



***NCAA SKIING  
RULES MODIFICATION DOCUMENT***

***2022-2023  
UPDATED OCTOBER 2022***

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IF  
*i*  
LOSE

I'LL RESPOND WITH RESPECT.

Don't undo my hard work  
with poor sportsmanship.



**RESPECT.**  
It's the name of the game.

IF YOU THINK YOU OR YOUR TEAMMATE HAS HAD A  
**CONCUSSION**

**DON'T HIDE IT. • REPORT IT. • TAKE TIME TO RECOVER.**



**IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.  
WHEN IN DOUBT, GET CHECKED OUT.**

For more information and resources, visit [www.NCAA.org/health-and-safety](http://www.NCAA.org/health-and-safety) and [www.CDC.gov/Concussion](http://www.CDC.gov/Concussion)



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# NCAA Men's and Women's Skiing Committee

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The chart below lists the members of the committee that voted on and approved the rules included in this edition of the book. This information is being included for historical purposes.

Name	Institution	Term Expiration
Eliska Albrigtsen	University of Alaska Fairbanks	9-1-2024
Brian Blank	University of New Hampshire	9-1-2022
Kim Bownes	Plymouth State University	9-1-2023
Peter Dodge	Dartmouth College	9-1-2023
Tom Smith	Michigan Technological University	9-1-2025
Jana Weinberger	University of Colorado, Boulder	9-1-2023

For a complete and current listing of the NCAA Men's and Women's Skiing Committee roster is available online at [www.ncaa.org/playingrules](http://www.ncaa.org/playingrules).

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# Rules Changes for 2022 and 2023

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*In June 2017, the Playing Rules Oversight Panel approved a proposal from the NCAA Skiing Committee to transition from a printed rules book to a rules modification document. The committee's rationale was based on the significant use of and reference to U.S. Ski and Snowboard Association (USSA) and International Skiing Federation (FIS) rules within the NCAA Skiing Rules Book. This is the first edition of the NCAA Skiing Rules Modification Document.*

*The most significant change between the rules book and this rules modification document is the layout of the document itself. Rules that were previously listed as following the USSA and/or FIS guidelines, are no longer listed in this document. Changes to rules modifications are listed in bold.*

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# Modification 1

## General Conduct Rules

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### 1.1 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 institution. 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.

### 1.2 Knowledge of Rules

It is recommended that the contestants study the U.S. Ski and Snowboard Association (USSA) standards and International Skiing Federation (FIS) rules and these rules modifications, as they are obligated to observe all NCAA regulations and any special regulations issued by the race committee.

### 1.3 Use of Tobacco

Tobacco use by meet officials or any meet personnel is prohibited in the competition arena and shall be reported to the event administrator. Use of tobacco by student-athletes, coaches or other team personnel in the competition arena are grounds for disqualification by any race official from the race during which the violation occurred.

### 1.4 College Meets

1.4.1 Collegiate meets may be either:

1.4.1.1 Men's and/or women's Alpine and cross country;

1.4.1.2 Men's and/or women's Alpine; or

1.4.1.3 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.

1.4.2 Eight hundred meters to 30 kilometers is the approved Cross Country distance for NCAA competitions.

1.4.3 *Number of Events*

1.4.3.1 A men's and women's Alpine and cross country meet consists of four to eight events equally distributed by gender and discipline.

1.4.3.2 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.

1.4.3.3 A men's Alpine-only or cross country-only meet consists of one to four events.

1.4.3.4 A women's Alpine-only or cross country-only meet consists of one to four events.

## 1.5 Uniforms and Equipment

These uniform rules apply to all NCAA Skiing competition:

1.5.1 During competition and while accepting awards, skiers must wear team-issued uniforms of the same predominant color and substantially similar.

1.5.2 The use of logos on equipment, uniforms and apparel must comply with NCAA Bylaw 12.5.4.

1.5.3 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.

1.5.4 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.

1.5.5 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 pre-meet or postmeet activities (for example, postmeet celebrations on the course, pre- or postmeet press conferences) involving student-athletes.

1.5.6 A student-athlete shall not wear any apparel that identifies another entity other than the student-athlete's institution. Equipment (helmets and hard and soft armor) 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.

*Exception:* One memorial patch or insignia is allowed on the uniform or equipment.

1.5.7 All equipment (helmets, boots, antivibration plate, skis, hard armor and soft armor) is governed by USSA standards and/or FIS rules.

Uniform rules that apply to Alpine competitions:

1.5.8 Alpine uniforms shall meet the following conditions:

1.5.8.1 All soft armor must comply with NCAA Bylaw 12.5.4 (Use of Logos on Equipment, Uniforms and Apparel).

1.5.8.2 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.

- 1.5.8.3 All equipment (helmets, boots, antivibration plate, skis, hard armor and soft armor) is governed by USSA standards and/or FIS rules.

Uniform rules that apply to Cross Country competitions:

- 1.5.9 Cross Country uniforms shall meet the following conditions:

1.5.9.1 Uniforms must cover the entire midriff and comply with NCAA Bylaw 12.5.4 (Use of Logos on Equipment, Uniforms and Apparel.)

1.5.9.2 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.

1.5.9.3 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.

## 1.6 Competitors

1.6.1 *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.

1.6.2 *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 they start any single event. At this point, the individual is counted against the total number of competitors allowed for that institution at that competition.

1.6.3 *Substitution.*

1.6.3.1 For regular-season events, a sick or injured designated scorer may be replaced up to one hour before the start of the competition. No change in seed will occur; and

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

1.6.4 *Racing Order.* The following method can be used to determine the starting order:

1.6.4.1 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. Separate random drawings shall be made by rounds for each event. Coaches shall have the option of passing any rounds if the entry is short of maximum.

1.6.4.2 - *Alpine Start Order*. 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. Breaking ties will be governed by USSA standards and/or FIS rules.

1.6.4.3 For NCAA Championships, refer to the NCAA Championship Manual. For the second run in Alpine, the entire field is flipped.

1.6.5 *Race Numbers*. Race numbers shall be issued for each event.

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# Modification 2

## Meet Officials

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The duties of all meet officials and meet personal shall fall under the prescribed duties for the given position as described by U.S. Ski and Snowboard Association (USSA) standards and/or International Ski Federation (FIS) rules unless specifically stated within this rules document.

### 2.1 General Meet Officials

2.1.1 *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.*

2.1.2 *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. 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.

2.1.3 *Meet Director.* The duties of the meet director are:

2.1.3.1 To direct the efforts of the race secretary, chief of race—Alpine, chief of race—cross country and chief of support services;

2.1.3.2 To conduct a random draw for the election of the coaches' representative at the orientation meeting(s);

2.1.3.3 To conduct a random draw for seedings; and

2.1.3.4 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.

2.1.4 *Race Secretary.* The duties of the race secretary are:

2.1.4.1 To be responsible directly to the meet director;

2.1.4.2 To perform the functions of a secretary and general office worker;

- 2.1.4.3 To mail invitations, entry forms, assumption-of-risk forms, informational letters and schedules of events;
- 2.1.4.4 To provide timely and accurately prepared start orders, time keeping, scoring, gatekeeper and controller forms to the appropriate officials;
- 2.1.4.5 To distribute complete bib packets to an appropriate team representative at the orientation meeting; and
- 2.1.4.6 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.
- 2.1.5 *Chief of Race.* The duties of the chiefs of race are:
  - 2.1.5.1 To direct and coordinate the work of all race officials;
  - 2.1.5.2 To designate the forerunners and postrunners;
  - 2.1.5.3 To summon the meeting(s) of the race committee; and
  - 2.1.5.4 To conduct all meetings for the consideration of technical questions and chair joint meetings of the race committee and coaches.
- 2.1.6 *Support Services Committee.* The support services committee is responsible for providing logistical support necessary to conduct a meet. 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.
- 2.1.7 *Chief of Support Services.* The duties of the chief of support services are:
  - 2.1.7.1 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;
  - 2.1.7.2 To summon and chair the meeting(s) of the support services committee; and
  - 2.1.7.3 To direct and coordinate the efforts of the support officials.
- 2.1.8 *Chief of Sports Information.* The duties of the chief of sports information are:
  - 2.1.8.1 To provide efficient and timely media coverage and working arrangements and to host media personnel; and
  - 2.1.8.2 To provide the development of a meet program and the distribution of final event and meet results.
- 2.1.9 *Chief of Medical Services.* The duties of the chief of medical services (physician) are:
  - 2.1.9.1 To provide a healthy environment and on-site temporary medical services; and
  - 2.1.9.2 To coordinate the efforts of the athletic trainer(s), ski patrol and the physician.
- 2.1.10 *Chief of Equipment.* The duties of the chief of equipment are:
  - 2.1.10.1 To assure the supply, collection and distribution of materials and equipment to the chief of course in order to properly conduct the events; and

- 2.1.10.2 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.
- 2.1.11 *Chief of Protocol*. The duties of the chief of protocol are:
  - 2.1.11.1 To provide meeting rooms for coaches and the media; and
  - 2.1.11.2 To make appropriate arrangements for the awards ceremonies and arrange banquets and related activities.

## 2.2 Alpine Event Officials

- 2.2.1 *Race Committees*. The race committee shall be responsible for all technical aspects in the conduct of competition, including course selection and preparation. They shall approve the appointment and replacement of all subordinate officials. The race committee shall be constituted as follows: the chief of race (chair), technical delegate, referee, Start and Finish Referee, chief of course, chief of timing and calculation. Duties of other officials as listed in the rule may be combined or are optional as conditions dictate. The technical delegate, chief of race, super gatekeepers, referee, start and finish referee, course setters and forerunners must be current members of the United State Ski Association.
- 2.2.2 *Jury*. 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 finish. The same jury may be used for all competition on the same day. The jury for each event shall be made up of the following voting members: the technical delegate, who serves as chair and who has the deciding vote in the case of a tie vote including their own vote; the chief of race; and the referee. The jury must be pre-approved by the games committee and a full disclaimer of possible conflicts of interest for all jury members must be made before serving on the jury. The duties of the jury are:
  - 2.2.2.1 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;
  - 2.2.2.2 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;
  - 2.2.2.3 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;
  - 2.2.2.4 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;
  - 2.2.2.5 To disqualify a racer for a lost ski when warranted by safety factors at a respective site; and

2.2.2.6 To supervise the conduct of the events.

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

### **2.3 Cross Country Event Officials**

2.3.1 *Race Committees.* 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.

2.3.2 *Technical Delegate.* 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. The technical delegate shall work with the organizing committee, the race committee, jury and coaches while maintaining independent authority over all matters pertaining to their duties outlined in this section:

2.3.2.1 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;

2.3.2.2 Assure that all efforts will be made in course preparation to guarantee the best and fairest competition possible;

2.3.2.3 Assure that all information for the visiting teams — profiles, plans of the courses, technical data, etc. — is available promptly;

2.3.2.4 Assure that qualified officials are available to guarantee that the competition can be fairly and effectively completed in full conformity with the NCAA rules;

2.3.2.5 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;

2.3.2.6 Assure that appropriate action is taken to correct any serious danger to the safety of the competition;

2.3.2.7 Act as technical consultant and the chair of the jury;

2.3.2.8 Arrive at the location of the races in sufficient time to perform the duties as outlined in this section;

2.3.2.9 Read the report of the technical delegate of the preceding competition;

2.3.2.10 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;

2.3.2.11 Attend all meetings of the jury and be able to interpret NCAA rules regarding questions by jurors concerning decisions that need to be made;

- 2.3.2.12 Accompany other members of the jury in the inspection of the course(s) immediately after it has been set;
  - 2.3.2.13 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
  - 2.3.2.14 If a situation occurs that is not covered by these rules, the technical delegate shall have discretionary authority to render a ruling.
- 2.3.4 *Chief of Race.* The duties of the chief of race are:
- 2.3.4.1 To serve on the jury as a voting member;
  - 2.3.4.2 To conduct all meetings for the consideration of technical questions and chair joint meetings of the race committee and coaches;
  - 2.3.4.3 To direct and coordinate the work of all race officials;
  - 2.3.4.4 To designate the forerunners and postrunners; and
  - 2.3.4.5 To summon the meeting(s) of the race committee.
- 2.3.5 *Assistant Technical Delegate.* The duties of the assistant technical delegate are:
- 2.3.5.1 To serve on the jury as a voting member;
  - 2.3.5.2 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 their decisions are final;
  - 2.3.5.3 To interrupt a race in the case of emergency;
  - 2.3.5.4 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
  - 2.3.5.5 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.
- 2.3.6 *Chief of Course.* The duties of the chief of course are:
- 2.3.6.1 To select, prepare and maintain the course as decided upon by the race committee;
  - 2.3.6.2 To be responsible for the safe conditions of the course in relation to the abilities of the skiers;
  - 2.3.6.3 To assure that the course conforms to and is set within the rules established by the NCAA;
  - 2.3.6.4 To assure that the course-maintenance crew is in place and is provided with the necessary equipment;
  - 2.3.6.5 To prepare and make available the plans and profiles of the course with the exact measurements;

- 2.3.6.6 To make prompt and correct preparation and marking of the course for suitable placing of controls;
  - 2.3.6.7 To provide for temperature measurements, fencing of the course, first-aid posts and intermediate timing;
  - 2.3.6.8 To have direct charge of and immediate access to, the chief controller, course setter and chief of course; and
  - 2.3.6.9 To effectively use the course-preparation group and forerunner, especially if weather or snow conditions are adverse, to ensure that the course is in the best possible condition during the race.
- 2.3.7 *Course Setter.* The duties of the course setter are:
- 2.3.7.1 Set the tracks on the course as prescribed by the race committee under the direction of the chief of course;
  - 2.3.7.2 Be familiar with the terrain, snow conditions and weather to assure setting the best track possible; and
  - 2.3.7.3 Set control and directional flags that provide for the safety of the racer and that clearly define the track.
- 2.3.8 *Chief Controller.* The duties of the chief controller are:
- 2.3.8.1 To work under the direction of the chief of course and be responsible for recruiting, assigning and supervising controllers;
  - 2.3.8.2 To advise the controllers of their duties and review the rules of competition;
  - 2.3.8.3 To collect control cards and transmit them to the assistant technical delegate promptly;
  - 2.3.8.4 To monitor compliance with competition rules; and
  - 2.3.8.5 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.
- 2.3.9 *Controllers.* 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. The duties of the controllers are:
- 2.3.9.1 To monitor the passage of all competitors;
  - 2.3.9.2 To monitor compliance with Rule 5.20 and Rule 5.21.
  - 2.3.9.3 To be equipped with writing tools and to record exactly any violations they witness, including:
    - 2.3.9.3.1 The number of the competitor;
    - 2.3.9.3.2 The nature of the violation;
    - 2.3.9.3.3 The point on the course at which the violation occurred (kilometer);
    - 2.3.9.3.4 The technique used;
    - 2.3.9.3.5 The type of terrain (straight, curve, uphill, downhill); and
    - 2.3.9.3.6 The number of repetitions of the violation.

2.3.9.4 To check the competitor's skis after the skier has crossed the finish line to ensure that the competitor finished with at least one of the skis used at the start of the race; and

2.3.9.5 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 their 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.

2.3.10 *Chief of Start/Finish.* The duties of the chief of start/finish are:

2.3.10.1 To appoint the starter and finish judges with the approval of the race committee;

2.3.10.2 To assure that the start and finish area is well prepared and secured from spectators;

2.3.10.3 To assure that the starter, finish judge, finish checker and appropriate assistants are in place;

2.3.10.4 To assure that there is proper control and conduct of the coaches and racers within the start and finish area;

2.3.10.5 To assure that the rules for the start and finish are applied properly;

2.3.10.6 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;

2.3.10.7 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

2.3.10.8 To rectify any discrepancies by the starter, assistant starter or contestant and, when necessary, rule on false starts and recall of contestants.

2.3.11 *Starter.* The duties of the starter are:

2.3.11.1 To give appropriate warning and start signals;

2.3.11.2 To assure that racers start at the correct time, in the correct order and when applicable, at the correct intervals;

2.3.11.3 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

2.3.11.4 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.

2.3.12 *Assistant Starter(s).* The duties of the assistant starter(s) are:

2.3.12.1 To summon the racers in ample time, assuring that they start in the proper order;

2.3.12.2 To check off each contestant on the start list as they start; and

2.3.12.3 To assist the starter in performing their duties.

- 2.3.13 *Finish Referee*. The duties of the finish referee are:
- 2.3.13.1 To determine the order of finish;
  - 2.3.13.2 To assure that the rules are observed properly and applied at the finish line; and
  - 2.3.13.3 To assure compliance with the uniform rule (see Rule 10.7).
- 2.3.14 *Assistant Finish Referee*. The duties of the assistant finish referee are:
- 2.3.14.1 To assist the finish referee in performing their duties; and
  - 2.3.14.2 To record the order of finish.
- 2.3.15 *Chief of Timing*. The duties of the chief of timing are:
- 2.3.15.1 In cooperation with a sufficient number of timekeepers, the starter and necessary recorders, to be responsible for correct time keeping;
  - 2.3.15.2 To appoint the recorder(s), the assistant and interval timer(s) when necessary;
  - 2.3.15.3 To direct and coordinate the efforts of the assistant timers, interval timers and recorders;
  - 2.3.15.4 To assure that all necessary timing equipment, such as watches, radios or telephones, electronic timing equipment and forms, is available;
  - 2.3.15.5 To assure that the timing equipment is checked thoroughly and synchronized before and after the event; and
  - 2.3.15.6 To assure that the racers' times are recorded properly and accurately.
- 2.3.16 *Assistant Timers*. The duties of the assistant timers are:
- 2.3.16.1 To time the racers as prescribed by the chief of timing; and
  - 2.3.16.2 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.
- 2.3.17 *Recorder*. The duties of the recorder are:
- 2.3.17.1 To record accurately the finishing time of each racer given to the recorder by the timer. There should be one recorder for each timer;
  - 2.3.17.2 To fill out completely the timer's record sheet if one is used;
  - 2.3.17.3 To repeat to the timer the recorded information to avoid any errors; and
  - 2.3.17.4 To withhold official results until properly posted by the race secretary.
- 2.3.18 *Chief of Calculation*. The duties of the chief of calculation are:
- 2.3.18.1 To provide for quick and accurate calculations for individual and team results; and
  - 2.3.18.2 To assure that during the race a result board is available and to assign the recorder, announcer and scoreboard poster(s).
- 2.3.19 *Scoreboard Poster(s)*. The duty of the scoreboard poster(s) is to update continually and record unofficial results on the result board.
- 2.3.20 *Announcer*. The duties of the announcer are:
- 2.3.20.1 To announce the racer on the course;

- 2.3.20.2 To maintain professional decorum, assuring that all announcements are those essential for conducting a safe and efficient race; and
  - 2.3.20.3 To announce unofficial results (announcers also may announce the racers as they cross the finish line).
  - 2.3.21 *Jury*. The jury for each event shall be made up of the following voting members:
    - 2.3.22.1 The technical delegate, who serves as chair and who has the deciding vote in the case of a tie vote including their own vote;
    - 2.3.22.2 The chief of race;
    - 2.3.22.3 The assistant technical delegate; and
    - 2.3.22.5 The jury must be pre-approved by the games committee and a full disclaimer of possible conflicts of interests for all jury members must be made before serving on the jury.
- 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 all competitions on the same day. The duties of the jury are:
- 2.3.22.6 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.
  - 2.3.22.7 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;
  - 2.3.22.8 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
  - 2.3.22.9 To supervise the conduct of the events.

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# Modification 3

## Results and Scoring

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### 3.1 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.

### 3.2 Designated Team Scorers.

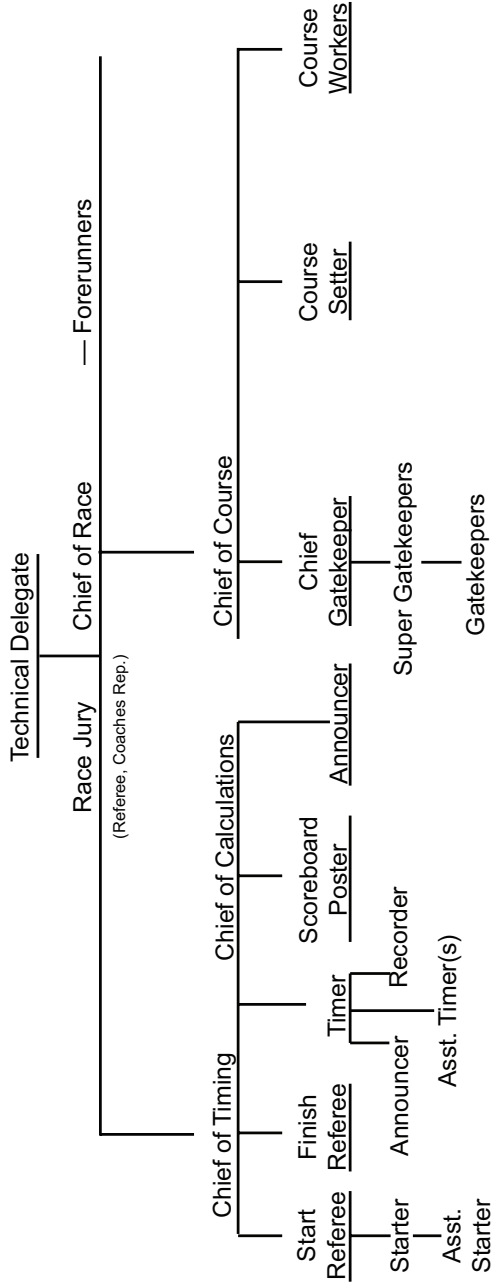
In regular season collegiate meets, up to six men and six women from a team may compete in each individual event for the team score, with the highest-finishing three in each to count. Only men may compete in men's events, and only women may compete in women's events. Additional skiers may compete as designated non-team scorers. 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.

### 3.3 Scoring

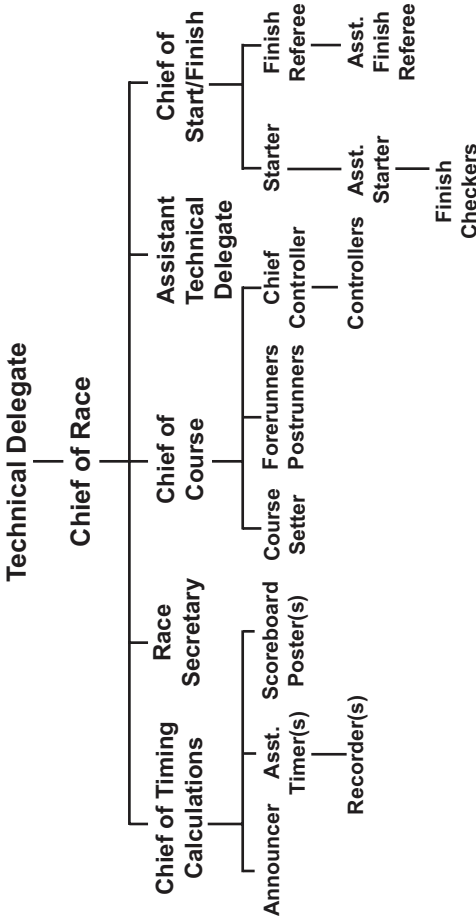
The following methods can be used for scoring individual and team events:

- 3.3.1 Score 30 - Weighted Scoring. A weighted scoring system may be used with a 40-point base for the first 30 competitors. Refer to the table in Appendix A to find the scoring points awarded to first- through 30th-place finishers in individual events. A team's score will be determined by summing the top 3 individual finishers representing a team. If a fourth or fifth individual from one team finishes in a scoring position, the points to be awarded to the place are awarded to the next skier who was not a fourth or fifth skier from a team. For Regional competition other approved scoring options may be used.
- 3.3.2 Score 39 - Weighted Scoring. A weighted scoring system may be used with a 50-point base for the first 39 competitors. Refer to the table in Appendix A to find the scoring points awarded to first- through 39th-place finishers in individual events. A team's score will be determined by summing the top 3 individual finishers representing a team. If a fourth or fifth individual from one team finishes in a scoring position, the points to be awarded to the place are awarded to the next skier who was not a fourth or fifth skier from a team. For Regional competition other approved scoring options may be used.
- 3.3.3 Team Scoring - The first place finisher will be awarded points equal to 5 times the number of eligible teams. Each subsequent finisher will receive

# Alpine Race Officials



# Cross Country Race Officials



one less point with the top five individual finishers from each eligible team receiving points. A team's score will be determined by summing the top 3 individual finishers representing 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.

### **3.4 Individual Sprint Competition Scoring.**

Once the race results are final, points are assigned as they are in any other individual event with the top three from each institution earning points.

### **3.5 Relay, Mixed-Relay and Sprint Relay Scoring**

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

### **3.6 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 number, 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 of event, 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.

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# Modification 4

## Alpine Events

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### 4.1 Events

Member institutions shall conduct all NCAA Alpine events (giant slalom and slalom) in accordance with International Ski Federation (FIS) rules for FIS-sanctioned events and by United States Ski Association (USSA) standards for USSA-sanctioned events.

4.1.1 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.

4.1.2 *Alpine Parallel Events.* NCAA skiing meets may include alpine parallel events, with parallel event options for both giant slalom and slalom events.

### 4.2 Chemicals

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

### 4.3 Giant Slalom

4.3.1 *Disqualification.* A violation(s) may result in disqualification of an Alpine contestant if they do not comply with USSA standards and/or FIS rules. In addition, an Alpine contestant may be disqualified if they:

4.3.1.1 Fail to compete with an official team uniform (see Rule 1.5); or

4.3.1.2 Violate the tobacco rule (see Rule 1.3).

4.3.2 *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.

### 4.4 Slalom

4.4.1 *Lost Equipment.* In slalom competition, a competitor is allowed to recover any lost equipment during the competition, including re-attaching lost skis, without being disqualified, as long as there is no outside assistance.

4.4.2 *Disqualification.* A violation(s) may result in disqualification of an Alpine contestant if they do not comply with USSA standards and/or FIS rules. In addition, an Alpine contestant may be disqualified if they:

4.4.2.1 Fails to compete with an official team uniform (see Rule 1.5);

4.4.2.2 Violates the tobacco rule (see Rule 1.3); or

4.4.2.3 Receives assistance in recovering lost equipment (see Rule 1.5.8.4).

4.4.3 *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.

4.4.4. *Video.* It is recommended that video control be used in all slalom events.

## 4.5 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 being cancelled or 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).

## Protests and Appeals

### 4.6 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.

Note: The race jury may extend protest time limitations due to special circumstances.

#### **4.7 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.

#### **4.8 Sportsmanship**

A competitor and/or his/her coach and/or official team representative may withdraw the competitor(s) officially posted result based on sportsmanship. The withdrawal must be approved by the games committee. Competitors originally placed behind a withdrawn competitor will be moved up.

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# Modification 5

## Cross Country Events

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### 5.1 Events

Member institutions shall conduct all NCAA Cross Country events in accordance with U.S. Ski and Snowboard Association (USSA) standards and/or International Ski Federation (FIS) rules unless otherwise specified within this rules document.

5.1.1 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.

5.1.2 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.

5.1.3 *Mixed Relay.* A mixed-relay team is made up of two male and two female competitors.

5.1.3.1 The technique used in the mixed relay may be classical, freestyle or mixed as determined by the host institution.

5.1.3.2 Each team shall follow the same order as determined by the host institution.

5.1.3.3 The host institution shall determine whether one or two teams shall be counted as official scoring teams. Schools may enter additional nonscoring teams.

### 5.2 Cold Weather Precautions

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

5.2.1 *Temperature.*

5.2.2 *Wind.*

5.2.3 *Humidity.*

5.2.4 *Course.* (For example, open/protected, long, fast downhill, 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.

### 5.3 Mass-Start Competitions

5.3.1 *Team Start.* 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.

5.3.2 *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.

5.3.3 *Chevron 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 chevron, a second chevron 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 chevron. Additional chevrons 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.

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

5.3.4 *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.

## 5.4 Relay-Start Positions

- 5.4.1 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.
- 5.4.2 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.
- 5.4.3 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.

## Timing

### 5.5 Primary Timing

- 5.5.1 *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.
- 5.5.2 *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.
- 5.5.3 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.

5.5.4 Reserve watches shall always be used by all parties to preclude failure.

### **5.6 Secondary Timing**

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

### **5.7 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.

### **5.8 Recording Time**

5.8.1 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.

5.8.2 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.

### **5.9 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).

### **5.10 Training**

Two days before the start of competition, unofficial training venues should be open and the race course should be marked with directional arrows for training. Official training shall be held the day before each competition as allowable. For official training, the start/finish area and the entire course shall be marked as it will be for competition.

### **5.11 Forerunners**

Forerunners shall be available and used at the discretion of the chief of race.

### **5.12 During Competition**

5.12.1 The competitors shall follow the flagged track from the start and pass through all controls. Competitors shall complete the course on at least one of the skis used at the start.

5.12.2 During the race:

5.12.2.1 Both poles may be exchanged.

- 5.12.2.2 A competitor must finish the competition with at least one of the skis used at the start. A competitor is allowed to change a ski but only due to equipment failure. A ski may be exchanged more than once during the competition.

*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).*

- 5.12.2.3 In classical technique competitions, competitors may scrape their skis to remove snow and ice and add wax as necessary.
- 5.12.2.4 Outside assistance for Rules 5.12.2.1, 5.12.2.2 or 5.12.2.3 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 their equipment outside the track so as not to interfere with other competitors and without assistance from anyone.
- 5.12.3 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:
- 5.12.3.1 At competitions using the classical technique, even if the course has two tracks;
- 5.12.3.2 At competitions using the freestyle technique, even if the movement results in a restriction of movement of the skier being overtaken;
- 5.12.3.3 In mass-start competitions, a competitor has to yield for an audible request if there is a gap of two ski lengths or more with the competitor(s) skiing directly in front of the competitor who is being asked to yield. If contact is kept, a competitor does not have to yield for an audible request but may choose to do so. *Exception: For FIS homologated freestyle or classic mass start race courses, FIS rules of overtaking apply.*
- 5.12.3.4 Except in the finish zone and in the relay exchange zone (final leg).
- 5.12.4 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.
- 5.12.5 Accidents or racers giving up should be reported to the next control or at the finish.
- 5.12.6 The competitor must comply with the direction of the race officials and shall not intervene in the organization of the competition.
- 5.12.7 No pacing shall be allowed by a noncompetitor except as defined below. Pacing is defined as traveling on the official race course directly behind, in front of or beside a competitor for any length of time. *Exception: Team representatives with proper course accreditation are allowed to pace for up to 30 meters in order to give splits and encouragements to a competitor.*

5.12.8 Pushing or pulling a competitor along the racing track by a non-competitor is illegal and shall result in disqualification.

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

### **5.13 Disqualification**

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

- 5.13.1 Enter the race under false pretenses;
- 5.13.2 Do not follow the marked courses (try to take a shortcut) or do not pass all of the controllers;
- 5.13.3 Receive unauthorized assistance;
- 5.13.4 Fail to give way to an overtaking competitor when so requested, or clearly obstruct another competitor;
- 5.13.5 Run part of the course without skis on their feet or finish with two different skis than race was started with;
- 5.13.6 Fail to compete on the course with the official team uniform and/or with equipment not compliant with Rule 1.5;
- 5.13.7 Violate any rule for competition in Rule 5.17; or
- 5.13.8 Fail to comply with the tobacco rule (see Rule 1.3).

## **Relay/Mixed Relay**

### **5.14 Relay Team**

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

### **5.15 Disqualification**

Competitors in the cross country relay may be disqualified for all violations listed under Rule 5.12 and Rule 5.13. First-leg skiers shall stay in their assigned lanes with both skis in the tracks for the first 100 meters. Changing tracks and freestyle are prohibited in the first 100 meters. Failure to comply may result in disqualification.

## **Individual Sprint Competition**

### **5.16 Regional Sprint Competition**

Regional sprint competitions can use the Advance-By-Order-Of-Finish system. Only the individuals qualification is timed. After the individual ranking is established, Appendix B can be used to establish the sprint brackets. Eighteen, 24 or 30 individuals can advance. No timing is done for the heats. A finish line camera and spotters for establishing order of finish are required. The race jury will make the final decision on close finishes.

## **Protests**

### **5.17 Cross Country 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.

Note - The race jury may extend protest time limitations due to special circumstances.

### **5.18 Cross Country Redress**

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

### **5.19 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.

### **5.20 Sportsmanship**

A competitor and/or his/her coach and/or official team representative may withdraw the competitor's officially posted result based on sportsmanship. The withdrawal must be approved by the games committee. Competitors originally placed behind a withdrawn competitor will be moved up.

# Appendix A

## Scoring Tables

Fourty-point scoring. Reference to Rule 3.3.1.

Place	Points		Place	Points
1	40		16	15
2	37		17	14
3	34		18	13
4	31		19	12
5	29		20	11
6	27		21	10
7	25		22	9
8	23		23	8
9	22		24	7
10	21		25	6
11	20		26	5
12	19		27	4
13	18		28	3
14	17		29	2
15	16		30	1

# Appendix B

## Sprint Brackets

### NCAA REGIONAL HEATS ADVANCE BY ORDER OF FINISH 18 QUALIFIERS

#### HEATS

S1			S2			S3		
1			3			2		
6			4			5		
7			8			9		
12			10			11		
13			14			15		
18			16			17		

A			B		

\* All eliminated skiers will be ranked in the final results in qualifying order, places 13-18, fastest-qualifying eliminated skier in 13th, etc.

\*\*Athletes who do not qualify for the heats shall be listed on the final results in the order in which they finished, 19th on.

**Fifty-point scoring table. Reference to Rule 3.3.1.**

<b>Place</b>	<b>Points</b>		<b>Place</b>	<b>Points</b>
1	50		21	19
2	47		22	18
3	44		23	17
4	41		24	16
5	39		25	15
6	37		26	14
7	35		27	13
8	33		28	12
9	31		29	11
10	30		30	10
11	29		31	9
12	28		32	8
13	27		33	7
14	26		34	6
15	25		35	5
16	24		36	4
17	23		37	3
18	22		38	2
19	21		39	1
20	20			

# NCAA REGIONAL HEATS ADVANCE BY ORDER OF FINISH

24 QUALIFIERS

## HEATS

Q1		
1		To S1
8		To S1
9		To S1
16		Eliminated
17		Eliminated
24		Eliminated

Q2		
3		To S1
6		To S1
11		To S1
14		Eliminated
19		Eliminated
22		Eliminated

Q3		
4		To S2
5		To S2
12		To S2
13		Eliminated
20		Eliminated
21		Eliminated

Q4		
2		To S2
7		To S2
10		To S2
15		Eliminated
18		Eliminated
23		Eliminated

## SEMIFINALS

S1		
		To Final A
		To Final A
		To Final A
		To Final B
		To Final B
		To Final B

S2		
		To Final A
		To Final A
		To Final A
		To Final B
		To Final B
		To Final B

## FINALS

A		
		1st
		2nd
		3rd
		4th
		5th
		6th

B		
		7th
		8th
		9th
		10th
		11th
		12th

\* All eliminated skiers will be ranked in the final results in qualifying order, places 13-24, fastest-qualifying eliminated skier in 13th, etc.

\*\*Athletes who do not qualify for the heats shall be listed on the final results in the order in which they finished, 25th on.

# NCAA REGIONAL HEATS ADVANCE BY ORDER OF FINISH

30 QUALIFIERS

## HEATS

		Q1	
1			To S1
10			To S1
11			Possible
20			Eliminated
21			Eliminated
30			Eliminated

		Q2	
4			To S1
7			To S1
14			Possible
17			Eliminated
24			Eliminated
27			Eliminated

		Q3	
5			To S1
6			To S2
15			Possible
16			Eliminated
25			Eliminated
26			Eliminated

		Q4	
2			To S2
9			To S2
12			Possible
19			Eliminated
22			Eliminated
29			Eliminated

		Q5	
3			To S2
8			To S2
13			Possible
18			Eliminated
23			Eliminated
28			Eliminated

## SEMIFINALS

		S1	
Q1	First		To Final A
Q1	Second		To Final A
Q2	First		To Final A
Q2	Second		To Final B
Q3	First		To Final B
Q	R3-2		To Final B

		S2	
Q3	Second		To Final A
Q4	First		To Final A
Q4	Second		To Final A
Q5	First		To Final B
Q6	Second		To Final B
Q	R3-1		To Final B

**To determine the sixth skier in each semifinal, take all third-place finishers from the heats and follow the rules below.**

- The third-ranked competitor with the fastest qualifying time (Q R3-1) is assigned to the second semifinal heat (S2).
- The third-ranked competitor with the second-fastest qualifying time (Q R3-2) is assigned to the first semifinal heat (S1).

## FINALS

		A	
			1st
			2nd
			3rd
			4th
			5th
			6th

		B	
			7th
			8th
			9th
			10th
			11th
			12th

\* All eliminated skiers will be ranked in the final results in qualifying order, places 13-30, fastest-qualifying eliminated skier in 13th, etc.

\*\*Athletes who do not qualify for the heats shall be listed on the final results in the order in which they finished, 31st on.

# Appendix C

## 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

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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](http://www.ncaa.org) and [www.CDC.gov/Concussion](http://www.CDC.gov/Concussion).

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# Appendix D

## Accommodations for Student-Athletes with Disabilities

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The NCAA encourages participation by student-athletes with disabilities (physical or mental) in intercollegiate athletics and physical activities to the full extent of their interests and abilities. An NCAA member institution will have the right to seek, on behalf of any student-athlete with a disability participating on the member's team, a reasonable modification or accommodation of a playing rule, provided that the modification or accommodation would not:

1. Compromise the safety of, or increase the risk of injury to, any other student-athlete;
2. Change an essential element that would fundamentally alter the nature of the game; or
3. Provide the student-athlete an unfair advantage over the other competitors.

To request any such modification or accommodation, the member's director of athletics, or his/her designee, must submit a rule waiver request, in writing, to the secretary-rules editor. Such written request should describe:

- a. The playing rule from which relief is sought;
- b. The nature of the proposed modification or accommodation;
- c. The nature of the student-athlete's disability and basis for modification or accommodation; and
- d. The proposed duration of the requested modification or accommodation.

Additionally, each request should be accompanied by documentation evidencing the student-athlete's disability (e.g., a medical professional's letter). Upon receipt of a complete waiver request, the secretary-rules editor will consult with NCAA staff, the applicable sport/rules committee, other sport governing bodies, and/or outside experts, to conduct an individual inquiry as to whether the requested modification or accommodation can be made. In making this assessment, the NCAA may request additional information from the member institution. The secretary-rules editor will

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communicate the decision in writing (which may be via email) to the requesting member institution. If the request is granted, the member institution should be prepared to provide the written decision to the officiating staff, opposing coach(es), and tournament director (if applicable) for each competition in which the student-athlete will participate. NCAA members are directed to consult Guideline 2P of the NCAA Sports Medicine Handbook for further considerations regarding participation by student-athletes with impairment.

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# Appendix E

## Guidelines for Game Officials and Game Management to Use Regarding Lightning

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The purpose of this appendix is to provide information to those responsible for making decisions about suspending and restarting games based on the presence of lightning.

1. National Severe Storms Laboratory (NSSL) staff strongly recommend that all individuals should have left the game site and reached a safe structure or location by the time the person monitoring the weather obtains a flash-to-bang (lightning-to-thunder) count of 30 seconds (equivalent to lightning being six miles away). This recommendation was developed as a practical way to make a judgment in situations in which other resources such as technology and instrumentation are not available.

In addition, a smaller, but still real, risk exists with the presence of lightning at greater distances. Unfortunately, current science cannot predict where within the radius the next strike will occur.

2. The existence of blue sky and the absence of rain are not protection from lightning. Lightning can, and does, strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike.
3. When considering resumption of a game, NSSL staff recommends that everyone ideally should wait at least 30 minutes after the last flash of lightning or sound of thunder before returning to the field of activity.
4. If available, electronic detection devices should be used as additional tools to determine the severity of the weather. However, such devices should not be used as the sole source when considering terminating play.

*(Information taken from the NCAA Sports Medicine Handbook and NCAA Championships Severe Weather Policy.)*

