

## Coaching Staff Size, Composition, and Conduct

### 1 Definition of Staff

- 1.1 A team's staff is defined as all those individuals, coaches, and non-coaches alike, who have an official role with the team in support of the athletes on the team.
- 1.2 The size of the staff brought by any team or club team may not be limited by the O.C.

### 2 Coaching Staff

- 2.1 The coaching staff consists of those individuals whose function is primarily coaching, and who need access to: coaches' and team leaders' meetings, the course during the races, waxing areas, and all areas accessible to competitors. Access to these areas and functions are possible only with a coaching credential. The TD may limit the number of coaches allowed to attend the Team Captains meetings, but this number may not exceed 4 per team or club.
- 2.2 Each team or club is entitled to a minimum of 8 coaching credentials (4 for high school and 4 for middle school). (In the event of a credential shortage, HS and MS coaches must share credentials.)

### 3 Support Staff (non-coaching)

- 3.1 Staff members who are not designated as coaches are permitted only in event areas designated as public.

### 4 On-Course Identification of Coaches

WNSL will make available to each host site a quantity of numbered red and green armbands for purposes of on-course identification and for access to restricted areas such as the start and finish pens and competition courses. (The host can provide coaches' bibs to be used in addition to armbands.)

- 4.1 Each club/team is entitled to 4 coaches' bibs (if available – if not, then just armbands will be used) of which 2 are designated for free movement (with accompanying **GREEN** armbands) during the races on the course and 2 (or more, if needed) for non-movement (with accompanying **RED** armbands) during the races. All coaches' bibs/armbands are permitted free movement during practice times/days.
- 4.2 Coaches' bibs/armbands may be revoked by the OC with approval from the TD for inappropriate conduct and will be withheld for the remainder of the WNSL championship events.
- 4.3 **Free Movement Green Armbands** – Staff members wearing *Free Movement Green Armbands* are permitted to move on the course during the event to test kick wax during the event, with the flow of traffic, and to have access to all racer service and care areas, if so determined by the Jury.
- 4.4 **Non-Movement Red Armbands** – Staff members wearing *Non-Movement Red Armbands* are permitted close access to the competition course for purposes of split-timing, *are permitted to move along the course (with the flow of traffic) during breaks between classes or course changes*, and may have access to the start and finish pens.
- 4.5 Staff members wearing **Non-Movement Red Armbands** must remove their skis while on course during competition after arriving at a specific course viewing point.

- 4.6 Movement on the course from the start of the first competitor to the finish of the last competitor is prohibited to all personnel who are not wearing official coaches' bibs/armbands.
- 4.7 Should an armband need to be replaced, the wearer should approach the OC for a replacement and should trade in the old one for a new one if at all possible.

## 5 Competition

- 5.1 No pacing is allowed. Pacing is defined as skiing behind or in front of or alongside a racer with the intent of controlling or maintaining that racer's tempo and/or speed. (FIS ICR Rule 343.7: Competitors have to cover the whole distance on their skis using only their own means of propulsion. Help from outside pacemakers is not allowed.) Note: It is allowed to run on foot alongside the track shouting encouragement (only positive comments), giving intermediate times and information to racers for a maximum distance of 20 meters.
- 5.2 Pushing or pulling someone along the racing track is not allowed and will result in disqualification.
- 5.3 Coaches who interfere with other racers may disqualify their entire team per discussion of the Jury.
- 5.4 Coaches are encouraged to report observed infractions of both athletes and coaches to officials and are encouraged to share race day conduct with all assistant coaches, parents, and athletes.

## 6 Wax

- 6.1 Wax testing protocol will be determined by the race director.

The quickest and short-term solution to the armbands would be for the WNSL to purchase the following, to be distributed by the OC to the head coach of each team:

[Armbands](#)

Respectfully submitted,

Charil Reis  
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