

Vermont Alpine Racing Association Club Academy Programs

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2009-2010 VARA RULES & REGULATIONS

VARA TEAM

VARA Team members will receive comped entry fees for all VARA races for the year they are named to the team. All VARA team members must be current VARA members and are responsible for renewing membership for the new competitive season.

Selection for the VARA TEAM is as follows:

1. J1, J2, J3 State overall Champions
2. VT Cup Series 1st place winners from the previous year.

3. J4 State gold medalists per event, men/women.
4. George Tormey VARA Series Overall Champions.
5. Gold medalist for EAC's, J2 Eastern Championships, J2 Nationals, J3 JO's-per event and/or combined.
6. VT USST members are Honorary VARA Team Members.

Athletes must have been a member of VARA and of a Vermont club the previous winter as well as the coming winter.

VARA J1-2-SR'S RULES

VT Cup Series, George Tormey Series & VARA Spring Series

Age Groups: J1 17-19, J2 15-16, SR 20+

Racers with a point profile of 50 points or less are awarded free entry into the VARA George Tormey Series, VT Cup series and the Vermont Open Races. All Vermont Racers regardless of point profile are encouraged to race. Race fees for all J1-2 scored races is SI/GS - \$50, Sg - \$55 and 2 SG \$60.

VARA Spring Series

The VARA Spring Series consists of at least 2 sl and 2 gs scheduled the middle to end of March.

1. Out of state entry procedures and rulings can be referred to under the entry procedure section.
2. These Series are for building point profiles. This is not a scored series, is not used for Eastern Cup qualifications.

Vermont Cup Series

1. The VT Cup Series begins in late Dec. and continues throughout the season.
2. The VT Cup Series is scored using the Old World Cup point scoring system for the top 15 men/women for each race. Out of state competitors, non VARA members will receive a trophy for earned results, if applicable. The out of state competitor and the non VARA member will be taken out of the Old World Cup point scoring system, allowing only VARA members to receive overall points, including foreign athletes that are VARA members, however foreign athletes will not be included in FIS quota selections.
3. This series will be used exclusively for selection for the Vermont Quota to the February and March Eastern Cups and FIS Series. (All VT Cup races held, up to 10 days before the start of the Eastern Cup FIS Series which the quota will be used will count toward the quota selection, If possible races within 10 days of the USSA EC quota deadline will count in the quota scoring)
4. Trophies and prizes will be awarded to the overall season winners, 1st through 3rd places, Men/Women.
5. The 1st pl overall season winner will be named to the VARA Team.
6. The out of state criteria applies to this series.

The George Tormey Series

1. The George Tormey Series begins in late December and ends in late January.
2. The George Tormey Series is a short intense set of races designed to bring together the top racers in Vermont and field size permitting, out of state racers.
3. The George Tormey Series will consist of 2 slaloms and 2 giant slaloms for men and women
4. **Scoring** for the GTS will be done using the Old World Cup Point System for the top 15 men/women. Out of state competitors, non VARA members will receive a trophy for earned results, if applicable. The out of state competitor and the non VARA member will be taken out of the Old World Cup point scoring system, allowing only VARA members to receive overall points. Foreign Athletes that are VARA members will be included in the WC Scoring method for the overall.
5. Top 3 overall winners of the series will receive prizes supplied by VARA and recognition as George Tormey Series Winners.
6. Overall 1st Place winner will be named to the VARA Team.

Competition Committee

1. The Competition Committee is made up of one representative from each VARA member program in the state. Programs MUST be VARA members in good standing to receive representation and a vote at the Competition Committee Meetings. The club representative must also be a current VARA member.
2. Each VARA member program will receive one vote.
3. Proxies must be made in writing and brought to the Competition Committee Meeting and presented to the CC Chair. Those taking the proxie must be a VARA member.

The Competition Committee makes recommendations to the VARA BOD on issues such as but not limited to, scheduling, quota/selections, VT race series and state participation in regional events. Recommendations made by the Competition Committee must receive Board approval in most cases unless the VARA Board gives pre-approval to the Competition Committee.

Committee of 5 - Sr J1& J2's

1. A committee of 5, Competition Committee Chair and four other appointed representatives has been established.
2. The Committee of 5 will oversee any issues concerning rulings for Senior, J1 & J2's.
3. The VARA office is to be contacted in the event there is a question regarding any issues regarding this age group.

Vermont States J1& J2

1. **To qualify for the Eastern Regional Championships, the J2 Eastern Regional Championships and Finals, all J1's/ SR's & J2's are required to compete in at least 2 VT Cup races or George Tormey Series races or 1 of each, prior to the start of the technical events at the Vermont State Championships, UNLESS they are automatics to the January Eastern FIS Series and/or on the USSA development quota.**
2. For GS/SL events J1/SR men and J1/SR women will compete together and J2 men and women will compete together but at separate race sites .
3. Up to 5 "rabbits" of an older age group may enter each race providing they have points lower than the lowest point holder in the designated age group.
4. Race organizers MUST notify "rabbits" two days prior to race day if they are not qualified to enter.
5. Race organizers MUST notify the VARA office of "rabbit" entries.
6. **Scoring** for the Vermont State Championships will be by best single RACE result. Scoring for the State Team to go to the Regional Championships will not include automatics, non VARA members or foreign athletes. Ties will be broken by taking the next best result. (Automatics, out of state racers and foreign athletes will not receive place points in the scoring for the Regional Championships and Finals selections.)
7. If two SG/DH's are run, only the FIRST run will count for Vermont State Team selection.

- The overall champion will be determined by scoring the top 15 using the old World Cup scoring system for all races contested for J2's. J1/sr's together will be scored together. Automatics and Foreign athletes that are VARA members will be included in the scoring for the Overall.
- Awards will be given by the host Site for 1-5 places.
- Entry Fee cap for the J1-2-Sr states is \$50 per tech event. DH \$55 per day, and 2SG's \$60

Vermont State Downhill Championships

- The Vermont State Downhill is scheduled separately from the SG/GS/SL for both J1's/SR's and J2's. The Sugarloaf Schuss in Maine will be designated as the VT state DH Championship event.
- There will be two separate scored DH races, field size and weather permitting. The first DH will count for qualification to the Eastern Regional Championships and the J1&J2 Finals.

Eastern Regional Championships and J2 Eastern Regional Championships Quota/Selection

- The Vermont quota to the Eastern Regional Championships is 22. The men's and women's quota will be filled by the first 14 men and 8 women scored from the Vermont State J1/SR Championship, regardless of age category.
- The Vermont quota to the J2 Eastern Regional Championships is 33. The quota will be filled by the first 22 men and 11 women scored from the Vermont State J2 Championship.
- All quota spots must be qualified for via the State Championships. Only exceptions to be considered, must meet the J1&J2 Athlete Injury/Absentee Clause.
- For Automatic's to the Eastern Regional Championships please see the USSA Alpine Competition Guide at www.ussa.org.

J1 & J2 Finals

- The Vermont quota to the J1 & J2 Finals is 41 men and 18 women.
- The Finals quota will be filled by using coaches nominations and taking 14 J1/Sr's men, 27 J2 men and 7 J1/SR women and 11 J2 women.
- If selections are necessary then states standings will be used to choose athletes.

VARA requires a two day minimum from the list publication for the Finals, Eastern Regional Championships, J2 Eastern Regional Championships and Eastern cups or any other athlete lists publicized either by fax or e-mail. If the VARA Office has not been notified within that time frame (two days from publication), the athlete will be considered non-eligible for that event and the next athlete will be chosen and notified. VARA WILL NOT CALL FOR CONFIRMATION IT IS THE ATHLETE'S COACHES RESPONSIBILITY TO CONTACT VARA.

J1 & J2 Absentee/ Injury Clause

- J1 & J2's MUST be among the top 5 in Vermont SL, GS, SG, or DH on the latest USSA points list, in their age group, to be included on their State Team to the Eastern Championships. Or as the J1/2/Sr Committee of 5 may decide.
- J1 & J2's ranked 6-10 in SL, GS, SG, or DH on the latest USSA points list, in their age group, to be included on their State Team for the J1 & J2 Finals. Or as the J1/2/Sr Committee of 5 may decide.
- The VARA Office MUST be notified in writing, of any racer's absence PRIOR to the start of the State Championship Series AND send a doctor's verification within 1 week after the completion of the series, in the case of injury or illness.

Foreign Athlete Status for J1 & J2 Age Groups

- Any foreign athlete participating in a Vermont program MUST be a current member of VARA and MUST meet all licensing requirements for USSA.
- Foreign athletes may qualify for the J1/SR & J2 Easterns per FIS rules concerning foreign entries. Consult the USSA Competition Guide for details.
- Foreign athletes (x Ussa #'s) will not be included in the State quota to the J1 & J2 Finals. However, if they score at an equivalent level of the last Vermonter on the State quota, they may request a separate invitation through the VARA Office, field size permitting. They may be entered on the VT Quota as spots become available.
- Foreign athletes will be recognized and receive any appropriate awards for their results in the State championships.

Exceptional Athlete Policy

- It is important that programs and racer advancement structure be set up with three groups in mind: 1) The average skier, 2) The top end racer advancing through the system, 3) The exceptional athlete.
- There must be room for the exceptional athlete to move up, so that they are challenged and have to work at winning. Exceptional means; the athlete that comes through the system every few years, that needs a program well advanced from that designed for the top end racer.
- Through identification at the state level, state associations may petition, in writing, the Eastern Regional Director to consider an athlete as "exceptional" and in need of an advanced program.
- On approval, the Regional Director, State Chairperson and the athlete's coach will work together to design a program specifically for that particular athlete.
- An exceptional athlete program may include racing up in age for the entire season and could include championships at that advanced age group.
- The program may be designed with a goal orientation and adjustments made throughout the season, based on performance. The athlete's program would be designed with long range goals in mind, but would be re-evaluated each season.
- If the athlete is not granted exceptional status, the Regional Director may make recommendations to the State Chairperson and the athlete's coach for possible adjustments to the athlete's program, within the state structure or in conjunction with other state structures, through agreement of all parties. Such recommendations may include racing within age groups in a more competitive environment or racing up with in a state program.
- The intent of these recommendations is to enhance the athlete's program and assist in a successful development program.

The Eastern Regional Championship Events

Information regarding Eastern Regional Championship Series may be referred to in the USSA Alpine Competition Guide, under the Eastern Division Section at www.ussa.org.

EASTERN CUP:

Information regarding EC Selections may be found in the USSA Comp Guide.

Vermont Quota to The DEVO FIS AND NJR FIS (5 Men, 5 Women)

- The DEVO FIS AND NJR FIS selection for the Dec. and Jan. series will be done using the NTSM from the most recent USSA point list using USSA development requests for athletes not yet selected. **Coaches must copy the VARA Office the development requests sent in to USSA.**
- The Vermont quota to the February and March Devo Fis and NJR will be selected by using the Old World Cup Point scoring system for the total Vermont Cup Series.
- The DEVO FIS selection will only consider Junior YOB and the NJR Fis selection will only consider J2's.**
- VARA may reserve one discretionary spot, men and/or women, to the Devo FIS and NJR FIS Series, in the case of illness or injury of a qualified athlete.

Devo, NJR FIS Series/Eastern Regional Championships/JO's

- Vermont programs must confirm athletes to the VARA office for Vermont quota spots **no later than 1 week** prior to the start of the competition. Without confirmation the athlete is at risk of losing their spot.
- All Vermonter **must** be a member of **VARA** in good standing, be a member of **USSA** and have a valid **FIS license**. This includes seniors and COLLEGE ATHLETES.
- The quotas for the Eastern Cup Series may be found in the USSA Comp Guide: VT's quota is 5 Men and 5 Women for the Devo Fis and NJR Fis events.

Athletes must be FIS members as well as VARA and USSA members to be on the VT state list and USSA Eastern Automatic List for FIS events. It is recommended that you join FIS early

VARA J3 RULES

GENERAL

The J3 age level provides non-scored competition for racers aged 13-14 (born in 1995-1996).

1. **VARA** is the governing body of J3 racing in Vermont.
2. **VARA** will delegate to the three state Councils (North, Mid, and South), the authority to design and administer their respective races and schedules, leading up to the J3 State Shootout and the J3 State Championships.
3. **VARA** will schedule open races, super-G events, the J3 State Shootout, and the J3 State Championships.
4. Issues involving J3 VARA sponsored events (J3 Shootout, J3 States) will be resolved by the J3 Committee of Five.
5. Councils must not interfere with the USSA established age categories (exceptions must come before the J3 Committee of Five and or USSA).
6. Councils must also follow all USSA and VARA procedures for running a fair and legal race.
7. A \$20 maximum entry fee for slalom (SL) and giant slalom (GS) events and \$25 for Super-G (SG) is recommended for council qualifier races.
8. To compete in VARA races, there are two membership requirements that must be met:
 - 1) You must hold a current USSA Competitors License.
 - 2) 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.
9. Coaches must be VARA and USSA members to obtain race site hill privileges.
10. J3 Council races and State Championships must be USSA sanctioned events.
11. Council Chairs need to have a tentative schedule to the VARA office by June 1 and a confirmed schedule by October 15th.
12. Championships Races must be held on homologated trails.

J3(4) COMMITTEE OF Five

The J3/4 Committee consists of the Competition Committee Chair and Council Chairs from each of the three Councils and a J4 Rep (North-Adam Julius, Mid -Gary Fletcher, and South-Dave Edry, J4 Beatty Schlueter). The committee will work with the Executive Director regarding VARA J3 AND J4 issues.

USSA REGIONAL EVENTS

USSA EASTERN REGIONAL SERIES

Okemo January 23-24

Vermont Quota: 40

The J3 Eastern Series is an Eastern Regional event is designed to provide competition for the top racers in the Eastern region. Vermont's total quota (40) will be allocated to each council (North, Mid, South) based on their share of the entire Vermont J3 field. These quotas will be gender split.

Example: J3 ERS Quota Calculation

Council	Total J3 Field (1)	% of J3 Field (2)	Calculated Quota (2) x 40	Rounded Quota (3)	Final Quota (4)
NVC	114	0.3383	13.531	13	13
MVC	116	0.3442	13.769	13	14
SVC	107	0.3175	12.700	12	13
Total	337		40	38	40

The Council Quotas will be determined by the second Monday in January regardless of the number of council races. It is recommended that the total field (column 1 in the example) in each council will be based on the number of "starters" after the first two

council races. Note: racers may not be counted as "starters" until they are VARA members. The total field in each council is then used to calculate each council's share (column 2) of the entire Vermont J3 field. Calculated quotas will be rounded down (column 3), and additional spots will be allocated based on highest to lowest decimal portion of the calculated quota to arrive at the final quotas (column 4).

J3 STATE CHAMPIONSHIPS

MMSC 2/12 KMS 2/27, 28-3/1

Total Field: 150 (SG), 170 (SL/GS)

The selection of the J3 Olympics and J3 Finals rosters, as well as the seeding for those events, will be determined by place point scoring from the VARA J3 State Championships.

Format: The Vermont J3 State Championships will consist of a super-G race, 3 timed runs of slalom, and 3 timed runs of giant slalom. Weather permitting. Tech events will be split by gender. The event will be either held at two different race sites or the same site if possible.

Qualification: Racers will qualify for the J3 State Championships from the Council race series. The total field of 150 (plus 20 from the Shootout) will be allocated to each Council based on their percentage of the entire Vermont J3 field.

Council	Example J3 State Championships Total Field (1)	% of J3 Field (2)	Calculated Quota (2) x 150	Rounded Quota (3)	Final Quota (4)
NVC	114	0.3383	50.742	50	51
MVC	116	0.3442	51.632	51	52
SVC	107	0.3175	47.626	47	47
Total	337		150	148	150

The total field (in column 1 above) in each Council will be based on the number of "starters" after the first two Council races. Note: racers may not be counted as "starters" until they are VARA members. The total field in each Council is then used to calculate each Council's share (column 2) of the entire Vermont J3 field. Calculated quotas will be rounded down (column 3), and additional spots will be allocated based on the decimal portion (highest to lowest) of the calculated quota to arrive at the final quotas (column 4).

An additional 20 racers (10 boys, 10 girls) will qualify for J3 State Championships (SL & GS events only) from the "J3 State Shootout". (See description of J3 State Shootout below).

Entry procedure: Each council must send a team roster (in start order), including forerunners, and attending coach's list to the VARA office one week prior to the States.

Entry fees: J3 States will have a ceiling of \$120(\$30 for SG \$90 for Tech or as determined by Executive Director). The fees will include the banquet & awards event for participants at the technical events, along with a souvenir. Host Sites for states must commit to making the states a championship event. (Podium, banners, hoop-la, racer souvenir)

Seeding: The J3 States will be seeded as follows: Seeding will be based on Council rankings. The start lists will be based on a Council rotation as determined by a random draw by the race organizer. The start order will remain the same for all three slalom runs. The organizers will randomly assign the Council rotation for the second day, and that start list will be used for all three giant slalom runs.

Check www.vara.org for the most up to date version of rules and regulations.

Course Setting: The VARA Executive Director, with assistance from council chairs and AO Chair, will choose course setters. Referees will be selected by the assigned TD.

1. Slalom: The host site will set the 1st run of slalom. In the event that there can not be two sets on one trail, the second run will be reset or with minor changes depending on weather and conditions. The third run will be a full reset.
2. Giant Slalom: First run will be set by the host site. The second run will use the same course, with course modifications made as necessary. A full reset will be made for the third run.
3. SG: The training run will be reset so the race run is different than the training run.
4. It is recommended that the course sets be close to the minimum length.

Scoring: Seven runs will be contested, and the final rankings will be based on “one less than half the runs contested (round DOWN)” (e.g., best 2 of 7 runs, best 2 of 6, best 1 of 5, best 1 of 4, etc.) Ties will be broken by the best single result then the next best result, and so on. The top 54 athletes (gender split) will be named to the Vermont J3 Olympic team, and the remaining 22 will attend the J3 Finals. The combined result for the first two runs will be used to determine VT State Champions for each tech event and SG champions will be as results show. Overall champions will be determined by Old WC scoring for all events.

Forerunners: Each council may designate one boy and one girl to forerun at States.

Awards: The host ski club will provide awards for the top 10 boys and top 10 girls for each event. VARA will also provide awards for the following:

- a. Overall awards will be provided for the top three girls and boys, based on total Old World Cup points. Ties will be broken using best result, next best etc.
- b. Gold Medalists for the overall will be named to the VARA Team for the following season. (see Scoring) Ties will be broken using best result, next best etc.
- c. **VARA CUP:** The VARA Cup Trophy will be awarded to the top J3 and J4 club overall based on results from the VT State Championships. The total team score is calculated based on the individual run results from the J3 and J4 State Championships. Points will be awarded as follows: 1st=30, 2nd=29, 3rd=28, . . . 30th=1 point. Each run will be scored separately, using each J3 team’s best 5 scores, and J4 team’s best 5 scores.

Rotation for Hosting J3 States: 2007/Mid, 2008/North, 2009/South, 2010/Mid, 2011/North, 2012/South, etc. If the proposed Council cannot host, the event will be sited by the Executive Director of VARA.

J3 STATE SHOOTOUT PICO - Feb 21 2009

The J3 State Shootout is a one-day event designed to give all Vermont J3’s a second opportunity to qualify for the J3 State Championships.

Format: The Shootout will consist of 4 runs of dual-style modified SUPER slalom. The course will be set by the host ski area. The recommended distance between courses is 10 – 12 m (FIS Requires 7m)

Qualification: All racers who have not qualified for the J3 State Championships (technical events) from their Council race series are eligible to participate in this event. Each Council must send roster in ranking order, along with a list of coaches 1 week prior to the event.

Entry fee: \$25

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 of the four runs.

Scoring: The top 10 boys and 10 girls will qualify to participate in the J3 State Championships. Selection will be based on the best 1 of 4 runs (place points, not times). Ties will be broken by next best runs. For scoring - the red course is not complete until everyone has run on it and same for blue course. To score 1 run everyone must have gone on each course.

Substitutions:

- a. If an athlete qualifies for the J3 States from Council quota selection and cannot go to States the Council will fill the spot with the next Council racer in line for the States. If the Shootout has already taken place and the next Council person has already made States via the Shootout the Council will go down their list.
- b. If an athlete qualifies for the J3 States via the J3 Shootout and cannot participate at the J3 States then that spot will be filled by the next in line of the same gender from the Shootout regardless of council.

Awards: Host site will award the top 10 girls and top 10 boys.

EASTERN J3 FINALS

March 4-7

Vermont Quota: 22

Qualification: The 22 athletes ranked after the top 54 athletes from the J3 states, who do not qualify for the J3 Olympics, will be named to the Vermont J3 Finals team. The Vermont team (22 athletes) will be seeded at the Eastern J3 Finals based on their ranking at the J3 States. The top 5 men and top 5 women overall (based on old World Cup Scoring) at the J3 Finals, along with event gold medalists, will earn a spot to the J3 Olympics. For more information on the J3 Finals please refer to the USSA Competition Guide. If an athlete chooses not to attend the finals then the Council from which that athlete skis will fill the spot.

EASTERN J3 OLYMPICS

Sunday River, ME March 13-16

Vermont Quota: 54

Qualification: The top 54 athletes (gender split) from the J3 states will be named to the VT J3 Olympics Team. The athletes will be seeded at the J3 Olympics according to their ranking at the VARA J3 States. USSA will name any athlete named to the Topolino Team as first seed automatic to the J3 Olympics. Event gold medalists (SG, GS, and SL) will qualify to race in the Whistler Cup, an international children’s championship in April. The top 5 men and women after the Whistler Team will be selected to attend the Canadian J3 Nationals. For more information on the Junior Olympics please refer to the USSA Competition Guide on line.

J3 FUNDAMENTALS CAMP

Burke Mtn, VT December 13-15

Total Camp Size: 40

Discretionary Nominations are due by November

Qualification: USSA hosts a J3 Elite Fundamentals Camp for the top 40 athletes in the Eastern region. Eastern USSA selects 13 automatics for this camp and the remainder of the spots will be discretionary, based on coach’s nominations. More information can be found at www.ussaeast.org.

J3 ELITE SPEED CAMP

Sunday River, ME February 8-10

Total Camp Size: 35

Discretionary Nominations are due by January

Qualification: USSA hosts a J3 Elite Speed Camp for the top 35 athletes in the Eastern region. Eastern USSA selects 10 automatics for this camp and the remainder of the spots will be discretionary, based on coach’s nominations. More information can be found at www.ussaeast.org.

J3 AGE GROUP FOREIGN ATHLETES

1. Athletes of this age group must meet all USSA and Vermont licensing requirements.
2. Any foreign athlete in a Vermont program must qualify through the Vermont State ladder and attend the State Championships to be included on the Vermont quota for the J3 Olympics or J3 Finals.
3. There are no foreign athlete invitations issued from the Eastern Office at this age group.

VARA J4 RULES

The J4 age level provides non-scored competition for racers aged 11-12 (born in 1997-1998).

1. **VARA** is the governing body of J4 racing in Vermont.
2. **VARA** will delegate to the three state Councils (North, Mid, and South), the authority to design and administer their respective races and schedules, leading up to the J4/5 States.
3. **VARA** will schedule open races, super-G events, and the J4 State Championships.
4. Issues involving J4 VARA sponsored events will be resolved by the J3/4 Committee of Five.
5. Councils must not interfere with the USSA established age categories (exceptions must come before the J3/4 Committee).
6. Councils must also follow all USSA and VARA procedures for running a fair and legal race.
7. A \$20 maximum entry fee for slalom (SL) and giant slalom (GS) events and \$25 for Super-G (SG) is recommended for council qualifier races.
8. To compete in VARA races, there are two membership requirements that must be met:
 - a) You must hold a current USSA Competitors License.
 - b) In order to be considered in any VARA qualifying or selection process, you must be a current member of VARA.
9. Qualifying points will not be retroactive for late renewals.
10. VARA membership will be verified from the VARA website.
11. Coaches must be VARA and USSA members to get on the hill.
12. **J4 Council races and State Championships must be USSA sanctioned events.**

J3/4 COMMITTEE

The J3/4 Committee consists of the Competition Committee Chair and Council Chairs from each of the three Councils and a J4 Rep (North-Adam Julius, Mid -Gary Fletcher, and South-Dave Edry, J4 Beatty Schlueter). The committee will work with the Executive Director regarding VARA J3 AND J4 issues.

J4 STATE CHAMPIONSHIPS

SG Feb 28, 2010 GMVS SL, GS March 13-14 2010

Total Field:165 SG (120)

The selection of the J4 Future star roster will be determined by place point scoring from the VARA J4 State Championships.

1. **J4's and J5's** are allowed to compete in State Championships as governed by their council. J5's are not allowed to race the SG.
2. **Format:** The states will be run over 3 days. There will be 2 traditional runs of GS, SL and 1 SG. Second run will be the same as first.
3. **Qualification:** 120 Racers will qualify for the state SG, 40 per council gender split to be determined by council. 165 racers will qualify for the J4 State Championships Tech Events. 40 from each council (gender split determined by council). The remainder of the field will be made up of from the J4 Shootout. (see J4 Shootout)
4. **SG** – The J4 State SG will be run separate from the tech events and will have a field Size of 120. Each council will get 40 spots. Each Council will determine gender split and selection method for the SG.
5. **Entry fees:** J4 States will have a ceiling of \$120(\$30 for SG \$90 for Tech or as determined by Executive Director). The fees will include the banquet & awards event for participants at the technical events, along with a t-shirt/hat. Host Sites for states must commit to making the states a championship event. (Podium, banners, hoop-la, racer souvenir)
6. **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.
7. **VARA CUP:** The VARA Cup Trophy will be awarded to the top J3 and J4 club overall based on results from the VT State Championships. The total team score is calculated based on the individual run results from the J3 and J4 State Championships. Points will be awarded as follows: 1st=30, 2nd=29, 3rd=28,... 30th=1 point. Each run will be scored separately, using each J3 team's best 5 scores, and J4 team's best 5 scores.
8. **Course setters:** Course setters and officials will be selected prior to the J4 States by the VARA Executive Director with assistance from the VARA AO Chair. Refs will be selected by the TD.
9. **Entry Procedure: Councils MUST send racer rosters(in start order) which include Club, YoB and USSA Number to the VARA Office 1 week prior to the J4 States with attending coaches list.** There will be no additions/substitutions to rosters after the evening before the 1st event 5pm.

10. **Seeding:** The J4 States will be seeded as follows: Seeding will be based on Council rankings. The start lists will be based on a Council rotation as determined by a random draw by the race organizer, the top 15 will be scrambled. The start order will remain the same for all slalom runs. The organizers will randomly assign the Council rotation for the second day, and that start list will be used for all giant slalom runs.

11. **VARA Head Tax:** Head Tax is due on J4 State Championships; the fee is \$1 per racer per start to VARA.

12. **Racing Up:** J4's that have raced "up" during the regular season with the J3's may still compete in the J4 States provided they have qualified for the J4 States through their council (rules) and have not qualified for the J3 Olympics.

Rotation for States: 2006/Mid, 2007/North, 2008/South, 2009/Mid, 2010/North, 2011/South, 2012/Mid. If the proposed council cannot host, the event will be sited by the Executive Director of VARA.

J4 STATE SHOOTOUT

Burke, March 7-2010

Total Field Size:150

The J4 State Shootout is a one-day event designed to give 50 J4's from each council a second opportunity to qualify for the J4 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:** 50 racers from each council that have not already made the states will be selected by council to compete at the J4 Shootout. Each Council must send roster in ranking order, along with a list of coaches 1 week prior to the event.
3. **Entry fee: \$25**
4. **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.
5. **Scoring:** The top 23 boys and 22 girls will qualify to participate in the J4 State Championships. Selection will be based on the best single place point. Ties will be broken by next best run. Time differential will be used in case of 3 way tie, if still a tie then all the tied competitors will be selected.
6. **Substitutions:**
 - a. If an athlete qualifies for the J4 States from Council quota selection and cannot go to States the Council will fill the spot with the next Council racer in line for the States. If the Shootout has already taken place and the next Council person has already made States via the Shootout the Council will go down their list.
 - b. If an athlete qualifies for the J4 States via the J4 Shootout and cannot participate at the J4 States then that spot will be filled by the next in line of the same gender from the Shootout regardless of council.
7. **Awards:** Team Qualification announcement.

J4 FUTURE STAR CHAMPIONSHIPS

Waterville Valley NH, March 21-23

Vermont's quota is 26. The Vermont Future Star Team will be determined as follows:

Automatics: Each of the three councils will have 5 automatic selections (gender split will be determined by council) to be given to the VARA office one week prior to the J4 State Championships. The 9 remaining spots, gender split, will be awarded based on results at the J4 State Championships.

Selection: The 9 Future Star selections will be determined by taking the best 3 place points at the J4 State Championships including the SG. (One less than half of the total place points. If there are an uneven number of place points, take one less than half, then round up.) Any ties will be broken by the competitor's single best place point, then their second best, etc. The 9 Future Star selections will be awarded to the lowest scored non-automatic competitors. If there is no race contested then the State Future Star Team will be council automatics plus 3 individuals from each council (to be selected by council).

J4 ELITE FUNDAMENTALS CAMP

Sunday River Maine, December 4-7

Quota:10

USSA will host a J4 Elite Fundamentals Camp for the Eastern region. VT will select second year J4's from the J4 States Scoring.