

Eastern Massachusetts Buddy Werner League, Inc.

RACE RULES AND REGULATIONS

As Adopted by EMBWL BOD January 18th 2006

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I. GENERAL

A. Number of Races

Each year member Teams in the Eastern Massachusetts Buddy Werner League (the "League") will conduct six or more regular season races, - and the League will conduct a Team Championship for all Teams.

B. Types of Races and Scoring

Each race will consist of two runs of slalom and/or giant slalom racing on a regulation course. Place points will be awarded to the first ten places, based on two successful runs, with the first place finisher being awarded ten points, the second place finisher nine points, etc.. If there have not been ten racers who have completed two successful runs, then the remaining points will be awarded to racers who have successfully completed one run. These remaining points will be awarded on the basis of finishing times. No points will be awarded to any racer who has not started in both runs and completed at least one successful run in accordance with the preceding formula.

C. Race Cancellations

If any of the ski areas cannot hold a race, and if an alternate League schedule has not been put into effect, the Teams involved must do the following:

1. The Race Chairs involved have to be contacted immediately. If the Hill is not open then the race is canceled automatically.
2. If the Hill is open, but the conditions (weather or otherwise) raise a question as to whether the race should go on, then the Race Chairs have to agree to cancel the Race. If the Race Chairs cannot agree, then they are to contact the League Race Chair, or in his/her absence the League President or his/her designee and they will make the final decision.
3. When the decision to cancel is made the Host Race Chair is to notify the Hill and (if they have not already been notified) the League Race Chair and the League President immediately.

D. Championship

A racer must participate in at least one-half of the actually held regular season races to be eligible to participate in the Team Championships. If the number of races actually held, are an odd number then the racer must participate in at least one-half of the races plus one additional race.

If any racer fails to participate in enough races as required in the above paragraph, the race chair of the individual's team may petition the executive board for inclusion on the championship roster. All age J6 racers are eligible to participate in the championship race.

Each Team should try to assign at least three racers to each age group, boys and girls when possible.

E. "Higher Level" Ski Leagues

A racer who commits to a higher level ski league (which does not include any high school team league) shall not ski in any League races. However, if a racer wishes to have the opportunity to evaluate "Tri-State" and/or any upper level ski league, they **MUST FIRST** submit a formal written request to the President of the League no later than January 1st.

A racer may have no more than two (2) starts in a higher level ski league before he/she has disqualified him/herself in this League for the given race year. For the purpose of this paragraph a "start" constitutes a day of racing.

II. BEFORE THE FIRST RACE OF THE SEASON

- A. Enroll your racers. All racers must be members of the League. All Team dues for competitors registered to date must be paid to the League by January 15th of the racing season, failing which the Team will be assessed a \$50.00 fine. Any Team that has not fulfilled its financial obligation by the Championship race will not be allowed to participate. Checks must be received 48 hours prior to the race for the included racers to be allowed to participate.
- B. Send your Team roster to the League Treasurer with a check covering the League dues and \$50.00 for the League meeting expenses. This list should be alphabetical by age, group, and sex and should include each racer's age as of December 31st. Mail add-ons and checks on a weekly basis.

Age groupings for EMBWL are as follows to compliment USSA guidelines (birthday is on or before December 31st)

J6	8 & Under
J5	9 & 10 year olds
J4	11 & 12 year olds
J3	13 & 14 year olds
J2	15 and over (up to 18 and in High School)
J1	included in J2 requirements and not designated separately

- C. Train your parents to officiate races.
- D. Develop a plan for coaching your practice sessions.
- E. The Host Team is responsible for all the equipment to conduct the race. Inventory your equipment to be sure that you have all that you need. Contact the League Race Chairman if you are missing League supplies.
- F. The Host Team is responsible to supply the race officials (see section V. Race Procedures).
- G. Each Team should contact the area operator regarding its practice schedule. Each racer is to contact the Team Race Chairman for the Team's practice schedule, not the area operator.
- H. Confirm races, dates, times, and lift fees with the respective Team Race Chairman, **NOT** with the area operator.

- I. Develop an efficient system for the distribution of bibs, instructions to racers, and the collection of lift fees.
- J. Stress the importance of good sportsmanship to your racers AND THEIR PARENTS. Poor behavior of racers and their parents is a negative reflection on a Team and the rest of our members.
- K. You are responsible for the conduct of your racers and their parents - help them keep the race in perspective so that we can all have fun. All race officials are parent volunteers just like the rest of us. They try to do what is right and to follow the rules. Be sure that your racers and coaches understand this and act accordingly.

III. REGULAR SEASON RACES

A. Before the Race

1. Each Visiting Race Chairman should contact the Host Race Chairman the night before the race for any special conditions that might prevail.
2. Be sure that the location in the base lodge for bib distribution and collection of lift fees is selected with the agreement of the area management.
3. You should try to have the following officials at a race:
 - a. A Technical Director who shall be President of the Host Team or his/her designate.
 - b. A Starter and helpers
 - c. A Finish Line Referee for each course. The Finish Line Referee should have a specific marking and be situated in a specific location so that every racer can readily recognize him/her. All racers should know where and who the Finish Line Referee is.
 - d. For 8 and Under - At least four volunteers (two timers (if needed) working in Teams of two).
 - e. Calculation Team - one from each Team.
 - f. Bib Distribution - efficient Teams generally have one person for each age group.
 - g. Gate Keepers - one person for each 3 to 5 gates (preferred but not mandatory).
 - h. Course Setter - plus helpers.
 - i. Bib collectors - 1 per course.
 - j. Race Announcer.
 - k. Chief of Course (to collect gatekeeper forms and determine maintenance of course).

5. The Race jury shall consist of one coach from each Team, the Race Chairs and the President of the host team. A majority may always act in the absence of all members. However, in no event shall a jury act without at least one representative from each Team.
6. Plan to conduct an officials meeting at least one-half hour before the start of the race.
7. If there are ski patrollers at the Hill, the Host Race Chairman should check in with the Chief of the patrol, and make yourself and your officials aware as to their locations and where their equipment will be on the race course.
8. The timing shack is off limits to all but 1 or 2 timers, 2 recorders, the announcer and 1 contact person. All contact with people in the timing shack must be made through the contact person.

B. The Course

All the League courses (except for 8 and under) will be a slalom and/or Giant Slalom type and be approved by each Team's Race Chairman or coach before the race. It should meet the intent of the specifications adopted by the League.

Courses will be pairs of gates, set in combinations of red and blue. Where plain gates are used, the gates should be marked by alternating red and blue flags.

No single gate combinations will be authorized.

Broken gates should be removed from the course and replaced with the full size length. No gates should be shorter than the tallest racer in an age group. The gate length is measured based on the amount of the gate showing above the snow line, NOT the overall length. The FIS requires 1.80 meters above the snow line (approx. 6' 3").

Course maintenance shall be left to the discretion of the Chief of Course to insure the safety of the skiers.

Comment:

There are two goals here. First, is the safety of the racers, and second is to assure that all Teams agree on when sweeping, etc. will occur and who will be doing it. The Host Team can not decide this by themselves.

C. 8 & Under Age Group (J-6)

Set course on Ski School Slope or slope of equivalent pitch.

Use all open gates, last three gates to be in a straight line.

Gate combinations should be placed using approximately 20 feet from one combination to the second combination. Use the turning gate to establish the 20 foot distance from each combination.

The maximum width of the gate should be 10 feet. Gates set wider than this width will be difficult for the youngster to observe.

No more than 10 open gates should be used. Actually, the length of the slope and the distance from one gate to another will dictate the number of gates. In other words, there will be some courses that will have only six or seven gates, due to the length and width of the slope used.

D. 9 & 10 Age Group (J-5)

Comment:

This is a transition age, and if possible we want to make their transition to the "Big Hill" as enjoyable as possible. Thus, we should not only keep the following in mind, but we should try to meet these guidelines whenever possible.

If there is more than one course being used, the younger and less experienced skiers should have an easier course set. If only one course is to be used, it should be set such that younger skiers are able to successfully complete the course, as opposed to challenging the older skiers.

The width of open gates is listed as 4 to 5 meters. In this age group (and on through to the older youngsters), we should go by regular prescribed procedures. The 4 meter (approx. 13 feet) should be used rather than a wider 5 meter open gate.

The distance between gates is now listed (in slalom) as 7 to 15 meters from the proceeding turning pole. For League purposes, the gates should be as close to the maximum (15 meters or 47 feet) but no less than 9.12 meters (30 feet). This will allow more off-the-fall-line turns and less knee cracking.

The number of gates for this group can be 20 to 25 gates.

This can be the same course used by the 10 & Up Age Group

The last three gates will be open gates and set as to lead the racer as close to a straight line through the center of the Finish.

E. 11 & UP AGE GROUPS (J-4 and older)

The first three gates in the course should set the rhythm for the course and must be open gates.

The course should be set so that all racers can make it through successfully.

Comment:

The purpose of this Rule is to stop some coaches from setting a "killer course". It is not to stop a course from being set that the least experienced racer has a hard time completing. To have a course, where half of the racers DSQ or DNF is foolish. If such a course is set then the Jury should have it corrected immediately.

Keep the course simple. It is best to set courses using as many open gates as possible. If a closed gate in a combination is used, it should be set so the racer is directed into the gate.

The course should be smooth and have a natural flow. If a rhythm change is used due to a terrain change, try to make the change gradual.

If the first combination is set to direct the racer over the top, then all the rest of the gates should be entered over the top of the combinations.

If the first combination is set to direct the racer into the gate, then all the rest of the combinations should be entered the same.

The last three gates will be open gates and set as to lead the racer as close to a straight line through the center of the Finish.

The start gate should be 0.75 meters (30 inches).

For slalom courses closed gates serve little to no purpose, and, therefore, should not be used in League races. Flushes are encouraged.

There is no League rule on the number of gates for this age group. The number of gates is to be dictated by the terrain.

IV. RULES OF THE RACE

The only Rules for officiating League races are those rules that have been put into effect by League.

Comment:

It is our intent to try to provide those basic rules that will help you in your day-to-day race operations. If someone comes up with a new or better Rule they can present it at a Board meeting. It is not to be considered unless incorporated herein.

EQUIPMENT

1. Helmets: The League requires that an approved helmet (ASTM F-2040 and/or CE-EN 1077 certified or an equivalent standard that may come into effect.) be worn by each competitor for racing. NO EXCEPTIONS.
2. Skis: Skis are required that have a releasable binding and retention device (preferably brakes). Footskis, snowblades (or similar equipment) are not permitted.
3. Goggles: The League strongly recommends the use of goggles by racers. This is to reduce potential of eye injury from contact with gates.

AGE 8 AND UNDER (J-6) GROUP

There are no hard and fast rules for the 8 and under group. You should offer any and all assistance that is necessary to make this a learning experience; make the child comfortable; and most of all, let the child have fun so that he or she wants to continue in our program. Therefore, the only rules to this group are:

Each youngster receives a practice run before the two timed runs

Give assistance in all runs so that, at this age, we do not have to post DSQS. (This includes picking up a racer.) However, skiers should have the ability to ski the course on their own, without being held or harnessed.

All manual timing will be done and reported 1/10th of a second. Two timers are to be used, with the

reported times of each timer averaged to the nearest 10th.

Electronic timing will be reported in 1/10th of a second. No 1/100th will be used, nor will the 1/100th be rounded. It must be blanked out on the timer with tape, or dropped.

To obtain a 1st through 10th place ribbon the racer must go through all gates in the correct manner without being led. After those racers are accounted for, DSQ racers may place. Their times are calculated by adding sixty (60) seconds to their finishing time.

Comment:

Try to keep in mind that you are not dealing with a World Cup Racer, you are dealing with a pre-school, kindergarten or a youngster in first, second or third grade.

DON'T TURN HIM/HER OFF, TURN HIM/HER ON!

Points obtained by the 8 and Under Age Group (J-6) count for Team total points in regular season League races. They do not count in the Championship.

ALL OTHER AGE GROUPS

Bibs **MUST** be worn during course inspection and be clearly visible during the race. This language is meant to allow racers to wear coats over their bibs and g-suits to keep warm during inspection but ensure that they can be identified as racers during course inspection.

Comment:

*Weather plays a factor as to this, but the numbers **MUST** show during the race.*

Inspection of the course can be made after the Race Chairs or Coaches of all the competing Teams have approved the course.

Racers can inspect a course from the top down either by snow-plowing or side slipping along the side of the course, **BUT NOT ON THE COURSE.**

AT NO TIME CAN A RACER SKI THROUGH ANY GATES OR COMBINATIONS OF GATES DURING INSPECTION, unless he is instructed to do so by a member of the Jury.

A coach may ski through a gate, but may not link turns.

Any racer who violates the above **SHALL** be given a DSQ for the race.

Each race will consist of two runs. If weather conditions prevent this from happening, the race should be scored on the basis of a single run race. The Jury will make the final determination.

Racers will run in bib order for the first run and in reverse bib order for the second run. Under severe weather conditions, the Race Chairs may agree to run the second run in the same order as the first, in order to keep the race moving and have no racers standing around at the start. That includes all regular season races.

At the Championship only the designated Jury can make this decision.

A racer who has received a DNF or DSQ in the first run will be allowed his/her second run.

Any racer who loses a ski, except in the last three gates(two gates and finish gate), during a run is out of that run and should immediately leave the course so they do not interfere with other racers.

A racer who loses a ski in the last three gates (remember the finish line counts as a gate) can continue on one ski through the finish, and the run will be scored and timed as a legal run.

Comment:

This is the first of the two least understood Rules and should be explained to every racer AND parent in some manner prior to the first race of the year. This rule is necessary for the safety of the skiers.

If in any age group there are not 10 racers who have had two successful runs, then the racers who have completed one successful run will be awarded the remaining places based on time. Provided that to so qualify the racer MUST have started in both runs except in the case of injury during the first run or sickness forcing withdrawal of the racer before the second run.

INTERFERENCE

A racer who has been interfered with on the course MUST SKI OFF THE COURSE AT THE POINT OF INTERFERENCE. He/she must ski along the outside of the course and immediately request a provisional run from the Finish Line Referee. If the racer fails to leave the course or if the racer does not go immediately to the Finish Line Referee, no provisional run will be granted.

Comment:

This is the second of the least understood Rules. All racers should be told this Rule. There is not a Race season that goes by that this does not happen any number of times. This is a mandatory Rule.

Racers who report late at the start and are no longer in seed order will be seeded by the Start Referee at the end of their seed.

All manual timing will be done and reported 1/10th of a second.

Electronic timing will be reported in 1/100th of a second. No 1/1000th will be used, nor will the 1/1000th be rounded. It must be blanked out on the timer with tape.

HOW TO HANDLE TIES

If two racers have the same combined time, the racer with the fastest single run receives the higher place standing.

If both racers have identical times on both runs, the racer with the higher bib number or (in a single run race) is seeded behind the other identical time, the racer with the higher bib number or start receives the higher place standing.

(For example, if racer #25 and racer #33 had identical times and were tied for 1st place, then racer #33 would receive the 1st place finish and racer #25 would finish in 2nd place.)

Race points will be awarded based on finish order

PROTESTS

All infractions should be entered on the Leader Boards within fifteen (15) minutes of the completion of a run.

Any protest must be made to a member of the Jury within five (5) minutes of the official postings at the end of a run of the age group, or before a course change to the next higher age group.

The course will not be changed or removed until the Jury notifies the Chief Course Official to do so.

COURSE MAINTENANCE

Each Gatekeeper is required to observe the condition of his/her controlled area of the course to assure it is in good, safe condition, free from ruts, etc. Maintenance is not to be done personally, unless directed so by the Chief of Course. Rather if there is a breakdown in the area, the Gatekeeper should report it to the Chief of Course. The Chief of Course then reports it to the Technical Director or Race Chair. They in turn will contact the Jury to see if special action has to be taken.

Except in case of possible injury, the Gatekeeper has a limited vocabulary of two words when communicating with a racer: "Back" or "Go". Except in the case of injury or for the 8 and Under (J-6) the Gatekeeper is to never physically help the racer.

At the end of each seed, coaches or other officials on skis should plow the entire course.

Comment:

Each racer should have the same quality course to ski on and should not have ruts, ice glaze, or rocks to hinder his/her run just because he/she is in a high seed

UNSPORTSMANLIKE CONDUCT

If a racer acts with unsportsmanlike conduct, the racer will be disqualified. Unsportsmanlike conduct includes, but is not limited to throwing a pole or a ski, profanity, or being disrespectful of an official. The race chairmen of the participating teams will make the decision as to disqualification.

AT THE END OF THE RACE

Do not strike the course until 5 minutes after the referee has posted the last DSQ.

Calculate the point totals quickly and recheck the figures. Post results for all participants to see.

Award ribbons to the first ten places.

Announce the final Team scores

Leave the area the way you found it. Help put away poles and other equipment and whatever can be done so the area operator will let us return.

V. RACE PROCEDURES

HOST TEAM MUST PROVIDE THE FOLLOWING

1. A race course set at least one-half hour before the scheduled race's starting time. All courses will be set and ready for inspection at 8:30 a.m. This is of course dependent upon the ski area making the hill available by 8:00 a.m. (Hill operators will try to abide by this but CANNOT be held to that time.)
2. Electronic timing equipment and competent people to operate the equipment
3. Two Recorders
4. A Technical Director
5. A completed roster.
6. Bibs for all racers.
7. Adult gatekeepers and helpers.
8. Digital stopwatches with readings to the 10th of a second for the 8 and Unders and in case of a fault with the electronic timing for the upper ages.
9. Calculators or computers.
10. Ribbons.
11. Leader boards. Remember these are to be set up during the races so parents and racers can ascertain how everyone is doing. During the race they are to be marked "UNOFFICIAL".

VISITING TEAM MUST PROVIDE THE FOLLOWING

1. A completed roster.
2. Digital stopwatches with readings to the 10th of a second (for manual timing if required).

VI. RECORDING PROCEDURES

Visiting Team Race Chair or Recorder is to give the completed roster to the Home Team Race Chair by the Wednesday prior to the race date. This roster is a complete set of sheets grouped by age and sex.

The Home Team recorder will alternate home and visitor names until the seed for each age/sex group is completed. The Home Team has the first seed. Where one Team is larger than the other, the names are alternated until both Teams are seeded, and the balance is entered at the end of the seed.

Recording and race finish calculations may be done manually, or by using a computer and appropriate software.

The Home Team recorder makes out the start list for the first run from the sheets, at least two copies of each sex. One copy should go to the Starter, and one copy should go to the Timer. This list will have a Team prefix next to the bib number to differentiate between duplicate bib numbers.

The Starter will relay the bib numbers and Team affiliation of each racer to the finish line prior to racers starting. This should always correspond to the order on the sheets.

The racer's time will be recorded on the sheet. This sheet remains unofficial until the results are posted at the end of the race.

A starting order will now be compiled for the second run as follows:

Reverse seed on 2nd run.

The Recorders should total the times of both runs and determine the order of finish.

If the electronic timing equipment malfunctions, and is not repairable, it will be the duty of the jury to determine if to cancel, reschedule, or to time the race manually. If one run has been completed, the jury has the option of accepting the first run as official.

VII. DUTIES OF THE OFFICIALS

These duties will be covered during the yearly Race Chairs' clinic, at which time revised materials will be circulated to attendees.

VIII. CHAMPIONSHIP RACE

After the regular season is completed, a Team Championship will be held.

The number of racers per Team and the eligibility of racers are set forth in Article 1.

The starting seed order will be decided by the league prior to the race. The seed order should be random and not favor any particular team.

SCORING

Each race will be scored on a 10 through 1 points system for each sex, i.e., 10 points for first place to 1 point for 10th place.

The scores of the 8 and Under (J-6) WILL NOT be counted toward Team total points. All racers will be considered as one class for Team scoring purposes.

Unless decided prior to race date, the top 25 finishers from each club in the J-5 and older categories will count towards team score. A first place will count 10 points, second 9 points, etc. Team with the lowest overall score will be considered the winner.

The 8 & Under (J-6) category will be scored separately, similar to a regular league race. First place will be awarded 10 points, second, 9 points, etc through 10th place which is 1 point. The team with the

highest point total for girls and boys combined will be declared the winner.

AWARDS

Awards will be given for those finishing in the top ten places.

For the 8 and Under (J-6), participant ribbons will also be given to any child not in the top ten places.

If required by the host team, prior to the Championship Race each Team should fill in participant ribbons for each 8 and Under on their Team. These should be given to the League Race Chair on the day of the Championship.

The Team accumulating the most points in the Championship Race will have its name and the year inscribed on the League Trophy and will be allowed to hold the League trophy until the next Championship Race.

The Under 8 team with the most points will have its name and the year inscribed on the Big Bird League Trophy and will be allowed to hold the League trophy until the next Championship Race.

APPENDIX A

How to score if the primary timing fails:

If the primary timing fails and can't be used, calculate all times in the affected and subsequent age group using the back-up timing.

If the primary timing fails for only one or two racers, use the following procedure:

There will be a difference between the primary and back-up timing on every run due to the reaction time of the timers and the inherent error in the system. The task is to determine this error or differential and use it to adjust the back-up time for the racer for whom the primary timing failed.

The differential is calculated as follows:

Determine the average primary time for the 5 racers before and after the affected racer.

Determine the average back-up time for the 5 racers before and after the affected racer.

Determine the difference between these two averages.

Add this difference between these two averages.

If the timing fails before the sixth racer, average as many as you have before the five after.

For those of you who like formulas, you may use the following where: AP 1-10 = Primary time average for 10 racers; AB 1-10 = Back-up time average of 10 racers; D = differential; RT = real time; CT = correct time.

$$(AP\ 1-10) - (AB\ 1-10) = D$$

$$RT + D = CT$$

APPENDIX B

League and championship racer information:

Bibs must be visible at all times.

Racers cannot study course until notified for course inspection.

Racers must have skis on to inspect course.

Side-slipping down along side course is permitted.

A racer cannot ski through any gates or shadow course during course inspection.

Order of the race: Girls first run – Boys first run; Girls and Boys second run – reverse bid order.

Racers not at the starting gate in seed order will be seeded last in their age group... be at the race start ON TIME!

Any racer interfered with who desires a provisional run must ski out of the course and report to the finish referee immediately.

Racer who DSQ's before point of interference will have his/her provisional run nullified.

DSQ's and DNF's will be posted after each run (after interrogation of each race officer – starter, gate keeper, and timer).

Racer with his/her coach has a maximum time of five minutes to enter a protest after postings of infractions.

Racers may ski through the last two gates plus the finish line gate on one ski.