MVC U14 Rules

1. MVC U14 Series races are all USSA sanctioned events.
2. **Participation Requirements:** The minimum age for participation in the U14 Series is 12 years old. U14 racers must hold current VARA and USSA memberships.
3. **Race Entries:** The Club list(s) of race entries for U14 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 U14 series races this season will be $35 (plus applicable online processing fees)for tech events and $40 (plus applicable online processing fees) for SG. Entry fees are to be collected by the host mountain at registration on the morning of a race.
5. **Membership cards:** U14 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.

   Running Order:

   a. For the first two council races, as in the past, the U14 start orders will be by Club list, with the Club start order determined by random draw conducted by the event organizer.
   b. Second run start order will be in the reverse bib order of the first run for both boys and girls.(Except for Duals, the start order will be the same for first run and second run). The girl with the last bib number in the first run will race first and likewise for boys. The girl and boy with bib #1 will run last for each gender.
   c. Following the second race, the start order for subsequent races will be by MVC place points instead of club list. Council standings, after the first 2 events, will be used as the start order for the remainder of the council events with the top 15 athletes in those standings drawn at random by the event organizer. The remaining competitors, #16-end will run in order of their current council standing. The 2nd run start order will be in reverse bib order of the first run-complete flip of the field with bib # 1 starting last. All finishers, DNF's, and DSQ's will be included in the reversed start order.

6. **Rules particular to MVC U14 Series Races:**
   a. MVC U14 Series race courses should be giant slalom, single pole slalom, paneled slalom, SG camp and a SG race. 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 U14 USSA course setting guidelines. Gate distance will be 15-25 m (delay minimum 10m between successive gates – maximum 35 m from turning pole to turning pole) and vertical drop a maximum 300 m.
   c. SL courses will be set in accordance with U14 USSA course setting guidelines. Poles must be FIS B: 25-27mm/60" – gate distance will be 7-11 m

for open gates (combinations 4-6 m and delay 12-15 m) and vertical drop a maximum of 140 m. The course set will have a 2-4 hairpins; 1-2 vertical combinations (3 gate max); 1-3 delay gates. **Running orders:** *U14 races should be run in the following order: U14 girls, U14boys.* 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.

d. SG courses will be set in accordance with the U14 USSA course setting guidelines. Gate distance will be 25-40m (delay minimum 15m between successive gates - 50 m maximum from turning pole to turning pole) and vertical drop a maximum 350m. A minimum of 1 jump is recommended. A training run is required.
e. 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.
f. A competitor need not complete his/her first run successfully to get a second run.
g. If the course is reset for the second run, the athletes must be given an ample amount of time for inspection.
h. 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.
i. 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 U14 series.
j. Protests for U14 races against a competitor, an official, a disqualification or against the timekeeping may be made verbally to the jury (as per 644.2). A protest fee to $20 must be deposited with the submittal of the protest.
j. **Skills Assessments/Duals:** A Skills Assessment/Duals will be held as a single day event to be calendared at the beginning of the competitive season. The USSA Skills Quest (phase 2 and phase 3) protocol will be utilized. The U14 Skills Day will consist of a skills assessment in the morning using 2 skills (drawn from phase 2 and phase 3). The skills will be chosen by the host mountain and communicated to all MVC U14 coaches 1 week prior to the event. Inter-mountain, coach led groups will rotate between the skills stations, which include practice stations and actual scored stations, and free ski runs. Each athlete will have one run scored for each skill. Athletes will be ranked by cumulative scores from skills (2 judges at each scored skill station, both scores count). Skills awards will be given to the top ten boys and top ten girls based on cumulative scores.
   A Dual Paneled Slalom event will be run in the afternoon. Each athlete will complete a run on each course. Awards will be given to the top 10 girls and

the top 10 boys from the dual event. Awards based on the top 10 fastest times for each gender regardless of course.

k. **Super G Camp:** A U14 Super G camp will be scheduled and will be open to all U14's. The camp will be held on one day with both genders. The Camp will consist of skill stations and untimed sections. Speed guns can be utilized. The cost for the camp should be $40 (plus applicable online processing fees). MVC U14 athletes must attend the MVC U14 SG camp in order to be eligible to participate in the MVC U14 SG race.

l. **Super G Race:** A U14 Super G race will be scheduled and will be open to all U14s. The SG race will be scored and will count toward council standings. The race will consist of a training run prior to the race run. The cost for the race should be the discretion of the event organizer.

OUT OF COUNCIL RACERS:

The intent of allowing out of Council racers to participate in MVC sponsored races is to further the sport of ski racing. Customarily, out of Council racers are racers from out of state and/or Intra-council.

Intra-council guest racers: If an athlete from another Vara council program would like to enter a MVC race (U14/U12/U10) the athletes' coach must place the request to the MVC council chair and be approved by MVC vote. The request must be made 1 week prior to the race.

Out of council guest racers: If an athlete from another USSA state affiliation (outside of VARA) would like to enter a MVC race (U14/U12/U10) the athletes' coach must place the request to the MVC council chair and be approved by MVC vote. The request must be made 1 week prior to the race.

The inclusion of an out of Council racer in a Council-sponsored race occurs on an infrequent basis. In some cases, an out of Council program may want to send a limited number of its racers to a Council-sponsored race to test the waters or to have its racers gain additional race experience. In other cases, a racer may be visiting a program to determine if he or she wants to join that program. If the visit coincides with a time that a race has been scheduled, the visiting racer may want the opportunity to participate in a race with his/her future teammates.

The following rules apply to those limited number of cases involving an out of Council racer.

- Out of Council racers can enter any Council-sponsored U14, U12, U10 race with approval from the MVC Council Chair and each MVC mountain 1 week prior to the race.
- Out of council athletes will be allowed to race TWO RACES per year.

- MVC will allow 4 boys and 4 girls per race.
- Out of Council racers must meet the same USSA membership requirements as MVC and have a valid competitor's license.
- VARA membership or their own State governing body membership is required for all out of Council guest racers.
- The membership status of non-Council racers must be determined when arrangements are being made for the inclusion of the racer(s) in a Council-sponsored race.
- Out of Council racers must have coach representation at the Team Captains meeting.
- Out of Council racers will run at the end of each seed (after every 15th racer if more than 1 guest) for the first run of the specific race day. Second run start order will be complete flip and will be able to take part in the flip
- The out of Council racer's time(s), finish place, and home program/mountain are to appear on all published race results.
- Out of Council racers, regardless of run times and finish places, are eligible to receive awards.
- All out of Council racers must be excluded from all calculations of place points for selection of the Council Teams. Place points for each run must be calculated as if the out of Council racer(s) did not participate in the race.

PETITIONING ATHLETE (SKI DOWN)

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 State Championships. The following conditions apply:

- PA will be considered and treated as any other participant in that age class.
- PA may ski in the VARA State U14 Championships but will not advance to a USSA post season event.
- PA will be seeded at VARA State U14 Championships 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.
For more information on PA athletes go to http://www.vara.org/rules.php for 2017 VARA U14 racing rules.

7. **Awards:**
    a. Medals will be awarded to the top ten (10) U14boys and girls determined by best combined time. Medals are the responsibility of the hosting

mountain.

b. The Bean Pot 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.

8. Post Season Series and Invitational Events and Qualifications

a. Mid –Vermont Council U14s will have the opportunity to participate in 4 post-season series/ invitational events. The U14 VT State Championships, the Piche's Invitational, the VT/NY Project and the Valvoline Spring Series.

QUALIFYING FOR THE COUNCIL STATE TEAM:

The scoring will be based on one less than half (50%-1) of the racers lowest place points. MVC will score 2 SLs, 2 GSs and 1 SG. If the season scoring total is an odd number of runs, the amount of runs taken into consideration will be rounded down. Ties will be broken using the internal tie break method. If a tie still exists the external runs will be used.

The number of female racers versus male racers chosen for the MVC Team will be based on the percentage of females versus males having started in the MVC race series after the 3rd council event.
One less than half (50%-1) of the sum of the racer's best finishes will determine that racer's place point total.

VARA U14 SHOOT OUT QUALIFIER
BROMLEY MOUNTAIN, VT
FEBRUARY 26, 2017

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. Competitors will have to have raced in at least 50% of their council races to compete at the Shootout. For more details on selection and procedures go to http://www.vara.org/rules.php for 2017 VARA U14 racing rules.

VARA U14 STATE CHAMPIONSHIPS
BURKE MOUNTAIN, VT
MARCH 3-5, 2017

Total field size: 166 (including Shoot-Out Athletes). 120 athletes will be named from council standings, remaining 46 athletes will be named from the VARA Shoot Out qualifier. For more details on selection and procedure go to http://www.vara.org/rules.php for 2017 VARA U14 racing rules.

EASTERN U14 CHAMPIONSHIPS
SUNDAY RIVER, ME
MARCH 16-19, 2017

Vermont's quota is 51 (gender split). The Vermont U14 Championship Team will be determined as follows: (this quota includes council automatics) Selection to the u14 Eastern Championships is determined by scoring the best single result from the runs and combined places of the VT U14 State Championship events.

Ties: are broken externally by taking the next best results for ranking and selection of the team.

Automatics: Each council will have 2 automatics (1G/1B) to the U14 Eastern Championships.

Automatic Seeding: Council automatics will receive seeding in at least the second seed for the U14 Eastern Championships.

Race Requirements: To attend the U14 Eastern Championships athletes are required to compete in the majority (> than ½) of races at VARA U14 State Championships unless injured.

Top finishers from the U14 Eastern Championships will represent the Eastern Region at the U16/U14 National Project in Snowbird/Park City March 29-April 2, 2016. Selection procedure can be found on pages 18-20 of the USSA Eastern Handbook http://ussa.org/alpine-programs/regions/eastern-region/selections

U14 Can-Am
March 30-April 2, 2017
Mt. Tremblant, QC

Selection procedures can be found in the USSA handbook hyperlinked above. It is an Eastern quota of 60 athletes (30G/30B). Selection procedure can be found on pages 18-20 of the USSA Eastern Handbook http://ussa.org/alpine-programs/regions/eastern-region/selections

Francais Piche Invitational Team
Gunstock, NH
March 16-19, 2017

The Francais Piche Invitational is an event for U14-U12 age classes held at Gunstock Mountain in NH. It is a 3 day event. Friday is an optional training day, Saturday is a GS race, and Sunday is an optional SL race. In 2016 the cost for Friday/Saturday was $135 and Sunday was an additional $50. The Piche's Organizers on an annual basis will determine the number of Vermont athletes named to the Piche's Invitational Team.

The Piche quota is a VARA quota and will be divided equally among MVC and SVC Councils.

VT/NY Project VARA/NYSSRA
Stratton Mountain, VT
March 23-24, 2017

Vermont's quota is 30. The VT/NY Project is an invitational 2 day project with a quota for boys and girls. The Vermont athletes will be chosen from the VARA U14 State Championships. After the VARA U14 USSA Eastern Championship team in named, the next 15 boys and 15 girls will be chosen for this project. This project will focus on the fundamentals of Giant Slalom by working on a GS skills progression on Day 1. Day 2 will include a Dual Event.

Valvoline Spring Series

The Valvoline Spring Series is an open series for all U12 and U14 athletes. There are 2 races (1 GS/1 SL) in the series culminating with a Dual GS.

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

10. 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 . 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.

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, co---ed, 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.

MVC U10 Rules

1. MVC U10 Series races are all USSA sanctioned events.
2. **Participation Requirements:** The minimum age for participation in the U10 Series is seven years old (must be seven by December 31 of the current competition season). U10 racers must hold current VARA and USSA memberships.
3. **Race Entries:** The Club list(s) of race entries for U10 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 U10 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:** U10 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 U10 Series Races:**
    a. MVC U10 Series race courses should be giant slalom, 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 U10 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 200 m.
    c. SL courses will be set in accordance with U10 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 100 m. Particular to MVC U10, **no combinations** will be allowed in slalom. SL courses will use stubby gates and will be single pole – no outside gates.
    d. Parallel (Dual) courses will be set in accordance with U10 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:** *U10 races should be run in the following order: U10 girls, U10 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 the best of two runs. Therefore, each run should be completed on the same course with no reset for the second run. Male and female competitors may run on separate courses if necessary to ensure that a reset will not be necessary.
    g. A competitor need not complete his/her first run successfully to get a second run.
    h. Efforts should be made to start the second run shortly after the first following an organized coaches slip of the course.
    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 scoring is "best of two runs" for the U10 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.

l. **Skills Day:** The U10 Skills Day will consist of a skills training session in the morning followed by a dual paneled SL in the afternoon. The skills training portion will consist of coach-led, inter-mountain, mixed gender groups rotating through stations of USSA Phase 1 skills. Athletes will be given feedback from the coaches leading their groups, but the skills will not be scored formally. 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 single best run. Awards will be given to top 3 teams.

m. **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.

7. **Out-of-Council Racers:** The MVC U10s will follow the same rules and guidelines as the U14s with respect to racers entering MVC U10 races from out-of-council.
8. Awards:
   a. Medals will be awarded to the top ten (10) U10 boys and top ten (10) U10 girls determined by best single race run. Medals are the responsibility of the hosting mountain.
   b. There will be a team award for the U10 series – the Golden Helmet. This 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. It is suggested that both coaches and parents be directed to the VARA website to view and print results.
10. Mid-Vermont Council U10 racers will not be able to race as U12s 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.

10. 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. U10 head coaches, please communicate to your race administrators the importance of submitting the U10 races to USSA. This is the only way officials will get credit.