

2021 NORDIC

COMPETITION GUIDE



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SKI & SNOWBOARD

2021 NORDIC COMPETITION GUIDE

On the Cover

U.S. Ski Team members
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TABLE OF CONTENTS

Key Contact Directory	4
Nordic Divisional Leadership	6
National Nordic Foundation and Nordic Rocks	7
Chapter 1: Getting Started	9
Athletic Advancement	10
Where to Find More Information	11
Membership Categories	11
Code of Conduct	12
Athlete Safety	14
Parents	16
Insurance Coverage	16
Chapter 2: Cross Country Points and Rankings	19
National Ranking List	20
FIS International Ranking List	20
Ranking List Schedule	22
Cross Country Age Classes	24
Chapter 3: Cross Country Competition Programs	27
Selection Criteria and Calendars	28
U.S. Cross Country Championships	28
SuperTour Finals	28
Continental Cups - Scandinavian (Scando) and Alpen (OPA) Cups	28
SuperTour	29
National Ranking List Series	29
World Junior Championship Trials	29
FIS Nordic World Junior Championships and U23 Cross Country WSC	29
Junior Nationals	29
U18 Nordic Junior Nations Competition	31
Collegiate Skiing	31
Adaptive Nordic Skiing	31
Chapter 4: Cross Country Rulebook	33
Membership	34
General Rules for all Cross Country Competitions	34
U.S. Cross Country Championships	35
Cross Country Junior Nationals	42
Cross Country SuperTour	52
Cross Country Cross (XCX Competitions)	55

Chapter 5: Ski Jumping and Nordic Combined	57
Age Classes	58
Competition Program	58
Rules	59
Membership	59
General Ski Jumping and Nordic Combined Rules	59
U.S. Ski Jumping and Nordic Combined Championships	71
Junior National Championships	74
Target Ski Jumping	84
FIS Rule Modifications	85
Concussion Checklist	88

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KEY CONTACT DIRECTORY

Unless otherwise noted, 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)

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Nordic Divisional Leadership

For a map of divisional boundaries see usskiandsnowboard.org

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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 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 can 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 county 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@xcskiing.org



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CHAPTER 2

**CROSS COUNTRY
POINTS AND RANKINGS**



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, ski jumping, nordic combined, freestyle and freeskiing. U.S. Ski & Snowboard clubs include approximately 370 professional coaching outlets for athletes and logistical support for competitions. These clubs, with both professional staff and volunteers and comprised of nearly 36,000 U.S. Ski & Snowboard members, are the foundation of the U.S. Ski & Snowboard, supporting individual athletes and managing most of the organization's domestic competitions. During the 2019-20 season, our resort partners, clubs, officials and volunteers hosted more than 2,650 domestic competitions with more than 147,000 athlete starts being recorded until the competition season ended abruptly due to the COVID-19 pandemic.

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 along 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 also partners with both the USOPC and U.S. Center for SafeSport on education related to athlete safety.

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, regionally, and nationally. The following are steps you can take to make the most out of your competitive 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/public-tools.

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, 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/public-tools/ranking.

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 some USA

FIS events at 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 (usskiandsnowboard.org/sport-programs/pipeline) with defined action tips designed to educate athletes in every age group as they progress in their sport.

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 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 at my.usssa.org/membership/start 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.

National Office - Every sport has full-time support staff in U.S. Ski & Snowboard's national office in Park City, Utah. 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.

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. You will be issued a U.S. Ski & Snowboard membership number immediately. However, FIS membership may take up to one week. Keep in mind that most adult memberships are placed on pending status until all requirements have been completed.

Most adult members are required to undergo periodic Background Screening, Introduction to Avalanches and annual SafeSport training to activate membership. Screening and SafeSport training are not required for short term members and alpine masters who are not in regular contact with athletes.

General Member - The low-cost General membership is designed for young athletes, 17 and under by Dec. 31, who are training with a club program but not participating in sanctioned events.

Cross Country Non-Scored Athlete - The membership is designed for students 18 and over, prior to Dec. 31. The Non-Scored Athlete membership provides access to all levels of U.S. Ski & Snowboard scored and non-scored competitions at the local, divisional, regional and national level. However, as the name implies it does not include access to the U.S. Ski & Snowboard points list.

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 - 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 - 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 member undergoes periodic background screening and annual SafeSport training 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 - 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. Each club volunteer undergoes periodic background screening and annual SafeSport training to help provide a SafeSport environment in clubs. This membership is a good stepping-stone to becoming a coach or official and is fully upgradeable 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, Grit, and Safety, 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 & Paralympic Committee (USOPC) Bylaws, the U.S. Ski & Snowboard Bylaws, and this U.S. Ski & Snowboard Code of Conduct.
2. U.S. Ski & Snowboard members shall conduct themselves at all times and in all places as befit 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. Members under the age of 18 shall not use any form of nicotine.
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 understand and agree that they may be drug tested at any time, that they are subject to and will abide by the USADA Protocol for Olympic and Paralympic Movement Testing, its Annexes, and the USOPC National Anti-Doping Policies, and that any dispute related to the foregoing will be resolved exclusively in arbitration pursuant to the USADA Protocol. Before taking any medications, members must check the prohibited status at GlobalDRO.com. Also, they must be sure to download the Supplement 411 app, or visit Supplement411.org to learn how to recognize and reduce the risks related to supplement use. Any anti-doping questions can be directed to Athlete Express at 866.601.2632.
12. U.S. Ski & Snowboard members agree to abide by the 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 USOPC Bylaws. Information on the processes for grievances, suspensions, and appeals is available at usskiandsnowboard.org.

Nothing in this Code of Conduct 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 October 1, 2019

ATHLETE SAFETY

U.S. Ski & Snowboard is committed to athlete health, welfare, and safety, and adheres to the requirements of the U.S. Olympic & Paralympic Committee (USOPC) and the U.S. Center for SafeSport in their efforts to promote a safe and secure environment for athletes.

SafeSport & Athlete Safety requirements, including the Minor Athlete Abuse Prevention Policy (MAAPP), apply from the grassroots level with U.S. Ski & Snowboard member clubs, and extend to all areas of the organization, including the Center of Excellence.

All employees of U.S. Ski & Snowboard, interns, volunteers, and contractors who have access to the Center of Excellence, or who have regular contact or are in a position of authority over athletes, and those who have access to confidential U.S. Ski & Snowboard information related to the organization or athletes, must complete SafeSport training and background screening before their first day of employment, interning, volunteering, or beginning contract work.

U.S. Ski & Snowboard member clubs are also required to implement SafeSport training and background screening as well as the MAAPP for all those who work at or with U.S. Ski & Snowboard, and at all U.S. Ski & Snowboard- or FIS- sanctioned events in the United States. These mandatory requirements include:

- Criminal background screening once every two seasons for all employees, coaches, officials, board members, interns, contractors, and volunteers who are in regular contact with athletes, or in positions of authority over athletes
- Core Center for SafeSport Training
- Following the completion of the Core Center for SafeSport training, a refresher course is required every season
- The adoption of U.S. Ski & Snowboard's MAAPP, to limit, as much as possible, one-on-one interactions with athletes at all times
- Implementation and enforcement of policies, and preparation for and quick response to random audits for compliance by the U.S. Center for SafeSport
- Completion of the introduction to avalanche course on U.S. Ski & Snowboard's membership platform
- Fast Start Coaching Course: Now required for Level 100 certification

These policies apply to all levels of U.S. Ski & Snowboard's member programs. More details regarding SafeSport and Athlete Safety are available on the U.S. Ski & Snowboard website at usskiandsnowboard.org/safesport-athlete-safety.

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PARENTS

our 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. There are also 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, local clubs and U.S. Ski & Snowboard produced educational resources, parents can gather information to help support their child in their quest towards victory.

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

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 buckner.com/us-ski-and-snowboard 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 buckner.com/us-ski-and-snowboard for a detailed description of coverage including a list of activities that are excluded from the policy.

Liability Insurance Coverage

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 buckner.com/us-ski-and-snowboard 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 buckner.com/us-ski-and-snowboard 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

Thank You

to the following licensees and suppliers
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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 Adaptive members, and their national ID must appear on the official results to receive credit.

U14s with competitor memberships are eligible for points when participating in scored competitions which include U16 and older age groups. Team events and relays are not scored to the NRL. The NRL is available at 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.

Event Category	Minimum ¹
World Cup, Olympic and World Championships	zero
Continental Cup, NCAA Champs, American Birkebeiner ² , 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

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 compete 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.

- An equalizer is calculated for men and women in both distance and sprint.
- The equalizers are calculated as the average percent difference between NRL and FIS points for the top 20 athletes on the final SuperTour standings of the season.
- The distance and sprint equalizers are applied to each result from the previous season to allow for proper calculation.

Calculation of the equalizers 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.



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Ranking List Schedule

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

	NRL		FIS	
	Closing	Valid	Closing	Valid
1.	Oct. 26	Oct. 29	Jun. 28	Jul 1
2.	Nov. 9	Nov. 12	Oct. 11	Oct. 15
3.	Dec. 7	Dec. 10	Nov. 22	Nov. 26
4.	Dec. 21	Dec. 31	Dec. 20	Dec. 24
5.	Jan. 11	Jan. 14	Jan. 10	Jan. 14
6.	Feb. 15	Feb. 18	Feb. 14	Feb. 18
7.	Mar. 1	Mar. 4	Mar. 7	Mar. 11
8.	Mar. 15	Mar. 19	Mar. 21	Mar. 25
9.	Apr. 5	Apr. 8		
10.	June 28	July 1		

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

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_x = Time of the classified competitor in seconds (according to discipline)

T_o = Time of winner in seconds (according to race discipline)

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

P_n = 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 Skiathlon | 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:

- 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 publication of the start list. 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.

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!

Cross Country Age Classes

Category	Age	Year of Birth
Master	30 and older	1990 and earlier
Senior	20-29	1991 through 2000
U20	18-19	2001 and 2002
U18	16-17	2003 and 2004
U16	14-15	2005 and 2006
U14	12-13	2007 and 2008
U12	10-11	2009 and 2010
U10	8-9	2011 and 2012
U8	6-7	2013 and 2014
U6	5 and younger	2015 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, 2020 to June 30, 2021.

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CHAPTER 3

**CROSS COUNTRY
COMPETITION PROGRAMS**



At the time of publication national Cross Country competitions have been cancelled and a Regionally-based competition structure has replaced national calendaring due to the COVID-19 pandemic. Please check at usskiandsnowboard.org for the latest updates.

This section of the Competition Guide provides general information on major events and series, some of which are invitational or only open to qualified athletes.

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. See chapter 2 for a list of minimum penalties.

All competitions require U.S. Ski & Snowboard cross country 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.

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/sport-development-athlete-development.

U.S. CROSS COUNTRY CHAMPIONSHIPS

Canceled due to COVID-19

SUPERTOUR FINALS

Canceled due to COVID-19

CONTINENTAL CUPS - SCANDINAVIAN (SCANDO) AND ALPEN (OPA) CUPS

TBD - Proposed Mar. 5-21 2021 in Central Europe

The Continental Cups are the European version of the SuperTour. The Scando Cup and OPA Cup competitions that are participated in as part of the project will be scored to the National Ranking List. Contact Bryan Fish (bryan.fish@usskiandsnowboard.org) for dates, locations, race formats and registration information. As race details are finalized, they will be posted at usskiandsnowboard.org.

SUPERTOUR

Canceled due to COVID-19

NATIONAL RANKING LIST SERIES

Competitors competing in National Ranking List (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.

WORLD JUNIOR CHAMPIONSHIP TRIALS

Canceled due to COVID-19

FIS NORDIC WORLD JUNIOR CHAMPIONSHIPS AND U23 CROSS COUNTRY WSC

Zakopane, Poland | Feb. 1-7 2021

For more information visit usskiandsnowboard.org or contact Kate Barton at katherine.barton@usskiandsnowboard.org.

At the time of publication, European National Ski Federations are still considering whether they will host International Development competitions.

Schedule

Jan. 22-30	Pre-Camp
Feb. 1	Individual Sprint Classic Junior
Feb. 2	Individual Sprint Classic U23
Feb. 3	Individual Start Freestyle 5/10 km junior
Feb. 4	Individual Start Freestyle 10/15 km U23
Feb. 5	Mass Start Classic 15/30 km junior
Feb. 6	Mass Start Classic 15/30 km U23
Feb. 7	Relay CL/FS/ 4 x 3.3 km / 4 x 5 km junior

JUNIOR NATIONALS

Canceled due to COVID-19



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U18 NORDIC JUNIOR NATIONS COMPETITION

Norway dates TBD (proposed Feb. 5-16 2021)

For information visit usskiandsnowboard.org or contact Kate Barton at katherine.barton@usskiandsnowboard.org.

At the time of publication, European National Ski Federations are still considering whether they will host International Development competitions.

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. NCAA rules limit the amount of prize money a current or potential athlete can accept. Athletes can accept prize money up to an amount that the NCAA deems actual & necessary (e.g., entry fees, transportation, lodging, meals, etc.) directly for the competition in which the prize money was awarded. Further, the prize money must be issued only by the sponsor of the event and no other individual or entity. These expenses must be well documented as the NCAA may request expenses compared to money won. Rules may vary by league or institution so it is highly recommended that athletes know what rules might impact their situation prior to accepting any prize money.

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.

Receiving support to participate for an NCAA institution requires the certification of your amateurism, regardless if the event you wish to compete in is sanctioned by the NCAA or not.

Information about USCSA nordic skiing can be found at uscsa.com.

ADAPTIVE NORDIC SKIING

Adaptive nordic skiing, including the U.S. Paralympics Nordic Skiing National Teams, is managed as part of the U.S. Olympic & Paralympic Committee's Paralympic division and includes sit ski, standing, and visually impaired classes. More information can be found at teamusa.org/US-Paralympics/Sports/Nordic-Skiing or by contacting uspnordic@gmail.com.

U.S. Paralympics Nordic Events

Para Nordic competition opportunities, including World Para Nordic Skiing Continental Cup races will be published and updated on the U.S. Paralympics Nordic Skiing Events page at teamusa.org/usparanordicskiing/events-results.

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CHAPTER 4
CROSS COUNTRY RULEBOOK



MEMBERSHIP

0 Membership

- 0.1 The membership year begins on July 1 and finishes on June 30 of the following year. Memberships shall be valid for the membership year only. The validity of a membership can be limited to participation in one or more specific events.
- 0.2 Individuals with any membership category may compete in a cross country competition.
- 0.3 Individual 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 training and Background screening) and appropriate officials certification for their position as required.
- 0.4 For U.S. Ski & Snowboard 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.
- 0.5 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.
- 0.6 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 RULES FOR ALL CROSS COUNTRY COMPETITIONS

1.0 Fundamental Rule

- 1.0.1 Unless otherwise specified in this guide, all cross country competitions will be conducted in accordance with the FIS Cross Country International Rules for Competition.
- 1.1 The Competition Jury
- 1.1.1 The Competition Jury for Non-Championship competitions shall consist of:
- the Technical Delegate (TD)
 - A Jury Member or Technical Delegate Assistant (TDA)
 - the Chief of Competition
- 1.2 Appointment of the Competition Jury
- U303.2 For the Cross Country Championships, Cross Country Junior Nationals, and FIS competitions, the TD and TDA will be nominated to the Cross Country Sport Committee by the Cross Country Officials Sub-Committee, and the Jury Member will be selected in consultation with the Cross Country Officials Sub-Committee, the organizer, and the Sport Development Manager or designate.
- For all other competitions, the TD, and TDA or Jury Member will be nominated by the Official’s Regional Coordinator from the region where the competition is scheduled in cooperation with the organizer.

1.3 Right to Reimbursement of Jury Members

- U304.1.1 The TD and TDA have a right to reimbursement for all appointment related travel expenses (including but not limited to airfare, baggage fees, car rental or IRS standard mileage rate, airport transfers, airport parking, and highway tolls). Lodging and meals must be provided for the TD, TDA, and Jury Member. Lodging must be within a 45 minute drive time from the competition venue. Lodging must include separate beds for all members of the jury and separate rooms if members of the jury are of the opposite sex. For any meals and or lodging not provided by the organizers, the TD, TDA, and Jury Member have the right to reimbursement at the GSA Per Diem rate, for the location of the lodging. Also, the TD and TDA have the right to a fixed daily rate of \$100 for travel days to and from as well as each day of the assignment. Double charges (e.g. traveling home on the same day as the last race) are not permitted. If overnight accommodation during the journey to and from the assignment is necessary, this must be justified and reimbursed separately.
- U303.4.1 For the United States Cross Country Championships and Junior Nationals events, the TD and TDA are normally expected to arrive for two working days prior to the first competition. For all other competitions, the TD and TDA or Jury Member are normally expected to arrive the day before the first competition. Exceptions to these norms may only be arranged with the cooperation of the organizers.

1.4 Course Homologation

- U311.23 U.S. Ski & Snowboard sanctioned competitions are not required to use FIS homologated courses unless the competitions are part of the FIS Calendar.

1.5 Results

- U317.2.1 The Unofficial result list will be posted to the official notice board as soon as possible after the completion of the competition for each class, with the time of its publication noted.
- U361.3 The functional deadline for protests with post-competition deadlines will be after the posting of the unofficial result of the final competition of the day, except for Individual Sprint Qualification.

U.S. CROSS COUNTRY CHAMPIONSHIPS

30 Definition

- 30.1 The U.S. Cross Country Championships (USCCC) are the U.S. Ski & Snowboard's own competitions. They are subject to invitation only. The Championships may also include Para, Master, Junior, and Guest classes as approved by the Cross Country Sport Committee (CCC).

31 Calendaring

- 31.1.1 The USCCC will be organized every year.
- 31.1.2 The competitions of the USCCC may be organized at two or more separate events within a season with non-championship competitions included in the event program.
- 31.1.3 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 United States Championship, the events should take place when no FIS World Cup competitions are scheduled.
- 31.1.4 No other scored competitions may be held elsewhere in the country on the same

dates as the USCCC without permission from the CCC.

31.1.5 USCCC competitions may be used as part of a mini-tour.

31.2 Competition Program

31.2.1 The program may include (but is not limited to) these competition formats:

- Individual Start, Mass Start, Pursuit Start, or Skiathlon competitions between 10 km and 50 km for men.
- Individual Start, Mass Start, Pursuit Start, or Skiathlon competitions between 5 km and 50 km for women.
- Individual Sprint Competitions
- Team Sprint Competitions
- Relay Competitions

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

31.2.3 The program should reflect alternating techniques in each competition format from year to year.

31.3 Bid Process

31.3.1 A club wishing to organize the USCCC must complete a bid as per the guidelines established by the Request for Proposal (RFP) developed by U.S. Ski & Snowboard staff 30 months prior to the event, and present a bid, at the latest, at the U.S. Ski & Snowboard Congress eighteen months before the event is to take place.

31.3.2 If USCCC competitions are split between two or more events, an RFP is required for each event.

31.3.3 If more than one club has submitted a bid, the CCC will select the winning bid.

31.4 Event Contingency Group

31.4.1 In case of adverse conditions, the Event Contingency Group (ECG) has the authority to make the decision to continue with the program as scheduled or to make adjustments to the competition distances, formats, or schedules, relocating, or canceling the competitions. The duration of this authority begins 13 days prior to the first competition of the event to the final day of the competition.

31.4.2 The ECG is made up of:

- One member of the OC
- The TD
- Cross Country Program Director or designate
- Two members appointed by the CCC

32 Competitor Eligibility

32.1 The USCCC competitions are open to any U.S. citizen or Resident Alien with a current U.S. Ski & Snowboard membership of any category and to Active FIS competitors from other nations.

33 Entry Fees

33.1 The maximum permissible entry fee for one race is \$60, for two races is \$120, for 3 or 4 races is \$175, for 5 or more races is \$200. A late fee of no more than \$25 may be added for entries made within one week before the first competition of the event.

33.2 Current members of the U.S. Cross Country National Team and U.S. Para Nordic Team are eligible for complimentary entry to all USCCC individual races.

34 Staff and Competition Supplier Eligibility

34.1 Team Staff

34.1.1 Team Staff must be a current U.S. Ski & Snowboard member with a Cross Country Coach Certification to be eligible for a credential.

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- 34.2 Competition Suppliers
- 34.2.1 Competition Suppliers must be a current U.S. Ski & Snowboard Member to be eligible for a credential.
- 34.3 Credential Fees
- 34.3.1 The fee for an event credential may not exceed \$35.
- 34.3.2 U.S. Ski Team Competition Suppliers are eligible for two credentials at no charge.
- 34.4 Support Staff
- 34.4.1 Support staff are defined as anyone who is 18 years and older, is not credentialed by the OC, and is assisting with the support of competitors during the USCCC.
- 34.4.1 Support staff must be a current U.S. Ski & Snowboard member if they are supporting competitors under the age of 18.

35 Competition Jury

- 35.1 The competition jury shall consist of;
- the Technical Delegate,
 - the Assistant Technical Delegate,
 - 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.

36 Waxing Facilities

- 36.1.1 The OC must provide a common indoor space with heat, lights, and electric service, for competitors to prepare skis.
- 36.1.2 In addition to the common space, the OC may provide secure private waxing spaces for a fee.

37 Credentialed Access

- 37.1 Access to the competition areas, which include waxing areas, stadium, competition courses (during the time when they are closed for training and competition), athlete areas, Team Captains Meeting, and any other area designated by the Competition Jury are limited to credentialed individuals.
- U344.2 The Competition Jury may institute a system to allow credentialed persons to move on skis on the course during periods when the course is closed for the competitions.

38 Method of Determining Start Orders

- 38.1 General Procedures
- 38.1.1 Time and place for the drawing of the start order of each race is decided by the Competition Committee well in advance of the competitions and agreement with the Technical Delegate, not earlier than 72 hours, and not later than 12 hours before the starting time of the competition.
- 38.1.2 The Competition Jury may assign competitors a position within a group based on past performance in cross country competitions or current performance in Biathlon or Nordic Combined, as needed, to ensure the best possibility of a fair competition.
- 38.1.3 Junior-aged competitors will be grouped among the older age classes.
- 38.1.4 The Seeded Group for a Tour event may be made up of a fixed number of competitors, not to exceed 20, based on the Overall Tour Standings.
- 38.2 Interval Start Grouping
- 38.2.1 Competitors will be assigned into the following groups based on a Seed List that is composed of their lowest Distance points from either the current FIS Points List or National Ranking List:
- The 20 lowest-ranked competitors will be assigned to the Seeded Group.

- The 21st to 40th ranked competitors will be assigned to Group B.
 - The 41st to 60th ranked competitors will be assigned to Group C.
 - All remaining ranked competitors will be assigned to Group R.
 - All unranked competitors will be assigned to Group Z.
- 38.2.3 If there are fewer than 80 ranked competitors entered, the jury may eliminate Group C and then B, as needed to balance the size of the groups.
- 38.3 Interval Start Running Order
- 38.3.1 The jury will determine the start order of the groups such that the advantage is given to the Seeded Group, then to Group B, and so on.
- 38.3.2 The order within the Seeded Group, and Groups B, C, and Z will be determined by random draw.
- 38.3.3 Group R will start in rank order from lowest to highest seed points.
- 38.3.4 Members of the Seeded Group must start at 30 second intervals. If the start interval for a competition is less than 30 seconds, then the competitors from a lower ranked group (normally Group C) will start every second position between members of the Seeded Group.
- 38.4 Individual Sprint Qualification Grouping
- 38.4.1 Competitors will be assigned into the following groups based on a Seed List that is composed of their lowest Sprint points from either the current FIS Points List or National Ranking List:
- The 20 lowest-ranked competitors will be assigned to the Seeded Group.
 - All remaining ranked competitors will be assigned to Group R.
 - All unranked competitors will be assigned to Group Z.
- 38.5 Sprint Qualification Start Order
- 38.5.1 The Seeded Group will start first, followed by Group R, then Group Z.
- 38.5.2 The start order within the Seeded Group and Group Z will be randomized.
- 38.5.3 Group R will start in rank order from lowest to highest Seed points.
- 38.6 Mass Start Grouping
- 38.6.1 Competitors will be assigned into the following groups based on a Seed List that is composed of their lowest Distance Points from either the current FIS Points List or National Ranking List:
- Ranked competitors will be assigned to Group R.
 - Unranked competitors will be assigned to Group Z.
- 38.7 Mass Start Position
- 38.7.1 The best-ranked competitor in Group R will be assigned the first starting position followed by the rest of the group in rank order.
- 38.7.2 Competitors in Group Z will be assigned the next available start positions based on a random draw.
- 38.8 Relay Start Position
- 38.8.1 The sum of the current FIS Distance Points of the members of the relay team will determine the start position. The team with the lowest point total will be assigned the first start position followed by the team with the next lowest, and so on.
- 38.8.2 Teams with unranked members will be assigned the next available start position by a random draw.

39 Precisions to the FIS Competition Format Specifications

39.1 Mass Start

U322.5.1 Lapped competitors will not be removed from the competition.

U322.2.3 One ski exchange will be allowed in competitions of 30 km and greater.

- 39.2 Skiathlon
- U323.5.1 Lapped competitors will not be removed from the competition.
- 39.3 Pursuit
- U325.5.3 Lapped competitors will not be removed from the competition.
- 39.4 Individual Sprint
- U325.4.2.2 There will not be any B Finals
- U325.4.2.5 Normally 30 competitors should advance to the Heats and Table A should be followed. If there are 26 to 29 competitors in the Qualification, then the 25 fastest advance to the quarter-final round. If there are 21 to 25 competitors in the Qualification, then the 20 fastest advance to the quarter-final round. If there are 20 or fewer competitors in the Qualification round, then the 12 fastest advance directly to the semi-final round.
- U325.4.2.7 The Heats must be timed and the assignment of start position in the Semi-final and Final heats is based on finish order and heat times.
- 39.5 Team Sprint
- U343.12.2 Ski preparation and ski exchange are not allowed during the competition.
- 39.6 Relay
- U327.1.2 The USCCC Relay will run with the first two legs in the Classic Technique and the third and fourth legs in Free Technique.
- U327.5.3 Lapped teams will not be removed from the competition.
- 41 Prizes and Awards**
- 41.1 Championship Eligibility
- 41.1.1 The top three U.S. Citizens or Resident Alien finishers will be eligible for Championship medals.
- 41.1.2 Guest Class competitors are not eligible for Championship titles and medals.
- 41.2 Prize Money
- 41.2.1 All competitors, regardless of citizenship, are eligible for prize money.
- 41.2.2 Competitors must be Active FIS members prior to the publication of the Start List to be eligible for prize money.
- 41.2.3 The organizer must be compliant with Internal Revenue Service law including withholding any money until Form 1099 is completed by citizens and tax withholding for foreign winners.
- 41.3 USCCC Grand Champion
- 41.3.1 A Grand Champion is awarded to the top individual (excluding Guest Class) based on best of 5 USCCC competitions utilizing the SuperTour Points schedule.
- 41.4 Relay Award Eligibility
- 41.4.1 Only relay teams comprised of members listed on the roster of the same U.S. Ski & Snowboard club are considered Official Teams and are eligible for the awards and prize money.
- 41.4.2 Relay teams made up of individuals from different clubs will be considered Unofficial and not eligible for awards or prize money.
- 41.5 Flower Ceremony
- 41.5.1 The flower ceremony for the top three finishers, based on the unofficial result, should be held after the top 40 ranked competitors have finished.
- 41.5.2 If Guest Class competitors are ranked in the top three overall, then a second ceremony recognizing the USCCC Individual Champions will be held as well.
- 41.6 Participant Memento
- 41.6.1 A memento should be provided for all participants at a USCCC event.



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CROSS COUNTRY

JUNIOR NATIONALS

50 Definition

- 50.1 The Junior Nationals are the official age class national championships for junior-aged competitors, sanctioned by U.S. Ski & Snowboard.
- 50.2 The rules, procedures, and guidelines for the Junior Nationals are established by the U.S. Ski & Snowboard Cross Country Sport Committee based on the recommendations of the Junior Working Group.

51 Calendaring

- 51.1.1 The Junior Nationals will take place every year and may be held in conjunction with the Junior National Championships in the other Nordic disciplines.
- 51.1.2 The first competition will normally be held on the Monday after the first Friday in March.
- 51.1.3 The daily competition program for the Junior Nationals should be as follows:
- | | |
|-----------|--------------------------------|
| Monday | Individual Start Competitions |
| Wednesday | Individual Sprint Competitions |
| Friday | Mass Start Competitions |
| Saturday | Relay Competitions |

51.2 Event Program

- 51.2.1 The competition program will include all of the following races:

Class	Women	Men
U16	Individual Sprint Individual Start 5 km Mass Start 5 km Relay 3 x 3 km	Individual Sprint Individual Start 5 km Mass Start 5 km Relay 3 x 3 km
U18	Individual Sprint Individual Start 5 km Mass Start 10 km Relay 3 x 3 km	Individual Sprint Individual Start 10 km Mass Start 10 km Relay 3 x 3 km
U20	Individual Sprint Individual Start 5 km Mass Start 10 km Relay 3 x 3 km	Individual Sprint Individual Start 10 km Mass Start 15 km Relay 3 x 3 km

- 51.2.2 The relay format may be substituted with an alternative team format with approval from the Junior Working Group.
- 51.2.3 The techniques for the distance races should alternate each year. In odd years the Individual Start Race should be in the freestyle technique and the Mass Start should be in the classic technique and vice versa in even years.
- 51.2.4 The daily race schedule may vary to allow for the different age-classes and genders to experience optimal competition conditions.
- ### 51.3 Bid Process
- 51.3.1 The right to host and organize the Junior Nationals will be awarded by the U.S. Ski & Snowboard Cross Country Sport Committee based on the recommendations of the Junior Working Group.

- 51.3.2 Bids should be considered from clubs in the various Regions based on the following rotation:
- | | |
|------------------|------------------------|
| East | Years ending in 4 or 9 |
| Mountain/Pacific | Years ending in 5 or 0 |
| Central | Years ending in 1 or 6 |
| Mountain/Pacific | Years ending in 2 or 7 |
| Alaska | Years ending in 3 or 8 |
- 51.3.3 Bids shall be presented at the Junior Coaches Meeting at Junior Nationals two years prior to hosting.
- 51.3.4 In the case of competing bids from the same region, the U.S. Ski & Snowboard Cross Country Sport Committee shall select the winning bid based on the recommendations of the Junior Working Group.
- 51.4 Event Contingency Group
- 51.4.1 In case of adverse conditions, the Event Contingency Group has the authority to decide to continue with the program as scheduled or to make adjustments to the competition distances, formats, or schedules, relocating, or canceling the competitions. The duration of this authority begins 13 days before the first competition of the event to the final day of the competition.
- 51.4.2 The ECG is made up of:
- One member of the OC
 - The TD
 - Cross Country Program Director or designate
 - Two members appointed by the CCC

52 Competitor Eligibility and Entries

- 52.1 The Junior National Championships are open to any junior aged U.S. citizen or Resident Alien with a current U.S. Ski & Snowboard membership who qualifies through their Divisional Selection Criteria or by meeting the Automatic Qualifying Standards.
- 52.2 District Representation
- 52.2.1 Each Division is responsible for developing and publishing the criteria for selecting team members, including appeals procedure, by November 1 of the current season.
- 52.2.2 Competitors will represent the Division in which he/she lives, attends school, or customarily trains and races. Divisional eligibility issues will be arbitrated by the Sport Development Manager.
- 52.3 Age Classes
- 52.3.1 Competitions will be held for women and men in three age classes: U16, U18, and U20.
- 52.3.2 Competitors must race in the class that corresponds to their age except in the following circumstances;
- The U16 class may include competitors under the minimum age of that class.
 - A Relay team may be composed of mixed age competitors.
- 52.3.3 Mixed-age relay teams will be considered an Official Team of the age class of the oldest member of the team.
- 52.3 Guest Class
- 52.3.1 The Guest Class can include the following:
- Exchange students who are certified by the Division in which they reside that they perform to the same level as the U.S. Citizens qualifying from that Division.
 - Invited foreign competitors, subject to the approval of the Junior Working Group.

- U.S. citizens residing outside of the United States who meet one of the Automatic Qualifying Standards.
- 52.3.2 Exchange students must be current members of U.S. Ski & Snowboard.
- 52.3.3 Invited foreign guests must be active FIS members.
- 52.3.4 United States citizens residing outside of the U.S. must be current members of U.S. Ski & Snowboard.
- 52.4 Divisional Basic Quota
- 52.4.1 Large Divisions have a basic quota of 25 male and 25 female competitors.
- 52.4.2 Small Divisions have a basic quota of 18 male and 18 female competitors.
- 52.4.3 A Divisional Team can include a maximum of 14 competitors in any single class.
- 52.4.4 Guest Class competitors are not counted as part of the basic quota.
- 52.5 Automatic Qualifying Standards
- 52.5.1 Any individual who meets one or more of the following criteria in the current season will be eligible to represent their Division above the Divisional Basic Quota:
- They are ranked in the top 20 men or women on the Junior World Championships Team Ranking List.
 - They qualify for and attend the U18 Nordic Junior Nations Competition Trip.
 - They are among the top five junior-aged individuals of a final NCAA Regional Ranking Lists.
 - They are a member of the U.S. Team to the World Junior Championship in either Biathlon or Nordic Combined.
 - They are a member of the U.S. Team to the International Youth Olympic Games in Biathlon, Cross Country, or Nordic Combined.
- 52.6 Entry Deadlines
- 52.6.1 Preliminary Entries
- 52.6.1.1 A Divisional Team must inform the Organizers of the preliminary number of competitors and staff by February 1.
- 52.6.2 Final Entries
- 52.6.2.1 A Divisional Team's Final Entry List must be received by the Organizer not less than 5 days before the first competition.
- 52.6.2.2 The Final Entry list must include name, date of birth, U.S. Ski & Snowboard membership number or FIS Code for invited foreign guests, sex, home address, club representation, and school representation for each competitor.
- 52.6.2.3 A Division must inform the Organizers of its status as a Large or Small Division at the time of the Final Entries
- 52.6.3 Changes to the Entries
- 52.6.3.1 Substitutions to the Final Entry List due to injury or illness must be accepted up until the first Team Captains Meeting.
- 52.6.3.2 Changes to the Club and/or High School team representation may be submitted up until the first Team Captains Meeting.

53 Entry Fees

- 53.1 The maximum entry fee is \$225 per competitor.
- 53.2 The entry fee will be waived for any competitor who, in the current season, was;
- named to the U.S. Cross Country Ski Team, or,
 - competed in cross country for the United States at the Youth Olympic Games, or,
 - competed as a cross country member of the Nordic Junior World Championships team.

54 Staff and Competition Supplier Eligibility and Registration

54.1 Team Staff

54.1.1 Credentialed Team Staff must be a current U.S. Ski & Snowboard member with a Cross Country Coach Certification.

54.2 Team Staff Quota

54.2.1 The Team Staff Quota is based on team size according to the following:

Basic Quota 6

Teams with 30-42 athletes 7

Teams with 43 or more athletes 8

54.2.2 Teams may purchase additional credentials, up to a maximum of fifteen, at a cost of no greater than \$50 for each.

54.3 Competition Suppliers

54.3.1 Competition Suppliers must be current U.S. Ski & Snowboard Members to be eligible for a credential.

54.3.2 U.S. Ski Team Suppliers are eligible for two credentials at no charge and may be issued additional credentials at a cost no greater than \$50.

54.3.3 Non-U.S. Ski Team Suppliers will be subject to a credential fee of no greater than \$50.

54.4 Support Staff

54.4.1 Support staff are defined as anyone who is 18 years and older, is not credentialed by the OC, and is assisting with the support of competitors during the Junior Nationals.

54.4.1 Support staff must be a current U.S. Ski & Snowboard member.

54.5 Staff and Supplier Registration

54.5.1 A list of all team staff, including the names and the U.S. Ski & Snowboard membership numbers, is due no later than five days prior to the first competition.

54.5.2 Competition Suppliers must register with the OC no later than five days before the first competition.

55 The Competition Jury

55.1 The competition jury (jury) shall consist of;

- the Technical Delegate,
- the Technical Delegate Assistant,
- 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.

56 Waxing Facilities

56.1.1 Each Division will be provided indoor, secure, private waxing space with adequate electric service without additional fee.

56.1.2 U.S. Ski Team Suppliers are eligible for a waxing space on the venue without a fee.

56.1.3 Non-pool Suppliers may request waxing space for a fee.

57 Access to Competition Areas

57.1 Access to the competition areas, which include waxing areas, stadium, competition courses (during the time when they are closed for training and competition), athlete areas, Team Captains Meeting, and any other area designated by the Competition Jury are limited to credentialed individuals.

57.2 Teams and Suppliers will have access to the competition trails and wax testing areas, without extra fees, beginning two days before the first competition unless

the jury determines that conditions warrant restrictions.

- 57.3 The Team Captains Meeting is limited to a maximum of three members of each Division's Team Staff.
- U344.2 The Competition Jury may institute a system to allow credentialed persons to move on skis on the course during periods when the course is closed for the competitions.

58 Method of Determining Start Orders

58.1 General Procedures

58.1.1 Foreign Guests

58.1.1.1 To determine grouping and start order, teams of invited foreign guests will be treated like a Division.

58.1.1.2 A foreign guest competitor's discipline specific FIS Points will be used in place of the National Ranking List Overall Points for determining the start order.

58.1.2 United States Citizens without NRL Ranking

58.1.2.1 The competition jury may consider requests from the Team Leaders to place Nordic Combined and/or Biathlon competitors from the USA who do not have a cross country National Ranking List Points into a ranked group.

58.2 Interval Start Competitions

58.2.1 Interval Start Grouping for the U18 and U20 Race

58.2.1.1 For the purposes of the Start List and National Ranking List scoring, the U18 and U20 classes will be grouped into a single race.

58.2.1.2 Competitors will be assigned to a group based on their current National Ranking List Overall Points.

58.2.1.3 The 30 lowest-ranked competitors will be assigned to Group A.

58.2.1.4 If the total number of ranked competitors is 120 or fewer, the remaining ranked competitors will be divided into three groups (B, C, D) based on their points.

58.2.1.5 If the total number of ranked competitors is greater than 120, the remaining ranked competitors will be divided into four groups (B, C, D, E) based on their points.

58.2.1.6 Unranked competitors will be assigned to Group Z.

58.2.2 Interval Start Grouping for U16 Race

58.2.2.1 Competitors will be assigned to a group based on their current National Ranking List Overall Points.

58.2.2.2 The 15 lowest-ranked competitors will be assigned to Group A.

58.2.2.3 If the total number of ranked competitors is 60 or fewer, the remaining ranked competitors will be divided into three groups (B, C, D) in ascending ranking.

58.2.2.4 If the total number of ranked competitors is greater than 60, the remaining ranked competitors will be divided into four groups (B, C, D, E) in ascending ranking.

58.2.2.5 Unranked competitors will be assigned to Group Z.

58.2.3 Interval Start Running Order for All Races

58.2.3.1 Normally, the Groups will start in the order B, A, C, D, (E), Z.

58.2.3.2 The start order within the Groups will be randomized.

58.2.3.3 The jury may change the order of the groups when conditions warrant with priority for the most advantageous start given to Group A, then Group B, etc.

58.3 Mass Start Competitions

58.3.1 Normally, all age groups will have a separate start list and NRL scoring.

58.3.2 If there are fewer than 24 competitors in either the U18 or U20 class, those classes will be combined for the purposes of Start List and National Ranking List scoring.

58.3.1 Mass Start Grouping for U18 and U20 Race

58.3.1.1 Competitors will be assigned into one of the following groups based on their

current National Ranking List Overall Points:

- Competitors with a ranking will be assigned to Group R
- Unranked competitors will be assigned to Group Z.

58.3.2 Mass Start Grouping for U16 Race

58.3.2.1 Competitors will be placed in one of the following groups based on their participation in the prior two individual competitions at the current Junior Nationals:

- Competitors who competed in both the Individual Start and Sprint Qualifying competitions will be assigned to Group R.
- The remainder of the competitors will be assigned to Group Z.

58.3.3 Substitution of a Group Z U16 Competitor

58.3.3.1 Each Division may substitute one Group Z competitor into one of their team's positions in Group R. The substitution will cause a shift in the order of all subsequent members of Group R from that Division.

58.3.2.3 Substitution requests are only considered when submitted before the draw of the Start List.

58.3.4 Mass Start Positions for U18 and U20 Race

58.3.4.1 The best-ranked competitor in Group R will be assigned the first starting position followed by the rest of the Group in rank order.

58.3.4.2 Competitors in Group Z will be assigned the next available start positions based on a random draw.

58.3.5 Mass Start Positions for U16 Race

58.3.5.1 Ranking for Group R is determined by averaging the competitors' finish place in the previous two competitions.

58.3.5.2 Ties within the ranking of Group R will be broken by;

- lowest finish rank in a single race, then,
- by National Ranking List Overall Points, then,
- National Ranking List Distance Points.

58.3.5.3 The best-ranked competitor in Group R will be assigned the first starting position followed by the rest of the Group in rank order.

58.3.5.4 Competitors in Group Z will be assigned the next available start positions based on a random draw.

58.4 Individual Sprint Qualifying Competitions

58.4.1 For the purposes of the Start List and National Ranking List scoring;

- the U18 and U20 classes will be grouped together in a single race, and,
- the U16 will be grouped and scored separately.

58.4.2 Individual Sprint Qualifying Grouping for All Races

58.4.2.1 Competitors will be assigned into one of the following groups based on their rank on the current National Ranking List Overall Points:

- Competitors who are ranked will be assigned to Group R
- Unranked competitors will be assigned to Group Z.

58.4.3 Individual Sprint Qualifying Start Order

58.4.3.1 Group R will start first in rank order from lowest to highest points.

58.4.3.2 Competitors in Group Z will be assigned the next available start positions based on a random draw.

58.5 Relay Competitions

58.5.1.1 All age classes will have a separate start.

58.5.1.2 A Division may enter more than one relay team in each of the age class races.

- 58.5.1.3 Teams that include competitors of different age classes will compete among the age class of the oldest member of the team.
- 58.5.2 Assignment of Relay Start Positions
- 58.5.2.1 The District with the first place age class relay team from the previous Junior Nationals will be assigned the most advantageous start corridor and so on.
- 58.5.2.2 Divisions have the right to arrange the order of their teams within their assigned start corridor.
- 58.5.2.3 Unofficial teams will be assigned a start corridor behind the Official teams.
- 58.5.3 Relay Substitution
- 58.5.3.1 Changes in the start order of the relay teams for all classes must be submitted no later than 60 minutes before the start of the first competition of the day.

59 Precisions to the ICR for Competition Formats

59.1 Mass Start Competitions

UJN322.2.1 The start should be organized with 11 corridors.

U322.5.1 Lapped competitors will not be removed from the competition.

59.2 Individual Sprint Competitions

UJN 325.2.2.2 B Finals will be contested in all age groups.

U325.4.2.5 Normally 30 competitors should advance to the Heats and follow Table A.

If there are 26 to 29 competitors in the Qualification, then the 25 fastest advance to the heats.

If there are 21 to 25 competitors in the Qualification, then the 20 fastest advance to the heats.

If there are 20 or fewer competitors in the Qualification round, then the 12 fastest advance directly to the semi-finals.

U325.4.2.7 The Heats must be timed and the assignment of start position in the Semi-final and Final heats is based on finish order and heat times.

59.3 Relay Competitions

UJN327.2.1 The minimum number of start corridors is equal to the number of Divisions competing and the start line will be a straight line.

U327.5.3 Lapped teams will not be removed from the competition.

60 Results

60.1 For scoring a competition to the National Ranking List, classes that are grouped together to create a start list will be scored under the same penalty.

UJN317.2.2 The Final result lists must include finish rank of the competitors, their name, Member Number, club, Division, year of birth, finish time, Alaska Cup Points, and National Ranking List Race Points, any sanctions issued to competitors, the technical data of the course (length, HD, TC, MC), weather data, and members of the Jury.

61 Prizes and Awards

61.1 For the purposes of awards, the competition within each class and gender is considered a separate and distinct event.

61.2 Individual Event Awards

61.2.1 A gold, silver, and bronze medal are awarded to the top three finishers respectively and finishers in places 4 through 10 will be awarded a commemorative medal.

61.2.2 If a Guest class competitor finishes in the top ten of a race, they will be recognized as an additional medal winner.

61.2.3 The top-ten finishers, excluding the Guest Class competitors, in each age class competition will be recognized with All-American Certificates.

Thank You

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



- 61.2.4 A memento should be presented to each participating competitor and each accredited coach.
- 61.3 Relay Awards
- 61.3.1 A gold, silver, and bronze medal are awarded to each member of the top three teams respectively and each member of a team finishing in 4 and 5 places will be awarded a commemorative medal.
- 61.3.2 Members of the top three relay teams in each class will be recognized with All-American Certificates.
- 61.4 The Alaska Cup
- 61.4.1 Background
 The Alaska Cup is a traveling trophy to be awarded to the Division with the highest point total of the competitions at the Junior Nationals. The History of the Cup goes back to 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. The Alaska Cup resides within the geographic boundaries of the winning Division from one Junior Nationals to the next. The Cup is brought to the Junior Nationals by the defending champion for presentation to the new winner.
- 61.4.2 Alaska Cup Points
- 61.4.2.1 Points will be awarded based on the results of all competitions at the Junior Nationals.
- 61.4.2.2 Points Awarded in Individual Competitions
- 61.4.2.2.1 Points will be awarded to the top five finishers from each Division based following schedule:
- | | |
|-----------------------|------------------------|
| 1st Place = 30 points | 7th Place = 14 points |
| 2nd Place = 25 points | 8th Place = 13 points |
| 3rd Place = 20 points | 9th Place = 12 points |
| 4th Place = 17 points | 10th Place = 11 points |
| 5th Place = 16 points | etc... |
| 6th Place = 15 points | 20th Place = 1 point |
- 61.4.2.2.2 The sixth ranked and greater competitors from a Division will not displace a scoring competitor from another Division.
- 61.4.2.2.3 In case of a tie for a finishing place, each competitor will be awarded the points for that place.
- 61.4.2.2.4 Guest Class competitors will not score or displace Alaska Cup points.
- 61.4.2.3 Points Awarded in Relay Competitions
- 61.4.2.3.1 Points will be awarded to the first team to finish for each Division based on the following schedule:
- | | |
|-----------------------|-----------------------|
| 1st Place = 70 points | 6th Place = 30 points |
| 2nd Place = 60 points | 7th Place = 25 points |
| 3rd Place = 50 points | 8th Place = 20 points |
| 4th Place = 40 points | 9th Place = 15 points |

5th Place = 35 points

10th Place = 10 points

- 61.4.2.3.2 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.
- 61.5 Small Division Award (Name TBD)
- 61.5.1 The award will be given to the team with the highest Alaska Cup Points total among those declared as a Small Division.
- 61.6 The Dave Quinn Award
- 61.6.1 Background
- Dave Quinn was an accomplished skier with a strong work ethic and was also the embodiment of sportsmanship and fair play. He grew up in Cloquet, Minnesota, along with his twin brother Don, and after high school graduation the pair entered college at Western State College in Gunnison, CO. During that time, Dave made his mark as one of the top American cross-country skiers in the nation and was named to the US Ski Team. In 1974, Dave won the second running of the American Birkebeiner. The brothers later went on to work with the legendary Sven Wiik at the Scandinavian Lodge in Steamboat Springs. Dave spent the last two years of his life in a battle against cancer and he passed away in December of 1976. His legacy and spirit live on in the Dave Quinn Award.
- 61.6.2 Selection Process
- Each Division is welcome to nominate one candidate who has demonstrated outstanding results, love for the sport, leadership, overcoming hardship, and work ethic. The candidate need not represent the Division that nominates them.
- The award winner will be selected by a plurality of votes cast by the Team Leaders after a presentation made by a representative for each nominee at the final Team Captains Meeting. In case of a tie, additional rounds of balloting may be held.
- 61.7 The Roger Weston High School Team Award (HSTA)
- 61.7.1 Background
- The Roger Weston Award honors the top high school boys and girls teams competing at the Junior Nationals. 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 United States
- 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 Junior Nationals. Also, a plaque is to be presented to each winning team.
- 61.7.2 Eligibility
- 61.7.2.1 Teams must have at least three individuals competing at the Junior Nationals. There is no maximum number. Competitors 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 post-graduate skier.
- 61.7.2.2 Teams must be eligible to compete in their respective state high school championships, sanctioned by the National Federation of State High School Association.
- 61.7.2.3 Eligibility of an individual team member 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 their respective states.
- 61.7.3 Scoring

- 61.7.3.1 Points towards scoring of the HSTA will be awarded from the result of the best three individuals from each age class in the Individual Start, Individual Sprint Final, Mass Start Competitions using the following schedule:
- | | |
|------------------|-----------------|
| 1st – 100 points | 5th – 96 points |
| 2nd – 99 points | etc... |
| 3rd – 98 points | 100th - 1 point |
| 4th – 97 points | |
- 61.8 Junior National Club Team Awards (JNCTA)
- 61.8.1 Background
- The JNCTA recognizes the top boys, girls and combined boys and girls club teams competing at the Junior Nationals. The award was initiated to recognize the importance of strong year-round club programs to the development of a strong national ski program.
- A Girls, Boys, and Overall Trophy provided by the National Nordic Foundation will be presented to the winning clubs.
- 61.8.2 Eligibility
- 61.8.2.1 Competitors must be current members of a U.S. Ski & Snowboard Club that has established its membership before the first National Ranking List competition of the season.
- 61.8.2.2 College clubs are not eligible for the award.
- 61.8.2.3 The Division is responsible for determining eligibility for competitors.
- 61.8.3 Scoring
- 61.8.3.1 Points, based on FIS World Cup scoring, will be awarded from the results of each age class in the Individual Start, Individual Sprint Final, and Mass Start Competitions without a limit on the number of individuals that may score.

CROSS COUNTRY SUPERTOUR

70 Definition

- 70.1 The SuperTour is a series of competitions that comprise the FIS Continental Cup for the region encompassing the United States of America. Conduct of the series comes under the control of the FIS Sub-Committee for World and Continental Cup and the U.S. Ski & Snowboard Cross Country Sport Committee.

71 Calendaring

71.1 Calendaring Principles

- 71.1.1 The composition of the SuperTour calendar is based on providing the highest level competition opportunities which are, in synchronization with the FIS World Cup calendar periods, and balanced to match the competition formats of International Championship events.

- 71.1.2 SuperTour competitions may be scheduled as part of the United States Cross Country Championship events.

71.2 Calendaring Process

- 71.2.1 A club wishing to organize a SuperTour must complete a bid as per the guidelines established by the Request for Proposal (RFP) developed by U.S. Ski & Snowboard staff.

- 71.2.2 The SuperTour Calendar will be established by the Cross Country Sport Committee.

72 Competitor Eligibility

- 72.1 The SuperTour competitions are open to any U.S. citizen or Resident Alien with

a current U.S. Ski & Snowboard membership of any category and to Active FIS competitors from other nations.

73 Entry Fees

73.1 Entry fees are not to exceed \$45 per race. A late fee of \$15 may be added for entries made within one week before the first competition on the event.

73.2 Current members of the U.S. Cross Country National Team, U.S. Para Nordic Team, and the current top four ranked individuals on the SuperTour standings are eligible for complimentary entry.

74 Team Staff and Competition Supplier Eligibility

74.1 Team Staff Eligibility

74.1.1 Team Staff must be a current U.S. Ski & Snowboard member with a Coach Certification to be eligible for a credential.

74.2 Competition Supplier Eligibility

74.2.1 Competition Suppliers must be a current U.S. Ski & Snowboard Member to be eligible for a credential.

74.3 Credential Fees

74.3.1 The fee for an event credential may not exceed \$35.

74.3.2 U.S. Ski Team Competition Suppliers are eligible for two credentials at no charge.

74.4 Supporting Staff

74.4.1 Support staff is defined as anyone who is 18 years and older, is not credentialed by the OC, and is assisting in the support of competitors during the event.

74.4.1 Support staff must be a current U.S. Ski & Snowboard member if they are supporting competitors under the age of 18.

75 The Competition Jury

75.1 The competition jury shall consist of;

- the Technical Delegate,
- the Technical Delegate Assistant,
- the Chief of Competition.

76 Waxing Facilities

76.1.1 The OC must provide common indoor space with heat, lights, and electric service, for competitors to prepare skis.

76.1.2 In addition to the common space, the OC may charge a fee for secure private waxing spaces.

77 Credentialed Access

77.1 Access to the competition areas, which include waxing areas, stadium, competition courses (during the time when they are closed for training and competition), athlete areas, Team Captains Meeting, and any other area designated by the Competition Jury are limited to credentialed individuals.

U344.2 The Competition Jury may institute a system to allow credentialed persons to move on skis on the course during periods when the course is closed for the competitions.

78 Method of Determining Start Orders

78.1 The method of determining the start orders for the SuperTour should follow the rules for the United States Cross Country Championships.

79 Precisions to the ICR for Competition Formats

79.1 The precisions to the ICR for competition formats for the SuperTour should follow the rules for the United States Cross Country Championships.

81 Prizes and Awards

81.1 Prize Money

- 81.1.1 Competitors must be Active FIS members before the publication of the start list to be eligible for prize money.
- 81.1.2 The organizer must be compliant with Internal Revenue Service law, including withholding any money until Form 1099 is completed by citizens and tax withholding for foreign winners.
- 81.2 SuperTour Winners
- 81.2.1 The winner of the Overall SuperTour is determined by the highest total of SuperTour Points earned in all SuperTour competitions.
- 81.2.2 The winner of the Sprint SuperTour is determined by the total of SuperTour Points earned in Sprint competitions.
- 81.2.2 The winner of the Distance SuperTour is determined by the total of SuperTour Points earned in Distance competitions.
- 81.3 SuperTour Points
- 81.3.1 Points in each competition based on the following schedule:
- | | |
|------------------------|------------------------|
| 1st Place = 30 points | 11th Place = 10 points |
| 2nd Place = 25 points | 12th Place = 9 points |
| 3rd Place = 21 points | 13th Place = 8 points |
| 4th Place = 18 points | 14th Place = 7 points |
| 5th Place = 16 points | 15th Place = 6 points |
| 6th Place = 15 points | 16th Place = 5 points |
| 7th Place = 14 points | 17th Place = 4 points |
| 8th Place = 13 points | 18th Place = 3 points |
| 9th Place = 12 points | 19th Place = 2 points |
| 10th Place = 11 points | 20th Place = 1 point |
- 81.3.2 Ties in the SuperTour ranking will be broken by;
- best finish place in a single competition, then
 - second-best finish place in a single competition, then
 - third-best finish place in a single competition, then
 - fourth-best finish place in a single competition, then
 - the National Ranking List Points matching the series, Overall, Sprint, or Distance.
- 81.3.3 SuperTour competitions that are held in conjunction with the United States Cross Country Championships events are scored with double SuperTour Points.
- 81.3.4 Foreign competitors will displace SuperTour Points, but are not eligible for ranking on the Overall, Sprint, and Distance SuperTour lists.

CROSS COUNTRY CROSS (XCX) COMPETITIONS

- 328.1 Definition
- 328.1.1 Cross Country Cross is a competition where competitors compete on a cross country ski course that includes both traditional and non-traditional elements such as natural and artificial terrain features, corridors, obstacles and tight turns, as well as different natural or artificial types of turns, jumps, waves, and other skiing terrain features.
- 328.1.2 The competition may be carried out as an Interval Start format or in a Qualifying followed by Heats format.
- 328.1.3 Cross Country Cross shall be carried out in free technique only.
- 328.2 Courses and Stadium
- 328.2.1 Norms recommended in FIS ICR Article 325 for Individual Start Competitions should be followed for Free Technique.
- 328.2.2 Elements should be built into the course progressively so that features that have limited “best line” opportunities are later in the course, i.e. “Bicycle bumps.” There must be a minimum of two features or lines through any element, i.e. “red and blue course.”
- 328.2.3 If an alternate route exists around a feature it must disadvantage the competitor by forcing them to travel in a longer route.
- 328.2.4 The length of course shall be 1.5 km (+/- 10%).
- 328.2.5 All features shall be well designed, and maintained, throughout the competition for the safety of athletes and limit any undue stress on equipment.
- 328.3 Officials
- 328.3.1 Gate-keepers / course marshals should be utilized to report to the jury of any competitors that have not properly navigated features.
- 328.4 Results
- 328.4.1 Results will be scored as a Sprint competition to the National Ranking List.
- 328.4.2 If the competition is conducted in a Qualifying and Heat format, the results of the Qualifying round will be used for National Ranking List scoring.
- 328.5 Sanctions
- 328.5.1 A five second time penalty will be applied to a competitor’s time if they do not complete a feature in a Qualifying Round or Individual Start competition.
- 328.5.2 If a competitor does not complete more than one feature in the Qualifying Round they will be ranked as last in the results and a finish time recorded in case of more than one competitor not completing multiple features.
- 328.5.3 If a competitor does not complete more than one feature in an Individual Start competition, they will be disqualified for not completing the marked course.
- 329.5.4 If a competitor does not complete a feature in a Heat, they will be Ranked as Last in that heat.



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CHAPTER 5

SKI JUMPING AND NORDIC COMBINED



Ski Jumping and Nordic Combined are managed in the U.S. in a cooperative arrangement between U.S. Ski & Snowboard and USA Nordic. Information on USA Nordic and its programs can be found at usanordic.org

AGE CLASSES

U.S. Ski & Snowboard Age Classes

Category	Age	Year of Birth
Master	30 and older	1990 and earlier
Senior	20-29	1991 through 2000
U20	18-19	2001 and 2002
U18	16-17	2003 and 2004
U16	14-15	2005 and 2006
U14	12-13	2007 and 2008
U12	10-11	2009 and 2010
U10	8-9	2011 and 2012
U8	6-7	2013 and 2014
U6	5 and younger	2015 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, 2020 to June 30, 2021.

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

At the time of publication, the U.S. Ski Jumping and Nordic Combined program has not been finalized. Please check at usskiandsnowboard.org and usanordic.org for the latest updates.

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. Current FIS calendars can be found at fis-ski.com.

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, Equipment Controllers, Judges, and Coaches) must have a valid membership (including SafeSport, Background screening, and avalanche education) 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 schedule outlined in 105.2 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

K70+ are required to follow current FIS homologation Rules

K50-69 – June 1 2021 for summer mat and Oct. 31 2021 for winter

K21-49 – June 1 2022 for summer mat and Oct. 31 2022 for winter

K20 and below – June 1 2023 for summer mat and Oct. 31 2023 for winter

Hills that are not in compliance with the current rules should not be on a competition schedule. Under special situations, a venue may apply for an extension to the deadline, however, to do so they must provide improvements upon a defined schedule agreed to by the Hills Committee.

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 solid 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 required by July 1, 2021 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

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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 JNCS 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 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 J/NC Officials Subcommittee ad-hoc Assignment Committee, consisting of the Officials Chairperson, Sport Committee Chairperson and at least one at-large member 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. For all above events except World Junior Trials, two from the host division and one each from the other Divisions. For World Junior Trials, all Judges will be appointed from host division^[1]_{SEP}. Additionally, two Equipment Controllers and one Video Distance Measurer (if required) will be appointed by host division.

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 Qualifiers, Olympic Qualifiers and US Cup.
- Suit waist belt will be controlled at JN's only for U20 class and above.
- 120.4 For events where Inseam Measurement is required, once the skier is measured by Equipment Control in the starting area, any manipulation of the suit is not allowed, and the skier will be disqualified.
- 120.5 When an Equipment Controller is not present at the starting area, the Starter will monitor for Gloves, Suit Zippers and Helmet.
- 120.6 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 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.

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- 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 The entry fee will be discounted for National Team Members as follows:
A Team – 100%
B Team – 50%
- 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, Nordic Combined Individual Event

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 be supplied with podium bibs corresponding to their place. Commercial marking restrictions 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.

20  21

U.S. SKI & SNOWBOARD

GOLD PASS

Support towards the 2020-21 Gold Pass program will allow athletes to train with Best in the World support staff, compete at the most prestigious international races, receive the highest level of care from sport science and sports medicine staff and train and recover at the state-of-the-art training and education center, the Center of Excellence.

Your generous gift will provide you:

- Access to more than 200 resorts in 34 states
- Full transferability so you can loan them to friends, family, co-workers and staff
- Exclusive perks including a VIP tour of the U.S. Ski & Snowboard training center
- Tax benefits: A major portion of your Gold Pass donation is tax-deductible
- Team insider information via eNewsletters
- The knowledge that you are supporting the Olympic dreams of our U.S. athletes

Your support can be the difference for an athlete to climb to the top of the podium. Our athletes are funded by private donations to the U.S. Ski & Snowboard Foundation from individuals like you. Each year the Gold Pass program helps to finance year-round athlete training, competition, development and educational needs and are essential to the success of the Teams in the years between Olympic Games. We hope you will consider joining the team behind the Team today!

For more information and to make your pledge, go to usgoldpass.org or please contact: Steven Perelman - Director of Development, Major Gifts
steven.perelman@usskiandsnowboard.org

916.955.4391



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 Teams 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 \$325 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.

- 164.1.3 164.1.3 The entry fee will be discounted for National Team Members as follows:
A Team – 100%
B Team – 50%
- 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, IMD, RMD, East, 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-Country 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.
- 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.
- 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.

178 Results

- 178.1 Competition results: The full set of competition results, including start lists and any unofficial events, shall be made available to competitors and coaches through posting on Event Website at the completion of the event. These should be made available on the website prior to the team departure date.
- 178.2 Printed Results: One complete printed set of results that include all medical incident reports and meeting minutes (Jury, Coaches and/or OC) shall be forwarded to the TD and 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 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.

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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 US FIS assignments the TD, TDA and all judges will be provided a daily stipend of \$100 per day of official training and competition. 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 Controllers 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 shall be a minimum of one equipment controller of equal gender, whenever suit fit or inseam control is conducted, 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.



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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.

Signs Observed by Coaches / Officials

Can’t recall events *prior to or after* a hit or fall

Appears dazed or stunned

Forgets an instruction

Moves clumsily

Answers questions slowly

Loses consciousness (even briefly)

Shows mood, behavior, or personality changes

Symptoms Reported by Athlete

Headache or “pressure” in head

Nausea or vomiting

Balance problems or dizziness

Double or blurry vision

Bothered by light or noise

Feeling sluggish, hazy, foggy or groggy

Confusion, or concentration or memory problems

Just not “feeling right” or feeling down

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 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

COVID-19 EVENT INFORMATION

Stay up to date with the latest COVID-19 event policies and procedures at usskiandsnowboard.org/covid-19.

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