

USSA 2010 ALPINE COMPETITION REGULATIONS

PARA GUIDE 2006

2010 ELK MOUNTAIN RACING GUIDELINES



**Elk Mountain Race Program
J4-J6 Parent Guide Book**



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2010 Elk Mountain Racing Guidelines**

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➤ **Introduction**

USSA Alpine Racing at the J4-J6 level is intended to be instructional and fun ... with some high-spirited competition thrown in for “bragging rights.” With the nerves of competition comes the responsibility of both competitors and parents to know the rules which govern each race. After all the practice, preparation, travel and expense of ski racing, the emotion of a competitor who gets disqualified from a race because s/he simply did not know the rules is unfortunate for competitor, family and friends. The following is intended to be a parental summary of the applicable rules and regulations for you to learn and review with your child so that we can avoid those slope-side disappointments. I hope you find this document informative and of value. Go fast!

A handwritten signature in black ink, appearing to read 'J. BOYD'.

➤ **General**

- To be eligible for participation each competitor must be a current USSA member. {200.3} [www.ussa.org]
- To enter a race each competitor must have **both** a USSA competition card and a PARA membership. **2010 Elk Mountain Racing Guidelines.**
 - You must bring **both** cards to **each** race as proof of membership. **2010 Elk Mountain Racing Guidelines.**
 - Competitor age classifications (determined as of December 31 each year) are {607.1, 607.3}:
 - ♦ J1 - 17, 18 or 19
 - ♦ J2 - 15 or 16
 - ♦ J3 - 13 or 14 (a/k/a FIS Children II)
 - ♦ J4 - 11 or 12 (a/k/a FIS Children I)
 - ♦ J5 - 9 or 10 (a/k/a FIS Children I)
 - ♦ J6 - 8 and younger (a/k/a FIS Children I).
- PARA Membership is required to participate in PARA Championship events. **PARA Guide 2006.** [www.paracing.org]
- Each family is encouraged to join the Elk Ski Club.
- Competitors are obligated to make themselves familiar with USSA Rules. {205.1}
- Competitors must follow the USSA rules and regulations. {205.3}

- Competitors must behave in a correct and sportsmanlike manner. {205.5, Code of Conduct}
 - Unsportsmanlike conduct may result in disqualification from an event and possibly future events. PARA Guide 2006.
 - Conduct which is sanctionable includes committing an offense yourself and/or causing or counseling others to commit an offense. {223.1.2}.
 - Anyone violating the USSA Code of Conduct may be barred from racing for a period up to 21 days. PARA Guide 2006.

➤ **Competition Equipment**

- Competitors may only use conforming equipment. {222.1, 627.2}
- All equipment must be equipped with a ski brake. {606.3, 627.6, USSA Additional Regulation 2009}.
- For a J4-J6 competitor the minimum SL ski length is (M) 130 cm & (W) 130 cm, while minimum GS ski length is 130 cm for (M&W), with at least a 17M turning radius for J4 and at least a 14M turning radius for J5/J6. {2009 Competition Equipment Rules}.
- * If a competitor wears a knee brace it must be completely covered (either inside race suit or covered by piece of another race suit. {PARA Knee Brace Clarification Memo: 1/21/09}

➤ **Race Registration**

- You can register on-line for the Blue Mountain (GS)(1/23/10), the Elk Mountain (SL)(2/6/10)/(GS)(2/7/10) and Jack Frost (SL)(2/20/10) races this season.

- All entries require a race fee and competitors will be required to purchase a discounted lift ticket at each race site.
- Special Release Forms are nearly always required be each race site for the competitor. Since all J4-J6 competitors are under the age of 18, a parent will normally have to be present to sign the applicable release from.
- A J4-J6 may not normally “ski up” in a J3 race without prior Petition and approval from USSA.

➤ **Slalom**

- Competitor may not ski down the course or through gates during course inspection. {804.1}
- Competitor must “carry,” but should wear his/her numbered bib. {804.1}
- All competitors are obligated to wear a helmet. {606.4, U807}
 - Only helmets whose shell and padding cover the head and ears are permitted (i.e. no “snowboarding helmets). PARA Helmet Rule Clarification (1/31/05).
 - [Note: A helmet face/chin guard is recommended, but is not required.]
- Note: Pole guards and chin guards are recommended if your competitor is “cross-blocking” SL gates, but not required.
- Competitor must appear at least one (1) minute after being called at the start. {805.3.1}
- Note there is no regular start interval in slalom. {805.1}

- Competitor must appear at least one (1) minute after being called. {805.3.1}
- The start signal will be the warning "READY" and a few seconds later the signal "GO." {805.3}
- The competitor must start within 10 seconds of the "GO" signal or be disqualified. {613.7, 805.3}
- Note: Use of "stubbie" gates/helpers or actual die painted on the snow are allowed and frequently used to help guide J4-J6 competitors in a slalom course. {USSA Alpine Official's October Update 2008-2009}

➤ **Giant Slalom**

- Competitor may not ski through a gate or practice turns parallel with gates on the course. {904}
- Competitor must "carry," but should wear his/her numbered bib. {904}
- Start intervals are normally every 30-60 seconds. {622.1, 622.2.3}
- The Starter will tell each competitor "10 SECONDS," then will count down "5, 4, 3, 2, 1" and give a start command of "GO." {613.4}
- The competitor must start within 5 seconds of the "GO" command or be disqualified. {613.7}
- All competitors are obligated to wear a helmet. {606.4, 907}
 - Only helmets whose shell and padding cover the head and ears are permitted (i.e. no "snowboarding helmets). PARA Helmet Rule Clarification (1/31/05).

- Helmets with spoilers or edges that stick out are not permitted. {USSA Additional Regulation 2009}.
 - ♦ [Note: Helmet face/chin guards not permitted, so remove them at home before a GS race as there may not be adequate tools at the race location]

➤ **Start, Finish, Timing, Calculations, Awards Ceremony**

- The Start Area is closed off to everyone except the competitor, one coach and the start officials. {613.1}
- All outside help is forbidden. {613.3}
- Starting order for the first run is done by a random computer draw. {621.11}
- Competitor may only start with help of his/her ski poles (e.g. no pushing off from start posts). {613.3}
- A competitor who is not ready to start on time will be sanctioned, which may include disqualification. {613.6, 628.5, 629.3, 805.4}
 - The delayed competitor may be inserted at the discretion of the Jury. {613.6.2}
- A competitor will not be permitted to start who:
 - wears obscene names/symbols on clothes/equipment or behaves in an unsportsmanlike manner. {627.1}
 - violates the equipment rules. {627.2}
 - trains on a course closed for competition. {627.4}
 - does not wear a helmet. {627.6}
- A competitor will be penalized where s/he:
 - does not wear bib number. {628.3}

- skis through a gate or practices turns parallel to the course. {628.4}
- is not ready to start on time. {628.5}
- continues to ski on the course after losing a ski more than two (2) gates from the finish line. {628.8, U628.15}
- If a competitor misses a gate, he may no longer continue through further gates. {614.2.2, 628.8}
- A competitor who is obstructed or interfered with while racing **must**: (1) **stop immediately** after the incident and report the incident to the nearest gate keeper, (2) then go to the Finish Referee to apply for a re-run. The competitor should make his way to the finish line along side of the course. {623.1.1, 667.2} [DO NOT ski through the finish line/timing equipment]
- **DON'T RELY ON YOUR COACH** to make the report of an obstruction or interference! Each competitor is himself/herself responsible for making such report. {623.1.1}
- **Grounds for interference are:**
 - blocking of course by person, animal or other obstruction. {623.2.1}
 - a fallen competitor who did not clear course. {623.2.2}
 - objects such as a lost ski or pole. {623.2.3}
 - first aid service to another competitor. {623.2.4}
 - absence of a gate knocked down by previous competitor not promptly replaced. {623.2.5}

- other "similar incidents" which cause significant loss of speed or a lengthening of the racing line. {623.2.6}
- interruption by an official in a "yellow zone." {623.2.7}
- The Jury may permit a provisional re-run in special circumstances (e.g. missing gate on course or other technical failure). {623.3.1}
- If the competitor is stopped by a "yellow flag" (i.e. safety issue on the course ahead) a re-run will likely be automatically awarded. {623.1.3}
- A provisional run taken will count even if slower than the obstructed run. {623.3.3}
- If competitor is disqualified before an incident permitting a re-run, the re-run is not valid. {623.3.2}
- The finish line must be crossed on both skis, one ski or both feet. {615.3}
 - A competitor will be automatically disqualified if s/he loses a ski more than two (2) gates above the finish line. {U629.4}
 - ♦ *The competitor may not continue on the course if one or both skis are lost more than two (2) gates from the finish line. {U628.15, U629.4}*
 - ♦ *[Note: The competitor may finish on one (1) ski if less than two (2) gates from the finish line]. [“The 2-1-0 Rule”]*
 - *DO NOT cross back over the finish line to collect your lost equipment, go around the finish area and do not interfere with the next competitor/timing equipment.]*

- ♦ ***[Note: The competitor may finish on foot if less than one (1) gate from the finish line]. [“The 2-1-0 Rule”]***
 - ***DO NOT cross back over the finish line to collect your lost equipment, go around the finish area and do not interfere with the next competitor/timing equipment.]***
- **No unauthorized entry is permitted into the Finish Area. {615.1.3}**
- **The starting order for the second run is normally determined by a "flip" of the result list of the first run (30th to 1st), then 31st onward numerically by finish time. {621.11.2, U1258}**
 - ♦ **Note: The “flip” may also be limited to the top 15 first run finishers. {621.11.3}**
- **Times posted on a scoreboard are always unofficial times. {617.1}**
- **Official times are only posted after all post-race activities are completed. {617.3.4}**
- **No Award Ceremony may be held until the Technical Delegate (TD) has authorized it [*i.e.* timing confirmed, protests resolved and USSA paperwork completed]. {619}**
- **Normally a hard copy of the final race results are made available by the host resort, but only after the Awards Ceremony.**
 - **[Note: You can alternatively print your own copy from the PARA website (posted mid-week after each race)].**

➤ **“Derby Points”**

- **While each race will have an Award Ceremony for that particular race (usually only 1st-3rd J4-6 collectively**

recognized, but sometimes 1st–5th, and sometimes even J4 & J5 individually, depending on the race resort) ... each run will be separately calculated by the J4/J5/J6 Age Chairperson (2010-Tim Brown/Blue Mtn.) for “derby points” that are accumulated to earn a slot at the J4-J5 Derby (i.e. state championship), scheduled this season for Feb. 27-28, 2010 at Ski Roundtop.

- The “best three (3)” runs/points from the possible eight (8) qualifying runs this season, for each competitor are ranked against all other Northeast Region competitors and approximately (# set each season) the top seven (7) males and females will earn an invitation to the Derby!
 - Note: Even if your competitor should disqualify on a run, you may use the incident to learn how to prevent a future disqualification and let your disappointed competitor know that his/her other separate run still counts towards accumulating “derby points”!
- The Northeast Region of PARA comprises Elk Mountain, Shawnee Mountain and SNO Mountain.
- BE PATIENT, as “derby points” are not calculated on a weekly basis until mid-season and are normally posted on the www.paracing.org website only after the official times each week are posted.

➤ **Sanctions**

- All competitors are subject to penalties including disqualification, a drop in start order and suspension. {223.3.2}
- Sanctions may accumulate during a season! {223.3.2}
- Disqualification is proper if the mistake would result in an advantage to the competitor. {223.3.3}

- Equipment may be confiscated if suspected to be in violation of USSA Rules. {USSA Equipment Regulation 2006/2007}
- Equipment inspections in PARA races will only be performed when a formal protest is initiated. USSA Equipment Rules Clarification Memo (1/25/05).
- Equipment not conforming to USSA regulations will result in the competitor not being able to start with that equipment. USSA Equipment Rules Clarification Memo (1/25/05).

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No USSA/PARA alpine race happens without the aid of many, many volunteers! From the Jury, the hosting resort or your coaching staff from Elk Mountain – there are many persons whom you see (and more you do not see) that make each race happen. You will likewise be called upon to volunteer to help make each race event happen. Unless you are interested in a more active role as a USSA qualified Alpine Official, the normal parenting role is as a race-day Gate Judge. Normally a Gate Judge is given a complementary lift ticket by the hosting resort (sometimes a matching free competitor lift ticket, but not often enough!). Gate Judge duties can be “split” with a spouse, another race parent, etc. on a “you take first run, I’ll take second run” basis ... the important thing to know is that a race will not start until enough volunteers step up to staff a race (twice as many gate keepers are needed for a SL race than a GS race, for example). So please step up and volunteer at an “away” race and plan on volunteering as an “obligation” when we host a race here at Elk Mountain during the season (even if called upon to serve in a J1-J3 race where your child is not even racing). We at Elk Mountain pride ourselves on member volunteers making each and every race happen!

➤ **Parents as Gate Judges** (**Please read Rules 660-668**)

- A gate has been passed correctly when both the competitor's ski tips and both feet have passed across the gate line (e.g. not straddled). {661.4.1}
 - If the competitor removes a pole in passage before both ski tips and both feet cross gate line, each must pass the mark in the snow for the gate line. {661.4.1.3}
 - A competitor who does not pass through a gate correctly must be disqualified. {629.3}
- The opinions of the public cannot influence a gate judge's judgment. {662.3}
- Your decision must be clear and unbiased. {662.3}
- You may "consult" with an adjoining gate keeper to "confirm" your notes. {662.4}
- You may even ask a Jury member (if available) to hold the race to check ski tracks in the snow. {662.4}
- Your notes and diagram of each fault will aid the Jury in making a ruling on any disqualification or protest. {661.2, 622.5}
- A competitor can, in the event of an error or fall, turn to the gate judge and question him/her. The gate judge, where possible, must inform a competitor if s/he has committed a fault that could lead to disqualification. {663.1}

- The gate judge in a clear, decisive voice answers the competitor with only one of the following words:
 - "GO" if gate passage was correct, or {U663.1.2}
 - "BACK" if gate passage is not yet correct. {U663.1.3}
- The competitor is, however, fully responsible for his/her actions – and cannot hold the gate judge or spectators responsible. {663.2}
- Note: If the Jury has a question about the notes and diagram you submitted as a gate judge, you may be summoned to explain any missing information so that the official results can be announced. The lesson learned here is to make complete notes and a clear diagram so as to avoid confusion and a delay to all of the race results until your information can correctly be interpreted.

➤ **Protests**

- The deadline for making a results protest is normally 15 minutes after posting or announcements. {643}
- Protests may be submitted by your coach only (i.e. not by competitor or parent). {645}
- Protests cost \$50.00 cash to make (\$100.00 if equipment related). {644.4}
 - [Note: Protest fees are NOT the financial responsibility of the Coach - a competitor or parent must fund all protests]
- Protests submitted untimely or without the fee will not be considered. {644.6}
- Equipment challenges are made by protest. {643.3}

➤ Jury

- The race authorities on the hill are the: Technical Delegate (“TD”), the Referee and Chief of Race. {601.4.1}
- Note that the Start Referee and Finish Referee are Jury Advisors only, but are in radio contact with the Jury. {601.4.8}

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MISCELLANEOUS

❖ ALL OF THESE RULES ARE CONTAINED IN THE 2010 USSA ALPINE COMPETITION REGULATIONS ("ACR") BOOKLET EACH COMPETITOR RECEIVED WITH HIS/HER NEW USSA MEMBERSHIP CARD THIS SEASON.

➤ While every effort has been made to ensure correct citation to the current version of the ACR, please defer to the actual ACR if you have any questions.

❖ IF YOU EVER HAVE ANY QUESTION ABOUT THE RULES, COMMUNICATE WITH YOUR COACH!

❖ ALL J4-J6 RACES ARE "NON-SCORED" USSA EVENTS AND THUS NO FIS POINTS ARE EARNED.

❖ ALL J4-J6 RACES ARE INTENDED TO BE FOUNDATIONAL, EDUCATIONAL AND ENJOYABLE FOR ALL COMPETITORS. BOTH COMPETITORS AND PARENTS ARE REMINDED OF THESE PRINCIPLES.

❖ ** PARENTS ** PLEASE NOTE THAT EVERYONE UNDERSTANDS YOUR WISH TO CHEER FOR A FALLEN RACER IN THE COURSE TO “GO, GO, GO” ... BUT KNOW THAT IT IS ONLY THE GATEKEEPER THAT CAN CLEAR ANY RACER WITH THE “BACK” ... THEN “GO” ... COMMANDS. IF A RACER IS CONFUSED BY YOUR YELLING ‘GO, GO, GO’ AS

ENCOURAGEMENT AND CONTINUES DOWN THE COURSE WITHOUT FIRST CLEARING A FAULT THE RACER WILL BE DISQUALIFIED THROUGH NO FAULT OF HIS/HER OWN. PLEASE, PLEASE BE ENCOURAGING BEFORE AND AFTER A FAULT, BUT SEEK TO REMAIN QUIET DURING A FAULT ... AT LEAST UNTIL AFTER THE COMPETITOR IS BACK ON COURSE FOLLOWING INSTRUCTION FROM THE GATE JUDGE ... THEN (AND ONLY THEN) YELL AS LOUD AS YOU MAY DESIRE!

- ❖ **** PARENTS ** PLEASE REMEMBER THAT YOU NOT ONLY REPRESENT ELK MOUNTAIN AND THE ELK MOUNTAIN RACING PROGRAM, BUT ARE SETTING AN EXAMPLE FOR OUR RACERS, THROUGH YOUR BEHAVIOR. SO, BE KIND AND COURTEOUS TO EACH HOST MOUNTAIN AND ITS VOLUNTEER RACE CREWS!**
- ❖ **** PARENTS ** PLEASE REMEMBER THAT THE JURY WILL CONTINUOUSLY MONITOR A RACE (E.G. WEATHER, COURSE CONDITION, ETC.) AND MAY AT ANY TIME TERMINATE A RUN OR CANCEL THE RACE ITSELF. {625}. THIS IS SOLELY FOR THE SAFETY OF YOUR CHILD! PLEASE KEEP THIS IN MIND DESPITE THE OBVIOUS TIME AND EXPENSE COMMITMENT YOU MAKE FOR A RACE DAY TO EVEN HAPPEN. SAFETY, NOT INCONVENIENCE OR EXPENSE, IS THE LONE FACTOR BEING CONSIDERED BY THE RACE JURY.**
- ❖ **** PARENTS ** PLEASE DO NOT ENTER THE RACE COURSE SEEKING TO RENDER FIRST AID TO ANY FALLEN RACER (INCLUDING YOU OWN CHILD) UNLESS A TRUE AND OBVIOUS EMERGENCY**

EXISTS. GATE JUDGES AND COACHES ARE TO LIMIT THEMSELVES TO COMMUNICATION AND COMFORT OF A COMPETITOR ONLY. THERE ARE DEDICATED SKI PATROL PROFESSIONALS WHO ARE ON CALL AT ALL USSA RACES TO TEND TO MEDICAL-RELATED ISSUES AS THE DESIGNATED “FIRST RESPONDERS.”

❖ ** PARENTS ** PLEASE NOTE THAT WITH ADVANCES IN MEDICAL SCIENCE REGARDING THE POTENTIAL LONG-TERM EFFECTS OF CONCUSSIONS ON ATHLETES COMES INCREASING PRESSURES ON EVENT ORGANIZERS TO CONSIDER SUCH POTENTIAL EFFECTS ON A SKI RACER INVOLVED IN A CRASH INVOLVING SEEMINGLY EVEN SMALL FORCES. THE JURY IS CHARGED WITH GUARDING AGAINST POTENTIAL HAZARDS TO EACH COMPETITOR AND YOUR RACER MAY BE DENIED CONTINUED PARTICIPATION IN AN EVENT SHOULD THEY FALL DURING A RACE. PLEASE UNDERSTAND THAT MEMBERS OF THE JURY ARE NOT MEDICAL PROFESSIONALS AND ENDING YOUR CHILD’S RACE DAY AFTER A FALL IS NOT THE DESIRE, BUT MAY BE THE OBLIGATION OF THE JURY. THIS WILL LIKELY BE A SELDOM INVOKED BUT SURELY DYNAMIC, EMOTIONAL ISSUE ... PLEASE TRY TO KEEP IN MIND THAT YOUR CHILD’S SAFETY IS THE LONE CONSIDERATION OF THE JURY IN SUCH A CIRCUMSTANCE!

- * If any level of a head injury is suspected (even if no loss of consciousness occurs), you can reasonably expect the competitor to be told s/he is precluded from further competition until evaluated by a qualified medical doctor. {USSA Update & Review – Alpine 2008-2009}

- * Competitors must follow the instructions of the Jury! {205.3}

Go Fast! Think Snow!

