

BY-LAWS OF THE CALIFORNIA NEVADA INTERSCHOLASTIC SKI AND SNOWBOARD FEDERATION

I. SEASON

The competition season shall begin the day after football season officially closes and end on or about March 15. Changes in the by-laws and/or league procedures must be made prior to the start of the competition season.

II. ELIGIBILITY RULES

1. Members must obey the CNISSF Constitution and By-Laws. Since members do not give up membership in their CIF Section or the Nevada Interscholastic League they must obey rules or regulations of their local section or state if such rules and regulations are more strict than that of the CNISSF.

2. Any Far West Ski Association skier/boarder who competes unattached during the CNISSF season may compete for a high school team in CNISSF competition and score team points.

3. School regulations for league memberships shall be:

a. Payment of dues no later than November 1st. Individual schools will pay dues to their division coordinator. Schools who are delinquent will not be allowed to participate in any races until their dues are current.

b. All member schools agree to release team members two full school days for the purpose of preparing a race course.

c. All members must be prepared to sponsor at least one race on a weekday during the season.

d. Once a school has lost its eligibility a 2/3 vote by the league members is required for reinstatement.

4. A letter of intent signed by both the Principal and the Athletic Director is required by November 1 if a team wishes to take a leave of absence or withdraw from the Federation. This letter will be on school letterhead and submitted to the Chairman of the Ski Council.

5. The start of the season is the December Coach's Meeting. No decisions may be made during the race season which affect the season in progress.

III. DIVISIONS

1. The Realignment Committee (Ski Council Chairman and Division Coordinators) will meet prior to the Spring Coaches Meeting to consider the following competitive seasons team placements. This recommendation shall be final.

1.

III. DIVISIONS CONTINUED

2. Members of each division will meet the following criteria:

a. The school must recognize skiing/snowboarding as an interscholastic sport.

b. The school must provide a certificated teacher-coach.

- c. The team must be able to participate in week-day races.
- 3. Each division will have a minimum of four schools and a maximum of seven schools.
- 4. Alpine(Skiing/Snowboarding) Divisions
 - a. Application for membership in these divisions must be received by the Spring Coaches Meeting. The application must be signed by the school's principal and must be presented by him or his representative.
 - b. Schools are assigned to divisions by the Re-alignment Committee.
- 5. The names of the divisions will be based on geographical location such as "North", "Central", . . . , "South"
- 6. Nordic Divisions
 - a. The Nordic Divisions shall consist of those schools who are interested in cross-country ski racing and are members in good standing of the CNISF.
 - b. Application for membership in these divisions must be received by the Spring Coaches Meeting. The application must be signed by the school's principal and must be presented by him or his representative.
- 7. Loss of Eligibility
 - Loss of eligibility shall result if a school:
 - a. Fails to meet the criteria of Article III, Section 2.
 - b. Fails to adequately prepare a race - - shall be placed on a year's probation. Violation of probation shall result in dismissal from the CNISSF. Preparation standards shall be determined by a 2/3 vote of the coaches in the division.
 - c. Drops out of their division. (May re-apply)

IV. EVENTS

- 1. Each alpine division will schedule at least
 - a. Three giant slalom races
 - b. Three slalom races/Terrain giant slalom races during the regular season.
- 2. The nordic season will consist of not less than six races.

2.

IV. EVENTS Continued

- 3. Each team's eligibility for the championships will be dependent upon participation in each scheduled event.

V. STANDARDIZATION OF EVENTS

- 1. Giant Slalom - Ski
 - a. Number of Gates 12-15% of the vertical drop for the total number of turning gates.
 - b. Vertical range 200-225 meters.
 - c. 2 runs with the best combined time being not less than 50 seconds.
 - d. Minimum of two delays per course

- e. The number of gates requiring a change of direction determine the total gate count for the course.
2. Giant Slalom - Board
 - a. Number of Gates 12-15% of the vertical drop for the total number of turning gates (20 gates minimum)
 - b. Vertical range 200-250 meters.
 - c. 2 runs with the best combined time being not less than 50 seconds.
 - d. Distance between gates no less than 10 meters.
 - e. The number of gates requiring a change of direction determine the total gate count for the course.
 - f. In a dual course situation, the minimum distance between courses must be 10 meters.
 - g. Course to include banana gates as warranted by terrain.
 3. Slalom - Ski
 - a. Number of Gates 35-45.
 - b. Maximum vertical drop 100-120 meters.
 - c. 2 runs with the best combined time being not less than 50 seconds.
 - d. There will be 3 hairpins, a delay, and a flush per slalom course.
 4. Slalom - Board
 - a. Number of Gates 28-35.
 - b. Maximum vertical drop 80-140 meters.
 - c. 2 runs with the best combined time being not less than 50 seconds.
 - d. Two combinations per course minimum.
 - e. Distance between gates 10-15 meters.
 - f. In a dual course situation, the minimum distance between courses must be 10 meters.
 5. Nordic
 - a. In regular division meets girls will not run less than 5 km and boys will not run less than 7 km.
 - b. In championship meets girls will run not less than 7 km and boys will run not less than 10 km.
 - c. Consideration will be given to snow conditions, temperature, and elevation.

3.

VI. LEAGUE MEETS

1. In all meets, current FIS rules and applicable portions of the USSA Competition Guide will be followed in addition to the following.
2. Each division will determine the number of contestants for each school and the method of team scoring.
3. Each event will have points awarded to the top finisher equal to the number of starters in the race, with points awarded to each succeeding finisher in a descending scale. e. g. 48 entries, 1st place points - - 48, 2nd place points - - 47, 3rd place points - 46, and so on down to 1 point. Racers in categories of DSQ, DNF, and DNS will be ineligible for points. The division will use the same number of maximum points for all races during the season.
4. In case of a point tie, whether for an individual racer finish position or a point tie for a team finish position, the racer or team with the lowest time(s) will receive the better ranking in the results.

5. 3/4 of all schools in good standing in the division must participate in each meet to constitute a league meet. Weather and impassable road conditions are the only legal excuse for non-participation in a meet.
6. In the alpine divisions each racer will be given the time that he receives for finishing, unless his/her time exceeds the 2 minute time limit, in which case he will be classed as did not finish (DNF).
7. Each division will implement a penalty point system during their race season. Divisions will decide who may report penalty points. The jury decision about assigned penalty points is final. Penalty points will be deducted for the following infractions:

5 points will be deducted from the racer score and 5 points from the combined team score for

 - a. Unsportsmanlike conduct (Includes profanity, disrespect for race officials, coaches, and parent volunteers)
 - b. Race apparel violations. (Racers will wear apparel with numbers visible both front and back on the outside of their clothing at all times on race days).
 - c. Skiing within the designated course area in such a way as to present a danger to other skiers or gain an advantage by shadowing the course (Racers will not ski 2 or more race turns parallel to the set course).

4.

VI. LEAGUE MEETS CONTINUED

- d. Racers will wear an approved helmet during a school sanctioned activity with their coach (practice,pre/during/post race)
 - a. When their feet are attached to skis or board
 - b. When they are gatekeeping

Racers may remove their helmet when they are outside the race area when the skis or board are not attached to their feet unless otherwise specified by the Chief of Race or other race official. The race arena is defined as the fenced off area from the start wand through and including the finish corral.

5 points will be deducted from the women's team score and 5 points deducted from the men's team score for

Gatekeepers who are late to their station

VII. DUTIES OF MEET SPONSORS

1. Sponsors shall facilitate housing, if at all possible, for teams desiring that service.
2. The meet sponsor will be responsible for assigning a referee.
3. Courses shall be set by a competent course setter.

4. All courses shall be approved by the referee.
 5. All courses should be set one day before the meet if possible.
 6. The sponsor shall be on hand at the meet site in ample time to receive teams and arrange the meet.
 7. All alpine meets should start by 10:00 a.m.
 8. All nordic meets should start by 11:00 a.m.
 9. Meet sponsors are responsible for having times posted.
 10. The sponsoring school is responsible for notification of any cancelled meet or change of meet area in ample time prior to the meet to all schools participating. The calling of a meet due to weather and/or road conditions shall be at the discretion of the sponsoring school.
- 5.
11. The sponsoring school is responsible for obtaining the necessary help to properly officiate the race.
 12. There shall be a minimum of 1 gatekeeper for each 5 gates for each event.
 13. Race sponsor will designate a Chief of Course.
 14. Race results shall be sent to all coaches within the respective division and to the coordinators of all other divisions.
 15. Drawing for the competitive seasons running order shall be done at the Spring Coaches Meeting. This running order shall be rotated one or two places each meet. The rotation number shall be decided upon at the Spring Coaches Meeting.

VIII. DUTIES OF THE CONTESTANTS

1. Racers who are late for their start will run just before the last racer on the start list for that event.
2. Reruns shall be at the discretion of the referee. Racers shall complete reruns as soon as possible.
3. Contestants shall abide by arrangements made with local ski lift operators and hold themselves on call by meet officials.
4. Contestants shall respond readily for extra services as requested by meet officials, that is as hill tamperers, flag carriers, gatekeepers, and so on.
5. Contestants may be disqualified for bothering the timer by asking for his or any other racer's time. The coach is responsible for warning team members about this

regulation.

6. Any racer who displays unsportsmanlike conduct, smoking or drinking, at the ski area and/or during a race will be disqualified from the meet. An alcohol violation will disqualify a racer for the remainder of the race season.

7. Racers will wear race apparel with numbers visible both front and back on the outside of their clothing at all times on race days.

8. All gatekeepers who have disqualified racer(s) must report to the bottom of the course at the end of the race and stay until dismissed by the referee. Failure to comply will result in the racer/gatekeeper being sanctioned (not allowed to race in the next meet). Appeal may be made to the jury.

6.

VIII. DUTIES OF THE CONTESTANTS CONTINUED

9. There will be no skiing within the designated course area in such a way as to present a danger to other skiers or gain an advantage by shadowing the course. (Racers will not ski 2 or more race turns parallel to the set course)

10. Racer profanity if heard by two consecutive gatekeeping stations will disqualify the racer from the competition.

11. FWSA racers who choose to participate in FWSA races rather than in scheduled high school races are subject to individual coach/individual team rules.

12. Racers will wear an approved helmet during a school sanctioned activity with their coach (practice,pre/during/post race)

- a. When their feet are attached to skis or board
- b. When they are gatekeeping

Racers may remove their helmet when they are outside the race arena when the skis or board are not attached to their feet unless otherwise specified by the Chief of Race or other race official. The race arena is defined as the fenced off area from the start wand through and including the finish corral.

Helmets are defined as being made of a single molded hard shell and padding which covers the entire head, thereby including both ears entirely and extending down to a point adjacent to the wearer's jaw. These helmets shall be specifically designed and manufactured for snow sports competitions and conform to recognized and appropriate standards such as CEH.Din 1077, ASTM F2040, Snell S98 or RS 98.. Helmets must be worn as designed, including a buckled chinstrap.

Helmets designed for other sports, such as kayaking or baseball, are strictly prohibited and will result in racer disqualification. Should an entire team elect to wear inappropriate helmets at any CNISSF sanctioned event whether a practice or pre/during/post race, the entire team will be disqualified. "Disqualification" during a practice means that the racer will not be allowed on the slope.

13. Racers will wear ski or board clothing which covers arms and legs while

training or on a race course

14. Gatekeepers will wear their helmets while gatekeeping.

15. A racer will participate in only one event during the season and must make his/her choice prior to the first race.

16. Individual schools/school districts will make the decision whether to allow racers in terrain parks on training and on race days.

7.

IX. DUTIES OF THE OFFICIALS

1. Officials shall know and check all items of their particular duty.

2. Officials shall exercise due care and judgment to assure a high safety factor over all courses set.

3. Officials of the meet shall follow the FIS course rules for individual scoring and timing when applicable to the meet.

4. The Chief of Course will be responsible for making the decision to cancel the second run.

X. FEDERATION DUES

The dues for each member of the federation shall be set each year and will be payable no later than November 1st. Individual schools may pay dues to their division coordinator. Schools who are delinquent will not be allowed to participate in any races until their dues are current.

XI. RACE SCHEDULES

1. Race schedules for the coming year will be prepared by each division at the Spring Coaches Meeting. Included in these schedules will be bye dates

2. Races may be rescheduled to a bye date for the following reasons:

- a. Inclement weather
- b. Highway conditions
- c. Ski area request.

3. Races may be rescheduled to a non-bye date by approval of 75% of the schools in the division.

4. The dates of the championships will be set by the sponsoring division either at the Spring Coaches Meeting or when the weather conditions of the season are known. Any changes will meet the above criteria.

XII. CHAMPIONSHIP MEETS – ALPINE

1. The championship meet will be scheduled for four days. The meet will be invitational on the following basis. Each full team will bring a minimum of three racers per event. (Women's slalom, men's slalom, women's giant slalom, men's giant slalom). A "full team" is defined to have three or more racers per gender. A team with less than three racers per gender is defined to be a "small team." Each racer must have started in two of three races in that event during the regular season to qualify as a racer.
2. Each division will rank their racers in slalom by combining the racer's points for his/her two best finishes. Each division will calculate 3 times the number of full teams in the division. This cut-off number determines the list of racers that coaches will use to determine which racers from their team will compete in the Championships. A team may take as many qualifiers as they have above the cut-off line. Teams without three members on this list will then select racers from the remaining list of slalom rankings. The same method of racer selection will be used for giant slalom.
3. A school with a small team (men/women in any discipline) may take 0-2 team members to the Championships in each event providing that each racer has started in two of three races in that event. The racer(s) from the small team will be placed in the run order for the division based on points earned by that racer. (Normal placement).
4. If a racer from a small team is ranked above the cut-off line (defined in 2 above), the cut-off line is increased by one. This results in one more racer on the division start list for this event. If the racer added is also from a small team, the cut off line will again be increased by one. This process will be repeated until the racer just above the cut off line is from a "full team".
5. A racer must have started in two of three slaloms to qualify for the Championships I in slalom.
6. A racer must have started in two of three giant slaloms to qualify for the Championships in giant slalom.
7. Each division will submit a run order ranked from highest to lowest points in each discipline (based on two races). The order for ski in each flight will be N I, N II, C I, C II, S I, S II. The order for snowboard in each flight will be N II, N I, C II, C I, S II, S I. This order will begin with the divisions that are sponsoring the Championships.

XII. CHAMPIONSHIP MEETS – ALPINE CONTINUED

8. Any racer from above the cut-off line who does not participate will not be replaced. Should this non participation by a racer above the cut-off line cause a "full team" not to have a team of three racers qualifying in that event, the "full team" may take one more

racers (for a total of three) if the team has another qualifier farther down the list.

9. Start lists are final at the Coaches Meeting the afternoon before the race.

10. Second run order will be determined by reversing the order of the first 12 (2 x the number of divisions) racers followed by the remainder of the racers running in first run time order.

11. For the first run in dual events, odd numbers on the start list will run on the red course and even numbers on the start list will run on the blue course. For the second run, the order of the first twelve racers (2 x the number of divisions) in the first run will be reversed. The odd numbers on the start list will run on the red course the even numbers on the start list will run on the blue course. The remainder of the field will run in first run time order with racers running on the opposite colored course. (eg. first run on blue/second run on red)

12. There will be 1st-3rd place team banners.

13. Team points will be tallied by adding those points earned by the top three finishers for each school in both slalom and giant slalom for men and women.

14. The sponsoring division will be responsible for the race order and will run first in each flight. The number of flights will be set by the division which brings the largest number of racers. Placements in the flights will be as in division races.

15. Each division may choose an all-division team of 10 men and 10 women . (Skiing/Snowboarding/Nordic)

16. Two independent electronic timing systems will be provided at the Championships.

XIII. DIVISION SCORING

The method of team scoring for divisions will be decided by each division.

10.

XIV. DUTIES OF THE COACH

The coach is responsible for access to his/her gatekeepers.

XV RACE HELMETS

1. Racers will wear an approved helmet during a school sanctioned activity with their coach (practice,pre/during/post race)
 - a. When their feet are attached to skis or board
 - b. When they are gatekeeping

Racers may remove their helmet when they are outside the race arena when the skis or board are not attached to their feet unless otherwise specified by the Chief of Race or

other race official. The race arena is defined as the fenced off area from the start wand through and including the finish corral.

2. Helmets are defined as being made of a single molded hard shell and padding which covers the entire head, thereby including both ears entirely and extending down to a point adjacent to the wearer's jaw. These helmets shall be specifically designed and manufactured for snow sports competitions and conform to recognized and appropriate standards such as CEH.Din 1077, ASTM F2040, Snell S98 or RS 98.. Helmets must be worn as designed, including a buckled chinstrap.

Helmets designed for other sports, such as kayaking or baseball, are strictly prohibited and will result in racer disqualification. Should an entire team elect to wear inappropriate helmets at any CNISSF sanctioned event whether a practice or pre/during/post race, the entire team will be disqualified. "Disqualification" during a practice means that the racer will not be allowed on the slope.

XVI. RACE RULES

1. Overtake/Interference Rule

Racer A has fallen or is terminally slow. Racer B is approaching from above. Racer A must move out of the way of Racer B to let B pass.

Racer B has two options:

- a. To finish the course and obtain a time.
- b. To pull out of the course and ask for a re-run if Racer A is in the course and is a verified obstacle as noted by a gatekeeper or race official.

Racer A has three options:

- a. Is disqualified if he/she is an obstacle in the course for Racer B
- b. To hike (if necessary), clear the gate(s), finish the course and obtain a time.
- c. To not finish (DNF)

11.

XVI. RACE RULES CONTINUED

2. Ski Binding Release

A binding release occurring more than two gates above the finish in slalom, giant slalom, or super G ,or one gate in downhill, shall be considered a "clear disqualification". Racers may not continue on course.

A racer may cross the finish line on no skis if he/she has fallen after passing through the last gate prior to the finish.

3. Snowboard Hiking

Only one foot need be attached to the board for snowboard hiking.

4. Regulations for ski Length/Height off Snow

The minimum ski length for CNISSF racers is 130 cm. The standards for (a) height of boot, binding, and plate and (b) height of ski to top of plate for CNISSF racers will be in the range of J III to J I standards.