

Missoula Telemark Challenge Rules, Regulations, and Information

1. Each team is composed of four racers: at least one female, one beginner, one intermediate, and one advanced skier. Each team can have two substitutes who can only race for the team they have signed up on.
2. Changes to the roster *must* be emailed to the following address no later than **5:00pm on Tuesday** before the race: Info@missoulatelechallenge.com.
3. Teams may only substitute racers who have a seed time.
4. Seed times are determined by a racer's single fastest time from the previous week's race. If they were not at the previous week's race they are seeded by their most recent single fastest run.
5. Racers are seeded against the racer with the single closest time to theirs, unless they are on the same team. If two racers are on the same team are paired, the faster of the two is moved up one bib position.
6. Points are awarded based on the combined time of their two completed runs. The only time points will be awarded for a single run is in the event that both racers only compete one run.

Penalty points are assessed by gatekeepers for non-Telemark turns (Snowplow, Stem Christi and Parallel are all non-Telemark turns.) They look for three things in each turn:

- a. The inside ski is trailing the lead ski such that the trailing boot is at least one boot length behind the lead foot.
- b. The heel of the trailing ski is visibly off the ski.
- c. Once the trailing foot begins to move forward, the foot must move continuously forward, without hesitation, into the next Telemark position.

Each penalty point is equal to one second added to the racer's combined time.

One point will be deducted from a team in the event of a no-show. That means that instead of getting the chance to earn your team a point, you'll COST your team a point. We want to eliminate no-shows because it's not much fun to come out for a race and have no race partner.

7. Interference: If a racer has been interfered with, they have the choice of taking a re-run. If however, they choose to take a re-run and crash they cannot use the interfered time. The Racer who interfered with can re-run the course as a "ghost racer," but cannot use the time from the re-run.