

— 2019 —

# NORDIC

COMPETITION GUIDE



SKI &  
SNOWBOARD



## Insurance isn't one size fits all.

At Liberty Mutual, we customize our policies to you, so you only pay for what you need. Home, auto and more, we'll design the right policy, so you're not left out in the cold.

**For more information,  
visit [libertymutual.com](https://libertymutual.com).**



PROUD PARTNER



# SKI & SNOWBOARD

## 2019 NORDIC COMPETITION GUIDE

### **On The Cover**

U.S. Ski Team members  
Will Rhoads and Jessie Diggins

### **Editor**

Robert Lazzaroni

### **Managing Editor and Layout**

Jeff Weinman

### **Cover Design**

Jonathan McFarland - U.S. Ski & Snowboard Creative Services

### **Published by**

U.S. Ski & Snowboard  
Box 100  
1 Victory Lane  
Park City, UT 84060  
[usskiandsnowboard.org](http://usskiandsnowboard.org)

Copyright 2018 by U.S. Ski & Snowboard. All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, or stored in a database or retrieval system, without the prior written permission of the publisher. Printed in the USA by RR Donnelley. Additional copies of this guide are available for \$10.00 from Membership Customer Service, 435.647.2666.

# TABLE OF CONTENTS

---

<b>Key Contact Directory</b>	<b>4</b>
<b>Nordic Divisional Leadership</b>	<b>6</b>
<b>National Nordic Foundation and Nordic Rocks</b>	<b>7</b>
<b>Chapter 1: Getting Started</b>	<b>9</b>
Athletic Advancement	10
Where to Find More Information	11
Membership Categories	11
Code of Conduct	12
Athlete Safety	14
Parents	15
Insurance Coverage	15
<b>Chapter 2: Cross Country Points and Rankings</b>	<b>19</b>
National Ranking List	20
FIS International Ranking List	21
Ranking List Deadlines	21
Series Scoring	23
Cross Country Age Classes	24
<b>Chapter 3: Cross Country Competition Programs</b>	<b>27</b>
Selection Criteria and Calendars	28
U.S. Cross Country Championships	28
SuperTour Finals	29
Continental Cups	29
SuperTour	30
National Ranking List Series	30
Junior Cross Country Programs	31
World Junior Championship Trials	31
FIS Nordic World Junior Championships and U23 Cross Country WSC	31
U18 Nordic Junior Countries Competition	31
Junior Nationals	32
Dave Quinn, All-American Awards, Club Award, The Roger Westin High School Award and the Alaska Cup	32
Collegiate Skiing	33
Adaptive Nordic Skiing	33
<b>Chapter 4: Cross Country Rulebook</b>	<b>35</b>
Membership Rules	36
Competition Equipment	36
Supplier Standards	38
U.S. Cross Country Championships	39
Cross Country Junior Nationals	45
Cross Country SuperTour	63
Rules for all Nordic Competition	65

<b>Chapter 5: Ski Jumping and Nordic Combined</b>	<b>69</b>
Age Classes	70
Competition Program	70
Selection Criteria and Calendars	70
U.S. Ski Jumping and Nordic Combined Championships	70
Junior National Championships	70
World Junior and U23 Championship Trials	71
Rules	71
Membership Rules	71
General Rules	72
U.S. Ski Jumping and Nordic Combined Championships	81
Junior National Championships	84
Target Ski Jumping	92
FIS Rule Modifications	93
<b>Concussion Checklist</b>	<b>96</b>

***It's always winter at [www.xcski.org](http://www.xcski.org)***

***Where you'll find...***

- \*hundreds of resorts & trails***
- \*daily snow conditions***
- \*nordic events calendar***

# KEY CONTACT DIRECTORY

---

Unless otherwise noted, all email addresses are a combination of first name dot last name followed by @usskiandsnowboard.org - e.g. first.last@usskiandsnowboard.org.

## Member Service (fax 435.647.2052)

Member Service Hotline	435.647.2666	membership@
Website	usskiandsnowboard.org	
National Office (fax 435.649.3613)		
U.S. Ski & Snowboard	435.649.9090	info@
PO Box 100   1 Victory Lane		
Park City UT 84060		

## Executive Management

Tiger Shaw   President/CEO	435.647.2001	tiger.shaw@
Brooke McAfee   Chief Financial Officer	435.647.2002	brooke.mcafee@
Patty Frechette   Executive Asst. to the CEO	435.647.2006	patty.frechette@
Suzette Cantin   Exec. Projects Manager	435.647.2074	suzette.cantin@
Charlotte Miller   Chief Human Res. Officer	435.647.2003	charlotte.miller@

## Nordic

Bryan Fish   XC Sport Development Manager	435.640.8548	bryan.fish@
Billy Demong   J & NC - USA Nordic	435.901.1749	billy@usanordic.org

## Alpine

Jesse Hunt   Alpine Program Director	435.647.2020	jesse.hunt@
Chip Knight   Alpine Development Director	435.647.2074	chip.knight@
Lauren Beckos   Masters Manager	435.647.2633	lauren.beckos@
Meghan Arigo   Women's Team Manager	435.647.2025	meghan.arigo@
Gwynn Watkins   Men's Team Manager	435.647.2070	gwynn.watkins@

## Athletics

Luke Bodensteiner   Chief of Sport	435.647.2055	luke.bodensteiner@
Kate Anderson   Athletics Manager	435.647.2016	kate.anderson@

## Communications

Tom Webb   Dir. Marketing & Communications	435.647.2097	tom.webb@
Lara Brucker   Communications Manager	435.647.2038	lara.brucker@

## Competition Services

Jeff Weinman   Director Competition Services	435.647.2030	jeff.weinman@
J.J. Ehlers   Competition Services Coordinator	435.647.2037	jj.ehlers@

## Content and Creative Services

Kyle Kilcomons   Director Content & Creative	435.647.2087	kyle.kilcomons@
Sarah Brunson   Photography Manager	435.647.2012	sarah.brunson@
Aaron Springston   Video Producer	435.602.9257	aaron.springston@

## Events

Calum Clark   Chief of Systems & Operations	435.647.2053	calum.clark@
Eric Webster   Senior Director of Events	435.674.2095	eric.webster@
Peter Tilton   Director Event Operations	435.647.2042	peter.tilton@
Nick Alexakos   Grand Prix Tour Director	435.467.2018	nick.alexakos@
Lindsay Arnold   World Cup Director	435.647.2072	lindsay.arnold@
Karen Korfanta   NorAm Coordinator	435.714.1376	karen.korfanta@
Sarah Welliver   Event Manager	435.647.2620	sarah.welliver@
Tom Johnston   Alpine Technical Advisor	435.649.9090	tom.johnston@

## Foundation (Fund Raising)

Trisha Worthington   Chief Dev Officer	435.647.2075	trisha.worthington@
Amanda Black   Director of Major Gifts	435.714.0287	amanda.black@

## Member Services

Sheryl Barnes   Director Member Services	435.647.2013	sheryl.barnes@
Jennie Wright   Member Services Manager	435.647.2017	jennie.wright@
Matt Lemon   Member Service Project Mgr.	435.647.2609	matt.lemon@

## Sales and Marketing

Dan Barnett   Chief Commercial Officer	435.647.2046	dan.barnett@
Vicky Gaylord   Sr. Account Exec & Licensing	435.647.2082	vicky.gaylord@

## Snowboard, Freeski & Freestyle

Jeremy Forster   Program Director	435.647.2079	jeremy.forster@
Katie Fieguth   Sport Development Manager	435.647.2068	katie.fieguth@
Jess Luscinski   Team Manager	435.647.2034	jess.luscinski
Alexis Williams   Team Manager	435.647.2105	alexis.williams

## Sport Education

Gar Trayner   Director Sport Education	435.647.2078	gar.trayner@
Anna Hosmer   Sport Ed. Coordinator	435.647.2050	anna.hosmer@
Ellen Adams   Club Development Manager	435.647.2033	ellen.adams@

## Sport Science

Dr. Troy Taylor   High Performance Director	435.647.2028	troy.taylor@
Kyle Wilkens   Medical Director	435.647.2058	kyle.wilkens@

## Travel Service - WorldTek Travel

24-hour Travel Service	800.TEAM.SKI	worldtek@
------------------------	--------------	-----------

# Nordic Divisional Leadership

For a map of divisional boundaries see [usskiandsnowboard.org](http://usskiandsnowboard.org)

## Alaska (XC)

Joey Caterinichio tel. 907.229.6427  
[jcaterinichio@alaska.net](mailto:jcaterinichio@alaska.net)

## Alaska (SJ/NC)

Zak Hammill tel. 906.282.8873  
[zak.hammill@gmail.com](mailto:zak.hammill@gmail.com)

## Alaska (XC officials)

Matt Pauli  
[nordicmatt@gmail.com](mailto:nordicmatt@gmail.com)

## Central - Midwest & Great Lakes (XC)

Yuriy Gusev - CXC tel. 608.385.8864  
[yuriy.gusev@cxcskiing.org](mailto:yuriy.gusev@cxcskiing.org)

## Central (SJ/NC officials)

Matt Keulert tel. 608.799.1071  
[matt.keuler@gmail.com](mailto:matt.keuler@gmail.com)

## Central (XC officials)

Scott Wilson  
[wilson@cresthillresort.com](mailto:wilson@cresthillresort.com)

## Far West (XC)

Gus Johnson tel. 801.349.5894  
[web@farwestnordic.org](mailto:web@farwestnordic.org)

## Far West (XC, NC/J officials)

Megan Seifert tel. 530.426.3068  
[m.seifert@assoc.auburnskiclub.org](mailto:m.seifert@assoc.auburnskiclub.org)

## PNW (XC)

Alan Watson tel. 509.341.4846  
[alanwatson@yahoo.com](mailto:alanwatson@yahoo.com)

## Intermountain (XC)

Rick Kapala tel. 208.726.4129  
[rick@svsef.org](mailto:rick@svsef.org)

## Intermountain / PNSA (XC officials)

Al Pokorny tel. 509.710.2781  
[apokorny@spokaneent.com](mailto:apokorny@spokaneent.com)

## Intermountain

### (SJ/NC officials)

Jarrett Moe tel. 435.640.6850  
[jarrettmoe@yahoo.com](mailto:jarrettmoe@yahoo.com)

## Intermountain (SJ/NC)

Alan Alborn tel. 435.513.0987  
[aalborn@uolf.org](mailto:aalborn@uolf.org)

## Rocky Mountain (XC)

Mike Elliott tel. 970.769.8655  
[teamelliott@frontier.net](mailto:teamelliott@frontier.net)

## Rocky Mtn (SJ/NC officials)

Paul Andrews tel. 970.819.9808  
[nordicpaul@gmail.com](mailto:nordicpaul@gmail.com)

## Rocky Mountain (SJ/NC)

Todd Wilson tel. 970.846.3789  
[twilson@sswsc.org](mailto:twilson@sswsc.org)

## Rocky Mtn/HP (XC officials)

Quincee Cotton tel. 303.909.9746  
[qcotton@comcast.net](mailto:qcotton@comcast.net)

## Mid-Atlantic (XC)

Shane MacDowell  
[shanem@nysef.org](mailto:shanem@nysef.org)

## New England District (XC)

Amie Smith - NENSA tel. 781.864.0545  
[amie@nensa.net](mailto:amie@nensa.net)

## Eastern (SJ/NC officials)

Kenneth Barker tel. 860.806.0471  
[kennethsbarker@gmail.com](mailto:kennethsbarker@gmail.com)

## Eastern/MA (XC officials)

Justin Easter tel. 608.628.3177  
[justineaster@gmail.com](mailto:justineaster@gmail.com)

## High Plains (XC)

Rebecca Watson  
[rsophie98@gmail.com](mailto:rsophie98@gmail.com)



## The National Nordic Foundation

The National Nordic Foundation (NNF) is a grassroots fundraising organization whose mission is to support athletic excellence in developing nordic athletes in the United States. Funding for the NNF comes from individuals and families throughout the nordic community and through events like the annual Drive for 25. From providing community grants for local clubs to deferring costs for athletes on the U.S. Ski Team, the NNF has the privilege to support U.S. skiing development thanks to the generosity of these donors.

The NNF is not able to fulfill its mission without the backing of the American skiing community. Please visit [nnf.ski](http://nnf.ski) to find out how you can do your part to support tomorrow's nordic stars today.



## Nordic Rocks

The "Nordic Rocks" program was developed to introduce a new generation of children in grades K thru 6th to the excitement found in the sport of cross country skiing. The "Nordic Rocks" program provides elementary and middle school students, with an opportunity to experience Nordic skiing during the school day, with their teachers and classmates, and to learn the health and lifestyle benefits associated with exercise and outdoor fun.

The "Nordic Rocks" program is a three-way partnership between selected schools, communities, and U.S. Ski & Snowboard Divisions that creates an opportunity to teach skiing during the school day: physical education class, recess, and after-school programs.

Students are able to ski right behind their school on any surface covered with a minimum of two inches of snow. National Winter Educational Foundation in partnership with U.S. Ski & Snowboard assists each "Nordic Rocks" school with a skiing curriculum and resources, teaching support, and cross country skiing equipment.

The curriculum is easy to follow and offers teachers learning ideas with both outdoor and indoor activities. The equipment is easy to use, store, and maintain. The equipment includes cross country skis (sometimes with adjustable poles), with easy to use step-in bindings.

For more information or to enroll in the program, please contact Bruce Manske [bruce.manske@cxcskiing.org](mailto:bruce.manske@cxcskiing.org).

# Thank You

to the following licensees and suppliers  
of U.S. Ski & Snowboard



# CHAPTER 1

## GETTING STARTED



U.S. Ski & Snowboard is the Olympic national governing body for ski and snowboard sports in the USA, providing leadership and direction for tens of thousands of young skiers and snowboarders, encouraging and supporting them in achieving excellence. By empowering national teams, clubs, coaches, parents, officials, volunteers and fans, U.S. Ski & Snowboard is committed to the progression of its sports, athlete success and the value of team.

Thank you for your participation in U.S. Ski & Snowboard programs. These programs provide opportunities for athletes to develop skiing or snowboarding skills in a competitive and educational environment, from grassroots club programs up through national teams and the Olympics. This competition guide is a roadmap for various programs, rules and rankings.

U.S. Ski & Snowboard supports athletic programs in skiing, snowboarding, cross country, jumping, nordic combined, freestyle and freeskiing. U.S. Ski & Snowboard clubs make up over 385 professional coaching outlets for athletes and logistical support for competitions. These clubs, with both professional staff and volunteers and comprised of nearly 35,000 members, are the backbone of the U.S. Ski & Snowboard, supporting individual athletes and managing most of the organization's domestic competitions. In the 2018 season, our resort partners, clubs, officials and volunteers hosted more than 4,200 domestic competitions with more than 181,000 athlete starts being recorded.

Services provided by U.S. Ski & Snowboard are based around the three "R's": rules, races and rankings. Rules are established to ensure a consistent and fair playing field for all athletes. Races, or competitions, are the backbone of the U.S. Ski & Snowboard's programs, providing competitive opportunities for athletes. Rankings are a means of evaluating performance in competitions to determine advancement on the athlete development pipeline or to assist in determining start positions in specific competitions.

U.S. Ski & Snowboard provides educational resources to key constituent groups through the Center of Excellence, the organization's national training and education facility. Education is provided to athletes, parents, officials, coaches and clubs in areas such as sport technique, fitness and exercise, sport science and sports medicine.

U.S. Ski & Snowboard regions and divisions are volunteer-run programs which implement programs within small, multi-state geographic areas, including scheduling of divisional competitions, selection of divisional teams and training of competition officials.

## Athletic Advancement

Now that you are a U.S. Ski & Snowboard member, you have access to compete in sports both in your home area and nationally. The following are steps you can take to make the most out of your competitive skiing or snowboarding experience.

**Join a Club** - Linking up with a club will allow you access to the best professional coaching and logistical support. A complete club directory is available at [usskiandsnowboard.org](http://usskiandsnowboard.org).

**Compete** - Pick the proper competition programs for your age and ability. Contact the event organizer or your local club for entry information. U.S. Ski & Snowboard programs offer both introductory non-scored events for youth athletes to promote skill development and fun, and scored competitions to improve ranking.

**Ranking** - Compete in U.S. Ski & Snowboard scored competitions to gain a ranking, which will be used for advancement up the athlete development pipeline. You can monitor your ranking at [usskiandsnowboard.org](http://usskiandsnowboard.org).

**FIS Competition** - As you advance up the pipeline with your U.S. Ski & Snowboard ranking, you may be eligible for ranking on the International Ski Federation (FIS) ranking list. Check with your club coach or divisional contact for more information. FIS registration is managed through U.S. Ski & Snowboard. You can monitor your FIS ranking and register for FIS at [usskiandsnowboard.org](http://usskiandsnowboard.org).

**Team Selection** - As you continue to advance, your ranking may qualify you for a regional

or divisional team. This includes the Junior Championships, U.S. Championships and all the way up to the U.S. Ski & Snowboard Teams.

Each U.S. Ski & Snowboard sport has a specific development pipeline with defined action tips designed to educate athletes in every age group as they progress in their sport. Please see the development pipeline for your sport at [usskiandsnowboard.org](http://usskiandsnowboard.org).

## Where to Find More Information

As you continue competitive skiing or snowboarding, you might have questions along the way. The following are helpful resources to guide you on your path to success.

**Website** - [usskiandsnowboard.org](http://usskiandsnowboard.org) is the best source of member information. There you will find contact information, criteria and advancement protocol on your sport as well as the latest in national news from your sport. You can also search the Knowledge Base for answers to many of our member's most common questions.

**Competition Guide** - This handbook is a guide for athletes, parents, coaches and officials that provides a roadmap to U.S. Ski & Snowboard programs. Here you can find information on rules and rankings for your sport.

**Local Club** - Clubs are the heart of the sport. These organizations have the background and knowledge to help answer most of your questions. Check your local club for information on schedules and qualifying procedures within your division.

**Regional/Divisional Contact** - Each region and division for your sport has a contact person who can help you answer questions. Contact information appears in the front of this competition guide and at [usskiandsnowboard.org](http://usskiandsnowboard.org).

**National Office** - Every sport has full-time staff in U.S. Ski & Snowboard's national office in Park City, UT. Contact the office at 435.647.2666 with national membership or ranking questions. For a quicker response, please send an email to the contact links found at [usskiandsnowboard.org](http://usskiandsnowboard.org).

## Membership Categories

U.S. Ski & Snowboard offers a variety of membership opportunities depending on your area of interest. You can join online at [usskiandsnowboard.org](http://usskiandsnowboard.org). Your membership will be processed immediately while FIS membership may take up to one week.

Coaches, officials and club volunteer members are required to undergo periodic background screening and SafeSport training to activate membership.

**General Member** - The low-cost General membership is designed for young athletes who are training with a club program but not participating in sanctioned events. It is also perfect for club volunteers or parents who are starting to become active in support of club activities and events as well as those forerunning in sanctioned events. Not intended for those in a position of authority over minors. Not eligible for those participating in sanctioned events except in cross country competitions where it can be used but is not eligible for points.

**Competitor** - For all ages, the Competitor membership provides access to all levels of scored and non-scored competitions at the local, divisional, regional and national level. Competitor memberships include scoring on national ranking lists as well as FIS ranking lists where appropriate (with additional FIS license). This membership is required for FIS registration and FIS level competitions.

**FIS License** - Athletes with a FIS license may compete in FIS sanctioned competitions and will be scored on the international points and ranking list. Athletes must have the U.S. Ski & Snowboard Competitor membership to obtain a FIS license. Athletes should only apply for a FIS license if they meet the FIS age requirements for their discipline. FIS license must be obtained prior to competition; day-of sign-ups are not possible.

**Official** (with background screening) - For ages 18 and older prior to Dec. 31. U.S. Ski & Snowboard events are managed by officials. Every official is periodically background screened and SafeSport trained to help provide a SafeSport environment in clubs. Officials can achieve certification through educational programs.

**Coach** (with background screening) - For ages 18 and older prior to Dec. 31. Coaches are the backbone of the development pipeline, providing leadership to athletes through club programs. Every coach is periodically background screened and SafeSport trained to help provide a SafeSport environment in clubs. In addition, coaches are required to take a short online education program on important coaching guidelines. U.S. Ski & Snowboard also provides coaches with an in-depth sport education program, helping them achieve various certification levels in their sport. Note: Required for access to coaching credentials at all sanctioned competitions. Issuance of credentials to appropriate working coaches is the responsibility of the event.

**Club Volunteer** (with background screening) - For ages 18 and older prior to Dec. 31. The Club Volunteer membership is designed for parents and club volunteers who undertake a leadership role in clubs, divisions, regions, competitions and club training sessions. Every club volunteer is periodically background screened and SafeSport trained to help provide a SafeSport environment in clubs. This membership is a good stepping-stone to becoming a coach or official, and is fully upgradable during the season. Applicable for those in a position of authority over minors. Not eligible for official's certifications.

## **CODE OF CONDUCT**

---

Membership in U.S. Ski & Snowboard is a privilege, not a right. All U.S. Ski & Snowboard members when participating in any U.S. Ski & Snowboard activity, must agree to conduct themselves according to U.S. Ski & Snowboard's core values of Integrity, Passion, Fun, Team, Community, Excellence, and Grit and abide by the spirit and dictates of this Code of Conduct. All members must agree to comport themselves in a sportsmanlike manner, and are responsible for their actions while attending or participating in all U.S. Ski & Snowboard activities (including but not limited to camps, competitions, and projects).

Sportsmanlike conduct is defined as, but is not limited to: respect for competition officials, resort employees, fellow members, and the skiing and snowboarding public, respect for facilities, privileges and operating procedures, the use of courtesy and good manners, acting responsibly and maturely, refraining from the use of profane or abusive language, and abstinence from illegal or immoderate use of alcohol and use of illegal or banned drugs.

While participating in any U.S. Ski & Snowboard activity:

1. U.S. Ski & Snowboard members shall be subject to the jurisdiction of the International Ski Federation (FIS) Statutes, the United States Olympic Committee (USOC) Bylaws, the U.S. Ski & Snowboard Bylaws, and the U.S. Ski & Snowboard Code of Conduct.
2. U.S. Ski & Snowboard members shall conduct themselves at all times and in all places as befits worthy representatives of the United States of America, the United States Olympic Committee, U.S. Ski & Snowboard, their region, division, state or club and in accordance with the best traditions of national and international competition.
3. U.S. Ski & Snowboard members are responsible for knowledge of and adherence to competition rules and procedures. Members are also responsible for knowledge of and adherence to the rules and procedures of the U.S. Ski & Snowboard national teams, camps or other projects when participating in such.
4. U.S. Ski & Snowboard members shall maintain high standards of moral and ethical conduct, which includes self-control and responsible behavior, consideration for the physical and emotional well being of others, and courtesy and good manners.

5. U.S. Ski & Snowboard members shall abide by U.S. Ski & Snowboard rules and procedures while traveling to and from and participating in official U.S. Ski & Snowboard activities.

6. U.S. Ski & Snowboard members shall abstain from illegal and/or immoderate consumption of alcohol. Absolutely no consumption of alcohol is permitted for those individuals under the age of 21. Members under 21 years of age shall not participate in gatherings involving consumption of alcohol unless it is an official U.S. Ski & Snowboard or event organizer function.

7. No U.S. Ski & Snowboard member shall violate the customs, travel or currency regulations of a country while traveling with a U.S. Ski & Snowboard group or on a U.S. Ski & Snowboard ticket.

8. No U.S. Ski & Snowboard member shall commit a criminal act.

9. No U.S. Ski & Snowboard member shall engage in any conduct that could be perceived as harassment based upon gender, age, race, religion, disability or sexual orientation.

10. U.S. Ski & Snowboard members will avoid profane or abusive language and disruptive behavior.

11. U.S. Ski & Snowboard members agree to abide by anti-doping rules and procedures established by the World Anti-Doping Agency (WADA), the U.S. Anti-Doping Agency (USADA), and/or FIS.

12. U.S. Ski & Snowboard members agree to abide by policies and procedures established by the U.S. Center for SafeSport.

Failure to comply with any of the above provisions may lead to disciplinary action by the appropriate team or competition leader. Disciplinary action may include:

- Removal from the team trip or training camp.
- Suspension from training and/or competition.
- Elimination of coaching, travel, and other benefits.
- Forfeiture of U.S. Ski & Snowboard membership.

U.S. Ski & Snowboard is committed to principles of fairness, due process and equal opportunity. Members are entitled to be treated fairly and in compliance with U.S. Ski & Snowboard's Bylaws, policies and procedures. Members are entitled to notice and an opportunity for a hearing before being prevented from participating in protected competition as that term is defined by the USOC Bylaws. Information on the processes for grievances, suspensions and appeals is available at [usskiandsnowboard.org](http://usskiandsnowboard.org).

Nothing in this Code shall be deemed to restrict the individual freedom of a U.S. Ski & Snowboard member in matters not involving activities in which one could not be perceived as representing U.S. Ski & Snowboard. In choices of appearance, lifestyle, behavior and speech while not representing U.S. Ski & Snowboard, competitors shall have complete freedom, provided their statements and actions do not adversely affect the name and reputation of the U.S. Ski & Snowboard. However, in those events where one is representing or could be perceived as representing U.S. Ski & Snowboard, U.S. Ski & Snowboard demands that its members understand and agree to behave in a manner consistent with the best traditions of sportsmanship and U.S. Ski & Snowboard's core values.

Revised June 6, 2018

# ATHLETE SAFETY

---

SafeSport education and implementation, and the protection of youths and people of all ages engaged in sport at all levels are the number one priorities today for National Governing Bodies (NGBs) across the United States.

Thousands of people take part in U.S. Ski & Snowboard events, training programs and competitions annually, from grassroots levels right up to elite, and U.S. Ski & Snowboard is placing the very highest possible emphasis on making sure every participant can do so in an environment that is free from abuse, hazing, and bullying.

Recently, the US Congress passed the “Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017”, which now makes failure to report suspected child sexual abuse to police a violation of federal criminal law. This is an important step up in policy and one that U.S. Ski & Snowboard applauds and has implemented across our organization.

Federal law now requires that adults who have frequent contact with athletes or are in positions of authority over athletes must receive consistent and regular education on the critical importance of prevention of all forms of abuse, bullying, and hazing, and are empowered to report whenever they suspect something untoward is taking place.

At our recent Congress, U.S. Ski & Snowboard announced a number of operational updates to ensure that our organization is implementing best practice across all levels of our organization in this critical area. This will start from the grassroots with U.S. Ski & Snowboard member clubs, and extend to all areas of the Center of Excellence.

All employees of U.S. Ski & Snowboard must complete SafeSport training and background screening before their first day of work. All interns, volunteers and contractors who have access to the Center of Excellence, or who frequently interact with athletes, and those who have access to confidential U.S. Ski & Snowboard information related to the organization or athletes, must also complete SafeSport training and background screening before their first day of interning, volunteering, or beginning contract work.

The changes will also impact U.S. Ski & Snowboard member clubs, as they will be required to implement the same standards of SafeSport training and education, and background screening, as all those who work at or with U.S. Ski & Snowboard in Park City, and at the FIS events in the United States. These mandatory requirements will include:

- Criminal background screening for all employees, coaches, officials, and volunteers who are in regular contact with athletes, or in positions of authority over athletes
- Consistent education on prevention of sexual abuse, bullying, and hazing, and clear reporting structures in place to enable anyone who is concerned about any of these areas to be able to come forward and report
- The development and implementation of policies to limit, as much as possible, one-on-one interactions with athletes at any time
- Implementation and enforcement of policies and preparation for and quick response to random audits for compliance by the US Center for SafeSport
- Background screening and SafeSport training: Now required all employees, coaches, officials, and volunteers who are in regular contact with athletes, or in positions of authority over athletes every two seasons
- Fast Start Coaching Course: Now required for Level 100 certification

These policies and processes are in the process of implementation across all levels of U.S. Ski & Snowboard’s member programs. More details regarding SafeSport are available on the U.S. Ski & Snowboard website.

# PARENTS

---

Your son or daughter is on their way to growing their career in skiing or snowboarding. Supporting them in their endeavors is the number one way to help them achieve success. However, there are other ways to participate along the way to enhance the experience of competitive skiing and snowboarding.

**Become a volunteer** - The club system exists because of the help and dedication of volunteers, including parents of competitive athletes. A great way to be a part of the team is to become an official. Parents may attend officials clinics and work out of town competitions so that they will be better able to help with competitions at their own venues. Another way to be involved is to serve on steering committees and competition committees for a sport. Contact your sport staff for more information.

**Education** - U.S. Ski & Snowboard provides a variety of educational opportunities for parents. Through [usskiandsnowboard.org](http://usskiandsnowboard.org), local clubs and U.S. Ski & Snowboard produced educational resources, parents can gather information to help support their child in their quest towards victory. The Successful Sports Parenting DVD, produced in partnership with USA Swimming, featuring Deborah Phelps, mother of Olympic and World Champion swimmer Michael Phelps, is a suggested guide to lead you through tips to support the development and success of young athletes. Find more information at [usskiandsnowboard.org](http://usskiandsnowboard.org).

**Stay involved in your child's club** - Ask questions to club leaders, look at annual reports and attend orientation if offered. These activities will help you better understand your child's club and the development pipeline.

# INSURANCE COVERAGE

---

U.S. Ski & Snowboard requires Members to have valid and sufficient primary medical / accident insurance coverage and to accept full responsibility for understanding the provisions of such coverage as a condition of becoming a member and participating in official U.S. Ski & Snowboard training and competition. Such primary coverage must be in effect for the entire term of the membership year in order for the member to have coverage under U.S. Ski & Snowboard's excess accident medical policy. Members must carry proof of primary insurance and such proof must be available at each event so that prompt medical/hospital care can be authorized, if needed. U.S. Ski & Snowboard provides properly registered members with excess accident medical coverage, as follows:

## **Excess Accident Medical Insurance for Members of a Member Club**

Current U.S. Ski & Snowboard Members of a U.S. Ski & Snowboard Member Club have excess accident medical coverage during sanctioned or registered events including official training (as defined by the policy) at such events. Please see [americanspecialty.com/ussa\\_cov/](http://americanspecialty.com/ussa_cov/) for a detailed description of coverage.

## **Excess Accident Medical Insurance for Members of a CLIP Member Club**

Current U.S. Ski & Snowboard Members of a U.S. Ski & Snowboard CLIP Member Club have excess accident medical coverage during skiing and snowboarding competition, while training to compete and conditioning to compete in ski and snowboard competition that is supervised by a U.S. Ski & Snowboard representative and/or representative of a CLIP Member Club, and during club activities that are supervised by a representative of a CLIP Member Club. Please see [americanspecialty.com/ussa\\_cov/](http://americanspecialty.com/ussa_cov/) for a detailed description of coverage including a list of activities that are excluded from the policy.

## **Liability Insurance**

U.S. Ski & Snowboard will provide liability coverage for:

- Event Organizers with respect to their ordinary negligence if such is alleged to have

arisen in connection with competition in or conduct of sanctioned events (meaning a Schedule Agreement has been executed) and/or activities conducted or approved by U.S. Ski & Snowboard (including official training at such event as defined by the policy). Please see [americanspecialty.com/ussa\\_cov/](http://americanspecialty.com/ussa_cov/) for a detailed description of coverage.

- CLIP Member Clubs and the members and supervisory staff of such clubs and member coaches and officials while acting in their capacity as such on behalf of CLIP Member Clubs. Such coverage applies during (1) ski and snowboard competition; (2) while training to compete and conditioning to compete in ski and snowboard competition that is supervised by a U.S. Ski & Snowboard representative and/or representative of a CLIP Member Club; and (3) during club activities that are supervised by a representative of a CLIP Member Club. Please see [americanspecialty.com/ussa\\_cov/](http://americanspecialty.com/ussa_cov/) for a detailed description of coverage, as certain club activities are not automatically covered.

**Note: This summary provides a general overview of insurance coverage that applies for U.S. Ski & Snowboard members. It is not a complete explanation of all policy provisions or specifics of the policy benefits. No coverage is extended, and no representations are made, other than what is stated in the actual insurance policies.**



OFFICIAL  
SUPPLIER

**HKD**  
SNOWMAKERS

## White to **Gold** Program

*20% off HKD snowmaking equipment  
to U.S. Ski & Snowboard member clubs*

*Contact Ian Jarrett (508) 878-3798*

# Thank You

to the following partners of U.S. Ski & Snowboard

The Quality Sleep  
*airweave*

**BWT**  
BEST WATER TECHNOLOGY



**FedEx**®



**P&G**



**USANA**

**VISA**

xfinity

## **CHAPTER 2**

# **CROSS COUNTRY POINTS AND RANKINGS**



# National Ranking List

The National Ranking List (NRL) is used to rank eligible athletes based upon their performance in scored events. Racers may obtain points by finishing races designated as NRL, or scored races. Athletes must be current Cross Country Competitor or Masters members, and their national ID must appear on the official results to receive credit.

U16s and U14s with competitor memberships are eligible for points when participating in scored competitions. Team events and relays are not scored to the NRL. The NRL is available at [usskiandsnowboard.org](http://usskiandsnowboard.org).

Races have minimum penalties depending upon the category of the event. Those minimums are applied regardless of the calculated penalty; there are no maximum penalties.

<b>Event Category</b>	<b>Minimum 1</b>
World Cup, Olympic and World Championships	zero
Continental Cup, NCAA Champs, American Birkebeiner2, SuperTour	20 min
U.S. Championships	15 min
U23 World Championships	25 min
World Junior Championships	35 min
Junior Nationals	no min
Regional Scored Events, College Events, Juniors at U.S. Champs	35 min
U16 and younger competitions 3	100 min
U14 and younger competitions 3	150 min

1 For races scored to FIS other than SuperTour, U.S. Championships, College Championships and the American Birkebeiner, the Regional penalties will be used.

2 Only the top-30 finishers at the American Birkebeiner will be scored.

3 When U16 and younger athletes are competing in a race with older athletes, the event category is based upon the older athletes.

## Method

The NRL overall is based on a racer's four best results during the previous 12 months, which are used to determine his or her final points. Athletes with fewer than four scored events will be penalized 22% (with a minimum of 4 and a maximum of 26 points) of their overall points. Ranking for both sprint and distance disciplines are calculated using a racer's best three results during the previous 12 months in that discipline with similar penalties for those with less than three results. While the NRL is based on the FIS point calculation, it is a separate list from the FIS list.

To more closely align athletes' NRL points with FIS points, NRL points list is adjusted annually.

- Separate modifiers are calculated for men and women in both distance and sprint.
- The modifiers are multipliers calculated as the average percent difference between NRL and FIS points for the top 20 athletes on the final points list of the season.
- The distance and sprint modifiers are applied to each result from the previous season to allow for proper calculation.

Calculation of the modifier is done by the Competition Services staff subject to the oversight of a Technical Committee of coaches, timers and the Cross Country Sport Development Manager. The Technical Committee is appointed annually at U.S. Ski & Snowboard Congress.

# FIS International Ranking List

The International Ski Federation (FIS) International Ranking List is used to rank FIS competitors internationally. Athletes must be registered with FIS (through U.S. Ski & Snowboard Member Services), and listed as active on the FIS website, to compete in FIS events and be scored on the FIS International Ranking List.

The FIS points list may be viewed at [fis-ski.com](http://fis-ski.com).

## Ranking List Deadlines

U.S. Ski & Snowboard NRL and FIS lists will be updated according to the following schedule:

	NRL		FIS	
	Closing	Valid	Closing	Valid
1.	Oct. 22	Oct. 25	Jun. 24	Jun. 28
2.	Nov. 12	Nov. 15	Oct. 14	Oct. 18
3.	Dec. 10	Dec. 13	Nov. 18	Nov. 22
4.	Dec. 24	Dec. 27	Dec. 16	Dec. 20
5.	Jan. 21	Jan. 24	Jan. 13	Jan. 17
6.	Feb. 11	Feb. 14	Feb. 10	Feb. 14
7.	Feb. 25	Feb. 28	Mar. 3	Mar. 7
8.	Mar. 18	Mar. 21	Mar. 24	Mar. 28
9.	Apr. 8	Apr. 11		

## Calculating Penalties - NRL Points

Penalties are assigned to each competitor's race points, based on the strength of the field. The race penalty is calculated by adding the three best values of the top five finishers' discipline points and dividing by 3.75. The result is rounded to two decimal places.

For the calculation, any U.S. competitors in the top five without NRL points or without a current Competitor membership will receive the following points

- U18 and older men - 200 points
- U18 and older women - 250 points
- U16 - 350 points
- U14 - 450 points
- U12 and under - 550 points.

If a foreign competitor is in the top five and they

- have NRL points, those NRL points will be used
- do not have NRL points but they do have current FIS points in the discipline, those FIS points will be used
- have neither NRL points nor FIS points, then 160 points will be used in the calculation except for athletes who are U16 and younger who will receive 250 points.

If two or more competitors in the top five are tied, the athletes with the best current available points will be used in the calculation of the penalty. If the calculated penalty is higher than the minimum penalty for the race, the calculated penalty is applied; if not, the minimum penalty is applied.

If a foreign or U.S. athlete is in the penalty (top 5) in a FIS/NRL race and does not have points (active, but no points) their last known FIS points may be used to calculate the NRL (not FIS) penalty for the benefit of the field, but only if the last known FIS points were from the current or previous season.

# Calculating Race Points

## All Races Calculated by

$$P = ((T_x - T_o) / T_o) \times F + P_n \quad \text{or} \quad P = ((T_x / T_o) - 1) \times F + P_n$$

P = Points

T<sub>x</sub> = Time of the classified competitor in seconds (according to discipline)

T<sub>o</sub> = Time of winner in seconds (according to race discipline)

F = F-Value (a constant based upon the type of competition - see below)

P<sub>n</sub> = Race Penalty

Note: In all calculations, race points are rounded to two decimal places before the penalty is added.

Note: According to the Cross Country ICR, calculations of results all start and finish times are recorded to at least 1/100 (0.01) precision. The net time is determined by subtracting the recorded start time from the recorded finish time. The final result will be determined to 1/10 (0.1) by truncating the calculated net time. For Sprint qualifying round, start and finish times are recorded to 1/1000 precision and the final result is determined by truncating to 1/100 precision.

## The F-Value

The F-Value is defined by the competition format:

- |   |      |
|---|------|
| • Mass Start and Skiatholon                         | 1400 |
| • Sprint, Pursuit, and Handicap start               | 1200 |
| • All other competitions (including Interval Start) | 800  |

## Conditions

For a competition to be considered for scoring to the NRL, the following conditions must normally be met:

- The event should be scheduled at the U.S. Ski & Snowboard Congress,
- The date, location and program should be published on the U.S. Ski & Snowboard website in the fall,
- A Schedule Agreement must be executed (November 30th deadline),
- National rules must be enforced under the supervision of a certified Technical Delegate,
- At least 5 competitors must be U.S. Ski & Snowboard members,
- National ID numbers for each competitor must be on the official results,
- Results must be submitted electronically in the approved format to U.S. Ski & Snowboard within 3 days of the competition.

## Protest Period

Any athlete may contest the accuracy of the NRL points within 3 days of its publication by contacting the Cross Country Sport Development Manager. Any protest received after that period may not be considered. Inaccuracies due to errors on the official results may or may not be corrected.

NRL competitions, which were not submitted according to the published deadline or in the required format, may be scored during the period between the last NRL publication of that season (typically mid-April), and the first NRL publication of the next season. Competitors whose protests to the NRL were not received according to the published deadlines may also have their protests considered during this period. Any changes made to the NRL during this period will not be retroactive.

## Race Results

It is critical for calculation purposes that race sites provide complete and usable race results. Organizing Committees must submit results in the prescribed electronic format within three days of the completion of the competition or within 24 hours of a list close date.

Organizing Committees should allow space on entry forms for national and/or FIS IDs. An athlete is eligible to score even if they do not appear on the current points list if their national membership and/or FIS registration is current at the time of the team captains meeting. Organizers should check the U.S. Ski & Snowboard and FIS websites to see the status of athletes who do not appear on the current points lists. Information on race result transmission can be found at [usskiandsnowboard.org](http://usskiandsnowboard.org).

Coaches and athletes should review all official race results to ensure that personal information is accurate (spelling of first and last names, national and FIS IDs). Results that do not include an athlete's national and/or FIS ID as appropriate will not receive credit. If any of these details are submitted for national scoring in an incorrect form, problems will result!

## Series Scoring

Some series use a separate series scoring in addition to U.S. Ski & Snowboard and FIS points.

### SuperTour Scoring

The SuperTour awards points to the top 20 competitors in each event.

Place	Points	Place	Points	Place	Points
1	30	8	13	15	6
2	25	9	12	16	5
3	21	10	11	17	4
4	18	11	10	18	3
5	16	12	9	19	2
6	15	13	8	20	1
7	14	14	7		

### World Cup Scoring

The World Cup scoring system is used on the FIS World Cup and for some other series and selections. Points are awarded to the top 30 competitors in each event.

Place	Points	Place	Points	Place	Points
1	100	11	24	21	10
2	80	12	22	22	9
3	60	13	20	23	8
4	50	14	18	24	7
5	45	15	16	25	6
6	40	16	15	26	5
7	36	17	14	27	4
8	32	18	13	28	3
9	29	19	12	29	2
10	26	20	11	30	1

### Tie-Breaking Procedure

A skier will move ahead in the final championship or trials standings, and on selections lists, based on the following procedures until a tie is broken.

1. Best individual finish
2. The second-best individual finish
3. The third-best individual finish
4. The fourth-best individual finish
5. Lowest NRL points in an event

## Cross Country Age Classes

Category	Age	Year of Birth
Master	30 and older	1988 and earlier
Senior	20-29	1989 through 1998
U20	18-19	1999 and 2000
U18	16-17	2001 and 2002
U16	14-15	2003 and 2004
U14	12-13	2005 and 2006
U12	10-11	2007 and 2008
U10	8-9	2009 and 2010
U8	6-7	2011 and 2012
U6	5 and younger	2013 and later

NOTE: Age is based upon the year an athlete was born regardless of the date of birth. The competition season is from July 1, 2018 to June 30, 2019

L.L.Bean  
OFFICIAL SUPPLIER TO THE U.S. SKI TEAM



# Thank You

to the following partners of U.S. Ski & Snowboard

The Quality Sleep  
*airweave*

**BWT**  
BEST WATER TECHNOLOGY



**FedEx**®



**P&G**



**USANA**

**VISA**

xfinity

**CHAPTER 3**

**CROSS COUNTRY  
COMPETITION PROGRAMS**



This section of the Competition Guide provides general information on major events and series, some of which are invitational or only open to skiers qualifying through previous competitions.

All cross country competitions outlined in this chapter except the U18 Nordic Junior Countries Competition, and unless otherwise noted, will be scored to the National Ranking List. For a full list of races scored to the NRL visit [usskiandsnowboard.org](http://usskiandsnowboard.org). See chapter 2 for a list of minimum penalties.

All competitions require U.S. Ski & Snowboard cross country Competitor membership for U.S. athletes to participate and many require FIS registration as well.

Any changes to the information contained in this chapter will be communicated at [usskiandsnowboard.org](http://usskiandsnowboard.org).

## Selection Criteria and Calendars

Selection criteria for the U.S. Ski Team, Olympic Winter Games, World Ski Championships, World Cups and other events, as well as event calendars, are at [usskiandsnowboard.org](http://usskiandsnowboard.org).

## U.S. Cross Country Championships

### Craftsbury, VT Jan. 3-8 2019

The U.S. Cross Country Championships are the premier U.S. event of the season. Competitors include top club racers, foreign skiers, and members of the U.S. Ski Team. The U.S. Cross Country Championships and the SuperTour Finals are a part of the SuperTour series. Double SuperTour points are awarded during the Championships and the SuperTour Finals.

#### Schedule

Jan. 3	10 km / 15 km classic individual start
Jan. 4	sprint classic
Jan. 6	20 km / 30 km mass start freestyle junior 5 km / 10 km mass start freestyle
Jan. 8	sprint freestyle

#### Contact

[craftsburnationals.com](http://craftsburnationals.com)

Organizer: Ollie Burruss | [ollie.burruss@craftsbury.com](mailto:ollie.burruss@craftsbury.com) | tel. 802.586.7767

Craftsbury Outdoor Center | 535 Lost Nation Rd | Craftsbury Common, VT

#### Eligibility

This event is open to Cross Country Competitor members and FIS competitors.

To be eligible for U.S. Cross Country Championship medals, competitors must be either a U.S. citizen or if foreign, be a resident alien (must have a green card) or have filed a declaration of intent to become a U.S. citizen. Competitors must be cross country Competitor members and be in possession of their membership card at the time of check-in/bib pick-up. Proof of Competitor membership is the responsibility of each individual competitor and will be required before entry is accepted into the draw.

All skiers must enter the U.S. Cross Country Championships individually through the race organizers.

All coaches must be cross country coach members to participate.

## Guest Class

Citizens of foreign nations, who are not resident aliens, may compete in the U.S. Championships if they are current FIS code number holders or Competitor members. These athletes are not eligible to win U.S. Championship titles or national championship medals and awards but are eligible to receive any prize money that may be awarded, as well as SuperTour points. At the time of registration, all entrants must present a current, paid-in-full membership information or an active FIS code from their home federation. The top three overall male and female finishers will be recognized at the official flower ceremony and presented with awards.

## National College Cup

The two distance events at the U.S. Cross Country Championships will serve as a scoring event for the “National College Cup”, which will acknowledge the best women’s and best men’s college teams and individuals at the event. The scoring system will be managed by a college coaches’ oversight committee but will be done using standard NCAA ski meet scoring with base scoring using three athletes per gender per team.

## Seeding

Seeding is done according to rule 50.2.

## U.S. Championships Prize Money \*

\*Prize money payable to current U.S. Ski & Snowboard/FIS members only. Prize winners are expected to make themselves available at the established prize ceremonies or they may forfeit prize money.

Individual Races	1st - \$1200	2nd - \$600	3rd - \$300
U.S. National Club Mixed Relay	1st - \$750	2nd - \$500	3rd - \$300

prize money is awarded to the club in a lump sum

## Grand National Champion

A men’s and a women’s “Grand National Champion” will be named by scoring a competitor’s best five U.S. Cross Country Championship races, using the SuperTour scoring system and the tie-breaking procedures outlined in this Guide. Foreign competitors are excluded from the scoring for the national champion.

# SuperTour Finals

## Presque Isle, ME March 28 - April 2, 2019

### Schedule

Mar. 28	sprint freestyle
Mar. 30	10 km / 15 km classic
Mar. 31	4 x 5 km mixed relay CL, CL, F, F - National Championship
Apr. 2	30 km / 50km freestyle mass start - National Championship

### Contact

Chief of Competition: Mark Shea | [mshea@pinelandfarms.org](mailto:mshea@pinelandfarms.org) | tel. 207.498.9952  
Nordic Heritage Center | PO Box 4015 | 415 Fort Fairfield Rd | Presque Isle, ME 04769  
[nordicheritagesupertour.com](http://nordicheritagesupertour.com)

## Continental Cups - Scandinavian (Scando) and Alpen (OPA) Cups

The Continental Cups are the European version of the SuperTour. The Scando Cup and OPA Cup competitions listed below will be scored to the National Ranking List. Contact Bryan Fish ([bryan.fish@usskiandsnowboard.org](mailto:bryan.fish@usskiandsnowboard.org)) for dates, locations, race formats and registration information. As race details are finalized, they will be posted at [usskiandsnowboard.org](http://usskiandsnowboard.org).

# SuperTour

The SuperTour is the premier cross country race series in North America. Prize money and incentives are offered at every stop, as well as FIS scoring for those racers who are registered with the FIS. Event information will be at [usskiandsnowboard.org](http://usskiandsnowboard.org) when it is available.

## Athlete Lodging and Entry

Free entry will be provided by the Organizer for the best four male and female competitors in the current SuperTour Overall standings (as measured five days prior to the competition).

## Seeding

Seeding is done according to rule 50.2.

## Schedule

Dec. 1-2	West Yellowstone, MT
Dec. 8-9	Sovereign Lakes, Silverstar BC, CAN
Jan. 3-8	Craftsbury, VT - U.S. Championships
Jan. 25-27	Lake Placid, NY
Feb. 15-17	Minneapolis, MN
Feb. 23	Hayward, WI
Mar. 28-Apr.2	Presque Isle, ME

## Prize Money\*

\* Prize money payable only to licensed FIS members on the most current FIS points list.

Each site on the SuperTour schedule will pay prize money according to the following scale (except for the U.S. Championship events, Sprint Qualifier Only events, and others as approved by the Sport Development Manager).

1st - \$750, 2nd - \$500, 3rd - \$250, 4th - \$200, 5th - \$150, 6th - \$100

For Sprint Qualifier Only events: SuperTour points, NRL and FIS points will be earned based on the Qualifier results.

Skiers who do not make themselves available at the established SuperTour prize ceremonies will forfeit prize money.

## Overall Winner

The SuperTour Overall champions are determined by the best cumulative total of a competitor's SuperTour points. The SuperTour Sprint champions are determined by the best cumulative total of a competitor's sprint races and the Distance champions are determined by the best cumulative total of a competitor's distance races. Double SuperTour points will be awarded at all U.S. Championship and SuperTour Finals races.

Foreigners earn Super Tour Points but are not eligible to be the Overall winner. The top-ranked USA coded FIS license athlete will be the Overall winner.

## Earning World Cup Starts

Information on earning World Cup starts can be found at [usskiandsnowboard.org](http://usskiandsnowboard.org).

# National Ranking List Series (NRL)

Competitors competing in NRL events will be scored to the National Ranking List (see chapter 2). Race organizers are responsible for submitting electronic results to within three days of the event, complete with national ID numbers for all competitors. The race entry form should include a place for competitors to include their national ID for all scored events. World Cup races with U.S. athletes are scored to the NRL.

## NRL Series Schedule

Current schedules can be found at [usskiandsnowboard.org](http://usskiandsnowboard.org).

## Junior Cross Country Programs

One of the most active areas of competition within U.S. Ski & Snowboard is its junior cross country programs. Junior programs incorporate skiers from early teens to age 19. This is a major means for developing top national and international class athletes. Each division has volunteer coaches who work with junior athletes, often conducting racing camps, clinics or seminars. Some divisions have the additional benefit of high school racing programs. The junior program is the introduction to competitions and qualification procedures, which are the fundamental basis for regional/national competition, as well as for U.S. Ski Team selection.

The divisional race calendar includes a wide-ranging schedule of events for junior skiers, including specially designated “Junior National Qualifiers.” Results from these “JNQ’s” are used to determine the team that will represent their division at the Junior National Championships.

The junior categories include skiers of all levels of experience and interest. Many areas use the U14 and U16 age groups to introduce ski skills and techniques to novice racers. Skiers, parents, and coaches interested in becoming more involved with junior racing should contact the local coordinator in their respective division for more information; contact information is at the front of this guide.

## World Junior Championship Trials

### Craftsbury, VT Jan. 3-6, 2018

The 2019 World Junior Championship Team will be selected from the U.S. Cross Country Championships. All racers must have a competitor membership to enter. See “U.S. Cross Country Championships” in this chapter for more information.

## FIS Nordic World Junior Championships and U23 Cross Country WSC

### Lahti, FIN Jan. 20-27, 2019

For more information visit [usskiandsnowboard.org](http://usskiandsnowboard.org) or contact Bryan Fish at [bryan.fish@usskiandsnowboard.org](mailto:bryan.fish@usskiandsnowboard.org).

#### Schedule

Jan. 20	Sprint classic junior
Jan. 21	Sprint classic U23
Jan. 22	5/10 km freestyle junior
Jan. 23	10/15 km freestyle U23
Jan. 24	15/30 km classic Mass Start junior
Jan. 25	15/30 km classic Mass Start U23
Jan. 26	Relay 4 x 3.3 km / 4 x 5 km junior

## U18 Nordic Junior Countries Competition

For information visit [usskiandsnowboard.org](http://usskiandsnowboard.org) or contact Bryan Fish at [bryan.fish@usskiandsnowboard.org](mailto:bryan.fish@usskiandsnowboard.org).

# Junior Nationals

## Anchorage, AK, Mar. 11-16 2019

### Eligibility

All competitors in the Junior Nationals must hold a current competitor membership. The competition will be in the U16, U18 and U20 classes. Each division is responsible for developing and administering qualifying criteria for its own team and entering athletes through its divisional quota.

### Division Quota

Please see Rule 70.0 in Chapter 4 of this manual.

### Registration-Age Classes

Skiers must register and compete in the same age division in the Sprint, Classic and Freestyle races. Skiers/coaches may NOT change age divisions after the start of Junior Olympic competition in any of the individual-start races. Skiers will be allowed to ski up into an older age category for the relay event. All team rosters will be reviewed and formally approved by the Jury and team leaders prior to the first draw meeting.

### Schedule

Date	Event	Boys				Girls	
		U20	U18	U16	U20	U18	U16
Mar. 11	Interval start free	10 km	10 km	5 km	5 km	5 km	5 km
Mar. 13	Sprint classic	1.3 km					
Mar. 15	Mass start classic	15 km	10 km	5 km	10 km	10 km	5 km
Mar. 16	Relay (3x3) free	3 km					

### Contact

Contact: Joey Caterinichio [president@anchoragenordicski.com](mailto:president@anchoragenordicski.com) | tel. 907.229.6427

Kincaid Park | 9401 Raspberry Rd | Anchorage, AK

[juniornationalsxc2019.com](http://juniornationalsxc2019.com)

### Seeding

Competitors will be seeded according to rule 083.1.

### Team Membership

Only competitors entered by and a member of their division/district team may participate. Each division or district is responsible for developing and publishing a Code of Conduct, which must be signed by all competitors (and their parents in the case of minors) who participate in the Junior Nationals. Competitors will be represented at the coaches/draw meetings by divisional or district coaches, who are current member coaches.

## Dave Quinn, All-American Awards, Club Award, The Roger Westin High School Award and the Alaska Cup

Descriptions of the awards can be found in Chapter 4 under Rule 87-90.

Awards for the top 10 individuals and top 3 relays will be presented.

All-American status will be awarded to competitors according to rule 086.

## Collegiate Skiing

Collegiate cross country skiing is very active in the U.S. Many athletes find National Collegiate Athletic Association (NCAA) and United States Collegiate Ski and Snowboard Association (USCSA) racing to be a secondary alternative to full-time training and racing.

Competitors should be aware of the eligibility rules, which may apply to them as they plan to continue their ski racing activities while furthering their education. Racers, coaches, and parents should pay attention to the rules regarding cash prizes, age eligibility, high school academic requirements, and reimbursement for training and competition expenses.

Collegiate and scholastic institutions have eligibility rules, which differ from those of the IOC, FIS and U.S. Ski & Snowboard. Athletes should be aware that the rules of college skiing specifically prohibit a present or POTENTIAL athlete from accepting such cash prizes as are legal under FIS and U.S. Ski & Snowboard rules.

For more information on NCAA eligibility and requirements, contact any college coach, the NCAA rules compliance officer at most colleges and universities or call the NCAA Eligibility Hotline at 800.638.3731.

Information about USCSA nordic skiing can be found at [uscsa.com](http://uscsa.com).

NCAA events have restricted entry. Athletes must qualify based upon NCAA rules.

## **ADAPTIVE NORDIC SKIING**

---

Adaptive nordic skiing, including the U.S. Paralympics Nordic Skiing National Teams, is managed as part of the U.S. Olympic Committee's Paralympic division. More information can be found at [teamusa.org/US-Paralympics/Sports/Nordic-Skiing](http://teamusa.org/US-Paralympics/Sports/Nordic-Skiing) or by contacting [usparanordic@gmail.com](mailto:usparanordic@gmail.com).

## **U.S. Paralympics Nordic Skiing Cross Country Nationals**

**Craftsbury, VT Jan. 2-5, 2019**

### **Schedule**

Jan. 2	Official training cross country
Jan. 3	5/7.5km for sit skiers - U.S. Nationals CL Individual for standing/Visually Impaired
Jan. 5	Sit ski sprint

### **Contact**

[www.craftsbury.com](http://www.craftsbury.com)

Ollie Burruss | [ollie.burruss@craftsbury.com](mailto:ollie.burruss@craftsbury.com) | tel. 802.586.7767

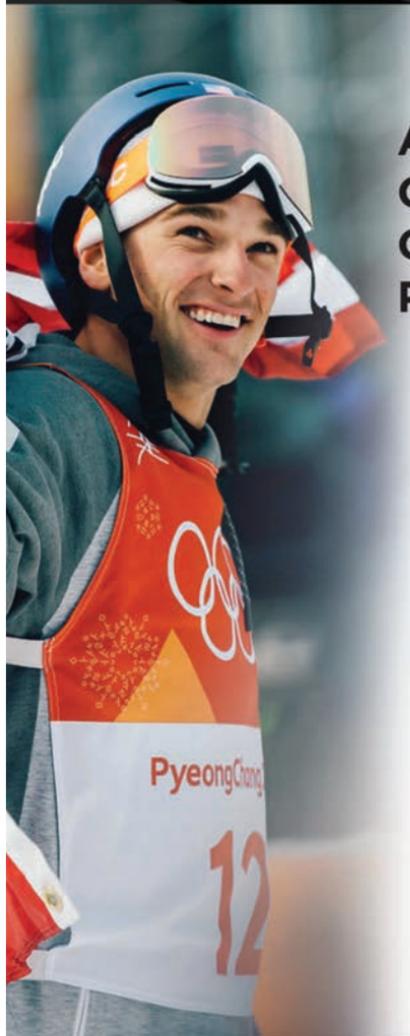
Craftsbury Outdoor Center | 535 Lost Nation Rd | Craftsbury Common VT 05827

2019  
U.S. SKI & SNOWBOARD

# GOLD PASS



**ONE PASS.  
250 RESORTS.  
ALL ACCESS.**



## **As Member of the Gold Pass Club Your Generous Gift Will Provide You:**

- One of only 450 fully transferable Gold Passes for the 2018-19 season
- Exclusive access to over 250 resorts across the U.S.
- The ability to entertain clients and share with friends and family
- VIP tour of the Center of Excellence in Park City, UT
- Team insider information via eNewsletters

[USSKIANDSNOWBOARD.ORG/FOUNDATION](http://USSKIANDSNOWBOARD.ORG/FOUNDATION)



**CHAPTER 4**  
**CROSS COUNTRY RULEBOOK**



# MEMBERSHIP RULES

---

## 0 Membership

0.1 The membership year begins on July 1 and finishes on June 30 of the following year. Memberships shall be valid in the USA for the membership year only. The validity of a membership can be limited to participation in one or more specific events.

0.2 To be eligible to participate in cross country competitions, a competitor must have a Competitor, Short-Term, or Masters membership.

All participants in positions of authority over athletes (Jury members, Start and Finish Referees, Chief of Course, Chief of Competition, Chief of Timing, Race Administrator, Course Setters, Technicians, Judges, and Coaches) must have a valid membership (including SafeSport compliance) and appropriate officials certification for their position as required.

For USA sanctioned FIS events, when a foreign FIS Federation lists a coach on their entry form, that Federation is certifying that the coach has the knowledge and ability to fulfill the duties of a Team Captain: e.g. serve as a Jury member or set a course.

A U.S. Ski & Snowboard membership will only be issued to individuals who have personally signed the U.S. Ski & Snowboard Release, in the actual form approved by U.S. Ski & Snowboard. All forms from under-age applicants must be counter-signed by their legal guardians.

All coaches and officials who apply for a membership will be required to pass a background screening process and complete SafeSport training prior to that membership being approved. Any Coach or Official who is shown as “pending” or not current on the U.S. Ski & Snowboard website may not serve in any capacity which places them in a position of authority over athletes.

General members are eligible to forerun but not to compete in sanctioned events.

Members may only act in the capacity which their membership permits, e.g. to serve as a coach within a competition venue, a member must possess a valid coach membership.

Only individuals authorized by the Race Jury may enter a competition venue.

# COMPETITION EQUIPMENT

---

## Cross Country Skiing

### 1. Cross Country Racing Skis

#### 1.1 Definitions

The cross country racing ski is a type of ski whose features guarantee the best possible application of the gliding techniques to master cross country pistes (uphills, bumpy terrain, downhills). The basic features of this type of ski are defined in these rules.

#### 1.2 Restrictions

##### 1.2.1 Geometric Features

###### 1.2.1.1 Ski Length

Minimum: height of skier - 10 cm; maximum: 230 cm.

###### 1.2.1.2 Ski Width

The middle of the ski, that is 40 cm behind the tip and 15 cm in front of the tail,

must measure 47 mm maximum and 43 mm minimum.

1.2.1.3 Tip

Minimum shovel curvature is 5 cm for classical and 3 cm for skating skis.

1.2.1.4 Tail

The tail must not rise more than 3 cm on the unweighted ski when lying on a flat surface.

1.2.1.5 Overall Height of Sectional View

Maximum: 35 mm; minimum: 20 mm

1.2.1.6 Both skis must be constructed in the same way and must be the same length.

1.2.2. Flexibility

No restrictions regarding the rigidity in all grades of flex.

1.2.3 Mass

Skis must weigh at least 750g per pair. No limitations regarding the distribution of mass.

1.2.4 Construction

1.2.4.1 Type of Construction

No limitations.

1.2.4.2 Ski Components

1.2.4.2.1 Running Surface

The entire width of the running surface can be smooth or slightly grooved lengthwise with the exception of the running groove. However, the level must be constant in the entire length and width. Climbing aids in the form of scale patterns or step patterns are permitted. Models driven by means of foreign energy of any kind are not permitted.

1.2.4.2.2 Top Surface

No limitations.

1.2.4.2.3 Edges

The edges must not face up and outward making the running surface narrower than the top surface (no wedge shape).

1.2.5 Durability

No limitations.

1.2.6 Additional Equipment

1.2.6.1 No additional equipment is permitted which:

a. Makes use of foreign energy (e.g. heaters, chemical energy, accumulators, electric batteries, mechanical aids, etc.).

b. Causes or intends to cause changes in the outer conditions of the competition to the disadvantage of fellow competitors (e.g. changes to piste or snow).

c. Increases the risk of injury to users or other persons, when used for the purpose it was intended.

## 2. Cross Country Racing Bindings

No limitations regarding materials and make, subject to decisions 1.2.6.1 b and c.

## 3. Cross Country Racing Boots

No limitations regarding materials and make.

## 4. Cross Country Racing Poles

### 4.1 Definition

The cross country racing pole is a pole whose features guarantee the best possible application of the gliding techniques to master cross country pistes (uphills, bumpy

terrain, downhills).

#### 4.2 General Rules

4.2.1 Two poles of equal length must be used in competition with one pole held in each hand.

#### 4.2.2 Pole Height

In classical technique competitions, the maximum pole length must not exceed 83% of the competitor's body height. In free technique competitions, the maximum pole length must not exceed 100% of the competitor's height. The body height is measured with ski boots on from a flat surface, to the top of the uncovered head.

The pole length is measured from the bottom of the pole to the highest attachment of the strap.

All measurements will be rounded to the nearest centimeter as follows: less than 0.5 cm will be rounded down and 0.5 cm and above will be rounded up

4.2.3 The pole must have a constant length. It may not, for example, possess a telescopic system.

4.2.4 The pole must not create any foreign energy to favor push-off (e.g. springs or mechanical devices).

4.2.5 There are no restrictions regarding the weight of the pole.

4.2.6 The poles may be constructed asymmetrically (e.g. there may be a difference between left-and right-handed poles).

#### 4.3 Technical Definitions

4.3.1 The grip must be attached to the shaft. There are no limitations regarding the geometrical features or material.

4.3.2 The straps must be joined to the grip or the shaft. They may be adjustable in length and width.

#### 4.3.3 The Shaft

There are no limitations regarding the material and make of the shaft or distribution of mass.

4.3.4 Baskets with varying geometric features and materials are permitted to master various snow conditions. The baskets, however, must not change the conditions of the track, so that other competitors suffer disadvantages.

4.3.5 Tips may be joined to the shaft at any angle. It is permitted to use one or more tips per pole. There are no limitations regarding materials.

## SUPPLIER STANDARDS

---

### 20 Standards at the U.S. Cross Country Championships and the Junior Nationals for U.S. Ski Team Suppliers.

20.1 The Nationals will be open to all U.S. Ski Team Suppliers.

20.2 The List of Official Ski Team Suppliers will be supplied to OC by national staff.

20.3 Suppliers will receive up to 2 bib credentials at no charge.

20.4 Wax Facilities: Official Suppliers will be allowed complimentary waxing space, provided the host site has a facility suitable. Waxing space is defined as indoors, with power, lights and heat. If fees are incurred by the organizer to supply the waxing space, the fees may be passed onto the supplier and should be charged at the minimum for the organizer and be fair to the supplier.

20.5 Suppliers must register with the Organizers a minimum of 90 days in advance to reserve waxing space unless changed by the OC.

- 20.6 Suppliers must register with the Organizer a minimum of 30 days in advance to reserve their complimentary credentials. Credentials will provide access to the course, test tracks and the start and finish area.  
If registration is done outside the window the Supplier may be subject to pay fees.
- 20.7 Suppliers must approve any marketing placement with regards to banners with the organizer.
- 20.8 Suppliers may have the opportunity to pay and be a leveled sponsor with the organizer.
- 20.9 Non U.S. Ski Team Suppliers may participate in the event and are subject to the regular registration and fees from the OC.

# U.S. CROSS COUNTRY CHAMPIONSHIPS

---

## **36 U.S. Ski & Snowboard Competition**

- 36.1 The U.S. Cross Country Championships (USCCC) are U.S. Ski & Snowboard's own competitions. They are subject to invitation only. They are to be organized in accordance with the Rules, and under the control of U.S. Ski & Snowboard. These Championships may also include a disabled competitor class, a master class, a junior class, a guest class and tryout competitions as approved by the Cross Country Sport Committee (CCC).

## **37 U.S. Championships**

- 37.1 Candidates for the organization of USCCC must respond to the Request for Proposal, and state that they are prepared in all instances to respect the Rules for the Organization of Cross Country Championships.

## **38 Year and Dates**

- 38.1 The USCCC will be organized every year.
- 38.2 In order to have the USCCC carried out at a time when all the best skiers in the country may compete so that the USCCC will be a true U.S. Championship, the events should take place when no World Cup competitions are scheduled, in an attempt to assure the participation of the international group of Ski Team athletes.

## **39 U.S. Championships and Other National Calendar Events**

- 39.1 When the USCCC takes place, no other scored competitions may be held elsewhere in the country on the same dates without permission from the CCC.

## **40 Organizers of U.S. Championships**

- 40.1 The task of organizing and carrying out the USCCC is delegated to a Host Site or Organizer, which will form an OC.
- 40.2 The Events Department will select the Host Site and Organizer and host the event according to national and FIS rules.

## **41 Applications for a USCCC Championship**

- 41.1 A site wishing to organize the USCCC must complete a bid as per the guidelines established by the Request for Proposal (RFP), and submit the bid at the latest by the U.S. Ski & Snowboard Congress one and a half years before the event is to take place.
- 41.2 The material required includes the following:
  - 41.2.1 Probable time and place of each competition including statistics on weather and snow conditions.
  - 41.2.2 Travel connections with different regions and connections from the closest airport.

- 41.2.3 Accommodation facilities (number of hotels, beds, etc.)
- 41.2.4 Sites wishing to host a USCCC must have provisional and/or current FIS homologation certificates for the respective events they would be required to host.
- 41.2.5 Contingency plans in the case of poor snow conditions.
- 41.2.6 A statement that the applicant will not allow any discrimination in regard to Divisions, Districts or Regions or its separate members on account of racial, religious, political or other grounds.
- 41.2.7 Other information of value for the applicant and for U.S. Ski & Snowboard.
- 41.3 If at the time of filing the application for the organization of USCCC, the technical conditions of the competitions (for example, reserve courses and means of accommodation) are not yet ready, the Organizing Committee (OC) must be able to guarantee that all necessary arrangements will be undertaken and ready within the two remaining years before the events are to take place. The OC must present a timetable in which all construction is to be completed in detail, giving a time limit for each phase of the work to be finished.

## **42 Program**

- 42.1 The program for the competitions will be decided at the U.S. Ski & Snowboard Congress the spring before the USCCC are to take place.

## **44 Events, Disciplines, Daily Program**

- 44.2 The Cross Country program may include (but is not limited to) these events:
- 44.2.1 Men: 7.5 km, 10 km, 15 km, 30 km, 50 km, 70 km; Relay; Pursuit Races; Team Races; Sprint Races; and Overall
- 44.2.2 Women: 5 km, 7.5 km, 10 km, 15 km, 20 km, 30 km, 50 km; Relay; Pursuit Races; Team Races; Sprint Races; and Overall
- 44.2.3 Adaptive Men: 2.5 km, 5 km, 10 km, Pursuit races, 20 km, 30 km, Relay, sit-ski, and Overall
- 44.2.4 Adaptive Women: 2.5 km, 5 km, 7.5 km, Pursuit races, 10 km, 20 km, Relay, sit-ski and Overall
- 44.2.5 The draft daily program for the USCCC will be approved by the CCC at the Congress one and a half years before the event.
- 44.3 The whole USCCC program will, as a rule, be organized within a period of not more than nine days.

## **45 Citizenship, Membership, Divisional and Club Representation**

- 45.1 The citizenship of competitors in a USCCC in Cross Country (except for entries in a Foreign or Guest class) must be either:
  - 45.1.1 United States, or
  - 45.1.2 If foreign
    - 45.1.2.1 a resident alien (Immigration and Naturalization Service classification card must be shown as proof at check in), or
    - 45.1.2.2 have filed a "Declaration of Intention" to become a citizen, or
    - 45.1.2.3 be a citizen of a nation whose NGB has a reciprocal agreement with U.S. Ski & Snowboard covering participation in National Championship events.
- 45.2 Membership Status. Competitors must be:
  - 45.2.1 current, paid-in-full Competitor members, or if foreign, FIS licensed competitors, and
  - 45.2.2 in possession of their national membership card or FIS code at the time of check in.
- 45.3 In Team Sprint events, both team members must meet these citizenship requirements to be eligible for national championship titles/medals.

## **46 Number of Participants**

46.1 The CCC and national staff will decide upon the final limits of field size.

46.2 Athletes desiring to petition for admission to USCCC must do so through the Sport Development Manager.

## **47 Control by Technical Delegates and U.S. Ski & Snowboard**

47.1 All Cross Country Courses must be approved by the Technical Delegate.

47.2 The direct control of the USCCC is through the Technical Delegate(s) (TD) for the respective events.

47.3 The OC shall conform to the recommendations of U.S. Ski & Snowboard.

## **48 Officials to U.S. Championships**

48.1 See special rules regarding TD and Assistant TD assignment at art. 303.1.5. See special rules regarding TD and Assistant TD compensation at art. 304.1.2.

48.2 U.S. Ski & Snowboard Representative. The OC shall be responsible for providing room expenses and full credentials, but no travel or meals, for at least 1 national staff member for the period beginning 3 days prior to the first race through 1 day after the last race. Also, if deemed necessary, the OC must provide housing for a national staff representative(s) for a preliminary site visit. Specific details will be outlined in the Event Organizer Agreement.

## **50 Announcement and Entry**

50.1 The OC shall prepare and distribute Event Announcement and Entry to the Sport Development Manager and the CCC not more than 2 weeks after the U.S. Ski & Snowboard Congress. Announcement and Entry must include information regarding:

- schedules
- time and date of first team captains meeting
- location of official notice board
- official website URL
- seeding method
- commercial markings limitations
- classes
- how to reach the venue
- time and dates of official training
- names of principle officials
- postponement and cancellation policy
- doping control
- sponsors
- hotel and restaurant information and contacts
- prize money
- time and place of prize giving
- final date of entry and address for entries, including phone, fax, and email address
- deadlines, fees and membership requirements
- refund policy

A competitor may not be entered unless they have satisfied all deadlines and fees.

50.1.1 For the USCCC, the maximum permissible entry fee for one event is \$60, for two events is \$120, and for 3 or 4 events is \$175. The maximum permissible late fee cannot exceed \$25 (minimum one week before the event).

50.1.1 For the USCCC, the maximum permissible entry fee for one event is \$60, for two events is \$120, and for 3 or 4 events is \$175. The maximum permissible late fee

cannot exceed \$25 (minimum one week before the event).

- 50.2 Time and place for the Draw of each race is decided by the Race Committee well in advance of the competitions and in agreement with the TD. Time limit: not earlier than 72 hours, and not later than 12 hours before the starting time of the race.
- 50.2.1 The following system will be used: Competitors will be placed in draw Groups and seeded into the Groups according to their best available (FIS or NRL) points in the current published list (not the “athlete profile”) in the respective discipline (sprint or distance). Groups will contain 20 competitors unless doing so would mean less than 4 Groups, in which case competitors shall be divided evenly among the 4 Groups beginning with Group A. Competitors with neither NRL points nor FIS points in the respective discipline will be placed in a single Group and randomized within that Group. Groups will be lettered alphabetically with the competitors having the best points in Group A, the competitors with the next-best points in Group B, and so on, and the last Group containing the competitors with neither NRL nor FIS points.
- 50.2.2 For interval start distance races there must be a minimum of 30 seconds between the starting times of competitors in the seeded Group A. If the intervals between race starts is 30 seconds, the jury may decide the order of starting Groups (e.g. A-B-C-D; B-A-C-D; etc.) such that Group A is the most advantaged, followed by Group B, etc. If the intervals between starts is set at any time less than 30 seconds, the jury may decide the order of starting Groups with Groups A and C combined (e.g. [A+C]-B-D; B-[A+C]-D; etc.). Competitors in Group A will start each second start number and the competitors in Group C will start between them. The start order of competitors in Groups A, B, C, and the Group (if it exists) of non-point holding competitors will be randomized. Other Groups will not be randomized.
- 50.2.3 For sprint competitions, the jury may decide the order of starting Groups (e.g. A-B-C-D, B-A-C-D, etc.) such that Group A is the most advantaged, followed by Group B, etc.
- 50.2.4 Mass start competitions should follow FIS guidelines and use the Groups as outlined in Rule 50.2.1.
- 50.2.5 Team sprints will be seeded according to the total best available distance points. For team sprint competitors without current distance points, 990.00 will be substituted (160.00 for foreign skiers).
- 50.2.6 The Competition Jury may take other measures, as needed, to ensure that the draw ensures a fair competition.
- 50.2.7 Adaptive skiers will be seeded at the discretion of the Jury.

50.3 At the USCCC, there are no age classes. Junior men or women will be seeded and drawn with the seniors, without penalty, i.e., they may compete as juniors in all other races throughout that season, or any other season in which the athlete remains a junior

## **51 Doping Control**

51.1 For all regulations in detail concerning doping control, refer to the U.S. Ski & Snowboard Doping Control Policy.

## **52 Prizes**

52.1 At USCCC, the following prizes must be awarded:

52.1.1 A Championship gold, silver and bronze medal will be awarded to the 1st, 2nd and 3rd finishers (including foreign competitors) in each event. Disabled competitors shall compete for combined disabled racing class titles using the percentage finish time formula system.

52.1.2 If a foreign competitor resides in the top 3, two flower ceremonies should take

place. 1) A ceremony with the foreign competitor collecting prize money acknowledging the place of the competitor. 2) A medal ceremony with only the U.S. citizens acknowledging the top 3 winners of the U.S. Championships event.

52.1.3 An award for the Grand Champions, male and female, should be awarded. The competitors' best 5 competitions are scored using the SuperTour system for the Grand Champions. Competitors are not required to race all USCCC events to be eligible for the Grand Champions' awards. Race results for foreign competitors are excluded when calculating points to determine the Grand Champions.

52.1.4 A memento or souvenir should be awarded to all participant athletes and official coaches.

## **53 Ceremonies**

53.1 The OC will, in principle, include the following ceremonies in the USCCC program:

53.1.1 Flower Ceremony. Immediately after the competitors seeded in groups A and B have finished, a flower ceremony must be organized based on the unofficial results of the competition. Media should be informed of the ceremony, and athletes should be placed on a podium in an area conducive to photography. Athletes should be instructed to wear their competition bibs to the podium. Commercial marking restrictions continue to apply for all awards ceremonies. The main presentation should be made excluding Guest-class competitors, and a presentation should also be held including Guest-class competitors. Public announcement should be made that these results are not official and are subject to change. No awards or list of results should be distributed at this time.

53.1.2 Official Prize-giving Ceremonies. Ceremonies should include introduction and entrance of the competitors having won first, second and third place in the competition. Winners take the victory stand and receive medals. Copies of the day's results should be available for all competitors. Athletes not in attendance at the time of official prize giving may forfeit their awards.

53.1.3 Banquet. When possible, there should be a closing banquet in conjunction with the closing ceremonies with remarks thanking the OC for their work, presentation of any appropriate remaining awards, a meal for all competitors (included with the registration fee) and entertainment (music, slide show, dancing, etc.). At this time, complete results should be made available to all competitors and official coaches via a link on the web or in the form of a booklet. The Banquet should be held the evening after the final competition, but if it is anticipated that most competitors will depart before the final event, the Banquet may be moved earlier during the competition upon approval by the Sport Development Manager.

## **54 Finances**

54.1 The OC will plan and carry out the USCCC arrangements at its own financial risk and at its own expense.

54.2 The OC must submit a budget at the time of the bid. The budget must include a fee per competitor. Once the bid is accepted, the fee is to remain fixed.

54.2.1 The entry fee, in its entirety, is due from the individual competitor at the time specified by the race organizer.

54.2.2 Skiers on the U.S. Ski Team, or the Disabled National Team, shall have the entry fee waived. All athletes are responsible for completing all entry forms in a timely manner.

54.2.3 The OC shall submit, a budget with the bid, an updated budget one month prior to the event, and a final financial statement after the event to the Sport Development Manager. The purpose of this is to aid future host clubs in preparing bids and

budget proposals.

54.3 The OC will attempt to work with hotels, motels and restaurants in the area to secure a reduced rate on lodging for all participating competitors, coaches, and officials. Trail fees will be free of charge for official participants in USCCC for a period of two days prior to the first event and for all days between events for official training. The competitors, accredited coaches and USCCC officials, are entitled to all these reductions.

54.4 Waxing Facilities

54.4.1 The OC must provide waxing facilities for athletes and teams.

54.4.1 Waxing space is defined as indoor space, with power, lights and heat.

54.4.2 In addition to the complementary waxing space, additional private waxing such as trailers or other may be provided to the teams. Fees may be charged to the teams.

## **55 Television**

55.1 All television rights of the USCCC or any other NCE are the exclusive property of U.S. Ski & Snowboard.

## **56 Information and General Report**

56.1 The OC will keep the Sport Development Manager and CCC informed of work in progress.

56.2 Official Results. Official competition results in booklet format - for USCCC only - listing all results by event, class and sex shall be provided to all coaches at the Banquet. If Banquet takes place before all events are completed, an insert of results for the final event must be made available at final awards ceremony. A booklet containing ALL results, start lists, and jury minutes must be sent to U.S. Ski & Snowboard within 1 week of completion of event.

Skier booklet should include: race identification, class, sex, distance, technique, weather conditions, date and MM, MT, HD OF COURSE.

Skier identification shall be done in accordance with Rules of the Cross Country Rule Book and shall include: Rank, bib #, Name, Club, Year of Birth, Division/District, Hometown, National ID #, FIS # and Elapsed Time. Results are certified by identifying jury and obtaining signatures of the TD and Race Secretary.

There shall be no cost to the official coaches for the results booklet.

56.2.1 Each organizer of the USCCC must maintain an official event website, and that website's URL must be provided to the Sport Development Manager at least three months in advance of the event. Official results must be posted to the website within two hours of the results becoming official.

56.3 As soon as possible after the competitions, the OC will forward to the Sport Development Manager a general financial report on the U.S. Championships and five sets of official results, complete with Jury meeting minutes.

## **57 Special Regulations.**

These are special technical regulations concerning USCCC. Some are included in Competition Rules, and some are special rules included here, which apply only to USCCC.

57.1 Method of Start. At the USCCC, single starts with thirty (30) second start intervals should be used. Mass starts, Dual, wave, modified wave or 15 second intervals may be used with the approval of the Jury and the TD. All disabled competitions may follow similar start formats.

57.2 Official Coaches. Credentials shall be limited to current Coach members only. Credentials shall be made available to coaches for a fee not to exceed \$35. Credentials shall include a trail pass, memento and meal/award ceremony package.

Only Members are allowed on the competition jury, at team captains meetings, and on the competition course during the competitions. Official Coaches should be issued an approved bib. Only competitors with competition bibs for the day's event, or coaches with an approved bib shall be permitted to move on the race course during the competition. The event organizer is required to enforce these regulations at team captain's meetings and during the competition. Event bibs will be provided by U.S. Ski & Snowboard. Any shipping costs related to returning the bibs will be the responsibility of the organizer.

## **CROSS COUNTRY JUNIOR NATIONALS**

---

### **61 The Role of U.S. Ski & Snowboard**

- 61.1 Junior Nationals is the official national championships for juniors sanctioned by the U.S. Ski and Snowboard Association.
- 61.2 The right to host and organize Junior Nationals will be awarded in accordance with national rules and procedures.
- 61.3 With the exceptions listed herein, all competitions at Junior Nationals will be conducted in accordance with the Cross Country Competition Rules.
- 61.4 Eight months prior to the competition, the Cross Country Officials Committee appoints the Technical Delegate (TD). The Sport Development Manager will appoint an Assistant Technical Delegate (TDA), from the division in which the event is being hosted.

### **62 The Role of the Junior Cross Country Subcommittee**

- 62.1 All rules, procedures and guidelines specific to Junior Nationals are established by the Cross Country Sport Committee (CCC), under recommendation by the Junior Cross Country Subcommittee.
- 62.2 Amendments and exceptions to these special rules for Junior Nationals may only be recommended by Junior Cross Country Subcommittee in its annual meeting at the Junior Nationals, or via mail ballot or teleconference. Recommended rules changes must be approved by Cross Country Rules and Technical Subcommittee and forwarded to the CCC for final approval or rejection.
- 62.3 The Junior Cross Country Subcommittee may appoint a special working group with the responsibility to oversee the preparations for the Junior Nationals.

### **63 Bid Procedure for Junior Nationals**

- 63.1 All bids for Junior Nationals must be submitted to the Junior Cross Country Subcommittee for review. All bids must comply with the standards set forth in the Event/Venue Development Pipeline and Event Organizer Handbook. Course homologation must be completed at the time the bid is submitted.
- 63.2 The Junior Cross Country Subcommittee shall recommend to the CCC the Region in which the Junior Nationals are to be held and may specify the organizing body and site for the events in the case that more than one bid is submitted by a single Region.
  - 63.2.1 In the case of multiple bids from within a Region, the Region may choose to exercise its right to recommend the bid to be submitted to the Junior Cross Country Subcommittee for approval.
  - 63.2.2 If a Region does not choose to exercise its right to select the bid to be submitted from that region, the Junior Cross Country Subcommittee is responsible for making

the decision, with final approval given by the CCC.

- 63.3 Bids for Junior Nationals should be awarded at least two years in advance to allow for adequate planning and distribution of information and to allow a major competition to be held at the site in the year prior to Junior Nationals.
- 63.4 Any potential organizer must consult the Event Organizer Handbook and submit all bids according to the procedures and performance outcome specifications listed therein.
- 63.5 The Event Organizer Handbook is available from the Sport Development Manager.
- 64 Financial and Organizational Responsibilities of the OC**
- 64.1 See special rules regarding TD and TDA assignment at art. 303.1.5. See special rules regarding TD and TDA compensation at art. 304.1.2.
- 64.2 Room costs and a credential, but no meals or travel, for the Sport Development Manager or a representative for the period of the Junior Nationals, not to exceed Sunday through Sunday.
- 64.3 Securing all officials other than the TD.
- 64.4 All competitor bibs, unless otherwise specified by U.S. Ski & Snowboard.
- 64.5 All special mementos required by these rules, unless otherwise specified by U.S. Ski & Snowboard.
- 64.6 All general organizational costs including grooming, award ceremonies, other functions.
- 64.7 All awards and medals required by these rules, including guest class awards, unless otherwise specified by U.S. Ski & Snowboard.
- 64.8 All necessary race materials, such as fencing, signs, etc.
- 64.8.1 Wax space, either trailers or rooms, must be provided by the Organizer and at no cost to the participating divisions.
- 64.8.2 Official U.S. Ski Team suppliers will be allowed complimentary waxing space, provided the host site has a facility suitable. Waxing space is defined as indoors, with power, lights and heat. If fees are incurred by the organizer to supply the waxing space, the fees may be passed onto the supplier and should be charged at the minimum for the organizer and be fair to the supplier.
- 64.8.3 Non Official U.S. Ski Team suppliers may be allowed complimentary waxing space, provided the host site has a facility suitable. Waxing space is defined as indoors, with power, lights and heat. If fees are incurred by the organizer to supply the waxing space, the fees may be passed onto the supplier and should be charged at the minimum for the organizer and be fair to the supplier.
- 64.8.4 High speed photo finish cameras (60 frames per second minimum) are required for Sprints, Mass Starts and Relays.
- 64.9 Working with local hotels, motels, restaurants, car rental agencies and travel agents to provide the best rates possible for visiting teams.
- 64.10 Organizer must provide a well-designed and frequently updated website at least 6 months prior to the competition. All race details including seed lists, start lists and results must be posted as they become available. Web cams at the start/finish areas should be offered when feasible.
- 64.11 Other financial obligations as outlined in the Cross Country Event Organizer Agreement.
- 64.12 The shipping cost will be paid by the organizer to send the bibs used for the coach, supplier and Jury back to U.S. Ski & Snowboard.

**65 Financial and Organizational Responsibilities of the Divisions and Districts**

- 65.1 All arrangements and expenses for travel to and from the Junior Nationals.
- 65.2 All arrangements and expenses for housing at the Junior Nationals.
- 65.3 All arrangements and expenses for ground transportation at the Junior Nationals.
- 65.4 All arrangements and expenses for meals at the Junior Nationals, other than the final awards banquet, which is covered by the entry fee.

## **66 Entry and Credentialing Fees**

- 66.1 The OC must submit a budget at the time of the bid. The budget must specify an entry fee per competitor. Once the bid is accepted, the approved entry fee is to remain fixed, unless approved by the CCC and Junior Cross Country Subcommittee.
  - 66.1.1 The maximum permissible entry fee is \$225 per competitor.
    - The maximum permissible charge for coach credentials in addition to those specified in rule 075 is \$50 per credential (\$50 fee includes the price of a ticket to the final banquet), up to a maximum total of 15 coach credentials may be issued to one division.
  - 66.1.2 Supplier credentials charge is \$50 per credential. U.S. Ski Team Suppliers will receive 2 credentials at no charge. Any credentials needed after 2 can be purchased. Non U.S. Ski Team suppliers will be charged \$50 per credential.
  - 66.1.3 The entry fees for all athletes on a Division or District team are due from that Division or District at the time of on-site registration.
  - 66.1.4 The entry fee will be waived for any skier who is, at the time of the Junior Nationals, on the U.S. Ski Team, attended the USOC Youth Olympics, or who was a member of the Cross Country Junior World Championships team during the current season.
  - 66.1.5 Trail use will be free of charge for accredited participants in the Junior Nationals for a period commencing two days prior to the sprint event and including the duration of the Junior Nationals up until the time of the closing banquet.

## **67 Prizes and Awards**

- 67.1 For the purposes of prize-giving, awards, and publication of results, the competition within each class and gender is considered a separate and distinct event.
- 67.2 These prizes are to be awarded:
  - 67.2.1 Individual Events
    - A gold medal to the winner of each event, a silver medal to the second-place finisher of each event, and a bronze medal to the third-place finisher in each event.
    - A commemorative medal to the finishers in places 4 through 10 in the individual events.
  - 67.2.2 Relays
    - A gold medal to each member of a winning team, a silver medal to each member of a second-place team, and a bronze medal to each member of a third-place team.
    - Commemorative medals to each member of the teams in places 4 and 5 in the relay events.
- 67.3 In the event of a tie, equal awards shall be given.
- 67.4 A memento should be presented to each participating competitor and to each accredited coach who are members of each Division or District's team.
- 67.5 Guest Class medal winners will be recognized and included at the mid-week awards ceremony, and at the final awards banquet. Only Guest Class medals winners will be recognized. Guest Class medal winners do not displace U.S. skiers but are in addition too. Guest Class skiers will be called up during the regular ceremony sharing the podium spot of the U.S. competitor. There will be no separate Guest Class recognition within the ceremony.

## **68 Backup Sites, Relocation, Postponement and Cancellation**

- 68.1 For each Junior Nationals, a backup site must be specified. This site must be approved by the Junior Cross Country Subcommittee.
- 68.2 A decision to relocate the Junior Nationals to a backup site must be made not less than 10 days prior to the first event of the Junior Nationals and must be recommended by the Junior Cross Country Subcommittee and approved by the CCC Executive Board.
- 68.3 Postponement, cancellation or transfer of the Junior Nationals to an alternate site must be communicated by the OC to the Junior Cross Country Subcommittee, the Sport Development Manager, all Divisions and Districts, the TD and other officials with the least possible delay, via phone, email, and web.

## **69 Financial and Technical Reports**

### **69.1 Financial Reports**

- 69.1.1 The OC must submit a preliminary budget with the bid proposal. There must be updates to the budget every six months from the awarding of the bid through the start of the event.
- 69.1.2 A final financial recapitulation including actual revenues (including gifts of any kind) and expenses, shall be submitted to the Sport Development Manager, and Junior Cross Country Subcommittee Chair within one month of the completion of the event.

### **69.2 Technical Reports**

- 69.2.1 The OC must submit reports on the progress of preparations for the Junior Nationals to the Junior Cross Country Subcommittee, the TD, the TDA and the Sport Development Manager quarterly from the awarding of the bid through the completion of the competition. Minutes of all OC meetings should be submitted to these same parties within 1 week of the completion of the meeting.
- 69.2.2 A final report on the technical aspects of the event, including minutes of coaches and Jury meetings, and a summary of the event from the point of view of the TD and the OC must be submitted one month after the close of the event.

### **69.3 Circulation of Reports**

Copies of all reports must be sent to the Sport Development Manager, all members of the Junior Cross Country Subcommittee, the TD, and the TDA.

### **69.4 Divisional Declaration, Large Division, Small Division.**

- 69.4.1 Divisional Size: There are currently 10 recognized divisions. (see divisional map). A division will choose what classification, Large or Small. A division will choose what is the best fit for their Division.

Large Division Quota will not exceed 50 total athletes excluding pre-quals.

Small Division Quota will not exceed 36 athletes excluding pre-quals.

Note: Small Divisions will be eligible for the "Small Division Award" (title TBA) please see rules under awards.

- 69.4.2 A division must designate what classification they are with U.S. Ski & Snowboard by Sept. 1.
- 69.4.3 A division designated classification will automatically renew the status of the previous year unless the division notifies U.S. Ski & Snowboard by Aug. 30, for the upcoming ski season.

## **70 Right to Participate, Division/District and National Selection Criteria**

- 70.1 The 10 Divisions and Districts are entitled to participate in the Junior Nationals. Only competitors entered by or with the permission of their Division/District Cross Country Committee may participate, i.e. participation by unaffiliated individuals is

not permitted.

- 70.1.1 Each Division or District is responsible for developing and publishing selection criteria used within that Division or District to select that Division or District's team to the Junior Nationals. All Divisions or Districts must have an appeal procedure in place for any skier who feels he or she has been unfairly excluded from his/her Division or District team.

Appeal procedures must be published on the divisions website by Sept. 1 of the current season. If a division does not have criteria posted on a divisional website, they may lose their right to attend JN's. The Sport Development Manager will govern this decision.

- 70.1.1.1 Divisional quota may vary and can be less than allowed quota. It is up to the divisions to set policy on how the athletes qualify in each division and how many athletes the division will take not to exceed the maximum quota. The division must publish this criteria and quota numbers by Sept. 1, of the current season

- 70.1.2 Skiers ranked in the first 20 men or the first 20 women on the final ranking list at the Junior World Championships team trials are automatically qualified to enter the Junior Nationals but are not counted against their Division's or District's quota specified in rule 074.

- 70.1.3 Skiers who qualify for and attend the U18 Scandinavian Cup with the U.S. Ski Team are automatically qualified to enter the Junior Nationals as a part of the team from their home division but are not counted against their Division's or District's quota specified in rule 074.

- 70.1.4 The top-5 U.S. juniors, excluding foreign competitors, on the final NCAA East, NCAA West, or NCAA Central ranking lists are automatically qualified to enter the Junior Nationals but are not counted against their Division's or District's quota specified in rule 074. If one of those identified top-5 U.S. Juniors declines to attend they will not be replaced; there are no alternates for this group.

- 70.1.5 Members of the World Junior Championship Team in Biathlon or Nordic Combined, are automatically qualified to enter the Junior Nationals as a part of the team from their home division but are not counted against their Division's or District's quota specified in rule 074.

- 70.1.6 Members of the USOC Youth Olympic team.

## **71 Invitation and Entry**

- 71.1 The OC must prepare invitations to all the Divisions and Districts for distribution at the Junior Nationals the year prior to the event. The invitation must include:

- 71.1.1 Date and place of the competition, with time and site of each race together with course maps and profiles.

- 71.1.2 Travel information including commercial air carriers flying to the nearest major airport and suggested local travel agent contact.

- 71.1.3 Accommodation information including motels and hotels which accept block booking for the various teams, approximate costs, and contact persons to arrange housing and meal plans. Meal plans should include sample menus and costs.

- 71.1.4 Name and address of race secretary to whom entries should be mailed.

- 71.1.5 The entry fee per competitor.

- 71.1.6 Time and place for the first coaches'/team leaders' meeting.

- 71.1.7 Timetable for the beginning of official training and start times for training.

- 71.1.8 Time and place for award ceremonies and banquet activities.

- 71.1.9 Any other information outlined in the Event Organizer Handbook.

- 71.2 Each Division or District must notify the organizer of the approximate size of its

team, including athletes and support staff by Feb. 1, prior to the Junior Nationals.

- 71.3 Team entry lists for each Division or District must include name, date of birth, membership number, class, sex, home address, club, and school or team for each competitor.
- 71.4 Final team lists for each Division or District must be received by the Race Secretary not less than 5 days prior to the first competition. Changes to a team roster between receipt of entries and the start of the competition may be made only in the case of injury or illness.
- 71.5 No substitutions or changes in a divisional team roster may be made after the first official team captains' meeting.

## **72 Year and Dates**

- 72.1 The Junior Nationals will take place every year.
- The Championships should rotate every five years through the Regions in this order: (East, Pacific, Central, Mountain, Alaska)
- The Junior Nationals may be held in conjunction with the Jumping and Nordic Combined Junior Nationals.
- The Junior Nationals will take place in March. The Sprint event will normally be held on the Monday after the first Friday in March.

## **73 Events, Distances Daily Program**

- 73.1 The competition calendar at the Junior Nationals consists of not less than four (4) medal events. These include a sprint event, two individual competitions and a relay competition.
- 73.2 Class Men Women
- 73.2.1 U16: Sprint 5 km 5 km 3 km relay Sprint 5 km 5 km 3 km relay
- 73.2.2 U18: Sprint 10 km 10 km 3 km relay Sprint 10 km 5 km 3 km relay
- 73.2.3 U20: Sprint 15 km 10 km relay Sprint 10 km 5 km 3 km relay
- 73.3 Technique will alternate in each discipline each year.
- 73.4 The calendar shall be agreed upon by the OC and the CCC Junior Committee by a majority vote no less than 12 months prior to the Junior Nationals.
- 73.5 The competition program at the 2019 Junior Nationals is:

Saturday	travel day - arrival on-site
Sunday	training day - official training sprint free
Monday	race - individual freestyle
Tuesday	training day
Wednesday	race - sprint classic
Thursday	training day
Friday	race - mass start classic
Saturday	race - relays freestyle
Sunday	departure; travel home

## **74 Number of Competitors**

- 74.1 Quotas for the Junior Nationals are:

Division or District	Males	Females
Alaska	25	25
Central/Great Lakes	25	25
Central/Midwest	25	25
East/Mid-Atlantic	25	25
East/New England	25	25

Far West	25	25
High Plains	25	25
Intermountain/Northern	25	25
Pacific Northwest	25	25
Rocky Mountain	25	25

\*There will be no more than 14 skiers allowed in an individual class. Excluding Pre-quals. See rule: 83.5.1.

- 74.2 Competitors qualifying through Junior World Championships Trials, Biathlon or Nordic Combined World Championship Team membership, U18 Scandinavian Cup Team membership and NCAA Regional Qualifying lists are not counted against the Division/District quota of 25 males and 25 females.

## **75 Staff: Coaching Staff and Support Staff Size and Composition**

### 75.1 Definition of Staff

- 75.1.1 A team's staff is defined as all those individuals, coaches and non-coaches alike, who have an official role with the team in support of the athletes on the team.

- 75.1.2 The size of the staff brought by any Division or District team may not be limited by the OC.

- 75.1.3 At the time of the team entry, all staff must be listed on the Division or District entry form.

- 75.1.4 Staff must be classified as either Coaching Staff or Support Staff.

### 75.2 Coaching Staff

- 75.2.1 The coaching staff consists of those individuals whose function is primarily coaching, and who need access to: coaches' and team leaders' meetings, the course during the races, wax cabins, and all areas accessible to competitors. Access to these areas and functions are possible only with a coaching credential. The TD may limit the number of coaches allowed to attend the Team Captains meetings, but this number may not exceed 3 per division or district.

- 75.2.2 In order to receive a coaching credential, a coach must be a current Coach member; only accredited coaches may serve as team representatives at team leaders meetings. All issued coaching credentials must be approved by the division's team leader or head coach.

- 75.2.3 Each Division or District is entitled to a minimum of six coaching credentials without charge.

- 75.2.4 Teams with less than 30 athletes will be entitled to six coaching credentials without charge.

- 75.2.5 Teams with 30-42 or more athletes will be entitled to seven coaching credentials without charge.

- 75.2.6 Teams with more than 43 athletes will be entitled to eight credentials without charge.

- 75.2.7 Coaching credential in excess of the above-stated numbers may be purchased by each Division or District from the OC as per Rule 066.1.2.

- 75.2.8 All issued coaches credentials must be approved by the divisional team leader prior to the accreditation being issued.

### 75.3 Support Staff (non-coaching)

- 75.3.1 Staff members who are not credentialed coaches are permitted only in event areas designated as public.

### 75.4 On Course Identification of Coaches

U.S. Ski & Snowboard will make available to each host site, a quantity of numbered,

red and green cloth bibs or armbands for purposes of on-course identification and for access to restricted areas, such as the start and finish pens and competition courses. Only credentials (not bibs) are required to enter the waxing cabin area.

- 75.4.1 Each Divisional team is entitled to a number of identification (colored) bibs equal to the number of coaching credentials purchased, up to a maximum of 15, of which 4 are designated for free movement during the races on the course and the remainder for non movement during the races. Practice times and days all colored bibs are permitted free movement.
- 75.4.2 Colored Coaching identification bibs may be revoked by the OC with approval from the TD for inappropriate conduct and will be withheld for the remainder of the Junior Nationals.
- 75.4.3 Designated Free Movement colored Numbered Bibs  
Staff members wearing free movement colored numbered bibs are permitted to move on the course during the event, to test kick-wax during the event, with the flow of traffic, and to have access to all racer-service and care areas, if so determined by the Jury.
- 75.4.4 Staff members wearing non movement numbered bibs are permitted close access to the competition course for purposes of split-timing, are permitted to move along the course (with the flow of traffic) during breaks between classes or course changes and may have access to the start pen and the finish pen if so determined by the Jury.
- 75.4.5 The organizers may establish their own method of assigning colors to the bib identification and regulating access to the start area and to the finish area, in consultation with the Jury.
- 75.4.6 Close access to the course, and movement on the course from the start of the first competitor to the finish of the last competitor is prohibited to all personnel who are not wearing official colored numbered bibs.
- 75.5 Supplier Participation and Credentialing
- 75.5.1 Supplier are defined as industry suppliers that participate at the event. U.S. Ski Team suppliers and non-Team suppliers are permitted (see fees under rule 66).
- 75.5.2 Suppliers, both U.S. Ski Team and non, will receive specific supplier bibs or armbands for identification purposes. Supplier bibs will be provided from the OC and must be worn to access restricted areas.
- 75.5.3 Course access is permitted to the Supplier. Alternative areas for access will be determined by the OC. For course access, Supplier bib movement will be open on non-competition days. Supplier bib access and movement on competition days will be determined by the Jury.
- 75.5.4 Suppliers present at the event solely in a manufacturer role may or may not be a Member. Suppliers present and performing any coaching, support or staff role for a divisional team MUST be a Member.

## **76 Qualifications of Competitors Eligible for Championships**

- 76.1 To be eligible for JN titles, a competitor must be a U.S. citizen, or if foreign,
- 76.2 a resident alien (i.e. a “green-card” holder).
- 76.2.1 If so requested, “green card” must be shown as proof of status upon arrival at the Junior Nationals.
- 76.3 Membership
- 76.3.1 At the time of the Junior Nationals, competitors must be current, paid-in-full members Cross Country Competitor members.
- 76.3.2 Competitors must be able to prove their membership status if so requested upon

their arrival at the Junior Nationals. The Sport Development Manager will provide organizers with the most current membership list possible prior to the event.

- 76.4 Division or District Representation
- 76.4.1 A skier represents the District or Division in which they reside. Only athletes currently enrolled in a college/university may choose to compete in either the division of their primary residency or the division in which their college/university is located. All divisional eligibility issues are arbitrated by the Sport Development Manager.
- 76.4.2 When SRNC precede the Junior Nationals, skiers must compete for the same Division or District at the Junior Nationals as they represented at SRNC/Junior World Championships Trials. Does not apply to athletes in rule 76.4.1.
- 76.4.3 A U.S. citizen who resides outside of the United States may qualify for Junior Nationals by achieving top twenty on the junior ranking list at the Senior National Championships. This skier has the right to participate at Junior Nationals as an independent athlete but may not represent a division for the purpose of scoring Alaska Cup points. They may also participate in a divisional Junior National qualification series of their choosing as an alternative method of qualification. If qualifying through this method, a skier may represent only that division at Junior Nationals for the purpose of scoring the Alaska Cup.

## **77 Guest Class - Qualifications of Competitors, Procedures**

When competitors not meeting the qualifications in Rule 077 are competing at the Junior Nationals, a Guest Class shall be included. Non-citizen, non-resident-alien athletes who are in the U.S. as exchange students or on student visas, and individuals who are members of invited foreign clubs or teams may compete only within the Guest Class.

- 77.1 Guest Class competitors are not eligible for a JN championship official awards but may receive a commemorative award.
- 77.2 Exchange Students competing within the guest class athletes are not part of any Division or District quota.
- 77.3 Each nationality represented within the guest class is considered a national team, and functions as a Division or District regarding seeding and representation at team leaders meetings.
- 77.4 Guest Class competitors are integrated into the regular draw groups.
- 77.5 Qualifications - Exchange Students:
- 77.5.1 Must be current, paid-in-full Cross Country Competitor members.
- 77.5.2 The CCC in a Division or District in which such competitors temporarily reside must attest that these competitors have been performing at a level which would have enabled them to qualify for the JN team in that Division or District, had they been eligible.
- 77.6 Qualifications - Visiting Foreign Athletes (non-exchange students)
- 77.6.1 Must be current, paid-in-full members and competition license-holders in their home association or National Governing Body. Visiting foreign athletes must provide a completed standard U.S. Ski & Snowboard waiver and release, including all necessary signatures, prior to competing.
- 77.7 In both official and unofficial results, it is permissible that times for Guest Class competitors may be integrated into the same result list as all other competitors.
- 77.8 Invitations to participate in the Junior Nationals should be forwarded by the OC to the national association of foreign guest teams not later than Oct. 1 prior to the event.

## **78 Age Classes**

- 78.1 At the Junior Nationals, competition will be held in three age classes: U20, U18 and U16.
- 78.1.1 In the U20 Class, the competitor may not be older than 20 during the calendar year in which the competition is held.
- 78.1.2 In the U18 Class, the competitor may not be older than 18 during the calendar year in which the competition is held.
- 78.1.3 In the U16 Class, the competitor may not be older than 16 during the calendar year in which the competition is held.
- 78.1.4 Age-class eligibility table: (Year of the Junior Nationals and Year of Birth)
- |       |               |               |
|-------|---------------|---------------|
| Class | 2019          | 2020          |
| U20   | 1999 and 2000 | 2000 and 2001 |
| U18   | 2001 and 2002 | 2002 and 2003 |
| U16   | 2003 and 2004 | 2004 and 2005 |
- 78.2 A competitor may compete in one and only one age-class in all individual events throughout the Junior Nationals.
- 78.2.1 Competitors may “move up” in age class for the relay competition.
- 78.3 There is no minimum age in the U16 class.
- 78.4 If fewer than 24 U20 or U18 competitors per sex are registered for the mass-start competition, then those classes will be started together in those events.

## **79 The Competition Jury shall consist of:**

- the TD
- the Assistant TD
- the Sport Development Manager or designate
- the Chief of Competition

A Jury member selected by the OC in consultation with the host region competition committee, the TD, and the Sport Development Manager or designate.

## **80 Timing and Start Formats**

- 80.1 In all JN events, electronic timing with start wand(s) and a finish beam, must be used. Chip timing and a Finish Lynx may be used. For more information, please reference the timing standards for National Championships or additional timing arrangements must meet the approval of the Sport Development Manager, TD the JN Oversight Committee.
- 80.2 Sprint Event
- 80.3 In the Sprint qualification and individual events, skiers will start one every 15 seconds. However, the Jury may approve the use of other start intervals, or the use of dual starts, if the timing capabilities are available.
- 80.4 See ICR 315.5 “Heat Start Procedures”.
- 80.5 The relay events shall be mass start events, in either a distance (3x3 km) format or sprint ( $3 \times \pm 1.5$  km) (if approved in advance) format, using normal relay rules and procedures.
- 80.6 All individual distance mass start events at Junior Nationals are to be organized according to the Chevron start method with 11 lanes being the standard. For relays, a minimum of 10 lanes arranged in a straight line, one for each Division, is required. The TD/Jury will be allowed to recommend additional configurations if impacted conditions apply to the start lanes.
- 80.7 The U16, U18 and U20 age class races in the mass start race are to be run as separate events.

## 81 The Courses and Facilities

- 81.1 The OC should specifically design all courses to be suitable for junior championship competition.
- 81.2 The Cross Country Committee Courses requires all JN/Junior National sites strive to attain the FIS Norms in regard to Height Difference, Maximum Climb, and Total Climb and the following standards; a) Stadium sufficient for proposed events (mass start, team sprint, relay, individual starts, pursuit), b) Course width according to FIS homologation standards (ICR 311.2.6), c) Hill location and height may vary 5-10% less than homologation standard for distance races, d) Sprint should be close to FIS standards - 2 hills important - climbs within 10%. For competitions held between 1650 and 2200 m, the TC and MC must be at least 10% below the maximum. The high point for any courses used at Junior Nationals must not exceed 2200 m/7218' in elevation. However, a site lying above 2200 m may apply for an altitude exception in conjunction with its Junior National bid.
- 81.3 Technical specifications for Junior National cross country courses:  
Current FIS ICR Norms

Course Distance (loop length)	Minimum climb (in PHD m)	HD	MC	TC
Sprint F		max 50 m	0-30 m	0-60 m
Sprint C	1 climb > 15 m	max 50 m	10-40 m	20-60 m
2.5 km	1 climb > 25 m	max 50 m	10-40 m	75-105 m
3.3 km	1 climb > 25 m	max 65 m	30-50 m	100-140 m
3.75 km	1 climb > 30 m	max 80 m	30-65 m	110-160 m
5 km	1 climb > 30 m	max 100 m	30-80 m	150-210 m
7.5 km	1 climb > 30 m	max 125 m	30-80 m	200-315 m
8.3 km	1 climb > 30 m	max 125 m	30-80 m	210-350 m
10 km	1 climb > 30 m	max 125 m	30-80 m	250-420 m

Longer loops should follow the same principles.

A climb is defined as an uphill with a gradient from 9 - 18 %, broken up with short undulating sections less than 200 m in length, steep uphill = 4 m < PHD < 10 m, gradient > 18%, or a downhill that does not exceed 10 m partial height difference (PHD). The average gradient of the climb, including undulating terrain and downhill sections must be 6 - 14%.

- 81.3.1 Two different sprint courses (approximately 900-1000 m and 1150-1250 m) may be required.
- 81.4 All courses and facilities should be used for a major competition during the season prior to the Junior Nationals to attest to the appropriateness of the courses, stadium, marking controls, etc.

## 82 Sprint Rules

Junior Olympic Sprint Event management will be in accordance with FIS ICR 325.

- 82.1 Additional General Technical Details
- 82.1.1 The sprint event will generally be held on a course of not less than 750 m nor more than 1250 m.
- 82.1.2 There must be a minimum of six start lanes and not less than four finish lanes.
- 82.1.3 The qualifying round will be held in the morning, and the elimination round later in the day.

- 82.1.4 The break between the qualifying round and the elimination round should be such that for any competitor making it to the qualifying there is a minimum of 90 minutes between completing the qualifying round and taking the starting line for the first time in the elimination round.
- 82.1.5 For the elimination round, new bibs will be assigned to all competitors who have qualified. These bib numbers should reflect the competitor's qualifying rank. Each competitor will wear this assigned bib throughout the elimination round.
- 82.1.6 A guest class skier who qualifies in the qualifying round for the elimination finals will displace a U.S. Skier in the elimination finals and advance according to rule 82.0.
- 82.2 Structure of Classes
  - 82.2.1 In the qualification round, the U20 and U18 classes will be combined.
  - 82.2.2 The start order of the U20 and U18 classes will be seeded based on the NRL points; lowest points (best skier) will start first. Skiers without points will be assigned random draw and placed behind the seeded skiers.
- 82.3 Start Order of Classes
  - 82.3.1 The order the classes/genders will be same in both qualifying round and the elimination round.
  - 82.3.2 The start order of the genders will alternate from year to year.
  - 82.3.3 Order of Classes in elimination will follow of the qualification rounds and should be run as follows:  
Even Number Years: U16 Boys/Girls, U20/U18 Boys, U20/U18 Girls  
Odd Numbered Years: U20/U18 Boys, U20/U18 Girls and U16 Boys/Girls.
- 82.4 The elimination rounds will be timed. A Lynx Finish timing system or equivalent will be used.
  - 82.4.1 Using the times from the quarterfinal rounds, determination of the 3rd and 4th ranked competitor (lucky loser) positions will be assigned according to the two fastest skiers after quarter final rounds.
- 82.5 If in the case that a class had less than 20 competitors, than that classes eliminations rounds will consist of semis and finals only.

## **83 Seeding and the Draw**

- 83.1 The final entry and seed list for a competition for each Division or District is due approximately 24 hours prior to the competition. This entry deadline will be established by the OC and should be included in the invitation/announcement.
- 83.2 The draw will take place prior to the coaches' meeting, which is normally held the evening prior to each race.
- 83.3 U18 and U20 Classes
  - 83.3.1 In individual events, the U18 and U20 skiers will be drawn and seeded as one combined class. For mass-start, the classes will not be combined, and the start order will be based on the NRL and only combined according to rule 78.4.
  - 83.3.2 Competitors who do not have valid NRL points will be placed in the last seed group and randomly drawn within that group.
  - 83.3.3 Competitors who are ranked on the NRL and who have valid NRL points are considered "seeded" and will be grouped with other competitors who have valid points. Overall NRL points will be used for all distances.
  - 83.3.4 The 30 highest-ranked competitors will be the Red Group for the entire Junior Nationals.
  - 83.3.5 If the number of seeded competitors (with valid points) is 120 or less, there will be four seeded groups: the Red Group of 30, and three other groups, divided as

- equally as possible.
- 83.3.6 If the number of seeded competitors is 121 or more, there will be five seeded groups: the Red Group of 30, and four other groups, divided as equally as possible.
- 83.3.7 From fastest to slowest, the seeded groups are: Red Group (A), B, C, D, E.
- 83.3.8 The Jury will seed the red group in the most advantageous start position. The competition Jury may alter the start of the groups if conditions warranted the change.
- 83.3.9 A normal start order for interval start races other than Sprints will be B, A, C, D, E.
- 83.4 The race start order of the age-classes may vary to assure that each class will have the opportunity to experience “optimum racing conditions” in such situations as varying temperature, time of day, and other that the OC, TD and Jury decide.
- 83.5 Each Division or District is entitled to not more than 14 competitors (under its quota of 25 males and 25 females) in a single class in each event.
- 83.5.1 Competitors who have qualified for Junior Nationals through their performance at Junior World Championships Trials, their final Regional NCAA Ranking, qualification for the U18 Scandinavian Trip, or as members of the Junior World Championships Biathlon Team, may be entered by their Division or District in excess of the per-class limit of 14 competitors per Division or District.
- 83.6 In individual, mass-start and pursuit events, the field in the U16 class will be divided into 4 seeding groups regardless of the size of the class. The seed sheet shall specify which seed group starts first and last.
- 83.6 U16 Mass Start Seeding
- 83.6.1 The mass start seeding will be seeded by the TD and Jury using an averaging method from the events raced prior to the mass start. The number 1 qualifier is seeded as the number 1 starter in the mass start.
- 83.6.2 In the case of a skier who did not start in the sprint qualification. Each division may substitute one athlete into any earned seed start from the divisions earned start positions. If in the case that more than one skier is a DNS, than all skiers over the one allowable substitute may be included in the start but the start position will be randomized at the rear of the U16 seeded start field.
- 83.6.2.1 When a skier who has not started in a race prior to the mass start they can be substituted into a divisions earned start position in the mass start that division’s other skiers are relegated to their division’s next earned slot in the same order in which those divisional skiers finished the sprint. The final skier will be placed at the rear of the field. Substitutions must be submitted according to the OC entry requirements and timelines.
- 83.7 Each division shall seed U16 athletes into 4 seed groups, as evenly divided as possible among the 4 groups but not to exceed 4 in each group. Seed groups shall be ranked with the expected fastest athletes in the A seed, the next fastest shall be the B seed, then C, the D seed shall be the expected slowest skiers. Coaches will put their fastest skiers in the A seed, next fastest B seed and so on. The jury shall decide what order the seed groups compete.
- 83.8 Start lists must be published the evening prior to a competition and must include a starting time expressed as a time of day for each starter.
- 83.9 Seeding and the Draw - with Nordic Combined Competitors  
When Nordic Combined competitors are starting in a cross country event, these rules apply:
- 83.9.1 NC skiers will be in addition to, and not part of, the quota from their Division or District. Such skiers, however, may not score Alaska Cup points unless they are part of the cross country quota for their Division or District.

- 83.9.2 NC skiers must, within their respective classes, be drawn as a single group at the center of the field. When the Gundersen start method is utilized, the NC skiers will start last, the first NC competitor starting 30 seconds after the final special cross country competitor.

## **84 Relay Regulations**

- 84.1 Relay teams will be comprised of three-skiers per team.
- 84.2 Race day changes in start order for relay teams in all classes must be submitted to the race secretary not later than 60 minutes prior to the start of the first relay event of the day.
- 84.3 The courses used for the classic legs of relays shall have multiple tracks.
- 84.4 The Starting line of the Relay will be a single straight line.
- 84.4.1 Ideally, the number of lanes set in the start shall be equal to not less than two times the number of division and districts in the Junior Nationals. If terrain permits a fair and functional start, additional start lanes may be set. As few teams as possible should start on a third row of the start grid. Unofficial teams including Mixed teams and Guest Class Skiers will be placed behind the field and only given a lane if the terrain permits.
- 84.5 When a division, district or national group receives more than one starting lane, the lanes assigned to that division, district or national group shall be adjacent to one another.
- 84.6 The Jury will determine the starting grid in accordance with rule 84.8. The Jury may allocate multiple lanes to those divisions or districts entering more teams and may allocate single lanes to those divisions or districts entering fewer teams.
- 84.7 The U18 and U20 class boys and girls, respectively, will race as single groups, with simultaneous starts for both classes within each respective sex. Separate result lists will be published for each class.
- 84.8 Lane positions for the divisions in the combined U18/U20 Relay will be assigned based upon the relay finish order in the combined U18/U20 classes at the previous Junior Nationals (i.e. the Division or District whose team was first across the finish line at the previous Junior Nationals, regardless of whether that team was a U18 or an U20 team, will draw lane 1, etc.).  
Additional teams for each division will fill in behind their respective front-row teams.
- 84.9 Lane positions on the front row for the U16 classes will be assigned based upon the relay finish order in the class at the previous Junior Nationals. Additional teams for each division will fill in behind their respective front-row teams.
- 84.10 Unofficial teams to include mixed teams and Guest Class Skiers, will be started in any empty start position in the rear-most row of the starting grid.
- 84.12 Identification for U18/U20 Relay Bibs
- 84.12.1 In order to identify an U20 versus a U18 skier, Race Organizers will differentiate between the classes by assigning respectively 2 and 3 digit bibs to U18 and U20 teams. Example: U20 bib #223 and U18 bib #23.

## **85 Other Event-Specific Technical Regulations**

- 85.1 Issues not covered in these rules
- 85.1.1 Technical issues not covered in these rules shall be as per the pertinent national and FIS regulations.
- 85.1.2 Rulings on any questions not covered in these rules or the pertinent national and FIS rules shall be the responsibility of the Jury.
- 85.2 Commercial Markings

- 85.2.1 U.S. Ski & Snowboard commercial markings regulations apply to all athletes to include races and podium conduct.
- 85.2.2 There will be no official ski marking at Junior Nationals
- 85.3 Results
- 85.3.1 Interim Results will be posted on the official notice board during each event as available. At a minimum, complete results for each class should be posted shortly after the conclusion of competition for that class.
- 85.3.2 Unofficial Results will be posted for all classes combined within 20 minutes of the completion of a competition. The time period during which protests may be filed begins when the Unofficial Results are posted.
- 85.3.3 Final result lists should include, for each competitor: rank, name, Division or District, year of birth (last 2 digits), national membership number, club affiliation, finish time, Alaska Cup points and NRL race points.
- 85.3.4 Five complete sets of official results must be provided for each Division at or immediately following the final awards banquet.
- 85.3.5 All official results must be available online.
- 85.4 Medical Health and Safety
- 85.4.1 The Ski Patrol, a doctor, and emergency medical care facilities must be available daily during the entire Junior Nationals.
- 85.5 Doping Control
- 85.5.1 Doping control, if conducted, shall be conducted in accordance with USOC/FIS guidelines.
- 85.5.2 For all regulations concerning doping control, the USOC Medical Committee is responsible.
- 85.6 Start Format
- 85.6.1 In cases of extreme weather or snow conditions, the Jury may recommend a rearrangement of the competition program.
- 85.7 Ski Marking
- 85.7.1 There will be no ski-marking in any events at the Junior Nationals.

## **86 All-America Team**

- 86.1 A U.S. Citizen, or Championships eligible competitor, finishing in the top ten of any individual event will be recognized as All-American.
- 86.2 The top three teams in each relay class will be recognized as All-American.
- 86.3 Competitors achieving All-America status shall receive recognition in the form of two copies of an All-America certificate, one for the individual competitor, and one for the competitor's club or school.
- 86.4 Competitors qualifying in both individual events need only receive one set of certificates.
- 86.5 The organizers of the Junior Nationals are responsible for completing the All-America certificates and mailing them to the recipients within 30 days of the completion of the event.
- 86.6 The Sport Development Manager will provide the host organizers with an electronic template of the All-America certificate. The OC will produce and distribute the certificates to the athletes and divisions.

## **87 The Alaska Cup**

- 87.1 History
  - At the 1986 Junior Nationals in Royal Gorge, CA, the Auburn (CA) Ski Club sponsored a cup which was to be awarded to the outstanding Division or District

team at the 1986 Junior Nationals. The first cup was won by the Alaska team. The concept was very popular with all coaches and athletes; however, the Auburn Ski Club's trophy was only a one-time occurrence. In response, Alaska Division purchased a permanent, commemorative cup to be awarded each year to the outstanding Division or District team at the Junior Nationals and christened it the "Alaska Cup." Since that time the Alaska Cup competition has been one of the highlights of the Junior Nationals.

87.2 The Alaska Cup is a traveling trophy to be awarded to the Division or District at the Junior Nationals which scores the most points according to the scoring system specified below. The Alaska Cup will reside within the geographic boundaries of the winning Division or District from one Junior Nationals to the next. The Cup will be brought to the Junior Nationals by the defending champion Division or District for presentation to the new winner.

87.3 Points will be scored in the sprint, the two individual races and the relay.

87.4 Sprint and Individual Race Point Schedule. Points in the sprint and individual races will be scored according to this schedule:

1st - 30 points, 2nd - 25 points, 3rd - 20 points, 4th - 17 points, 5th - 16 points, 15 - 14 - 13 - 12 - etc.

In cases of a tie, each of the skiers will receive the normal points awarded to that place.

87.5 Scoring in individual races

The five highest placing skiers from one Division or District in one class may score points. The 6th fastest skier and other slower skiers may not score points, even if they finish among the top 20 in the class. A Division or District's 6th, 7th etc. individual will not displace points for individuals from other Divisions or Districts finishing below them. Guest class competitors do not score Alaska Cup points.

87.6 Relay Race Point Schedule. Points in relay races will be scored according to this schedule: 1st - 70 points, 2nd - 60 points, 3rd - 50 points, 4th - 40 points, 5th - 35 points, 30 - 25 - 20 - 15 - 10.

In cases of a tie, points for the two or more places tied for will be averaged, and the average points will be awarded to each of the teams.

87.7 Scoring in relay races

Only the fastest relay team from one Division or District in one class may score points. A Division or District's 2nd, 3rd, 4th or 5th relay team will not displace points for relay teams finishing below it.

87.8 The OC is responsible for keeping track of Alaska Cup scoring for each event, for including Alaska Cup points on the official result lists, and for providing current rankings for press, coaches, athletes and spectators after each race.

87.9 Small Division Award (Name TBA)

87.9.1 Division's that have declared themselves Small Divisions will be eligible for this award.

87.9.1.2 Points will be used from the Alaska Cup Standings. The top division in the Small Division group will be awarded as the winner.

87.9.3 An award will be given and provided from U.S. Ski & Snowboard.

## **88 The Dave Quinn Award**

88.1 Each year the Junior Cross Country Subcommittee presents the Dave Quinn award to recognize that Junior Olympic athlete who best exemplifies the ideals of the cross country ski sport which Dave Quinn expressed through his life. In addition to outstanding results, nominees should have special attributes such as love for the

- sport, leadership, overcoming hardship, work ethic, etc., which make them unique.
- 88.2 Each Division or District may nominate one candidate for the Dave Quinn Award. The nominee may be from a Division or District other than the one making the nomination.
- 88.3 At the final coaches'/team leaders' meeting, a representative from each Division or District makes a brief presentation about their nominee, and the qualities which make their nominee a good candidate for the award.
- 88.4 Each Division or District may cast one vote.
- 88.5 The winner of the award is decided by a plurality of votes cast.
- 88.6 In case of a tie, additional rounds of balloting may be held.
- 88.7 At the final awards banquet, all nominees are called to the awards podium, after which the name of the winner is announced, and presented with the Dave Quinn Award.
- 88.8 Each nominee should receive a commemorative certificate or other memento of their nomination.
- 88.9 U.S. Ski & Snowboard provides the official Dave Quinn Award.
- 89 The Roger Weston High School Team Award (HSTA)**
- 89.1 The Roger Weston Award honors the top high school boys and top high school girls teams competing at U.S. Junior National Championships. The award was initiated to recognize the valuable contribution from high school skiing to the development of cross country ski racing across the USA. Roger Weston was instrumental in developing the sport of cross country skiing in the Mid-Atlantic division and across the U.S.
- 89.2 The High School Boys and the High School Girls Trophies will be presented at the final JN Awards banquet.
- 89.2.1 Skiers must be currently enrolled and attending high school at the time of the competition to be eligible. Any skier who has received a high school diploma or the equivalent certification, is ineligible, even if they are attending a school as a PG skier.
- 89.2.2 Each skier's high school membership must be listed on the official divisional team entry form at the time of official team registration to be included in the scoring of the event.
- 89.2.3 A high school Team must have at least 3 eligible members to be scored for the HSTA. There is no limit to the number of skiers a HST may enter.
- 89.2.4 Only High School Teams that are eligible to compete in the State High School Championships, sanctioned by the National Federation of State High School Association can score points. Eligibility of the athlete is defined as meeting all the eligibility rules of the State and the High School eligibility rules that apply to High School athletes in all sports in that state.
- 89.3 Points towards scoring of the HSTA will be collected from the individual sprint and two individual distance events.
- 89.4 Scoring for team awards is separate for the boys and the girls. Scoring described hereafter applies to both genders. Within each gender, the points earned by a High School Team are collected from the three age classes, U16, U18, U20 are combined to sum one total boys score.
- 89.5 Within each age class scoring is as follows, 1st – 100 points, 2nd – 99 points, 3rd – 98 points, 4th – 97 points, 5th – 96 points and so on until all competitors are scored or 100 skiers are scored.
- 89.6 A HST team's score for a given event is calculated by adding the best three

individual scores from any of the three age classes.

- 89.7 The final team score is calculated by adding their team scores from each of the three individual events.
- 89.8 The JN organizer has the responsibility to compile the High School Team scores.
- 89.9 The Boys Team and Girls Team Trophies are provided by the National Cross Country Ski Foundation. The winning team is presented a traveling team trophy to be maintained in their possession until the next JN's. In addition, a plaque is to be presented to each winning team.

## **90 Junior National Club Team Awards (JNCTA)**

- 90.1 The JNCTA recognizes the top boys, girls and combined boys and girls club teams competing at U.S. Junior Championships. The award was initiated to recognize the importance of strong year round club programs to the development of a strong national ski program.
  - 90.1.1 Collegiate teams are not eligible for this award.
  - 90.2 The JNCTA Trophies will be presented at the final JN Awards banquet.
    - 90.2.1 To be eligible for inclusion in the club scoring, a club must be recognized as a current U.S. Ski & Snowboard member club at the start of the competitive season, to be determined as the first official event on the U.S. NRL calendar. All club applications must be submitted and processed by the Membership Department prior to the first NRL event.
    - 90.2.2 A skier's club membership must be listed on the official divisional team entry form at the time of official team registration to be included in the scoring of the event.
    - 90.2.3 A club team may be eligible for the overall regardless whether they have only male or only female athletes. There is no limit to the number of skiers a club may enter.
    - 90.2.4 A given skier may only represent one club team during the competitive season.
    - 90.2.5 NCAA programs differ in seasonal start dates thus making it difficult to determine whether an athlete is eligible to participate per NCAA rules. In the case of a NCAA collegiate athlete who may also ski for a club. It will be up to that athlete and the individual coaches to determine in accordance NCAA rules whether that athlete is eligible to participate in this scoring and award to be included in the club scoring. All responsibility for this will rely on the athlete and division not the organizing body.
  - 90.3 Points towards scoring of the JNCTA will be collected from the individual sprint, and two individual distance events.
  - 90.4 Scoring for team awards are separate for the boys and the girls. Scoring described hereafter applies to both genders. Within each gender, the points earned by a club team are collected from the three age classes, U16, U18 and U20. Each age class is scored and combined to sum one total boys score and one total girls score. The boys scores and girls scores are then added together to compile a combined club team score.
  - 90.5 The World Cup scoring method is used.
  - 90.6 A club team's score for a given event is calculated by adding all the points earned by their skiers in all age classes. There is no limit on how many individuals from a team may score. There is no displacement in the scoring method.
  - 90.7 A final club team score is calculated by adding their team scores from each of the three individual events.
  - 90.8 The JN organizer has the responsibility to compile the club team scores.
  - 90.9 The Boys, Girls and Overall Club Team Trophies are provided by the National Nordic Foundation.

# CROSS COUNTRY SUPERTOUR

---

## **91 SuperTour Organizing Committee (OC) Responsibilities**

91.1 The OC must provide high quality competition venues and facilities (according to FIS homologation standards), conduct the competitions under FIS and national competition rules, provide all necessary fencing to secure the event and finish areas, provide warming area and changing rooms for competitors, provide a U.S. Ski & Snowboard approved timing and data service, and an enclosed workspace for timing. The OC must provide flowers, medals and awards for awards ceremonies, provide a quality sound system and announcer, as well as a competition doctor and emergency medical services.

A limited number of SuperTour events may be held each year that are not scored to FIS when there is a strategic purpose for being at the site.

## **92 Marketing**

92.1 The OC is offered the right to sell site and sponsor identification on bibs, print and broadcast material, start/finish signs or structures, awards stand, fencing, banners and flagging (all sales must be approved by the Sport Development Manager - must be sponsors in a non-competing category for the major sponsorship group).

92.2 U.S. Ski & Snowboard will provide the SuperTour logo(s), and the official SuperTour Leader bibs to the organizer. The yellow bib is worn by the overall male and female leaders, the blue bib is worn by the distance leaders, and the green bib is worn by the sprint leaders. If any of the leaders are not present, no bib is worn for that position. For the first competition of the season the previous season's leaders should wear the bibs if present.

92.3 The OC must include the official SuperTour logo on all printed and promotional materials, including any competition bibs, as well as provide an official event website/page, and coordinate invitations and team registration.

92.4 OC has event merchandise rights (subject to a Royalty Agreement).

## **93 Entry**

93.1 Collection of SuperTour entry fee, not to exceed \$45 for a single race. For Qualifier-only sprints, the entry fee may not exceed \$30 per race. Late fees cannot be charged until one week before the first race and cannot exceed \$10 per race.

93.2 The OC must provide complimentary entries for all U.S. Ski Team athletes, up to 10 top foreign competitors (in consultation with the Sport Development Manager), and athletes ranked in the top-4 of the current overall SuperTour ranking. In the event there is a tie for points where more than 4 athletes could comprise the top-4, highest average place in the prior, current-season SuperTour races will be used.

## **94 Facilities and Lodging**

94.1 The OC must provide waxing facilities for athletes, teams and Official Suppliers. The OC must also provide adequate venue parking for all guests, as well as facilities and personnel for registration room, Team Captains meeting room, and Jury room that meet FIS standards.

## **95 Accreditation**

95.1 OC must provide complimentary trail access for all SuperTour competitors, coaches, officials, press, sponsors and VIP guests, as well as provide industry accreditation for Pool Suppliers.

## **96 Prize money**

96.1 The OC must provide payment of all cash prizes required under SuperTour regulations (or alternative plan approved by the Sport Development Manager). SuperTour prize money equals \$3900 per day. Distribution is 1st \$750, 2nd

\$500, 3rd \$250, 4th \$200, 5th \$150, 6th \$100. Payments are only to be made to competitors with an active FIS code who are on the most current FIS points list. Organizers must follow IRS code for prize money distribution, including: sending 1099's on behalf of the U.S. winners and withholding 30% from winners who cannot produce proof of U.S. citizenship. Check with a CPA for current IRS rules.

## **97 Fees and Sanction**

97.1 The OC must pay the SuperTour sanction fee of \$500 for all SuperTour events held at the same site. No head tax fees are to be paid.

## **98 Timing and Seeding**

98.1 For all competitions listed in the SuperTour/FIS Calendar, electronic timekeeping must be used. Electronic timing will always be supplemented by hand-timing as a backup system and the results cross-checked between the two systems.

98.2 Sprint Eliminations rounds will be timed.

98.3 The Lucky Looser will be determined by time.

98.4 All SuperTour and SuperTour finals races will use rule 50.2 for seeding.

# **Cross Country SuperTour Finals**

## **99 Special Rules**

99.1 Entry fees are designed to encourage athletes to compete in the entire series. The maximum entry that can be charged is \$160 for up to 4 races, \$200 for 5 or more races.

99.1.1 The SuperTour Finals may be set up as a mini tour or follow a calendar set forth at the U.S. Ski & Snowboard Congress.

99.1.2 The Tour format may include the following: 30/50 km U.S. Championships, a 10/15 km mass start race, a sprint race, a hill climb with pursuit start and a prologue, when feasible. Race technique and additional events are negotiable with the Sport Development Manager.

99.1.3 U.S. Championships: Club Relay-National Championship

A. Mixed Relay: 2 men 2 women

B. Alternate gender in race order

- Even years race order: f/m/f/m
- Odd years race order: m/f/m/f

C. Mixed technique 5 k

D. 2 classic / 2 skate

E. Only Club teams are eligible for the National Championship

1. Defining club teams for participation.

a. Must be a U.S. Ski & Snowboard member club.

2. Starting rights / seeding.

a. Individual FIS points combined. Lowest FIS point team total gets best placement. Including unofficial teams.

b. Chevron.

F. Unofficial teams are welcome to participate

99.1.4 Free entry will be granted to U.S. Ski Teams athletes and the top 4 SuperTour overall leaders (men and women).

99.2 Total prize purse for SuperTour Finals is based on the number of races in the series multiplied by the current applicable SuperTour prize schedule. In consultation with the Sport Development Manager, OC may devise an alternate payout scheme, such as providing race day premiums and enhancing the final day payout.

- 99.3 If any races are used as U.S. Championship races, prize money will be provided by U.S. Ski & Snowboard. Competitors must have a current Competitor membership; FIS license if foreign.
- 99.4 Coaches should be issued an approved bib for credentials, course and event access.

## **RULES FOR ALL NORDIC COMPETITIONS**

---

**Unless specified in this guide, U.S. Ski & Snowboard follows the rules of the International Ski Federation (FIS) for all Nordic Competitions. The rules that are generally printed in Chapter 4 of this guide are a reprint of the FIS ICRs for Cross Country, Jumping and Nordic Combined. The ICR nordic rule books are available on the FIS website. Some FIS ICR rules have been modified through committee action as “Special Rules” and follow here.**

### **Cross Country Special Rules, (Modified FIS Rules)**

- 303.1.4 For COC and FIS competitions the Jury will consist of the following
- the TD, who is chair of the Jury
  - the Chief of Competition
  - the National TD Assistant (appointed by the host NSA).
- \*national For U.S. Championship events, SuperTour Finals and JNs, Jury members will be assigned in conjunction with the TD, the Sport Development Manager and Organizer. The TD shall be level 3, the TDA should be level 3 but may be level 2, the Jury member can also be level 2.
- 303.1.5 Persons holding a position of responsibility for a Nations Team are not permitted to be nominated for the position of a TD or Jury member for OWG, WSC, JWSC and WC.
- \*national All FIS TD and TDA assignments will be made by a selection committee, based on the nomination of candidates by Regional Coordinator. The 2017-18 Selection Committee consists of Allan Serrano, FIS Regional TD Coordinator, Matt Pauli, AK Regional Coordinator & Scott Wilson, Central Regional Coordinator.
- TDs and Assistant TDs will be assigned by the official’s committee assignments group for U.S. Championship events and JNs. NCAA Championship assignments will be in conjunction with the NCAA. Wherever possible, the TD shall be from out of the region where the competition is held, and the Assistant TD shall be from the region where the competition is held.
- The TDs and Assistant TDs for SuperTour and other sanctioned races will be assigned by the Regional Coordinators. SuperTour TDs must be at least level 3 TDs. Sanctioned race TDs must be at least level 2 TDs. Assistant TDs may be any level.
- 304.1.2 Reimbursement applies as follows:
- At other international competitions for the TD and the national appointed assistant TD.
- \*national **For U.S. Championship events, SuperTour Finals and the Junior Nationals**
- TDs and Assistant TDs will be provided a daily stipend at the rate of \$100. The TD

and TDA shall be paid for the period beginning 3 days prior to the first race through 1 day after the last race and include, travel, independent/commercial lodging and meal reimbursement. The Jury Member will be provided with room and meal reimbursement.

### **All other U.S. Ski & Snowboard sanctioned races**

For TD's and TDA's the following daily stipend rates apply.

TD Level	FIS Event	Non-FIS Event
Level 3, FIS TD	\$100	\$50
Level 2, National	\$50	\$50
Level 1	\$50	\$50

Daily pay rates will consist of a payment on the travel day to the competition, official Training days, competition days, and a return travel day. Double counting will not be allowed (travelling home the day of the last competition).

### **Technical Delegate (TD) and TDA additional requirements**

TD's and TDA's will have their room, meal reimbursement and travel expenses paid for by the OC at all sanctioned competitions.

A means of local transportation will be provided for the TD and TDA.

At all sectioned events, from start of training to last day of competition. The TD and TDA will be paid a daily rate outlined in this book.

The TD and TDA will be provided independent/commercial lodging with internet access the number of days provided for the room will extend from the night before the official training to the night of the last race day if needed.

For NCAA Championships, expenses will be as per NCAA rules.

### **FIS Homologation Inspector Reimbursement**

FIS Homologation Inspector will be at the rates outlined in the FIS homologation guidelines.

306 FIS Race Director (RD) / Sport Development Manager

This official is nominated by the FIS for competitions of the highest category (see art. 302.1.1 and 302.1.2). The FIS Race Director must possess a TD-License for Cross Country.

\*national The Sport Development Manager is the chief contact at the cross country sport governing body in the U.S.

311.23 The Homologation

\*national All venues hosting competitions that will be scored to the FIS Points List must conduct their races on courses homologated to FIS specifications.

Formal procedures have been approved for venues seeking to homologate trails. The document can be found at [usskiandsnowboard.org](http://usskiandsnowboard.org).

For competitions in the U.S., the homologation inspector will be reimbursed the same as U.S. Championship TDs and can also be found in the Homologation Guidelines which at [usskiandsnowboard.org](http://usskiandsnowboard.org).

316.1 For all competitions listed in the FIS Calendar, electronic timekeeping must be used. Electronic timing will always be supplemented by hand-timing as a backup system and the results cross-checked between the two systems.

\*national For other NRL races, electronic timing with a start wand must be used. A photo cell and/or plungers must be used for the finish. A photo finish camera using at least 1000 frames per second may be substituted for the photo beam. Timing chips may be used for skier identification and intermediate timing. Electronic timing will always be supplemented by hand timing as a backup system and the results cross-

checked between the two systems. At sanctioned U.S. Championship mass start races (including sprints and relays) a “photo finish camera system” must be used (i.e. FinishLynx, Omega Scan’O’Vision STAR, Alge).

# Thank You

to the following uniform partners  
of U.S. Ski & Snowboard

**BURTON**

**L.L.Bean**

Smartwool.

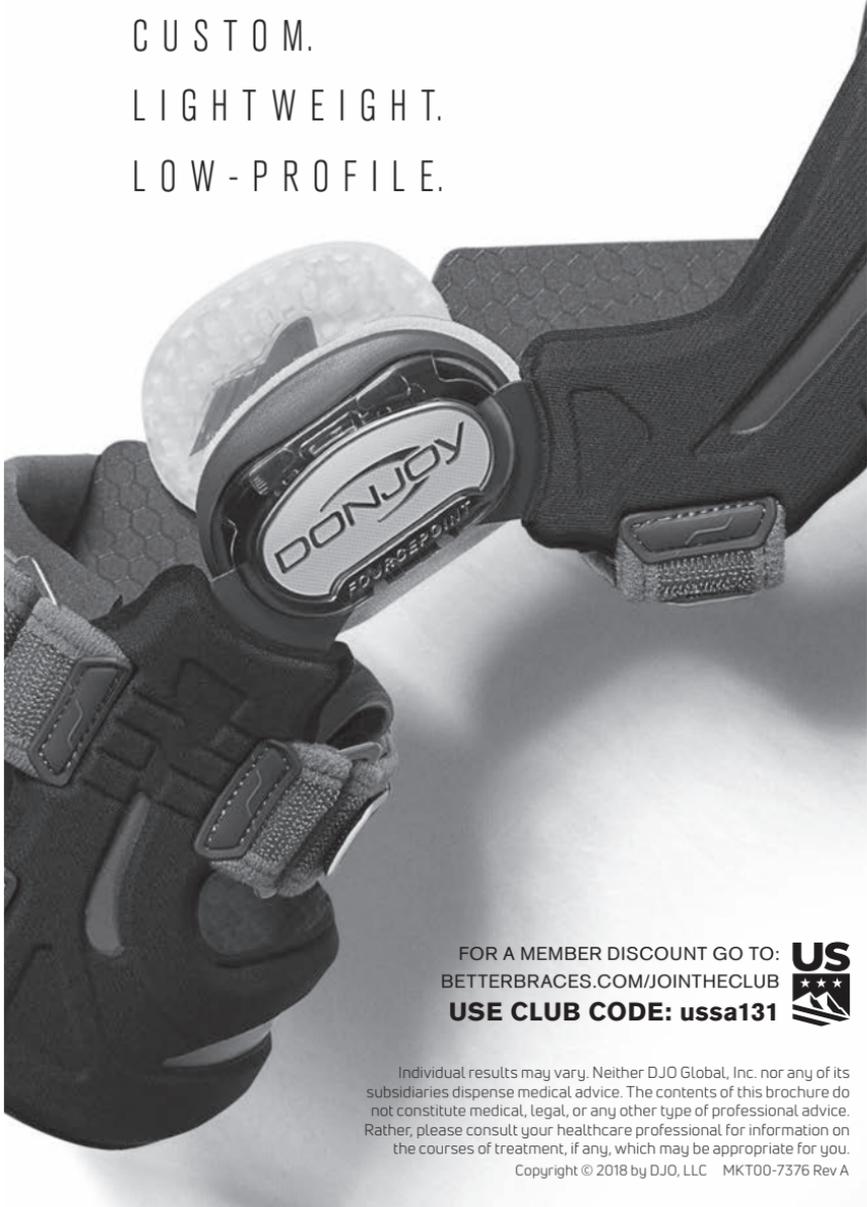


SPYDER

**SWIX**



CUSTOM.  
LIGHTWEIGHT.  
LOW-PROFILE.



FOR A MEMBER DISCOUNT GO TO:  
[BETTERBRACES.COM/JOINTHECLUB](http://BETTERBRACES.COM/JOINTHECLUB)  
**USE CLUB CODE: ussa131**



Individual results may vary. Neither DJO Global, Inc. nor any of its subsidiaries dispense medical advice. The contents of this brochure do not constitute medical, legal, or any other type of professional advice. Rather, please consult your healthcare professional for information on the courses of treatment, if any, which may be appropriate for you.

Copyright © 2018 by DJO, LLC MKT00-7376 Rev A

**CHAPTER 5**

**SKI JUMPING AND  
NORDIC COMBINED**



# AGE CLASSES

---

## U.S. Ski & Snowboard Age Classes

Category	Age	Year of Birth
Master	30 and older	1988 and earlier
Senior	20-29	1989 through 1998
U20	18-19	1999 and 2000
U18	16-17	2001 and 2002
U16	14-15	2003 and 2004
U14	12-13	2005 and 2006
U12	10-11	2007 and 2008
U10	8-9	2009 and 2010
U8	6-7	2011 and 2012
U6	5 and younger	2013 and later

NOTE: Age is based upon the year an athlete was born regardless of the date of birth. The competition season is from July 1, 2018 to June 30, 2019.

## FIS Age Classes

FIS Class	Age
FIS Junior	Up to 19 years on Dec. 31 of the current competition season
FIS Senior	All competitors over the age limit for Juniors

# COMPETITION PROGRAM

---

The nature of ski jumping and nordic combined generally requires participation in a club which operates a ski jumping facility and has a coaching program. Such programs exist in many areas of the country. Check with divisions for other program locations.

## Selection Criteria and Calendars

Selection criteria and national calendars are available at [usskiandsnowboard.org](http://usskiandsnowboard.org). Current FIS calendars can be found at [fis-ski.com](http://fis-ski.com).

## U.S. Ski Jumping and Nordic Combined Championships

The U.S. Ski Jumping and Nordic Combined Championships will be in Park City UT July 28-29, 2018. Event information will be at posted at [usskiandsnowboard.org](http://usskiandsnowboard.org).

July 28, 2018	Park City, UT	Small Hill and Nordic Combined
July 29, 2018	Park City, UT	Large Hill

## Junior National Championships

### Park City, UT Feb. 26 - Mar. 2, 2019

#### Eligibility

All competitors in the Junior Nationals must hold a current competitor membership and agree to abide by the Code of Conduct. See section 125 for more information.

## Qualifying Criteria

Only competitors entered by and a member of their divisional team may participate. Each division is responsible for developing and publishing a Code of Conduct, which must be signed by all competitors who participate in the Junior Nationals. Competitors will be represented at the coaches meetings by divisional coaches, who must be member coaches.

## Procedure for Entry

Competitors may only enter the Junior Nationals through their respective division. Contact your divisional representative for qualifying criteria.

## World Junior and U23 Championship Trials

The World Junior Championships are held annually and organized by the FIS. This is the highest-level event for junior skiers in the world.

The World Junior Trials will be held under the rules of FIS and U.S. & Snowboard.

Selection criteria for the 2019 Ski Jumping and Nordic Combined World Junior Team is available at [usskiandsnowboard.org](http://usskiandsnowboard.org).

## Schedule

Dec. 1-2, 2018 Steamboat Springs, CO (Qualifier #1)  
Jumping - HS: 100 m / 10 km for nordic combined

Dec. 29-31, 2018 Lake Placid, NY (Qualifier #2 and #3)  
Jumping - HS: 100 m / 10 km for nordic combined

This schedule is subject to change. Check [usskiandsnowboard.org](http://usskiandsnowboard.org) for updates.

# RULES

---

## 0 Membership

0.1 The membership year begins on July 1 and finishes on June 30 of the following year. Memberships shall be valid in the USA for the membership year only. The validity of a membership can be limited to participation in one or more specific events.

0.2 To be eligible to participate in jumping or nordic combined competitions, a competitor must have a Competitor or a Short-Term membership.

All participants in positions of authority over athletes (Jury members, Start and Finish Referees, Chief of Course, Chief of Competition, Chief of Timing, Race Administrator, Course Setters, Technicians, Judges, and Coaches) must have a valid membership (including SafeSport compliance) and appropriate officials certification for their position as required.

For USA sanctioned FIS events, when a foreign FIS Federation lists a coach on their entry form, that Federation is certifying that the coach has the knowledge and ability to fulfill the duties of a Team Captain: e.g. serve as a Jury member or set a course.

A U.S. Ski & Snowboard membership will only be issued to individuals who have personally signed the U.S. Ski & Snowboard Release, in the actual form approved by U.S. Ski & Snowboard. All forms from under-age applicants must be counter-signed by their legal guardians.

All coaches and officials who apply for a membership will be required to pass a background screening process and complete SafeSport training prior to that membership being approved. Any Coach or Official who is shown as “pending” or not current on the U.S. Ski & Snowboard website may not serve in any capacity which places them in a position of authority over athletes.

General members are eligible to forerun but not to compete in sanctioned events. Members may only act in the capacity which their membership permits, e.g. to serve as a coach within a competition venue, a member must possess a valid coach membership.

Only individuals authorized by the Race Jury may enter a competition venue.

## **General Ski Jumping and Nordic Combined Rules**

### **100 The U.S. Ski & Snowboard Competitions**

Unless specified by the rules in this handbook, U.S. Ski & Snowboard follows the rules of the International Ski Federation (FIS) for all Nordic Competitions. Some FIS ICR rules have been modified through U.S. Ski & Snowboard committee action as “U.S. Ski & Snowboard Special Rules” specifically for U.S. Ski & Snowboard and follow at the end of this chapter, they are designated by an \*. The complete FIS ICR’s for Ski Jumping and Nordic Combined are available on the FIS website. The following rules are those specific to U.S. Ski & Snowboard and its competitions:

### **105 Ski Jumping Hill and Facilities Certification**

For the betterment of the sport of Ski Jumping and Nordic Combined, all ski jumping hills in the United States will be “Certified” by the year 2021 through the following process. It is paramount that all U.S. Ski & Snowboard members, clubs and officials regard safety as the top priority. The following is the minimum safety provisions for all hill sizes not listed in the FIS ICR.

#### **105.1 Definitions**

**Inspected:** A ski jumping hill that has been reviewed and approved, as having met national standards, by a National Technical Delegate.

**Surveyed:** A ski jumping hill that has been surveyed per the survey protocol. Survey Protocol for ski jumps up to K49: Survey will be taken for the existing points of P, K, L, U, and the takeoff. The H/N, R1 & R2 will be measured.

**Survey Protocol for ski jumps K50 and above:** Survey will be taken with an electronic surveying unit by a knowledgeable surveyor.

**Designed:** Ski jumps that were designed or built before the 2008 construction standard, will not be required to strictly adhere to the 2008 standards. However, the Hills Committee would like hill owners to migrate their H/N toward the envelope described in the 2008 document. Existing hills do need their H/N envelope to fall within the requirements of the 1996 construction standard to obtain certification (K50 and above). New construction (not retro-build) ski jumps must be built according to the 2008 standard to obtain certification (K50 and above, existing jumps must be brought to at least the 1996 standard to obtain certification. **Certified:** Means a ski jumping hill that has successfully been inspected, surveyed and designed to the requirements listed above; and completed and filed all appropriate paperwork with the Sport Development Manager.

#### **105.2 Certification Schedule**

To be published at a later date.

#### **105.3 Certification Focus**

1. Maximizing athlete safety is a priority.
2. Hills that have scaffolding shall maintain the structure so it is architecturally sound and meets local building requirements.
3. There must be a separation of skiers walking up and skiers coming down. For instance, there must be side-boards between the stairs and in-run track.
4. The outrun must be fenced in for protection of runaway skis and skiers.
5. Hills must comply with the following selected FIS ICR 411.5 rules based on hill

size. See the current FIS ICR for the latest language clarifications and updates.

105.4 K20 and below

105.4.1 The In-run

- The prepared snow surface of the in-run must equal the designed snow depth of the profile boards.
- To the outside of the profile boards, there should be a guardrail of 0.5 m in height constructed.
- The minimal placement of the guardrails shall be from the start till 1 m from the edge of takeoff.
- It is essential that the in-run area within the guardrails be free and clear of all obstructions that could endanger a fallen jumper.
- At the uppermost placement, the upper edge of the guardrail shall be tapered and rounded downwards to ensure additional safety at the beginning of the guardrail.

105.4.2 The Landing Area

- From the bottom of the take-off, the entire designed width of the landing slope must be prepared with snow.
- No obstacles are allowed in the prepared area and movable devices must be removed when the hill is in use.
- There must be protection to protect the skiers walking back and up the side of the hill from a fallen skier or a runaway ski.
- The landing hill area must be free and clear of all obstructions that could endanger a fallen jumper.

105.5 K21-K49

Criteria: All the above-listed rules apply as well these additional rules listed

105.5.1 The Landing Area

- The placement of guardrails on both sides of the landing hill is recommended for the safety of a fallen jumper or stopping of a runaway ski.
- The guardrail shall be of a height of 70 cm above the prepared snow profile of the landing hill.
- The placement of the guardrails on the landing hill shall be from 0.1 w to the end of the transition curve.
- From the end of the transition curve to the exit gate and around the entire outrun area the height of the barrier shall be 1 meter above the prepared snow profile.
- The snow profile height, as well as the distance markers (paddles), should be marked on the guardrails.
- In addition, the guardrails must be parallel to the landing hill profile.
- The upper edges of all guardrails must be rounded.
- Guardrails constructed in concrete have to be padded on the inside of the landing area.

105.6 K50 - K69

Criteria: All the above-listed rules apply as well these additional rules listed

105.6.1 The In-run

- The in-run for the jumping hill is to be designed to provide the necessary speed  $v_0$  at which a maximum jumping distance for the hill can be reached.
- The layout of the starting gates shall be equal in their distance apart.
- In addition, the starting places shall be numbered so that the lowest starting place is designated as start gate number 1.
- The distance between the guardrails and the prepared b1 width should not exceed

an additional 25 cm in overall width.

- The in-run area within the guardrails must be free and clear of all obstructions that could endanger a fallen ski jumper.

#### 105.6.2 The Landing Area

- The placement of guardrails on both sides of the landing hill is recommended for the safety of a fallen jumper or stopping of a runaway ski.

- The guardrail shall be of a height of 70 cm above the prepared snow profile of the landing hill.

- The placement of the guardrails on the landing hill shall be from 0.1 w to the end of the transition curve.

- The snow profile height, as well as the distance markers (paddles), should be marked on the guardrails. In addition, the guardrails must be parallel to the landing hill profile.

- The upper edges of all guardrails must be rounded. The guardrails must be set up in such a way that a stray ski of a fallen ski jumper cannot go through.

- Guardrails constructed in concrete have to be padded on the inside of the landing area.

#### 105.7 K70 +

Criteria: It is required that all hills K70 and larger follow FIS ICR 410, 411, 412 to hold a sanctioned event.

## 106 Cross Country Course Specifications and Homologation

### 106.1 Classification of Nordic Combined courses

Competition format	Distance (km)	Course length (km)
Individual Gundersen	5, 10, 15	2.0, 2.5
Mass start	10	2.0, 2.5
Team	4 x 5	2.5
Team Sprint	2 x 7.5	1.5

### 106.4 In principle, the Cross-Country course should consist of:

- One-third up hills defined as climbs with a gradient between 9% (1:11) and 18% (1:5.5) with height differences over 10 meters plus some short climbs steeper than 18%

- One-third undulating, rolling terrain, utilizing all terrain features with short climbs and downhills (with height differences of 1-9 m).

- One-third varied downhills, demanding versatile downhill techniques.

### 106.5 Technical parameters of the Cross-Country courses

#### 106.5.1 Height Difference (HD)

The difference in height (HD) between the lowest and highest points of a

1500 m 25 m (for a Team Sprint course)

2000 m 40 m

2500 m 50 m

3750 m 60 m

#### 106.5.2 Maximum Climb (MC)

The maximum length difference of a single climb (PHD) must not exceed these limits but can be interrupted by a section of undulating terrain that does not exceed 200 m in length or a downhill that does not exceed 10 m. PHD.

1500 m 25 m (for a Team Sprint course)

2000 m 40 m

2500 m 45 m

3750 m 50 m

106.5.3 Total Climb (TC) The total climb (TC) should be within:

5 km 150 – 210 m

7.5 km 220 – 255 m (for a Team Sprint course)

10 km 250 – 400 m

15 km 400 – 550 m

106.5.4 Description of Uphill's

The uphill is defined by the Partial Height Difference (PHD). PHD is the height difference from the lowest to the highest point of the uphill. Additional description of the uphill is given by the Partial Climb (PC). PC is the total climb of the uphill. Sum of all PCs is the Total Climb (TC) of the course.

106.6 Course Design

106.6.1 Ideally the course should consist of several laps so that spectators are entertained by repeated appearances of the competitors in the stadium

106.6.2 The Cross-Country courses must be laid out so that they provide a technical, tactical and physical test of the competitors' qualifications. The degree of difficulty should be in accordance with the level of the competition. The course should be laid out as naturally as possible to avoid any monotony, with rolling undulating sections, climbs, and downhill sections. Rhythm should not be broken by too many sharp changes in direction or steep climbs. The downhill sections must be laid out so they challenge the competitors. At the same time, it should be possible to ski the course even under fast snow conditions.

106.6.3 The course may only be used in the direction established for the competition.

106.7 Homologation

The homologation of Nordic Combined Cross-Country courses are based on the FIS Cross-Country ICR Book II art. 311 and 312 and the Cross-Country Homologation Manual. Cross Country course homologation may also be based on the rules and standards of U.S. Cross Country Skiing.

106.7.1 All events must be held on a course with a high point that does not exceed 2200 m. At elevations between 1650 and 2200 m, the MT and MM must be reduced by 10%.

106.7.2 The Cross-Country venue for the competition should be within one-hour driving time of the jumping venue.

106.7.3 Jumps and/or Cross-Country Courses outside of those parameters need to apply for an exception with their bid.

106.7.4 All facilities should be used for a major Divisional competition during the season prior to a Championship to attest to the appropriateness of the jump, Nordic Combined courses, stadium, calculations, controls, etc.

## **107 Jump Specifications for USJNCC and JNs**

107.1 The hill must hold a current FIS Homologation / U.S. Ski & Snowboard Certification.

107.8 Hill size for USJNCC should be on a K70 or larger hill.

107.8.1 The Organizer shall when possible include Large Hill and Normal Hill competitions.

107.8.2 Events held during the Summer or Fall season may use Porcelain/Plastic Mat as a competitions format, assuming the intentions of the bid were to do so and were clearly made known at the Congress during its presentation, in negotiations with U.S. Ski & Snowboard and in the invitation. (Coordinating Nordic Combined Events may then use Roller skis)

- 107.9 Appropriate sites for JNs will have a Jump K-point between 50 m and 70 m.
- 107.9.1 The OC should specifically design all facilities to be suitable for junior championship competition.
- 107.9.2 The Jump and Cross-Country Courses used for the competition must be homologated in accordance with the Event/Venue Development Pipeline.
- 107.9.3 It is the goal of the JNCSC to hold the JNs at different sites within each division.

## **108 Venue and Other Facilities**

- 108.1 Waxing Facilities: It is recommended that there be a waxing area.  
If possible, the waxing area shall be protected from the elements and should have a minimum of two electrical outlets available for each team. If in an enclosed area, an exhaust system should be included to eliminate some of the gases developed during the waxing process.
- 108.2 Wax Testing Areas: There shall be an area(s) set aside in close proximity to the waxing area which shall be groomed in a way identical to the courses which shall allow for speed testing on a hill. Sufficient amount of test area shall be available to allow access to all competitors and coaches without interfering with the conduct of the competition.

## **109 Wind and Gate Compensation**

- 109.1 Gate compensation will be available for Jury use at the following events: U.S. National Championships, Junior World Qualifiers, Olympic and Youth Olympic Qualifiers, and US Cup Events. May be used at other events by Jury decision if technology is available.

## **110 Video Distance Measuring Requirements**

- 110.1 Video Distance Measuring equipment is required at the U.S. Championship events and Olympic Tryouts (excluding Junior Nationals). While video distance measuring is not required for JN's it is highly encouraged.
- 110.2 The Video Distance Measuring equipment shall be operated by an approved operator who has been trained on the Video Distance Measuring operating system.
- 110.2.1 The host venue /OC of the USJNCC is responsible for round trip airfare or mileage, as per the TD expense form, from the hometown of the video distance marker/operator and the Jumping Judges to the place of competition and for room and meal expenses (as per the TD expense form) accommodations.

\*See special rule regarding compensation at art. 405.3.2.

## **112 Officials and Competition Jury**

The Competition Jury shall be comprised of:

- The TD, who shall act as the chairman,
- The Chief of Competition,
- The TDA

## **113 Officials to Junior Nationals, U.S. Championships, World Junior Trials, Youth Olympic Trials and Olympic Trials**

- 113.1 The Sport Development Manager and the J/NC Officials Committee will appoint the following officials:

Technical Delegate(s), who will also be the chair of the Jury for each event.  
Assistant Technical Delegate, who may be from the host Division.

- 113.2 Each Division will be responsible for appointing the following officials:  
Five Jumping Judges will be appointed two from the host site and one each from the other Divisions.

Additionally, an Equipment Controller and Video Distance Measurer may also be assigned.

These officials may not be members of their respective Divisional Teams.

\*See special rule regarding compensation at art. 405.3.2.

## **114 Officials to Divisional Events**

114.1 For JNQ and/or national events with hills having a K-point greater than 70 m, a TD, TDA, and five judges should be assigned. For events where the K-point is less than 70 m, a TD, TDA and three judges should be assigned. The TDA may also be one of the Judges.

\*See special rule regarding compensation at art. 405.3.2.

## **115 Ski Jumping Points per Meter**

115.1 The Jumping and Nordic Combined events will be run in accordance to current FIS rules (i.e. number of jumps, distance of race, points per meter, etc.).

K Point Distance	Meter Value
1-9	6.0 pts/m
10-14	5.6 pts/m
15-19	5.2 pts/m
20-24	4.8 pts/m
25-29	4.4 pts/m
30-34	4.0 pts/m
35-39	3.6 pts/m
40-44	3.2 pts/m
45-59	2.8 pts/m
60-74	2.4 pts/m
75-99	2.0 pts/m
100-169	1.8 pts/m
170 m and larger	1.2 pts/m

The K-point of the jumping hill acts as the table point; consequently, the K-point distance equals 60 distance points. After the m value of the hill has been determined, the distance difference of the measured lengths for jumps must be calculated. Distances shorter than the K-point are calculated by multiplying the m value by the length difference and subtracting this number from 60. By contrast, distances longer than the K-point are calculated by m value by the length difference and adding this number to 60.

115.2 The Collective Point Score

This score is calculated by adding style and distance points together. If the total of the style and distance points results in a negative sum, the minimum score is at least zero (no negative points).

115.3 The Total Point Score

This score is calculated by adding together the collective point scores from the competitive jumping rounds. The jumper with the highest total point score is the winner. When two or more jumpers have identical scores, a tie is declared, and the jumpers are awarded the same place. The following position(s) shall be displaced (eliminated) in accordance with the number of tied places. In the final result list, tie placings shall be listed in reverse order of the jumper's start number (the higher start number at first).

## **116 Nordic Combined Points per Minute**

116.1 The Jumping and Nordic Combined events will be run in accordance to current FIS rules (i.e. number of Jumps, distance of race, points per meter, etc.)

116.2 Cross-Country Calculation Table

The points or time differences between the competitors and to the winner of the Jumping competition or Cross-Country competition will be calculated for establishing the result difference between the competitors. This calculation based on the Nordic Combined table. The value of either time or points must be mathematically rounded depending on the competition format.

116.2.1 For Nordic Combined Junior Events which are not listed in the FIS ICR use the following:

Race Distance	Points/Min	Race Distance	Points/Min
1 km	40	3 km	30
2 km	35	5 km	15/25 (1/2 jumps)

(If a Division or Club wants to try different points per minute or start processes, that is fully acceptable and encouraged. The priority for the younger juniors is that this is fun. Those Divisions/Clubs that use alternate points per minutes or processes, please report back to the Sport Development Manager for future consideration.)

116.3 Free Technique

Free technique includes all Cross-Country skiing techniques.

116.5 Final Result List

After finishing of a Nordic Combined competition, the TD and the Chief of Competition must sign the Official result list to confirm the correctness of the result.

## 120 Equipment and Equipment Control

120.1 All U16 athletes shall follow Rule 4.1 per the FIS Youth Rules pertaining to skiers ski length of 140% of body height and no BMI.

120.3 Equipment Control will be required for:

- Ski Length
- Binding Placement
- FIS Approved Helmet
- Gloves
- Suits - zippers must be closed, waist belt to fit FIS tolerance and inseam measurement to FIS tolerance.

Suit waist belt and inseam will be controlled at the following events: U.S. National Championships, Junior World Qualifiers, Youth Olympic and Olympic Qualifiers.

Suit waist belt will be controlled at US Cup and JN's only for U20 class and above.

120.9 Beginning skiers may start the learning process on and compete on alpine type equipment, although skiers are encouraged to transfer to specific Nordic Equipment as soon as possible.

## 124 Doping Control

13241 For all regulations in detail concerning doping control, refer to the U.S. Ski & Snowboard Doping Control Policy.

## 128 Age classification follows national standards

See earlier in this chapter.

## 130 Qualifications of Competitors Eligible for Championships

130.1 To be eligible for championship titles and medals, a competitor must be a U.S. citizen, or if foreign,

130.2 a resident alien (Immigration and Naturalization Service classification card must be shown as proof at check-in).

130.2.1 If so requested, "green card" must be shown as proof of status upon arrival at Championship Events.

- 130.3 Current, paid-in-full Competitor members
- 130.3.1 Competitors must be able to prove their membership status if so requested upon their arrival. The Sport Development Manager will provide organizers with the most current membership list possible prior to the event.
- 130.4 Division Representation
- 130.4.1 A skier represents the Division in which they reside. In the event of dual residence (such as attending college or school outside their primary residence), the skier must declare at the start of the season the Division or District for which they will compete during the competition year.
- 130.4.2 When the USJNCC precedes JNs, skiers must compete for the same Division at JNs as they represented at USJNCC and Junior World Championships Trials.

### **131 Guest Class – Qualifications of Competitors, Procedures**

When competitors not meeting the qualifications in Rule 130 are competing at the National Championships or JNs, a Guest Class shall be included. Non-citizen, non- resident- alien athletes who are in the U.S. as exchange students or on student visas, and individuals who are members of invited foreign clubs or teams may compete only within the Guest Class.

- 131.1 Guest Class competitors are not eligible for National Championship and JN's awards or titles.
- 131.2 Exchange Students competing within the guest class athletes are not part of any Division or District quota.
- 131.3 Each nationality represented within the guest class is considered a national team, and functions as a Division or District regarding seeding and representation at team leaders' meetings.
- 131.4 Guest Class competitors are integrated into the regular draw groups.
- 131.5 Qualifications – Exchange Students:
  - 131.5.1 Must be current, paid-in-full Competitor members.
  - 131.5.2 The Division in which such competitors temporarily reside must attest that these competitors have been performing at a level which would have enabled them to qualify for the JN team in that Division, had they been eligible.
- 131.6 Qualifications – Visiting Foreign Athletes (non-exchange students)
  - 131.6.1 Must be current, paid-in-full members and competition license-holders in their home association or National Governing Body. Visiting foreign athletes must provide a completed standard waiver and release, including all necessary signatures, prior to competing.

### **133 Draw and Seeding for Individual and Team Events**

- 133.1 Time and place for the Draw of each race is decided by the OC well in advance of the competitions and in agreement with the TD.
  - 155.1.1 Seed groups will be based on current World Cup, Continental Cup, FIS Cup, NRL rank and those without any points. Each seed group will then be randomly drawn for start order. The first group to ski will be the skiers without points thru the last group of skiers with World Cup points. Consecutive events at USJNCC will use reverse start from preceding events at the USJNCC.
  - 133.1.2 The most current ranking list(s) should be used with the skiers placed into proper seed groups and then the skiers shall be randomly drawn within their respective seed groups, or, Divisions should try to equally disperse their skiers over the four seed Groups.
  - 133.1.3 At the USJNCC, there are no age classes. Junior men or women will be seeded and drawn with the seniors at USJNCC, without penalty, i.e., they may compete

as juniors in all other competitions throughout that season, or any other season in which the athlete remains a junior.

133.1.4 At USJNCC a change of seed groups among the competitors is not allowed after the USJNCC have commenced, until after the completion of all the USJNCC events.

133.3 Seeding Individual Competitions at Junior Nationals

133.3.1 At JNs there may be up to four seed groups in each competition. Skiers in the first seed jump first and skiers in the fourth seed jump last.

133.3.2 Divisions should try to equally disperse their skiers over the four seed Groups.

133.5 Team Events

133.5.1 In team Events, a division may only have mixed athletes on a mixed team after they have filled the maximum potential number of teams with its divisional skiers. This is to allow as many athletes as possible to compete, not to allow the creation of a strong team, which can challenge a strong divisional team. Mixed teams will be included in the results but will be pulled out when National Championship awards are presented.

133.5.2 Mixed gender teams shall be allowed in Team Events.

133.5.3 A special jumping team will consist of up to four skiers.

133.5.4 A Nordic Combined Team Sprint consists of two skiers each skier will each score one jump and then ski alternate laps during the cross country event.

133.6 Seeding in Team Competition

There will be up to four seed groups in each team competition. Teams in the first seed jump first and teams in the fourth seed jump last. Seeds are determined as follows:

133.6.1 Each division will place one team in the Fourth seed.

133.6.2 All other teams including all mixed teams will be placed in the remaining seeds evenly distributed. Seed preference may be indicated by the Team Captain; however, a division's teams should be evenly distributed amongst the seeds.

133.6.3 The start order of teams in each seed will be drawn at the team captains' meeting.

133.6.4 Athletes will jump in groups in team order. In special jumping competitions, there will be four groups: group 1 jumps first and group 4 jumps last. Coaches will assign the groups in which athletes will jump in the round.

133.6.5 The start order of the second round in each team competition will be the same as the first round.

## **134 Draw and Seeding for Official Training**

134.1 For official jumping training, the order of teams will be alphabetical with the host team going first and then the order of jumpers will be assigned alphabetically within each team. Teams are separated by gender. When there are consecutive days of training the order of teams will rotate with the first team going last in the order on the next day of training and so forth, or, skiers may be ranked as they will in the competition in their proper seed group and/or randomly drawn within their respective seed groups.

134.2 If two hills are jumped on the same day, jumpers will wear the same bibs but the first team to jump on the second hill will then be the second team, which jumped the first hill.

# **U.S. SKI JUMPING AND NORDIC COMBINED CHAMPIONSHIPS**

---

## **150 Role of the U.S. Ski & Snowboard Association.**

- 150.1 The U.S. Jumping and Nordic Combined Championships (USJNCC) are under the control of the U.S. Ski & Snowboard.
- 150.2 Television
  - 150.2.1 All television rights of the USJNCC or any other National Championship Events of are the exclusive property of U.S. Ski & Snowboard.
- 150.3 Organizers of USJNCC
  - 150.3.1 The task of organizing and carrying out the USJNCC is delegated by U.S. Ski & Snowboard to a Host Site or Organizer, which will form an organizing committee.
  - 150.3.2 The Events Department will select the Host Site and Organizer.
- 150.4 Year and Dates
  - 150.4.1 The USJNCC will be organized every year.
  - 150.4.2 In order to have the USJNCC carried out at a time when all the best skiers in the country may compete so that the USJNCC will be a true National Championship, the events should take place when no World Cup competitions are scheduled, in an attempt to assure the participation of U.S. Ski Team athletes.
- 150.5 U.S. Championships and Other National Calendar Events
  - 150.5.1 When the USJNCC takes place no other scored competitions may be held elsewhere in the country on the same dates without permission from the Jumping and Nordic Combined Sport Committee (JNCSC).

## **151 Applications for a USJNC Championship**

- 151.1 A site wishing to organize the USJNCC should complete a bid as per the guidelines established by the Request for Proposal (RFP), and submit the bid by the U.S. Ski & Snowboard Congress of the same year as the USJNCC.
- 151.2 The material required includes the following:
  - 151.2.1 Probable time and place of each competition, including statistics on weather and snow conditions if applicable.
  - 151.2.2 Travel connections from regions, and connections from the closest airport.
  - 151.2.3 Accommodation facilities (number of hotels, beds, etc.).
  - 151.2.4 Profiles and descriptions of the proposed Jump(s) and Cross Country Course(s). All facilities must be approved by the Sport Development Manager.
  - 151.2.5 Contingency plans in the case of poor snow conditions or unusable facilities.
  - 151.2.6 A statement that the applicant will not allow any discrimination in regard to Divisions, Districts or Regions or its separate members on account of racial, religious, political or other grounds.
  - 151.2.7 The USJNCC organizer shall submit a budget with the bid, an updated budget one month prior to the event, and a final financial statement after the event to the Sport Development Manager. The purpose of this is to aid future host clubs in preparing bids and budget proposals.
  - 151.2.8 The USJNCC OC must submit a budget at the time of the bid. The budget must include a fee per competitor. Once the bid is accepted, the fee is to remain fixed.
  - 151.2.9 Other information of value for the applicant and for U.S. Ski & Snowboard.
- 151.3 If at the time of filing the application for the organization of USJNCC, the technical conditions of the competitions (for example, venues and/or means of

accommodation) are not yet ready, the OC must be able to guarantee that all necessary arrangements will be undertaken and ready within the remaining time before the events are to take place. The OC must present a timetable in which all construction is to be completed in detail, giving a time limit for each phase of the work to be finished.

## **152 Finances and Entry Fees**

- 152.1 The OC will plan and carry out the USJNCC arrangements at its own financial risk and at its own expense.
- 152.2 The maximum permissible entry fee for USJNCC is negotiated with the Events Department.
- 152.2.1 The entry fee, in its entirety, is due from the individual competitor at the time specified by the OC.
- 152.2.2 A skier who is on the U.S. Ski Team or the USDST shall have the entry fee waived. All athletes are responsible for completing all entry forms before the beginning of the USJNCC.
- 152.3 The OC will attempt to work with hotels, motels, and restaurants in the area to secure a reduced rate on lodging for all participating competitors, coaches, and officials. Jump and Trail fees will be free of charge for official participants in USJNCC from the first scheduled official training thru all remaining official training and competitions, including the duration of the USJNCC. The competitors, accredited coaches, and USJNCC officials are entitled to all these reductions.

## **153 Information and General Report**

- 153.1 Official competition results in booklet format, for USJNCC only, listing all results by event, class, and gender shall be provided to all competitors and coaches at the banquet. If the banquet takes place before all events are completed, an insert of results for the final event must be made available at the final awards ceremony. There shall be no cost to the competitors or official coaches for the results booklet. A document containing all results, start lists, and jury minutes must be sent digitally to the Sport Development Manager and the TD within 3 days of completion of the event.
- 153.1.1 Each organizer of the USJNCC must maintain an official event website, and that website's URL must be provided to the Sport Development Manager at least 90 days in advance of the event. Official results must be posted to the website within two hours of the results becoming official.

## **154 Announcement and Entry**

- 154.1 Organizer shall prepare and distribute Event Announcement and Entry to the Sport Development Manager, and the JNCSC not less than 90 days prior to the start of the event.
- 154.2 Announcement and Entry must include information regarding:
- schedules
  - time and date of first team captains meeting
  - location of the official notice board
  - official website URL
  - seeding method
  - commercial markings limitations
  - classes
  - how to reach the venue
  - time and dates of official training
  - names of principal officials

- postponement and cancellation policy
- doping control
- sponsors
- hotel and restaurant information and contacts
- prize money
- time and place of prize giving
- the final date of entry and address for entries, including phone, fax, and email
- deadlines, fees and membership requirements
- refund policy

- 154.3 A competitor may not be entered unless they have satisfied all deadlines and fees.
- 154.4 At the U.S. Jumping and Nordic Combined Championships (USJNCC), there are no age classes. Junior men or women will be seeded and drawn with the seniors, without penalty, i.e., they may compete as juniors in all other competitions throughout that season, or any other season in which the athlete remains a junior.

## **155 Program and Events**

- 155.1 U.S. Ski & Snowboard, at its Congress the spring before the USJNCC are to take place, decides the program for the competitions.
- 155.2 The Program must include these events:
- 155.2.1 Men: Individual Special Jumping, Nordic Combined Individual Event
- 155.2.2 Women: Individual Special Jumping. If the minimum requirement for a class of women exists, a female skier may only ski in that class. If they are unable to produce a women's class or combination of three female skiers/teams between class, then the women may ski in the men's class for both individual and team events. (Also see General Rules art. 158)
- 155.3 The program may include the following events:  
NC Team Sprint, Women's Individual Nordic Combined or Team Sprint Event, Team Jumping.
- 155.4 The draft daily program for the USJNCC will be approved by the JNCSC at the Congress preceding the event.
- 155.5 The whole USJNCC program will, as a rule, be organized within a period of not more than four days.
- 155.6 The organizer shall when possible include Large Hill and Normal Hill competitions.
- 155.7 The Jumping and Nordic Combined events will be run in accordance to current FIS rules (i.e. number of jumps, distance of race, points per meter, etc.).

## **158 Prizes and Awards**

- 158.1 At USJNCC, the following prizes must be awarded:
- 158.1.1 A Championship gold, silver and bronze medal will be awarded to the 1st, 2nd and 3rd place finishers in each event.
- 158.1.3 A memento or souvenir should be awarded to all participant athletes and official coaches.
- 158.2 At U.S. Championship, awards will be presented according to the overall result list. Citizens of foreign nations who are not resident aliens may compete in the U.S. Jumping and Nordic Combined Championships. These athletes are not eligible to win U.S. Championship titles and awards, but they are eligible to win prize money.
- 158.3 In the event that a field size of a National Championships event is less than 5 the prize money will be reduced by 50% for each athlete receiving a monetary award.

## **159 Ceremonies**

- 159.1 The OC will, in principle, include the following ceremonies in the USJNCC

program:

- 159.1.1 A Flower Ceremony must be organized based on the unofficial results of the competition, immediately after the competitions. Media should be informed of the ceremony, and athletes should be placed on a podium in an area conducive to photography. Athletes should be instructed to wear their competition bibs to the podium or will be supplied with podium bibs corresponding to their place. Commercial marking restrictions continue to apply for all awards ceremonies. Two presentations should be made including the Guest Class competitors and excluding the Guest Class competitors. A public announcement should be made that these results are not official and are subject to change. No awards or list of results should be distributed at this time. In the case of a guest class competitor in the top three, two ceremonies will take place. The first ceremony including the guest class skier where prize money will be handed out. The second ceremony will consist of U.S. Competitors identifying the U.S. Championship award winners excluding the guests.
- 159.1.2 Official Prize-giving Ceremonies. Ceremonies should include introduction and entrance of the competitors having won first, second and third place in the competition. Winners take the victory stand and receive medals. Copies of the day's results should be available for all competitors. Athletes not in attendance at the time of official prize giving may forfeit their awards.
- 159.1.3 Banquet. When possible, there should be a closing banquet in conjunction with the closing ceremonies with remarks thanking the OC for their work, presentation of any appropriate remaining awards, a meal for all competitors (included with the registration fee) and entertainment (music, slideshow, dancing, etc.). At this time, the complete results should be made available to all competitors and official coaches via a link on the web or in the form of a booklet. The Banquet should be held the evening after the final competition, but if it is anticipated that most competitors will depart before the final event, the Banquet may be moved earlier during the competition upon approval by the Sport Development Manager.

## JUNIOR NATIONAL CHAMPIONSHIPS

---

### **160 Role of the U.S. Ski and Snowboard Association**

- 160.1 The Junior Nationals (JNs) are the official U.S. championships for juniors sanctioned by the U.S. Ski and Snowboard Association.
- 160.2 The right to host and organize the JNs will be awarded in accordance with the rules and procedures of U.S. Ski & Snowboard.
- 160.3 With the exceptions listed herein, all competitions at the JNs will be conducted in accordance with the Jumping and Nordic Combined Competition Rules.
- 160.4 Prior to the competition, the J/NC Officials Subcommittee appoints the Technical Delegate (TD.) The Sport Development Manager will also appoint an Assistant Technical Delegate (TDA), from the division in which the event is being hosted.

### **161 The Role of the Jumping and Nordic Combined Sport Committee**

- 161.1 All rules, procedures, and guidelines specific to Junior National Championships are established by the Jumping and Nordic Combined Sport Committee (JNCSC).
- 161.2 Amendments and exceptions to these special rules for JNs may only be recommended by the Jumping and Nordic Combined Coaches Subcommittee or by the Jumping and Nordic Combined Officials Subcommittee at its annual meeting,

or via mail ballot, email ballot or teleconference. Recommended rules changes must be approved by the Jumping and Nordic Combined Officials Subcommittee and forwarded to the JNCSC for final approval or rejection.

- 161.3 The JNCSC may appoint a special working group with the responsibility to oversee the preparations for the JNs.

## **162 Bid Procedure for Junior Nationals**

- 162.1 All bids for JNs must be submitted to the Jumping and Nordic Combined Coaches Subcommittee for review. All bids must comply with the standards set forth in the Event/Venue Development Pipeline and Event Organizer Handbook. Jump and Course homologation must be completed at the time the bid is submitted.

- 162.2 The Junior Jumping and Nordic Combined Subcommittee shall recommend the Division in which the JNs are to be held and may specify the organizing body and site for the events in the case that more than one bid is submitted by a single Division.

- 162.2.1 In the case of multiple bids from within a Region, the Region may choose to exercise its right to recommend the bid to be submitted to the JNCSC for approval.

- 162.2.2 If a Region does not choose to exercise its right to select the bid to be submitted from that region, the Jumping and Nordic Combined Coaches Committee is responsible for making the decision, with final approval given by the JNCSC.

- 162.3 A 'letter of intent' should be delivered to the JNCSC and its Sub-committees at U.S. Ski & Snowboard Congress two years prior to the event. Bids for JNs will be awarded at Congress one year in advance to allow for adequate planning and distribution of information and to allow a major competition to be held at the site in the year prior to JNs.

- 162.4 Any potential organizer must consult the Event Organizer Handbook and submit all bids according to the procedures and performance outcome specifications listed therein.

- 162.5 The Event Organizer Handbook is available from the Sport Development Manager.

## **163 Financial and Organizational Responsibilities**

- 163.1 Financial and Organizational Responsibilities of the OC include:

- 163.1.1 All competitor bibs, unless otherwise specified by U.S. Ski & Snowboard.

- 163.1.2 All special mementos required by these rules, unless otherwise specified by U.S. Ski & Snowboard.

- 163.1.3 All general organizational costs including grooming, award ceremonies, other functions.

- 163.1.4 All awards and medals required by these rules, including guest class awards, unless otherwise specified by U.S. Ski & Snowboard.

- 163.1.5 All necessary race materials, such as fencing, signs, etc.

- 163.1.6 Working with local hotels, motels, restaurants, car rental agencies and travel agents to provide the best rates possible for visiting teams.

- 163.1.7 Other financial obligations as outlined in the Jumping and Nordic Combined Event Organizer Agreement.

- 163.2 Financial and Organizational Responsibilities of the Divisions include:

- 163.2.1 All arrangements and expenses for travel to and from the JNs.

- 163.2.2 All arrangements and expenses for housing at JNs.

- 163.2.3 All arrangements and expenses for ground transportation at JNs.

- 163.2.4 All arrangements and expenses for meals at JNs, other than the final awards banquet, which is covered by the entry fee.

## **164 Entry Fees**

- 164.1 The OC must submit a budget at the time of the bid. The budget must specify an entry fee per competitor. Once the bid is accepted, the approved entry fee is to remain fixed, unless approved by the CCC and Junior Subcommittee.
- 164.1.1 The maximum permissible entry fee is \$275 per competitor.
- 164.1.2 The entry fees for all athletes on a Division team are due from that Division at the time of on-site registration.
- 164.1.3 The entry fee will be waived for any skier who is, at the time of JN's, on the U.S. Ski Team.
- 164.1.4 Jump and Trail access will be free of charge for official participants in USJNCC from the first scheduled official training thru all remaining official trainings and competitions, including the duration of the JNs. The competitors, accredited coaches, and USJNCC officials are entitled to all these reductions.

## **165 Relocation, Postponement, and Cancellation**

- 165.1 A decision to relocate JNs to a backup site must be made not less than 10 days prior to the first event of the JNs and must be recommended by the Junior Jumping and Nordic Combined Coaches Subcommittee and approved by the JNCSC Executive Board.
- 165.2 Postponement, cancellation or transfer of JNs to an alternate site must be communicated by the OC to the Junior Jumping and Nordic Combined Sport Committee, the Sport Development Manager, all Divisions and Districts, the TD and other officials with the least possible delay, via phone, email, and the web.

## **166 Financial and Technical Reports**

- 166.1 Financial Reports
  - 166.1.1 The OC must submit a preliminary budget with the bid proposal.
  - 166.1.2 A final financial recapitulation including actual revenues (including gifts of any kind) and expenses shall be submitted to the Sport Development Manager and the JNCSC Chairperson within one month of the completion of the event.
- 166.2 Technical Reports
  - 166.2.1 The OC must submit reports on the progress of preparations for the JNs to the JNCSC, the TD, the TDA and the Sport Development Manager quarterly from the awarding of the bid through the completion of the competition. Minutes of all OC meetings should be submitted to these same parties within 1 week of the completion of the meeting.
  - 166.2.2 A final report on the technical aspects of the event, including minutes of coaches meetings, minutes of Jury meetings, and a summary of the event from the point of view of the TD and the OC must be submitted to these parties one month after the close of the event.
- 166.3 Circulation of Reports

Copies of all reports must be sent to the Sport Development Manager, all members of the JNCSC, TD, and the TDA.

## **167 Right to Participate, Division Selection Criteria**

- 167.1 Only Divisions are entitled to participate in the JNs. Only competitors entered by or with the permission of their Division i.e. participation by unaffiliated individuals is not permitted. Guest Classes are allowed.
- 167.1.1 Each Division is responsible for developing and publishing selection criteria used within that Division to select that Division to the JNs. All Divisions must have an appeal procedure in place for any skier who feels he or she has been unfairly excluded from his/her Division team.

## **168 Invitation and Entry**

- 168.1 The OC must prepare invitations to all the Divisions for distribution a minimum of 90 days prior to the event.
- 168.2 The invitation must include:
- Date and place of the competition, with time and site of each race together with course maps and profiles
  - Travel information including commercial air carriers flying to the nearest major airport, and suggested local travel agent contact
  - Accommodation information including motels and hotels that accept block booking for the various teams, approximate costs, and contact persons to arrange housing and meal plans. Meal plans should include sample menus and costs.
  - Name and address of race secretary to whom entries should be mailed
  - The entry fee per competitor.
  - Time and place for the first coaches'/team leaders' meeting.
  - A timetable for the beginning of official training, and start times for training
  - Time and place for award ceremonies and banquet activities
  - Any other information outlined in the Event Organizer Handbook.
- 168.3 Each Division must notify the organizer of the approximate size of its team, including athletes and support staff by Feb. 1, prior to JNs.
- 168.4 Team entry lists for each Division must include name, date of birth, national ID, class, gender, home address, club, and school or team for each competitor.
- 168.5 Final team lists for each Division or District must be received by the Race Secretary not less than 5 days prior to the first competition. Changes to a team roster between receipt of entries and the start of the competition may be made only in the case of injury or illness.
- 168.6 No substitutions or changes in a team roster may be made after the first team captains' meeting.

## **170 Number of Competitors**

- 170.1 Quotas for JNs: Each division will establish its own quota.
- 170.2 Competitors qualified through World Junior World Championships are not counted against the Division quota.

## **171 Division and Team Size**

- 171.1 The JNs are open to athletes who are current Competitor members and who are representing the division in which they are registered. It is also open to guests who are current members of their national federation. For the JNs, divisions can place limitations on their team size.

## **172 Staff: Coaching Staff and Support Staff Size and Composition**

- 172.1 Definition of Staff
- 172.1.1 A team's staff is defined as all those individuals, coaches and non-coaches alike, who have an official role with the team in support of the athletes on the team.
- 172.1.2 The size of the staff brought by any Division or District team may not be limited by the OC.
- 172.1.3 At the time of the team entry, all staff must be listed on the Division entry form.
- 172.1.4 Staff must be classified as either Coaching Staff or Support Staff.
- 172.2 Coaching Staff
- 172.2.1 The coaching staff consists of those individuals whose function is primarily coaching, and who need access to coaches' and team leaders' meetings, the jump and course during the competitions, and all areas accessible to competitors. Access

to these areas and functions are possible only with a coaching credential. The TD may limit the number of coaches allowed to participate at the Team Captains' meetings,

- 172.2.2 In order to receive a coaching credential, a coach must be a current Coach member.
- 172.2.3 Each Division is entitled to a minimum of 4 coaching credentials without extra charge.
- 172.3 Support Staff (non-coaching)
- 172.3.1 Staff members who do not need access to coaches' and team leaders' meetings, wax rooms, course during competition or the holding pen at the start area are not required to possess coach credentials.
- 172.3.2 The OC must make available, for a reasonable fee, a quantity of non-coaching Support Staff credentials which permit support staff access to appropriate areas, and which include a pass to the final banquet.

## **174 Year and Dates**

- 174.1 The JNs will take place every year.
- 174.2 The Championships should rotate every five years through the Divisions (Alaska, RMD, East, IMD, and Central) in that order.
- 174.2.1 The JNs may be held in conjunction with the Cross Country JNs.
- 174.3 The JNs should begin no earlier than Feb. 20 and end no later than Mar. 20 of the competition season.

## **175 Events, Distances Daily Program**

- 175.1 The competition calendar at the JNs consists of not less than four (4) medal events. These include a NC Team or Team Sprint event, two individual competitions (one Jumping and one Nordic Combined) and a Jumping Team Competition.
- 175.2 At JN's, competition will be held in two (2) age classes and two gender classes: U16 and U20 for both male and female.
  - 175.2.1 A competitor may only compete in their age class in all individual events throughout the JNs.
  - 175.2.2 The minimum age to compete in JNs is 12 years old as of Dec. 31 of the competition season.
    - 175.2.2.1 With respect to the men's Ski Jumping Team event, all four competitors' scores will count towards the total team score. All teams in the Ski Jumping Team Event will compete in one class. A team may be made of skiers from all age classes.
    - 175.2.2.2 With respect to the women's Ski Jumping Team event, all team members' scores will count towards the total team score. Women's teams may consist of two (2), three (3), or four (4) members, to be determined at the Team Captain's Meeting. All team sizes must be consistent.
- 175.3 Nordic Combined Events
  - 175.3.1 U16 NC Team Sprint - 1 jump and 2 x 1 km x 3(30pts/min)  
NC Individual Gundersen - 2 jumps and 5 km (25 pts/min)
  - U18, U20 NC Team Sprint - 1 jump and 2 x 1 km x 3 (30 pts/min)  
NC Individual Gundersen - 1 jump and 5 km (15 pts/min)
- 175.3.2 In the event the Cross-Country race must be held prior to the jumping event in a Nordic Combined competition, results shall be calculated in the same manner as a normal Gunderson competition. Whereas the Cross-County race will use a mass start and after the jumping, the Cross-Country times are added to the jumping results to produce the Nordic Combined results
- 175.4 Daily Program Example

- 175.4.1 It is up to the organizer, but they may include another optional event during the JNs with the approval of the Junior Jumping and Nordic Combined Subcommittee.
- 175.4.2 A recommended competition schedule at JNs is:
- |           |                     |
|-----------|---------------------|
| Wednesday | Official training   |
| Thursday  | Individual events   |
| Friday    | Team events         |
| Saturday  | Optional host event |
| Sunday    | Departure           |

## **177 Prizes and Awards**

- 177.1 For the purposes of prize-giving, awards, and publication of results, the competition within each class and gender is considered a separate and distinct event.
- 177.2 These prizes are to be awarded:
- 177.2.1 Individual Events  
A gold medal to the winner of each event, a silver medal to the second-place finisher of each event, and a bronze medal to the third-place finisher in each event. A commemorative award to the finishers in places 4 through 10.
- 177.2.2 Team Competitions  
A gold medal to each member of a winning team, a silver medal to each member of a second-place team, and a bronze medal to each member of a third-place team. Commemorative awards to each member of the teams in places 4 and 5 in the relay events.
- 177.3 In the event of a tie, equal awards shall be given.
- 177.4 A memento should be presented to each participating competitor and to each accredited coach who are members of each Division team.
- 177.5 At the JNs there will be no guest class; all skiers will compete in their appropriate gender and age class.
- 177.6 There will be one list of results produced for each discipline and class.
- 177.7 The top U.S. finishers in each discipline and class will be awarded the title U.S. Junior National Champion and will receive the JN medals.
- 177.8 A memento of participation shall be given to all registered skiers and coaches.

## **178 Results**

- 178.1 Competition result booklets, electronic files or DVDs: The full set of competition results, listing all results by class, including any unofficial events, shall be provided to all competitors and coaches at the completion of the event. These should be available prior to the team departures or must be mailed to each coach and competitor within seven days after the last event.
- 178.2 Cost of Result Booklets: There shall be no cost to the competitors or coaches for these result booklets. This cost is a benefit of the entry fee and is borne by the OC. Three copies shall also be forwarded to the Sport Development Manager and one complete copy that includes all medical incident reports and meeting minutes (Jury, Coaches, and/or OC) shall be forwarded to the TD and the TDA.
- 178.3 Results Faxing/Electronic: For each team that submits a list of fax or email addresses, the OC shall fax/email results of each competition to up to five news organizations per division. A set of results shall be emailed to the Sport Development Manager within 12 hours of the posting of official results for each competition day. A division requesting more than five sets shall be responsible for the cost of any number over five.

## **179 Ceremonies**

- 179.1 The OC will, in principle, include the following ceremonies in the JN program:
- 179.1.1 A Flower Ceremony must be organized based on the unofficial results of the competition, immediately after the competitions. Media should be informed of the ceremony, and athletes should be placed on a podium in an area conducive to photography. Athletes should be instructed to wear their competition bibs to the podium. Commercial marking restrictions continue to apply for all awards ceremonies. The main presentation should be made excluding Guest-class competitors, and a presentation should also be held including Guest-class competitors. A public announcement should be made that these results are not official and are subject to change. No awards or list of results should be distributed at this time.
- 179.1.2 Official Prize-giving Ceremonies. Ceremonies should include introduction and entrance of the competitors having won first, second and third place in the competition. Winners take the victory stand and receive medals. Copies of the day's results should be available for all competitors. Athletes not in attendance at the time of official prize giving may forfeit their awards.
- 179.1.3 Banquet. There should be a closing banquet in conjunction with the closing ceremonies with remarks thanking the OC for their work, presentation of any appropriate remaining awards, a meal for all competitors (included with the registration fee) and entertainment (music, slideshow, dancing, etc.). At this time, the complete results booklet should be made available to all competitors and official coaches via a link on the web or in the form of a booklet. The Banquet should be held the evening after the final competition, but if it is anticipated that most competitors will depart before the final event, the Banquet may be moved earlier during the competition upon approval by the Sport Development Manager. (see rule 181.4)

## **180 Other Facilities**

- 180.1 Waxing Facilities: It is recommended that there be a waxing area designated for each divisional team. If possible, the waxing area shall be protected from the elements and should have a minimum of two electrical outlets available for each team. If in an enclosed area, an exhaust system should be included to eliminate some of the gases developed during the waxing process.
- 180.2 Wax Testing Areas: There shall be an area(s) set aside in close proximity to the waxing area which shall be groomed in a way identical to the courses which shall allow for speed testing on a hill. Sufficient amount of test area shall be available to allow access to all competitors and coaches without interfering with the conduct of the competition.

## **181 Ancillary Services to be provided**

- 181.1 Complimentary Services for Competition Officials: Each of the officials shall be credentialed at all times during the JNs. In exchange for their services and by showing the credential when asked, they should have at least the following services provided: Meals or lunches provided when in actual officiating posture during a meal hour, bag lunches on competition days, and some memento of recognition (hat, jacket, armband, or pin), and if possible discounts on certain amenities associated with the skiing community such as ski rentals and lift ticket, use of a fitness club, etc.
- 181.2 Non-Competitive Events: The host may choose to add a competition to the schedule at their discretion (within the rules).
- 181.3 Opening Ceremony: There shall be an opening ceremony, which shall bring all

coaches, competitors, and officials together for an introduction to the community, spectators, and the press. This event shall be held one or two days prior to the first championship competition but not prior to the arrival of all teams. The date and time of the Opening Ceremony shall be included with the schedule of events forwarded to the division at the time the invitations are sent to allow teams to plan their arrival accordingly.

181.4 Awards Banquet: There shall be a closing awards banquet and/or party following the final day of competition. All competitors, coaches, and officials shall be entitled to come without a fee. Parents, guests, and spectators shall be offered an opportunity to purchase tickets to attend this event. It shall include a meal, and awards ceremony to include the final awarding of any special awards or special team selections.

181.5 Because the JNs involve young skiers who are students, the event should also be a learning experience. It is recognized that many of the competitors may be visiting a part of the country that they may never visit again. An effort should be made therefore to try to include at least one opportunity to experience a social, cultural or historical site or activity that is unique to the area or region. The OC shall make arrangements for such an event and shall offer it with advance notice and at nominal cost to the participants. The opportunity for such an event shall be included with the invitation indicating the cost involved.

## **182 Team Housing Facilities**

182.1 Because all skiers will attend only as a member of a divisional team, all members of a given team will normally be housed together in the same facility. The OC will, with their bid, provide preliminary information regarding housing for each team. Final information on available housing including pricing shall be made available to the designated team leader for each division not less than six months prior to the onset of the competitions.

182.2 Housing Proximity: The housing shall be in reasonably close proximity to the competition venues to allow for ease of travel for meetings, training, and competitions.

182.3 Provision at each housing facility for waxing in a specific location other than the rooms must be made.

182.4 It is the responsibility of the OC to negotiate a group rate with each housing site and for securing enough potential spaces for all athletes and coaching staffs.

182.5 Teams shall be responsible for the payment for housing and for making the final negotiations and arrangements with the housing sites for their stay. This includes whatever amenities are to be provided at the housing site.

## **183 Meal Plans/Costs**

183.1 The OC shall be responsible for obtaining information regarding meal plans adequate for feeding all skiers and coaches/staff for the duration of the competition. As with the housing, preliminary information regarding meal plans, including proposed menus, meal sites, times and plans for feeding the teams that would be at the meal site(s) shall be presented with the bid application. A final menu and cost presentation shall be given to the team leaders at least six months prior to the competition.

# TARGET SKI JUMPING

---

Target ski jumping is a relatively new format of competition for ski jumping. The premise is that a safe distance is set by the jury and through numerous rounds, the skier that lands closest to it without exceeding the Hill Size (if there is not a HS then K-point will be used) in the final round is the winner.

## Event Format

The event is set-up with the field of skiers entered in the competition. The organizer may limit the number of entries in the event. The organizer must clearly state in their invitation or prior to the commencement of the competition the format they have chosen.

The target is set each round and may continually get closer to the HS/K-point or may remain static. Skiers may remain in the competition by being within the next round's cut number of skiers closest to the Target without exceeding the HS. No variation of the format may allow skiers who jump past HS/K-point, to remain in the competition.

There are numerous variations of the event format. The following are examples of typical event formats.

After the first round or qualification round the field size may be cut in half or 32 skiers or 16 skiers. Then subsequent rounds are cut in half. Those skiers with ties should be carried forward in addition to the round's quota. The tiebreaker should only be used in the final round.

### Example 1

Round 1	All Entries	Cut to 32 plus ties
Round 2	32 plus Skiers	Cut to 16 plus ties
Round 3	16 plus Skiers	Cut to 8 plus ties
Round 4	8 plus Skiers	Cut to 4 plus ties
Round 5	4 plus Skiers	Final no cut
Winner Declared		

### Example 2

Round 1	All Entries	Cut to Half plus ties
Round 2	Half plus of Round 1	Cut to Half plus ties
Round 3	Half plus of Round 2	Cut to Half plus ties
Round 4	Half plus of Round 3	Cut to 4-6 plus ties
Round 5	4-6 plus Skiers	Final no cut
Winner Declared		

### Example 3

If after a traditional ski jumping competition a Target Jump Competition is held, all skiers entering the Target competition get one jump. The skier closest to the Target distance without exceeding it is declared the winner. In the case of a tie, those skiers may be asked to take additional jumps until a winner is declared.

## Target Distance

The target distance is a safe distance set by the event jury. The target distance will never exceed the HS of the ski jump. Any skier exceeding the HS distance will be disqualified.

## Start Gate

The jury may elect to set a maximum in-run length depending on the conditions and caliper of skiers in attendance at the event.

## **Result Publication and Tie Breaker**

Results are based on skiers who come closest to the target distance without exceeding the predetermined distance. The tiebreaker for the final round is based on the skiers jump in the previous round and its proximity to the Target distance. If a tie remains in the final round the organizer may request the tied skiers to compete in another round.

## **Elimination Jump Guidelines**

A competition format very similar to a target jump format may also be used called Elimination jump whereas the longest jumps in each round move on to the next round in similar fashion as is done with the Target Jump Brackets.

# **FIS RULE MODIFICATIONS**

**Unless specified in this guide, U.S. Ski & Snowboard follows the rules of the International Ski Federation (FIS) for all Nordic Competitions.**

**The ICR Nordic rulebooks are available on the FIS website.**

**Some FIS ICR rules have been modified through committee action as “Special Rules” and follow here:**

## **Jumping Special Rules, (Modified FIS Rules)**

### **401.2.1 The Chief of Competition**

Is responsible for the preparation of all technical and administrative aspects of the competition. He directs, controls and monitors the work of all officials.

He chairs the Team Captains’ Meeting in coordination with the Technical Delegate (TD) / Race Director (RD).

He directs the assignment of the Jury the technical aspects during both official trainings and the competition.

\*national He must attend an approved seminar within the two years prior to his duties.

### **405.3.2 Daily Allowance**

CHF 100 per day of travel to and from the event. The TD and TD Assistant get in addition during OWG, WSC, WSFC, WCJ and GPJ, COC, JWSC and, if necessary, for FCJ (see 405.4.5) competitions CHF 100 per day for the duration of the event.

\*national For U.S. Championship and the U.S. Junior Nationals: TDs and Assistant TDs will be provided a daily stipend at the rate of \$100. The TD and TDA shall be paid for the period beginning up to 3 days prior to the first competition through 1 day after the last race and include, travel, independent/commercial lodging and meal reimbursement. The Jury Member will be provided with room and meal reimbursement. Judges, Equipment Controller and Video Distance Measurer will be provided a daily stipend at the rate \$50 per official training and competition day and shall include travel, independent/commercial lodging, and meal reimbursement.

All other U.S. Ski & Snowboard sanctioned races:

For TD’s, TDA, Judges, Equipment Controller and Video Distance Measurer the daily stipend rate of \$50. A daily stipend will be paid for official training and competition days. All will be provided independent/commercial lodging extending from the night before the official training to the night of the last race day if needed. All will have their room, meal reimbursement and travel expenses paid for by the OC at all sanctioned competitions.

\*national Equipment Control Manager for Nordic Combined and Ski Jumping National Events

In U.S. Nationals and the Junior National (all National Competitions), there will be one individual assigned by the hosting division's official's assignment process, to assist the TD and Jury for the sole purpose of checking athlete's equipment both during and after the jumping competition.

The duties of the Equipment Control Manager include equipment measurement and controls, recording of any infringements, and making reports to the Jury immediately after their jump in a designated area near the end of the outrun.

The Equipment Control Manager would ideally possess a Licensed Ski Jumping TD, and or a qualified trained individual approved by the Jury. There may be an additional individual approved to assist. The Jury will be responsible to uphold the approved and appropriate equipment to provide and maintain the necessary equipment control devices as well as provide a qualified Equipment Control Manager for the event.

The designation of the equipment controller shall be entitled to the same expense and travel reimbursement as the Judges. The Organizing Committee will be responsible for these fees.

# Thank You

to the following licensees and suppliers  
of U.S. Ski & Snowboard



# CONCUSSION CHECKLIST

---

## Signs and Symptoms

Athletes who show or report one or more of the signs and symptoms listed below, or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body, may have a concussion or more serious brain injury.

<b>Signs Observed by Coaches / Officials</b>	<b>Symptoms Reported by Athlete</b>
<b>Appears dazed or stunned</b>	<b>Headache or "pressure" in head</b>
<b>Moves clumsily</b>	<b>Nausea or vomiting</b>
<b>Answers questions slowly</b>	<b>Balance problems or dizziness</b>
<b>Loses consciousness (even briefly)</b>	<b>Double or blurry vision</b>
<b>Shows behavior, or personality changes</b>	<b>Bothered by light or noise</b>
<b>Can't recall events prior to hit or fall</b>	<b>Feeling sluggish, hazy, foggy or groggy</b>
<b>Can't recall events after hit or fall</b>	<b>Confusion, or concentration or memory problems</b>
	<b>Just not "feeling right" or feeling down</b>

## Action Plan

If you suspect that an athlete has a concussion

1. Remove the athlete from training and competition,
2. Provide athlete/family with U.S. Ski & Snowboard’s concussion information and medical evaluation forms,
3. Notify [jeff.weinman@usskiandsnowboard.org](mailto:jeff.weinman@usskiandsnowboard.org) of suspected concussion,
4. The athlete will be placed on U.S. Ski & Snowboard medical hold until the completed medical evaluation form is received with the signature of a medical professional who has been trained in concussion management within the past three years.

## More Information

[cdc.gov/HeadsUp](http://cdc.gov/HeadsUp)

L.L.Bean  
OFFICIAL SUPPLIER TO THE U.S. SKI TEAM



Bean  
Outsider

Nothing is **IMPOSSIBLE.**  
Not even a  
**DELICIOUS** protein drink.

Rockin' Protein is the official protein beverage of the U.S. Ski & Snowboard Team. Because it starts with pure, fresh Shamrock Farms milk, Rockin' Protein is the perfect combination of high-quality protein and delicious taste. It has what athletes of all levels need to feel and perform their best.

#ResultsAreDelicious   

