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# 2011-2012 VARA RULES & REGULATIONS

## VARA TEAM

**VARA Team members will receive comped entry fees for all VARA races for the year they are named to the team. All VARA team members must be current VARA members and are responsible for renewing membership for the new competitive season.**

**Selection for the VARA TEAM is as follows:**

1. J1, J2, J3 States Overall Champions
2. J1/2 State Championship event winners
3. VT Cup Series 1st place winners from the previous year.
4. J4 State gold medalists per event, men/women.
5. George Tormey VARA Spring Series Overall Champions.
6. Gold medalist for, J2 Eastern Championships, J2 Nationals, J3 JO's-per event and/or combined.
7. VT USST members are Honorary VARA Team Members.

**Athletes must have been a member of VARA and of a Vermont club the previous winter as well as the coming winter.**

## VARA J1-2-SR'S

**VARA Open Races, VT Cup Series & George Tormey Spring Series**

The top 5 racers with the lowest point profile below 50 points are awarded free entry into the VT Cup series, George Tormey Spring Series and Vermont Open Races. All Vermont Racers regardless of point profile are encouraged to race.

**Entry Fees** for VARA/USSA Races will be SI/\$50, GS/\$55, SG/\$60, SC/\$60. DH will be a daily rate.

**Awards** It is recommended that host sites present awards within 30 mins. of conclusion of the race.

### VARA Open

**The VARA Open Series consists of races scheduled throughout the state, throughout the season.**

1. Out of state entry procedures and rulings can be referred to under the entry procedure section.
2. These Series are for building point profiles. This is not a scored series, is not used for Eastern Cup qualifications.

### Vermont Cup Series

1. The VT Cup Series begins in Dec. and continues through VC Finals.
2. The VT Cup Series is **scored** using the New World Cup point scoring system for the top 30 men/women for each race. Out of state competitors, non VARA members will receive a trophy for earned results, if applicable. The out of state competitor and the non VARA member will be taken out of the New World Cup point scoring system, allowing only VARA members to receive overall points, including foreign athletes that are VARA members, however foreign athletes will not be included in FIS quota selections.
3. This series will be used exclusively for selection for the Vermont Quota to the January, February and March FIS NJR and Devo events and Eastern Jr Finals (FIS). (All VT Cup races held, up to 10 days before the start of the FIS Event which the quota will be used will count toward the quota selection, if possible races within 10 days of the USSA quota deadline will count for the quota selection)
4. Trophies and prizes will be awarded to the overall season winners, 1st through 3rd places, Men/Women.
5. The 1st pl overall season winner will be named to the VARA Team.

### The George Tormey Spring Series

1. The VARA George Tormey Spring Series consists of a race series scheduled the middle to end of March.
2. The George Tormey Spring Series is a short intense set of races designed to bring together the top racers in Vermont and field size permitting, out of state racers. It is also designed for building a point profile.
3. **Scoring** for the VARA Series will be done using the Old World Cup point system for the top 15 men/women. Out of state competitors, non VARA members will receive a trophy for earned results, if applicable. The out of state competitor and the non VARA member will be taken out of the Old World Cup point scoring system, allowing only VARA members to receive overall points. Foreign Athletes that are VARA members will be included in the WC Scoring method for the overall.
4. Top 3 overall winners of the series will receive prizes supplied by VARA and recognition as George Tormey Spring Series Winners.
5. Overall 1st Place winner will be named to the VARA Team.

### Vermont States J1 & J2

1. The J1/2/sr State Championships will be run together for all age groups. Genders may or may not be held at the same race site.
2. There will be 1 SI, 1 GS and 2 SGs contested for the VARA J1-2 states.
3. **Scoring:** The **overall champion** will be determined by scoring the top 15 using the Old World Cup scoring system for all races contested. J2's and J1/sr's will be separated for scoring purposes. Each SG run will count in scoring, only the 1st SG run will determine VT State SG champion. Foreign athletes that are VARA members will be included in the scoring for the Overall. Ties will be broken using best single result then next best etc if still a tie race points will be used.
4. **Awards** will be given by the host Site for 1-3 places for J2' and J1/sr's.
5. **Entry Fee** cap for the J1-2-Sr states is SI/\$50, GS/\$55, SG/\$60, SC/\$60. DH will be a daily rate.
6. Discipline winners and Overall Champions will be named to the VARA Team.

### Eastern Regional Junior Finals (Fis) Quota/Selection

1. All quota spots must be qualified for via the VC standings based on New World Cup Scoring.
2. The Vermont quota to the Eastern Regional Junior Finals is 6.
3. The quota will be filled by the first 2 – J2 men/women and 1st J1 man/woman not already qualified.
4. For Automatic's to the Regional Championships please see the USSA Alpine Competition Guide.

### Eastern USSA Finals (Formerly known as J1/2 Finals)

1. The Vermont quota to the Eastern USSA Finals is 41 men and 18 women.
2. The Finals quota will be filled by using coach nominations for interested parties.
3. If selections are necessary then VC standings will be used to choose athletes.

**VARA requires a two day minimum coach confirmation from any VT quota list for USSA to regional events. The athlete will be considered non-eligible for that event and the next athlete will be chosen and notified. VARA WILL NOT CALL FOR CONFIRMATION IT IS THE ATHLETE'S COACH RESPONSIBILITY TO CONTACT VARA.**

*Check [www.vara.org](http://www.vara.org) for the most up to date version of rules and regulations.*

### **J1 & J2 Absentee/ Injury Clause**

1. The VARA Office **MUST** be notified in writing, of any racer's absence PRIOR to the start of the series in question AND send a doctor's verification for the athlete.
2. The J1-2 committee will decide on any athlete injury issues.

### **Foreign Athlete Status for J1 & J2 Age Groups**

1. Any foreign athlete participating in a Vermont program **MUST** be a current member of **VARA** and **MUST** meet all licensing requirements for USSA.
2. Foreign athletes (x Ussa #'s) will not be included in State quotas for FIS events. – or –
3. Foreign athletes may enter FIS events per FIS rules concerning foreign entries. Consult the USSA Competition Guide for details.
4. Foreign athletes will be recognized and receive any appropriate awards for their results in any **VARA** Events.

### **VARA Alpine Competition Committee**

1. The Competition Committee is made up of one representative from each **VARA** member program in the state. Programs **MUST** be **VARA** members in good standing to receive representation and a vote at the Competition Committee Meetings. The club representative must also be a current VARA member.
2. Each **VARA** member program will receive one vote.
3. Proxies must be made in writing and brought to the Competition Committee Meeting and presented to the CC Chair. Those taking the proxy must be a **VARA** member.

**The Competition Committee makes recommendations to the VARA BOD on issues such as but not limited to, scheduling, quota/selections, VT race series and state participation in regional events. Recommendations made by the Competition Committee must receive Board approval unless the VARA Board gives pre-approval to the Competition Committee.**

### **J1& J2 Committee**

The J1/2 Committee is made up of the Competition Committee Chair and four appointed representatives (Eric Harlow-Chair, Peter Cornish, Jack Bailey, Stever Bartlett, Dani Koch ).

1. The J1/2 Committee will oversee any J1/2 or Senior issues. The J1/2 Committee's responsibilities include but are not limited to creating development programs for **VARA** J1/2 and Seniors and will work with the Executive Director in creating the J1/2/sr schedule, qualification procedures for championship events and create a clear path for advancement at the j1-2-sr level involving FIS through participatory levels. The J1/2 Committee will report to the VACC and **VARA** Board.
2. The **VARA** office shall be contacted in the event there is a question regarding any issues regarding this age group.

### **Eastern Regional Championship Events**

Information regarding Eastern Regional Championship Series may be referred to in the USSA Alpine Competition Guide, under the Eastern Division Section. Or visit [www.ussaeast.com](http://www.ussaeast.com) USSA Eastern events include; FIS events-Eastern Cup (EC), National Jr Fis(NJR), Entry Level Fis(ENL), Devo Fis, Eastern Regional Jr Finals

### **EASTERN CUP:**

**Information regarding EC Selections may be found in the USSA Comp Guide.** There is no longer a state quota to these events.

### **VARA Head Tax (Race Organizers)**

**Sr., J1, J2 - \$2/race start /racer.**

Head Tax is payable to the **VARA** office with complete race result packets. Packets should be mailed the day after the race AND include a TD report, official race results, start lists, second run orders and the head tax accounting form COMPLETED. All head tax fees are to accompany race packets. Please list the race date and name on the check memo.

### **Devo FIS and NJR FIS Series:**

1. VT's quota is 5 Men for the Devo Fis and 5 Men and 5 Women for the NJR Fis events.
2. The DEVO FIS AND NJR FIS selection for the **Dec.** series will be done using the NTSM from the most recent USSA point list using USSA development requests for athletes not yet selected. **Coaches must copy the VARA Office the development requests sent in to USSA.**
3. The Vermont quota to the January, February and March Devo Fis and NJR will be selected by using the New World Cup Point scoring system for the Vermont Cup Series. If there are not more than 2 VC races held before Jan then an NTSM will be used for the Jan. Devo Fis Events.
4. **The DEVO FIS selection will only consider Junior YOB**
5. **NJR FIS selection will only consider J2's.**
6. All Vermonters and quota selections **must** be a member of **VARA** in good standing, be a member of **USSA** and have a valid **FIS license**. This includes seniors and COLLEGE ATHLETES.

## **VARA J3 RULES**

### **GENERAL**

**The J3 age level provides non-scored competition for racers aged 13-14 (born in 1997-1998).**

1. **VARA** is the governing body of J3 racing in Vermont.
2. **VARA** will delegate to the three state Councils (North, Mid, and South), the authority to design and administer their respective races and schedules, leading up to the J3 State Shootout and the J3 State Championships. **VARA** shall make recommendations to these councils.
3. **VARA** will schedule open races, super-G events, the J3 State Shootout, and the J3 State Championships.
4. Issues involving **J3 VARA** sponsored events (J3 Shootout, J3 States) will be resolved by the J3 -4 Committee.
5. Councils must not interfere with the USSA established age categories (exceptions must come before the J3-4 Committee and or USSA).
6. Councils must also follow all USSA and **VARA** procedures for running a fair and legal race.
7. A \$25 maximum entry fee for slalom (SL) and giant slalom (GS) events and \$30 for Super-G (SG) is recommended for council qualifier races.
8. To compete in **VARA** races, there are two membership requirements that must be met:
  - a. You must have a current USSA Competitors Membership.
  - b. In order to be considered in any **VARA** qualifying or selection process, you must be a current member of **VARA**. Qualifying points will not be retroactive for late renewals.
9. Coaches must be **VARA** and USSA members to obtain race site hill privileges.
10. J3 Council races and State Championships must be USSA sanctioned events.
11. Council Chairs need to have a tentative schedule to the **VARA** office by **June 1** and a confirmed schedule by **October 15th**.
12. Sanctioned races **must** be held on homologated trails.

### State and Council Quotas and Gender Splits

Vermont quotas for J3 and J4 USSA competitions (i.e., J3 Eastern Regional Series, J3 Olympics, J3 Finals, Future Stars), will be allocated among girls and boys based on the current statewide gender split. The gender split will be determined based on the number of competitors in Vermont after each Council's first **two races**.

### Parent/Spectator Clause

Any issues parents or spectators may have with the Race Organizer or any VARA Rules/USSA rules while at a sanctioned council event, VARA States or Shootout must be handled by the appropriate coach before being brought to the Race Organizer, Alpine Officials/Jury, registration volunteers or VARA. The athletes coach must represent the competitor regarding the issue. (Issues involving rules set by VARA, The Race Organizing Committee, Alpine Officials, the Jury, the Race site or USSA must be brought to VARA, the TD /Jury or appropriate group, etc.. by the competitors coach not parent.)

### Coach Tickets

If races are happening simultaneously on the same day then host sites must account for the need of more coach's tickets.

General recommendation but NOT less than the following:

> 4 kids = 2 coaches      > 8 Kids = 3      >12 Kids = 4      >16 Kids = 5      >20 kids = 6

### Petitioning to Ski Down

For an athlete to be considered for skiing down an age class at the state level they must first be approved by their council. A request in writing must be submitted to the VARA Executive Director by the council chair no later than December 29, 2010. The VARA J3/4 Committee will review the request and respond to the council chair no later than Jan 1, 2011.

If an athlete is approved they will follow council and VARA rules for that age class. Petitioning Athlete (PA) may qualify for states in the age class in which they are competing. The following conditions apply:

1. PA will be considered and treated as any other participant in that age class.
2. PA may ski in the state championships but will not advance to a USSA post season event.
3. PA will be seeded at states according to their council placement.
4. PA will be presented with award if so earned.
5. PA will be purged from results for selections to post season USSA Championship events.

The field size for states will not increase by more than 5 to accommodate council PA requests. The field size may be increased to allow PA's skiing down an age class and to prevent de-selection of age class competitors.

### Athlete Injury Clause for J3-4 States

1. 2 discretionary spots to finals shall be determined before the start of the states tech events. The discretionary selection must not have participated in the states tech events (with exception the SG). If the discretionary spots to the finals are not used then selections will go down the list from states standings.
2. Discretionary request must be made in writing to the executive director before the start of the J3 State tech events. The J3 Council Chairs will review the request and make a decision. There is no guarantee that a discretionary spot will be given.
3. Discretionary picks will be seeded at the end of the VT finals team.

### J3/4 COMMITTEE

The J3/4 Committee consists of the, Competition Committee Chair and Council Chairs from each of the three Councils and a J4 Rep (North-Adam Julius, Mid-Gary Fletcher, and South-Dave Edry, J4 Rep-Neal McNealus). The committee will work with the Executive Director regarding VARA J3 and J4 issues.

### VARA Head Tax (Race Organizers)

#### J3's - \$2/race start /racer.

All J3 races, states, open events, including council races are subject to head tax.

Head Tax is payable to the VARA office with complete race result packets (same as sent to USSA). Packets should be mailed the day after the race AND include a TD report, official race results, start lists and second run orders are to be included in all race packets with the head tax accounting form COMPLETED. All head tax fees are to accompany race packets.

### J3 STATE CHAMPIONSHIPS

#### February 16(M)-17(W), GMVS-SG

#### February 26-27 Okemo(W), Stratton(M)

#### March 3-4 GMVS(M), Burke(W)

The selection of the J3 Olympics and J3 Finals rosters, as well as the seeding for those events, will be determined by place point scoring from the VARA J3 State Championships.

1. **Format:** The Vermont J3 State Championships will consist of a super-G race, 2 Slalom races, and 2 GS races. Weather permitting. Tech events will be split by gender. The events will be held at separate race sites.
2. **Qualification:** The VARA States will be open to all council J3's as long as they have raced in at least 50% of their council races.
3. **Entry procedure:** Councils must send racer rosters ( in start order ) which shall include Club, YOB, and USSA number and coaches list to the VARA office 1 week prior to the J3 States. There will be no additions/substitutions to rosters after 9am the morning before the 1st event.
4. **Entry fees:** J3 States will have a ceiling of \$90 per weekend and \$45 for SG. The fees will include the awards event for participants at the technical events, along with an event souvenir. Host Sites for states must commit to making the states a championship event. (Podium, banners, hoop-la, racer souvenir)
5. **Seeding:** The J3 States will be seeded as follows: Seeding will be based on Council rankings. The start lists will be based on a Council rotation as determined by a random draw by the race organizer, these will remain the same for both days and redrawn for the next weekend. The 2nd run start order will be reverse 30 then from #31 on from 1st run times(bibo). First run DSQ and DNF's will be allowed to run the 2nd run, in bib order, at the end of the field.
6. **Course Setting:** The VARA Executive Director, with assistance from council chairs and AO Chair, will choose course setters. Referees will be selected by the assigned TD.
7. **Automatics to JO's:** 1M and 1F from each council will be selected by council for automatic spots to the Junior Olympics.
8. **Scoring:** Scoring for selection to USSA J3 Championship and USSA J3 Finals will be as follows:  
1 less than half of total runs including combined and round down - best 5 of 13 runs etc. (e.g., if runs are lost due to weather then the following will apply for scoring) best 5 of 13, 5 of 12, 4 of 11, 4 of 10, 3 of 9, 3 of 8, 2 of 7, 2 of 6, 2 of 5, 1 of 4, 1 of 3, 1 of 2, 1 of 1.) (Scoring will be best 5 place points including combined if all races are run)
  - a. Ties will be broken by the best single result then the next best result, and so on. The top 54 athletes (gender split) will be named to the Vermont J3 Olympic team, and the remaining 22 will attend the J3 Finals.
  - b. If awarded an extra spot from USSA the spot will be given to the next in line from the states standings and will not be used for a discretionary pick.

Check [www.vara.org](http://www.vara.org) for the most up to date version of rules and regulations.

- c. **Event Champions:** Old World Cup scoring will be used to determine VT State Champions for each tech event and sg champions will be as results show. Ties will be broken by best place point then next best etc.
- d. Overall champions will be determined by Old WC scoring for all events contested. Ties will be broken by best place point then next best etc.
- e. It is understood that VT will send its strongest team to the Junior Olympics.
- 9. **Fore Runners:** STATE Championships forerunners will be selected by the host site.
- 10. **Awards:** The host ski club will provide awards for the top 10 boys and top 10 girls for each event.

**VARA will also provide awards for the following:**

- a. Overall awards will be provided by VARA for the top three girls and boys. (See scoring)
- b. Gold Medalists for the overall will be named to the VARA Team for the following season. (See Scoring)
- c. **VARA CUP:** The VARA Cup Trophy will be awarded to the top J3 and J4 club overall based on results from the VT State Championships. The total team score is calculated based on the individual run results from the J3 and J4 State Championships. Points will be awarded as follows: 1st=30, 2nd=29, 3rd=28, . . . 30th=1 point. Each run will be scored separately, using each J3 team's best 5 scores, and J4 team's best 5 scores.

**Rotation for Hosting J3 States:** 2010/Mid, 2011/North, 2012/South, 2013/Mid 2014/North, 2015/South etc. If the proposed Council cannot host, the event will be sited by the Executive Director of VARA.

**USSA EASTERN REGIONAL SERIES**  
**January 21-22**  
**Vermont Quota: 40**

The J3 Eastern Series is an Eastern Regional event is designed to provide competition for the top racers in the Eastern region. The Vermont quota is 40. This quota will be divided among the councils based on the council field sizes.

**Example: J3 ERS Quota Calculation**

Council	Total J3 Field (1)	% of J3 Field (2)	Calculated Quota (2) x 40	Rounded Quota (3)	Final Quota (4)
NVC	114	0.3383	13.531	13	13
MVC	116	0.3442	13.769	13	14
SVC	107	0.3175	12.700	12	13
Total	337		40	38	40

The Council Quotas will be determined by the second Monday in January regardless of the number of council races. It is recommended that the total field (column 1 in the example) in each council will be based on the number of "starters" after the first two council races. Note: racers may not be counted as "starters" until they are VARA members. The total field in each council is then used to calculate each council's share (column 2) of the entire Vermont J3 field. Calculated quotas will be rounded down (column 3), and additional spots will be allocated based on highest to lowest decimal portion of the calculated quota to arrive at the final quotas (column 4).

**EASTERN J3 FINALS**  
**March 8-11, Killington, VT**  
**Vermont Quota: 22**

**Qualification:** The 22 athletes ranked after the top 54 athletes from the J3 states, who do not qualify for the J3 Olympics, will be named to the Vermont J3 Finals team. The Vermont team (22 athletes) will be seeded at the Eastern J3 Finals based on their ranking at the J3 States. The top 5 men and top 5 women overall (based on old World Cup Scoring) at the J3 Finals, along with event gold medalists, will earn a spot to the J3 Championships. For more information on the J3 Finals please refer to the USSA Competition Guide. If an athlete chooses not to attend the finals then the Council from which that athlete skis will fill the spot.

**EASTERN J3 CHAMPIONSHIPS**  
**March 15-19, Sugarloaf, Maine**  
**Vermont Quota: 54**

**Qualification:** The top 54 athletes (gender split) from the J3 states will be named to the VT J3 Olympics Team. The athletes will be seeded at the J3 Olympics according to their ranking at the VARA J3 States. Top finishers will represent the Eastern Region at the J3 National Talent ID Project in Park City, UT April 2-7, 2012 and the J3 Am Can Project at Mt. Tremblant, QUE Mar 24-26, 2012. The top 10 Boys and 10 Girls will be selected for the National Talent ID project and the next 60 boys and 60 girls will be selected for the Am Can project based on the following criteria: Winners of individual disciplines contested at the Marriott J3 Eastern Championships followed by rankings based on placings in individual runs and overall results in each discipline. First place will receive 1 point, second place will receive 2 points, etc. Scoring is based on the lowest single place with ties decided by the next best place, and third best if necessary. There will be one discretionary spot for boys and one for girls available for athletes unable to compete at the Marriott J3 Eastern Championships due to force majeure. Athletes selected, but choosing not to participate in the National Talent ID project are given first option to participate in the J3 Am Can project. Please see [www.ussaeast.com](http://www.ussaeast.com) for more detailed information.

**VARA J4 RULES**

The J4 age level provides non-scored competition for racers aged 11-12 (born in 1999-2000).

1. **VARA** is the governing body of J4 racing in Vermont.
2. **VARA** will delegate to the three state Councils (North, Mid, and South), the authority to design and administer their respective races and schedules, leading up to the J4/5 States. VARA shall make recommendations to the councils.
3. **VARA** will schedule open races, super-G events, J4 Shootout and the J4 State Championships.
4. Issues involving J4 VARA sponsored events will be resolved by the J3/4 Committee. Councils must not interfere with the USSA established age categories (exceptions must come before the J3/4 Committee).
5. Councils must also follow all USSA and VARA procedures for running a fair and legal race.
6. Councils must also follow all USSA and VARA procedures for running a fair and legal race.
7. A \$25 maximum entry fee for slalom (SL) and giant slalom (GS) events and \$30 for Super-G (SG) is recommended for council qualifier races.
8. To compete in VARA races, there are two membership requirements that must be met:
  - a) You must have a current USSA Youth Membership.
  - b) In order to be considered in any VARA qualifying or selection process, you must be a current member of VARA.
9. **VARA's** Minimum age for sanctioned events is 7.
10. Qualifying points will not be retroactive for late renewals.
11. **VARA** membership will be verified from the VARA website.

12. Coaches must be VARA and USSA members to get on the hill.

13. J4 Council races and State Championships must be USSA sanctioned events. Sanctioned races must be held on homologated trails.

### State and Council Quotas and Gender Splits

Vermont quotas for J3 and J4 USSA competitions (i.e., J3 Eastern Regional Series, Eastern J3 Championships, Eastern J3 Finals, Eastern J4 Championships), will be allocated among girls and boys based on the current statewide gender split. The gender split will be determined based on the number of competitors in Vermont after each Council's first two races.

### Parent/Spectator Clause

Any issues parents or spectators may have with the Race Organizer or any VARA Rules/USSA rules while at a sanctioned council event, VARA States or Shootout must be handled by the appropriate coach before being brought to the Race Organizer, Alpine Officials/Jury, registration volunteers or VARA. The athletes coach must represent the competitor regarding the issue. (Issues involving rules set by VARA, The Race Organizing Committee, Alpine Officials, the Jury, the Race site or USSA must be brought to VARA, the TD /Jury or appropriate group, etc.. by the competitors coach not parent.)

### Coaching Tickets

If races are happening simultaneously on the same day then host sites must account for the need of more coach's tickets.

General recommendation but NOT less than the following:

> 4 kids = 2 coaches    > 8 Kids = 3    >12 Kids = 4    >16 Kids = 5    >20 kids = 6

### Petitioning Athletes

For an athlete to be considered for skiing down an age class at the state level they must first be approved by their council. A request in writing must be submitted to the VARA Executive Director by the council chair no later than December 29, 2011. The VARA J3/4 Committee will review the request and respond to the council chair no later than Jan 1, 2011.

If an athlete is approved they will follow council and VARA rules for that age class. Petitioning Athlete (PA) may qualify for states in the age class in which they are competing. The following conditions apply:

1. PA will be considered and treated as any other participant in that age class.
2. PA may ski in the state championships but will not advance to a USSA post season event.
3. PA will be seeded at states according to their council placement.
4. PA will be presented with award if so earned.
5. PA will be purged from results for selections to post season USSA Championship events.

The field size for states will not increase by more than 5 to accommodate council PA requests. The field size may be increased to allow PA's skiing down an age class and to prevent de-selection of age class competitors.

### J3/4 Committee

The J3/4 Committee consists of the, Competition Committee Chair and Council Chairs from each of the three Councils and a J4 Rep (North-Adam Julius, Mid -Gary Fletcher, and South-Dave Edry, J4 Rep-Neal McNealus). The committee will work with the Executive Director regarding VARA J3 AND J4 issues.

## J4 STATE CHAMPIONSHIPS

**SG March 4, Stratton, VT**

**March 17-18, Pico, VT**

**Total Field:166 SG 120**

The selection of the Eastern J4 Championships roster will be determined by place point scoring from the VARA J4 State Championships.

Vermont J4 States will utilize 25 mm slalom gates.

1. J4's and J5's are allowed to compete in State Championships as governed by their council. J5's are not allowed to race the SG.
2. **Format:** The states will be run over 3 days. There will be 2 traditional runs of GS, SL and 1 SG. Second run start order will be the same as first.
3. **Qualification:** 166 racers will qualify for the J4 State Championships Tech Events. 40 from each council (gender split determined by council) with the remainder of the field will be made up of from the J4 Shootout qualifiers (46). (See J4 Shootout)
4. **SG** – The J4 State SG will be run separate from the tech events and will have a field Size of 120. Each council will get 40 spots. Each Council will determine gender split and selection method for the SG. If the SG gets cancelled it will not be rescheduled.
5. **Entry fees:** J4 States will have a ceiling of \$125(\$35 for SG \$90 for Tech or as determined by Executive Director). The fees will include the banquet & awards event for participants at the technical events, along with an event souvenir. Host Sites for states must commit to making the states a championship event. (Podium, banners, hoop-la, racer souvenir)
6. **Awards:** The host site will present awards to the top 10 boys and girls in each event. There is no overall champion awarded at this level.
7. **VARA CUP:** The VARA Cup Trophy will be awarded to the top J3 and J4 club overall based on results from the VT State Championships. The total team score is calculated based on the individual run results from the J3 and J4 State Championships. Points will be awarded as follows: 1st=30, 2nd=29, 3rd=28, . . . 30th=1 point. Each run will be scored separately, using each J3 team's best 5 scores, and J4 team's best 5 scores.
8. **Course setters:** Course setters and officials will be selected prior to the J4 States by the VARA Executive Director with assistance from the VARA AO Chair. Refs will be selected by the TD.
9. **Entry Procedure:** Councils MUST send racer rosters (in start order and with council based gender split) which shall include Club, YoB, USSA Number and attending coaches list to the VARA Office 1 week prior to the J4 States. There will be no additions/substitutions to rosters after the meeting the evening before the 1st event.
10. **Seeding:** The J4 States will be seeded as follows: Seeding will be based on Council rankings. The start lists will be based on a Council rotation as determined by a random draw by the race organizer, the top 15 will be scrambled. The start order will remain the same for all slalom runs. The organizers will randomly assign the Council rotation for the second day, and that start list will be used for all giant slalom runs.
11. **Scoring:** There will be 26 Eastern J4 Championship selections (including automatics -4 from each council) which will be determined by taking the best 3 place points at the J4 State Championships including combined results and the SG. (e.g., if runs are lost due to weather then the following will apply for scoring best 2 of 6, 2 of 5, 1 of 4, 1 of 3, 1 of 2 1 of 1) Any ties will be broken by the competitor's single best place point, then their second best, etc. The 14 Eastern J4 Championship selections will be awarded to the lowest scored non-automatic competitors. If there is no race contested then the State Eastern J4 Championship Team will be split evenly by council. The council with the greatest numbers will get the extra spot, if more than one spot is left over then the council with the next highest total numbers will get the next spot, the Team will be council selected.
12. **Fore Runners:** State Championships forerunners will be selected by the host site.

13. VARA Head Tax: Head Tax is due on J4 State Championships; the fee is \$2 per racer per start to VARA.

14. **Racing Up:** J4's that have raced "up" during the regular season, with the J3's, may still compete in the J4 States provided they have qualified for the J4 States through their council (rules) and have not qualified for the J3 Olympics.

**Rotation for States:** 2010/North, 2011/South, 2012/Mid, 2013/North, 2014/South, 2015/Mid. . . . . If the proposed council cannot host, the event will be sited by the Executive Director of VARA.

**J4 STATE SHOOTOUT  
March 2012 , Pico, VT  
Total Field Size:165**

The J4 State Shootout is a one-day event designed to give 55 J4's from each council a second opportunity to qualify for the J4 State Championships. Competitors will have to have raced in at least 50% of their council races to compete at the Shootout.

Each council will get 55 spots to the J4 Shootout. Competitors will have to have raced in at least 50% of their council races. The quotas shall be split by gender based on each Council's field size after it's first two races. Councils will determine their quotas with gender split. Council chairs must submit their quota in ranked order including USSA # and YoB and split appropriately by gender to the VARA office 1 week prior to the event date.

1. **Format:** The Shootout will consist of a 2 run GS race. The course will be set by the host ski area.
2. **Qualification:** 55 racers from each council that have not already made the states will be selected by council to compete at the J4 Shootout. Competitors will have to have raced in at least 50% of their council races. Each Council must send roster in ranking order, along with a list of coaches 1 week prior to the event. UNFILLED council quota spots will NOT be filled. Substitutions due to sickness or injury will be accepted until up until 9 am the day before the event.
3. **Entry fee:** \$25
4. **Seeding:** The field will be seeded in order of ranking from each Council. Race organizers will execute the draw to determine the Council order. The running order will remain the same for each run.
5. **Scoring:** A total of 46 racers will be selected from the J4 Shootout to compete at the J4 States. 23 boys and 23 girls will be selected to go to the states. Selection will be based on the best single place point. Ties will be broken by next best run. Time differential will be used in case of 3 way tie, if still a tie then all the tied competitors will be selected.
6. **Substitutions for States:**
  - a. If an athlete qualifies for the J4 States from Council quota selection and cannot go to States the Council will fill the spot with the next Council racer in line for the States. If the Shootout has already taken place and the next Council person has already made States via the Shootout the Council will go down their list.
  - b. If an athlete qualifies for the J4 States via the J4 Shootout and cannot participate at the J4 States then that spot will be filled by the next in line of the same gender from the Shootout regardless of council.
7. **Awards:** Team Qualification announcement.
8. **Fore Runners:** Forerunners will be selected by the host site.

**VARA Head Tax (Race Organizers)**

Head tax is due at the J4 level for the State Championships only. \$2 per head per start.

**EASTERN J4 CHAMPIONSHIPS  
March 25-27, Sunday River, Maine**

Vermont's quota is 26 (Gender Split). The Vermont Future Star Team will be determined as follows:

**Automatics:** Each of the 3 councils will have 4 (2G, 2B) automatic selections.

**Selection:** The remaining quota spots (14) will be determined by taking the best 3 place points at the J4 State Championships including the SG. (e.g., if runs are lost due to weather then the following will apply for scoring best 2 of 6, 2 of 5, 1 of 4, 1 of 3, 1 of 2 1 of 1) Any ties will be broken by the competitor's single best place point, then their second best, etc.

The remaining quota spots will be awarded to the lowest scored non-automatic competitors. J5 are not eligible to advance to Eastern J4 Championship.

If there is no race contested then the State Eastern J4 Championship Team will be split evenly by council. The council with the greatest numbers will get the extra spot, if more than one spot is left over then the council with the next highest total numbers will get the spot.

**J4 ELITE FUNDAMENTALS CAMP  
December 16-19, 2011, Sunday River, Maine  
Quota:10**

USSA will host a J4 Elite Fundamentals Camp for the Eastern region. Vermont will select 5/G and 5/B J4's from the previous year J4 States Scoring.

**USSA J4 Speed Training Camp  
January 17-18, Okemo, VT  
Quota: 29**

Selection to the Eastern J4 Speed Training Camp will be Council based with the Vermont quota divided in thirds - each council will get 9 spots and MVC and NVC will get one more spot (allocation of the extra spots will be based on J4 council population. Councils will allocate their spots based on the gender balance within council.

# Vermont Media

## Newspapers

Bennington Banner  
Weekly

Sports Editor  
425 Main Street  
Bennington, VT 05201  
TEL: 802-447-7567  
FAX: 802-422-3413

Brattleboro Reformer  
Weekly

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Burlington Free Press  
Daily

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Rutland Herald  
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Stowe Reporter  
Weekly

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FAX: 802-253-8332  
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The  
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The Message For The Week  
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The Mountain Times  
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The Vermont Journal

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Vermont Standard  
Weekly

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## Radio & TV

WCAX

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WCVR

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### VARA Scholarships

VARA Scholarships are available for  
VARA member athletes. Applications for VARA  
Scholarship forms are on [www.vara.org](http://www.vara.org)

### Be a part of the Calendar!

Send us your photos!  
Email to [jjulie@vara.org](mailto:jjulie@vara.org)  
or send a disc to  
VARA  
PO Box 82  
Cavendish, VT 05142