

## NORTHERN VERMONT COUNCIL 2009-2010

The Northern Vermont Council (NVC) was formed during the 1959-60 season and now represents ski clubs from eight mountains in Northern Vermont. They include Jay Peak Ski Club, Mt Mansfield Ski & Snowboard Club, Mt. Mansfield Winter Academy, Smugglers Notch Ski Club, Mad River Ski Club, Sugarbush Ski Club, Green Mtn Valley School, Burke Mtn Academy, Cochran's Ski Club, and Bolton Valley Race Team.

The Vermont Alpine Racing Association (VARA) currently delegates to the three state Councils (North, Mid, and South) the authority to design and administer their respective race schedules leading up to the J3 State Championships. The Council will also (1) select teams to represent Northern Vermont at the J3 & J4 State Championships; (2) develop proposals and recommendations to VARA; and (3) resolve specific race and racer-related issues.

Each mountain designates a representative to serve on the Council. One representative will serve as Chairperson and will represent the Northern Vermont Council interests at the state level. Any NVC issues requiring a vote of the council representatives must have 5 votes for approval.

### Council Representatives

**Sugarbush** – Adam Julius (Chair)

**Burke** – Kirk Dwyer

**Cochran's** – Colin Moffatt

**Smuggler's Notch** – Travis Widger

**Stowe** – Chip Knight

**Mad River** – Sally Knight

**Bolton** – Eric Berliner

**Jay Peak** – Ryan Markham

---

## NVC J3 RULES

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

Exceptional athlete policies are stated in the VARA Calendar and the USSA Competition Guide. Any exceptions to the above age group must have been advanced through the policy as outlined. By special approval from the Northern Vermont Council (one more than half of the total votes needed), permission may be granted for a J4 athlete with exceptional performances to ski in NVC J3 races. Petition requests need to be submitted by the fall meeting of the NVC by the representative program. Approval would be based on exceptional performance as a first year J4 and for an athlete deemed unlikely to have competition within their peer group in NVC J4 races. To ski up in NVC races and advance to the Vermont State J3 Championships an athlete needs approval from both the Northern Vermont Council and VARA.

A J2 may race in J3 NVC races at Council's discretion. J2s will not be included in the J3 standings, but will be seeded where they would be ranked. They are not eligible for prizes and are not eligible for the J3 Vermont State Championships. PLEASE NOTE J2s ON ALL ENTRIES AND RESULTS.

**MEMBERSHIPS:** All J3 racers must have valid USSA and VARA competitor's licenses. See [www.ussa.org](http://www.ussa.org) and [www.vara.org](http://www.vara.org)

**EQUIPMENT:** The NVC complies with all rules and regulations of the United States Ski Association (USSA) and recommends the use of helmets at all times. The USSA requires helmets to be worn by all racers at USSA-sanctioned slalom and giant slalom races, and requires full ear protection (no open-ear-helmets).

**COUNCIL RACES:** Council races will be run according to FIS/USSA/VARA/NVC Rules. Please designate properly constituted race jury on the start order. Please consult the VARA CALENDAR - "2009-2010 Rules and Procedures" and the 2009-2010 US Skiing Alpine Competition Guide for more information regarding this age group. All state and regional information is available in those two resources.

- **Entries:** Club rosters must be sent the NVC Chairperson two weeks prior to the first council race, using an Excel spreadsheet containing the following information: *USSA #, First Name, Last Name, Gender, YOB, and Club*. Race files will be prepared by the NVC and submitted to the appropriate race organizer utilizing the USSA format.
- **Coach's List:** All clubs must send a coach's list by the Monday prior to the race. Coaches not on the list will not receive a complementary race day ticket. Each mountain is responsible for assuring that all of its coaches are members of VARA and USSA.
- **Entry Fees:** \$20.00. (\$1.00/racer - VARA Head Tax).
- **Courses:** A USSA licensed Level 1 Referee or higher must set all courses (ACR U603.1.1). Courses must adhere to FIS/ USSA rules regarding the number of combinations and safety rules.
- **Start Times:** Host Mountains will determine event start times and will be noted on the race announcement. A 10:00 a.m. start time is recommended for two run races.
- **Coach's Meeting:** A coach's meeting must be held prior to the start of the first run of each race. One coach from each program is to attend the meeting. Attendance must be taken by Chief of Race and submitted to the TD.
- **Seeding:** The first two races will be seeded randomly. The next races will use the place point standings for seeding. Second runs for ALL races will be reverse bib order of the first run. Each racer will receive three rankings per race day for all SL/GS events (either for each run of the three run races or one for each run, plus one for overall finish in the two run races), and one ranking for each Super-G contested. First run seeding for race days three, four and five will be as follows:

- Race day 3: seeding based on the best 2 of 6 place points,
  - Race day 4: seeding based on the best 3 of 9 place points,
  - Race day 5: seeding based on the best 4 of 10 place points.
- **Guests:** Guests at Northern Vermont J3 races should be seeded in the middle of the field. The host club must be contacted prior to seeding, (Monday prior to the race) with names of participating guests. The guests must be clearly noted on all results, start lists, etc. Guests are not counted when calculating place points. Contact NVC Chairperson if a group of guests (more than 3 of either sex) wish to compete in a NVC race these athletes must be approved by NVC vote.
  - **Results:** Results should be printed by run and combined. A complete set of results should be provided to the person responsible for updating the standings. All results (single run results and overall results) should be faxed (or emailed) to the Stowe Reporter, and uploaded to the VARA website by noon on the following day.
  - **Medals/Awards:** Medals are the responsibility of the host club. If the racer is not at the awards ceremony, the host club is under no obligation to mail the award.
    - Award top 10 girls and top 10 boys by combined runs, SG award top 10 boys and girls per race run. Medals must have the places (4th) engraved on them. The awards for three run races will be based on the combined times for the first two runs.
    - For races three and four give one award for "Play of the Day". Attack-from-the-back may be used if nothing extraordinary occurs.
    - The host area of the final NVC race is responsible for ordering, distributing and billing of the NVC State team prizes (e.g., team sweatshirts). Each club will be charged on the basis of the number of racers they have making the NVC State Team.

**NVC QUOTAS FOR STATE AND REGIONAL RACES:** The council races will be used as a basis to select the NVC Team to the following events. (See [J3 Racing](#) on the VARA website/calendar for more details regarding these events):

- **J3 Eastern Regional Series:** All NVC J3 are eligible to compete for a position on the Northern Vermont Council Team to represent the Council at the J3 Eastern Regional Series. The NVC Team will be selected using the NVC J3 place point standings leading up to this event. The standings are based on the "one less than half the total places rounded down" rule. (e.g., "best 2 of 6", "best 3 of 9", etc.) The total Vermont quota (40) will be split among the three councils based on the share of racers in each Council leading up to that event.
- **VARA J3 State Championships:** All NVC J3 racers are eligible to compete for a position on the Northern Vermont Council Team to represent the Council at the VARA J3 State Championships. The NVC J3 State Team will be selected using the NVC J3 place point

standings leading up to this event. The standings are based on “one less than half the total places rounded down”. (e.g., “best 2 of 6”, “best 3 of 9”, etc.). The total Vermont quota (150) will be split among the three councils based on the share of racers in each Council after the first two races.

Two quota spots may be reserved for discretionary selections (one each gender). A discretionary spot may be used for the exceptional athlete if they were prevented from competing in the Council races due to injury. A doctor’s note will be necessary to verify that the athlete was not healthy enough to compete for a spot at the J3 Shootout. The council will vote on discretionary nominations and one more than 1/2 of the clubs (5) must agree to any selections.

- **J3 Olympics Automatics:** Each council is awarded five (5) “automatic” spots to the J3 Olympics. The total automatic spots will be allocated to each gender based on the gender split of the NVC J3 field after the first two races. If there are an equal number of male and female racers in the NVC J3 field, then the 5th automatic spot will be awarded to the third ranked male or female with the lowest total place points. All automatics must compete at the J3 State Championships to establish their seeding at the J3 Olympics.
- **VARA J3 Shootout:** The VARA J3 Shootout is a one-day event designed to give all Vermont J3's who have not already qualified for the J3 State Championships a second opportunity to qualify. There will be 20 racers (10 boys, 10 girls) selected from this race to compete at the J3 State Championships.

**GEORGE TORMEY SERIES:** Open to all NVC J3's and J4's who did not qualify for their respective State championships. This is a series with a dual SL and GS at Smugglers Notch. Refer to the schedule for dates. Cost is \$15.00/ race day. Awards: The top 10 J3 and J4 boys and girls will be given awards based on combined runs. Team awards will be given out on Sunday.

Please consult the VARA website/calendar - JR 3 Racing and the 2009-2010 U.S. Skiing Alpine Competition Guide for further information regarding this age group. All state and regional information is available in these two resources.

---

## NVC J4 RULES

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

By special approval from the Northern Vermont Council (one more than half of the total votes needed), permission may be granted for a J5 athlete with exceptional performances to ski in NVC J4 races. A J5 wishing to race in a J4 race must win three runs of J5 races, either in the

current season, or the previous season, and be an outstanding athlete that stands above the rest of the field. If a J5 has two J4 race starts they must race the rest of the season as a J4.

A J3 may race in J4 NVC races at Council's discretion. J3s will not be included in the J4 standings, but will be seeded where they would be ranked. They are not eligible for prizes and are not eligible for the J4 Vermont State Championships. PLEASE NOTE J3s ON ALL ENTRIES AND RESULTS.

**MEMBERSHIPS:** All J4 racers must hold a VARA membership, and a USSA (Youth Competitor) membership. See [www.ussa.org](http://www.ussa.org) and [www.vara.org](http://www.vara.org)

**EQUIPMENT:** Helmets: The NVC complies with all rules and regulations of the United States Ski Association (USSA) and recommends the use of helmets at all times. The USSA requires helmets to be worn by all racers at USSA-sanctioned slalom and giant slalom races, and requires full ear protection (no open-ear-helmets).

**COUNCIL RACES:** Council races will be run according to FIS/USSA/VARA/NVC Rules. Please designate properly constituted race jury on the start order. Please consult the VARA CALENDAR - "2009-2010 Rules and Procedures" and the 2009-2010 US Skiing Alpine Competition Guide for further information regarding this age group. All state and regional information is available in those two resources.

- **Entries:** Club rosters must be sent the NVC Chairperson two weeks prior to the first council race, using an Excel spreadsheet containing the following information: *USSA #, First Name, Last Name, Gender, YOB, and Club*. Race files will be prepared by the NVC and submitted to the appropriate race organizer utilizing the USSA format.
- **Coach's List:** All clubs must send a coach's list by the Monday prior to the race. Coaches not on the list will not receive a complementary race day ticket. Each mountain is responsible for assuring that all of its coaches are members of VARA and USSA.
- **Entry Fees:** \$15.00
- **Start Times:** Host Mountains will determine event start times and will be noted on the race announcement. A 10:00 start time is recommended.
- **Coach's Meeting:** A coaches' meeting must be held prior to the start of the first run of each race. One coach from each program is to attend the meeting. Attendance must be taken by Chief of Race and submitted to the TD.
- **Seeding:** The first two races will be seeded randomly. The next races will use the place point standings for seeding. Second runs for ALL races will be reverse bib order of the first run. Each racer will receive two rankings per race day for all 2-run races and three rankings for 3-run races. First run seeding for race days three, four, five and six will be as follows:
  - Race day 3: seeding based on the best 2 of 6 place points,

- Race day 4: seeding based on the best 2 of 7 place points,
  - Race day 5: seeding based on the best 3 of 9 place points,
  - Race Day 6: seeding based on the best 4 of 11 place points.
- **Guests:** Guests at Northern Vermont J4 races are seeded in the middle of the field. The host club must be contacted prior to seeding, (Monday prior to the race) with names of participating guests. The guests must be clearly noted on all results, start lists, etc. Guests are not counted when figuring place points. Contact NVC Chairperson if a group of guests (more than 3 of either sex) want to be guest racers in a NVC race.
  - **Course Setting:** A USSA licensed Level 1 Referee or higher must set all courses (ACR U603.1.1). Courses must adhere to FIS/ USSA rules regarding the number of combinations and safety rules. Under gates are acceptable, but courses should be set appropriately for this age level.
  - **Results:** Results should be printed by run and combined. A complete set of results should be provided to the person responsible for updating the standings. All results (single run results and overall results) should be faxed (or emailed) to the Stowe Reporter, and uploaded to the VARA website by noon on the following day.
  - **Medal/Awards:** Responsibility of the host club. If the racer is not at the awards ceremony, the host club is under no obligation to mail the award. Medals must have the places (4th) engraved on them.
    - First five races: Award top 10 girls and top 10 boys each run.
    - For race six, award top 10 girls and top 10 boys by combined runs. Give one award for "Play of the Day". Attack-from-the-back may be used if nothing extraordinary happens.
    - The host area of the final NVC race is responsible for ordering, distributing and billing of the NVC State Team prizes (e.g., team sweatshirts). Each club will be charged on the basis of the number of racers they have making the NVC State Team.

**SUPER-G CAMP:** NVC will host an annual Super G camp for J4 athletes. The athletes will be split between two resorts. This is a development camp focusing on fundamental speed elements and introduction to terrain elements. No timed runs will be held during this camp.

**NVC QUOTAS FOR STATE AND REGIONAL RACES:** The council races will be used as a basis to select the NVC Team to the following events. (See [J4-5 Racing](#) on the VARA website/calendar for more details regarding these events):

- **VARA J4 State Championships:** All NVC J4 racers are eligible to compete for a position on the Northern Vermont Council Team to represent the Council at the VARA J4 State Championships. The NVC J4 State Team will be selected using the NVC J4 place point standings leading up to this event. The standings are based "one less than half the total

places rounded down". (e.g., "best 2 of 6", "best 3 of 9", etc.). Ties will be broken by next best results. The total Vermont quota (120) will be split equally among the Councils (40 each). The 40 spots will then be split by gender based on the gender breakdown of the NVC J4 field. If a J4 qualifies for the J3 Olympics but does not get to go, they can run at J4 states. If they do not qualify for J3 Olympics, then they must qualify the regular way as a J4.

Two quota spots may be reserved for discretionary selection (one each gender). A discretionary spot may be used for the exceptional athlete if they were prevented from competing in the Council races due to injury. A doctor's note will be necessary to verify that the athlete was not healthy enough to compete for a spot at the J4 Shootout. The council will vote on discretionary nominations and one more than 1/2 of the clubs (5) must agree to any selections.

- **Future Stars Automatics:** Each council is awarded five (5) "automatic" spots to the J4 Future Stars. The total automatic spots will be allocated to each gender based on the current gender split of the NVC J4 field after the first three races. If there are an equal number of male and female racers in the NVC J4 field, then the 5th automatic spot will be awarded to the third ranked male or female with the lowest total place points.

**GEORGE TORMEY SERIES:** Open to all NVC J3's and J4's who did not qualify for their respective State championships. This is a series with a dual SL and GS at Smugglers Notch. Refer to the schedule for dates. Cost is \$15.00/ race day. Awards: The top 10 J3 and J4 boys and girls will be given awards based on combined runs. Team awards will be given out on Sunday.

Please consult the VARA website/calendar - JR 4 & 5 Racing and the 2009-2010 U.S. Skiing Alpine Competition Guide for further information regarding this age group. All state and regional information is available in these two resources.

---

## NVC J5&6 RULES

**AGE GROUP:** The J5/6 age level provides non-scored competition for racers aged 7-10 (born in 1999-2002).

A J4 may race in J5 races at coach's discretion. They must be clearly marked as a J4 on the entry list. If they finish in the top 20 or above, they must move up to J4 races. They are not eligible for prizes. PLEASE NOTE J4s ON ALL ENTRIES AND RESULTS.

**MEMBERSHIPS:** All J5/6 racers must hold a VARA membership, and a USSA (Youth Competitor) membership. See [www.ussa.org](http://www.ussa.org) and [www.vara.org](http://www.vara.org).

**EQUIPMENT:** GS SUITS ARE NOT ALLOWED AT THE J5/6 LEVEL. Additionally, athletes must race in either a coat on top, or warm-up pants on the bottom. **HELMETS:** The NVC complies with all rules and regulations of the United States Ski Association (USSA) and recommends the use of helmets at all times. The USSA requires helmets to be worn by all racers at USSA-sanctioned slalom and giant slalom races, and requires full ear protection (no open-ear-helmets).

**COUNCIL RACES:** Races will be run according to USSA/VARA/NVC Rules, with the exception of the binding release rule and receiving outside help rule, if it is in the context of assisting a racer who is having difficulty putting a ski back on and the race will be unduly delayed without help from a course official, parent or coach. Each host area should make arrangements prior to provide a Technical Delegate (TD) for their race. The TD is responsible for ensuring a jury is formed and the race follows the appropriate rules, particularly safety rules. Please designate properly constituted race jury on the start order.

- Entries: Send or fax an entry list so that the host club receives it Monday prior to the race.
- Membership cards: Racers need to show their VARA and USSA membership cards at the first race of the year (any new racers after the first race are expected to show proof of membership).
- Coach's List: All clubs must send a coach's list by the Monday prior to the race. Coaches not on the list will not receive a complementary race day ticket. Each mountain is responsible for assuring that all of its coaches are members of VARA and USSA.
- Entry Fees: Regular season council races will have no entry fees.
- Minimum Temperature Guideline: 0 degrees Fahrenheit (including wind chill) and higher is the recommended temperature for J5/6 events to be held. The host mountain should do their best to cancel races in advance (based on local weather forecasts) but should do their best to be conscious of the guideline on race day and communicate with parents and coaches in a timely fashion.
- Start times: The host mountain will determine event start times and should note on the race announcement. A 10:00 a.m. start time is recommended.
- Coach's meeting: A coaches' meeting must be held prior to the start of the first run of each race. One coach from each program is to attend the meeting as well as a representative for any independent racers. Attendance must be taken by Chief of Race and submitted to the TD.
- Seeding: Seeding will be done by random draw, with J6s first then J5s, and the second run order will be reversed bib order within each class. Racers from other age groups must be clearly marked on running orders and results.
- Guests: Guests at Northern Vermont J5&6 races are seeded in the middle of the field. The host club must be contacted prior to seeding, (Monday prior to the race) with names of participating guests. The guests must be clearly noted on all results, start lists,

etc. Contact NVC Chairperson if a group of guests (more than 3 of either sex) want to be guest racers in a NVC race.

- Course Setting: A USSA licensed Level 1 Referee or higher must set all courses (ACR U603.1.1). J5&6 courses should be rhythmical with lots of open gates. Slalom course setting should be very simple using "stubby" gates if possible. There are no under gates allowed in either giant slalom or slalom. Vertical combinations are only allowed in J5 slalom courses (Town Meeting Day race at Cochran's is the exception).
- Results: All results (single run results) should be faxed (or emailed) to the Stowe Reporter, and uploaded to the VARA website by noon on the following day.
- Medals/Awards: Responsibility of the host club. Awards will be given to the top 10 boys and 10 girls, J5 & J6, for each run. Medals must have places (4th) engraved on them.