



VARA SKI RACING U14 and Under 101 (6.18.15)

(Everything in blue is a hyperlink)

USSA-The United States Ski and Snowboard Association ([USSA](#)) is the governing body of ski racing in the United States. USSA also oversees cross country, disabled alpine and cross country, freestyle, ski jumping and Nordic combined, free-ski and snowboarding. USSA develops rules and regulations for ski racing, sanctions events, provides education for coaches, and supports coaches and athletes. **All competitors that plan to race in a USSA sanctioned race MUST join USSA as a youth non-scored competitor in the Eastern Division.** Please go to www.ussa.org click on the “My USSA” box at the top of the page and follow the sign up instructions.

USSA Eastern Region-The [USSA Eastern Region](#) is one of three USSA regions established under the authority of the USSA Alpine Sport Committee (ASC) and responsible for the regulation of the sport of Alpine Ski Competition within the geographical area of the Eastern United States. It consists of 8 state associations: Maine ([MARA](#)), New Hampshire ([NHARA](#)), New Jersey ([NJSRA](#)), New York ([NYSSRA](#)), [PARA](#)(PA, MD, DE, D.C.), [Southern](#) (SARA: NC,VA,WV), [Tri-State](#) (TSARA: CT,MA,RI) and Vermont ([VARA](#)). USSA requires that ALL athletes join a State association such as VARA. The Eastern Alpine Competition Committee establishes the regional policies, procedures and operating rules for the Eastern Region. The region is charged with the design and conduct of all International Ski Federation (FIS) races and Junior Championship competitions in the East for each season. [Eastern Region 2015-2016 Calendar](#) Eastern Regional Director: Martin Guyer mguyer@ussa.org or Eastern Regional Youth Coordinator: Tom Ashworth tashworth@ussa.org

VARA-Vermont Alpine Racing Association (VARA) is the governing body of ski racing in the state of Vermont. VARA develops rules and procedures specific to competitions within Vermont. They also provide support to coaches and athletes by providing opportunities for coach education and awarding scholarships to athletes. **All competitors must be members of VARA. Failure to join VARA means the athlete will not be ranked in their individual council standings.** Please go to www.vara.org and choose “new” or “returning member” link under the “Membership Lists and Services” heading on the homepage.

At the U14 level and younger VARA is comprised of three councils, Northern Vermont Council (NVC), Mid Vermont Council (MVC) and Southern Vermont Council (SVC). Councils will structure their races according to any specific VARA rules and recommendations and otherwise may be independent and creative with their council’s events. Each council will oversee their U14, U12, U10 and U8 racing. VARA will oversee all state championship events and statewide qualifier events (U14 Shootout).

NVC includes Sugarbush, Burke, Cochran’s, Mad River Glenn, Stowe, Jay Peak and Smugglers’ Notch. Council Chair Adam Julius (Sugarbush) Email: ajulius@gmvs.org Council Representatives:

.....keeping ski racers 1st in Vermontand Vermont ski racer 1st in the world.....



Kirk Dwyer/Ryan Markham (BMA), Lindy Kelley-Cochran's, Jim Komarmi-Mad River, Igor Vanovac-Stowe, Mike Gallagher-Jay Peak, Ryan Sheredy-Smuggler's Notch. [NVC Rules](#) [VARA Rules](#)

MVC includes Okemo, Killington, Pico, Suicide Six, Quechee and Middlebury. Council Chair: Lori McClallen (Pico) Email: lori.mcclallen@gmail.com U14 Co-Chairs Greg Hadley (KMS) ghadley@killingtonmountainschool.org and Justin Lillie (S6) jdillie@hotmail.com and U12/U10-Mariel Meringolo (OMS) mmeringolo@okemomountainschool.org [MVC Rules](#) [VARA Rules](#)

SVC includes Stratton Winter Sports Club, Bromley Outing Club, Magic, Mt. Snow Academy, Mt. Snow Training Center, Stratton Mountain School, Willard and Hermitage. Council Chair: David Edry (SWSC) Email: davidedry@comcast.net Council Representatives: Dave Pinder (BOC), Ethan Sullivan (Magic), Lynne Sullivan (MSA), Wayne Conn (MSTC), Mike Morin (SMS), Jerry Korenowski-Willard, James Lazor-Hermitage. [SVC Rules](#) [VARA Rules](#)

Age Classes-The age classes for junior ski racing in USSA sanctioned events are determined by a competitor's age on December 31st of the current season and are as follows:

U21: 19/20 years old

U19: 16/17/18 years old

U16: 14/15 years old

U14: 12/13 years old

U12: 10/11 years old

U10: 8/9 years old

U8: 7/8 years old

USSA ALPINE TRAINING SYSTEM [\(ATS\) LINK](#)

Brief age group explanations:

VARA U14 Racing is non-scored competition (not racing for USSA Points) for ages 12-13. U14 competitors may race for VARA in the USSA Championship qualifying ladder where competition stays in council until States. Those who do not advance to U14 States from council may still qualify for the U14 VARA States via the U14 Shootout. From States, competitors may qualify to U14 USSA Championships. From the U14 Championships, a competitor may qualify to compete in the USSA Eastern Can Am series. A variety of racing formats as well as skills assessment is important at this age. Events contested at this age are; Giant Slalom, Slalom, dual events, stubbies, skills and SuperG.

.....keeping ski racers 1st in Vermontand Vermont ski racer 1st in the world.....



VARA U12 Racing is non-scored competition for 10-11 year olds. U12 competitors will race in council. There is no state-wide event at this age. Skill development rather than gate training is emphasized at this age and each council will be coordinating skills assessments for their competitors. Events contested at this age are; Giant Slalom, Slalom, dual events, stubbies, skills and speed elements training.

VARA U10 Racing is non-scored for 8-9 year olds and competition stays within council. There is no state wide event at this age. There are however council series which will cumulate in a council final event. The focus at this age is fun, skill development, skills introduction and introduction to racing. Events learned at this age are; Giant Slalom, dual, skills and minimal Slalom. Skiers that start the season as 7 year olds are eligible to race in the VARA U10 age category.

VARA U8 Racing is non-scored fun events for 6-7 year olds and stays within council. U8 racing requires little if any travel and mainly focuses in inter- club events. Events learned at this age are; Giant Slalom, stubbie, dual and skills.

Again to compete in VARA races, there are two membership requirements that must be met:

- a. You must have a current USSA Competitors Membership or Student Membership.
- b. In order to be considered in any VARA qualifying or selection process, you must be a current member of VARA. Qualifying points will not be retroactive for late renewals.

NOTE: Competitors may race council races and states with a USSA Student Membership. But, Student memberships will not allow entry into scored competitions or qualification to USSA Championship events.

VARA's Minimum age for racing sanctioned events is 7. 6 -7 year olds may participate in council U8 programs however only 7 year olds may participate within a U10 structure.

VARA Children's Development Committee: CDC

The VARA Children's Development Committee- the CDC over sees rules and policies of U14 and under racing in VT. This group works with the VARA Executive Director and VARA Youth Coordinator to create schedules, policies, qualifications, rules and state guidelines for the U14 and under age groups. Committee members include; David Edry (Chair), Adam Julius (NVC), Taylor Mikell (NVC), Lori McClellan (MVC), Lynne Sullivan (SVC), Gary Fletcher (MVC).

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.

.....keeping ski racers 1st in Vermontand Vermont ski racer 1st in the world.....



Petitioning Athletes

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 Junior Development Committee will review the request and respond to the council chair no later than Jan 1, 2016.

If an athlete is approved they will follow council and VARA rules for that age class. Petitioning Athlete (PA) may qualify for states in the age class in which they are competing. The following conditions apply:

1. PA will be considered and treated as any other participant in that age class.
2. PA may ski in the state championships but will not advance to a USSA post season event.
3. PA will be seeded at states according to their council placement.
4. PA will be presented with award if so earned.
5. PA will be purged from results for selections to post season USSA Championship events. 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 deselection of age class competitors

VARA Club Directory

[Jay Peak Ski Club \(JPSC\)](#)

[Smugglers' Notch Ski & Snowboard Club \(SNSC\)](#)

[Sugarbush/GMVS Ski Club](#)

[Mad River Glenn \(MRG\)](#)

[Cochran's Ski Club \(CSC\)](#)

[Burke Mountain Academy \(BMA\)](#)

[Stowe/MMSC](#)

[Okemo \(OKE\)](#)

[Okemo Mountain School \(OMS\)](#)

[Killington Ski Club \(KSC\)](#)

[Killington Mountain School \(KMS\)](#)

[Pico Ski Club](#)

[Quechee \(QUE\)](#)

[Middlebury Ski Club \(MSC\)](#)

[Woodstock Ski Runners/Suicide Six \(S6\)](#)

[Stratton Winter Sports Club \(SWSC\)](#)

[Stratton Mountain School \(SMS\)](#)

[Bromley Outing Club \(BOC\)](#)

[Magic Mountain](#)

[Mount Snow Academy](#)

.....keeping ski racers 1st in Vermontand Vermont ski racer 1st in the world.....



[Mount Snow Training Center](#)

[Willard](#)

[Hermitage](#)

[CLICK HERE FOR USSA COURSE SETTING GUIDELINES, EQUIPEMENT RULES, NEW HELMET RULES, EASTERN REGION HANDBOOK AND MORE!](#)

[ALSO CLICK HERE FOR YOUTH UPDATES THROUGH THE VARA YOUTH COORDINATOR WEBSITE](#)

We hope this is a VARA information 101 for our VARA members. If you have questions, please go to your program coach or program director. If they are unable to answer those question do not hesitate to contact the VARA Youth Coordinator Alex Krebs alex@vara.org or VARA Executive Director Julie Woodworth julie@vara.org

Alex Krebs

VARA Youth Coordinator

.....keeping ski racers 1st in Vermontand Vermont ski racer 1st in the world.....