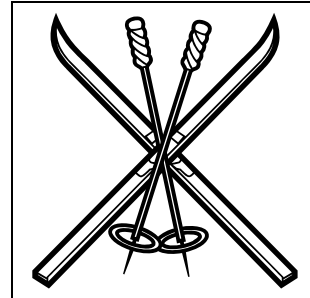


REGION III TOURNAMENT BYLAWS NORDIC SKIING

Last Revised: April 2006



ARTICLE X: BYLAWS

Section 1: Governing Rules

Nordic Skiing 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 as established by ASAA and Region III.

Section 2: Classification

There is one Region III tournament in which the following schools will be invited:

Colony	Homer	Kenai	Nikiski	Palmer	Seward
Skyview	Soldotna	Su Valley	Valdez	Wasilla	Grace

** There will be two individual races. The first day will include a 7.5k boys race and a 5k girls race. On the second day, each gender will ski 5k. On even numbered years, the first day's race will be Freestyle and the second days' will be Classical. On odd numbered years, the race styles are reversed.

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 five persons.

Section 3: Tournament Entries

All teams may enter seven individuals in the varsity races with the top four scoring as a team. There will be 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.

Section 6: Start and Finish Zone

Special attention should be paid to organizing and controlling the zones identified 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 a colored line in the snow.

Section 7: Trophies/Awards

1. The trophies and awards will be purchased by Region III. The costs shared by the teams involved. There will be a team award for the first place team and individual medals for each team member (7).
2. Individual medals will be given to the first ten finishers of both freestyle and classical races.
3. 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.
4. A **"Coach of the Year" Award** is voted on by the coaches at the coaches meeting. A boys and girls coach will be voted on, only one of the awards will be purchased by the Region III. 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 boys and girls.