



2023-24

POLICY AND PROCEDURES

FOR

SKIING



NHIAA SKI COMMITTEE

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SECTION#1 – SELECT PASSAGES FROM NHIAA BY-LAWS [Note: It is important that all coaches familiarize themselves with this document, which is available digitally on the NHIAA website]

A. Sportsmanship:

- **NHIAA Policies:** See By-Law Article IX in the NHIAA Handbook
- **Further Guidance:** In addition to displaying appropriate sportsmanship while competing, student athletes and coaches are reminded that we are guests while participating in meets. All people involved need to be sensitive to this issue and respect the property and people of the host site. Inappropriate or disrespectful behavior anywhere on the property gives everyone a bad name and can result in the loss of a meet site. Failure to display proper behavior, even when not actually competing, will be considered unsportsmanlike and may result in disqualification and removal from the existing or future meets. Coaches or other responsible adults are expected to provide adequate supervision for their student athletes at all times. Any unsportsmanlike act on the part of a competitor is subject to disqualification of that competitor from the remainder of the meet with no substitutes permitted.

B. Use of Video: Video review is not permissible to resolve competitor disputes, either during the regular season or at the NHIAA Championship events. Video shall only be used to resolve sportsmanship issues. (See By-Law Article I; Policy, Sect. 28: Film/Video Policy in the NHIAA Handbook.)

C. Safety

- **Medical Coverage:** Every high school in New Hampshire must make provisions for **licensed** medical personnel at all practices and contests. The types of provisions that are acceptable are referred to in the NHIAA Handbook, By-Law Article III, Section 1: Medical Coverage at Athletic Events.
- **NFHS Guidelines for Management of Concussions:** The NHIAA mandates the following of the NFHS guidelines for management of Concussions. Concussions: Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional. Please visit www.nhiala.org; “What’s New” to view the NFHS Guidelines for Management of Concussions and the New Hampshire SB402 and its language as written.
- **Blood Spillage and Body Fluids:** The NHIAA Sports Medicine Committee suggests that each school develop a local policy in cooperation with their local medical personnel, on how to handle blood spillage.

Housekeeping Procedures for Blood and Body Fluids

Disposable latex gloves should be worn to avoid contamination of the hands of the person cleaning spillages involving blood or other body fluids and secretions. Persons involved in cleaning contaminated surfaces should avoid exposure of open skin lesions or mucous membranes to blood or body fluids. A freshly prepared solution of dilute household bleach (one quarter cup of bleach diluted in one gallon of water) or other disinfectant labeled as virucidal, Tuberculocidal, staphylocidal is useful. Allow the disinfectant to stand wet for a minimum of one minute to start killing pathogens and disinfecting the area (10 minutes of disinfection time guarantees surface sterility). Whenever possible, disposable towels, tissues, and gloves should be used and properly discarded and mops should be rinsed in disinfectant.

- **Interpretation of Excessive Bleeding:** National Federation Rules call for a player, who is bleeding, has an open wound or excessive blood on the uniform, to leave the court/field. The NHIAA interprets "excessive blood on the uniform" to mean that part of the uniform is saturated with blood. Saturated does not mean a wet spot. Saturated means a major portion of the garment is covered and soaked with blood. For this to occur, significant bleeding would have had to take place. For any

blood on uniform less than "saturated", the uniform does not have to be changed. School personnel have the responsibility of treating the blood area with the appropriate disinfecting solution before the athlete may participate. If the uniform is "saturated" with blood, the uniform must be changed before the athlete may participate. This interpretation is to be followed in the conduct of all NHIAA athletic events.

- **Outdoor Environmental Safety Lightning:** Lightning is the most consistent and significant weather hazard that may affect outdoor athletics. Within the United States, the National Severe Storm Laboratory (NSSL) estimates that 100 fatalities and 400-500 injuries requiring medical treatment occur from lightning strikes every year. The existence of blue sky and the absence of rain are not protection from lightning. Lightning can, and does, strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike. Additionally, thunder always accompanies lightning, even though its audible range can be diminished due to background noise in the immediate environment, and its distance from the observer.

The following guidelines are recommended:

1. All athletic staff and game personnel are to monitor threatening weather. Establish a chain of command as to who makes the decision to remove a team or individual from athletic sites or events (athletic/site/event director, game officials/umpires, sports medicine staff). An emergency plan should include planned instructions for participants as well as spectators.
2. Be aware of potential thunderstorms that may form during scheduled athletic events or practices. Included here should be the National Weather Service – issued (NWS) thunderstorm “watches” and “warnings” as well as signs of thunderstorms developing nearby. A “watch” means conditions are favorable for severe weather to develop in an area; a “warning” means that severe weather has been reported in an area and for everyone to take proper precautions.
3. Know where the closest “safe structure or location” is to the field or playing area, and know how long it takes to get to that safe structure or location. Safe structure or location is defined as: a. Any building normally occupied or frequently used by people, i.e., a building with plumbing and/or electrical wiring that acts to electrically ground the structure. Avoid using shower facilities for safe shelter and do not use the showers or plumbing facilities during a thunderstorm. b. In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled up windows can provide a measure of safety. A vehicle is certainly better than remaining outdoors. It is not the rubber tires that make a vehicle safe shelter, but the hard metal roof, which dissipates the lightning strike around the vehicle. **DO NOT TOUCH THE SIDES OF THE VEHICLE!**
4. **WHEN YOU FIRST HEAR THUNDER OR SEE LIGHTNING, SUSPEND ACTIVITIES AND GO TO A SAFE SHELTER OR LOCATION. “IF YOU CAN SEE IT (LIGHTNING), FLEE IT (TAKE SHELTER). IF YOU CAN HEAR IT (THUNDER) CLEAR IT (SUSPEND ACTIVITIES).” WAIT UNTIL 30 MINUTES AFTER THE LAST OBSERVED LIGHTNING OR THUNDER BEFORE RESUMING ACTIVITIES.**
5. If no safe structure or location is within a reasonable distance, find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head. Minimize contact with the ground, because lightning current often enters a victim through the ground rather than by a direct overhead strike. **MINIMIZE YOUR BODY’S SURFACE AREA, AND MINIMIZE CONTACT WITH THE GROUND! DO NOT LIE FLAT!** Stay away from the tallest trees or objects (such as light poles or flag poles), metal objects (such as bleachers or fences), individual trees, standing pools of water, and open fields. Avoid being the highest object in a field. Do not take shelter under a single, tall tree.

SECTION#2 – INFORMATION APPLICABLE TO ALL DISCIPLINES OF NHIAA SKIING

- A. **Ski Schedule:** Each member school is required to submit a completed ski schedule to the NHIAA Office no later than the first Monday of December each year. Rescheduling of meets (for reasons other than weather conditions) will not be allowed once the schedules have been approved. The Executive Director may make exceptions to this policy after receiving a written request from the principal or athletic director for a change in schedule
- B. **Below Grade 9 Athletic Participation:** Skiers in grades 9-12 shall be given the first opportunity to participate in any regular season and/or State Tournament event before any below grade 9 student athletes are entered. A below grade 9 student athlete cannot displace a high school student athlete. Below grade 9 athletes are only allowed for Division III and IV schools. (See By-Law Article XIII; Below Grade 9 Athletic Participation in the NHIAA Handbook.). Below grade 9 student athletes may not participate as forerunners/fore jumpers unless the Below Grade 9 Athletic Participation Committee has granted a waiver for that skier.
- C. **Non-Member School Competition:** NHIAA member schools shall be allowed to participate in regular season meets with non-member schools, but non-member schools' scores will not be recorded (See By-Law Article II; Eligibility, Sect. 15: Non-Member Schools Agreement to Compete With NHIAA Member Schools in the NHIAA Handbook.). Non-member schools shall not be allowed to participate in the State Championships.
- D. **Racing Bibs:** All NHIAA member ski schools are required to purchase numerical racing bibs numbered 1-100. Sponsor names can be put on racing bibs as long as the school name and bib numbers are not compromised.
- E. **Cold Weather Policy:** If the temperature is below -4 degrees F measured at the coldest point of the course, a competition will be modified, postponed or cancelled by the Jury. During regular season meets a decision to postpone or modify, as a result of wind chill, will be made by a collaboration of all coaches involved in the meet. At the State Championships or the Meet of Champions with difficult weather conditions, the Jury may, in consultation with the coaches of the participating teams, modify, postpone or cancel the competition.
- F. **Competition Rules & Equipment:** Unless otherwise stated herein, NHIAA skiing competitions shall be governed by the rules stated in the FIS and USSS Rulebooks.
- G. **Injured Skier:** All participants in any NHIAA ski meet, after sustaining an injury while training, or competing in a ski event must be examined by a qualified ski patrol member or medical professional before re-entry into the competition of the meet.
- H. **Team Scoring:** Team scoring will be determined by the best four competitors for each team. Team scoring will be a reversed place point system. First place points will be equal to 100 points. Only the first four finishers per team will be awarded points, lower placing finishers from each team will not receive points, nor will they displace points for competitors for other teams. In the event of a tie for a particular place between skiers eligible to score points for their respective teams, place points available shall be added up and divided by the number of skiers tying. The winning team will be determined by the team with the highest team score. In the event of a tie in overall team scores for the disciplines of alpine and cross country, the sum of the top four times for both disciplines will be used, with the winning team being the team with the lowest total time. In the discipline of jumping, the top four point totals shall be used to break the tie in overall team scores.

Slalom, Giant Slalom, Cross Country and Jumping Team Scoring

NAME	TEAM	POINTS		
1. Skier #1	A	100	Team A	100
2. Skier #1	B	99		95
3. Skier #1	C	98		92
4. Skier #2	C	97		<u>91</u>
5. Skier #2	B	96	Total Team A:	378
6. Skier #2	A	95		
7. Skier #3	C	94		
8. Skier #4	C	93	Team B	99
9. Skier #3	A	92		96
10. Skier #4	A	91		90
11. Skier #5	C			<u>89</u>
12. Skier #6	C		Total Team B:	374
13. Skier #5	A			
14. Skier #3	B	90	Team C	98
15. Skier #6	A			97
16. Skier #4	B	89		94
17. Skier #5	B			<u>93</u>
18. Skier #6	B		Total Team C:	382

Team Championships will be determined by the team with the greatest total points.

In the event of a tie between individuals, place points available shall be added up and divided by the number of skiers tying.

Example:	<u>Skier</u>	<u>Score</u>	<u>Place Points</u>
	Skier 1	50.0	78
	Skier 2	51.5	76.5
	Skier 3	51.5	76.5
	Skier 4	53.0	75

- Tie-Breaking Procedure: In the event of a tie, the total of the top four times per discipline for alpine and cross country will be used. For jumping the top four points totals shall be used to break the tie.

I. Regular Season Meets:

- **Meet Officials:**
 - **Chief of Race:** The Host School shall designate a Chief of Race, who shall be the point of contact for all aspects of the competition, from the submission of running orders to race day procedures and the calculation and distribution of results.
 - **Chief of Course/Hill:** The Chief of Course/Hill shall be responsible for overseeing the crew responsible for preparation, maintenance, and safety of the course/hill, as well as the opening and closing of the course/hill before, during and after the competition.
 - **Starter:** Responsible for overseeing the running/starting order as well as the starts for each competitor.
- **Running Orders:** Team running orders shall be submitted to the Chief of Race prior to 48 hours in advance of the meet. The Chief of Race shall promulgate the race running order with bib assignments to the competing teams prior to 24 hours in advance of the meet.
- **Racer's Responsibility:** It is the racers responsibility to know the course.
- **Protests:** Protests shall be brought to the attention of and resolved by the Chief of Race.
- **Personnel:** It is important that a sufficient number of individuals are present to facilitate the smooth running of the race. These include a starting team, course monitors, a finishing team, and a results team.
- **Submitting Results to NHIAA:** Regular season results may be forwarded via email to nchaput@nhiaa.org for posting on the NHIAA website.

J. State Championship Meets

- **Team State Meet Eligibility:** Ski teams competing in NHIAA State Meets shall be required to **have** participated in at least FOUR regular season NHIAA Cross Country Skiing Meets.
- **Individual State Meet Eligibility:** Any competitor in NHIAA State Meets must have participated in at least 50% of that team's regular season meets. **NOTE: *If the requirements for team or individual eligibility cannot be satisfied, a request for a waiver must be submitted by the Principal to the Ski Committee (through the Executive Director), no later than 7 days prior to the Championships. ONLY EMERGENCY SITUATIONS will be reviewed for potential waivers.***
- **Practicing at State Championship Venues:** There are no NHIAA restrictions regarding practice at state championship venues for the sport of skiing.
- **Rosters and Entry Forms:** Official entry forms that include rosters are located on the NHIAA Website under the athletic director's administrative section. The athletic director will be sent the championship dates as soon as they are available. **The entry forms are to be submitted to the NHIAA on or before Monday of the week PRIOR to the state meet.**
- **Changes to a Team's Running Order:** Any changes to a Team's Running Order for the State Meet can be made directly to the meet director no less than 48 hours prior to the event.
- **Race Day Substitutions:** Direct substitutions of a skier from a team for another on the same team can be made up to 30 minutes prior to the start of a race. Changes made will not involve any change in the pre-submitted running order except that slot that is directly affected by the substitution. Once a skier is removed from his/her position in the running order, he/she MAY NOT be placed in a different position in that running order.
- **Designated School Representatives at the State Meet:** Per By-Law Article I, Section 10, a designated school supervisor must be on site and responsible for the student athletes on the team. This supervisor should be a staff member with the authority to address any issues that may come up.

The school designated person may be a parent if so designated in writing by the principal although this is not recommended if at all possible. If a team sends more than six (6) participants, a parent cannot be designated as the school representative and a staff member must be present. In both cases, it is an expectation that the designated representative be present throughout the entire event.

The coach or meet director cannot serve in the dual capacity of coach/meet director and school designated representative. Pursuant to the Policies and Procedures Manual for skiing, the school designated representative is responsible to ensure proper behavior of all student athletes and fans at all times and anywhere on the meet site.
- **Meet Officials:**
 - **Meet Director:** Official representative of the hosting school who is responsible for collecting team scores and presenting the NHIAA awards for their respective NHIAA division.
 - **Technical Delegate:** The Technical Delegate will be assigned by the NHIAA to oversee all aspects of the event. The technical delegate shall inspect and approve the course, the competition, and the scoring of the event.
 - **Chief of Race:** The Host School shall designate a Chief of Race, who shall be the point of contact for all race day aspects of the competition, from pre-race course inspection to the calculation and distribution of results.
 - **Chief of Course/Hill:** The Chief of Course/Hill shall be responsible for overseeing the crew responsible for preparation, maintenance, and safety of the course/hill, as well as the opening and closing of the course/hill before, during and after the competition.
 - **Jury:** The Jury shall consist of the Technical Delegate, Chief of Race, and three coaches. The Jury's scope of responsibility is to supervise the competition. The technical delegate will be chairperson of the jury and approve all scores before they are announced. No more than one jury member may be selected from any one school.

- **Starter:** Responsible for overseeing the running/starting order as well as the starts for each competitor.
- **Chief of Timing/Chief Judge:** The Chief of Timing/Chief Judge shall be responsible for the overseeing all aspects of racer timing (for the disciplines of alpine and cross country) or jump scoring (for the discipline of jumping) for individual competitors as well as the compilation of team scores for the event.
- **Course Monitors:** Shall be responsible for seeing that all competitors complete the entire course.
- **Racer's Responsibility:** It is the racers are responsibility to know the course.
- **Results:** Once the results have been compiled, the jury shall validate all aspects of the scoring. If any aspects of the scoring cannot be reconciled by the jury, then teams shall be sent home without an awards presentation and the awards shall be mailed out to schools at a later date.
- **Protest Procedures:** All protests must be filed within 15 minutes of the official results posting and include a protest fee of \$75 (which will be returned to the protesting coach if the protest is granted). All protests shall be resolved at the race venue and at the time of the protest. Protests shall be brought to the attention of the Chief of Race and the Technical Delegate. Disqualification protests will be considered by the jury except in the case of unsportsmanlike conduct. In that event, the Technical Delegate's decision is final.. There shall be no appeals of protests to the NHIAA Executive Director.

SECTION#3 – ADDITIONAL INFORMATION SPECIFIC TO SKI JUMPING

A. Divisional Alignment: There is a single division in the NHIAA sport of Ski Jumping.

2023-24 Boys and Girls Ski Jumping Schools	
School	Number of Students
Concord	1515
Kennett	730
Hanover	690
Plymouth	626
White Mountains	352
Sunapee	133

B. Equipment:

- **Helmets:** All jumpers shall wear an approved ski helmet during training and competition.
- **Equipment:** Jumpers shall be allowed to use alpine equipment on K25 hills or smaller for all jumping events and training. Those competitors using alpine equipment will receive a maximum point deduction of 12 points (maximum score from each judge – 8 points. If using a 10-point judging system, maximum score from each judge – 4 points). This will encourage ability development and use of proper jumping equipment.

C. Jump Hill:

- **Specifications:** The jump shall be no greater than 40-meter K jump. The landing hill transition and out-run shall be packed hard and maintained as free from ruts as possible. The track in the in-run should be ½” to ¾” deep and 8” to 12” apart, center to center. The take-off shall be set at the correct height and angle for the hill and the conditions for that particular day. “P” and “K” points shall be marked in blue and red and boughs spread along the landing hill to aid depth perception. The fall line shall be marked with boughs or a painted line approximately 20M past the end of the transition.
- **Inspection:** Competitors are allowed to study the jump after final setting. Ideally, the fully set jump will be open for inspection at least one (1) hour prior to the start for all events.
- **Starter Location:** The starter shall be on the knoll with a flag (either red or fluorescent).
- **Maintenance:** Throughout each competition round, the hill shall be continuously groomed to maintain the same conditions for each competitor. Proper care of the transition shall be maintained. Ruts shall be scraped but not filled.

D. Trial Jumpers: There shall be no more than four or less than two trial jumpers in each competition. Trial jumpers shall be experienced jumpers approved by the Technical Delegate or Chief of Hill. Trial jumpers are not considered to be competitors in the event.

E. Jump Scoring: NHIAA Ski Jumping Judging will continue to use USSS/FIS Standards with the following exceptions.

20-40 K Meter Hills:

Style Points: 0 - 20 Points

Distance Points: 1 Point per Meter

(33 Meters = 33 Points)

(10-20 Points for Standing Jumps, except alpine equipment, maximum is 8 points.)

2 Judges (1 judge score shall be doubled.)

Under 20K Meter Hills:

Distance Points: 1 Point per meter + 10 Points

Style Points: 0 - 20 Points

23 Meters = 23 + 10 = 33 Points

(10-20 Points for Standing Jumps, except alpine equipment, maximum is 8 points.)

2 Judges (1 judge score shall be doubled.)

F. Regular Season Meets:

- **Judge:** One judge is sufficient for a regular season jumping meet.

G. State Championship Meets:

- **Judges:** Two judges are required for a state championship jumping meet.
- **Additional Race Officials:**
 - **Recorder:** A recorder shall aid the judges in recording scores and calculating results.
 - **Chief Distance Marker:** Shall be responsible for overseeing all distance markers and explaining marking procedures to all competitors and distance markers, as well as reporting distances jumped to judges.
- **Awards:**

Divisional: Official NHIAA Division Championship and runner-up plaques shall be awarded to championship and runner-up teams

Team Medals: Official NHIAA championship and runner-up team medals will be awarded to the respective champion and runner-up teams in each division.

Individual Medals: Official NHIAA medals shall be awarded to the top three competitors for boys and girls

SECTION#4 – ADDITIONAL INFORMATION SPECIFIC TO ALPINE SKIING

A. Divisional Alignment: The divisional alignments are four divisions of approximate size with school enrollment as the basis.

2023-24 Boys and Girls Alpine Skiing Divisional Alignment							
Division I (1100+)		Division II (700-1099)		Division III (350-699)		Division IV (1-349)	
16 Schools		14 Schools		16 Schools		10 Schools	
Pinkerton	3117	Windham	1062	Plymouth	626	Trinity	331
Nashua South	1875	Timberlane	1048	Lebanon	614	Newport	300
Nashua North	1690	Goffstown	1006	Inter-Lakes (B)	592	Derryfield	281
Dover	1548	Oyster River	863	Laconia	589	Gorham	236
Concord	1515	Hollis/Brookline	833	John Stark	587	Littleton	226
Exeter	1513	Milford	780	Kearsarge	515	Woodsville	225
Man. Memorial	1483	Man. West	777	Gilford	494	Moultonborough	144
Bedford	1454	Pembroke	752	Newfound	419	Profile	142
Londonderry	1363	Kingswood	735	Prospect Mnt.	417	Sunapee	133
Keene	1358	Kennett	730	St. Thomas	416	Lin-Wood	96
Man. Central	1342	Con-Val	711	Belmont	384		
Spaulding	1331	Souhegan	709	Hillsboro	373		
Merrimack	1158	*Hanover	690	Berlin	360		
Winnacunnet	1139	*Bow	630	White Mountains	352		
*Portsmouth	1040			*Hopkinton	322		
*Bishop Guertin	803			*Bishop Brady	242		
		*Petition					

B. Equipment:

- Helmets: Helmets designed and manufactured for the particular discipline of ski racing being contested are required for all competitors and forerunners in all USSA events and official training. Helmets must bear a CE mark and conform to recognized and appropriate standards such as CEH.Din 1077, ASTM F2040, SNELL S98 or RS 98.
Helmets must cover the head and ears. Helmets with spoilers or edges that stick out are not permitted. Protective features integral to the discipline being contested, such as chin guards on slalom helmets are permitted. Soft ear protections are only allowed for slalom events.
USSA does not specify nor recommend nor make any warranties as to the fitness for use of any particular ski helmet design or brand name. USSA undertakes no responsibility, liability or duties to any competitor in connection with the requirement that helmets be utilized. It is the sole responsibility of the competitor to select an appropriate helmet for accident protection in ski racing. Caution: Age and use affect the protective qualities of all safety helmets. Some older helmets and any helmets that have been damaged either in a racing fall or from other impact may no longer provide sufficient protection – even if there are no visible indications of damage.

Taken from USSA Alpine Competition Guide

- Brakes: Only alpine skis with brakes are allowed during training and competition.

C. Skier's Responsibility Code:

- Have all equipment in a functioning manner prior to the start and to wear proper approved head protection.
- Always stay in control and be able to stop or avoid other people or objects.
- People ahead of you have the right of way. It is your responsibility to avoid them.
- You must not stop where you obstruct a trail or are not visible from above.
- Whenever starting downhill or emerging into a trail, look uphill and yield to others.

- Always use devices to help prevent runaway equipment.
- Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
- Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.

D. Racer's Responsibility: Racers are responsible for the following:

- Racing bib must be readily available during the pre-race inspection and displayed during the run on the course.
- To pass through all gates on the course, in order, on two skis and to finish the last two gates on at least one ski and to cross the finish line on both skis or on one ski or both feet in the case of a fall in the immediate finish area.
- To recognize that an obstruction on the course has impeded his performance and initiate the action of skiing out of the course. The racer must immediately contact a course official, explain the phenomena and request a rerun.
- In the event of a binding release during the race, or if a competitor falls on the course, it will be his/her decision to finish the course. If a racer decides to stop, he/she must clear him/herself of the course as soon as possible.

E. Procedures for Running Slalom and Giant Slalom Events

- **Course Setting:** Course Setting (U16 USSA Rules): The trail shall be properly groomed or packed prior to setting the course. The course shall be set with the ability of the competitors in mind. It is recommended that the course avoid sharp turns, and confusing combinations of gates. Try to maintain fluency and rhythm throughout the course if possible.
- **Course Recognition:** The slalom course gates shall be marked with red and blue poles. The course may also be marked with a colored dye. The giant slalom course shall consist of two poles per gate with banners approximately seventy centimeters wide by fifty centimeters high connecting two like poles. The gates should be alternately red and blue. The giant slalom gates may also be marked with dye.
- **Course Length:** Meet directors shall attempt to meet the following minimum standards: Slalom: A combined two run winning time of approximately 70 seconds. Giant Slalom: A combined two run winning time of approximately 70 seconds.
- **Course Setter:** The course setter shall have prior experience in NHIAA Alpine Meets.
- **Course Inspection:** Competitors are allowed to study the course after final setting, either by walking up through the gates, or side slipping down through the gates slowly. Fast skiing, which in any way resembles shadowing or actually skiing the course, is strictly prohibited. The fully set course must be open for inspection at least one (1) hour prior to the start of that event.
- **Forerunner:** There shall be no more than four (4) nor less than two (2) forerunners per event. The forerunners must successfully complete the course before the race. The forerunner is expected to point out difficulties experienced on the course to the technical delegate and suggest appropriate changes if necessary. Forerunners are not considered to be competitors in these events and their participation will not count toward the minimum requirements.
- **Gatekeeper:** This official shall be so identified and isolated from competitors and spectators. All gatekeepers are instructed to give the same information to all skiers. The gatekeeper shall be provided with and knowledgeable of the Instructions for Gatekeepers. It is recommended that gatekeepers be adults for the State Meet.
- **Starting the Race:** In slalom, the starting order is "Ready, Go". In giant slalom, the starting order is "10 seconds", (pause for 5 seconds) and then the count "5, 4, 3, 2, 1, Go".
- **Course Evaluation:** It is recommended that the slalom and giant slalom courses be designed so that no more than ten to fifteen percent of the racers disqualify or do not finish the course. It is also recommended that if a high percentage of the first seed fail to successfully complete the course, the Technical Delegate shall authorize a restart of the race.

- **Worker Checklist:** A list of appropriate meet personnel has been provided to assist the Meet Director in running a successful meet.
- **Hiking to Gates Language:** On a single pole course, proper hiking procedure is to circle the gate
- **Penalty for Missing the Start:** Coaches are responsible for having competitors at starting positions for events. Violators in alpine events will race after the last competitor. Racers missing their start in the first run shall not be unduly punished and therefore will be inserted in the second run as soon as they are ready to start, not to precede their original start.
- **Individual Run Scoring:** Racer placings for each run in the competition will be based upon the elapsed time for each racer who successfully completed the run, in ascending order.

F. INSTRUCTIONS FOR GATEKEEPERS (ALPINE)

1. Recognize all disqualifications:
 - a. Mark all disqualification's or passes immediately. In keeping more than one gate, indicate which
 - b. gate was the source of disqualification.
 - c. Be prepared to explain reasoning to the Technical Delegate (diagram required).
 - d. Do not reveal a disqualification before the end of the race.
 - e. If you have reported a disqualification you shall be available until an hour after posting of unofficial
 - f. results.
 - g. Do not report a disqualification if you are in doubt, until consulting referee.
 - h. Give racer benefit of doubt.
 - i. Hand this card to Chief Gatekeeper at end of race whether or not it shows disqualifications. – SIGN
 - j. YOUR NAME AND GATE.
2. Gatekeepers are encouraged to give instructions to racers limited to the following:
 - a. If racer has correctly passed through the gate, say "Go on".
 - b. If racer has not correctly passed, say, "Back".
 - c. No other reply or signal shall be given.
3. Avoid conversations and other distractions. Concentrate on your job!
4. Avoid interference of any kind with a competitor.
5. Maintain course in equal condition for all racers.
 - a. Replace poles in exact position and keep straight.
 - b. Keep course surface scraped or packed.
 - c. Keep spectators clear of course.
6. Remain in position until notified that race is over.

REASONS FOR DISQUALIFICATION BY GATEKEEPER

(Disqualification in Downhill, Giant Slalom and Slalom races)

A competitor shall be disqualified when the following rules are violated:

- a. Trains on a course or slope which is closed to competitors or (slalom) if he/she examines the course in a way not allowed by FIS Rules or (downhill and giant slalom) if he/she alters the course or uses a short cut in a way which is forbidden by FIS Rules.
- b. Fails to complete the course on two skis with the exception of:
 - The last two gates can be completed on one ski
 - The finish line can be crossed on both skis or on one ski or with both feet in the case of a fall in the immediate finish area.
- c. Receives assistance in any form.
- d. Fails to give way to an overtaking competitor at the first demand.
- e. Fails to pass through all controls by crossing the line between the inner poles of the flags with both feet and both ski tips.
- f. Does not observe the safety regulations.

G. State Championship Meets:

- **Additional Meet Officials:**

- **Timers:** There shall be no more than four or less than two-timers. There shall be a hand held back-up watch, or an electronic timing system. One timer shall be designated as chief timer and act as spokesperson for the group and record all times.
- **Chief Gatekeeper:** The Chief Gatekeeper is responsible for overseeing the competence of each gatekeeper and insuring that proper passage and/or infractions are documented.

- **Awards:**

Divisional: Official NHIAA Division Championship and runner-up plaques shall be awarded to championship and runner-up teams in each division for boys and girls. The competition shall include slalom and giant slalom events.

Team Medals: Official NHIAA championship and runner-up team medals will be awarded to the respective champion and runner-up teams in each division.

Individual Medals: Official NHIAA medals shall be awarded to the top three competitors (boys and girls) in each division for slalom and giant slalom.

H. Meet of Champions:

- **Venue, Format, Race Officials:** All aspects of the NHIAA Alpine Skiing Meet of Champions shall be set and promulgated by the NHIAA Ski Committee.
- **Meet of Champions Eligibility:** The top ten high school slalom competitors (grades 9-12) and the top ten high school giant slalom competitors (grades 9-12) from the State Championship Meets will qualify for the Meet of Champions for both boys and girls. Below Grade Nine athletes will not be eligible to compete at the Meet of Champions.
- **Awards:** Top six individual competitors in slalom and giant slalom competition, for both boys and girls.

I. Eastern High School Championships:

Coaches are permitted to have contact with their team members to train and accompany them to the Eastern High School Ski Championships. Schools, however, cannot schedule ski meets amongst themselves after the NHIAA State Ski Championships have been completed. (See By-Law Article I; Policy, Sect. 8: Extra School Contests in the NHIAA Handbook.)

SECTION#5 – INFORMATION SPECIFIC TO CROSS COUNTRY SKIING

A. **Divisional Alignment:** The divisional alignments are two divisions of approximate size with school enrollment as the basis.

2023-24 Boys and Girls Nordic Skiing Divisional Alignment			
Division I (700+) 12 Schools		Division II (1-699) 18 Schools	
Concord	1515	Hanover	690
Man. Memorial	1483	Bow	630
Bedford	1454	Plymouth	626
Keene	1358	Lebanon	614
Man. Central	1342	Kearsarge	515
Winnacunnet	1139	Fall Mountain	501
Merrimack Valley (B)	794	Gilford	494
Man. West	777	St. Thomas	416
Kingswood	735	Belmont	384
Kennett	730	Berlin (G)	360
Con-Val	711	White Mountains	352
Souhegan	709	Hopkinton	322
		Inter-Lakes	292
		Derryfield	281
		Bishop Brady	242
		Moultonborough	144
		Profile	142
		Sunapee	133
*Petition			

B. **Competition Rules & Equipment:** Skis and ski poles must conform to the specifications defined in the US Ski and Snowboard Nordic Competition Guide: Competition Equipment Section.

C. **Individual Race Scoring:** Racer placings for each event in the competition will be based upon the elapsed time for each racer who successfully completed the course, in ascending order.

D. **Regular Season Meets:**

- **Race Course:** The race course shall be as free as possible of intersections and make sure the course is properly groomed and well-marked with regard to danger areas. The Finish shall be clear of spectators and shall be marked prior to the start of the race. Trail maps shall be available to all teams as well as running orders with the start time of each racer.
- **Race Length:** The course and format of the event is set at the discretion of the Chief of Race.

E. **State Championship Meets**

- **Additional Meet Officials:**
 - **Course Monitors:** Shall be responsible for ensuring that all competitors complete the entire course.
- **Starting Format:** The Technical Delegate shall determine whether the starting format shall be individual start, wave start, or mass start.

- **Course Length:** The cross country state championship meet will be a four (4) kilometer classical race followed by a four (4) kilometer freestyle race. There will be approximately three (3) hours between the end of the first race and the beginning of the second race.
- **Individual Scoring:**
- **Team Scoring:** Team scoring will be determined by the best four competitors for each team. Team scoring will be a reversed place point system. First place points will be equal to 100 points. Only the first four finishers per team will be awarded points, lower placing finishers from each team will not receive points, nor will they displace points for competitors for other teams. In the event of a tie for a particular place between skiers eligible to score points for their respective teams, place points available shall be added up and divided by the number of skiers tying. The winning team will be determined by the team with the highest team score.
Tie Breaking Procedure: In the event of a tie, the sum of the top four times for both disciplines will be used, with the winning team being the team with the lowest total time.
- **Awards:**
Divisional: Official NHIAA Division Championship and runner-up plaques shall be awarded to championship and runner-up teams in each division for boys and girls. The competition shall include classical and freestyle events.
Team Medals: Official NHIAA championship and runner-up team medals will be awarded to the respective champion and runner-up teams in each division.
Individual Medals: Official NHIAA medals shall be awarded to the top three competitors (boys and girls) in Division I and II in classical and freestyle.

F. Meet of Champions

- **Venue, Format, Race Officials:** All aspects of the NHIAA Cross Country Skiing Meet of Champions shall be set and promulgated by the NHIAA Ski Committee.
- **Meet of Champions Eligibility:** The top twenty high school classical competitors (grades 9-12) and the top twenty high school freestyle competitors (grades 9-12) from the State Championship Meets will qualify for the Meet of Champions for both boys and girls. Below Grade Nine athletes will not be eligible to compete at the Meet of Champions.
- **Awards:** Top six individual competitors in classical and freestyle competition, for both boys and girls.

G. Eastern High School Ski Championships and Eastern U16 Championships:

Coaches are permitted to have contact with their team members to train and accompany them to the Eastern High School Ski Championships. Schools, however, cannot schedule ski meets amongst themselves after the NHIAA State Ski Championships have been completed. (See By-Law Article I; Policy, Sect. 8: Extra School Contests in the NHIAA Handbook.)

SECTION#6 – INFORMATION SPECIFIC TO SKIMEISTER

A. **NHIAA Skimeister Tradition:** The philosophy behind the NHIAA skimeister competition is to celebrate those skiers who demonstrate proficiency in the Alpine and Cross Country disciplines of skiing [Historical Note: In the distant past, the Skimeister competition also included the Jumping discipline].

B. **Eligibility Requirements for Participation in NHIAA Skimeister Competition:**

- **Regular Season Participation:** Prospective skimeister candidates must compete at least once in each of the four events (Slalom, Giant Slalom, Freestyle, and Classical) during their team’s regular season schedule.
- **State Meet Representation:** Prospective Skimeister candidates must be among the six-team skiers at the state championship meets in at least two of the four events (Slalom, Giant Slalom, Freestyle and Classical). In the remaining events at the state championship meets, the Skimeister candidate will compete as an individual. In those events that a candidate is not one of the six-team competitors, their results may not be counted in the team score and he/she will be placed in the running order after the general field of competition

C. **NHIAA State Championship Skimeister Awards:** Individual Skimeister medals are awarded to the top three competitors for boys and girls based upon the two cross country ski divisions who successfully complete the two alpine disciplines of slalom and giant slalom (at the Alpine Meet of Champions) and the two cross-country disciplines of freestyle and classical (at the Cross Country State Championships). If a skimeister candidate does not qualify for the Alpine Meet of Champions based upon their performance at the Alpine State Championships, they will be entered at the end of the running order at the Meet of Champions.

D. **Skimeister Scoring: All scoring is done in seconds.**

	Winner	Candidate A	Candidate B
Slalom	53.00	54.00	53.00
Giant Slalom	46.00	48.00	50.00
Cross Country			
Freestyle	1240.00	1258.00	1325.00
Classical	1350.00	1359.00	1420.00

The percentage for each event will be calculated and then added together to reach a Skimeister candidate’s total. (See following information)

	<u>Candidate A</u>	<u>Candidate B</u>
Slalom	53.0 by 54.0 = .981 = 98.1%	53.0 by 53.0 = 1.00 = 100%
Giant Slalom	46.0 by 48.0 = .958 = 95.8%	46.0 by 50.0 = .920 = 92%
Cross Country		
Freestyle	1240.0 by 1258.0 = .986 = 98.6%	1240.0 by 1325.0 = .936 = 93.6%
Classical	1350.0 by 1359.0 = .993 = 99.3%	1350.0 by 1420.0 = .9507 = 95.1%
	TOTAL: 391.8%	380.8%
	(winner)	

SECTION#7 – US FACTORS BY DISABILITY

Revised:
2001-02

US FACTORS BY DISABILITY MEN

Disability Class	Downhill	Slalom	Giant Slalom	Super Giant
B1	0.5588	0.5531	0.5819	0.5751
B2	0.8540	0.8185	0.8569	0.8630
B3	0.8984	0.8476	0.8894	0.8880
L1	0.9051	0.7999	0.7905	0.8009
L2	0.9465	1.000	0.9352	0.9222
L3/1	0.9370	0.8219	0.8911	0.8975
L3/2	0.9383	0.9198	0.9314	0.9127
L4	1.000	0.9866	0.9935	0.9909
L5	0.9832	0.9924	0.9937	0.9903
L6	1.000	0.9934	1.000	1.000
L9/1	0.8580	0.8055	0.8175	0.8341
L9/2	0.9512	0.8879	0.9273	0.9244
L10	0.8127	0.6877	0.7952	0.7986
L11	0.8277	0.7531	0.8296	0.8326
L12/1	0.8390	0.7715	0.8306	0.8526
L12/2	0.8550	0.8088	0.8771	0.8673

The above listed factors are to be multiplied by a competitor' finishing times.

Example: 59.2 seconds (disabled skier's actual time in Giant Slalom) disability class L3/1 factor .8911.
 $59.2 \times .8911 = 52.753$

52.753 is the competitor's factored time that would be the time used for race and team results.

NHIAA disabled athletes wishing to compete in skiing must notify the NHIAA of their intent. The US Ski Association will assign athletes a disability class prior to Competition.

US FACTORS BY DISABILITY WOMEN

Disability Class	Downhill	Slalom	Giant Slalom	Super Giant
B1	0.5644	0.5547	0.5780	0.5972
B2	0.8729	0.8662	0.9171	0.9179
B3	0.9036	0.9347	0.9319	0.9221
L1	0.8967	0.7995	0.7895	0.7928
L2	0.9108	0.9978	0.9150	0.9217
L3/1	0.9370	0.8885	0.9304	0.9172
L3/2	0.9382	0.8895	0.9314	0.9215
L4	0.9950	0.9929	0.9978	0.9873
L5	0.9622	0.9544	0.9555	0.9705
L6	1.000	1.000	1.000	1.000
L9/1	0.8110	0.8037	0.7717	0.8025
L9/2	0.9234	0.8505	0.8758	0.8917
L10	0.7914	0.6620	0.7549	0.7952
L11	0.8155	0.7538	0.8362	0.8379
L12/1	0.8372	0.7598	0.8477	0.8538
L12/2	0.8550	0.7656	0.8771	0.8673

The above listed factors are to be multiplied by a competitor's finishing times.

Example: 59.2 seconds (disabled skier's actual time in Giant Slalom) disability class L3/1 factor .9304.
 $59.2 \times .9304 = 55.079$

55.079 is the competitor's factored time that would be the time used for race and team results.

NHIAA disabled athletes wishing to compete in skiing must notify the NHIAA of their intent. The US Ski Association will assign athletes a disability class prior to any NHIAA Competition.



NHIAA SKIING RACE RESULTS

(SCHOOLS SHOULD COMPLETE AND FAX TO **MEDIA**)

1. LOCATION

Mountain: _____

Site: _____

Trail: _____

Town: _____

2. DATE: _____

3. HOSTING SCHOOL: _____

4. EVENT: _____

5. PARTICIPATING SCHOOLS:

6. TOP 10 FINISHERS AND SCORES/TIMES:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

7. TEAM SCORES:

_____	_____
_____	_____
_____	_____
_____	_____

8. NUMBER OF PARTICIPANTS: _____

9. CONDITIONS/WEATHER: _____

10. NOTES: _____

**2023-24
ALPINE SKI ENTRY FORM**

The following athletes are eligible members of our high school team and have participated in 50% of the team's competitions. The members listed below are in the order in which they will run in each event. (If a Skirmeister candidate is not one of the top six-team skiers, please list their name(s) on the line below the team competitors. **Skimeisters competing as individuals must have competed in the event at least once.**) Potential substitutions must be listed on the eligibility form. Place an (*asterisk) next to all Skimeister candidates.

ALPINE RUNNING ORDER

GIANT SLALOM

First Name	Last Name
1.	
2.	
3.	
4.	
5.	
6.	

SKIMEISTER

First Name	Last Name
1.	
2.	

SLALOM

First Name	Last Name
1.	
2.	
3.	
4.	
5.	
6.	

MEISTER

First Name	Last Name
1.	
2.	

SCHOOL:

DIVISION:

Name (First and Last)

Athletic Director:

Alpine Coach:

Submit ONE form for boys and ONE form for girls.
Include ALL event information on ONE form. (MARK ONE)

SAMPLE FORM
Do not use. This form can be accessed on the
NHIAA Website under the Athletic Directors'
Administrative Log-in section.

Grade	SKMSTR
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	

DO NOT ALTER THIS FORM. IT HAS BEEN DESIGNED WITH THE MAXIMUM NUMBER OF SKIERS ALLOWED.

Limit 15 skiers per discipline, per gender

This form shall be submitted to the NHIAA office via email
By: Monday, February 5, 2024

**2023-24
SKI JUMPING ENTRY FORM**

The following athletes are eligible members of our high school team and have participated in 50% of the team's competitions. The members listed below are in the order in which they will run in each event. Potential substitutions must be listed on the eligibility form. Place an (*asterisk) next to all Skimeister candidates.

SCHOOL:
DIVISION:

Name (First and Last)

Athletic Director:
Jumping Coach:

Submit ONE form for BOTH
Boys and Girls.

JUMPING ORDER - BOYS and GIRLS

BOYS		GIRLS	
First Name	Last	Grade	SKMISTR
1.			
2.			
3.			
4.			
5.			
6.			
SKIMEIST			
First Name	Last		
1.		8.	
2.		9.	
		10.	
		11.	
		12.	
		13.	
		14.	
		15.	

SAMPLE FORM
Do not use. This form can be accessed on the
NHIAA Website under the Athletic Directors'
Administrative Log-in section.

ADDITIONAL FEMALE JUMPERS

First Name	Last Name
1.	
2.	
3.	
4.	
5.	

DO NOT ALTER THIS FORM. IT HAS BEEN DESIGNED WITH THE MAXIMUM NUMBER OF SKIERS.
Limit 15 skiers per discipline, per gender

This form shall be submitted to the NHIAA office via email
By: **Monday, February 5, 2024**

