

THREE RIVERS LEAGUE INTERSCHOLASTIC SKI RACING ASSOCIATION

RULES AND REGULATIONS

1. Competitors should cooperate cheerfully with the legitimate requests of race officials and coaches. We must keep in mind that each racer is responsible to his/her coach, and not to another coach. If a racer feels that an unfair request has been made of him/her, the proper recourse is to have his/her coach settle the issue.
2. Competitors will not be allowed to start without ski brakes on their skis.
3. Competitors are not allowed to slip through the finish unless instructed to do so by an official.
4. A gate has been passed correctly when both the competitor's ski tips and both feet with mounted skis have passed across the gate line. At the last gate, if a competitor loses a ski without committing a fault (e.g., not by straddling a slalom pole) then the tip of the remaining ski and both feet must have passed the gate line. These requirements also apply when a competitor has to climb back up to a gate. If the competitor is in doubt about meeting this requirement, he/she must ask the closest gatekeeper. The gatekeeper should reply either "GO ON" or "BACK" according to the particular situation. In the event that a competitor removes a pole from its vertical position before both the competitor's ski tips and both feet have passed the gate line, the ski tips and feet still must pass the original gate/line (marked in the snow).
5. A competitor in a slalom race may lose one ski and not be disqualified. If a second loss of ski occurs more than two gates from the finish (the finish is not a gate), it shall be a clear disqualification. The competitor may not continue on the course. The competitor can ski the last two gates on one ski. Also, as long as the competitor's momentum carries him/her through the finish during a fall after the last gate, the competitor does not have to have skis attached to his/her feet.
6. A competitor in a GS race may not lose a ski during the race. If a binding release occurs more than two gates from the finish (the finish is not a gate) it shall be a clear disqualification and the competitor shall leave the course immediately. However, the competitor can ski the last two gates on one ski. Also, as long as the competitor's momentum carries him/her through the finish during a fall after the last gate, the competitor does not have to have skis attached to his/her feet.
7. If a competitor loses both skis in one incident during the race it shall be a clear disqualification and the competitor shall leave the course immediately (see rule #8 below in the case of a fall in the immediate finish area).
8. The finish line must be crossed on either both skis, or on one ski, or in the case of a fall in the immediate finish area when the racer's momentum carries them across

the finish line, the competitor does not have to have skis attached to his/her feet. In this case, the time counts when any part of the body or equipment stops the timing.

9. A team disqualification is defined as an action which affects only those scoring areas dealing with team scoring. A team disqualification will not lead to individual disqualification, except for individuals involved in the infraction(s). Team disqualifications will result from the following infractions:
 - a. A coach or competitor alters the course. DO NOT remove or rearrange controls (gates) or flags. If in doubt about anything, consult the Referee or the Technical Delegate.
 - b. A coach pre-runs the course, unless the coach is the course setter or his/her designee to pre-run the course.
10. League-specific individual disqualifications will result from the following infractions:
 - a. A racer received assistance while on the course.
 - b. A racer is overtaken by another racer or interferes with their run. The overtaken racer must leave the race course at once when he/she is overtaken by another skier.
 - c. A slalom racer's skis (one or both) come off twice during his/her run or who loses both skis at the same time. The racer shall immediately leave the course.
 - d. A GS racer's skis (one or both) come off during his/her run. The racer shall immediately leave the course.
 - e. A racer slips through the finish line after the race has started.
 - f. A racer shows lack of respect, cooperation, or is belligerent towards any coach, volunteer, or official.
 - g. A racer violates the transportation rule as defined in the SOP's.
 - h. A racer fails to comply with any rule covered by these SOP's.
11. Coaches Behavior
 - a. Coaches as well as their staff members will refrain from use of any controlled substance or profanity in the race headquarters, immediate Start/Finish areas, as well as along the course.
 - b. Any coach or coaches found in violation will be told by an official to leave the race at that point. A discussion regarding reprimand will be held after the race by the Executive Committee to determine the appropriate action.