

Nordic Race Course Etiquette

Spectators:

During competitions spectators (anyone not racing) are allowed to be on the course to cheer on competitors but certain rules must be followed:

- 1.) Movement on the race course during a smaller competition should only be done in the direction of the race. Do not ski backwards, against the flow of the race. In larger races and Championship events you should be off the trail with your skis off and remain there until the last racer goes by.
- 2.) Never pass or interfere with a competitor.
- 3.) Always stand off the trail far enough to avoid interfering with competitors.
- 4.) Never snowplow down an uphill.
- 5.) Never Skate ski or snowplow over classical tracks.
- 6.) Never follow closely to racers, allow plenty of room to not distract or intimidate them.
- 7.) Do not follow or “pace” racers for more than 90’.
- 8.) Never ski through the start or finish line as a non-racer
- 9.) Avoid skiing on the course in the stadium area in general.

Competitors:

- 1.) Competitors must give way upon demand (usually “Track”) when asked by an overtaking racer. EXCEPTION: Marked zones, like the Finish Zone which is considered to be 200m from the finish line.
- 2.) When overtaking, competitors must not obstruct each other.
- 3.) Do not ask for a competitor to give track if you cannot pass quickly and safely.
- 4.) Never skate ski in a classic race. Competitors are allowed to step-turn untracked corners and downhill corners but otherwise must diagonal stride or herringbone.