FIS Skiing involves 16 year old and up athletes who have a valid US Ski and Snowboard, VARA and FIS membership.

FIS (Federation of International Skiing) is the international governing body for all of ski racing. Similar to US Ski and Snowboard sanctioned events scheduled around the USA, the FIS sanctions events worldwide. FIS racing allows a skier to earn FIS points. FIS points are similar to the US point system with the exception that they provide an athlete the ability to be ranked against all alpine skiers worldwide. USS point system allows for a National Ranking within the USA. FIS schedules non-scored children's events as well such as Whistler Cup.

Interested athletes should discuss FIS racing with their coach. Athletes and coaches need to learn about US Ski and Snowboard, VARA and FIS race policies and procedures pertaining specifically to FIS racing.

There are 3 ways to be selected to race in FIS events.
1. USSA point ranking via NTSM selection processed through the US Ski and Snowboard Eastern Office
2. Eastern USSA Development Quota processed through the US Ski and Snowboard Eastern Office.
3. VARA (divisional) Quota when applicable, to Devo FIS events.

VARA is not part of the Intent and Confirmation process for Nor Am, FISU, U19 Nationals, US Alpine Championships, any out of region or out of country FIS events. Coaches should contact the eastern office Paige Roberts, Sam Damon or review the Eastern Site for more info on Eastern FIS access.

See the Eastern Handbook on the US Ski and Snowboard Eastern website for more information regarding selection methods and age group quotas.

EASTERN FIS EVENTS:
1) **NOR AMS:** Nor- Ams are considered a continental cup level event which is run in the US or Canada. Similar to the Europa Cups held in Europe, they are a very high level of FIS racing.

2) **Eastern Cup Series(ECS)**: Serves as a venue for the top athletes to be ready to perform in Nor-Am competition. Selection to these events is regionally based (by FIS points). There is no state/divisional quota for this series. It is high level competition and the fields are typically full with the top point holders from the east, college skiers, elite eastern athletes, foreign athletes and National Team members. See the Eastern Handbook for details as well as quotas and info regarding the Eastern Cup Series.

3) **Development FIS Series**: Designed for the younger FIS athlete to develop a point profile which may eventually lead to qualification in the ECS, etc. Selection to these events is regionally based by USSA points. There is a state/divisional quota of 3M/3W for this series. See the Eastern Handbook for details.

4) **Open FIS Races:** These are an opportunity for athletes to get a feel for FIS competition and for older athletes who fall just outside the selection criteria for Devo FIS or ECS. See the Eastern Handbook for details.

5) **Eastern USSA Finals, Jr Championships (U19), US Alpine Championships:** See the Eastern Handbook for more information.

6) **FIS University Races (FIS-U):** These are college carnival races which are FIS events. There is a quota for non-collegiate skiers with FIS points, see the Eastern Handbook for more information.