

MVC U12 Rules

1. MVC U12 Series races are all USSA sanctioned events.
2. **Participation Requirements:** The minimum age for participation in the U12 Series is ten years old (must be ten by December 31 of the current competition season). U12 racers must hold current VARA and USSA memberships.
3. **Race Entries:** The Club list(s) of race entries for U12 Series races should be entered into the Split Second Timing National/FIS Software. Each club must send this file to the race secretary of the hosting mountain by the WEDNESDAY prior to the race.
4. **Entry Fees:** The recommended entry fee for U12 series races this season will be \$30 (plus applicable online processing fees). Entry fees are to be collected by the host mountain at registration on the morning of a race.
5. **Membership cards:** U12 Series racers **will not** need to display their USSA card or VARA card at Mid Vermont Council race registrations though they must hold both current memberships.
6. **Rules particular to MVC U12 Series Races:**
 - a. MVC U12 Series race courses should be giant slalom or single pole stubby slalom or dual courses. The discipline of each race will be designated in the schedule prior to the beginning of the season.
 - b. GS courses will be set in accordance with U12 USSA course setting guidelines. Gate distance will be 15---22 m for open gates. Any delays will be set with a minimum of 8 m between successive poles and a maximum of 30 m from turning pole to turning pole. The maximum vertical drop is 250 m.
 - c. SL courses will be set in accordance with U12 USSA course setting guidelines – gate distance will be 6---10 m for open gates (combinations 4---6 m and delays 11---14 m) and vertical drop a maximum of 120 m. The course set will utilize a maximum of each as follows: 2 hairpins, 1 vertical combination, and 1 delay gate. **Particular to MVC U12, the SL races will use stubby gates.** Courses will be set single pole (outsides must be used for first/last gate, combinations and delays).
 - d. Parallel (Dual) courses will be set in accordance with U12 USSA course setting guidelines. Gate distances must be 10---20 m. Courses must be set a minimum of 8---12 m apart from each other. Maximum vertical drop is 100 m.
 - e. **Running orders:** *U12 races should be run in the following order: U12 girls, U12 boys.* The running order of racers in each gender shall be determined by random draw. The second run will be run in reverse order, with first run DNFs running in their same place (but in reverse order) for the second run. Efforts within reason should be made to accommodate competitors who miss their start.
 - f. Individual places will be determined by combined time of the athlete's two runs. The course may be reset for the second run at the jury's discretion. Male and female competitors may run on separate courses if necessary.
 - g. A competitor need not complete his/her first run successfully to get a second run.
 - h. If the course is reset for the second run, the athletes must be given an ample amount of time for inspection.
 - i. The loss of one or both skis in the start will be grounds for a re---run. All other USSA rules regarding re---runs should be observed.
 - j. In compliance with USSA rule U629.4, a competitor shall be disqualified if he/she loses a ski more than two gates above the finish and they may not finish their run. However, this shall only result in a DNF for this competitor's particular run, since all athletes are given two runs in the U12 series.
 - k. In compliance with USSA rule U628.16, a competitor must not continue in a GS race after a fall or coming to a complete stop, or if overtaken. A competitor must not continue in a SL race if

overtaken.

7. **Skills Day:** The U12 Skills Day will consist of a skills assessment in the morning using two USSA Phase 2 skills to be chosen by the host mountain and communicated to all MVC U12 coaches one week prior to the event. Inter-mountain, coordinated, coach-led groups will rotate between the skills stations, which include practice stations and actual scored stations, and freeski runs. Each athlete will have one scored run for each skill. Athletes will be ranked by cumulative skills scores (2 judges at each skill, both scores count) for awards, which will be given to the top 10 boys and top ten girls. In the afternoon there will be a timed dual paneled SL race consisting of one run per athlete in each course. The race will be conducted in a team format keeping the same groups from the morning for the teams. Team rank will be determined by each team's best 4 results based off of each athlete's combined times. Awards given to top 3 teams.
8. **SL Camp:** A U12/U10 combined SL camp will be scheduled. The camp will consist of skill stations and an untimed dual. The cost for the camp will be \$30.
9. **Super G Camp:** A U12 Super G camp will be scheduled and will be open to second year U12s only. The camp will consist of skill stations and untimed sections. Speed guns can be utilized. The cost for the camp should be \$40.
7. **Out-of-Council Racers:** The MVC U12s will follow the same rules and guidelines as the U14s with respect to racers entering MVC U12 races from out-of-council.
8. Awards:
 - a. Medals will be awarded to the top ten (10) U12 boys and girls determined by best combined time. Medals are the responsibility of the hosting mountain.
 - b. The Doberman Boot award goes to the top four (4) boys and /or girls with the lowest score by team. Team scores will be calculated as follows: Each gender should be ranked separately. Each team's top 4 place points based on best combined time (regardless of gender) are then added together. The team with the lowest score wins. For example, a team with the 1st, 5th, and 8th boys and the 2nd, 3rd, and 4th girls would have a team score of 10. In the event of a tie, the team with the best single place would win.
9. **Petitioning Athletes-ski up:**

Skiing up an age group in VARA first needs to be approved at the council level and then approved by the VARA CDC based on the exceptional athlete criteria of someone who is unlikely to have the desired level of peer competition within their own age classification. For an athlete to be considered for skiing **up** an age class at the council/state level the Program Director must submit the petition to the Council Chair and VARA Executive Director. The petition must first be approved by their council. If approved at the council level, the request will then be submitted to the VARA CDC. If approved by the VARA CDC it will then be submitted to the USSA Eastern Regional Director whom will then submit the request to USSA National Office. If approved by USSA National office the athlete will then race in the petitioned age class for the entire VARA Council Race season. Once approved to ski up an age class, that athlete **MUST** race in that age class for the entire season. There will be **NO** returning to the original age class. Petitioning athletes to ski up to the U14 age level may qualify in to U14 States and Eastern Championships. They will displace a U14 from both events if they qualify for them.

[See Ski Up Form](#)

10. **Post Season Events and Qualification:**
 - c. Mid-Vermont Council U12s will participate in 3 official post season events for which athletes must qualify: The Piche Invitational, The Southern Vermont Council Meisterschaft, and The VT-NY SL Fundamentals Project. No duplicate entries are allowed – each athlete may only attend one of these three post season events.
 - d. The Piche Invitational is at Gunstock Mountain in NH March 17-19, 2017. Friday is an optional training day, Saturday is a GS race, and Sunday is an optional SL race. In 2017 the cost for Friday/Saturday will be \$135 and Sunday an additional \$55. The Piche Invitational Organizers will, on an annual basis, determine the number of Vermont athletes named to the Piche Invitational Team. The quota is a VARA quota and will be divided equally among the three VARA Councils.
 - e. The SVC Meisterschaft is a two day race series in Southern VT on March 18 and 19,

2017. Saturday is a stubbie SL race at Willard Mountain. Sunday is a Dual GS at Magic Mountain. Awards are given for each day's race and for the series overall. Entry fees are typically about \$30--40 a day. The MVC quota to the SVC Meisterschaft is 30 boys and 30 girls.

- f. The VT--NY SL Fundamentals Project is an overnight camp from March 31 – April 2, 2017 (Friday evening – Sunday afternoon) for second year U12s only at the Olympic Training Center in Lake Placid, NY. Athletes stay with project coaches at the OTC and train at Whiteface. The training consists of a variety of freeskiing and gate drills focused on SL fundamentals. The cost of the camp, which included meals and lodging, was \$285 in 2016. The VT--NY SL Fundamentals Project Organizers will, on an annual basis, determine the number of Vermont athletes invited to participate. The quota is a VARA quota and will be divided equally among the three VARA Councils.
- g. **Statement of Philosophy on Qualification Procedures:** The Mid--Vermont Council values fundamental skill development and promotes skills focused training as the best avenue for acquisition. The MVC recognizes competition as an essential component of the sport of ski racing; however, the MVC believes the focus on skill development must outweigh the focus on competition results at the U12 and younger levels. We believe that season long standings promote an overemphasis on each result increasing the pressure on the athletes throughout the season. When athletes begin to follow their season long standings they can become pre--occupied with exactly where they must place in the next race. Our goal is for athletes to stay focused on simply executing the skills they have learned, trying their best, and having fun. Therefore, the MVC does not employ season long standings to select athletes for participation in the three aforementioned "post--season" events, rather we choose to use the process outlined below. We do not place any preference on the events and leave the choice up to the athletes to decide which *one* event fits their interests and schedules best.
- f. **Qualification process to fill quota spots:** At the last MVC U12 race (not including the Festival) there will be a random drawing to select the number of results that will count towards qualification – either 3, 4, or 5 – out of the 12 results (first run, second run, and combined results) generated by the four MVC U12 races (2 SL/2 GS). The athletes' appropriate number of best results will be totaled. Each athlete's total score will be used to rank them from lowest to highest. Ties will be broken using an internal tie break method and if a tie still exists the external runs will be used. This list will be generated within 2 days of the last race and used to offer slots in the post--season events. Slots are filled by athlete's choice according to ranking (eg the first ranked boy/girl can chose any of the 3 events, but once an event's quota is filled the next athlete can only chose from the 2 remaining events, etc). Selection will proceed down the rankings until all slots are filled.

10. It is suggested that both coaches and parents be directed to the VARA website to view and print results.

11. Mid--Vermont Council U12 racers will not be able to race as U14s in Mid--Vermont Council Races. Exceptions to this rule must be approved by the Council, the VARA CDC, and USSA by December 15 of the competitive season.

11. Results must be electronically submitted to results@ussa.org. The subject line of the transmission must be the USSA--assigned race code. A completed "race packet" must be submitted to the Eastern Office (Janet Larson) -- refer to USSA RA guidelines for needed information. Furthermore, race files must be emailed to julie@vara.org and mmeringolo@okemomountainschool.org. Results must be posted on the VARA website as soon as possible after the event. By submitting race files to ussa.org, race results will appear on their site as well. U12 head coaches, please communicate to your race administrators

the importance of submitting the U12 races to USSA. This is the only way officials will get credit.