

6 - RULES GOVERNING PNSA COMPETITORS

RACE ENTRY OUT-OF DIVISION

Divisional offices or ACC Chairpersons for the divisions concerned must handle entry to races in other divisions, which are not part of a designated PNSA Team. No competitor, coach or parent may enter races in another division without proper approval. The philosophy of PNSA is to discourage unnecessary travel out of the division. The following policy will apply:

1. All requests to race out of division must be submitted to the PNSA office, in writing, three weeks (21 days) prior to the competition. The PNSA office will seek permission from the division involved. If permission is granted, coaches need to make the appropriate entry with the race organizer.
2. Racers are only eligible to enter competitions in other divisions for which they are eligible in PNSA, i.e. Inter-Mountain Cup races require NW Cup Eligibility. Further, racers must qualify in one of the events involved in the competition.
3. Out-of-Division races will only be considered when PNSA is not sponsoring a race of equal caliber, at or about the same time.
4. Exceptions may be applied for through the PNSA office and will be considered by the Alpine Competition Committee or ACC Alpine Development sub-committee.

See the USSA Alpine Competition Guide for more information on racing in other divisions, regions, and out of the country.

USSA CODE OF CONDUCT

The USSA Code of Conduct can be found in the *USSA Alpine Competition Guide*, which is sent to every USSA member (also available on the USSA website). The entire Code, as stated in the Competition Guide, shall apply to all PNSA competitors, coaches and officials at all levels of PNSA racing, and when representing PNSA as part of an official team or as an individual.

All competitors, coaches and officials should read the USSA Code of Conduct.

USOC COACHING ETHICS CODE

All coaches are encouraged to read and comply with this Ethics Code. The code is available on the coaches' page of the PNSA website.

PNSA Policy Concerning Illegal Drugs and Alcohol

In addition to what is stated in the USSA Code of Conduct, PNSA endorses the following policy regarding the illegal use of drugs and alcohol:

It is the position of PNSA that ski racing requires dedication, training, perseverance, and physical conditioning and emotional stability. These requirements and the safety of participants in a challenging and demanding competitive sport are not compatible with the use of drugs or alcohol and their adverse effect upon the emotional and physical being of the users.

Consequently, the Alpine Competition Committee of the PNSA does hereby declare its opposition to the use of illegal drugs and the illegal consumption of intoxicating beverages.

1. Absolutely no possession or use of illegal drugs or narcotics.
2. Absolutely no illegal possession or illegal use of alcoholic beverages.

PNSA TRAVELING TEAM RULES

PNSA Traveling Team Rules govern all team members. "Team members" refers to all racers, coaches, officials, and other individuals who officially represent PNSA at a race or other competition.

1. Members of PNSA traveling teams are required to abide by the USSA Codes of Conduct and the PNSA Policy Concerning Illegal Drugs and Alcohol. Additionally, members are:
 - a. To refrain from the use or possession of alcohol in vehicles used for team purpose.
 - b. Not to consume alcoholic beverages anywhere in the presence of a minor team member.
 - c. Required to attend all team meetings and team training unless excused by the head coach.
 - d. Required to observe the curfew established by the head coach.
 - e. Required to remain with the team or in the vicinity of the team's housing, except with the knowledge and permission of the team's head coach.
 - f. Required to observe any additional rules established by the team head coach or the PNSA ACC.
2. PNSA will normally arrange for coaching and housing for quota races where the Western Region does not make such arrangements. Racers who qualify for a competition, and attend, will go as members of a PNSA traveling team. All PNSA competitors on any PNSA traveling team are expected to stay with their respective teams at the housing arranged for them by the PNSA office. Competitors with extenuating circumstances may appeal to the PNSA Director of Alpine for release of this provision.
3. Racers participating with the team are required to supply PNSA with all required forms and fees by the established deadline.
4. A racer, who drops off the traveling team after fees have been paid to the race organizer and for housing, may receive a refund only if the PNSA office can recover funds.
5. Racers who are in violation of PNSA traveling team rules are not eligible for a refund, and may be ineligible for future PNSA traveling teams.
6. Coaches who desire to act as PNSA traveling team coaches shall apply to the Coaches Committee to be selected for the PNSA traveling team. All coaches who desire to act as a PNSA traveling team coach may be subject to background checks and random drug testing. The PNSA president or vice-president shall randomly select PNSA traveling team coaches for drug testing. If a PNSA traveling team coach who is affiliated with a PNSA club that has a drug testing policy, the PNSA president or vice-president may utilize the coaches' club program for random drug testing. Otherwise, all drug testing shall be as directed by the PNSA president or vice-president in a location convenient for the coach. The drug test results shall be confidential, however, if a coach does test positive for illegal drugs then the test results shall be referred to the PNSA disciplinary chair for action. The procedures to be followed for any disciplinary action against a traveling team coach shall be essentially the same procedures utilized for a competitor, such as Levels I, II, and III.

VIOLATIONS of TEAM RULES and POLICY

Violations of the USSA Code of Conduct, Racer's Responsibility Code, PNSA traveling team rules, and the Your Responsibility Code established by the National Ski Areas Association may give rise to sanctions to be imposed by the competitor's sponsoring organization, PNSA, and USSA.

It is PNSA's policy that if a competitor violates any applicable code of conduct, team traveling rule, or racer responsibility code that immediate resolution of the violation best serves the competitor, PNSA, USSA, and the sport of skiing. As such, PNSA adopts the following procedure to handle violations.

Procedure

The handling of violations and sanctions, if any, will be handled at three levels. Level I is an on-site and immediate resolution of a code of conduct violation. Level II is more formal, involving the Disciplinary Chairperson and the competitor. Level III is the formal PNSA appeal with the Chairperson and two members of the PNSA Alpine Appeals Board. It is anticipated that Level I will encompass most violations and be administered by the venue officials, whether a PNSA coach, team coach, or race official.

LEVEL I - (Venue Resolution)

If a competitor has violated, or allegedly violated, a USSA code of conduct, PNSA team traveling rule, skiers responsibility code, or racer's responsibility code, the violation shall be called to the attention of the competitor. The appropriate coach or official shall propose an immediate resolution or sanction to be imposed. The racer shall have the opportunity to accept the sanction as a final sanction for the claimed violation. If the racer accepts the violation, then no further sanctions shall be imposed against the racer. The appropriate coach or official shall report, in writing, to the PNSA office and the Disciplinary Chairperson, the incident and resolution of the incident.

LEVEL II - (Administrative Resolution)

A violation of the USSA code of conduct, PNSA team traveling rules, racer's responsibility code, and skier's responsibility code by a competitor shall be reported to the PNSA Office in writing. Upon receipt of the reported violation, the PNSA office shall refer the claimed violation to the Disciplinary Chairperson. The Disciplinary Chairperson shall contact the competitor by telephone and discuss the claimed violation with the competitor. The chairperson shall also take such other action and investigation as they deem appropriate and then propose a sanction to the competitor. The competitor shall have the opportunity to accept or reject the sanction. In the event that the competitor accepts the sanction, the violation and sanction shall be fully resolved and final. If the competitor rejects the sanction or proposed resolution, then the Disciplinary Chairperson shall refer the claimed violation to the Chairperson of the Alpine Appeals board for administration as per Level III.

LEVEL III - Formal Disciplinary Action)

The chairperson of the PNSA Alpine Appeal's Board shall act as the disciplinary committee chairperson and shall select two other members of the Alpine Appeal's Board to sit as the disciplinary committee. The three person disciplinary committee shall generally follow the following procedures:

1. The competitor shall be given sufficient notice, preferably in writing, outlining the nature and extent of the claimed rules violations.
2. The competitor will be given reasonable time in which to prepare a response to the claimed violation.
3. The competitor will have the opportunity to be assisted in presenting their side of the incident at the hearing and also can include the assistance of an attorney if the competitor so desires at competitor's expense.
4. The chairperson of the Disciplinary Committee shall conduct the hearing, and the hearing shall either be in person or by conference call and handled in such a way as to give the disciplinary committee and the competitor an opportunity to hear both sides of the claimed violations.
5. Immediately following the hearing, the disciplinary committee shall discuss and reach a decision in respect to the claimed violation including whether or not the violation has been committed and the sanction to be imposed.

6. The competitor will be provided with a written decision of the disciplinary committee, and
7. The disciplinary committee hearing, not including the deliberations of the disciplinary committee, may be recorded if the competitor requests that a recording be made of the disciplinary hearing.

Possible Disciplinary Action

Any sanctions imposed by PNSA under Levels I, II or III shall comply with the USSA code of conduct. Possible sanctions include the following:

1. Suspension from the team and loss of future team participation.
2. Loss of support from PNSA and/or PNSEF.
3. Suspension from training and/or competitions.
4. Elimination of coaching, travel and other benefits.
5. Turning the offending party or parties over to the local or state authorities if the offense is a violation of existing laws.
6. Any sanctions to be posed under Levels I or II shall not be for a period of more than 21 days.

Any appeals of a Level III decision shall be taken to USSA. It is PNSA's intent in adoption of the foregoing procedure to provide the Competitor with Due process. Due process is explained in the section "Athlete's Rights and Responsibilities" in the USSA Alpine Competition Guide.

Disciplinary Chairperson for Level I and Level II, nominated by the ACC and approved by the PNSA Board of Directors:

EVERETT B. COULTER, JR
2938 W 21st ST.
Spokane, WA 99224
(509) 455-5200-Work
(509) 455-3652-Fax
(509) 624-3942-Home
email: evcoult@verizon.net

PNSA APPEALS BOARD

The USSA and Amateur Sports Act mandate that all disciplines assure that appeal boards and procedures for jury decisions and team selections be instituted at all levels of competition within the USSA. The Appeals Board for the PNSA shall consist of five members. The competition committees (Alpine and Nordic) shall make recommendations to the Board of Directors of the PNSA. The Board shall make the final selection of the members to the Appeal Board. The committee shall consist of one senior official, one coach, one competitor, one current member of the respective competition committee, and the Vice president of the PNSA who shall chair the committee.

PNSA Alpine Appeals Board: The Chairperson is Rob Crick.

Competition Jury and Team Selection

Members of the involved jury may not be included in the appeals group. Any individual who has served in an appeal group that has reviewed an appeal may not be part of any group that reviews the same appeal at a higher level.

Notice of appeal must be delivered in writing with the appropriate fee to the appeals board chairperson within three business days after the jury decision took place. It is desirable to use the USSA standard appeals form available from the PNSA office. Individuals filing appeals shall pay the full fee amount required. If the appeal is successful, then the monies that have been submitted shall be refunded.

The hearing group must restrict its examination to consideration of whether protocol was followed, rules applied properly, athlete offered rebuttal opportunity, etc. The hearing group must not "retry" the case in terms of the facts found by the jury at the time, unless such a re-examination of the facts is clearly disregarded in the outcome of the jury deliberation. However, the hearing group can find that the facts were clearly disregarded in the outcome of the jury deliberation.

Filing Fees

Competition Jury Appeals	\$25.00
Team Selection Appeals	\$50.00

Please contact the USSA office for rules to appeal to higher levels.

RACER RESPONSIBILITY CODE

1. Bindings must be in good condition and properly adjusted for the conditions. Unbreakable sunglasses and goggles are essential.
2. Warm up for training and racing sessions. Stretch for at least five minutes before skiing. Warm up gradually on snow, skiing various radius turns, before skiing at racing speed.
3. Always carefully inspect a course before running it. Follow the inspection rules for the training session or race. Do not cross or go onto closed courses at competitions, and always be certain that practice courses are clear before proceeding.
4. If you fall and are unhurt, immediately signal that you are OK and move a safe distance away from the course. Collect your gear and reorganize away from the active course.
5. While attending a race event, stand far enough from the course to allow a racer on course full visibility, room to recover, and room to come to a stop without hitting you.
6. Always remain still while there is a racer on course, and never free-ski on or near a closed course except as allowed by the established inspection procedure.
7. If a gate pole is knocked out or broken and presents a danger, place it outside the course, preferably totally to the side of the slope or as directed by the coaches.
8. Be sure to communicate with your coach when tired, ill, uncertain or afraid, if the course is too difficult or rough, or if visibility is poor.
9. Always stop below your coach or training group - never attempt to stop above any skier or group. Always leave room to take "evasive action" should your coach or others in your training group move unexpectedly.
10. When your run is complete, move immediately out of the finish area or away from the course. Make sure you have an adequate finish area and safe room outside all courses.
11. Never jump or ski fast into an uncontrolled "blind spot".
12. When free-skiing outside race and training areas you must be aware of others and ski in full control at all times. Respect other skier's rights to a safe and pleasant skiing experience.

YOUR RESPONSIBILITY CODE (This is a partial list)

Skiing can be enjoyed in many ways. At ski areas you may see people using alpine, snowboard, telemark, cross country or other specialized ski equipment such as that used by disabled or other skiers. Regardless of how you decide to enjoy the slopes, always show courtesy to others and be aware that there are elements of risk in skiing that common sense and personal awareness can help reduce. Observe the code listed below and share with other skiers the responsibility for a great skiing experience.

1. Always ski in control and be able to stop or avoid other people or objects.
2. People ahead of you have the right of way. It is your responsibility to avoid them.
3. You must not stop where you obstruct a trail or are not visible from above.
4. When entering a trail or starting downhill, yield to other skiers.
5. Always use devices to help prevent runaway equipment.
6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
7. Prior to using any lift, you must have the knowledge and ability to load, ride, and unload safely.

Know the code. It's your responsibility.

Officially endorsed by: **National Ski Areas Association**
Pacific Northwest Ski Areas Association