

# REGION III TOURNAMENT BY-LAWS

## Nordic Skiing

**Last Revised: November 2025**

### ARTICLE X: BYLAWS



#### Section 1: Governing Rules

Nordic Ski competition in Region III will follow the guidelines established by the National Federation of State High Schools Association Nordic Skiing Rule Book and all applicable rules and regulations established by ASAA and Region III.

#### Section 2: Classification

There is one Region III Tournament to which the following schools are invited:

<b>Colony</b>	<b>Homer</b>	<b>Kenai</b>	<b>Nikiski</b>	<b>Palmer</b>	<b>Seward</b>
<b>Soldotna</b>	<b>Wasilla</b>	<b>SuValley</b>	<b>Grace</b>		

**\*\*There will be two individual races.**

#### ODD YEARS:

Day 1: Individual Classic Race (5K)

Day 2: Mass Start Freestyle Race (7.5K)

#### EVEN YEARS:

Day 1: Individual Freestyle Race (5K)

Day 2: Mass Start Classic Race (7.5K)

Note on State Qualifications: All ASAA member schools are invited to send two (2) teams, one boys and one girls to state competition. Each team will be limited to a maximum of six persons.

### **Section 3: Tournament Entries**

All teams may enter seven individuals in the varsity races with the top four scoring as a team. Open races for both boys and girls may be held for all other competitors not entered in the varsity races. All entries should be sent to the tournament director no later than two days prior to the beginning of the tournament

### **Section 4: Scoring**

The team score shall be determined by totaling the times scored by the first four finishers for both days. The top ten individuals in both races will be recognized at the awards ceremony.

### **Section 5: Board of Control**

A tournament Board of Control shall be chosen for each Region III sponsored event that shall consist of three individuals who have sufficient knowledge of the sport to make educated and fair decisions when necessary. It is recommended that one Board of Control member represent the school that will host the tournament during the following year. In the event of a dispute, the tournament Board of Control's decision will be final. The B.O.C. will break all ties.

### **Section 6: Start and Finish Zone**

Special attention should be paid to organizing and controlling the zones identifies as start and finish areas. These zones should be at least 100 meters long and straight and wide as possible. Fencing or flagging should outline the zones to facilitate crowd control. The start and finish lines need to be obvious both with banners or flags as well as colored line in the snow.

### **Section 7: Trophies/Awards**

The trophies and awards will be purchased by Region III. The costs will be shared by the teams involved. There will be a team award for the first place team and individual medals for each team member (7).

Individual medals will be given to the first ten finishers of both freestyle and classical races.

A "Skier of the Year" award shall be given to the winner of the combined times of both the classical and freestyle races for each gender.

A "Coach of the Year" award for both male and female teams is voted on by the coaches at the coaches meeting and Coaches can not vote for themselves. In case of a tie we will

award Co Coach of the Year awards. Prior to the meet, nominations may be submitted in writing to the tournament director with rationale for the nomination. Other nominations may be accepted at the coaches meeting before voting. Each school's head coach or his/her designee shall have one vote for a boys and girls coach of the year.

#### **Section 8: Facility (Host School)**

The region tournament will be scheduled based on availability of a viable course in proximity to the host school's immediate area. If no course is available, then the meet will be hosted by the school next on the list of tournament sites. Each region team participating in the region meet will incur a \$100.00 fee for school's with 6 or less competitors and a \$200.00 fee for school's larger than 7 team members to help cover costs payable to the host school.

During the coaches meeting, a discussion should be facilitated by the host school regarding any concerns or changes needed to the bylaws. These concerns will then be presented at the next region meeting.