

WNSL Rules of Competition

These WNSL Rules of Competition shall be considered an integral part of the WNSL By-Laws

A. OF A TEAM, INDIVIDUAL ATHLETE, and LEAGUE COMPETITION 1. School

Sponsored Team (SST) – A SST shall be defined as any organized team or teams which receive full or partial funding from the school district in question.

- a. A SST shall hold at least one organized practice per week during the regular ski season. A school may have one or more high school or middle school teams depending upon the decision of the school district.
- b. A school may develop a co-op arrangement with another school to create an SST, as long as there is a written agreement in place between the districts.
- c. A SST which accepts athletes who are outside of said school or schools, shall be defined as a Club Sponsored Team.

2. Club sponsored Team (CST) – A CST shall be defined as a team organized by a club, including high school or middle school clubs, or non-profits, which receive full or partial funding from donations, club fees, sponsorships, and other sources.

- a. A CST shall hold at least one organized practice per week during the regular ski season and may be comprised of athletes from one or more school districts. Practices shall generally be held in the same location or locations under a common coach or coaches.
- b. Within a school district or a group of school districts, there may be more than one CST that functions.

3. Eligible Athlete (EA) – An EA shall be defined as a Wisconsin resident currently enrolled in Grades 5-12. Athletes shall have no more than eight years of total eligibility.

4. Independent Athletes (IA) – An IA shall be defined as an athlete requesting to become a WNSL Member and to participate in Wisconsin State and/or Conference competitions without team affiliation. A Wisconsin resident IA who is eligible to compete in a High School Nordic Ski State Meet in another state during a given season is ineligible to compete in a Wisconsin Nordic State Meet during that season.

- a. IAs shall be allowed to participate in any and all activities of the WNSL and may choose to represent their own school or club as an individual.
- b. IAs shall not be treated as being a part of any SST or CST and may reside within a school district fully or partially funding a team.
- c. IAs shall be allowed to receive full or partial funding from any source.
- d. IAs may request informational updates from the WNSL as an interested party.
- e. An IA shall make a formal written request to the WNSL President to become a WNSL Member and to participate in the upcoming Wisconsin State and/or Conference Meet competitions by midnight, December 31st. Any IA submitting a request after December 31st is subject to approval by League Officers.

5. A League Competition is a MS/HS race that includes team scoring and is hosted by a WNSL

member team or organization.

B. ROSTER

1. A team must submit a current roster to the League officers by midnight of December 31st of each ski season in order to be scored as a team at the State Meet.
 - a. The roster must include the school name, school city, and grade level in which each student is currently enrolled, coach's name and contact information. (The grade level enrollment of a home schooled student shall be determined by the athlete's parent and/or guardian in the initial year of the athlete's involvement in League competitions and shall proceed consecutively thereafter).
 - b. The officers have until January 10th to resolve any roster issues. Resolution must be done by majority membership decision. (This pertains to rosters submitted by midnight December 31st)
 - c. Additions to a roster or additions of a team to the League after December 31st must be approved by the League officers.
 - d. Submit the Head Coach Code of Conduct Signature Page/Form with the Roster by midnight of December 31st. (Refer to the Code of Conduct document for complete procedure)

C. SCORING

1. Athletes must be on the official team roster (submitted by midnight December 31st) to score in League competitions. Additions of a team or individuals after December 31st must be approved by the League Officers to score in League competitions.
2. All athletes shall be allowed a maximum of 8 consecutive team or individual scoring years of League competitions consisting of no more than 4 consecutive team or individual scoring years of middle school competition and no more than 4 consecutive years of high school competition.
 - a. Grades 9-12 will be considered to be high school; grades 5-8 will be considered to be middle school.
3. Athletes enrolled in grades 9 through 12 will be scored with the high school and athletes enrolled in grades 5 through 8 will be scored with the middle school for all League competitions.
 - a. Athletes may be allowed to ski up or down from the grade level category in which they are enrolled at the discretion of the race organization.
 - b. Athletes who do not ski in the grade category in which they are enrolled will receive timing only, but not team or individual scoring in League competition.
4. An athlete must physically practice once a week (not including a day on which a race is held) with their team in order to be a scoring member of the team.
5. A World Cup style point system will be used for scoring for individual races, the pursuit and the team relays that will allow combination of the results. Equal weight will be placed on each day to crown State Champions:
 - a. Individual Race results:
 - i. The first place finisher will score 30 points, second 29 points, third 28 points, etc.

The highest three point scores for each team are added to obtain a team score and the team with the largest point total wins. Note: Individuals not on a team (Guests and IAs) must first be eliminated for team scoring to take place.

- b. Pursuit results:
 - i. The first place finisher will score 60 points, second 58 points, third 56 points, etc. until the 30th place finisher who scores 2 points. The highest three point scores for each team are added to obtain a team score and the team with the largest point total wins. Note: Individuals not on a team (Guests and IAs must first be eliminated for team scoring to take place.
 - ii. Only the top 3 skiers from each team score points, skiers 4 and 5 being used to displace skiers on other teams.
 - iii. Tie breaker for team scoring will be to: Go to the 4th place finishers. The team with the fastest 4th place finisher shall prevail. If still tied, go to the 5th place finishers. The team with the fastest 5th place finisher shall prevail.
 - c. Team Sprint:
 - i. The first place team finisher will score 45 points, the second 43 points and the third 41 points until the 21st place that will score 1 point. Note: Individuals not on a team (Guests and IAs and any combined teams) must first be eliminated.
 - ii. Only the top 2 teams from each team score points, team 3 being used to displace other teams and also as the tie breaker.
 - d. Mixed Team Sprint:
 - i. The first place team finisher will score 87 points, the second 85 points and the third 83 points until the 20st place that will score 49 points. Note: Individuals not on a team (Guests and IAs and any combined teams) must first be eliminated. One team scores per team and a second team can displace for overall team scoring.
6. Refer to the Federation Internationale de Ski (FIS) Rules www.fis-ski.com for technical questions not addressed by the League Rules of Competition.

D. CONFERENCES

- 1. Definition of a Conference: A Group of Teams within a geographical region (i.e. Northern, Southern, Central) that hold a Conference Championship Race.
- 2. Conference Race Championship technique, seeding, and awards are at the discretion of the host Team.
- 3. Teams may petition to switch or form new conferences with WNSL membership approval.

E. HIGH SCHOOL/MIDDLE SCHOOL DISTANCE CHAMPIONSHIPS

1. Schedule: Any State Championship events shall be scheduled on weekends avoiding the American Birkebeiner and any JNQ weekend to allow Wisconsin Skiers to pursue both Regional and State Championship competitions.

2. Bidding:

- a. State Meet bids for Distance championships are presented in writing at any spring meeting.
- b. Bidders are encouraged to make a 2 year commitment.

- c. Bids should be submitted to the officers to enable circulation to all members two weeks prior to the spring meeting.
 - d. The race organizer and venue shall be selected by a majority vote of the WNSL members
 - e. Guidelines for a State Meet Site may be found in WNSL Policies.
3. Format: The High School/Middle School Distance Championships will be a pursuit format including both the freestyle and classical techniques.
4. Registration:
- a. Pre-registration of teams and individuals is required, with deadlines to be determined by the race organization.
 - b. Late registered teams and individuals are subject to approval by the race director. Starting assignment decisions are to be made by the race organization.
 - c. Skiers must register in the grade level category within which they are enrolled.
5. Seeding:
- a. High School Seeding for Individual start at the Distance State Meet will be a combination of Coaches Self-Seeding/Conference Seeding:
 - 1) A SEED - To fulfill the goal of approximately 20 A skiers, A Seed will consist of:
 - Remaining skiers from previous years top 20 at State Meet
 - Top 4 skiers from each Conference Meet
 - Top 3 U18 & U20, and top 1 U16 Wisconsin JNQ skiers
 - 2) B SEED – To fulfill the goal of approximately 20 B skiers, B Seed will consist of skiers expected to finish in 20th to 40th place and will be determined by Coaches Self-Seeding
 - 3) C SEED – Will consist of skiers expected to finish in 40th to 70th place and will be determined by Coaches Self-Seeding.
 - 4) D Seed – Will consist of skiers expected to finish in 70th plus place and will be determined by Coaches Self-Seeding.
 - b. Middle School Seeding for Individual start at the Distance State Meet: Seeding will be at the discretion of the coaches using an A, B, C, ranking. Guidelines: A = Expected Top 25% finishers (for example - 16 athletes if using 63 as total racing), B = next 25% of finishers (17-32), and C being all others.
6. Pursuit:
- a. A pursuit start shall be used for the second race in the distance championship. Start times will be the time back from the winner of the individual start race up to 10 minutes for HS and 7 minutes for middle school, to be followed by the rest of the skiers at the discretion of the race director.
 - b. Skiers who only do the second race will start in a separate wave at the end of the seeded skiers.

7. Middle School Division:

- a. A middle school division will be part of the High School/Middle School Distance Championships.
- b. The Middle School Championship race will be a pursuit format including both the freestyle and classical techniques.
- c. All middle school skiers will ski in the middle school division.

8. Distance Guidelines:

- a. High school boys and girls 5K – 7.5K
- b. Middle school boys and girls 3K – 4K

9. Awards:

- a. High school team awards will be presented for the top 3 places in the pursuit race only. Awards will be given to the top 5 individuals on each of the top three boys and girls teams.
- b. High school individual awards will be presented to the top ten boys and top ten girls for the freestyle, classic, and pursuit races.
- c. Middle school team awards will be presented for the top 3 places in the pursuit race only. Awards will be given to the top 5 individuals on each of the top three boys and girls teams.
- d. Middle school individual awards are presented to the top ten boys and top ten girls for the freestyle, classic and pursuit races.
- e. Adult Awards are presented as per the WNSL Adult Awards Policy/Procedure. 10.

Competition Jury/Rules Committee: A competition jury will be formed by the State Championship Meet host to oversee the Championships. The jury will be composed of 3 people; the Chief of Competition, a USSA Licensed Technical Delegate (TD), and a USSA licensed Technical Delegate serving as Assistant (Assistant TD). The TD will be the head of the jury.

F. HIGH SCHOOL/MIDDLE SCHOOL SPRINT CHAMPIONSHIPS 1.

Bidding:

- a. State Meet bids for Sprint Championships are presented in writing at any spring meeting.
- b. Bidders are encouraged to make a 2 year commitment.
- c. Bids should be submitted to the officers to enable circulation to all members two weeks prior to the spring meeting.
- d. The race organizer and venue shall be selected by a majority vote of the WNSL members

2. Format: A team sprint (relay) and an individual sprint format are presented. Format and techniques Techniques are chosen so the Team Sprint is different than the individual sprint and the individual sprint matches the distance interval start.

3. Registration:

- a. Pre-registration of teams and individuals is required, with deadlines to be determined by the race organization.
 - b. Late registered teams and individuals are subject to approval by the race director.
 - c. Starting assignment decisions to be made by the race organization.
4. Seeding: Individual seeding is the same as Distance Championship seeding defined in paragraph E.5 (above). Team sprint seeding will be based on prior year state championship results.
5. Awards: Awards will be given to the top three teams in each division (High School and Middle School). Individual awards to the given to the top 10 in each division.
6. Competition Jury/Rules Committee: A competition jury will be formed by the State Championship Meet host to oversee the Championships. The jury will be composed of 3 people; the Chief of Competition, a USSA Licensed Technical Delegate (TD) and a USSA licensed Technical Delegate serving as Assistant (Assistant TD). The TD Will be the head of the jury.

G. OVERALL STATE CHAMPIONSHIP

- 1. The overall Girl and Boy State champion will have the highest total points from the Individual sprint and the Pursuit. The tie breaker is the better placing in the Pursuit race.
- 2. The overall Boy or Girl Team State champion is the Team with the Highest total points in the pursuit, the individual sprint and the team sprint. The tie breaker is the better result in the team sprint.
- 3. The Overall Team State champion is the combination of the Girl and Boy distance pursuit, The girl and Boy Individual sprint, the girl and boy team sprint result and the Mixed team sprint.
- 4. Overall State Championship Awards:
 - a. High school team awards will be presented for the top 3 places for boys, girls and the combination thereof.
 - B. Awards will be given to the top 5 individuals on each of the top three boys, girls and combined teams.
 - C. High school individual awards will be presented to the top ten boys and top ten girls for the overall championship.

H. GUEST CLASS

- 1. **Purpose:** The Guest Class Provision is intended to provide a state meet level competition experience for individual HS skiers and HS teams bordering Wisconsin for inclusion in Wisconsin Nordic Ski League (WNSL) conference and state meet competitions. This is to promote and grow the sport through overall WNSL and regional skier development, and to provide a state meet level competition experience to:
 - a. Regional teams or clubs who are not recognized league members of their state league and/or eligible in their respective states to participate and qualify in their respective state meet competitions.

- b. Individual skiers in the region that are not a member of a formal/recognized high school team in their respective state.
- c. WI skiers to experience an expanded regional and diverse state meet competition experience.
- d. Expand regional Nordic skiing competition opportunities and contribute to the growth of the sport in the Midwest region.

2. WNSL Championship Competitions Integrity Considerations: To maintain WI State Championship integrity and history, only out of state guest competitors meeting the eligibility requirements (below) are invited to compete in the WNSL championship competitions. Guest teams and skiers are not eligible for WI individual or team awards in WI conference and State Championship competitions and will not factor into placement or displacement of WI team or WI individual awards. Guest Individual skiers will be included in overall results, and may be recognized, but not counted in WI skier individual awarding or team scoring.

3. Eligibility: The following rules define individual and team guest eligibility for the WI state conference and state meet participation:

- a. **States Eligible for Guest Skiers and Teams:** Only skiers or teams with geographical boundaries to WI may enter individual guest skiers or teams – Minnesota, Michigan, Iowa, Illinois.
- b. **Individual:** Individual guest skiers from eligible states can participate in WNSL conference and state competitions if:
 - i. Their state does not hold a state ski championship competition.
OR
 - ii. They are not members of a recognized HS team or club at their school that participates in a league that holds a state championship competition. Note: They may be eligible to compete as an individual in their respective state ski meet, but still eligible to compete in WI if their high school does not have a formal organized club or team recognized by their state's Nordic ski league.
- c. **Teams:** Guest teams from outside the state of WI can compete as a team if:
 - i. Their state does not hold a state ski championship competition
OR
 - ii. Their team is not a current recognized member of their respective states recognized Nordic ski league, and thus cannot qualify to participate in their state's championship ski meet.
- d. **WNSL Roster Declaration:** Individuals or teams intending to compete in WNSL conference or the state meet competition must submit formal roster information to the WNSL secretary prior to Jan. 1st of the year of the competitions they intend to compete in. The roster information required is indicated in the WNSL rules of competition. Requests after this date will follow the rules outlined in the WNSL rules of competition.

e. **League Fees:** Individual skiers and guest teams are required to pay the current league dues to the WNSL for the year they intend to compete. They are welcome to attend bi-annual league meetings as guests, but do not have voting rights in the WNSL.

f. **Race Registration:** Guest skiers and teams are also required to register and pay the normal WNSL skier race registration fee for any conference meet and Wisconsin State Championship meet they attend.

4. WNSL Guest Skier and Team Rules and Considerations

a. Field Limits

i. **State Championship:** Limited to 100 guest skiers and individual skiers total, with guest teams limited to 40 total skiers per team (boys and girls combined).

ii. **Conference meets:** No limit of skiers and teams, unless the organizer or contracted timer imposes a limit.

iii. The field limits are subject to change yearly if voted on by the WNSL membership.

b. **Registration:** Guest skiers and guest teams register for the WNSL State Championship on a first come, first served basis until the field limit of 100 guest skiers is reached. Conference meets are at the discretion of each conference meets organizer/timers bib and course capability. WI skiers have priority over all guest skiers and teams for registration purposes.

c. **Seeding:** Guest skiers competing In WNSL conference and state meets will be seeded by their coaches following the guidelines of the conference and WI State Championship seeding criteria. No guest skiers will be eligible to qualify for top 20 automatic seeding consideration as determined in the conference meets, and will be seeded after all conference qualifying seeded skiers at the WI State Championship meet.

d. **Guest Skier Identification:** To differentiate guest skiers from WI skiers during the race, an easily identifiable visible means of identifying guest skiers will be used. Examples, but not limited to: different bibs, bib colors, bib tags, arm bands or other (including uniforms).

e. **Scoring:** Guest skiers do not score team points and do not displace or take a placing of a WI skier, but will be listed as their overall place in official results. WI skiers will officially be scored and places counted as WI skiers against WI teams only. f. **Awards:**

i. **Individuals:** Guest skiers are not eligible for WNSL conference or State Championship meet awards. However, they will be recognized (called up) at awards ceremonies if a skier finishes in the awarded placings at the meet. The next WI skier after them will be awarded the same placing for award purposes. Any guest skier awarding is at the discretion of the race organization hosting the competition.

ii. **Teams:** Due to the complicated nature of scoring teams and points, guest teams may be recognized (called up) for an awarded finish, but it is at the

discretion and capability of the organization/company doing the timing and scoring and hosting organization to do so or not.

iii. **Awarding:** Organizers are encouraged but not required to provide a participation/placement award or gift for guests at awarding ceremonies for guest skiers placing in an awarded category. Guest skiers will not take any placing award of a WI skier. **Note:** If more than 3 guests compete in a category, the top 3 guests in each race may be recognized (called up) for the guest class recognition.

g. **Competition Rules:** Guest skiers and guest teams participating in WNSL conference and State Championship competitions will follow the WNSL Rules of Competition in any WNSL meet they participate in.

I. AMENDMENTS

1. These Rules of Competition can be amended every year by the WNSL membership at the spring and fall meetings, as well as any special meeting called by the officers of the WNSL.
2. One-third of the voting membership is required to bring forth a proposal for an amendment to the Rules of Competition. (example: 11 members if 33 total)
3. The proposal must:
 - a. Include the exact wording for the amendment to be voted on by the membership of the WNSL and where in the document the amendment shall be located.
 - b. Include all the names of the members bringing forth the proposal
 - c. Be distributed to the membership at least two weeks before the spring meeting.
4. A passed amendment will be incorporated for the upcoming season.

Adopted:

10/18/2015 (rhk – Rachel Kresse)

Amended:

06/03/2020 (clr – Charil Reis)

Amended:

09/01/2021 (clr – Charil Reis)

Amended:

05/15/2021 (jrw-Jasmine Wiley)

Amended:

04/6/2025 (Jake Barnes)