

## NORDIC SKIING

### Section IX Nordic Ski Guidelines

In Nordic Skiing at the State Championship Race the technique alternates each year between Classic and Skate skiing. For example when the State Individual Championship Race is a classic race the State Team Relay Race would be a skate race. Then the next year it would switch to skate for the State Individual Race and classic for the Team Relay Race.

In Section IX we try each year to have at least 3 races in the State Individual Technique for that year and 2 races in the Team Relay Technique for that year before we have our Sectional Championship Race. But in years when there is not enough snow to hold that many races we need to complete at least 4 races regardless of technique before we have our Sectional Championship Race.

To qualify for skiing in the Sectional Championship Race a skier must have completed at least 2 varsity races.

To advance to States a skier's Point Standings are based on the finish place of top 2 varsity races of the State Individual Technique for that year and their best finish in one varsity race of the State Relay Technique for that year, plus skiing in Sections. This would apply in a year where we had at least 3 races in the State Individual Technique and at least 2 races in the State Team Relay Technique.

In other years when we don't have enough snow to put on 3 races of the State Technique and 2 races for the Relay Technique, a skier's Point Standings would then be based on their place in any 3 varsity races regardless of technique plus their place in the Sectional Championship Race to possibly qualify for competing at States.

Sprint races will not count towards point standing but may be counted toward the required minimum 2 varsity races for a skier to be able to race in the Sectional Championship Race.

State Team Selection: 6 skiers plus 1 alternate for both boys and girls

The top 3 skiers from the Sectional Championship team plus an alternate skier from the that team if they do not have a 4th skier to qualify.

The winner of Sections automatically qualifies.

The remaining individual spots are based on the regular season Point Standings x 0.60 plus Sectional place x 0.40.

It should also be noted; up to 2 skiers could possibly qualify by unanimous coaches decision if there are some unusual circumstances that apply to a top skier.

Sectional Championship Race: 10K Boys and 7.5K Girls

Section Champion will be determined at this race.

Sectional Championship Race Team scoring: Top 3 skiers score and 4th acting as displacer. If a team has less than 4 skiers, they will still score team points for the skiers that complete the race. Example 3 teams have 4 or more racers and one team only has 2 racers. The total points are 14 (3x4 plus 2 = 14) The first place skier receives 14 pts, 2nd place 13 pts, and 3rd place 12 pts etc. The sum of the top 3 racers from each team will determine their team's total. If a team has less the 3 skiers than the sum of their racers points will be their team's total.

Regular Season Meets are scored as invitationals.

Team Scoring: Top 4 skiers score and 5th skier acting as displacement. If some teams have less than 5 skiers racing than they will still receive team points for those skiers that completed the race. Example two teams with 5 skiers and one team with 4 skiers and one team with 3 skiers.

$(2 \times 5) + 4 + 3 = 17$ . The first place skier receives 17 pts, second place, 16 pts, 3rd place 15 pts etc... The sum of the total points from the top 4 skiers from each team will determine each team's score. If a team has less than 4 skiers then the sum of their skiers' points will be their team's score.

Waxing: No waxes higher then CH bought or applied by the team until Sections.