

### SKIJOR RACE RULES AND GUIDELINES:

Skijorers are responsible for familiarity and knowledge of IFSS and ISDRA rules, policies and procedures as well as etiquette and protocol. (IFSS stands for International Federation of Sleddog Sports, ISDRA stands for International Sled Dog Racing Association)

Skijorers are responsible for knowing the events rules, policies, and procedures.

Skijorers are responsible for safe contact-free passing (passing skills should be practiced extensively prior to entering a race).

Teams must be able to complete the race course in a reasonable time (a maximum finish time may be in place).

Each team will be assigned a start time and a chute time.

Each skijor team shall be at the immediate start area prior to their CHUTE time (Race may specify this time).

If start time is missed the clock start Time is generally the original start plus any penalty assessed.

Skijorers should provide their own handler (generally 1 handler per dog).

Handlers must promptly exit the start area to make room for the next team.

Skijorers may use either skate or classic ski technique.

Dogs must be treated humanely at all times.

Dogs must be controlled and kept from other teams (before, during, and after event).

Loose dogs are NOT PERMITTED at race site at ANY time (before, during, or after event).

Skijorer should not disconnect towline from the harness except to clear a tangle.

Skijorers are responsible for their dogs' behavior (before, during, and after event).

Aggressive (or overly reactive) dogs are prohibited from the event.

Dogs may be handled by race staff during inspections, at the start area, or by trail help, so it is very important that your dog is well socialized (not fearful, anxious or reactive).

Skijorers (and handlers) are responsible for limiting stress (Always be your dogs' advocate).

Skijorers shall not block, impede or otherwise interfere with another skijorers' progress at any time. (Interference)

Skijorers' dog or dogs shall not interfere or impede another skijorers' team at any time.

\*\*\* If you or your dog are not proficient in passing or being passed, you should train pass proficiency before entering a race (passing is discussed in detail further below).

Skijorer shall skijor (follow behind the dog on skis).

Skijorers (or others) may not pace the dog by ANY means.

**FITNESS:** All dogs must be sufficiently fit and conditioned to be able to complete the course.

Dogs must be vaccinated for Rabies and any other vaccinations specified by the Race Giving Organization. Have a copy of the dog's rabies vaccination certificate available for submission.

Race may require a pre-race vet check (inspection) and dog marking. (all dogs should be socialized to accept this handling)

Purebred entries must provide registration papers to be eligible as a purebred.

Sick dogs or those exposed to communicable disease are not permitted in the race.

ALL dog injuries MUST be reported immediately to the Race Marshal and Veterinarian.

Aggressive dogs MUST be reported immediately to the Race Marshal.

## EQUIPMENT

All equipment must be in good working order.

All equipment (and dogs) must be available for inspection at any time. (before, during, and after the race)

Nordic skate or classic skis are allowed.

Hip Belt minimum width: IFSS= 2.75 inches (ISDRA= 3 inches)

Towline shall include a shock absorber section. (No minimum or maximum amount of stretch in the shock absorber.

Towline length, as measured from belt buckle to the 1st snap, shall be within specifications . (ISDRA= 7 feet to 12 feet') (IFSS= 2.5 to 3.5 meters which is 8'2" to 11'6").

IFSS & ISDRA require a "means" of release within skijorers' arm reach. It may be a mechanical release, a soft release, a belt hook, or other type of release.

Harness shall be a design intended for dog powered sports (a pulling harness).

Each dog shall wear a secure dog collar. (It shall be adjusted so that it cannot slip over the dogs head). Buckle collars or limited slip collars are suggested (avoid plastic buckle collars).

Collars, muzzles or harnesses capable of choking the dog are prohibited.

The towline must be attached to the dog's harness. (not to the collar)

Dogs may be harnessed in single file or side by side or offset formation.

A belly band may be used.

Helmets are required for all youth skijorers.

Helmets are allowed and recommended for adults.

Neckline is required in 2 dog skijor teams unless run in single file. (in which case the rear dog is necklined to the towline).

### MULTI-DAY RACES

Park in the same parking spot each day, (for hygiene and canine health).

Heat distances need not be identical, but the shortest trails shall be run first. Subsequent days' heat distances shall not exceed 150% of the 1st days' length. (The shortest and longest trail distances shall be possible distances for each heat shall be indicated on the invitation).

CUMULATIVE TIME RACES: Dogs will be marked prior to the start of the 1st heat. The markings must be there on each subsequent day, (do not attempt to remove it). Only your dogs marked for a specific class may be used on any subsequent days' class.

### START FORMAT

Interval starts: All teams should arrive at the start area at least 1 minute prior to the assigned chute time.

Skijorers should provide their own handlers, (1 per dog) in order to maintain adequate control and minimize stress (your dogs') in the start and finish areas. Handler should be someone that your dog knows and likes and someone that knows dogs. Handler should be advised to clear the immediate start and finish areas as soon as possible. At some races start help/chute help will hold the skijorer at the waist.

The front tips of the skijorer's skis must be behind the start line prior to the signal to start.

The skijorer's race bib must be visible to race officials. Single panel bibs shall be worn in front and above the waist.

Skijorers must remain aware of teams nearby and keep control over their ski pole tips to avoid injury to dogs or skijorers. (Interference rules apply)

A general mass start is much like a running race or a ski race. An IFSS mass start utilizes multiple parallel 80 meter tracked lanes in which skijorers hold their dog at their side and pole to the end of the 80 meter lane. (half the field was warned for violating this rule in 2014 IFSS World Championships)

## PASSING

Skijorers are responsible for executing good passing (passing should not be first experienced at your first race)

A passing skijorer must execute a pass only when conditions are safe.

The skijorer should call "Trail" before attempting to pass. (may pass on either side)

Both skijorers may say "on-by" but that is a very small part of passing. On-by is merely a word. The actions of both passing parties are paramount to successful passing. In the event of a protest for failure to facilitate a pass, the actions, or lack of actions, may determine the course of penal action.

The skijorer being passed should be prepared to slow down (stop skating) and move inline behind their dog and move to the non-pass side of the trail.

The skijorer being passed should stop poling and hold their poles behind, low, parallel to the trail, and away from the passing team.

The skijorer being passed should be prepared to reel in line and hold the dogs' harness to prevent any contact or interference with a passing team.

The passing skijorer should move to the off-pass side and should pole on the off-pass side and exercise extreme caution when poling in close proximity to all teams being passed.

The passing skijorer may request you to stop or to control your dog, the skijorer being passed must comply with the request (control your dog means keep the teams apart even if it means reel in and hold your dog by the collar or harness)

A passed team cannot repass for 2 minutes or 1/2 mile except by mutual agreement of both skijorers. (No leapfrogging)

NOTE: You will both lose far less time and create much less stress, by concentrating on and ensuring successful passes, than you will with any tangles or leap frog sessions.

Repass rule does not apply in “No Right of Way” or “No Mans Land” zones.

Skijorers must maintain a minimum distance of 20 feet between his/her dog(s) and the skijorer in front. (No tailgating).

Skijorers must always exhibit care, good judgment, good sportsmanship, and fairness whenever passing occurs.

Failure to facilitate an efficient pass will be grounds for a protest and consequences up to and including disqualification. (It is your responsibility to read, know, and follow the passing rules and etiquette)

Failure to control your dog (before, during, and after the event) is grounds for a protest and consequences up to and including disqualification.

All skijorers shall cooperate with others in order to have successful contact-free and

interference-free passing.

**FINISHING:** Timing ends when the nose of the lead dog crosses the finish line. (exception is chip timing)

Keep the finish area and exit corridor free of congestion. (Do not stop and socialize at the finish line) Proceed to your car to care for your dog. (Your dog will experience much less stress at the car than at the finish area).

Only race officials and race authorized persons should be in the immediate finish area. Spectators will be near the finish area and should be managed by crowd control measures.

Personal dog handlers are welcome at the finish area but must stay clear of all finishing team traffic. Handlers should be positioned so as not to distract or interfere with other teams finishing.

Skijorers and their dogs shall exit the finish area promptly. The handlers should assist in

promptly clearing all teams out of the finish area (includes completely clearing the exit corridor).

Skijorers and their handlers are encouraged to help others get to and from start and finish areas.

Upon finishing your heat the skijorers' concern is your dogs care. (check feet, massage, feed, water, etc)

Water or feeding of dogs shall only be done at skijorers' respective vehicles or RGO approved and designated areas (this is both interference and an anti-doping issue).

Dogs shall not be brought back to the start or finish areas at any time.

**PROTESTS:** Any protests shall be presented verbally to the Race Marshal immediately after the heat of the incident or infraction.

Any protests shall be followed up with a written report (preferably using Race Protest /Incident Report Form) to the Race Marshal with in 1 hour after the heat of the incident or infraction. Protest form is available online, and should be available at race site (from the race marshal) If no protest form is available submit details in writing on available paper.

A protest jury meeting may be held to gather and assess information from parties involved, any witnesses, trail cameras and trail reports and if necessary impose penal measures.

OFFICIAL TIMES: Times are not official until any and all protests and incident reports are addressed and resolved.

Awards should not be presented until after times are declared official.

\*\*\*\*\*Concerning the Race Incident Report/Protest Form

1. Verbally advise (IMMEDIATELY upon your finish) Race Marshal of situation and your intent to file a Incident Report of intent to file a sample copy is under files on Midwest Skijorers Facebook Group.

2. Submit written report within 1 hour of your finish.

If you do not have an official Incident Report/Protest Form, provide the following information in writing however possible.

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**RACE INCIDENT/PROTEST FORM**

Race Name: \_\_\_\_\_ Date of Race: \_\_\_\_/\_\_\_\_/20\_\_

Location of Race: \_\_\_\_\_

YOUR Name: \_\_\_\_\_ YOUR Bib Number: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Country \_\_\_\_\_

Phone Number \_\_\_\_ - \_\_\_\_ - \_\_\_\_\_ E-mail \_\_\_\_\_

## Racing

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EVENT (circle one):

NORDIC: Skijor\_Pulka\_Combined\_Sled

DRYLAND: Canicross\_Scooter\_Bikejor\_Rig\_Relay\_

CLASS (circle one): Jr\_NOVICE\_SPORT\_PRO

TEAM SIZE/Mileage (circle one): 1 2 3 4 6 8 10 Open

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Describe, in detail, the actions and/or details of the incident/scenario: what, where, when, how, actions/exchanges, etc (Bib numbers are very helpful)

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ AM/PM NOTE: This form must be submitted to the Race Marshal within 1 hour of protester finish time.

Signature of Complainant/Protester: \_\_\_\_\_

Witnesses (fellow competitor, handler, race official, spectator, etc.)

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Signature of Race Marshal: \_\_\_\_\_

"You cannot change what you do not acknowledge."

"No matter how thin you make a pancake.....it still has two sides."