

2024 – 2025 Nordic Ski Bulletin



IMPORTANT REMINDERS

- State Nordic Championships – February 27-28, 2025 – Hosted by Poudre and Steamboat
- CHSAA Committee Meeting – March 5, 2025 - Virtual

CHSAA NOW

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[CHSAA SKI INFORMATION](#)

CHSSL Website – <https://sites.google.com/site/coloradohighschoolsleague/>





October 2024

COACHES and ATHLETIC DIRECTORS -

Welcome to the 2024-2025 ski season! As you embark on this season, I wish you and your student-athletes the best. Your enthusiasm, energy, and knowledge will be passed on to your eager athletes. Please remember what a significant impact you have on them and each and every single person in your program. Your leadership, how you react to adversity will set the tone for your school and program. Make it positive! Each new season holds promises and disappointments, so it's important that we teach our players how to handle each in the appropriate manner.

This bulletin contains information you need to navigate the new season and is a supplement to the CHSAA Bylaws. Coaches, along with ADs, are expected to have a thorough knowledge of the information in both, including eligibility rules, in addition to specific nordic rules.

CHSAA recommends you review your school calendar and remind players about special holidays, testing dates and other key dates that impact the season. Proactively notifying them of conflicts may help avoid team issues during the season. The winter prohibition dates are December 24-27 and January 1 (always excluding Sundays). Voluntary practice may be held starting December 28 through December 31 (excluding Sundays), but no scrimmages or games may be held. The Sunday rule applies throughout the school year.

Good luck this season.

Sincerely,

A handwritten signature in blue ink that reads "Bethany Brookens". The signature is written in a cursive style.

Bethany S. Brookens
Assistant Commissioner
BB/lc

The Americans With Disabilities Act

Please note: All rules and policies contained within this bulletin are subject to the ADA's requirement to provide reasonable modifications for a disabled student(s). A reasonable modification(s) shall provide a disabled student with equally effective access [to the activity] unless the provision of such reasonable modification would constitute a fundamental alteration of the essential elements of the activity involved. Please refer to CHSAA bylaw 500 for more detailed information.

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CHSAA MISSION STATEMENT

"Seeking Excellence in Academics, Activities, and Athletics"

In pursuit of excellence, the Colorado High School Activities Association strives to create a positive and equitable environment in which all qualified student participants are challenged and inspired to meet their highest potential.

To fulfill this mission the Colorado High School Activities Association will:

- Act as an integral component of the educational process.
- Administrate, interpret, and seek compliance with the CHSAA By-laws as needed to promote fair play within Colorado activities and athletics.
- Provide diverse and equitable opportunities for participation that encourages all qualified students to take part in the activity/athletic experience.
- Provide an environment that enhances personal development through sporting behavior, character education, teamwork, leadership, and citizenship while increasing values that partner the educational standards of the State of Colorado.

- Recognize the outstanding accomplishments of Colorado athletes, teams, coaches, and administrators through our academic and activity awards programs.

2024-2025 CHSAA Ski Committee

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SKI LEAGUE OFFICERS

Bob Feroldi, President, Treasurer, and Secretary
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RESULTS COORDINATOR (NORDIC & SKIMEISTER)

Karl Remsen
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RESULTS COORDINATOR (ALPINE)

Karl Barth
Summit High School
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2024-2025 BOYS' & GIRLS' NORDIC SKI SCHOOLS (13)

Aspen
Battle Mountain
Clear Creek
Colorado Rocky Mtn.

Eagle Valley
Evergreen
Lake County
Middle Park
Nederland

Poudre School District
Steamboat Springs
Summit
Vail Mountain

MAJOR CHANGES 2024-2025

1. ***CLASSIFICATION OF SCHOOLS***
 - Constitution & Bylaws, Article 1500, Rule 1500.1, 1500.2
1500.24, 1500.25, 1500.26 & 1510..... page 40-45
2. ***COACHES REQUIRED TO ATTEND RULES MEETING***
 - Constitution & Bylaws, Article 16, Rule 1650.1.....page 50
3. ***KEEP SPRING SEASON OF SPORT CONSISTENT***
 - Constitution & Bylaws, Article 28, Rule 2890.....page 119
4. ***FOOTBALL SEASON OF SPORT***
 - Constitution & Bylaws, Article 34, Rule 3401.1.....page 124
5. ***ICE HOCKEY SEASON OF SPORT***
 - Constitution & Bylaws, Article 37, Rule 3700.1.....page 129
6. ***T & PF PROCESS & STRUCTURE CHANGE***
 - CHSAA T & PF Committee Report
Please refer to CHSAANow.com, Legislative Council, January Committee Reports

CHSAA Constitution and Bylaws

The CHSAA Constitution and Bylaws are the official rules of the Association. This bulletin provides the regulations for ski competition, but never supersedes the regulations found in the CHSAA Constitution and Bylaws. Copies of the CHSAA Constitution and Bylaws may be previewed and copied from the CHSAA website (www.CHSAAnow.com).

We encourage the telephone calls on areas of ELIGIBILITY to be made to the designated administrator; rulings on season policies should be made by the school personnel.

CHSAA Uniform Rule: All skiers must be wearing school-approved ski attire for races. Nordic skiers must wear shirts with sleeves (no tank tops or bare chests).

***JV CLARIFICATION: JV Only or Restricted Varsity Skiers (Bylaw 1800.47)**

JV only skiers or “Restricted Varsity” skiers per bylaw 1800.47, will be allowed to ski “normally” in regular season races and their times will stay in the race results. However, that skier would not count toward any team scores, league awards, all-state points, and will not qualify for the state championships.

If schools have a student who will be regaining varsity eligibility in the middle of the season, prior to the state championships, please contact Bethany at the CHSAA to review options. **These students will only be considered for a waiver to state if they have met the 2 / 3 race minimum start per discipline, and have finished in the top 45% of at least one of the races per discipline**

CHSAA INCLUSION POLICY

A CHSAA student-participant may participate as the gender in which they self-identify. Please refer to the CHSAA policy, linked above.

SPORTS MEDICINE ADVISORY COMMITTEE

For all CHSAA sports medicine policies, procedures, and protocols, please visit the [Sports Medicine Advisory Committee Handbook](#).

Lightning and Tornado Policy and Procedures and Heat Acclimatization and Safety Priorities can be found in the [Sports Medicine Advisory Committee Handbook](#).



SPORTSMANSHIP

CHSAA [Game Management & Sportsmanship Expectation Guide](#)

CHSAA Ski Regulations for Nordic Skiing

OFFICIAL RULES

Official rules for all competitions will be governed under the rules of CHSAA, NCAA, USSA, and FIS rules, in that order, except where they are modified by this document.

SKI COMMITTEE/LEAGUE MEETINGS

The CHSAA and Colorado High School Ski League (CHSSL) host bi-annual meetings for athletic directors and coaches. The CHSAA Pre-Season Meeting is generally held the first Friday in October. Immediately following this meeting is the fall Ski League meeting.

The official CHSAA Ski Committee meeting and the end-of-season Ski League meeting will occur via Zoom on Wednesday, March 5. Please contact a committee member or Bethany Brookens, CHSAA Assistant Commissioner, 303-344-5050 or bbrookens@chsaa.org if you have proposals.

THE CHSAA NORDIC SKIING EVENTS

Nordic: Freestyle and Classical

No variations to the disciplines are allowed.

THE COLORADO HIGH SCHOOL SKI LEAGUE (CHSSL) WEBSITE:

<https://sites.google.com/site/coloradohighschoolskileague/>

The purpose of the CHSSL website is primarily to distribute information to coaches and athletic directors. Please visit this website to familiarize yourself with it.

PHYSICAL EXAMINATION/PARENT CONSENT

Skiers must have on file with the principal a statement signed by a parent or legal guardian certifying that a physical exam has been passed and that the athlete is physically fit to participate.

If at any time during participation, a doctor removes an athlete from participation because of an illness or injury, the athlete must have a written release from a doctor before participating again. The release may be satisfied, if upon removal, the doctor specifies the duration of the student's restriction from participation.

DEFINITION OF A SPORT SEASON

Unlike many other CHSAA sports, skiing does not have an official start date before which practices may not commence. **Each school needs to email the official start date for its program to Bethany Brookens at CHSAA, bbrookens@chsaa.org, each fall.** Note, the season cannot start later than November 28, 2024.

PRACTICE RULE

Each student competing in an interscholastic sports program must have had a minimum practice period of three days in his/her sport(s) (exclusive of Sundays) before representing a member school in an interscholastic contest or scrimmage. (Receiving school must have written verification on file if transfer of schools is involved.) The ski league must submit a practice start date to the CHSAA prior to the teams' first practice. Count days for three practice requirements will begin with the submitted date.

Q1: Do outside practices individual or club count toward the 3-day practice rule?

A1: No, the 3 days of practice must be with the high school team.

SUNDAY CONTACT (2310.5)

No high school interscholastic contests, practices for interscholastic contests, or association between participants and coaches/directors of any activity from the student's school shall take place on Sunday at any time during the competitive season. Sunday Contact is now allowed outside of the

official competitive season (start date until the state championships) The Commissioner may, when deemed advisable, allow postponed state-level events to be played on Sunday.

A coach may have contact with his/her team on a Sunday/s during the school year for a social, academic or service related activity that is strictly voluntary. The contact must be a voluntary, non-competitive/non-participatory activity.

WINTER VACATION CONTACT PROHIBITION

2310.4 "There shall be no school sponsored activity of any sort, including practices, camps, clinics, tournaments, etc. from and including December 24 through December 27 and New Year's Day. Beginning December 28, **winter sports programs** may have **voluntary** practice (excluding Sundays), but may not compete in interscholastic scrimmages or competition."

2310.41 "No faculty member or coach may have contact with any of his/her school's athletes from December 24 through December 27 and New Year's Day. Beginning December 28, winter sports programs may have voluntary practice (excluding Sundays), but may not compete in interscholastic scrimmages or competition."

RESTRICTED TRANSFER RULE (1800)

Colorado School Choice: The CHSAA supports school choice in academic pursuits and encourages its student participants to enhance their academic achievement. In concert with this approach, the Association's philosophy addresses the establishment of a fair playing field for all student athletes. A student entering high school for the first time shall be eligible for all interscholastic athletic competition.

1800.1 A student who establishes his/her high school eligibility at a member school and subsequently transfers, will be ineligible for varsity competition for 365 days from the date of their transfer, in the sports they participated in during the last 365 days.

1800.2 The transfer rule addresses athletic eligibility only as it relates to transfer between schools. Rules related to age, semesters, academic requirements and other CHSAA Bylaws may result in an eligible transfer being declared ineligible.

Clarifying Statement: the definition of transfer shall be any change of schools by a student participant for academic or participatory reasons. This includes all students who have established their eligibility at: 1) the school they are enrolled in, 2) a school they are playing for because their school of enrollment did not offer that activity and they are participating under state statute, or 3) the student is a home-based student and has established his/her athletic eligibility under state statute.

JV ONLY OR RESTRICTED VARSITY SKIERS (Bylaw 1800.47)

JV only skiers or "Restricted Varsity" skiers per bylaw 1800.47, will be allowed to ski "normally" in regular season races and their times will stay in the race results. However, that skier would not count toward any team scores, league awards, all-state points, and will not qualify for the state championships.

If schools have a student who will be regaining varsity eligibility in the middle of the season, prior to the state championships, please contact Bethany at the CHSAA to review options. These students will only be considered for a waiver to state if they have met the 2 / 3 race minimum start per discipline, and have finished in the top 45% of at least one of the races per discipline.

SPONSORSHIP

A team or individual athletes may be sponsored by an outside organization provided all outside equipment and travel are cleared and in writing with the Athletic Director, during the high school season.

Example: Endorsement companies must send all equipment or travel requests to the Athletic Director during the CHSAA season. The Athletic Director will then record and issue the equipment

to the student athlete during the ski season. Equipment return is negotiable through school personnel and athletes.

OFFICIAL TEAM

All members of the ski team must meet all CHSAA eligibility and competition rules.

OUTSIDE COMPETITION

2100.2 Players certified to participate as members of any high school sport team may compete on any other team, in any non-school activity or event in that sport during that sports season with the express written permission of the principal, which permission shall be granted if:

1. The student's class attendance is not compromised; and
2. The student is in good academic standing under the school's activities policy applicable to all students.

Q1: When may a principal prohibit a student from competing on an outside team in the same sport during that sports season?

A1: The principal may deny permission only when the student fails to meet the requirements of (1) and (2) above.

Q2: May high school team rules be used to determine the high school eligibility of the students who participate on outside teams?

A2: Yes. Section (b) would include team rules and other school policies which are applied and adhered to by all students.

INTERNATIONAL COMPETITION

Requests to participate in international competition (i.e., a training program or competition (1) conducted or sponsored by the United States Olympic Committee, or (2) directly funded and conducted by a national governing body for athletes having potential for future national participation) held during the school year involving eligible high school students must be submitted to the principal and/or athletic director. The athletic director will file an out-of-state travel waiver with the CHSAA Commissioner or designee.

CHSAA Ski Regulations for Nordic Races

ASSIGNED COACHES

The coach for the team at races must be the high school contracted coach, certified educator (CDE) and/or registered with the CHSAA office. (Refer to the CHSAA Constitution and Bylaws for registration criteria for coaches.)

NUMBER OF CONTESTS

No individual may participate in more than 11 regularly scheduled high school ski races during the skiing season, exclusive of state championships. A registered skimeister may compete in 12 (6 Alpine & 6 Nordic) within the 11 meet schedule, if they desire to do so. Skimeister is a ski league event (see below for details).

NUMBER OF RACES WITHIN ONE DAY

A host school or schools could schedule part of the meet at one site, other events at another site, and then move to another site due to changes in snow conditions. Schools would count this three-site, two-day meet as one of their scheduled competitions.

UNIFORM/EQUIPMENT RULE

Complete uniform and equipment rules must be followed to ensure both safety and fairness. Racers must be in proper ski athletic attire during their competition.

SKI POLES

Unlike the 2016 FIS ruling about the length of ski poles for classic races, CHSSL skiers may use any size ski poles for a classic race.

VIDEO USE

Video will be used (if available) during a protest and may be used to DQ or overturn a DQ of a skier and to correct official results.

HOW TEAM SCORING WORKS

In individual events for both alpine and Nordic, the score for the winning individual in each event is 60 points (scoring base). The scoring base is the same for all four events. The winner receives the full value of the scoring base, and each successive finisher shall score one point less – a reduction of one point per place.

Only **three** individuals from any one team may score points in an individual event. If a fourth or fifth individual from one team finishes in a scoring position, the points to be awarded to that place are awarded to the next skier who is not a fourth or fifth skier from a team.

In case of a tie, the tying skiers are awarded the average of the points designated for the tied position and the points for the next place of finish.

The following example illustrates the scoring of a sample competition. The winner receives 60 scoring points, and each successive finisher receives one point less. As explained above, only **three** individuals from any one team may score points.

The final score of a team in the meet shall be the sum of the points earned in each of the events. If the total points are the same for more than one team, that position shall be declared a tie.

Plac	Finisher	Time	Team	Team Points
1.	Racer A	56.97	A	60 – (receives value of scoring base)
2.	Racer B	57.21	B	59
3.	Racer C	57.22	C	58
4.	Racer D	57.33	D	57
5.	Racer E	57.44	A	56
6.	Racer F	57.55	B	54.5 – (racers tied for 6 th & 7 th and share the value of the two positions)
6.	Racer G	57.55	C	54.5
8.	Racer H	57.66	A	53
9.	Racer I	58.12	A	-- (Racer I is fourth skier for Team A, so does not score team points)
10.	Racer J	58.34	E	52
11.	Racer K	58.34	A	-- (Fifth skier for Team A, so no need to split points for a tie)
12.	Racer L	59.22	H	51

Nordic Regular Season Scoring

For 2024-2025, Nordic regular season races will be scored with **four** athletes, using the above scoring as a guide. If a team does not have **four** athletes, the team will be awarded points equal to the value of one less than the last place team scoring racer for each scoring member who the school does not have.

Nordic Relay Scoring

Team scores for a relay will be given to the fastest team per school in the A relay. They will be awarded as follows:

1st: 180 points, 2nd: 170 points, 3rd: 160 points, 4th: 150 points, etc.

UNSPORTSMANLIKE CONDUCT

Unsportsmanlike conduct is conduct that is unethical or dishonorable. It includes action and/or language that will bring discredit to the individual or his/her school. Disrespectfully addressing an official, using profanity, criticizing an opponent or an official are examples of unsportsmanlike conduct. This can only be reported by a race official. Race officials are defined as members of the jury, gate keepers, timers, starters and/or finish judges. The penalty is disqualification from the remainder of the meet. If flagrant, the skier would not be allowed to ski in the next race. This must be reported on the race result sheet.

EJECTION OF A SKIER

Any skier who has been ejected from a meet shall be disqualified for the remainder of that meet. In addition, the skier shall be ineligible for the next regularly scheduled meet of the same level. A school may not schedule a meet after an ejection in order to circumvent the penalty. He/she may not take part in any other high school meet during this time. The number of races for which the participant has been declared ineligible will decrease the stated maximum allowable races for the disqualified participant. If the ejection happens *prior* to physically starting the first race of the day, the race will not count as a “start” for the skier. If the ejection happens *after* the skier has physically started racing, it will count as a “start” but will not count as qualifying time for the skier.

Any skier ejected from a second meet during the same season shall be ineligible for the next two meets of the same level. Any skier ejected from a third race during the same season shall be subject to a penalty to be determined by the Commissioner or a CHSAA administrator.

If such ejection occurs in the final contest of the season, then that player shall be ineligible for the first match or contest of the next season of any sport that player elects to play. In satisfying the penalty, the player must sit out a game in a sport in which he/she completes the season.

EJECTION OF A COACH

CHSAA Bylaws require that a credentialed coach under contract with the school district must assume supervisory responsibility for all interscholastic races. If a coach is ejected and no credentialed person from that school is available, the race shall be forfeited by that team.

If it becomes necessary for an official to eject a coach from a race for any reason, the coach shall be placed on probation in accordance with the policies established by the CHSAA Board of Directors.

TAUNTING RULE

Taunting is considered any action(s) or comments by coaches, players or spectators which are intended to bait, anger, embarrass, ridicule or demean others, whether or not the deeds or words are vulgar or racist.

Game officials shall, in all sports, follow the rules set forth by the National Federation for each sport. Penalties under these rules may include ejection or other penalties for flagrant unsportsmanship-like offenses. Taunting in all sports and or activities is an unsportsmanlike offense that may result in a game ejection with penalties as outlined in the student ejection policy (CHSAA Handbook, Article 22, Rules 2200.20 and 2240).

LANGUAGE

Competitors, coaches and officials shall maintain high standards of moral and ethical conduct, self-control and responsible behavior. The physical and emotional wellbeing of others must be considered. Courtesy and good manners must be displayed in public places at competitions. Competitors shall abide by the rules of competition in all events in public places. Competitors, coaches and officials shall avoid profane and abusive language. Skiers and coaches will be disqualified for sweating when warranted.

CONDUCT OF PARTICIPANTS

The responsibility for the conduct of the coaches, players and spectators at any athletic contest shall lie with the officials of the schools whose teams are participating in the contest.

SKIMEISTER COMPETITION

The Skimeister competition challenges high school skiers to excel in both alpine and nordic disciplines. Skiers partake in races for classic, skate, slalom, and giant slalom techniques in order to prove that they are the best all-around skier in Colorado. It is not an official CHSAA event; it is a Ski League competition. Skiers compete in each of the four disciplines throughout the regular season and try to accumulate low finishes in each event.

To be eligible to compete in the Skimeister Competition you must:

1. Have your coach must register your name before the first races of the season with the results coordinator
2. Compete in at least one (1) regular season races in each discipline and the Skimeister Championships. For nordic, this must be a state qualifier race.

To be eligible to compete in the end of season Skimeister Championships you must:

1. Start and finish one (1) nordic state qualifier races in each discipline (classic and skate)
2. Compete in at least one (1) GS and one (1) Slalom regular season race. Results of DSQ or DNF count as competing in an alpine race.

Scoring

Each individual race will be calculated to a 20 point scoring system by the following:

1. Divide 20 by the total number of starters. (This calculates finish place points)
2. Determine the points for each skimeister by multiplying their finish place by the number calculated in step 1.
3. If a skier started the race but did not finish, he or she will be awarded a 25.

To determine the overall score for a skimeister:

1. Take the one lowest score from each discipline (GS, Slalom, Classic, Skate) from the regular season and add these up.
2. Each of the regular season lowest scores is doubled.
3. Take the score from each discipline from the Skimeister Championships
3. Add these 8 values.
4. Lowest total in each gender is the winner (the skimeister for the year)!
5. The top 5 (lowest 5 totals) of each gender will be recognized and awarded at the Skimeister Championships.

The State Championships do not count towards skimeister scoring in any way.

Nordic Specific Regulations & Procedures

NORDIC RACE TYPES AND STARTS

The following types of starts are allowed for high school races: mass starts, individual starts, same-day and continuous pursuits, and wave starts.

In any pursuit race, both the classic and freestyle portions of the race may be timed as separate races if they will be used as separate races for state qualifying purposes.

In any type of start, non-high school athletes cannot start at a time that would allow him/her to overtake a high school skier. This means that in individual start races that involve non-high school athletes, these non-high school athletes should be started before the field of high school skiers. In mass start races, start times should be set so that these non-high school racers will not pass nor overtake any high school skier.

CHSSL NORDIC STANDARDIZED GLIDE WAXING

Below is the standardized glide waxing protocol for all Colorado High School Ski League races, including the Colorado High School Activities Association's State Championships.

The purpose for the standardization is to have coaches concentrate on coaching and not on finding the fastest glide wax, to create as level a playing field as is reasonable, and to reduce wax costs for all teams.

CHSSL and CHSAA expect adherence to this waxing protocol. Head Coaches are responsible to ensure that all their skiers follow this protocol. **It is up to the head coaches of the teams to control adherence to the waxing standardization with their assistant coaches, parents, and skiers.** If for some reason a skier does not follow the proposed waxing protocol, they could be subject to disqualification from races.

All teams would only be allowed to glide wax for races with one of three glide waxes. The Race Director or head coach for each race would notify all other CHSSL coaches through the results coordinator (currently Karl Remsen at leadville.nordic@gmail.com). of what they believe the glide wax would be by 6 pm on the Wednesday before a Saturday race. This would be the only glide wax allowed on race skis for any skiers participating in this race. There should be no mixing of waxes or substituting brands.

The three waxes that have been chosen are the following:

1. **Cold Swix High Speed 5 Liquid or Solid (For temperatures below 20F)**
2. **Mid Swix High Speed 6 Liquid or Solid (For temperatures from 20F to 33F)**
3. **Warm Swix High Speed 8 Liquid or Solid (For temperatures 33F and above)**

This rule has no bearing on what kick waxes or klister waxes that teams would like to use for classic races.

PACING

Athletes being paced by coaches, spectators, or other athletes not in the competition will be subject to disqualification.

JURY

Before the start of the season, three coaches are randomly assigned to be on the jury for each race. These members are the members who would make any decisions at the race regarding rules infractions, disqualification, etc.

ENTRY FORMS

Online entry forms will be used for all races.

Each coach will provide the results coordinator with a list of athletes who may compete during the season. The results coordinator will use this to create an entry form specific for each team.

For each race, the coach for each team will send the results coordinator the form with the boxes denoting who is racing and what seed they are checked. The results coordinator will then combine these entries and send them to the host school for the race that week.

Coaches should make every effort to be timely in their entries. If a school does not send their entries in on time, the results coordinator will simply enter every skier from that school with random seeding.

ALL-STATE POINTS

All State points for the CHSSL Nordic skiers are calculated for each gender. The following scoring system is used:

1. Points are calculated as follows: For each state qualifier regular season race, the top 50 in each race earn points based on World Cup points (See chart below) At the state meet, these points are the same.

World Cup points individual competitions

The first 50 athletes will get the following World Cup points in all individual competitions:

1 st place =	100 points	26 th place =	30 points
2 nd place =	95 points	27 th place =	28 points
3 rd place =	90 points	28 th place =	26 points
4 th place =	85 points	29 th place =	24 points
5 th place =	80 points	30 th place =	22 points
6 th place =	75 points	31 st place =	20 points
7 th place =	72 points	32 nd place =	19 points
8 th place =	69 points	33 rd place =	18 points
9 th place =	66 points	34 th place =	17 points
10 th place =	63 points	35 th place =	16 points
11 th place =	60 points	36 th place =	15 points
12 th place =	58 points	37 th place =	14 points
13 th place =	56 points	38 th place =	13 points
14 th place =	54 points	39 th place =	12 points
15 th place =	52 points	40 th place =	11 points
16 th place =	50 points	41 st place =	10 points
17 th place =	48 points	42 nd place =	9 points
18 th place =	46 points	43 rd place =	8 points
19 th place =	44 points	44 th place =	7 points
20 th place =	42 points	45 th place =	6 points
21 st place =	40 points	46 th place =	5 points
22 nd place =	38 points	47 th place =	4 points
23 rd place =	36 points	48 th place =	3 points
24 th place =	34 points	49 th place =	2 points
25 th place =	32 points	50 th place =	1 point

2. Points are totaled and then skiers are ranked based on highest total.

3. The top eight skiers for each gender at the end of the season are recognized as First Team All-State skiers. The second eight skiers for each gender at the end of the season are recognized as Second Team All-State skiers

ALL-STATE POINTS USED TO SEED THE STATE MEET

All-State points that skiers have accumulated throughout the season will be used to seed the state meet.

In mass start races, the top two races for each skier in that discipline will be used to rank the skiers in order to place the skiers in a chevron start.

In individual start races, the top two races for each skier in that discipline will be used to split the field into A, B, C, and D seeds. The skiers who are Bye-to-State skiers will be an E seed.

These seeds will be determined by dividing the field of skiers into about 4 groups of equal sizes.

These seeds will then start in the order determined by the host school.

ROLE OF THE RESULTS COORDINATOR

The results coordinator for the Nordic ski side currently does the following:

1. Collect and pass on all entries to race directors.
2. Clean up results from races.
3. Calculate team scores for each race.
4. Use results to update and track All State, state qualifying, and skimeister points and lists.
5. Post all of the above on the CHSSL coaches' site.

AREA RESPONSIBILITIES FOR HOSTING A MEET

These are minimum requirements for hosting a meet. Host schools may adopt stricter standards.

I. RACE VENUE AND FACILITIES

- A. Nordic race courses should be run on trails appropriate for all levels of high school skiers.
- B. Courses should be approximately 5 kilometers in length. In same day or continuous pursuit races, courses should be approximately 3 to 4 kilometers so that the total distance raced during the day does not exceed 8 kilometers.
- C. Please provide proper safety equipment as needed.
- D. As is possible, provide accessibility for spectators to the course and an area designated for athletes and spectators (for storage, changing, etc.).

II. SAFETY AND MEDICAL RESPONSE

- A. Qualified medical personnel will be on site. The trainer on duty will provide any necessary emergency care unless a team has its own certified trainer or licensed medical physician. If one exists, an area medical plan should be passed out at the team captain's meeting.
- B. All race crews and volunteers should have knowledge of medical procedure plans should an accident occur during the meet.
- C. Radio communication should be maintained throughout the race between appropriate race officials and medical personnel.
- D. Administrators and medical personnel should have course diagrams and time schedules.
- E. If temperature level drops (to) between -15° and -25°C at any point on the course, recommendations regarding cold weather protection must be given to competitors and officials. In addition, the race officials should meet (preferably with the coaches) to decide if there will be any delays or changes to the race.
- F. If the temperature in the major portion of the course is -25°C or below, the competition shall be delayed or canceled.
- G. Areas of the course that may cause injury must be marked and/or fenced off. (Reasonable accommodations to prevent injuries are mandatory.)

III. COST/LOGISTICS

Hosts should provide information to participating schools in a timely manner about race logistics, costs for the event, and, if necessary, lodging or restaurants within the proximity to race venue. This

information can either be posted directly to the CHSSL website or sent to the results coordinator who will pass it on to coaches.

IV. RACE OFFICIALS

A. The host schools should have designated at least the following officials in some form: Race director, head of timing, chief of course, chief of start, chief of finish.

B. Race crews should be adequate for course maintenance.

C. Host schools should assemble a jury ahead of time that consists of at least three members, including at least one coach from another school, to make decisions as needed.

V. TIMING

Electronic timing should be used as the primary timing system for all events. All races must have a back-up timing system, preferably manual hand-timing.

IV. RESULT REPORTING

The race organizer is responsible for reporting individual results to the results coordinator for the appropriate discipline. These results will be posted on the CHSSL coaches website. Individual coaches are responsible for distributing these to the media in their areas. CHSAA will download and publish these results on the CHSAA website (www.CHSAAnow.com).

QUALIFYING REQUIREMENTS NORDIC (NEW)

To qualify for state championships for Nordic in a specific discipline (Classic or Freestyle), a skier needs to be eligible and qualified in that specific discipline.

Eligible means that a skier must race in and finish at least 2 races in that discipline. These races may be an individual race or a relay in which the skier competes in that discipline.

Qualified means that in at least one state qualifier race from that discipline the racer must finish in the top 45% of the finishing field. Before the season begins, coaches will agree on which races count as state qualifiers and which do not. A skier may qualify in one or both disciplines. If the skier qualified in only one discipline, then the skier can only compete in that discipline at the state ski meet.

Bye to State skiers: Each school is guaranteed a minimum of four skiers in each discipline. If a team does not have four student-athletes who meet the above qualifying requirement, the school may enter as many eligible skiers as necessary to get to three competitors in a discipline. All skiers given a “bye to state” will be seeded after skiers who have met the qualifying requirements. All “bye to state” skiers must be eligible.

ROUNDING OF QUALIFIERS

In determining qualifiers for Nordic (top 45%) the decimal .0 to .49 is rounded down and decimal .50 to .99 is rounded up.

WAIVERS

Any CHSAA athlete may submit a waiver to CHSAA if his or her coach feels that he or she should be allowed to compete in the State Championships, but the athlete has not qualified for some reason out of the athlete’s control. A separate form must be submitted for each racer and event for which a waiver is requested. All waivers must have accompanying documentation and the required signatures.

Waivers will not be accepted after 12:00 pm on Monday, February 24 for Nordic. Please plan ahead and submit prior to the deadline!

The CHSAA liaison will review all waiver requests. Please contact the CHSAA liaison if you have any questions or concerns prior to your waiver submission. Athletic directors (not coaches) will be

contacted on waiver decisions by the Tuesday prior to the state meet. Waivers may be submitted prior to the due date. ***Official Waiver Form is below.*

MEDICAL SERVICES

Qualified medical personnel will be on site. The ski patrol on duty will provide any necessary emergency care unless a team has its own certified trainer or licensed medical physician. All injuries will be reported to the CHSAA liaison.

SALE OF SOUVENIR ITEMS

No sale of souvenir items such as T-shirts, etc. without prior approval by the CHSAA office is permitted at any state tournament.

JURY

There will be juries for each gender and each event. These may be that same jury for all genders and events or may be separate ones for each.

AWARDS

CHSAA gives out awards to the winners at the state meet. Athletes will receive medals for places one through five in Classical, and Freestyle. A trophy for the first and second place teams overall for men and women will be presented.

The Colorado High School Ski League gives awards to the top 16 all-state skiers in Nordic in each gender, the top 5 skimeisters in each gender, and a coach of the year for nordic.

The awards ceremony for both of these sets of awards will follow the competition and will be open to the public. In the event of a tie, an additional medal or trophy will be ordered the Monday following state championships. Please contact Bethany to confirm additional orders for CHSAA awards or Bob Feroldi for additional orders of CHSSL awards.

ACTS OF GOD

The following policy statements represent the general operating procedures of the CHSAA regarding post-season games/events, tournaments/conferences that are threatened by acts of god. Circumstances not covered by this policy are left to the discretion of the CHSAA Office for directions and/or discussions where deemed appropriate.

Team Competition

1. **Dual:** The scheduled starting time and/or date of a contest/event may be adjusted upon consultation and mutual agreement of the administrators from the two affected schools as well as consultation with the CHSAA office.
2. **Tournament Conferences:** In the event inclement weather prevents a team(s) from arriving on time for a scheduled contest as part of a post-season tournament, the following steps will be enacted.
 - a. When the number of schools participating is 25% or more that are unable to be present, the tournament/conference director, in consultation with the CHSAA, shall postpone all or part of the day's contests/activities. Alternative brackets and time schedules shall be determined by the director, in consultation with the CHSAA, which may include the contest/tournament.
3. **When less than 25% of schools are not able to attend, the following procedures will be followed:**
 - a. Notify the tournament director or designee with complete details a minimum of four hours before the scheduled starting time the day the tournament is to begin and/or other affected days of the tournament.

- b. If unable to arrive for the scheduled starting time, that segment of the bracket (match) will be moved to a later time slot that evening following the completion of scheduled contests.
- c. In the event “b” is not possible, the match(es) will be rescheduled the following morning where the schedule permits at a time to be set by the tournament director.

In the event “c” is not possible and the contest(s) cannot be rescheduled due to a facility and/or schedule conflicts, etc. the contest shall be declared a forfeit. When a consolation bracket is available, the team unable to make the contest will enter the consolation bracket.

Individual Competition:

1. Tournaments/Conferences. In the event inclement weather prevents an individual(s) from arriving on time for a schedule event as part of a post-season tournament, the following will apply:
 - a. In cases where less than ten percent of participants are affected, the event/tournament will continue as scheduled and the individual will forfeit his/her position in the draw. When a consolation bracket is involved, the participant(s) unable to make the scheduled match will enter the consolation bracket. (The sport specific rules apply, i.e. NFHS weigh-in policy).
 - b. If a number of participants in excess of ten percent cannot be present prior to the official check-in period, but are planning to attend and contact the tournament director a minimum of four hours in advance of the tournament, the tournament director—in consultation with the CHSAA—may adjust the overall schedule for the purpose of allowing maximum participation.
 - c. When the number of participants is 25% or more who are unable to be present, the tournament director-in consultation with the CHSAA—shall postpone all or part of the day’s contests/activities. Schedule/brackets and alternative plans shall be determined by the director, in conjunction with the CHSAA, which may include extending the contest/tournament.

Division of Responsibilities for the State Meet

CHSAA

1. Send a liaison to be available and present at all events for any questions or concerns.
2. Help to conduct the official ski committee meeting
3. Pay for appropriate expenses (meet officials, timing company, food, etc.)

HOST SCHOOL

1. Determine schedule of the meet.
2. Provide and plan for a coaches meeting and ski committee meeting on the night before the races. (This includes providing dinner in most cases.)
3. Hire timers.
4. Recruit volunteers
5. Be in charge of general logistics and running of the race. This includes parking, venue management, volunteers, etc.
6. Plan the banquet and awards ceremony for the last night.

CHSSL RESULTS COORDINATORS

1. Provide a list of state-qualified athletes to CHSAA for the state program.
2. Produce the start lists and send these to CHSAA and all coaches. They will need to work with host school to determine start times for races and format of races as needed to produce the start lists.
3. Calculate final team points, scores, and all state lists during and following the competition.
4. Produce a final list of award winners (possibly a slide-show presentation).

SKI LEAGUE PRESIDENT

1. Order ski league awards ahead of time.
2. Help to run the awards ceremony.

CHSAA STATE SKI WAIVER FORM

Waivers will not be accepted after 12:00 pm on Monday, February 24, 2025. Please plan ahead and submit prior to the deadline!

This waiver form must be submitted to the CHSAA office no later than the listed deadline. **Any athlete who misses any race due to a non-high school related activity will not meet the requirements for a waiver.** *Ex: If an athlete chooses to go on a college visit during their second race of a discipline, and then prior to the third race, they suffer a concussion, a waiver will not be accepted. Ex: If an athlete decides to attend a club race during the first race of a discipline and then cannot attend the second race of a discipline due to a road closure in a snowstorm, a waiver will not be accepted.*

A separate form must be submitted for each racer and event for which a waiver is requested. Waivers will only be considered for skiers who have qualified but could not meet the 2/3 race eligibility.

1.

 School

2.

 Student's Name

3.

 Coach's Name

4. Coach's Phone Number _____

5. Is the athlete academically eligible: yes no

6. Races the athlete competed in and his or her placing in each: Qualified – Check box if Yes

7. List all races that athlete missed or did not complete with explanation (please include any additional paper work to support waiver request).

8. Please attach any written explanation needed to explain why this athlete deserves to race in the state competition although they are not officially eligible.

9. Students' Signature _____

Coach's Signature _____

Athletic Director's Signature _____

No waiver will be considered without all signatures
EMAIL: Bethany Brookens – bbrookens@chsaa.org

CHSAA Nordic Skiing State Championships

February 27-28, 2025

Steamboat Springs, CO

Co-hosted by SSHS and Poudre School District

Thursday, February 27th

@ Steamboat Ski Touring Center - *hosted by SSHS*

Classic 5k (individual start)

- Girls race - 11:00 am
- Boys race - 12:00 am

*Possible evening event/activity

Friday, February 28th

@ Howelsen Hill - *hosted by Poudre School District*

Skate 5k (mass start)

- Boys race - 10 am
- Girls race - 11 am

Mixed Technique Relay (4 x 2.5 km: Classic-Classic-Skate-Skate)

- Boys Relay - 1:30 pm
- Girls Relay - 2:15 pm
- Classic, Skate, & League Awards - 3:00 pm (approx)

Entries: Entries will be automatically generated from the state qualification list. One sign-up sheet/process for both races.

Registration: Separate packet pick up for each race — coaches will need to check in both mornings for bibs and swag bags.

Entry Fee: TBD

Payment: Teams will receive two separate invoices - one for Thursday's classic race from SSHS and one for Friday's skate race from PSD.

Lodging: Stay tuned for La Quinta/ Holiday Inn state ski discounts.

Lots more info to come!