

Revised 2021-2022 Nordic Ski By-Laws for Section IX

Teams: Monticello, New Paltz, Rondout (shadows New Paltz), and Walkkill

In Nordic Skiing at the State Championship Race the technique alternates each year between Classic and Skate. For example, when the State Individual Championship Race is a classic race the State Relay/Team Race becomes the skate race. The next year it would switch to skate technique for the State Individual Race, and the classic technique becomes the State Relay/Team Race.

In Section IX, before we hold our Sectional Meet, we try to offer at least 3 races in the State Individual Technique for that year, and 2 races in the Team/Relay Technique. In a year there is not enough snow to accommodate the techniques, we strive to compete in at least 4 races regardless of technique before we have our Sectional race.

Sprint races will not count towards point standings but may be counted toward the required minimum 3 varsity races needed to compete in the Sectional championship race.

Waxing:

1. No waxes higher than CH to be applied to skis prior to Sectionals
2. Floral waxes are no longer allowed in Nordic races in most facilities and levels of racing. **This is a change starting the 2020-2021 Nordic season.**

Regular Season Scoring: Top 4 skiers score, and the 5th skier acts as a displacer. If a team has less than 5 skiers, they will score team points for the skiers that compete in the race.

Example for Scoring: Two teams have 5 or more racers and one team has 4 racers and one team has 3 racers. The total points are 17 (2x5 plus 4 plus 3=17). The first place skier receives 17pts, 2nd place receives 16 pts, 3rd place receives 15 pts etc. The sum of the top 4 racers from each team will determine their teams total. If a team has less than 4 skiers then the sum of their racers points will be the total.

To qualify for skiing in the Sectional Championship Race a skier must have competed in **3 races (JV or varsity)**-regardless of the technique. If a coach determines their skier is not safe for the terrain of the course the athlete should not participate in that race. **During this COVID year, if a team is quarantined during the race season we will change our By-laws to the following; Any racer can compete in Sectionals as long as the coach deems they are safe for the course offered.**

Sectional Championship Race: 10K Boys and 7.5K Girls

1. Individual Section IX Champion will be determined at this race. Winner of this race is the Champion.
2. Team Section IX Champion is determined by; Top 3 skiers score and the 4th skier acting as a displacer. If a team has less than 4 skiers, they will score team points for skiers that compete in the race.

Example for Scoring: Three teams have 4 or more racers and one team only has 2 racers. The total points are 14 ($3 \times 4 + 2 = 14$). The first place skier receives 14pts, 2nd place receives 13pts, 3rd place receives 12pts etc. The sum of the top 3 racers from each team will determine their teams total. If a team has less than 3 skiers then the sum of their racers points will be the total.

State Meet Selection: 6 racers plus 1 alternate for boys and girls teams. The top 3 skiers from the Sectional Championship team plus an alternate skier from that team if they do not have a 4th skier to qualify.

To advance to the State Meet in a year **we offer** at least 3 races in the State Individual technique and 2 in the State Relay techniques skier's Point Standings are based on;

1. The finish place of the top 2 varsity racers of the State Individual Technique for that year, **and**
 2. The best finish in one of the varsity race of the State Relay technique **and**
 3. Sectional finish place.
- Winner of Sectionals automatically qualifies if they have participated in **3 varsity races (JV races do not count)**. The Sectional race can count towards the third race.
 - Two skiers of each gender could possibly qualify by unanimous coach's decision if there are unusual circumstances that apply to the top skier.
 - The remaining individual spots are based on the regular season Point Standings $\times 0.60$ **plus** Sectional place $\times .40$

To advance to the State Meet in a year **we do not** have enough snow to offer enough races in both techniques the skier's Point Standings are based on;

1. Their place in any **3 varsity races** regardless of technique, **and**
 2. Sectional place finish.
- Winner of Sectionals automatically qualifies if they have participated in **3 varsity races (JV races do not count)**. The Sectional race can count towards the third race.
 - Two skiers of each gender could possibly qualify by unanimous coach's decision if there are unusual circumstances that apply to the top skier.
 - The remaining individual spots are based on the regular season Point Standings $\times 0.60$ **plus** Sectional place $\times .40$