

New Rules 23/24

Substitution Rule

If a school's State Nordic Ski Team member must be taken out of the State Meet:

1. Any skier on that team's State Meet roster may be substituted into the removed skier's start position.
2. Then a skier from the listed alternates must fill the new open start position. No other skiers may be moved to different start positions.
3. Once a skier is taken out of the State Meet, they cannot be put back into the State Meet.
4. No skier can ski in more than one race (Sprint Relay or Pursuit Race) at the State Meet

Tie breaking rule

1. Combine the times of the fastest three finishers in the pursuit event. The team with the fastest combined time shall prevail
2. If a tie still remains, go to the tied teams' relay squad. The team with the best placing relay squad shall prevail
3. If a tie still remains, go to the tied teams' fourth place finisher in the pursuit event. The team with the best fourth place skier shall prevail

State meet schedule/Technique

Wednesday

- Sprint Relay Prelims
- Sprint Relay Final

*Technique will alternate yearly between skate and classic with even years being classic and odd years being skate

**Race order between boys and girls will rotate on a two year cycle per the following:

- o 2021 – boys first, girls second (no relay this year, added to better show the pattern)
- o 2022 – boys first, girls second
- o 2023 – girls first, boys second
- o 2024 – girls first, boys second
- o 2025 – boys first, girls second
- o 2026 – boys first, girls second

Thursday

- Freestyle Interval Start
- Classic Pursuit Start

*Race order between boys and girls will alternate yearly with the boys going first in even years and the girls going first in odd years

Medals for Alternates

-Alternates will now receive team medals