

SINGLES LEAGUE RACING INTRAMURAL RACE RULES

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i. PURPOSE

The object of this publication is to acquaint the Singles League member recreational skiers with the rules and guidelines adopted by the Singles League Race Committee (SLRC). These rules cover the intramural racing program conducted by the SLRC.

ii. GENERAL

Single League intramural races shall comply with the rules of the Far West Racing Association (FWRA) where those are applicable to races outside the FWRA Championships and do not conflict with anything explicitly stated here.

iii. ELIGIBILITY

a. LEAGUE RACERS

- i. Singles League intramural races are open to any recreational skier who is a member of any Singles League Ski Club. When a racer is found not to be a member of the above, the racer and the racer's club will forfeit all points earned by that racer in that race.
- ii. It is the responsibility of the race director of the said club to verify that all participants representing his/her club are, in fact, qualified members.
- iii. Persons not eligible to participate in these recreational races as potential point or trophy winners are those persons having held within the last two years an A or B status professional card, or those on the US Developmental squad.

b. GUEST RACERS

Guest racers from outside Singles League will be allowed to participate in Singles League intramural races so long as they:

- iv. Sign in on the morning of the race and register to race in the correct class if they have a handicap with the FWRA or other US racing body. If they do not have a known handicap they can be placed in an appropriate class to be decided on by the SLRC members present.
- v. Pay to the SLRC a fee to be decided on for the season by the SLRC.
- vi. Comply with all rules laid down here.

iv. CLASSIFICATION OF RACERS

a. RACER CLASSES

Ski racers will compete in Singles League Intramural races in classes based on handicaps, as laid down by the FWRA, as follows:

Class	Handicap Range
S0	0 - 18.99
S1	19 - 25.99
S2	26 - 32.99
S3	33 - 39.99
S4	40 - 49.99
S5	50 - 59.99
S6	60 - 69.99
S7	70 - 79.99
S8	80 - 89.99
S9	90 - 104.99
S10	105 - 119.99

Snowboard racers will compete in Singles League Intramural races in classes based on handicaps as follows:

Class	Handicap Range
SB6	0 - 104.99
SB9	105 - 119.99

Note that these do not directly match the snowboarder classes specified by the FWRA for the FWRA Championships.

In addition there will be a Beginner class, to be nominally comprised of the beginning snowplow skier, or someone who is not able to do consecutive stem turns, nor able to follow a wide stance parallel, albeit shaky, course through the gates. However, racers in the Beginner class will, at the discretion of the SLRC, be allowed to remain there until they feel that they are ready to handle the Intermediate course.

Note that the Beginner class does not compete at the NorCal or FWRA Championships.

Each of the S1 through S10 classes (but not the S0 class) will be further divided into Vet Women, Open Women, Vet Men and Open Men categories. The snowboarder and beginner classes will be further divided into Women and Men categories. Each of these categories will compete for points and awards separately, except where classes are collapsed (see below).

b. COLLAPSING OF CLASSES

- vii. If either a vet or an open category (men or women) within a class has less than 3 racers at the time of the first race of the season, the SLRC may optionally decide to collapse the vets and opens together and run a single open category in that class for the season.
- viii. If a racer who signed up as a vet is in a collapsed class, they will be shown as in the open class in the start list, results, etc., along with any open racers in the class.
- ix. If such a vet racer bumps out of the collapsed class they will be placed into the vet class above (unless it too has been collapsed).
- x. If a vet racer currently in a non-collapsed class bumps up into a collapsed class, they will go into the open (collapsed) class.
- xi. Vet men and open men can be collapsed to form an open men class, and vet women and open women can be collapsed to form an open women class. Men and women classes cannot be collapsed together.
- xii. The collapsing of classes should be fixed at the start of the season and there should be no further collapsing or un-collapsing of classes later in the season. An exception is that the collapsing should be reviewed after the first race and changed if necessary due to placement of first time racers. Any classes with zero racers in either category should be announced as collapsed to prevent small classes appearing later should racers bump up into those classes.

c. RATING PERIOD AND QUALIFYING RACES

- xiii. To be consistent with the rating period for the FWRA Championships, the rating period shall include the current season, the previous season, and the ending races of the season previous to that, starting with the FWRA Championships of that latter season.
- xiv. Runs that count for classification of a racer and for accumulation of strikes will include all runs in any league, council, regional and championship races within the FWRA during the rating period, including the NorCals, the FWRA Championships, and any pacesetter trials. They will not, however, include pacesetter or forerunner runs on a course on which a racer is not competing.

d. CLASSIFICATION OF FIRST TIME RACERS

- xv. Any first time participant (rookie) will be tentatively placed in the appropriate class. If the racer's handicap falls in a higher class, the racer will immediately be upgraded for the first race. If a rookie racer is bumped from one class to another class that runs on a different course, then the racer must complete an uninterrupted run on the new course to establish a handicap. He will be allowed to take an additional run on the new course on the same day, where he will run at the end of the appropriate class.

Note that if circumstances require that the course ordering be changed from that outlined in section RACE COURSE paragraph Where possible, in the first few races of the season the Beginner course start time shall be 9:30 A.M., with the course set by 9:05 A.M. The Intermediate course start time shall be 10:00 A.M., with the course set by 9:30 A.M. The Expert-2/Advanced course start time shall be 11:30 P.M., with the course set by 11:00 P.M. The Expert course start time shall be 1:00 P.M., with the course set by 12:30 P.M. These times are approximations and subject to change by the SLRC. and the higher-level courses run before the easier ones, then a first time racer who may possibly need to run on a more advanced course should be instructed to run that course before taking his/her run on the easier course. This situation with reversed course ordering should be avoided if at all possible during the first few races of the season when numerous first time racers would be expected.

- xvi. If a first time racer fails to register a valid handicap for a class that he runs in, or for a higher class that runs on the same course (for any course that he runs on) then he will not be placed into a class, will not get any points, and will still be classed as a first time racer for the next race. The rules stated in this section for first time racers will then still apply to that racer in that next race.

Note that the latter also applies if the first time racer's handicap falls in a lower class than the one that he/she ran in, even if that class runs on the same course.

e. RECLASSIFICATION OF RACERS

After a racer has established a handicap from an uninterrupted run, they will be placed into the appropriate class for that handicap. Mandatory bumps up to a higher class will occur when a racer accumulates two strikes or one double strike. A strike occurs when a racer's time exceeds his/her class top handicap. A double strike occurs when a racer's time exceeds the top handicap of the class above his/her class, a triple strike when it exceeds the top handicap of the class above that, etc.

The upgrade will occur for subsequent races, but not for the race in which the strike or strikes were earned. In the case of a double strike the racer will begin in the higher class with one strike. In the case of a triple strike the racer will be placed into the class two above and begin in that class with one strike, etc.

Upgrades to one class higher without the requisite number of strikes may be allowed by petition to the SLRC (that is someone with a lower class handicap moving into a higher class by request). But note that the FWRA rules may then preclude the racer from competing in that class in the FWRA Championships unless they achieve handicaps in the class range through the season.

A racer will be allowed to downgrade to a lower class if he/she has not recorded a handicap higher than the range for that class in any qualifying race during the rating period. Downgrades to a lower class will otherwise be allowed only in exceptional circumstances, such as long-term injury, at the discretion of the SLRC.

v. OFFICIATING BODIES

a. SINGLES LEAGUE RACE COMMITTEE

xvii. There shall be two voting groups in the SLRC. All matters pertaining to classification of racers and approval of the SLRC budget shall be ratified by a simple majority vote with each club having one vote. Other matters concerning Singles League race policy shall be ratified by a simple majority vote of those comprising the SLRC which includes interested race chairpersons from each club as well as additional interested people appointed to the SLRC positions.

xviii. The duties of the SLRC are to plan, develop, execute, and administer all Singles League race intramural programs and activities within the budgetary guidelines.

b. PROTEST COMMITTEE

On each race day, a protest jury, consisting of one race director from each club or their designate will be convened. All matters pertaining to the finalizing of race results including protests will be decided upon by a simple majority of this group, with the SLRC chairperson or his/her designate casting a tie breaking vote. Should one or more clubs choose not to send a representative after adequate publication of time and place of the Jury meeting, then the race results will be finalized by those club representatives present.

vi. CONDUCT OF THE RACE

a. DATE OF RACE

The race dates shall be established by the SLRC, with the approval of the Board of Directors of the Singles League. The race schedule shall be prepared and adopted each year during the previous race season. Postponement of any race due to weather conditions shall be made by the SLRC Race Chairperson or his/her designate. Any rescheduling of a postponed race will be approved by the Protest Committee (Jury).

b. REGISTRATION

- xix. Each individual who desires to participate in the Singles League Intramural race program, must register with the SLRC. This registration may take place at any time during the season, however, each person must be registered to be eligible to race. Each registrant will receive a seasonal bib and number which remains the property of the SLRC. Once issued, a bib and number shall be used for participating in each Singles League race during that season and only by the racer assigned that number. Any racer using someone else's bib number will be disqualified.
- xx. Each individual must register with his/her club's race director prior to his/her first race. Initial registration shall not be later than Wednesday, 8 P.M. before any race: If the participant has neglected to register, he/she may not race.
- xxi. It is the responsibility of each individual to be cognizant of the race schedule, location of the race, the time his/her class will run, his/her start order, the whereabouts of their personal bib and the race rules.
- xxii. Upon initial registration, a racer 45 years of age or older will have the option of requesting to race in the veteran classification for the entire season, but subject to being moved into an open class due to collapsing of the classes.

c. FEES

- xxiii. A once per season registration charge shall be levied against each participant league racer. This fee shall be used to offset the cost of running the program, and will be determined annually by the SLRC.
- xxiv. A once per day charge shall be levied against each participant guest racer. This fee shall also be determined annually by the SLRC.

d. RACE COURSE

xxv. The number of courses that can be run and their ordering and start times may be subject to what can be provided by the resort, course locations, weather conditions, etc., but generally what is outlined here should be followed where possible.

xxvi. Four separate race courses called “Expert”, “Advanced”, “Intermediate”, and “Beginner” will be used. Additionally, an “Expert-2” course shall be normally be run to give the S0 through S3 classes two runs, unless they run twice on the Expert course. The Expert-2 course will normally be run on the Advanced course before the other classes run it, but for the purpose of ZPT calculations etc. shall be treated as a separate course.

xxvii. Where possible, in the first few races of the season the Beginner course start time shall be 9:30 A.M., with the course set by 9:05 A.M. The Intermediate course start time shall be 10:00 A.M., with the course set by 9:30 A.M. The Expert-2/Advanced course start time shall be 11:30 P.M., with the course set by 11:00 P.M. The Expert course start time shall be 1:00 P.M., with the course set by 12:30 P.M. These times are approximations and subject to change by the SLRC.

In the later part of the season when icy conditions may be expected through the morning period, the course order can be reversed running the Expert course in the morning and the Intermediate course in the afternoon.

xxviii. The Expert course should meet the following specifications:

xxix. Three Hundred Fifty (350) feet minimum vertical drop.

xxx. Forty-five (45) gates for slalom, twenty-five (25) gates for giant slalom, minimum.

xxxi. One flush gate for slalom minimum, no flush gate for giant slalom. Open and closed gates allowed.

xxxii. Two times, so that two (2) racers can be on the course at the same time.

xxxiii. Double pole gates on all courses, alternating color.

xxxiv. The Advanced/Expert-2 course should meet the following specifications:

xxxv. Three Hundred Fifty (350) feet minimum vertical drop.

xxxvi. Forty-five (40) gates for slalom, twenty-five (25) gates for giant slalom, minimum.

xxxvii. One flush gate for slalom allowed but not compulsory, no flush gate for giant slalom. Open and closed gates allowed.

xxxviii. Two times, so that two (2) racers can be on the course at the same time.

xxxix. Double pole gates on all courses, alternating color.

xl. The Intermediate course should meet the following specifications:

xli. Three Hundred Fifty (350) feet minimum vertical drop

xlii. Thirty-five (35) gates for slalom, twenty-five (25) gates for giant slalom.

xliii. No flush gates on slalom or giant slalom courses.

xliv. Two times so that two (2) racers can be on the course at the same time.

xlv. Single pole gates on all courses, alternating colors.

xlvi. The Beginner course should meet the following specifications:

xlvi.Ten (10) gate minimum.

xlvi.Single pole.

xlix.Hand timed by SLRC personnel, unless an electronic timer is provided by the ski area.

1. Moderate slope.

e. RACING TIMING

At the start of the race, the timer will be activated by a wand (except for on the beginner course). An electric eye will be used at the finish to stop the timer. Watches will only be used in the case of equipment failure and for the Beginner course.

f. ORDER OF CLASSES ON THE RACE COURSE

li. Beginner course:

Pacesetters

Beginners

lii. Intermediate course:

Pacesetters

SB9 Class

S9 Class

S10 Class

liii. Advanced / Expert-2 courses:

Any pacesetters not in the following classes

SB6 Class

S0 Class

S1 Class

S2 Class

S3 Class

S6 Class

S7 Class

S8 Class

liv. Expert course:

Any pacesetters not in the following classes

S0 Class

S1 Class

S2 Class

S3 Class

S4 Class

S5 Class

lv. In the case of only one course being available, the start order shall be as follows:

Beginner

Any pacesetters not in the following classes

SB6 Class

SB9 Class

S0 Class through S10 Class in sequential order

Pacesetters

- lvi. In establishing the race order of classes, the categories within a class shall start in the order veteran women, veteran men, open women, open men.

g. POINT SYSTEM

lvii. A racer who achieves a handicap in the handicap range for their class, or faster, will score the following points according to their final position in the race:

1 st	2 nd	3 rd	4 ^t h	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th	13 th	14 th	15 th	16 th	17 th	18 th +
2	20	17	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
5																	

In this case racers finishing in 18th place and below in their class will score one point.

lviii. If a racer achieves a handicap that falls in the handicap range of the class below their own, they will score the points from one place lower in the list, i.e.:

1 st	2 ⁿ d	3 ^r d	4 ^t h	5 ^t h	6 ^t h	7 ^t h	8 ^t h	9 ^t h	10 ^t h	11 ^t h	12 ^t h	13 ^t h	14 ^t h	15 ^t h	16 ^t h	17 th +
2	17	1	14	1	1	1	1	9	8	7	6	5	4	3	2	1
0		5		3	2	1	0									

In this case racers finishing in 17th place and below in a class will score one point.

For those classes that have no classes below, this will apply to racers who achieve a handicap in the range:

S10: 120 - 149.99

SB9: 120 - 149.99

lix. If a racer achieves a handicap that falls in the handicap range of the class two below their own, they will score the points from two places lower in the list, i.e.:

1 st	2 ⁿ d	3 ^r d	4 ^t h	5 ^t h	6 ^t h	7 ^t h	8 ^t h	9 ^t h	10 ^t h	11 ^t h	12 ^t h	13 ^t h	14 ^t h	15 ^t h	16 th +
1	15	1	13	1	1	1	9	8	7	6	5	4	3	2	1
7		4		2	1	0									

In this case racers finishing in 16th place and below in a class will score one point.

For those classes that do not have two classes below, this will apply to racers who achieve a handicap in the range:

S9: 120 - 129.99

SB6: 120 - 129.99

S10: 150 - 199.99

SB9: 150 - 199.99

lx. If a racer registers a handicap that does not beat the cut-off handicap for their class, then they will score only one point. The cut-off handicaps are:

S0 thru S8: The bottom of the handicap range for the class two below (S2 thru S10).

S9 and SB6: 130
S10 and SB9: 200
Beginner: 250

lxi. Every racer who completes the course without being disqualified shall get at least 1 point, even if they do not beat the cutoff handicap for their class.

lxii. A racer must finish the race to qualify for points.

lxiii. Points from each race shall be combined at the end of the race season to determine the final placings in each class for awards at the end of the season.

lxiv. In case of ties, all tied racers will receive the same points as if each were the only racer to receive points for that place. However, subsequent places will be skipped to compensate for multiple racers being tied for the higher place (e.g. if two racers are tied for sixth place, both will receive points for sixth, and no one will be placed in seventh place.)

lxv. When a racer is bumped, no points are carried forward. However he/she retains the points in class from which he/she was bumped for awards/trophies in that class at the end of the season.

lxvi. A Beginner may, at any time, be invited to take a courtesy run on the intermediate course after the other classes have run it. This courtesy run will not count for points.

h. GUEST RACERS

Guest racers will be eligible to win any trophies (such as pins) awarded for position in class on the day, but will not receive any points, neither for themselves nor for any club. They will not be eligible for any end of season trophies awarded for results over multiple races.

Should a guest racer beat any league racers in their class, then those league racers will be awarded the same points that they would have won had the guest racer not been present. Additional race-day trophies, however, will not be awarded for this reason.

Should a guest racer later decide to sign up with a Singles League club as a full league racer, then they can have their status for that one completed race retrospectively changed from guest racer to league racer, so long as they do so before the following race. The racer and their club shall then be given the points for that race in which they originally raced as a guest. They shall not be given any points from any previous races in which that racer competed as a guest.

i. CLUB STANDINGS

lxvii. The placing of clubs in each race shall be determined by totaling the points earned by the individual racers in each club, in accordance with the above point system.

There will be two separate club competitions:

1. Total Points

The total number of points scored by all members of the club shall be summated to give the points for the club.

2. Points per Racer Start

The total number of points scored by all members of the club shall be summated and then divided by the number of racer starts to give the average points scored by the club's racers. Racers recorded as Did Not Start (DNS) for whatever reason will not count as starts for this purpose.

lxviii. A club will not get any points scored by any guest racer, even if that guest racer is a member of the club, except for where the guest racer signs up as a full league racer with the club before the next race (see above).

lxix. At the end of the season the clubs that have accumulated the highest points in these two competitions will be declared the Singles League Intramural Racing Total Points Champions and Points per Racer Champions for the season.

j. CLASS STRIKE/CUTOFF AND HANDICAP CALCULATIONS

lxx. The following statistical basis will be employed for consistency with citizens racing throughout the U.S.:

ZPT = Zero Par Time (theoretically fastest possible time on the course)
 $T_{PSETTER}$ = Pacesetter's time
 $H_{PSETTER}$ = Pacesetter's handicap
 H_{RACER} = Racer's handicap
 H_{TOP} = Top handicap for the class
 H_{CUTOFF} = Cutoff handicap for the class
 T_{RACER} = Racer's time
 T_{STRIKE} = Strike time for the class
 T_{CUTOFF} = Cutoff time for the class

$$ZPT = \frac{T_{PSETTER}}{1 + (H_{PSETTER} + 0.01)}$$

$$H_{RACER} = \frac{100 * (T_{RACER} - ZPT)}{ZPT}$$

$$T_{CUTOFF} = ZPT * (1 + (H_{CUTOFF} * 0.01))$$

$$T_{STRIKE} = ZPT * (1 + (H_{TOP} * 0.01))$$

lxxi. SLRC will nominate up to six pacesetters based on consistent performance and skill. Those pacesetters should have handicaps recorded with the FWRA. ZPT will be calculated for all pacesetters. The course ZPT will be the average of the tightest cluster of ZPT's of the pacesetters. ZPT may be adjusted at the discretion of SLRC when course conditions dictate. Once course ZPT is established, class strike and cutoff times will be treated as absolute.

Course ZPTs for the Expert and Expert-2 courses should not normally be adjusted, except for the rare case where all the resulting handicaps are obviously inaccurate.

lxxii. Separate ZPTs will be established for each course, except for the Beginner course where this is optional. For the Beginner course the ZPT may be set manually to a value that results in handicaps that are deemed appropriate based on observation of the beginner racers on the course.

lxxiii. See Appendix A for the class handicap boundaries and cut-off handicaps.

k. RE-RUNS

lxxiv. All re-runs shall be awarded as soon as feasible, regardless of class. Re-runs shall be permitted for the following reasons:

lxxv. Timer malfunction (either mechanical or human). In the event of a start time malfunction, an attempt should be made to stop the racer before he/she finishes the course.

lxxvi. Outside interference to a racer. In the event of interference, the racer must ski off the course immediately and report to the nearest race official for a re-run. If the racer completes the course he will not be granted a re-run for interference.

lxxvii. If there is any question as to whether a re-run should be taken, the racer should be told to take the re-run and the Protest Committee can then later decide on whether the re-run will count or whether the racer's original run should stand.

l. PROTESTS

lxxviii. All malfunctions and discrepancies under protest shall be reported to the SLRC Race Chairperson as soon as possible and be recorded immediately.

lxxix. When a provisional run has been granted/taken the Protest Committee shall determine if the provisional run will be accepted.

lxxx. All protests must be reported to a race director before the conclusion of the protest meeting on the day of the race, except for where the protest involves changes made after race day.

m. RACE DAY RESULTS AND AWARDS

lxxx. Results shall, where possible, be posted by 4pm latest on race day, and an awards ceremony then held. Awards (e.g. pins) shall be presented for the top 3 places in each class/category.

lxxxii. The results posted on race-day are provisional and shall be reviewed by the SLRC after all protests have been heard. The results will then become final after making any necessary changes and after a vote to accept them by the SLRC. This process should be completed before the next race.

lxxxiii. If the top 3 places in a class are altered by changes made after race day, the racers who received awards for those places shall not be asked to return them.

vii. CONDUCT OF PARTICIPATING RACERS

a. RESPONSIBILITY OF RACERS

lxxxiv. Every racer is expected to be prepared to help with the conducting of the race at one time or another, before, during, and/or after the race, e.g. by packing the slope, gate keeping, timing, posting results, or performing any duty assigned by SLRC. Each racer is responsible for reporting to their club's race director for assignment of duty. Disqualification of a racer (ruling by Protest Committee) could result from not executing such responsibilities. The assignment of duties on race day is the responsibility of the race director from each club.

lxxxv. It is the responsibility of each participant to make himself/herself aware of the race course, its layout, its structure, and its potential hazards.

lxxxvi. It is also the responsibility of each participant to read and understand these Race Rules.

lxxxvii. All racers shall remember good sportsmanship. Threats to any SLRC representative can result in disqualification and possible expulsion from Singles League Intramural Racing Program.

b. PERSONAL CONDUCT BEFORE A RACE

lxxxviii. "Before a race" is defined as that time from check-in until the racer's actual run through the course.

lxxxix. Each course will be made available for inspection by the racers approximately 30 minutes before the start of the race on it. Racers shall only be allowed onto the course to inspect during this time; and only so long as the course is still open for inspection. Racers must finish their inspection immediately and leave the course if so instructed by a course official (e.g. if the race is getting ready to start).

xc. No participant shall run through any gate or free ski within the designated race area. Such action is grounds for immediate disqualification. Racers may sidestep or snowplow through the gates for packing purposes only at the direct request of the SLRC Chief of Course or his/her designate.

xc. Shadowing the course (i.e. skiing along the side of the course to simulate running of the actual course) is not permitted, such action being grounds for disqualification.

xcii. The course may be studied gate by gate by stopping at each gate and surveying the terrain, gate arrangement, and "best line". Skiing from gate to gate along this "line" is not permitted.

- xciii. Racers must watch out for forerunners on the course whilst inspecting it, and must take care not to obstruct said forerunners. A shout of "COURSE" should be used to warn others when a forerunner is coming down the course.
- xciv. If a racer misses his/her start time he/she will race at the end of his/her class. If a racer misses his/her class, he/she will race at the completion of the next class in progress. A racer must be at the start and ready to race before the class that races second after his/her class has begun or he/she may be disqualified. (e.g. an S9VM racer must be at the start and ready to race before the S9OW class has begun). A class has begun when the first racer of that class is in the start gate.
- xcv. Calling out words of encouragement while the racer is on the course shall not be grounds for disqualification. However, no one is to tell a racer he/she is disqualified because he/she misses a gate until the said racer has finished the course.
- xcvi. No person shall stand at the edge of the race course such that his/her position might distract or otherwise endanger a racer of himself/herself. It is the responsibility of the gatekeepers to warn observers or racers of their position. Any participant not moving to a "safer" position at the gatekeepers request may be disqualified.
- xcvii. No racer or group of racers shall discourage or intimidate any other racer at any time or create a disturbance for the purpose of distracting a racer, such action being grounds for immediate disqualification.
- xcviii. Any racer who registers and races on race day in a different class other than his/her own official SLRC yearly registered class will be disqualified.
- xcix. Failure to display the correct race bib number during course inspection will be grounds for disqualification.

c. PERSONAL CONDUCT ON THE RACE COURSE

- c. The Start:
- ci. Starting of the race will be "Racer ready ... 5 ... 4 ... 3 ... 2 ... 1 ... GO !!" Racers starts at his/her will, any time after "Racer Ready".
- cii. A racer's poles must remain planted in the snow in front of the wand. Kick boards, as used in pro race, may not be used, even if the gate is so equipped.
- ciii. There will be no false start. Once the wand is broken, a racer may not be called back to the start, except in the case that the clock shall not have started at the finish line.
- civ. On the Course:

- cv. A racer must pass through the gate with both skis or be disqualified. A racer may knock over as many poles as necessary to complete the course, as long as both feet pass through the gate. Passing through the gate is defined as crossing an imaginary line drawn between the points where the two poles are planted in the snow. Any gate can be crossed in either direction, including stepping uphill through it after missing the gate.
- cvi. If a racer is in doubt about whether or not he/she legally passed through a gate, he/she may ask the gatekeeper. A gatekeeper will respond, indicating whether or not the racer legally passed through the gate. If a legal pass was not made on the first attempt, the racer may climb back to the gate in question and make a legal pass, unless the racers has already passed the finish line, in which case the racer is disqualified.
- cvi. In order to maintain a reasonable rate of progress of racers on race day, a participant will not be allowed to replace a ski during his/her run should he/she fall and his/her binding release. If a ski comes off prior to the last three gates (not counting the finish line), the racer is disqualified. If a racer falls and his/her binding releases, he/she should clear himself/herself off the course as fast as possible.
- cvi. In the event both a disqualification and a timing malfunction occur in the same run, the disqualification takes precedence.
- cix. Failure to display race bib number on the chest and back of the racer will result in disqualification.
- cx. The Finish:
A racer may cross the finish line with any method he/she desires, or in any way he/she can, except that one ski must be attached, the other having been lost no earlier than the last three gates prior to the finish gate.

APPENDIX A: CLASS HANDICAPS

For reference, the following are the handicap ranges, handicap boundary after which points are down-shifted one place, handicap boundary after which points are down-shifted two places, and cut-off handicaps for all classes:

<i>Class</i>	<i>Handicaps</i>				
	<i>Top</i>	<i>Bottom</i>	<i>One Shift of Points</i>	<i>Two Shifts of Points</i>	<i>Cut-Off</i>
S0	0	18.99	19	26	33
S1	19	25.99	26	33	40
S2	26	32.99	33	40	50
S3	33	39.99	40	50	60
S4	40	49.99	50	60	70
S5	50	59.99	60	70	80
S6	60	69.99	70	80	90
S7	70	79.99	80	90	105
S8	80	89.99	90	105	120
S9, SB6	90	104.99	105	120	130
S10, SB9	105	119.99	120	150	200
Beginner	-	-	No shifting	No shifting	250