

**ACTIONS by the OISRA Nordic Steering Committee
May 14, 2019**

The Nordic Steering Committee by unanimous email vote approved forming a new league, named the Mt. Hood League. The geographic area for this league will be the part of Oregon north of Corvallis.

The Nordic Steering Committee by unanimous email vote approved adding the race format and rules for the King's Court Sprint Race as written below.

Nordic Steering Committee members:

Eric Martin, Nordic Director
Pete Reinhardt, Assistant Nordic Director
Gene Hyde, Nordic Commissioner
Sarah Swaney, Southern League Rep
Kelly Crowther, Northern League Rep

Section F: King Court Sprint Race Format and Rules

80. Definition

80.1 The King Court Sprint Race format begins with athletes being seeded prior to the event or through a timed qualification round, which is organized as an interval start competition. After the seeding is determined, the athletes compete in sprint heats.

80.2 Courses and Stadium

80.2.1 Course length will be .8 – 1.2 Km.

80.2.2 The course used for the qualification round and the course used for the sprint heats should be the same.

80.2.3 Recommended norms for the course and stadium for the classic technique: course has a minimum of 1.2 m between tracks; start has 1.8 m between tracks; finish has 3 corridors with minimum of 1.2 m between tracks.

80.2.4 Recommended norms for the course and stadium for the freestyle technique: start has minimum of 1.9 m between tracks; start zone ends in 15 m; finish has 3 corridors that are 3 m each.

80.3. Start Order and Start Procedure

80.3.1 Qualification Round

80.3.1.1 The intervals for the qualification round can be from 10-30 seconds and can be 1 or 2 starters at a time (determined by Jury)

80.3.2 Sprint Heats (Quarterfinals, Semi-finals, and Finals)

80.3.2.1 *The start positions in the sprint heats are determined by the athletes in order of seeding.*

80.3.2.2 *A Heat Start procedure should be used for the sprint heats.*

- *Competitors are organized on a pre-start line*
- *The starter will give the command “take your start positions” and the competitors advance to the start line*
- *When all competitors are at the start line, the starter will give the command “Set” and all the competitors must remain motionless until the start signal.*
- *Competitors are not allowed to change tracks within the marked corridors for the first 10-15 m after the start line.*
- *Any False Start will result in a “restart” of the competition. Any competitor who causes a subsequent False Start in the same heat will be required to withdraw from the competition.*

80.3.2.3 *The race organizers determine the time intervals for each heat. All competitors in each heat do not have to have completed the course before the following heat starts. A 2-minute interval between heats is recommended.*

80.3.2.4 *The assignment of competitors to Quarterfinal heats is determined from the finish rankings in the qualification round or prior seeding. Fastest 6 qualifiers in the first heat; 7-12 in heat 2, etc.*

80.3.2.5 *The assignments of competitors to the Semifinal heats is based on the rankings in the Quarterfinals heat (see diagram below): Top two finishers in each heat move up one heat (except for Heat 1 where the racers 1-4 stay in the same heat), bottom two finishers move down one heat and middle two stay in the same heat. (except for the final Heat where the racers 3-6 stay in the same heat). All racers race in Semifinals.*

80.3.2.6 *The assignment of competitors in the Final heats is based on the rankings in the semifinal heats. (see diagram below): Top two finishers in each heat move up one heat (except for Heat 1 where the racers 1-4 stay in the same heat), bottom two finishers move down one heat and middle two stay in the same heat (except for the final Heat where the racers 3-6 stay in the same heat). All racers race in Finals.*

80.3.2.7 *Heats of 9 competitors are also allowed. Fastest 9 qualifiers in the first heat; 10-18 in heat 2, etc. The assignments of competitors to the semifinal heats and final heats follow the same pattern as described in 5 and 6 above, with 3 competitors moving up or down*

80.4 *Timing*

80.4.1 *Sprint Heats will not be timed.*

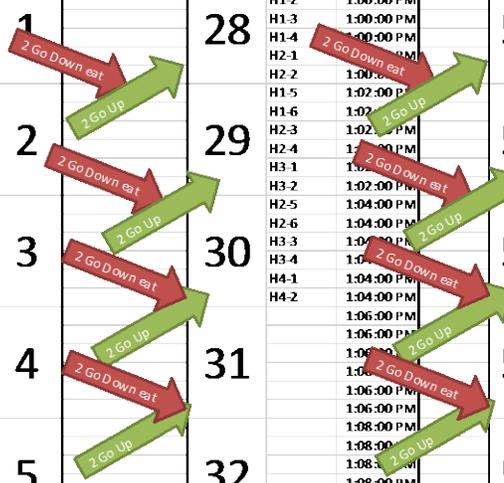
80.4.2 *Tied results remain as ties in the final rankings*

80.5 *Jury and Protest*

80.5.1 *Due to the timeline pressure of running successive heats, it is not possible to allow protests during quarterfinals and semifinals. Protests will only be accepted after the finals.*

Draft Kings Court Start List and Heat Times.

		Round One		Round Two		Round Three		
		Heats Start	0:02:00					
Sprint Qual	Skier #	Qualifying Place	Heat #	Heat #	Heat #	Heat #	Heat #	Heat #
10:00:00	1	1	12:00:00					2:00:00 PM
10:00:15	2	2	12:00:00					2:00:00 PM
10:00:30	3	3	12:00:00					2:00:00 PM
10:00:45	4	4	12:00:00					2:00:00 PM
10:01:00	5	5	12:00:00					2:00:00 PM
10:01:15	6	6	12:00:00					2:00:00 PM
10:01:30	7	7	12:02:00					2:02:00 PM
10:01:45	8	8	12:02:00					2:02:00 PM
10:02:00	9	9	12:02:00					2:02:00 PM
10:02:15	10	10	12:02:00					2:02:00 PM
10:02:30	11	11	12:02:00					2:02:00 PM
10:02:45	12	12	12:02:00					2:02:00 PM
10:03:00	13	13	12:04:00					2:04:00 PM
10:03:15	14	14	12:04:00					2:04:00 PM
10:03:30	15	15	12:04:00					2:04:00 PM
10:03:45	16	16	12:04:00					2:04:00 PM
10:04:00	17	17	12:04:00					2:04:00 PM
10:04:15	18	18	12:04:00					2:04:00 PM
10:04:30	19	19	12:06:00					2:06:00 PM
10:04:45	20	20	12:06:00					2:06:00 PM
10:05:00	21	21	12:06:00					2:06:00 PM
10:05:15	22	22	12:06:00					2:06:00 PM
10:05:30	23	23	12:06:00					2:06:00 PM
10:05:45	24	24	12:06:00					2:06:00 PM
10:06:00	25	25	12:08:00					2:08:00 PM
10:06:15	26	26	12:08:00					2:08:00 PM
10:06:30	27	27	12:08:00					2:08:00 PM
10:06:45	28	28	12:08:00					2:08:00 PM
10:07:00	29	29	12:08:00					2:08:00 PM
10:07:15	30	30	12:08:00					2:08:00 PM
10:07:30	31	31	12:10:00					2:10:00 PM
10:07:45	32	32	12:10:00					2:10:00 PM
10:08:00	33	33	12:10:00					2:10:00 PM
10:08:15	34	34	12:10:00					2:10:00 PM
10:08:30	35	35	12:10:00					2:10:00 PM
10:08:45	36	36	12:10:00					2:10:00 PM
10:09:00	37	37	12:12:00					2:12:00 PM
10:09:15	38	38	12:12:00					2:12:00 PM
10:09:30	39	39	12:12:00					2:12:00 PM
10:09:45	40	40	12:12:00					2:12:00 PM
10:10:00	41	41	12:12:00					2:12:00 PM
10:10:15	42	42	12:12:00					2:12:00 PM
10:10:30	43	43	12:14:00					2:14:00 PM
10:10:45	44	44	12:14:00					2:14:00 PM
10:11:00	45	45	12:14:00					2:14:00 PM
10:11:15	46	46	12:14:00					2:14:00 PM
10:11:30	47	47	12:14:00					2:14:00 PM
10:11:45	48	48	12:14:00					2:14:00 PM
10:12:00	49	49	12:16:00					2:16:00 PM
10:12:15	50	50	12:16:00					2:16:00 PM
10:12:30	51	51	12:16:00					2:16:00 PM
10:12:45	52	52	12:16:00					2:16:00 PM
10:13:00	53	53	12:16:00					2:16:00 PM
10:13:15	54	54	12:16:00					2:16:00 PM
10:13:30	55	55	12:18:00					2:18:00 PM
10:13:45	56	56	12:18:00					2:18:00 PM
10:14:00	57	57	12:18:00					2:18:00 PM
10:14:15	58	58	12:18:00					2:18:00 PM
10:14:30	59	59	12:18:00					2:18:00 PM
10:14:45	60	60	12:18:00					2:18:00 PM
10:15:00	61	61	12:20:00					2:20:00 PM
10:15:15	62	62	12:20:00					2:20:00 PM
10:15:30	63	63	12:20:00					2:20:00 PM
10:15:45	64	64	12:20:00					2:20:00 PM
10:16:00	65	65	12:20:00					2:20:00 PM
10:16:15	66	66	12:20:00					2:20:00 PM
10:16:30	67	67	12:22:00					2:22:00 PM
10:16:45	68	68	12:22:00					2:22:00 PM
10:17:00	69	69	12:22:00					2:22:00 PM
10:17:15	70	70	12:22:00					2:22:00 PM
10:17:30	71	71	12:22:00					2:22:00 PM
10:17:45	72	72	12:22:00					2:22:00 PM
10:18:00	73	73	12:24:00					2:24:00 PM
10:18:15	74	74	12:24:00					2:24:00 PM
10:18:30	75	75	12:24:00					2:24:00 PM
10:18:45	76	76	12:24:00					2:24:00 PM
10:19:00	77	77	12:24:00					2:24:00 PM
10:19:15	78	78	12:24:00					2:24:00 PM
10:19:30	79	79	12:26:00					2:26:00 PM
10:19:45	80	80	12:26:00					2:26:00 PM
10:20:00	81	81	12:26:00					2:26:00 PM
10:20:15	82	82	12:26:00					2:26:00 PM
10:20:30	83	83	12:26:00					2:26:00 PM
10:20:45	84	84	12:26:00					2:26:00 PM
10:21:00	85	85	12:28:00					2:28:00 PM
10:21:15	86	86	12:28:00					2:28:00 PM
10:21:30	87	87	12:28:00					2:28:00 PM
10:21:45	88	88	12:28:00					2:28:00 PM
10:22:00	89	89	12:28:00					2:28:00 PM
10:22:15	90	90	12:28:00					2:28:00 PM
10:22:30	91	91	12:30:00					2:30:00 PM
10:22:45	92	92	12:30:00					2:30:00 PM
10:23:00	93	93	12:30:00					2:30:00 PM
10:23:15	94	94	12:30:00					2:30:00 PM
10:23:30	95	95	12:30:00					2:30:00 PM
10:23:45	96	96	12:30:00					2:30:00 PM



Places 1-6
Places 7-12
Places 13-17
Places 19-24