

NVC RULES (2018-2019)

Vermont Alpine Racing Association (VARA) is the governing body of racing in Vermont. VARA delegates to the three state Councils (North, Mid, and South) the authority to design and administer their respective race schedules. The Councils will also (1) select teams to represent to compete at the State Championships; (2) develop proposals and recommendations to VARA; and (3) resolve specific race and racer-related issues.

Children's Development Committee (CDC)

The Children's Development Committee oversees rules and policies of U14 and under racing in VT. This group works with the VARA Executive Director to create schedules, policies, qualifications, rules and state guidelines for the U14 and under age groups. Committee members include; Dave Edry (Chair), 3 Council chairs (Dave Edry/SVC-SWSC, Adam Julius/NVC-GMVS, Lori McClallen/MVC-Pico, Sue Kramer/SVC-BOC, Taylor Mikell/NVC-MMSC and Justin Lillie/MVC-S6. This committee works closely with the VARA Executive Director (Julie Woodworth).

Northern Vermont Council

The Northern Vermont Council (NVC) represents ski clubs from seven northern Vermont Mountains - Jay Peak, Stowe, Smugglers Notch, Mad River, Sugarbush, Burke, and Cochran's. It provides opportunities for boys and girls ages 7 to 15 years of age, to develop their skills and experience the benefit of competitive alpine ski racing. Each northern Vermont ski club designates a representative to serve on the Council. One representative will serve as Chairperson and will represent the Northern Vermont Council interests at the State level. Any NVC issues requiring a vote of the Council representatives must have 4 votes for approval.

Council Representatives

Sugarbush – Adam Julius (Chair)

Burke – Christine Booker

Cochran's – Lindy Kelley

Mad River – Jim Komarmi

Stowe – Igor Vanovac

Jay Peak – Taylor Wunsch

Smuggler's Notch – Ryan Sheredy

U14 AGE CLASS

The U14 age level provides non-scored competition for racers aged 12-13 (born in 2005-2006). VARA is the governing body of U14 racing in Vermont. VARA will schedule open races, State Super-G events, U14 Shootout and the VARA U14 Championships. U14 Council races and State Championships must be USSA sanctioned events. Sanctioned races must be held on homologated trails.

Memberships

All racers must hold a current United States Ski Association (USSA) Competitor Membership and VARA membership. Application forms for these memberships can be found on the following websites: USSA (www.us skiandsnowboard.org) and VARA (www.vara.org). In order to be considered in any VARA qualifying or selection process, you must be a current member of VARA. Qualifying points for will not be retroactive for late renewals.

Quotas and Gender Splits

Council quotas for U14 VARA States will be based on each council's percentage of active U14 competitors. This percentage will determine the allocation of quota spots per Council and within each seed at States. For example, if a Council has 38% of the U14 athletes in VARA they receive 38% of the total field quota and 38% of each seed. Determination of each Council's participants will be made after the second weekend of February 2019. Each Council will allocate its gender distribution of quota spots based on the percentages of male and female competitors within the Council.

Parent/Spectator Clause

Any issues parents or spectators may have involving rules set by VARA, The Race Organizing Committee, Alpine Officials, the Jury, the race site or USSA 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 athlete's coach must represent the competitor regarding the issue not his/her parent.

Coaching Tickets

Coaches must be VARA and USSA members to obtain race site hill privileges. 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 coaches, >12 Kids = 4 coaches, >16 Kids = 5 coaches, >20 kids = 6 coaches. Coach's rosters must be sent to race secretary prior to each race.

Petitioning Athlete (Ski Down)

If an athlete is approved to ski down in an age group they will follow Council and VARA rules for that age group. The following conditions apply:

- Permission must first be approved by the Northern Vermont Council with a petition submitted by the representative program.
- 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 15, 2018. The VARA Children's Development Committee will review the request and respond to the Council Chair by December 23, 2018.

For more information on Petitioning Athletes see [2019 VARA U14 Rules](#).

Racing Up

By special approval of the Northern Vermont Council, permission may be granted for a second-year U12 with exceptional performances to ski up an age class. Petition requests need to be submitted by the fall meeting of the NVC by the representative program. Approval would be based on exceptional performance during the previous year and for an athlete deemed unlikely to have competition within their peer group in NVC races. The request will then be submitted to the VARA CDC, then the VARA Executive Director, then the Eastern Director, and finally USSA, Park City.

USSA Alpine Equipment Guide

For current equipment rules, see the Alpine Equipment Guide on the [USSA Alpine Rules](#) webpage.

COUNCIL QUALIFIERS

VARA will delegate to the three state councils (North, Mid, and South), the authority to administer their respective rules leading up to the U14 Shootout and VARA U14 Championships with the exception of race starts, scoring and gate recommendations.

The maximum number of races within a Council will be six. The specific recommendation is four to six races within each Council. Councils must follow all USSA and VARA procedures for running a fair and legal race. Council Chairs need to have a tentative schedule to the VARA office by June 1 and a confirmed schedule by October 15th.

Athletes must compete in a minimum of two (2) NVC Qualifiers in order to be eligible for selection to the VARA Shootout or VARA U14 Championships. If less than four races are held, the participation requirement will be reduced to 1 race. In the case of an injured athlete who cannot race in the requisite number of Council races, the athlete's coach can petition the Council to be seeded in the appropriate spot based on Council discretion and on the basis of demonstrated results from the previous year's competitions. A petitioning athlete must have a note from a doctor to explain their absence from the NVC races. Each club will have one vote. The letter should be directed to the Council Chair

1. **Format:** The Council U14 schedule will include 6 non-scored races (3 slaloms, 2 giant slaloms, and a Super-G race). It is at the discretion of the Council year to year as to whether they will also schedule a SG camp. The Super-G camp will not include a timed run, therefore not count toward the number of races held by the Council.

2. **Gates:** U14 racing gate recommendation is 27 mm, 60 inch height (not including base) for slalom.
3. **Race Entry:** Club rosters must be emailed to the club race secretary (cc NVC Chairman) hosting the first Council race, at least one week prior to the race. Use the Excel spreadsheet format described in the Appendix. The entry list from the first race will be used for the remaining Council races.
 - Guests may enter one NVC race annually provided they are USSA members. The host club, and Council Chair, must be contacted one week prior to the race, with names of participating guests. The guests must be clearly noted on all results, start lists, etc. Guests are not counted when calculating place points.
4. **Entry Fees:** **SL/GS - \$35, SG - \$55, plus applicable online processing fees.**
5. **Race Fact Sheet:** Informational sheets, commonly called "fact sheets" must be uploaded to the VARA website by the host site one week prior to the event.
6. **Start Order/Seeding:** The first two races will be seeded randomly. The next races will use the place-point rankings for seeding. Second runs for ALL races will be reverse bib order of the first run, with the exception that after the first two races, the Top 15 competitors in the each run should be randomized. Guests should be seeded in the middle of the field.
7. **Captain's Meeting:** A captain's meeting must be held prior to the start of the first run of each race. One coach from each program is to attend the meeting. Attendance must be taken by Chief of Race and submitted to the TD.
8. **Course Setting:** A USSA licensed Level 1 Referee or higher must set all courses (ACR U603.1.1). Courses will be set to meet the [USSA specifications](#).

U14	Slalom	Giant Slalom	Super-G
Distance between gates	Combo 4-6 m; Open: 7-11 m; Delay 12-15 m	Open 15-25 m; Delay min. 10 m between successive gates and max 35 m from turning pole to turning pole.	Open 25-40 m; Delay min 15 m between successive gates and max 50 m from turning pole to turning pole.
Vertical drop	Max 140 meters	Max 300 meters	Max 350 meters
Additional requirements	2-4 hairpins; 1-2 verticals (max 3 gates) 1-3 delays	Variety of terrain suggested	Min 1 jump recommended, Training run required*, Variety of terrain suggested

**In exceptional cases, which must be documented in the jury minutes, a controlled free-ski run may be authorized in lieu of an official training run.*

9. **Start Times:** Host ski clubs will determine event start times and will be noted on the race announcement.
10. **Results:** All results should be uploaded to the VARA website by noon on the following day. Results should be uploaded for each run and combined, or use a format that shows place for each run. Race results should be exported (separately for boys and girls) and emailed to the person who is keeping the place point standings. The export files (CSV format) should include: *USSA #, Name, First Run Rank, Second Run Rank, and Combined Rank.*
11. **Awards:** Awards are the responsibility of the host club. If the racer is not at the awards ceremony, the host club is under no obligation to mail the award. Medals must have the places (e.g., 4th) engraved on them.
 - Award top 10 girls and top 10 boys by combined runs.

- The host area of the final NVC race is responsible for ordering, distributing and billing of the NVC State Team prizes (e.g., team sweatshirts). Each club will be charged on the basis of the number of racers they have making the NVC State Team.

12. Rankings/Team Selection: The quota to the VARA U14 Championships will be filled using the final rankings from the Council Qualifiers. The rankings will be determined as follows:

- Each racer will receive three place points per race day for all SL/GS events (one for each run, and combined result) and one ranking for any Super-G contested. (1st place = 1 point, 2nd = 2 points, etc).
- The rankings will be based on the sum of the athletes lowest place points from the Council Qualifiers. The number of place points selected will be based on one less than half (50%-1) of the racers lowest place points. If the season scoring total is an odd number of runs, the amount of runs taken into consideration will be rounded down. (e.g., “Best 2 of 6”, “Best 3 of 9”, “Best 4 of 10”, etc.). Ties will be broken by next best results.
- Any “guests” will be removed from the race results before calculating the scoring.
- Automatics: The top ranked male and female from the NVC will be an automatic to the USSA Eastern U14 Championships. They will receive seeding in at least the second seed for Eastern U14 Championships.

GEORGE TORMEY CHALLENGE

Smugglers Notch, VT, March 17-18, 2019

Open to all NVC U14's who did not qualify for Eastern U14 Championships. The series includes a Dual SL and GS. The top ten U12 and U14 boys and girls will be given awards based on combined runs. Team awards will be given out on Sunday.

VARA U14 SHOOTOUT

Pico, VT, March 3, 2019

The U14 Shootout is a one-day event designed to give 55 U14's from each Council a second opportunity to qualify for the U14 State Championships. Competitors will have to race in at least 50% of their Council races to compete at the Shootout. For more details on selection and procedures see [2019 VARA U14 Rules](#).

VARA U14 STATE CHAMPIONSHIPS

Stratton, VT, March 8-10, 2019

Total field size: 166 (including Shootout qualifiers). 120 athletes will be named from Council standings (NVC Quotas = TBD), and the remaining 46 athletes will be named from the VARA Shootout Qualifier (NVC Quotas = TBD). For more details on selection and procedure go see [2019 VARA U14 Rules](#).

U14 INVITATIONAL PROJECT VARA/NYSSRA

Stratton, VT, March 22-23, 2019

The VT/NY Project is an invitational 2 day project. The Vermont athletes will be chosen directly from their results from the VARA U14 State Championships. After the VARA USSA Eastern Championship Team is named, the next 15 boys and 15 girls in the standings will be chosen for this project. The project will focus on the fundamentals of Giant Slalom by working on a GS skills progression on Day 1. Day 2 will include a Dual Event.

USSA EASTERN U14 CHAMPIONSHIPS

Whiteface, NY, March 16-19, 2019

Vermont's quota is 57 (29 Boys/28 Girls). The Vermont U14 Championship Team will be determined as follows:

- Selection of the U14 Eastern Championships is determined by scoring the best single result from the runs and combined places of the VT U14 State Championship events. Ties are broken externally by taking the next best place points for ranking and selecting the team.
- Each Council will have 2 automatics (1G/1B) to the U14 Eastern Championships. These automatics will receive seeding in at least the second seed for the U14 Eastern Championships.
- To attend the U14 Eastern Championships, athletes are required to compete in the majority (> than ½) of the races at the VARA U14 State Championships unless injured.

U14 CAN-AM

Tremblant, Quebec, March 28-31, 2019

Eastern quota of 60 athletes (30G/30B). More information and selection procedures can be found in the [USSA Eastern Region Handbook](#).

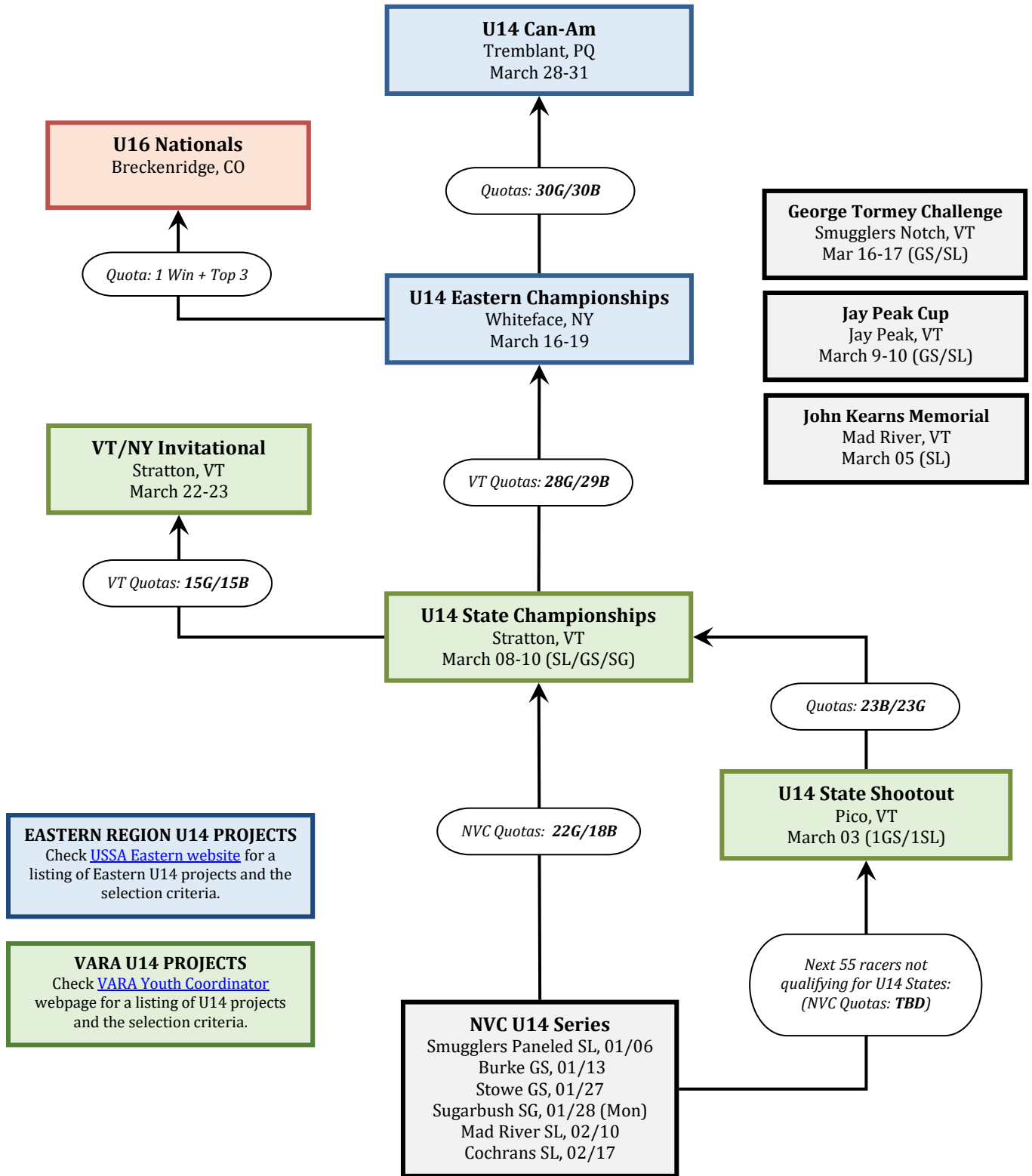
VARA U14 PROJECTS

The current calendar of U14 projects and selection criteria can be found the [VARA Youth Coordinator page](#) of the VARA website.

EASTERN REGION U14 PROJECTS

Information regarding the Eastern RTG projects can be found on the [Eastern Region Projects webpage](#). Click on the "Projects" tab, and then go to the "East Youth Projects" section to find the current calendar of projects, and selection criteria.

NVC U14 RACING - 2018/2019



U12 AGE CLASS

The U12 age level provides non-scored competition for racers aged 10-11 (born in 2007-2008).

By special approval of the Northern Vermont Council, permission may be granted for a U10 with exceptional performances to ski up an age class. Petition requests need to be submitted by the fall meeting of the NVC by the representative program. Approval would be based on exceptional performance during the previous year and for an athlete deemed unlikely to have competition within their peer group in NVC races.

By special approval of the Northern Vermont Council, permission may be granted for a second-year U12 with exceptional performances to ski up an age class. Petition requests need to be submitted by the fall meeting of the NVC by the representative program. Approval would be based on exceptional performance during the previous year and for an athlete deemed unlikely to have competition within their peer group in NVC races. The request will then be submitted to the VARA CDC, then the VARA Executive Director, then the Eastern Director, and finally USSA, Park City.

Memberships: All racers must hold a current United States Ski Association (USSA) Youth Competitor License and be a member of the Vermont Alpine Racing Association (VARA). Application forms for these memberships can be found on the following websites: USSA (www.usскиandsnowboard.org) and VARA (www.vara.org).

Equipment: Per FIS and [USSA rules](#), it is the athlete's responsibility to ski, train and race on appropriate equipment. Helmets manufactured for ski racing are mandatory for all training and race events – SL and GS. GS suits will not be allowed at the U12 level. Racers must race in a jacket and full length warm-up pants on the bottom. No GS suit can be showing while racing. In the U12/U10/U8 level there should be no skis brought up the lift or at the start of the race course.

Gates: Stubbies, and 27mm 60 inch height (not including base) gates will be utilized.

Race Entries: All racers are entered as teams by coaches. Do NOT send vouchers or money. Club rosters must be sent to host site one week prior to the event. Format for team entry is provided in the Appendix to this document.

- Guests may enter one NVC race annually provided they are USSA members. The host club, and Council Chair, must be contacted one week prior to the race, with names of participating guests. The guests must be clearly noted on all results, start lists, etc. Guests are not counted when calculating place points.

Race Fact Sheet: Informational sheets, commonly called "fact sheets" must be uploaded to the VARA website by the host site one week prior to the event.

Entry Fees: **\$25 plus applicable online processing fees.**

Race Day Temperature Guidelines: 0 degrees Fahrenheit (including wind chill) and higher is the recommended temperature for U12 events to be held. The host mountain should do their best to cancel races in advance (or push start time later) based on local weather forecasts but should do

their best to be conscious of the guideline on race day and communicate with parents and coaches in a timely fashion.

Start Order: Seeding will be done by random draw and the second run order will be reversed bib. Racers from other age groups must be clearly marked on running orders and results. Guests should be seeded in the middle of the field.

Start Times: Host ski club will determine event start times and will be noted on the race announcement. A 10:00 a.m. start time is recommended for two run races.

Captain's Meeting: A captain's meeting must be held prior to the start of the first run of each race. One coach from each program is to attend the meeting. Attendance must be taken by Chief of Race and submitted to the TD.

Course Setting: A USSA licensed Level 1 Referee or higher must set all courses (ACR U603.1.1). Courses will be set to meet the [USSA specifications](#).

U12	Slalom	Giant Slalom	Super-G
Distance between gates	Combo 4-6 m; Open: 6-10 m; Delay 11-14 m	Open 15-22 m; Delay min. 8 m between successive gates and max 30 m from turning pole to turning pole.	Open 22-35 m; Delay min 10 m between successive gates and max 45 m from turning pole to turning pole.
Vertical drop	Max 120 meters	Max 250 meters	Max 300 meters
Hairpins	Max 2 hairpins; Max 1 vertical combination; Max 1 delay	Variety of terrain suggested.	Training run required*, Variety of terrain suggested.

**In exceptional cases, which must be documented in the jury minutes, a controlled free-ski run may be authorized in lieu of an official training run.*

Awards: Awards will be given to the top 10 boys and 10 girls for each run for the 1st three races (Stowe, Burke, GMVS), then awards will be for combined results for races at Cochrans; Jay Peak; John Kearns Memorial race at Mad River; Jay Peak International and GTS at Smugglers.

Results: All results (single run results and overall results) should be uploaded to the VARA website by noon on the following day.

George Tormey Challenge: Open to all NVC U12's. This is a series with a Dual SL and GS. The top ten U12 and U14 boys and girls will be given awards based on combined runs. Team awards will be given out on Sunday. Refer to the schedule for dates and location.

2019 U12 Schedule

Date	Discipline	Location
January 06 (Sun)	Kombi	Stowe, VT
January 27 (Sun)	GS Team Event	Burke, VT
February 03 (Sun)	Stubby Dual SL	Sugarbush, VT
February 17 (Sun)	Giant Slalom	Jay Peak, VT
February 24 (Sun)	Paneled SL	Mad River, VT
March 05 (Tue)	TMD Slalom	Mad River, VT
March 09-10 (Sat-Sun)	Jay Peak Internationals (2 nd Year U12s Only)	Jay Peak, VT
March 16-17 (Sat-Sun)	George Tormey Challenge	Smuggler Notch, VT

U10 AGE CLASS

The U10 age level provides non-scored competition for racers aged 7-10 (born in 2009-2012). VARA's minimum age for sanctioned races is 7.

Memberships: All racers must hold a current United States Ski Association (USSA) Youth Competitor License and be a member of the Vermont Alpine Racing Association (VARA). Application forms for these memberships can be found on the following websites: USSA (www.usskiandsnowboard.org) and VARA (www.vara.org).

Equipment: Per FIS and [USSA rules](#), it is the athlete's responsibility to ski, train and race on appropriate equipment. Helmets manufactured for ski racing are mandatory for all training and race events. The NVC strongly recommends the use of only one pair of skis. No slalom skis are necessary. GS suits are not allowed at the U10 level. Racers must race in a jacket and full length warm-up pants on the bottom. No GS suit can be showing while racing. In the U10 level there should be no skis brought up the lift or at the start of the race course.

Gates: Stubbies, and 27mm 60 inch height (not including base) gates will be utilized.

Race Entries: All racers are entered as teams by coaches. Do NOT send vouchers or money. Club rosters must be sent to host site one week prior to the event. Format for team entry is provided in the Appendix to this document.

- An approved ski down U12 may race in U10 races at the coach's discretion. They are not eligible for prizes. Please note U12s on all entries and results.
- Guests may enter one NVC race annually provided they are USSA members. The host club, and Council Chair, must be contacted one week prior to the race, with names of participating guests. The guests must be clearly noted on all results, start lists, etc. Guests are not counted when calculating place points.

Race Fact Sheet: Informational sheets, commonly called "fact sheets" must be uploaded to the VARA website by the host site one week prior to the event.

Entry Fees: **\$15 plus applicable online processing fees.**

Race Day Temperature Guidelines: 0 degrees Fahrenheit (including wind chill) and higher is the recommended temperature for U10 events to be held. The host mountain should do their best to cancel races in advance (or push start time later) based on local weather forecasts but should do their best to be conscious of the guideline on race day and communicate with parents and coaches in a timely fashion.

Start Order: Seeding will be done by random draw, and the second run order will be reversed bib order. Racers from other age groups must be clearly marked on running orders and results. Guests should be seeded in the middle of the field.

Start Times: Host ski club will determine event start times and will be noted on the race announcement. A 10:00 a.m. start time is recommended for two run races.

Captain's Meeting: A captain's meeting must be held prior to the start of the first run of each race. One coach from each program is to attend the meeting. Attendance must be taken by Chief of Race and submitted to the TD.

Course Setting: A USSA licensed Level 1 Referee or higher must set all courses (ACR U603.1.1). U10 races in NVC will consist of paneled courses of any type including the Cochran's Town Meeting Day race.

U10	Slalom	Giant Slalom	Parallel
Distance between gates	6-10 meters	15-22 meters	10-20 meters
Vertical drop	Max 100 meters	Max 200 meters	Max 100 meters

Awards: Awards will be given to the top 10 boys and 10 girls for each run.

Results: All results (single run results and overall results) should be uploaded to the VARA website by noon on the following day.

2019 U10 Schedule

Date	Discipline	Location
January 13 (Sun)	Giant Slalom	Smugglers Notch, VT
February 10 (Sun)	Giant Slalom	Cochrans, VT
March 05 (Tue)	Town Meeting Day Slalom	Cochrans, VT
March 10 (Sun)	Dual Giant Slalom	Sugarbush, VT
March 17 (Sun)	Parallel Slalom	Stowe, VT

APPENDIX

ATHLETE ENTRY LIST (Excel Format)

	A	B	C	D	E	F	G
1	USSA#	FIRST NAME	LAST NAME	YOB	GENDER	CLUB	
2	E6067805	Alison	Chivers	1996	F	COCH	
3	E5879168	Katie	Charland	1996	F	COCH	
4	E6095749	Lucy	Harrington	1995	F	COCH	
5	E6183974	Skye	Goland	1996	M	COCH	
6	E6200588	Thomas	Safford	1996	M	COCH	
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