

## **Southern Conference WHSARA Rules of Competition – Nov. 2023 as amended by Board**

### **Article I - Membership Procedure and Guidelines**

Sec. 1: Membership in the Southern Conference (SC) is open to teams and athletes from high schools in all or part of the following southwestern counties of the State - Columbia, Crawford, Dane, Grant, Green, Iowa, Jefferson, Lafayette, Richland, Rock, and Sauk.

Sec. 2: Teams consisting of racers in grades 9 through 12 from accredited high schools within the Southern Conference (SC) of the Wisconsin High School Alpine Racing Association (WHSARA) may apply for membership in the SC during the registration process. Each team must have an advisor who is a racer's parent, a teacher at the affiliated high school, an adult team administrator, or a high school administrator.

Sec. 3: High schools may sponsor a men's team, a women's team, or both. Co-ed teams are prohibited. Each ski team shall consist of a minimum of six racers, for each men's and women's teams. The number of team members for Snow Boarding will be determined by the board on an annual basis. All team members must attend the same school, except as provided under Article X.

Sec. 4: If a school cannot form a team of six racers, the board will assign racers to a cooperative (co-op) team comprised of other SC schools (see Article X). A school may elect to be a unified team with only 4 or 5 racers by submitting a written request to the Board at least 2 days prior to the December Co-op meeting date (date tbd each year).

Sec. 5: Approval for co-op team status will be made annually in December by the Board. Determination shall be made after the required registration materials have been received but before the race season racing begins. Qualification criteria for co-op team membership shall be reviewed and discussed annually by the Board (see Article X).

Sec. 6: For school-sponsored/affiliated club teams, the school or team parents shall appoint a coach(es). For co-op teams that are not school-sponsored, the coach(-es) shall be selected by the majority of team parents. If needed, the WHSARA board can help facilitate finding a coach. All coach(es) must meet Southern Conference eligibility criteria. Such criteria shall include, but not limited to, SafeSport Certification, applicable background check [which may be done through USSA active certification], concussion protocol review and sudden cardiac arrest protocol review. Prior to the first race, all coaches shall communicate in writing the State Team selection criteria to their respective racers and parents.

### **Article II - Competition Committee**

Sec. 1: The competition committee will be comprised of a coach from each of the previous year's teams. The committee shall meet annually and can suggest changes to rules or race operations to the SC Board for approval. In addition to responsibilities for determining race rules members will also be assigned to: (1) coordination and communication of race officials via the WHSARA Race Fact Sheet (2) Bib distribution to their respective team; (3) organization of race event(s) (4) State Championship practices (6) and other race responsibilities as called upon.

### **Article III - Code of Conduct**

Sec. 1: The SC and all member schools shall enforce the USSA Code of Conduct, the SC Code of Conduct and their individual school's Code of Conduct. WIAA Code of Conduct will be the standard followed by the Board except as modified herein.

Sec. 2: No racer shall consume any alcoholic beverage or any controlled substance. Coaches and related type personnel also shall not consume any alcoholic beverage or any controlled substance while coaching or volunteering.

Sec. 3: WIARA, WHSARA, & the SC is a Smoke & Tobacco free league. Smoking, use of tobacco products and vaping devices by any racer, parent, volunteer, coach or advisor at any SC event is prohibited.

Sec. 4: Unsportsmanlike conduct, including foul or inappropriate language or gestures, on the part of any coach, team staff, racer, parent or spectator shall be reported to a Board Member by any coach or race worker observing the conduct. The Board Member will investigate the complaint and determine if a penalty is appropriate. The decision of the Board Member may be appealed to the Race Jury by a coach, team advisor, other team representative, or the subject of the complaint. Any decision of the Race Jury is final.

Sec. 5: The Board President may convene an Infractions Committee comprised of 3 impartial individuals from the WHSARA board &/or coaches to determine the severity of the infraction and determine whether the racer/racers will be sanctioned from participation in SC races for the remainder of the year.

Sec. 6: Penalties for unsportsmanlike conduct may include:

- a. Adding 5 seconds to the team total for that run. This penalty may be cumulative, if multiple violations of the Code of Conduct have occurred.
- b. Disqualifying any racers involved in unsportsmanlike conduct or disqualification of the team(s) of any racers involved, for one or more runs or an entire event.
- c. Disqualifying any racers involved in such conduct from one or more future races.

### **Article IV - Race Considerations and Procedures**

Sec. 1: Inclement weather or other unforeseen events can potentially cause a race to be cancelled. However, the standard rule is: if the host facility is open for business, the race is on. This may be overruled by participating schools being closed causing all athletic activities to be cancelled. Two men's teams and two women's teams must be present in order for the race to be run.

Sec. 2: The SC Board has the authority to cancel a race due to unsatisfactory or unsafe conditions, extreme weather, or any other hazardous circumstance. The SC Board may cancel the race anytime before noon the day of the race. The Board President will diligently attempt to contact all Board Members to achieve a quorum to make a decision regarding the race.

Sec. 3: The designated Chief of Race will be responsible for approving the safety and acceptability of all race event courses.

Sec. 4: Parents are encouraged to assist in course setting but, they will not be allowed to drill or determine the location of turning gates.

Sec. 5: Parents and volunteers are also required to assist with timing, scoring, announcing, gate keeping, lining up, starting, setting up and taking down netting, and any other duties that may be required to properly conduct a race.

Sec. 6: All gatekeepers should be stationed on the same side of the course. Spectators who wish to observe the race are not to be on the gatekeeper's side of the course. Spectators are also required to remain a safe distance from the course while observing the race.

Sec. 7: Gatekeepers should be identified by their position on the same side of the course and by some identifiable marking. Racers are also advised that gatekeepers alone are authorized to give the "go" or "back" command. Gatekeepers are encouraged to help racers by offering instructions.

Sec. 8: An athletic coach, or official involved in a youth athletic activity, or health care provider shall remove a person from the youth athletic activity if the coach, official, or health care provider determines that the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury or sudden cardiac arrest or the coach, official, or health care provider suspects the person has sustained a concussion or head injury.

Sec. 9: A person who has been removed from a youth athletic activity under Section 8, above may not participate in a youth athletic activity until he or she is evaluated by a health care provider and receives a written clearance to participate in the activity from the health care provider and provide such notification to the district and/or coach.

#### **Article V - Race Rules and Procedures**

Where not identified in this Article, Wisconsin Interscholastic Alpine Racing Association (WIARA) competition rules shall apply. If WIARA rules do not apply, the issue shall defer to the United States Ski and Snowboard Assn. Rules of Competition.

Sec. 1: Only eligible students, grades 9-12, from SC member schools and approved co-op teams will be allowed to compete in SC meets.

- a. To be eligible, an athlete must be a Wisconsin resident and attend full-time a SC school district, virtually or in-person, located within the WHSARA conference area; or be a Wisconsin resident that is a full-time home school student. *By-laws will be amended to list the counties included in the WHSARA conference.*

- b. Except as provided for herein above in subsection a. and below in subsection c., an athlete shall meet WIAA and WIARA eligibility requirements for participation. If the WIAA and WIARA eligibility requirements conflict, the WIARA eligibility standards shall control.
- c. After meeting all other WHSARA eligibility standards, foreign exchange students are eligible to race with their local Wisconsin school if the local school in which the foreign exchange student is enrolled approves of their participation. The Board may, in situations where the local school does not provide an eligibility determination for the student, act upon a foreign exchange student's eligibility application.

Sec. 2: Promoting fair and equitable competition is a fundamental goal of the Board. One of the principal ways to encourage fairness and equity is careful management of the start order. Each team's coach/parent leader will be responsible for preparing the running order for each team, for each race.

Sec. 3: Unless otherwise directed by the Board, changes to the run order must be submitted to conference officials by the Thursday preceding the next Monday's race night. After such time, substitutions among seed racers in the same event are not allowed.

Sec. 4: Failure to report at the starting gate in seed order results in a racer being bumped to the end of the scheduled seed and if the racer misses their seed they will race at the end of all seeds.

Sec. 5: All racers must be properly attired, as determined by the Board. Racing bibs must be worn and clearly visible during all racing events. Rules for helmet and other protective equipment will be determined by the board at the start of each season. Consideration in developing protective equipment policy will be derived after consultation with the State Championship committee and USSA regulations.

Skiing specific rules:

1. Over the ear protection helmets are required for slalom and giant slalom events.
2. Giant Slalom - Hard-sided helmets without face guards are required for GS.
3. Slalom - Either hard-sided, or manufacturer-designated slalom-specific helmets, are acceptable for slalom events. Face guards may be worn for slalom events.
4. Skiers wearing shorts, short sleeved shirts and other clothing exposing skin will not be allowed to compete.

Snowboarding specific rules:

1. Snowboarders may use a soft sided helmet, snug fitting
2. No Speed suits, tight fitting clothing, bare arms or shorts are allowed

Sec. 6: There will be no more than two forerunners. In select circumstances the referee may request additional forerunners. Forerunners shall not be a competitor in the race and will

wear proper attire as outlined in section 5. All forerunners need to sign Southern Conference and Venue waivers prior to the event.

Sec. 7: Changes requested for course safety and lack of conformance to course setting rules will be presented to the Technical Delegate and/or Referee no less than 30 minutes before the race start (before inspection). The Referee may ask the course setter to reset or a Jury member may reset the offending portion of the race course. No appeals based on course set may be made after the race has begun with the exception of appeals based on safety.

Sec. 8: The referee shall have race management rights when the course has been open for inspection until the last racer has finished. These rights include but are not limited to postponing the race, racer disqualification, running racers in differing orders, course adjustments up to one meter, and others.

Sec. 9: Races will begin promptly at the designated start time. It is the racer's responsibility to check the run order and be at the start on time.

Sec. 10: Each school/co-op team will be assigned to volunteer for at least one race. Races shall not be held without an appropriate number of race workers.

Sec. 11: Course inspection shall close 15 minutes prior to the scheduled race starting time. The course may be inspected by snowplowing or side-slipping. There shall be no shadowing or skiing through the gates.

Sec. 12: Race officials will be appointed by the Competition Committee or designee. Prior to each race the Competition Committee or designee shall also appoint a Race Jury consisting of three qualified individuals. A separate Jury will be chosen for each skiing and snowboarding.

Sec. 13: The Competition Committee is responsible for the coordination of the race and upon completion of a race shall provide the Head of Timing with race results as soon as reasonably possible.

Sec 14: Unless the Board or designee determines that time constraints or weather conditions dictate otherwise, each SC race will consist of two runs of either slalom or giant slalom for skiers and either giant slalom or boarder-cross for snowboarders. All events shall be run at the SC conference Championship unless extenuating circumstances prevent.

Sec 15: If a racer believes they deserve a re-run, the racer must leave the race course immediately and request a re-run from a member of the Jury, all jury members to wear designated armband or bib. A jury member may grant a provisional re-run if they determine the request has arguable merit. After the race, the Race Jury will make a final determination regarding allowance of the time from the provisional re-run. Any racer who completes his/her run is automatically ineligible for a re-run.

Sec. 16: If a racer crosses the starting plane they have begun the race and cannot ask for a rerun. If a racer loses a ski prior to the second to the last gate, the racer is disqualified. A racer losing a ski at or after the second to the last gate may finish on one ski. A snowboarder must finish a race with at least one foot secured in a binding.

Sec 17: Hiking is allowed. If a racer is overtaken, the overtaken racer is automatically disqualified.

Sec. 18: If a racer wishes to protest a disqualification, the protest must be made to a Jury member through a team representative within 10 minutes of the disqualification postings on race scoreboards. DQ, DNF, & DNS will be posted within 10 minutes of race conclusion for racers and coaches to review. The protest will be reviewed by the Jury in consultation with any gatekeeper &/or course official who witnessed the incident in question, or others. The Jury shall make the final determination of the protest.

Sec. 19: If a racer does not finish a run in 120 seconds, the racer will be disqualified.

Sec. 20: USSA Rules will be suspended with regard to ski length and radius. USSA Rules pertaining to hiking will not be followed, hiking is allowed in both slalom & giant slalom.

Sec. 21: If a team does not obtain four race finishes a ghost time will be applied. This time equals the slowest time of all racers on the course.

Sec. 22: Each race shall consist of two runs with the finish times being added together for a final race result for each racer, unless hill/snow conditions or weather result in a change to a one run race.

- A. Team scoring - the top 4 individual race times from EACH run will be added resulting in a "Team Race Result." Thus, there may be 4 different racers comprising the result from each run, e.g. [(Brenna+Maddy+Anna+Ava = Run 1) + (Brenna+Ciersten+Lauren+Ava=Run 2)] = Team Race Result.
- B. Individual scoring - each racer must successfully complete two runs with those finish times being added together resulting in an overall individual race result.

## **Article VI - Point System**

Sec. 1: The point system used at all SC races and used to determine team and racer standings for the season shall be as set forth herein.

**Point Schedule for Southern Conference Ski Races** - Men's and Women's Standings are kept separately for individuals and teams.

### **Points Schedule for Southern Conference Ski Races For Individual Racers**

1st Place	30 points
2	25
3	20
4	15
5	12
6	10
7	9
8	8
9	7
10	6
11	5
12	4
13	3
14	2
15	1

#### **Team Points**

**(Men's and Women's Standings are kept separately)**

1st place	12 points
2	10
3	8
4	7
5	6
6	5
7	4
8	3
9	2
10	1

#### **Article VII - Standings and Post Season Races/Awards**

Sec. 1: Season standings will be determined and recorded separately among the-men's and women's teams, men's and women's individuals, and separately among the ski teams and the snowboard teams.

Sec. 2: The team and individual standings will be determined using the aforementioned point system.

Sec. 3: If, at the end of the season there is a tie between teams:

- a. The school that placed higher in team standings the most times will be awarded the decision.
- b. In the event that the above teams are still tied, the team with the most first place finishes will be awarded the decision.

Sec. 4: Trophies and Awards

- a. The first, second, and third place men's and women's teams will each receive trophies that are to be kept permanently by the team.

- b. The Men's and Women's Most Valuable Racer will receive a trophy. The MVRs will be the individual racer that scores the most points throughout the season. In the event of a tie, both racers will be awarded a trophy.
- c. An All-Conference Team will be selected at season's end. Members of the All-Conference Team will be determined by total points earned individually throughout the season. The all conference team will be comprised of 15 skiers (each men's/women's) and no less than 5 but up to 20% of boarders, not to exceed 10 (each men's/women's). In the event of a tie in the 15<sup>th</sup> position, both racers will qualify as All Conference.
- d. Most Improved Skier/Snowboarder – will be voted on by all coaches.
- e. Other awards/recognition may be added as determined by the Board.

Sec. 5: Rules and procedures for the State Meet are determined by the State Board.

#### **Article VIII - Qualifiers for State Race**

Sec. 1: **TEAMS:** Ski - The SC allotment of State team qualifiers may change from year to year as determined by the State Board but will be based on these conditions: fifty percent plus one of all men's and women's teams shall represent the SC at the State race. In any event no less than three men's and three women's teams shall be selected to attend the State meet. Snowboard - The number of Snowboard team qualifiers will be determined annually between the Southern Conference and the State Race organizers.

Sec. 2: **INDIVIDUALS: SKI** - Any All Conference racer (Article VII, Sect.4, c.), not on a state qualifying team, will qualify for the state race. In the event that this does not identify a total of 3 men and 3 women, the remaining qualifier spots will be determined by the following in order of application until the additional spots are filled:

- 1. Conference Points shall be reviewed first with the top three point recipients per gender who are not on a State-qualifying team being selected;
- 2. Sum of rank/place from all conference races, e.g. 5th + 10th + 24th + 8th = 47th. A DNF, DNS, or DQ will be assigned the lowest place finish for that race (e.g. 68 racers finished the race so the racer is assigned 69th place). The racer with the lowest sum will be selected. In the event of a tie, both racers will be selected.

**SNOWBOARD** - The number of individual snowboard qualifiers will be determined annually by the State Board.

Sec. 3: The SC has both unified and co-op teams in our league. In order to encourage more unified teams, the SC Board will establish a quota for the number of unified and co-op teams that qualify for the State Meet.

Sec. 4: This Co-Op quota may be modified by the approval of the Board during the registration period, with the quota being set for the upcoming season.



Sec. 5: Under no circumstances will more than two co-op teams be allowed to go to state for either Men's or Women's skiing.

#### **Article IX - Team Composition**

Sec. 1: All racers shall race with their home school's team. If a racer attends a school that does not sponsor a team or cannot meet the minimum of six racers, they may be placed on a co-op team as defined in Article X. (To clarify, we do not race individuals, all individuals must be part of a Co-op team. If a student is home-schooled the student will be assigned to the school district in which the student residence is located.)

Sec. 2: Each school will be limited to one men's team and one women's team.

#### **Article X - Co-op /Combined High School Race Teams**

Sec. 1: The SC strongly encourages all schools, athletes, and parents to promote both Alpine and Snowboard racing at both the middle school and high school levels to increase participation and foster the creation of unified teams.

Sec. 2: If a school can field a full team from its own student body (Art. IX, sec. 1 and Art I, sec. 4), they should not be given co-op status, unless otherwise determined necessary by the Board.

Sec. 3: With careful consideration, the Board will annually create co-op teams, which may change from year to year. The Board will act in a fair and unbiased manner when forming co-op teams to avoid creating any competitive advantage..

Sec. 4: Co-op team assignments will be based first on geographic location of the independent racer's school, with all racers from any given school placed on the same team. Additional consideration may be given to the size of co-op team and consistency as it pertains to a racer's previous assignment to a co-op team.

Sec. 5: Co-op teams will be named according to the school name(s) of the majority representation of it's racers, not to exceed three school names, e.g. Sun Prairie Pardeeville Memorial Team.

Sec. 6: Independent racers will not be allowed to join teams which already meet the six racer requirements.

Sec. 7: A school team may elect to remain a unified team with only 4 or 5 racers by submitting a written request to the Board at least 2 days prior to the December Co-op meeting date (date tbd each year), per Article 1, Sect. 4. A co-op team may be comprised of only 4 or 5 racers through approval of the board and coaches.

Sec. 8: Once co-op teams have been formed, the Board will reach out to those independent racers/families and inform them of the team formation(s) and the individual who has volunteered to act as coach. (Article 1, sec. 6). A co-op team, either ski or snowboard, will not be allowed to race without a designated coach or parent representative for the team. That individual must be on record with the SC Board prior to any practices or races.

Sec.10: It is the hope of the Southern Conference to have as many schools as possible compete as unified teams. Reasonable efforts will be made to accommodate those racers whose schools are unable to form a unified team as long as they are within the guidelines outlined above and as stated within the SC Rules of Competition, bylaws and amendments.