OISRAN

oregon interscholastic ski racing association nordic

RACE RULES

2026-2027

OREGON INTERSCHOLASTIC SKI RACING ASSOCIATION NORDIC RACE RULES

(June 1, 2026)

Changes on June 1, 2026 ***(Changes are in bold italics)***	**Delete Race Rule 17.5 and Race Rule 22.1.2:** The two-division option for Southern League Races has not been used because the league is too small for this idea to be implemented.
	Race Rule 92.4: Specify how team scoring for the Modified Kings Court Sprint Race differs from Race Rule #17

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Section A: Race Organization

1. The Members of the Race Committee

- Chief of Race
- Chief of Course
- Chief of Timing
- Chief Calculator
- Race Secretary
- Additional members at the discretion of the organizing team

2. The Duties of the Race Committee

- Appoints a Technical Delegate and members of the jury.
- Administers the rights, duties, and obligations of the organizer of any sanctioned event.

3. The voting members of the Jury are

- the Technical Delegate, who serves as the chairperson of the jury
- the Chief of Race
- the Chief of Course Monitors and
- Two (or more) members appointed by the race committee
  - For league races, two other members are preferably from different teams who are not hosting the event.
  - For the State Championships, preferably a jury member represents each league

3.1 If any jury members are involved directly in the protest, then a neutral jury member will be used.

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 on any protest or penalty.
- Decide if a late start was due to force majeure
- Decide on any questions not covered by OISRAN race rules
- 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.

5. Duties of Race Officials

5.1 Technical Delegate:

- Will be approved by the Race Committee with preference made to individuals who have

attended an OISRAN approved Nordic officials' clinic within the past two years.

- Makes sure the event is run according to OISRAN rules and all technical aspects are in accordance with OISRAN rules.

5.1.2 Technical Delegate duties before the competition:

- Shall examine the course with the help of profiles, drawings and other material.
- Shall make necessary approval judgment.
- Shall visit the terrain of the competition site and have accurate knowledge of the courses to be used.
- Shall keep informed of the technical preparations being made by the organizers and be well acquainted with the technical organization.
- Is able to give advice and information as needed to those in charge and make any necessary changes.

5.1.3 Technical Delegate duties during competition:

- Must be present during the entire period of the competition and should be at the competition site early enough to make a final inspection before the start of events, including the start, finish, and relay zones.
- Make sure that the starting arrangements function in accordance with OISRAN requirements, as published.
- Proceed to the finish line and make the same inspection there.
- Visit the relay zone to inspect check points or any critical points on the course, if necessary.
- Remain at the site of the event until the last competitor has reached the finish line.
- If the TD has to leave the site before the end of the event, the Chief of Race must be informed.
- Assists all officials and race personnel to make sure the race is run safely and effectively.
- Advises the organizers within the scope of their duties.
- In critical cases, above all in cases of danger to the health or safety of the competitors, the decision of the TD (even contrary to the votes of the other Jury members entitled to vote) is binding. In such a case, the TD must put his decision in writing, together with the reasons for it and bring it immediately to the attention of the OISRAN Board.
- Determines the outcome of a photo finish at the state championships.

5.1.4 Technical Delegate Duties after the Competition

- Meets with the jury to make any necessary decisions.
- Obtains the unofficial results from the chief calculator and approves the official results before they are posted as "official."
- Submits a report to the OISRAN Board.

5.2 Chief of Race

- Directs and controls the work of all officials.
- Summons meetings of the Race Committee.
- Acts as chair of the Coaches Meetings after consultation with the TD.
- Is responsible that no competitor is left on the course after the finish of the race.
- Informs the coaches of the following: place, time and method of start; marking of the course; position of food and refreshment stations.
- Is the point of contact for coaches’ questions during the race.

5.3 Chief of Course

- Selects the course in consultation with the race committee.
- Is responsible for the preparation of the course in accordance with the regulations.
- Makes arrangements regarding the course for location of food, race headquarters; prepares maps and profiles.
- Is responsible for ensuring that competitors and officials have adequate space at the start and finish, including any parts of the course such as practice loops, etc.
- Is well acquainted with the terrain.
- Is preferably an experienced skier with some competition background.

5.4 Chief Steward

- Makes arrangements for providing food and refreshments for racers and race help.
- Sets up food station/s.

5.5 Chief of Timing

- Responsible for the coordination of personnel for starting, time-keeping and calculations.
- Starter and time keepers work under the direction of the Chief of Timing.
- Establishes controls in the finish area.

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

5.7 Chief Calculator is responsible for

- creating all starting lists and posting them electronically.
- computing all race calculations.
- posting infractions at the same time the unofficial times are posted so that jury members and coaches have the information.
- calculating the final team tabulations.
- posting unofficial results online and/or at the event.
- any print-outs of documents as may be requested by the Technical Delegate on race day.
- making any corrections (if needed) and posting the official final results electronically.

5.7.1 The Chief Calculator can assign some of their duties to a Pre-Race Calculator who

- creates all starting lists and posts them to the timing software.

5.8 The Race Results Coordinator

- Creates a pdf file of the results from each League event that puts all the results from one event onto one pdf document, including individual, relay, and team results. Posts this pdf document on the website.
- For the State Championships event,

- Is a "backup check" for the chief calculator for calculating combined team scores in preparation for the awards ceremony
- creates a pdf file of the results from the State Championships that puts all the results from both days' events into one pdf document, including individual, relay, and team results.
- gets the pdf report posted on the website

- Calculates team scores for the Southern League Race Series.
  - Creates a pdf file summarizing the combined individual scores and the combined team scores for the Southern League Race Series.
  - Posts Southern League Race Series on the website.

5.9 Chief of Course Monitors

- Reports to Chief of Race and coordinates with the Chief of Course.
- Decides together with Chief of Race and TD the suitable placing of course monitors.
- Informs course monitors of their duties: that they may use video equipment and they must be ready to testify before the jury about any infractions they note.
- Equips course monitors with control cards and other material (maps, etc.) that may be necessary and assigns them to their positions.
- Collects all pertinent information and control cards after the competition and reports any infractions to the jury and the Chief Calculator.

Section B: The Cross-Country Race Rules

All OISRAN sanctioned races will be run in accordance with the following rules and regulations. Currently published FIS International Ski Competition Rules (ICR) can be used by the jury as reference and guidance for how to approach areas not specifically covered in the following race rules.

10. Race Operations

10.1 Coaches and Officials During the Competition

10.1.1 Identification of coaches and race officials is desirable so that competitors and coaches know who is making a request.

- Identification can be by arm bands or bibs
- The head coach of each team will be allowed to wear a coach's bib or armband. The head coach wearing this identification has the right to approach the officials during a race.

10.1.2 Coaches' Meetings: A coaches' meeting will take place on race day at least 1 hour prior to the race. Coaches are responsible to have reviewed the course and be ready to approve it or make suggestions for changes. Announcements will be made about bib turn-in, meeting place for jury, any procedures the coaches and racers must know, etc.

10.1.3. Officials' and Coaches' Behavior

- Coaches must comply with the instructions of competition officials.
- Coaches shall not approach 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.
- Coaches shall not ski across the finish line on competition day.
- 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.

10.2 Race Entry

10.2.1 Entry procedures and deadlines for races

- The OISRAN Board will set entry procedures and deadlines for the State Championships.
- Each race organizer for a League race shall set entry procedures and deadlines for their League race.

10.2.2. Seeding Interval start races

- Procedures for seeding for the interval start race for the State Championships will be decided by the OISRAN Board annually.
    - Separate ordering of the seeds will take place for the Girls and the Boys teams for the State Championships.
- Procedures for seeding for the interval start League races will be decided by the race organizer.
    - Separate ordering of the seeds for Boys and Girls teams is not a requirement for League races.

10.2.3. Mass starts

- The mass start should be carried out using a handicap start system. This means that the highest ranked athlete has the most favorable start position followed by the next highest ranked athlete. This can be organized using angled start lines (arrow >>>>) with each competitor separated by a fixed distance interval.
  EXCEPTION: Northern League and Mt. Hood League have the option to not use a handicap start system for League Mass Start races.

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

10.4 Warm-up areas should consist of the same terrain and grooming as the race course and be in close proximity to the start area.

10.5. For order and control on the courses the following principle applies:

- From 5 minutes before the start until the time the Chief of Course (or his appointee) clears the course after the last competitor, all non-competitors, except coaches and officials are no longer permitted to ski on the designated race course.
  EXCEPTION: For Northern League and Mt. Hood League races, skiing on the course while not competing is acceptable as long as no competitor is obstructed or distracted. It is recommended that the non-competitors ski in the same direction as the race. Course closure is determined by these guidelines, rather than a Technical Delegate's decision.
- The TD can issue special regulations to allow other specified non-competitors on the designated race course.
- The race map should have access areas to the course marked.

10.6 Competitors during the Competition

10.6.1 In all competitions, obstruction is not allowed. This behavior is defined as deliberately impeding, blocking (by not following best line), charging or pushing any competitor with any part of the body or ski equipment.

10.6.2 In an interval start race, a competitor who is overtaken must give way on the first demand. This applies in classical technique courses even when there are two tracks and in the free technique courses when the skier being overtaken may have to restrict his skating action.
EXCEPTION
- in marked zones a competitor may not track another competitor. (OISRAN Race Rule 10.6.4)

10.6.3 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.
EXCEPTION
- A skier in a relay race (mass start) who is being overtaken must give way on the first demand IF the skier being overtaken is in a different leg. The skier being overtaken must give way even when there are two tracks in classic technique courses and in the free technique courses when the skier being overtaken may have to restrict his skating action.

10.6.4 Once the competitors enter a zone where corridors are marked, they must choose a corridor. A competitor is allowed to leave the chosen corridor as long as they are not obstructing another competitor. (OISRAN Race Rule 10.6.1)

10.6.5 The competitor must comply with the instructions of competition officials.

10.6.6 Warming up on any ski competition course must always be done in the competition course direction. No one (coach or competitor) should ever ski on the course against the direction of the competition course. Unless the TD has issued exceptions to this rule.

10.6.7 In the state meet and Southern League races, a competitor's use of electronic devices with earphones is prohibited in the Start area and during the race.

10.6.8 The default of using the US Ski and Snowboard rule about pole length will be the way to address any pole length issues for the classic race at the OISRAN state meet. The US Ski and Snowboard rule will be enforced at the state meet ONLY through a protest process.

10.6.9 Bibs 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 Unforms at the State Championships event:
- 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 unform 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 a 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.

10.6.13 Competitors must show respect toward citizen skiers.

10.6.14 No competitor should ski across the finish line on competition day if they are not finishing the race**.**

11 Description of the Cross-Country Competition Courses

11.1 The cross-country course shall be laid out so as to be a true test of the competitors' strength, endurance, ski technique and tactical knowledge.

11.2 All courses should be completely prepared and groomed with machines. If a diagonal race course has two tracks, they will be set at least 1.20 meters apart, except for temporary terrain restrictions, measured from the middle of each pair of tracks. Sharp turns and changes in course direction as well as steep downhills of the diagonal course should have discontinued tracks so that the racers can step turn or snowplow such sections.

11.3 The course shall consist of varying sections of climb, downhill and undulating terrain (recommended approximately 1/3 of each terrain). Climbs that are too long and steep, very difficult and risky downhill sections, as well as monotonous open stretches should be avoided.

11.4 Any artificial obstacles are not allowed on the course. The first section of the course should be relatively easy. The most strenuous part of the course should occur about halfway or in the third quarter of the course.

11.5 The course may not be set on slopes that entail undue risk to the competitor. Changes of direction shall be gradual and not abrupt.

11.6 Courses should not be too flat or monotonous. They should be varied so that endurance and ski technique are put to the test.

11.7 A course that is easy should be preferred to one that is too dangerous.

11.8 The height difference (HD) shall not exceed 100 m.

11.9 The difference in height of a single climb (MC) must not exceed 50 m.

11.10 The total climb (TC) limits for the individual Nordic ski course should be within 20 -200 m. for a 5K course, or proportionally by distance.

11.11 The course for the State Championships shall not be above 2200 m (7269') unless such standards are specifically waived by the OISRAN Board of Directors, acting in the role of the State Meet Committee.

11.12 The course shall be measured. Preferably, the measuring shall be done by tape or line. Could be approximated by GPS or a snowmobile. The course may be set to a plus or minus 10% of the stated distance, i.e., 4.5 K to 5.5 K for a 5K course, to allow for terrain availability.

11.13 There will be a “1K to go” sign set 1K from the finish in plain view. A "200 meters" sign shall be placed at the appropriate distance from the finish.

11.14 The start and finish should be clearly marked and preferably be at the same height on level ground.

11.15 The mass start should have a minimum of 35 meters of parallel lanes. After 100 meters the lanes should converge to the race course.

- The classic technique competitors are forbidden to leave their lanes.
- The freestyle technique competitors are forbidden to leave the parallel lanes or to use skating techniques for this distance.

11.16 All courses shall be open to competitors for inspection. The Race Committee may limit inspection to certain hours or certain parts for grooming.

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.

12.1.1 The jury may ban or enforce the use of specific techniques on clearly marked sections of the course. Technique and turning zones should be marked before official training and on course maps if possible. In marked Technique Zones only the use of diagonal technique (alternating diagonal movements of both arms and legs including diagonal stride and herringbone without a gliding phase. In diagonal technique only one or no pole is in the ground at any time. In technique zones only diagonal technique is allowed.

12.1.2. Technique zones should be introduced in at least one league classic race each season.

12.2 Free Technique includes all Cross-Country skiing techniques.

13. Method of Starts

13.1 Individual Race – Interval Starts

- Interval starts will normally use half-minute intervals. The TD may approve shorter or longer intervals in order to have fair conditions for the competitors.
- The competitor shall start with the front of both bindings behind the starting line.
- The starter shall give every competitor a 10-second warning before start with a verbal "10 seconds" before the start. They shall count "5-4-3-2-1 and go."
- The competitor shall always be allowed to see the starter's watch.
- If electrical timing is used, an electrical audible start signal should be given.

13.2 Individual Race- Mass Starts

- The mass start is typically carried out using angled start lines in the shape of an arrow. For the State Championships mass start, 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.

13.2.1. The starting procedure for a Mass Start will begin two minutes before the start signal.

- At this time, instructions about the start will be given to all competitors assembled in their start positions. These instructions should end with the competitors being instructed to stand at their start positions "Racers Ready."
- Next there will be the command "10 seconds to start."
- Any time after the 10 seconds command, when all competitors in the wave are motionless and in the "set" position, the next sound will be the start command ("GO") or signal.
- In a Wave Mass Start race, each subsequent wave will receive the same commands as soon as racers are in their start positions: "Racers Ready," "10 seconds," and the start command.

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 24.5)

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.*

14.3 A competitor who starts late shall not interfere with the start of the other competitors.

14.4 If a competitor starts late, the competitor's actual start time must be noted in case the jury decides his late start was due to force majeure.

14.5 When a competitor starts late, the start list time will count for the start 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.

15.1.1 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

15.2.1 A least two stopwatches will have the freeze dial option so times can be read while the continuous time is still running and/or will have the option of recording into electronic storage.

15.2.2 It is desired that two of the watches be able to record into storage 500 separate times.

15.2.3 Hand timing will be recorded to the hundredths of a second from stopwatches that record to the hundredths of a second, but the times will be rounded to the nearest tenth of a second for the official results for any individual race, following these steps:

- All timers write the times to the hundredths of a second on timing sheets.
- Data entry person enters times into the calculations' sheet to the hundredths of a second.
- Calculator sorts results and identifies any times that are within .2 second as a tie.
- The tied time is the average of the times.
- All times are rounded to the tenths for the official results.

15.2.4 Hand timing results for each individual race at the state meet will be calculated and posted according to the steps in 15.2.3, however the combined individual state meet results are calculated according to the following steps:

- Retain the times as recorded to the hundredths of a second, and use these times when calculating the combined individual times.
- Calculator sorts results and identifies any times that are within .4 second as a tie.
- The tied time is the average of the times.
- All times are rounded to the tenths for the official results.

15.2.5 The head timer confirms that all watches are synchronized and all aspects of the timing system are operating correctly.

15.2.6 Hand-timing times for the racers will stop when their first foot crosses the finish line. The hand-timing validation system will separate out the times when more than one racer beaks the photo beam at the same time.

15.2.7 The clock's memory or other timing recording devices are not cleared until after the final results are official.

15.2.8. Hand-timing times for the racers will stop when their first foot crosses the finish line. The hand-timing validation system will separate out the times when more than one racer breaks the photo beam at the same time.

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.

15.3.10.3 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.

15.4 Electronic Timing: when available, race officials will rely on recommendations from timing manufacturer regarding back-up timing, and number of timing officials needed to adequately run the system.

16. The Race

16.1 All competitors must follow the marked track and pass through all official check points.

16.1.1 If the planned race course requires major changes on race day, a coaches' and race committee meeting(s) will be held prior to race start to communicate changes. Chief of Race, Chief of Course, and the Technical Delegate will make final determination on the course changes. Signage will be placed on the course to designate course changes. Head Coaches are responsible for communicating changes to their team members. Adequate time will be allowed to make all participants aware of course changes.

16.2 Competitors may use no supplemental means of propulsion other than skis and poles.
EXCEPTION: If the 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.

16.3 Pacing, defined as skiing behind, in front of, or alongside a racer with the intent of controlling or maintaining the racer's tempo, is not allowed. It is permissible to run on foot alongside the track, giving words of encouragement, giving intermediate times and information to racers for up to 30 meters. In all circumstances the race course must be kept clear.

16.4 The entire course must be accomplished on at least one ski.

16.5 During the race, poles may be exchanged. In individual races, or relays, one ski may be exchanged providing the competitor can show to the jury the broken ski or damaged binding occurred in that race.

16.6 The technique used in a race may be limited to the "classical technique" as defined in Section B 12.1. Such races shall be so designated, and all competitors will be notified of this special designation well in advance of the competition.

16.7 A competitor may wax skis during the race but without assistance from any other person. Competitors have the right to make use of wax, torch, or scraper, provided by others, as well as refreshments during the events of competition.

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

17. Calculations of Results

17.1 Calculations for Varsity Team Scores for Individual Races

17.1.1 Only the top five finishers for each team earn varsity placement points at a race. The sum of the varsity placement points of the top three finishers for each team determines the varsity team score.

17.1.2 If a varsity team has only 2 finishers, a dummy score may be used for the third place. The dummy score is calculated by adding one to the total varsity placement points.

17.1.3 Where more than five (5) athletes have entered any race for one team, racers finishing 6th, 7th, 8th, etc. for that team do not displace points for varsity team scoring.

17.2 Calculations for Varsity Team Scores for **Varsity Relay Races** are as follows:

First-Place Team	6 points
Second-Place Team	12 points
Third-Place Team	18 points

17.2.1 The points are to be increased by six (6) for each team on through the remaining relay results.

17.2.2 Varsity team relay finish orders ignore any JV1, JV2, etc. relay team finish orders. For example: if the overall relay finish order were Varsity team for School A, Varsity team for School B, JV team for School A, Varsity team for School C—then the placement for the Varsity teams is:

1st place	School A
2nd place	School B
3rd place	School C

17.2.3 If a team has only 2 competitors for a Varsity relay team, then those two racers will compete in the first two legs of the relay and a dummy time (a time equivalent to the slowest time of the third relay leg) will be added to their composite time. That total time will be compared to the total times of the other Varsity relay teams to arrive at a finish position.

17.2.4 If a team has only one (1) competitor, that competitor can ski in the JV relay event

- That competitor can ski on a relay team that is comprised of two JV competitors who are from another team, or they can ski one leg on a JV relay team where each leg is skied by a competitor from a different team.
- The individual lap times are calculated and posted.

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.

18. Tie Breaking – Teams

18.1 Tie breaking procedures apply only to determine the first five team placements. Ties for places beyond fifth will not be broken and will remain as ties.

18.2 If each tied team has four (4) finishers in the individual race, the varsity points of the fourth finisher are compared. The team with the lower point total wins.

18.3 If the tie remains after applying 18.2 and both teams have five (5) finishers, the varsity points of the fifth finisher are compared. The team with the lower point total wins.

18.4 If either team has only three (3) finishers, or if the tie remains after applying 18.2 and rule 18.3 cannot be applied because one or both teams do not have a fifth finisher, then the tie is broken by comparing the total race times of the top three finishers from each team in the individual event. The team with the fastest combined time wins the tie.

18.4.1 If a scoring relay race is part of the competition, the time of the relay team is added to the total individual times of the top three finishers to determine the fastest overall team time.

18.5 If one of the tied teams has only two (2) skiers in any competition, and the other team has a full team of three (3) or more skiers in all competitions, the team with a full team wins the tie.

18.6 If the tie remains after applying rules 18.1 through 18.5, the tie will stand and both teams will be recorded as tied.

18.7 Tie- Breaking for State Championships

For State Championships results, the team tie-breaking procedures outlined in 18.1 through 18.6 apply.

Team tie-breaking applies in three situations at the State Championships:

- Boys' team awards (top 5 placements)
- Girls' team awards (top 5 placements)
- Combined team award (1st place only)

18.7.1 If both tied teams have four (4) racers in each of the two individual races, the varsity points of the fourth finisher from each race are added together for each team. The team with the lower combined total varsity points wins the tie.

18.7.2 If the tie remains after applying 18.7.1, and both teams have five (5) racers in each individual race, the varsity points of the fifth finisher from each race are added together for each team. The team with the lower combined total varsity points wins the tie.

18.7.3 If either team has only three (3) finishers in one or both individual races, or if the tie remains after applying 18.7.1 and rule 18.7.2 cannot be applied because one or both teams do not have a fifth finisher, then the tie is broken by adding the total individual times of the top three finishers from each team in both individual races, plus the time of their relay team. The team with the fastest overall time wins the tie.

18.7.4 If one of the tied teams has only two (2) skiers in any of the three events (either individual race or the relay), and the other team has at least three (3) skiers in all three events, the team that has three (3) or more skiers in all three races wins the tie.

18.7.5 If the tie remains after applying rules 18.7.1 through 18.7.4, the teams will remain tied.

19. Tie Breaking - Individuals: If two or more competitors have the same time, they shall each be given the same place on the official results. Therefore, if two are tied for first place, there will be no second-place winner, but the next place listed will be third place.

20. Announcement of Results

20.1 Unofficial Times

20.1.1 Times taken by the timekeepers shall be considered unofficial times. They shall be posted on a scoreboard that shall be readily visible from the area provided for the competitors who have finished, or they shall be available electronically.

20.1.2 As soon as possible after completion of the race, unofficial times and infractions shall be announced on the official notice board and also at the finish or electronically. The time for posting times is counted from the moment of the announcement.

21. The Official Result List must contain the following:

- The name of the organizing team or league.
- The name of the competition, the site, individual discipline (freestyle or classic), description of the legs of the relay race, and classification (Varsity boys or Varsity girls).
- The date of the race.
- All technical data such as the location and distance of the course, the team names or league of the members of the jury.
- All details concerning the competitors, finish order, start number, surname, first name, team name, individual times for individual competitions, individual combined times (for state meet), did not start, did not finish, or disqualified.

22. Reports

22.1 Official results reports shall include the following listings

- Individual Boys
- Individual Girls
- Relay Boys Teams
- Relay Girls Teams
- Total Team Boys
- Total Team Girls

22.1.1 Team members who disqualify (DSQ), do not finish (DNF), or did not start (DNS) will also be indicated on the official results published after the race.

23. Cold and Warm Weather Precautions

23.1. **Background**: There are three main factors to be considered by the Jury regarding cold weather

safety: the temperature; the duration of the exposure, and the clothing and other protection against cold weather. These factors together with any other relevant information such as the "wind chill factor' must be taken into consideration when a decision is made regarding cold weather.

23.2 **Between 15 degrees Fahrenheit and zero degrees Fahrenheit**: If the temperature level is forecast to be between 15 degrees Fahrenheit and zero degrees Fahrenheit at any point on the course, recommendations regarding cold weather protection should be made available to the participants. Under such conditions it is the responsibility of the participants to seek the information and to follow the recommendations given by the organizer.

23.3. **Zero degrees Fahrenheit and below**: If the temperature in a major portion of the course is zero degrees Fahrenheit or below, the competition shall be delayed or cancelled.

23.4. **Warm Weather Precautions**: If the temperature is forecast to rise above 41 degrees Fahrenheit during the course of the competition, and exposure to sunshine is expected, recommendations must be given to competitors concerning clothing, skin protection and the need to consume adequate liquid before and during the competition. Feeding stations must ensure that they have adequate drinks to meet the increased demand. First aid stations must be briefed to be alert for signs of dehydration or any damage from sun exposure, and they must be prepared to take necessary measures in cases of dehydration or sunburn.

24. Penalties

24.1 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.

24.1.1 The following conduct shall also be considered an offence:

- Attempting to commit an offence
- Causing or facilitating others to commit an offence
- Counseling other to commit an offence

24.1.2 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

24.2 Infractions that have been 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 Race Rule 24.3.
- All infractions, other than those listed in Race Rule 24.3, will be judged according to the specific circumstances.

- EXCEPTION: A 'False Start' is automatically assigned a 15-second time penalty. (Race Rule 24.5)

- 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 Race Rule 24.3.
  - At the State Championships, if the infraction is not listed in Race Rule 24.3, 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.

24.3 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 (Race Rule 55)
- Fail to complete the prescribed course (Race Rule 16.1)
- Are not supervised by an OISRAN certified coach who is identified as their supervising coach (Race Rule 10.6.12)
- Do not meet OISRAN eligibility requirements. (OISRAN Policy 10 and Policy 16)

24.4. A competitor may be penalized by the competition jury with warnings or time penalties if they violate race rules (other than those listed in Race Rule 24.3) as defined in

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

24.5. 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.

24.6. Penalties for conduct other than the infractions addressed in Race Rule 24.3 and Race Rule 24.4

- If a competitor is reported as having conduct for which a penalty or sanction may apply (Race Rule 24.1) AND that conduct is not specifically addressed in Race Rule 24.3 or Race Rule 24.4, then the competition jury can use the considerations listed in Race Rule 24.1 as guidance for assigning penalties ranging from a warning to a DSQ.

24.7 Team disqualifications will result from the following infractions:

- An OISRAN team (or members of an OISRAN team) is disqualified from participating in an OISRAN event if they are not being supervised by a head coach or supervising coach who has completed the required coaches' training courses for becoming an OISRAN certified coach.

24.7. A team disqualification is defined as an action which affects only those scoring areas dealing with team scoring.

24.8. A team disqualification will not lead to individual disqualification, except for individuals involved in the infractions.

24.9. An individual disqualification will not automatically lead to a team disqualification, except in the case of a team that has only two members.

25. Protests

25.1 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.

25.2 Place of Submittal

25.2.1 Protests pertaining to the race are to be submitted to the Technical Delegate or a place announced at the coaches' meeting.

25.2.2 Protests pertaining to the behavior of a competitor, a coach, or an official during the race are to be submitted to the Technical Delegate or a place announced at the coaches' meeting.

25.2.3 Protests pertaining to rulings from the TD or jury are to be submitted to the OISRAN Board.

25.3 Deadlines for Submittal

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

25.3.2 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).

25.3.3 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.

25.3.4 Against the time keeping: within fifteen (15) minutes after the posting of the unofficial result list.

25.4. Forms of Protest

25.4.1 Protests must be submitted in writing.

25.4.2 As exceptions, protests may be made verbally by prior approval of the Jury.

25.4.3 Protest must be substantiated in detail. Proof must be submitted, and any pieces of evidence must be included.

25.5 Authorization: Designated head coaches, League Presidents and race officials are the only people authorized to submit protests.

25.6. 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 principle 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 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.

26. Recording Jury Decisions:

26.1 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

26.2 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.

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

27. Right of Appeal

27.1 Appeals against the decision of the Technical Delegate or jury must be made to the OISRAN Board of Directors by 6:00 pm on the Tuesday following the last race of the event.

27.2 All appeals must be in writing with all evidence in the possession of every member of the OISRAN Board of Directors at the time of their hearing any such appeal.

28. Calculation Error: A complaint based not on an alleged breach of the rules on the part of an official or a competitor, but on an alleged error in calculating the results, shall be considered if sent by registered letter from the competitor's team within one month of the date of the race to the OISRAN Board of Directors.

29. Medical Plan for races: A medical plan will be established for each league race and for the State Championship event and written in the race information for coaches and volunteers. The procedures to be followed in the event of injury, accident, or death should be included in this medical plan.

30. Incident Reports: Will be handled according to OISRAN Policy #28.

Section C: Relay Competitions

Fundamental Rule: The organization of the relay competition is the same as for other cross-country competitions with the following additions:

50. Timing Procedures for Relay Race

50.1 Three stopwatches will be used.

50.2 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 lap and finish times. The race starter will start the third watch.

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

51. Special Officials

51.1 A referee ensures that the tag in the exchange zone conforms to the exchange rules. (OISRAN Race Rules 54)

52. The Relay Course

52.1 The Start Line
52.1.1 When possible, the relay course should have a minimum of 35 meters of parallel lanes.
52.1.2 When possible, a minimum of 100 meters after the start, the lanes should converge to the race course.
52.1.3 The individual starting places should be at least 1.5 m apart.
52.1.4 There shall be one lane per team or the greatest number of lanes possible with a minimum of 4 lanes.
52.1.5 To provide a fair start, modifications can be done if required due to the terrain and the snow conditions.

52.2 For relays with classic technique, it is preferable that two tracks will be set.

53. The Method of Start for Relay Races

53.1 Each team will be assigned a starting lane according to OISRAN Policies

- For league races (Policy #9.13.3), if lanes are assigned to teams, then a race official makes the lane assignments.

- For State Championship relay races (Policy #41.9.3), the lanes will be assigned according to the team standings from Friday's individual race.

53.2 If there is not enough room to start all the first competitors for each team side by side, then the varsity relay event may be run in immediately consecutive heats and the junior varsity relay event may be run in immediately consecutive heats. It is also permissible to have two or more rows of competitors starting at least 2 meters behind each other, and to start them simultaneously.

53.3 **League relay events** may have separate varsity and JV relay races, or varsity and JV teams can compete in the same relay race.

- If the varsity and JV relay races are separate, coaches may enter varsity relay teams in the JV relay race, and a coach can enter JV teams in the varsity relay wave with the Technical Delegate's approval.

53.4 The **State Championships relay events** are separate varsity and JV relay races.

- A coach may choose to enter a Varsity Team that does not compete in the Varsity relay race in a Junior Varsity heat, but no Junior Varsity Team may enter a Varsity Team heat.
- If a team does not enter a Varsity Relay Team in the Varsity Relay race, that team does not get a team score for the event.

53.5 At the start, all racers must start in their assigned lanes and remain in those lanes for the length of the parallel lanes.

53.6 All competitors must start with the front of both bindings behind the starting line.

53.7 The starter shall follow the instructions in OISRAN Race Rule 13.2 (Individual Race – Mass Starts) when starting each relay heat.

53.8 If there is a false start, the starter's assistant (or referee), who stands at the end of the start line, responds to the starter's signal by barring the way, whereupon the starter arranges a new start.

54. The Exchange

54.1 Definition of a legal tag: the arriving competitor taps his/her hand on any part of the next competitor's body, while both competitors are in the relay exchange zone. The definition of "body" includes extremities (hands and feet). Any way of pushing for the starting competitor is forbidden.

54.2 If a tag contravenes the rules, both competitors must be recalled to the relay exchange zone, where a correct tag must take place before the next competitor taking over can start. The next competitor may only enter the relay exchange zone when summoned.

55. Penalties. The same rules apply as for other cross-country events with the following additions:

- If the same competitor runs more than one leg of the course, the team is automatically disqualified.
- If Relay Race Rules 53.4, 53.5, 53.6, or 54 are violated, the racer or team may be penalized with a time penalty.

56. Entries

56.1 At the State Championships, racers who are eligible to compete at the State Championships can compete in the freestyle, the classic, and one of the two relay races (Varsity or JV).

56.2 At the **League events** that have individual and relay races on the same day, racers may 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)

56.3 Delivering names of the three competitors on the **varsity relay team** and their starting order to the Chief Calculator

- For the **State Championships**, the chief calculator determines when and how the names should be delivered to them.
- For the **League races**, the race organizer determines if and when the names should be delivered to the Chief Calculator.

56.4 The names of the competitors on the junior varsity relay teams and their starting orders should be delivered to the Chief Calculator according to the instructions of the Chief Calculator for that race. League races and State Championships may have different rules about delivering the names of the competitors on the junior varsity relay teams.

Section D: Pursuit Competitions without a break

60 Fundamental Rule: The organization of the pursuit competition is the same as for other cross-country competitions with the following additions:

60.1 Pursuit competitions without a break consist of a first part with mass start, followed by the changing of skis in an exchange area and then continues with a second part. Each part uses different techniques.

60.2 Start
60.2.1 A Mass Start handicap start system must be used. (OISRAN Race Rule 10.2.3)
60.2.2 The starting order is based on previous race results.

60.3 Course
60.3.1 Distances: 3-4 km for classic technique + 3-4 km for free technique.

60.4 Skis must be exchanged, or the same skis must be taken off and put back on in the exchange zone.

60.5 The Race Organizer decides if the boots must also be taken off and put back on in the exchange zone. This information is communicated prior to the event through a note on the start list.

Section E: Paintball Biathlon

70 Fundamental Rule: The organization of the Paintball Biathlon competitions are the same as for other cross-country competitions with the following exceptions:

70.1 Jury for Paintball Biathlon

70.1.1 If the Paintball Biathlon is not a stand-alone event, no jury will make decisions about the Paintball Biathlon event– all decisions will be made ONLY by the Technical Delegate, and there will be no right to appeal.

70.1.2 If the Paintball Biathlon is a stand-alone event, the definition of the jury and the jury's duties will be the same as the jury for any other OISRAN League race.

70.2 The following recommended seeding, method of start, and course distances for the Paintball Biathlon are ONLY GUIDELINES – they are not established as Race Rules, and they can be changed to suit the race organizers' objectives:

70.2.1 Racers seeded by gender, from fastest to slowest.

70.2.2 Individual 30-second interval starts.

70.2.3 Course distance is less than 1 Km.

71 Shooting Range Rules:

71.1 Safety rules will be reviewed prior to the racers handling the Paintball Markers.

71.2 A safety marshal will be present at the shooting range.

71.3 The distance from which the target is shot can vary from 30 – 45 feet.

71.4 The diameters of the targets are approximately 8 inches.

71.5 The shooter can use any position they choose (standing, prone, or kneeling).

71.6 The racer gains a 10-second deduction in elapsed time for each target they hit. [There are 5 targets (or 5 hits per one target) for each halt at the shooting range.]

71.7 SUGGESTION that can be changed by race organizers: The racer halts at the shooting range 3 times (and skis 2 laps).

71.8 The responsibility for tallying the total number of targets hit will be assumed by "target helpers" at each shooting station.

71.9 The racer uses the shooting lane assigned to them by the Chief of Range.

72 Additional Race Officials and Race Helpers for Paintball Biathlon

72.1 Shooting Range Safety Marshal

72.2 Shooting Range Chief of Range

72.3 Target Helpers: record the number of hits for each racer's halt at the shooting range

72.4 Target Cleaners (must wear safety eye protection and heavy clothing)

Shooter Helpers (handle the paintball markers – keep markers full of paintballs, check gas pressure, clean markers when clogged)

72.5 "Wait Time" Recorder

72.6 A person who enters into the results calculations the number of hits that are recorded by "Target Helpers."

73 Optional scoring system: Use a penalty lap for each missed hit.

73.1 Change the role of Target Helpers to become that they monitor the number of penalty laps each racer skis.

Section F: Southern League Race Series

75 Definition of Specific Races for Race Series: At the beginning of the League Race season, the Southern League defines specific League races that are included in the "Southern League Race Series."

75.1 *If the Paintball Biathlon is one of the races included in the Southern League race series, the adjusted times are used*.

76. Calculating Individual League Points for the Southern League Race Series

76.1 The first-place winner in each race in the series gets 40 points, second gets 38 points, third gets 36 points, and fourth gets 34 points. Each successive place gets one less number of points (33, 32, 31, 30, etc.)

76.2 Ties for cumulative individual scores

- Any ties for cumulative individual scores will be broken by the results of the final league race in the "Southern League Race Series." A tie is broken in favor of whichever racer ranks highest at the final league race.
- If a racer who ties for cumulative individual scores at the final league race also ties for their performance at the final league race, then their tie(s) will be broken by adding their elapsed times for all the league races. If competitors are still equal, the tie remains a tie.
- Ties will be broken for only the top 10 places. Any ties for the remaining cumulative individual scores will remain as ties.

77. Individual Awards for the race series:
- The racers with the top ten cumulative individual scores of the Southern League Race series are recognized at the Southern League awards ceremony, held after the final race in the series.

78. Calculating Team league points for the Southern League Race Series

78.1 The slowest team at each race gets 2 points, next fastest team gets 4 points, and so forth until the fastest team ends up with 2 more points than the next to fastest team.

78.2 If teams tie for cumulative team league points, the tie will remain a tie. A new trophy(ies) is purchased, and more than the top 3 teams will be recognized.

79. Team Awards for the race series:
- The teams with the top 3 cumulative team scores of the Southern League Race Series are recognized at the Southern League awards ceremony, held after the final race in the series.

Section G: Pairs Relay

80. Pairs Relay: The Pairs Relay race consists of teams of two racers racing a prescribed course one after the other until both members have completed the course twice. Each racer is required to use the classic technique for their first lap and the free technique for their second lap. The team completes 4 laps.

80.1 Pairs Relay Race Start: All skiers in the first leg start at the same time (i.e. mass start – see OISRAN Race Rule 13.2). After each racer completes their course, they tag off to their teammate within the Exchange Zone.

80.2 Exchange Zone

80.2.1 Option 1: The racers are required to touch the body of their teammate in an exchange zone. (OISRAN Race Rule 54)

80.2.2 Option 2: The incoming skier may cross an "exchange" line in a lane adjacent to the one in which the outgoing skier is positioned. When the incoming skier crosses the exchange line the outgoing skier may start. The exchange line for the incoming skier is slightly ahead of the start line for the outgoing skier. In this way the outgoing skier can see when the "exchange" line is crossed.

80.3 The order of the laps for each team is 1st skier uses classic technique; 2nd skier uses classic technique; 1st skier uses free technique; 2nd skier uses free technique.

80.4 The number of separate races at any event and the composition of the teams for each race are determined by the race organizer.

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 The course used for the qualification round and the course used for the sprint heats should be the same.
91.3 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.
91.4 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.

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 ***Modified Kings Court Sprint Race Scoring***

Scoring for the Modified Kings Court Sprint Race differs from the scoring method used to score individuals and teams as defined in Race Rule #17.

- ***Varsity placement points shall NOT be assigned to individuals in the Modified Kings Court Sprint Race.***

92.4.1 ***Individual scoring is based on*** placement in each round.

In each round, volunteers will record the order of finish by bib ***number.***
After the ***completion of all three rounds,*** a volunteer will total points ***earned in each*** three round for each bib to produce gender ranking lists.

The order of finish ***of each round*** determines ***individual*** points awarded ***as follows***
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

92.4.1.1 Individual Ties - If two or more individuals have the same total points after three rounds, the tie shall remain and both individuals shall share the placement.

92.4.2 Team scoring is based on the cumulative individual point totals earned by individuals who completed all three rounds.

- ***The team score is the sum of the total points earned by the three individuals from the same team who have the highest cumulative point totals.***

92.4.2.1 Team Ties - If two or more teams have the same total team score, the tie shall remain.

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 withdraw from the competition.

92.5.2 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

OREGON INTERSCHOLASTIC SKI RACING ASSOCIATION NORDIC RACE RULES
(June 1, 2026)

CERTIFICATE OF SECRETARY

I, the undersigned, do hereby certify that the foregoing Race Rules constitute the Race Rules of the Oregon Interscholastic Ski Racing Association Nordic as duly adopted by the Board of Directors on the 1st day of June, 2026.

Signed on the 30th day of June, 2026.

Secretary Signature 