

## MVC U12 Rules

1. MVC U12 Series races are all US SKI AND SNOWBOARD 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 US SKI AND SNOWBOARD memberships.
3. **Race Entries:** All MVC U12 race entries will be done via online race registration process. The race registration deadline will be 24 hours prior to the start of the race.
4. **Entry Fees:** The recommended entry fee for U12 series races this season will be \$40. Entry fees are to be collected via online registration.
5. **Membership cards:** U12 Series racers **will not** need to display their US SKI AND SNOWBOARD 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, single pole stubby or full gate 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 US SKI AND SNOWBOARD 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 US SKI AND SNOWBOARD 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 (max of 3 gates), and 1 delay gate. **Particular to MVC U12, the first SL race will use stubby gates. The second SL race will use 60" 27 mm 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 US SKI AND SNOWBOARD 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. **Race Start Time:** MVC U12 races should start at 9:30 am or later, depending on local considerations. Registration and inspection windows should be scheduled accordingly.
  - f. **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 within gender, with first run DNFs running in their same place (but in reverse order) for the second run *except at dual style events where both runs will be run in the same running order.* Efforts within reason should be made to accommodate competitors who miss their start.
  - g. **Post-race training:** When possible the second run course should remain in place for a 30-minute window of time during which registered competitors may take untimed training runs. The jury will remain on the hill.
  - h. Individual places will be determined by combined time of the athlete's two runs. The course will be reset for the second run unless the jury decides otherwise. Male and female competitors may run on separate courses if necessary.
  - i. A competitor need not complete his/her first run successfully to get a second run.
  - j. The athletes must be given an ample amount of time for inspection of second run.
  - k. The loss of one or both skis in the start will be grounds for a re-run. All other US SKI AND SNOWBOARD rules regarding re-runs should be observed.
  - l. In compliance with US SKI AND SNOWBOARD 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.

- m. In compliance with US SKI AND SNOWBOARD 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.
  - n. In compliance with US Ski and Snowboard Competition Equipment Rules, U12 and under competitors are only allowed to use one (1) pair of skis per race (inspections and competition). Parents, coaches or technicians are not allowed to furnish additional pairs of skis for use during race day inspections or competition. Non-compliance may result in NPS or depending on circumstance, DSQ (proven violation after start).
  - o. In compliance with US Ski and Snowboard Competition Equipment Rules, fluorinated waxes are prohibited. No waxing solution may be applied at a U12 and under competition venue and the use of ski preparation benches is not allowed in a U12 and under race arena.
  - p. **Super G Camp:** A U12 Super G camp will be scheduled and will be open to all MVC U12s within coaches' discretion. The camp will consist of skill stations and untimed sections. Speed guns can be utilized. The suggested cost for the camp will be \$45. Athletes must be on appropriate equipment – GS skis or longer.
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. Awards should be given out at the completion of the 30 minute untimed training post-runs.
  - 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 1<sup>st</sup>, 5<sup>th</sup>, and 8<sup>th</sup> boys and the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> girls would have a team score of 10. In the event of a tie, the team with the best single place would win.
9. **VARA U12 Projects:**
- a. VARA U12 Skills Day at Quechee: Mid-Vermont Council U12s are encouraged to participate in the VARA U12 Skills Day at Quechee on Friday, February 3, 2023. Participation is open to all VARA U12s. VARA will work with clubs to manage registration, but there will be no qualification process. This will be a statewide project offering skills based training on SL skis.
  - b. VARA U12 GS Terrain Project at Okemo: Mid-Vermont Council U12s are encouraged to participate in a VARA U12 GS Terrain Project. Participation is open to all VARA U12s. VARA will manage registration, but there will be no qualification process.
  - c. VARA U12 Tri-Council: This will be a slalom focused Kombi style two run race designed to bring together as many Vermont U12s as possible by utilizing a large field size. Registration will be first come, first served with a 24-hour window of registration for second year U12s only. In 2023, the VARA U12 Tri-Council will be at Okemo on March 19<sup>th</sup>. The VARA Children's Committee will provide specific course setting expectations to Councils and Clubs in advance of the event. MVC U12s are encouraged to participate.
10. **The Piche Invitational:**
- a. The Piche Invitational is at Gunstock Mountain in NH March 17-19, 2023. Friday is a dual SL race with team dual, Saturday is a GS race, and Sunday is a SL race. Cost for 2023 is TBD. 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. Usually MVC has 5-6

spots/gender.

- b. MVC will allocate its U12 quota spots to the Piche Invitational via a lottery system. Clubs have the discretion to decide whether to offer the lottery to their athletes. Any club wishing to offer the lottery to their athletes is responsible for communicating the following lottery details. Any athlete wishing to participate in Piche's Invitational Race at Gunstock in NH must indicate their intent to their club coach by Wednesday, February 1st. One coach per club must then communicate these entries to the MVC U10/U12 Chair by Friday, February 3rd. The lottery will be conducted by Zoom for coaches who can attend by Monday, February 6<sup>th</sup>, and the results of the lottery will be communicated back to MVC coaches by Wednesday, February 8th. Coaches should plan to work collaboratively to support MVC athletes in the case that the spots are spread over several clubs.
11. It is suggested that both coaches and parents be directed to the VARA website to view and print results.
12. 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 US SKI AND SNOWBOARD by December 15 of the competitive season.
- 13. Results must be electronically submitted to results@US Ski and Snowboard.org. The subject line of the transmission must be the US SKI AND SNOWBOARD-assigned race code. A completed "race packet" must be submitted to the Eastern Office (Janet Larson) - refer to US SKI AND SNOWBOARD 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 US Ski and Snowboard.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 US SKI AND SNOWBOARD. This is the only way officials will get credit.**

## MVC U10 Rules

1. MVC U10 Series races are all US SKI AND SNOWBOARD 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 US SKI AND SNOWBOARD memberships.
3. **Race Entries:** All MVC U10 race entries will be done via online race registration process. The race registration deadline will be 24 hours prior to the start of the race.
4. **Entry Fees:** The recommended entry fee for U10 series races this season will be \$40. Entry fees are to be collected via online registration system.
5. **Membership cards:** U10 Series racers **will not** need to display their US SKI AND SNOWBOARD 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 US SKI AND SNOWBOARD 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 US SKI AND SNOWBOARD 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, if combinations are used in slalom race courses care will be taken to make them straightforward using maximum distances.** 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 US SKI AND SNOWBOARD 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. **Race Start Time:** MVC U10 races should start at 10:00 am or later, depending on local considerations. Registration and inspection windows should be scheduled accordingly to allow a later start to the day.
  - f. **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 organized by teams with order within team determined by random draw. The teams will run in a different order each race.** 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, *except at dual style events where both runs will be run in the same order.* Efforts within reason should be made to accommodate competitors who miss their start.
  - g. **Post-race training:** When possible the course should remain in place for a 30-minute window of time during which registered competitors may take untimed training runs. The jury will remain on the hill.
  - h. Individual places will be determined by the best of the two race 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.
  - i. A competitor need not complete his/her first run successfully to get a second run.
  - j. Efforts should be made to start the second run shortly after the first following an organized coaches slip of the course.

- k. The loss of one or both skis in the start will be grounds for a re-run. All other US SKI AND SNOWBOARD rules regarding re-runs should be observed.
  - l. In compliance with US SKI AND SNOWBOARD 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.
  - m. In compliance with US SKI AND SNOWBOARD 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.
  - n. In compliance with US Ski and Snowboard Competition Equipment Rules, U12 and under competitors are only allowed to use one (1) pair of skis per race (inspections and competition). Parents, coaches or technicians are not allowed to furnish additional pairs of skis for use during race day inspections or competition. Non-compliance may result in NPS or, depending on circumstance, DSQ (proven violation after start). ***The MVC recommends the use of one (1) competition ski for a U10 and is considering adopting this as a rule for 2023-24.***
  - o. In compliance with US Ski and Snowboard Competition Equipment Rules, fluorinated waxes are prohibited. No waxing solution may be applied at a U12 and under competition venue and the use of ski preparation benches is not allowed in a U12 and under race arena.
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 (two first runs contested). Medals are the responsibility of the hosting mountain Awards should be given out at the completion of the 30 minute untimed training post-runs.
  - 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 1<sup>st</sup>, 5<sup>th</sup>, and 8<sup>th</sup> boys and the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> girls would have a team score of 10. In the event of a tie, the team with the best single place would win.
9. **VARA U10 Skills Day at Quechee:** Mid-Vermont Council U10s are encouraged to participate in the VARA U10 Skills Day at Quechee. Participation is open to all VARA U10s. VARA will work with clubs to manage registration, but there will be no qualification process. This will be a statewide project offering skills based training on SL skis.
10. It is suggested that both coaches and parents be directed to the VARA website to view and print results.
11. 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 US SKI AND SNOWBOARD by December 15 of the competitive season.
12. ***Results must be electronically submitted to results@US Ski and Snowboard.org. The subject line of the transmission must be the US SKI AND SNOWBOARD-assigned race code. A completed "race packet" must be submitted to the Eastern Office (Janet Larson) - refer to US SKI AND SNOWBOARD 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 US Ski and Snowboard.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 US SKI AND SNOWBOARD. This is the only way officials***

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