

MIAA State Championship Trail Rules

COACHES REVIEW THESE ITEMS WITH YOUR TEAM/PARENTS

1. **NO SKIING BACKWARD ON THE COURSE**
2. **SPECTATORS are required to stay in the STADIUM AREA unless they purchased a trail pass and are on skis- NO WALKING ON THE TRAILS**
3. **COACHES - NO PACING SKIERS DURING THE RACE.**
Pacing Rule - Coaches may be out on the course with skis on. They may shout encouragement and give splits but **shall not ski alongside the racer or follow the racer once he or she has passed**, but they are allowed to run by foot alongside of a competitor for no more than a distance of 30 meters.
4. **REQUESTED NO SKIING ON THE TRAILS DURING THE RACE. ONCE THE RACE STARTS TEAM MEMBERS AND SPECTATORS ON SKIS WITH TRAIL PASSES SHOULD STAY IN PLACE WHERE THEY ARE ON THE TRAIL SYSTEM SO THEY DO NOT IMPEDE RACERS**
5. **EMPHASIZE SPORTSMANSHIP FOR ALL THOSE PARTICIPATING IN THIS COMPETITION - CHEER FOR EVERYONE!!!**
6. **MUST Collect ALL BIBS at the end of the race – Coaches ensure they are collected and brought back to race headquarters before leaving to go home!!**