

**Rules Governing Distance Racing on Snowshoes
Track Racing Manual
US Snowshoe Association
94 County Route 25
Corinth, NY 12822**

Distance races include any cross country race held on compacted or virgin trails for the purpose of selecting a competitor with the shortest completion time.

Rule 1

In all advertising and promotion, the correct distances and trail condition (packed or virgin) must be stated

Rule 2

All competitors normally begin the race en masse at a designated start line. For large groups of competitors for ease of scoring, males and females or division groups may begin the race at different times. The race director may use his/her discretion in starting grouping.

Rule 3

The race coordinator/director shall have the same responsibilities as in the Nordic Sprint. He/she will have freedom with respect to distances chosen and track layout.

Rule 4

The technical delegate may also be the race director for local or regional qualifiers.

4A

For qualifying races the race director, and technical delegate need not hold USSSA Distance Race Official Certificates. Both individuals are however held by the competitors and the United States Snowshoe Association responsible for carrying out the Rules for Distance Races as written.

4B

For national races the race director and technical delegate must be different individuals, each holding Certification for Distance Races.

4C

Certification for Distance Races is obtained by completing an open book exam and returning it and a \$10 processing fee to the USSSA. In return a lifetime certification will be issued.

Rule 5

The judges shall be placed at several designated spots along the trail to watch competitors.

Rule 6

Trails, whether packed or virgin, must be clear of trees, branches or debris at least 3 meters (3 yards and 1 foot) on straight-aways to facilitate passing. On curves the trail must be 2 meters wide.

Rule 7

Flags will clearly mark trails

7A

Blue, green, or black flags (ideally one color per event) mark the racing trail

7B

As one stands beside a flag marker, the next flag must be visible. This necessitates close flagging on turns.

7C

Red or orange flags are to be used to block off trails not in use for the ongoing race.

Rule 8

Timing may be done by stopwatch or electronic timing.

Rule 9

The starter shall work with the two finish timers to synchronize stopwatches at the race start and rehearse them with the watches prior to the start.

Rule 10

The starter shall have total control of the competitors at the start line and shall be the sole judge of any fact connected with the start of the race. The starter will position himself/herself directly in line with the start line. When the starter has seen that each competitor is in position at the start line, he/she will begin the countdown. "You have 30 seconds till start. 15 seconds. 10 seconds. 5 seconds, 4...3...2...1...Start" For large mass starts a starting pistol may be used.

Rule 11.

At the start line competitors snowshoes must be behind the start line.

Rule 12

There shall be two (2) timers, each with a stopwatch at the finish line, whose times are in sync with the starter. They will call out bib numbers and finish times to the two (2) recorders at the finish line.

Rule 13 The two (2) recorders will record bib numbers and finish times of the finishers

Rule 14

An 'order of finish recorder' will be present with a clipboard to record only the order of the bib numbers crossing the finish line. (Several competitors may finish at once, the order may be confused by the timers)

Rule 15

To calculate a competitor's time, the start time must be subtracted from the finish time, and posted at the time of the awards

Rule 16

The competitor must cross the finish line with both snowshoes firmly attached to his/her feet. Should the competitor loose a shoe during the race he/she must step off the track and reattach the snowshoe in order to finish the race.

Rule 17

If a competitor falls he/she may stand and finish the race

Rule 18

Should any competitor who is hindered, cut off, or touched by another competitor decide his/her finish time was altered, that person may submit a description of the offense in writing to the race director within 30 minutes of the offense.

Rule 19

Upon receipt of a written complaint by a competitor the race director shall consult with the technical delegate, and any race official who may have seen the incident, in an area away from the public, to determine within 30 minutes the outcomes of the complaint.

Rule 20

Coaches and spectators must remain in the viewing area and off the trail.

Rule 21

An athlete must retire from competition at once if ordered to do so by a member of the appointed medical staff or the race director.

Rule 22

Disqualifications

22A

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

22B

An athlete shall be disqualified if, in the officials estimation, he/she purposefully jostles, obstructs, bumps or steps on another competitor's snowshoe

22C

If an athlete is disqualified in any sanctioned event, reference shall be made in the official results to the USSSA, and the rule which was broken shall be stated.

Rule 23

No established record can formally be considered broken unless the event is a United States Snowshoe Association sanctioned race with a certified race director and technical delegate, and the competitor holds a current USSSA Distance Racing Sporting License.