starts, same-day and continuous pursuits, and wave starts.

In any pursuit race, both the classic and freestyle portions of the race must be timed as separate races so they can be used as separate races for state qualifying purposes.

In any type of start, non-high school athletes cannot start at a time that would allow him/her to overtake a high school skier. This means that in individual start races that involve non-high school athletes, these non-high school athletes should be started before the field of high school skiers. In mass start races, start times should be set so that these non-high school racers will not pass overtake any high school skier.

## **CHSSL NORDIC STANDARDIZED GLIDE WAXING**

Below is the standardized glide waxing protocol for all Colorado High School Ski League races, including the Colorado High School Activities Association's State Championships.

The purpose for the standardization is to have coaches concentrate on coaching and not on finding the fastest glide wax, to create as level a playing field as is reasonable, and to reduce wax costs for all teams.

CHSSL and CHSAA expect adherence to this waxing protocol. Head Coaches are responsible to insure that all their skiers follow this protocol. **It is up to the head coaches of the teams to control adherence to the waxing standardization with their assistant coaches, parents, and skiers.** If for some reason a skier does not follow the proposed waxing protocol, they could be subject to disqualification from races.

All teams would only be allowed to glide wax for races with one of three glide waxes. The Race Director or head coach for each race would notify all other CHSSL coaches through the results coordinator (currently Karl Remsen at [leadville.nordic@gmail.com](mailto:leadville.nordic@gmail.com)) of what they believe the glide wax would be by 6 pm on the Wednesday before a Saturday race. This would be the only glide wax allowed on race skis for any skiers participating in this race. There should be no mixing of waxes or substituting brands.

The three waxes that have been chosen are the following:

- 1. Cold Swix High Speed 5 Solid (For temperatures below 20F)**
- 2. Mid Swix High Speed 6 Solid (For temperatures from 20F to 33F)**
- 3. Warm Swix High Speed 8 Liquid (For temperatures 33F and above)**

This rule has no bearing on what kick waxes or klister waxes that teams would like to use for classic races.

## **SKI POLES**

Unlike the 2016 FIS ruling about the length of ski poles for classic races, CHSSL skiers may use any size ski poles for a classic race.

## **PACING**

Athletes being paced by coaches, spectators, or other athletes not in the competition will be subject to disqualification.

## **JURY**

Before the start of the season, three coaches are randomly assigned to be on the jury for each race. These members are the members who would make any decisions at the race regarding rules infractions, disqualification, etc.

## **ENTRY FORMS**

Online entry forms will be used for all races.

Each coach will provide the results coordinator with a list of athletes who may compete during the season. The results coordinator will use this to create an entry form specific for each team.

For each race, the coach for each team will send the results coordinator the form with the boxes denoting who is racing and what seed they are checked. The results coordinator will then combine these entries and send them to the host school for the race that week.

Coaches should make every effort to be timely in their entries. If a school does not send their entries in on time, the results coordinator will simply enter every skier from that school with random seeding.

## **ALL-STATE POINTS**

All State points for the CHSSL Nordic skiers are calculated for each gender. The following scoring system is used:

1. Points are calculated as follows: For each state qualifier regular season race, the top 30 in each race earn point based on World Cup points (1<sup>st</sup> = 100, 2<sup>nd</sup> = 80, 60, 50, 45, 40, 36, 32, 29, 26, 24, 22, 20, 18, 16, 15, 14, ... ,1). At the state meet, these points are the same.
2. Points are totaled and then skiers are ranked based on highest total.
3. The top eight skiers for each gender at the end of the season are recognized as First Team All-State skiers. The second eight skiers for each gender at the end of the season are recognized as Second Team All-State skiers.

## **ALL-STATE POINTS USED TO SEED THE STATE MEET**

All-State points that skiers have accumulated throughout the season will be used to seed the state meet.

In mass start races, the top two races for each skier in that discipline will be used to rank the skiers in order to place the skiers in a chevron start.

In individual start races, the top two races for each skier in that discipline will be used to split the field into A, B, C, and D seeds. The skiers who are Bye-to-State skiers will be an E seed.

These seeds will be determined by dividing the field of skiers into about 4 groups of equal sizes. These seeds will then start in the order determined by the host school.

## **ROLE OF THE RESULTS COORDINATOR**

The results coordinator for the Nordic ski side currently does the following:

1. Collect and pass on all entries to race directors.
2. Clean up results from races.
3. Calculate team scores for each race.
4. Use results to update and track All State, state qualifying, and skimeister points and lists.
5. Post all of the above on the CHSSL coaches' site.

## **AREA RESPONSIBILITIES FOR HOSTING A MEET**

These are minimum requirements for hosting a meet. Host schools may adopt stricter standards.

### **I. RACE VENUE AND FACILITIES**

- A. Nordic race courses should be run on trails appropriate for all levels of high school skiers.
- B. Courses should be approximately 5 kilometers in length. In same day or continuous pursuit races, courses should be approximately 3 to 4 kilometers so that the total distance raced during the day does not exceed 8 kilometers.
- C. Please provide proper safety equipment as needed.
- D. As is possible, provide accessibility for spectators to the course and an area designated for athletes and spectators (for storage, changing, etc.).

### **II. SAFETY AND MEDICAL RESPONSE**

- A. Qualified medical personnel will be on site. The trainer on duty will provide any necessary emergency care unless a team had its own certified trainer or licensed medical physician. If one exists, an area medical plan should be passed out at the team captain's meeting.
- B. All race crews and volunteers should have knowledge of medical procedure plans should an accident occur during the meet.
- C. Radio communication should be maintained throughout the race between appropriate race officials and medical personnel.
- D. Administrators and medical personnel should have course diagrams and time schedules.
- E. If temperature level drops (to) between -15° and -25°C at any point on the course, recommendations regarding cold weather protection must be given to competitors and officials. In addition, the race officials should meet (preferably with the coaches) to decide if there will be any delays or changes to the race.
- F. If the temperature in the major portion of the course is -25°C or below, the competition shall be delayed or canceled.
- G. Areas of the course that may cause injury must be marked and/or fenced off. (Reasonable accommodations to prevent injuries are mandatory.)

### **III. COST/LOGISTICS**

Hosts should provide information to participating schools in a timely manner about race logistics, costs for the event, and, if necessary, lodging or restaurants within the proximity to race venue. This information can either be posted directly to the CHSSL website or sent to the results coordinator who will pass it on to coaches.

### **IV. RACE OFFICIALS**

- A. The host schools should have designated at least the following officials in some form: Race director, head of timing, chief of course, chief of start, chief of finish.
- B. Race crews should be adequate for course maintenance.
- C. Host schools should assemble a jury ahead of time that consists of at least three members, including at least one coach from another school, to make decisions as needed.

### **V. TIMING**

Electronic timing should be used as the primary timing system for all events. All races must have a back-up timing system, preferably manual hand-timing.

### **IV. RESULT REPORTING**

The race organizer is responsible for reporting individual results to the results coordinator for the appropriate discipline. These results will be posted on the CHSSL coaches website. Individual coaches are responsible for distributing these to media in their areas. CHSAA will download and publish these results on the CHSAA website ([www.CHSAAnow.com](http://www.CHSAAnow.com)).

# Alpine Specific Regulations & Procedures

## **SEEDING**

Coaches seed their own athletes for the first run and the RA will randomize the athletics within each seed to create the start list. In alpine events the second run of alpine events will use the Flip 15 method of seeding.

## **FORERUNNERS**

The host school should obtain 3 to 5 forerunners from outside the school. The Technical Delegate reserves the right to add more forerunners.

## **JURY**

The jury for each event shall be made up of the following voting members:

1. Technical delegates (TD)
2. Chief of race (CR)
3. Referee (REF)

*\*In the event that a qualified TD is not available for a race, a substituted TD shall be assigned by the Chief of Race, and or the coaches present at the coaches meeting. This substituted TD shall be the most experienced licensed USSA or FIS official present. The substituted TD shall not be another member of the jury (i.e. cannot also be the CR or REF) and shall have the authority of the actual TD for that race.*

Note: There will be juries for each gender. No person can hold more than one position of the jury for any single event.

## **COURSES**

High School Ski Race Courses are to be set using U-16 USSA rules as a guideline, all course setters shall be licensed by USSA as Referees.

## **REFEREE'S REPORT**

The referee's report must be on the official form and displayed in the finish arena. Official disqualifications must be recorded on the referee report and will be read over the jury radio and relayed to the start coaches after posting.

## **STARTS**

There will generally be two types of starts:

1. Fixed Interval Command (GS): "10" – After a 5 second pause, starter counts down to "5, 4, 3, 2, 1, Go" – Racer may start 5 sec before until 4 sec after "Go" Failure to start will result in DSQ.
2. Non-Fixed Interval (SL): Starter announces "Ready", followed by a few seconds later (Go) – Racer has 10 seconds to start. Failure to start will result in DSQ

If a Racer scratched on race day, other seeds MAY NOT move up a seed to fill that vacated spot. Seeds cannot move up ever due to a scratch.

The "Golden Rule" will be used if disabled athletes are entered in the race. Please seed them as "0".

## **RERUNS**

Alpine contestants may request a rerun if they have suffered one of the following:

1. Obstruction by an official or a spectator;
2. Obstruction by an animal;
3. Obstruction by a racer who has fallen and has not cleared the course in time;
4. Objects on the course, such as ski poles, abandoned by a racer in a fall;
5. First-aid measures that obstruct the competitor;
6. Absence of a gate knocked down by a preceding racer and not replaced in time;
7. Any other similar occurrence outside the racers' control, causing a fall, slowing or lengthening of their course, thus significantly influencing the result; or
8. Failure of both primary and backup timing including hand timing

A racer must ski out of the course at the point where any of the above occurs in order to be eligible to request a rerun. If the racer crosses the finish line NO rerun will be granted.

Delayed Start: Competitor is absent when called to the start gate is SANCTIONED which may or may not include disqualification. This racer MAY be given a PRR (Provisional Rerun). All reruns need to be completed before the last racer starts.

## **POSTING OF DQ'S**

Coaches must notify the jury of the protest within the 15-minute period and follow-up by filing the protest in writing. In the event the first run is held without sufficient time between the genders, the 15 minute protest period will be after the first runs of both genders have been completed. ALL PROTESTS MUST BE IN WRITING FROM THE COACH.

## **ATHLETES WHO MISS THE START**

If a racer misses his/her start, and if they receive approval from the start referee or the jury, the athlete will start one from the last seeded skier. *This does not include gratis second runs.* All missed start athletes must be inserted immediately prior to the last scheduled racer and no sooner.

## **2<sup>ND</sup> RUN START LISTS (FIELD SIZE)**

All alpine events must plan to run a second race for the full field. If the field size must be reduced to an appropriate percentage, this will be decided by the jury and announced one hour prior to the start of the race. \*If the skier misses or is late for their start time, they will race before the last racer for that run.

## **ALL STATE**

All State points for the CHSSL Alpine skiers are calculated for each discipline and gender. The following scoring system is used:

1. For each regular season race, the top 20 in each race earn points (1<sup>st</sup> = 20, 2<sup>nd</sup> = 19, 3<sup>rd</sup> = 18, 4<sup>th</sup> = 17, 5<sup>th</sup> = 16, down to 20<sup>th</sup> = 1 point).
2. Points are totaled and then skiers are ranked based on highest total.
3. Top eight skiers for each discipline and gender at the end of the season are recognized as All-State skiers.

### **ALPINE SKI BIB NUMBERS**

All bibs worn by racers will have assigned numbers at the start of the season. These numbers will not change that season. Bibs must be visible at all times in the race venue including coat runs. Bibs numbers cannot be modified with tape. Racer must compete in the bib number assigned at entry. All Skiers must start a race with their school race bib number.

Bibs are the responsibility of the participant. If an individual shows up to a race without their bib, they will not be able to participate. The school coach may supply the racer with a substitute school bib with an unassigned number; this is a ONE-TIME substitution. If the bib is completely lost, it is up to the school to obtain a permanent replacement for this individual. In addition, it is the sole responsibility of the coach to keep track of the bibs and assigned numbers. It is also the responsibility of the coach to inform the Alpine Results Coordinator of any changes.

### **ALPINE REGULAR SEASON & STATE BIB NUMBER ASSIGNMENTS**

|                         |                 |                   |           |
|-------------------------|-----------------|-------------------|-----------|
| Battle Mountain         | (1-50)(800-825) | Vail Mountain     | (371-399) |
| Clear Creek             | (51-99)         | Summit            | (400-465) |
| Eagle Valley            | (100-139)       | Steamboat Springs | (476-524) |
| Lake County             | (140-175)       | Aspen             | (526-610) |
| Middle Park             | (186-229)       | Durango           | (951-999) |
| Platte Canyon           | (230-259)       | Evergreen         | (700-799) |
| Colorado Rocky Mountain | (260-299)       |                   |           |
| Nederland               | (871-950)       |                   |           |

### **ENTRY FORMS**

Online entry forms will be used for all races. Racers added after the Tuesday/Wednesday (depending on the race day) 9:00 p.m. deadline or the day of the race will be entered as the very last seed for their gender.

Alpine coaches that submit late or incorrect race entries during the regular season or post season will have their athletes seeded last.

### **\*CHANGE OF REGULAR SEASON VENUE PROTOCOL\***

The Site Hosts owns and manages the assigned race. If a change of venue is mandated due to weather or other unforeseen circumstances, the following guidelines apply:

1. The site host must meet with the assigned TD for the race to see if there are any other sites within their division that can host on that date.
2. The site host and TD will pick a new venue based on availability, cost, and location.
3. If no site in that division is available to host, the site host and TD will explore whether or not to combine the race with the other division at one site, or to look for a site in the other division that can host.
4. The Ski League President will be the communication liaison between the site host/TD and with the CHSAA.
5. The CHSAA Assistant Commissioner and the CHSAA Committee Chairperson will be involved with the final decision.

## **HELMETS - MANDATORY**

Giant Slalom: Helmets designed and manufactured for the particular discipline of ski racing being contested are required for all competitors and forerunners in all events and official training. Every GS skier must have a FIS approved RH2013 helmet to start. In the event a skier starts without an approved helmet, they will be considered a DQ.

Slalom: Helmets must cover the head and ears. Helmets with spoilers or edges that stick out are not permitted. Protective features integral to the discipline being contested, such as chin guards on slalom helmets are permitted. Telemark skiers who are racing must comply with the hard sided helmet rules. Event specific slalom helmets are permitted.

## **GOPRO CAMERAS AND MOUNTS**

Under no circumstances are GoPro cameras or mounts allowed on any part of your body during competition. These devices are considered hazardous and pose a serious safety threat. They are not allowed.

## **DRONE USE IN ALPINE VENUES**

Drone usage is prohibited in the Race venue at all Alpine races and trainings (major safety concern).

## **SKI POLES**

Ski poles must comply with Colorado State Laws and must have straps and baskets properly attached at the time of race start.

## **SKI LENGTH & RADIUS**

There is no specified minimum radius or length of GS or Slalom skis, however, we do encourage event specific skis.

## **LOST SKI & OVERTAKING A SKIIER/NO PASSING RULE**

In no event may a racer be allowed to pass a slower racer on a hill. It is the responsibility of the racer and the coach in the gate to inform the starter if an additional interval is needed to prevent a passing situation. In the event a skier is in position to overtake a slower skier, the uphill/faster skier must pullout of the race course and request a rerun based on interference. If approved by the jury, the skier may be granted a provisional rerun.

Hiking is only allowed in Slalom events (both during the regular season and state). You can replace a ski and hike to the missed gate as long as the racer is not passed by another skier, or interferes with another racer. Hiking is never allowed for Giant Slalom due to safety concerns.

## **2<sup>nd</sup> RUN RULE**

All skiers who have a first run start are eligible for a non-scored second run. This includes skiers that did not finish or were disqualified. If a skier was DQ'd because of an improper helmet, they cannot get a second run. Gratis second runs will be at the end of the scored racers and will only be permitted if time and conditions exist (per the jury). Gratis second runners should appear on the second run start list. A line or other marker should appear to delineate the last scored racer. If a gratis second run racer is interfered with, they are not eligible for a rerun.

## **GOLDEN RULE**

All special needs racers are encouraged to participate and they maybe seeded as "0". They may start before the second seed in the first run unless they are listed by their coach as the 1<sup>st</sup> seed. In the second run, they start after the flip. *For example, if the flip is 15, they will start 16<sup>th</sup>.*

## **ROLE OF THE RESULTS COORDINATOR**

The results coordinator for the Alpine ski side currently does the following:



1. Produce start lists for each race and will manage race information/fact sheets, athlete race waivers, and other meet information.
2. Clean up results from races.
3. Calculate team scores for each race.
4. Use results to update and track All State, state qualifying, and skimeister points and lists.
5. Post all of the above on the CHSSL coaches' site.

### **AREA RESPONSIBILITIES FOR HOSTING A MEET**

These are the minimum requirements for hosting a meet. The meet director can adopt stricter standards.

#### **I. QUALITY RACE VENUE AND FACILITIES**

A. Race Committee/Officials: shall be responsible for all technical aspects in the conduct of the competition, including course selection and preparation. The race committee shall be constituted as follows: The chief of race (chair), technical delegate, referee, start referee, finish referee, chief of course, chief of timing and calculations. These officials have the responsibility to enforce infractions of all rules. Other personnel needed are: gate judges, assistant starter, and hand timing crew.

B. Race Crews (recommend a certified technical delegate [TD]).

1. Adequate crew for course maintenance

C. Race Equipment Safety.

D. Accessibility for spectators.

E. Must have adult supervision throughout the duration of the race. Area designated for athletes and spectators (storage, changing, etc.)

F. Area for calculations for crew

G. Provide a minimum of 2 tickets per team or 1/8 racers

H. Lunches should be provided by area or host school for the workers.

#### **II. SAFETY AND MEDICAL RESPONSE**

A. Courses should be set to the level of skiers in the high school field.

B. All race crews and volunteers should have knowledge of first aid and medical procedure plans should an accident occur during the meet.

C. Radio communication must be maintained throughout the race. (5 min. for jury)

D. Administrators and medical personnel should have course diagrams and time schedules.

E. If temperature level drops (to) between -15° - -25°C at any point on the course, recommendations regarding cold weather protection must be given to competitors and officials by the jury.

F. If the temperature in the major portion of the course is minus 25°C or below, the competition shall be delayed or canceled.

G. Areas of the course that may cause injury must be marked and/or fenced off. (Reasonable accommodations to prevent injuries are mandatory.) Technical Delegate (TD) and Games Committee will confer on all decisions regarding safety.

H. Qualified medical personnel will be on site. The trainer on duty will provide any necessary emergency care unless a team had its own certified trainer on licensed medical physician. All injuries will be reported to the CHSAA liaison. Note: an area medical plan should be passed out at the team captain's meeting.

#### **III. COST/LOGISTICS**

A. Provide information to participating schools of lodging or restaurants within the proximity to race venue.

#### **IV. COMMUNICATIONS**

A. Must send out all pre and post meet information in a timely manner to schools, coaches, and meet officials.

B. Specify costs for entry fees and results coordination in writing to each school participating.

## **V. TIMING**

Electronic timing should be used as the primary timing system for all events and Split Second is strongly preferred. All races must have a back-up timing system, preferably manual hand-timing

## **VI. COURSE SETTING RULE**

Only certified or qualified personnel who hold a current Referee license should set courses. Course setters should follow the USSA Rules for U-16 age group regulations as a guideline for setting a course. If a certified race crew is not available, it is the responsibility of the host school/home hill to supply appropriate course setters for the first run. Second run setters will be chosen at either the coaches meeting before the race or just prior to the race by the TD or jury.

## **VII. MEDICAL SERVICES**

Medical personnel will be on site. The trainer on duty will provide any necessary emergency care unless a team has its own certified trainer or licensed medical physician. All injuries will be reported to the CHSAA liaison. An area medical plan should be passed out at the Team Captain's meeting.

## **VII. USEFUL TOOLS**

Memo board (wipe off) in the Start Area. This can be used to list 1<sup>st</sup> Run DQ's, schedule changes, or just post the event schedule (program) for the day.

## **VIII. RESULT REPORTING**

The race organizer is responsible for reporting individual results to the results coordinator for the appropriate discipline **in a timely manner**. These results will be posted on the CHSSL coaches' website. Individual coaches are responsible for distributing these to media in their areas. CHSAA will download and publish these results on the CHSAA website ([www.CHSAAnow.com](http://www.CHSAAnow.com)).

# **CHSAA SKI REGULATIONS FOR THE STATE COMPETITION**

## **STATE MEET HOST SITE HISTORY**

|      |                 |      |                   |      |                     |
|------|-----------------|------|-------------------|------|---------------------|
| 1987 | Battle Mountain | 1999 | Clear Creek       | 2011 | Aspen               |
| 1988 | Lake County     | 2000 | Battle Mountain   | 2012 | Battle Mountain     |
| 1989 | Pagosa Springs  | 2001 | Lake County       | 2013 | Middle Park         |
| 1990 | Middle Park     | 2002 | Middle Park       | 2014 | Nederland           |
| 1991 | Platte Canyon   | 2003 | Eagle Valley      | 2015 | Summit              |
| 1992 | Eagle Valley    | 2004 | Steamboat Springs | 2016 | Aspen               |
| 1993 | Nederland       | 2005 | Summit            | 2017 | Steamboat Springs   |
| 1994 | Vail Mountain   | 2006 | Middle Park       | 2018 | Lake County         |
| 1995 | Battle Mountain | 2007 | Battle Mountain   | 2019 | Durango             |
| 1996 | Lake County     | 2008 | Steamboat Springs | 2020 | Battle Mountain     |
| 1997 | Middle Park     | 2009 | Lake County       | 2021 | Ev.Green/ClearCreek |
| 1998 | Summit          | 2010 | Summit            | 2022 | Middle Park         |

## **STATE MEET MANAGEMENT**

The management of the state meet will be under CHSAA direction and governed by modified CHSAA and NCAA rules. The CHSAA State Ski Championships will have a Championship Committee made up of the Nordic and alpine race directors, the host school's athletic director, and the CHSAA representative, who will have authority over the championships with regards to scheduling and venue changes. For an outline of the division of responsibilities between the host school, CHSAA, and CHSSL administrators, see below.

## **QUALIFYING REQUIREMENTS ALPINE**

To qualify for state championships for Alpine in a specific discipline (GS or Slalom), a skier needs to be eligible and qualified in that specific discipline.

Eligible means that a skier must race in at least 2 out of the 3 races in that discipline.

Qualified means that in at least one race from that discipline the racer must finish in the top **1/4** of the starting field (cumulative times from both runs if there are two). A skier may qualify in one or both disciplines. If the skier qualified in only one discipline, then the skier can only compete in that discipline at the state ski meet.

Bye to State skiers: Each school is guaranteed a minimum of three skiers in each discipline. If the student-athlete does not meet the above qualifying requirement. All skiers given a "bye to state" will be seeded after skiers who have met the qualifying requirements. All "bye to state" skiers must be eligible.

### **QUALIFYING REQUIREMENTS NORDIC (NEW)**

To qualify for state championships for Nordic in a specific discipline (Classic or Freestyle), a skier needs to be eligible and qualified in that specific discipline.

Eligible means that a skier must race in and finish at least 2 races in that discipline. These races may be an individual race or a relay in which the skier competes in that discipline.

Qualified means that in at least one state qualifier race from that discipline the racer must finish in the top 45% of the finishing field. Before the season begins, coaches will agree on which races count as state qualifiers and which do not. A skier may qualify in one or both disciplines. If the skier qualified in only one discipline, then the skier can only compete in that discipline at the state ski meet.

Bye to State skiers: Each school is guaranteed a minimum of three skiers in each discipline. If a team does not have three student-athletes who meet the above qualifying requirement, the school may enter as many eligible skiers as necessary to get to three competitors in a discipline. All skiers given a "bye to state" will be seeded after skiers who have met the qualifying requirements. All "bye to state" skiers must be eligible.

### **ROUNDING OF QUALIFIERS**

In determining qualifiers for both Alpine (top 25%) and Nordic (top 45%) the decimal .0 to .49 is rounded down and decimal .50 to .99 is rounded up.

### **WAIVERS**

Any CHSAA athlete may submit a waiver to CHSAA if his or her coach feels that he or she should be allowed to compete in the State Championships, but the athlete has not qualified for some reason out of the athlete's control. A separate form must be submitted for each racer and event for which a waiver is requested. All waivers must have accompanying documentation and the required signatures.

**Waivers will not be accepted after 12:00 pm on Monday, February 13, 2023 for both Nordic & Alpine. Please plan ahead and submit prior to the deadline!**

The CHSAA liaison will review all waiver requests. Please contact the CHSAA liaison if you have any questions or concerns prior to your waiver submission. Athletic directors (not coaches) will be contacted on waiver decisions by the Tuesday prior to the state meet. Waivers may be submitted prior to the due date. *\*\*Official Waiver Form is below.*

### **WARM-UP ON THE HILL**

A warm-up course should be provided by the host school at the state meet for the slalom. The course must be open to all skiers.

## **MEDICAL SERVICES**

Qualified medical personnel will be on site. The ski patrol on duty will provide any necessary emergency care unless a team has its own certified trainer or licensed medical physician. All injuries will be reported to the CHSAA liaison.

## **SALE OF SOUVENIR ITEMS**

No sale of souvenir items such as T-shirts, etc. without prior approval by the CHSAA office is permitted at any state tournament.

## **CHSAA BIBS FOR THE STATE MEET**

Sponsorship references, (tobacco, alcoholic, sexual vulgar, etc.) in conflict with educational mission and values of the CHSAA cannot be displayed on competitor bibs. **Penalty:** Inappropriate bibs worn by athletes can result in a disqualification.

Racers must wear proper bibs with assigned number during their competition. Bibs cannot be modified with tape or any other materials.

## **JURY**

There will be juries for each gender and each event. These may be that same jury for all genders and events or may be separate ones for each.

## **AWARDS**

CHSAA gives out awards to the winners at the state meet will receive medals for places one through five in the Giant Slalom, Slalom, Classical, and Freestyle. A trophy for the first and second place teams overall (all four disciplines combined) for men and women will be presented.

The Colorado High School Ski League gives awards to the top 16 all-state skiers in Nordic in each gender, the top 8 all-state skiers in both alpine disciplines in each gender, the top 5 skimeisters in each gender, and a coach of the year in both alpine and Nordic disciplines.

The awards ceremony for both of these sets of awards will follow the competition and will be open to the public. In the event of a tie, an additional medal or trophy will be ordered the Monday following state championships. Please contact Bethany to confirm additional orders for CHSAA awards or Bob Feroldi for additional orders of CHSSL awards.

## **ACTS OF GOD**

The following policy statements represent the general operating procedures of the CHSAA regarding post-season games/events, tournaments/conferences that are threatened by acts of god. Circumstances not covered by this policy are left to the discretion of the CHSAA Office for directions and/or discussions where deemed appropriate.

## **Team Competition**

1. **Dual:** The scheduled starting time and/or date of a contest/event may be adjusted upon consultation and mutual agreement of the administrators from the two affected schools as well as consultation with the CHSAA office.
2. **Tournament Conferences:** In the event inclement weather prevents a team(s) from arriving on time for a scheduled contest as part of a post-season tournament, the following steps will be enacted.
  - a. When the number of schools participating is 25% or more that are unable to be present, the tournament/conference director, in consultation with the CHSAA, shall postpone all or part of the day's contests/activities. Alternative brackets and time

schedules shall be determined by the director, in consultation with the CHSAA, which may include the contest/tournament.

**3. When less than 25% of schools are not able to attend, the following procedures will be followed:**

- a. Notify the tournament director or designee with complete details a minimum of four hours before the scheduled starting time the day the tournament is to begin and/or other affected days of the tournament.
- b. If unable to arrive for the scheduled starting time, that segment of the bracket (match) will be moved to a later time slot that evening following the completion of scheduled contests.
- c. In the event "b" is not possible, the match(es) will be rescheduled the following morning where the schedule permits at a time to be set by the tournament director.
- d. In the event "c" is not possible and the contest(s) cannot be rescheduled due to a facility and/or schedule conflicts, etc. the contest shall be declared a forfeit. When a consolation bracket is available, the team unable to make the contest will enter the consolation bracket.

**Individual Competition:**

1. Tournaments/Conferences. In the event inclement weather prevents an individual(s) from arriving on time for a schedule event as part of a post-season tournament, the following will apply:
  - a. In cases where less than ten percent of participants are affected, the event/tournament will continue as scheduled and the individual will forfeit his/her position in the draw. When a consolation bracket is involved, the participant(s) unable to make the scheduled match will enter the consolation bracket. (The sport specific rules apply, i.e. NFHS weigh-in policy).
  - b. If a number of participants in excess of ten percent cannot be present prior to the official check-in period, but are planning to attend and contact the tournament director a minimum of four hours in advance of the tournament, the tournament director—in consultation with the CHSAA—may adjust the overall schedule for the purpose of allowing maximum participation.
  - c. When the number of participants is 25% or more who are unable to be present, the tournament director—in consultation with the CHSAA—shall postpone all or part of the day's contests/activities. Schedule/brackets and alternative plans shall be determined by the

# Division of Responsibilities for the State Meet

## **CHSAA**

1. Produce the program for the competition.
2. Send a liaison to be available and present at all events for any questions or concerns.
3. Help to conduct the official ski committee meeting
4. Pay for appropriate expenses (meet officials, timing company, food, etc.)

## **HOST SCHOOL**

1. Determine schedule of the meet.
2. Provide and plan for a coaches meeting and ski committee meeting on the night before the races. (This includes providing dinner in most cases.)
3. Hire timers.
4. Recruit volunteers
5. Be in charge of general logistics and running of the race. This includes parking, venue management, volunteers, etc.
6. Plan the banquet and awards ceremony for the last night.

## **CHSSL RESULTS COORDINATORS**

1. Provide a list of state-qualified athletes to CHSAA for the state program.
2. Produce the start lists and send these to CHSAA and all coaches. They will need to work with host school to determine start times for races and format of races as needed to produce the start lists.
3. Calculate final team points, scores, and all state lists during and following the competition.
4. Produce a final list of award winners (possibly a slide-show presentation).

## **SKI LEAGUE PRESIDENT**

1. Order ski league awards ahead of time.
2. Help to run the awards ceremony.

## CHSAA STATE SKI WAIVER FORM

**Waivers will not be accepted after 12:00 pm on Monday, February 13, 2023 for both Nordic & Alpine.**

This waiver form must be submitted to the CHSAA office no later than the listed deadline. **Any athlete who misses any race due to a non-high school related activity will not meet the requirements for a waiver.** *Ex: If an athlete chooses to go on a college visit during their second race of a discipline, and then prior to the third race, they suffer a concussion, a waiver will not be accepted. Ex: If an athlete decides to attend a club race during the first race of a discipline and then cannot attend the second race of a discipline due to a road closure in a snowstorm, a waiver will not be accepted.*

A separate form must be submitted for each racer and event for which a waiver is requested. Waivers will only be considered for skiers who have qualified but could not meet the 2/3 race eligibility.

1. \_\_\_\_\_  
School
2. \_\_\_\_\_  
Student's Name
3. \_\_\_\_\_  
Coach's Name
4. Coach's Phone Number \_\_\_\_\_
5. Is the athlete academically eligible:      yes              no
6. Races the athlete competed in and his or her placing in each:              Qualified – Check box if Yes  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. List all races that athlete missed or did not complete with explanation (please include any additional paper work to support waiver request).  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8. Please attach any written explanation needed to explain why this athlete deserves to race in the state competition although they are not officially eligible.
9. Students' Signature \_\_\_\_\_  
Coach's Signature \_\_\_\_\_  
Athletic Director's Signature \_\_\_\_\_

**No waiver will be considered without all signatures**

**EMAIL:** Bethany Brookens – [bbrookens@chsaa.org](mailto:bbrookens@chsaa.org)



**CHSAA State Ski Meet**  
**February 16-17, 2023**

**Hosted by Summit High School**

**Alpine events at Copper Mountain/ Nordic events at Frisco Nordic Center**

**Schedule**

**Wednesday, Feb. 15**

|                        |              |         |
|------------------------|--------------|---------|
| Registration           | SHS / Copper | 5:30 PM |
| Alpine coaches meeting | SHS / Copper | 6:00PM  |

**Thursday, Feb. 16**

|                        |               |          |
|------------------------|---------------|----------|
| Nordic coaches meeting | Frisco Nordic | 12:30 PM |
|------------------------|---------------|----------|

|                |               |         |
|----------------|---------------|---------|
| Alpine - GS    | Copper        | TBD(AM) |
| Nordic - skate | Frisco Nordic | 3:00 PM |

**Friday, Feb. 17**

|                  |               |         |
|------------------|---------------|---------|
| Alpine - slalom  | Copper        | TBD(AM) |
| Nordic - classic | Frisco Nordic | 3:00 PM |

|        |           |         |
|--------|-----------|---------|
| Dinner | Summit HS | 5:00 PM |
| Awards | Summit HS | ~6:30PM |

**Race Fees (approx.)**

|        |   |
|--------|---|
| Alpine | \$15 per race/ \$30 total+ lift tickets |
| Nordic | \$25 per race / \$50 total              |

**Lodging**

- Primarily Copper, with another Frisco option
- Details out next week

**Forthcoming**

- Entries deadline
- Registration / payment process