

MVC U14 Rules

1. MVC U14 Series races are all USSA sanctioned events.
2. **Participation Requirements:** The minimum age for participation in the U14 Series is 12 years old. U14 racers must hold current VARA and USSA memberships.
3. **Race Entries:** All MVC U14 race entries will be done via online race registration process. The race registration deadline will be 24 hours prior to the start of the race. Any race registrations received after the deadline will be charged a \$25 late fee. Any Petitioned Athletes (PAs) will need to contact the host mountain directly to be entered into the race.
4. **Entry Fees:** The recommended entry fee for U14 series races this season will be \$40 (plus applicable online processing fees) for tech events and \$45 (plus applicable online processing fees) for SG. Entry fees are to be collected via online registration.
5. **Membership cards:** U14 Series racers **will not** need to display their USSA card or VARA card at Mid Vermont Council race registrations though they **must** hold both current memberships.

Running Order:

- a. For the first two council races, as in the past, the U14 start orders will be determined by random draw conducted by the event organizer.
 - b. Second run start order will be in the reverse bib order of the first run for both boys and girls. (Except for Duals, the start order will be the same for first run and second run). The girl with the last bib number in the first run will race first and likewise for boys. The girl and boy with bib #1 will run last for each gender.
 - c. Following the second race, the start order for subsequent races will be by MVC place points. Council standings, after the first 2 events, will be used as the start order for the remainder of the council events with the top 15 athletes in those standings drawn at random by the event organizer. The remaining competitors, #16-end will run in order of their current council standing. The 2nd run start order will be in reverse bib order of the first run—complete flip of the field with bib # 1 starting last. All finishers, DNF's, and DSQ's will be included in the reversed start order.
- 6. Rules particular to MVC U14 Series Races:**
- a. MVC U14 Series race courses should be giant slalom, single pole slalom, paneled slalom, SG camp and a SG race. The discipline of each race will be designated in the schedule prior to the beginning of the season.
 - b. GS courses will be set in accordance with U14 USSA course setting guidelines. Gate distance will be 15–25 m (delay minimum 10m between successive gates - maximum 35 m from turning pole to turning pole) and vertical drop a maximum 300 m.

- c. SL courses will be set in accordance with U14 USSA course setting guidelines. Poles must be FIS B: 25-27mm/60" - gate distance will be 7-11 m

for open gates (combinations 4-6 m and delay 12-15 m) and vertical drop a maximum of 140 m. The course set will have a 2-4 hairpins; 1-2 vertical combinations (3 gate max); 1-3 delay gates. **Running orders: U14 races should be run in the following order: U14 girls, U14boys.** The second run will be run in reverse order, with first run DNFs running in their same place (but in reverse order) for the second run. Efforts within reason should be made to accommodate competitors who miss their start.

- d. SG courses will be set in accordance with the U14 USSA course setting guidelines. Gate distance will be 25-40m (delay minimum 15m between successive gates ---- 50 m maximum from turning pole to turning pole) and vertical drop a maximum 350m. A minimum of 1 jump is recommended. A training run is required.
- e. Individual places will be determined by combined time of the athlete's two runs. The course may be reset for the second run at the jury's discretion. Male and female competitors may run on separate courses if necessary.
- f. A competitor need not complete his/her first run successfully to get a second run.
- g. If the course is reset for the second run, the athletes must be given an ample amount of time for inspection.
- h. The loss of one or both skis in the start will be grounds for a re-run. All other USSA rules regarding re-runs should be observed.
- i. In compliance with USSA rule U629.4, a competitor shall be disqualified if he/she loses a ski more than two gates above the finish and they may not finish their run. However, this shall only result in a DNF for this competitor's particular run, since all athletes are given two runs in the U14 series.
- j. Protests for U14 races against a competitor, an official, a disqualification or against the timekeeping may be made verbally to the jury (as per 644.2). A protest fee to \$20 must be deposited with the submittal of the protest.
- k. **Skills Assessments/Duals:** A Skills Assessment/Duals will be held as a single day event to be calendared at the beginning of the competitive season. The USSA Skills Quest (phase 2 and phase 3) protocol will be utilized. The U14 Skills Day will consist of a skills assessment in the morning using 2 skills (drawn from phase 2 and phase 3). The skills will be chosen by the host mountain and communicated to all MVC U14 coaches 1 week prior to the event. Inter-mountain, coach led groups will rotate between the skills stations, which include practice stations and actual scored stations, and free ski runs. Each athlete will have one run scored for each skill. Athletes will be ranked by cumulative scores from skills (2 judges at each scored skill station, both scores count). Skills awards will be given to the top ten boys and top ten girls based on cumulative scores. A Dual Paneled Slalom event will be run in the afternoon. The start order for this event will be by online race registration and randomized by the

Event organizer. Each athlete will complete a run on each course. Awards will be given to the top 10 boys from the dual event. Awards based on the combined times (from course A and course B). Gate size for this dual event will be at the discretion for the host mountain to use either FIS B(27/60) or regular 27/73.

- l. **Super G Camp:** A U14 Super G camp will be scheduled and will be open to all U14's. The camp will be held on one day with both genders. The Camp will consist of skill stations and untimed sections. Speed guns can be utilized. The cost for the camp should be \$45 (plus applicable online processing fees). MVC U14 athletes must attend the MVC U14 SG camp in order to be eligible to participate in the MVC U14 SG race.
- m. **Super G Race:** A U14 Super G race will be scheduled and will be open to all U14s. The SG race will be scored and will count toward council standings. The race will consist of a training run prior to the race run. In the event that the jury feels we can not run the training run due to force majeure, the athletes will have an organized free ski run on the race trail. The cost for the race should be the discretion of the event organizer.

OUT OF COUNCIL RACERS:

The intent of allowing out of Council racers to participate in MVC sponsored races is to further the sport of ski racing. Customarily, out of Council racers are racers from out of state and/or Intra-council.

Intra-council guest racers: If an athlete from another Vara council program would like to enter a MVC race (U14/U12/U10) the athletes' coach must place the request to the MVC council chair and be approved by MVC vote. The request must be made 1 week prior to the race.

Out of council guest racers: If an athlete from another USSA state affiliation (outside of VARA) would like to enter a MVC race (U14/U12/U10) the athletes' coach must place the request to the MVC council chair and be approved by MVC vote. The request must be made 1 week prior to the race.

The inclusion of an out of Council racer in a Council-sponsored race occurs on an infrequent basis. In some cases, an out of Council program may want to send a limited number of its racers to a Council-sponsored race to test the waters or to have its racers gain additional race experience. In other cases, a racer may be visiting a program to determine if he or she wants to join that program. If the visit coincides with a time that a race has been scheduled, the visiting racer may want the opportunity to participate in a race with his/her future teammates.

The following rules apply to those limited number of cases involving an out of Council racer.

- Out of Council racers can enter any Council-sponsored U14, U12, U10 race with approval from the MVC Council Chair and each MVC mountain 1 week prior to the race.
- Out of council athletes will be allowed to race TWO RACES per year.
- MVC will allow 4 boys and 4 girls per race.
- Out of Council racers must meet the same USSA membership requirements as MVC and have a valid competitor's license.
- VARA membership or their own State governing body membership is required for all out of Council guest racers.
- The membership status of non-Council racers must be determined when arrangements are being made for the inclusion of the racer(s) in a Council-sponsored race.
- Out of Council racers must have coach representation at the Team Captains meeting.
- Out of Council racers will run at the end of each seed (after every 15^h racer if more than 1 guest) for the first run of the specific race day. Second run start order will be complete flip and will be able to take part in the flip
- The out of Council racer's time(s), finish place, and home program/mountain are to appear on all published race results.
- Out of Council racers, regardless of run times and finish places, are eligible to receive awards.
- All out of Council racers must be excluded from all calculations of place points for selection of the Council Teams. Place points for each run must be calculated as if the out of Council racer(s) did not participate in the race.

PETITIONING ATHLETE (SKI DOWN)

If an athlete is approved they will follow Council and VARA rules for the U14 age class. Petitioning Athlete (PA) may qualify for the VARA U14 State Championships. The following conditions apply:

- PA will be considered and treated as any other participant in that age class.
- PA may ski in the VARA State U14 Championships but will not advance to a USSA post season event.
- PA will be seeded at VARA State U14 Championships according to their council placement.
- PA will be presented with award if so earned.
- PA will be purged from results for selections to post season USSA Championship Events.
- PA will compete in only one VARA State Championship series.

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.

For more information on PA athletes go to for 2018 <https://www.vara.org/rules.php> VARA U14 racing rules.

7. Awards:

- a. Medals will be awarded to the top ten (10) U14boys and girls determined by best combined time. Medals are the responsibility of the hosting mountain. Per VARA rule, host mountain is required to present awards between 5 to 30 minutes following the last competitor.
- b. The Bean Pot award goes to the top four (4) boys and /or girls with the lowest score by team. Team scores will be calculated as follows: Each gender should be ranked separately. Each team's top 4 place points based on best combined time (regardless of gender) are then added together. The team with the lowest score wins. For example, a team with the 1st, 5th, and 8th boys and the 2nd, 3rd and 4th girls would have a team score of 10. In the event of a tie, the team with the best single place would win.

8. Post Season Series and Invitational Events and Qualifications

- a. Mid –Vermont Council U14s will have the opportunity to participate in 4 post-season series/ invitational events. The U14 VT State Championships, the Piche's Invitational, the VT/NY Project and the Valvoline Spring Series.

QUALIFYING FOR THE COUNCIL STATE TEAM:

The scoring will be based on one less than half (50%--1) of the racers lowest place points. MVC will score 2 SLs, 2 GSs and 1 SG. If the season scoring total is an odd number of runs, the amount of runs taken into consideration will be rounded down. Ties will be broken externally by taking the next best result.

Quotas/Gender Splits

Council quotas for U14 VARA State Championships 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 the 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 2nd week of February. Each council will allocate its gender distribution of quota spots based on the percentages of male and female competitors within council.

**VARA U14 SHOOT OUT QUALIFIER
PICO MOUNTAIN, VT**

MARCH 3, 2019

The U14 State 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 have raced in at least 50% of their council races to compete at the Shoot Out. The format for the event will be 1 run of SL, 1 run of GS. Each athlete will have 3 runs scored to qualify for the VT State Championships: 1 run of SL, 1 run of GS, and the combined score of the 2 runs. more details on selection and procedures go to <https://www.vara.org/rules.php> for 2019 VARA U14 racing rules.

VARA U14 STATE CHAMPIONSHIPS

STRATTON MOUNTAIN, VT

MARCH 8-10, 2019

Total field size: 166 (including Shoot-Out Athletes). 120 athletes will be named from council standings, remaining 46 athletes will be named from the VARA Shoot Out qualifier. For more details on selection and procedure go to <http://www.vara.org/rules.php> for 2019 VARA U14 racing rules.

EASTERN U14 CHAMPIONSHIPS

WHITEFACE, NY

MARCH 18- 21, 2019

Vermont's quota is 51 (gender split). The Vermont U14 Championship Team will be determined as follows: (this quota includes council automatics) Selection to 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 results for ranking and selection of the team.

Automatics: Each council will have 2 automatics (1G/1B) to the U14 Eastern Championships.

Automatic Seeding: Council automatics will receive seeding in at least the second seed for the U14 Eastern Championships.

Race Requirements: To attend the U14 Eastern Championships athletes are required to compete in the majority (> than ½) of races at VARA U14 State Championships unless injured.

Top finishers from the U14 Eastern Championships will represent the Eastern Region at the U16/U14 National Project in Winter Park, CO March 29-April 3, 2019. U14s can attend with a WIN and a podium at Eastern Regional Championships. Selection procedure can be found on pages 18-20 of the USSA Eastern Handbook <http://ussa.org/alpine-programs/regions/eastern-region/selections>

U14 CAN-AM

March 28-March 31, 2019

Mt. Tremblant, Canada

Selection procedures can be found in the USSA handbook hyperlinked above. It is an Eastern quota of 60 athletes (30G/30B). Selection procedure can be found on pages 18-20 of the USSA Eastern Handbook <http://ussa.org/alpine-programs/regions/eastern-region/selections>

**Francais Piche Invitational Team
Gunstock, NH
March 15-17, 2019**

The Francais Piche Invitational is an event for U14-U12 age classes held at Gunstock Mountain in NH. It is a 3 day event. Friday is an optional training day, Saturday is a GS race, and Sunday is an optional SL race. In 2018, the cost for Friday/Saturday was \$150 and Sunday was an additional \$75. The Piche's Organizers on an annual basis will determine the number of Vermont athletes named to the Piche's Invitational Team. The Vermont athletes will be chosen from the VARA U14 Shoot Out.

**VT/NY Project VARA/NYSSRA
Stratton Mountain, VT
March 21-22, 2019**

Vermont's quota is 30. The VT/NY Project is an invitational 2 day project with a quota for boys and girls. The Vermont athletes will be chosen from the VARA U14 State Championships. After the VARA U14 USSA Eastern Championship team is named, the next 15 boys and 15 girls will be chosen for this project. This 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.

Valvoline Spring Series

The Valvoline Spring Series is an open series for all U12 and U14 athletes. There are 2 races (1 GS/1 SL) in the series culminating with a Dual GS.

9. It is suggested that both coaches and parents be directed to the VARA website to view and print results.

10. Results must be electronically submitted to results@ussa.org. The subject line of the transmission must be the USSA-assigned race code. A completed "race packet" must be submitted to the Eastern Office (Janet Larson)- refer to USSA RA guidelines for needed information. Furthermore, race files must be emailed to Julie@vara.org. Results must be posted on the VARA website as soon as possible after the event. By submitting race files to ussa.org, race results will appear on their site as well.