

NORDIC SKI

(BOYS AND GIRLS) ALL CLASSIFICATIONS

A. SEASON

2017-2018 Season

October 25, 2017 - First Practice

November 9, 2017 - First Contest

*Eligibility List due prior to First Contest (Article 12, Section 10)

February 17, 2018 - Last Contest (Regular Season or Conference Championship)

B. PRESEASON

No restrictions on students.

C. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before his/her first day of competition.

D. INDIVIDUAL NON-SCHOOL PARTICIPATION

ASAA has no limitations on students participating on non-school nordic ski teams while they are members of a school nordic ski team.

E. RULES

The Ski and Snowboard Association (USSA), and International Ski Federation (FIS) Rules, will be utilized with some modifications/additions as noted in the ASAA Nordic Ski Manual.

F. MEET LIMITATIONS

ASAA has no limitations on total number of meets allowed for either teams or individuals.

G. STATE CHAMPIONSHIPS

1. DATE

February 22-23-24, 2018

2. SITE & HOST

Birch Hill Trails - Fairbanks

Hosted by ASAA, Nordic Ski Club of Fairbanks, Fairbanks Northstar Bough School District

3. CHAMPIONSHIP RACE FORMAT

a. State Qualifying

The ASAA Nordic Ski Championship is a single classification event in which all schools are entered and compete together. All schools that have Nordic ski programs are invited to send one

boys team of six individuals and one girls team of six individuals. Schools can send less than a complete team if they wish. Team members will be selected by the head coach with no specific qualifying criteria other than normal ASAA eligibility rules.

b. Competition

The state championships are held over a three day period with one race for boys and girls teams each day. Races include two individual competitions and one relay competition. The style of races (classic or free) will alternate each year.

c. Race Order Schedule

ODD YEARS:

Day 1: Individual Classic Race (7.5k boys / 5k girls)

Day 2: Mass Start Freestyle Race (7.5k girls / 10k boys)

Day 3: Team Relays (4x3k girls / 4x5k boys)

EVEN YEARS:

Day 1: Individual Freestyle Race (5k girls / 7.5k boys)

Day 2: Mass Start Classic Race (10k boys / 7.5k girls)

Day 3: Team Relays (4x3k girls / 4x5k boys)

4. SEEDING PROCEDURE

There will be 6 seed groups for each individual race. Only one skier per team may be placed in each group. The head coach will assign each skier to a group. The start order for the groups will be in numerical order. The group number does not indicate a skier's ability level. If the coach prefers the best skier to ski last, then that skier should be entered in group #6.

Start positions for the mass starts will be determined by the results of the individual races. Start positions for the relay will be assigned based upon the team rankings after the first two days' events.

5. STATE POLICIES & PROCEDURES DOCUMENT

This detailed document outlining Nordic skiing championship information (i.e. roster limits, passes, deadlines, game protocol, facility info, coaches meetings, etc), will be available online prior to the start of the championship on the Nordic Ski Coaches web page. State qualifying teams are required to review this document.

6. STATE CHAMPIONSHIP FORMS

All forms should be submitted online at the ASAA website, on the nordic ski coaches page prior to the deadline.

- Nordic Ski State Championship Entry-Roster Form
- State Championship Photo Upload Form (use if photo not submitted with roster)
- State Championship Code of Conduct
- Good sport selection Form
- Academic Award Entry Form

7. STATE CHAMPIONSHIP DEADLINES

Deadlines can be found on the asaa.org website within the sport specific state championship policies & procedures and on the sport specific forms page.

8. AWARDS

For Boys and Girls

- a. First and second place trophies

- b. Six Individual Medallions for the first and second place teams
- c. 10 Individual Medallions for the first 10 finishers in each race
- d. Four first place and second place medallions of the first and second place relay teams
- e. First place plaque for the top 1A, 2A or 3A team.
- f. Three Individual Medallions for the first three 1A, 2A or 3A finishers
- g. Academic Award
- h. Skimeister Award
- i. One Good Sport Team Member: Members are selected by their head coach to be honored for outstanding citizenship and sportsmanship throughout the entire season
- j. 10 All-State Team Certificates