

## Section 9 Nordic Ski Guidelines

### Sectional Meet Qualifying Standards:

Minimum of 2 completed varsity races regardless of technique

In order to advance to states 3 races (2 state individual technique and 1 state relay technique) are required, prior to sectionals, without finishing in top 3 at sections or through coaches' selection

(\*Only applies in seasons with a minimum of 3 state individual and 2 relay technique races. In other years 3 races regardless of discipline are necessary)

### Point Standings Calculation (Regular Season):

Finish place of top 2 races (state individual technique) and top 1 race (state relay technique)

(\*Only applies in seasons with a minimum of 3 state individual and 2 relay technique races. In other years top 3 races regardless of discipline will count)

Sprint races will not count in point calculations, but may be counted toward the required minimum number of races

### State Team Selection:

6 skiers and 1 alternate will represent the section at states.

There will no longer be a maximum number of skiers per school.

Top 3 skiers from the sectional championship high school automatically qualify for states.

Top skier at sectionals automatically qualifies for states.

Up to 2 qualified skiers may be selected by unanimous coaches' selection

Remaining skiers will be determined using the following formula:

Regular season points x 0.60 + Sectional finish place x 0.40

The alternate must come from the winning high school unless that school is already sending 4 or more

### Sectional Race:

All Sectional titles will be determined at this race

High School team scoring will be determined as follows:

The top 3 athletes will score with the 4<sup>th</sup> acting as a displacer. Athletes will be awarded points based on their finish and the total number of points determined by the following formula. Number of teams racing x 4 racers per team (Ex. 5 teams x 4 racers = 20 points). 1<sup>st</sup> place will be awarded 20 points, 2<sup>nd</sup> place 19, etc. down to the last racer who will be awarded 1 point. All athletes finishing in 5<sup>th</sup> or lower on their respective teams will not score points. The sum of the total points from the top 3 athletes from each team will determine each team's score with the highest total being the Sectional Champion High School.

The Sectional Race will consist of a 10k boys race and 7.5k girls race consistent with the state individual technique if conditions permit.

### Regular Season Meets (also scored as an invitational):

A maximum of the top 4 athletes will score with the 5<sup>th</sup> acting as a displacer. Athletes will be awarded points based on their finish and the total number of points determined by the following formula. Number of teams racing x up to 5 racers per team (Ex. 5 teams x 4 racers plus 1 team x 4 racers = 24 points). 1<sup>st</sup> place will be awarded 24 points, 2<sup>nd</sup> place 23, etc. down to the last racer who will be awarded 1 point. All athletes finishing in 6<sup>th</sup> or lower on their respective teams will not score points. The sum of the total points from the top 4 athletes from each team will determine each team's score with the highest total being the winner of the meet.

### Waxing

No waxes higher than CH bought or applied by team until sectionals