

2024-25 Race Rules Summary

(prepared for 2024 Fall – *rule changes* made in 2024 are in ***bold italics***)

Crossing the finish line: Coaches may not cross the finish line on competition day. Competitors may ski across the finish line on competition day ONLY when they are finishing a race.

Bibs must be visible: Can cover the bib with a coat ONLY in the start area. The coat is removed before starting.

Uniforms: Uniforms, at a minimum t-shirt or tank top, must cover the entire midriff during competition, including relay races.

Warming up: Ski the course in race direction while warming up.

Electronic devices: Competitors may not use electronic devices with earphones in the Start area and while racing at the state meet and Southern League races.

Broken equipment: Racer must complete course on **at least one ski**. If a racer breaks a binding or ski so that it is not functional, they may continue on the course by propelling themselves with their ski-less foot. As soon as they can get a substitute ski they may finish the race on the replacement ski.

Point-of-contact for questions during the race: The Chief of Race is the person to contact during the race. Do not approach the timing crew with questions during the race.

Racers must follow the instructions of all race officials. This includes any race official wearing an official bib and coaches.

Racers must be respectful toward citizen skiers.

Obstructing, pushing or deliberately impeding or blocking another skier is not allowed.

RULES OF THE START

Mass Starts

- The commands for the start of a mass start race are ***“Racers Ready,” 10 seconds.*** The start command can happen at any time after the **10-second** call.
- All skiers must be motionless at their designated start point at the **10-second** command.
- Skiers must stay in their start lane until marking ends.

Interval Start Procedures

- The start commands for the Interval Start races are: A 10-second warning before start, with a verbal “10-seconds,” then a count of “5, 4, 3, 2, 1 and GO.”
- Any competitor who has a “false start” (defined as more than 3 seconds before the “GO” command) gets an automatic 15-second penalty. If a skier starts between 1 and 3 seconds before the “GO” command, their start time will be changed to match their actual start time.
- If a competitor arrives late, the Start Supervisor will direct the skier to the late start line and will tell the skier when they can start. The skier arriving late WILL NOT GO THROUGH THE WAND.

The skier's actual start time will be recorded in case the jury decides that the cause for the late start was beyond the skier's control. Otherwise, the start time on the Start Orders will be used for the skier's start time.

RULES OF THE FINISH ZONE

- Skier should choose a lane in the finish zone and can change finish lanes only if they do not obstruct another skier.

RULES ON THE COURSE

- ONLY CLASSICAL techniques allowed in the classic race
 - Skis must not be gliding when herringboning up a hill
 - Downhill corners can be skied aggressively, for example, pushing off the outside ski in a corner zone is allowed – but no active skating pushes are allowed on other terrain or after a downhill corner where classic tracks resume on the course.
 - Excessive changing of lanes (3+ in a row) may be considered skating by a technique judge.

OVERTAKING RULES

Interval Starts

- A competitor who is overtaken MUST give way on the first demand. This applies in classical technique courses even when there are two tracks.
- The request of "Track" should be acted upon at the 1st command
- A competitor can only request "Track" if they are gaining on the other skier and close enough to be sure to be able to pass
- A competitor may not track another competitor in marked areas.

Mass Starts

- In a mass start race, a competitor who is being overtaken is NOT REQUIRED to give way on the first demand, but the overtaken skier must not obstruct the skier who is overtaking them.
- It is the passing skier's responsibility not to cause any obstruction. (The overtaking skier's skis must be clear of the overtaken skier before best line can be taken.)

Relay Races

- Cannot request "Track" UNLESS you are overtaking a skier in a different colored bib.

RELAY TAG

- A tap of the hand to any part of the next skier's body must be done in the exchange zone. No pushing allowed! Follow Relay Referee's command if the tag is not correctly completed, and the skier must go back and complete a correct tag.