

Minutes for Nordic Division Steering Committee Meeting
October 17, 2015
Sisters Parks and Recreation District
Coffield Center
1750 West McKineey Butte Rd.
Sisters, OR 97759

Present:

Eric Martin	Nordic Division Director (voting)
Pete Reinhardt	Nordic Division Assistant Director (voting)
Gene Hyde	Nordic Division Commissioner (voting)
Kelly Crowther	Northern League Rep (voting)
Laurie Martin	Southern League Rep (voting)
Jinny Martin	Nordic Division Secretary (non-voting)
Bill Martin	State Meet Coordinator (non-voting)

Meeting started at 3:30 p.m.

1. PRELIMINARIES

1.1 Minutes from Spring meeting

MOTION: Pete R. made motion to approve minutes, and Laurie M. seconded motion

VOTE: Unanimous approval.

1.2 Treasurer's Report

Discussion:

- New Steering Committee members reviewed the Tire Factory sponsorship: \$10,000 to whole organization, \$2,000 for administrative costs, and then rest distributed per person to all Alpine AND Nordic skiers. Sponsorship was result of an alpine coach getting the sponsorship money for the whole organization. [Post Meeting Note: for 2015-16, \$1,500 of the Tire Factory money will be allotted to administrative costs.]
ACTION ITEM: Give a Tire Factory banner to Northern League to display at all league races.
- Confirmed that State Meet awards banquet costs are covered for all skiers, coaches, volunteers. Parents and family members who are not volunteers paid \$10 per person, with a cap of \$20 per family.
- Confirmed that most of Division money is used for running the state meet.

MOTION: Kelly C. made motion to approve treasurer's report and Gene H. seconded motion

VOTE: Unanimous approval.

1.3 Review Budget

Discussion: Looked at budget that had been created in the Spring [based on Treasurer's report of 2014-15 expenses and projected numbers of new skiers in the Northern League]. No changes in proposed budget. Will be a \$2,000 deficit if ONSF contributions do not work out.

MOTION: Laurie M. made motion to approve 2015-16 budget, and Pete R. seconded motion.

VOTE: Unanimous approval.

2. OLD BUSINESS - (none)

3. NEW BUSINESS

3.1 Add Pursuit rules to Race Rules

- Discussion: Northern League requires change of boots (and skis) in exchange zone and Southern League requires only change of skis. Because SL skiers could potentially ski in the NL Pursuit race, and NL skiers could potentially ski in the SL Pursuit race (Jamboree), the Pursuit rules require the race organizer to announce on the Start Orders whether boots need to be removed.

MOTION: Laurie M. made motion to add Pursuit rules to the OISRA Nordic Race Rules [see Appendix I], and Kelly C. seconded motion.

VOTE: Unanimous approval.

3.2 Change OISRA Nordic Policies to include a mass start race at the State Meet.

MOTION: Kelly C. made motion to change OISRA Policies, Section II, G, **Schedule and Competition Program:** Change "interval start" to "mass start" for one of the races at the State Meet [See Appendix I], and Laurie M. seconded motion.

VOTE: Unanimous approval.

3.3 "Most Improved" Awards at State Meet

MOTION: Laurie M. made motion to change OISRA Policies, Section II, Q, **Awards for "Most Improved":** Change the description so that each league decides on the top three boys and top three girls who are most improved for their leagues, respectively [See Appendix I], and Gene H. seconded motion.

VOTE: Unanimous approval.

Discussion: Will give out these awards at state meet on Friday, after Skate race.

3.4 "Most Dedicated" Awards will not be given out at the State Meet Awards Ceremony.

MOTION: Kelly C. made motion to delete OISRA Policy, Section I, R, **Awards for "Most Dedicated,"** and Laurie seconded motion.

VOTE: Unanimous approval.

Discussion: Northern League will give out these awards at team award events.

Southern League will give out these awards at the Southern League Awards Ceremony.

3.5 Accept Northern League Standard Operating Procedures.

Discussion: Provisions for when the total numbers of skiers is too large for all skiers to be able to go to state are included in the SOP's, but everyone will be going to the 2016 State Meet.

MOTION: Laurie M. made motion to accept Northern League Standard Operating Procedures as presented by Kelly C. (which had been approved at the Northern League meeting), and Gene H. seconded. [See Appendix II.]

VOTE: Unanimous approval.

Meeting adjourned at 4:25 p.m.

Respectfully submitted by

Jinny Martin

Nordic Division Secretary

Appendix II - Changes to Nordic Division Race Rules and Nordic Division Policies

Proposal #1: Add following Pursuit Rules to Nordic Race Rules:

Section D: Pursuit Competitions without a break

60 Fundamental Rule: The organization of the pursuit competition is the same as for other cross country competitions with the following additions:

60.1 Pursuit competitions without a break consist of a first part with mass start, followed by the changing of and skis in an exchange area and then continues with a second part. Each part uses a different techniques.

60.2 Start

60.2.1 A Mass Start handicap start system must be used. [EXCEPTION: League rules may define a different start system for league races.]

60.2.1.1 The starting order is based on previous race results. [EXCEPTION: League rules may define a different starting order for league races.]

60.2.2 Course

60.2.2.1 Distances: 3km to 4 km + 3km to 4 km.

60.2.2.2 Courses may be the same courses or different courses.

60.2.3 Equipment Exchange

60.2.3.1 Skis must be exchanged or the same skis must be taken off and put back on in the exchange zone.

60.2.3.2 The Technical Delegate decides if the boots must also be taken off and put back on in the exchange zone. This information is communicated prior to the event through a note on the start list.

Proposal #2: Add a mass start race to the schedule for the State Meet.

OISRA Nordic Policies, Section II, G, will now read:

A. Schedule and Competition Program:

1. The State Meet will be 2 days in length and begin on the Friday before the week OSAA Spring Sports training begins.
2. The length of the courses and race format at State will be:
One event will be a Boys and Girls 4.5 K – 6K **Mass** Start . . .

Proposal #3: Modify description of "Most Improved" Awards.

OISRA Nordic Policies, Section II, Q, will now read:

J. Awards for "Most Improved"

1. The Nordic Division shall be responsible for providing awards at the State Meet for the top three boys and top three girls **for each league** who were most improved during that ski season.

2. The recipients of the awards are determined by **each league.**
- Appendix II**

**Northern League Standard Operating Procedures
Approved October, 2015**

- 100 Organization
- 100.1 Oversight by the Nordic Division of the OISRA
- 100.1.1 The Northern League will select a League Representative
- 100.1.1.1 The League Representative represents the Northern League coaches at the Nordic Division Steering Committee.
- 100.1.1.2 The League Representative conveys information from the Nordic Division Steering Committee meetings to the Northern League coaches.
- 100.2 Voting**
- 100.2.1 Voting can be done in person at scheduled meetings, by mail, by email, by FAX, or by phone.
- 100.2.2 Each member school that has at least one student on a cross country ski team is entitled to one vote on all league business.
- 100.2.3 The Head Coach of each member school votes for that school.
- 100.2.4 A quorum of the Northern League schools consists of a majority of the number of school registered for the current ski season. Any meeting taking place during the summer includes all schools registered during Fall of the previous year.
- 100.2.5 An affirmative vote by the majority of the member schools that are present (whether by mail, email, FAX, phone, or in person) shall decide all league issues.
- 100.3 General League Meetings**
- 100.3.1 At least one Northern League General Meeting will take place each ski season.
- 100.3.2 Exact time and place of all Northern League general meetings shall be fixed by the league rep.

100.4 League race schedule

100.4.1 The schedule must be approved by a majority of the member schools before it is the official schedule.

200 Race Procedures:

200.1 All race procedures follow the guidelines established in the "OISRA Nordic Rules and Regulations." Jury members are selected according to these guidelines.

200.1.1 EXCEPTION: Northern League State Qualifying races may have mass starts that do not use a handicap start system. In this case, lanes are assigned to schools, and the starter may position other skiers from larger schools in the empty lanes or lane with few skiers.

200.1.2 EXCEPTION: League races that are not State Meet Qualifying races are allowable Northern League sanctioned events and are not required to follow OISRA Nordic Rules and Regulations.

200.1.3 EXCEPTION: For all Northern League races, skiing on the course while not competing is acceptable as long as no competitor is obstructed or distracted. It is recommended to ski in the same direction as the race. [Course closure for Northern League races is determined by these guidelines, rather than a Technical Delegate's decision.]

200.1.4 EXCEPTION: For all Northern League Pursuit races, removing the boots in the exchange zone is mandatory.

200.2 Total race distances for one-day of Northern League competition shall not exceed 10 km. No race shall exceed 10 km.

200.3 Northern League State Qualifying races may vary in format, scoring and technique with these variables set during the Fall each year.

200.4 In order to be a qualifying race for the state meet, a competitor must cross the start line for the individual race.

200.5 Seeding

200.5.1 It is the coach's responsibility to get his/her seeds to the hosting school race secretary no later than Monday at 5 p.m. for the Saturday race. If seeds are not received by the deadline, the team in violation may be placed at the end of the race.

200.5.2 School running order is to be randomly drawn by host school for each race for both boys and girls.

200.6 Relay Races

200.6.1 **Eligibility for Varsity Relay Team:** Skiers who complete the individual race are eligible to compete on a varsity relay team. Generally the top three finishers for the individual race make up the varsity relay team, but each coach has the autonomy to choose the relay team from other finishers of the individual race if that is his/her preference.

200.6.2 **Eligibility for JV Relay Teams:** The coach at each school will assign all racers who completed the individual race and are not on the Varsity relay team to other relay teams, titled JV 1, JV 2, JV 3, etc.; and the racers will compete in the relay event as members of these teams.

200.6.3 Choice of **relay lanes** is decided by the Technical Delegate's criteria.

200.6.3.1 If there are more varsity teams than there are relay lanes, varsity team(s) can be placed in the second (or third) rows.

200.6.4 **Separate Relay Races:** Northern League will have separate varsity and JV relay races unless the Technical Delegate decides the races should be run jointly.

200.6.4.1 Coaches are allowed to enter varsity teams in the JV relay race and coaches can enter JV teams in the varsity relay, with the Technical Delegate's approval.

200.6.5 Composite Relay Teams:

200.6.5.1 If a school has only 2 varsity competitors or only 1 varsity competitor, these competitors can form composite relay teams with competitors from other schools.

200.6.5.2 If a school does not have enough junior varsity competitors to form full relay teams of three competitors, these competitors can form composite relay teams with competitors from other schools.

200.6.5.3 Trainees (J-1 skiers) can participate in composite relay teams, but their performance cannot count toward a high school team time.

201 Scoring

201.1 Varsity Team Scores for Individual Races

201.1.1 Only the top five finishers for each team earn varsity placement points at a race.

201.1.2 If a varsity team has only 2 finishers, a dummy score may be used for the third place. The dummy score is calculated by adding one to the total varsity placement points.

201.1.3 Where more than 5 athletes have entered any race for one team, racers finishing 6, 7, 8 etc. for that team do not displace points for varsity team scoring.

201.2 Varsity Relay Scoring:

201.2.1 Varsity Relay Scoring: Score number of varsity teams present times 6 and drop 6 points for each place.

201.2.2 Composite Relay teams do not score varsity relay points for a school.

202 Tie Breaking – teams

202.1 Tie breaking is to be used only for the first three Varsity teams placing. If a tie exists for places beyond third, they will remain as ties.

202.2 If there are four (4) finishers in the individual race for each of the tied teams, then the position of the fourth finisher for each school breaks the team tie.

202.3 If there are not four (4) finishers in the individual race for each of the tied teams, then the team that does not have a fourth place finisher loses to the team that does have a fourth place finisher.

202.4 If there are not four (4) finishers in the individual race for both of the tied teams, then tie breaking is accomplished by adding together the times of the top three finishers of each team in the individual event. The team with the fastest time wins.

202.5 If a tie remains after applying 202.2-202.4 above, go to the fifth finishers for each team and apply the same rules to the fifth place finishers.

202.6 If a tie remains after applying 202.2-202. 5 above, then the teams remain as a tie.

203 Tie Breaking – individuals

203.1 If two or more competitors have the same time, they shall each be given the same place on the official results. Therefore, if two are tied for first place, there will be no second place winner but the next place listed will be third place.

204 Behavior Standards

204.1 Student athletes will be expected to behave in a sportsmanlike manner respecting and supporting fellow athletes, coaches, volunteers, and parents. Competitors shall also respectfully treat citizen skiers not involved with a competition.

204.2 Students must comply with their respective team, school and/or school district behavioral policies.

205 Medical Plan for League Races

A medical plan will be established for each league race and written in the race information for coaches and volunteers. The procedures to be followed in the event of injury, accident, or death should be included in this medical plan.

206 Incident Reports will be handled according to OISRA Policy #16.

207 Trainees (J-1 skiers) are allowed to participate in League races if all the coaches approve

207.1 Trainees can participate in League races as forerunners or racers.

207.2 When trainees are forerunners, their performance is not timed.

207.3 When trainees participate as racers, their timed results cannot be associated with a high school, contribute to a high school team's scores, or displace any high school skier's ranking.

208 **Converting Northern League Allotments for the State Meet into
“School Allotments” for the State Meet**

- The Nordic Commissioner assigns a League Allotment for Northern League boys and a League Allotment for Northern League girls, according to registration numbers and the Nordic Policies.
- In the Northern League, these League Allotments will be converted to **“School Allotments.”**

208.1 **Defining Northern League *School Allotments* for the State Meet**

- School Allotments are the **number** of racers each school may enter in **each** individual race at the state championships,
- School Allotments may be filled with whichever *eligible* racers the school’s coach chooses, using whatever criteria the coach chooses.
 - Eligible racers have met race participation rules and have academic eligibility.

208.2 **Calculating Northern League *School Allotments***

- Every school is allowed 6 racers of each gender.
- Any school that has more than 6 racers of each gender is allowed an **extra number** of racers, based on criteria established by the Northern League.