

Minutes of the OISRAN Board Meeting

The Board of Directors met on May 8, 2023.

The meeting was held over Zoom

The meeting was called by the OISRAN President.

The Doodle Poll for the meeting was sent out more than 5 days in advance by email.

The Directors present for the meeting were Eric Martin, CJ Rench, Pete Reinhardt, John Collins.

The other persons present at the meeting were David Munson (Executive Director), Virginia Martin (secretary), and Sarah Swaney (treasurer)

A quorum was present because there are currently 4 directors on the Board and all 4 were present.

Meeting started at 7:05 p.m.

BOARD RESOLUTIONS AND ACTIONS

1. **Election of Officers:** the following motion was made, seconded, and passed.

RESOLVED to elect the following officers:

President – Eric Martin

Vice-President – John Collins

Secretary – Virginia (Jinny) Martin

Treasurer – Sarah Swaney

Northern League Liaison – John Collins

Southern League Liaison – Eric Martin

Mt. Hood League Liaison – CJ Rench

2. **Minutes to Previous Meetings and Reports of Email Votes:** the following motion was made, seconded, and passed.

RESOLVED to approve the following meeting minutes and reports of email votes as they are posted on the website:

Feb. 16, 2023 – Race fee for State Championships will be \$15

Feb. 1, 2023 – Changed Race Rules for the State Championships to include how to do timing at the start when no start wand is available

Dec. 6, 2022 – Allowed student from Crescent Valley HS to represent Corvallis HS

Nov. 14, 2022 – Approved a new Glide Wax list

Nov. 7, 2022 – Board Meeting to discuss plans for State Championships

Oct. 18, 2022 – Board meeting to Approve Four Administrative Policies

Oct. 18, 2022 – Records Policy Approved

Oct. 18, 2022 – Conflict of Interest Policy Approved

Oct. 18, 2022 – Whistleblower Policy Approved

Oct. 4, 2022 – Approve setting up new bank account

Sept. 28, 2022 – Approve changing the word “must” to “should” for developing a team policy

Sept. 20, 2022 – Board Meeting to set participation fees

3. **Treasurer's Report:** The following motion was made, seconded, and passed.

RESOLVED to approve the treasurer's report as presented by Sarah Swaney.

4. **Addition of a Sixth Board member:** the following motion was made, seconded, and passed.

RESOLVED to add an additional Board member who is a member at large and does not represent a specific league. Make all corrections in the OISRAN Policies to accommodate this change.

5. **Changes to the OISRAN Policies and OISRAN Race Rules:** the following motion was made, seconded, and passed.

RESOLVED to approve the changes in the OISRAN Policies and the OISRAN Rules as recommended by the OISRAN Policy and Rules Committee. [Appendices A and B have the verbiage for these changes and the reasons for making these proposed changes.]

DISCUSSIONS

1. **Feedback from the 2023 State Championships**

- Board members read the document prepared by Andrea Shockey, the State Championships Coordinator, prior to the meeting. They will wait until Fall before diving into the details. Fall is when they will be focused on making plans for the 2024 State Championships.
- Board members think they have addressed some of the reported issues by changing Policies and Race Rules at this meeting.
- In general, Board members think they could best address other complaints by figuring out better ways to communicate the race rules to coaches and racers.
- Confirmed that the start time for the Awards Ceremony should stay the same to encourage traveling teams to attend. Could possibly delay the start time by 15-20 minutes if that would ease some stress for the Chief Calculator.

2. **Hiring an Administrative Services person.**

- To encourage someone to be willing to take this job, the Board members generally agreed they might have to pay more salary. This time of year is "bad timing" for finding people in the ski program who are motivated to help.
- The Executive Director has talked to Nora about her willingness to continue to do the job if the pay were increased. Waiting for a response. Next step depends on Nora's response. Also need a better assessment of the amount of time required.

3. **Using Informational Quizzes as a teaching tool.**

- Telling the quiz-taker at the beginning of the quiz that the estimated time is 10-15 minutes would help their attitude.
- A quiz on Race Rules would be the most helpful type of quiz. Students could take quiz as well as coaches.

- Would not make quizzes on Bylaws or Policies mandatory, but might make a quiz on race rules mandatory for head coaches. Make all quizzes available on the website for anyone to play with.
- Work with Mike Olarrea (webmaster) to make quizzes mobile friendly.
- Continue to collaborate for finalizing the questions for the Policies and Race Rules quizzes.

4. **Tentative Race Schedules for 2023-24**

- Pinned down definite dates for the state championships (February 23 & 24, 2024) and most likely date for the XC Oregon Invitational (January 20, 2024).
- Advise not putting details of location on tentative schedules until the locations are better confirmed, so people avoid making early plans based on the wrong information.

Adjournment: There being no further business, the meeting was adjourned after one hour 15 minutes.

Signature of Secretary _____ *virginia martin* _____ Date: May 8, 2023

Appendix A

Proposals for additions or changes to **OISRAN Policies**

[**Green proposals** were described by the Policy and Rules Committee as verbiage changes that did not significantly change existing policies.]

Policy Change Proposal #1 - Add “High School Equivalency Student” to the list of exceptions for representing the school where a student is enrolled.

OISRAN Policy 10.6 School Representation. . This addition also requires an addition to ***OISRAN Policy 10.5 (Academic Eligibility Rules)*** and adding an Appendix (***Appendix F***) that explains the relevant requirements that are included in the high school equivalency statutes (ORS 339.450 and ORS 339.460)

OISRAN Policy 10.5. Academic Eligibility Rule

Parents/18-year-old students are on the honor system to assure OISRAN that the student(s) ~~are enrolled in high school/home school and on track to graduate.~~

- *are enrolled in a high school and on track to graduate or*
- *are enrolled in a home school program and on track to graduate or*
- *are enrolled in a high school equivalency program and on track to receive a certificate for passing an approved high school equivalency test such as the General Educational Development (GED) test.*

OISRAN Policy 10.6 School Representation

A student who competes in OISRAN activities representing a school other than the one in which the student has been enrolled becomes ineligible for participating in OISRAN activities for the remainder of the season.

EXCEPTIONS

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- **Home School Students:** A home schooled student who meets the relevant eligibility standards established by Oregon law [ORS 339.030, ORS 339.035, ORS 339.460] may represent a public or private school located within the public-school attendance boundaries of Joint Residence of the student and student's parents provided that the home school student was enrolled in the home school prior to the first day of participating in an OISRAN activity. Once a home school student *represents a school, that home school student may not represent another school for one calendar year after last representing the original school without a change in Joint Residence. See Appendix E for additional information.
- **High School Equivalency Students:** A high school equivalency student who meets the *eligibility standards established by state law (ORS 339.450 and ORS 339.460)* may *represent the public or a private school located within the public-school attendance boundaries of Joint Residence of the student and student's parents provided that the high school equivalency student was enrolled in a program provided to assist a student earning a certificate for passing an approved high school equivalency test such as the General Educational Development (GED) test prior to the first day of participating in an OISRAN activity. Once a high school equivalency student represents a school, that high school equivalency student may not represent another school for one calendar year after last representing the original school without a change in Joint Residence. See Appendix F for more details.

**If a home school student or a high school equivalency student is affiliated with a school that does not allow the use of the school name in OISRAN activities, then the student may compete on a community club team that designates their teams based on the school the student is enrolled in.*

Appendix F Eligibility – High School Equivalency Students

Compliance with Oregon Statutory Requirements. In order for a *high school equivalency student* to represent an OISRAN team in competition, the student must satisfy relevant requirements included in the high school equivalency statutes (*ORS 339.450 and ORS 339.460*), which are the following:

- A. **Meet School District Eligibility Requirements.** If the school has signed the OISRAN School Agreement Form #1 or the School Agreement Form #2, the *high school equivalency* student shall meet all school district eligibility requirements for participation in OISRAN activities, with the exception of the school district's school or class attendance requirements.
- B. **Meet School District Responsibilities and Standards of Behavior and Performance.** The *high school equivalency* student shall be required to fulfill the same responsibilities and standards of behavior and performance of other students enrolled in the school who are

participating on an OISRAN team and shall be required to meet the same standards for acceptance on the team that are written in the team rules.

C. **Academic Eligibility Requirement.** The student assures OISRAN that they *have passed at least one practice test administered through the high school equivalency program.*

D. **Compliance with OISRAN Deadlines and Regulations.**

1) **Deadlines:**

- *Notification of Intent. Prior to registering online with OISRAN, the high school equivalency student shall notify the local school or ESD.*
- *Testing. Prior to registering online with OISRAN, the student must have passed at least one practice test administered through the high school equivalency program.*

2) **Other OISRAN Regulations**

- *School Representation (OISRAN Policy 10.6). A high school equivalency program student is eligible to *represent only a public or private school located within the public school attendance boundaries of the joint residence of the student and student's parents.*
- *Duration of Eligibility/Graduation (OISRAN Policy 10.2). A student may participate in the OISRAN program for four consecutive years after entering the 9th grade. A student must participate as a Provisional Skier prior to entering the 9th grade.*
- *Age Restrictions (OISRAN Policy 10.3). A student who becomes 19 before August 15 is ineligible for interscholastic competition. A student who becomes 19 on or after August 15 shall remain eligible for the OISRAN Participatory Season for that school year.*

**If a high school equivalency program student is affiliated with a school that does not allow the use of the school name in OISRAN activities, then the student may compete on a community club team that designates their teams based on the school the student is enrolled in.*

Reason for Proposal – OSAA added this exception for School Representation [OSAA 8.5 (b), OSAA Executive Board Policies #25]. State laws now mandate that a high school must allow High School Equivalency students to participate in public school extracurricular activities.

Policy Change Proposal #2 - Head Coach can choose other adults to vote for them at a League Meeting.

OISRAN Policy 9.11 Voting at League Meetings. In 9.11.4 add a phrase that expands the definition of who can do proxy voting at League Meetings.

9.11.4. A Team Administrator, *or another adult appointed by the Head Coach,* can do proxy voting for a Head Coach at League meetings.”

Reason for Proposal – Clarifies that someone other than the Team Administrator can represent a team for voting at League meetings, if the Head Coach has approved.

Policy Change Proposal #3 – Add the requirement that students treat citizen skiers respectfully to the Race Rules.

OISRAN Race Rules 10.6.9 Students shall respectfully treat citizen skiers not involved with a competition.

Reason for Proposal - The *OISRAN Race Rules* define which rules the jury can address when the jury is deliberating race rule violations during a competition. This student behavior is behavior that takes place during a competition, and if it is listed in the race rules, a jury can address the situation if a skier violates this behavior rule.

Policy Change Proposal #4 – Add “OISRAN Race Rules” to the list of the kinds of violations of regulations that can be reported.

OISRAN Policy 18 Add “OISRAN Race Rules” to the title of this Policy.

18. Violations of OISRAN Regulations (OISRAN Bylaws: OISRAN Race Rules; OISRAN Policies, including Coaches' Code of Ethics, Paid State Meet Race Officials' Code of Ethics) – Protests and Reported Violations [See Policy 23 for Reporting Violations of OISRAN Policies regarding Abuse/Molestation, Hazing, and Reporting Abuse.]

Reason for Proposal – Any violation of a Race Rule by a coach or official during a competition is confirmed by the Race Jury, but the Race Jury does not assign a penalty to a coach or a race official. It is the role of the Board of Directors to assign penalties to coaches or officials. The Policy clearly states this intention, but the words “OISRAN Race Rules” was missing from the title of this Policy.

Policy Change Proposal #5 – Change the requirements of Guest Coach and Guest Skier so they do not have to be affiliated with a school team.

OISRAN Policy 7.5 and OISRAN Policy 17.4

7.5. Definition and Requirements of OISRAN Guest Coaches: Guest Coaches may be designated head coaches or Helper Coaches who accompany skiers to OISRAN activities for no more than 4 days total in one season.

- Guest coaches must meet these requirements:
 - Have had a criminal background check by OISRAN. (Policy #7.6)
 - Register on-line and pay a Guest Coach fee of \$10.

- Complete a concussion awareness course during the ski season when they will be working with students.
- The students that the guest coach assists must ~~be enrolled in a school(s) that have signed an OISRAN school agreement, identifying that the students have permission to use the school name when competing, or that the students are not allowed to use the school name.~~ **register online as a Guest Racer.**
- The name of the Guest Coach who **will be supervising the guest racers** is the “Designated Head Coach” will be named **on the Guest Racer registration form.**
- The name of a Guest Coach who is a Helper Coach **is not named on the Guest Racer’s registration form.**
- The guest coach must be approved by the League coaches for participating in the particular OISRAN activity.
- A guest coach is not eligible to be a voting member of the OISRAN.

17.4. A Guest Skier is required to:

- Register online and pay the required fee, ~~and;~~
- ~~Be enrolled in a school that has signed an OISRAN school agreement, identifying that the students have permission to use the school name when competing, or that the students are not allowed to use the school name, and;~~
- ~~Be on the team that is comprised only of students enrolled in the school where the student is enrolled, and;~~
- Be accompanied by a designated Guest Head coach. (In addition to the designated Head Coach, a guest racer may also be accompanied by a Guest Helper Coach.)

Reason for Proposal – We have not used this category of coach and racer. When I considered using this category of coach and racer for the Mt. Shasta race, it quickly became clear that it would be cumbersome to get schools involved in the process of getting the guest skiers eligible to participate. We also have the real possibility of a team from Seattle participating in the XC Oregon Invitational next season. After reviewing this section, I simplified things. I kept the requirements for a background check for the coach and completing a concussion course. But I dropped the parts about being connected to a school through a school agreement form.

Policy Change Proposal #6 – Add the option of having a Short Course at the State Championships

OISRAN Policy 41.8 Schedule and Competition Program Add 41.8.5

41.8.5 Short Courses at the State Championships. Individual Race Short Courses at the State Championships will be available as an option for coaches to select for their racers each year.

- If a coach assigns a racer to the Short Course, that racer's results will be reported separate from the results of the full course competitors. The Short Course competitors' results will not be included in team results.

Reason for Proposal - If the Board approves having a Short Course option at every state championship event, then this is one thing they do not have to vote on each year. Head Coaches can choose to use this option or not use it, but it can always be available.

Policy Change Proposal #7 – Update the Air Quality Guidelines to match OSAA's updated guidelines.

OISRAN Policy 31 Air Quality Guidelines

These guidelines, created in consultation with the Oregon Health Authority (OHA) and the Oregon Department of Environmental Quality (DEQ), provide a default policy to those responsible or sharing duties for making decisions concerning the cancellation, suspension and/or restarting of practices and contests based on poor air quality.

*A. Designate Personnel: Given the random behavior of wind and air currents, air quality may change quickly. **The team's Head Coach or certified coach in charge of the training session** will monitor the air quality prior to and during outdoor activities. While typically due to wildfires, **teams** need to also consider non-wildfire situations if the air quality is unhealthy.*

*B. Areas with Air Reporting Stations: The Air Quality Index (AQI) should be monitored throughout the day, and **during a training session**, to have the best data possible to make informed decisions about conducting practices. **The team's Head Coach or certified coach in charge of the training session** shall review the AQI information **for the area where the team will be training**. Department of Environmental Quality (DEQ) website <https://oraqi.deq.state.or.us/home/map>, the Oregon DEQ app "OregonAir", the Environmental Protection Agency (EPA) Air Now website at <https://airnow.gov/> or the EPA's Fire and Smoke map at <https://fire.airnow.gov/> to determine if action is necessary (see chart below). **Teams** shall regularly review the AQI throughout **the training session** to assess deteriorating conditions.*

*C. Areas without Air Reporting Stations: Given the random behavior of factors related to the calculation of the AQI levels in different areas of the state (wind speed and direction) **teams** not near a DEQ reporting station should consult with local state and/or federal authorities to help determine the AQI level in your specific area. **Teams** in remote areas not near a DEQ reporting station may also refer to Purple Air monitors for monitoring air quality at <https://map.purpleair.com> The EPA's Fire and Smoke map at <https://fire.airnow.gov/> also includes the Purple Air monitors (DEQ monitors show as circles, Purple Air monitors show as squares.). If air monitoring equipment is not available, **teams** should utilize the 5-3-1 Visibility Index to determine air quality.*

1) 5-3-1 Visibility Index: Making visual observations using the 5-3-1 Visibility Index is a simple way to estimate air quality and know what precautions to take. While this method can be useful, you should always use caution and avoid going outside if visibility is limited, especially if you are sensitive to smoke.

(a) Determine the limit of your visual range by looking for distant targets or familiar landmarks such as mountains, mesas, hills, or buildings at known distances. The visual range is that point at which these targets are no longer visible. As a rule of thumb: If you can clearly see the outlines of individual trees on the horizon it is generally less than five miles away. It is highly recommended that schools use pre-determined landmarks that were established on a clear day to determine their visual range.

(b) Ideally, the viewing of any distant targets should be made with the sun behind you. Looking into the sun or at an angle increases the ability of sunlight to reflect off of the smoke, thus making the visibility estimate less reliable.

(c) Be aware that conditions may change rapidly and always use the more conservative of multiple metrics (AQI, 5-3-1 Visibility Index, etc.).

D. **Act:** This chart will help determine the action needed based on the air quality in your area.

Air Quality Index (AQI)	5-3-1 Visibility Index	Required Actions for Outdoor Activities
51 -100	5-15 Miles	Athletes who are unusually sensitive to air pollution should consider indoor activities only. Athletes with asthma should have rescue inhalers readily available and pretreat before exercise <i>if</i> directed by their healthcare provider. All athletes with respiratory illness, asthma, lung or heart disease should monitor symptoms and reduce/cease activity if symptoms arise. Increase rest periods as needed.
101 -150	3-5 Miles	Athletes who are unusually sensitive to air pollution should consider indoor activities only. Athletes with asthma should have rescue inhalers readily available and pretreat before exercise if directed by their healthcare provider. All athletes with respiratory illness, asthma, lung or heart disease should monitor symptoms and reduce/cease activity if symptoms arise. Athletes with asthma or other lung diseases, heart conditions or diabetes may need additional rest breaks during practices / contests. Consider rescheduling to a different time and / or an area with a lower AQI. Schools should consider the impact of elevated AQI lasting for multiple days and the impact of prolonged exposure for athletes and staff on multiple practice session days when making decisions. Consider moving practices indoors , if available. Be aware that, depending on a venue’s ventilation system, indoor air quality levels can approach outdoor levels.
151 -200	1-3 Miles	All outdoor activities (practice and competition) shall be canceled or moved to an area with a lower AQI. Move practices indoors, if available. Be aware that, depending on a venue’s ventilation system, indoor air quality levels can approach outdoor levels.
>200	1 Mile	All outdoor activities (practice and competition) shall be canceled or moved to an area with a lower AQI. Move practices indoors, if available. Be aware that, depending on a venue’s ventilation system, indoor air quality levels can approach outdoor levels.

E. Additional Resources: **Teams** may also refer to OHA’s fact sheet regarding School Outdoor Activities During Wildfire Events at <https://apps.state.or.us/Forms/Served/1e8815h.pdf>.

F. Oregon Occupational Safety and Health Administration (OSHA) Rules: *Teams* should familiarize themselves with Oregon OSHA permanent rules adopted in Summer 2022 regarding reducing heat and wildfire smoke outdoor workplace exposure for employees. OSHA resources can be accessed here for Heat – <https://osha.oregon.gov/Pages/topics/heat-stress.aspx> and Wildfires <https://osha.oregon.gov/Pages/topics/wildfires.aspx>

Reason for Proposal – When reviewing OSAA Executive Board Policy #5, I noticed that this has been updated with links to different resources, with inclusion of air quality that is not only affected by wild fires, etc. So just copying the OSAA update, with adaptations to how OISRAN teams are supervised, seems reasonable.

Policy Change Proposal #8 – Copy from “2. Duties of OISRAN Directors and Officers 2.4 Some specific duties that are the Board members’ Responsibilities” to “3. Duties of the Executive Director” the duty for “Hires staff or help to operate in compliance with state and federal laws.

Reason for Proposal – The attorney told us that the Executive Director is the person who hires staff. The Board approves which job positions the Executive Director will hire.

Policy Change Proposal #9 – Create the position of a Para-Athlete Chief Advisor

(A) Create a position (office?) that gives the Board information for making decisions about how to include specific para-athletes in OISRAN activities. In “Policy 2.4 Some specific duties that are the Board members’ responsibilities” add this bullet:

- Whenever a para-athlete registers with OISRAN, the Board selects a “Para-Athlete Chief Advisor” who is an OISRAN officer who provides recommendations to the Board

(B) Rename Policy 4 “Duties of OISRAN Officers.”

4.1 Duties of the Administrative Officer [Change sub-statements to bullet statements.]

4.2 Duties of the Para-Athlete Chief Advisor [OISRAN strives to accommodate para-athletes with total integration. OISRAN does not have the structure that allows for separate or partial competitions for accommodating para-athletes.]

- Assesses the disability of each para-athlete who is registered with OISRAN and provides a recommendation to the Board for what specific policies should be in place relative to the para-athlete who is participating in OISRAN activities.
- Recommends the time adjustment for each individual.
- Recommends the policies regarding participation of an athlete’s guide.
- Recommends any specific accommodations for the state championships competition.

Reason for Proposal – We currently have a provisional skier with no arms participating in this program, and this skier would like to know how his performance compares to an able-bodied skier. His father is willing to do the “legwork” to give the Board the information they need for allowing this skier (and other

para-athletes) to have a time-adjusted score be part of the official race results. Having a designated person to provide this information to the Board saves the Board the effort of doing the research and provides a steam-lined process for how to accommodate para-athletes.

Policy Change Proposal #10 - Add Toko X-Cold Powder to the wax list.

Reason for Proposal – A coach (David Smullin) would like to see this wax added to the list. He said it meets the Board’s requirements for adding a wax to the list – non-toxic and low cost.

Policy Change Proposal #11 – Change training requirements for OISRAN certified coaches so they do not have to do the USS&S on-snow training for USS&S Level 100 certification.

OISRAN Policy 7.1 Definition and Requirements for OISRAN Certified Coaches

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- Complete the US Ski & Snowboard (USS&S) Fundamentals of Coaching – **ONE time**
 - OISRAN pays the membership fees and **online** course costs for an OISRAN coach to become a **USS&S registered coach**. The USS&S Fundamentals of Coaching course is one component of the **USS&S coach’s required online courses**.
 - NFHS Fundamentals of Coaching substitutes for this USS&S course if the coach completed the NFHS course prior to 2022
 - ASEP Fundamentals of Coaching substitutes for this USS&S course if the coach completed the ASEP Fundamentals of Coaching course prior to 2007.
 - Completing ~~the USS&S Level 100 Coaching certification~~ **required online courses for USS&S registered coaches should be the initial process used to** become OISRAN certified coaches.
 - Before working with students independently, the **OISRAN** coach must complete all the **online** USS&S **coach requirements**.
 - After completing USS&S **online coach requirements ONE time**, an OISRAN certified coach is not required to continue maintaining USS&S coach membership or to continue taking USS&S coaching courses for subsequent seasons.
 - **The USS&S Level 100 Coach Certification requires on-snow training in addition to the USS&S online coaches’ training courses. The USS&S Level 100 certification is NOT a requirement for OISRAN certified coaches; however, OISRAN will pay for a coach to become certified as a USS&S Level 100 coach if the OISRAN coach would like to take this additional training through USS&S.**

Reason for the Proposal: Feedback from OISRAN coaches who were taking this training. Several were not able to schedule the USS&S on-snow training and they also questioned why it was necessary. They felt it was too time-consuming for them as volunteer coaches. They accepted the USS&S online training as relevant and a reasonable time commitment.

Policy Change Proposal #12 – Codify that team trophies will be used for photos only.

Add verbiage to Policy #41.15 that explains that trophies are returned and team names engraved on the back.

Team trophies will be used for photos only and will be returned to an OISRAN official after the awards ceremony. Annually, the team award winner will be engraved on the back of each team trophy.

Policy Change Proposal #13 – Housekeeping change of verbiage to better fit Nordic Ski racing terminology.

OISRAN Policies Appendix A

*The coach shall respect and support ~~contest~~ **competition** officials. The coach shall not indulge in conduct which would incite ~~players~~ **racers** or spectators against the officials. Public criticism of fellow coaches, officials or ~~players~~ **racers** is unethical.*

~~A coach shall not exert pressure on faculty members to give student athletes special consideration.~~

Reason for Proposal: Nordic coaches do not have relationships with the schools that would make the last sentence relevant.

Policy Change Proposal #14 – Change the words “participated in” to “completed” three League races.

16. Eligibility of individuals for the State Championships

16.1. Students must adhere to the OISRAN eligibility rules (Policy #10) and must have **completed** three (3) State Meet Qualifying Events to be eligible to participate in the State Championships.

- This participation can be while racing Varsity or Junior Varsity.
- The sanctioned League competitions may be competitions hosted by any League in the state.
- The definition of participating in a competition means the racer must have **completed the** individual competition on a league event day. Participating in the relay race is optional.

Reason for the Proposal: Do not want to encourage racers who are sick or in the process of recovering from a concussion or injury to attend league races. There are OISRAN policies that address the situation where a racer must miss too many races because of illness, injury, or any other situation that may be beyond the control of the athlete. Processing hardship issues is clearly defined in OISRAN Policies, and the mechanism of requesting hardship considerations should be used for addressing the kinds of situations that would cause a skier to “show up,” but not complete a League race. Now that the definition of a “State Meet Qualifying Event” allows for a wide variety of League races to be used by any racer as qualifying events, a racer has ample opportunities to complete three league races during the league race season.

Policy Change Proposal #15 – Add a bullet to 28.2

- An injury happens during a league race and prevents the racer from completing the race.

Reason for Proposal: An incident report provides documentation that the reason for a skier’s DNF at a race is an injury. Having an injury is a reason for the Executive Director to waive the race participation requirement for a skier to be eligible for the state championships. (16.2)

Policy Change Proposal #16 –Add policies that allow students enrolled in private schools, alternative schools, public charter schools, and virtual schools to ski on public high school teams.

OISRAN Policy 10.6 School Representation.

- Students who reside in Oregon and attend private schools, alternative schools, public charter schools, or virtual schools that grant high school diplomas may represent an Oregon public high school if these conditions are met:
 - The student resides within the attendance boundaries of the public school, or within a reasonable geographic proximity of the school
 - The Head Coach for the OISRAN team, with the approval of the other Head Coaches in the League, petitions the Executive Director to allow the student to be a member of their team prior to the first scheduled OISRAN League race
 - The Executive Director approves the Head Coach’s request.

Reason for Proposal – This proposal addresses the issue of having single students on a team or small teams of only 2 students, which often happen in teams representing these types of schools. The principals at these types of schools reluctantly sign school agreement forms, and their feedback is they would rather follow the way OSAA policies address these situations [OSAA 8.5 (c), (d), (e) and (f)].

Added in the “safeguards” that the other coaches in the league must approve and Executive Director makes the decision. So it is not a “guarantee” that a student enrolled in these types of schools can join a team comprised of students attending a public school. It is the public-school coach who decides who is on their team and the requirements for any student on their team.

Appendix B

Proposals for additions or changes to the OISRAN Race Rules

[Green proposals were described by the Policy and Rules Committee as verbiage changes that did not significantly change existing Race Rules.]

Race Rule Proposal #1 – Clarify that FIS rules are used as a reference and not as a default when high school juries are making decisions.

Change introduction to Section B so that the use of FIS rules is explained in such a way that FIS rules are used as a reference, not as a default, when the jury is making judgments where the OISRAN rules do not fully address a situation.

Section B: The Cross-Country Race Rules

All OISRAN sanctioned races will be run in accordance with the following rules and regulations. Currently published ~~US Ski and Snowboard Competition Guide shall govern OISRAN cross-country competitions~~ FIS International Ski Competition Rules (ICR) can be used by the jury as a reference and guidance for how to approach areas not specifically covered in the following race rules.

Reason for Proposal - The intent of the OISRAN Race Rules is for them to be complete within themselves. The FIS rules that apply to high school ski racing should be incorporated into the high school race rules. If a situation arises where the OISRAN race rules do not adequately address the situation, then the jury can use the FIS rules as guidance to help them – but they do not default to being governed by a FIS race rule, because FIS rules were written to apply to a different level of racing.

Race Rule Proposal #2 – Add some bullets to the Duties of the Jury that cover things the jury already is doing. Adds clarification.

4. Duties of the Jury

- Ensure that the race is organized and carried out according to OISRAN rules.
- Decide whether a competition shall be canceled, interrupted or postponed.
- Decide about any late entries, starting orders, etc.
- Decide if a late start was due to force majeure [FIS 303.4.4 used as guideline]
- Decide on any protest or penalty.
- Decide on any questions not covered by OISRAN race rules [FIS 303.3.2 used as guideline]
- The jury members will be available to serve at the jury meeting during the full allowable time of the protest period.
- A quorum for making a jury decision is the presence of all preassigned jury members or their replacements in the case of a conflict of interest for a jury member.

Reasons for Proposal: Clarifying that the jury may need to make decisions about situations that are not specifically covered in the OISRAN Race Rules. Changes in introduction to Section B and the introduction to Penalties are also part of the clarification about how the OISRAN jury approaches assigning penalties. Want to incorporate into the OISRAN rules those FIS rules that we are using – and make them OISRAN rules. The jury can use other FIS rules as a reference or guidelines if questions arise that are not covered by OISRAN race rules, but the jury will be using their own judgment about how to make their decisions for questions that are not covered by OISRAN race rules. The jury does not automatically default to being governed by an FIS race rule.

The addition of defining the quorum is to clarify that the jury meeting should not start until all jury members are present.

The addition of deciding “if a late start was due to force majeure” was always a duty of the jury that was understood and implemented – it just had not been codified in this place in the race rules.

Race Rule Proposal #3- Add two bullets to the Race Secretary duties that cover things the Race Secretary is already doing. Adds clarification.

- 5.6 Race Secretary is responsible for
- all secretarial work concerning the technical aspects of the competition,
 - all forms and paperwork including any paper starting lists,
 - **taking roll and notes at the Coaches’ Meeting**
 - **taking notes at the Jury meeting to provide a written record of the penalties and protests**
 - notifying media of results

Reason for Proposal: When turning over the race-day duties of the Race Secretary, I realized that these two specific duties had not been included in the Race Secretary duties. It is helpful to know who attends the Coaches’ Meeting and what rules and instructions were reviewed at the Coaches’ Meeting. This information can be passed on to others if necessary. Notes must be taken at the jury meeting, and it is helpful if the race secretary takes care of this job while the others at the meeting carry on their business. Used FIS 302.3.2 “The Competition Officials and Their Duties” as a reference for adding these two duties to the list of duties for the OISRAN Race Secretary.

Race Rule Proposal #4 – Change rule about refreshment station to match what we are doing.

10.3 One refreshment station **may** be provided near the finish of the race course.

Reason for Proposal – During COVID we stopped providing refreshment stations. Races are short enough and close to parking/lodges so that food and beverages can be accessible for racers in places other than a refreshment station without putting racers in a dangerous situation if refreshment stations are not provided. We also have medical resources available.

Race Rule Proposal #5 Add a sentence that adds more clarification to description of Technique Zone.

12. Technique Definitions

- 12.1 Classical Technique includes the diagonal techniques, the double poling techniques, herringbone techniques without a gliding phase, downhill techniques and turning techniques. Single or double-pole skating is not allowed. Turning techniques comprise steps and pushes in order to change directions. Where there is a set track, turning techniques with pushing are NOT allowed. This will also apply to competitors skiing outside of the set track. **The sections of the course where turning techniques are allowed must be clearly marked.**

Reason for Proposal: Used the FIS rule 310.2.2.3 as guidance, for adding this clarifying sentence.

Race Rule Proposal #6 – Describes a process for dealing with early starts when a wand cannot be used.

Change Rule 14 so it shows the changes used in 2023 state championships event – that were agreed to by the Board on a temporary basis.

14. False and Late Starts for Interval Start Races

- 14.1 **A ‘False Start’ is defined as when a competitor starts more than 3 seconds before the ‘GO’ command. A False Start infraction should be sanctioned by a time penalty. (Race Rule 24.2)**
- 14.2 **Determining the starting time for a competitor who starts less than 3 seconds before the ‘GO’ command.**
- **If electrical timing (*wand*) is used, the exact starting time of a competitor shall **be the accepted starting time.****
 - ***If electrical timing (wand) is not being used, the starting time that is captured on the supplemental timing system shall be the accepted starting time.***

15. Timing

15.1 General

- 15.1.1 **A wand is the preferred timing system for capturing start time stamps. If a wand is not available, hand timing (stop watch or a SUMMIT timing device) can capture the start times to be used if a racer starts before the “GO” command.**

Reason for Proposal - We need a process for dealing with early starts when a wand cannot be used. This system worked well for the 2023 state championships event. Only ONE racer started prior to the

“GO” command and less than 3 seconds before the “GO” command, and the racer’s start time was recorded as their actual start time based on the backup system that was in place.

Race Rules Proposal #7 – Clarifies in the titles of the sections that the sections are dealing with stopwatch timing rules.

15. Timing

15.1 General

....

15.1.2 Any primary timing system (hand-timing or wand and photo beam) will be supplemented by hand timing (*stopwatch or timing device, such as a SUMMIT device*) as a validation system

...

15.2 Timing with stopwatches

...

15.2.9 Timing Mass Starts with stopwatches

15.2.9.1 Three stopwatches will be used.

15.2.9.2 The finish timer will start two watches when the race starter says “go.” One watch is a backup (can be stored around the neck); the other watch is used to capture the finish times.

15.2.9.3 The race starter will start the third watch.

15.2.9.4 If electronic timing is used only two hand watches are needed.

15.2.10 Timing Individual Starts with stopwatches

15.2.10.1 Four watches will be used. Two for the start and two for the finish.

15.2.10.2 All watches are started 30 seconds before the first racer starts.

15.2.10.3 The Finish timer and the Start timer will start their watches at the race starter’s command. Each timer keeps one watch stored as a back-up (can be around the neck) and reads off the other watch.

Reason for Proposal- Verbiage added additional clarification for how timing with stopwatches is different for mass starts and individual starts. Changed numbering throughout section 15.2 so it was clear that the whole section dealt with timing with stopwatches.

Race Rules Proposal #8 - Adds a rule that competitors should not bother the timing crew when they are working.

Add 16.8

16. The Race

....

16.8 A competitor should not approach the timing crew or Chief Calculator at any time when they are working during a competition.

Reason for Proposal – Adding this sentence codifies a rule that everyone on the timing crew would like racers to understand. By writing this rule in this section, it is definitively clear that a racer who violates this rule can be penalized by the jury if their violation is reported.

Race Rule Proposal #9- Adds a rule that describes how we have always handled team scoring when a team does not compete in the relay.

Add a sentence to both 17.3 and 17.4

17.3 Scoring for **Varsity teams in league races** that include relay races: The total team score will be determined by adding together the team points for the individual race and the team points for the relay race.

- If a team does not complete the relay race, then that team does not get a team score for the day. However, the individual results for members of that team remain as part of the individual results.

17.4 Scoring for **Varsity teams in State Championships**: The total team score will be determined by adding together the team points for the two individual races and the team points for the relay race.

- If a team does not complete the relay race, then that team does not get a team score for the day. However, the individual results for members of that team remain as part of the individual results.

Reason for Proposal – When calculating team scores when a team has not completed the relay, we have never gone back into the individual races and deleted the results of racers who were on the team that did not complete the relay. But, this practice is not codified anywhere in the race rules. Adding these sentences clarifies that the Chief Calculator does not need to think about whether to change Varsity points in the individual races if a team does not complete the relay race.

Race Rules Proposal #10 - Adds “coach” to the list of people that a protest can be filed against. Deletes a reference to an “official notice board.”

26. Protests

26.1 Types of Protests

- Against the admittance of competitors

- Against a competitor's competition equipment
- Against the course or its condition
- Against another competitor, a coach, or an official during the race
- Against timekeeping
- Against decisions of the TD or members of the jury.

26.2 Place of Submittal

26.2.1 Protests pertaining to the race are to be submitted at the location ~~designated on the official notice board or at a place~~ announced at the coaches' meeting.

26.3 Deadlines for Submittal

26.3.1 Against the admittance of a competitor: before the start of the race.

26.3.2 Against the course and its conditions, obstacles, danger points, etc. no later than fifteen (15) minutes after the course is set, or sixty (60) minutes before the start of the race (whichever is closest to the start time).

26.3.3 Against another competitor or competitor's equipment or against a coach or an official because of irregular behavior during the competition: within thirty 30 minutes after the last competitor has passed the finish.

Reasons for Proposal –If a coach violates the “coach behavior” rules (OISRAN Race Rule 10.1.3), a protest can be filed against a coach. NOTE: the jury decides IF a protest filed against a coach is valid – but the jury does NOT decide on the penalty for a coach’s violation of rules. Deleted the mention of an “official notice board,” because we normally don’t have one.

Race Rules Proposal #11: Clarifies 1) the process for how the Chief of Calculations handles a time penalty and 2) the process for how the jury handles violations committed by a coach.

27.6. Settlement by the Jury of a Protest or a Report of an Infraction:

- The Jury meets at a predetermined place and time, fixed and announced by the Jury, to deal with the protests and infractions reported by course monitors or other authorized people.
- The Jury will invite for discussion on protests and reported infractions the officials concerned, and if necessary any other officials involved, possible witnesses to the race concerned and the protesting coach, team captain or competitor. Additionally, any other material such as video tape, film photographs, etc, shall be examined if available.
- At the vote on the protest or reported infraction, only the Jury members are to be present. The TD chairs the proceedings. The decision requires a majority of all voting members of the Jury, not just of those present. In case of a tie, the TD's vote is decisive. There reigns the principal of a free evaluation of the pieces of evidence. The rules on which the decision is to be based shall be applied and interpreted in such a way that fair proceedings, taking into the account the maintenance of discipline, are guaranteed.
- **If the jury decides the penalty for a racer’s infraction is a time penalty, that time penalty is communicated to the Chief of Calculations, who adjusts the racer’s results and includes a note on the Official Results identifying the rule that has been violated and the penalty that was assigned by the jury.**

- If the jury decides a coach’s behavior during a competition should be protested, the jury secretary, on behalf of the jury, files a notice of protest to the Executive Director, according to OISRAN Policy 18.

Race Rules Proposal #12 - Clarifies how jury decisions are recorded.

28. Recording Jury Decisions:

28.1 All jury decisions shall be in writing and shall include:

- Offence alleged to be committed
- Evidence of offence
- Rule(s) or jury directive that have been violated
- The penalty imposed

28.2 On the FINAL race results, the Chief Calculator will note the time penalties that were assigned to specific bib numbers and what OISRAN rule(s) were violated.

28.3 The Technical Delegate will include a record of penalties and protests in their Race Report.

28.4 The minutes of the jury meeting are saved for reference in case there is an appeal.

Reason for the Proposal: This rule codifies the way jury decisions should be processed. By writing down the process, new people in the role of race secretary, chief calculator, and TD will know exactly what is expected of them. Used FIS 303.4.4 as a reference for concepts used in this section.

Race Rules Proposal #13 - Provides clarification for expectations for behavior of coaches at races.

Add some bullets and a “sub-bullet” to 10.1.3.

10.1.3. Officials' and Coaches' Behavior

...

- Coaches must comply with the instructions of competition officials.
- Coaches shall not approach any members of the timing crew when they are engaged in their race duties during the state championships event.
- Head coaches shall communicate with the Chief of Calculations about race results only after the Preliminary Race Results have been posted.
- **REMINDER: Coaches’ questions during the race should be directed to the Chief of Race.**
- Officials, coaches, and their staff members will refrain from use of alcohol, tobacco, controlled substances and profanity in the immediate Start/Finish areas as well as along the course.
 - Any officials or coaches found in violation will be told **by the Chief of Race** to leave the race at that point and will not be allowed near the course with their team during the following races. **A protest may be filed with the Executive Director.**

Reason for the Proposal: By writing rules in this location in the Race Rules, if a rule is broken, the violation can definitively be sent to the jury to provide clear documentation of a coach's actions.

Provides clarification

- about when race results are complete and can be challenged.
 - about how coaches must follow race officials' instruction
 - that the Chief of Race is the go-to person for questions
 - even though the jury decides if a violation has taken place, it is the Executive Director (and not the jury) who decides the penalty for a coach.
-

Race Rules Proposal #14 – Amend Kings Court Sprint Race rules to match how the successful race was organized in 2023

Section H: Modified Kings Court Sprint Race

90. Definition: The Modified King Court Sprint Race format assigns athletes to sprint heats for competition.

91. Courses and Stadium

91.1 Course length will be .8 – 1.2 Km.

91.2 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.

91.3 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.

92. Start Order, Scoring, and Start Procedure

92.1 **Seeding:** Coaches seed all their entries as per normal races as 1-7 seeds. Best skiers as "1" seeds

92.2 **Selection for pre-assigned rounds:** Coach seeding will be used to create three pre-assigned rounds for each gender.

92.3 **Creation of heats:** Athletes will be pre-assigned to specific heats, which will feature 3 upper seed skiers, 3 middle seed skiers, and 3 lower seed skiers

92.4 **Scoring by Placement in each round:** In each round, volunteers will record the order of finish by bib. After the event finishes, a volunteer will total points over three rounds for each bib to produce gender ranking lists.

The order of finish determines points awarded for each round.

1st — 15 points 2nd — 12 points 3rd — 10 points

4th — 8 points 5th — 6 points 6th — 4 points

7th — 3 points 8th — 2 points 9th — 1 point

92.5 **Sprint Heats**

92.5.1 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 with-draw from the competition.

92.2.2 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.

93. **Timing**

93.1 Sprint Heats will not be timed.

93.2 Tied results remain as ties in the final rankings

94. **Jury and Protest**

94.1 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.

Reason for Proposal: Northern League has run a Kings Court Sprint event for several years. This year they tried a new way to organize and score the event, and it worked well. Everyone agreed this new way of organizing the event is the best option. JD Downing has approved these changes.

Race Rules Proposal #15 – Add a description of how the bib numbers are positioned in a chevron start.

13.2 Individual Race- Mass Starts

- The mass start is typically carried out using angled start lines in the shape of an arrow. The bib numbers for each start position will start with the lowest bib number of each row at the far left and the highest bib number of the row at the far right. This means that the most favorable start position will be the bib number in the center of the “row.” For example, if each row has 7 racers, the number 4 position, occupied by bib number 4, is the most favorable start position. Each competitor should be separated by a fixed

distance interval. While this numbering is not consistent with the typical assignment of #1 being given to the most favorable positions, it greatly enhances racers and race help understanding and ability to organize into the assigned positions.

Reason for Proposal: Each year coaches ask how the bib numbers are organized in the mass start at the state championships event. Used FIS 315.3.1 for a guideline for verbiage.

Race Rule Proposal #16: Clarifies that the Chief of Race is the “go-to” person for coaches’ questions at a race.

Add a bullet to 5.2.

5.2 Chief of Race

...

- Is the point of contact for coaches’ questions during the race.

Reason for Proposal: Coaches are not allowed to bother the Chief Calculator or Timing Crew during a race, and this additional bullet statement explains who they can go to if they have questions about timing during a race.

Race Rule Proposal #17 – Expand the race rules coverage of penalties so that high school race juries have more guidance about when and how to apply penalties.

25. Penalties

25.1 General Conditions for which a penalty or sanction may apply: Conduct that is in violation or non-observance of competition rules, or constitutes non-compliance with directive of the jury, or constitutes unsportsmanlike behavior.

25.1.2 The following conduct shall also be considered an offence:

- attempting to commit an offence
- causing or facilitating others to commit an offence
- counselling others to commit an offence

25.1.3 In determining whether conduct constitutes an offence, consideration should be given to

- whether the conduct was intentional or unintentional
- whether the conduct arose from circumstances of an emergency

25.2 Infractions that are reported to the Technical Delegate, Chief of Race, Chief of Course Monitors or Chief of Calculations will be addressed by the jury.

- The jury normally assigns the penalty of disqualification for the infractions listed in Rule 25.3.
- All infractions, other than those listed in Rule 25.3, will be judged according to the specific circumstances.
 - EXCEPTION: A ‘False Start’ is automatically assigned a 15-second time penalty. (Rule 25.5)

- The penalty shall be appropriate to the offence. The scope of any penalty imposed by the jury must consider any mitigating and aggravating circumstances.
- Some, but not all, of the jury's considerations when assigning penalties are:
 - The negative impact on other competitors – obstructions of competitors' progress or preventing competitor from receiving favorable results
 - The results' advantage achieved by racer who commits the infraction
 - The lack of respect or poor sportsmanship exhibited by committing the infraction
- Difference between addressing infractions at League Races and at the State Championships
 - At League races, verbal warnings are generally used as a teaching tool if the infraction is not listed in Rule 25.3.
 - At the State Championships, if the infraction is not listed in Rule 25.3, time penalties are generally assigned when OISRAN Race Rules are violated.
 - EXCEPTION: As long as Junior Varsity skiers are allowed to participate at the State Championships, the Technical Delegate has the option to decide if an infraction by a junior varsity skier who is placing in the bottom 25% of the field requires jury deliberations. (A junior varsity skier does not receive team points for their performance.) The TD can issue a verbal warning for a junior varsity skier's infraction and save the jury and the chief calculator the time of processing infractions for these skiers.

25.3 A competitor should normally be penalized with a disqualification by the competition jury if they

- Participate under false pretenses: for example, under a false name, on a team of a gender that is different from the gender they used for registration, as a member of a team different from the one for which they are registered/approved.
- Jeopardize security of persons or property or actually cause injury or damage
- Run more than one leg in a Varsity Relay (Rule 55)
- Fail to complete the prescribed course (Rule 16.1)
- Are not supervised by an OISRAN certified coach who is identified as their supervising coach. (Rule 10.6.12)
- Do not meet OISRAN eligibility rules. (OISRAN Policy 10 and Policy 16)

25.4. A competitor may be penalized by the competition jury with warnings or time penalties if they violate race rules (other than those listed in 25.3) as defined in:

- OISRAN Rule 16 *The Race*
- OISRAN Rule 10.6 *Competitors during Competition*
- in OISRAN *Relay Rules* 53.4, 53.5, 53.6, and 54.
- the classical technique definition (OISRAN Race Rules, Section B 12.1.)

25.5. Time Penalty

- In Interval Start competitions, 'False Start' infractions should be sanctioned by a minimum time penalty of 15 seconds (the competitor's actual skiing time + 15 seconds minimum penalty).

- A 'False Start' is defined as when a competitor starts more than 3 seconds before the 'GO' command.
- The amount of time penalty the jury assigns for the violations listed in 25.4 shall be more than any time gained by the racer and sufficient to dissuade the racer and others from similar infractions.

25.6 Penalties for conduct other than the infractions addressed in 25.3 and 25.4

- If a competitor is reported as having conduct for which a penalty or sanction may apply (Rule 25.1) AND that conduct is not specifically addressed in 25.3 or 25.4, then the competition jury can use the considerations listed in 25.1 as guidance for assigning penalties ranging from a warning to a DSQ.

Reasons for Proposal: To add more clarity for the jury about when penalties are assigned. Goal is to make OISRAN race rules as complete as possible within themselves by including within OISRAN race rules the part of FIS rules that apply to OISRAN.

Feedback from the TD for the 2023 State Championships and from coaches who were on the jury that said the current way the OISRAN Race Rules describe penalties does not give clear instructions on how to approach disqualifications and penalties.

Coaches do not want to use the process of assigning DSQ's the way the process is defined by FIS rules – the coaches want to be able to assign penalties for infractions that are penalized by DSQ's in FIS.

This proposal defines a limited number of circumstances where DSQ's would normally be assigned for high school racing. For the violation of all other OISRAN race rules [The specific OISRAN race rules are identified], the consequences for violating the rules would be warnings or penalties. This clear direction to the jury is intended to help them when they are working on assigning penalties for infractions. Only a few types of violations can be assigned the penalty of a DSQ. For all other violations, the OISRAN Race Rules guide the jury to use warnings or penalties.

Verbiage from FIS rules 223.1.1 and 223.1.2 was used for defining General Conditions.

Verbiage from FIS is used for defining what the jury considerations might be (223.1.3) and what "automatic DSQ's" might be (352.2.2).

Section 25.5 was modified to clearly define a "false start" so it can be distinguished from an "early start." An "early start" is not given a time penalty.

Race Rule Proposal #18: 1) Adds rules about what competitors can wear at races and 2) states a rule that we have always followed (but never written down) about a student being accompanied by a certified coach.

Add verbiage to "Competitors during Competition."

10.6 Competitors during the Competition

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- 10.6.9 The official start number (bib) must be visible, and worn in racing fashion while skiing, from the time of distribution to the time of collection, except for the start area. **The competitor can cover the bib with a coat only in the start area. The coat will be removed before starting.**
- 10.6.10 **Costumes are not allowed in Varsity races at the State Championships event. For JV relay races at the State Championships event, the racer's bib must be worn over all parts of a 'costume' (including a cape) so that the bib number is clearly visible from all directions (front, back, and sides) at all times.**
- 10.6.11 **Uniforms at the State Championships:**
- **Uniforms at the State Championships event must include at a minimum a t-shirt or tank top that covers the midriff during competitions, including the relay races.**
 - **If the team provides a uniform, the racer must wear enough of the team-provided uniform so a race worker can identify the racer's team by looking at the racer's uniform. If a team does not provide a uniform, this rule cannot apply.**
- 10.6.12 **Competitors at the State Championships must be supervised by a head coach or supervising coach**
- **who has completed the required coaches' training courses for becoming an OISRAN certified coach**
 - **is designated as their head coach or supervising coach**

Reasons for Proposal

10.6.9 Added verbiage that was previously in a different part of the race rules - to clarify how coats can be worn over bibs in the start area.

10.6.10 and 10.6.11 Codify what groups of coaches have said during pre-race meetings about what they would like racers to do about wearing uniforms and costumes.

10.6.12 Added this requirement for a competitor to codify the expectation that every racer will be accompanied by an OISRAN certified coach. These expectations are part of OISRAN Policies, are required by insurance, and need to be explicitly stated as a race rule so that it is clear that a racer who enters a race without being supervised by an OISRAN certified coach can be automatically disqualified from the competition.

Race Rules Proposal #19 – Allows racers to compete in relay races if they have not competed in the individual races at the event.

56. Entries

56.1 At the **State Championships**, racers ~~must~~ **who are eligible to compete at the State Championships and have not completed at least one of either of** the two individual events at the State Championships ~~to be~~ **are** eligible to enter the Varsity or JV relay races

56.2 At the **League events that have individual and relay races on the same day**, racers ~~may~~ **must** ~~have completed the individual race that day to be eligible to~~ enter the Varsity or JV relay races **if they have not completed the individual race that day. However, competing in only the relay race**

portion of a League Event does not count towards the 3-race participation requirement for qualifying for the State Championship races. (OISRAN Policy 16)
