

BY-LAWS OF THE CALIFORNIA NEVADA INTERSCHOLASTIC SKI AND SNOWBOARD FEDERATION

I. SEASON

The competition season shall begin the day after football season officially closes and end on or about March 15. Changes in the by-laws and/or league procedures must be made prior to the start of the competition season.

II. ELIGIBILITY RULES

1. Members must obey the CNISSF Constitution and By-Laws. Since members do not give up membership in their CIF Section or the Nevada Interscholastic League they must obey rules or regulations of their local section or state if such rules and regulations are stricter than that of the CNISSF.
2. School regulations for league memberships shall be:
 - a. Payment of dues no later than November 1st. Individual schools will pay dues to CNISSF. Schools that are delinquent will not be allowed to participate in any races until their dues are current.
 - b. All members must be prepared to sponsor at least one race on a weekday during the season.
 - c. Once a school has lost its eligibility a 2/3 vote by the league members is required for reinstatement.
3. A letter of intent signed by both the Principal and the Athletic Director is required by November 1 if a team wishes to take a leave of absence or withdraw from the Federation. This letter will be on school letterhead and submitted to the Chairman of the Ski Council.
4. The start of the season is the December Coach's Meeting. No decisions may be made during the race-season, which affect the season in progress.

III. DIVISIONS

1. The Realignment Committee (Ski Council Chairman and Division Coordinators) will meet prior to the Spring Coaches Meeting to consider the following competitive season's team placements. This recommendation shall be final.
2. Members of each division will meet the following criteria:
 - a. The school must recognize skiing/snowboarding as an interscholastic sport.
 - b. The school must provide a certificated teacher-coach.
 - c. The team must be able to participate in weekday races.
3. Each division will have a minimum of three schools and a maximum of seven schools.
4. Alpine (Skiing/Snowboarding) Divisions
 - a. Application for membership in these divisions must be received by the Spring Coaches Meeting. The application must be signed by the school's principal and must be presented by him or his representative.
 - b. Schools are assigned to divisions by the Re-alignment Committee.
5. The names of the divisions will be based on geographical location such as "North", "Central" . . . "South"
6. Nordic Divisions
 - a. The Nordic Divisions shall consist of those schools that are interested in cross-country ski racing and are members in good standing of the CNISSF.
 - b. Application for membership in these divisions must be received by the Spring Coaches Meeting. The application must be signed by the school's principal and must be presented by him or his representative.
7. Loss of Eligibility shall result if a school:
 - a. Fails to meet the criteria of Article III, Section 2.
 - c. Drops out of their division. (May re-apply)

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IV. EVENTS

1. Each alpine division will schedule at least
 - a. Three giant slalom races
 - b. Three slalom races/Terrain giant slalom races during the regular season.
2. The Nordic season will consist of not less than six races.
3. Each team's eligibility for the championships will be dependent upon participation in each scheduled event.

V. STANDARDIZATION OF EVENTS

1. Skiing will adopt the U16 course setting guidelines published each season by USSA.
2. Snowboard will adopt the course setting guidelines published each season by USSA, with the addition that all parallel events must be a minimum of 10 meters distance between courses.
3. All race venues need to have at least a non-scored race homologation and the security of the race must meet those standards.
4. Nordic
 - a. In regular division meets girls will not run less than 5 km and boys will not run less than 7 km.
 - b. In championship meets girls will run not less than 7 km and boys will run not less than 10 km.
 - c. Consideration will be given to snow conditions, temperature, and elevation.

VI. LEAGUE MEETS

1. In all meets, current FIS rules and applicable portions of the USSA Competition Guide will be followed in addition to the following.
2. Each division will determine the number of contestants for each school and the method of team scoring.
3. Each event will have points awarded to the top finisher equal to the number of starters in the race, with points awarded to each succeeding finisher in a descending scale. e. g. 48 entries, 1st place points - - 48, 2nd place points - - 47, 3rd place points - 46, and so on down to 1 point. Racers in categories of DSQ, DNF, and DNS will be ineligible for points. The division will use the same number of maximum points for all races during the season.
4. In case of a point tie, whether for an individual racer finish position or a point tie for a team finish position, the racer or team with the lowest time(s) will receive the better ranking in the results.
5. 3/4 of all schools in good standing in the division must participate in each meet to constitute a league meet. Weather and impassable road conditions are the only legal excuse for non-participation in a meet.
6. Each division will implement a penalty point system during their race season. Divisions will decide who may report penalty points. The jury decision about assigned penalty points is final. Penalty points will be deducted for the following infractions: 5 points will be deducted from the racer score and 5 points from the combined team score for
 - a. Unsportsmanlike conduct (Includes profanity, disrespect for race officials, coaches, and parent volunteers)
 - b. Race apparel violations. (Racers will wear apparel with numbers visible both front and back on the outside of their clothing at all times on race days).

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- c. Skiing within the designated course area in such a way as to present a danger to other skiers or gain an advantage by shadowing the course (Racers will not ski 2 or more race turns parallel to the set course).
- d. Racers will wear an approved helmet during a school-sanctioned activity with their coach (practice, pre/during/post-race)
 - i. When their feet are attached to skis or board
 - ii. When they are gate-keeping

Racers may remove their helmet when they are outside the race area when the skis or board are not attached to their feet unless otherwise specified by the Chief of Race or other race official. The race arena is defined as the fenced off area from the start wand through and including the finish corral. 5 points will be deducted from the women's team score and 5 points deducted from the men's team score for Gatekeepers who are late to their station

VII. DUTIES OF MEET SPONSORS

1. The meet sponsor will be responsible for assigning a referee.
2. Courses shall be set by a competent course setter, if applicable
3. All courses shall be approved by the referee.
4. The sponsor shall be on hand at the meet site in ample time to receive teams and arrange the meet.
5. All alpine meets should start by 10:00 a.m, unless otherwise noted.
6. All Nordic meets should start by 11: 00 a.m, unless otherwise noted.
7. Meet sponsors are responsible for having times posted.
8. The Division Coordinator is responsible for notification of any cancelled meet or change of meet area in ample time prior to the meet to all schools participating.
9. The sponsoring school is responsible for obtaining the necessary help to properly officiate the race.
10. There shall be a minimum of 1 gatekeeper for each 5 gates for each event.
11. Race results shall be provided to the web master for posting within a reasonable time.
12. Drawing for the competitive seasons running order shall be done at the Spring Coaches Meeting. This running order shall be rotated one or two places each meet. The rotation number shall be decided upon at the Spring Coaches Meeting.

VIII. DUTIES OF THE CONTESTANTS

1. Racers who are late for their start will run just before the last racer on the start list for that event.
2. Reruns shall be at the discretion of the referee. Racers shall complete reruns as soon as possible.
3. Contestants shall abide by arrangements made with local ski lift operators and hold themselves on call by meet officials.
4. Contestants shall respond readily for extra services as requested by meet officials that are as hill tamperers, flag carriers, gatekeepers, and so on.

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5. Contestants may be disqualified for bothering the timer by asking for his or any other racer's time. The coach is responsible for warning team members about this regulation.
6. Any racer who displays unsportsmanlike-conduct, smoking or drinking, at the ski area and/or during a race will be disqualified from the meet. An alcohol violation will disqualify a racer for the remainder of the race season.
7. Racers will wear race apparel with numbers visible both front and back on the outside of their clothing at all times on race days.
8. All gatekeepers who have disqualified racer(s) must report to the bottom of the course at the end of the race and stay until dismissed by the referee. Failure to comply will result in the racer/gatekeeper being sanctioned (not allowed to race in the next meet). Appeal may be made to the jury.
9. There will be no skiing within the designated course area in such a way as to present a danger to other skiers or gain an advantage by shadowing the course. (Racers will not ski 2 or more race turns parallel to the set course)
10. Racer profanity if heard by two consecutive gate-keeping stations will disqualify the racer from the competition.
11. FWS racers who choose to participate in FWS races rather than in scheduled high school races are subject to individual coach/individual team rules.
12. Racers will wear an approved helmet during a school-sanctioned activity with their coach (practice, pre/during/post-race) See Section XV
13. Racers will wear ski or board clothing, which covers arms and legs while training or on a racecourse.
14. Gatekeepers will wear their helmets while gate-keeping.
15. A racer will participate in only one event during the season and must make his/her choice prior to the first race.
16. Individual schools/school districts will make the decision whether to allow racers in terrain parks on training and on race days.

IX. DUTIES OF THE OFFICIALS

1. Officials shall know and check all items of their particular duty.
2. Officials shall exercise due care and judgment to assure a high safety factor over all courses set.
3. Officials of the meet shall follow the FIS course rules for individual scoring and timing when applicable to the meet.
4. The Jury will be responsible for making the decision to cancel the second run.

X. FEDERATION DUES

The dues for each member of the federation shall be set each year and will be payable no later than November 1st. Individual schools may pay dues to their division coordinator. Schools who are delinquent will not be allowed to participate in any races until their dues are current.

XI. RACE SCHEDULES

1. Race schedules for the coming year will be prepared by each division at the Spring

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Coaches Meeting. Included in these schedules will be bye dates.

2. Races may be rescheduled to a bye date for the following reasons:
 - a. Inclement weather
 - b. Highway conditions
 - c. Ski area request
3. Races may be rescheduled to a non-bye date by approval of 75% of the schools in the division.
4. The preferred dates for the Alpine Championships are the first Monday, Tuesday, Wednesday and Thursday in March. The dates are selected at the CNISSF meeting held the previous spring. The preferred make up dates for the Alpine Championships are the second Monday, Tuesday, Wednesday and Thursday in March.

XII. CHAMPIONSHIP MEETS – ALPINE

1. The championship meet will be scheduled for four days. The meet will be invitational on the following basis. Each full team will bring a minimum of three racers per event. (Women's slalom, men's slalom, women's giant slalom, men's giant slalom). A "full team" is defined to have three or more racers per gender. A team with less than three racers per gender is defined to be a "small team." Each racer must have started in two of three races in that event during the regular season to qualify as a racer.
2. Each division will rank their racers in each discipline by combining the racer's points for his/her two best finishes.
3. To determine qualifiers from the division, each division will calculate 3 times the Number of full teams in the division. In addition a small team with two racers will bring two qualifiers and a small team with one racer will bring one qualifier. The total qualifiers (racers) for the division will be

$$3(\text{number of full teams}) + \text{total number of qualifiers from small teams} = \text{Number of qualifiers above the cut-off line}$$

4. Schools may bring as many racers as they have above this cut-off line.
 - a. In addition if a full team has less than 3 racers above the cut-off line, the team may take racer(s) below the cut-off line to achieve 3 racers total.
 - a. Small teams will take all qualifiers.
 - b. To accommodate absent racers, the next 2 division qualified racers, will be identified as alternates, to fill the division spots in each discipline.
 - c. Division of submission of Championship qualifiers and alternates, to be completed by 1 week after divisions final race or the Monday prior to the champs, whichever comes 1st. In the event a division has to finish late, they have 24 hours to submit results.
 - d. Once the initial qualifiers approval list has been returned to the Division Coordinator, there will be 48 hours to make final changes. This is the last opportunity to make qualifier changes.
5. A racer must have started in two of three slaloms to qualify for the Championships in slalom.
6. A racer must have started in two of three giant slaloms to qualify for the Championships in giant slalom.
7. Each division will submit a run order ranked from highest to lowest points in each

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discipline (based on two races). The order for ski in each flight will be N I, N II, CI, CII, SI, SII. The order for snowboard in each flight will be NII, NI, CII, CI, S II, S I. This order will begin with the divisions that are sponsoring the Championships.

8. Any racer from above the cut-off line who does not participate will not be replaced. Should this non participation by a racer above the cut-off line cause a "full team" not to have a team of three racers qualifying in that event, the "full team" may take one more racer (for a total of three) if the team has another qualifier farther down the list.
9. Start lists are final at the Coaches Meeting the afternoon before the race.
10. Second run order will be determined by reversing the order of the first 12 (2 x the number of divisions) racers followed by the remainder of the racers running in first run time order.
11. For the first run in dual events, odd numbers on the start list will run on the red course and even numbers on the start list will run on the blue course. For the second run, the order of the first twelve racers (2 x the number of divisions) in the first run will be reversed. The odd numbers on the start list will run on the red course the even numbers on the start list will run on the blue course. The remainder of the field will run in first run time order with racers running on the opposite colored course. (E.g. first run on blue/second run on red)
12. There will be 1st-3rd place team banners.
13. Team points will be tallied by adding those points earned by the top three finishers for each school in both slalom and giant slalom for men and women.
14. The sponsoring division will be responsible for the race order and will run first in each flight. The number of flights will be set by the division, which brings the largest number of racers. Placements in the flights will be as in division races.
15. Each division may choose an all-division team (women ski, men ski, women board, men board, Nordic women, and Nordic men) and may select the numbers of members on the team. If a division selects an all division team of more than 10 members, that division will pay for the extra awards.
16. Two independent electronic timing systems will be provided at the Championships.
17. SNOWBOARD STUBBIES will be used in all snowboard championship events.
18. A "team" set is required for all Championship courses. (One member of the "team" sets the course and the other member of the "team" verifies that the setter is meeting all course requirements such as red/blue, delays, flushes and combinations in slalom, distance and gate count for the hill percentage.)
19. The school year of the racer will be listed on the start list(s) and race results in the format 9, 10, 11, and 12.
20. Gate Judge assignments will be made as follows:
 - a. Two stations per division per day.
 - b. School name will be provided to the Championships Coordinator two weeks prior the Championships
 - c. Individual gate judges must be approved by the Division Coordinator.

XIII. DIVISION SCORING

The method of team scoring for divisions will be decided by each division.

XIV. DUTIES OF THE COACH

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The coach is responsible for access to his/her gatekeepers.

XV. RACE HELMETS

1. Racers will wear an approved helmet during a school-sanctioned activity with their coach (practice, pre/during/post-race)
 - a. When their feet are attached to skis or board
 - b. When they are gate-keepingRacers may remove their helmet when they are outside the race arena when the skis or board are not attached to their feet unless otherwise specified by the Chief of Race or other race official. The race arena is defined as the fenced off area from the start wand through and including the finish corral.
2. Helmets are defined as being made of a single molded hard shell and padding which covers the entire head, thereby including both ears entirely and extending down to a point adjacent to the wearer's jaw. These helmets shall be specifically designed and manufactured for snow sports competitions and conform to recognized and appropriate standards such as CEH.Din 1077, ASTM F2040, Snell S98 or RS 98. Helmets must be worn as designed, including a buckled chinstrap.

For 2017-2018 season this graduating rule will read: All 9th and 10th grade racer helmets must be FIS certified with an attached label. Returning racers (grades 11-12) may continue to use their current helmet (non-FIS certified) for the remainder of their high school racing career unless it should sustain damage.

Helmets designed for other sports, such as kayaking or baseball, are strictly prohibited and will result in racer disqualification. Should an entire team elect to wear inappropriate helmets at any CNISSF sanctioned event whether a practice or pre/during/post race, the entire team will be disqualified. "Disqualification" during a practice means that the racer will not be allowed on the slope.

XVI. RACE RULES

1. Overtake/Interference Rule-
Racer A has fallen or is terminally slow. Racer B is approaching from above. Racer A must move out of the way of Racer B to let B pass.
Racer B has two options:
 - a. To finish the course and obtain a time.
 - b. To pull out of the course and ask for a re-run if Racer A is in the course and is a verified obstacle as noted by a gatekeeper or race official.
Racer A has three options:
 - a. Is disqualified if he/she is an obstacle in the course for Racer B
 - b. To hike (if necessary), clear the gate(s), finish the course and obtain a time.
 - c. To not finish (DNF)
2. Ski Binding Release
A binding release occurring more than two gates above the finish in slalom, giant slalom, or super G, or one gate in downhill, shall be considered a "clear disqualification". Racers may not continue on course. A racer may finish on one ski within the last two gates; or cross the finish line on no skis if he/she has fallen after passing through the last gate prior to the finish.
3. Snowboard Hiking
Only one foot need be attached to the board for snowboard hiking.
4. For CNISSF events, hiking to clear missed gates is permissible in SL and GS events.
5. Regulations for ski Length/Height off Snow

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The minimum ski length for CNISSF racers is 130 cm. The standards for (a) height of boot, binding, and plate and (b) height of ski to top of plate for CNISSF racers will be in the range of U16 to U19 standards.

6. Snowboard Gate Passage

A gate has been correctly passed when both feet of the competitor, fixed in both bindings, cross the gate line outside the turning pole. The gate line is the line that starts at the tall pole, passes through the stubby (turning pole) horizontally across the slope to the trail edge, but the correct passage must be outside the turning pole. If a competitor misses a gate, that competitor is required to go back to that gate line and pass the gate correctly, or immediately leave the course. Proceeding through other gates illegally can be cause for penalty, in addition to disqualification."

7. Ski Passage

A gate has been passed correctly when both the competitors ski tips and both feet have passed across the gate line. If a competitor loses a ski without committing a fault, e.g. not straddling a SL pole, then the tip of the remaining ski and both feet have passed the gate line. This rule also applies when a competitor has to climb back up to a gate. If single pole slalom and single pole giant slalom courses are utilized, competitors must "loop" a missed gate for legal passge unless a gate is set with an outside pole such as the first and last gate and any vertical gates.

XVII. Use of Private/Professional Coaches Supplemental To High School Alpine Team Staff

CNISSF recommends the following:

1. A contract should be made between the athlete's parent and the private/professional coach. If private/professional coaching is provided by resorts or other third party organization(s), the contract should be between the parent(s) and the organization(s).
 - Evidence of a contract may include:
 - a. Parents personal checks to:
 - The private/professional coach or
 - The organization providing the private/professional coach
 - b. Clear arrangements, in writing, for services being provided
 - c. .Recommended coach supervision
 - If contracted private/professional coach instruction time is outside of the high school official practice days, competitions, and/or championships, the athlete's high school coach need not be present. This is a contract between the athlete's parents and the private/professional coach.
 - If the private/professional coach is working with high school athletes at official practices, competitions, and/or championships an approved coach from the athlete's high school must be present and readily available to that athlete.
2. All other coaches working with high school athletes will be approved by respective school boards and must be certified by CIF (NFHS or ASEP approved courses).
3. Responsibilities of private/professional coaches at official high school practices, competitions, and/or championships are as follows:
 - a. Private/professional coaches are subject to the authority of the athlete's school, head coach, the competition officials and resorts.
 - b. Private/professional coaches are to observe all rules and procedures established by the athlete's school, coaches, competition officials, and resorts.
 - c. The head coach of the high school alpine team is responsible for informing private/professional coaches of the following:
 - School board policy for coaching and this sport.
 - Policies of their official practices.
 - The identity of the competition and championship officials.
 - The rules of competition