



2012 Nordic Skiing Rules

1. All races are mass start in a single wave. Please “self seed” based on projected finish order.
2. Prior to the start of your race, assemble at the entrance to start area with your skis and poles in hand. No skier will be admitted to the start area with his or her skis on.
3. Timing chips will be distributed near the start area.
4. Any racer substituting another racer’s bib number or timing chip will be disqualified. All racers must be registered.
5. Parents may accompany juniors in the 1/2k children’s event without registering as competitors.
6. All racers must have their ski tips behind the starting line prior to the start. Any competitor attempting to achieve an unfair advantage will be disqualified. Listen carefully to the instructions of the starter.
7. **Note Well:** Warm-up areas have been designated near the start area. All warm-ups, cool downs and wax testing are restricted to designated areas.
8. After completing your competition do not re-enter the course for any reason.
9. Skiers who deviate from the official course must either 1) re-ski the omitted portions or 2) disqualify themselves from the competition and notify the timers of such. If you drop out for any reason, please notify the timers at the finish line and drop your timing chip off at the finish line.
10. **Note Well:** Racers completing the first lap of the 43k race must stay to the right in the finish and start areas. Do not cross the finish line, as this may result in an incorrect chip time.
11. The tracking rule will be enforced. Slower skiers please keep to the right. A slower skier must yield to a faster oncoming skier if a request to “track” is made. Double pole for the first 200 meters to avoid entanglement with other skiers.
12. When entering the finish zone (last 200 meters) choose one of the divided lanes. Lane changes will be allowed only when it does not interfere with another competitor.
13. Please show courtesy and common sense when on the course. Dangerous or unsportsmanlike behavior will result in disqualification.
14. **Note Well:** Single or double skating during the classical races will result in disqualification. Spotters will be present on the course. No warning will be given. In corners that are too sharp or where there are no tracks, it is permissible to use one or a series of skating steps to ski through the corner.
15. Medical personnel will be present to monitor for signs of hypothermia or frostbite. They reserve the right to remove any racer who cannot safely complete the course. Water and electrolytes fluids will be available at the aid stations.
16. Cutoff times may be enforced for the 43km races.
17. Please yield to emergency vehicles and groomers.
18. Finish line personnel will assist you in removing your timing chip. You will be charged for lost chips.
19. All rulings of the race jury are final. All protests must be presented to the controller in the chalet prior to the posting of results.
20. Spectators may walk to several vantage points along the course. Please stay off the trail surface.