2022

# NORDIC

## COMPETITION GUIDE

US SKI & SNOWBOARD

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# 2022 NORDIC COMPETITION GUIDE

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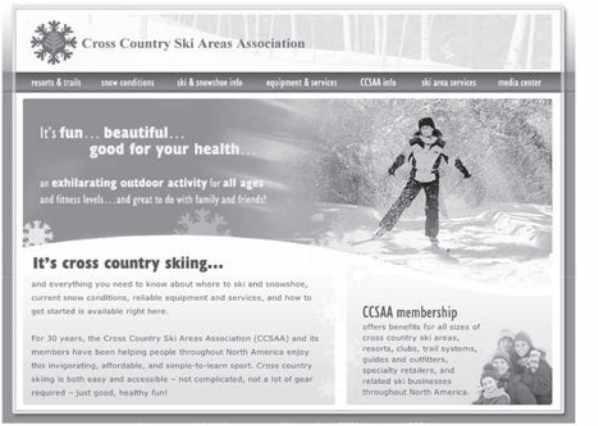


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****nordic events calendar***

# 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)

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

### Executive

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### Nordic

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| Alexis Voutas \| Athletic Coordinator | | alexis.voutas@ |

### Communications

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| Tom Horrocks \| Cross Country Team Comms. Mgr. | 802.770.8985 | tom.horrocks@ |

### Competition Services

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| Devin Cleary \| Coord. Alpine, Freestyle & XC | 435.647.2069 | devin.cleary@ |
| Karen Korfanta \| Alpine NorAm Coordinator | 435.714.8193 | karen.korfanta@ |
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| Sarah Welliver \| Manager Snowboard & Freeski | 435.647.2620 | sarah.welliver@ |
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### Foundation (Fund Raising)

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### Member Services

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### Snowboard, Freeski & Freestyle

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| Ashley Deibold \| Sport Development Director | 970.846.4906 | ashley.deibold@ |
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| Alexis Williams \| Team Manager | 435.647.2105 | alexis.williams@ |

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| | | |
|---|---|---|
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# Nordic Divisional Leadership

**For a map of divisional boundaries see usskiandsnowboard.org**

### Alaska (XC)
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### Alaska (SJ/NC)
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### Alaska (XC officials)
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### Midwest (XC officials)
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### Great Lakes (XC)
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### Great Lakes (XC officials)
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### Intermountain (XC)
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### Intermountain / PNSA (XC officials)
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### Rocky Mtn (SJ/NC officials)
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### Rocky Mountain (SJ/NC)
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### New England (XC officials)
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### High Plains (XC officials)
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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, contact Yuriy Gusev | yuriy.gusev@cxcskiing.org.

My teammates and I have a rare opportunity to pursue our dreams and strive to be better. Our aspirations are only possible because of the essential funding skiers and fans like you provide us!

Knowing I'm supported gives me a strong sense of purpose. I can push myself and compete for Team USA knowing skiers like you stand with me—words can't describe this incredible privilege. I dedicate my life to being the very best I can be.

Many think skiing is only a sport in the winter months, but we pour our heart and soul into it all year long, training as hard as we can on and off the snow.

Will you consider **scanning this QR code to support us** as we prepare for the Olympic Winter Games in February? It took a lot of support for me to get here. **Every single donation matters.**

From one skier to another,

*Ryan Cochran-Siegle*
Six-Time National Champion and Two-Time World Juniors Champion

# CHAPTER 1

# GETTING STARTED

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

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

U.S. Ski & Snowboard supports athletic programs in alpine 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 comprised of nearly 36,000 U.S. Ski & Snowboard members, are the foundation of U.S. Ski & Snowboard, supporting individual athletes and managing most of the organization's domestic competitions. The 2020-21 season challenged our resort partners, clubs, officials and volunteers due to the COVID Pandemic. However, more than 2,700 domestic competitions with more than 122,000 athlete starts were held across the U.S. thanks to the incredible efforts by everyone involved to provide as many athletic opportunities as possible, while adhering to state and local COVID policies and regulations.

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.usskiandsnowboard.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 my.usskiandsnowboard.org. You will be issued a U.S. Ski & Snowboard membership number immediately. 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.

**Cross Country General Member (17 & under) $20** - (Does not include access to U.S. Ski & Snowboard points list) The General membership is designed for an individual at the club level who may be a U.S. Ski & Snowboard non-scored competitor participating in activities such as training, interclub, high school competition, community events and/or general club activities.

**Cross Country Non-Scored Athlete (18 & over) $85 -** (Does not include access to U.S. Ski & Snowboard points list) 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.

**Cross Country Competitor (13 & Over) $115** - The U.S. Ski & Snowboard Competitor membership provides access to all levels of U.S. Ski & Snowboard scored and non-scored competitions at the local, divisional, regional and national level. Competitor memberships include scoring on national ranking lists as well as International Ski Federation ranking lists where appropriate (with additional FIS license). This membership is required for FIS registration and FIS level competitions. NOTE: 2nd year U14s will only receive NRL points if they are racing in an event that is sanctioned for U16 or older athletes. Events sanctioned for U14s or younger athletes are NOT scored. U14 athletes not intending to race up against older athletes should purchase the Cross Country General License.

**Cross Country FIS License Requirement (Must be born in 2006 or prior) $65** - Required for participation in FIS events. You must hold a Cross Country Competitor membership to purchase a FIS license. Short-Term members, general members and Non-Scored Athletes are not eligible for FIS.

**Short-Term Membership (17 & under) $15 per event** - (Does not include access to U.S. Ski & Snowboard points list) May be used for one event per season. Not for NCAA foreign athletes. Please contact Member Services directly to purchase a short-term membership via email to membership@usskiandsnowboard.org, phone 435.647.2666 or online chat.

**Cross Country Adaptive Competitor $80** - An adaptive athlete with legs, arms or vision impairments competing in U.S. Ski & Snowboard Cross Country or Adaptive Cross Country events for national points. An IPC license is required for IPC sanctioned events.

**Official (18 & over) $80 -** An individual involved in officiating U.S. Ski & Snowboard and/or FIS competitions.

**Coach w/Official (18 & over) $150** - An individual coaching athletes at the club level and/or at U.S. Ski & Snowboard/FIS Alpine events (see guidelines for appropriate levels of U.S. Ski & Snowboard coach certifications). Required to access Level 100 clinics and materials.

**Volunteer (18 & over) $65** - (NOT permitted for use in place of a competitor membership) The U.S. Ski & Snowboard Club Volunteer membership is designed for Board of Directors, club administrative staff, parents and club volunteers who undertake a leadership role in U.S. Ski & Snowboard clubs, divisions, regions and at competitions and club training sessions. Not eligible for coach or official's certifications. Applicable for those in a position of authority over or in regular contact with athletes.

# 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 Excellence, Integrity, Passion, Fun, Team, and Grit, and abide by the spirit and dictates of this Code of Conduct. All members must agree to comport themselves in a sportsmanlike manner and are responsible for their actions while attending or participating in all U.S. Ski & Snowboard activities (including but not limited to camps, competitions, and projects).

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

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

1. U.S. Ski & Snowboard members shall be subject to the jurisdiction of the International Ski Federation (FIS) Statutes, the United States Olympic & 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 including but not limited to cigarettes, vaping, chewing tobacco, gum, and patches.
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, gender identity, age, race, ethnicity, national origin, religion, disability, or sexual orientation.
10. U.S. Ski & Snowboard members will avoid profane or abusive language and disruptive behavior. Members agree that they will not use or tolerate any racist, xenophobic, homophobic, or transphobic language or gestures.
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 as well as U.S. Ski & Snowboard's Minor Athlete Abuse Prevention Policies (MAAPP).

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.

For U.S. Olympic and Paralympic Trials, please see the USOPC's Participant Rules for Racial and Social Demonstrations available at teamusa.org.

Last revised Sep. 15, 2021

# 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.

# PARENTS

Your son or daughter is on their way to growing their career in skiing or snowboarding. Supporting them in their endeavors is the number one way to help them achieve success. 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. The U.S. Center for SafeSport also offers education and training resources for SafeSport and the MAAPP directed at minors and available on the Center's website

**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.**

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# CHAPTER 2

# CROSS COUNTRY POINTS AND RANKINGS

US SKI & SNOWBOARD

# National Ranking List

The National Ranking List (NRL) is used to rank eligible athletes based upon their performance in scored U.S. Ski and Snowboard events, domestic FIS events, and designated foreign FIS events. Athletes must be current Cross Country **Competitor** or Adaptive members, and their Member Number must appear on the official results to be eligible for inclusion on the NRL.

Second year U14s with **Competitor** memberships are eligible for points when participating in scored competitions which include U16 and older age groups.

Team events, sprint finals, and relays are not scored to the NRL. The NRL is available at usskiandsnowboard.org.

### 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 (Nov. 30 deadline),
- National rules must be enforced under the supervision of a certified Technical Delegate,
- At least 5 competitors must be U.S. Ski & Snowboard **Competitor** members,
- National Member 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.

### Method

The NRL overall ranking is based on a racer's four best results during the period from July 1, 2019 to the close of the list, 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. Rankings for both sprint and distance disciplines are calculated using a racer's best three results during the same period as the Overall Ranking 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.

# 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. | Nov. 15 | Nov. 18 | Jun. 27 | Jul 01 |
| 2. | Nov. 29 | Dec. 02 | Oct. 10 | Oct. 14 |
| 3. | Dec. 13 | Dec. 16 | Nov. 22 | Nov. 25 |
| 4. | Dec. 28 | Dec. 30 | Dec. 19 | Dec. 23 |
| 5. | Jan. 10 | Jan. 13 | Jan. 09 | Jan. 17 |
| 6. | Jan. 17 | Jan. 20 | Feb. 20 | Feb. 24 |
| 7. | Feb. 7 | Feb. 10 | Mar. 20 | Mar. 24 |
| 8. | Feb. 28 | Mar. 03 | | |
| 9. | Mar. 15 | Mar. 18 | | |
| 10. | Apr. 04 | Apr. 07 | | |
| 11. | June 27 | July 01 | | |

# Calculating Penalties - NRL Points

In FIS competitions utilized for the NRL (except for the domestic Junior (JUN) category races) the FIS Applied Penalty, including the Fixed and Minimum Penalties will be used for determining the NRL Points.

For all other competitions, including domestic FIS JUN competitions, the following process of calculating penalties applies.

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 lowest discipline point values of all finishers ranked in fifth place or better, including ties and dividing by 3.75. The result is rounded to two decimal places.

If a competitor finishing among the top five places is not currently ranked on the NRL, the following values will be used for the calculation of the penalty.

If the unranked finisher is a United States Citizen,

- U18 and older men - 200 points
- U18 and older women - 250 points
- U16 - 350 points

If the unranked finisher is a foreign citizen, their current FIS points in the discipline will be used. If they do not have current FIS points, the above values will be used.

### Minimum Penalties

If the calculated penalties are lower than the following minimum penalties, the minimum penalty will apply.

| | |
|---|---|
| All non-Championships races (divisional, college, junior) | 35 min |
| Competitions restricted to U16 and younger | 100 min |

# Calculating Race Points

All races calculated as

$P = ((Tx - To) / To) \times F + Pn$ or $P = ((Tx / To) - 1) \times F + Pn$

| | |
|---|---|
| P = | Points |
| Tx = | Time of the classified competitor in seconds (according to discipline) |
| To = | Time of winner in seconds (according to race discipline) |
| F = | F-Value (a constant based upon the type of competition - see below) |
| Pn = | 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 and Pursuit Start | 1200 |
| • Interval Start | 800 |

## 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 | 1991 and earlier |
| Senior | 20-29 | 1992 through 2001 |
| U20 | 18-19 | 2002 and 2003 |
| U18 | 16-17 | 2004 and 2005 |
| U16 | 14-15 | 2006 and 2007 |
| U14 | 12-13 | 2008 and 2009 |
| U12 | 10-11 | 2010 and 2011 |
| U10 | 8-9 | 2012 and 2013 |
| U8 | 6-7 | 2014 and 2015 |
| U6 | 5 and younger | 2016 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, 2021 to June 30, 2022.

# Thank You

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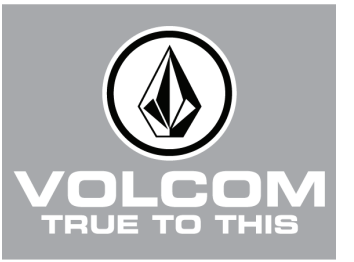


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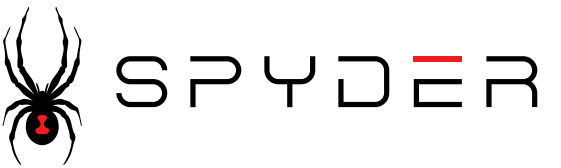

# CHAPTER 3

# CROSS COUNTRY COMPETITION PROGRAMS

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

## Soldier Hollow | Heber, UT | Jan. 2-7, 2022

**utaholympiclegacy.org/location/soldier-hollow/**

**Schedule**

| | |
|---|---|
| Jan. 02 | Sprint Freestyle |
| Jan. 04 | Mass Start Freestyle 7.5/10/20/30 km |
| Jan. 06 | Individual Start Classic 5/10 km |
| Jan. 07 | Sprint Classic (SuperTour Only) |

# SPRING U.S. CROSS COUNTRY CHAMPIONSHIPS / SUPERTOUR FINALS

## Callaghan Nordic Center | Whistler, BC, CAN | Mar. 20-27, 2022

**Schedule**

| | |
|---|---|
| Mar. 21 | Individual Start Classic (SuperTour Only) |
| Mar. 23 | Classic Sprint (US National Champ) |
| Mar. 25 | Team Sprint (US National Champ) |
| Mar. 27 | Mass Start Freestyle 42 km |

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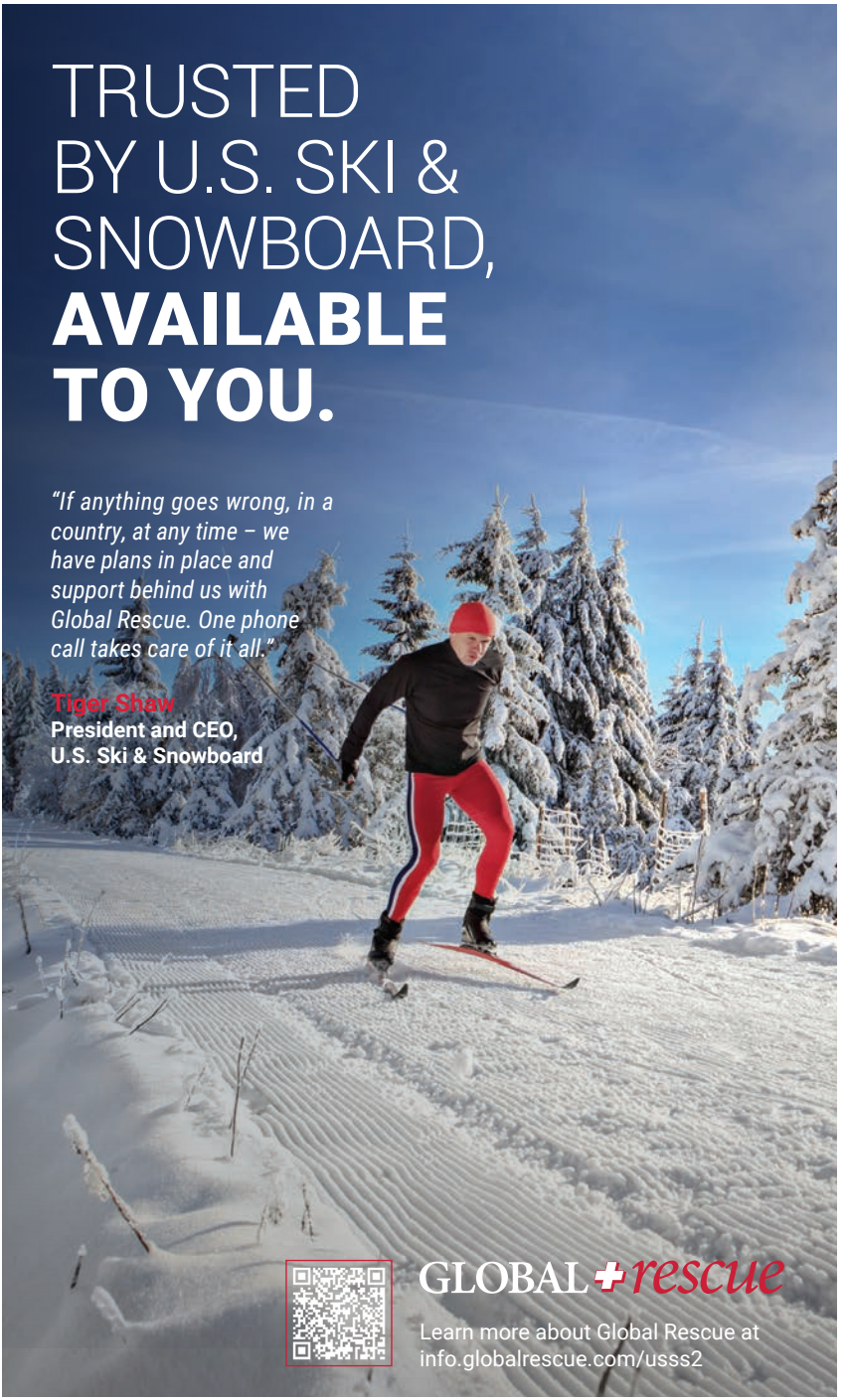

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# CONTINENTAL CUPS - SCANDINAVIAN (SCANDO) AND ALPEN (OPA) CUPS

**TBD - Proposed March 2022 in Central Europe**

# SUPERTOUR

**Schedule**

| | |
|---|---|
| Dec. 04 | Spirit Mountain, Duluth, MN SPR FR |
| Dec. 05 | Spirit Mountain, Duluth, MN FR 5/10 km |
| Dec. 10 | Birkie Trailhead Cable, WI 15/15 km FR MST |
| Dec. 11 | Birkie Trailhead Cable, WI SPR CL |
| Dec. 12 | Birkie Trailhead Cable, WI 10/15 km CL |
| Jan. 15 | Lake Creek Sun Valley, ID 5/10 km FR |
| Jan. 16 | Lake Creek Sun Valley, ID 10/15 km CL MST |
| Jan. 29 | Mt Van Hoevenberg Lake Placid, NY SPR CL |
| Jan. 30 | Mt Van Hoevenberg Lake Placid, NY 10/10 km FR MST |
| Feb. 04 | Craftsbury, VT SPR CL |
| Feb. 05 | Craftsbury, VT 10/10 km CL |
| Feb. 06 | Craftsbury, VT 7.5/7.5 km FR PURSUIT |
| Feb. 26 | American Birkebeiner Cable, WI 52 km FR MST |

# 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.

**Schedule**

Current schedules can be found at usskiandsnowboard.org.

# WORLD JUNIOR CHAMPIONSHIP TRIALS

See U.S. Cross Country Championships, Jan. 2-7 at Soldier Hollow, above.

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# FIS NORDIC WORLD JUNIOR CHAMPIONSHIPS AND U23 CROSS COUNTRY WSC

## Zakopane, POL | Feb. 28 Mar. 06, 2022

For more information visit usskiandsnowboard.org or contact Bryan Fish | bryan.fish@usskiandsnowboard.org.

**Schedule**

| | |
|---|---|
| Feb. 22-26 | Pre-Camp |
| Feb. 28 | Individual Start Classic 5/10 km junior |
| Mar. 01 | Individual Start Classic 10/15 km U23 |
| Mar. 02 | Individual Sprint Freestyle Junior |
| Mar. 03 | Individual Sprint Freestyle U23 |
| Mar. 04 | Relay CL/FS/ 4 x 3.3 km / 4 x 5 km junior |
| Mar. 05 | Mixed Relay CL/FS 4 x 5 km U23 |
| Mar. 06 | Mass Start Freestyle 15/30 km junior |

# JUNIOR NATIONALS

## Theodore Wirth Park | Minneapolis MN | Mar. 6-12, 2022

**loppet.org/juniornationals**

**Contact**

The Loppet Foundation
info@loppet.org | 612.604.5330

# U18 NORDIC JUNIOR NATIONS COMPETITION

## Steinkjer, NOR | Jan. 24 – Feb. 2, 2022

The U18 Nordic Junior Nationals Competition (the Nordisk Juniorlandskamp), will be held in Steinkjer, Norway which is a 2 hour drive north of Trondheim.

For information visit usskiandsnowboard.org or contact Greta Andrerson | greta.anderson@usskiandsnowboard.org.

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

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

## Collegiate Races with Entry Restrictions

Races organized by NCAA Institutions are typically included on the National Ranking List. In some cases, the Cross Country Sport Committee has approved limiting the entry to select races to member teams and invited guests. As of publication time, the following events are subject to entry limitations.

### Eastern Region

| | | |
|---|---|---|
| Jan. 14-15 | Colby Carnival | Quarry Road, Waterville ME |
| Jan. 21-22 | St Micheal's Carnival | Sleepy Hollow, Huntington VT |
| Feb. 11-12 | Dartmouth Carnival | Dartmouth XC Center, Hanover NH |
| Feb. 18-19 | Middlebury Carnival | Rikert Nordic Center, Ripton VT |

All above events are open to non-collegiate competitors through a quota managed by NENSA. Contact Justin Beckwith justin@nensa.net for details.

Feb. 25-26 NCAA Eastern Championships Jackson XC Center, Jackson NH

The Eastern Championships are limited to Regional NCAA teams only.

### Central Region

| | | |
|---|---|---|
| Feb. 12-13 | CCSA Conf. Championships | Al Quaal Rec Area, Ishpeming MI |
| Feb. 19-20 | NCAA Central Championships | Grand Ave Nordic Ctr., Duluth MN |

These events are open by invitation. Contact Tom Smith thjsmith@mtu.edu for details.

### Western Region

Feb. 26 NCAA Western Championships Steamboat Springs, CO

The Mass Start competition at the Western Championship is limited to Regional NCAA teams only.

### NCAA Championships

Mar. 9-12 Soldier Hollow, Midway UT

The NCAA Championships are limited to competitors who qualify through the three NCAA Regional Championships.

# 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 participate in a cross country competition unless otherwise stated within these rules.

0.2.1 Individuals with **Competitor** member status will be grouped separately on the Start List from those with other membership categories.

0.2.2 Individuals with a non-scoring membership status will not be considered for the calculation of a race penalty.

0.2.3 Individuals who change from a non-scoring membership to a Competitor membership during the current season will be credited with Race Points earned at any race prior to the change upon the publication of the next NRL.

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.

1.0.2 Cross Country Divisions may implement additional competition rules that do not supersede the rules included in this document or the FIS Cross Country ICR.

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 Method of Determining Start Orders

Individuals with Competitor membership status will be grouped separately from those with non-scored membership status and given the most advantageous start position.

1.6 Timing

U316.1 Hand-timing may be used for any U.S. & Snowboard competition that is not part of a National Championship event or included on the FIS Calendar.

U316.6 For hand-timed races calculation of the start and finish times will be recorded to the 1/10 of a second. The calculated net time for each competitor will be determined by subtracting the recorded start time from the recorded finish time and the result reported to 1/10 of a second.

U325.4.2.4 The assignment of the competitors to the heats is determined by the finish rankings in the qualification round. Positions in subsequent heats are also assigned based on rankings or times in the previous rounds. If hand-timing is used in the qualifying round, the jury may elect to advance additional competitors to the heats if their time is within 2/10 of a second of the last qualifying position. If hand-times are used to determine heat advancement, the jury may elect to advance additional third or fourth place finishers if their times are within 2/10 of a second of the slowest qualified third or fourth place finisher. Competitors that are advanced by

the decision of the jury should start behind those who advance by rank.

1.7 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.

1.8 Entry Restrictions

Competitions with participation limits may be held, under special circumstances, as approved by the Cross Country Executive Committee. Requests are made through the Cross Country Sport Coordinator or Cross Country Sport Development Manager.

1.9 Credentialed Access

Access to the competition areas, which include, 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.

# 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.

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.

38.1.5 Entrants with non-scoring membership status will be grouped separately from those with Competitor membership and be given the least favorable start position.

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<br>Individual Start 5 km<br>Mass Start 5 km<br>Relay 3 x 3 km | Individual Sprint<br>Individual Start 5 km<br>Mass Start 5 km<br>Relay 3 x 3 km |
| U18 | Individual Sprint<br>Individual Start 5 km<br>Mass Start 10 km<br>Relay 3 x 3 km | Individual Sprint<br>Individual Start 10 km<br>Mass Start 10 km<br>Relay 3 x 3 km |
| U20 | Individual Sprint<br>Individual Start 5 km<br>Mass Start 10 km<br>Relay 3 x 3 km | Individual Sprint<br>Individual Start 10 km<br>Mass Start 15 km<br>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.

# Thank You

to the following licensees and suppliers
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## 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.

58.1.2.2 Entrants with non-scoring membership status will be grouped separately from those with Competitor membership and be given the least favorable start position.

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 the12 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.

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

US SKI & SNOWBOARD

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 | 1991 and earlier |
| Senior | 20-29 | 1992 through 2001 |
| U20 | 18-19 | 2002 and 2003 |
| U18 | 16-17 | 2004 and 2005 |
| U16 | 14-15 | 2006 and 2007 |
| U14 | 12-13 | 2008 and 2009 |
| U12 | 10-11 | 2010 and 2011 |
| U10 | 8-9 | 2012 and 2013 |
| U8 | 6-7 | 2014 and 2015 |
| U6 | 5 and younger | 2016 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, 2021 to June 30, 2022.

## FIS Age Classes

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

# COMPETITION PROGRAM

The nature of ski jumping and nordic combined generally requires participation in a club which operates a ski jumping facility and has a coaching program. Check usanordic.org, or divisional contacts at the found of this guide for program locations.

## Selection Criteria and Calendars

Selection criteria and national calendars are available at usskiandsnowboard.org and usanordic.org. Current FIS calendars can be found at fis-ski.com.

# Thank You

to the following licensees and suppliers
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# 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 vo 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

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

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

106.7 Homologation

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

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

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

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

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

## 107 Jump Specifications for USJNCC and JNs

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

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

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

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

107.9 Appropriate sites for JNs will have a Jump K-point between 50 m and 70 m.

107.9.1 The OC should specifically design all facilities to be suitable for junior championship competition.

107.9.2 The Jump and Cross-Country Courses used for the competition must be homologated in accordance with the Event/Venue Development Pipeline.

107.9.3 It is the goal of the JNCSC to hold the JNs at different sites within each division.

## 108 Venue and Other Facilities

108.1 Waxing Facilities: It is recommended that there be a waxing area.

If possible, the waxing area shall be protected from the elements and should have a minimum of two electrical outlets available for each team. If in an enclosed area, an exhaust system should be included to eliminate some of the gases developed during the waxing process.

108.2 Wax Testing Areas: There shall be an area(s) set aside in close proximity to the waxing area which shall be groomed in a way identical to the courses which shall allow for speed testing on a hill. Sufficient amount of test area shall be available to

allow access to all competitors and coaches without interfering with the conduct of the competition.

108.3 There shall be a private area set aside (preferably in the Judges Stand) which will be designated Jury Only and off limits to Coaches, Spectators and any other individuals not invited by the Jury, while the Jury is present in this area.

## 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 peer 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. 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.

# *Thank you!*

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## 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.

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.

161.3 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.

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## 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.

175.3 Team Event

175.3.1 With respect to the men's Ski Jumping Team event, all effort is required to fill four (4) member teams with all four competitor's scores counting towards the total team score.

175.3.2 All teams in the Ski Jumping Team Event will compete in one class. A team may be made of skiers from all age classes.

175.3.3 If the total field is not evenly divisible by four, the following procedure will be followed.

175.3.3.1 If there is a single team of three competitors remaining, a ghost score will be calculated based on the average score of the three team members

175.3.3.2 If there is a single team of two competitors remaining, two teams of three will be created with rule 175.3.3.1 determining the fourth score.

175.3.3.3 If there is a single team with only one competitor remaining, three teams of three will be created with rule 175.3.3.1 determining the fourth score

175.3.3.4 All effort is required from each division to create the best full member teams and not purposely create a "stacked" 3-person team to unfairly receive a higher ghost score as stated above.

175.3.4 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.

175.3.5 All effort is required from each division to create full teams from each division before creating a Mixed Division Team.

175.3.6 Mixed teams consisting of multiple division skiers are eligible for awards.

175.4 Nordic Combined Events

| | | |
|---|---|---|
| 175.4.1 | U16 | NC Team Sprint - 1jump 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) |

175.4.2 In the event the Cross-Country race must be held prior to the jumping event in a Nordic Combined competition, results shall be calculated in the same manner as a normal Gunderson competition. Whereas the Cross-County race will use a mass start and after the jumping, the Cross-Country times are added to the jumping results to produce the Nordic Combined results

175.4.3 With respect to women's Team Sprint Event, if, in order to provide a fair competition, all women's teams can compete under one age group (U20), to be determined at the Team Captain's Meeting

175.5 Daily Program Example

175.5.1 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.

175.5.2 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.

# 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.

# ELIMINATION JUMP - BRACKET

This event is a Jury-metered distance only head-to-head elimination jump. Competitors will be seeded by either through past events (Junior Nationals) or special seeding events (if run as a separate event) They will be placed in a single elimination bracket.

### Event Format

Overall seeding of Skiers based on a gate adjusted average (GAA) distance. For Junior National Championships, the four (4) rounds of competition in the Individual and Team Events will be used to calculate this GAA.

Skiers will receive a handicap distance based on their GAA. Handicap will be added to skier's actual distance to determine net distance.

Bracket will be single-elimination structured in four quadrants. (64 skiers to-tal)

If field consists of more than 64 skiers, For JNCs, the remaining skiers and the last 4 seeded positions (61-64) will compete in a single round prior to the 1st round of the Bracket Elimination Event. The four (4) skiers with the best net distance will be seeded in positions 61-64.

In first round only, any skier competing against a bye will continue to 2nd round without the need to ski the first round. For rounds 2 and further, skier completing against an empty position, must ski to earn the right to continue to next round.

Net Distance only. Skier with longer net distance will continue to next round.

If tied, total style score from 3 judges will determine tie breaker. If still tied, lower (higher numbered) seed advances.

Two judges stationed between K and Fall Line will rule on fall situations.

Any part of body touching the landing surface is considered a fall.

Zero distance is awarded for a fall.

Starting gate determined by jury.

Gate must be the same for both skiers in each pairing.

In final four and Championship rounds, each pair will ski from the same starting gate.

Basic Equipment controls in effect.

Jury Decisions Final.

# 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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