



METRO LEAGUE SKI RACING

**METRO LEAGUE
INTERSCHOLASTIC SKI RACING
ASSOCIATION**

ACMA

Aloha High School

Arts and Communications Magnet Academy

Beaverton High School

Country Faith Christian Academy

Edison High School

Faith Bible School

Glencoe High School

Hillsboro High School

International School of Beaverton

Jesuit High School

Mountainside High School

Newberg High School

Oregon Episcopal School

School of Science & Technology

Sherwood High School

Southridge High School

Sunset High School

Tigard High School

Tualatin High School

Veritas High School

Westview High School

STANDARD OPERATING PROCEDURES

RULES AND REGULATIONS

2022-2023 Season

For updates, please visit Metro League's Website at www.metroskileague.org

2022-2023

STANDARD OPERATING PROCEDURES

ARTICLE I - RACE PROCEDURES

- A. All MLISRA sanctioned races will be run in accordance with these Standard Operating Procedures.
- B. An interscholastic ski race shall be held on Saturday. The league may agree to hold races on a day other than Saturday if venue restrictions or weather prohibit the league's ability to hold a league race on a Saturday.
- C. A league race season shall consist of at least six races to qualify for the State Championships at any level of competition. Note: This will be changed to match OISRA rule but the OISRA rule states 5 races and OISRA policies state 6 races. LG to confirm at Alpine meeting on 5/5.
- D. Each school is responsible for providing volunteer gatekeepers, timers and other volunteers necessary for operation of each race. Each school will designate a Parent Representative who will be responsible for the parent volunteer coordination.
- E. Each Parent Representative will provide the Volunteer Coordinator with a list of volunteer gatekeepers, timers, and other officials as necessary no later than the date requested by the Volunteer Coordinator.
- F. Penalty for absent race workers by the participating schools on race day will result in a charge of \$150 per volunteer replacement to be paid to the MLISRA.

ARTICLE II – RACE ENTRY

- A. Race orders will be recorded in the start order software, emailed, faxed or hand delivered (Race Secretary not responsible for errors) to the Race Secretary no later than the deadline set by the Race Secretary prior to the Saturday race. Coaches will list the members of the team in the order in which they are to race by name in each classification in the following order:
 - Girls' Varsity (6 names)
 - Girls Junior Varsity (JV) (all remaining)
 - Boys' Varsity (6 names)
 - Boys' Junior Varsity (JV) (all remaining)
- B. If the coach fails to provide the race order on time, the running order of the previous week's race shall control. If the omission occurs for the first race of the season, the school's team(s) will race in alphabetical order.
- C. Race entries will be seeded according to draw as follows: #1 member of the #1 team, #1 member of the #2 team, #1 member of the #3 team, etc.; followed by the #2 member of each team in reverse order; following by the #3 member of each team in order of the draw, etc.
- D. Seeding of the racers will be done on a Quasi-Random seeding from the software program for Girls' Varsity, Boys' Varsity, Girls' Junior Varsity (JV) and Boys' Junior Varsity (JV). A separate draw shall occur for each race.
- E. Race order for the team shall be: If race is by gender Girls' Varsity, and Girls' Junior Varsity (JV), then Boys' Varsity, and Boys' Junior Varsity (JV). If by Varsity and Junior Varsity (JV) then Girls' Varsity and Boys' Varsity, then Girls' Junior Varsity (JV), and Boys' Junior Varsity (JV),
- F. Substitutions in the race order must be made on race day prior to the start of the race as follows:

1. Girls' Varsity and Boys' Varsity Substitutions.

a. Substitutes may be moved into the racing slot of a missing racer. The Substitute will ski with their original bib number. No racer may be moved into the Substitute's spot.

3

b. If a racer who raced the first run is unable to race in the second run, then the Substitute may be substituted as described in (a) unless there is no Substitute. If there is no Substitute, the position will remain vacant.

2. Any other racer classifications may be substituted as needed to fill all of the racing spots from the official team roster. A Junior Varsity (JV) racer may be substituted prior to the first run but may not be substituted for only the second run.

3. Substitutions should be made with the Race Secretary. Coaches making substitutions in the start area or finish area before the racer races shall fill out a substitution form. The coach must advise the starter to inform the timers of a racer racing out of order.

4. Race orders will be available for pickup at the Coaches Meeting no later than 8:00 a.m. on the day of the race.

ARTICLE III - RACE ORGANIZATION

A. The League Executive Committee shall appoint the Race Committee.

B. Race Committee and Jury Composition

1. The Race Committee consists of:

a. Chief of Race

b. Chief of Course

c. Chief Gatekeeper

d. Chief of Timing

e. Race Secretary

f. Volunteer Coordinator

g. Additional members at the discretion of the League Executive Committee

2. The Jury consists of:

a. Technical Delegate**

b. Chief of Race*

c. Referee*

d. Assistant Referee (Coach elected)*

e. Start Referee*

f. Finish Referee*

g. Chief Gatekeeper*

h. Chief of Course

*denotes voting members

**The Technical Delegate will vote only in the case of a tie.

The position of Assistant Referee will be filled by coaches of a participating team.

C. Duties of Race Officials

1. Technical Delegate

a. The Technical Delegate will be approved by the League Executive Committee.

- b. Makes sure that the rules and directions of the MLISRA are adhered to.
- c. Assists all officials and race personnel to make sure the race is run safely and effectively.
- d. Advises the organizers within the scope of their duties.

4

2. Chief of Race

- a. Chairs the Race Committee.
- b. Directs and controls the work of all officials.
- c. Acts as chair of the Coaches Meetings.
- d. Summons the meeting of the Race Committee for consideration of technical questions.
- e. Must be familiar with ski area personnel and policies.

3. Chief of Course

- a. Responsible for the preparation of the courses in accordance with the decisions of the Race Committee and the Jury.
- b. Coordinates installation of bee netting, rope barriers with ski resort.

4. Chief of Timing

- a. Responsible for the coordination of officials at the start and finish.

5. Race Secretary

- a. Responsible for all technical aspects of the competition relating to the formulation of the start orders.
- b. Acts as the official representative of the MLISRA.

6. The Referee

- a. Selected by the TD or other official coordinating the jury and approved by the TD.
- b. Responsible for all matters involving safety and course setting legality.
- c. Must be familiar with all MLISRA rules of competition and current standards for course setting (preferably possessing excellent course setting skills), start and finish area construction, and all rules pertaining to disqualification.
- d. Is responsible for course inspection, either alone or accompanied by members of the Jury. Preferably, inspection will occur by observing the course setters or through immediate inspection after the course is set. If the Referee inspects and proposes a change, the course setter must be informed before alteration occurs.
- e. Is responsible for receiving the reports of the Start and Finish Referees and the race officials about the infractions of rules and the gate faults at the end of each run.
- f. Checks all Gate Judge Cards for accuracy.
- g. Posts the DQ list with the names of the competitors disqualified and the time of posting.
- h. Works closely with the TD.

7. Assistant Referee

- a. Elected by a vote of the coaches to serve as their representative for all pertinent concerns of the Coaches.

8. The Start Referee

- a. Must be present at the start at least 10 minutes prior to the start of course inspection by competitors and must remain at the start throughout each run.

- b. Must make sure that the regulations for the Start and the start organization are properly observed.
- c. Determines late and false starts.
- d. As the race progresses, reports to the Finish Referee the names and bib numbers of the competitors who did not start, have made false starts, late starts, or other infringements.

5

9. The Finish Referee

- a. Must be in position at the finish at least 10 minutes prior to the start of course inspection by competitors and must remain throughout each run.
- b. Must make sure that all regulations for the finish area are properly observed.
- c. Ensures proper recording of the finish order of all competitors.
- d. Supervises the timing and crowd control in the finish area.
- e. Must be able to communicate immediately with the Start at all times.
- f. Reports to the Referee the names and bib numbers of competitors, who did not start, have made false starts, late starts, or other infringements at the finish or in the finish area.
- g. Approves provisional re-runs at the request of a competitor for valid claims.

10. Chief Gatekeeper

- a. Organizes and supervises the work of the Gatekeepers.
- b. Instructs in gate keeping rules and procedures, including placement and gate assignment.
- c. Collects all cards for submittal to the Referee following each run.

D. Officials Behavior

- 1. Officials will refrain from use of alcohol, tobacco, controlled substances not medically prescribed, and profanity in all areas of the race venue and when in the presence of Racers.

E. Duties of the Jury

- 1. Monitors the adherence to the rules relating to technical and discipline throughout the entire race.
 - a. Technical Concerns, by
 - 1) Checking the racecourse and the set of the course.
 - 2) Checking the snow conditions on and beside the course.
 - 3) Checking the preparation of the course.
 - 4) Checking the crowd control measures.
 - 5) Checking the start, the finish area and the run out from the finish.
 - 6) Verifying the availability of ski patrol service and equipment.
 - 7) Establishing the schedule of the race.
 - 8) Verifying the legality of the course.
 - 9) Checking that current safety measures are met.
 - 10) Determining the manner of the course inspection by competitors in conjunction with the course setter.
 - 11) Inspection of the course before the race.
 - 12) Approving and determining the number of forerunners for each run.

13) Granting re-runs.

14) Interrupting the race, as needed.

b. Disciplinary Concerns, by

1) Recommending reclassification of a competitor for lack of physical and technical ability.

2) Pronouncement of disqualifications.

3) Deciding upon infractions by coaches.

4) Recommending disciplinary action for the course setters and officials to the League Executive

6

Committee.

5) Deciding on protests.

F. Duties of Others

1. Course Setter

a. Appointed by the League Executive Committee.

b. Varsity Course setters shall not be first year MLISRA coaches.

2. Forerunners

a. Each run must be preceded by at least two forerunners.

b. Organizers should be prepared to provide additional forerunners to insure proper function of the timing and communication systems.

c. Should be identifiable, preferably with forerunner's bibs.

d. Must possess sufficient skiing ability to cover the course in racing fashion.

e. Are governed by the same rules of race.

f. Forerunning is not a right or opportunity for training. Forerunning allows the Jury to determine that the course and all other race components are ready to commence the race.

g. After an interruption of the race, additional forerunners may be authorized as needed.

h. The times of the forerunners are neither announced nor published.

i. Upon request, the forerunners shall report to members of the Jury regarding the snow conditions, visibility and set of the course.

3. Gatekeepers

a. Are responsible for the supervision of one or more gates as assigned by the Chief Gatekeeper.

b. Must observe accurately whether the passage of the competitor was correct through the entire area of observation.

c. Must fulfill a number of other important functions as presented during the morning gatekeeper's meeting.

d. Must attend a gatekeeper's meeting on the morning of the race.

e. Must pick up and return buckets each race day.

f. Gatekeepers who disqualify a racer must remain at the ski area and must be available to the Race Jury until after the Jury meeting.

g. Gatekeepers will not be allowed to use any form of video camera, or still camera, while the race is being conducted.

G. Coaches

1. A Coach's meeting will be held prior to each race. The coach, assistant coach or if neither is available, a representative from each team will attend. Notification of the following will be announced:

- a. The time and place of required course preparation.
- b. Bib check off procedures.
- c. Location of DQ list.
- d. Problems from previous races.
- e. Current course location and conditions.
- f. Pre-race course inspection procedures.

ARTICLE IV - RACE OPERATION

A. Start and Finish

1. The Start

- a. The start of the race is defined as the moment the Start Referee calls for the first racer. Time is to be noted on the DQ list.
- b. The start area must be closed off to everyone except the starting competitor accompanied by only one coach and the start officials. The start area should be protected appropriately against inclement weather. A special roped off area must be provided for competitors, coaches, and other service personnel in which they may prepare without being interrupted by the public.
- c. The start ramp shall be prepared in such a way that the competitors can stand relaxed with the front binding on the starting line and can quickly reach full speed after leaving the start.
- d. The start gate shall consist of two posts, approximately 60cm apart and shall not project more than 50cm above the snow. These posts shall support the timing device(s) with one wand placed so that starting is impossible without its opening. The height of the wand shall be approximately 3/4 the length between the ankle and knee of competitors.
- e. No official or attendant shall give an advantage to or disturb the starting competitor. All outside help is forbidden. By order of the Start Ref, if the competitor has poles, the competitor must plant his/her poles in front of the start line, or where indicated. The Starter must not touch the competitor at the start. Pushing off from the start posts or other aid is forbidden. The competitor may start only with the help of his/her ski poles.
- f. When the course is ready for a competitor, the Starter will tell the competitor--"Attention racer... 10 seconds"... at which time the racer prepares to start... "5, 4, 3, 2, 1, Go, 1, 2, 3, 4, 5". The racer is allowed to start between five seconds before "Go" and five seconds after "Go".
- g. Start timing shall measure the exact time the competitor crosses the start line with his/her leg below the knee.
- h. Racers will start in the order on the start orders.
- i. Racers who reach the start after their order will be allowed to race on a "time and condition" basis at the end of their classification, unless the Start Ref deems the delay was due to "*force majeure*," in which case the start referee may allow a provisional start.
- j. Provisional Starts
 - 1) Provisional Starts from delayed or missed starts will be inserted at the end of the classification or may be inserted at the end of each seed at the discretion of the Start Referee.
 - 2) Provisional starts for reruns may, after reporting to the Start Referee, be inserted behind the racer in the start gate or the racer entering the start gate (thus not to interrupt the mental preparedness of the intended racer) or at such time the competitor is ready.
 - 3) The Start Referee will make all decisions in the case of a delayed start.

- k. A start time is valid if it occurs within the following limits: five seconds before and five seconds after the official start time. A competitor who does not start within that space of time will be disqualified. Immediately after the race, the Start Referee will inform the Referee of the start numbers and names of the competitors who made a false start or violated the starting rules.
- l. Start intervals shall be decided by the Start and Finish Referee. The start interval may not be less than 30 seconds.

2. The Finish

- a. The race is concluded at the moment the final racer crosses the finish line and the Finish Referee declares the course closed. The time is noted on the DQ list.
- b. The finish area must be plainly visible to the competitor approaching the finish. It must be wide with a gently sloped smooth, outrun. It must be especially well prepared and smoothly packed to make stopping easy.
- c. In setting the course, particular attention shall be paid to directing competitors across the finish
8
on a natural line, adapted to the terrain.
- d. Appropriate safety measures shall be used to prevent any possibility of collision with the finish structures.
- e. It is recommended that the finish area be completely fenced in. Any unauthorized entry must be prevented. Barricades shall be placed so that competitors are not injured by colliding with them.
- f. The finish line is marked by two poles or vertical banners. The width of the finish is considered to be the distance between the two finish poles or banners.
- g. The finish line must be no less than 10 M wide.
- h. The timing pickets are to be placed directly behind the finish posts or banners, on the downhill side.
- i. The finish line must be clearly marked with coloring material.

B. Course Setting

- 1. The "Setup/Teardown" School must provide enough of the sufficient personnel and resources as follows. The equipment will be provided by the League.
 - a. Shaggers must be provided for the course setter, at a time to be fixed by the League Executive Committee, so that course setter can concentrate on the actual course setting and not be distracted by fetching poles and equipment.
 - b. Blue and red poles.
 - c. A corresponding number of flags, divided by color.
 - d. Sledgehammers, crowbars, drills, wedges, rakes, shovel(s), and salt.
 - e. Dye for marking the position of the poles and the finish line.
- 2. The positions of the turning poles are to be marked with an easily recognizable coloring substance, which remains visible throughout the entire race.
- 3. The gates must be numbered from top to bottom of the course and the numbers attached to the outside pole. Start and finish are not counted.
- 4. Poles
 - a. Rigid Poles: Round, uniform poles with a diameter between a minimum of 20mm and a maximum of 32mm and without joints, are allowed as rigid poles. They must be of such a length that, when set, they project at least 1.80M out of the snow and they must be made of a non-splintering material (plastic, plasticized bamboo, or material with similar properties).
 - b. Flex-poles: Flex-poles are fitted with a spring-loaded hinge. They must conform to the FIS Specifications.

5. Slalom: The turning poles must be a flex-pole, with or without flagging.
6. Giant Slalom: A pair of slalom poles are used, carrying a banner between them. The turning pole should be a flex-pole.

C. Execution of the Race Run

1. Correct Passage

- a. A gate has been passed correctly when both the competitors ski tips and both feet, with mounted skis, have passed across the gate line. (the line between inside and outside poles). If a competitor loses a ski without committing a fault (e.g. not by straddling a slalom pole) then the tip of the remaining ski and both feet must have passed the gate line. These requirements also apply when a competitor has to climb back up to a gate. (661.4.1)
- b. When there is no outside pole (SL) or Panel (GS), both feet and both mounted ski's must have passed the turning pole on the same side, following the natural race line of the course. If a competitor loses a ski without committing a fault (e.g. not by straddling a slalom pole) then the tip of the remaining ski and both feet must have passed the turning pole on the same side, following the natural race line of the course. If a competitor has not correctly passed a turning pole and does not

9

follow the natural race line, then the competitor must hike back up and pass around the missed turning pole, in either direction and return to the natural race line of the course.

- c. In the event that a competitor removes a pole from its vertical position before both the competitor's ski tips and both feet have passed the gate line (or on the same side of the turn pole, following the natural race line, in single pole), the ski tips and feet still must pass the original gate-line (or original location of the turn pole, in single pole).(661.4.1.3)
- d. In a slalom race, a competitor may lose one ski and not be disqualified. A competitor may pass not more than one turning pole or gate line after the loss of a ski. If a competitor passes more than one turn pole, or gate line, after losing a ski, the competitor must remount and remedy the additionally missed gates, following the natural line of the race.
- e. If a second loss of ski occurs, more than two gates from the finish, it shall be a clear disqualification. The competitor may not continue on the course. At the last gate, if a competitor loses a ski a second time, without committing a fault (e.g. not by straddling a slalom pole) then the tip of the remaining ski and both feet must have passed the gate line and it will be considered correct passage.
- f. In a giant slalom race, the loss of a ski will be a disqualification.
- g. Upon complete loss of the competitor's forward momentum in a GS race, the competitor will be given a silent *10 second count* by the nearest gate judge or race official in order to continue their race by regaining forward, downhill momentum in the correct race line. After the official's count, the competitor will otherwise be waved off of the run and judged as a DSQ/DNF. A competitor may be waved off sooner when safety issues demand immediate action.

D. Crossing the Finish Line

1. The finish line must be crossed:

- a. On both skis, or
- b. On one ski, or
- c. With both feet in case of a fall in the immediate finish area, when the racer's momentum carries the racer across the finish line, with both feet. In this case, the time is taken when any part of the competitor's body or equipment stops the timing.

- E. Interruption of the Race. If an interrupted race cannot be finished on the same day, it is to be treated as a terminated race. A member of the jury may interrupt the race:
1. To allow course maintenance, if this is necessary for the competitor safety or to allow a fairer and more consistent course for all competitors.
 - a. In such cases, if the jury anticipates maintenance will be required, the anticipated times and duration of interruption should be published before the race.
 - b. The race shall be restarted as soon as the work on the course is completed.
 2. When circumstances present increased danger for the competitors.
 3. In case of unforeseen incidents and dangers.
 4. Upon request of a Gate Judge order a brief interruption of the race.

F. Termination of a Competition. A race may be terminated by a majority vote of the head coaches (in this case, one vote per head coach) and the jury excluding the Technical Delegate. The race should be terminated if:

1. If the competitors are endangered by exterior disturbing influences.
2. If different conditions arise or the proper conduct of the race seems no longer to be guaranteed.
3. If the competitor's safety, because of exterior circumstances, can no longer be guaranteed, and an improvement can no longer be expected.
4. In the event the vote is a tie, the Technical Delegate will cast the tie breaking vote.

G. Protests.

1. Types of Protests

- a. Against admittance of competitors or their competition equipment.
- b. Against the course or its condition
- c. Against the condition of the course after the start of the race.
- d. Against another competitor or against an official during the race.
- e. Against posted disqualifications.
- f. Against timekeeping.
- g. Against being declared ineligible for interscholastic competition with the league representative prior to the end of the last league race.
- h. To allow a provisional rerun to be counted as the official run.

2. Place of Submittal and deadlines for submittal

- a. Protests pertaining to the race are to be submitted at the location designated on the official notice board or at a place announced at the coaches' meeting.
- b. Protests pertaining to rulings from the TD or Jury are to be submitted to the MLISRA Executive Committee.
- c. Against the admittance of a competitor before the start of the race.
- d. Against the course or its condition, with the Start or Finish Referee, no later than 15 minutes after the course is set, or 60 minutes before the start of the race (whichever is closest to the start time).
- e. Against the condition of the course after the start of the race will be filed with the Start Referee verbally. The Start Referee will halt the race and contact the Technical Director. The jury will immediately address the protest.
- f. Against another competitor or competitor's equipment or against an official because of irregularities

during the competition, within 15 minutes after the last competitor has passed the finish.

- g. Against decision of a Jury disqualification, filed with the race jury within 15 minutes of the posting of the DQ list.
- h. Against disqualification because of an irregular execution of the race, within 15 minutes after the posting of the disqualification.
- i. Against the timekeeping, within 15 minutes after the posting of the result list.
- j. The jury may extend the time for filing.

3. Forms of Protest

- a. Protests are to be submitted in writing. Protests must be substantiated in detail. Proof and all available evidence must be submitted as part of the protest.
- b. Protests concerning course condition may be made verbally to a member of the Jury.
- c. Protests may be substantiated by video or photographic evidence, however, neither may be submitted if captured by an active gatekeeper, official or course worker in any capacity, regardless of the content. Video and photographic evidence may only be submitted prior to and during a protest jury. No video or photographic evidence will be accepted after a jury has concluded.

4. No Protest Fee will be charged.

5. Authorization: Duly designated coaches, League Representatives and officials may submit a protest.

6. The official disqualification list will be posted as soon as possible after the race. 7. Settlement of Protest by the Jury

- a. The Jury shall meet to consider protests at a place and time determined and announced at the coaches meeting.
- b. Where a protest against disqualification by a gate judge (gatekeeper) that gatekeeper and, if needed, also the gate judges (gatekeepers) of the adjacent gate combinations and any other involved officials, and the protesting coach, or League Representative in place of the coach, shall be invited to attend.

11

c. At the vote on the protest, only the Jury members may be present. The TD chairs the Jury Meeting. A decision requires a majority of all voting members of the Jury. In case of a tie, the TD shall vote. The rules on which the decision is to be based shall be applied and interpreted to advance the interests of good order and discipline, fairness and sportsmanship, with reasonable doubt resolved in favor of the racer.

d. The decision is to be made public immediately after the jury meeting.

8. Right of Appeal. There is no appeal of the jury decision.

ARTICLE V – TECHNICAL INFORMATION: GIANT SLALOM

A. Technical Data

1. Vertical drop:

- a. Minimum: 140M
- b. Maximum: 350M

2. Gate Width:

- a. Minimum: 4M
- b. Maximum: 8M

3. Between Gates:

- a. Minimum: 10M

4. Number of Gates:

- a. 11% - 15% of vertical drop

5. Gates:

- a. The course shall be single panel turning gates as permitted by the USSA. A single panel GS turning gate has no outside set of poles with a panel, except for the first, last and delay gates.
- b. The gates must be, alternately, red and blue.
- c. The flags are to be at least 75cm wide and 50cm high. They are to be fastened between the gates so that the lower edge of the flag is at least 1 M above the snow.
- d. The gates must be set so that the competitors can distinguish them clearly and quickly, even at high speed.
- e. The two flags of the gate should be set at right angles to the racing line.(first and last gate)

B. Inspection of the Course

1. The gates must be finally set at least one hour before the start.
2. The competitors are allowed to study the course after its final setting, by a method determined by the Jury and the course setter.
3. Skiing through a gate or practicing turns parallel with those required by gates on the course will lead to disqualification.
4. Competitors are not permitted to enter the course on foot without skis unless instructed by the Jury.

C. Execution of the Giant Slalom

1. A Giant Slalom should be decided by two runs.
2. The second run may be held on the same course, but at least two gates must be reset.

ARTICLE VI - TECHNICAL INFORMATION: SLALOM

A. Technical Data:

1. Vertical drop:
 - a. Minimum: 100M
 - b. Maximum: 200M
2. Gate Width:
 - a. Minimum: 4M
 - b. Maximum: 6M
3. Between Gates:
 - a. M-Max: 0.75 – 1.0M distance between gate combinations (hairpin, vertical)
 - b. Min-Max: 6 – 12 M between successive gates
 - c. Min-Max: 12 – 18 M between turning poles through a delay gate
 - d. Minimum 6 M turning pole to top of delay
4. Number of Gates:

- a. Minimum: 30
- b. Maximum: 68
- c. 33%-38% of vertical drop.

5. Gates:

- a. The course shall be single pole SL as permitted by the USSA. A single pole SL has no outside pole, except for the first and last gate, delay gates and vertical combinations (hairpin and vertical).
- b. The gates must be, alternately, red and blue.
- c. The distance between two gates may be no less than .75M. This distance must exist between the poles of different gates.
- d. Slalom must contain horizontal (open) and vertical (closed) gates as well as a minimum of one and a maximum of three vertical combinations, three to four gates and at least three hairpin combinations.
- e. The gates must be set so that the competitors can distinguish them clearly and quickly, even at high speed.
- f. A single pole slalom course must have outside poles present on the first and the last gates, delaygates and combinations (hairpin, flush and vertical combinations).

B. Inspection of the Course:

- 1. The gates must be finally set at least 30 minutes before the start.
- 2. The competitors are allowed to study the course after its final setting, by a method determined by the Jury and the course setter.
- 3. Skiing through a gate or practicing turns parallel with those required by gates on the course will lead to disqualification.
- 4. Competitors are not permitted to enter the course on foot without skis unless instructed by the Jury.

C. Execution of the Slalom

- 1. Slalom should be decided by two runs.
- 2. The second run may be held on the same course, but at least two gates must be reset.

ARTICLE VII - SCORING

A. Team Scoring

- 1. The awarding of points for team places according to the results of a race is determined as follows:
 - a. Team points will be determined by the higher number of complete Boys and Girls varsity teams at the start of the race season. Team points will remain the same throughout the race season.
 - b. 2 pts for each team in the competition level (Varsity and Junior Varsity (JV)).
 - c. A team that does not have 3 qualified finishers will receive 0 pts.
- 2. Example for 11 Teams (6 boy varsity and 5 girl varsity. Higher number of teams is boys at 6. $6 \times 2 = 12$):

Place Points

- 1st 12
- 2nd 10
- 3rd 8

- 3. If two or more teams have the same time, they will be given the same place on the official results. Therefore, if two are tied for 1st place, there will be no 2nd place winner but the next place listed will be 3rd. Points will be adjusted accordingly.

5. Team points will be awarded at all classification levels.
5. The team time will be the sum of the best 3 individual times in the first run, plus the sum of the best 3 individual times in the second run.

B. Individual Scoring

1. The top thirty finishers at the Girls' Varsity and Boys' Varsity levels in any given race will be awarded points. No individual points will be awarded in any other classification.

Place Points Place Points Place Points

1st	100	11th	24	21st	10
2nd	80	12th	22	22nd	9
3rd	60	13th	20	23rd	8
4th	50	14th	18	24th	7
5th	45	15th	16	25th	6
6th	40	16th	15	26th	5
7th	36	17th	14	27th	4
8th	32	18th	13	28th	3
9th	29	19th	12	29th	2
10th	26	20th	11	30th	1

2. The top five cumulative point totals in each discipline as well as the combined total will determine the All Metro Team. (Top five Girls' Varsity Slalom, Giant Slalom, and Combined and the top five Boys' Varsity Slalom, Giant Slalom, and Combined.)
3. Substitutes' times will not count toward a team time, but will count toward individual points and standings.
4. If two or more competitors have the same time, they will be given the same place on the official results.
5. Boys' Varsity and Girls' Varsity individual times will never be combined into a common list.

C. Calculation and Announcement of Results

1. Unofficial Times: Times taken by the timekeepers shall be considered unofficial times. They shall be posted on a score sheet which shall be available to the competitors who have finished.

14

2. Disqualifications: As soon as possible after completion of the race, disqualifications shall be posted on the official notice board. The time limit for protest is counted from the moment of this posting.
3. Official Results
 - a. The official result list must contain the following:
 - 1) The name of the organizing school or league.
 - 2) The name of the competition, the site, discipline and classification (Varsity men, Varsity women, Varsity 2)
 - 3) The date of the race.
 - 4) All details concerning the competitors, finish order, start number, surname, first name, school, 1st run time, 2nd run time, combined time, did not finish, or disqualified.
 - 5) For each run, the names of the course setter, the number of gates and the start time.
 - 6) The weather, the snow conditions on the course and the air temperature at the finish area.

ARTICLE VIII – LEAGUE CHAMPIONSHIP

- A. The Metro League Championship will be determined by totaling the points earned as described in Article VIII.B. Team ties will be resolved by using the total league race times for the entire season to determine the team rankings.
- B. There will be a Girls' Varsity and Boys' Varsity Champion.

**We would like to thank the many volunteers that put on
the Metro Ski League races.**

2019-2020 RULES AND REGULATIONS

OSAA rules apply to MLISRA sanctioned races, and any pertinent rules adopted by member high schools shall also apply to MLISRA sanctioned races, unless these rules take exception thereto, in which case MLISRA rules shall control. Coaches and officials will subscribe to the point of view that if a doubt exists, it is better that an infraction go unpunished than to have the infraction be wrongfully punished.

Rule 1 – General

A Racer will not be allowed to race if Rule 1 is violated. If the violation is discovered after the race, the competitor will be disqualified for both runs of the race day.

1. A Racer's transportation to races and race training will be by bus or private transportation. Private transportation must be driven by a coach or an adult over the age of 21.
2. A Racer must be eligible for interscholastic competition under member high school criteria, OSAA criteria, team and individual eligibility requirements set out in Rule 12.

Rule 2 – Individual Disqualification for Race Day

Individual disqualification for race day (both runs) will result from violation of Rule 2 requirements. 1. A Racer must not violate valid rules or the decisions of the Jury.

2. A Racer must follow any rule specific to a particular race and outlined in the race sheet or announced at the coaches meeting.
3. A racer must not display unsportsmanlike conduct; i.e.: throwing equipment, profanity, verbal abuse, or harassment towards coaches, officials or volunteers.
4. The racer may be sanctioned for his actions; which may include disqualification.
5. A Racer must comply with the safety regulations and regulations of the ski area.
6. A Racer must not participate in the race under false pretenses.
7. A Racer must not train, ski, or shadow the course prior to or during the race.
8. A Racer must wear the official start number (bib) visible, in racing fashion, from the time ski's are on and the lifts open until such time as the course tear down is complete, except for the start area. In extreme weather conditions, latitude may be granted by the Jury.
9. A Racer shall not ski in racing fashion alongside an active racecourse.
10. An infraction on any course shall be deemed an infraction on all courses.

Rule 3 – Individual Disqualification for the Run

Individual disqualification for the run in which the infraction occurred will result from violation of Rule 3 requirements:

1. A Racer must pass through a gate correctly with both of the Racer's ski-tips and both feet, on mounted skis. At the last gate, if a Racer loses one ski without fault, i.e. not by straddling, the ski tip of the remaining ski and both feet must pass the gate. If the competitor is in doubt about meeting this requirement, he/she may ask the closest gatekeeper. The gatekeeper should reply either "GO" or "BACK" according to the particular situation.
2. A Racer must cover the course on skis and pass the finish in accordance with stated finish rules set forth in Rule 3 (11).
3. If the racer exceeds the allowed number of binding releases. Refer to Race Rule 7 (Loss of Ski).
4. A Racer must not accept outside help in any form during the race.
5. A Racer must not make a false start, or violate the regulations for execution of the start.
6. Racers and forerunners must wear, in racing fashion, a helmet while racing from the start gate through the finish, or until a racer who fails to ski across the finish has proceeded beyond/below the finish area.
7. A Racer must not slip through the finish line of the race course unless instructed to do so by an official.
8. A Racer must not enter a race course that is closed.
9. A Racer must not unjustifiably request a re-run, which is later shown to be unsubstantiated.

10. The finish line must be crossed on either both skis, or on one ski, or in the case of a fall in the immediate finish area when the Racer's momentum carries the Racer across the finish line, with both feet. In this case, the time counts when any part of the body or equipment stops the timing.
11. An infraction on any course shall be deemed an infraction on all courses.
12. Competitors are responsible for the equipment they use, and to ensure it is in safe working order. Unless otherwise specified it must conform to the FIS Competition Ski Equipment Alpine B specification. Skis and racing suits do not have to conform to FIS. Safety Bindings must conform to FIS 2.1, 2.11, 2.12. Boots must conform to FIS 3.1 & 3.2. A Racer's skis must have ski brakes. Helmets must conform to Rule 8.

Rule 4 – Team Disqualification

Team Disqualification's are for the race day (both runs).

1. A team disqualification is defined as an action, which affects only those scoring areas dealing with team scoring.
2. A team disqualification will not lead to individual disqualification, except for individuals involved in the infraction(s).
3. Team disqualification will result from violation of Rule 4 requirements:
 - a. A coach or competitor must not alter a course. Note: Do not remove or reposition controls (gates) or flags. If in doubt, always consult the TD or Referee.
 - b. If a coach is the course setter, that coach will be allowed to pre-run the course along with other coaches designated by the setting coach.
 - c. Racers and members of a team participating in a race shall not possess or be under the influence of controlled substances at any time on race day or during an event. Controlled substances shall include but is not limited to tobacco products; alcoholic beverages and drugs of any kind except those possessed lawfully under a physician's prescription and over-the-counter nonprescription remedies used in accordance with directions to alleviate a specific condition.

Rule 5 – Interference

Interference is grounds for a provisional rerun if the Racer acts in strict accordance with Rule 5 and coach compliance with Rule 6 as appropriate.

1. If a Racer encounters interference while on the course the Racer must:
 - a. Stop immediately.
 - b. Move off the course.
 - c. Inform the nearest official (including a Gate Judge [gatekeeper]).
 - d. NOT continue on the course.
2. Grounds for Interference:
 - a. Blocking of the course by an official, a spectator, an animal or other hindrance.
 - b. Blocking of the course by a fallen competitor, who did not clear the course soon enough.
 - c. Objects in the course such as a lost ski pole or the ski of a previous competitor.
 - d. Activities of the first aid service which hinder the Racer.

- e. Absence of a gate; knocked down by a previous competitor and not properly replaced.
 - f. Other similar incidents which, beyond the will and control of the competitor, cause significant loss of speed or de facto lengthening of the racing line and thereby materially affect the competitor's time.
3. In special situations, including but not limited to malfunction of the timekeeping system, missing gates or other technical failures, the Jury may order a rerun. Such reruns shall not be considered provisional.

Rule 6 – Validity of a Re-Run

1. In case the Referee or another Jury member is unable to immediately question the appropriate officials or to judge the justification for the rerun, the official may, to avoid delay of the race, grant a provisional rerun. This provisional rerun will be valid only if it is confirmed by the Jury.
2. A written protest to allow the provisional rerun to stand must be submitted by a coach to the Race Jury prior to the Jury Meeting.
3. If the competitor was already disqualified before the incident entitling him to a rerun, the rerun is not valid.
4. If a provisional run is requested, the original run is void.
5. If the claim for rerun is shown to be unjustified by the Jury, the competitor is disqualified.

Rule 7 – Loss of Ski

In a slalom race, Racers may lose one ski, one time, and not be disqualified. A second loss of ski above the point of the second gate (or turning pole, in the case of a single pole slalom course) from the finish, shall be a clear disqualification. In a Giant Slalom race, the loss of one ski shall be a disqualification.

Rule 8 – Helmets

1. In an effort to reduce the possibility of head injury OISRA requires the wearing of ski helmets in racing fashion by racers and forerunners in all alpine events while racing from the start gate through the finish, or until a racer who fails to ski across the finish has proceeded beyond/below the finish area.
2. It is the participant's responsibility to ensure that his/her helmet is appropriate for ski racing and conforms to USSA and FIS equipment regulations for U14 and older as of the 2014 season, is in a safe and undamaged condition, and fits properly. Racers and parents are advised that the helmet should, according to FIS specification, cover the head and ears and be certified for ski racing by recognized institutes; also they must not have spoilers or edges that stick out and must show a smooth top surface for safety. Racers and parents are advised that MILSRA officials will not inspect or evaluate helmets, and MLISRA neither specifies nor makes any warranties as to the fitness or use of any particular helmet, nor assumes any responsibility or duty to any competitor by requiring the use of a helmet while racing.
3. MILSRA can not enforce a rule which requires the wearing of helmets at all times by racers while free skiing, racing and training because MLSRA officials and coaches are not always present when such activities occur. Without assuming any responsibility to enforce this Rule 8 (3), because literature and common sense demonstrate that helmets reduce risk of head injury associated with skiing, racers must

18

wear helmets while training to race. MILSRA jurisdiction and authority does not extend beyond the race arena. Beyond the race arena, Racers and parents must assume full responsibility for the consequences of the choice to wear or refrain from wearing protective equipment at all times when skiing.

Rule 9 – Bib's

Bib numbers will be assigned to Racers and bibs will be distributed to Coaches before the start of the race

season. Each Racer will receive a bib that must be worn for every league race. The Racer is responsible for keeping track of their bib. A fee of \$50.00 will be charged for a replacement bib and the replacement bib may or may not be the same number that was originally assigned to the Racer. Bibs will be collected from each Racer at the last race of the season.

Rule 10 – Athletes’ Behavior

A Racer should cooperate with the legitimate requests of race officials and coaches. Each Racer is responsible to his/her coach, and not to another coach. If a Racer feels that an unfair request has been made, the proper recourse is to have his/her coach settle the issue.

Officials and coaches will identify themselves as such whenever any question concerning their status or authority exists.

Rule 11 – Coaches’ Behavior

1. On race day coaches as well as their staff members shall NOT use alcohol and controlled substances, except medications used in accordance with medical direction, until no longer responsible for their team. Tobacco shall not be used in the presence of Racers.
2. Coaches shall not use profanity in the immediate Start/Finish areas, along the course, or in the vicinity of Racers.
3. Any coach found in violation will be told by an official to leave the race and will not be allowed on the hill with the team on the following sanctioned race day. A letter of reprimand will be sent to the school principal and/or athletic director and to the League Representative and League President by the Secretary.
4. Coaches will identify themselves as such whenever any question concerning their status or authority exists.
5. Coaches and Assistant Coaches Background Checks
 - A. In order to protect the students participating in Metro League Ski Racing programs and best efforts to comply with Oregon law, the Metro League will:
 1. Perform criminal background checks annually, before the start of the official training period, via a third party, on every Metro League coach and assistant coach to determine if there is a Disqualifying Crime.
 2. Exclude any coach or assistant coach who has been convicted, or plead guilty to, a Disqualifying Crime from participating in any and all OISRA events and programs regardless of his or her appointment to such position by the organization sponsoring the team. Disqualifying Crimes are:
 - a. Those crimes listed in ORS 342.143 or the equivalent should regulations and laws of Oregon change in the future; and
 - b. Any crime not listed in ORS 342.143, but which Metro League in its sole discretion believes is good cause to disqualify that volunteer from participation.
 - B. Metro League outsources the coaches and assistant coaches background check process to OISRA which in turns outsources it to a qualified third-party.
 - C. The Metro League President determines if a coach or assistant coach should be rejected because of the information in a background check and in accordance with section 1.2 of this policy
 1. The Metro League president will give a notice to the rejected individual. The written notice will include:
 - a. A copy of the consumer report the Executive Director relied on to make their decision; b. The

name, address, and phone number of the Third Party that provided the report.

- c. An explanation that he or she was rejected because of information in the report; that the company providing the report didn't make the rejection decision; and can't give specific reasons for it.
 - d. That he or she has a right to dispute the accuracy or completeness of the report.
 - e. A copy of "A Summary of Your Rights Under the Fair Credit Reporting Act."
2. Should the rejected individual want to appeal the President's decision, the rejection can be appealed to the Metro League's Executive Committee. The decision of the Metro League's Executive Committee is a final decision.

Rule 12 – Parent, Volunteer and Spectator Behavior

On race day parents, volunteers and spectators shall NOT use alcohol and controlled substances, except medications used in accordance with medical direction, until the OSIRA event is complete. Tobacco shall not be used in the presence of Racers.

Parents, Volunteers and Spectators shall not use profanity in the immediate Start/Finish areas, along the course, or in the vicinity of Racers.

Any parent, volunteer or spectator found in violation will be told by an official to leave the race and will not be allowed on the hill for the duration of the event.

Rule 13 – Communication Procedures

Racer and parent concerns will be addressed by the Racer's coach or the parent representative.

Coaches' concerns will be addressed by Officials regarding race issues. All other concerns from coaches or parent reps shall be addressed by the League Representative.

The League Representative will communicate appropriate information, suggestions and concerns to the OISRA Executive Committee.

Rule 14 – Eligibility for Sanctioned Events

Unless each requirement of eligibility is met, an individual Racer may not train or compete in League races until all eligibility requirements have been met. To be recognized as a ski team and to participate in sanctioned events, a school must:

1. Submit the school's roster (all Racers) to the League representative and the League Secretary not later than the time specified by the Executive Committee. The roster must include the name, grade, gender, parents/guardians names, address and telephone number of each Racer.
2. Submit to the League Secretary resort waivers and any other requested forms for OISRA and MLISRA, not later than the time specified by the Executive Committee.
3. Pay OISRA and League dues in full
 - a. Dues for the League shall be \$50 per racer.
 - b. Dues shall be paid prior to December 1 of each season. If paid after December 1st, dues shall be increased by a \$100 late payment penalty.
 - c. Dues may be refunded up to December 5th.
 - d. If a team fails to pay dues in a timely fashion, the team may not compete in League races until the

proper amount of dues has been paid in full.

4. The Head Coach shall certify in writing that the team has been shown the League safety film prior to first on-hill practice.
5. The coach or an acting coach must accompany the team to all sanctioned events.
6. An individual Racer will not be eligible to race until all items required for an individual have been submitted

Rule 15 – Teams

1. A ski team shall include boys or girls, grades 9-12. Ninth graders may only be included on teams of that high school to which they will normally be promoted for their next year in school.
2. A varsity ski team will consist of at least three and not more than five members. (Girls Varsity and Boys Varsity may have one Substitute.)
3. A school may enter one Girl's Varsity team (five racers and a Substitute), one Boy's Varsity team (five racers and a Substitute), one Girl's Junior Varsity (JV) team (all remaining racers), one Boy's Junior Varsity (JV) team (all remaining racers).
4. All eligible racers will be allowed to compete in each race.

Rule 16 – State Qualification

See Section II of the OISRA Alpine Policies

Rule 17 – Team and Parent Support

Each school shall provide volunteers (gatekeepers, timers, bib collectors and others) as are necessary for operation of each race, as determined by MLISRA and scheduled. Each school will provide a Parent Representative who shall be responsible for parent volunteer coordination.

1. The Parent Representative shall provide to the Volunteer Coordinator a list of volunteer gatekeepers, timers and other officials. Deadline for this document will be set annually by the Volunteer Coordinator.
2. Parent volunteers or an alternative must sign in, in person, with the Volunteer Coordinator and perform the volunteer duties and responsibilities in order for the team to receive credit for required race support.
3. Failure of a team to provide volunteer support required by this rule shall result in a charge of \$150 per volunteer replacement arranged for by the MLISRA officials (as per State Rule), which shall be paid to the MLISRA and delivered to the League Treasurer.

