# 4 - PNSA / USSA COMPETITIONS

PNSA provides opportunities for skiers of all ages to compete in various race programs and series. These programs and series are designed to give all athletes an avenue of advancement towards national and international competitions. A complete list of races and race dates can be found on the PNSA website.

*Note these restrictions for U14 athletes: see the Ability Class addendum*

## PNSA Youth Ski League /Buddy Werner/Mitey-Mite Racing

### Mission

PNSA Youth Ski League (YSL), Buddy Werner League (BWL) and Mitey-Mite programs provide skiers age thirteen (U14) and younger an opportunity to train for, and compete in, local races. In addition, active participation should prepare athletes for advancement to U16 racing.

### Philosophy

PNSA YSL programs introduce children 13 and younger to the sport of ski racing. The philosophy includes, but is not limited to:

1. PNSA YSL racing is fun! Coaches, parents and race organizers need to insure that, in every endeavor, fun is paramount.
2. PNSA YSL racing is inclusive. Participation is recognized and rewarded. Race fields are maximized in an effort to include all athletes who have the desire to participate.
3. PNSA YSL racing should teach life skills. Through training and competition, coaches should use opportunities to teach positive values of sportsmanship, cooperation, preparation, physical fitness, nutrition and other applicable social and personal skills.
4. PNSA YSL racing achievement is development based. Performance is rewarded while attention should be paid to long-term skill development.
5. PNSA YSL regular-season racing is age-class competition. Athletes compete against their respective age classes and are rewarded for achievements amongst their respective age group.
6. PNSA Buddy Werner Championships is an age-class YSL championship event (U14 only) that recognizes individual performance and team achievement.

### Licensing

A USSA Competitor (U14, U12 or U10 and younger) license is required for participation in USSA-sanctioned PNSA YSL / Mitey- Mite events.

### PNSA Buddy Werner Championships

A PNSA club hosts the Buddy Werner Championships (BWC) each year. Each team competes for the overall team award as well as individual awards.

Primary Goals and Mission

1. The purpose of the Buddy Werner Championships ski race is to provide:
    a. A divisional team championship event
    b. A divisional individual championship event for U14s
    c. An exciting and fun event to help U14s transition to U16 racing
2. The event focus shall be:
    a. The execution of high quality and fair races
    b. The acknowledgement of team and individual participants
    c. The acknowledgement of team and individual performances

## Competition

1. The BWC shall consist of three consecutive days of racing during the month of March. One day will be Super G, one Slalom and the third Giant Slalom, with a Skills Quest component taking place during the 3 days.
2. The BWC will be sanctioned with USSA as scored events.
3. The BWC results will not count toward PNSA Ability Class points.
4. The Skills Quest portion will not count toward BWC overall awards – individual or team.
5. Separate courses shall be provided for boys and girls.
6. Existing USSA / PNSA rules for organizing, officiating and racing shall apply to this event. Separate officials/crews will be used for boys and girls courses. This includes two separate TDs.
7. The course regulations will be according to the USSA rules for U14s.
8. Awards are presented daily for individual performances based on finish order.
9. The NWC Committee will invite 10 U14 athletes per gender from BW/U14 Championships to NW Cup Finals SL/GS events. The first slots will be filled by all single-event podium finishers. Ties within podium finishers will not be broken and both will be selected. In this scenario, these 2 selections will consume only one overall quota spot. The remaining quota will be filled from the Individual Overall results after podium finishers have been purged. Ties within Overall finishers will be broken by overall lowest race points for BWC series.

## Event Enhancement

To make the BWC a special event, organizers may opt to include the following:

| | |
|---|---|
| Event program | Team photo |
| Team meal plan | T-shirt and sweatshirt sales |
| Athlete souvenirs | Banquet |

However, organizers must strive to achieve the primary goals of the Buddy Werner Championships before incorporating additional event components.

## Eligibility

1. Any PNSA member, who is a U14, is a member of a PNSA club or team, and has participated in local events as a member of that club or team, is eligible to compete in the BWC. Foreign athletes who join USSA (USSA membership number preceded by an “X”) must pay their PNSA membership dues directly to the PNSA office to be eligible for the BWC.
2. Only organizations affiliated with USSA / PNSA by January 1 of the appropriate year will be eligible to enter teams in the BWC.
3. Each PNSA club in good standing may enter one team with as many members as their Program Director deems appropriate.
4. A substitute may take the place of another athlete of their club due to injury or other unforeseen circumstance. The replacement must be made prior to the Team Captains meeting on Friday. The replacement athlete must take the seeding position of the original participant.
5. The Team Coach must send in team entries for the BWC along with the appropriate entry fees.
6. The host organizer shall set the entry deadline.
7. The Head Coach for each club competing is required to be a USSA member with a Coach license and have a PNSA Coaches Card.
8. No racers from out of division, out of region or foreign countries (except those that have joined USSA & PNSA) will be allowed to enter the BWC. Only PNSA registered clubs may enter.
9. An official list of PNSA clubs eligible to enter the BWC shall be posted on the PNSA website by January of each year.

## Seeding

1. The BWC will have 8 seeds. Seeds 1-7 will contain one member from each team, seed 8 will be all others entered.

2. Each team will designate their entries for seeds 1-7 no later than 2 weeks prior to the first event. No changes will be allowed after the deadline. If the organizer has not received the seed list by the deadline, they will randomly insert the team members in the first 7 seeds and their selection will be final.
3. The 8th seed will be a random draw by computer.
4. The second run will be “bibbo” in accordance with USSA rules (flip 30 unless modified by the Jury).

Scoring

1. First and Second run times will be added together to determine the athlete’s time for the race.
2. Each athlete will be awarded place points in all contested events with the exception of Skills Quest. The fastest time shall be awarded 1 point, the second fastest 2 points, the third fastest 3 points, and so forth. All competitors that DNS, DSQ or DNF will be awarded one more point than the total number of competitors that finished both runs. (If there are 45 athletes that completed both runs then the DNS, DSQ and DNF athletes will receive 46 points.)
3. Team scoring in each event shall be determined by adding the Place Points together for the first 3 finishers of each team.
4. In the case of a tie in any event, the fourth-place team member’s Place Points will be used to break the tie. If there is a tie for all events combined, the fourth team member in all events will be added up to break the tie.
5. In the event of a tie of times for any position, the Place Points will be added together for all athletes with the same time and divided equally. For example, if there is a 2 way tie for 7th position, points for 7,& 8 will be added together and divided by 2 (7+8= 15/2= 7.5 Place Points each).
6. In case of a tie for the BWC individual overall awards, the tie will not be broken. If it becomes necessary to break a tie for selections or other purposes, total race points from the contested races will be used.

The Organizer

1. The location of the BWC shall rotate annually by zone.
2. The sponsoring host team shall be responsible for the proper organization, course preparation, appointment of officials (other than the TD which shall be appointed by PNSA, and the Referee who will be appointed by the TD), scoring calculations and other requirements of the event.
3. The sponsoring host team shall schedule the date for the event and set the entry fees, to be included on the PNSA race calendar.

The Committee

1. The YSL Working Group shall hold two meetings during the year. One at the Championships weekend with the participation of one representative of each club/team entered in the event, and one at the PNSA Annual Convention.
2. Recommendations for furthering and improving the program shall be discussed and developed at these meetings.
3. Bid forms shall be available at the BWC meeting for the next Buddy Werner Championships. The BWC venue shall be voted on and awarded at the PNSA Annual Convention.

For further information regarding YSL /Mitey-Mite racing in the Pacific Northwest or the Buddy Werner Championships, please contact the PNSA Office.

# PNSA U16 Series

The PNSA U16 Series is combined with and run as a sub-series of the Northwest Cup series.

The PNSA NW Cup Series #1, #2 and #3 are the races used for U16 qualification to the WR U16 Championships. The objective of the PNSA U16 series is to allow all U16 racers within the division to come together with minimal travel and cost while allowing sufficient training time at home to build strong technical skills. All U16 competitors must have a USSA Competitor license.

**U16 Series Awards**

- **Individual series awards**: Will be calculated using World Cup points awarded to the top 30 places (see Appendix 2) at each of the NW Cup series races. Non-U16 and non-PNSA-division U16 competitors will be purged from all individual scoring at the Finals. U16 titles will be decided by an athlete's best 50% results, rounded up, when more than 2 races are contested. If only 2 races are run, then both results will count. In the case of a tie, all winners will be recognized (i.e. no tie breakers).

  PNSA announces U16 overall titles and discipline titles at the NW Cup Finals. PNSEF awards prizes to cover competition expenses at the following rates:

| Place | Series Overall / per gender |
|---|---|
| **1st** | $700.00 |
| **2nd** | $400.00 |
| **3rd** | $300.00 |

- **Team series awards:** Will be calculated using the same New World Cup points that are assigned to the individual awards. However, team points will be determined by summing only the points of the best four men and the best four women from each team for a race that is scored. Non-U16 and non-PNSA-division U16 will be purged from all team scoring. The team scoring the highest total points will win the Overall Team Trophy. Team awards will be given out to the top 3 teams per gender and top 5 teams overall.

**Seeding**

Seeding of the U16 series will be by the Ability Class method – see Ability Class Addendum. USSA points will be scored at all U16 races.

# Evergreen Cup Races

The Evergreen Cup is the development level of racing for the PNSA division. The Evergreen Cup is open to all Junior-age competitors, U14 through Senior. Every geographic region throughout the PNSA tries to host several Evergreen Cup races to help keep travel, time and expense to a minimum. To be eligible to compete in the Evergreen Cup races, the racer must be a member of USSA and have a USSA U14 or older Competitor license. Evergreen Cup races will be seeded by the Ability Class method – see the Ability Class addendum. Entry to those Evergreen Cup races noted as 'zonal' is limited to athletes from clubs within that zone. If an athlete does not have a club affiliation, then their zonal affiliation will be determined by their address listed in the PNSA membership database.

**Awards**

The organizing club will provide PNSA Evergreen Cup awards as outlined by the Ability Class Addendum.

# Northwest Cup Series

Every season, PNSA stages a World-Cup-type competition for the top racers in the Northwest. This race series, known as the Northwest Cup, is the elite race circuit of the division. Races counting for the Northwest Cup overall award are indicated on the PNSA calendar. In addition to being elite divisional races, they are also used as qualifiers for the Western Region U21-U19 Championships and other major regional,

national, and international events. Northwest Cup races will be seeded by the Ability Class method – see the Ability Class addendum.

### Eligibility

All Northwest Cup events are open to U16 and older competitors, with an exception for the NW Cup Finals SL and GS, which are also open to the BW/U14 Championship invitees. However, U16s are not allowed to enter NW Cup speed races where the vertical drop exceeds the maximum allowed for the U16 age class. The PNSA ACC will monitor all Northwest Cup race results. All competitors, except CAN athletes, must have a USSA Competitor license in all NW Cup races.

### Scoring

Individual Titles

PNSA announces overall titles and discipline titles for individuals from the season-long Northwest Cup series. New World Cup points (see appendix 2) are awarded to the top 30 finishers at each NW Cup race. Overall and discipline titles will include points from all contested events. PNSEF awards prizes to cover competition expenses at the following rates:

| Place | Series Overall / per gender | Discipline Overall / per gender |
|---|---|---|
| **1st** | $1,000.00 | $300.00 |
| **2nd** | $750.00 | $200.00 |
| **3rd** | $500.00 | $100.00 |
| **4th** | $300.00 | |
| **5th** | $200.00 | |

Team Title

The overall team title is awarded to the team that accumulates the most individual World Cup points during the season-long series as described above. However, only the results from a team's top 4 male athletes and top 4 female athletes per race will be counted in the scoring.

## Western Region Race Series

The Western Region of the USSA comprises the 5 divisions in the West; Alaska, Northern (Montana, North and South Dakota, central Wyoming), Intermountain (Utah, western Wyoming and southern Idaho), Far West (California and Nevada), and the PNSA (Washington, Oregon, and northern Idaho). The Western Region offers the first levels of FIS competition to PNSA's top racers.

From these regional races, competitors can qualify for national / international events such as the U19 Nationals, Nor-Ams, and U.S. Nationals. The Western Region also conducts U14, U16 and U19/21 Championship events for top competitors within their age-class.

For more information on selections and quotas, see PNSA Selection Procedures later in this manual and PNSA Quotas in the Appendix.

### Western Region U14 Championships

Each of the three Regions of the USSA will conduct their own U14 Championships. The Western Region U14 Championships is an event for racers ages 12 & 13 from the 5 divisions of the Western Region. The event rotates each year among the divisions, and consists of Super G, Giant Slalom and Slalom races,

plus a Skills Quest component. Only U14 age competitors are eligible to participate. See the Western Region Policies and Procedures manual for full details and quotas.

### Western Region U16 Championships

Each of the three Regions of the USSA will conduct their own U16 Championships. The U16 Championships is a championship event for racers ages 14 & 15 from the 5 divisions of the Western Region. The event rotates each year among the divisions, and consists of Super G, Giant Slalom and Slalom races. Only U16 age competitors are eligible to participate. See the Western Region Policies and Procedures manual for full details and quotas.

### Western Region U19/21 Championships

The Western Region U19/21 Championships is a championship event for racers age 16 thru 20 from the 5 divisions of the Western Region. The event consists of Super G, Giant Slalom and Slalom races. See the Western Region Policies and Procedures manual for full details and quotas.

### Western Region FIS Racing
### U19 and older

**The Western Region Elite FIS Series** consists of three major events throughout the season. A tech block consisting of two SL and two GS is scheduled in January. The second event is the Spring Series consisting of two SG/GS/SL in early April, followed by a spring speed series of DH & SG. This is the highest level of regional racing, and is the platform from which racers move on to NorAm races, the U.S. Nationals, and out-of-country international competition. See the Western Region Policies and Procedures manual for full details and quotas.

**The Western Region FIS NJR Series** is a mid-level FIS series. 2 SL , 2 GS and 2 SG are held in March

**The Western Region FIS Open Series** is an entry-level FIS series. 1 speed series is held in January, consisting of two DH and two SG and serving as a qualifier for the U19 National Championships. 3 tech blocks are held from Dec. to March for men and women, consisting of SL and GS.

## Major USSA Competitions

### U.S. Alpine Championships

Once each year the top racers in the United States come together for about eight days to compete for national titles in alpine ski racing. Racers from the U.S. Olympic Team, the U.S. Ski Team, top collegiate racers and the best regional racers are all in attendance. For many young racers this is the opportunity to prove themselves against the country's best.

### Nor-Ams

The Nor Am series is the premier race circuit in North America, paralleling the Europa Cup Series in Europe. These races are the final step to the World Cup, skiing's top level of international racing. Top racers from the United States and Canada, as well as foreign racers, compete each year for the Nor Am title. The events are held both in the United States and Canada, and include races throughout the winter season.

### U19 Nationals, U16 Nationals and U14 Nationals

The U19 Nationals, U16 Nationals and U14 Nationals bring together the best 16-17-18, 14-15 and 13 (U14 birth year 2002 only) year olds (respectively) in the USA. Each region selects its athletes via their own

qualification races. The U19 and U16 Nationals move around the country, providing all athletes exposure to new and challenging venues. See the Western Region Policies and Procedures manual for full details.

# PNSA College Racing
# United States Collegiate Snowsports Association

The United States Collegiate Ski and Snowboard Association (USCSA) operates from coast to coast through five (5) regions (East, Midwest, Southeast, West, and California), each further divided into 11 conferences (Southern California, Northern California, Northwest, Rocky Mountain, Grand Teton, Midwest, Mideast, East, Southeast, Allegheny, and New Jersey).

### Northwest Collegiate Ski Conference

The conference consists of the following institutions:

College of Idaho
Central Oregon Community College
Lewis and Clark College
Mt Hood Community College
Oregon State University
Oregon State University - Cascades
University of British Columbia
University of Idaho
University of Oregon
University of Puget Sound
University of Washington
Washington State University
Whitworth College

Any other institution located in the states of Alaska, Washington, Oregon, or Idaho and British Columbia, Canada, may join the NWCSC by contacting Ron Bonneau for the proper steps to USCSA and NWCSC membership: c/o College of Idaho, 2112 Cleveland Blvd., Caldwell, ID 83605, email: rbonneau@collegeofidaho.edu.

### PNSA Quota and Entry to NWCSC Events

The NWCSC invites qualified non-collegiate PNSA athletes to compete in each of the conference qualifying races. Interested PNSA men and women must complete a NWCSC Intent to Compete Form (located on the PNSA website) and send it to the PNSA Office. Please address questions to: 208.459.5863 or email: nwcsc@uidaho.edu.

The PNSA Alpine Competition Executive Committee will review the applicants and invite a maximum of 5 men and 5 women (U21, U19 and U16 age classes) to each of the qualifying races. PNSA athletes will be entered as a team - one racer in each of the five seeds.

All eligible PNSA athletes, who wish to be considered in the selection for the PNSA quota to the NWCSC qualifying events, must declare their intent at least 5 days prior to the 1st Team Captains meeting of that event. Athletes, who declare their intent and are duly entered, and then do not start, may be denied participation in further NWCSC qualifiers for the remainder of the current season and the following year.

The NWCSC will also invite the race organizing host/junior race program to enter athletes: 5 men and 5 women (U21, U19 and U16 age classes). They will also be entered as a team, one racer per seed. If the hosting club does not fill their allocation, the college teams will be able to enter their team alternates.

### Entry Fees

PNSA racers will be charged $25.00 per day to compete. Competitors must be represented and fees MUST be paid in full at the Friday night team captain's meeting prior to racing.

## Competition

All competitions sanctioned by the NWCSC are to be conducted under USCSA, USSA and FIS rules. The USCSA rulebook is the governing body for collegiate ski racing in the northwest; collegiate skiers must follow these additional rules and regulations.

## Race Calendar

For Race Calendar and Race information please see the PNSA website

## Scheduling

The NWCSC will mail out race bid information to perspective ski areas/clubs in the northwest that have an interest in hosting such an event. The bid must be returned to the NWCSC office at College of Idaho (address above) by April 15 of each year. The conference coordinator will meet with interested parties at the PNSA Convention to solidify the dates and arrangements.

Proposed schedules should be drawn up prior to the annual PNSA Convention. Confirmation of competition dates and their details shall be made at the NWCSC annual fall meeting (the first Saturday of October) or by email.