

**Proposed Northern League Standard Operating Procedures
(Prepared 5-17-19)**

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 The head coach for each team that is comprised of at least one student attending the same school is entitled to one vote for each team on all league business.
- 100.2.3 A quorum for doing business as the Northern League requires representation of a majority of the teams comprised of students who are enrolled for the current ski season. Any meeting taking place during the summer includes all Head Coaches registered during the Fall of the previous year.
- 100.2.4 An affirmative vote at a scheduled meeting by the majority of the teams being represented by head coaches that are present (by mail, by email, by FAX, or by phone) shall decide all league issues.
- 100.2.5 A motion that is voted on by ONLY email communications must have unanimous approval of all teams to be approved.

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 teams represented by Head Coaches 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 teams 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 race registrar by the deadline communicated to the head coach. If seeds are not received by the deadline, the team in violation may be placed at the end of the race.

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 for each team 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 team has only 2 varsity competitors or only 1 varsity competitor, these competitors can form composite relay teams with competitors from other teams.

200.6.5.2 If a team 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 teams.

200.6.5.3 Provisional skiers (guests) can participate in composite relay teams, but their performance cannot count toward a combined 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 policies, and with school and/or school district behavioral policies, when school policies apply.

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

Incident reports will be handled according to OISRA Policy #30

207 Provisional Skiers are allowed to participate in League races if all the coaches approve

207.1 Provisional Skiers can participate in League races as forerunners or racers.

207.2 When Provisional Skiers are forerunners, their performance is not timed.

207.3 When Provisional Skiers participate as racers, their timed results cannot be associated with a team score, or displace any team skier's ranking.

208 Converting Northern League Allotments for the State Meet into "Team 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 "*Team Allotments.*"

208.1 Defining Northern League Team Allotments for the State Meet

- Team Allotments are the **number** of racers each school may enter in **each** individual race at the state championships,
- Team Allotments may be filled with whichever *eligible* racers the team'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 Team Allotments

- Every team is allowed 6 racers of each gender.

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