



CROSS COUNTRY MEMBERSHIP DESCRIPTIONS AND REQUIREMENTS

U.S. Ski & Snowboard memberships may be upgraded during the same season. However, U.S. Ski & Snowboard does not downgrade, transfer, or refund memberships.

Adult members and those turning 18 at any time during the season must complete certain membership requirements. Please refer to your membership dashboard for any requirements needed to activate membership. Members are required to complete annual SafeSport training, periodic background screening and Introduction to Avalanches training. (Excludes Short-Term members).

All requirements must be completed prior to membership(s) being activated excluding those members turning 18 years old. **Members turning 18 during the season, which runs July 1st – June 30th, will need to register for and receive a green-light background screening determination within 45 days of turning 18.**

U.S. Ski & Snowboard Athletes:

Please choose one of the athlete memberships from below.

Cross Country General Member (17 & under) - \$35 (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. General members can participate in NRL events, but they will be seeded in the last group with other General members and Non-Scored Athletes.

Cross Country Competitor (13 & over) - \$125: 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 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. Non-Scored Athletes will be seeded for race start purposes in the last seed, randomized with other Non-Scored Athletes and any General members.

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 foreign athletes residing in the USA and/or regularly competing for a U.S. Ski & Snowboard club.** 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. A FIS license is required for FIS sanctioned events.

Cross Country FIS License Requirement (Must be born in 2008 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.

Adaptive Cross Country FIS License Requirement: Please contact the USOPC to purchase your FIS license. Information on that process can be [found here](#).

U.S. Ski & Snowboard Coaches, Officials and Volunteers:

Please choose one of the memberships below if 18 years of age and older. Junior coaches, ages 15-17, may choose the Junior Coach membership

Cross Country 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.**

Cross Country Official (18 & over) - \$80: An individual involved in officiating U.S. Ski & Snowboard Cross Country and/or FIS competitions. Required for official's certifications (see guidelines for appropriate levels of official's certifications).

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

Cross Country Junior Coach (15-17 years of age) - \$75: The junior coach membership is a great way for athletes to become involved in coaching programs. Junior coaches are required to complete annual SafeSport training, and periodically Coaching Fundamentals and the Introduction to Avalanches course.

U.S. Ski & Snowboard Member Benefits

Each level of U.S. Ski & Snowboard membership has various benefits. Please see below for category specific benefits.

Cross Country General Member, Non-Scored Athlete:

- Excess accident insurance if participating with a U.S. Ski & Snowboard CLIP club (proof of primary health/medical insurance required)
- Access to ExpertVoice
- Access to U.S. Ski & Snowboard Member Benefits Program
- U.S. Ski & Snowboard membership card - opt in required
- U.S. Ski & Snowboard Die-Cut & Decal Sheet – member card opt-in required

Cross Country Competitor (2nd Year U14 & Over):

- All general benefits listed above, as well as:
- Inclusion on the U.S. Ski & Snowboard National Ranking List
- U.S. Ski & Snowboard Athlete Points Profile
- FIS points profile and ranking (FIS license required for FIS profile- open to 2nd year U16s and older only)

Short-Term Cross Country (see applicable age requirements):

- Opportunity to compete in a U.S. Ski & Snowboard sanctioned event
- Excess accident insurance during U.S. Ski & Snowboard sanctioned event for which access has been purchased (proof of primary health/medical insurance required)

Cross Country Adaptive Competitor:

- All general benefits listed above, as well as:
- Inclusion on the U.S. Ski & Snowboard National Ranking List
- U.S. Ski & Snowboard Athlete Points Profile

Cross Country Volunteer:

- All general (non-competitor) benefits listed above, as well as:
- Volunteering at U.S. Ski & Snowboard/FIS events and/or any club activities

Cross Country Official:

- All general (non-competitor) benefits listed above, as well as:
- Access to U.S. Ski & Snowboard official's clinics and educational materials
- U.S. Ski & Snowboard Member Officials Profile (officials certification level(s), event history, continuing education record)
- Officiating at U.S. Ski & Snowboard/FIS events per competition guide
- U.S. Ski & Snowboard Competition Guide

Cross Country Coach and Junior Coach:

- All general (non-competitor) benefits listed above, as well as:
- Access to U.S. Ski & Snowboard coaching clinics and educational materials
- U.S. Ski & Snowboard Member Coach Profile (coach certification level, official's certification level(s), event history, continuing education record)
- U.S. Ski & Snowboard Competition Guide
- Sport Education Video Library