

SKIING

2012 AND 2013 RULES



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2012 and 2013 NCAA MEN'S AND WOMEN'S SKIING RULES

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Go to www.NCAA.org/playingrules for the most updated list of committee members.

** Not eligible for re-election.*

Conduct and Administrative Rules

The NCAA Men's and Women's Skiing Rules have been designated as either conduct rules or administrative rules. Administrative rules are those dealing with preparation for the contest. The conduct rules are those that deal directly with the contest itself. The administrative rules in this book may be altered only as indicated within the rules. No conduct rule may be changed by mutual consent of the competing institutions. All NCAA member institutions are required to conduct their intercollegiate contests according to these rules.

The administrative rules are Rules 3, 4 and 8. These may be altered by mutual consent of the competing institutions only as indicated in the rules. All of the other rules are conduct rules and may not be altered.

Member institutions shall conduct their intercollegiate cross country ski competition according to the rules listed in this book. If U.S. National Championships, Super Tour events or other national FIS competitions are used as NCAA qualifying events, the FIS or USSA rules for the event regarding Rule 9 (Event Officials) and Rules 10.2, 10.3, 10.10, 12.5.2.2 and 13.1 will be followed. All other rules will apply as written.

Rules Changes for 2012 and 2013

Listed below are rules references that were significantly altered from last year's edition. Each changed segment is identified in the book by a shaded background on the page number listed to the right.

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RULE 1

General Meet Officials

1.1 Games Committee

The games committee shall monitor and actively supervise the conduct of each meet within the NCAA rules. In NCAA championships, the NCAA Men's and Women's Skiing Committee shall serve as the games committee.

Note: Every effort should be made to accommodate disabled skiers. Coaches should be informed at the orientation meeting of the presence of disabled skiers in the competition.

1.2 Organizing Committee

The organizing committee shall be responsible for all aspects of conducting the competition, which may include the selection of the site(s) and course(s). The organizing committee shall appoint all officials and committees except the coaches' representative and the alternate coaches' representative, who shall be selected by the coaches at the orientation meeting.

1.3 Personnel

The organizing committee may include the following: the meet director, who will preside as the chair; the race secretary; the chief of race—Alpine; the chief of race—cross country; and the chief of support services.

1.4 Meet Director

The duties of the meet director are:

- 1.4.1 To direct the efforts of the race secretary, chief of race—Alpine, chief of race—cross country and chief of support services;
- 1.4.2 To conduct a random draw for the election of the coaches' representative at the orientation meeting(s);
- 1.4.3 To conduct a random draw for seedings; and
- 1.4.4 To schedule the orientation meeting, which normally is held the evening before the event(s). The meeting should include the chiefs of race—Alpine/cross country, the technical delegates—Alpine/cross country, the referees—Alpine/cross country, major meet officials and the representatives of all competing teams. The coaches' and alternate coaches' representatives shall be selected for each event by random selection from a pool of qualified coaches.

1.5 Race Secretary

The duties of the race secretary are:

- 1.5.1 To be responsible directly to the meet director;
- 1.5.2 To perform the functions of a secretary and general office worker;

- 1.5.3 To mail invitations, entry forms, assumption-of-risk forms, informational letters and schedules of events;
- 1.5.4 To provide timely and accurately prepared start orders, time keeping, scoring, gatekeeper and controller forms to the appropriate officials;
- 1.5.5 To distribute complete bib packets to an appropriate team representative at the orientation meeting; and
- 1.5.6 To be responsible, through the direction of the referee, for posting the official results as soon as possible after the event and publishing and distributing the final results of the meet.

1.6 Chiefs of Race

The duties of the chiefs of race are:

- 1.6.1 To direct and coordinate the work of all race officials;
- 1.6.2 To designate the forerunners and postrunners;
- 1.6.3 To summon the meeting(s) of the race committee; and
- 1.6.4 To conduct all meetings for the consideration of technical questions and chair joint meetings of the race committee and coaches.

1.7 Tobacco Use by Meet Personnel

Tobacco use by technical delegates, referees and any other meet personnel shall be reported to the event administrator.

Support Services Committee

1.8 Duties

The support services committee is responsible for providing logistical support necessary to conduct a meet.

1.9 Personnel

The support services committee shall consist of the chief of support services, who will preside as the chair; chief of sports information; chief of medical services; chief of transportation; chief of equipment; and chief of protocol.

1.10 Chief of Support Services

The duties of the chief of support services are:

- 1.10.1 To direct, coordinate and provide for all support activities, such as providing necessary equipment, transportation, medical services, appropriate media coverage, meeting and waxing facilities, banquet arrangements and all other logistical services essential for the conduct of quality meets;
- 1.10.2 To summon and chair the meeting(s) of the support services committee; and
- 1.10.3 To direct and coordinate the efforts of the support officials.

1.11 Chief of Sports Information

The duties of the chief of sports information are:

- 1.11.1 To provide efficient and timely media coverage and working arrangements and to host media personnel; and

- 1.11.2 To provide the development of a meet program and the distribution of final event and meet results.

1.12 Chief of Medical Services

The duties of the chief of medical services (physician) are:

- 1.12.1 To provide a healthy environment and on-site temporary medical services; and
- 1.12.2 To coordinate the efforts of the athletic trainer(s), ski patrol and the physician.

1.13 Chief of Equipment

The duties of the chief of equipment are:

- 1.13.1 To assure the supply, collection and distribution of materials and equipment to the chief of course in order to properly conduct the events; and
- 1.13.2 To be responsible for augers, crowbars, shovels, rakes, track setters, bibs, flags, panels, training poles, competition poles, dye markers, course markers, gatekeepers' and checkers' packets, salt (fertilizer), etc.

1.14 Chief of Protocol

The duties of the chief of protocol are:

- 1.14.1 To provide meeting rooms for coaches and the media; and
- 1.14.2 To make appropriate arrangements for the awards ceremonies and arrange banquets and related activities.

RULE 2

Results and Scoring

Collegiate Meets

2.1 Events

Collegiate meets may be either:

- 2.1.1 Men's and/or women's Alpine and cross country;
- 2.1.2 Men's and/or women's Alpine; or
- 2.1.3 Men's and/or women's cross country.

The events in a collegiate ski meet may include the giant slalom, slalom, individual cross country and cross country relay for both men and women.

2.2 Approved Cross Country Distances

Eight hundred meters to 30 kilometers.

2.3 Number of Events

- 2.3.1 A men's and women's Alpine and cross country meet consists of four to eight events equally distributed by gender and discipline.
- 2.3.2 A men's and women's Alpine-only or cross country-only meet consists of two to four events, equally distributed by gender and discipline.
- 2.3.3 A men's Alpine-only or cross country-only meet consists of one to four events.
- 2.3.4 A women's Alpine-only or cross country-only meet consists of one to four events.

2.4 Alpine Discontinuance

The decision to discontinue a race may be final or provisional. If both runs cannot be completed by extending the meet competition by one day, the discontinuance is final, and the results of the event (slalom or giant slalom) shall be based on the results of the completed run. If the discontinuance occurs after the first run, every effort should be made to complete both runs on the announced dates of the meet or by extending the competition one day (provisional discontinuance); the results will stand and will become the results for the event even if the second run cannot be completed.

The decision to make the discontinuance final is the responsibility of the race jury.

In the event of a discipline not being able to be completed due to discontinuance, the team score of the discipline that was completed shall be doubled and the team champion shall be determined by the total number of points scored (after this adjustment).

2.5 Cross Country Discontinuance

The decision to discontinue a race may be final or provisional. If the race cannot be completed by extending the meet competition one day, the discontinuance is final.

If the discontinuance occurs before the race is completed, every effort should be made to reschedule the race on the announced dates of the meet or by extending the competition one day (provisional discontinuance).

The decision to make the discontinuance final is the responsibility of the race jury. In the event of a discipline not being able to be completed because of discontinuance, the team score of the discipline that was completed shall be doubled and the team champion determined by the total number of points scored (after this adjustment).

2.6 Publication of Results

The unofficial results list shall be displayed immediately after each event on the official board located at the race site. This results list becomes official pending the resolution of any protest by the competition jury. The official results list should contain:

Nordic Heading—Name of race, name of event, location of event, date of race, jury, start time, weather conditions, snow conditions, temperature, technical data (height differential, maximum climb and total climb in meters), place, bib, identification number (optional), name, team, intermediate time (optional), total time, team points and technical delegate's signature.

Alpine Heading—Name of race, name of event, location, date of race, jury, course setters (both runs), forerunners (both runs), number of gates (both runs), start time (both runs), weather conditions, snow conditions, temperature, technical data (course name, start elevation, finish elevation, vertical drop, homologation number), place, bib number, identification number (optional), name, team, first run time, second run time, total time, race points, team points and technical delegate's signature.

2.7 Team Score

In a meet involving both Alpine and Nordic (cross country) disciplines, in which two events are held in one discipline, and one event is held in the other discipline, the team scores of the one event shall be doubled. The final score of a team in the meet shall be the sum of the points earned in each of the events. If the total points are the same for more than one team, that position shall be declared a tie.

2.8 Scoring

Either of the following two methods shall be used for scoring individual events.

- 2.8.1 *Option A Scoring—Individual-Event Scoring.* In individual events, the score for the winning individual in each event is determined by calculating the scoring base. To determine the scoring base, count up from among the field of individuals entered in each event the entrants from each team to a maximum of three per team (no fourth or fifth or sixth skiers are counted). Compare the numbers arrived at from all of the events, and the highest is the scoring base. Refer to the right column of Table No. 1 (see Page 54) to find the scoring points awarded to first-place finishers in individual events.

Example:

Team	Men's GS	Women's GS	Men's SL	Women's SL	Men's XC	Women's XC
A	4	5	4	2	4	2
B	4	4	3	3	5	3
C	5	3	4	3	3	3
D	3	2	3	2	3	1
E	5	3	4	2	4	4
F	4	3	5	1	4	2
G	3	2	5	1	4	2
H	1	4	4	2	2	0
I	2	0	2	3	3	3
J	2	1	1	0	1	3
K	0	2	1	2	0	2
L	1	0	1	3	3	1
M	2	2	0	1	1	1
Total	29	27	29	25	31	26

The highest of the six numbers is 31; therefore, the scoring base is 31. Refer to Table No. 1 (see Page 54, left column (scoring base) and locate 31. Now look at the right column to find out how many scoring points are awarded the first-place finisher in the individual events. The number is 33.

The scoring base is the same for all six events. The winner receives the full value of the scoring base, and each successive finisher shall score one point less—a reduction of one point per place.

Only three individuals from any one team may score points in an individual event. If a fourth or fifth individual from one team finishes in a scoring position, the points to be awarded to that place are awarded to the next skier who is not a fourth or fifth skier from a team.

In case of a tie, the tying skiers are awarded the average of the points designated for the tied position plus the points for the next place of finish.

In the following example, the scoring base is applied to the result of giant slalom competition.

The winner receives 33 scoring points, and each successive finisher receives one point less. As explained above, only three individuals from any one team may score points.

Example:

Place	Finisher	Time	Team	Points
1.	Racer A	130.51	A	33 (scoring base)
2.	Racer B	130.72	B	32
3.	Racer C	130.80	C	31
4.	Racer D	130.91	D	30
5.	Racer E	131.00	A	29
6.	Racer F	131.10	B	27.5 (racers tied for sixth and seventh and share the value of the two positions)
	Racer G	131.10	C	27.5
8.	Racer H	131.18	A	26
9.	Racer I	131.20	B	25

Place	Finisher	Time	Team	Points
10.	Racer J	131.59	A	— (no tie for 10th, Racer J is fourth skier for Team A)
	Racer K	131.59	E	24
12.	Racer L	131.74	A	— (fifth skier for Team A)
13.	Racer M	132.02	H	23
Winning team score for giant slalom (Team A)			88	

2.8.2 *Option B Scoring—Weighted Scoring.* A weighted scoring system may be used with a 50-point base. Refer to the right column of Table No. 2 (see Page 54) to find the scoring points awarded to first-place finishers in individual events. Rules for scoring are the same as for scoring option A.

Example:

Place	Finisher	Time	Team	Points
1.	Racer A	130.51	A	50 (scoring base)
2.	Racer B	130.72	B	47
3.	Racer C	130.80	C	44
4.	Racer D	130.91	D	41
5.	Racer E	131.00	A	39
6.	Racer F	131.10	B	36 (racers tied for sixth and seventh and share the value of the two positions)
	Racer G	131.10	C	36
8.	Racer H	131.18	A	33
9.	Racer I	131.20	B	31
10.	Racer J	131.59	A	— (no tie for 10th, Racer J is fourth skier for Team A)
	Racer K	131.59	E	30
12.	Racer L	131.74	A	— (fifth skier for Team A)
13.	Racer M	132.02	H	29
Winning team score for giant slalom (Team A)			122	

2.9 Relay, Mixed-Relay and Sprint Relay Scoring

Relay, mixed-relay and sprint relay competition scoring shall be determined by the region hosting the competition.

2.10 Individual Sprint Competition

After the conclusion of the final and once the race results are established and official per International Ski Federation (FIS) rules and/or by United States Ski Association (USSA) standards, points are assigned as they are in any other individual event with the top three from each team earning team points.

RULE 3

Preparation for Alpine Events

3.1 Events

Member institutions shall conduct all of their intercollegiate ski competition in accordance with the playing rules listed in this book. In addition, the conduct of NCAA Alpine events (giant slalom and slalom) shall be governed by International Ski Federation (FIS) rules for FIS-sanctioned events and by United States Ski Association (USSA) standards for USSA-sanctioned events where noted. The sites for these events shall be prepared before the meet.

3.2 Giant Slalom

The following giant slalom rules will be governed by international and national standards:

- 3.2.1 *Vertical Drop.*
- 3.2.2 *Number of Gates.*
- 3.2.3 *Course Marking.*
- 3.2.4 *Course Preparation.*
- 3.2.5 *Start Area.*
- 3.2.6 *Finish Area.*
- 3.2.7 *Finish Line.*

3.3 Slalom

The following slalom rules will be governed by international and national standards:

- 3.3.1 *Vertical Drop, Gates.*
- 3.3.2 *Hard Snow.*
- 3.3.3 *Slalom Gates.*
- 3.3.4 *Course Preparation.*
- 3.3.5 *Start, Finish.*

3.4 Chemicals

Chemicals may be used in the preparation of courses to improve the conditions.

RULE 4

Event Officials—Alpine

4.1 Race Committees

4.1.1 *Function.* The race committees shall be responsible for all technical aspects in the conduct of the competition, including course selection and preparation. They shall approve the appointment and replacement of all subordinate officials. The race committees shall be constituted as follows: the chief of race (chair), technical delegate, referee, chief of start, chief of finish, chief of course, chief of calculation and chief timer. Duties of other officials as listed in this rule may be combined or are optional as conditions dictate.

The technical delegate, chief of race, super gatekeepers, referee, start and finish referees, course setters and forerunners must be current members of the United States Ski Association. These officials (excluding forerunners) have the responsibility to enforce infractions of all rules.

4.2 Duties

Duties for the following positions shall comply with international and national standards.

4.2.1 *Technical Delegate.*

4.2.2 *Chief of Race.*

4.2.3 *Referee.*

4.2.4 *Chief of Course.*

4.2.5 *Course Setter.*

4.2.6 *Chief Gatekeepers.*

4.2.7 *Gatekeeper.*

4.2.8 *Start Referee.*

4.2.9 *Starter.*

4.2.10 *Assistant Starter(s).*

4.2.11 *Finish Referee.*

4.2.12 *Chief Timer.*

4.2.13 *Assistant Timers.*

4.2.14 *Recorder.*

4.2.15 *Chief of Calculation.*

4.2.16 *Scoreboard Poster(s).*

4.2.17 *Announcer.*

4.3 Super Gatekeepers

- 4.3.1 *Control Limits.* In the slalom, there should be super gatekeepers with responsibility for 15 to 20 gates.
- 4.3.2 *Qualifications.* Super gatekeepers must have a level one certification.
- 4.3.3 *Duties.* Work under the chief gatekeeper. Refer to national and international standards for duties of a gatekeeper.

4.4 Coaches' Representatives

- 4.4.1 *Selection.* The coaches' representative and alternate coaches' representative shall be selected at the orientation meeting for each event by random draw of all teams entered in that event. The coaches' and alternate coaches' representatives must be affiliated with different teams and must be knowledgeable in the discipline to which they are assigned.

No person can hold more than one position on the jury for any single event.

- 4.4.2 *Duties.*

- 4.4.2.1 To serve as a voting member of the jury;
- 4.4.2.2 To attend all race committee meetings in order to provide coaches' input into the conduct of the meet;
- 4.4.2.3 To accompany the referee and other members of the jury in the inspection of the courses immediately after they have been set; and
- 4.4.2.4 The alternate coaches' representative shall attend all jury meetings and shall have a vote only if a decision is required concerning a competitor from the coaches' representative's school. (In such a case, the coaches' representative is disqualified from voting.)

4.5 Jury

- 4.5.1 *Personnel.* No person can hold more than one position on the jury for any single event. Competitors may not serve as jury members. Nonvoting members include the chief of start and chief of finish. The same jury may be used for both men's and women's events. The jury for each event shall be made up of the following voting members:

- 4.5.1.1 The technical delegate, who serves as chair and who has the deciding vote in the case of a tie vote including his or her own vote;
- 4.5.1.2 The chief of race;
- 4.5.1.3 The referee; and
- 4.5.1.4 The coaches' representative. (The alternate coaches' representative shall vote only if a decision is required concerning a competitor from the coaches' representative's school.) (See Rule 4.4.2.4.)

The coaches' representative and alternate representative shall not have the responsibility to disqualify a competitor during the running of the race.

- 4.5.2 *Duties.*

- 4.5.2.1 To inspect the courses before the event and ensure that they are in the best possible condition. Particular attention should be paid to the

following points: Sufficient snow depth and preparation, including use of chemicals on courses and hills; sufficient protection of all danger spots; inspection of medical and rescue facilities; inspection of start/finish areas; and inspection of established course-control and crowd-control barriers;

4.5.2.2 Ensure that competition is conducted in accordance with NCAA rules; make recommendations on cancellation, discontinuance or postponement of competition to the technical delegate or jury; and care for all matters not otherwise prescribed;

4.5.2.3 To adjudicate any protests and questionable disqualifications resulting from an event when directed by the technical delegate.

Films or videotapes may be used by the jury;

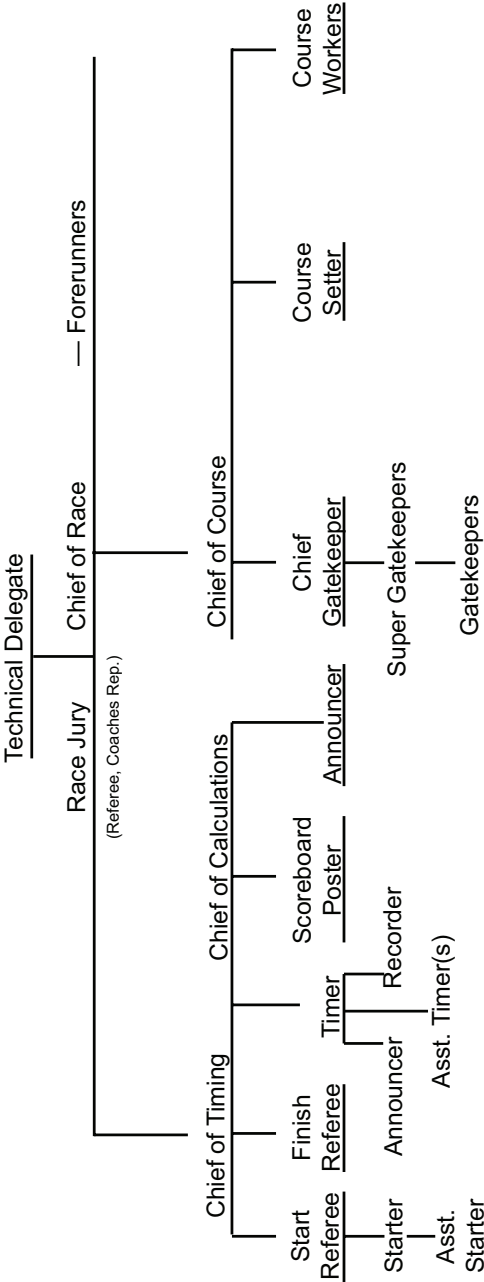
4.5.2.4 To have the right and obligation, by majority vote, to change the control gates or demand additional control gates to ensure the safety of the racers;

4.5.2.5 To disqualify a racer for a lost ski when warranted by safety factors at a respective site; and

4.5.2.6 To supervise the conduct of the events.

Note: Any Alpine jury member has the authority to approve a provisional rerun.

Alpine Race Officials



RULE 5

Competitors, Seeding, and Start and Finish—Alpine

5.1 Competitors

- 5.1.1 *Number.* Up to six men and six women from a team may compete in each individual event for the team score, with the highest-finishing three in each to count. Only men may compete in men's events, and only women may compete in women's events.

Additional skiers may compete as designated non-team scorers. Designated non-team scorers do not displace team points.

- 5.1.2 *Invitation or Announcement.* The host institution or governing association shall determine the competition program for the meet. This information shall be made clear in the invitation or announcement of the meet. Information shall be specific regarding start times, disciplines and/or techniques, distances, start formats, and locations of events.

- 5.1.3 *Entries.* The names of all entrants, including alternates (if applicable), and their starting order, shall be submitted to the sponsoring institution before the start of the meet. The final team starting order for each event shall be submitted at the orientation meeting. Any team or individual failing to comply with the above may be prohibited from entering. A competitor is considered to be entered in the meet when he or she starts any single event. At this point, the individual is counted against the total number of competitors allowed for that institution at that competition.

- 5.1.4 *Substitution.*

5.1.4.1 A sick or injured skier may be replaced up to one hour before the start of the competition. The replacement skier must compete in the same seed as the student-athlete he or she replaced; and

5.1.4.2 Once a team has reached its team size limits (that is, 12 men and 12 women), there can be no substitution for subsequent events.

- 5.1.5 *Conduct.* All competitors are expected to conduct themselves in a sporting manner and to present a personal appearance that will reflect the highest credit upon the sport and their institutions. Competitors who bring discredit to their colleges or the sport may be disqualified from the race being contested by a majority vote of the competition jury.

Coaches or other athletics team personnel who are disqualified by a race official must immediately depart the competition arena for the duration of the race being contested.

- 5.1.6 *Tobacco Use by Team Personnel.* Student-athletes, coaches and other team personnel who use tobacco in the competition arena shall be disqualified by any race official from the race during which the violation occurred.
- 5.1.7 *Knowledge of Rules.* It is recommended that the contestants study these rules as they are obligated to observe all NCAA regulations and any special regulations laid down by the race committee.
- 5.1.8 *Uniforms.* During competition and while accepting awards, skiers must wear their official team uniform. Uniforms shall meet the following conditions:

5.1.8.1 Uniforms must be team-issued, of the same predominant color and substantially similar. Soft armor must comply with NCAA Bylaw 12.5.4 (Use of Logos on Equipment, Uniforms and Apparel).

5.1.8.2 Hard armor (including giant slalom suits, helmets, pole guards, shin guards, gloves and goggles) is considered equipment and therefore does not have to comply with these rules. Each giant slalom suit worn by a team member must be team-issued, of the same predominant color and substantially similar to that worn by any member of the rest of that team.

An institution's uniform or any item of apparel (for example, team jersey, socks) that is worn by a student-athlete while representing the institution in intercollegiate competition may contain only a single manufacturer's or distributor's logo or trademark on the outside of the apparel (regardless of the visibility of the logo or trademark). The logo or trademark shall be contained within a four-sided geometrical figure (that is, rectangle, square, parallelogram) that does not exceed $2\frac{1}{4}$ square inches.

If an institution's uniform or any item of apparel worn by a student-athlete in competition contains washing instructions on the outside of the apparel on a patch that also includes the manufacturer's or distributor's logo or trademark, the entire patch must be contained within a four-sided geometrical figure (that is, rectangle, square, parallelogram) that does not exceed $2\frac{1}{4}$ square inches.

The restriction on the size of a manufacturer's or distributor's logo is applicable to all apparel worn by student-athletes during the conduct of the institution's competition, which includes any premeet or postmeet activities (for example, postmeet celebrations on the course, pre- or postmeet press conferences) involving student-athletes.

Failure to comply with this regulation may jeopardize a contestant's eligibility.

5.1.8.3 A student-athlete shall not wear any apparel that identifies another entity other than the student-athlete's institution. Helmets and shin guards shall be free of all marks other than institutional logos and NCAA-compliant manufacturer's logos.

Exception: One flag patch (country, state or city) is allowed on the uniform or equipment.

5.2 Order, Draw, Seeding and Race Numbers

- 5.2.1 *Events.* The Alpine events in a skiing meet shall be the giant slalom and slalom for both men and women.

The host institution or governing association shall determine the order of events for the meet.

- 5.2.2 *Racing Order.* The starting order of the members of each team shall be decided by one of the three following methods:

5.2.2.1 The starting order of the members of each team shall be decided by that team's coach. Coaches shall submit their team's starting order to the meet director with their entries. Coaches shall have the option of passing any rounds if the entry is short of maximum. The top 30 finishers in the first run of the giant slalom and slalom will be reversed for establishing the starting order for the second run. All other starters in the second run will start in order of their finish in the first run. Ties will be broken according to international and national standards.

5.2.2.2 The starting order will be based on international or national ranking, using FIS or national (USSA) points.

5.2.2.3 For individual competitions, the seed with the highest-ranked regional student-athletes shall be drawn randomly. Subsequent student-athletes shall compete in order of regional rankings, alternating by region.

- 5.2.3 *The Draw/Seeding.*

5.2.3.1 For team competition, separate random drawings shall be made by rounds for each event. The coach has the option of determining the order of competitors. This option of exchanging their starting position must be exercised at the time of the draw.

5.2.3.2 For individual competitions, the first seed shall be drawn randomly. Subsequent student-athletes shall compete in order of regional rankings, alternating by region.

- 5.2.4 *Race Numbers.* Race numbers shall be issued for each event.

- 5.2.5 *Procedure for Start.* The procedure for start shall comply with international and national standards.

- 5.2.6 *Delayed Start.* The procedure for delayed start shall comply with international and national standards.

- 5.2.7 *Determination of Finish.* The procedure for determination of finish shall comply with international and national standards.

RULE 6

Competition—Alpine

6.1 Equipment

- 6.1.1 *Helmets.* Helmets shall comply with national and international standards.
- 6.1.2 *Boots, Antivibration Plates and Skis.*
 - 6.1.2.1 The maximum distance between the lower part of the ski and the ski boot sole shall comply with international and national standards. All contestants may be checked within the finish corral for compliance with the equipment rule.
 - 6.1.2.2 The maximum distance between the bottom of the ski boot sole and the base of the skier's heel shall comply with international and national standards.
 - 6.1.2.3 The length of Alpine skis shall comply with international standards.
 - 6.1.2.4 Failure to comply with equipment standards shall result in a disqualification.
- 6.1.3 *Lost Equipment.* A competitor is allowed to recover without being disqualified, as long as there is no outside assistance, any lost equipment during the competition, including re-attaching lost skis.

6.2 Giant Slalom

A giant slalom is a race in which a competitor must follow a course through control gates. Giant slalom always consists of two runs on two different courses, where possible, and, when possible, on the same day.

In planning the course, the following principles should be kept in mind. Directions for setting a slalom apply also in general to giant slaloms. The skillful use of the terrain when setting a giant slalom is, in most cases, even more important than for a slalom, since figures play a less important role owing to the prescribed width of the gates and the greater distances between them. It is therefore better to set mainly single gates, while using the terrain to the utmost. New figures can be set but mainly on uninteresting terrain. A giant slalom should present a variety of long, medium and short turns. Racers should be free to choose their own line between the gates, which must not be set down the vertical line of the slope. The full width of a hill should be used whenever possible.

- 6.2.1 *Training Course.* The training course shall comply with international and national standards.
- 6.2.2 *Forerunners.* Forerunners shall comply with international and national standards.
- 6.2.3 *Second-Run Starting Order.* The second-run starting order shall comply with international and national standards.

- 6.2.4 *Disqualification.* Violation(s) may result in disqualification of an Alpine contestant if he or she does not comply with international or national standards. In addition, an Alpine contestant may be disqualified if he or she:
- 6.2.4.1 Fails to compete with an official team uniform (see Rule 5.1.8);
 - 6.2.4.2 Violates the tobacco rule (see Rule 5.1.6); or
 - 6.2.4.3 Receives assistance in recovering lost equipment (see Rule 6.1.3).
- 6.2.5 *After Clear Disqualification.* A racer who clearly is disqualified for missing a gate may not continue through further gates nor start in the second run.
- A racer who blatantly disqualifies himself or herself and continues on the course may be declared ineligible for the next collegiate race start by the competition jury, regardless of discipline. This restriction shall carry over to the next collegiate season.
- The decision of a jury may be appealed to the NCAA Skiing Committee during the NCAA championships or to an appeals committee from the respective region during the regular season.
- 6.2.6 *Rerun.* Reruns shall comply with international and national standards.

6.3 Slalom

- 6.3.1 *Definition.* A slalom race shall be defined by national and international standards.
- In collegiate meets, a slalom shall consist of two runs on either one course or two different courses.
- A competitor shall be deemed to have passed through a gate completely only if both feet and ski tips have crossed the line between the poles. The crossing may be done from any direction.
- 6.3.2 *Forerunners.* Forerunners shall comply with international and national standards.
- 6.3.3 *Second-Run Starting Order.* The second-run starting order shall comply with international and national standards.
- 6.3.4 *Disqualification.* Violation(s) may result in disqualification of an Alpine contestant if he or she does not comply with international or national standards. In addition, an Alpine contestant may be disqualified if he or she:
- 6.3.4.1 Fails to compete with an official team uniform (see Rule 5.1.8);
 - 6.3.4.2 Violates the tobacco rule (see Rule 5.1.6); or
 - 6.3.4.3 Receives assistance in recovering lost equipment (see Rule 6.1.3).
- 6.3.5 *Reconditioning the Course.* Reconditioning the course shall comply with international and national standards.
- 6.3.6 *Video.* It is recommended that video control be used in all slalom events.
- 6.3.7 *Rerun.* Reruns shall comply with international and national standards.

6.4 Timing

The following shall comply with international and national standards:

- 6.4.1 *Primary Timing.*
- 6.4.2 *Hand Timing.*
- 6.4.3 *Failure of Electronic Timing.*
- 6.4.4 *Watch Discrepancies.*
- 6.4.5 *Telephone or Radio.*
- 6.4.6 *Recording Time.*

RULE 7

Protests and Appeals—Alpine

7.1 Alpine Decisions

Coaches or team representatives (institutional personnel) who desire to protest a disqualification shall do so within 15 minutes of the posting of the referee report. A protest fee, not to exceed \$75, shall be charged. The fee is refundable if the protest is upheld by the jury.

The jury may consider video from a coach or team representative (institutional personnel) showing evidence of a rules infraction by a competitor. The evidence must be on video, be filed within five minutes of the posting of the referee report, and be accompanied by the appropriate fee. The names of those competitors under review (but not on the referee report) shall be posted five minutes after and next to the referee report. Coaches or team representatives (institutional personnel) of the competitor under review may provide evidence showing proof that no rules violation occurred. The evidence must be on video and filed within 10 minutes of the posting of the names under video review.

The technical delegate thereupon shall summon the jury to hear the evidence of any officials or witnesses who have witnessed the event in question or it may review videotapes of the event. The burden of proof shall rest upon the contestant, and the gatekeeper's decision shall be accepted in the absence of weighty evidence that an error has been committed.

Protests shall be relayed to the finish promptly.

7.2 Clerical Errors

A complaint based not on an alleged breach of the rules on the part of an official or a contestant, but on an alleged error in calculating the results, shall be considered by the race committee if reported before the race committee disbands.

Such a protest made at a later date must be made by the representative of a competing college by registered mail to the chair of the games committee within one month of the date of the race.

If the mistake is verified, a corrected result shall be published and the prizes redistributed, if necessary.

RULE 8

Technical Regulations and Arrangements for Cross Country Events

8.1 Technique Definitions

- 8.1.1 *Classical Technique.* The classical technique includes the diagonal stride, double-poling techniques, herringbone without glide phase, downhill techniques and turning techniques. Single or double skating is not allowed. Turning techniques comprise steps and pushes in order to change directions. Where there is a set track, turning techniques with pushing shall not be used, even by competitors skiing outside the set track.
- 8.1.2 *Freestyle Technique.* The freestyle technique includes all cross country techniques.

8.2 Cold Weather Precautions

There are four factors to be considered by the jury regarding cold weather safety.

- 8.2.1 *Temperature.*
- 8.2.2 *Wind.*
- 8.2.3 *Humidity.*
- 8.2.4 *Course.* (for example, open/protected, long, fast downhills, etc.).

If the temperature reaches minus 20 degrees Celsius (minus 4 degrees Fahrenheit) or colder, the jury must meet to determine whether the race should be held as scheduled, postponed or canceled. The distance of the scheduled race may be shortened to reduce the duration of exposure to the cold.

8.3 Guidelines for the Cross Country Course

- 8.3.1 A cross country course shall be laid out so as to be a technical, tactical and physical test of the competitor's qualifications. The degree of difficulty should be in accordance with the level of the competition. The course should be laid out as naturally as possible, with undulating sections, climbs and downhill sections situated so as to avoid any monotony. Where possible, the course should be laid out through woodland. Rhythm should be broken as little as possible by sharp changes in direction or steep climbs. The downhill sections shall be laid out so that they can be negotiated without danger, especially in particularly icy or fast conditions. On side hills, a level grade should be prepared with a width that not only is adequate for skis and poles to be on the same plane, but that also permits unhindered overtaking. If heavy equipment is used in creating the course, it should follow the original contour of the ground

as much as possible in order to preserve the natural undulations of the terrain.

- 8.3.2
- In principle, the cross country course should consist of:

8.3.2.1

One-third uphill sections, with a climb between 9 percent (1:11) and 18 percent (1:5.5) plus some short climbs steeper than 18 percent;

Note: 100 percent slope equals 45 degrees.

- 8.3.2.2
- One-third undulating terrain using all terrain features with short climbs and downhill sections, and height differences of 5 to 10 meters (if necessary, such undulations should be added artificially); and
- 8.3.2.3
- One-third varied downhill sections, demanding competence in all downhill skills.
- 8.3.3
- The cross country course, or substantial parts of it, should, under normal conditions, be used twice. At distances of greater than 15 kilometers, the competition course may be used more than twice.
- 8.3.4
- A cross country course may be used only in the direction established for the competition. At major competitions, parts of the course near the start/finish area, steep sections (both ascents and descents) and narrow sections shall be fenced off.

8.4 Course Specifications

Following are the specifications for height difference, maximum climb, total climb and marking code:

Men's and Women's Courses										
MM (max climb)						MT (total climb)				
Dist.	Height Dif. (HD)	0- 5,000'	5,000- 6,500'	6,500- 7,500'	+ 7,500'	0- 5,000'	5,000- 6,500'	6,500- 7,500'	+ 7,500'	Color Code
5 km	100 m	50 m	50 m	45 m	40 m	150- 225 m	100- 200 m	100- 150 m	75- 125 m	Blue
7.5 km	120 m	65 m	60 m	55 m	50 m	150- 250 m	120- 200 m	100- 150 m	85- 135 m	Blue/ Violet
10 km	150 m	80 m	65 m	60 m	55 m	250- 450 m	200- 400 m	200- 350 m	150- 300 m	Violet
15 km	200 m	100 m	80 m	75 m	70 m	400- 650 m	350- 600 m	350- 550 m	300- 500 m	Red
20 km	200 m	100 m	80 m	75 m	70 m	550- 850 m	500- 750 m	450- 700 m	400- 600 m	Brown /Green
25 km	200 m	100 m	80 m	75 m	70 m	700- 1,050 m	600- 900 m	550- 850 m	500- 700 m	Green
30 km	200 m	100 m	80 m	75 m	70 m	800- 1,200 m	700- 1,000 m	600- 950 m	550- 800 m	Red/ Green

Height Difference (HD)—The difference in height between the lowest and highest points on a course.
Maximum Climb (MM)—The difference in height of a single climb without a break of at least 200 meters.
Total Climb (MT)—The total climb on a course.

8.5 Measuring the Course

The measuring should be done by tape or calibrated wheel, marking each kilometer from the start with clearly visible boards (recommended 8½ inches by 11 inches).

The difference in height shall be measured as accurately as possible for the course profiles and for the calculations of the total climb, the differences in height and the maximum climb.

8.6 Marking the Course

- 8.6.1 The marking of the course shall be so clear that the competitor is never in doubt as to its direction.
- 8.6.2 Signs located at 1-kilometer intervals shall mark the distance skied along the course.
- 8.6.3 Corners and intersections shall be fenced or flagged off clearly, so that there is no chance for the competitor to deviate from the correct course. At intersections where a competitor shall make a choice of courses, large, visible arrows and signs with the necessary information shall be posted. Course controllers should be located at these points.

8.7 Preparation of the Course

- 8.7.1 *Preseason.* The course should be prepared before the winter so that it can be raced without danger, even with little snow. Stones, roots, stumps, brush and similar obstacles should be removed. Special attention shall be given to downhill sections.
- 8.7.2 *Classical-Technique, Interval-Start Competitions.* For interval-start competitions held in the classical technique, a single track shall be set at the ideal skiing line of the course. The track should be set in the center of the trail in straight sections and should run tangent to corners through the curving sections. The line through the curving sections should be such that the skier can follow the best line by staying in the track; the skier should not be tempted to leave the track in order to follow a better line. No track should be set around turns so sharp that a skier will not be able to stay on course at normal competition speeds for flat, uphill or downhill portions. On faster downhill sections, the tracks should follow the best line, being removed where cornering and the safety of the competitor would be facilitated best by having no track.
- 8.7.3 *Freestyle Technique.*
 - 8.7.3.1 For events using the freestyle technique, the course should be well packed and graded with a regular surface. Tracks may be set where the trail is wider than 4 meters. On gradual uphill, gradual downhill or flat sections, a single track may be set following the outside line through curves and alternating sides regularly. On steep uphill sections, no tracks should be set. On faster downhill sections, the track should follow the best line, being removed where cornering and the safety of the competitor would be facilitated best by having no track.
 - 8.7.3.2 For mass-start competitions using the freestyle technique, the number of lanes at the start will be determined by the space and

terrain available and the size of the field. The mass-start area should be designed according to Rules 8.10.1, 8.10.2 and 8.10.4.

- 8.7.4 *Classical-Technique, Mass-Start Competitions.* For mass-start competitions using the classical technique, the number of lanes at the start will be determined by the space and terrain available and the size of the field. The mass-start area should be designed according to Rules 8.11, 8.12 and 8.13. When tracks converge, there should be a short zone (5 to 10 meters) of no tracks. *[Note: In these zones, the freestyle technique is not permitted. After the start area, the number of tracks set on the course should be determined by the technical delegate and chief of course (with consultation of the team captains) in order to provide safe and equitable conditions for all competitors.]*

8.8 General Preparation

- 8.8.1 The course should be prepared with mechanical equipment.
- 8.8.2 The course should be prepared to the following widths:
- 8.8.2.1 Three meters minimum for individual-start classical races.
 - 8.8.2.2 Four meters minimum for individual-start freestyle and mass-start classical races.
 - 8.8.2.3 Six meters minimum for mass-start freestyle races.
- 8.8.3 The ski tracks must be prepared in a way that ski control and gliding are possible without the boots or bindings dragging against the walls of the track. The two tracks should be a minimum of 2 centimeters in depth and 17 to 30 centimeters apart, measured from center to center.
- 8.8.4 Where two tracks are used, they should be 1 to 1.20 meters apart, measured from the middle of each set of tracks.
- 8.8.5 The courses should be completely prepared before the official training for the competition, correctly marked with directional arrows and kilometer signs in place. After each day's training, the course should be reset.
- 8.8.6 During the competition, the same conditions should be ensured for all competitors. During snowy or windy conditions (where drifting is possible), groups of forerunners should be sent around continuously to keep the course open.
- 8.8.7 The technical delegate and chief of race shall be responsible for course preparation, including the line of the set track in the last 200 meters.

8.9 Current Information

In the start/finish area, there should be:

- 8.9.1 Scoreboards for posting unofficial results and disqualifications;
- 8.9.2 Temperature board for recording and posting the air and snow temperature at the high and low points of the course. The board must display temperatures two hours before the first competitor starts and at every half-hour interval until one hour after the first competitor starts; and
- 8.9.3 Loudspeakers for broadcasting current information. The loudspeakers shall be placed so that the timers are not disturbed in their work.

8.10 Cross Country Start/Finish Area

- 8.10.1 A section of the course should be prepared with a well-designed start/finish area.
- 8.10.2 The start/finish area should be functional; divided; and controlled as necessary by gates, fences and marked zones. It should be prepared in such a way that:
 - 8.10.2.1 The race course may pass through it several times;
 - 8.10.2.2 Competitors, coaches, officials, media, service people and spectators may reach their respective areas easily and without interference with competitors; and
 - 8.10.2.3 There is adequate space to carry out individual and relay starts (the finish can be as long as required by the rules).
- 8.10.3 Competitors should be able to reach the following areas without being disturbed:
 - 8.10.3.1 The team preparation area;
 - 8.10.3.2 The warm-up track;
 - 8.10.3.3 The ski-marking and equipment-control area;
 - 8.10.3.4 The storage area for competitors' warm-up clothing;
 - 8.10.3.5 The start and finish zones;
 - 8.10.3.6 The through-lap or relay-exchange zone;
 - 8.10.3.7 The ski-control area beyond the finish line;
 - 8.10.3.8 The refreshment area; and
 - 8.10.3.9 The entrance/exit area.
- 8.10.4 Competition officials and jury members should have good working conditions. Coaches, officials, media and service people should have proper working zones within the start/finish area so that they can work without disturbing the process of the start/finish. The entry of these people to specific zones within the start/finish area may be regulated by accreditation.
- 8.10.5 Timekeeping and calculation should be located in a building with a good view of the start/finish.
- 8.10.6 *The Start Line.*
 - 8.10.6.1 Two vertical posts and a line on the snow determine the start line. When electronic timing is used, the starting gate should be situated on the start line.
 - 8.10.6.2 Timekeeping for intermediate-lap times should be to the side of the start or finish.
- 8.10.7 *The Finish Zone.*
 - 8.10.7.1 The finish zone is the final section of the course before the finish line or relay-exchange zone. Ideally, the finish zone should be 100 meters in length; however, this distance may be modified at the discretion of the jury.
 - 8.10.7.2 The finish zone should be as straight as possible and as wide as necessary, without a side-hill slope. The finish zone should be

prepared to a width of at least 4 meters for classical-technique events and to at least 6 meters for freestyle-technique events.

8.10.7.3 The start of the finish zone should be marked with flags, signs and a colored line across the track. For the entire length of the finish zone, there should be at least two finish lanes divided by flags and colored markings between the lanes. The dividing markings between lanes shall be clearly visible, but shall allow competitors to move from one finish lane to another without being unduly hindered.

8.10.7.4 For classical-technique competitions, the finish lanes should be at least 2 meters wide, with tracks running down the center of each lane.

8.10.7.5 For freestyle-technique competitions, each finish lane should be at least 3 meters wide. No tracks should be set in the finish lanes.

8.10.8 *The Finish Line.*

8.10.8.1 The finish line should be as close to the start line as possible. Ideally, it should be an extension of the start line.

8.10.8.2 The finish line shall be marked by two vertical poles and a line on the snow and shall be of adequate width (at least equal to that of the finish zone). When electronic timing is used, the photo cells should be situated in a vertical plane above the finish line.

8.10.8.3 The finish line shall be marked by a minimum of two tassels and a clearly identifiable colored line.

8.10.9 *Marking Area.* Ski marking should take place in a clearly recognizable area as near the start as possible. The start line should be accessible only by passing through the marking area.

8.10.10 Toilets should be available for the competitors near the start/finish area.

8.10.11 Major race officials and jury members should be provided with a work room in the immediate vicinity of the start/finish area.

8.10.12 Warm-up tracks for wax testing and warm-up should be located near the start/finish area. Outgoing tracks for competitors, coaches and officials should be provided along the start/finish area and on the course. Warm-up tracks and outgoing tracks should be fenced off and may be used only with special accreditation.

8.10.13 *Immediate-Concern Area.* The immediate-concern area is designated to provide for the immediate health needs of the competitor after the competition. The following should be provided in the immediate-concern area:

8.10.13.1 Refreshments (fluid and solid) for competitors;

8.10.13.2 Medical personnel to examine the competitors and evaluate any conditions that might potentially threaten the health of the student-athlete;

8.10.13.3 Blankets and warm, dry clothing; and

8.10.13.4 Convenient exit to protected area.

8.11 Special Technical Arrangements for Mass-Start Competitions

Mass-start competitions should be conducted so that they maximize the exposure of the student-athletes to spectators. Courses for mass-start competitions should cover a short loop several times. At some point during the middle one-third of the loop, the course should return through the start/finish area. If it is possible for the loop to return through the start/finish area more than once while still meeting course standards, it should be done.

8.12 Mass-Start Area

The mass-start area shall be laid out according to one of the following two methods:

8.12.1 *Conventional Start.*

8.12.1.1 The start line is an arc of a circle with a radius of 100 meters.

The arc is swung from a point on the center track 100 meters from the starting point on that track. In the event of uneven terrain, the start line should be set so that each competitor has the same distance to the first turn. Where terrain permits, the lanes must be 2 meters apart, with an adequate number of tracks for the field of competitors. When more than one start row is required, additional rows may be created. Each additional start line (row) must be a concentric arc 3 meters behind the previous line.

8.12.1.2 The first kilometer of the course should have no sharp bends or narrow sections.

8.12.1.3 *Classical-Technique Competitions.* The mass start should have 100 meters of parallel tracks where the competitors must neither change nor leave the tracks. Over the next 100 meters, these tracks should converge into half the original number of tracks. After that, they should converge into two or three sets of tracks and eventually into one or two sets of tracks for the remainder of the course.

8.12.1.4 *Freestyle-Technique Competitions.* The mass start should have 100 meters of parallel tracks where the competitor must neither change nor leave the tracks. Skating in the first 100 meters is prohibited. After this zone, there should be at least 100 meters without tracks.

8.12.2 *Pyramid Start.*

8.12.2.1 The pyramid start method may be used on courses that do not allow for a long, wide and straight start area in order to best facilitate a fair start for all competitors.

8.12.2.2 In a pyramid start, the lanes should be 1 to 2 meters apart and in rows 1 meter apart. The number of lanes and rows will be determined by the size of the field in the race.

8.13 Finish Zone/Relay Finish Line

For mass-start competitions, Rule 8.8.7 applies.

8.13.1 For mass-start competitions using the classical technique, the finish zone should be prepared to a minimum width of 6 meters and preferably 9 meters or more. This section should be divided into at least three lanes

at least 2 meters wide, marked and separated with flags, ribbons and coloring on the snow.

- 8.13.2 For mass-start competitions using the freestyle technique, the finish zone should be prepared to a minimum width of 9 meters and preferably 12 meters or more. This section should be divided into at least three lanes at least 3 meters wide, marked and separated with flags, ribbons and coloring on the snow.
- 8.13.3 In relay competitions, the finish line may be the same as that marking the entrance to the relay-exchange zone. If the finish line is before the relay-exchange zone, there must be a separation of at least 5 meters.

8.14 Relay-Exchange Zone

The relay-exchange zone should be a rectangle 30 meters long and sufficiently wide (8 to 15 meters is recommended), marked and fenced off on a level or nearly level surface. Entrance to the relay-exchange zone should be made through the ski-marking area on the side of the zone.

8.15 Individual and Team Sprint Competition

Individual and team sprint competition shall be governed by International Ski Federation (FIS) rules and/or by United States Ski Association (USSA) standards.

RULE 9

Event Officials— Cross Country

Race Committees

9.1 Function

The race committees shall be responsible for all technical aspects in the conduct of the competition, including course selection and preparation. They shall approve the appointment and replacement of all subordinate officials. The race committees shall be composed of the chief of race (chair), technical delegate, assistant technical delegate, chief of start, chief of finish, chief of course, chief of calculation and chief timer. Duties of other officials as listed in this rule may be combined or are optional as conditions dictate. It is the responsibility of all race officials to enforce infractions of all rules.

Technical Delegate

9.2 Selection

The technical delegate, a person recognized as an authority on ski-meet organization and a guarantor that the competitive rules of the NCAA are administered accurately and impartially, is appointed by the organizing committee.

9.3 Duties

In extenuating circumstances or when there appears to be the possibility of serious danger to the safety of the competitors, the technical delegate or assistant technical delegate may interrupt the official training or race without consulting the jury or organizing committee.

Discontinuance. Grounds for discontinuance may include frigid temperatures, high winds, high humidity or combinations thereof, rapid deterioration of visibility below the point when it is not possible to pick out directional or control flags or to judge the gradient of the slope, or where injury of a contestant requires immediate removal and the race course is the only route available for transportation. Course conditions that are hazardous to the safety of the competitors also may be grounds for discontinuance.

The technical delegate shall work effectively with the organizing committee, the race committee, jury and coaches while maintaining independent authority over all matters pertaining to his or her duties outlined in this section:

- 9.3.1 Assure that the length, differences in height, width, difficulty of the course, etc., comply with NCAA rules and that the start and finish area are suitable for a satisfactory competition;

- 9.3.2 Assure that all efforts will be made in course preparation to guarantee the best and fairest competition possible;
- 9.3.3 Assure that all information for the visiting teams — profiles, plans of the courses, technical data, etc. — is available promptly;
- 9.3.4 Assure that qualified officials are available to guarantee that the competition can be fairly and effectively completed in full conformity with the NCAA rules;
- 9.3.5 Keep in close contact with the organizing committee, the race committee and the coaches in order to make proposals, where necessary, for the improvement and conduct of the competition;
- 9.3.6 Assure that appropriate action is taken to correct any serious danger to the safety of the competition;
- 9.3.7 Act as technical consultant and the chair of the jury;
- 9.3.8 Arrive at the location of the races in sufficient time to perform the duties as outlined in this section;
- 9.3.9 Read the report of the technical delegate of the preceding competition;
- 9.3.10 Ensure that the recommendations of the race committee or those of the preceding technical delegate for the improvement of the course(s), particularly with respect to safety measures, have been carried out;
- 9.3.11 Attend all meetings of the jury and be able to interpret NCAA rules regarding questions by jurors concerning decisions that need to be made;
- 9.3.12 Accompany other members of the jury in the inspection of the course(s) immediately after it has been set;
- 9.3.13 Call a meeting of the jury when the temperature reaches minus 20 degrees Celsius (minus 4 degrees Fahrenheit) to discuss the factors of temperature, wind, humidity and course to determine if the event should be postponed or canceled; and
- 9.3.14 If a situation occurs that is not covered by these rules, the technical delegate shall have discretionary authority to render a ruling.

Chief of Race

9.4 Duties

- 9.4.1 To serve on the jury as a voting member;
- 9.4.2 To conduct all meetings for the consideration of technical questions and chair joint meetings of the race committee and coaches;
- 9.4.3 To direct and coordinate the work of all race officials;
- 9.4.4 To designate the forerunners and postrunners; and
- 9.4.5 To summon the meeting(s) of the race committee.

Assistant Technical Delegate

9.5 Duties

- 9.5.1 To serve on the jury as a voting member;
- 9.5.2 To inspect the course(s) immediately after it is set, accompanied by members of the jury. Any changes in the course shall be made by a

majority vote of this group. If the assistant technical delegate alone accepts the invitation to inspect the course, then his or her decisions are final;

- 9.5.3 To interrupt a race in the case of emergency;
- 9.5.4 To be stationed on the course during the competition to receive reports from the chief of start, chief of finish and other race officials about infractions of the rules, protests and faults. The assistant technical delegate shall post, on the official notice board, names of disqualified competitors, the name of the official who marked the fault and the reason for marking the fault. The exact time the disqualification was posted shall be recorded on the official notice board; and
- 9.5.5 To work closely with the technical delegate. In critical cases, especially those involving the safety of the racers, the direction of the technical delegate is binding on the assistant technical delegate.

Chief of Course

9.6 Duties

- 9.6.1 To select, prepare and maintain the course as decided upon by the race committee;
- 9.6.2 To be responsible for the safe conditions of the course in relation to the abilities of the skiers;
- 9.6.3 To assure that the course conforms to and is set within the rules established by the NCAA; 9.6.4 To assure that the course-maintenance crew is in place and is provided with the necessary equipment;
- 9.6.5 To prepare and make available the plans and profiles of the course with the exact measurements;
- 9.6.6 To make prompt and correct preparation and marking of the course for suitable placing of controls;
- 9.6.7 To provide for temperature measurements, fencing of the course, first-aid posts and intermediate timing;
- 9.6.8 To have direct charge of and immediate access to, the chief controller, course setter and chief of course police; and
- 9.6.9 To effectively use the course-preparation group and forerunner, especially if weather or snow conditions are bad, to ensure that the course is in the best possible condition during the race.

Course Setter

9.7 Duties

- 9.7.1 Set the tracks on the course as prescribed by the race committee under the direction of the chief of course;
- 9.7.2 Be familiar with the terrain, snow conditions and weather to assure setting the best track possible; and
- 9.7.3 Set control and directional flags that provide for the safety of the racer and that clearly define the track.

Chief Controller

9.8 Duties

- 9.8.1 To work under the chief of course and be responsible for recruiting, assigning and supervising controllers;
- 9.8.2 To advise the controllers of their duties and review the rules of competition;
- 9.8.3 To collect control cards and transmit them to the assistant technical delegate promptly;
- 9.8.4 To monitor compliance with competition rules; and
- 9.8.5 To oversee, in conjunction with the technical delegate and the chief of race, the confidential placement of the controllers. A small number of controllers should be directed to move from point to point during the competition.

Controllers

9.9 Number

The chief of course, along with the technical delegate, should strategically place controllers at selected areas on the course where violations are most likely to occur. It is strongly recommended that a minimum of one controller be placed on the course for each kilometer of the course.

9.10 Duties

- 9.10.1 To monitor the passage of all competitors;
- 9.10.2 To monitor compliance with Rule 8.1 regarding restrictions on technique; and Rule 12.5.3 regarding obstruction.
- 9.10.3 To be equipped with writing tools and to record exactly any violations they witness, including:
 - 9.10.3.1 The number of the competitor;
 - 9.10.3.2 The nature of the violation;
 - 9.10.3.3 The point on the course at which the violation occurred (kilometer);
 - 9.10.3.4 The technique used;
 - 9.10.3.5 The type of terrain (straight, curve, uphill, downhill); and
 - 9.10.3.6 The number of repetitions of the violation.
- 9.10.4 To check the competitor's skis after the skier has crossed the finish line to ensure that the competitor finished with at least one marked ski; and
- 9.10.5 To maintain spectator control of the course and to assure that the racer has free access to the course without any outside interference.

Immediately after the race, each controller submits his or her card with specific details of the infraction to the chief controller. If the jury determines that verbal testimony is necessary, the controller must be available after the event.

The controller must be able to explain clearly and unequivocally how the fault occurred. Controllers who have recorded faults must remain available to meet with the jury until the jury decisions are final and the jury releases the controller.

Chief of Start/Finish

9.11 Duties

- 9.11.1 To appoint the starter and finish judges with the approval of the race committee;
- 9.11.2 To assure that the start and finish area is well prepared and secured from spectators;
- 9.11.3 To assure that the starter, ski marker, finish judge, finish checker and appropriate assistants are in place;
- 9.11.4 To assure that there is proper control and conduct of the coaches and racers within the start and finish area;
- 9.11.5 To assure that the rules for the start and finish are applied properly;
- 9.11.6 To assure that no racer in the relay start skates in the prohibited zone. Any infraction must be reported to the assistant technical delegate, giving color and number;
- 9.11.7 To assure that the proper tag within the relay zone is accomplished by the racers. Any infraction shall be reported to the assistant technical delegate, giving color, number, leg of relay and time; and
- 9.11.8 To rectify any discrepancies by the starter, assistant starter or contestant and, when necessary, rule on false starts and recall of contestants.

Starter

9.12 Duties

- 9.12.1 To give appropriate warning and start signals;
- 9.12.2 To assure that racers start at the correct time, in the correct order and when applicable, at the correct intervals;
- 9.12.3 To place an assistant before the start line to send back those racers with skis not marked correctly;
- 9.12.4 To place an assistant a few meters beyond the start line to take appropriate action on the starter's instructions if the racer makes a false start; and
- 9.12.5 To place an assistant(s) 100 meters in front of the mass-start line in the relay; and if there is a false start on appropriate instruction from the starter, the racers shall be barred from continuing.

Assistant Starter(s)

9.13 Duties

- 9.13.1 To summon the racers in ample time, assuring that they start in the proper order;
- 9.13.2 To check off each contestant on the start list as he or she starts; and
- 9.13.3 To assist the starter in performing his or her duties.

Ski Marker

9.14 Duties

- 9.14.1 To mark the racers' skis in an established area near the start. Both skis shall be marked before the start of the race, and the racers' numbers shall be in place; and
- 9.14.2 To assure that the racers do not leave the designated start area once skis are marked.

Finish Referee

9.15 Duties

- 9.15.1 To determine the order of finish;
- 9.15.2 To assure that the rules are observed properly and applied at the finish line; and
- 9.15.3 To assure compliance with the uniform rule (see Rule 10.7).

Assistant Finish Referee

9.16 Duties

- 9.16.1 To assist the finish judge in performing his or her duties; and
- 9.16.2 To record the order of finish.

Chief of Timing and Calculation

9.17 Duties

- 9.17.1 In cooperation with a sufficient number of timekeepers, the starter and necessary recorders, to be responsible for correct time keeping;
- 9.17.2 To appoint the recorder(s), the assistant and interval timer(s) when necessary;
- 9.17.3 To direct and coordinate the efforts of the assistant timers, interval timers and recorders;
- 9.17.4 To assure that all necessary timing equipment, such as watches, radios or telephones, electronic timing equipment and forms, is available;
- 9.17.5 To assure that the timing equipment is checked thoroughly and synchronized before and after the event; and
- 9.17.6 To assure that the racers' times are recorded properly and accurately.

Assistant Timers

9.18 Duties

- 9.18.1 To time the racers as prescribed by the chief timer; and
- 9.18.2 To inform their assigned recorders of the starting number of each racer and the time the racer passed the finish line. There should be at least three timekeepers for every event, the chief timer and two assistants.

Recorder

9.19 Duties

- 9.19.1 To record accurately the finishing time of each racer given to the recorder by the timer. There should be one recorder for each timer;
- 9.19.2 To fill out completely the timer's record sheet if one is used;
- 9.19.3 To repeat to the timer the recorded information to avoid any errors; and
- 9.19.4 To withhold official results until properly posted by the race secretary.

Finish Checker

9.20 Duties

To check that the racers cross the finish line with at least one ski correctly marked by the ski marker.

Chief of Calculation

9.21 Duties

- 9.21.1 To provide for quick and accurate calculations for individual and team results; and
- 9.21.2 To assure that during the race a result board is available and to assign the recorder, announcer and scoreboard poster(s).

Scoreboard Poster(s)

9.22 Duties

To update continually and record unofficial results on the result board.

Announcer

9.23 Duties

- 9.23.1 To announce the racer on the course;
- 9.23.2 To maintain professional decorum, assuring that all announcements are those essential for conducting a safe and efficient race; and
- 9.23.3 To announce unofficial results (announcers also may announce the racers as they cross the finish line).

Coaches' Representatives

9.24 Selection

The coaches' representative and alternate coaches' representative shall be selected at the orientation meeting for each event by random draw of all teams entered in that event. The coaches' and alternate coaches' representatives shall be affiliated with different teams and shall be knowledgeable in the discipline.

9.25 Duties

- 9.25.1 To serve as a voting member of the jury;
- 9.25.2 To attend all race committee meetings in order to provide coaches' input into the conduct of the meet;

- 9.25.3 To accompany the assistant technical delegate and other members of the jury in the inspection of the courses immediately after they have been set; and
- 9.25.4 The alternate coaches' representative shall attend all jury meetings and shall have a vote only if a decision is required concerning a competitor from the coaches' representative's school. (In such a case, the coaches' representative is disqualified from voting.)

No person can hold more than one position on the jury for any single event.

Jury

9.26 Personnel

The jury for each event shall be made up of the following voting members:

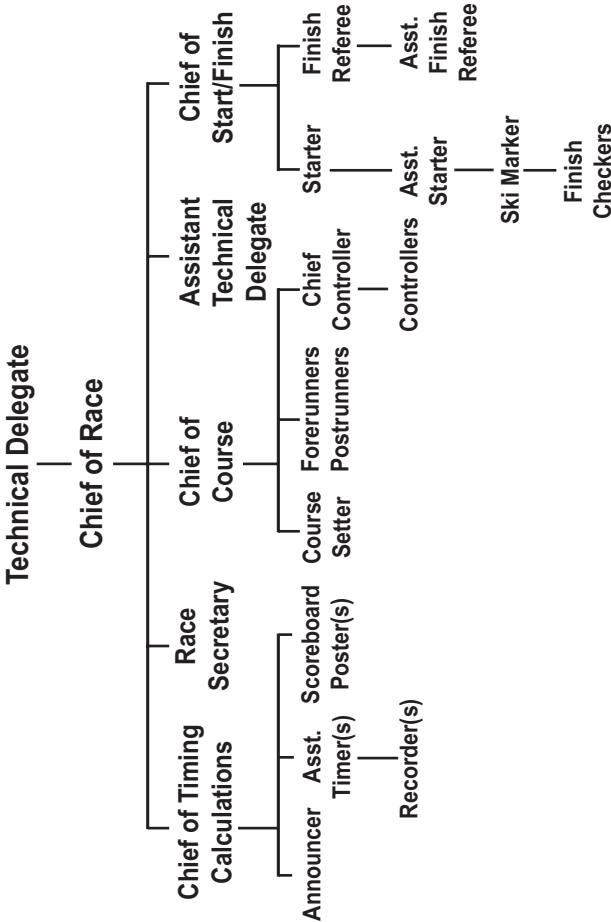
- 9.26.1 The technical delegate, who serves as chair and who has the deciding vote in the case of a tie vote including his or her own vote;
- 9.26.2 The chief of race;
- 9.26.3 The assistant technical delegate; and
- 9.26.4 The coaches' representative. (The alternate coaches' representative shall vote only if a decision is required concerning a competitor from the coaches' representative's school.)

No person can hold more than one position on the jury for any single event. Competitors may not serve as jury members. Nonvoting members include the chief of start/finish. The same jury may be used for both men's and women's events.

9.27 Duties

- 9.27.1 To inspect the courses before the event and ensure that they are in the best possible condition. Particular attention should be paid to the following points: sufficient snow depth and preparation; sufficient protection of all danger spots; inspection of medical and rescue facilities; inspection of start/finish areas; and inspection of established course-control and crowd-control barriers.
- 9.27.2 Ensure that competition is conducted in accordance with NCAA rules; make recommendations on cancellation, discontinuance or postponement of competition to the technical delegate or games/organizing committee; and care for all matters not otherwise prescribed;
- 9.27.3 To adjudicate any protests and questionable disqualifications resulting from an event when directed by the technical delegate. Films, videotape and/or testimony can be used by the jury; and
- 9.27.4 To supervise the conduct of the events.

Cross Country Race Officials



RULE 10

Competitors, Seeding, and Start and Finish— Cross Country

Competitors

10.1 Number

Up to six men and six women from a team may compete in the individual events for the team score, with the highest-finishing three in each to count in the team scoring. Only men may compete in men's events and only women may compete in women's events.

A relay team is made up of three competitors. Additional skiers may compete as designated non-team scorers. Designated non-team scorers must ski on the nonscoring relay or mixed-relay team. A mixed-relay team is composed of four competitors, two males and two females. Designated non-team scorers, nonscoring relay teams and nonscoring mixed-relay teams do not displace points.

10.2 Entries

The deadline for all entries and the names of all entrants, including alternates (if applicable), and their seeding or starting order shall be submitted to the sponsoring institution before the start of the meet. The final team seeding or starting order for each event shall be submitted to the chief of race or race secretary at the orientation meeting.

Any team or individual failing to comply with the above may be prohibited from entering. A competitor is considered to be entered in the meet when he or she starts any single event. At this point, the individual is counted against the total number of competitors allowed for that institution at that competition.

10.3 Substitution

- 10.3.1 A sick or injured skier may be replaced up to one hour before the start of the competition. The replacement skier shall compete in the same seed as the student-athlete he or she replaced; and
- 10.3.2 Once a team has reached its team-size limits (that is, 12 men and 12 women), no substitution for subsequent events is permitted.

10.4 Conduct

All competitors are expected to conduct themselves in a sporting manner and to present a personal appearance that will reflect the highest credit upon the sport and their institutions. Competitors who bring discredit to their colleges or the sport may be disqualified from the race being contested by a majority vote of the competition jury.

Coaches or other team personnel who are disqualified by a race official must immediately depart the competition area for the duration of the race being contested.

10.5 Tobacco Use by Team Personnel

Student-athletes, coaches and other team personnel who use tobacco in the competition arena shall be disqualified by any race official from the race during which the violation occurred.

10.6 Knowledge of Rules

It is recommended that the contestants study these rules as they are obligated to observe all NCAA regulations and any special regulations established by the race committee.

10.7 Uniforms

10.7.1 During competition and while accepting awards, skiers must wear their official team uniform. Uniforms shall meet the following conditions:

10.7.1.1 Uniforms must be team-issued, of the same predominant color and substantially similar, and cover the entire midriff. (See NCAA Bylaw 12.5.4, Use of Logos on Equipment, Uniforms and Apparel.)

10.7.1.2 If T-shirts or singlets are worn, they shall match in color and graphics, cover the entire midriff and be team-issued. If more than one student-athlete wears a T-shirt for an event, all of the team's competitors in that event who wear T-shirts shall wear matching T-shirts.

10.7.2 An institution's uniform or any item of apparel (for example, team jersey, socks) that is worn by a student-athlete while representing the institution in intercollegiate competition may contain only a single manufacturer's or distributor's logo or trademark on the outside of the apparel (regardless of the visibility of the logo or trademark). The logo or trademark shall be contained within a four-sided geometrical figure (that is, rectangle, square, parallelogram) that does not exceed 2¼ square inches.

10.7.3 If an institution's uniform or any item of apparel worn by a student-athlete in competition contains washing instructions on the outside of the apparel on a patch that also includes the manufacturer's or distributor's logo or trademark, the entire patch must be contained within a four-sided geometrical figure (that is, rectangle, square, parallelogram) that does not exceed 2¼ square inches.

10.7.4 The restriction on the size of a manufacturer's or distributor's logo is applicable to all apparel worn by student-athletes during the conduct of the institution's competition, which includes any premeet or postmeet activities (for example, postmeet celebrations on the course, pre- or postmeet press conferences) involving student-athletes.

10.7.5 Failure to comply with this regulation may jeopardize a contestant's eligibility.

10.7.6 A student-athlete shall not wear any apparel that identifies another entity other than the student-athlete's institution. Headwear shall be free of all marks other than institutional logos and NCAA-compliant manufacturer's logos.

Exception: One flag patch (country, state or city) is allowed on the uniform or equipment.

Competition Program, Order, Draw, Seeding and Race Numbers

10.8 Events

- 10.8.1 The cross country competition program may include individual competitions at approved distances in classical or freestyle techniques, using either interval, mass-start, sprint or pursuit formats, and/or a relay, mixed-relay sprint or sprint-relay competition using one or both techniques. When both techniques are used in a relay, the classical legs shall ski first and the freestyle legs last.
- 10.8.2 The host institution or governing association shall determine the competition program for the meet. This information shall be made clear in the invitation or announcement of the meet. Information shall be specific regarding start times, course locations, techniques, distances, start formats, and whether the events are individual or relay.

10.9 Mixed Relay

- 10.9.1 A mixed-relay team is made up of two male and two female competitors.
- 10.9.2 The technique used in the mixed relay may be classical, freestyle or mixed as determined by the host institution.
- 10.9.3 Each team shall follow the same order as determined by the host institution.
- 10.9.4 The host institution shall determine whether one or two teams shall be counted as official scoring teams. Schools may enter additional nonscoring teams.

10.10 Seeding, The Draw, Racing Order

- 10.10.1 For individual competitions, the top seed will be determined by a random draw from the highest regionally ranked individuals. Subsequent student-athletes shall compete in order of regional rankings, alternating by region.

Note 1: The games committee shall determine the starting position of all seeds upon recommendation of the jury.

Note 2: The NCAA Men's and Women's Skiing Committee shall determine the starting order of the NCAA National Collegiate Men's and Women's Skiing Championships mass start as defined in the National Collegiate Men's and Women's Skiing Championships Handbook.

- 10.10.2 *Relay.* Coaches shall submit a start list for a relay consisting of three skiers for a single-gender relay and four skiers for a mixed relay in their anticipated start order and up to two alternates.

These alternates may be members of a nonscoring relay team and may ski on the nonscoring team if not substituted for a member of the official scoring team(s). Changes may be made in the relay running order or alternates substituted up to 30 minutes before the start of the relay. Each team may enter nonscoring relay squads in addition to the official scoring team(s). The starting positions for the teams in the relay may be determined by draw or by seeding according to the team score of the previously contested individual cross country event. (See Rule 10.11 for relay-start positions.)

- 10.10.3 For team competition, separate random drawings shall be made for each event. The coach has the option of determining the order of competitors. This option of exchanging starting positions shall be exercised at the time of the draw.

Note: Coaches are responsible for deciding the starting order of the members of the team and shall submit to the meet director a seeded start order for their teams along with their entries. This seeding shall be in order from first skier to start to last skier to start.

10.10.4 *Mass-Start Competitions.*

- 10.10.4.1 *Team Competitions.* In mass-start team competitions, each competing institution is given one lane. The order of start for competitors from each institution is determined by the coach. The total number of competitors from each institution will determine the number of rows in each lane.

10.10.4.2 *Individual Competitions.*

- 10.10.4.2.1 *Conventional Start.* In the individual mass-start competition, the first-seed group shall be placed on the first row, the second group on the second row, and so on, up to the number of seed groups in the meet. When terrain and snow conditions permit, the technical delegate and chief of race may allow all competitors to start on the front row. Lanes shall be allocated by random draw or seeding. The first-drawn, or top-seeded, skier will draw lane No. 1 (the center track). The second-drawn, or second-ranked, skier will draw lane No. 2 (immediately to No. 1's right). The third-drawn, or third-ranked, skier will draw lane No. 3 and start immediately to No. 1's left. All even numbers will start to No. 1's right, and all odd numbers will start to No. 1's left. Competitors in all rows must stand with the toe of each boot behind the start line.

- 10.10.4.2.2 *Pyramid Start.* The first-drawn or highest-seeded skier shall be placed on the first row, lane one. The second-drawn or second-highest seeded skier shall be placed on row two, lane two. The third-drawn or third-highest seeded skier shall be placed on row two, lane three. The fourth and fifth skiers shall be placed in row three, sixth and seventh skiers in row four, and so on until all the lanes have been used. Once all the lanes have been filled for the first pyramid, a second pyramid is formed behind the first. The next drawn or ranked competitor will be placed in lane one in the same row as the last-drawn competitor. Subsequent student-athletes will be placed using the same method as the first pyramid. Additional pyramids will be used until all the student-athletes in the race have been placed in rows. All even numbers will start to No. 1's right and all odd numbers will start to No. 1's left.

- 10.10.4.2.3 The decision as to whether a conventional or pyramid start will be used will be determined by the games committee with input from the presiding jury.

10.11 Relay-Start Positions

- 10.11.1 All scoring teams will start on the front row. The first-drawn team or the first-place team from the previously contested individual cross country event starts in the middle track (lane one); the second-place team or second-seeded team starts in the lane to the right of the skier (skier's right) in lane one (lane two); the third-place team or third-seeded team starts in the lane to the left of the skier (skier's left) in lane one (lane three); and so on. All even-numbered place finishers start to the right of the skier (skier's right) in lane one, and all odd-numbered skiers start to the left of the skier (skier's left) in lane one.
- 10.11.2 Where terrain permits, all relay teams will start on the start line (front row). When terrain or conditions do not permit all teams to start on the front row, only scoring teams shall start in the available lanes in the front row. Any nonscoring teams shall start directly behind the scoring teams of the same institution in the second row on an arc concentric with and 3 meters behind the front row. Start rows may be added as necessary to accommodate other nonscoring teams. All official teams will start simultaneously.
- 10.11.3 In a mixed-relay event in which the host institution has determined that there shall be two scoring teams, if there is not sufficient space on the starting line for all scoring teams, the second scoring team from each institution shall start directly behind the first team in the same lane. Designated nonscoring mixed-relay teams shall start in the third row directly behind their institution's scoring teams.

10.12 Race Numbers

- 10.12.1 Race numbers shall be issued for each event and should be sequential.
- 10.12.2 Numbers for mass-start competitions should identify skiers by the starting position (that is, lane and row) so that the competitors, starter and assistant starter can easily position the skiers for the start. All of the skiers in the first row should have lower numbers than the skiers in the second row, etc.
- 10.12.3 Every member of a relay team shall have the same number (team designation).

10.13 Relay-Bib Color Code

- 10.13.1 In a relay with three skiers on a team, the colors are:
 - 10.13.1.1 First leg—red;
 - 10.13.1.2 Second leg—green; and
 - 10.13.1.3 Third leg—blue.
- 10.13.2 In a relay with four skiers on a team, the colors are:
 - 10.13.2.1 First leg—red;
 - 10.13.2.2 Second leg—green;
 - 10.13.2.3 Third leg—yellow; and
 - 10.13.2.4 Fourth leg—blue.

If possible, the color coding should be supplemented with a number referring to the leg number of the competitor. The size and location of this number shall be such that there can be no confusion with the team number.

Start and Finish

10.14 Start Commands

The starter for the individual cross country event and cross country relay shall clearly identify himself or herself to all racers and describe the method of start (that is, whistle, gun, voice command, etc.).

10.14.1 The equal-interval start shall be employed in the individual cross country race. For the individual cross country race, racers start at equal intervals. Ten seconds before the start, the starter shall give each racer a warning “10 seconds” or “Attention.” Five seconds before the start, the starter shall count “5-4-3-2-1” and give the start command “Go.”

10.14.2 In mass-start competitions, the starter shall give a 30-second warning. Twenty seconds later, a 10-second warning shall be given, followed approximately 10 seconds later by the start signal or command “Go.”

10.15 Competitors, Seeding and Start and Finish— Cross Country Pursuit With a Break

10.15.1 After the first competition, a finish order is determined. This finish order shall serve as a start order for the second event. The start intervals for the pursuit-start race shall be equal to the time intervals between skiers from the result list from the first day of competition.

10.15.2 The pursuit-start race takes place without the use of electronic starting gates. Fractions of seconds of the time differences of the first competition shall not be used for the start time of the second competition.

10.15.3 To guarantee an exact start, a large start clock that is visible to all competitors should be used.

10.15.4 The chief of start shall ensure that competitors start at their correct start times in accordance with their start numbers. An assistant starter, placed 5 meters after the start line, shall act on the instructions of the chief of start if a competitor makes a false start and needs to be recalled.

10.15.5 The start list should be prepared as follows: (Example)

Start # and place of first competition	Name	School	Start Time
1	Korthauer, Marius	UAF	0:00 min.
2	Richmond, Kit	CU	0:06 min.
3	Uhl, Jurgen	UVM	0:45 min.
4	Banerud, Martin	NMU	0:46 min.
5	Stene, John	DU	0:46 min.
6	Randall, Glenn	DAR	0:46 min.
7	Hellebostad, Tor-Hakon	UNM	1:28 min.
etc.			

10.15.6 The first 100 to 200 meters of the course shall be prepared to a width of at least 6 meters so that two or more competitors may start simultaneously

without interference. For classical-technique competitions, a minimum of four lanes in the start area is recommended.

- 10.15.7 The winner of the pursuit-start competition is the first competitor to cross the finish line. The second-place finisher is the second competitor to cross the finish line, etc.
- 10.15.8 The technical arrangements for the finish zone of a pursuit-start race should be the same as for mass-start events.
- 10.15.9 If the second half of the pursuit race is canceled because of weather or snow conditions, the result from the first part of the competition will count as the final result.

10.16 Competitors, Seeding and Start and Finish — Cross Country Pursuit Without a Break

- 10.16.1 Pursuit competitions without a break shall consist of a first part with a classical mass start followed by the changing of skis in an exchange box in the stadium and with a second freestyle part.
- 10.16.2 The parts or legs of the pursuit shall be conducted in accordance with the NCAA Skiing Rules.
- 10.16.3 It is recommended that the exchange box be 2 to 2.5 meters in length and 1.2 to 1.5 meters in width.
- 10.16.4 There is no technique control in the exchange-box area.
- 10.16.5 There shall be no overtaking between a skier and an exchange box. Overtaking on the outside is allowed.
- 10.16.6 Equipment must be deposited in the exchange box before the mass start. Only skis, boots and poles are allowed to be deposited in the exchange box.
- 10.16.7 In continuous pursuit, skis shall be exchanged. Poles and boots may also be exchanged. The exchange shall be done by the student-athlete within the assigned box without assistance. The exchanged equipment must be left in the box until the student-athlete finishes the competition.
- 10.16.8 Five minutes before the start, coaches shall leave the exchange-box area.
- 10.16.9 Timing shall be continuous from start to finish.

10.17 Early/Late Starts in Cross Country and Relay

- 10.17.1 Cross country competitors who make an early start when hand timing is used shall be recalled and must again pass the start line. In this case, the start time shall be the time on the start list. If electronic starting is used, the exact start time of a competitor shall be accepted if it is between three seconds before and three seconds after the start list time. If the start is more than three seconds before the signal, this should be considered a false start. That racer shall be recalled and again pass an extension of the start line outside the electronic starting gate. If a racer starts more than three seconds late, the start list time shall be counted. A competitor who starts late shall not interfere with the start of other competitors. With both electronic and hand timing, the actual start time shall be noted in case the race committee decides that the late arrival of the competitor was because of force majeure (an “act of God”).

- 10.17.2 In mass-start competitions, an early start shall be determined by the starter, who shall instruct the assistant starter to raise a restraining rope across the course. The time for a late starter shall be calculated from the time of the mass start.

10.18 Determination of Finish

- 10.18.1 *Interval-Start Competition.* In determining the finish of an interval-start competition with electronic timing, a competitor's time shall be taken when the electronic beam is broken between the finish-line posts. When hand timing is being used, the time shall be taken when the toe of the competitor's leading foot crosses the finish line.
- 10.18.2 *Mass-Start Competition.* In determining the finish of a mass-start competition, finish place and times shall be taken when the toe of the competitor's leading foot crosses the finish line. A tie shall be declared only if the places cannot be determined by the finish judge. (Videotape may be used for determination of finish.)
- 10.18.3 *Relay Competition.* Finish/starting times for all but the final-leg skier shall be taken upon entry into the exchange zone at the completion of the respective legs. For purposes of calculation, these times also shall serve as starting times for the next skiers in the order. Finish times and order for final-leg skiers shall be taken when the toe of the competitor's leading foot crosses the finish line.
- 10.18.4 For the purpose of determining place finishes in mass-start competitions, two video cameras with frame-by-frame playback capabilities shall be used. One camera should be mounted in a line with and in the same vertical plane as the finish line. This camera should be mounted at least 1 meter above the track and should have an unobstructed view of the entire finish line. The second camera should be in front of the finish line at an angle to the finish line to enable viewing of the bib number and finish line.

RULE 11

Timing—Cross Country

Timing

11.1 Primary Timing

- 11.1.1 *Electronic timing.* Electronic timing (light beam) should be used as the primary timing system. The contestant's time shall be the period between the breaking or making of the starting contact and the contact at the finish. The contact to be broken at the finish shall be placed at a height of 25.4 to 50.8 centimeters (10 to 20 inches) from the ground. When using electronic timing, all "actual" start times during the 3-2-1-0-1-2-3-second window should be recorded by hand timing to the tenth of a second, and those times should be used in case of failure of the primary electronic timing system.
- 11.1.2 *Hand timing.* Synchronized watch timing may be used to calculate the elapsed time of a racer's travel from the start to the finish of a race run. With synchronized timing, the start and finish watches shall be started at precisely the same time or shall be set at the precise time of day before the competition begins. The start-watch split time (time of day) shall be recorded according to when the racer's feet contact the starting wand or leave the starting gate. The finish-watch split time (time of day) shall be recorded according to when the toe of the racer's first foot crosses the finish line. The racer's elapsed time shall be determined by calculating the difference between the start and finish times.
- 11.1.3 When hand timing is used as the primary timing system, a minimum of two watches shall be used. To ensure consistency with hand timing, the same timing personnel should remain active for an entire race.
- 11.1.4 Reserve watches shall always be used by all parties to preclude failure.

11.2 Secondary Timing

Secondary, completely independent hand timing shall be used in addition to the primary electronic timing system.

11.3 Failure of Electronic Timing

If the electronic timing (light beam) breaks down completely during the race, the times taken by hand throughout the entire race shall be valid.

11.4 Watch Discrepancies

If upon checking watches at the end of an event, a discrepancy is found, this difference shall be considered to have changed at a uniform rate during the period for which the watches were checked.

If the timer's watch has gained upon the starter's watch, the corrections shall be subtracted from the contestants' absolute times; and if the timer's watch has lost

on the starter's watch, the corrections shall be added to the contestants' absolute times.

All corrections made to a contestant's time shall be based on the time the contestant finished. The total discrepancy found when checking watches at the end of a race shall be prorated for each contestant's finishing time in the ratio that the elapsed time from synchronization of watches to the time of finishing of the contestant bears to the total elapsed time between synchronizing and checking of watches. Such elapsed time shall be based on the timer's watch.

If minor discrepancies occur between the corrected recorded times of the timekeepers, if uniformly in one direction, the chief timer's report shall be used, while if otherwise, the average of the two or more records shall be used.

If the discrepancy exceeds five seconds uniformly in one direction, the decision as to which set of records to use shall lie with the assistant technical delegate or, if deemed necessary, may be referred to the race committee.

11.5 Recording Time

- 11.5.1 The results are calculated by taking the difference between the finish and start times.
- 11.5.2 With electronic and hand timing, times shall be recorded in all cross country races to the tenth of a second. (*Note: Ignore decimal places beyond tenths of seconds.*)
- 11.5.3 For interval starts, if two or more competitors have the same finish time, they shall have the same placing in the results and the competitor with the lower starting number shall be listed first.
- 11.5.4 In mass-start races, finish places shall be recorded and used for scoring even if the times are within the same tenth of a second, with the places determined by sight or use of a video with frame-by-frame playback capabilities. If a winner cannot be determined in this manner, a tie shall be declared.

RULE 12

Competition— Cross Country

Cross Country

12.1 Equipment

Equipment specifications shall comply with International Ski Federation (FIS) rules or United States Ski Association (USSA) standards.

12.2 Training

Contestants in the cross country event shall be given an opportunity to train and to inspect the course in its racing condition.

When possible, the course shall be open for training two days before the race. In exceptional circumstances, the course may be closed during certain hours.

12.3 Marking Skis

To prevent an unauthorized change of skis during the race, both of a contestant's skis may be marked immediately before the start of the race.

The competitors, with numbers on, must report personally to the marking area next to the start so that there is sufficient time to mark their skis.

The start numbers shall be marked on skis in the appropriate color of the course.

Each competitor shall finish the race on at least one properly marked ski. The finish checker shall check this as each competitor crosses the finish line.

In the event of a protest, the jury may require that the competitor produce the broken equipment for inspection.

12.4 Forerunners

There shall be at least three forerunners, who shall start approximately 15 minutes before the start of the race, at the discretion of the chief of race. Forerunners shall have the ability to ski the course at racing speed and shall be distinguished from the racers by special bibs. On multiple-lap courses, forerunners shall ski only one lap. The times of the forerunners shall not be published.

12.5 During Competition

12.5.1 The competitors shall follow the flagged track from the start and pass through all controls. Competitors shall complete the course on at least one marked ski using only their own means of propulsion.

12.5.2 During the race:

12.5.2.1 Both poles may be exchanged.

- 12.5.2.2 A ski may be exchanged but only if equipment failure occurs. However, in classical-technique competitions, competitors shall complete the course on at least one marked ski using only their own means of propulsion. A ski may be exchanged more than once during a race.

Note: The intent of this rule is to permit a competitor in collegiate (team) skiing the opportunity to finish the course on two unbroken skis (improper fit or wax are NOT considered equipment failure).

- 12.5.2.3 In classical technique competitions, competitors may scrape their skis to remove snow and ice and add wax as necessary.
- 12.5.2.4 Outside assistance for Rules 12.5.2.1, 12.5.2.2 or 12.5.2.3 above is limited to providing supplies and/or equipment only. Competitors can only be handed tools and materials that are available in retail stores (wax, scrapers, corks). The competitor must work on his or her equipment outside the track so as not to interfere with other competitors and without assistance from anyone.
- 12.5.2.5 Feeding on the course shall be allowed in appropriate locations. Feeding may be done by appropriate team representatives and may be done while moving in a manner that is in compliance with pacing and other rules regarding competition.
- 12.5.3 A competitor who is being overtaken by another competitor shall, at the first audible request (other types of requests as determined by meet officials may be necessary for hearing- or vision-impaired competitors), move to the side and give the overtaking skier adequate room to pass unhindered:
- 12.5.3.1 At competitions using the classical technique, even if the course has two tracks;
- 12.5.3.2 At competitions using the freestyle technique, even if the movement results in a restriction of movement of the skier being overtaken;
- 12.5.3.3 Except in the finish zone and in the relay exchange zone (final leg).
- 12.5.4 In mass-start races, skiers shall stay in their assigned lanes with both skis in the tracks for the first 100 meters. Changing tracks is prohibited in the first 100 meters. Moving around a fallen skier is permitted provided the progress of the skiers in the adjacent lanes is not impeded.
- 12.5.5 In the finish zone skiers shall not be required to give way when track is requested, but they may do so. Upon reaching the finish zone, a competitor selects and enters one of the finish lanes and must stay entirely in that lane until crossing the finish unless it is necessary to leave that lane in order to overtake another competitor. By changing lanes, a competitor shall not impede the progress of another competitor.
- 12.5.6 Accidents or racers giving up should be reported to the next control or at the finish.
- 12.5.7 The competitor must comply with the direction of the race officials and shall not intervene in the organization of the competition.
- 12.5.8 No pacing shall be allowed. Pacing is defined as traveling directly behind, in front of or beside a racer for more than 30 consecutive meters.

12.5.9 Pushing or pulling someone along the racing track is illegal and shall result in disqualification.

The race track must be kept clear for other competitors on the course.

12.6 Disqualification

Competitors in cross country may be disqualified by the race jury if they:

- 12.6.1 Enter the race under false pretenses;
- 12.6.2 Do not follow the marked courses (try to take a shortcut) or do not pass all of the controllers;
- 12.6.3 Receive unauthorized assistance;
- 12.6.4 Fail to give way to an overtaking competitor when so requested, or clearly obstruct or impede another competitor;
- 12.6.5 Run part of the course without skis on their feet, or, in classical technique competitions finish with two unmarked skis;
- 12.6.6 Train or compete on the course with skis other than cross country skis;
- 12.6.7 Violate Rule 8.1 regarding technique definitions;
- 12.6.8 Violate Rule 12.1 (equipment rule);
- 12.6.9 Violate any rule for competition in Rule 12.5;
- 12.6.10 Fail to compete with the official team uniform (see Rule 10.7); or
- 12.6.11 Fail to comply with the tobacco rule (see Rule 10.5).

Relay/Mixed Relay

(In addition to cross country rules)

12.7 Relay Exchange

Each racer, except for the last, shall tap the body of the next racer within the 30-meter exchange zone. If an outgoing racer is propelled (pushed or shoved) by the incoming team member in the exchange zone, both racers shall be recalled to the exchange zone for a proper contact before the racer taking over can start. (“Straddle tag” shall not be allowed.)

12.8 Total Relay Time

The total time for the relay team is the time that elapses between the start and the team’s last racer crossing the finish line. The order in which the racers finish the last relay section shall determine the team’s finish order. Intermediate time for individual sections of the course shall be taken when the racers enter the exchange zone. These times shall also serve as the starting times for the next racer.

12.9 Relay Team

No racer shall be permitted to run more than one leg of the relay.

12.10 Disqualification

Competitors in the cross country relay may be disqualified for all violations listed under Rule 12.6. First-leg skiers shall stay in their assigned lanes with both skis in the tracks for the first 100 meters. Changing tracks and free style are prohibited in the first 100 meters. Failure to comply may result in disqualification.

RULE 13

Protests and Appeals— Cross Country

Protests

13.1 Nordic Decisions

Coaches or team representatives (institutional personnel) who desire to protest shall do so within 15 minutes after the posting of the unofficial results after the last race of the day. A protest fee, not to exceed \$75, shall be charged. The fee is refundable if the protest is upheld by the jury.

The technical delegate may consider a protest of an infraction of the rules by a racer. This protest shall be filed by at least three separate institutions in any combination of racers, coaches or team representatives (institutional personnel).

The technical delegate shall not consider any protest by a spectator or any other noncontestant except at the request of one of the officials. The technical delegate thereupon shall summon the jury to hear the evidence of any officials or witnesses who have witnessed the event in question, or it may review videotapes of the event.

13.2 Nordic Redress

A contestant in a cross country race who suffers from an intrusion shall have no redress.

13.3 Clerical Errors

A complaint based not on an alleged breach of the rules on the part of an official or a contestant, but on an alleged error in calculating the results, shall be considered by the race committee if reported before the race committee disbands.

Such a protest made at a later date shall be made by the representative of a competing college by registered mail to the chair of the games committee within one month of the date of the race.

If the mistake is verified, a corrected result shall be published and the prizes redistributed, if necessary.

Table No. 1
Reference for Scoring Table Option A

Scoring Base	First-Place Points
up to 6	6
7, 8 or 9	9
10, 11 or 12	12
13, 14 or 15	15
16, 17 or 18	18
19, 20 or 21	21
22, 23 or 24	24
25, 26 or 27	27
28, 29 or 30	30
31, 32 or 33	33
34, 35 or 36	36
37, 38 or 39	39
40, 41 or 42	42
43, 44 or 45	45
46, 47 or 48	48
49, 50 or 51	51

Table No. 2
Reference for Scoring Base Option B

Place	Points
1	50
2	47
3	44
4	41
5	39
6	37
7	35
8	33
9	31
10	30
11	29
12	28
13	27
14	26
15	25
16	24
17	23
18	22

Place	Points
19	21
20	20
21	19
22	18
23	17
24	16
25	15
26	14
27	13
28	12
29	11
30	10
31	9
32	8
33	7
34	6
35	5
36	4
37	3
38	2
39	1

Appendix A

Concussions

A concussion is a brain injury that may be caused by a blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head. Concussions can occur without loss of consciousness or other obvious signs. A repeat concussion that occurs before the brain recovers from the previous one (hours, days or weeks) can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage, and even death.

Recognize and Refer: To help recognize a concussion, watch for the following two events among your student-athletes during both meets and practices:

1. A forceful blow to the head or body that results in rapid movement of the head.

-AND-

2. Any change in the student-athlete’s behavior, thinking, or physical functioning (see signs and symptoms).

SIGNS AND SYMPTOMS

Signs Observed by Coaching Staff

- Appears dazed or stunned.
- Is unsure of score or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows behavior or personality changes.
- Can’t recall events before hit or fall.
- Can’t recall events after hit or fall.

Symptoms Reported by Student-Athlete

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness.
- Double or blurry vision.
- Sensitivity to light.
- Sensitivity to noise.
- Feeling sluggish, hazy, foggy or groggy.
- Concentration or memory problems.
- Confusion.
- Does not “feel right.”

An athlete who exhibits signs, symptoms, or behaviors consistent with a concussion, either at rest or during exertion, should be **removed immediately from practice or competition** and should not return to play until cleared by an appropriate health care professional.

IF A CONCUSSION IS SUSPECTED:

1. **Remove the student-athlete from play.** Look for the signs and symptoms of concussion if your student-athlete has experienced a blow to the head. Do not allow the student-athlete to just “shake it off.” Each individual athlete will respond to concussions differently.
2. **Ensure that the student-athlete is evaluated right away by an appropriate health care professional.** Do not try to judge the severity of the injury yourself. Immediately refer the student-athlete to the appropriate athletics

medical staff, such as a certified athletic trainer, team physician or health care professional experienced in concussion evaluation and management.

3. **Allow the student-athlete to return to play only with permission from a health care professional with experience in evaluating for concussion.** Allow athletics medical staff to rely on their clinical skills and protocols in evaluating the athlete to establish the appropriate time to return to play. A return-to-action progression should occur in an individualized, step-wise fashion with gradual increments in physical exertion and risk of contact. Follow your institution's physician supervised concussion management protocol.
4. **Develop a game plan.** Student-athletes should not return to play until cleared by the appropriate athletics medical staff. In fact, as concussion management continues to evolve with new science, the care is becoming more conservative and return-to-play time frames are getting longer. Coaches should have a game plan that accounts for student-athletes to be out for at least the remainder of the day.

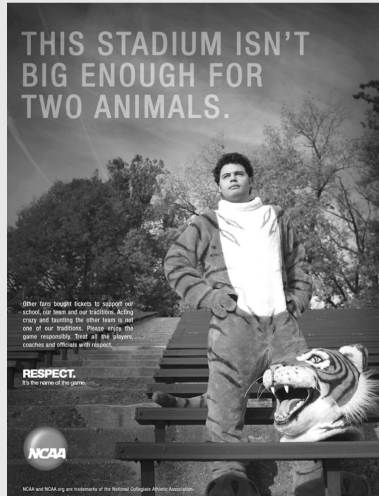
For further details please refer to the "NCAA Sports Medicine Handbook Guideline on Concussions" or online at www.NCAA.org/health-safety and www.CDC.gov/Concussion.



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Sportsmanship is a core value of the NCAA. The NCAA Committee on Sportsmanship and Ethical Conduct has identified **respect** and **integrity** as two critical elements of sportsmanship and launched an awareness and action campaign at the NCAA Convention in January 2009.

Athletics administrators may download materials and view best practices at the website below: **www.NCAA.org**, then click on **"Student-Athlete Programs,"** then **"Sportsmanship"** and select the **"Resources/Best Practices"** tab.



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