

**Nordic Sprint Racing Rules
Track Racing Manual**

**US Snowshoe Association
94 County Route 25
Corinth, NY 12822**

**Revised by Committee
Sept. 1999**

IASSRF HANDBOOK

This handbook deals only with rules applicable to Nordic Sprint

DEFINITIONS

1.1a

IASSRF

International Amateur Snowshoe Racing Federation

1.1b

Nordic Sprint

Nordic Sprint is the prescribed snowshoe race held on a 300 meter oval measured to IASSRF specifications. Competitors may compete in the 100 m, 200 m, 400 m events for a cumulative time, or a single event, or two of the events. The events are held in the order of 100 m, 200 m, 400 m. Each competitor must be allowed 15 minutes recovery time between events. The track surface may vary from unfrozen ground, frozen ground, icy surface or lightly to hard packed snow. The racing snowshoe, by definition, is to be a pair expressly designed for travel in snow with 120 square inches of surface area. Any pair of snowshoes not in conformity with established standards may, at race time, be disqualified by IASSRF certified racing officials. For local races only (excluding nationals and internationals), a competitor may petition the judges in writing, prior to the competition, requesting the privilege to run snowshoes which do not conform with the standard. The judges will make the following decisions: (1) whether the snowshoe can be contested, (2) whether the resulting times can be entered into the official record

1.1c

Nordic Sprint (summer)

Competitors follow the same format as winter Nordic Sprint, racing 100 meters, 200 meters and 400 meters. The track may be clay, sod or sand. Practicing, training and/or competing on synthetic surfaces is not at this time recognized by the IASSRF. The snowshoe, by definition, is to be a pair of expressly designed for travel on snow. Its measurements are to approximate 8 by 25 inches or 20.3 by 63.5 centimeters. Any pair of snowshoes not in conformity with established standards may, at race time, be disqualified by IASSRF certified officials.

Rule 2

2.1 Coordinator

The coordinator shall be responsible for the correct conduct of the event. The coordinator is ultimately responsible for conducting the competition. He/She is responsible for pre-race preparation of the officials, scheduled as a clinic, the day prior to the event or a briefing just before the event. He/She shall check that all officials have reported for duty, appoint substitutes when necessary and, in cooperation with the technical delegate, ensure that only authorized personnel be allowed on the track. The coordinator is responsible for reviewing the competition rules for competitors. This may be facilitated thru pre-race mailings, clinics, or briefings, depending on the experience level of the athletes. For sanctioned events the coordinator must be IASSRF certified.

2.2 Technical Delegate

The technical delegate under the direction of the coordinator shall be responsible for ensuring the track and all equipment are in accordance with IASSRF rules and that for national and international events competitors and officials hold valid certifications. The technical delegate is appointed by the IASSRF, and in the case of national or international events or where records are slated to be broken, must be certified by the IASSRF. The technical director is responsible for making a report to IASSRF on the scheduled event. This includes track layout and preparation, level of responsibility and rule recognition of all officials including the race coordinator. Competitor conduct and rule recognition is to be reported as well.

2.3 Judges

Judges shall ensure that the rules are observed and shall decide upon any matters which arise during the meeting and for which provision has not been made in these rules. The chief judge shall have jurisdiction to decide placing in a race, only when the judges are unable to arrive at a decision. The judges shall not act alone as umpires or stewards, but defer to each other then collectively to the chief judge. Judges check all final results and deal with disputed points. The judges shall rule on any written protest submitted and signed by an athlete no later than 20 minutes after the infraction occurred. Collectively they shall have the authority to warn, or exclude from the competition any competitor actually seen violating conduct code or implicated in written protest letters.

2.3a

Judges are assistant to the chief judge with out authority to singularly make decisions. The judges are to be placed by the chief judge in places to observe the competition closely. In the case of an observed violation individual judges are to report the incident immediately to the other judges. A single judge can put a hold on the event until a decision is rendered. To facilitate communication any waving of a white flag will signal to the starter to hold until further notice. For IASSRF sanctioned national and international events all judges must hold IASSRF certification.

2.4 Chief Judge

The chief judge for Nordic spring shall allocate the duties among the judges for the event. When in question the chief judge will confer with the technical delegate. If in the opinion of the chief judge circumstance arise at any event such that justice demands any race be run again, he/she shall have the authority to declare the original void and that it shall be contested again. At the conclusion of the event the timekeepers records must be signed by the chief judge after review b the judges. The chief judge must be certified by the IASSRF for national and international competitions, or for sanctioned races where records are slated to be broken.

2.5 Timekeepers

Two methods of timekeeping shall be recognized as official: hand timing and fully automated timing

2.6

Hand times shall be taken by timekeepers using either stopwatches or manually operated electronic timers with digital readouts. 5 out of 6 timekeepers will carry individual timing devices. All 6 timekeepers will carry record sheets, each of which to be reviewed and signed by the chief judge.

2.7

The timekeepers shall position themselves in accordance with the following:

2 of them outside the track in line with the finish line and the other 2 inside the track in line with the finish line. Each of these timers is assigned a lane and records the time of only the competitor assigned to that lane. For visibility purposes, each timer should stand on the side of the track closest to the lane he/she is assigned. This accounts for 4 of the 6 timekeepers. The fifth timekeeper with a timing watch shall be assigned to time only the first competitor to cross the finish line, regardless of lane. This serves as a backup to the lane timer (particularly important, if the time breaks existing records). A sixth timekeeper will not have a stopwatch, only a record sheet to record bib numbers in order of finish for each heat. Timekeepers shall be responsible for maintaining cone placement and the color band at the finish line. If radio communication is not available, timers may signal the starter to hold the race by waving a white flag.

2.7a

When the timekeepers have conferred and are ready, one of them will raise a red flag to signal to the starter their readiness. When the starter simultaneously fires the pistol and lowers the red flag the timers press start on their watches.

2.8

Each timekeeper shall act independently when making recordings. Timekeepers may confer with each other during an event. They may confer with other officials as need arises. They may not confer with competitors of the public. They may not give out times, ask or answer questions to those not race officials. Conferences or disputes must be convened out of public view and hearing range. All timekeepers must hold IASSRF certification for international competitions.

2.9 Starter

The starter shall have total control of the competitors on their marks and shall be the sole judge of any fact connected with the start of the race. If radio communication is not used one of the timekeepers will signal readiness to the starter by holding up a red flag. The starter will position himself/herself on the inside of the track directly in line with the start line. For staggered starts, the starter shall be in position ahead of the furthest start line. The starter will call the start lane for each of the 4 bib numbers in each heat. When the starter has seen that each competitor is in position with one snowshoe tip directly on or behind the start line, he/she will raise the start pistol in one hand and the red flag in the other. The starter will then state: "Runners to your mark...(pause)...set...(pause)..." then fires the pistol and lowers the flag at the same time. At the instant the pistol is fired the red flag is dropped to signal the timekeepers to start watches. Should the pistol misfire it is a false start. Should a competitor begin to run before the pistol fires it is a false start. If a competitor is charged with 2 false starts by the starter, that competitor is disqualified and the others started again. A whistle is used to signify a false start. At which time the competitors realign themselves and start again.

2.10 Starter's Assistant

The starter's assistant shall check that the competitors are competing in the correct heat or race and that their numbers are worn correctly. Stations in events at all distances shall be numbered from left to right. Facing the direction of the race. They must be placed each competitor in his correct lane of station, assembling the competitors on an assembly line three meters inside the start line. When a fresh start is ordered the starter's assistant shall assemble the competitors again.

2.11 Recorder

The recorder shall collect the full results of each event, details of which shall be provided by the Referee, the chief timekeeper or chief photo-finish judge. He/she shall immediately relay these details to the announcer, note the time this is done, record the results and hand the results sheet to the manager of the meeting.

Rule 3

3.1 Timing

Timing shall be done electronically or by hand held digital watches. Nordic sprint will be timed to 1/100 the second

Rule 4

Age Groups

4.1

The following apply to IASSRF competitions:

Junior Men (19 and under)

Junior Women (19 and under)

Open Men (20 to 34 years)

Open Women (20 to 34 years)

Masters Men (35 to 49 years)

Masters Women (35 to 49 years)

Senior Men (50 to 59 years)

Senior Women (50 to 59 years)

Veteran Men (60 plus years)

Veteran Women (60 plus years)

4.2

Competitors must have reached the minimum age for each division on or by the day of the competition. For example, to compete in the nationals in the Open Division a competitor must have reached his/her 20th birthday on or by the day of the qualifier.

Rule 5

5.1 Records

No record broken by an athlete will be valid unless accomplished during a sanctioned competition held in accordance with IASSRF rules and with IASSRF certified officials.

5.2 Disqualifications

If an athlete is disqualified in a competition, reference shall be made in the official results to the IASSRF rule which has been infringed.

5.3 Actions leading to Disqualification

Any competing athlete who, in the judges estimation, purposely jostles or obstructs another competitor or steps on the snowshoe of another athlete so as to impede his progress shall be liable to disqualification from that event. If in any race a competitor is disqualified for any of these reasons, the Chief Judge shall have authority to order the race be re-held excluding the disqualified competitor or in the case of a heat to permit any competitor(s) affected by the act resulting in disqualification (other than the disqualified competitor) to compete in a subsequent heat of the race.

5.4 Forcing

If a competitor is pushed or forced by another to run outside his/her lane and if no material advantage is gained, the competitor shall not be disqualified. If an advantage has been gained the judges may rule accordingly.

5.5 Start and Finish Position

An athlete may assume any position at the start of a race as long as the athlete's body is behind the start line and one snowshoe tip is behind or even with the start line. This applies also to start positions for the 200 meter and 400 meter staggered starts. An athlete may not fall or lunge across the finish line. The athlete must finish in an upright position with the chest crossing the finish line, and continue in an upright position for one full stride.

5.6 Attached Snowshoes

The athlete must complete the event with the snowshoes firmly attached to their feet. Partly attached snowshoes, because they are a danger to other competitors, must be refastened. During competition, the athlete may stop and re-tie his/her snowshoe or adjust his/her bindings.

5.7 Disqualification

An athlete shall be disqualified if the untied or unfastened snowshoe interferes with another athlete competing in the same race.

5.8 Falls

A fallen athlete may return to his/her feet and finish the race unless ordered to clear the track by a judge.

5.9 Touching

An athlete, during competition, may not be purposely touched by another athlete coach or person. Coaches and all non-officials must remain on the infield, outside the track area, and in the spectator area.

5.10 Medical Retirement

An athlete must retire from competition at once if ordered to do so by a member of the medical staff officially appointed and clearly identified.

Rule 6

Clothing

6.1

In all events competitors must wear clothing which is clean, warm, and designed so as not to be objectionable. The clothing must be made of a material which is non-transparent even if wet. The competitors must not wear clothing which could impede the view of the judges.

6.2

At all meetings under Rule 8.1A to 8.1D competitors shall participate in the uniform clothing approved by their National Governing Body. At all meetings under Rule 8.1E to 8.1G, competitors shall participate in national uniform clothing or in club clothing officially approved by their National Governing Body.

Rule 7

Numbers

7.1

Every competitor must be provided with two numbers which must be worn visibly on the front and back. No competitor shall be allowed to take part in any competition without the numbers visibly displayed.

7.2

The numbers should measure approximately 8 inches wide by 6.25 inches high (20 cms. by 16 cms.). They should bear the IASSRF logo and the sponsors advertising should be limited to 6 inches by 2 inches (15 cms. by 5 cms.).

Rule 8

300 Meter Nordic Sprint Track Points of reference and Construction Points of Reference:

Near turn; Near stretch; Far turn; Far stretch; Start line; Finish line; Lane; Cross over

Construction

Step 1: Select a point on one end of the field that will allow construction of a circle having a radius of 52 feet 3 inches. Drive a spike (with a short piece of iridescent tape attached) at that point. "F" on the diagram and the center of the Near turn.

Step 2: Attach a 100 foot steel rule at "F" and begin to mark the long length of the course. 24 feet from "F" drive a flagged pin "G" (Plate 2); continue on to "Z" and drive a flagged pin 52 feet 3 inches from "F"

Step 3: Mark the circumference of the near turn on the ground. Return to "F" and to the left and right of line FZ mark a short arc 32 feet away. Go to "G" and swing 40 foot arcs to intersect at points "H" and "I" Drive flagged spikes at these points.

Step 4: Before removing your rule from "F", line it through "H" to the outer circle. Drive a flagged spike at "A" (start line). Then line it from "F" through "I" to "E". Drive another flagged spike there.

Step 5: Measure "F" through "Z" to "Y" (Plate 1) 329 feet. Drive a flagged spike. This marks the center of the far turn and the length of the track. 52 feet 3 inches from "Y" mark the circumference of the far turn on the ground.

Step 6: Return to "A" and measure 329 feet to "B". Drive a flagged spike here. This marks the 100 and 400 meter finish line. Return to "E" and measure 329 feet to "C". Drive a flagged spike. The inside edge of lane 1 is now complete.

Other points to spike are "D"; A-2; A-3; A-4; J; K; L. This can be done when measuring toward "B" from "A" and "C" from "E"

Lanes: Measure 1 meter wide and are best measured with a meter stick. There are four (4) lanes to a Nordic Sprint track. Four (4) lanes should be marked on the near stretch, far turn and from "C" to "D" on the far stretch. Two (2) lanes should be marked from "D" to "E" on the far stretch and around the near turn.

Note: leave all pins in place until records are certified and the meet is officially terminated.

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Before the meet begins an IASSRF Technical Delegate will check these measurements before certifying the track
EFA and CYB= 104 feet 6 inches

AJ= 82 feet 3 inches

AK= 164 feet 6 inches

AL= 246 feet 9 inches

AB and CE= 329 feet

CD= 164 feet 6 inches

Each Lane= 1 meter

Lane A-2= 10 feet 6 inches

Lane A-3= 20 feet 9 inches

Lane A-4= 31 feet 3 inches

Arcs EA and BC = 164 feet 6 inches

Starting Configuration

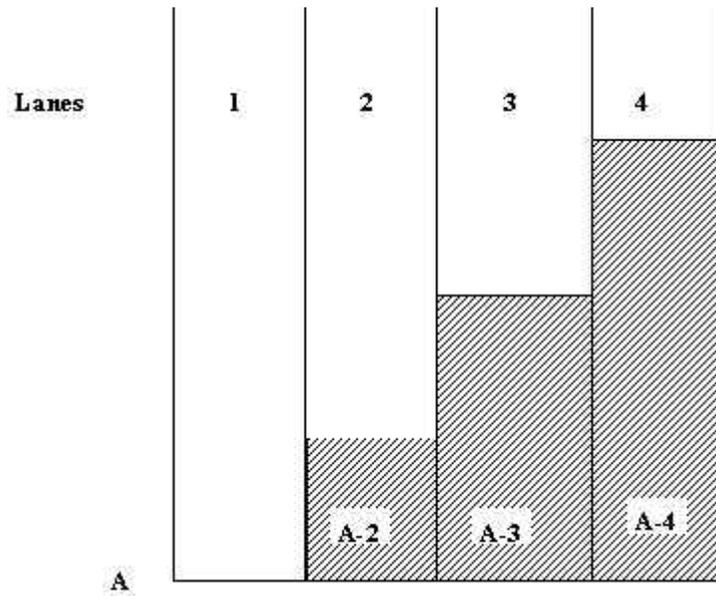


Plate 1

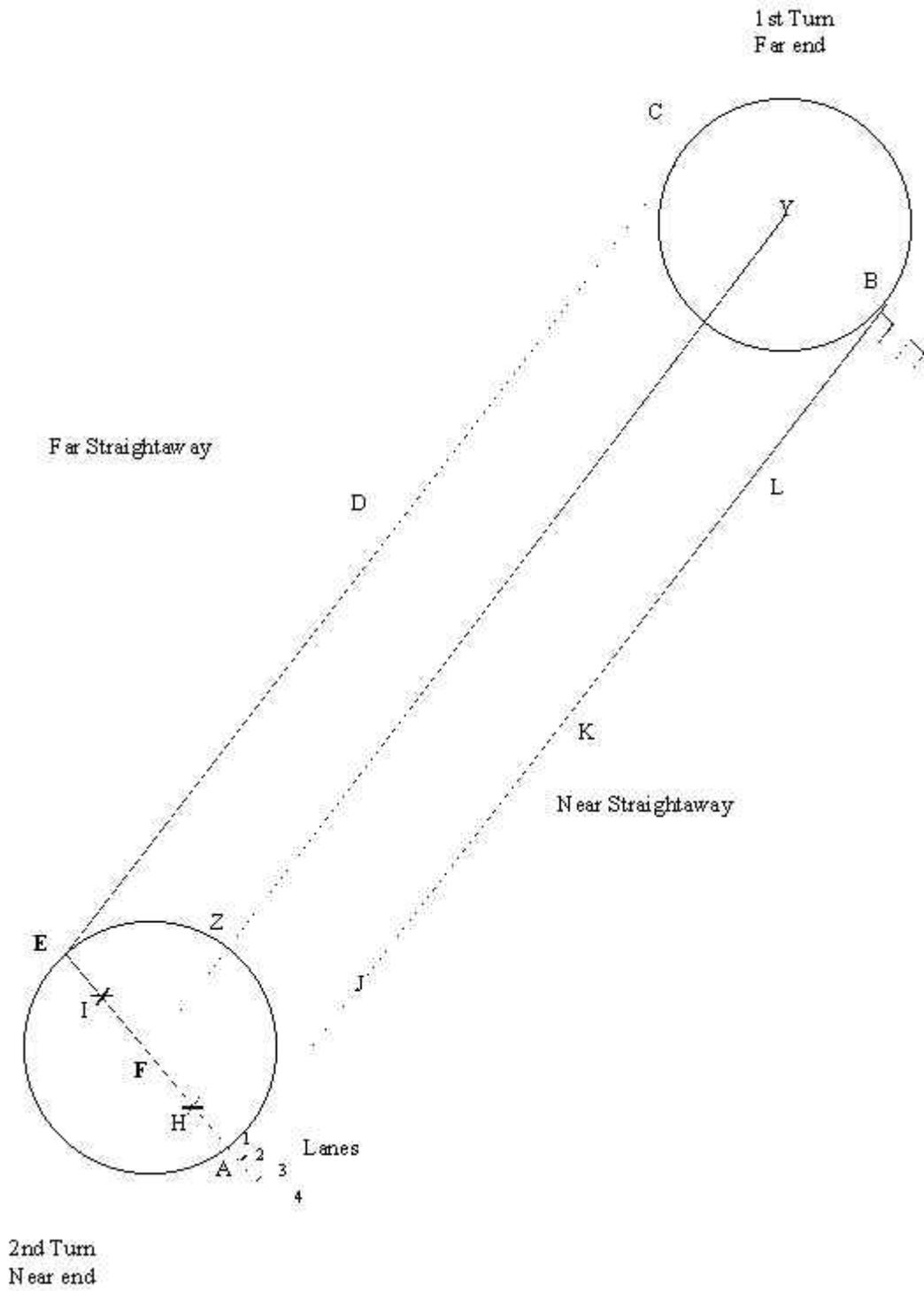
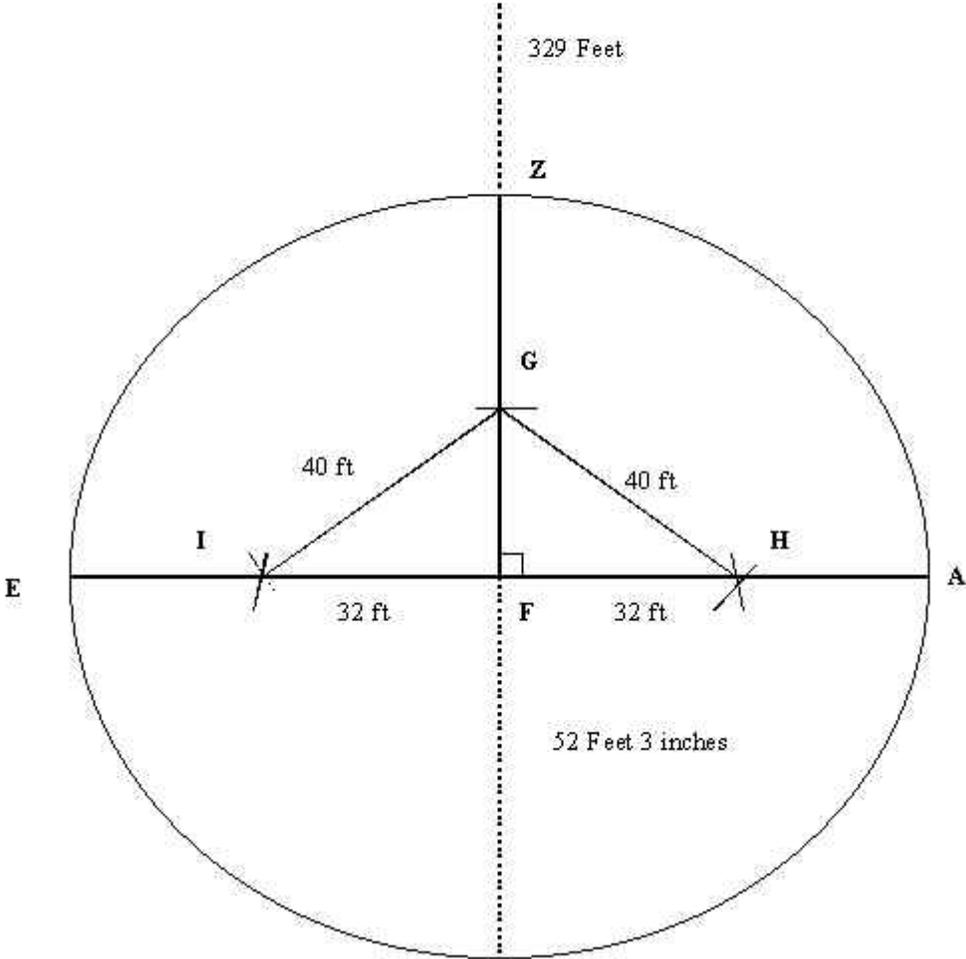
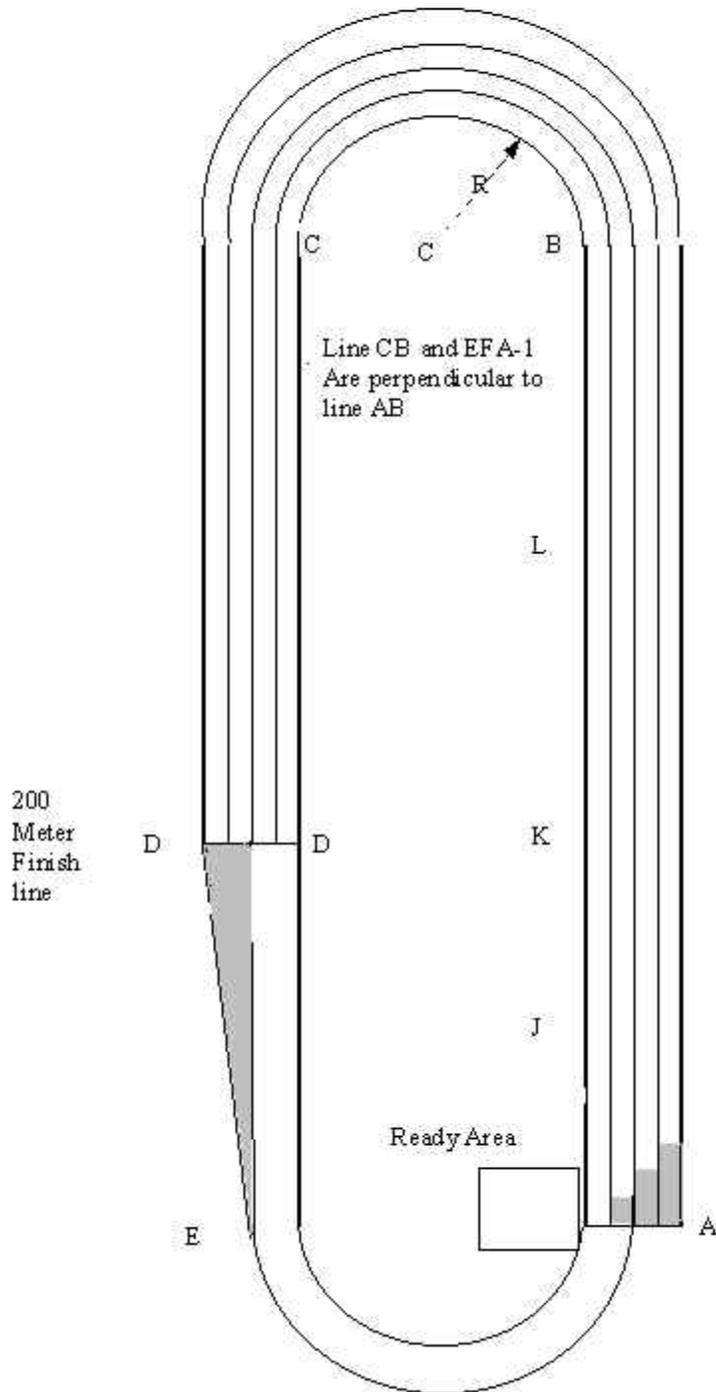


Plate 2



Nordic Sprint Track



Note: The 400 meter race starts at A and goes once around the track past A to finish at line B

Runners in lane 3 & 4 may cross through the shaded area DE then hold lane 1 until finish at Line B