

NORDIC SKI

ALL CLASSIFICATIONS

Participation on girls' teams shall be limited to females who were assigned female at birth.

A. SEASON

2023-2024 SEASON

October 25, 2023 - First Practice

November 9, 2023 - First Contest

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

February 17, 2024 - Last Contest (Regular Season or Conference Championship)

B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition. (Article 7, Section 7)

C. 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.

D. 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.

NOTE: Given the health risk and environmental concerns connected to fluorine waxes ASAA is recommending all nordic ski programs refrain from using Fluoro waxes

E. CONFERENCES

Nordic Ski teams are not currently categorized into conferences.

F. MAXIMUM MEETS

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

G. STATE CHAMPIONSHIPS

1. DATE

February 22 - 24, 2024

2. SITE & HOST

Kincaid Park Trails, Anchorage

Hosted by ASAA & Nordic Skiing Association of Anchorage

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 programs are invited to send one Nordic Ski team of six individuals and one Girls Nordic Ski team of six individuals. Schools can send less than a complete team if they wish. Schools may also send up to four adaptive skiers. They must notify ASAA by February 3, 2024 if they are bringing a Paralympic or a Sit skier. 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 Nordic Ski and Girls Nordic Ski 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 (5K)

Day 2: Mass Start Freestyle Race (7.5K)

Day 3: Team Relays (4 x 3K)

EVEN YEARS:

Day 1: Individual Freestyle Race (5K)

Day 2: Mass Start Classic Race (7.5K)

Day 3: Team Relays (4 x 3K)

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.

- School Activities Reporting System (SARS) eligibility roster
- Nordic Ski State Championship Entry Form
- State Championship Photo Upload Form
- 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

- a. First and second place trophies
- b. Eight Individual Medallions for skiers, coaches, managers of the first and second place teams
- c. Team Sportsmanship Award
- d. Academic Award
- e. 10 Individual Medallions for the first 10 finishers in each race
- f. Four first place and second place medallions of the first and second place relay teams
- g. Skimeister Award
- h. First place plaque for the top Division II team.
- i. Three Individual Medallions for the first three Division II finishers
- j. Individual medallion for the top 2 male and female finishers in each adaptive skier category
- k. One Good Sport Team Member
Members are selected by their head coach to be honored for outstanding citizenship and sportsmanship throughout the entire season
- l. 10 All-State Team Certificates