

3 – USSA/PNSA CROSS-COUNTRY MEMBERSHIPS

USSA Membership

USSA has various membership options for competitors. Racers who are older than 14 and who want to race in the Junior National Championships or other national-level races must have a \$95 Competitor Membership. Others who want to race in USSA races can save money by getting the \$15 annual General Membership or a \$10 One-Day Membership.

Competitor Members will receive USSA Points when they race in USSA races, and a position on the National Ranking List. The General and One-Day Memberships do not provide access to the National Ranking List (USSA Points), but they do allow you to enter USSA races.

See: <http://my.ussa.org/membership/start> for USSA membership options, including competitors, coaches, officials, and volunteers. (Be sure to scroll down to the Cross Country section).

PNSA Membership

When you join USSA as a Competitor Member, you will simultaneously join PNSA. The cost is \$40.

Membership for Clubs

USSA: Clubs sanctioning races with USSA must join USSA as club members. Benefits to the club include liability insurance for USSA-sanctioned competitions. Use the [USSA Club membership form](#) to join, or contact USSA for further information – contact information is at the front of this manual.

PNSA: Club membership is required for the club to send a representative to the Nordic Competition Committee. To be eligible for PNSA Club membership a club must be duly organized by the date PNSA club dues (\$125) are due each season (Dec. 31st), have by that date at least fifteen (15) members, and the club must be in good standing with PNSA. See the [PNSA website](#) for further information and club membership form.

USSA Membership Pricing

For a XC U-16 and Older Competitor's license, add \$40 for the PNSA membership.

| XC Category | Age Parameters | Notes | Base Price |
|--|----------------|--|------------|
| General Member | All ages | USCSA/High School/Club Participant/Forerunning - May compete in USSA events | \$15 |
| Competitor U10 & under | 9 & under | | \$15 |
| Competitor U12 | 10 & 11 | | \$25 |
| Competitor U14 | 12 & 13 | | \$25 |
| Competitor U16 & over | 14 & over | Required for FIS registration | \$95 |
| Masters | 40 & over | | \$30 |
| Coach | 15 & over | Periodic background screening required | \$115 |
| Official | 15 & over | Periodic background screening required | \$60 |
| Club Volunteer | 15 & over | Periodic background screening required | \$45 |
| Short-Term Athlete Membership For All Ages | | | \$10/day |