

MVC U12 Rules

1. MVC U12 Series races are all USSA sanctioned events.
2. **Participation Requirements:** The minimum age for participation in the U12 Series is ten years old (must be ten by December 31 of the current competition season). U12 racers must hold current VARA and USSA memberships.
3. **Race Entries:** All MVC U12 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 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 U12 series races this season will be \$35. Entry fees are to be collected via online registration.
5. **Membership cards:** U12 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.
6. **Rules particular to MVC U12 Series Races:**
 - a. MVC U12 Series race courses should be giant slalom, single pole stubby or full gate slalom, or dual courses. 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 U12 USSA course setting guidelines. Gate distance will be 15-22 m for open gates. Any delays will be set with a minimum of 8 m between successive poles and a maximum of 30 m from turning pole to turning pole. The maximum vertical drop is 250 m.
 - c. SL courses will be set in accordance with U12 USSA course setting guidelines – gate distance will be 6-10 m for open gates (combinations 4-6 m and delays 11-14 m) and vertical drop a maximum of 120 m. The course set will utilize a maximum of each as follows: 2 hairpins, 1 vertical combination, and 1 delay gate. **Particular to MVC U12, the first SL races will use stubby gates. The second SL race and the Festival will use 60" 27 mm gates.** Courses will be set single pole (outsides must be used for first/last gate, combinations and delays).
 - d. Parallel (Dual) courses will be set in accordance with U12 USSA course setting guidelines. Gate distances must be 10-20 m. Courses must be set a minimum of 8-12 m apart from each other. Maximum vertical drop is 100 m.
 - e. **Running orders:** U12 races should be run in the following order: U12 girls, U12 boys, *except for the 2nd GS and 2nd Stubby SL race when boys will go first.* The running order of racers in each gender shall be determined by random draw. The second run will be run in reverse order within gender, with first run DNFs running in their same place (but in reverse order) for the second run *except at dual style events where both runs will be run in the same running order.* Efforts within reason should be made to accommodate competitors who miss their start.
 - f. Individual places will be determined by combined time of the athlete's two runs. The course will be reset for the second run unless the jury decides otherwise. Male and female competitors may run on separate courses if necessary.
 - g. A competitor need not complete his/her first run successfully to get a second run.
 - h. The athletes must be given an ample amount of time for inspection of second run.
 - i. 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.
 - j. 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 U12 series.
 - k. In compliance with USSA rule U628.16, a competitor must not continue in a GS race after a fall or coming to a complete stop, or if overtaken. A competitor must not continue in a SL race if overtaken.

- e. Statement of Philosophy on Qualification Procedures:** The Mid-Vermont Council values fundamental skill development and promotes skills focused training as the best avenue for acquisition. The MVC recognizes competition as an essential component of the sport of ski racing; however, the MVC believes the focus on skill development must outweigh the focus on competition results at the U12 and younger levels. We believe that season long standings promote an overemphasis on each result increasing the pressure on the athletes throughout the season. When athletes begin to follow their season long standings they can become pre-occupied with exactly where they must place in the next race. Our goal is for athletes to stay focused on simply executing the skills they have learned, trying their best, and having fun. Therefore, the MVC does not employ season long standings to select athletes for participation in the three aforementioned “post-season” events, rather we choose to use the process outlined below. We do not place any preference on the events and leave the choice up to the athletes to decide which *one* event fits their interests and schedules best.
- f. Qualification process to fill quota spots:** At the last MVC U12 race (not including the Festival) there will be a random drawing to select the number of results that will count towards qualification – either 4 or 5 – out of the 12 results (first run, second run, and combined results) generated by the four MVC U12 races (2 SL/2 GS). The athletes’ appropriate number of best results will be totaled. Each athlete’s total score will be used to rank them from lowest to highest. Ties will be broken using an internal tie break method and if a tie still exists the external runs will be used. This list will be generated within 2 days of the last race and used to offer slots in the post-season events. Slots are filled by athlete’s choice according to ranking (eg the first ranked boy/girl can choose any of the 3 events, but once an event’s quota is filled the next athlete can only chose from the 2 remaining events, etc). Selection will proceed down the rankings until all slots are filled.
10. It is suggested that both coaches and parents be directed to the VARA website to view and print results.
11. Mid-Vermont Council U12 racers will not be able to race as U14s in Mid-Vermont Council Races. Exceptions to this rule must be approved by the Council, the VARA CDC, and USSA by December 15 of the competitive season.
- 11. 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 and mmeringolo@okemomountainschool.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. U12 head coaches, please communicate to your race administrators the importance of submitting the U12 races to USSA. This is the only way officials will get credit.**

MVC U10 Rules

1. MVC U10 Series races are all USSA sanctioned events.
2. **Participation Requirements:** The minimum age for participation in the U10 Series is seven years old (must be seven by December 31 of the current competition season). U10 racers must hold current VARA and USSA memberships.
3. **Race Entries:** All MVC U10 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 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 U10 series races this season will be \$35. Entry fees are to be collected via online registration system.
5. **Membership cards:** U10 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.
6. **Rules particular to MVC U10 Series Races:**
 - a. MVC U10 Series race courses should be giant slalom, single pole stubby slalom, or dual courses. 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 U10 USSA course setting guidelines. Gate distance will be 15-22 m for open gates. Any delays will be set with a minimum of 8 m between successive poles and a maximum of 30 m from turning pole to turning pole. The maximum vertical drop is 200 m.
 - c. SL courses will be set in accordance with U10 USSA course setting guidelines – gate distance will be 6-10 m for open gates (combinations 4-6 m and delays 11-14 m) and vertical drop a maximum of 100 m. Particular to MVC U10, **no combinations** will be allowed in slalom. SL courses will use stubby gates and will be single pole – no outside gates.
 - d. Parallel (Dual) courses will be set in accordance with U10 USSA course setting guidelines. Gate distances must be 10-20 m. Courses must be set a minimum of 8-12 m apart from each other. Maximum vertical drop is 100 m.
 - e. In addition to the two regular race runs (first two runs of the day), a third run will be contested at the U10 GS and U10 Stubby SL races. This 3rd run will be run mixed gender, times will be announced, but formal results not produced. However, the top 3 athletes will receive recognition and a small prize.
 - f. **Running orders:** U10 races should be run in the following order: U10 girls, U10 boys, *except during the 3rd fun run when running order will be gender mixed. Additionally, boys will run first at the Skills Day Dual Panel SL and the Festival GS.* The running order of racers in each gender shall be determined by random draw. 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, *except at dual style events where both runs will be run in the same order.* Efforts within reason should be made to accommodate competitors who miss their start.
 - g. Individual places will be determined by the best of the first two runs. Therefore, each run should be completed on the same course with no reset for the second run. Male and female competitors may run on separate courses if necessary to ensure that a reset will not be necessary.
 - h. A competitor need not complete his/her first run successfully to get a second run.
 - i. Efforts should be made to start the second run shortly after the first following an organized coaches slip of the course.
 - j. 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.
 - k. 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 scoring is "best of two runs" for the U10 series.

- l. In compliance with USSA rule U628.16, a competitor must not continue in a GS race after a fall or coming to a complete stop, or if overtaken. A competitor must not continue in a SL race if overtaken.
 - m. **Skills Day:** The U10 Skills Day will consist of a skills training session in the morning followed by a dual paneled SL in the afternoon. The skills training portion will consist of coach-led, inter-mountain, mixed gender groups rotating through stations of USSA Phase 1 skills. Athletes will be given feedback from the coaches leading their groups, but the skills will not be scored formally. In the afternoon there will be a timed dual paneled SL race consisting of one run per athlete in each course. The race will be conducted in a team format keeping the same groups from the morning for the teams. Team rank will be determined by each team's best 4 results based off of each athlete's single best run. Awards will be given to top 3 teams.
 - n. **SL Camp:** A U12/U10 combined SL camp will be scheduled. The camp will consist of skill stations and an untimed dual. The cost for the camp will be \$35.
7. **Out-of-Council Racers:** The MVC U10s will follow the same rules and guidelines as the U14s with respect to racers entering MVC U10 races from out-of-council.
8. Awards:
- a. Medals will be awarded to the top ten (10) U10 boys and top ten (10) U10 girls determined by best single race run (two first runs contested). Medals are the responsibility of the hosting mountain. Additionally, the top 3 athletes (regardless of gender) in the 3rd fun run (gender mixed) will receive a candy bar or other small prize. As per VARA rules, awards should be given out within 5 and 30 minutes of the end of the second run.
 - b. There will be a team award for the U10 series – the Golden Helmet. This 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.
9. It is suggested that both coaches and parents be directed to the VARA website to view and print results.
10. Mid-Vermont Council U10 racers will not be able to race as U12s in Mid-Vermont Council Races. Exceptions to this rule must be approved by the Council, the VARA CDC, and USSA by December 15 of the competitive season.
- 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 and mmeringolo@okemomountainschool.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. U10 head coaches, please communicate to your race administrators the importance of submitting the U10 races to USSA. This is the only way officials will get credit.**