

## 2015-2016 NVC RULES (U10-U14 Age Classes)

Vermont Alpine Racing Association (VARA) is the governing body of racing in Vermont. VARA delegates to the three state Councils (North, Mid, and South) the authority to design and administer their respective race schedules leading up to the U14 State Championships, with the exception of race starts, scoring and gate recommendations.

The Councils will also (1) select teams to represent to compete at the State Championships; (2) develop proposals and recommendations to VARA; and (3) resolve specific race and racer-related issues.

### **Children's Development Committee**

The Children's Development Committee oversees rules and policies of U14 and under racing in VT. This group works with the VARA Executive Director to create schedules, policies, qualifications, rules and state guidelines for the U16 and under age groups. Committee members include; Dave Edry (Chair), 3 Council chairs (Dave Edry/SVC, Adam Julius/NVC, Lori McClallen/MVC), Lynn Sullivan, Taylor Mikell and Gary Fletcher. This committee works closely with the VARA Youth Coordinator (Alex Krebs).

### **Children's Development Sub-Committee**

The sub-committee consists of the Chairs from each of the three Councils (North-Adam Julius, Mid- Lori McClallen, and South-Dave Edry) and the Children's Development Committee Chair (Dave Edry). The committee will work with the Executive Director and VARA Youth Coordinator regarding VARA U14 through U10 issues that arise at state championships and state governed events.

### **Northern Vermont Council**

The Northern Vermont Council (NVC) represents ski clubs from seven northern Vermont Mountains - Jay Peak, Stowe, Smugglers Notch, Mad River, Sugarbush, Burke, and Cochran's. It provides opportunities for boys and girls ages 7 to 15 years of age, to develop their skills and experience the benefit of competitive alpine ski racing. Each northern Vermont ski club designates a representative to serve on the Council. One representative will serve as Chairperson and will represent the Northern Vermont Council interests at the State level. Any NVC issues requiring a vote of the Council representatives must have 4 votes for approval.

### **Council Representatives**

**Sugarbush** – Adam Julius (Chair)  
**Burke** – Sam Damon  
**Cochran's** – Lindy Kelley  
**Mad River** – Jim Komarmi

**Stowe** – Igor Vanovac  
**Jay Peak** – Mike Gallagher  
**Smuggler's Notch** – Ryan Sheredy

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## U14 AGE CLASS

The U14 age level provides non-scored competition for racers aged 12-13 (born in 2002-2003). VARA is the governing body of U14 racing in Vermont. VARA will schedule open races, State Super-G events, U14 Shootout and the VARA U14 Championships. U14 Council races and State Championships must be USSA sanctioned events. Sanctioned races must be held on homologated trails.

Councils must not interfere with the USSA established age categories, any exceptions must come before the U16-14 Committee and or USSA. (Refer to the *Racing Up* and *Petitioning to Ski Down* policies below).

### **Memberships**

All racers must hold a current United States Ski Association (USSA) Youth Membership and VARA membership. In order to be considered in any VARA qualifying or selection process, you must be a current member of VARA. Qualifying points for will not be retroactive for late renewals.

### **Quotas and Gender Splits**

Council quotas for U14 VARA States will be based on each council's percentage of active U14 competitors. This percentage will determine the allocation of quota spots per council and within each seed at states. For example if a council has 38% of the U14 athletes in VARA they receive 38% of the total field quota and 38% of each seed. Determination of each council's participants will be made after the second weekend of February. Each council will allocate its gender distribution of quota spots based on the percentages of male and female competitors within council.

### **Parent/Spectator Clause**

Any issues parents or spectators may have involving rules set by VARA, The Race Organizing Committee, Alpine Officials, the Jury, the race site or USSA while at a sanctioned Council event, VARA States or Shootout must be handled by the appropriate coach before being brought to the Race Organizer, Alpine Officials/Jury, registration volunteers or VARA. The athlete's coach must represent the competitor regarding the issue not his/her parent.

### **Coaching Tickets**

Coaches must be VARA and USSA members to obtain race site hill privileges. If races are happening simultaneously on the same day then host sites must account for the need of more coach's tickets. General recommendation but NOT less than the following: > 4 kids = 2

coaches, > 8 Kids = 3 coaches, >12 Kids = 4 coaches, >16 Kids = 5 coaches, >20 kids = 6 coaches. Coach's rosters must be sent to race secretary prior to each race.

### **Petitioning to Ski Down**

Approval may be granted for skiing an extra year in the U14 age class based on later physical maturation. Approval would be based on physical size and biological age. Permission must first be approved by the Northern Vermont Council with a petition submitted by the representative program.

For an athlete to be considered for skiing down an age class at the State level they must first be approved by their Council. A request in writing must be submitted to the VARA Executive Director by the Council Chair no later than December 29, 2015. The VARA Children's Development Committee will review the request and respond to the Council Chair no later than January 1, 2016.

If an athlete is approved they will follow Council and VARA rules for the U14 age class. Petitioning Athlete (PA) may qualify for the VARA U14 Championships. The following conditions apply:

- PA will be considered and treated as any other participant in that age class.
- PA may ski in the State U14 Championships but will not advance to a USSA post season event.
- PA will be seeded at States according to their council placement.
- PA will be presented with award if so earned.
- PA will be purged from results for selections to post season USSA Championship Events.
- PA will compete in only one VARA State Championship series.

The field size for States will not increase by more than 5 to accommodate council PA requests. The field size may be increased to allow PA's skiing down an age class and to prevent de-selection of age class competitors.

### **Racing Up**

By special approval of the Northern Vermont Council, permission may be granted for a second-year U12 with exceptional performances to ski up an age class. Petition requests need to be submitted by the fall meeting of the NVC by the representative program. Approval would be based on exceptional performance during the previous year and for an athlete deemed unlikely to have competition within their peer group in NVC races. To ski up in NVC races and advance to the Vermont U14 State Championships an athlete will also need approval from VARA. Exceptional Athlete policies are stated in the VARA Calendar and the USSA Competition Guide. Any exceptions to the above age group must have been advanced through the policy as outlined.

## **USSA Alpine Equipment Guide**

For current equipment rules, see the Alpine Equipment Guide on the USSA Alpine Rules web page: <http://alpine.usskiteam.com/alpine-programs/athletes/rules>

## COUNCIL QUALIFIERS

VARA will delegate to the three state councils (North, Mid, and South), the authority to administer their respective rules leading up to the U14 Shootout and VARA U14 Championships with the exception of race starts, scoring and gate recommendations.

The maximum number of races within a Council will be six. The specific recommendation is four to six races within each Council. Councils must follow all USSA and VARA procedures for running a fair and legal race. Council Chairs need to have a tentative schedule to the VARA office by June 1 and a confirmed schedule by October 15th.

Athletes must compete in a minimum of two (2) NVC Qualifiers in order to be eligible for selection to the VARA Shootout or VARA U14 Championships. If less than four races are held, the participation requirement will be reduced to 1 race. In the case of an injured athlete who cannot race in the requisite number of Council races, the athlete's coach can petition the Council to be seeded in the appropriate spot based on Council discretion and on the basis of demonstrated results from the previous year's competitions. A petitioning athlete must have a note from a doctor to explain their absence from the NVC races. Each club will have one vote. The letter should be directed to the Council Chair

1. Format: The Council U14 schedule will include 6 non-scored races (3 slaloms, 2 giant slaloms, and a Super-G race). It is at the discretion of the Council year to year as to whether they will also schedule a SG camp. The Super-G camp will not include a timed run, therefore not count toward the number of races held by the Council.
2. Gates: U14 racing gate recommendation is 27 mm, 60 inch height (not including base) for slalom.
3. Race Entry: Club rosters, along with attending coach's list, must be emailed to the club race secretary hosting the first Council race, at least one week prior to the race. Roster should be provided in spreadsheet that includes: *First Name, Last Name, Gender, USSA#, Club, and YOB*. The entry list from the first race will be used for the remaining Council races.
  - Guests may enter up to one NVC race annually provided they are USSA members. The host club must be contacted one week prior to the race, with names of participating guests. The guests must be clearly noted on all results, start lists, etc. Guests are not counted when calculating place points. Contact NVC Chairperson if a group of guests (more than 3 of either sex) wish to compete in a NVC race these athletes must be approved by NVC vote.
4. Entry Fees: SL/GS - \$25, SG/SG Camp - \$35
5. Race Fact Sheet: Informational sheets, commonly called "fact sheets" must be uploaded to the VARA website by the host site one week prior to the event.
6. Start Order/Seeding: The first two races will be seeded randomly. The next races will use the place-point rankings for seeding. Second runs for ALL races will be reverse bib order of the first run. Guests should be seeded in the middle of the field.

7. Captain's Meeting: A captain's meeting must be held prior to the start of the first run of each race. One coach from each program is to attend the meeting. Attendance must be taken by Chief of Race and submitted to the TD.
8. Course Setting: A USSA licensed Level 1 Referee or higher must set all courses (ACR U603.1.1). Courses will be set to meet the USSA specifications. For further information on USSA course setting guidelines, [click here](#)
9. Start Times: Host ski clubs will determine event start times and will be noted on the race announcement.
10. Results: All results (single run results and overall results) should be uploaded to the VARA website by noon on the following day. A copy of the *Split Second* timing file must be provided to the point keepers within a day of the race, so that the standings can be updated.
11. Awards: Awards are the responsibility of the host club. If the racer is not at the awards ceremony, the host club is under no obligation to mail the award. Medals must have the places (e.g., 4th) engraved on them.
  - Award top 15 girls and top 15 boys by combined runs.
  - The host area of the final NVC race is responsible for ordering, distributing and billing of the NVC State Team prizes (e.g., team sweatshirts). Each club will be charged on the basis of the number of racers they have making the NVC State Team.
12. Rankings/Team Selection: The quota to the VARA U14 Championships will be filled using the final rankings from the Council Qualifiers. The rankings will be determined as follows:
  - Each racer will receive two place points per race day for all SL/GS events (one for each run) and one ranking for any Super-G contested. (1<sup>st</sup> place = 1 point, 2<sup>nd</sup> = 2 points, etc).
  - The rankings will be based on the sum of the athletes lowest place points from the Council Qualifiers. The number of place points selected will be based on one less than half (50%-1) of the racers lowest place points. If the season scoring total is an odd number of runs, the amount of runs taken into consideration will be rounded down. (e.g., "Best 2 of 6", "Best 3 of 9", "Best 4 of 10", etc.). Ties will be broken by next best results.
  - Any "guests" will be removed from the race results before calculating the scoring.
  - Automatics: The top ranked male and female from the NVC will be an automatic to the USSA Eastern U14 Championships. They will receive seeding in at least the second seed for Eastern U14 Championships.

**George Tormey Challenge**: Open to all NVC U14's who did not qualify for Eastern U14 Championships. This is a series with a Dual SL and GS. The top ten U12 and U14 boys and girls will be given awards based on combined runs. Team awards will be given out on Sunday.

## **U14 STATE SHOOTOUT**

**Total Field Size: 165**

**Bromley, VT March 6, 2016**

The U14 State Shootout is a one-day event designed to give 55 U14's from each Council a second opportunity to qualify for the U14 State Championships.

1. Format: The Shootout will consist of a 2 run GS race. The course will be set by the host ski area.
2. Qualification: 55 racers from each Council who have not already made the States will be selected to compete at the U14 Shootout. Competitors will have to have raced in at least 50% of their Council races to compete at the Shootout. The Council quotas shall be split by gender based on each Council's field size after the second weekend of February, 2016.
3. Entry Procedure: Councils will determine their quotas with gender split and Council Chairs must submit their quota of 55 in ranked order including USSA # and YOB and split appropriately by gender to the VARA office 1 week prior to the event date. UNFILLED Council quota spots will NOT be filled. Substitutions due to sickness or injury will be accepted until 48 hours prior to the first run of the first race and will be added to the end of the running order.
4. Entry fee: \$50
5. Seeding: The field will be seeded in order of ranking from each Council. Race organizers will execute the draw to determine the Council order. The running order will remain the same for each run.
6. Scoring: A total of 46 racers will be selected from the U14 Shootout to compete at the U14 States. 23 boys and 23 girls will be selected to go to the States. Selection will be based on the best single place point (from the two individual runs and the combined result). Ties will be broken by next best result. Time differential will be used in case of a 3 way tie, if still a tie then all the tied competitors will be selected.
7. Substitutions for States:
  - If an athlete qualifies for the U14 States from Council quota selection and cannot go to States and notification is prior to the Shootout, then Council will fill the spot with the next Council racer in line for the States. The alternate will be seeded at the end of the Council order rotation.
  - If a spot opens up, regardless of Council, for U14 States following the Shootout then alternates will be selected based on the Shootout standings. The alternate following the Shootout will be seeded at the end of the Shootout qualifiers.
8. Awards: Team Qualification announcement.
9. Forerunners: Forerunners will be selected by the host site.

# VARA U14 CHAMPIONSHIPS

(Field Size: 166)

March 11-13, Stowe, VT

The selection of the USSA Eastern U14 Championships rosters, as well as the seeding for those events, will be determined by place-point scoring from the VARA U14 Championships.

1. **Format:** There will be two traditional runs of GS, SL and one SG. Second run start order for the GS and SL will be the same as first run. The schedule at States may be switched to accommodate for weather issues but events will remain within the scheduled 3 day event. If the SG gets cancelled it will not be rescheduled.
2. **Gates:** F.I.S. B poles (27mm) 60 inch height (not including base) gates will be utilized for slalom.
3. **Qualification:** 166 total racers will qualify for the VARA U14 Championships. 120 racers will be selected directly from the Council Qualifiers with the remaining 46 racers selected from the U14 Shootout qualifier (*see U14 Shootout Rules*).
4. **Quotas:** Council quotas for the VARA U14 Championships will be based on each Council's percentage of active U14 competitors. This percentage will determine the allocation of quota spots per Council and within each seed at States. For example if a council has 38% of the U14 athletes in VARA they receive 38% of the total field quota and 38% of each seed. Determination of each Council's participants will be made after the second weekend of February. Each Council will allocate its distribution of quota spots based on the percentages of male and female competitors within Council.
5. **Start Order/Seeding:** Seeding will be based on Council rankings. The start lists will be based on a Council rotation as determined by a random draw by VARA. Within the top 15 (top 5 from each council) the seed will be random draw by the Executive Director for each race. Places 16 and higher will remain consistent in Council rank rotation for all races. The Shootout qualifiers will be seeded after the ranked qualifiers from the Council standings in order they qualified at the Shootout. The second run start order will be bibbo (flip top 30); the DSQs and DNFs will run at the end in bib order.
6. **Entry Procedure:** Councils MUST send racer rosters (in start order and with council based gender split) in a spreadsheet which shall include *First Name, Last Name, USSA#, Club, YOB*, and attending coaches list to the VARA Office 1 week prior to the U14 States. There will be no additions/substitutions to rosters 48 hours prior to first run of the first race.
7. **Entry Fees:** Total entry fee is \$190. The fees will include the banquet or awards event for participants at the technical events, along with an event souvenir. Host sites for States must commit to making the States a championship event. (Podium, banners, hoop-la, racer souvenir)
8. **Course Setters:** Course setters and officials will be selected prior to the U14 States by the VARA Executive Director and VARA Youth Coordinator with input from the VARA AO Chair. Refs will be selected by the TD.



9. Team Selection: Selection to the U14 Eastern Championships is determined by scoring the best single result from the individual runs and combined places of the VARA U14 Championship events.
- Ties will be broken by taking the next best results.
  - If awarded an extra spot from USSA the spot will be given to the next in line from the States standings and will not be used for a discretionary pick.
  - Race Requirements: To attend the Eastern U14 Championships athletes are required to compete in the majority ( $\geq 1/2$ ) of races at the VARA U14 Championships, unless injured.
  - If there is no race contested then the VARA U14 Team will be selected based on a Council allocation where each Council's percentage of the total is based on its population percentages of all active VARA U14 athletes determined after the second weekend of February.
  - Automatics: Each Council will have 2 Automatics (1G/1B) to the USSA Eastern U14 Championships. Council automatics will receive seeding in at least the second seed for USSA Eastern U14 Championships.

10. Athlete Injury Clause:

- There will be 2 reserved "Injured Athlete" spots to USSA Championships. Injured athlete spots shall be determined before the start of the first event of the State Championships. If the injured athlete spots to the USSA Championships are not used then USSA Championship selections will go down the standings list from States.
- Any athlete injury request must be made in writing to the executive director before the start of the first meeting of the U14 State tech events. The Children's Development Committee will review the request and make a decision. There is no guarantee that a spot will be given for a Championship Event.
- Injury Picks will be seeded at the end of the VT USSA Championship Team.

11. Forerunners: State Championships forerunners will be selected by the host site.

12. VARA Head Tax: Head Tax is due on U14 State Championships; the fee is \$2 per racer per start to be sent to VARA.

13. Awards: The host site will present awards to the top 10 boys and girls in each event. There is no overall champion awarded at this level.

U14 States host sites will not provide "goodie bags", but will provide:

- Only one commemorative item;
- A pizza party, banquet or other type of social gathering before final awards.

14. Racing Up: U12s that have "skied up" during the regular season (per VARA rules and USSA), with the U14s, may compete in the U14 State Championships provided they have qualified for the U14 States through their Council (rules). Racing up needs approval from USSA East and VARA via the Ski Up Form)

## **USSA EASTERN U14 CHAMPIONSHIPS**

**VT Quota = 48**

**Sunday River, ME, March 19-22**

The top 48 athletes (gender split) from the VARA U14 Championships will be named to compete at the USSA Eastern U14 Championships. The athletes will be seeded at the U14 Championships according to their final ranking at the VARA U14 Championships. Each Council will have 2 Automatics (1G/1B) to the USSA Eastern U14 Championships. Council automatics will receive seeding in at least the second seed.

To attend the Eastern U14 Championships athletes are required to compete in the majority ( $\geq 1/2$ ) of races at VARA U14 Championships unless injured.

## **U14 INVITATIONAL PROJECT VARA/NYSSRA**

**VT Quota = 30**

**Stratton, VT March 24-25, 2016**

The Vermont athletes will be chosen directly from their results from the Vermont State Championships. After the VARA USSA Eastern Championship Team is named, the next 15 boys and 15 girls will be chosen for this project. This event is a great post season experience for the athlete. Weather permitting the project will include speed elements and GS duals. There are both individual and team aspects to this project. Awards will be given for team duals.

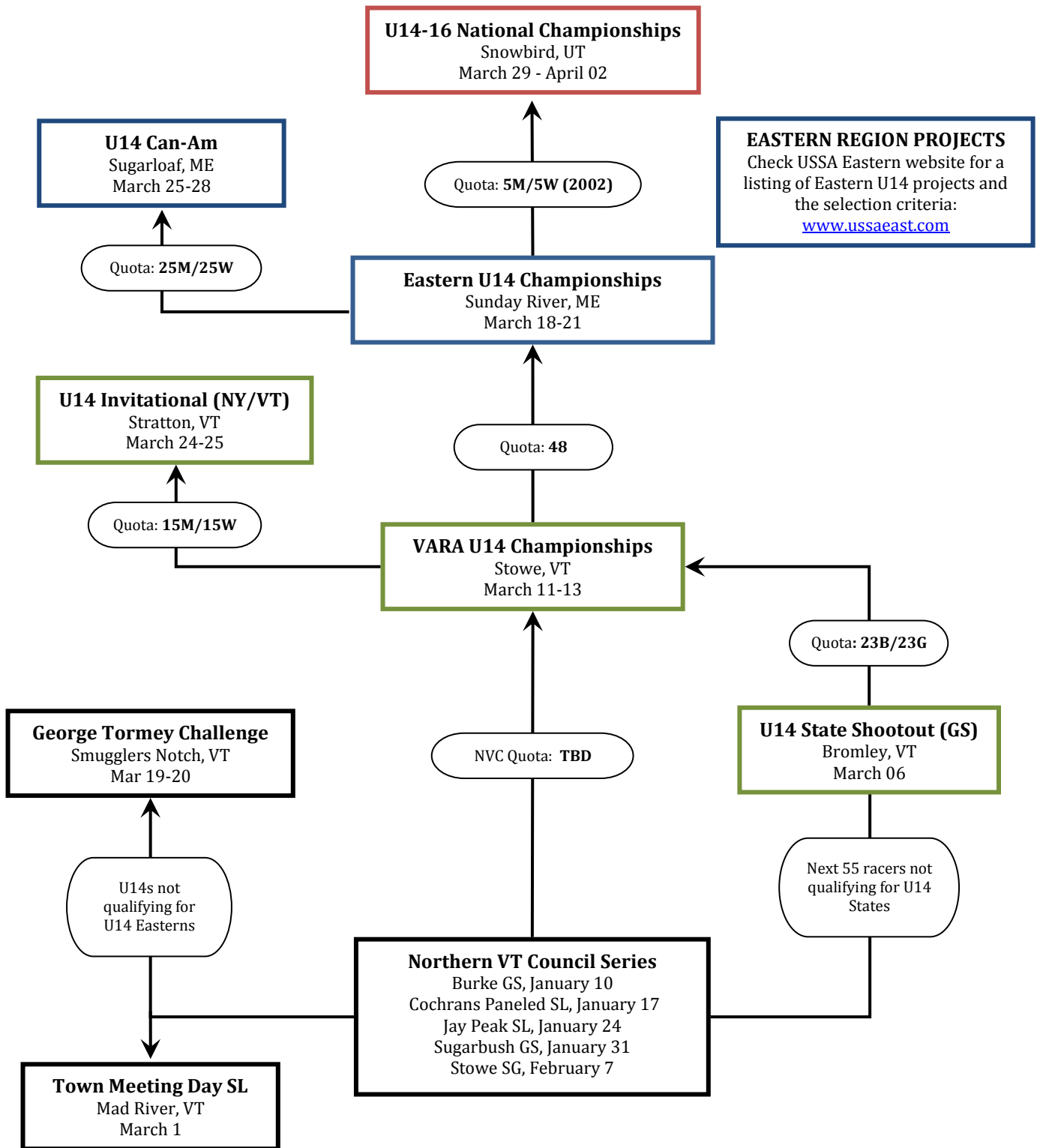
## **EASTERN REGION PROJECTS**

Information regarding the Eastern RTG projects can be found on the Eastern region website: [www.ussaeast.com](http://www.ussaeast.com). Click on the "Projects" tab, and then go to the "East Youth Projects" section to find the current calendar of projects, and selection criteria.

### **EASTERN REGIONAL YOUTH PROJECT CALENDAR**

- December 7-8, 2015 - Multi YOB SL at Stowe, VT
- December 14-15, 2015 - U14 Tech Project at Killington, VT
- January 19-20, 2016 - Multi YOB SG & SL at Okemo, VT
- February 8-9, 2016 - U14 Speed Project at Sugarloaf, ME

# NVC U14 RACING - 2015/2016



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## U12 AGE CLASS

The U12 age level provides non-scored competition for racers aged 10-11 (born in 2004-2005).

By special approval of the Northern Vermont Council, permission may be granted for a U10 with exceptional performances to ski up an age class. Petition requests need to be submitted by the fall meeting of the NVC by the representative program. Approval would be based on exceptional performance during the previous year and for an athlete deemed unlikely to have competition within their peer group in NVC races.

Memberships: All racers must hold a current United States Ski Association (USSA) Youth Competitor License and be a member of the Vermont Alpine Racing Association (VARA). Application forms for these memberships can be found on the following websites: USSA ([www.ussa.org](http://www.ussa.org)) and VARA ([www.vara.org](http://www.vara.org)).

Equipment: Per FIS and USSA rules, it is the athlete's responsibility to ski, train and race on appropriate equipment. Helmets manufactured for ski racing are mandatory for all training and race events – SL and GS. GS suits will not be allowed at the U12 level. Racers must race in a jacket and full length warm-up pants on the bottom. No GS suit can be showing while racing. In the U12/U10/U8 level there should be no skis brought up the lift or at the start of the race course.

Gates: Stubbies, and 27mm 60 inch height (not including base) gates will be utilized.

Race Entries: All racers are entered as teams by coaches (using spreadsheet that includes *First Name, Last Name, Gender, USSA#, Club, and YOB*). Do NOT send vouchers or money. Club rosters, along with attending coach's list, must be sent to host site one week prior to the event.

- "Guests" may enter up to one NVC race annually provided they are USSA members. The host club must be contacted one week prior to the race, with names of participating guests. The guests must be clearly noted on all results, start lists, etc. Contact NVC Chairperson if a group of guests (more than 3 of either sex) wish to compete in a NVC race these athletes must be approved by NVC vote.

Race Fact Sheet: Informational sheets, commonly called "fact sheets" must be uploaded to the VARA website by the host site one week prior to the event.

Entry Fees: **\$20**

Race Day Temperature Guidelines: 0 degrees Fahrenheit (including wind chill) and higher is the recommended temperature for U12 events to be held. The host mountain should do their best to cancel races in advance (or push start time later) based on local weather

forecasts but should do their best to be conscious of the guideline on race day and communicate with parents and coaches in a timely fashion.

Start Order: Seeding will be done by random draw and the second run order will be reversed bib. Racers from other age groups must be clearly marked on running orders and results. Guests should be seeded in the middle of the field.

Start Times: Host ski club will determine event start times and will be noted on the race announcement. A 10:00 a.m. start time is recommended for two run races.

Captain's Meeting: A captain's meeting must be held prior to the start of the first run of each race. One coach from each program is to attend the meeting. Attendance must be taken by Chief of Race and submitted to the TD.

Course Setting: A USSA licensed Level 1 Referee or higher must set all courses (ACR U603.1.1). Courses will be set to meet the USSA specifications. For further information on USSA course setting guidelines, [click here](#)

Awards: Awards will be given to the top 10 boys and 10 girls for each run.

Results: All results (single run results and overall results) should be uploaded to the VARA website by noon on the following day.

George Tormey Challenge: Open to all NVC U12's. This is a series with a Dual SL and GS. The top ten U12 and U14 boys and girls will be given awards based on combined runs. Team awards will be given out on Sunday. Refer to the schedule for dates and location.

## 2016 U12 Schedule

Date	Discipline	Location
January 10 (Sun)	Giant Slalom	Jay Peak, VT
January 31 (Sun)	Skills Day	Stowe, VT
February 7 (Sun)	Paneled SL	Mad River, VT
February 14 (Sun)	Stubby SL	Sugarbush, VT
February 28 (Sun)	Team Event	Burke, VT
March 1 (Tue)	TMD Slalom	Mad River, VT
March 19-20 (Sat-Sun)	George Tormey Challenge	Smuggler Notch, VT

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## U10 AGE CLASS

The U10 age level provides non-scored competition for racers aged 7-10 (born in 2006-2008). VARA's minimum age for sanctioned races is 7.

Memberships: All racers must hold a current United States Ski Association (USSA) Youth Competitor License and be a member of the Vermont Alpine Racing Association (VARA). Application forms for these memberships can be found on the following websites: USSA ([www.ussa.org](http://www.ussa.org)) and VARA ([www.vara.org](http://www.vara.org)).

Equipment: Per FIS and USSA rules, it is the athlete's responsibility to ski, train and race on appropriate equipment. Helmets manufactured for ski racing are mandatory for all training and race events. The NVC strongly recommends the use of only one pair of skis. No slalom skis are necessary. GS suits are not allowed at the U10 level. Racers must race in a jacket and full length warm-up pants on the bottom. No GS suit can be showing while racing. In the U12/U10/U8 level there should be no skis brought up the lift or at the start of the race course.

Gates: Stubbies, and 27mm 60 inch height (not including base) gates will be utilized.

Race Entries: All racers are entered as teams by coaches (using spreadsheet that includes *First Name, Last Name, Gender, USSA#, Club, and YOB*). Do NOT send vouchers or money. Club rosters, along with attending coach's list, must be sent to host site one week prior to the event.

- A U12 may race in U10 races at the coach's discretion. They are not eligible for prizes. Please note U12s on all entries and results.
- "Guests" may enter up to one NVC race annually provided they are USSA members. The host club must be contacted one week prior to the race, with names of participating guests. The guests must be clearly noted on all results, start lists, etc. Contact NVC Chairperson if a group of guests (more than 3 of either sex) wish to compete in a NVC race these athletes must be approved by NVC vote.

Race Fact Sheet: Informational sheets, commonly called "fact sheets" must be uploaded to the VARA website by the host site one week prior to the event.

Entry Fees: **\$10**

Race Day Temperature Guidelines: 0 degrees Fahrenheit (including wind chill) and higher is the recommended temperature for U10 events to be held. The host mountain should do their best to cancel races in advance (or push start time later) based on local weather

forecasts but should do their best to be conscious of the guideline on race day and communicate with parents and coaches in a timely fashion.

Start Order: Seeding will be done by random draw, and the second run order will be reversed bib order. Racers from other age groups must be clearly marked on running orders and results. Guests should be seeded in the middle of the field.

Start Times: Host ski club will determine event start times and will be noted on the race announcement. A 10:00 a.m. start time is recommended for two run races.

Captain's Meeting: A captain's meeting must be held prior to the start of the first run of each race. One coach from each program is to attend the meeting. Attendance must be taken by Chief of Race and submitted to the TD.

Course Setting: A USSA licensed Level 1 Referee or higher must set all courses (ACR U603.1.1). Courses will be set to meet the USSA specifications with the following exceptions: U10 races in NVC will consist of paneled courses of any type with no delay gates, and the Cochran's Town Meeting Day race. For further information on USSA course setting guidelines, [click here](#)

Awards: Awards will be given to the top 10 boys and 10 girls for each run.

Results: All results (single run results and overall results) should be uploaded to the VARA website by noon on the following day.

## 2016 U10 Schedule

Date	Discipline	Location
January 24 (Sun)	Giant Slalom - Team Event	Smugglers Notch, VT
January 31 (Sun)	Skills Day	Burke, VT
February 7 (Sun)	Giant Slalom	Cochrans, VT
March 1 (Tue)	Town Meeting Day Slalom	Cochrans, VT
March 6 (Sun)	Dual Slalom	Stowe, VT
March 13 (Sun)	Giant Slalom	Sugarbush, VT

USSA 2015/16 Course Specifications <sup>1</sup>		U10	U12	U14	U16
<b>Train to Race Ratio</b>		6:1 (days)	6:1 (days)	5:1 (days)	5:1 (days)
<b>GS/SL Race Days (recommended)<sup>3</sup></b>		Max. 10 Division/State organized events, all events	Max 12 Division/State organized events, all events	Max. 14 Division/State organized events, all events	Max. 18 Division/State organized events, all events
<b>Slalom (SL)</b>	Distance between gates <sup>1</sup>	Combinations 4-6 m, Open 6-10 m, Delay max 15 m	Combinations 4-6 m, Open 6-10 m, Delay max 15 m	Combination 4-6 m, Open 6-10 m, Delay max 15 m	Combination 4-6 m, Open 6-12 m, Delay max 18 m
	Vertical drop	Max 100 m	Max. 120 m	Max 140 m	Max 160 m
	Additional Requirements	Max 3 hairpins, Max 1 vertical combination, Max 1 delay gate	Max 3 hairpins, Max 1 vertical combination, Max 1 delay gate	Max 3 hairpins, Max 1 vertical combination, Max 1 delay gate	Min 3 hairpins, 1-3 vertical combinations; 1-3 delay gates
<b>Giant Slalom (GS)</b>	Distance between gates	Open 15-22 m, Delay max 30 m	Open 15-22 m, Delay max 30 m	Open 15-25 m, Delay max 35 m	Open 15-27 m, Delay max 35 m
	Vertical drop	Max 200 m	Max 250 m	Max 300 m	Max 350 m
	Additional Requirements	Min 1 delay Variety of terrain suggested	Min 1 delay Variety of terrain suggested	Min 1 delay Variety of terrain suggested	Min 1 delay Variety of terrain suggested
<b>Super G (SG)</b>	Distance between gates <sup>1</sup>	---	22-35 m	Open 25-40 m, Delay min 15m	Open 25-40 m, Delay min 15m
	Vertical drop	---	Max 300 min	Max 350 min	Max 450 m
	Direction changes	---	Min 8-12% of vertical drop	8-12% of vertical drop <sup>2</sup>	8-12% of vertical drop <sup>2</sup>
	Additional Requirements	---	Training run required (U1256.4), Variety of terrain suggested	Min of 1 jump recommended, Training run required (U1256.4) Variety of terrain suggested	Min of 1 jump recommended, Training run recommended (U1003.2.1) Variety of terrain suggested
<b>Parallel</b>	Distance between gates <sup>1</sup>	10-15 m	15-20 m	15-20 m	15-20 m
	Vertical drop	60 m	100 m	100 m	100 m
<b>Other Events</b>		All of above plus SkillsQuest events	All of above plus SkillsQuest events	All of above plus SkillsQuest events	All of above plus Combined, SkillsQuest events
<b>Ski Recommendation - Maximum</b>		1 pair - Multi-event, Length - skill/size appropriate	2 pair - SL, GS Length - skill/size appropriate	3 pair - SL, GS, SG Length - skill/size appropriate	SL, GS, SG, DH

- 1) Gates distances refer to distance between turning gates, with exception of SL combination distance, which refers to gate width.
- 2) Per USSA ACR U1256.2, based upon hill topography and field ability, the jury may increase the gates to a maximum of 14% of vertical drop (counting only those requiring change of direction).
- 3) Does not include Regional or National Championships.