

**OISRA NORDIC
POLICIES**
April, 2020

Wax Rules:

The intent of OISRA wax rules is to provide fairness while minimizing costs, avoiding health hazards, and protecting the environment.

The OISRA Nordic Steering Committee will create a list of approved glide waxes, which will be the only waxes allowed in the glide zone for all OISRA sanctioned races.

The list will reflect a move towards fluoro-free glide waxes as that change takes place. Coaches are advised not to purchase new fluoro products.

For the kick zone, all commercially-available can and klister waxes are allowed. Products for de-icing on non-wax skis will be listed on the approved glide wax list.

Any skis that have been previously waxed with a wax that is not on this list will need to be cleansed by waxing, scraping and brushing two times with a wax on the approved list before they can be used in an OISRA sanctioned event.

This list is a living document that can be amended by the Steering Committee at any time. The Steering Committee will be guided by the intent of the rules.

List of approved glide waxes (April 2020)

Brand	Wax/Line
FastWax	High Speed Lines, High Speed Low Fluoro Lines
Prairie Ski/Ulla	Naturals - All Non Fluoro Glide Wax
SkiGo	LF, NF - Lines in Liquid or Paraffin
Solda	F15 Liquid or Paraffin, Techno Red, Universal, OK Liquid, HC1, EcoJet
Swix	LF, CH - Lines in Liquid or Paraffin
Toko	LF Dibloc, LF Tribloc, HC, NF, Xcold Powder, Express - Lines in Liquid or Paraffin
Vauhti	LF, LF Race, Clean and Glide, Quick Base - Lines in Liquid or Paraffin

Section I: Nordic Division Steering Committee Policies

Refer to **OISRA Policy 7** for a description of Division Steering Committees and policies governing the Division Steering Committees. The Nordic Division follows all the OISRA Policy statements and also makes the following additions to OISRA Policy 7:

A. OISRA Policies 7 B II: Steering Committee Director

- Nordic Steering Committee Director will preside at all Steering Committee Rules Committee meetings.

B. OISRA Policies 7 B VI: League Representative

- Will submit the names of the qualifying teams and the individual competitors for the State Meet.

C. OISRA Policies 7 Add 7 D. Authority of the Nordic Steering Committee

7. D. Authority of the Nordic Steering Committee

The Nordic Steering Committee shall conduct all business and determine policy for the Nordic Division. The Committee shall

- oversee the Nordic State Meet and Nordic League races
- interpret Nordic Policies and Race Rules
- amend Nordic Policies and Race Rules by an affirmative vote of two-thirds of the Steering Committee members.
 - No changes in the Nordic Policies or Nordic Race Rules can be made during the Participatory Season each year.

Section II: The OISRA Nordic Division follows all OISRA Policies and additionally abides by the following OISRA Nordic Division Policies.

A. Nordic Division Participation Fees and Nordic League Participation Fees

1. Nordic Division individual participation fees shall be determined annually by the Nordic Steering Committee and submitted to the OISRA Board of Directors at their Spring Meeting.
2. League Participation fees shall be determined annually by each Nordic League and submitted to the OISRA Board of Directors at their Spring Meeting.
3. OISRA Coaches' dues, OISRA individual participation fees, Nordic Division individual participation fees, and League participation fees are paid by each participant through online registration.
4. The OISRA state treasurer returns to the OISRA Nordic Treasurer the amount of the Nordic Division participation fees and Nordic League participation fees.
5. The Nordic Division Treasurer returns to each League treasurer the amount of the League participation fees.
6. The dues for a guest coach and guest skier are determined by the OISRA Board of Directors and collected through the on-line registration. They remain in the OISRA account.

B. Nordic Rules Committee

- 1 The Nordic Rules Committee meets once a year in the Spring. The Nordic Director, with the consent of the majority of League Representatives, may elect to use email or other electronic communication for Rules Committee discussion and voting in lieu of the annual Rules Committee meeting.
- 2 The members of the Rules Committee
 - a. The Nordic Director must be on the Nordic Rules Committee and is a voting member.
 - b. Each league may send two delegates to the Rules Committee
 - c. Each league and the Director has one vote in the Rules Committee; however, the Rules Committee strives for consensus.
 - d. While there are only 2 leagues, the Director will be the chairperson. When there are 3 or more leagues, the Rules Committee will elect the chairperson.
3. Duties of the Rules Committee

- a. To review Nordic Policies, Nordic State Meet Policies, Nordic Race Rules, and USSA and FIS rule books.
- b. To receive and review rule suggestions.
- c. To present a final copy of proposed rule changes to the Nordic Steering Committee.

4. Rule Suggestions

- a. Proposals will be submitted to the Rules Committee not later than three (3) weeks prior to the Spring Nordic Steering Committee Meeting.
- b. Suggestions will be in writing.
- c. Suggestions will be from an OISRA member in good standing.
- d. A personal presentation by the person or persons offering the rule proposal may be requested.
- e. All proposals to change the Nordic Policies and Nordic Race Rules must be written and clearly referenced to the Nordic Policies and Nordic Race Rules. If USSA or FIS rules are used as a reference, the respective references must be clearly stated.

C. OISRA Nordic State Meet Qualifying Events

1. OISRA *sanctioned Nordic Division League races may be
 - scored OISRA state meet qualifying races or
 - OISRA state meet qualifying races that are not ranked.(* An OISRA “sanctioned” race is attended only by registered OISRA skiers, coaches, and volunteers.)
2. A scored OISRA state meet qualifying race that is attended by 50% of the OISRA teams of an OISRA league is an official state meet qualifier for that league. Team and individual points can be assigned at scored qualifying races.
3. Two or more OISRA leagues may have a “combined race” that is a scored qualifying race for all of the leagues that have 50% of their teams participating in the event. Team scores and individual scores can be separated out for each league’s scoring systems.
4. Other OISRA league races can be OISRA sanctioned races that are not ranked.
Will be no opportunity for jury meetings at these events.
5. Nordic Leagues shall have a race season that consists of at least five (5) scored OISRA official state meet qualifying races.
6. A racer can satisfy the 50% participation rule (OISRA Policy #14) by participating in a minimum of three (3) OISRA state meet qualifying races.
 - At least two (2) of these races must be scored events for his/her OISRA league – a combined OISRA event “counts” as an official qualifying race for each league that has 50% of their teams participating.
 - One of these races may be either another OISRA league’s scored event OR an OISRA league race for any OISRA league that is not ranked.

D. League Race Schedules

1. The number of combined races for the following season will be determined at the Spring Steering Committee Meeting.
2. At the Spring Steering Committee Meeting, each league will present their tentative race schedule for the upcoming season.
3. At the Fall Steering Committee Meeting, each league will present their final race schedule for the season.

E. Leagues may allow Provisional Skiers to participate in OISRA League events.

1. Provisional Skiers’ race results will be reported, but their results do not displace any high school racer’s results.
2. Results for Provisional Skiers do not count toward any team time.
3. Provisional Skiers can participate in the JV relay race.

F. League Standard Operating Procedures – It is the policy of the OISRA not to inhibit the establishing of “local operating procedures” for the running of the leagues. The “local procedure” provisions shall maintain the fair and equitable participation and scoring and classification of the contestants. Each league will have Standard Operating Procedures that clarify and explain the following:

- When regular League meetings take place [one meeting is mandatory]
- A statement about who votes on league matters (may include both full and associate member coaches)
- The voting requirements for deciding issues for that league.
- Race procedures – any variance from the “OISRA Nordic Rules and Regulations” or explanatory details specific to league races
- Scoring for league races: for Individual races and for relay races.
- A means of resolving a tie between individuals and a tie between teams.
- The Jury Members: Identification of the individuals or officials that will comprise the race jury, and a statement of which members of the jury have a vote in jury deliberations.
- How League Allotments (for state meet) will be converted to which skiers participate at state.
- A method of recording accidents or incidents at league races and submittal of incident reports in conformity with OISRA Policy 20.

G. Driving to On-snow practices or events

A student becomes ineligible for OISRA Nordic events if he/she drives him/herself or others to or from on-snow practices or events.

H. Start-up Grants

Start-up grants of up to \$500 can be awarded to new OISRA teams, to be used for participation fees, trail passes, and ski rentals for their first year.

I. Nordic Guest Coaches/Racers

1. A Guest Coach and students designated as guest racers may participate in OISRA sanctioned events for no more than 3 days.
2. A Guest Coach is required to
 - Register on line and pay the required dues
 - Complete a concussion awareness course during the ski season when they will be working with students
 - Have a criminal background check by OISRA, a state-accredited high school, an amateur sports organization, or an employer within the past three years.
 - Be approved by the Division Steering Committee for participating in the particular OISRA activity
3. A Guest Racer is required to
 - Register on line and pay the required fee
 - Be enrolled in a school that has signed an OISRA school agreement, identifying under what circumstances the students have permission to use the school name when competing, or if the students are not allowed to use the school name.
 - Meet OISRA academic eligibility standards.
4. The guest coach is not eligible to vote.
5. A Guest Racer must be accompanied by a designated Head Coach.
6. In addition to the designated Head Coach, a Guest Race may also be accompanied by a Helper Coach.
7. Guest racers may be enrolled in schools from states other than Oregon.

8. A guest racer's scores may not displace non-guest racers' scores, and a guest racer may not receive league or state championship titles.
9. If a guest racer competes in a league event, their results are ranked with the rest of the field, even though their scores do not displace non-Guest individual racers' points
 - i. they can compete with other guest racers on a varsity relay team, even though their scores do not displace non-Guest relay points.
10. If a guest racer competes in the state championship event,
 - i. their results will be ranked in the same category as the Provisional Skiers at the state meet.
 - ii. they do not displace full season racers' individual race points
 - iii. they cannot compete on a varsity relay team, but they can compete on a JV relay team.

J. Nordic Provisional Skiers at the State Championships

1. Any high school athlete from any state may compete in the OISRA Provisional Skier's Category at the Nordic OISRA State Championships as an individual NOT REPRESENTING THE SCHOOL THEY ATTEND, if they register as a Provisional Skier and pay a State Championships participation fee.
2. Provisional Skiers at the state championships can compete on JV relay teams, but cannot compete on Varsity relay teams.
3. Provisional Skiers at the state championships are not eligible to receive OISRA State Championship titles.
4. The results for Provisional Skiers at the state championships are ranked as a separate category and they do not displace individual racers' points. The race results of the racers in the Provisional Skier's Category are not allowed to contribute to team scores at the state meet, even though three racers of the same gender might attend the same school.
5. Awards uniquely different from the standard State Championship awards will be presented to the Provisional Skiers
 - If less than 4 racers of one gender compete in the Provisional Skier's Category, the top racer of that gender is presented an award for combined individual performance.
 - If 4 or 5 racers of one gender are in the Provisional Skier's Category, the top 2 racers of that gender are presented awards for combined individual performance.
 - If 6 or more racers of one gender are in the Provisional Skier's Category, the top 3 racers of that gender are presented awards for combined individual performance.
6. The Nordic Division Steering Committee can limit the number of Provisional Skiers allowed at the State meet, using whatever criteria the Steering Committee considers important for providing favorable conditions for all participants.
7. Seeding for Provisional Skiers and Guest Racers in a Mass Start Race: If any Provisional Skiers or Guest Racers qualify to be seeded in the first wave of a mass start race at the State Championships, then the number of skiers allowed in the first wave will be increased by the number of Provisional Skiers and Guest Racers who qualify to be in the first wave. [The purpose of this rule is to insure that provisional skiers and guest racers do not displace racers who are selected to be in the first wave based on their performances in OISRA league races.]

Section II Nordic State Meet Policies

General: Unless otherwise specified OISRA Nordic Race Rules will apply.

A. Eligibility of Individuals for the state Championships is defined in OISRA Policy #17.

The definition of participating in a race means that the racer must have started in the individual race on a league event day. Participating in the relay race is optional.

B. Team Criteria for the State Meet

1. To qualify as a team for the State Meet, only the race results of individuals eligible for the State Meet

may be used.

2. A team that has a racer who is ineligible to participate in the State Meet will have their team scores re- figured to exclude that individual's scores.

C. Team and Individual Selection for the State Meet

1. The total number of racers of each gender from each league entered in each race (Classic and Freestyle) at the State Meet may not exceed the *League Allotments* announced by the Nordic commissioner no later than January 1st.

2. The *League Allotments* for each gender in each league is a percentage of the total number of registered varsity racers of that gender in that league.

- Varsity racers on full and associate teams are included in the total number of registered racers.
- The **January 1st** rosters are the references for the numbers of racers.
- Calculations of percentage to use for *League Allotments*.
 - Divide the number of allowed participants in the state meet by the total number of registered varsity boys and girls in the state to calculate the percentage to use for the *League Allotments*.

3. The SOP's for each league describe how varsity teams and individuals are chosen to fill their *League Allotments*.

- Alternates are allowed. One team may enter up to 6 members of one gender if the League SOP's allow.

4. No substitutions are allowed at the State Meet.

D. Eligibility Certification of racers and teams competing in the State Meet:

1. League qualifying races must be completed by the entry deadline for the State Competition.

2. The OISRA Nordic Commissioner will verify that each racer who intends to participate in the state meet has met the eligibility criteria for the State Meet

- Verify academic eligibility with the Executive Director (OISRA Policy #10.1)
- Verify 50% participation rule with the League Representative (OISRA Policy #17 and Nordic Policies Section II A.)
- Verify with the Executive Director that any hardship appeals have been processed

3. The seeding for the state meet races is decided according to the Nordic Steering Committee's instructions. (See "I" below.)

E. Nordic State Meet Oversight Committee

- The Nordic Steering Committee is the Nordic State Meet Oversight Committee
- OISRA Nordic Director appoints a state meet coordinator who shall be responsible for the administration of the State Meet, and with keeping the members of the Steering Committee informed with the progress in its planning.
- OISRA Nordic Commissioner approves eligibility of all participants (See Section II D. 2.)
- OISRA Nordic Assistant Director obtains representatives from each league to be jury members and to inspect the course
- Each League Representative assigns people to be in charge of areas of responsibility for the State Meet. (See Appendix A)

F. The Nordic Steering Committee allows time at the Fall meeting to make initial plans for the state meet.

G. The State Meet Coordinator will schedule and preside over the final State Meet Planning Meeting, which will take place at least one week prior to the state meet.

H. Duties of the State Meet Coordinator

1. The State Meet Coordinator shall supervise all state meet activities
2. The State Meet Coordinator will collect feedback for that season's state meet and report this information to the Steering Committee at their Spring Meeting.
 - a. Banquet Information: location, number attending, cost of food
 - b. Information regarding the awards- cost and where purchased
 - c. State Meet budget and expenses

d. A critique and evaluation of the State Meet by race officials and race workers

I. Delegation of Duties for officials and volunteers for the State Meet

1. All teams shall provide officials and volunteers for the State Meet, according to the League's assigned areas of responsibility. (See Appendix A.)

J. Schedule and Competition Program:

1. The State Meet will be 2 days in length and begin **no later than** the Friday before the week OSAA Spring Sports training begins.

K. 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

A second event will be a Boys and Girls 5 K Interval Start

A third event will be a Boys and Girls Mass Start Relay; the disciplines for each leg will be CL, FS, FS

JUNIOR VARSITY RELAY: If the numbers of Junior Varsity racers are such that it would not be safe (e.g. course or weather considerations) to put them all in one relay heat, then the Technical Delegate has the option of changing the 3 x 1K relay to a 4 X 1K relay (CL, CL, FS, FS)

Preference is for Friday's event to be a Freestyle race.

2. The preferred location for the state meet is Mt. Bachelor. If Mt. Bachelor is not available, the Steering Committee will decide an alternate location.

L. Seeding and the Draw

1. **Seeding procedures for the state meet individual races will be established annually by the Nordic Steering Committee.**
2. **Separate start orders** will take place for the Freestyle and Classic events, Girls and the Boys races.
3. The lanes for the relay event will be assigned during the State Meet according to the team standings from the first individual race.

M. Inclement Weather Procedures:

1. Shorten course
2. Postpone the race.
3. It is conceivable that the Meet may need to be decided on the basis of those events already run.

N. Protest Fee:

1. There will be a protest fee not to exceed \$20. If the protest is upheld, the protest fee will be refunded to the protesting team. If the disqualification is upheld, the protest fee will go to the host league

O. Scoring:

1. See Nordic Race Rules Section B 17 for how teams are scored for individual races and for relay races.
2. The overall team points for any team at the State Meet will be the sum of the team points from the two individual races and the relay race. Ties are broken according to the Nordic Race Rules, Section II H 4 and 5.

- P.** To determine the ranking for the individual combined awards, the elapsed times for each competitor for the two individual races will be added.

Q. Race Information

1. Information shall be posted on the website three (3) weeks prior to the State Meet.
2. Information shall include
 - Maps for individual races, the relay race, and stadium configurations.
 - A summary of race rules – reminders of rules specific to the state meet
 - Schedules
 - Trail Pass cost
 - Information on Awards Banquet.

- The medical plan
- An online process for volunteering for working at the races
- Access to contact information for state meet coordinator, race officials and committee organizers

R. Funding:

The Nordic division of the OISRA will provide funding for state meet expenses. The desired goal is to have the operational expenses (awards, grooming fees, trail passes, race food, Technical Delegate expenses, etc.) covered by donations and sponsorship. The expenses for lodging and travel expenses for each coach and racer will be paid by the individuals or schools.

S. Awards for performance at State Meet:

1. The Nordic Division of the OISRA shall be responsible for acquiring trophies and medallions, which shall be consistent in size and style with those awarded by OSAA at State Championship events.
2. Trophies shall be provided for presentation at the State Meet for a Girls and Boys Combined Meet and places 1-3 in the following categories.

Girl's & Boy's Combined	(1)
Girls team, Girls Team Relay	(6)
Boys team, Boys Team Relay	(6)

3. Medallions shall be provided for:

Members of the Girls 1 st – 3 rd place Relay team	(9)
Members of the Boys 1 st - 3 rd place Relay team	(9)
Individual Places 1-3 in Girls FS, Girls CL, Girls Combined	(9)
Individual Places 1-3 in Boys FS, Boys CL, Boys Combined	(9)

4. Ribbons shall be provided for:

Individual Places 4-10 in Girls FS, Girls CL, Girls Combined	(21)
Individual Places 4-10 in Boys FS, Boys CL, Boys Combined	(21)

T. Awards for “Most Improved”

1. The Nordic Division shall be responsible for providing Most Improved awards at the State Meet for the Most Improved skier on each team comprised of students from the same school.
 - a. The recipients of the awards are determined by the Head Coach for each team.
 - b. The team must be comprised of more than three students.
 - c. The Head Coach selects only ONE student, even though the team may be comprised of both boys and girls teams.

U. The Race Course for the State Meet

1. The Total Climb of each individual State Meet Course shall be 50-200 meters.
2. Each State Meet Relay Course should preferably have one lane per team, but there must be at least five (5) lanes. (See Nordic State Meet Policies, Section II, J 3 for configurations and lane assignments.)

V. Course Selection and Inspection

1. At least 6 weeks prior to the first day of the State Meet, the Chief of Course will present maps of the selected courses to each Course Selection/Inspection representative and the Technical Delegate for their approval. The course map will include the following information:
 - The selected courses will be defined, including course distances, height differences (HD), differences in height of a single climb (MC), and total climb (TC).
 - A description of the start area (number of lanes) to include the method of start (interval or mass), the finish area (number of lanes), and the relay exchange area.
2. The approval time period will end at least three (3) weeks prior to the first day of the State Meet. At

such time, the approved course maps will be announced (preference is email) to the coaches by the Chief of Course or the State Meet Coordinator and the course maps will be posted on the website.

3. The approved courses are binding and can only be changed by the Technical Delegate's authority as outlined in the Nordic Race Rules.

W. Technique zones

1. At least one (preferably two) technique zones will be included in the classic state championship race. (See OISRA Race Rules 12.1.1)

2. The technique zones will be selected and marked by the Chief of Course and Technical Delegate one day prior to the classic race.

3. Each technique Zone should be monitored for violations by two officials.

Appendix A - Worksheet for League Reps for Planning State Meet

Committee – and description of jobs	Friday		Sat.
Awards Banquet: Reserve location People to handle decorations, set up tables, podium, and PA system Two people to check in people who will be eating Master of Ceremonies for awards presentation People to assist MC for presenting awards Set up table for awards Slides for Logos – way to project them on screen Order food and coordinate with caterer	NA		
Awards: Order and pick up awards Make a list of awards for MC Include Biathlon plaque and individual awards	NA		
Calculate Most Improved for Each League and give names to person ordering awards if there is time - Top 3 in each league	NA		
Merchandise for sale – coordinate with HotTees – approve design and make plans for them to get there early	NA		
State Meet Programs – get logos and updated organization officers – names of participants – print off copies	NA		
RACE COMMITTEE Selects Technical Delegate – Coordinates how race is organized			
RACE COMMITTEE: Chief of Race: Directs and controls the work of all officials Works with Ski Area to confirm date and communicate what ski area wants			
RACE COMMITTEE: Chief of Course- (could be 2 people) (1) Selects course and (2) is responsible for preparation of the course Prepares maps for courses and stadium layout			
RACE COMMITTEE: Chief of Timing Oversees all timing crews Coordinates with Chief of Calculations			
RACE COMMITTEE: Chief of Calculations Creates start orders for each race Calculates all elapsed times for individuals and relay races Creates report for individual results and team results for each day Posts results			
RACE COMMITTEE: Race Secretary Produces and distributes all technical data for the races Creates and distributes schedules Puts all race information on the website Makes copies of Start Orders, maps, medical plans Makes emergency sheets for contact info for all racers Handles media reports Sets up link for volunteers on website			

	Friday	Sat.
Technical Delegate: prefer a USSA official oversees Safety & Rules		
Chief Medical Officer: Selects some assistants Works closely with Mt. Bachelor Ski Patrol Oversees handling all medical incidents (Tent is provided by Southern League)		
Chief of Course Monitors: Instructs Course Monitors how to do their job and where they are stationed on the course Instructs technique monitors and tells them their location on the course		
BIBS – Person who sorts bibs and puts bibs in packages for each school (Individual bibs and Relay bibs) Person who distributes bibs to coaches at check-in Puts Relay Sign in sheets in Relay Bib packages Puts coaches packets in Individual Bib packages		
Race Food Plans food and food supplies for a race (11pprox.. 200 racers) Purchases or solicits food for the food tables Finds Volunteers to work at food tables Includes preparing beverages		
Volunteers for Timing Crew – Will be coordinated by the volunteer coordinator Start Supervisor Start Volunteers Finish Volunteers Photo Finish for Mass start race and varsity relay races		
Volunteers for Course Monitors -Will be coordinated by the volunteer coordinator Includes technique monitors for classic race Includes relay zone referees		
Volunteer Coordinator for Race Set Up -Will be coordinated by the volunteer coordinator Sets up Stadium Sets up Food tables Sets up Announcer's station Sets up Check-in tables Sets up Start Wand if needed Sets up signage on course Sets up mass start position markers if needed		
Announcer – on PA system for races		
Check-in Table – 2 people to check in coaches; 2 people to check in volunteers		

REMINDER: OISRA Nordic Assistant Director obtains representatives from each league to be jury members and to inspect the course