

MVC U14 RULES

1. MVC U14 series races are all USSS sanctioned events.
2. Participation Requirements: The minimum age to participate in the U14 series is 12. U14 racers must hold current VARA and USSS competitor memberships.
3. Race Entries: All MVC U14 race entries will be done through an online race registration process. The race registration deadline will be 24 hours prior to the start of the race. Any race registrations received after the deadline will be charged a \$25 late fee.
4. Race Entry Fees: The recommended entry fee for U14 series races this season will be \$40 (plus applicable online processing fees) for tech events (SL/GS) and \$45 (plus applicable online processing fees) for SG. Entry fees will be collected via online registration.
5. Membership cards: U14 series racers will not need to display their VARA or USSS cards at Mid Vermont Council race registrations though they must hold both current memberships.
6. Bib and Ticket pick up: Will be done by a Team Captain on race day. Team Captain will distribute bibs and tickets to their athletes.
7. Running Order:
 - a. MVC U14 races should be run in the following order: U14 girls, U14 boys. A competitor need not complete his/her first run successfully to get a second run.
 - b. The start orders for all MVC U14 council races will be determined by a random draw conducted by the event organizer.
 - c. Running orders: U14 races should be run in the following order: U14 girls, U14 boys. First run start order will be a random draw of the field. The second run start order will be in the reverse bib order of the first run (complete flip of the fields by gender) for both boys and girls. (Except for duals, the start order will be the same for the first run and second run). The girl and boy with the last bib number from the first run will race first on the second run for their respective gender. The girl and boy with bib #1 from the first run will run last on the second run for their respective gender. All finishers, DNFs, DSQs will be included in the reversed start order for the second run. Efforts within reason should be made to accommodate competitors who miss their start.
 - d. MVC Council standings will be kept all season. This series standing/ranking will be used for seeding to the VARA U14 State Championships. The VARA U14 State Championships are open to all eligible U14 racers.
 - e. *Each council will need to have the race secretary for their first council race hand enter the rosters into their timing system, so the correct info will be loaded for the scoring spreadsheet (US Ski & Snowboard number, CORRECT spelling (same name used for USS registration), YOB.) Councils will use that info for their scoring spreadsheets. This will make lists for states easier to submit to VARA. **Council lists for states require the following info, Eastern U.S. Ski and Snowboard #, Last Name, First Name, Club, YOB to be provided by the council chair to VARA. Lists without the proper info will not be accepted. When race organizers upload results to US Ski & Snowboard with incorrect spelling or US Ski & Snowboard #, the race will get rejected when the name or U.S. Ski and Snowboard number does not match.***

8. Rules Particular to MVC U14 Series Races:

- a. MVC U14 series race courses should be giant slalom, single pole slalom, GS (Terrain) camp with speed elements, and a SG race. The discipline of each race will be designated in the schedule before the beginning of the season.
- b. GS courses will be set per USSS U14 course setting guidelines. Gate distance will be 15-25 m (delay minimum 10m between successive gates and maximum 35m from turning pole to turning pole) and maximum vertical drop of 300 m.
- c. SL courses will be set per USSS U14 course setting guidelines. Poles must be FIS-B 25-27mm/60". Gate distance will be 7-11 m for open gates, 4-6 m for combinations, 12-15 m for delay gates and a maximum vertical drop of 140 m. The course set will have 2-4 hairpins; 1-2 vertical combinations (3 gate max); 1-3 delay gates.
- d. SG courses will be set per USSS U14 course setting guidelines. Gate distance will be 25-40m (delay minimum 15 m between successive gates...50 m from turning pole to turning pole) and maximum vertical drop of 350 m. A minimum of 1 jump is recommended. A training run is required.
- e. Individual places will be determined by the 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. If the course is reset for the second run, the athletes must be given ample time to inspect the course.
- g. The loss of one or both skis in the start will be grounds for a re-run. All other USSS rules regarding re-runs should be observed.
- h. In compliance with USSS 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 race series.
- i. Protests for U14 races against a competitor, an official, a disqualification or against the timekeeping may be made verbally to the jury (as per U644.2). A protest fee of \$20 must be deposited with the submittal of the protest.
- j. Super G Camp: A U14 Super G/Terrain 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 may be \$50 (plus applicable online processing fees). MVC U14 athletes must attend the SG/Terrain camp and/or the VARA U14 Terrain Camp to be eligible to participate in the MVC U14 SG race. The council event must be run at a minimum 5 days prior to the state SG.
- k. MVC Super G race: A MVC U14 SG race will be scheduled and will be open to all MVC U14's. The SG race will be scored and will count toward MVC council standings. The race will consist of a training run prior to the race run. In the event the jury feels we cannot run the training run due to force majeure, the athletes will have an organized free ski run on the race trail. The cost of the race should be at the discretion of the event organizer. Competitors must participate in their council SG event to race in the State SG. The council event must be run at a minimum 5 days prior to the state SG.

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 (NVC or SVC).

Intra-council and 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 vote by MVC. The request must be made one week prior to the race.

Out of council guest racers: If an athlete from another USSS 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 one 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, and 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 the 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 one week prior to the race.
 - Out of council athletes will be allowed to race 2 races per year. MVC will allow 4 boys and 4 girls per race.
 - Out of council racers must meet the same USSS membership requirements as MVC and have a valid competitors 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 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. The second run start order will be complete flip of the field and the guest racer(s) will be able to take part in the flip.
 - The out of council racers time(S), finish place and home program/mountain are to appear in 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 did not participate in the race.

PETITIONING ATHLETES (SKI DOWN)

If an athlete is approved, they will follow MVC 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 U14 State Championships but will not advance to a USSS post season event.
- PA will be seeded at VARA U14 State 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 USSS Championship events.
- PA will compete in only 1 VARA State Championship series.

For more information on PA athletes go to <https://www.vara.org/rules.php>

9. Awards:

- a. Medals will be awarded to the top 10 boys and the top 10 girls determined by best combined time. Medals are the responsibility of the host mountain. Per VARA rule, the host mountain is required to present awards between 5 to 30 minutes following the completion of the last competitor's run.
- b. The Bean Pot Award (team award) is given based on the top 4 boys and/or girls with the lowest score by team. Team scores will be calculated as follows:
 - i. Each gender should be ranked separately.
 - ii. Each team's top 4 place points based on best combined time (regardless of gender) are then added together.
 - iii. The team with the lowest score wins. For example, a team with the 1st, 5th, 8th and 9th boys and the 2nd, 3rd, 4th and 12th girls would have a team score of 10.
 - iv. In the event of a tie, the team with the best single place would win.

10. VARA U14 events, Post Season Series and U14 Eastern Regional Event Qualifications

- a. MVC U14's will have the opportunity to participate in the following U14 VARA Tri-council series, Vara Terrain Camp, Vara/Eastern post-season events: The VARA U14 State Championships, Eastern U14 Finals, Eastern U14 Championships and the U14 Can-Ams.

VARA U14 TRI-COUNCIL SERIES

Tri-Council races will include 1 SL and 1 GS per gender and 1 SG, providing an opportunity for all councils to compete together, allowing for U14 head-to-head competition within the state. The field size maximum is 150.

Registration Process: Tri-Council open races will allow the second year U14's a 24 - hour window to register before opening to all U14's. It was felt it is important to provide a chance for second years to have access to an open year-end event where all the councils can compete together. Participants must have competed in at least 1 VARA council series race to be eligible to register for the Tri-Council event.

- The Jan 17 events will open registration on January 2nd at 5:30 pm for YOB 2011. 24 hours later on January 3 at 5:30 pm the event will fully open.
- The February 13 event Boys at Sugarbush will open registration on February 1st 5:30 pm for YOB 2011. 24 hours later on February 2nd at 5:30 pm the event will fully open.
- The February 14 event Girls at Burke will open registration on February 1st at 5:30 pm for YOB 2011. 24 hours later on February 2nd at 5:30 pm the event will fully open.
- The February 24th event at Stowe will open registration Feb 10th at 5:30pm for YOB 2011. 24 hours later on February 11th at 5:30pm the event will open fully.
- The race fee is a maximum of **\$65** per event.
- Seeding – Random draw first run. The second run is Flip Field. SG is random, with the same order for training and race runs.
Medals will be given to the top 10 per gender

Jan 17th	Girls @ Okemo & Boys @	Saskadena 6 SL
Feb 13th	Boys GS	Sugarbush, VT
Feb 14th	Girls GS	Burke, VT
Feb 24th	Girls & Boys SG	Stowe, VT

Eastern U14 Projects:

*Selection/Criteria based on Eastern Region [Eastern Region Calendar](#)

February 3-6 Intro to Speed Blocks @ Okemo, VT

March 15-16 Eastern Regional Finals @ Catamount, MA

March 20-23 Eastern Regional Championships @ Whiteface, NY

March 27-March 30 Can-AMs @ Mt Tremblant, Canada

VARA U14 GS/TERRAIN DEVELOPMENT PROJECT OKEMO MT. – JAN 31, 2025 (All Genders) Selection: Open Registration

This is a terrain-focused development project introducing a variety of elements to enhance adaptability, skills, and tactics. Participants will work in groups and with different VARA coaches. This project is geared toward second-year U14s.

Registration is open and will allow second years a 1st come, first served 24-hour window for registration. After this window, registration will open up to the first-year U14s.

Councils will submit confirmed lists to VARA. Registration will open on Jan.16th, late evening. Council lists must include in this order -- Last Name, First Name, USS #, Club, and YOB.

VARA U14 STATE CHAMPIONSHIPS
STOWE, VT FEB 28th & MARCH 3rd, 2025
OKEMO, VT MARCH 8-10, 2025

February 28th Girls SG training and race @ Stowe, VT
March 3rd Boys SG training and race @ Stowe, VT
March 7th GS/8th SL: Boys Technical events @ Okemo, VT
March 9th SL/10th GS: Girls Technical events @ Okemo, VT

The U14 VARA State Championships are open and split gender except for the SG.

To participate in the VARA State Championships, competitors must have raced in 1 less than half of council events (round down).

U14 States host sites will not provide Goodie bags. The host site will provide:

- Only one commemorative item
- A pizza party, banquet, or another type of gathering before final awards, if possible per USS guidelines.
- **Awards** for top 10 Boys and Girls per event. * (see below for more info)
- **Weather** - Every attempt will be made to host events. However, in the case of weather issues, the decision of the jury and TD will be respected
- **Gate Requirements: 60" height off the snow will be utilized for slalom.**

SG - The VARA State Championship SG will be held at Stowe and hosted by MMA.

Prerequisite for VARA State SG: Athletes **MUST** race/participate in their council SG event (can be controlled training, camp, or race) this event will be completed before the council intents for states are completed.

Councils will submit intents for the State SG to VARA prior to the registration opening. Intents will come from council chairs 24 hours after the completion of their SG event and will verify participation in a council SG event as well as provide the seeding.*

**Councils may also do intents for Council SG Event to verify training has occurred at the club level. This supports athlete development and skill-building.*

February 28th - U14 Girls State SG train and Race

March 3rd - U14 Boys State SG train and Race

SG Field Size - Max 120 for each gender (40/council) If a council does not field 40 athletes, the race host may fill in rank order equally from the remaining council intents up to the maximum of 120 athletes.

Registration Process for VARA State Championships:

Registration will open after councils submit their **intents/council list order** to the host site race administrator. Lists/Intents are due within 24 hours of the last council race.

1. Mandatory Team Captain's Meeting (TCM) the night before the first race. This meeting may be held virtually and/or in person.
2. **Format:** There will be two traditional runs of GS, SL, and one SG (the SG will have a training run).
3. **Seeding** - Seeding will be based on final MVC Council rankings after the last MVC Council event. The scoring will be based on 1 less than $\frac{1}{2}$ (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 number of runs taken into consideration will be rounded down. Ties will be broken externally by taking the next best result.

The start lists will be based on a Council rotation determined by a random draw by VARA. The top 15 (top 5 from each council) will be a random electronic draw done by the host Race Administrator for each race. Places 16 and higher will remain consistent in council ranked rotation for all races. The second run start order will be bibbo (flip top 30) the DSQ and DNF's will run at the end in bib order.

4. **Qualification:** The states are open to Vara members. Competitors must have raced in 1 less than half of council events (round down).
5. **Entry fees:** U14 States entry fee is recommended not higher than \$190. The fees will include the awards event for participants at the technical events and an event souvenir. Host sites for States must commit to making the states a championship event.
6. **Awards*:** The host site will award the top 10 boys and girls in each event. There is NO overall champion awarded at this level. The award ceremony is at the discretion of the host site, and must follow USS Competition Guidelines.
7. **Registration** for participants will be on Adminskiracing.

REGIONAL POST-SEASON QUALIFYING EVENTS

EASTERN U14 CHAMPIONSHIPS

WHITEFACE, NY MARCH 20-23, 2025

VARA Quota - 29 Men and 28 Women

The Vermont U14 Championship Team will be determined as follows: (This quota of 57 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 State Championship events.

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

- Automatics: Each Council will have 2 Automatics (1G/1B) to U14 Eastern Championships.
- Automatic seeding: Council automatics will receive seeding in at least the second seed for U14 Junior Eastern Championships.
- Race Requirements: To attend the Eastern U14 Junior Championships, athletes are required to compete in the majority (> than ½) of races at VARA U14 States unless injured.

Seeding at Easterns:

- The seeding at Easterns is RANDOM Draw for the first run and FLIP FIELD for the second run of race one, then “butterfly 1” and “butterfly 2” for the subsequent tech events in the series.
- The SG at Easterns is random seed regardless of its order in the series. The tech events will follow the random, flip, butterfly 1 and butterfly 2.

If there are no States contested then the State Eastern U14 Championship Team will be selected based on a council allocation where each council’s percentage of the total is based on its population percentages of all active VARA U14 athletes determined after the second weekend of February.

Council Injury- If an athlete, due to injury, is not able to complete the required council races to compete in states. They can seek approval from the council chair to race in the VARA Tech events Once the council chair receives a request, that request will be reviewed by the VARA JDC, if approved the athlete will be inserted at the end of council seeding.

Athlete Injury Clause for U14 Eastern Championships - Injured Athletes unable to attend the VARA State Championships petitioning for a discretionary spot to the U14 Eastern Championships must submit a request for a discretionary spot through the US Ski & Snowboard Eastern Office. The VARA CDC Chair, the VARA Executive Director, must be copied and notified of the request.

From USS Eastern Region Handbook can be found on the Eastern Region website: [Eastern Site](#) Please refer to the Eastern Handbook for more information.

Details:

This non-scored event will consist of a GS, SL, SG, and Skills Quest.

Divisional Quotas and Entries:

Divisional Quotas will be determined by the Eastern Children's committee by Dec. 1 and published on the Eastern Website. Quotas represent one divisional team to the U14 Eastern Championships. Up to 5 spots per gender can be reserved by the Eastern Region Youth Coach and Development Director for a development quota. These spots are for unique situations (i.e. injury); the intent is to capture the top performing athletes in the region. The discretionary selections will be seeded in a block after the 1st seed. These athletes would be eligible for selection to Can-Ams providing event requirements are met. These selections will be announced before the first Team Captains Meeting. The development quota will be in their own seed after the first seed.

EASTERN U14 FINALS
CATAMOUNT MOUNTAIN, MA
MARCH 15th – MARCH 16th , 2025

The U14 Eastern Finals is an Open event for all eligible U14 athletes. A U14 athlete may not compete in the U14 Eastern Championships and the U14 Eastern Finals. For more information see the US Ski and Snowboard Eastern Handbook [Eastern Site](#)

U14 CAN-AM
Mt Tremblant, Canada (tentative)
March 27th – March 30th , 2025

It is an Eastern quota of 60 athletes (30G/30B). Selection procedure can be found in the USSS Eastern Handbook [Eastern Region Handbook](#)

Thirty Eastern athletes per gender will qualify to represent the Eastern Region at the U14 Can-Am Races.

Selections:

30 Eastern athletes per gender will qualify to the Can-Am from U14 Eastern Championships

- Winners of individual events contested at the U14 Eastern Championships (SG, GS, SL) or whatever events can be contested, followed by rankings based on each athlete's best 2 single runs and/or overall results from the series. First place(s) will receive 1 point; second place(s) will receive 2 points, etc. The results of out-of-region athletes who are given entrance to the U14 Championships under the discretionary quota of the Eastern office are purged. Ties will be decided by the next best place (third result/place). Athletes must choose U16 Nationals or U14 Can-Am and must notify the Regional Director within 48 hours of completion of U14 Eastern Championships.

Seeding

Seeding at the Can-Am will be done separately for each event, and will be based on the same place points system from the U14 Eastern Championships used to qualify for the Can-Am. This means that the seeds will likely vary for each discipline.

Scoring and other Special Can-Am Rules

Scoring information and other special rules specific to the Can-Am (such as course setting regulations) can be found on the [Governance page of the Eastern Region website](#).