

Connecticut Interscholastic Ski League (CISL)

Race Operations Guide

2026 Edition

Race Operations Committee Guidelines

The Race Operations Director is responsible for the following:

- Establishing and recommending race rules, procedures, and guidelines to the CISL Board of Directors for review and implementation.
 - Evaluating and enhancing race operations, including exploring new formats and practices.
 - Consulting with the CISL Executive Director as needed.
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Conferences

Our League is divided into two conferences, "S" and "L" this is done according to school enrollment.

- **S Conference**
 - **L Conference**
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Coach or Representative Requirement

A coach, athletic director, or school representative (designated in writing by the principal or school administration) must accompany their team or individual racer to every CISL sponsored race

Team Scoring

Giant Slalom – Varsity (V)

- The top 10 racers on each team's start list are designated as Varsity
- The team score is the sum of the fastest six combined times from Varsity racers
- Mixed-gender teams will race on the boys' course as boys' teams

Giant Slalom – Junior Varsity (JV)

- Racers seeded from position #11 onward on the start list are considered Junior Varsity

Race Course Format

Giant Slalom – Regular Season Format

- Each team may seed up to 10 Varsity racers
- Racers beyond the 10th spot are considered JV
 - No more than 15 JV racers are allowed to race on any given night
- Each racer skis two runs
- Racers disqualified (DSQ) on the first run may take a second run
- Four courses will be set, subject to snow conditions and racer numbers

Course Assignments:

- Girls Varsity: Red (1st run), Green (2nd run)
- Girls JV: Green (1st run), Red (2nd run)
- Boys Varsity: Blue (1st run), Yellow (2nd run)
- Boys JV: Yellow (1st run), Blue (2nd run)

Helmet & Goggle Rule:

- All racers must wear helmets approved under FIS standards, along with goggles
 - GS helmets must be "hard-eared"
- Helmets or approved slalom-specific face protection is required for all slalom events

State Team Shootout Races

- A GS qualifier will be held first, followed by a slalom qualifier at a later date
- Each racer will complete three runs per race. The best two out of three runs will be scored

GS Race

- Only qualified contenders should be entered, based on coach recommendation
- All racers must wear helmets approved under FIS standards, along with goggles

Slalom Race

- Top 30 boy and top 30 girl finishers from the GS race will be invited
- Helmets or approved slalom-specific face protection is required for all slalom events

Team Connecticut Selection

- Combined scores from both races will determine Team Connecticut
- The top 12 boys and top 12 girls will be invited to the Eastern High School Championships.

Conference Champions

Awards will be presented to the 1st, 2nd, and 3rd place teams in each conference based on regular season results.

Tie-Breaker Procedure:

1. Head-to-head results from the date the teams competed.
2. Results from the State Open Division Race.

State Championship Race – Giant Slalom

- Teams with a .500 or better record (combined across all conferences) qualify.
- Each qualifying team may enter up to 10 racers.
- Two or four courses may be used: racers ski one run on each.
- Racers DSQ on the first run are not permitted a second run.
- Awards will be given to the top 3 teams.
- Helmets and goggles are required as defined in CISL rules.

Participation Requirements:

- Racers must meet their school's rules for regular attendance.
 - Racers must compete in at least three CISL regular season races to be eligible for championship races.
(Medical exceptions may be reviewed by the CISL Board of Directors.)
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Training Sessions

- CISL does not sponsor or manage training sessions.
 - Sessions must be coordinated directly with the ski area.
 - A coach or adult advisor must be present on the hill during all training sessions.
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Awards

All-State Recognition

- All-State plaques awarded to top boys and girls in Class S and Class L.
- Honorable Mention or All State by division plaques go to the next tier, based on regular season GS results.

Team CT Recognition

- Plaques or other awards are awarded to the top 12 girls and top 12 boys qualifying and participating in the Eastern High School Championships. This is determined by and paid for through the registration fees paid

Conference Championship

- Trophies and 10 individual medals awarded to each of the top 3 teams in both conferences

State Championship

- Trophies and 10 medals to 1st, 2nd, and 3rd place teams
- The team with the best overall time is crowned te State Open Champion
- 4th and 5th place teams also receive team awards.

Coaches' Responsibilities

- Submit signed copies of the CISL Intent to Race Form, CISL Racing Rules, Eligibility Form, and team rosters to the CISL Director by the deadline.
- Review race rules with athletes regularly.
- Notify the CISL Director of any school weather-related cancellation:
Email: jack@cislracing.com
- Post start lists to the CISL website by 2:00 PM on race day.
- Distribute lift tickets as required by Mt. Southington
- Ensure that all bibs are passed out to and collected from your racers at the start and conclusion of each race. For bibs not returned the school will be charged \$20 per bib.
- Ensure racers are properly equipped and on time.
- Report interference and request reruns as needed.
- Review and report scoring discrepancies to the Head Official.
- Serve on race juries as assigned.
- Ensure all standards of sportsmanship are met before, during and after any CISL event.

Racers' Responsibilities

- Read, understand, sign, and return the CISL Racing Rules.
- Abide by all CISL rules in spirit, operation, intent and sportsmanship.

Discipline:

Any racer disqualified for disciplinary reasons will also be suspended from the next CISL race, regardless of level.

Race Jury Responsibilities

- Comprised of rotating coaches selected by the Director abd designated on the CISL Race Schedule..
- Must identify themselves to the Head Race Official before the race.

- Serve on the jury unless a conflict of interest arises.
(Alternate jury members may be appointed if necessary.)
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Head Race Official Responsibilities

- Review CISL rules and meet with coaches before each race.
 - Rule on DSQs, reruns, and coordinate with gate judges.
 - Post DSQs and communicate with mountain officials.
 - Call race jury meetings when necessary.
 - Collect gate keeper sign-in sheets.
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Ski Mountain Officials Responsibilities

- Install CISL software and organize bibs/start orders.
- Receive and input race start lists (V and JV).
- Set up and maintain race courses (4 GS, 2 SL).
- Announce run starts and reruns.
- Maintain course safety and provide necessary gatekeepers.
- Enter final results into the CISL system.
- Provide **2 complimentary lift tickets** per school for coaches.
- Invoice CISL for course setup and data entry.