



2021-22

POLICY AND PROCEDURES

FOR

SKIING



NHIAA SKI COMMITTEE

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1. Information for All Coaches

- Any timing software capable of tabulating team scores may be used, including but not limited to: Duda Program, Split Second, Nastar, etc.
 - All schools should schedule in their own division before scheduling in another division.
 - “If a school does not attend a meet that is on their ski schedule, the athletic director must submit a letter to the NHIAA.”
 - **Athletes are required to wear approved helmets for slalom, giant slalom and jumping events during regular season and tournament competitions.**
 - In addition to displaying appropriate sportsmanship while competing, student athletes and coaches are reminded that we are guests while participating in meets. All people involved need to be sensitive to this issue and respect the property and people of the host site. Inappropriate or disrespectful behavior anywhere on the property gives everyone a bad name and can result in the loss of a meet site. Failure to display proper behavior, even when not actually competing, will be considered unsportsmanlike and may result in disqualification and removal from the existing or future meets. Coaches or other responsible adults are expected to provide adequate supervision for their student athletes at all times.
 - Tie-Breaking Procedure: In the event of a tie, the total of the top four times per discipline for alpine and cross country will be used. For jumping the top four point totals shall be used to break the tie.
 - **Concussions: Any athlete that is rendered unconscious or apparently unconscious during a meet shall not be allowed to compete that day without the written authorization from a physician.**
 - Trainers – Schools requesting medical services are to provide the necessary supplies for the trainer at all regular season and tournament events.
 - Regular season meet results may be forwarded via email to nchaput@nhiaa.org for posting on the NHIAA website.
 - At all NHIAA Ski State Tournaments, Below Grade 9 students may not participate as forerunners/fore jumpers unless the Below Grade 9 Athletic Participation Committee has granted a waiver.
- There are no NHIAA restrictions regarding practice at the site of the state tournament for the sport of skiing.

➤ **FORMS TO BE SUBMITTED:**

1. 2021-22 Alpine Ski Roster and Entry Form (If Applicable)
 - 1 Form **each** Boys and Girls – Limit 15 skier per discipline, per gender
2. 2021-22 Cross Country Ski Roster and Entry Form (If Applicable)
 - 1 Form **each** Boys and Girls– Limit 15 skier per discipline, per gender
3. 2021-22 Ski Jumping Roster and Entry Form (If Applicable)
 - 1 Form for **both** Boys and Girls– Limit 15 skier per discipline, per gender

Running Orders MUST be submitted to the NHIAA by Monday, of the week PRIOR to the state meet.

- Please do not forget to list those team members who are eligible for the Skimeister Award.
- **DO NOT** mail your entry form to the **Meet Directors**, as our office will forward the entries to the Meet Directors according to their division.
 - **Any changes to the running order for the state meet can be made directly to the meet director no less than 48 hours prior to the event.**

All forms can be accessed through a “Forms” link in the athletic directors’ administration area of the NHIAA website. Once accessed and filled out, please email the forms to nchaput@nhiaa.org.

DO NOT FOLLOW UP WITH HARD COPIES!
You will receive confirmation of receipt of your forms.
If you do not receive confirmation please contact the NHIAA.

SKI INFORMATION FOR COACHES

1. Divisional Alignment of Ski Schools

The divisional alignments are four divisions of approximate size with school enrollment as the basis.

2021-22 Boys and Girls Alpine Skiing Divisional Alignment							
DIV. I (1100+)		DIV. II (700-1099)		DIV. III (350-699)		DIV. IV (1-349)	
17 Schools		14 Schools		13 Schools		13 Schools	
Pinkerton	3283	Goffstown	1071	Plymouth	644	White Mountains	348
Nashua South	1901	Windham	997	Lebanon	606	Trinity	324
Nashua North	1735	Hollis/Brookline	857	Laconia	542	Newport	316
Exeter	1649	Oyster River	839	Kearsarge	508	Derryfield	269
Concord	1530	Milford	833	Gilford	489	Woodsville	218
Bedford	1505	Man. West	804	Prospect Mountain	454	Littleton	217
Dover	1474	Kingswood	794	St. Thomas	402	Moultonborough	168
Londonderry	1458	Pembroke	763	Newfound	391	Wilton-Lyndeborough (B)	153
Man. Memorial	1430	Souhegan	751	Conant (G)	373	Sunapee	155
Keene	1382	Hanover	743	Hillsboro-Deering	367	Gorham	138
Man. Central	1331	Kennett	739	Belmont	358	Profile	129
Spaulding	1308	Con-Val	718	*Hopkinton	320	Lisbon (G)	107
Merrimack	1226	*Bow	638	*Bishop Brady	304	Lin-Wood	97
Portsmouth	1119	*John Stark	618				
Timberlane	1100						
*Winnacunnet	1087						
*Bishop Guertin	793			*Petition			

2021-22 Boys and Girls Nordic Skiing Divisional Alignment

Division I (700+)			Division II (1-699)		
16 Schools			14 Schools		
Concord	1530		Plymouth	644	
Bedford	1505		Lebanon	606	
Man. Memorial	1430		Kearsarge	508	
Keene	1382		Gilford	489	
Man. Central	1331		Fall Mountain	465	
Winnacunnet	1087		Belmont	358	
Oyster River (B)	839		White Mountains	348	
Man. West	804		Hopkinton	320	
Merrimack Valley (B)	795		Newport	316	
Kingswood	794		Inter-Lakes	305	
Bishop Guertin	793		Derryfield	269	
Souhegan	751		Moultonborough	168	
Hanover	743		Sunapee	155	
Kennett	739		Profile	129	
Con-Val	718				
*Bow	638				* Petition
					Schools in Bold offer Jumping

2. Ski Schedule: Each member school is required to submit a completed ski schedule to the NHIAA Office no later than the **first Monday of December** each year. **Rescheduling of meets (for reasons other than weather conditions) will not be allowed once the schedules have been approved. The Executive Director may make exceptions to this policy after receiving a written request from the principal or athletic director for a change in schedule.**

3. **Sportsmanship:** In addition to displaying appropriate sportsmanship while competing, student athletes and coaches are reminded that we are guests while participating in meets. All people involved need to be sensitive to this issue and respect the property and people of the host site. Inappropriate or disrespectful behavior anywhere on the property gives everyone a bad name and can result in the loss of a meet site. Failure to display proper behavior, even when not actually competing, will be considered unsportsmanlike and may result in disqualification and removal from the existing or future meets. Coaches or other responsible adults are expected to provide adequate supervision for their student athletes at all times. Any unsportsmanlike act on the part of a competitor is subject to disqualification of that competitor from the remainder of the meet with no substitutes permitted. The Technical Delegate alone makes the final judgment. The Finish Timer, Chief Starter, Meet Director or Head Gatekeeper, shall reprimand the competitor and may make a recommendation for disqualification.
4. **Team Eligibility:** Ski teams competing in NHIAA State Meets shall be required to have participated in at least FOUR meets* (4 alpine, 4 cross country, 4 jumping) in the events in which they will be competing at the State Championships.
 * One day of ski competition within a discipline constitutes a meet.
5. **Individual Eligibility:** Any competitor in any State Ski Meet conducted by the NHIAA must have participated as a member of a team in that sport that season in at least 50% of that team's recognized competitions. A record of his/her competition in meets and/or waiver of the non-school competition rule must be available upon request.
NOTE: *If the requirements for team or individual eligibility cannot be satisfied, a request for a waiver must be submitted by the Principal to the Ski Committee (through the Executive Director), no later than 7 days prior to the Championships. ONLY EMERGENCY SITUATIONS will be reviewed for potential waivers-*
6. **Eastern High School Ski Championships:** Ski coaches are permitted to have contact with their team members to train and accompany them to the Eastern High School Ski Championships. Schools, however, cannot schedule ski meets amongst themselves after the NHIAA State Ski Championships have been completed. (See By-Law Article I; Policy, Sect. 8: Extra School Contests in the NHIAA Handbook.)

REGULAR SEASON MEET INFORMATION

1. **Injured Skier:** All participants in any NHIAA ski meet, after sustaining an injury while training, or competing in a ski event must be examined by a qualified ski patrol member or a medical doctor before re-entry into the competition of the meet.
2. **Clarification of Rules:** *(It is not the intent of this section to eliminate the FIS rulebook, but rather to amplify certain sections of it. Interscholastic ski meets are not FIS meets. In the past, ambiguities have occurred regarding rules interpretation and it is the intent of this section to clarify recurring problems within the rules.)*
3. **Penalty for Missing the Start:** Coaches are responsible for having competitors at starting positions for events. Violators in alpine events will race after the last competitor. Racers missing their start in the first run shall not be unduly punished and therefore will be inserted in the second run as soon as they are ready to start, not to precede their original start.
4. **Meet Officials:** It is recommended by the Ski Committee that appropriate meet officials be designated prior to the start of any regular season meet. (See Meet Officials Under State Meet Information)

5. **Racer's Responsibility:** Racers are responsible for the following:
- To have all equipment in a functioning manner prior to the start and to wear proper approved head protection.
 - Racing bib must be readily available during the pre-race inspection and displayed during the run on the course.
 - It is the racer's responsibility to pass through all gates on the course, in order, on two skis and to finish the last two gates on at least one ski and to cross the finish line on both skis or on one ski or both feet in the case of a fall in the immediate finish area.
 - It is the racer's responsibility to recognize that an obstruction on the course has impeded his performance and initiate the action of skiing out of the course. The racer must immediately contact a course official, explain the phenomena and request a rerun.
 - In the event of a binding release during the race, or if a competitor falls on the course, it will be his/her decision to finish the course. If a racer decides to stop, he/she must clear him/herself of the course as soon as possible.
 - **Helmets:** Helmets designed and manufactured for the particular discipline of ski racing being contested are required for all competitors and forerunners in all USSA events and official training. Helmets must bear a CE mark and conform to recognized and appropriate standards such as CEH.Din 1077, ASTM F2040, SNELL S98 or RS 98.

Helmets must cover the head and ears. Helmets with spoilers or edges that stick out are not permitted. Protective features integral to the discipline being contested, such as chin guards on slalom helmets are permitted. Soft ear protections are only allowed for slalom events.

USSA does not specify nor recommend nor make any warranties as to the fitness for use of any particular ski helmet design or brand name. USSA undertakes no responsibility, liability or duties to any competitor in connection with the requirement that helmets be utilized. It is the sole responsibility of the competitor to select an appropriate helmet for accident protection in ski racing.

Caution: Age and use affect the protective qualities of all safety helmets. Some older helmets and any helmets that have been damaged either in a racing fall or from other impact may no longer provide sufficient protection – even if there are no visible indications of damage.

Taken from USSA Alpine Competition Guide

6. **Below Grade 9 Athletic Participation** – Skiers in grades 9-12 shall be given the first opportunity to participate in any regular season and/or State Tournament event before any below grade 9 student athletes are entered. A below grade 9 student athlete cannot displace a high school student athlete. Below grade 9 athletes are only allowed for Division III and IV schools.
7. **Race Running Orders:** Any team changes will be allowed up to one half-hour before the race start. In the state meet, changes made will not involve any change in the pre-submitted running order except that slot that is directly affected by the substitution. ***Once a skier is removed from his/her position in the running order, he/she MAY NOT be placed in a different position in that running order.***
8. **Use of Video:** Video review is not permissible to resolve competitor disputes, either during the regular season or at the NHIAA Championship events. Video shall only be used to resolve sportsmanship issues.
9. NHIAA member ski schools are required to purchase numerical racing bibs numbered 1-100. Sponsor names can be put on racing bibs as long as the school name and bib numbers are not compromised.

2. Alpine Information

PROCEDURES FOR RUNNING EVENTS: **ALPINE EVENT SLALOM AND GIANT SLALOM**

- **Course Setting: Course Setting (U16 USSA Rules):** The trail shall be properly groomed or packed prior to setting the course. The course shall be set with the ability of the competitors in mind. It is recommended that the course avoid sharp turns, and confusing combinations of gates. Try to maintain fluency and rhythm throughout the course if possible. The distance between gates in slalom shall be four to six meters for combinations and six to 12 meters open with a delay max of 18 meters. The distance between gates in giant slalom shall be 15-27 meters open with a delay max of 35 meters.
- **Course Recognition:** The slalom course gates shall be marked with red and blue poles. The course may also be marked with a colored dye. The giant slalom course shall consist of two poles per gate with banners approximately seventy centimeters wide by fifty centimeters high connecting two like poles. The gates should be alternately red and blue. The giant slalom gates may also be marked with dye.
- **Course Length:** Meet directors shall attempt to meet the following minimum standards:
Slalom: A combined two run winning time of approximately 70 seconds.
Giant Slalom: A combined two run winning time of approximately 70 seconds.
- **Course Setter:** The course setter shall have prior experience in NHIAA Alpine Meets.
- **Forerunner:** There shall be no more than four (4) nor less than two (2) forerunners per event. The forerunners must successfully complete the course before the race. The forerunner is expected to point out difficulties experienced on the course to the technical delegate and suggest appropriate changes if necessary. Forerunners are not considered to be competitors in these events and their participation will not count toward the minimum requirements.
- **Gatekeeper:** This official shall be so identified and isolated from competitors and spectators. All gatekeepers are instructed to give the same information to all skiers. The gatekeeper shall be provided with and knowledgeable of the Instructions for Gatekeepers. It is recommended that gatekeepers be adults for the State Meet.
- **Starting the Race:** In slalom, the starting order is "Ready, Go". In giant slalom, the starting order is "10 seconds", (pause for 5 seconds) and then the count "5, 4, 3, 2, 1, Go".
- **Course Evaluation:** It is recommended that the slalom and giant slalom courses be designed so that no more than ten to fifteen percent of the racers disqualify or do not finish the course. It is also recommended that if a high percentage of the first seed fail to successfully complete the course, the Technical Delegate shall authorize a restart of the race.
- **Worker Checklist:** A list of appropriate meet personnel has been provided to assist the Meet Director in running a successful meet.
- **Hiking to Gates Language:** On a single pole course, proper hiking procedure is to circle the gate.
- In alpine skiing, the top ten high school slalom competitors (grades 9-12) and the top ten high school giant slalom competitors (grades 9-12) will qualify for the Meet of Champions for both boys and girls.
 - Below Grade Nine athletes will not be eligible to compete at the Meet of Champions.
- For competition and official training, only alpine skis with ski brakes may be used.
- **Course Inspection:** Competitors are allowed to study the course after final setting, either by walking up through the gates, or side slipping down through the gates slowly. Fast skiing, which in any way resembles shadowing or actually skiing the course, is strictly prohibited. The fully set course must be open for inspection at least one (1) hour prior to the start of that event.

Gate Keeper Responsibilities

- It is recommended that Gatekeepers be adults and at the very least the Head Gatekeeper be an adult. The primary responsibility of all Gatekeepers is to observe correct passage through the course and to maintain that section of the course to which he is assigned.
- All Gatekeepers are instructed to give the same information to all racers. A Gatekeeper's mistake carries with it serious consequences for the racer and team. The decision taken by a Gatekeeper must be clear and impartial. In case of doubt, Gatekeepers must be guided by the following principle: *"It is better that a mistake goes unpunished than be wrongfully punished."*

NOTE: INSTRUCTIONS FOR GATEKEEPERS (ALPINE)

1. Recognize all disqualifications:
 - a. Mark all disqualification's or passes immediately. In keeping more than one gate, indicate which gate was the source of disqualification.
 - b. Be prepared to explain reasoning to the Technical Delegate (diagram required).
 - c. Do not reveal a disqualification before the end of the race.
 - d. If you have reported a disqualification you shall be available until an hour after posting of unofficial results.
 - e. Do not report a disqualification if you are in doubt, until consulting referee.
 - f. Give racer benefit of doubt.
 - g. Hand this card to Chief Gatekeeper at end of race whether or not it shows disqualifications. --
SIGN YOUR NAME AND GATE.
2. Gatekeepers are encouraged to give instructions to racers limited to the following:
 - a. If racer has correctly passed through the gate, say "Go on".
 - b. If racer has not correctly passed, say, "Back".
 - c. No other reply or signal shall be given.
3. Avoid conversations and other distractions. Concentrate on your job!
4. Avoid interference of any kind with a competitor.
5. Maintain course in equal condition for all racers.
 - a. Replace poles in exact position and keep straight.
 - b. Keep course surface scraped or packed.
 - c. Keep spectators clear of course.
6. Remain in position until notified that race is over.

REASONS FOR DISQUALIFICATION BY GATEKEEPER

(Disqualification in Downhill, Giant Slalom and Slalom races)

A competitor shall be disqualified when the following rules are violated:

- a. Trains on a course or slope which is closed to competitors or (slalom) if he/she examines the course in a way not allowed by FIS Rules or (downhill and giant slalom) if he/she alters the course or uses a short cut in a way which is forbidden by FIS Rules.
- b. Fails to complete the course on two skis with the exception of:
 - The last two gates can be completed on one ski
 - The finish line can be crossed on both skis or on one ski or with both feet in the case of a fall in the immediate finish area.
- c. Receives assistance in any form.
- d. Fails to give way to an overtaking competitor at the first demand.
- e. Fails to pass through all controls by crossing the line between the inner poles of the flags with both feet and both ski tips.
- f. Does not observe the safety regulations.

3. Nordic Information

A. Cross Country Information

PROCEDURES FOR RUNNING EVENTS: CLASSICAL AND FREESTYLE

- I. **The Cross Country Trail:** This trail shall be as free as possible of intersections and make sure the course is properly groomed and well-marked with regard to danger areas. The Finish shall be clear of spectators and checkers shall be placed on the trail prior to the start of the race. Trail maps shall be available to all teams as well as running orders with the start time of each racer.
- II. **Cross Country Forerunners and Post runners:** The Forerunner is responsible to alert the checkers of the soon to follow competitors and to correct any obvious problems on the course. The forerunner shall clear the trail of any unauthorized skiers. There shall be no more than two forerunners. The post runner shall sweep the course aiding competitors having difficulties. There shall be at least two post runners. Forerunners and post runners are not considered to be competitors in these events and their participation will not count toward the minimum requirements.
- III. **Competition Equipment:** Skis and ski pole must conform to the specifications defined in the US Ski and Snowboard Nordic Competition Guide: Competition Equipment Section.
- IV. **Personnel:** The following people are needed to make sure the races are run smoothly:
 - a. Two people are needed at the starting line. One person to give the countdown to the racers and one to line up the upcoming racers. At least four watches shall be started at the beginning of the race.
 - b. Six people are needed at the finish line. They shall be broken up into two groups of three people each. From each group, one person shall have a stopwatch and read off the times as the racers cross the finish line; one person shall record the BIB order of finish, while the third person records each racer's time. Both groups are doing these tasks and they can serve as a back-up to each other.
 - c. Two people are needed to sort and calculate the results so they can be distributed to the teams and returned to the NHIAA as soon as possible.
- V. **Course Checkers:** Two or three individuals are needed at various points on the course to make sure the racers ski the entire course and go in the proper direction on the trail.
- VI. In cross country skiing, the top twenty high school classical competitors (grades 9-12) and the top twenty high school freestyle competitors (grades 9-12) will qualify for the Meet of Champions for both boys and girls.
 - Below Grade Nine athletes will not be eligible to compete at the Meet of Champions.

B. Jumping Information

NHIAA member schools shall be allowed to participate in regular season jumping meets with non-member schools, but non-member schools' scores will not be recorded. Non-member schools shall not be allowed to participate in the State Championships.

PROCEDURES FOR RUNNING EVENTS:

JUMPING EVENTS:

- I. **Judges:**
 - One judge is needed for a regular season jumping event.
 - Two judges are required for a State Tournament jumping event.
 - A judge can also be the Chief of the Hill.
 - A judge can also be the Technical Delegate.

- II. **Chief of the Hill:**
 - There shall be a Chief of the Hill at every meet.
 - The Chief of the Hill needs to oversee the general safety condition of the hill.
 - The Chief of the Hill could be the starter. The starter shall be on the knoll with a flag (either red or fluorescent).
 - The Chief of the Hill should designate a person for the proper care of the transition.
 - The Chief of the Hill needs to communicate with the judges, coaches and skiers (when needed), to run a safe and successful tournament.

- III. **The Jump Hill:** For all jumping events in each class, the jump shall be no greater than 40-meter K jump. The landing hill transition and our-run shall be packed hard and maintained as free from ruts as possible. The track in the in-run should be ½” to ¾” deep and 8” to 12” apart, center to center. The take-off shall be set at the correct height and angle for the hill and the conditions for that particular day. “P” and “K” points shall be marked in blue and red and boughs spread along the landing hill to aid depth perception. The fall line shall be marked with boughs or a painted line approximately 20M past the end of the transition.

- IV. **The Trial Jumper:** There shall be no more than four or less than two trial jumpers in each competition. The trial jumper shall be an experienced jumper approved by the Technical Delegate or Chief of Hill. Fore jumpers are not considered to be competitors in these events and their participation will not count toward the minimum requirements.

- V. **Hill Maintenance:** Throughout each competition round, the hill shall be continuously groomed so as to maintain the same conditions for each competitor. Ruts shall be scraped not filled.

- VI. **Jumpers:** All jumpers shall:
 - Wear approved ski helmets.
 - Be allowed the use of alpine equipment on K25 hills or smaller for all jumping events. Those competitors using alpine equipment will receive a maximum point deduction of 12 points (maximum score from each judge – 8 points. If using a 10-point judging system, maximum score from each judge – 4 points). This will encourage ability development and use of proper jumping equipment.

- VII. A female jumping competition will precede each round of the team competition.

4.State Meet Information

- Once the results have been compiled, a jury (selected by the Meet Director) shall validate all scores. All coaches will be asked to participate in this activity. If there is confusion, scores missing, etc. teams shall be sent home without an awards presentation and the awards mailed out to the schools at a later time.
- No race will be allowed to start without an adequate amount of time for the racers to study the course; USSA Rules state a minimum of one (1) hour.
- **Protests:** Protests shall be brought to the attention of the Chief of Course and the Technical Delegate. Disqualification protests will be considered by the jury except in the case of unsportsmanlike conduct. In that event, the Technical Delegate's decision is final. Protests concerning the timing shall be brought to the attention of the Chief Timer and Technical Delegate. Protests during the race shall be brought to the attention of the Technical Delegate who will decide what course of action is to be taken. Protests concerning false calculations and clerical errors shall be discussed with the Meet Director.

***NOTE:** The Technical Delegate (meet referee) will be identified on the hill and shall be required to wear an armband/bib.

- A cash protest fee of \$75 to be paid upfront will be instituted. If a school wins the protest they get a refund, otherwise the NHIAA keeps the money. The protest must be filed within 15 minutes of the results being posted.
- In order to provide a good experience and quality event, the NHIAA strongly encourages participating schools to bring two adult gate keepers and two distance markers to assist in meet management. **It is recommended that at regular season races, a minimum of one official should be mid-course to advise if a disqualification on a gate has occurred.**
- Designated School Representatives at the State Meet:
 - Per By-Law Article I, Section 10, a designated school supervisor must be on site and responsible for the student athletes on the team. This supervisor should be a staff member with the authority to address any issues that may come up.
 - The school designated person may be a parent if so designated in writing by the principal although this is not recommended if at all possible. If a team sends more than six (6) participants, a parent cannot be designated as the school representative and a staff member must be present. In both cases, it is an expectation that the designated representative be present throughout the entire event.

The coach or meet director cannot serve in the dual capacity of coach/meet director and school designated representative. Pursuant to the Policies and Procedures Manual for skiing, the school designated representative is responsible to ensure proper behavior of all student athletes and fans at all times and anywhere on the meet site.

State Meet Championships Information

1. **Rosters and Entry Forms:**

Official entry forms that include rosters are located on the NHIAA Website under the athletic director's administrative section. The athletic director will be sent the championship dates as soon as we have them. **Running Orders MUST be submitted to the NHIAA by Monday, of the week PRIOR to the state meet.**

- **Any changes to the Running Order for the State Meet can be made directly to the meet director no less than 48 hours prior to the event.**

2. **Travel:** Athletes participating in NHIAA Ski Championship Meets must have a school designated adult supervisor in attendance at the event throughout the athletes' participation in such event. The principal must authorize the adult supervisor and the athlete must present such authorization to the meet director prior to participation.

3. **Designated School Representatives at the State Meet:**

Per By-Law Article I, Section 10, a designated school supervisor must be on site and responsible for the student athletes on the team. This supervisor should be a staff member with the authority to address any issues that may come up.

The school designated person may be a parent if so designated in writing by the principal although this is not recommended if at all possible. If a team sends more than six (6) participants, a parent cannot be designated as the school representative and a staff member must be present. In both cases, it is an expectation that the designated representative be present throughout the entire event.

The coach or meet director cannot serve in the dual capacity of coach/meet director and school designated representative. Pursuant to the Policies and Procedures Manual for skiing, the school designated representative is responsible to ensure proper behavior of all student athletes and fans at all times and anywhere on the meet site.

4. There are no NHIAA restrictions regarding practice at the site of the state tournament for the sport of skiing.

5. **Meet Officials:**

- **Meet Director:** Official representative of the hosting school who is responsible for collecting team scores and presenting the NHIAA awards.

Alpine

- **Technical Delegate:** Shall be assigned prior to the State Championships.
- **Chief of Course:** Is responsible for course inspection and course changes.
- **Timers:** There shall be no more than four or less than two-timers. There shall be a hand held back-up watch, or an electronic timing system. One timer shall be designated as chief timer and act as spokesperson for the group and record all times.
- **Starter:** Responsible for starts on all competitors and is also responsible for overseeing the running order.
- **Chief Gatekeeper:** The Chief Gatekeeper is responsible for overseeing the competence of each gatekeeper and insuring that proper passage and/or infractions are documented.

Jumping:

- **Chief of Hill:** Shall be responsible for opening and closing the jump, maintaining safety on the hill, and preparation of the jumping hill by overseeing the Hill Maintenance Crew.
- **Chief Distance Marker:** Shall be responsible for overseeing all distance markers and explaining marking procedures to all competitors and distance markers, as well as reporting distances jumped to the judges.

- **Judges:** There shall be two (2) jump judges at each State Meet and at least one (1) judge for each interscholastic meet. **Recorder:** Shall aid judges in recording scores and calculating results.
- **Technical Delegate (TD):** Shall be responsible for inspection of hill prior to competition, communication between officials during competition and overseeing preparation of results.

Cross Country:

- **The Technical Delegate:** He/she will be appointed prior to the state meet. When possible, the technical delegate shall be a USSA technical delegate or a level two (2) official.
- **Chief of Course:** Shall be responsible for the condition and the safety of the course.
- **Timers and Recorders:** Shall be responsible for recording the out time and recording the in time.
- **Course Checkers:** Shall be responsible for seeing that all competitors complete the entire course.
- **Wave Start, Interval Start, or Mass Start** shall be determined by the TD at the state meet.

6. **Cross Country Meet Requirements:** The cross country state championship meet will be approximately four (4) K classical races and approximately four (4) K freestyle races. There will be approximately three (3) hours between the end of the first race and the beginning of the second race.
7. **Medical Coverage:** Every high school in New Hampshire must make provisions for **licensed** medical personnel at all practices and contests. The types of provisions that are acceptable are referred to in the NHIAA Handbook, By-Law Article III, Section 1: Medical Coverage at Athletic Events.
8. **PROTEST PROCEDURES AT STATE TOURNAMENTS:**
During State Tournament play, there shall be no appeals of protests to the Executive Director. All protests shall be resolved at the game site at the time of the protest.
Protests shall be brought to the attention of the Chief of Course and the Technical Delegate. Disqualification protests will be considered by the jury except in the case of unsportsmanlike conduct. In that event, the Technical Delegate's decision is final. Protests concerning the timing shall be brought to the attention of the Chief Timer and Technical Delegate. Protests during the race shall be brought to the attention of the Technical Delegate who will decide what course of action is to be taken. Protests concerning false calculations and clerical errors shall be discussed with the Meet Director.
***NOTE:** The Technical Delegate (meet referee) will be identified on the hill and shall be required to wear an armband/bib.
9. **The Jury:** The Jury shall consist of the Technical Delegate, Chief of Race, and three coaches. The Jury's scope of responsibility is to supervise the competition. The technical delegate from the NHIAA Ski Committee will act as Meet Referee and he/she will be chairperson of the jury and approve all scores before they are announced. No more than one jury member may be selected from any one school.
10. **Skimeister:** The skimeister award is presented annually at the NHIAA State Meet to the skier who demonstrates proficiency in all disciplines of skiing. The philosophy of the award is to encourage competitors to compete in more than one event, therefore, possibly strengthening the team.
 - Division level- a skimeister candidate must compete in Slalom, Giant Slalom, freestyle and classical for both boys and girls. **To be eligible for the Skimeister award a competitor must be among the six-team skiers in two of the four events. In the remaining events the Skimeister may compete as an individual, and it is mandatory that he or she has participated in that event at least once(Slalom, Giant Slalom, Freestyle, and Classical) prior to state meet, during his/her teams regular season schedule.** In those events that a candidate is not one of the six-team competitors, the results may not be counted in the team score and he/she will be placed in the running order after the general field of competition for slalom, giant slalom and cross country.

11. **Meet of Champions:** In alpine skiing the top ten slalom competitors and the top ten giant slalom competitors will qualify for the Meet of Champions for both boys and girls. In cross country skiing the top twenty (20) competitors in classical and the top twenty (20) competitors in freestyle will qualify for the Meet of Champions for both boys and girls.

12. **Alpine Awards:**

Divisional: Official NHIAA Division Championship and runner-up plaques shall be awarded to championship and runner-up teams in each division for boys and girls. The competition shall include slalom and giant slalom events.

Team Medals: Official NHIAA championship and runner-up team medals will be awarded to the respective champion and runner-up teams in each division.

Medal Awards: Official NHIAA medals shall be awarded to the top three competitors for boys and girls in each Division I, II, III and IV in slalom and giant slalom.

Divisional Skimeister Awards: Individual skimeister medals shall be awarded to the top three competitors for boys and girls based upon the two cross country ski divisions who compete in the two alpine disciplines of slalom and giant slalom and the two cross-country disciplines of freestyle and classical.

13. **Cross Country Awards:**

Divisional: Official NHIAA Division Championship and runner-up plaques shall be awarded to championship and runner-up teams in each division for boys and girls. The competition shall include classical and freestyle events.

Team Medals: Official NHIAA championship and runner-up team medals will be awarded to the respective champion and runner-up teams in each division.

Medal Awards: Official NHIAA medals shall be awarded to the top three competitors (boys and girls) in Division I, II, III and IV in classical and freestyle.

Divisional Skimeister Awards: Individual skimeister medals shall be awarded to the top three competitors for boys and girls based upon the two cross country ski divisions who compete in the two alpine disciplines of slalom and giant slalom and the two cross-country disciplines of freestyle and classical.

14. **Jumping Awards:**

Divisional: Official NHIAA championship and runner up plaques shall be awarded to the championship and runner-up teams.

Team Medals: Official NHIAA championship and runner-up team medals will be awarded to the respective champion and runner-up teams in each division.

Medal Awards: Official NHIAA medals will be awarded to the top three competitors for boys and girls.

15. **Responsibility Code:**

- Always stay in control and be able to stop or avoid other people or objects.
- People ahead of you have the right of way. It is your responsibility to avoid them.
- You must not stop where you obstruct a trail or are not visible from above.
- Whenever starting downhill or emerging into a trail, look uphill and yield to others.
- Always use devices to help prevent runaway equipment.
- Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
- Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.

5. Running the Scoring Program

A. **Team Scoring:** Team scoring will be determined by the best four out of six competitors for each team. Team scoring will be a reversed place point system. First place points will be equal to 100 points. Only the first four finishers per team will be awarded points. The fifth (5th) and sixth (6th) place finisher from each team will not receive points, nor will they displace points for competitors for other teams. Below are examples for scoring each event:

B. **Jumping Scoring:** NHIAA Ski Jumping Judging will continue to use USSA/FIS Standards with the following exceptions:

20-40 K Meter Hills: **Distance Points:** 1 Point per Meter
 Style Points: 0 - 20 Points (33 Meters = 33 Points)
 (10-20 Points for Standing Jumps, except alpine equipment, maximum is 8 points.)
 2 Judges (1 judge score shall be doubled.)

Under 20K Meter Hills: **Distance Points:** 1 Point per meter + 10 Points
 Style Points: 0 - 20 Points 23 Meters = 23 + 10 = 33 Points
 (10-20 Points for Standing Jumps, except alpine equipment, maximum is 8 points.)
 2 Judges (1 judge score shall be doubled.)

C. Slalom, Giant Slalom, Cross Country and Jumping Team Scoring

NAME	TEAM	POINTS		
1. Skier #1	A	100	Team A	100
2. Skier #1	B	99		95
3. Skier #1	C	98		92
4. Skier #2	C	97		<u>91</u>
5. Skier #2	B	96	Total Team A:	378
6. Skier #2	A	95		
7. Skier #3	C	94		
8. Skier #4	C	93	Team B	99
9. Skier #3	A	92		96
10. Skier #4	A	91		90
11. Skier #5	C			<u>89</u>
12. Skier #6	C		Total Team B:	374
13. Skier #5	A			
14. Skier #3	B	90	Team C	98
15. Skier #6	A			97
16. Skier #4	B	89		94
17. Skier #5	B			<u>93</u>
18. Skier #6	B		Total Team C:	382

Team Championships will be determined by the team with the greatest total points.

In the event of a tie between individuals, place points available shall be added up and divided by the number of skiers tying.

Example:	<u>Skier</u>	<u>Score</u>	<u>Place Points</u>
	Skier 1	50.0	78
	Skier 2	51.5	76.5
	Skier 3	51.5	76.5
	Skier 4	53.0	75

- Tie-Breaking Procedure: In the event of a tie, the total of the top four times per discipline for alpine and cross country will be used. For jumping the top four points totals shall be used to break the tie.

D. Skimeister Scoring: All scoring is done in seconds.

	Winner	Candidate A	Candidate B
Slalom	53.00	54.00	53.00
Giant Slalom	46.00	48.00	50.00
Cross Country			
Freestyle	1240.00	1258.00	1325.00
Classical	1350.00	1359.00	1420.00
Jumping	130.00	127.00	129.00

The percentage for each event will be calculated and then added together to reach a Skimeister candidate's total. (See following information)

	<u>Candidate A</u>	<u>Candidate B</u>
Slalom	53.0 by 54.0 = .981 = 98.1%	53.0 by 53.0 = 1.00 = 100%
Giant Slalom	46.0 by 48.0 = .958 = 95.8%	46.0 by 50.0 = .920 = 92%
Cross Country		
Freestyle	1240.0 by 1258.0 = .986 = 98.6%	1240.0 by 1325.0 = .936 = 93.6%
Classical	1350.0 by 1359.0 = .993 = 99.3%	1350.0 by 1420.0 = .9507 = 95.1%
Jumping	127.0 by 130.0 = .977 = <u>97.7%</u>	129.0 by 130.0 = .992 = <u>99.2%</u>
	TOTAL: 489.5%	479.9%
	(winner)	

Divisional Skimeister scoring will consist of 4 events based upon the cross-country ski divisions, giant slalom, slalom, freestyle and classical.

- **USSA Split Second Timing Software** is allowed to be used for calculating results for NHIAA ski meets. This program is not be used in place of the current NHIAA ski scoring templates, but as an alternative if available. This will be applicable for both regular season meets and the state meets.
- To qualify for a Skimeister medal, you must successfully complete each of the four events.

7. Safety

- **NFHS Guidelines for Management of Concussions:** The NHIAA mandates the following of the NFHS guidelines for management of Concussions.

Concussions: Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.

Please visit www.nhiaa.org; “What’s New” to view the NFHS Guidelines for Management of Concussions and the New Hampshire SB402 and its language as written.

A. Blood Spillage and Body Fluids:

The NHIAA Sports Medicine Committee suggests that each school develop a local policy in cooperation with their local medical personnel, on how to handle blood spillage.

Housekeeping Procedures for Blood and Body Fluids

Disposable latex gloves should be worn to avoid contamination of the hands of the person cleaning spillages involving blood or other body fluids and secretions. Persons involved in cleaning contaminated surfaces should avoid exposure of open skin lesions or mucous membranes to blood or body fluids. A freshly prepared solution of dilute household bleach (one quarter cup of bleach diluted in one gallon of water) or other disinfectant labeled as *virucidal*, *Tuberculocidal*, *staphylocidal* is useful. Allow the disinfectant to stand wet for a minimum of one minute to start killing pathogens and disinfecting the area (10 minutes of disinfection time guarantees surface sterility). Whenever possible, disposable towels, tissues, and gloves should be used and properly discarded and mops should be rinsed in disinfectant.

B. Interpretation of Excessive Bleeding

National Federation Rules call for a player, who is bleeding, has an open wound or excessive blood on the uniform, to leave the court/field.

The NHIAA interprets "excessive blood on the uniform" to mean that part of the uniform is saturated with blood. Saturated does not mean a wet spot. Saturated means a major portion of the garment is covered and soaked with blood. For this to occur, significant bleeding would have had to take place.

For any blood on uniform less than "saturated", the uniform does not have to be changed. School personnel have the responsibility of treating the blood area with the appropriate disinfecting solution before the athlete may participate. If the uniform is "saturated" with blood, the uniform must be changed before the athlete may participate. This interpretation is to be followed in the conduct of all NHIAA athletic events.

C. Outdoor Environmental Safety Lightning:

Lightning is the most consistent and significant weather hazard that may affect outdoor athletics. Within the United States, the National Severe Storm Laboratory (NSSL) estimates that 100 fatalities and 400-500 injuries requiring medical treatment occur from lightning strikes every year. The existence of blue sky and the absence of rain are not protection from lightning. Lightning can, and does, strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike. Additionally, thunder always accompanies lightning, even though its audible range can be diminished due to background noise in the immediate environment, and its distance from the observer.

The following guidelines are recommended:

1. All athletic staff and game personnel are to monitor threatening weather. Establish a chain of command as to who makes the decision to remove a team or individual from athletic sites or events (athletic/site/event director, game officials/umpires, sports medicine staff). An emergency plan should include planned instructions for participants as well as spectators.
2. Be aware of potential thunderstorms that may form during scheduled athletic events or practices. Included here should be the National Weather Service – issued (NWS) thunderstorm “watches” and “warnings” as well as signs of thunderstorms developing nearby. A “watch” means conditions are favorable for severe weather to develop in an area; a “warning” means that severe weather has been reported in an area and for everyone to take proper precautions.
3. Know where the closest “safe structure or location” is to the field or playing area, and know how long it takes to get to that safe structure or location.
Safe structure or location is defined as:
 - a. Any building normally occupied or frequently used by people, i.e., a building with plumbing and/or electrical wiring that acts to electrically ground the structure. Avoid using shower facilities for safe shelter and **do not use** the showers or plumbing facilities during a thunderstorm.
 - b. In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled up windows can provide a measure of safety. A vehicle is certainly better than remaining outdoors. It is not the rubber tires that make a vehicle safe shelter, but the hard metal roof, which dissipates the lightning strike around the vehicle. **DO NOT TOUCH THE SIDES OF THE VEHICLE!**
4. WHEN YOU FIRST HEAR THUNDER OR SEE LIGHTNING, SUSPEND ACTIVITIES AND GO TO A SAFE SHELTER OR LOCATION. **“IF YOU CAN SEE IT (LIGHTNING), FLEE IT (TAKE SHELTER). IF YOU CAN HEAR IT (THUNDER) CLEAR IT (SUSPEND ACTIVITIES).”** WAIT UNTIL 30 MINUTES AFTER THE LAST OBSERVED LIGHTNING OR THUNDER BEFORE RESUMING ACTIVITIES.
5. If no safe structure or location is within a reasonable distance, find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head.

Minimize contact with the ground, because lightning current often enters a victim through the ground rather than by a direct overhead strike. **MINIMIZE YOUR BODY’S SURFACE AREA, AND MINIMIZE CONTACT WITH THE GROUND! DO NOT LIE FLAT!** Stay away from the tallest trees or objects (such as light poles or flag poles), metal objects (such as bleachers or fences), individual trees, standing pools of water, and open fields. Avoid being the highest object in a field. Do not take shelter under a single, tall tree.

- D. **Cold Weather Policy:** If the temperature is below –4 degrees F, for cross country, and –10 degrees F, for alpine and jumping, measured at the coldest point of the course, a competition will be modified, postponed or cancelled by the Jury. With difficult weather conditions (e.g., strong wind, high air humidity, heavy snowfall, or high temperature) the Jury may, in consultation with the coaches of the participating teams, modify, postpone or cancel the competition.

US FACTORS BY DISABILITY MEN

Disability Class	Downhill	Slalom	Giant Slalom	Super Giant
B1	0.5588	0.5531	0.5819	0.5751
B2	0.8540	0.8185	0.8569	0.8630
B3	0.8984	0.8476	0.8894	0.8880
L1	0.9051	0.7999	0.7905	0.8009
L2	0.9465	1.000	0.9352	0.9222
L3/1	0.9370	0.8219	0.8911	0.8975
L3/2	0.9383	0.9198	0.9314	0.9127
L4	1.000	0.9866	0.9935	0.9909
L5	0.9832	0.9924	0.9937	0.9903
L6	1.000	0.9934	1.000	1.000
L9/1	0.8580	0.8055	0.8175	0.8341
L9/2	0.9512	0.8879	0.9273	0.9244
L10	0.8127	0.6877	0.7952	0.7986
L11	0.8277	0.7531	0.8296	0.8326
L12/1	0.8390	0.7715	0.8306	0.8526
L12/2	0.8550	0.8088	0.8771	0.8673

The above listed factors are to be multiplied by a competitor's finishing times.

Example: 59.2 seconds (disabled skier's actual time in Giant Slalom) disability class L3/1 factor .8911.
 $59.2 \times .8911 = 52.753$

52.753 is the competitor's factored time that would be the time used for race and team results.

NHIAA disabled athletes wishing to compete in skiing must notify the NHIAA of their intent. The US Ski Association will assign athletes a disability class prior to Competition.

US FACTORS BY DISABILITY WOMEN

Disability Class	Downhill	Slalom	Giant Slalom	Super Giant
B1	0.5644	0.5547	0.5780	0.5972
B2	0.8729	0.8662	0.9171	0.9179
B3	0.9036	0.9347	0.9319	0.9221
L1	0.8967	0.7995	0.7895	0.7928
L2	0.9108	0.9978	0.9150	0.9217
L3/1	0.9370	0.8885	0.9304	0.9172
L3/2	0.9382	0.8895	0.9314	0.9215
L4	0.9950	0.9929	0.9978	0.9873
L5	0.9622	0.9544	0.9555	0.9705
L6	1.000	1.000	1.000	1.000
L9/1	0.8110	0.8037	0.7717	0.8025
L9/2	0.9234	0.8505	0.8758	0.8917
L10	0.7914	0.6620	0.7549	0.7952
L11	0.8155	0.7538	0.8362	0.8379
L12/1	0.8372	0.7598	0.8477	0.8538
L12/2	0.8550	0.7656	0.8771	0.8673

The above listed factors are to be multiplied by a competitor's finishing times.

Example: 59.2 seconds (disabled skier's actual time in Giant Slalom) disability class L3/1 factor .9304.
 $59.2 \times .9304 = 55.079$

55.079 is the competitor's factored time that would be the time used for race and team results.

NHIAA disabled athletes wishing to compete in skiing must notify the NHIAA of their intent. The US Ski Association will assign athletes a disability class prior to any NHIAA Competition.



NEW HAMPSHIRE INTERSCHOLASTIC ATHLETIC ASSOCIATION

NHIAA SKIING RACE RESULTS

(SCHOOLS SHOULD COMPLETE AND FAX TO MEDIA)

1. **LOCATION**

Mountain: _____

Site: _____

Trail: _____

Town: _____

2. **DATE:** _____

3. **HOSTING SCHOOL:** _____

4. **EVENT:** _____

5. **PARTICIPATING SCHOOLS:**

6. **TOP 10 FINISHERS AND SCORES/TIMES:**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

7. **TEAM SCORES:**

_____	_____
_____	_____
_____	_____
_____	_____

8. **NUMBER OF PARTICIPANTS:** _____

9. **CONDITIONS/WEATHER:** _____

10. **NOTES:** _____

**2021-22
ALPINE SKI ENTRY FORM**

The following athletes are eligible members of our high school team and have participated in 50% of the team's competitions. The members listed below are in the order in which they will run in each event. (If a Skimeister candidate is not one of the top six-team skiers, please list their name(s) on the line below the team competitors. **Skimeisters competing as individuals must have competed in the event at least once.**) Potential substitutions must be listed on the eligibility form. Place an (*) next to all Skimeister candidates.

ALPINE RUNNING ORDER		SCHOOL:	
GIANT SLALOM		DIVISION:	
1. First Name	Last Name	Athletic Director:	Name (First and Last)
2. _____	_____	Alpine Coach:	_____
3. _____	_____	Submit ONE form for boys and ONE form for girls. Include ALL event information on ONE form. (MARK ONE)	
4. _____	_____		
5. _____	_____		
6. _____	_____		
SKIMEISTER		_____	_____
1. First Name	_____	_____	_____
2. _____	_____	_____	_____
SLA		_____	_____
1. First Name	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____
6. _____	_____	_____	_____
ESTER		_____	_____
1. First Name	Last Name	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____
6. _____	_____	_____	_____
7. _____	_____	_____	_____
8. _____	_____	_____	_____
9. _____	_____	_____	_____
10. _____	_____	_____	_____
11. _____	_____	_____	_____
12. _____	_____	_____	_____
13. _____	_____	_____	_____
14. _____	_____	_____	_____
15. _____	_____	_____	_____

SAMPLE FORM
 Do not use. This form can be accessed on the
 NHIAA Website under the Athletic Directors'
 Administrative Log-in section.

DO NOT ALTER THIS FORM. IT HAS BEEN DESIGNED WITH THE MAXIMUM NUMBER OF SKIERS ALLOWED.
 Limit 15 skiers per discipline, per gender
 This form shall be submitted to the NHIAA office via email
 By: Monday, February 7, 2022

**2021-22
SKI JUMPING ENTRY FORM**

The following athletes are eligible members of our high school team and have participated in 50% of the team's competitions. The members listed below are in the order in which they will run in each event. Potential substitutions must be listed on the eligibility form. Place an (*)asterisk) next to all Skimeister candidates.

SCHOOL: _____
DIVISION: _____
Name (First and Last) _____
Athletic Director: _____
Jumping Coach: _____

Submit ONE form for **BOTH**
Boys and Girls.

<u>JUMPING ORDER</u>		<u>BOYS and GIRLS</u>		<u>SKIMSTR</u>	
1.	First Name	8.	Grade	Grade	SKIMSTR
2.		9.			
3.		10.			
4.		11.			
5.		12.			
6.		13.			
		14.			
		15.			

<u>SKIM</u>	
1.	First Name
2.	

<u>ADDITIONAL FEMALE JUMPERS</u>	
1.	First Name
2.	
3.	
4.	
5.	

<u>ADDITIONAL FEMALE JUMPERS</u>	
1.	First Name
2.	
3.	
4.	
5.	

SAMPLE FORM
 Do not use. This form can be accessed on the
 NHIAA Website under the Athletic Directors'
 Administrative Log-in section.

DO NOT ALTER THIS FORM. IT HAS BEEN DESIGNED WITH THE MAXIMUM NUMBER OF SKIERS.
 Limit 15 skiers per discipline, per gender

This form shall be submitted to the NHIAA office via email
 By: **Monday, February 7, 2022**

**2021-22
CROSS COUNTRY SKI ENTRY FORM**

The following athletes are eligible members of our high school team and have participated in 50% of the team's competitions. The members listed below are in the order in which they will run in each event. (If a Skimeister candidate is not one of the top six-team skiers, please list their name(s) on the line below the team competitors. **Skimeisters competing as individuals must have competed in the event at least once.**) Potential substitutions must be listed on the eligibility form. Place an (*) next to all Skimeister candidates.

CROSS COUNTRY RUNNING ORDER

FREESTYLE

1.	First Name	Last Name
2.		
3.		
4.		
5.		
6.		

SKIMEISTER

1.	First Name	Last Name
2.		

CLASSICAL

1.	First Name	Last Name
2.		
3.		
4.		
5.		
6.		

SKIMEISTER

1.	First Name	Last Name
2.		

SCHOOL:
DIVISION:

Name (First and Last)

Athletic Director:
Nordic Coach:

Submit **ONE form for boys** and **ONE form for girls**.
Include ALL event information on ONE form. (MARK ONE)

SAMPLE FORM
Do not use. This form can be accessed on the NHIAA Website under the Athletic Directors' Administrative Log-in section.

1.	First Name	Last Name	Grade	SKMSTR
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				

DO NOT ALTER THIS FORM. IT HAS BEEN DESIGNED WITH THE MAXIMUM NUMBER OF SKIERS ALLOWED.

Limit 15 skiers per discipline, per gender

This form shall be submitted to the NHIAA office via email
By: **Monday, February 28, 2022**