

Three Rivers League

Golden Rule Policy

adopted by TRL Board January 2025

When a disabled TRL athlete competes, the Head Coach must declare whether the disabled athlete will compete as a Varsity athlete, or a JV athlete. This gives all disabled athletes a fair chance to compete before courses have deteriorated.

The Disabled Athlete Rule will allow disabled athletes to compete as a member of their HS Varsity, or JV teams after first seed athletes run, and before second seed athletes go, during the first run. For the 2nd run, the disabled athletes would compete after TRL league flip 15 athletes run in the second run, unless disabled athletes qualify for the flip, which then the disabled athletes would run in the appropriate flip 15 spot.

This rule does not affect seeding for the Varsity team. The Varsity team is still afforded a 1st seed spot, followed by the Disability Rule spot, and continue with 2nd, 3rd, 4th, and 5th seeds. Teams with disabled Varsity athletes competing for the TRL 6 athlete HS varsity team will forfeit the last of the 6 seeds. The Disabled Athletes would then be competing as one of the 6 Varsity seed athletes afforded to TRL Varsity scoring.

Procedures for Golden Rule Implementation

Adopted by TRL Board October 7, 2025

Athletes wishing to have the Golden Rule applied to them, must provide their coach with a letter from their Doctor and request the Golden Rule by January 1st. If an athlete joins a school's team after the OISRA deadline, they must provide their coach with a letter from their doctor and request the Golden Rule within one week of joining the team.

The head coach must then submit the paperwork and request to the TRL President at least three (3) days before the January board meeting (2nd Tuesday of the month). The TRL board will then vote on the request at the January meeting. The coach has to submit a written plan for training accommodations when the request is brought to the Board.

There are several different models to determine eligibility and minimal disability criteria. When possible and appropriate, it is best to stay within three categories: sitting (wheelchair athletes), ambulatory, and visually impaired. The impairment must be considered valid and be accompanied by appropriate medical documentation. Generally, if accommodations for the athlete are made for a race day they would also be made for the same athlete during training. The Golden Rule is done to foster disability inclusion in a competitive sport environment and should be noted that FIS rules do not adhere to or incorporate the Golden Rule in competitive events, cited here: <https://www.us Ski and Snowboard.org/sites/default/files/files-resources/files/2019/II.%20Superstructure%20of%20Ski%20Racing%2019>