



# **SOUTHERN OREGON SKI EDUCATION FOUNDATION HANDBOOK**

***Version 2025.10***

## **Forward**

This handbook is intended to help answer questions that coaches, racers, and parents may have about the policies, race rules and the operation of the Southern Oregon Ski Education Foundation (SOSEF). In many cases this handbook will summarize a standard rule or procedure defined through the United States Ski Association (USSA) Alpine Competition Guide. Additional information can often be obtained from your team's head coach, or the SOSEF Board of Directors. Additional sources of information are the USSA Alpine Competition Guide and the International Ski Federation (FIS) ICR Book IV. See Sec. VII Appendix for references to these documents.

This handbook is updated annually in the Fall. Due to unforeseen circumstances and situations, the race rules and operational procedures described in this handbook may be superseded based on decisions made by the Board of Directors (head coaches) during the race season. Each Board coach member will make their athletes aware of these changes.

## **Southern Oregon Ski Education Foundation SOSEF**

SOSEF is a voluntary body formed to administer interscholastic high school racing. The SOSEF is composed of the member high school's athletes and their coaches, parents and volunteer helpers who organize alpine ski racing events. SOSEF holds up to eight alpine ski races (slalom and giant slalom) for high school students during the academic winter quarter (typically in January and February) culminating in the OISRA Oregon Interscholastic Ski Racing Association, a three day competition, in early March.

## **Mission and Goals of the SOSEF**

- Creating a positive learning experience for skiers of all abilities.

“Reach for your potential as a skier, if not a great racer”.

- Providing a fun, competitive environment where athletes form positive bonds through their shared experiences.
- Delivering a quality ski racing structure focused on a positive experience for the athletes.

- Building a community of support around the athletes through parents, volunteers, alumni and community members.

Maintaining the SOSEF structure to be simple, transparent and athlete focused

## I. SOSEF GOVERNING BODY – THE HEAD COACHES

### A. Board of Directors

- a. The Board will consist of not less than five (5) and not more than fifteen (15) directors.
- b. The Board shall make an effort to elect one Director, nominated by any of the following interests:
  - i. Each participating high school program
  - ii. Southern Oregon Participating high school programs include public and private schools in Curry, Douglas, Josephine, Jackson, Klamath, and Lake counties.
  - iii. Southern Oregon Ski community representative/s

### B. Head Coaches

1. Represent all schools and its individual racers to SOSEF.
2. All coaches must be appropriately registered with the SOSEF. Similarly, coaches must meet the specific requirements for the schools for which they are coaching.
3. Are responsible for submitting all required team and athlete registration forms and fees to SOSEF in a timely manner.  
***The SOSEF web site (sosefskier.com) will have a current list and links to all of the current forms that are required for participation.***
4. Are responsible for appropriate SOSEF specified conduct of their respective racers.
5. Are responsible for setting the standard of safety for their respective racers.
6. Must be in possession of current and completed copies of the SOSEF Athletic/Medical Release forms for each team member whenever the team is training on snow and at all SOSEF races.

7. The high school coaches as a group bear the ultimate responsibility for the safety and well-being of each athlete. As such, coaches have the ultimate veto power on race day in the matters of safety or what the coaches' feel is in the best interest of the racers, the race, or overall organization.

8. Team Rosters: The coach is responsible for notifying the SOSEF of any roster reductions by Wednesday before the first scheduled race competition. After this deadline the roster becomes official and no roster reductions can be made.

#### C. Coaches Standard of Conduct

Coaches will be expected to behave in a sportsmanlike manner, respecting all athletes, race volunteers, race officials, parents, fellow coaches, and resort guests not involved with the competition. Coaches shall also be respectful towards the host resort employees, facilities, privileges and operating procedures. Coaches may be disciplined by the race jury or the OSSA Board of Directors for conduct that is deemed improper or unsportsmanlike.

All coaches and volunteers must be appropriately registered with SOSEF and follow the SOSEF rules of conduct. Similarly, coaches must meet the specific requirements of the school for which they are coaching.

## II. COMPETITOR STUDENT/ATHLETES

### A. Eligibility

1. SOSEF athletes will conform to Oregon School Activities Association (OSAA) Rule 8-Individual Eligibility as published in the OSAA Handbook ([www.osaa.org](http://www.osaa.org)) and the General Eligibility policies described in Appendix B of this document.
2. OSSA athletes must compete for and represent the school they are attending. Home schooled athletes and athletes attending charter schools that don't offer an alpine ski race program may only compete for and represent the public school in their designated residential attendance area. Home schooling is defined as the education of children inside the home and is usually conducted by a parent or a tutor.

Exceptions to this policy can be granted by the OSSA Board of Directors on a case by case basis before each race season begins.

3. OSSA athletes must complete and submit to their coach all the required OSSA forms and fees.
4. OSSA athletes must comply with their respective team, school, and school district academic, participation, and behavioral policies.

### B. Standards of Conduct

Competitor student athletes will be expected to behave in a sportsmanlike manner respecting and supporting fellow athletes, coaches, race volunteers, race officials, and parents. Competitors shall

be respectful towards the host resort employees, facilities, privileges and operating procedures.

Competitors shall also respectfully treat citizen skiers not involved with a competition. Competitors may be disciplined by the race jury for conduct that is deemed improper or unsportsmanlike.

#### C. Academic & Behavioral Standards

a) All member student athletes must comply with their respective team, school and/or school district academic and behavioral policies.

#### D. Participation Expectations

SOSEF is dedicated to maintaining the integrity & credibility of interscholastic sports & team athletics.

#### E. Participation Forms and Fees

##### 1. Forms

***The SOSEF web site (sosefskier.com) will have a current list and links to all of the current forms that are required for participation.***

##### 2. Fees

SOSEF has 3 fees for competitor participation:

1. SOSEF Fees- Payable at the time of registration or before on mountain training. The amount of this fee will be determined by the SOSEF Board of Directors on an annual basis.
2. OISRA Fees- Payable before on mountain training and paid directly to OISRA. The amount of this fee will be determined by the SOSEF Board of Directors on an annual basis.
3. Lift tickets normally a season pass for Mt Ashland Ski Area

#### F. Equipment

1. Equipment selection is the responsibility of the athlete and, in the case of a minor, their parents or guardians. Equipment should be maintained and utilized in accordance with manufacturer's instruction.
2. SOSEF adheres to the USSA regulations regarding skis, boots and bindings with these exceptions: there are no restrictions on the size or shape of ski to be used by racers. There are no regulations regarding binding stack height. All skis must be equipped with properly functioning brakes. Racers are encouraged to have their

skis, brakes, boots, and bindings checked for safe and proper operation by a qualified person.

3. Helmets: Helmets that are designed and manufactured for the intent of racing. Hard-eared helmets are always required for GS. GS helmets must be labeled as "FIS RH 2013" compliant for all competitors and forerunners. Soft ear race helmets are only allowed for non gate racing skiing. Helmets with spoilers or edges that stick out are not permitted. Protective features integral to the event being contested, such as chin guards in slalom are permitted. Chin guards are not allowed in giant slalom. Helmet mounted cameras or helmet camera mounts are not allowed in competition. It is the sole responsibility of the competitor or their parents or guardians to select an appropriate helmet for accident prevention in ski racing.

#### G. Other Information

1. Practice Schedule
  - a. Dry-land training will be organized by the coaches and begin in November, with two practices per week. Generally training sessions are held in alternating locations, Medford or Ashland at an announced time. Dryland normally runs from the beginning of November to Mid December.
  - b. Mountain practices will begin as soon as snow permits and will be held Thursday evenings from 4:30 to 8pm, Saturdays from 8:30am to 3:00pm and Sundays from 8:30am to 3:00pm. All practices, including dry-land, are mandatory. Please make arrangements with the Head Coach if you have any conflicts.
  - c. Races
    - i. During a typical season there are 4 slalom races and 4 Giant Slalom races
    - ii. Race season opens as snow permits normally the first or second Friday of January and runs every other Friday and Saturday through February.
    - iii. The State Championship hosted by OISRA at a resort of their choice, is normally held the first Wednesday - Friday of March. Most of the state race fees and expenses normally fall upon the athletes responsibility.
2. Transportation
  - a. SOSEF does not provide transportation. Skiers will be responsible for finding a ride to training

sessions and races. Parents are encouraged to form and participate in carpools when possible.

b. The SOSEF High School Ski Team requires its members to follow their School District's Club Sports Driving Guidelines.

### 3. Clothing/Food/Hydration

a. We go out in almost every weather condition and the weather can change dramatically throughout the day. Athletes should be properly prepared and equipped for any weather conditions and changes in weather conditions each day. We recommend the athletes WEAR LAYERS and keep extra warm clothing in their ski bags. Ask the coaching staff for additional suggestions.

b. We also recommend every athlete bring snacks, lunch and water to each practice.

## ***III. RACE OFFICIALS – ORGANIZATION and DUTIES:***

### A. Race Director:

#### 1. Duties of the Race Director:

- a) SOSEF Board of Directors will act as the race directors.
- b) Organizes and coordinates the volunteer efforts of race officials and workers on race day.
- c) Plans and coordinates race day logistics including race scheduling, volunteer assignments, race course equipment, and awards.

### B. Jury

#### 1. Voting jury members

- a) Technical Delegate (TD) – Chair of the jury.
- b) Chief of Race
- c) Referee

#### 2. Non-voting jury members

- a) Assistant Referee
- b) Chief of Course
- c) Start Referee
- d) Finish Referee

C. Technical Delegate (TD):

1. Checks the race course for safety, proper layout and crowd control.
2. Supervises the technical and organizational conduct of the race.
3. Insures that all rules are enforced.
4. Assists the referee with the DQ report.
5. Chairperson and voting member of the jury.

D. Chief of Race

1. Directs all race course preparation
2. Supervises the activities in the technical area.
3. Summons meetings for consideration of technical questions.
4. Leads the Head Coaches meeting after consultation with the TD.
5. Voting member of the jury.

E. Referee:

1. Represents all racers at jury meetings.
2. In conjunction with coaches, checks race course for safety and appropriateness for the ability level of the racers. Opens the course for inspection if appropriate, or, mandates changes to ensure safety and appropriateness.
3. Observes race procedures and watches for infractions.
4. Reviews gate judge cards with the Chief Gate Judge(s).
5. Posts provisional DQ list at end of each run.
6. Certifies and posts official DQ list at end of race.
7. Voting member of the jury.

F. Assistant Referee:

1. Usually, the head coach of the host school.
2. Represents coaches at official meetings.
3. Observes race procedures and watches for infractions.

4. Non-voting member of the jury. Votes in Jury meetings in matters of race safety and operations. Represents the majority opinion of the coaches.

G. Head of Timing:

1. Creates start order and bib assignments.
2. Tabulates and scores race results.
3. Posts race results on the OSSA website.
4. Tabulates and records season scoring.

H. Duties of the following officials may be found in the USSA Alpine Competition Guide:

- Chief of Course
- Chief Gate Judge
- Start Referee
- Starter
- Finish Referee
- Gate Judges

I. Course Setters:

The race jury shall determine the race day course setters.

1. The following persons may set courses for SOSEF events.
  - a) Current coaches.
  - b) Staff and athletes under the direct supervision of coaches.

J. Forerunners

1. Race forerunners will be used to test timing and coarse ski-ability.

K. Race Volunteers

Alpine ski racing is different from other high school sports in many ways. One of the unique characteristics of the sport is that it relies completely on volunteers to conduct the races. On race day, it takes approximately 25-35 volunteers to conduct a safe and successful event. Officials, gate judges, crossing guards, course maintenance, scoreboard, and a variety of other duties are required.

## **IV. RACE ORGANIZATION**

A. Definitions

SL: Slalom

GS: Giant Slalom



DNS: Did Not Start

DNF: Did Not Finish

DQ: Disqualified

NO TIME: A time is not available for the racer

NOT RUN: The run was cancelled

Re-run: A repeat, timed run through the same course

Provisional: An allowed run through the race course that is not official until approved by a vote of the race jury.

#### B. Competitor Classifications

SOSEF has six competitor/team classifications:

1. Boys Varsity
2. Girls Varsity
3. Boys Non Varsity
4. Girls Non Varsity
5. Girls Provisional
6. Boys Provisional

Varsity competitors/teams consist of the top 6 seeds (6 boys, 6 girls) for each of the schools. All other racers for the school are considered to be junior varsity. Provisional athletes will participate in all training and races but will not be tabulated in results.

#### C. Race Entry and Bib Assignments

1. Start/Seeding orders from each school/team must be received by the Race Statistician no later than 8p.m. on the Thursday preceding the race. If a race order is not received, racers will be placed in the same order as the previous week. It is the responsibility of each team to see that the start orders are received by the Head of Timing.
2. Competitors from schools with less than 3 racers for a given gender will be considered individual racers. All individual racers will be combined in a separate seed pool with one individual assigned per seed. Seeding will be based on points accumulated per discipline (GS or SL) during the season. For safety, each coach is encouraged to seed their individual racers based on their ability.
3. Changes, revisions, or additions to a team's submitted start/seed order are not allowed after the 8 p.m. deadline on Thursday preceding the race.
4. The starting order for each school for each race will be determined by the coaches and the athletes results.

5. The starting order for each race will be determined as follows: #1 seed of the #1 draw, #1 seed of the #2 draw, #1 seed of the #3 draw, etc. After all the #1 seeds from all schools have been placed, the #2 seeds from each school will be placed in reverse order of the draw, then the #3 seed of each team in order of the draw. This procedure is followed until all racers have been placed.
6. Coaches may get their team's assigned race bibs at race headquarters on race day morning.
7. A skier must have their assigned bib visible and worn in racer fashion on race days anytime their boots are clicked in the skis.
8. If a racer misplaces or loses their assigned bib before their run, the Start Referee must be immediately notified. Normally, a substitute bib will be provided.
9. When racing, a competitor must wear only their assigned bib so that it is visible to race officials. Wearing a bib assigned to another racer will result in disqualification. Only the Head of timing or Start Referee can approve any variation from the published bib assignments.
10. All racers must race in the order of the bib numbers. Racers who miss their start time may be allowed a provisional run at the discretion of the Start Referee in consultation with the Race Jury.  
If a provisional run is allowed, the racer will generally be allowed to run at the end of their classification if possible. The run will be deemed provisional until the reason for the missed start time is considered by the race jury at the conclusion of the race.
11. Bibs shall be returned in the finish area at the conclusion of the 2<sup>nd</sup> run unless instructed otherwise.

#### D. Normal Race Day Schedule (Subject to Change)

- 7:30 Check in of all racers picking up bibs
- ALL BIBS MUST BE WORN IN RACER FASHION ON THE OUTSIDE OF CLOTHING FROM THE TIME YOU CLICK INTO BINDINGS
- 8:00 Set up arenas and courses, timing set up
- 9:00 Course opens for inspection
- 9:40 Be at the top of the course and stay there unless you check in with your coach to leave
- 9:50 1<sup>st</sup> run begins
- 11:15 Finish of first run lunch break for all athletes
- 12:00 Course opens for inspection
- 12:50 Second run begins

- 2:15 Conclusion of second run
- 2:45 Conclusion of tear down and clearing of all DQ's(no athlete leaves early)

Any element of this race day schedule can be altered at the discretion of the jury. •

Racers run in the following order:

Girls Varsity  
 Girls Jr Varsity  
 Provisional girls  
 Boys Varsity  
 Boys Jr Varsity  
 Provisional boys

On agreement of the jury and/or coaches, the above listed typical order may be altered.

## V. RACE RULES

### **Race Procedures and Rules will follow those defined in the USSA Alpine Competition Guide with the following exceptions:**

- A. SOSEF uses Single Pole Slalom and Two Pole Giant Slalom race formats.
- B. *For more information regarding the rules of gate passage that are specific to **SOSEF GATE KEEPER TRAINING GUIDE on the SOSEF website.***
- C. Times
  - 1. If an electronic time is not available, an equivalent time shall be calculated using hand times. If neither an electronic or hand time is available, an automatic re-run will be recommended by the Chief of Timing or Finish Referee to one of the three officials who can authorize re-runs: Chief of Race, Technical Delegate, or Referee.  
 An automatic re-run does not require a protest to be filed.
- D. One Run Race
  - 1. A race will be considered as official if all racers complete at least one run.
  - 2. A one run race may be declared by the Jury in cases where time, weather, or some other force majeure prohibit the usual two run race.

3. All efforts should be made to complete two runs.

#### E. Course Slipping

1. At the discretion of the Race Jury, each competitor may be required to slip the course at least once per run during the race. The race jury will determine whether to use the competitors for slipping the course. Boys should slip while the girls are racing and girls should slip while the boys are racing.
  - a) Competitors are to check in at the top of the course with the Chief of Course or an appointed course maintenance official. Bib numbers may be recorded.
  - b) Competitors must follow the prescribed timing and method for slipping the course as specified by the Chief of Course or appointed official.

#### F. Posting of Disqualifications

1. Provisional disqualifications are usually available within 30 minutes of the race conclusion. These will be posted in a conspicuous area at race headquarters.

#### G. Disqualification and Protests

1. Protests are most often submitted to protest the disqualification of a racer's run – failing to ski the course in the required manner. Protests can also be filed for other anomalies; things such as an error in race calculations, the admittance of a competitor, or a race irregularity. See the USSA handbook for a detailed list of grounds for disqualifications and types of protests.
2. Only designated coaches or race officials can submit a protest.
3. Protests must be submitted within 15 minutes after the disqualification list has been posted. The jury has the option of extending this time limit.
4. Protests will be immediately considered by the jury if possible.

#### H. Jury Procedures

1. There will be a jury for each race course.
2. If necessary, the jury will convene 15-20 minutes after the provisional DQs have been posted.
3. The TD chairs the proceedings.
4. All jury members must hear all testimony and must vote.
  5. Any jury member that feels he or she might have a conflict of interest shall declare such and abstain from voting.
  6. The racer's coach and the racer involved will be allowed to attend the procedure during testimony and presentation of evidence and ask questions of witnesses.

7. The jury is to hear from all witnesses and to examine all evidence such as a video recording or photos.
8. Jury members shall not interfere with the presentation of evidence by a competitor, coach or witness.
9. A disqualification is to be upheld only when an infraction has occurred 'beyond a reasonable doubt' in the minds of the jurors.
10. Only voting jury members are to be present at the vote.
11. A decision requires a majority vote by all voting jury members – not just those present.
12. In the event that witnesses or other pertinent information is unavailable, the jury will be allowed to postpone a decision for up to six days. A delay in a decision by the jury will result in an extension of the deadline for the appeals by the same number of days as the delay.
13. The decision of the jury must be made public immediately after the vote. Best effort should be made to notify all coaches of the jury's decision.
14. If the decision of the jury is questioned, an appeal can be filed by the head coach to the SOSEF Board of Directors within three days of the race.

## **VI. RACE and SEASON SCORING**

### **A. Race Scoring and Placement**

#### **1. Team Race Results**

Team scoring applies to Varsity team members only (team seeds 1-6). For each school, the fastest 3 individual varsity times from each run will be combined for a total team time. These will be used to determine team race results and placement. A team must successfully record 3 varsity race times for each run to be eligible for a team result. There are no post-race awards for team results.

#### **2. Individual Race Results**

A competitor's total official time for both runs (or the single run of a one run race) will determine individual race results and placement. A racer must successfully complete all race runs to be eligible for placement and an award.

The following will be recognized and receive an award at the post-race awards ceremony:

Girls 1st through 3rd places

Boys 1st through 3rd places

### **B. Season Scoring and Placement**

## 1. Team Season Scoring and Placement

- a) Team scoring applies to Varsity team members only (team seeds 1-6). For each school, the fastest 3 individual varsity times from each run will be combined for a total team time. These will be used to determine team race results and placement. A team must successfully record 3 varsity race times in each run to be eligible for a team result.
- b) Team Race Points assigned: 1st place: 20 pts, 2nd place: 18 pts, 3rd place: 16 pts, 4th place 14 pts, etc.
- c) At the end of the season the team race points will be combined to determine team season results.
- d) Team Season Awards: The following will be recognized and receive an award:
  - Girls Varsity Team Combined (GS & SL) 1st through 3rd places
  - Boys Varsity Team Combined (GS & SL) 1st through 3rd places
  - Girls & Boys Team Combined (GS & SL) 1st through 3rd places
- e) Tie Breaking- The team with the lowest sum of times for all races is the winner. Only races in which all tied teams have times will be used.

## 2. Individual Season Scoring and Placement

- a) Points System- Based on time, finishing points shall be assigned for each successfully completed race run according to the following table. A racer can receive points in any successfully completed run.

Place	Points	Place	Points	Place	Points
1st	100	11th	24	21st	10
2nd	80	12th	22	22nd	9
3rd	60	13th	20	23rd	8
4th	50	14th	18	24th	7
5th	45	15th	16	25th	6
6th	40	16th	15	26th	5
7th	36	17th	14	27th	4
8th	32	18th	13	28th	3
9th	29	19th	12	29th	2
10th	26	20th	11	30th	1

- b) Individual Season Results- Points earned from all race runs will be combined to determine individual season results.
- c) Individual Season Awards: The following will be recognized and receive an award:
  - Girls Slalom 1st through 3rd
  - Boys Slalom 1st through 3rd
  - Girls Giant Slalom 1st through 3rd

Boys Giant Slalom 1st through 3rd

Girls Combined (GS & SL) 1st through 3rd place

Boys Combined (GS & SL) 1st through 3rd place

d) Tie Breaking

The athlete with the lowest sum of times for all races is the winner.

For individuals tied in a given discipline (i.e. either SL or GS), only the times for that discipline will be used to determine the tiebreak.

Only races in which all tied athletes have times will be used.

C. Season Awards Summary

1. At the end of the season an awards banquet will culminate our season.

## **VII. APPENDIX A**

A. References

1. Sosef website: [www.SOSEFSKIER.COM](http://www.SOSEFSKIER.COM)
2. Oregon Schools Activities Association Handbook:  
<http://www.osaa.org/governance/handbooks/osaa>
3. United States Skiing Association (USSA) Alpine Competition Guide:  
<http://ussa.org/alpine-programs/athletes/rules>
4. FIS International Ski Competition Rules, Book IV: <http://www.fis-ski.com/inside-fis/document-library/alpine-skiing/index.html#deeplink=rules>