

Updated January 21, 2010

**Alpine Ski & Snowboard Racing
Nordic Ski Racing
SEASON OF SPORT**

2010-2013

GIRLS BOYS SEASON RUN CONCURRENT

FIRST CONTEST: December 26, 2010
December 26, 2011
December 26, 2012
December 26, 2013

LAST CONTEST: February 25, 2010
February 25, 2011
February 25, 2012
February 25, 2013

ALPINE CHAMPIONSHIP: First Full Week of March, weather permitting
NORDIC CHAMPIONSHIPS: Last Week in February, weather permitting

MINIMUM NUMBER OF ALPINE DIVISION RACES: 6, (3-SLALOM, 3 GIANT SLALOM)

All dates and sites of races are subject to change due to weather.

MINIMUM NUMBER OF NORDIC DIVISION RACES: 6

CNSSF CHAMPIONSHIP QUALIFYING GUIDELINES

I. DIVISIONS

Division North-I
Division North-II
Division Central-I
Division Central-II Ski
Division Central-II Snowboard
Division South-I
Division South-II
Nordic Division

II. ADVISORY COMMITTEE

The Advisory Committee consists of one Division Coordinator who from each of the each of the above Divisions meet in the fall and spring of each year. Nordic and Alpine disciplines meet separately on the same day.

III. SEEDING COMMITTEE

Alpine: There is no Seeding Committee. Teams and/or individuals are seeded for the CNSSF Championship by their qualifying scores in the three races of each Slalom and Giant Slalom.

Nordic: There is no Seeding Committee. The seeding for the CNISSF Championships is decided by a majority vote of coaches at the Fall CNISSF Coaches Meeting.

IV. RACE SITES AND TIMES

- A. Six Division Races are scheduled by each division at qualified ski areas.
 1. Site and date to be determined by the each division.
 2. Dates, times, and ski areas can change due to weather and conditions.
- B. CNISSF Championships are held beginning on the Monday of the first full week of March unless conditions make it necessary to move it to the second full week of March.
- C. Ski and Snowboard racing at the CNISSF Championships will be held the same week, and shall each occur on two consecutive days. Skiing and snowboarding will rotate on a yearly basis on which will compete the first two days. This order is subject to weather and conditions.
- D. Nordic Championships are held on two consecutive days in the latter part of February or early March. The dates will be decided up at the annual Winter Meeting.

V. QUALIFICATION AND SEEDING CRITERIA

A. Alpine

1. The Alpine Championships will be invitational based on:
 - A. Each full team will bring a minimum of three racers per event. An event is either Slalom or Giant Slalom.
Example: 3 for each Men's Slalom, Women's Slalom, Men's Giant Slalom, Women's Giant Slalom.
 - B. A "full team" is defined to have three or more racers per gender.
 - C. A team with less than three racers per gender is defined to be a "small team."
 - D. Each racer must have started in two of the three races in that event during the regular season to qualify.
2. Determining the number of racers each team and division can bring to the Championships:
 - A. Each division will rank their racers in an event by combining the racer's points for his/her two best finishes out of three races in that event.
 - B. Each division will calculate 3 times the number of full teams in the divisions to determine the number of qualifiers for the division; this will then determine the cut-off line. This cut-off number creates a list of racers that each team can use to determine which of their racers will compete in the Championship.
 - C. A team may take as many qualifiers as they have above the cut-off line.
 - D. Teams without three members on this list will then select racers from the remaining list for competition in each event.
3. Small teams with less than three racers in an event.
 - A. A small team may take 0-2 team members to the Championships in each event providing that each racer has started in two of the three races in that event.
 - B. The racer(s) from the small team will be placed in the run order for the division based on points earned by that racer, which is the normal arrangement.
4. Adjusting the cut-off line for "C" above.
 - A. If a racer from a small team is ranked above the cut-off line, the cut-off line is increased by one. This results in one more racer on the division start list for this event.

- B. If the added racer is also from a small team, the cut-off line will again be increased by one. This process will be repeated until the racer just above the cut-off line is from a “full team.”
- 5. A racer must have started in two of three slaloms to qualify for the Championships.
- 6. A racer must have started in two of three giant slaloms to qualify for the Championships.
- 7. Submitting start order rankings.
 - A. Each division will submit a run order ranked from highest to lowest points in each discipline (based on two of the three races).
 - B. The start order for ski will be North-1, North-2, Central-1, Central-II, South-1, South-II.
 - C. The start order for snowboard will be North-II, North-I, Central-II, Central-I, South-II, South-I.
 - D. This order will begin with the divisions that are sponsoring the Championships.
- 8. Any racer from above the cut-off line who does not participate in the Championships will NOT be replaced. Should this non-participation by a racer above the cut-off line cause a “full team” not to have a team of three racers qualifying in that event, the “full team” may take one more racer (for a total of three in an event) if the team has another qualifier farther down the list.
- 9. Start lists are final at the Coaches meeting the afternoon before the race.
- B. Nordic
 - 1. Selection of Athletes
 - A. Varsity athletes must have raced in two Varsity class division races during the current season.
 - B. Junior Varsity athletes must have raced in at least one division race during the current season.

VIII. OTHER RULES GOVERNING SPORT

A. Alpine

1. Season of Sport will be the same for both Girls and Boys. It will run from December to March culminating with the CNISSF Championships on or before the 15th of March.
2. Teams will consist of 8-Varsity girls and 8-Varsity boys each for ski teams and snowboard teams. Schools with more than 8 girls or 8 boys in a discipline (ski or snowboard), will place those athletes in a Open Class.
3. Open Class can consist of 9th, 10th, 11th, or 12th grade participants.
4. Athletes can move into and out of Open Class to and from Varsity teams at the discretion of the coaching staff.
5. Skiing and Snowboard will be considered two separate sports.
6. Scoring of division races.
7. Team scores competitions shall be the combination of girls and boys totals for each discipline.
8. Points earned in division races will be based on the formula of # of teams times 8.

Example: 6 teams X 8 = 48 points.

- a) 1st place earns 48 points.
- b) 2nd place earns 47 points and so on.

9. Schools will be ranked based on their total of the top four finishes out of the 8 girl and 8 boy racers.
10. Division rankings will be the sum total of all division races.
11. Individual totals from all races will be kept to rank racers for:
12. Qualifications for the Championships (see V. 1-8 above).
13. All-Division Top 10 in each of Slalom and Giant Slalom.
14. Racer points for this award will be the total all races for both Slalom and Giant Slalom.

B. Nordic

1. Season of Sport will be the same for both Girls and Boys. It will run from December to March culminating with the CNISSF Championships at a date determined at the annual Winter Meeting.
2. Teams will consist of Varsity girls and Varsity boys. In addition teams may have Junior Varsity girls and Junior Varsity boys.
3. Scoring – For a race to be scored 75% of the athletes listed on the start list for the race must be in attendance at the race.
4. Points earned in division races are based on 50 points for each “event” (Varsity Girls, Varsity Boys, JV Girls, JV Boys)
 - a) 1st place earns 50 points
 - b.) 2nd place earns 49 points and so on.
5. Schools will be ranked based on their total of the top four finishes in each event
6. Division rankings will be the sum total of all division races after dropping one race from the season statistics (R – 1 rule)
7. Individual totals (after using the R – 1 rule) will be kept to rank racers for individual awards at the end of the Division Race Season.

IX. CNISSF MANAGEMENT INFORMATION

A. Regulating Organizations. Each succeeding organization modifies previous regulations based on level of proficiency, age, equipment compliance and safety considerations for high school athletes.

1. International Federation of Skiing (FIS) rules governing Alpine and Nordic events.
2. United States Ski Association (USSA) Junior Olympics J-3 for Alpine racing.
3. California Interscholastic Federation
4. California Nevada Interscholastic Ski and Snowboard Federation (CNISSF).
5. Individual schools.

B. Officials

1. CNISSF Advisory Committee (II. Above).
2. Alpine :Race management based on FIS guide consisting of:
 - a) Technical Delegate ski area or division as qualified.
 - b) Chief of Race ski area designee.
 - c) Chief of Course ski area or division designee.
 - d) Referee division designee.
 - e) Jury consisting of one coach from each participating team.
3. Nordic: Race management based on FWSA Nordic Guide consisting of:
 - f) a) Chief of Course ski area designee or host school
 - g) b) Chief Timer ski area designee

- h) c) Jury consisting of one coach from each team
- i) d). Chief of Start
- j) e) Chief of Results

X. OFFICIAL EQUIPMENT

- A. Skis and Snowboards will comply with USSA J-3 and FIS in that order.
- B. Nordic ski equipment will comply with the FWSA Nordic Guidelines

XI. COACH RESPONSIBILITY –

A. ALPINE

1. Coaches are responsible for access to their gatekeepers.
2. Coaches are prohibited from discussing possible disqualifications with gatekeepers.
3. Coaches are to take timing complaints to the referee rather than to the timers/calculators.
4. Coaches are encouraged to keep their comments about the races positive.
5. Coaches are encouraged to have their teams attend awards ceremonies.
6. Coaches will exhibit good sportsmanship as a model for their team and spectators.
7. Coaches will take specific complaints about the races to the Division Coordinator sponsoring the events.
8. All teams must have a representative at all coaches meetings during the Championships.
9. Teams without representation at these meetings will be fined \$50 payable to the Chief of Race.
10. Divisions will submit championship team rosters via email in the format provided by the calculations chairman.
11. One representative from each division is required to review the startlists, the results of each race and the combined results of the meet.

B. COACH RESPONSIBILITY – NORDIC

1. Start list to host school the day before the race.
2. Coaches are to take timing complaints to the Chief of Course or hosting coach rather than to the timers/calculators.
3. Coaches are encouraged to keep their comments about the races positive.
4. Coaches are encouraged to have their team attend the awards ceremony.
5. Coaches will exhibit good sportsmanship as a model for their team and spectators.
6. Coaches will take specific complaints about the races to the Division Coordinator

XII RACER RESPONSIBILITY-

A. ALPINE

1. Racers who are late for their start will run second from the last racer. The last racer listed on the original startlist will remain the last racer as a safety factor for course workers.
2. Reruns will be at the discretion of the referee. Racers will complete reruns as soon as possible. Starters will place reruns in the start gate only when that racers is ready.
3. Racers will abide by arrangements made with local ski lift operators and hold themselves on call by meet officials.
4. Racers will respond readily for extra services as requested by meet officials, that is as hill tampers, flag carriers, gatekeepers, and so on.

5. Racers may be disqualified for bothering the timer by asking for his/her, or other racer's time. The coach is responsible for warning team members about this regulation.
6. Any racer who displays unsportsmanlike conduct, smoking or drinking at the ski area and or during a race will be disqualified from the meet at the discretion of the referee.
7. Racers will wear race apparel with numbers visible both front and back on the outside of their clothing at all times on race days. Team jackets will not be allowed to replace race apparel before, after, or during the race.
8. Racer profanity if heard by two consecutive gatekeeping stations will disqualify the racer from the competition. If heard by one or more race officials may also disqualify a racer with the consensus of the jury.
9. There will be no skiing/boarding within the designated course area in such a way as to present a danger to others or gain an advantage by shadowing the course. (Racers will not ski/board 2 or more race turns parallel or in a set course).
10. Racers can inspect the course with or without their coach.
11. Racers will be assigned one race number to wear for both starts at a competition. For division races, racers will be assigned one race number for the season or each flight will have a specific bib number and racers will change bib numbers based on what flight he/she is racing in for that day.
12. Racers will wear ski or board clothing which covers arms and legs while training or on a race course.
13. Racers will wear an approved helmet during a school sanctioned activity with their coach (a practice, pre/during/post race).
 - a. When their feet are attached to skies or board.
 - b. When they are gatekeeping.

Racers may remove their helmet when they are outside the race arena when the skis or board are not attached to their feet unless otherwise specified by the Chief of Race or other race official. The race arena is defined as the fenced off area from the start wand through and including the finish corral.

Helmets are defined as being made of a single molded hard shell with padding which covers the entire head, thereby including both ears entirely and extending down to a point adjacent to the wearer's jaw. These helmets shall be specifically designed and manufactured for snow sports competitions and conform to recognized and appropriate standards such as CEH Din 1077, ASTM F2040, Snell S98 or RS 98. Helmets must be worn as designed, including a buckled chinstrap.

Helmets designed for other sports such as kayaking or baseball, are strictly prohibited and will result in racer disqualification. Should an entire team elect to wear inappropriate helmets at any CNISSF sanction event whether a practice or pre/during/post race, the entire team will be disqualified. "Disqualification" during a practice means that the racers(s) will not be allowed on the slope.

B. RACER RESPONSIBILITY – NORDIC

1. Racers will follow the Rules of Competition. Violation of these rules may result in disqualification and/or other sanctions
2. Polite, positive behavior is required of athletes, coaches, and spectators.
3. No profanity, verbal abuse, or negative language.
4. Show respect and courtesy for other users of the ski areas (the public)

5. No full fluorocarbon waxes or additives
6. Report to the start line on time – late starts are at the discretion of the Chief Starter.
7. Athletes will help pick up course flags and other duties as assigned by officials.
8. Athletes and coaches will not bother the timers or ask for results,
9. No use of alcohol, tobacco, or illegal drugs by athletes anytime
10. A bib number must be visible front and back while racing.
11. Leaving the course, athletes must return to the course at the exact point of exit.
12. Tracking Rule
 - a. Slower athlete must step aside from classic track or skate platform at the verbal request of overtaking skier.
 - b. No tracking last 200 meters of race, generally marked
 - c. No lane changing to cut off another athlete
13. Skating is prohibited during a classic event in no track zones.

XII. RACE HILL SPECIFICATIONS

A. ALPINE

1. Giant Slalom-Ski
 - a. Number of Gates is 12-15% of the vertical drop for the total number of turning gates.
 - b. Vertical range is 200-250 meters.
 - c. Two (2) runs with the best combined time being not less than 50 seconds.
 - d. Minimum of two delays per course.
 - e. The number of gates requiring a change of direction determines the total gate count for the course.
2. Giant Slalom-Board
 - a. Number of Gates is 12-15% of the vertical drop for the total number of turning gates. There is a 20 gate minimum.
 - b. Vertical range is 200-250 meters.
 - c. Two (2) runs with the best combined time being not less than 50 seconds.
 - d. Distance between the gates is no less than 10- meters.
 - e. The number of gates requiring a change of direction determines the total gate count for the course.
 - f. In a dual course situation, the minimum distance between courses must be 10 meters.
 - g. Course to include banana gates (delays) as warranted by terrain.
3. Slalom-Ski
 - a. Number of gates shall be 35-45.
 - b. Vertical range is 100-145 meters.
 - c. Two (2) runs with the best combined time being not less than 50 seconds.
 - d. There must be 3 hairpins, a delay, and a flush per slalom course.
4. Slalom-Board
 - a. Number of gates shall be 28-35.
 - b. Vertical range is 80-140 meters.
 - c. Two (2) runs with the best combined time being not less than 50 seconds.
 - d. There must be two (2) combinations per course minimum.
 - e. Distance between gates will be 10-15 meters.
 - f. In a dual course situation, the minimum distance between courses must be 10 meters.

B. NORDIC

1. Length of Race is a decision of the organizer and approved by the individual teams.
2. Changes to the length rule will be allowed at the discretion of the ski area and hosting school based on weather or other factors
3. Assignment of lanes in mass starts will be determined by a random process under the supervision of the Chief of Course. There will be a minimum of one lane per school.
4. The type of race (classic, skate, etc) will be decided at the Spring Coaches Meeting prior to the season.

XIV. ADMISSION FEES

There are no admission fees. Spectators are allowed on the course but must remain 30 yards from players. Carts are not allowed for spectators. No coaching or instructing by coaches or spectators is allowed on the course of play.

XV. FINANCIAL REPORT

1. At the end of each season, at the Spring Meeting the CNISSF Coordinator shall make a report outlining all income and expenses of the concluding season.
2. Setting of dues for the next season will be set and include:
 - a. Season Dues per team.
 - b. Championship fees per team.
3. Check(s) payable to CNISSF are due on or before the Fall Meeting to participate that season.

XVI. PERMISSIBLE GAME EXPENSES

The NSCIF Commissioner must approve all expenses prior to the start of the tournament.

XVII. PUBLICITY/REPORTING RESPONSIBILITIES

There is no provision for reporting results to the media.

XII. RADIO/TV

The Section Commissioner (CIF North Section) must approve all commercial radio and TV coverage of section play-off contests. The broadcast fee is \$ 100.00 payable to NSCIF prior to the contest.

XIII. VENDORS

Vendors at ski areas and resorts are under the control of the resorts.

XIX. AWARDS

The following awards have been approved by the Northern Section. Any additional awards must be approved by the Section office. Additional awards may not have any financial impact on member schools.

1. Division Awards- Alpine
 - 1st Place Ski Team
 - 2nd Place Ski Team
 - 3rd Place Ski Team
 - 1st Place Board Team
 - 2nd Place Board Team
 - 3rd Place Board Team
 - Girls Top Ten Division Ski Team
 - Boys Top Ten Division Ski Team
 - Girls Top Ten Division Board Team
 - Boys Top Ten Division Board Team
2. Division Awards – Nordic

1st Place Girls Team, 1st Place Boys Team
2nd Place Girls Team, 2nd Place Boys Team
3rd Place Girls Team, 3rd Place Boys Team
Girls Top Fifteen Division Team (after dropping each racer's 2-worst race)
Boys Top Fifteen Division Team (after dropping each racer's 2-worst race)

2. Championship Awards -Alpine
 - Top Ten Places Girls Ski Slalom
 - Top Ten Places Boys Ski Slalom
 - Top Ten Places Girls Ski Giant Slalom
 - Top Ten Places Boys Ski Giant Slalom
 - All State Girls Ski Combined
 - All State Boys Ski Combined
 - Top Three Championship Girls Ski Teams, places 1 to 3.
 - Top Three Championship Boys Ski Teams, places 1 to 3.
 - Top Three Championship Combined Ski Teams
 - Top Dawg Team Spirit Award Snowboard
 - Top Ten Places Girls Board Slalom
 - Top Ten Places Boys Board Slalom
 - Top Ten Places Girls Board Giant Slalom
 - Top Ten Places Boys Board Giant Slalom
 - All State Girls Board Combined, places 1 to 3.
 - All State Boys Board Combined, places 1 to 3.
 - Top Three Championship Girls Board Teams
 - Top Three Championship Boys Board Teams
 - Top Three Championship Combined Board Teams
 - Top Dawg Team Spirit Award Snowboard
 - Top Three Championship Ski and Snowboard Teams

4. Championship Awards – Nordic
 - 1st Place Team
 - 2nd Place Team
 - 3rd Place Team
 - 1st Place Girls Team
 - 1st Place Boys Team
 - Top fifteen girls finishers in each event
 - Top fifteen boys finishers in each event

APPENDIX A

Coach Certification Visit: <http://www.cifns.org/CoachingEducation/>
Coaching in CIF

With the passing of the new Coaching Education and Steroid/Performance-Enhancing Supplements bylaws there have been many questions about what this means for schools and coaches in California. In May 2005, the State CIF Federated Council voted unanimously to join 33 other states in the mandated “certification” of coaches.

What is the purpose of the CIF Coaching Education Program?

The purpose of the CIF Coaching Education Program is to enhance the experience of student-athletes by assuring that their coaches meet a minimum level of professional

training. The program provides strong, pragmatic and comprehensive instruction for coaches of interscholastic athletics in California that is consistent with the highest national standards as set by the legislature, state Department of Education, California Interscholastic Federation and National Federation of State High School Associations.

Who is required to pass the Coaching Education class?

The revised CIF Bylaw 22.B.(9) states: "Definition of a coach, paid or unpaid: Any individual that the school/district is required to approve under Title V, California Code of Regulations, Section 5593 and 5594 and/or under California Education Code 33190-33192, 45125.01 and 45125.1." Simply stated, anyone who is required to be fingerprinted and/or is approved by their local school board/directors to have contact with students.

This applies to all CIF member schools, public and private.

By what date must all coaches be certified?

No later than December 31, 2008, all coaches shall be certified in the CIF Coaching Education program or equivalent as stated in Bylaw 22.B.(9).

What Coaching Education Courses are accepted by CIF?

The NFHS "Fundamentals of Coaching" Course and the ASEP "Coaching Principles" course both meet California's standards for Coaching Education. Coaches are to complete one of these programs before the December 31, 2008 deadline.

How do I get the coaches certified in my school/district?

#1. Coaches can go on their own to www.nfhslearn.com and take the "Fundamentals of Coaching" course online for \$52.

#2. Any representative from a school/district can also go to www.nfhslearn.com and purchase license #'s in bulk (\$52 each), for their coaches. The coaches then go online and complete the "Fundamentals of Coaching" course to become certified.

#3 The NFHS/CIF Fundamentals of Coaching Course can also be taught to your coaches in a classroom setting. Many schools/districts value the discussion component of the classroom course not available when taken online. If you are interested in teaching the blended NFHS/CIF Course, you must attend a CIF Coaching Education Instructor Training. Go back to the main Educational Programs page and find the Registration Form.

#4 A Certified Instructor in the ASEP program can still order CIF/ASEP Coaching Principles packets from the CIF State Office (Call Todd Flournoy @ 510-521-4447), but all purchases of CIF/NFHS Fundamentals of Coaching materials or online licenses will be made through the NFHS (www.nfhslearn.com)

We cannot always fill our coaching positions prior to the season. How do we get coaches certified when someone is hired at the last moment?

The CIF bylaw allows for this common situation. A school/district may hire a coach that is not certified, but only for one sports season. The coach must complete the certification before they can coach another season and/or a second sport. The State law (SB39) allows for this one sports season exception.

In these tough financial times, how are we supposed to pay for this new mandate?

The Federated Council recognized that this could financially impact school's budgets. However, the overwhelming evidence is that the one-time expense is far outweighed by the return. Neighboring states Nevada and Oregon mandated coaching education several years ago and found that coaches paid the fee and the fear of coaches "quitting" did NOT materialize. In addition, the State CIF office negotiated a greatly reduced price for the class and materials.

If I completed and *passed* the former CIF/ASEP Coaching Education program, do I have to retake the class?

NO! If you completed the course and passed the test, you are certified for life and will be listed on the "Coaches Registry" database at www.asep.com or www.nfhslearn.com.

Who do I contact for information regarding the CIF Coaching Education Program?

Contact Todd Flourney, CIF Asst. Director at the CIF State office (510) 521-4447 or tflourney@cifstate.org

Form 506

CERTIFICATION OF AUTHORIZED PERSONNEL

CIF BYLAW 506-WHO MAY COACH

A. All public school teams must be coached by a person who meets the requirements of the California Education code and the California Administrative Code Title V.

B. In the case of a non-public school, a person engaged by that school on a yearly contract basis as a regular member of the school teaching staff and certified by the administrator of that school as competent for the position held.

CIF BYLAW 508-OUT OF STATE COACHING CERTIFICATION

Teams of affiliated California Interscholastic Federation member schools must be coached by staff members certified in their own state (for certain schools outside California).

School: School Team:

Coach's Name School Phone:

Coach's Address

(City) (State) (Zip)

I hereby assert and verify that the person named above is authorized by

High School to coach the above team and meets the requirements of the above bylaws as of this date.

(Principal signature) (Date)

(Print Principal's name)

PLEASE MAKE SEPARATE COPIES FOR EACH CERTIFIED COACH