



# 2021 ASAA/First National Bank Alaska Nordic Ski State Championships State Policies & Procedures

**Date:** Thursday, Feb. 25 - Saturday, Feb. 27  
**Location:** Government Peak - Palmer

**Qualifying Process:** All schools that have Nordic ski programs are invited to send one boys team of 6 individuals and one girls team of 6 individuals. Schools can send less than a complete team if they wish. Team members are to be selected by the head coach with no specific ASAA qualifying criteria other than normal eligibility rules.

**Race Format:** The state championships are held over a three-day period with one race for boys and one race for girls each day. The races include two individual competitions and one relay competition. Race order:

- Day 1 – Individual Classic Race (7.5k boys, 5k girls)
- Day 2 – Individual Freestyle Race (7.5k girls, 10k boys)
- Day 3 – Team Relays (4 x 5k boys followed by 4 x 3.5k girls)

**Roster:** ASAA is using PlanetHS for its School Activities Reporting System (SARS). Schools will need to indicate which students have qualified for state. This can be done by accessing the Nordic Ski roster and indicating the student is a state qualifier. In addition, Entry-Roster form must be submitted online **by 2pm on Sunday February 21**

### Seeding:

Day 1 There will be six seed groups for the classic race. Only one skier per team may be placed in each group. Due to the pandemic we are asking that coaches place their fastest skier in the first group, 2nd fastest in group 2 etc. Coaches have the option to change their seeds at the Tuesday Coaches Meeting

Day 2 The results of the Day 1 races will be used to seed the freestyle race. There will be no manipulation of the Thursday results by the Race Committee to accommodate any issue that might occur with an individual (illness, breaking a pole, etc.). Individuals own their positions, not the team.

Day 3 Relays The relays involve four skiers. To qualify as a Girls team, all four participants must be female. All 4 legs of the relay will be classic technique. Teams will submit their order of racers at the Friday coaches meeting. Race day changes in start order must be submitted to the race secretary no later than one hour prior to the start of the first relay event of the day. Start positions for the relay will be assigned based upon the team rankings after the first two day's events. Mixed teams of different schools may not be entered in the relays.



## **Nordic Ski State Championships**

**February 25-27  
Government Peak - Palmer**

### **SUNDAY, FEB. 21 - 2:00 PM**

- [Eligibility Roster Finalized](#)
- [State Entry Form](#)
- [Code of Conduct Form](#)
- [Photo Upload Form](#)
- [Good Sport Selection Form](#)

### **TUESDAY, FEB. 23 - 5:00 PM**

- [Academic Award](#)

### **Tuesday, FEB. 19 - 6:00 PM**

- Mandatory Coaches Meeting via zoom

Any Questions, please contact ASAA  
at Email: [championships@asaa.org](mailto:championships@asaa.org)

## **2021 Nordic Ski POLICIES & PROCEDURES**

**Substitutions:** In the event an entered contestant is unable to compete due to extenuating circumstances (illness, injury, ineligibility), a substitute may be entered at the coaches meeting prior to the first day of competition. Once that meeting has ended, teams cannot add substitutes.

**Rules:** The USSA/FIS rules will be utilized with some modifications/additions as noted in the Alaska Nordic Skiing Manual.

**Timing and Start Formats:** In all interval start events, electronic timing with start wands and finish beam will be used. For individual races, intervals between skiers will be 30 seconds. However, if race conditions warrant, the Competition Jury may approve shorter or longer intervals. This decision shall be communicated at the coaches meeting prior to that day's race. Coaches are responsible for getting their athletes to the start line on time.

**Scoring:** Scoring is based on time. The time for each racer's individual race is combined to determine the skimeister, the top ten in each event and the All-State Team. The team scores are based on the times of the top four finishers in each race. That score is added to the relay score to determine the final place finish.

**Competition Jury:** The Jury will be comprised of a minimum of 3 of the following (or their replacements):

- |                         |                              |                        |
|-------------------------|------------------------------|------------------------|
| 1) Technical Delegate   | 2) Asst. Technical Delegate  | 3) ASAA Representative |
| 4) Chief of Competition | 5) Host School Administrator |                        |

**Course Maps and Facilities:** Course maps for each race will be posted at [matsuski.org](http://matsuski.org). The maps will be reviewed at each coaches meeting where further instructions regarding warmup areas, spectator areas, etc. will be announced. ASAA will work with the Meet Director to ensure that the courses used for state competition meet all safety and technical requirements as specified in the USSA rules.

**Results:** Results can be found at [zone4.ca](http://zone4.ca).

**Coaches Meeting:** There are 2 scheduled coaches meeting. Tuesday's is mandatory. The course and procedures for the next day races will be reviewed.

- Tuesday February 23 at 6:00 PM - via zoom
- Thursday February 25 at 6:00 PM - via zoom
- Friday February 26 if needed

**Protests:** A head coach may file a protest against the results or against some sanction taken by the jury. This must be done in writing within 15 minutes following the posting of unofficial results. The jury will hear the protest, discuss the issue and make its ruling. Decisions by the jury are final and cannot be appealed. Once official results are posted, there can be no protests and the only changes to the results will be for clerical errors that are discovered.

**State Merchandise:** Can be found at <https://nwd.ink/s/asaastore/>

**Event Supervision:** Each participating school will be requested to identify an Administrator or other person approved in advance by the Principal who is responsible for the conduct of its coaches, participants and fans throughout the contest, as defined in the ASAA bylaws Article 6, Section 4. Please have the designees check in with ASAA staff upon arrival at the event.

**Awards:** Will be distributed to the coaches prior to their leaving the meet or sent to the school.

### **2021 Nordic Ski POLICIES & PROCEDURES**

**Participation Fee:** The Board of Directors has authorized the assessment of a participation fee for all state championships and festivals. The fee for Nordic Ski teams will be \$10 per student participant. Once the deadline for withdrawals and substitutions has passed the state meet, the roster will be considered final and schools will be invoiced that amount following the event.