

Wisconsin Nordic Ski League (WNSL) Rules of Competition

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

A. DEFINITIONS OF A TEAM, INDIVIDUAL ATHLETE, and LEAGUE COMPETITION

- a. **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.
 - i. 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.
 - ii. 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.
 - iii. A SST which accepts athletes who are outside of said school or schools, shall be defined as a Club Sponsored Team.
- b. **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.
 - i. 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.
 - ii. Within a school district or a group of school districts, there may be more than one CST that functions.
- c. **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.
- d. **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.
 - i. 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.
 - ii. 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.
 - iii. IAs shall be allowed to receive full or partial funding from any source.
 - iv. IAs may request informational updates from the WNSL as an interested party.
 - v. 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.

- e. **A League Competition** is a MS/HS race that includes team scoring and is hosted by a WNSL member team or organization.

B. ROSTER

- a. 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.
 - i. 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).
 - ii. 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)
 - iii. Additions to a roster or additions of a team to the League after December 31st must be approved by the League officers.
 - iv. 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

- a. 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.
- b. 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.
 - i. Grades 9-12 will be considered to be high school; grades 5-8 will be considered to be middle school.
- c. 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.
 - i. Athletes may be allowed to ski up from the grade level category in which they are enrolled at the discretion of the race organization.

- ii. 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.
- d. 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.
- e. 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:
 - i. Individual Race results:
 - 1. The first place finisher will score 100 points, second 97 points, third 95 points, and then one less point per place; 94, 93 etc. The highest three point scores for each WNSL Team are added to obtain a team score and the WNSL Team with the largest point total wins. Guests and those athletes skiing up must first be eliminated for team scoring to take place.
 - ii. Pursuit results:
 - 1. The first place finisher will score 200 points, second 194 points, third 190 points, fourth 188 and then 2 points less for each place. The highest three point scores for each team are added to obtain a WNSL Team score and the WNSL Team with the largest point total wins. Guests and those skiing up must first be eliminated for team scoring to take place.
 - 2. 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.
 - iii. Team Sprint:
 - 1. The first place finishing team will score 280 points, the second 268 points and the third 260 points. Each place thereafter will score 6 less points; 254, 248 etc. Guests, those skiing up, and any combined teams must first be eliminated.
 - 2. For team scoring, the top score from each team is used.
 - iv. Mixed Team Sprint:
 - 1. The first place finishing team will score 280 points, the second 268 points and the third 260. Each place thereafter will score 6 less points; 254, 248 etc. Guests, those skiing up, and any combined teams must first be eliminated. One team scores per WNSL Team.
 - v. Sprint Championship Scoring
 - 1. Individual sprint championship points is the total of the team sprint qualifier and the overall results of the individual sprint. The individual sprint is the tiebreaker.
 - 2. WNSL Team Sprint Championship result is the total of the team sprint result and the individual sprint results (3 top athletes/team) and not including the team sprint qualifier. The team sprint is the tiebreaker.
- f. 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

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

E. HIGH SCHOOL/MIDDLE SCHOOL DISTANCE CHAMPIONSHIPS

- a. Schedule: Any State Championship events shall be scheduled on weekends avoiding the American Birkebeiner and any JQ weekend to allow Wisconsin Skiers to pursue both Regional and State Championship competitions.
- b. Bidding:
 - i. State Meet bids for Distance championships are presented in writing at any spring meeting.
 - ii. Bidders are encouraged to make a 2 year commitment.
 - iii. Bids should be submitted to the officers to enable circulation to all members two weeks prior to the spring meeting.
 - iv. The race organizer and venue shall be selected by a majority vote of the WNSL members
 - v. Guidelines for a State Meet Site may be found in WNSL Policies.
- c. Format: The High School/Middle School Distance Championships will be a pursuit format including both the freestyle and classical techniques.
- d. Registration:
 - i. Pre-registration of teams and individuals is required, with deadlines to be determined by the race organization.
 - ii. Late registered teams and individuals are subject to approval by the race director. Starting assignment decisions are to be made by the race organization.
 - iii. Skiers must register in the grade level category within which they are enrolled.
- e. Seeding:
 - i. Seeding Race:
 - 1. Each Conference will arrange to have a Conference seeding race at least one week (7 days) prior to the first event of the state meets to provide seeding information. The Conference seeding race will be accessible to all teams in a conference without requiring time away from school or travel from outside of normal venues or late

travel nights during the week unless all teams agree to a weekday event requiring school absence.

2. The race can be selected from existing races in the vicinity of the Conference teams or developed as a stand alone race if a schedule window is available. A conference seeding race can be a JQ or a popular race like the Iola Invite or the Hodag challenge because one day licenses are available so any skier can race those events. Consideration should be given to machine-made snow loops of several kilometers and adequate width to minimize course congestion.
3. The conference seeding race will be an individual start event so every skier has a chance to show how fast they can ski. The races shall be between 7.5 and 5k for HS and 3k to 5k for MS.
4. The conference seeding race shall not be scheduled at the same time as a GLD JQ or Senior Nationals unless it is a combined event.
5. A conference will vote to finalize the race chosen and the host has the tie breaking vote. The host rotates through conference teams.

- ii. High School athlete (HS) Seeding for the Sprint qualifiers and the Individual start at the Distance State Meet will be a combination of results based Criteria and Coaches input. The goal of seeding is to minimize tracking/passing in the Qualifiers and Individual Start. There will be 4 groups defined for HS; A, B, C and D.

1. A SEED – This group is expected to finish within approximately 2-3 minutes of the Individual start Race winner. The group may be 10-20 athletes. Our Established A SEED will consist of athletes meeting 3 criteria:
 - a. Remaining skiers from the previous year's Overall top 10 from combined State Meet Results.
 - b. U18 and U20 Skiers that have finished in the top 4 on the combined list in a JQ in the current season.
 - c. U16 skiers that have finished in the top 2 in a JQ in the current season.
 - d. Conference seeding races will add skiers to the A SEED: Ideally the established A SEED Skiers will race the seeding race. Any skier within 45 seconds of the "established A seeds"; a, b and c, above are included in the A seed. If there is no established A seed in the Conference seeding race, the race winner shall be considered an A seed.
2. B SEED: This group is expected to finish in the 2-5 minutes after the state interval start race leader.
 - a. Remaining skiers from the previous year's Overall top 25 from combined State Meet Results.

- b. U18 and U20 Skiers that have finished in the top 8 on the combined list in a GLD JQ in the current season.
 - c. U16 skiers that have finished in the top 6 in a GLD JQ in the current season.
 - d. Conference seeding races will be utilized as follows: Skiers within 1:30 time back of the Established A SEEDS or within 0:45 time of the Seeding race Winner with No established A Seeds will be a B seed.
 - 3. C SEED – Will consist of skiers after B seed expected to finish in the top 65 and will be determined by Coaches Self-Seeding.
 - 4. D Seed – Will consist of skiers expected to finish in 65th plus place and will be determined by Coaches Self-Seeding.
- iii. Middle School Seeding for qualifier for the sprint days and Individual start at the Distance State Meet: Seeding will be at the discretion of the coaches using an A, B, and C ranking. Following these guidelines: An A SEED will be a top 10 U16 JQ skier, a returning top 20 MS skier or will be in the top 4 of the U14 Youth Cup. They also will finish in the top 3 of your conference seeding race and be in the top 10 of a large race like the Hodag challenge. B = next 25% of finishers (17-32), and C being all others.
- iv. Seeding submitted by the coaches at race registration will be reviewed against the above criteria for both HS and MS by a committee of Coaches slated by the officers, one from each conference for HS and for MS. The committee will handle petitions, and review/adjust the athlete seed list as required using current race data and coaches input.
- v. The race jury will make the call regarding start order in the case of snow if it may be advantageous to race B-A-C-(D) start order. In any case, start lists will be random within a group for each new start sequence.
- f. Pursuit:
 - i. 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.
 - ii. Skiers who only do the second race will start in a separate wave at the end of the pursuit skiers.
- g. Middle School Division:
 - i. A middle school division will be part of the High School/Middle School Distance Championships.
 - ii. The Middle School Championship race will be a pursuit format including both the freestyle and classical techniques.
 - iii. All middle school skiers will ski in the middle school division.
- h. Distance Guidelines:

- i. High school boys and girls 5K – 7.5K
 - ii. Middle school boys and girls 3K – 4K
- i. Awards:
 - i. 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.
 - ii. High school individual awards will be presented to the top ten boys and top ten girls for the freestyle, classic, and pursuit races.
 - iii. 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.
 - iv. Middle school individual awards are presented to the top ten boys and top ten girls for the freestyle, classic and pursuit races.
- j. 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

- a. Schedule: Any State Championship events shall be scheduled on weekends avoiding the American Birkebeiner and any JQ weekend to allow Wisconsin Skiers to pursue both Regional and State Championship competitions.
- b. Bidding:
 - i. State Meet bids for Sprint Championships are presented in writing at any spring meeting.
 - ii. Bidders are encouraged to make a 2 year commitment.
 - iii. Bids should be submitted to the officers to enable circulation to all members two weeks prior to the spring meeting.
 - iv. The race organizer and venue shall be selected by a majority vote of the WNSL members
 - v. Guidelines for a State Meet Site may be found in WNSL Policies.
- c. Format: A team sprint (relay) and an individual sprint format are presented. Format and techniques are chosen so the Team Sprint is different than the individual sprint and the individual sprint matches the distance interval start.
 - i. All team sprint relays will involve two skiers per team with each skier skiing two total relay legs, tagging off to their relay teammate between each leg.
 - ii. Mixed gender team sprint relay teams are to consist of one girl skier and one boy skier.

- iii. The mixed gender relay order is predetermined and alternates every year.
 - 1. For an odd year, the order is GIRL-BOY-GIRL-BOY.
 - 2. For an even year, the order is BOY-GIRL-BOY-GIRL.
 - d. Registration:
 - i. Pre-registration of teams and individuals is required, with deadlines to be determined by the race organization.
 - ii. Late registered teams and individuals are subject to approval by the race director.
 - iii. Each athlete is eligible for only one relay on the Team Sprint Relay Day. This prohibits “doubling up” in the relays.
 - e. Seeding: Individual seeding is the same as Distance Championship seeding defined in paragraph E.e (above). Team sprint seeding will be based on adding up the times from an individual start qualifier race in the same technique. Racers will be issued bibs denoting their seeding for the heats: 101, 102....
 - f. Awards:
 - i. Awards will be given to the top 3 Sprint Teams on the day and the top 10 individuals on the day.
 - ii. Awards will be given to the top three WNSL Teams in each division (High School and Middle School) and the top 10 Individuals at the end of the competition following section C.e.v. (Sprint Championship scoring).
 - iii. 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

- a. The overall Girl and Boy State champion will have the highest total points from the Individual sprint, team sprint qualifier, and the Pursuit. The tie breaker is the better placing in the Pursuit race.
- b. The overall Boy or Girl Team State champion is the WNSL 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 gender team sprint.
- c. 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. The tiebreaker is the result in the mixed team sprint.

- d. Overall State Championship Awards:
 - i. High school team awards will be presented for the top 3 places for boys, girls and the combination thereof.
 - ii. Awards will be given to the top 5 individuals on each of the top three boys, girls and combined teams.
 - iii. High school individual awards will be presented to the top ten boys and top ten girls for the overall championship.

H. GUEST CLASS

- a. **Purpose:** The Guest Class provision is intended to provide a State Meet level competition experience for individual HS/MS skiers and HS/MS teams bordering Wisconsin. This is to promote and grow the sport through regional development for teams, clubs and individuals who are not recognized league members of their state and/or eligible in their respective states to participate in State Meet competitions.
- b. **Eligibility:** The following rules define GUEST individual and team eligibility for WNSL Conference and Distance State Meet participation.
 - i. **States eligible for GUEST skiers and teams:** Only skiers and teams with geographical boundaries to Wisconsin may enter WNSL competitions: Minnesota, Michigan, Illinois and Iowa.
 - ii. Skiers and teams from Michigan have a reciprocal agreement with the WNSL to participate as guest competitors at the Wisconsin State Distance meet. Skiers from Wisconsin are eligible to participate as guest skiers at the Michigan Nordic State Championships. This agreement recognizes the relationship that Michigan and Wisconsin skiers share as members of the Great lakes Junior Nationals Division. It also promotes an opportunity for both State Leagues to offer a high- level competition to their skiers and teams.
 - iii. GUEST teams and individuals are not eligible to participate in the WNSL Sprint Championships.
 - iv. **Individuals:** Individual GUEST skiers from eligible states can participate in WNSL Conference and Distance State Meets if:
 - 1. Their state does not hold a state championship competition.
 - OR
 - 2. They are not members of a recognized HS/MS team or club that participates in a state championship competition.
 - 3. The skier resides and practices individually or with a team from Michigan.

- v. **Teams:** GUEST teams from outside the state of Wisconsin can participate as a team if:
 - 1. Their state does not hold a state championship competition.
 - OR
 - 2. Their team is not a current recognized member of their respective state's Nordic Ski League, and thus cannot qualify to participate in their state's championship ski meet.
 - 3. Their team resides and practices in Michigan.
- vi. **WNSL Roster Declaration:** Individuals and teams intending to compete in WNSL Conference and Distance State meet must submit a formal roster to the WNSL secretary by December 31st of the year preceding the State Meets. 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.
- vii. **League Fees:** GUEST Individuals and teams are required to pay the current league dues to the WNSL for the year they intend to compete. They are welcome to attend league meetings as guests but do not have voting rights in the WNSL.
- viii. **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 Distance State Championship Meet they attend.
- c. **WNSL GUEST Skier and Team Rules and Considerations:**
 - i. **Field Limits:**
 - 1. **Distance State Championship:** There is a limit of 100 GUEST skiers total with a team limit of 40 total skiers per team(boys and girls combined).
 - 2. **Conference Meets:** There are no limits of skiers and teams, unless the race organizer or timers impose a limit.
 - 3. The field limits are subject to yearly change if voted on by the WNSL membership.
 - ii. **Registration:** Guest skiers and teams register for the WSNL State Meet on a first- come, first served basis until a limit of 100 GUEST skiers is reached. Conference Meets are at the discretion of race organizers and timers. Wisconsin skiers have priority over all GUEST skiers and teams.
 - iii. **Seeding:** GUEST skiers competing in WNSL State and Conference meets will be seeded by their coaches following the guidelines for seeding criteria in the Rules of Competition. There are no automatic seeding placements for GUEST skiers and final seeding decisions will be determined by a WNSL Racing Committee.

- iv. **Scoring:** Guest skiers do not score team points and do not displace or take the place of a Wisconsin skier, but will be listed in Overall results. Wisconsin skiers will be officially scored and places counted in Wisconsin official individual and team results.
- v. **Awards:** Guest skiers are not eligible for WNSL Conference or State Championship awards and will not take any placing award of a Wisconsin skier or team. However, they will be recognized and called to the podium for their overall place as appropriate. The next Wisconsin skier after them will be awarded the same placing for award purposes.
 - 1. **Teams:** Due to the complicated nature of scoring teams and points, GUEST teams may be recognized for an Overall Team result but will not be recognized in the Official Wisconsin State or Conference results.
 - 2. Race organizers may choose to recognize GUEST skiers with a participation/placement award at their discretion.
- vi. **Competition Rules:** GUEST skiers and teams will follow the WNSL Rules of Competition in any WNSL meet that they participate in.

I. AMENDMENTS

- a. 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.
- b. 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)
- c. The proposal must:
 - i. 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.
 - ii. Include all the names of the members bringing forth the proposal
 - iii. Be distributed to the membership at least two weeks prior to the meeting where it will be considered.
- d. 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)

Amended:

08/26/2025 (Tamara Bryant)

Amended:

11/21/2025 (Ryan Thieme)

Amended:

09/13/2026 (Ryan Thieme)