

2017-2018

Pacific Northwest Ski Association



A Division of



Competition Manual Alpine & Nordic



PACIFIC NORTHWEST SKI ASSOCIATION

A DIVISION OF

US SKI AND SNOWBOARD AND THE WESTERN REGION



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PACIFIC NORTHWEST SKI ASSOCIATION

2017-2018 COMPETITION MANUAL

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1 - PACIFIC NORTHWEST SKI ASSOCIATION

Introduction

Ski competition in the Pacific Northwest, including Oregon, Washington, and Western Idaho is organized and conducted by the Pacific Northwest Ski Association (PNSA). PNSA and its' competitions are organized under the guidelines of the International Ski Federation (FIS) and US Ski and Snowboard.

The Pacific Northwest Ski Association was originally developed out of the need for uniformity in all phases of ski competition. PNSA works with US Ski and Snowboard in establishing the eligibility and qualifications of competitors, setting standards and certifications for coaches and officials, and organizes clinics and training programs for all skiing and snowboard disciplines. As a division of US Ski and Snowboard and the Western Region, PNSA plays a key role in all U. S. ski and snowboarding competitions. PNSA's competition program is the first step for ski and snowboard competitors to national and international amateur sports competition. PNSA is a non-profit organization and operates for the benefit of all PNSA and US Ski and Snowboard members in the Pacific Northwest division.

PNSA Vision

- A leader in attracting, developing and retaining competitive snow sport enthusiasts in the United States.

PNSA Mission Statement

- PNSA brings together the Pacific Northwest community to govern, administer, support and grow competitive snow sports in a fun and learning environment.

PNSA Values

- Inclusive Everyone has the opportunity to participate.
- Integrity We strive to do the right thing every day, regardless of personal interests or outcomes.
- Collaborative Foster a culture of cooperation among our resorts, clubs, coaches, athletes and officials.
- Community Cultivate fellowship, unity and respect among the snow sports community.
- Accountable Committed to efficiency, effectiveness and transparency in all we do.

Administration

The administration of Alpine, Nordic, Freestyle Skiing and Snowboarding competition in PNSA is the responsibility of the Director's of the competition committees that represent the interests of each athletic discipline. These Directors, in turn, are responsible to the PNSA Board of Directors. Each Director of the various skiing and snowboarding disciplines appoints a chairman of the competition committee who appoints various subcommittees to implement policy in their technical areas.

PNSA's athletic programs are designed and implemented by professional coaches and administrators as well as an active group of dedicated and knowledgeable volunteers. In addition, PNSA has direct input to the policies, procedures, and guidelines of US Ski and Snowboard through PNSA'S representation on various national-level committees and subcommittees.

PNSA maintains a year-round office to support the needs of PNSA competitors, coaches, officials, volunteers, and clubs. The office disseminates important information regarding race schedules, racer qualification and selection to traveling teams, coaches and officials clinics, etc. The office is available to help all PNSA clubs and individuals.

2 - PNSA / US Ski and Snowboard ALPINE PROGRAM

How To Become A Competitor

Anyone who is interested in ski racing can join US Ski and Snowboard. Once you have made this decision, you can join online at <https://usskiandsnowboard.org/membership> You can print a copy of the Alpine Competition Guide at <http://alpine.usskiteam.com/alpine-programs/officials/rules> and a copy of your license through the [myUSSA](#) link found on the US Ski and Snowboard website. This license allows you to compete in sanctioned PNSA / US Ski and Snowboard competitions. A schedule of events is available on the PNSA website at <http://www.pnsa.org/calendar>.

It is also advisable that you join a local ski club or training program that prepares racers for US Ski and Snowboard competition. Such programs exist at most ski areas around the Pacific Northwest, and offer assistance in scheduling, on-snow training, physical conditioning, travel arrangements and many other benefits. The PNSA office will have information on programs in your area, and they are available on the PNSA website at <http://www.pnsa.org/clubs>.

If you are 11 years of age or younger, you will be joining a Youth Ski League (YSL) program (also known as Buddy Werner / Mitey Mite programs). These are "learn-to-ski-race" programs that teach the basics in ski competition and technique. Racers 12 -20 years old join the Junior level of racing. This is the "classification" level that ranks racers in the United States. Also, any racer 21 years and older may join the PNSA Masters racing program.

If your aspirations are to become the best racer you can be, even compete at international and Olympic races, then you should join US Ski and Snowboard / PNSA. US Ski and Snowboard / PNSA racers are the only racers recognized by the United States Ski Team, the International Ski Federation and the US Olympic Committee.

Competitor Classification

There are three types of *competition classifications* in PNSA/ US Ski and Snowboard racing: Age, Ability and Masters. Age classification (U8 - Senior) races are based on age classes/groups of athletes, whereas Ability classification races are based on rankings in the National Points System (U14 – Senior). Masters classification races are for the 21 and older athlete who seeks recreational competition without scoring to the National Points System. The three types of competitions are further defined below.

Age Classification / Age Class Racing

Age Classification is based on your age as of December 31st of each season. Competitions of this type are open to all athletes who meet the age-class criteria for the event.

Category	Age (as of 12/31)				
		2017-18	2018-19	2019-20	2020-21
Seniors	21 and older	1996	1997	1998	1999
U21 (Jr.)	20	1997	1998	1999	2000
	19	1998	1999	2000	2001
U19 (Jr.)	18	1999	2000	2001	2002
	17	2000	2001	2002	2003
	16	2001	2002	2003	2004
U16 (Jr.)	15	2002	2003	2004	2005
	14	2003	2004	2005	2006
U14 (Buddy Werner -YSL)	13	2004	2005	2006	2007
	12	2005	2006	2007	2008
U12 (YSL)	11	2006	2007	2008	2009
	10	2007	2008	2009	2010
U10 (YSL)	9	2008	2009	2010	2011
	8	2009	2010	2011	2012
U8 (YSL)	7 and younger	2010	2011	2012	2013

Youth Ski League – Mitey Mite

These competitions are for the youngest athletes – ages 5 to 13 (U8-U14). They offer a fun introduction to ski competition for the beginning racer.

Evergreen Cup

This is the development level of PNSA racing and is open to all U14-Senior competitors. Athletes are introduced to the National Points System to handicap and rank them among other racers in the United States

Ability Classification / Ability Racing

The PNSA/ US Ski and Snowboard Junior Program also classifies racers by ability. This is accomplished by using the National Points system to handicap racers and rank them among other racers in the United States. As a racer's ranking, or handicap, improves, the racer becomes eligible for higher levels of competition. Competitions in this category are open to all athletes who meet the ability/ranking criteria for the event.

Northwest Cup/U16 Series

This is PNSA's premier level of US Ski and Snowboard divisional racing and is open to U16 and older. The Northwest Cup series serves as the divisional trophy series, crowning the division's overall champions as well as team champions in the U16 and U19/21 age classes. The Northwest Cup is the elite level in the PNSA, from which racers qualify to regional, national, and foreign FIS competitions by improving their ranking in the National Points system.

US Ski and Snowboard / PNSA Competition Ladder

Below is a brief outline of the various FIS/ US Ski and Snowboard /PNSA competition levels:

Ability Class

<u>FIS International:</u>	Olympic Games, World Championships, World Cup, Continental Cup
<u>US Ski and Snowboard National:</u>	NorAm Series, U.S. Senior & U16 & U19 Nationals, Collegiate (NCAA & USCSA)
<u>US Ski and Snowboard Regional:</u>	Regional FIS & Regional Championships (U21, U19 & U16)
<u>PNSA:</u>	Northwest Cup (U21, U19 & U16)

Age Class

<u>PNSA:</u>	Youth Ski League/Mitey Mite (U14 & younger) Buddy Werner (U14 only), Evergreen Cup (U14 & older), U16 Series, NW Cup Series
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PNSA / Masters Racing - Recreational

There are 12 Classes of Master Racers with each Class based on age as of December 31st of each year:

Class 1 →	21-29	Class 5 →	45-49	Class 9 →	65-69
Class 2 →	30-34	Class 6 →	50-54	Class 10 →	70-74
Class 3 →	35-39	Class 7 →	55-59	Class 11 →	75-79
Class 4 →	40-44	Class 8 →	60-64	Class 12 →	80 and over

PNSA / US Ski and Snowboard CROSS-COUNTRY PROGRAM

Competitors

Most races in PNSA are open to skiers of all abilities. If you have never raced and want to give it a try, choose a race, sign up, and go for it! That's how most of us got started. It's a great way to challenge yourself, have fun, and meet new friends. You can find information about races and how to enter them on the PNSA race calendar (<http://www.pnsa.org/calendar/x-country>), from the host club, or perhaps from your own ski club.

A US Ski and Snowboard membership is required to enter any US Ski and Snowboard race. See the next chapter of this manual for information about memberships. During the 2017-18 season there are three US Ski and Snowboard meets in the PNSA division:

the Sunnyside Challenge at Mount Bachelor, OR, December 16-17, 2017;

the Mount Spokane Nordic Cup at Mount Spokane, WA, , January 13-14, 2018; and

the Race of the Methow in Winthrop, WA, February 10-11, 2018.

Other than the three meets listed above, you do not need to be a member of PNSA or US Ski and Snowboard to enter most cross country races in the PNSA division. These races are the responsibility of the host club, which determines entry requirements and fees.

Even if you do not need a PNSA and US Ski and Snowboard membership to enter the races in which you plan to compete, please consider joining these organizations: your membership and your dues will support racing in PNSA (especially junior development) and in the entire USA.

If your aspirations are to become the best racer you can be, and even to compete at international and Olympic races, then you should join US Ski and Snowboard / PNSA. US Ski and Snowboard / PNSA racers are the only racers recognized by the United States Ski Team, the International Ski Federation and the US Olympic Committee.

Competitor Classification

In US Ski and Snowboard races junior competitors are grouped by their age on December 31 of the current season. Non-US Ski and Snowboard races are free to use any categories that they prefer, but they often use the US Ski and Snowboard brackets as well. US Ski and Snowboard uses the "U-" system with 2-year brackets. For example, U16 in the 2017-18 season means that the racer was born in 2003 or 2002 and is 14 or 15 years old on December 31, 2017.

The following table summarizes the brackets for each birth year for the next four seasons:

Category	Age (as of 12/31)				
		2017-18	2018-19	2019-20	20120-21
Seniors	20 and older	1997	1998	1999	2000
U20	19	1998	1999	2000	2001
	18	1999	2000	2001	2002
U18	17	2000	2001	2002	2003
	16	2001	2002	2003	2004
U16	15	2002	2003	2004	2005
	14	2003	2004	2005	2006
U14	13	2004	2005	2006	2007
	12	2005	2006	2007	2008
U12	11	2006	2007	2008	2009
	10	2007	2008	2009	2010
U10	9	2008	2009	2010	2011
	8	2009	2010	2011	2012
U8	7 and younger	2010	2011	2012	2013

Coaches, Officials, and Volunteers

In addition to racing memberships, US Ski and Snowboard offers special memberships and resources for cross-country coaches, race officials, and volunteers. US Ski and Snowboard offers training and certification for coaches and officials, as well as insurance and other benefits for all three categories. For details see the US Ski and Snowboard cross-country page at <http://nordic.uskiteam.com/cross-country-programs> as well as the membership page at <https://usskiandsnowboard.org/membership>.

If you enjoy cross-country skiing and racing, please consider getting involved as a coach, an official, or a volunteer at a PNSA race. Coaches will benefit from getting a US Ski and Snowboard Level 100 Coach Certification. Race organizers will benefit from you becoming a Level 1 Technical Delegate. (The Technical Delegate is US Ski and Snowboard's representative to a US Ski and Snowboard race, but Technical Delegate training also provides lots of information for race organizers on how to put on a successful event). All will benefit from helping put on events that bring out the best in all of us.

3 – US SKI AND SNOWBOARD / PNSA MEMBERSHIP AND LICENSING

ALPINE

US Ski and Snowboard Membership

PNSA requires all its members to join US Ski and Snowboard. The process to purchase a membership can be found on the [US Ski and Snowboard website](#) or the [PNSA website](#). All US Ski and Snowboard memberships are valid for one competition season (July 1 – June 30), and must be renewed on an annual basis. The various types of US Ski and Snowboard memberships are listed below.

US Ski and Snowboard Competition Licenses

See matrix at the end of this chapter for all US Ski and Snowboard memberships and pricing

Youth

For Age Classes U8 to U12: This license is for U12 and younger who want to begin racing without having access to the US Ski and Snowboard Competitor Classification Points system. A Youth Competitor or U14 Competitor (described below) license is required for participation in the Alpine Buddy Werner Championships.

Competitor U14 or U16 & Older

For Age Classes U14 through Seniors: All U14 through Senior Competitor license holders can race in scored and non-scored races, and will be included in the rankings developed from the National Points system. This license is required for athletes who will apply for a FIS (international) license.

Masters Competitor

For Ages 18 and Older: A valid Masters Competitor or an 18-year-old with an U16 and Older Competitor membership is required to compete in PNSA / US Ski and Snowboard Masters races. Athletes who are 18 and older, and hold an U16 and Older Competitor license, may apply for a free Masters license by contacting US Ski and Snowboard Membership: 435-647-2666.

Short-Term Competitor

A [short-term US Ski and Snowboard membership](#) is available at all competitions. The short-term license can be purchased on a per-day basis by an athlete. Check with the hosting club as to any deadlines or requirements for use of a short-term membership. If used, the short-term license fee(s) can later be applied to a full US Ski and Snowboard membership in the current season.

US Ski and Snowboard Officials and Coaches Licenses

Coach

[US Ski and Snowboard Coaches membership](#) is required for a coach to be a course setter or member of the Jury at an US Ski and Snowboard-sanctioned competition. US Ski and Snowboard Coaches membership is also required to participate in the PNSA [Coaches Card program](#).

Official

US Ski and Snowboard Officials membership is required to serve as a member of the Jury at an US Ski and Snowboard-sanctioned competition, or in the positions of Start/Finish Referee, Chief of Course, Jury Advisor, Chief of Timing and Calculations, and Race Administration. There are specific certifications for the different positions. Further information can be found on the [US Ski and Snowboard website](#).

PNSA Alpine Membership

PNSA offers the following memberships, which are paid when joining US Ski and Snowboard:

U16 & older: \$40 U14: \$30 Youth (U12 and younger): \$20 Masters: \$25 Collegiate: \$20

Club Membership

US Ski and Snowboard: Clubs sanctioning races with US Ski and Snowboard must join US Ski and Snowboard as club members. There are many benefits to the club, including liability insurance for US Ski and Snowboard-sanctioned competitions. Use the [US Ski and Snowboard Club membership form](#) to join, or [contact US Ski and Snowboard](#) for further information.

PNSA: Club membership is required of any club wishing to attend the Buddy Werner Championships. Also, clubs must join PNSA to be eligible for the PNSA Coaches Card or team standings in any PNSA race series. To be eligible for PNSA Club membership and to send a team to the Buddy Werner Championships, 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.

CROSS-COUNTRY

US Ski and Snowboard Membership

US Ski and Snowboard 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 US Ski and Snowboard races (but not pursue the national level of competition) can save money by getting the \$15 annual General Membership.

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

See: <http://my.ussa.org/node/7075> for US Ski and Snowboard membership options, including competitors, coaches, officials, and volunteers. (Be sure to scroll down to the Cross Country section).

PNSA Membership

When you join US Ski and Snowboard as a U16 Competitor Member, you will simultaneously join PNSA. The cost is \$40.

Membership for Clubs

US Ski and Snowboard: Clubs sanctioning races with US Ski and Snowboard must join US Ski and Snowboard as club members. Benefits to the club include liability insurance for US Ski and Snowboard-sanctioned competitions. Use the [US Ski and Snowboard Club membership form](#) to join, or [email US Ski and Snowboard Membership](#) for further information.

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.

US Ski and Snowboard Membership Pricing 2017-18

These prices do not include PNSA membership dues, nor the additional fee to purchase a [FIS license](#).

Alpine Category	Age Parameters	Notes	Base Price
General Member	All ages	USCSA/High School/Club Participant - Not eligible to compete in US Ski and Snowboard events	\$20
Competitor U10 & under	9 & under		\$25
Competitor U12	10 & 11		\$50
Competitor U14	12 & 13		\$80
Competitor U16 & over	14 & over	Required for FIS registration	\$150
Masters	18 & over		\$100
Coach	15 & over	Periodic background screening required	\$135
Official	15 & over	Periodic background screening required	\$60
Club Volunteer	15 & over	Periodic background screening required	\$45
Short Term Youth Athlete Membership - U12 & under	11 & under		\$20/day
Short Term Athlete Membership - U14 & older	12 & over		\$25/day
Short Term Masters Membership - U21 & over	18 & over		\$20/day

XC Category	Age Parameters	Notes	Base Price
General Member	All ages	USCSA/High School/Club Participant/Forerunning - May compete in US Ski and Snowboard 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		\$25
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

US Ski and Snowboard Membership Pricing 2017-18

These prices do not include PNSA membership dues, nor the additional fee to purchase a [FIS license](#).

Freestyle Category	Age Parameters	Notes	Base Price
General Member	All ages	USCSA/High School/Club Participant - Not eligible to compete in US Ski and Snowboard events	\$
Competitor U9 & under	8 & under		\$25
Competitor U11	9 & 10		\$50
Competitor U13	11 & 12		\$75
Competitor U15 & over	13 & over	Required for FIS registration	\$150
Freestyle Rookie	13 & over	One-season introductory membership for first time Freestyle athletes	\$80
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 Youth Athlete Membership - U13 & under	12 & under		\$20/day
Short Term Athlete Membership - U15 & older	13 & over		\$25/day

Freeskiing Category	Age Parameters	Notes	Base Price
General Member	All ages	USCSA/High School/Club Participant - Not eligible to compete in US Ski and Snowboard events	\$20
Competitor U9 & under	8 & under		\$25
Competitor U11	9 & 10		\$50
Competitor U13	11 & 12		\$75
Competitor U15 & over	13 & over	Required for FIS registration	\$150
Freeskiing Rookie	13 & over	One-season introductory membership for first time Freeskiing athletes	\$80
Coach	18 & 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 Youth Athlete Membership - U13 & under	12 & under		\$20/day
Short Term Athlete Membership - U15 & older	13 & over		\$25/day

NORDIC GUIDELINES AND PROCEDURES

4N. The Nordic Competition Committee (NCC)

NCC Membership

NCC membership is comprised of one representative from each PNSA member club, a Chairperson, officers, and heads of Sub-committees. If the chairperson, an officer or Sub-committee head are a club member they will serve as the club representative unless the club designates someone else. [See NCC roster on PNSA website.](#)

Role of the NCC

To be responsible for divisional oversight for PNSA Nordic skiing. These responsibilities include, but are not limited to, creating a yearly budget, scheduling, athlete selection, coach selection, planning and other activities necessary to support divisional Nordic competition.

NCC Chair

Selected by the [PNSA Board](#)'s Executive Committee with input from the NCC. The NCC Chairperson's responsibility is to facilitate discussion within the Nordic Committee and the Nordic Community as a whole and lead the NCC to resolution on issues it needs to address. The Chairperson provides timely and accurate assessment of matters that affect Nordic skiing in the PNSA, facilitating discussion and promoting resolution for the general good of the division, and is the divisional representative to the US Ski and Snowboard.

Voting & Appeals

Each NCC member club has one vote. (Members must be current with PNSA membership dues and a club representative must be present to vote.) The NCC Chair votes as a tiebreaker.

1. Any decision made by the NCC can be appealed to the NCC Chair.
2. Any decision made by the NCC Chair can be appealed to the PNSA EC.

4A - PNSA / US SKI AND SNOWBOARD 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](#).

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 US Ski and Snowboard Competitor (U14, U12 or U10 and younger) license is required for participation in US Ski and Snowboard- 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 US Ski and Snowboard 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 US Ski and Snowboard / 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 US Ski and Snowboard 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 US Ski and Snowboard (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 US Ski and Snowboard / 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 an US Ski and Snowboard 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 US Ski and Snowboard & 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 US Ski and Snowboard 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 an US Ski and Snowboard 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 National points. National 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 US Ski and Snowboard and have an US Ski and Snowboard U14 or older Competitor license. Evergreen Cup races will be seeded by National points. 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 National points.

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 an US Ski and Snowboard 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 US Ski and Snowboard 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 those age-class.

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

Western Region U14 Championships

Each of the three Regions of US Ski and Snowboard 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 US Ski and Snowboard 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 another tech block in February. The Spring Series consisting of two GS/SL in early April makes up the third event.,. 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 Open Series is an entry-level FIS series. Open series races begin in December and run through April. The series includes 2 tech blocks and 2 speed blocks. The January speed block serves as a qualifier for the U19 National Championships. See the [Western Region calendar](#) for race dates and locations.

Major US Ski and Snowboard 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. These National events 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 Ski and Snowboard Association

The United States Collegiate Ski and Snowboard Association (USCSA) operates from coast to coast through five (6) regions (East, Midwest, Mid-Atlantic, 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
University of Oregon
University of Washington
Oregon State University - Cascades

University of Idaho
University of Puget Sound
Washington State University
University of British Columbia

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@colleofidaho.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 rules. The USCSA rulebook is the governing body for collegiate ski racing in the northwest

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.

NORDIC GUIDELINES AND PROCEDURES

5. JUNIOR NATIONAL CHAMPIONSHIPS

A: Qualifier Races

1. Each year before the beginning of the ski season the Nordic Competition Committee (NCC) will select certain ski meets, each normally consisting of separate races on two consecutive days, to be Junior Nationals Qualifier Races. Selection will be made according to the following process:
 - a. Qualifier Race hosts will be chosen from those clubs which have submitted a bid. Bids should be submitted to the NCC by the time of the spring meeting held in conjunction with the annual PNSA convention. Bids should include the form in [Chapter 10](#).
 - b. The NCC will consider the likely quality of each meet, including the nature of the courses, ability to offer the appropriate race formats, and the host's ability to provide accurate timing and prompt results. At a minimum, the host club should commit to the following principles:
 - i. Course Marking: Mark race courses early, preferably the day before the race, including clear start zone, turns, lap and finish lanes, and the finish line. A map of the course(s) near the start area is good practice.
 - ii. Bib Numbers: Segregate bib numbers by class, to help ensure that if two or more classes are on course at the same time an accurate finish can be obtained.
 - iii. Start Times: Allow a time interval (5 min?) between classes, which can be used for late entries and late starters. Run "ghosts" for no-shows. Late to start racers should be timed from their assigned start time.
 - iv. Video: Record the finish to help decide close finishes and for backup in case of timing questions. Consider video for the start as well.
 - v. Timing: Use redundancy, preferably three independent timing systems, at least one electronic and one manual. Each system must be monitored by one official operating a clock and at least one official visually noting finish bib numbers. In addition have a bib spotter and a finish judge within the finish zone. Practice using your timing systems, both electronic and manual, and race officials before the race, until you know how the systems work and are comfortable using them in any conditions.
 - c. When the number of bids that satisfy the above criteria exceeds the number of Qualifier Races to be held in a season, bids will be awarded according to the following rotation system:
 - i. For Qualifier Race selection purposes PNSA will consist of two regions:
 1. Northern, consisting of all of PNSA except Oregon, and
 2. Southern, consisting of Oregon.
 - ii. For each region the NCC will maintain a list of clubs wishing to host a Qualifier Race. Qualifier Races will be chosen from the top of each list: two from the Northern region and one from the Southern Region.
 - iii. After a club has hosted a Qualifier Race, that club will move to the bottom of the list for its region.
 - iv. For 2016-2017 the lists are:
 1. Northern: Leavenworth, Kongsberger, Spokane, Methow
 2. Southern: Mount Bachelor

- v. Additional clubs will be added to the bottom of their respective list at any time by notifying the NCC Chair that they wish to be added.
 - vi. If a club at the top of the list does not submit a bid it will remain at the top of the list for one additional year; if a club at the top of the list does not submit a bid for two consecutive years it will be removed from the list, but will be added back to the bottom of the list at any time if requested.
- d. Notwithstanding the above rules, the NCC may use one meet from outside the division as a Qualifier Race.
2. When poor snow or other conditions make it unlikely that a scheduled Qualifier Race can be successful, the NCC may, in consultation with the selected host club, agree to move the meet to another venue and another host club. If in such a case the originally selected host club does not hold a qualifier, that club will remain at the top of its list for the following season.
 3. In case weather conditions or other unforeseen circumstances cause a Qualifier Race to be cancelled or the results to be a poor reflection of racers' abilities, the NCC may decide to eliminate a Qualifier Race from the qualification calculations, and to adjust the calculation standards accordingly.
 4. The maximum entry fee per day at a Qualifier Race, including trail pass but not including late entry fee, will be \$35.

B: ATHLETE SELECTION

1. Prior to the competition season the Nordic Competition Committee (NCC) will designate eight races, normally on four different weekends and normally including one two-day meet outside PNSA, to be Junior Nationals Qualifier (JNQ) Races. In addition the NCC will decide the size of the Junior Nationals Team for the coming season. For 2018 the team size will be 34 plus any out-of-division skiers.
2. PNSA skiers will be ranked according to the following procedures:
 - a. After each JNQ race JNQ Points will be assigned to PNSA skiers according to finish order among only PNSA skiers in each of the following four age and gender groups: U16 girls, U16 boys, U18 plus U20 boys, and U18 plus U20 girls. Place points will be 25 points for first place, 24 points for second place, decreasing by one point per place down to 1 point for 25th place. In sprint races points will be assigned to the final results rather than just to the qualification round. Except for U14 skiers who have filed a Junior Nationals letter of intent, skiers who are not skiing in their proper age group will not be given JNQ points in that race.
 - b. JNQ Scores: At the end of the JNQ series, a JNQ Score will be calculated for each PNSA skier equal to the total of the place points earned by that skier in his/her best five JNQ finishes of the season.
 - c. JNQ Ranking List: The JNQ Ranking List will consist of all PNSA skiers ranked by JNQ Score in one list without regard to age or gender.
3. Each racer who hopes to be named to the PNSA Junior Nationals Team will submit a letter of intent to the NCC Chair, using a format provided by the NCC Chair, by December 31 of the season. No racer will be denied a spot on the team as a result of not meeting this deadline, but may be subject to late fee of \$25.
4. The Junior Nationals Selection Committee will consist of all members of the NCC who attend the final JNQ Race. The Selection Committee will meet immediately after the conclusion of the final

JNQ Race. The NCC Chair or his/her designee will chair the committee meeting. The Selection Committee will name the JN Team according to the following procedures:

- a. Any PNSA skier who has qualified for the JN Team by US Ski and Snowboard standards (US Ski and Snowboard Rule 70) will be named to the team.
 - b. The highest ranked U16 girls, U16 boys, U18 girls, and U18 boys will be added to the team until six skiers from each of those four groups have been named to the team.
 - c. The highest ranked skiers on the JNQ Ranking List who have not already been named to the team will be named until the total number of skiers named to the team equals the team size previously determined by the NCC.
 - d. If two or more skiers are tied for the final position(s) on the team, total points from the best three races will break the tie; and if necessary from the best two races and then the best single race.
 - e. Any PNSA member who is at school outside the division, and who has declared a desire to be named to the PNSA Junior Nationals team, and who has finished in the top half of the field in at least one individual race at a prior Junior National Championships race will be named to the team. The skier must provide evidence of meeting these standards by the time of the Selection Committee meeting at the conclusion of the last PNSA JNQ.
 - f. The Selection Committee may at its discretion name additional skiers to the team regardless of their position on the JNQ Ranking List, provided in each case that at least three quarters of the Selection Committee vote in favor.
 - g. If a skier who has been named to the team declines or fails to accept by the announced deadline for accepting a position on the team, the NCC Chair will promptly name the next eligible skier to the team.
5. Each skier who accepts a position on the JN Team must meet the US Ski and Snowboard's eligibility requirements, be a member of PNSA with a Competition Member of US Ski and Snowboard, and must be prepared to make the necessary arrangements by the deadlines announced by the Selection Committee, including paying the skier's trip costs to PNSA, having a PNSA uniform, signing required forms, and arranging transportation to and from the Junior Nationals.
6. Appeals Process
- a. If an athlete or coach believes that the Selection Committee erred in its selection process, the athlete or coach may appeal the decision by submitting a written appeal to the PNSA Executive Director within three business days of the selection meeting.
 - b. The appeal will be reviewed by an Appeals Committee consisting of the PNSA Executive Director, the PNSA President or his designee, and the Nordic Athlete Representative.
 - c. The NCC will abide by the decision of the Appeals Committee.

C: Coach Selection

1. The coaching staff will include a Trip Leader, a Chief of Waxing, and additional coaches as determined by the NCC. A Head Coach may also be named.
2. In accepting the position of JN Coach, each coach will agree to:
 - a. Work as hard as necessary to make the trip a success, and not to consider the trip as recreation or a vacation for the coach,
 - b. Represent all PNSA skiers, and not just skiers from that coach's club,
 - c. Work together with the other PNSA coaches to ensure the best possible experience for the racers, and

- d. Do whatever tasks are required to make the trip a success.
- 3. Coach selections will reflect:
 - a. Representation of athletes on the team,
 - b. Coaching experience and ability, and
 - c. Experience and training for new coaches
- 4. Selection Procedure:
 - a. The NCC Chair will appoint the Trip Leader after the conclusion of the previous Junior National Championships.
 - b. The NCC Chair and the Trip Leader will appoint additional coaches at the fall meeting, based on recommendations of the NCC.
 - c. The NCC Chair and the Trip Leader may appoint additional coaches at any time after the fall meeting if warranted by the number of athletes on the team.

5A - ALPINE RULES GOVERNING PNSA COMPETITIONS

Entry Fees

Race entries must be made as indicated on the Race Announcement; full entry fees must accompany all entries. You may enter only one race series per day, entry in more than one race series scheduled on the same day will result in forfeiture of all entry fees and may result in disciplinary sanction by the ACC.

The Alpine Competition Committee recommends entry fees for the various levels of racing, usually set at the PNSA Convention each spring.

Head Tax

Each entry fee includes "head tax" for one or more of the following organizations: US Ski and Snowboard, Western Region and PNSA. Head taxes for 2017-18 are:

Type of Race	USSS	WR	PNSA	Total
YSL	\$0.00	\$1.00	\$0.00	\$1.00
Masters	\$0.00	\$0.00	\$5.00	\$5.00
USSS Scored	\$10.00	\$4.00	\$11.00	\$25.00
WR FIS	\$10.00	\$12.00	\$0.00	\$22.00

Entry Deadlines

Race Entry Deadlines are listed on the PNSA Race Calendar, usually 10 days prior to the first event. All entries must be postmarked by the Entry Deadline. Late entries, phone entries, or entries submitted without payment may be denied by the race organizer or may be subject to a late fee. Late entries may be first cut from a race when field size exceeds limit. It is the racer's responsibility to check with the race organizer to see if a late entry has been accepted.

Entry Refunds

Weather and snow conditions can at times cause the cancellation of a race or training day. Also, a racer may cancel his/her entry for reasons of illness, etc. If cancellation occurs the following policy will apply:

Cancellation by a racer: If a sponsoring host club is advised 24 hours before the race start, or 24 hours before the training day for DH or Super G, of the inability of a previously entered competitor to attend, the entry fee will be fully refunded. This policy also applies in the case where a race is relocated and the competitor is unable to attend at the new site.

Cancellation of a training day: Upon cancellation by the jury, TD, or race organization, of a DH or Super G training day, up to 50% of the total training fee may be kept by the host club to recover expenses associated with set-up for training.

Cancellation of a race: Upon cancellation by the jury, TD, or race organization of a race on the actual day of the event, the host club may keep up to 50% of the club's portion of the total entry fee collected. The head tax portions and at least 50% of the club's portion must be refunded to the racers. If a race is cancelled prior to the actual day of the event, the total entry fee must be refunded to the competitors.

Seeding Systems

In ski racing, "seeding" is the process by which racers are assigned bib numbers and arranged in a start order for competition. There are three methods used for PNSA Junior racing, and two additional methods used for Western Region FIS and Junior Championship events.

Buddy Werner

See Chapter 4

TRS System

The first run start list is drawn at random. Second run is the reverse of the first run start list. Third run begins with the second half of the first run start list and then continues with the first half of the first run start list. Fourth run is the reverse of the third run order. After the 4th run a new "first run" is drawn at random and the process starts all over. Not all runs in the 4 run series need to be at the same mountain or event. If one SL is held one weekend and the next SL for the same group is held on a future weekend the first two runs of SL on the second weekend will be treated as runs 3 & 4 in the TRS system.

Example:

1st Run or Race:	1,2,3,4,5,6,7,8,9,10
2nd Run or Race:	10,9,8,7,6,5,4,3,2,1
3rd Run or Race:	6,7,8,9,10,1,2,3,4,5
4th Run or Race:	5,4,3,2,1,10,9,8,7,6

With the TRS Seeding System all racers receive a 2nd run in SL or GS, whether they finished the 1st run or not.

Insertion of new athletes in an existing TRS draw - When new athletes will be inserted in an existing TRS draw, the following procedures must be followed. This example assumes an existing start order with 100 athletes, and you are inserting 3 new athletes:

1. All athletes from the original draw are left on the start list, even if they are not entered in the race, and all new athletes must be left in the draw, even if they are not entered in the 4th run (for SG/DH situations).
2. New athletes are inserted after racer number 25 of the original draw (run 1).
3. The 'resorted' start list, which includes the new athletes, must expand the first ½ of the selected athletes by the number of new/inserted athletes (50 becomes 53), and the second ½ remains the same (50). The 3rd and 4th start lists would be thus:
3rd : 54, 55, 56, 57, 58....103, 1, 2, 3, 4, 5....53 (with the new athletes at 26, 27, 28)
4th : 53, 52, 51, 50...1, 103, 99, 98, 97....54 (with the new athletes at 26, 27, 28)

US Ski and Snowboard (National) Point Seeding

Evergreen Cup and NW Cup races are seeded by US Ski and Snowboard (National) points. Competitors are placed on the board in point order (lowest to highest). The National points used will always be from the current National Points list. The first seed of competitors, usually a group of 15, are randomly drawn. The remainder of the field runs in point order. This establishes the 1st run order.

For SL and GS (two run events), those racers who legally finished the first run are allowed a second run. Racers are ranked in order of first run finish with the top 30 finishers running in reverse order. Therefore the 30th fastest time from the first run starts 1st, and the fastest time starts 30th. All others race in finish order of first run. The Jury may approve that the 1st-run DNF, DSQ, and DNS athletes be allowed to participate in the second run, running after the last racer with a valid 1-st run time.

Western Region U14 & U16 Championships Seeding

The Board of Directors of US Ski and Snowboard has approved 3 special seeding procedures for this event.

Turton Method: The field is divided into seeds of approximately 15 and each division is given slots in each seed equal to its percentage of the entire field. Each division assigns racers to seeds by its own procedures. Each seed is then randomly drawn to determine start order.

Modified Turton Method: The second method follows the Turton Method through the creation of the seeds, then, before a specific athlete is placed on the board, each seed is randomly drawn. The divisions then place their athletes within the starting numbers assigned to their division.

5-Seed Method: There will be 5 equal seeds, taking the divisional quota divided by 5 to determine each division's quota per seed. If the quota is not evenly divisible by 5, then the first seed is increased by one more until the quota is complete. The Seeding Chart is shown in the [WR Policies and Procedures manual](#).

At the WR U14 and U16 Championships, PNSA will assign racers to each seed in order of their ranking from the PNSA U14 and U16 Qualifying series. Each event will be ranked separately.

Western Region U19/U21 Championships and FIS Races

At all Western Region FIS and U19/U21 Championships races, seeding is done using the current FIS points list, and follows the same procedure as US Ski and Snowboard seeding described above.

PNSA Race Field Size

1. There shall be no more than 140 racers on one course - Buddy Werner Championships excepted.
2. The number of competitors in a race must not exceed 140. This means 140 men and 140 women, if the event includes men and women racing on separate courses. Exceptions to this rule are:
 - a. FIS races where guaranteed national quotas may generate field sizes over 140.
 - b. Buddy Werner Championships
3. The number of racers in a race may be determined by the Race Organizing Committee, however, not to exceed 140. This number must be announced on the race calendar or by a mailing to the racers concerned.

When the field size at the deadline exceeds the maximum of the announced limitation, host organization competitors, who are otherwise qualified to enter the event, will be selected first. Then all other competitors will be selected by National points - lowest points first. The organizer must notify those competitors not included in the field as soon as possible.

Out-of-Division Racers in PNSA Events

Racers from other divisions are welcome to compete in PNSA races to the extent compatible with field size restrictions. The racer must meet the qualifications of the PNSA race series being entered. Racers should contact their Divisional office at least two weeks prior to the race.

Race Announcements

Each race organizer is required to send a race announcement "fact sheet" to the PNSA office for posting on the PNSA web site. Announcements should be sent out in good time, at least 14 days prior to the entry deadline. Information that is to be included on a race announcement:

1. Name of race, type of race series, dates of race and race location.
2. Entry fee amount, entry deadline and address for mailing of entry fees.
3. Race Chairman's name, email and phone numbers.
4. Location of race headquarters during the event.
5. Housing and wax-room facilities, if appropriate.
6. Time and location of the Team Captains' meetings.
7. Price of lift passes, and time and location to purchase pass.
8. Daily schedule of events, including start times and race hill locations.
9. Time and location of racer registration, bib distribution and amount of bib deposit.
10. Time and location of awards or awards banquet, if appropriate.
11. Other special instructions i.e. complimentary entries, late fee, protest fee, etc.

Race Awards and Results

Race awards in the Evergreen Cup and NW Cup series are based on the Ability Class Category system. The race secretary will assign categories to athletes based on their National points, then sort the final results by Category. The Category cut-offs for 2017-18 are:

LADIES								LADIES								LADIES											
Slalom								Giant Slalom								Super G											
Cat	Percentage	Rank	Points	Cat	Percentage	Rank	Points	Cat	Percentage	Rank	Points	Cat	Percentage	Rank	Points	Cat	Percentage	Rank	Points	Cat	Percentage	Rank	Points	Cat	Percentage	Rank	Points
Cat 1	10%	20.3	<=131	Cat 1	10%	21.2	<=140	Cat 1	10%	19.7	<=137	Cat 1	10%	19.7	<=137	Cat 1	10%	21.6	<=113	Cat 1	10%	21.6	<=113	Cat 1	10%	21.6	<=113
Cat 2	30%	60.9	<=183	Cat 2	30%	63.6	<=192	Cat 2	30%	59.1	<=189	Cat 2	30%	59.1	<=189	Cat 2	30%	64.8	<=181	Cat 2	30%	64.8	<=181	Cat 2	30%	64.8	<=181
Cat 3	60%	121.8	<=268	Cat 3	60%	127.2	<=269	Cat 3	60%	118.2	<=345	Cat 3	60%	118.2	<=345	Cat 3	60%	129.6	<=304	Cat 3	60%	129.6	<=304	Cat 3	60%	129.6	<=304
MEN								MEN								MEN											
Slalom								Giant Slalom								Super G											
Cat	Percentage	Rank	Points	Cat	Percentage	Rank	Points	Cat	Percentage	Rank	Points	Cat	Percentage	Rank	Points	Cat	Percentage	Rank	Points	Cat	Percentage	Rank	Points	Cat	Percentage	Rank	Points
Cat 1	10%	21.9	<=100	Cat 1	10%	22.7	<=91	Cat 1	10%	21.6	<=113	Cat 1	10%	21.6	<=113	Cat 1	10%	21.6	<=113	Cat 1	10%	21.6	<=113				
Cat 2	30%	65.7	<=171	Cat 2	30%	68.1	<=156	Cat 2	30%	64.8	<=181	Cat 2	30%	64.8	<=181	Cat 2	30%	64.8	<=181	Cat 2	30%	64.8	<=181				
Cat 3	60%	131.4	<=267	Cat 3	60%	136.2	<=222	Cat 3	60%	129.6	<=304	Cat 3	60%	129.6	<=304	Cat 3	60%	129.6	<=304	Cat 3	60%	129.6	<=304				

Race results must be received in the PNSA office no later than three days following a race. All results to be included on the National Points list must be submitted by email using the latest US Ski and Snowboard-approved format, and a hard copy of computer generated results. Race organizers will be provided with instructions for submitting results for scoring to US Ski and Snowboard and FIS. All results must be accompanied by the race code number for that event, and the signed T.D. Report for each race. If not using the US Ski and Snowboard on-line race registration process, head tax payment in three separate checks - Western Region, PNSA and US Ski and Snowboard in full - must accompany results sent to PNSA.

Team Captains Meeting - Racer Representation

It is the responsibility of all racers to be represented at the Team Captains meeting, and to receive information concerning the competition and the rules of the day. It is the responsibility of all coaches to attend the Team Captains meeting and be informed of the race program, schedule and any specific instructions from the Jury.

PNSA "Pace Skier" Policy

The purpose of the Pace Skier Policy is to assist racers, who normally compete at higher levels of competition, when they participate in divisional racing. Those racers are encouraged to compete at divisional events, thereby sharing their experiences with lesser skilled competitors. This approach helps generate appropriate FIS or National point levels at each series. To determine who qualifies as a Pace Skier, FIS points will be used at FIS races, and National points will be used at PNSA/US Ski and Snowboard scored races. The pace skier policy applies only to PNSA/US Ski and Snowboard scored races and to PNSA FIS races.

1. The following PNSA racers, or former PNSA Alpine Team members, are considered Pace Skiers:
 - a. Western Region Automatics and those with a WR Automatic Point Profile
 - b. FIS or National points of 75 or lower in the event contested
2. Any Pace Skier, who meets the above qualifications and is one of the 5 lowest points holders seeded in a PNSA race, will receive complimentary entry fees. PNSA will waive the PNSA head tax and pay the US Ski and Snowboard and Western Region head tax for the race organizer. The race organizer will waive the club's portion of the entry fee. The organizer must submit the list of racers whom they have waived fees and head tax with the Official Results.
3. Race organizers are encouraged to provide other financial assistance to Pace Skiers, e.g. lift tickets, whenever appropriate. It is the competitors' responsibility to check with the race organizer to verify if they hold Pace Skier status.

NORDIC GUIDELINES AND PROCEDURES

6N. Codes of Conduct

COACHES

All PNSA Nordic coaches will abide by the US Ski and Snowboard Code of Conduct as published in the current US Ski and Snowboard Nordic Competition Guide and by the PNSA Code of Conduct as published in the PNSA Nordic Competition Manual [Chapter 8](#).

ATHLETES

All PNSA Nordic athletes will abide by the US Ski and Snowboard Code of Conduct as published in the current US Ski and Snowboard Nordic Competition Guide and by the PNSA Code of Conduct as published in the PNSA Nordic Competition Manual [Chapter 9](#).

VIOLATIONS

Procedure for Violations of Rules and Conduct Standards

Violations of the US Ski and Snowboard Code of Conduct, the USOC Coaches Code of Conduct, Racer's Responsibility Code, PNSA traveling team rules, or the Your Responsibility Code established by the National Ski Areas Association (Collectively "Codes of Conduct") may give rise to sanctions to be imposed by the competitor's sponsoring organization, PNSA, and US Ski and Snowboard. It is PNSA's policy that, if a competitor, coach, official or parent/guardian violates any of these, immediate resolution of the violation best serves the competitor, PNSA, US Ski and Snowboard, 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; Level II is more formal, involving the Disciplinary Chairperson and the competitor, coach, official or parent/guardian; Level III is the formal PNSA appeal with the Chairperson and two members of the PNSA Appeals Board.

LEVEL I (Venue Resolution)

If a competitor, coach, official or parent/guardian has violated, or allegedly violated the Codes of Conduct, the violation shall be called to the attention of the individual. The appropriate coach or official shall follow Due Process, and propose an immediate resolution or sanction. The individual shall have the opportunity to accept the sanction as a final resolution for the claimed violation. If the individual accepts the sanction, then no further sanctions shall be imposed against the individual. The appropriate coach or official shall report, in writing, to the PNSA office and the Disciplinary Chairperson, the incident and resolution. If the proposed resolution is not accepted, the violation will be referred to the PNSA office for Level II processing.

LEVEL II (Administrative Resolution)

A violation of the Codes of Conduct by a competitor, coach, official or parent guardian 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 accused person(s) by telephone and discuss the claimed violation with the accused person(s), offering Due Process. The Chairperson shall also take such other action and investigation as they deem appropriate and then propose a sanction to the accused person(s). The accused person(s) shall have the opportunity to accept or reject the sanction. In the event that the accused person(s) accepts the sanction, the violation and sanction shall be fully resolved and final. If the accused person(s) rejects the

sanction or proposed resolution, then the Disciplinary Chairperson shall refer the claimed violation to the Chairperson of the Appeals Board for administration as per Level III.

Level III (Formal Disciplinary Action)

The chairperson of the PNSA Appeals Board shall act as the Level III committee chairperson and shall select two other members of the Appeal's Board to sit as the Level III committee. This three-person Disciplinary Committee shall generally conduct its business using the following procedures:

1. The competitor, coach, official or parent/guardian shall be given sufficient notice, preferably in writing, outlining the nature and extent of the claimed rules violations.
2. The competitor, coach, official or parent/guardian will be given reasonable time in which to prepare a response to the claimed violation.
3. The competitor, coach, official or parent/guardian will have the opportunity to be assisted in presenting their side of the incident at the hearing and, also, can employ the assistance of an attorney, if so desired, at their 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, coach, official or parent/guardian 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, coach, official or parent/guardian will be provided with a written decision of the Disciplinary Committee, and, upon request, an audio copy of the hearing.
7. The Disciplinary Committee hearing, not including the deliberations of the Disciplinary Committee, may be recorded if the competitor, coach, official or parent/guardian 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 US Ski and Snowboard Code of Conduct. Possible sanctions include the following:

8. Suspension from the team and loss of future team participation.
9. Loss of support from PNSA and/or PNSEF.
10. Suspension from training and/or competitions or access to race venues as a volunteer or spectator.
11. Elimination of coaching, travel and other benefits.
12. Turning the offending party or parties over to the local or state authorities if the offense is a violation of existing laws.

Any sanctions to be posed under Levels I or II shall not be for a period of more than 21 days.

Any appeal of a Level III decision shall be taken to US Ski and Snowboard. It is PNSA's intent, in adoption of the foregoing procedure, to provide the competitor, coach, official or parent/guardian with Due Process. Due Process is explained in the section "Athlete's Code of Conduct" in the [US Ski and Snowboard Nordic Competition Guide](#).

Disciplinary Chairperson for Level I and Level II, nominated by the ACC/NCC/SCC/FCC, and approved by the PNSA Board of Directors is:

Kevin McCarthy
48933 US Hwy 12
White Pass, WA 9893
Phone: 509-672-3101
email: KEVIN@SKIWHITEPASS.COM

PNSA Appeals Board

The US Ski and Snowboard and USA federal 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 US Ski and Snowboard. 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 Appeals 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.

Appeals Procedure Policy

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. If the Disciplinary Chair or the Appeals Board Chair have been involved in a Jury decision or Level I process, the PNSA President shall appoint a temporary Disciplinary or Appeals Board Chair.

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 US Ski and Snowboard standard appeals form available from the PNSA office. Individuals filing appeals must pay the full fee 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 warranted by the outcome of the jury deliberation. In such a case, the hearing group may find 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 US Ski and Snowboard office for rules to appeal to higher levels.

VICE PRESIDENT
ATHLETE
SR. OFFICIAL
COMPETITION COMMITTEE MEMBER
COACH

NORDIC APPEALS BOARD
JEFF KRAY
DAKOTA BLACKHORSE-VON JESS
AL POKORNY
DAN SIMONEAU
JEFF HASHIMOTO

6A – ALPINE RULES GOVERNING PNSA MEMBERS, TRAVEL AND CONDUCT

Financial Responsibility

Any athlete who is not in good standing with PNSA, including any past due balance, is not allowed to enter NW Cup, Evergreen Cup or any events held by a PNSA member club.

Race Entry Out of Division

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, 21 days prior to the competition. The PNSA office will seek permission from the division involved. If permission is granted and approved by PNSA, PNSA will authorize the competitor's coaches to make the appropriate entry with the race organizer.
2. Out-of-Division races will only be considered when PNSA is not sponsoring a race of equal caliber, at or about the same time.
3. Exceptions may be applied for through the PNSA office and will be considered by the Alpine Competition Committee or ACC Alpine Development Sub-Committee.
4. Competitors not following this policy may be subject to sanction by the PNSA.

See the [US Ski and Snowboard Alpine Competition Guide](#) for more information on racing in other divisions, regions, and out of the country.

Code of Conduct

The US Ski and Snowboard Code of Conduct 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 and be familiar with the US Ski and Snowboard Code of Conduct. The US Ski and Snowboard Code of Conduct can be found online in the [US Ski and Snowboard Alpine Competition Guide](#).

US Olympic Committee COACHING ETHICS CODE

All coaches are encouraged to read and comply with the USOC Coaching Ethics Code. The code is available on the [coaches' page of the PNSA website](#).

PNSA Policy Concerning Illegal Drugs and Alcohol

It is the position of PNSA that ski racing requires dedication, training, perseverance, 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. In addition to what is stated in the US Ski and Snowboard Code of Conduct, PNSA endorses the following policy regarding the illegal use of drugs and alcohol:

- PNSA does hereby declare its opposition to the use of illegal drugs and the illegal consumption of intoxicating beverages.
- Absolutely no possession or use of illegal drugs, or narcotics will be tolerated.
- Absolutely no illegal possession or illegal use of alcoholic beverages will be tolerated.

Parental Code of Conduct

- Parents, guardians, and others who have athletes competing in PNSA sanctioned events are expected and required to conduct themselves in a sportsman like manner. Adults are expected to act as role models for children.
- Sportsman like conduct includes, but is not limited to, respect for all athletes, officials, volunteers, resort employees, other skiers and snowboarding individuals
- Parents and others are highly encouraged to volunteer to help a race organization. Parents are expected to familiarize themselves with the rules of the sport.

- Parents and others are expected to refrain from the use of profane or abusive language or disruptive behavior. PNSA and the race organization reserve the right to exclude parents from the race venue, including the competition arena.

Racer Responsibility Guidelines

1. Bindings must be in good condition and properly adjusted for the conditions.
2. Unbreakable sunglasses and goggles are essential.
3. 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.
4. 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.
5. 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.
6. 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.
7. 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.
8. 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.
9. 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.
10. 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.
11. 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.
12. Never jump or ski fast into an uncontrolled "blind spot".
13. 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 snowsport 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](#)

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 event. Members of PNSA traveling teams are required to abide by the US Ski and Snowboard Code of Conduct, the USOC Coaches Code of Conduct, and the PNSA Policy Concerning Illegal Drugs and Alcohol. Additionally, members are:

1. Required to supply PNSA with all required forms and fees by the established deadline.
2. Required to be in good financial standing with PNSA. Racers with unpaid fees by the payment deadline will not be included on the race entry form.
3. To refrain from the use or possession of alcohol in vehicles used for team purpose.
4. Not to consume alcoholic beverages anywhere in the presence of a minor team member.
5. Required to attend all team meetings, team training, and race events unless excused by the PNSA Traveling Team head coach and by PNSA.
6. Required to observe the curfew established by the head coach.
7. Required to remain with the team or in the vicinity of the team's housing, except with the knowledge and permission of the PNSA Traveling Team head coach and PNSA.
8. Required to observe any additional rules established by the PNSA Traveling Team head coach and PNSA.
9. A racer, who drops out of a PNSA Project after fees have been paid to the race organizer and for housing, may receive a refund only if PNSA can recover funds.
10. Racers who are in violation of PNSA traveling team rules are not eligible for a refund, and may be ineligible for future PNSA Projects.

PNSA will normally arrange for coaching, travel, and housing for WR Championship races (U19-21, U16 and U14), and certain other events, known collectively as PNSA "Projects", where the Western Region does not make such arrangements, except as noted. Racers who qualify and attend such Projects will go as members of a PNSA traveling team except as noted. PNSA racers who travel as members of any PNSA traveling team are expected to stay with the PNSA team at the housing arranged for them by PNSA.

PNSA Project Staff

Coaches who desire to act as PNSA traveling team coaches shall apply to the Coaches Committee to be selected for the PNSA traveling team coaching staff. A club that has "opted-out" of the PNSA traveling team may be required by the Coaches Committee to designate one of their coaches to serve as the PNSA head coach with all incumbent duties and responsibilities. All coaches who desire to act as a PNSA traveling team coach must be a participant member of US Ski and Snowboard as a coach or as an official and shall also hold a current PNSA Coach card and shall be Referee certified by US Ski and Snowboard. See Chapter 11 for a more complete list of traveling team coach responsibilities.

Staff Drug Testing

All traveling staff coaches may be subject to random drug testing. The PNSA President or Vice-President may 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, is required to submit to a drug test, the PNSA President or Vice-President may utilize the coach's 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 racer as stated below.

Procedure for Violations of Rules and Conduct Standards

Violations of the US Ski and Snowboard Code of Conduct, the USOC Coaches Code of Conduct, Racer's Responsibility Code, PNSA traveling team rules, or the Your Responsibility Code established by the National Ski Areas Association (Collectively "Codes of Conduct") may give rise to sanctions to be imposed by the competitor's sponsoring organization, PNSA, and US Ski and Snowboard. It is PNSA's policy that, if a competitor, coach, official or parent/guardian violates any of these, immediate resolution of the violation best serves the competitor, PNSA, US Ski and Snowboard, 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; Level II is more formal, involving the Disciplinary Chairperson and the competitor, coach, official or parent/guardian; Level III is the formal PNSA appeal with the Chairperson and two members of the PNSA Appeals Board.

LEVEL I (Venue Resolution)

If a competitor, coach, official or parent/guardian has violated, or allegedly violated the Codes of Conduct, the violation shall be called to the attention of the individual. The appropriate coach or official shall follow Due Process, and propose an immediate resolution or sanction. The individual shall have the opportunity to accept the sanction as a final resolution for the claimed violation. If the individual accepts the sanction, then no further sanctions shall be imposed against the individual. The appropriate coach or official shall report, in writing, to the PNSA office and the Disciplinary Chairperson, the incident and resolution. If the proposed resolution is not accepted, the violation will be referred to the PNSA office for Level II processing.

LEVEL II (Administrative Resolution)

A violation of the Codes of Conduct by a competitor, coach, official or parent guardian 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 accused person(s) by telephone and discuss the claimed violation with the accused person(s), offering Due Process. The Chairperson shall also take such other action and investigation as they deem appropriate and then propose a sanction to the accused person(s). The accused person(s) shall have the opportunity to accept or reject the sanction. In the event that the accused person(s) accepts the sanction, the violation and sanction shall be fully resolved and final. If the accused person(s) rejects the sanction or proposed resolution, then the Disciplinary Chairperson shall refer the claimed violation to the Chairperson of the Appeals Board for administration as per Level III.

Level III (Formal Disciplinary Action)

The chairperson of the PNSA Appeals Board shall act as the Level III committee chairperson and shall select two other members of the Appeal's Board to sit as the Level III committee. This three-person Disciplinary Committee shall generally conduct its business using the following procedures:

1. The competitor, coach, official or parent/guardian shall be given sufficient notice, preferably in writing, outlining the nature and extent of the claimed rules violations.
2. The competitor, coach, official or parent/guardian will be given reasonable time in which to prepare a response to the claimed violation.
3. The competitor, coach, official or parent/guardian will have the opportunity to be assisted in presenting their side of the incident at the hearing and, also, can employ the assistance of an attorney, if so desired, at their 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, coach, official or parent/guardian 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, coach, official or parent/guardian will be provided with a written decision of the Disciplinary Committee, and, upon request, an audio copy of the hearing.
7. The Disciplinary Committee hearing, not including the deliberations of the Disciplinary Committee, may be recorded if the competitor, coach, official or parent/guardian 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 US Ski and Snowboard 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 or access to race venues as a volunteer or spectator.
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.

Any sanctions to be posed under Levels I or II shall not be for a period of more than 21 days.

Any appeal of a Level III decision shall be taken to US Ski and Snowboard. It is PNSA's intent, in adoption of the foregoing procedure, to provide the competitor, coach, official or parent/guardian with Due Process. Due Process is explained in the section "Athlete's Code of Conduct" in the [US Ski and Snowboard Alpine Competition Guide](#).

Disciplinary Chairperson for Level I and Level II, nominated by the ACC/NCC/SCC/FCC, and approved by the PNSA Board of Directors is:

Kevin McCarthy
 48933 US Hwy 12
 White Pass, WA 9893
 Phone: 509-672-3101 email: kevin@skiwhitepass.com

PNSA Appeals Board

The US Ski and Snowboard and USA federal 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 US Ski and Snowboard. 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 Appeals 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.

Appeals Procedure

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. If the Disciplinary Chair or the Appeals Board Chair have been involved in a Jury decision or Level I process, the PNSA President shall appoint a temporary Disciplinary or Appeals Board Chair.

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 US Ski and Snowboard standard appeals form available from the PNSA office. Individuals filing appeals must pay the full fee 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 warranted by the outcome of the jury deliberation. In such a case, the hearing group may find 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 US Ski and Snowboard office for rules to appeal to higher levels.

	Alpine Appeals Board	Nordic Appeals Board
Vice President	Jeff Kray	Jeff Kray
Athlete	R Minam Cravens	Dakota Blackhorse-von Jess
Sr. Official	Karl Wardrop	Al Pokorny
Competition Committee Member	Dave Lyon	Dan Simoneau
Coach	Claudia Ney-Yamamoto	Jeff Hashimoto

NORDIC GUIDELINES AND PROCEDURES

7N. OTHER NORDIC ACTIVITIES

PNSA Trips and Projects

Activities that are sanctioned by PNSA and managed by the PNSA office.

1. All monies must flow through the PNSA office.
2. A budget must be submitted to the NCC Chair for review.
3. Invoices, expense receipts and prepayment requests must be submitted to the NCC Chair for approval before payment by PNSA.

PNSA Nordic Ventures & Opportunities:

Activities approved by NCC but not sanctioned by PNSA.

4. Proposals for ventures must be submitted to the NCC for approval.
5. Proposals must include financial request, budget, description, goals, estimated number of participants, targeted athletes/audience, etc.
6. Acceptance is through NCC voting process.

7A - PNSA ALPINE TEAM

The PNSA Alpine Team will be selected at the beginning of each race season. Team size and gender distribution will reflect the previous season's PNSA Elite Series quota. The purpose of the team is to recognize the top active junior racers in PNSA and to reward their efforts to the extent possible as they strive for the next level. There are numerous benefits to members of the PNSA Alpine Team. The benefits are defined annually. Each member of the PNSA Alpine Team receives a uniform piece.

The PNSA Alpine Team will be posted to the PNSA website in the fall.

PNSA Alpine Team Selection Procedures

1. Eligibility for the PNSA Alpine Team requires that the competitor is a FIS junior (aged 16-20) for the upcoming season, maintains a permanent residence within division, is a registered member with a recognized PNSA club*, was a member in good standing of PNSA and US Ski and Snowboard during the previous season and attended Northwest Cup races held in the previous season, and must renew his/her US Ski and Snowboard Competitor membership by August 15th.
Exceptions: Attendance at a higher level US race that conflicts with a Northwest Cup, i.e. Nor-Ams, or Nationals; or an injury which prohibited participation in the NW Cup events.
2. Eligibility also requires that the competitor intends to compete as a member of PNSA in Northwest Cup races during the current season. Team members must notify the PNSA office of their intent to compete in PNSA by an annual deadline of August 15th.
3. Automatic Alpine Team status is reserved for athletes who placed 1st through 3rd in the NW Cup overall ranking. The balance of the team will be selected from a single selection board to be constructed by the PNSA Selection Committee using National points from the appropriate National points list which includes non-activity/injury adders or penalties (see "PNSA Selection Procedures" – Chapter 9 - in this manual for more information on selection boards).
4. All PNSA Alpine Team members must be licensed with FIS.
5. Team members are encouraged to help the younger PNSA racers by entering non-Northwest Cup races as often as possible.
6. All PNSA Alpine Team members will first be nominated to the team and required to sign a Contract of Participation before officially being named as a PNSA Alpine Team athlete.
7. U.S. Ski Team members will become honorary members of the PNSA Alpine Team. These athletes will remain members of the PNSA Alpine Team as long as they are registered US Ski and Snowboard members with a PNSA competitor's license.

* In the case of independent racers, written authorization must be obtained from the PNSA Director of Alpine.

NORDIC GUIDELINES AND PROCEDURES

8N. PNSA TRAVELING TEAM COACH RESPONSIBILITIES

Trip Leader Responsibilities:

1. Coordinate with the PNSA office for wax, drills, radios, gates, Medical Release forms, needed on the trip. This is to be handled prior to departure.
2. Arrange daily team meetings.
3. Assign daily duties to the assistant coaches, including always having one coach who is on-site and on-call while athletes are at the lodging property.
4. Attend or assign a coach to attend the Team Captains Meeting.
5. Arrange and coordinate waxing sessions.
6. Establish a reasonable curfew and see that it is enforced.
7. Be in charge of any necessary discipline procedures.
8. Communicate with the PNSA office or the designated PNSA spokesperson during travels on a daily basis.
9. Submit a report to the PNSA office after the race which includes any disciplinary and/or organizational problems, etc.
10. Provide the front desk of any PNSA lodging provider with cell phone numbers of the PNSA coaching staff for contact in case of emergency, including designating the daily on-call coach
11. If an athlete is injured, make contact with the hospital/medical facility, the injured athlete's parents and the PNSA office as soon as possible.
12. Be responsible for the safekeeping and ready access of PNSA Traveling Team Athlete's Medical Releases and arrange a plan to have that information provided to a Health Care Provider in case of emergency.
13. Such other duties that may be assigned.

ALL COACHES SHALL:

1. Be a current member of US Ski and Snowboard, have a Cross Country Coach Membership (XCO) and have completed necessary background checks.
2. Be housed with the team during the course of the trip.
3. Be responsible for team members at the race venue. Chaperones will be responsible for the team members away from the race venue. When there are no chaperones assigned to the

team, the responsibility for the team members will be assumed by the coaches. If team members are granted permission to stay at a different lodging site, the coaches/chaperones are not responsible for the actions of those team members when they are away from the race venue.

4. Conduct daily inspections of athletes' rooms for cleanliness and upkeep; and final inspection after the athletes move out.
5. Be knowledgeable of and adhere to the [US Ski and Snowboard Code of Conduct](#) published in the US Ski and Snowboard Nordic Competition Guide.
6. Be committed to give 100% to ALL PNSA athletes at ALL times.

8A - PNSA / PNSAA / PNSEF ELITE SEASON PASS 2017-18

The Elite Pass is a unique PNSA tradition. It is an arrangement between ski area operators and ski racing unprecedented in the U.S. The PNSA/PNSAA/PNSEF Elite Season Pass allows the purchaser (valid US Ski and Snowboard competitor) to ski at participating PNSAA areas.

The following point cutoff will be used to determine eligibility for 2017-18:

Note: Cut-off points are reviewed each season by the Board, and can be adjusted up or down.

Ladies: SL = 268 GS = 269 SG = 345

Men: SL = 267 GS = 222 SG = 304

Eligibility

1. The competitor, to be eligible for a pass, must be a member of an established PNSA Team or Club, or on the list supplied by the NWCSC, and in good financial standing with PNSA. Limited provision is made to accommodate non-club racers. The pass is only available for competitors age 13 - 24.
2. The Elite Pass will be sold to all valid US Ski and Snowboard competitors who meet the Elite Pass cut-off points using the National points list #15 from the 2016-17 season (see points cutoffs above) For NWCSC athletes, the top 10 men and 10 women from last year's NWCSC final totals are eligible to purchase an Elite Pass. All athletes must be registered to compete during the season the pass is purchased and must also be in good standing with PNSA.
3. The pass holder must have competed in 4 race starts during the 2016-17 season (each race equals one race start – 2 races on one day equals 2 race starts).

Purchasing and Refund

4. Applications will be processed eight times each fall at approximately two week intervals. Applications received after the current processing date will have to wait until the next processing date for the pass to be printed and sent.
5. Passes must be purchased by the last processing date of the competition year. For sufficient reasons, a petition may be submitted to the PNSA office asking for approval to purchase a pass after that date.
6. Athletes who renew their US Ski and Snowboard/PNSA membership on/after Oct. 25th are subject to a \$30 PNSA late fee. Pricing structures are included in the Elite Pass application.
7. If a pass is lost, a replacement pass can be purchased for an additional processing fee of \$30.00.
8. If a pass holder should be injured, the racer may apply to the PNSA for a refund on a pro rata basis. Refund requests must be submitted by March 15th of the current season, with appropriate medical documentation.

Policies and Guidelines

9. In general, the pass will be valid September 15 through the Golden Rose race of the current competition season. PNSAA resorts reserve the right to adjust the validity dates to match their seasonal operating schedules.
10. The pass is not valid at PNSA sponsored training camps where the lift ticket is included in the camp fee. Ski area operators may choose to honor, or not honor, the Elite Pass at Oregon Interscholastic Ski Racing Association (OISRA) competitions.
11. Use of the Elite Pass is a privilege and is restricted to use by the purchaser only. All rules and regulations of the PNSA, PNSAA, US Ski and Snowboard and other ski area policies where the pass is used shall apply. Abuse of the Elite Pass can result in prosecution by the ski areas and/or in disciplinary sanctions by PNSA to include possible suspension or revocation of the Elite Pass. (Please review the US Ski and Snowboard Code of Conduct in your US Ski and Snowboard Alpine Competition Guide and the PNSA Conduct and Disciplinary policies presented earlier in this Manual).
12. The pass holder assumes all risks and liabilities associated with the sport of skiing.
13. All on-hill conduct falls under the [National Ski Areas Association's Responsibility Code](#).

PACIFIC NORTHWEST SKI AREAS
HONORING THE ELITE PASS IN 2017-18



Alpental (See Summit at Snoqualmie)
Anthony Lakes Ski Area
Bogus Basin
Cooper Spur Ski Area
Crystal Mountain Resort
Eaglecrest Ski Area
49° North Mountain Resort
Hoodoo Ski Area
Hurricane Ridge
Lookout Pass
Loup Loup Ski Bowl
Mission Ridge Ski & Board Resort
Mt. Ashland
Mt. Bachelor
Mt. Baker Ski Area
Mt. Hood Meadows Ski Resort
Mt. Hood Skibowl Winter Resort

Mt. Spokane Ski & Snowboard Park
Schweitzer Mountain Resort
Silver Mountain Resort
Ski Bluewood
Spout Springs Ski Area
Stevens Pass Mountain Resort
Summit at Snoqualmie
 Alpental
 Summit East
 Summit Central
 Summit West
Timberline Lodge & Ski Area
Warner Canyon
White Pass Ski Area
Whitefish Mountain Resort
Willamette Pass Resort

NORDIC GUIDELINES AND PROCEDURES

9N. PNSA Code of Conduct for Athletes

As an athlete representing PNSA, while on a PNSA sponsored trip I will:

- 1) Treat fellow competitors, coaches and officials with respect and consideration for their health, safety and emotional well-being.
- 2) Abide by the rules of competition.
- 3) Respect the role of race officials, volunteers and spectators.
- 4) Respect the guidance of coaches and follow the coaches' directions.
- 5) Refrain from behavior that is disruptive, disrespectful, or damaging to PNSA's reputation.
- 6) Dress appropriately and refrain from the use of clothing that contains endorsements for alcohol, tobacco or illegal drugs.
- 7) Commit no criminal acts.
- 8) Personal cell phone use during team activities is not acceptable.
- 9) Refrain from the use of banned substances in cross country skiing, racing and training (See USOC list of banned substances).
- 10) Abstain from the use and or possession of illegal drugs, alcohol and tobacco products.

I understand that if I violate one or more of these codes of conduct during a PNSA trip I will be subject to reprimand. Reprimands range from verbal warnings to exclusion from team functions to sending the athlete home at his/her own expense. PNSA coaches will determine these reprimands on a case by case basis.

By signing my name below, I indicate that I have read, understand, and agree with this code of conduct.

Print Athlete Name _____

Athlete Signature _____ Date _____

Parent Signature _____ Date _____

Parent Signature _____ Date _____

9A – ALPINE PNSA SELECTION PROCEDURES

PNSA Selection Procedures are used to qualify PNSA racers for regional and national events where an official team will represent PNSA. Selection procedures vary depending on the level of competition/race. It is PNSA's philosophy that younger racers be rewarded for solid, all-event skiing, whereas the older, more experienced skiers are rewarded for excelling in a single event. All selection boards and final selections are on record and available in the PNSA office.

The Athletic Development Sub-committee of the ACC oversees PNSA Selections. The respective working group for each age class conducts specific selections.

- 1) U14 SUB-COMMITTEE WORKING GROUP
 - a) Western Region U14 Championships
- 2) U16 SUB-COMMITTEE WORKING GROUP
 - a) Western Region U16 Championships
- 3) U19-U21 SUB-COMMITTEE WORKING GROUP
 - a) All FIS events including:
 - i) Western Region Open FIS series
 - ii) Western Region Elite FIS series
 - iii) Western Region U19/U21 Championships

PNSA Double Selection Board

The PNSA Double Selection Board generally follows the same procedure as the Regional Double Selection Board Method as described in the US Ski and Snowboard Alpine Competition Guide. However, the PNSA Double Selection Board order of events is as follows: GS, SG, SL & DH.

Rules for Setting up the Board

- 1) Only the events contested at the competition will be placed on the board.
- 2) The Place Points board comes first, followed by the National Points board.
- 3) Racers are awarded place points at identified selection races. A racer's best two results in each event are added together and placed in the appropriate column. Columns for each event are arranged with the top ranked racer first.
- 4) Only eligible PNSA athletes at the time of the selection will receive place points. Current automatics at the time of the selection, past and present members of the US Ski Team, racers from other divisions and racers normally excluded from the event will not be awarded place points.
- 5) Ties in Place Points:
- 6) Considering a racer's single best place point result in that event first breaks ties. Next, considering any unused place point result in that event breaks ties.
- 7) If, after all place point results have been considered, a tie still exists, the racer with higher National points (worse rank) on the current list at the selection deadline will be placed ahead of the other tied racer on the board. Only the National points of the event in which the tie exists will be considered.
- 8) The National Points board is arranged in columns for each event with the top ranked racer first, based on the identified selection races and the most current National points list.
- 9) For racers to be included on the National Points side of the board they must have competed in at least one of the selection races of the qualifying series.
- 10) When a tie exists on the National Points board the racer ranked higher on the Place Points board of the same event will be ranked first.

Selection

Selection is made by moving across the board, left to right, and choosing the racer in each column before moving to the next row. If a racer has previously been chosen from the board, that racer is skipped over and the selection procedure continues. If a column does not contain a racer, the blank column is skipped and selection continues across the board.

Example

Selection for a 4-event, 12-person team:

Place Points Board				National Points Board			
GS	SG	SL	DH	GS	SG	SL	DH
A	B	E	D	A	X	D	C
G	D	Q	E	F	E	X	Z
R	Z	D	Q	Z	M	Q	D
F	Q	B	M	T	D	C	Q

Selection: A, B, E, D, X, C, G, Q, F, Z, R, & M

PNSA Modified Double Board for U16 Championships

The PNSA Modified Double Selection Board generally follows the same procedure as the PNSA Double Selection Board Method. However, the PNSA Modified Double Selection Board changes how the combined total of World Cup points is calculated, and changes the order of selection.

The World Cup points board is the combined total of the best single-result from each of the disciplines in the qualifiers. Selection goes 1st WC points, then 1st National GS, 2nd WC Points, 1st National SG, 3rd WC points, 1st National SL, 4th WC points, 2nd National GS, etc. If a racer has previously been chosen from the board, that racer is skipped over and the selection procedure continues. If a column does not contain a racer, the blank column is skipped and selection continues.

Example

Selection for a 3-event, 11-person team:

WC Points	Row	National Points	National Points	National Points	Ranking Order	Ranking Order	Ranking Order	Selection Order
		GS	SG	SL	1	continued - 2	continued - 3	
A	1	C	A	A	1-A-WC1	12-I-SL2	23-E-SL5	1 - A - WC1
B	2	D	I	I	2-C-GS1	13-G-WC7	24-K-GS6	2 - C - GS 1
C	3	E	B	C	3-B-WC2	14-E-GS3	25-F-SG6	3 - B - WC2
D	4	A	C	D	4-A-SG4	15-H-WC8	26-G-SL6	4 - D - WC4
E	5	J	D	E	5-C-WC3	16-B-SG3	27-FGS7	5 - E - WC5
F	6	K	F	G	6-A-SL4	17-C-SL3	28-H-SG7	6 - F - WC6
G	7	F	H	F	7-D-WC4	18-A-GS4	29-F-SL7	7 - I - SG2
H	8	H	J	K	8-D-GS2	19-C-SG4	30-H-GS8	8 - G - WC7
					9-E-WC5	20-D-SL4	31-J-SG8	9 - H - WC8
					10-I-SG2	21-J-GS5	32-K-SL8	10 - J - GS5
					11-F-WC6	22-D-SG5		11 - K - GS6

PNSA Single Selection Board

In case no selection races are held prior to the selection announcement date, a single selection board will be used. In this case, only the National points portion of the Double Board is utilized. The selection procedure for the Single Board is otherwise the same as that described for the double selection board.

Western Region FIS Elite Series Selection

A single selection board will be used to select PNSA teams to WR FIS Elite Series events, using the identified National Points List. (See *Intent* and *Selection* Deadlines in the Appendix.) There are no PNSA selection races for these races. Only the events contested will be placed on the board.

Eligibility to be placed on the Board

- 1) Racers must be licensed members in good standing of US Ski and Snowboard and PNSA.
- 2) Racers must have submitted their PNSA Intent to Compete Form to the PNSA office as per guidelines. (See PNSA Intent to Compete procedures later in this section.)
- 3) Racers must be FIS-age eligible and have a current FIS license.
- 4) Racers who are in violation of the US Ski and Snowboard Code of Conduct, US Ski and Snowboard policy or PNSA policy will not be placed on the board.
- 5) Only PNSA racers who meet the Elite Pass point cut-off in one of the contested events will be included on the selection board.
- 6) Current automatics, past and present members of USST, any racers normally excluded from the event, and any racers not eligible for the PNSA quota will not be placed on the board.
- 7) Racers may petition for discretionary consideration. (See Discretionary Policy later in this section.)

Alternate List

For all Western Region Elite FIS races an alternate list will include all eligible racers who have submitted an Intent to Compete Form to the PNSA office. If after notifying racers to the extent of this list, the PNSA quota is still not filled, no further racers will be selected.

Western Region FIS Open Series Selection

A single selection board will be used to select PNSA teams to WR FIS Open Series events. There are no PNSA selection races for these competitions. Only the events contested will be placed on the board.

Note: When a Western Region FIS Elite or Open Series race is used as a qualifying competition for any Championship event (2018 = Park City/Snowbird and Schweitzer in January, Snow King in February), Western Region may regulate and modify how quotas will be filled by divisions in the following manner:

- Fifty percent (50%) of any divisional quota must be allocated and offered to the age group that is qualifying to the championship event.
- Subsequent divisional quota expansions may or may not be restricted to an age category by the Regional Director.

Eligibility to be placed on the Board

- 1) Racers must be licensed members in good standing of US Ski and Snowboard and PNSA.
- 2) Racers must have submitted their PNSA Intent to Compete Form to the PNSA office as per guidelines. (See PNSA Intent to Compete procedures later in this section.)
- 3) Racers must be FIS-age eligible and have a current FIS license.

- 4) Racers who are in violation of the US Ski and Snowboard Code of Conduct, US Ski and Snowboard policy or PNSA policy will not be placed on the board.
- 5) All “Senior” competitors qualifying must hold a current FIS license and must have points on the current FIS list in at least one of the contested events.
- 6) Racers must meet the PNSA Elite Pass Point Cutoffs* in the contested event in order to be placed on the board.

**Coaches must file a petition for athletes, intending to compete in speed events, who do not meet the Elite Pass Point Cutoffs in SG or DH.*

Alternate List

For the Western Region FIS Open/NJR Series an alternate list will include all eligible racers who have submitted an Intent to Compete Form to the PNSA office. If after notifying racers to the extent of this list, the PNSA quota is still not filled, no further racers will be selected.

Western Region U19-U21 Championships

The double selection board method will be used to fill the PNSA quota to the Western Region U19/U21 Championships, using the identified selection races and the most current National points list valid at the time of the selection. All PNSA NW Cup races held prior to the selection deadline will be used as selection races. A racer’s best two results in each event will be counted.

Place points will be assigned to the top 30 PNSA finishers, who are eligible at the time of the selection, using World Cup points (See appendix). The best two results in each event will be used on the double selection board. The appropriate number of events, that is, only those events contested at the U19-U21 Championships will be placed on the selection board.

Eligibility to be placed on the Board

- 1) Racers must be licensed members in good standing of US Ski and Snowboard and PNSA.
- 2) Racers must be age-eligible for the championship event.
- 3) Racers must have competed in at least one of the designated selection races.
- 4) Racers who are in violation of the US Ski and Snowboard Code of Conduct, US Ski and Snowboard policy or PNSA policy will not be placed on the board.

Alternate List

The alternate lists for the Western Region U19/U21 Championships will have no limitations. All efforts will be made to fill the PNSA quota with eligible PNSA racers.

Western Region U16 Championships Selection

The modified double selection board method will be used to fill the PNSA quota to the Western Region U16 Championships, using the identified selection races and the most current National points list valid at the time of the selection. See the Modified Board example earlier in this chapter.

Eligibility to be placed on the Board

- 1) Racers must be licensed members in good standing of US Ski and Snowboard and PNSA.
- 2) Racers must be age-eligible for the championship event.
- 3) Racers must have competed in at least one of the designated selection races.

- 4) Racers who are in violation of the US Ski and Snowboard Code of Conduct, US Ski and Snowboard policy or PNSA policy will not be placed on the board.

Alternate List

The alternate list for the Western Region U16 Championships will have no limitations. All efforts will be made to fill the PNSA quota with eligible PNSA racers.

Team Announcement

The U16 Championship Team and the team alternates will be selected after the completion of the last PNSA U16 qualifying competition. The team members will be announced after the U16 Working Group members validate the selection.

U16 Championship Seeding

A ranking list for each event will come from the PNSA office.

World Cup points (two event total) and National points will be used in a double board seeding process. In the event of a tie, the racer with the lowest single race points in the event from the qualifier series will be ranked first.

Western Region U14 Championships Selection

A zonal hybrid process will be used to select athletes to fill the PNSA quota for the Western Region U14 Championships. The hybrid process combines Zone 2 (Eastern WA/North ID) and Zone 3 (OR), while Zone 1 (Western WA) remains separate. Each zonal qualifying race will be a US Ski and Snowboard Sanctioned race.

1. The hybrid Zonal quotas will be determined by their proportion of 1st-year U14 athletes holding a current US Ski and Snowboard Membership on List 15 of the season prior to the Championship season. The populations of Zone 2 & 3 will be combined for this calculation.
2. The hybrid Zones will use 3 SL, 3 GS, and, optionally, 1 or 2 SG races, scored by run, where every racer has an opportunity for a second run to determine which racers will fill the quota.
3. Race dates will be approved by the ACC.
4. Of the possible 14 contested runs, the best 50% of each discipline will be considered; 3 runs of SL, 3 of GS and 1 of SG (regardless if 1 or 2 runs of SG are held).
5. If no SG is held, then the results from the GS standings will determine the SG portion of the board.
6. Each zone's selection process will purge all non-zonal athletes from their results prior to assigning place points.
7. Each Zone will assign "Modified World Cup points" (30 for first, 29 for 2nd, etc.) to each finisher for the race runs identified as qualifiers. For DNS, DNF, DSQ the racer will receive no points – 0 (zero). Modified World Cup points decrease by 1 point for each place, starting at 30 for 1st place.
8. In case of a tie, the tie will be broken by including to the 3rd best GS result for each racer. If the athletes are still tied, the 3rd best SL result, the second best Super G result, 4th best GS result and 4th best SL result will be used until the tie is broken. If the athletes remain tied after all 10 results are used, combined race points for the original best 5 will be considered.

9. Each zone will determine their seeding order for each discipline. The zonal selections and seeding will be submitted to the PNSA Office for final approval at least 2 weeks prior to WR U14 Champs.
10. The PNSA Office will seed the qualified athletes for the WR U14 Championships by:
 - a. Each PNSA zone will submit their selected athletes seeded by discipline.
 - b. Athletes from each zone will be grouped in their respective seeds by discipline with athletes from the other zones to create PNSA seeding groups by discipline.
 - c. The PNSA seeding groups will consist of one to three athletes per seed depending on the zonal quota allocation defined above.
 - d. PNSA will randomly draw athletes within a seeding group to create the individual seeding for U14 WR Champs by discipline.
 - e. Earlier seeded zonal athletes and seeding groups will always take priority over later seeded zonal athletes and seeding groups when being drawn into the WR U14 Championship seeding matrix.

PNSA Discretionary Policy

PNSA allows discretionary selections. The following procedures apply:

- 1) The last 2 places of the quota will be considered for discretionary selection.
- 2) Petitions for discretionary selection are due in the PNSA office prior to the Selection Deadline. Late petitions will not be considered.
- 3) Final decision of a discretionary petition will be a majority vote from the appropriate working group of the Athletic Development Sub-committee.
- 4) Petitions that are denied will be forwarded to the Western Region for consideration.

A racer must provide evidence to show why his or her ranking should be adjusted.

Examples of evidence to qualify for discretionary consideration include:

- a) Physician verification of injury or illness and proof that such injury or illness prevented a racer from maintaining competitive ranking.
- b) Results from a higher level competition, e.g. Regional FIS race, Nor-Am, etc., that prevented a racer from competing in a qualifying event.
- c) Other proof that a racer's current ranking among his or her peers should be much better than indicated by the current selection procedure, i.e. results from recent competitions, prior season rankings, etc.

Foreign Competitors in PNSA

Foreign competitors racing for clubs within PNSA (US Ski and Snowboard members with an "X" Competitors License and having paid their PNSA dues), may be eligible for PNSA selections to Western Region events. Foreign racers must submit a completed Intent to Compete Form to the PNSA office before inclusion on any selection board. Foreign racers will not receive place points from any selection races conducted prior to submitting the Intent to Compete Form. Place points are not retroactive. Foreign competitors must meet all other eligibility criteria, including the submission of an authorization letter from their national federation allowing them to compete in North American FIS races for the current season. This letter should be sent to the PNSA office prior to Nov. 15th.

PNSA Intent to Compete Policy

1. The PNSA Office will post a list of qualified, ranked athletes 30 days prior to the event.
2. Coaches will confirm/pull athletes by the posted deadline.
3. After the deadline, confirmed athletes will be sorted by their ranking.
4. Confirmed athletes must pay the trip fee for the event by the posted deadline to be included on the entry sheet.
5. All Intent deadlines and payment dates will be noted in advance on the [PNSA website](#).

Policy Regarding Racers Qualifying for PNSA Traveling Teams

1. PNSA will post a list of racers who qualify for PNSA Projects on the [PNSA website](#). Racers who are independent are required to provide the office with contact information.
2. Racers who will not be available for contact at their usual address must contact PNSA after the preliminary selection to verify their selection.
3. All racers notified that they have qualified for a team must be prepared to accept their selection by informing PNSA as directed. The next racer on the selection list will replace a racer who fails to confirm with PNSA by the deadline.
4. A racer who expresses the intention of competing, and fails to race without informing PNSA in time to effect a replacement, may be declared ineligible for the next PNSA Project. Any racer who pulls from an event after the preliminary selection deadline will be held responsible and invoiced for ALL non-recoverable costs.
5. All racers must have complete payment and paperwork into the PNSA office by the established deadline to be entered into the project.
6. Where a selected team member has failed to meet a financial obligation to the division, region or US Ski and Snowboard, by deadlines for final naming of teams, the next person on the selection list will replace the racer.
7. Western Region U14/U16/U19-U21 Championship Teams: Racers named to PNSA U14/U16/U19-U21 Championship teams will be entered in all races held at the event. Athletes may choose not to compete in every event; however, they will still be responsible for the entry fee. The unused race start will not be filled with an alternate or non-named racer.

10N. PNSA Cross-Country Junior National Qualifier Race Bid Form

Please fill out the following as completely as possible. Explanations may be attached on a separate page.

Host Club:	
Race Venue:	
Race dates proposed:	
Formats (distances, techniques, starts):	
Trails to be used:	
Timing systems to be used	
Primary:	
First backup:	
Second backup:	
Personnel (name, telephone, email)	
Main contact:	
Chief of race:	
Chief of timing:	
Most recent race successfully held	
Race name and dates:	
Formats:	
Number of starters:	
Number of timing systems used:	
Primary timing system:	
When were results first available:	

Please describe any problems you experienced and any measures taken to solve those problems and to improve your race:

10G - PNSA ACADEMIC POLICY

PNSA promotes academic as well as athletic excellence. All PNSA athletes are expected to maintain throughout the year a minimum of a 2.0 G.P.A. on a 4.0 system, with no F's. Academic scholarships are available to qualifying student/athletes.

PNSA Honor Roll : 2016-2017 Academic Year

PNSA athletes who wish to be included on the PNSA Honor Roll must be current US Ski and Snowboard members and are encouraged to submit any qualifying transcripts (quarter, semester or year-end), by mail, email or fax, to the PNSA Office. To qualify, an athlete must have a grade point average of 3.0 or better – weighted or non-weighted.

Congratulations to the following students/athletes who submitted qualifying transcripts!

4.0 and higher GPA:

Beres, Eileen		Larson, Tyler
Bert, Jeffrey		Meredith, Parker
Cravens, R Minam		Munch, Gemma
Debley, Erica		O'Shaughnessy, Olivia
Downing, Liv G.		Panos, Alexi
Hoffman, Isabella		Panos, Demitri
Jones, Henry T.		Pickel, Jacqueline
Kanning, Annaby		Stern, Madeline
Kanning, Emerson		Westman, Kristopher

3.0-3.99 GPA:

Brinker, Andrew		
Burandt, Elyse		Phelps, Megan
Esnoz, Jared		Quesinberry, Elizabeth
Farley, Jared		Randolph, Dana
Gahn, Emily		Sickler, Thomas
Hoerr, Allison		Schifone, Anthony
Lange, Will O'Hare		Skufca, Erin
Lowe, Teegan		Totten, Mary
Lynn, Xakaryeh		Trimble, Trevor
McBurney, Matthew		Underkoffler, Lucas
Mixon, Beth		Walther-Gingold, Tiger
Nilsson, Brady		Westman, Cale

11A – ALPINE PACIFIC NORTHWEST COACHES COMMITTEE

Goals and Purpose

The Pacific Northwest Coaches and Education committees, both subcommittees of the ACC, are made up of all active coaches within the PNSA. The Coaches committee is the means by which coaches communicate their concerns and ideas amongst themselves and to the PNSA. The Education committee develops and produces educational opportunities. The goals of the committees are:

1. To advance, encourage and improve the coaching profession in all its phases, and to promote a better working relationship among those persons interested in the aspects of coaching and ski racing.
2. To further develop the ability of each PNSA Coach.
3. To better serve the common interest of the coaches by providing a means for the free exchange of ideas and information within the profession.

Focus Areas

- Coaching Education
- Athlete Development
- Race Calendar Management
- Competition Policies
- Officials Certification

Traveling Teams – Coaches Selection

Coach selections to any PNSA Traveling Team Coaching Staff are based on the following criteria:

1. The team with the greatest number of racers may be entitled to one coach.
2. All coaches selected for the PNSA Traveling Team Coaching Staff shall be a member of US Ski and Snowboard as either a coach or an official and shall also hold a current PNSA Coach card, and shall be Referee certified by US Ski and Snowboard.
3. The Selection Committee takes into consideration coaches' education and experience, the ability to work together with fellow coaches and all racers, and evaluations of past performances.
4. An Associate Coaches position may be made available in addition to the regular PNSA coaching staff. This associate position allows a less experienced coach the opportunity to gain experience at the divisional and regional levels. The funding for this position may come from the Coaches budget. However, when funding is not available, the coach or coach's home club may be asked to provide some, or all, of the necessary funding.
5. Clubs "opting out" of PNSA traveling team must submit names of coaches' attending the Project to PNSA at the time of racer selection.
 - a. All coaches properly submitted will be included on the PNSA "green sheet" as long as they are members of US Ski and Snowboard as either a coach or an official and shall also hold a current PNSA Coach card and be Referee certified by US Ski and Snowboard.
 - b. If there is an additional charge, each "opting out" club will be required to split the costs of any additional lift tickets needed beyond those that are provided by the host organization, at no charge, to PNSA for use by its Traveling Team Coaching Staff.
 - c. PNSA will bill the respective clubs for any additional costs.
6. Clubs not opting out may send additional coaches who have not been selected to the PNSA Traveling Team Coaching Staff at their own expense.
 - a. Those clubs must submit the names of their additional coaches attending the race event to PNSA at the time of racer selection.
 - b. All additional coaches properly submitted by non-opting out clubs will be included on the PNSA "green sheet" as long as they are members of US Ski and Snowboard as either a coach or an official and hold a current PNSA Coach card and are Referee certified by US Ski and Snowboard.

- c. Additional coaches so attending are encouraged to integrate/cooperate with the designated PNSA traveling team staff coaches.
- d. The designated PNSA traveling team staff coaches shall allow and facilitate such integration.
- e. PNSA will bill the respective clubs for any additional costs.

PROCEDURE

- 1. The Coaches Chairman, working with the ACC Selection Committee, will designate the head coach for each PNSA traveling team.
- 2. The Coaches Chairman and the Head Coach will select the rest of the staff from a list of qualified coaches who have indicated to their Program Director their race series preferences. At least one female coach should be appointed whenever possible.
- 3. All coach selections are the final responsibility of the Coaches Committee. If at any time there is a conflict, the Coaches Committee Chair should be notified immediately in order to rectify the problem.
- 4. Program Directors will fill out and return any request for their staff members.

Traveling Coaches Responsibilities

HEAD COACH RESPONSIBILITIES:

- 1. Coordinate with the PNSA office for wax, drills, radios, gates, Medical Release forms, needed on the trip. This is to be handled prior to departure.
- 2. Arrange daily team meetings.
- 3. Assign daily duties to the assistant coaches, including always having one coach who is on-site and on-call while athletes are at the lodging property.
- 4. Attend or assign a coach to attend the Team Captains Meeting.
- 5. Arrange and coordinate waxing sessions.
- 6. Establish a reasonable curfew and see that it is enforced.
- 7. Be in charge of any necessary discipline procedures.
- 8. Communicate with the PNSA office or the designated PNSA spokesperson during travels on a daily basis.
- 9. Submit a report to the PNSA office after the race which includes any disciplinary and/or organizational problems, etc.
- 10. Provide the front desk of any PNSA lodging provider with cell phone numbers of the PNSA coaching staff for contact in case of emergency, including designating the daily on-call coach
- 11. If an athlete is injured, make contact with the hospital/medical facility, the injured athlete's parents and the PNSA office as soon as possible.
- 12. Be responsible for the safekeeping and ready access of PNSA Traveling Team Athlete's Medical Releases and arrange a plan to have that information provided to a Health Care Provider in case of emergency.
- 13. Such other duties that may be assigned.

ALL COACHES SHALL:

- 1. Be a current member of US Ski and Snowboard, have a Coaches Membership (ACO or XCO), for Alpine an updated Referee License (RF) and have completed necessary background checks.
- 2. Be housed with the team during the course of the trip.
- 3. Be responsible for team members on the hill. Chaperones will be responsible for the team members off the hill. When there are no chaperones assigned to the team, the responsibility for the team members will be assumed by the coaches. If team members are granted permission to stay at a different lodging site, the coaches/chaperones are not responsible for the actions of those team members when they are off the hill.

4. Conduct daily inspections of athletes' rooms for cleanliness and upkeep; and final inspection after the athletes move out.
5. Be knowledgeable of and adhere to the US Ski and Snowboard Code of Conduct published in the US Ski and Snowboard Alpine and Nordic Competition Guides.
6. Be committed to give 100% to ALL PNSA athletes at ALL times.

Coaches Code of Conduct

The US Ski and Snowboard Code of Conduct can be found in the [US Ski and Snowboard Alpine Competition Guide](#). The entire code, as stated in the US Ski and Snowboard Competition Guide, and all PNSA policy stated in the Rules governing PNSA Competitors section of this manual, shall apply to all PNSA Coaches at all levels of PNSA racing, and when representing PNSA as part of an official team or as an individual.

US Olympic Committee 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](#).

Membership Requirements

PNSA requires all member club program directors and/or head coaches to have a US Ski and Snowboard Coaches license. PNSA recommends that all club coaches obtain a US Ski and Snowboard Coaches license.

PNSA Coaches Card

The PNSA Coaches Card program offers complimentary lift tickets to eligible coaches at competitions in PNSA.. Only coaches who have joined US Ski and Snowboard with a Coach membership are eligible. The cost is an additional \$15.00 to the US Ski and Snowboard Coach membership, and this fee is paid when joining US Ski and Snowboard.

Only coaches who show as current on the US Ski and Snowboard website, or those included in the US Ski and Snowboard database supplied to SplitSecond or Vola timing software, are eligible. No physical cards will be issued.

PNSA Coaches Education

[PNSA Coaches Education programs](#) are designed to maintain current coaching philosophies. The division strives to offer forums to keep abreast of current techniques and issues. Coaches are encouraged to participate in both [US Ski and Snowboard](#) and [PSIA](#) education programs as well.



12G - PACIFIC NORTHWEST SKI EDUCATION FOUNDATION

The Pacific Northwest Ski Education Foundation (PNSEF) has been helping competitive athletes, including ski racers like Debbie Armstrong, Phil and Steve Mahre, Scott Macartney, Libby Ludlow, Brooke Wales, Tommy Ford, Jacqueline Wiles and many others in the Pacific Northwest, realize their skiing goals for the past 44 years.

Formed in 1969, PNSEF promotes all aspects of ski competition (Alpine, Nordic, Freestyle, and Snowboarding) to racers, coaches, officials, and the general public. Managed by an elected Board of Trustees, PNSEF is a supporting organization to the Pacific Northwest Ski Association, whose members strive for the ultimate goal of Olympic and World Cup competition on the U. S. Ski Team.

Were it not for initial funding provided by PNSEF, Olympic superstars like Phil and Steve Mahre of White Pass might not have gone on to their stunning Olympic victories. More recently, athletes such as Justin Wadsworth, Anton Pogue, Libby Ludlow, Tommy Ford, Torin Koos, Colby Granstrom, Jacqueline Wiles and Garth Hager have each benefited from the support provided by PNSEF.

As a fundraising organization, PNSEF relies on a number of diverse sources to keep building principal, to continue funding for existing programs, and to meet the needs of other recipients through new funding modes. An annual fundraising event is held in the Seattle area, along with several other fun events held throughout the division. Another funding vehicle is the Elite Pass program, which is a cooperative venture between PNSEF, PNSA and the Pacific Northwest Ski Areas Association, begun in the mid 1970s.

In addition to the many athletes who have benefited from their support, PNSEF also provides funding for B-net, coaches' education and training, development camps, and educational scholarships.

Any parents or competitors with questions about PNSEF are urged to request more information. Contact information is on the ♦[PNSEF website](#), or use this link to send an ♦[email](#). Applications for financial assistance must be submitted no later than December 31st of each season. All applications are now submitted on-line. Please find information on ♦[grant](#) and ♦[scholarship](#) applications on the PNSEF website.

Website: www.pnsef.org | Grants: www.pnsef.org/grants | Scholarships: www.pnsef.org/scholarships

Email: pnsef@pnsef.org

All applications are treated with confidentiality.

APPENDIX 1

Pacific Northwest Ski Association

2016-2017 Annual Awards

<u>AWARDS</u>	<u>Description</u>	<u>Recipient</u>
Norrie Lamson Award	For outstanding service to Juniors and the Junior race program over a period of several years	Alan Lauba
John Genoud Award	To the individual contributing notably of his/her service as a race official	Jim Doudna
Ken Comfort Award	For the person who over the years, has given freely of his/her time to help the sport of skiing.	Claudia Yamamoto
Schwabe Award	Outstanding Alpine competitor during the past year.	R Minam Cravens
Olav Ulland Award	Outstanding Nordic competitor during the past year.	Novie McCabe
Northwest Skier Award	Outstanding Junior competitor both on and off the slopes.	Tess Baldwin
Coaches Award	Outstanding Alpine, Freestyle, Nordic and Snowboard coaches.	Chris Acosta, Alpine Matt Clune, Freestyle Bernie Nelson, Nordic Alex Scagliotti, Snowboard
Collegiate Alpine Award	Outstanding Alpine collegiate competitor during the past year.	Mary Totten Grant Hamlin
Collegiate Nordic Award	Outstanding Nordic collegiate competitor during the past year.	Sierra Foster Imran Wolfenden
Freestyle Skier	Outstanding Freestyle competitor during the past year.	Elyse Burandt Male – not awarded
Snowboard Rider	Outstanding Snowboard competitor during the past year.	Lady - not awarded Sean Fitzsimmons
Unsung Hero Award	Any individual in your club who contributed in either race or club responsibilities, above and beyond the duty of any volunteer.	Jon Andrews Jeff Bray Trish Campbell Laura Derwin Ryan Forbes Cameron Halmrast Brian Holm Brian Janssen April Kerlake Natalie Kuhler

APPENDIX 1

2016-2017 PNSA Annual Awards (continued)

<u>AWARDS</u>	<u>Description</u>	<u>Recipient</u>
Unsung Hero Award	Any individual in your club who contributed in either race or club responsibilities, above and beyond the duty of any volunteer.	Louis Lafreniere Robbie Lafreniere Stuart Larson Chris LeCuyer Sam Naney Hilary Ohara Kelly Rohrer Bill Schmidt Paul Stamnes Andy Stines Chris Von Melville Kathy Westman
Press Award	For exceptional service to the sport of skiing by someone from the news media.	Not Awarded -
Northwest Cup Team Trophy		Mt Bachelor Sports Ed. Fnd.
Best Northwest Cup Race		Not Awarded
Sallie McNabb Award	Northwest Cup Downhill Champions	Ashley Lodmell Zachary Simmons
Northwest Cup Overall		Maddie Collins R Minam Cravens
U16 Series Overall		Katie Holm Cassell LeFevre
Buddy Werner/U14 Champions		Elizabeth Quesinberry Demitri Panos

INFREQUENT AWARDS

Ingrid Simonson Lifetime Achievement Award		not awarded
President's Award	Awarded by PNSA President for Outstanding Service.	not awarded
Quarter Century Award	Awarded to those attending 25 PNSA Conventions.	not awarded

APPENDIX 1

2016-2017 PNSA Annual Awards (continued)

<u>AWARDS</u>	<u>Description</u>	<u>Recipient</u>
GRANTS/SCHOLARSHIPS		
Masters' Subcommittee Athlete Grants	Awarded by Masters Group to outstanding FIS level competitors.	Tess Baldwin Tanner Lujan
Jane Henry Scholarship		Ashley Lodmell
R. Dean Palmer Scholarship		Tom Schoderbek
Bruce Holyoke Scholarship		not awarded

APPENDIX 2

PNSA Quotas and Selection Deadlines

NORDIC/CROSS COUNTRY

Quotas

PNSA has a quota of 34 racers, plus any qualifying out-of-division athletes, for the XC Junior nationals.

Date	Event	Location
JNQ Series		
Dec 16-17	Skate/Classic	Mt Bachelor
Dec.31	Jr National Intent Deadline	
Jan13-14	Skate/Classic	Mt Spokane
Jan 26-27	Skate/Classic	Soldier Hollow, UT
Feb 10-11	Skate/Classic	Methow Valley

PNSA Nordic Place Points System

1st place	25 points	6th place	20 points
2nd “	24 “	7th “	19 “
3rd “	23 “	8th “	18 “
4th “	22 “		
5th “	21 “	25th “	1 point

ALPINE

Automatic Quotas

PNSA racers who are regional automatics to an event will not be included in the PNSA quota to those events allowing automatics.

For the Western Region U16 Championships, athletes who attend the Seven Nations Cup may be entered as automatics by the Region. These athletes do not count against a division's quota, and will be randomly seeded after the 1st seed.

WR FIS Elite Series:

For the major regional events, any racers who have achieved the National point levels listed in the [Western Region Policies and Procedures \("Western Region Automatics"\)](#) will be automatics to the event. Gold medal winners of the previous season's U16 Championships individual events and overall combined (2nd year U16s in that season) are automatics in addition to selected automatics via point selection.

WR FIS Open Series:

There are no automatics to this level of regional racing.

Exceptions:

1. WR automatics eligible by age for the event may attend the race/series, but must qualify via applied protocols.
2. Automatics who do not qualify by age may attend only if they are included in the Regional Director's Quota as a pace skier.

NOTE: There are no automatics to the Western Region U19-21 or U14 Championships competitions

PNSA Quotas

PNSA will fill divisional quotas to Regional FIS, Western Region U19-21 Championships and the Western Region U16 and U14 Championships competitions according to the rules and procedures set forth in the PNSA Selection Procedures section of this manual. The final two quota spots to Regional races are reserved for discretionary selection.

- Western Region Elite FIS Series: PNSA has a quota of **9 men and 9 ladies + automatics**
- Western Region FIS Open/NJR Series: PNSA has a quota of **25 men and 25 ladies**
- Regional Championships: PNSA has a quota of **20 men and 19 ladies** to the Western Region U19-21 Championships. The Western Region U16 Championships quota is **17 men and 17 ladies**. Western Region U14 Championships quota is **8 men and 7 ladies**.
-

Date	Event	Location	Intent Deadline	National List	PNSA Quota
<u>FIS Elite Series</u>					
Jan.18-21	Tech Series	Park City/Snowbird	Dec. 18	List 7	9M / 9L
Feb. 16-21	Tech Series	Snow King	Jan. 16	List 8	9M / 9L
Apr 3 -5	Spring Series	Mammoth Mtn	Mar. 2	List 11	9M / 9L

FIS Open Series

Dec. 9-12	Tech Series	Snow King	Nov. 9	List 5	25L / 25M
Dec. 11-14	Tech Series	Mission Ridge	Nov. 11	List 5	25L / 25M
Jan. 18-19	Speed	Snow Basin	Dec.18	List 7	25L / 25M
Jan. 30-Feb. 4	Speed Series	Schweitzer	Dec. 30	List 8	25L / 25M
Mar. 22-25	Tech Series	Snowbird	Feb. 22	List 10	25L / 25M
Mar. 22-25	Tech Series	Mammoth Mtn	Feb. 22	List 10	25L / 25M

Regional Championships

Mar. 13-19	WR U19-21. Champs	Alpine Meadows	Dbl Board	List 10	20M / 19L
Mar. 15-18	WR U14 Champs.	Jackson Hole	U14 Board	N/A	8M / 7L
Mar. 22-25	WR U16 Champs	Alyeska	Modified Dbl Board	List 1	17M / 17L

See PNSA Selection Procedures section for specific event selection criteria.

PNSA Alpine Place Points Systems

“New” World Cup Points

1st place	100 points	1	1th place	24 points
2nd “	80 “	“	12th “	22 “
3rd “	60 “	“	13th “	20 “
4th “	50 “	“	14th “	18 “
5th “	45 “	“	15th “	16 “
6th “	40 “	“	16th “	15 “
7th “	36 “	“	.	.
8th “	32 “	“	.	↓
9th “	29 “	“	.	.
10th “	26 “	“	30th “	1 point

Buddy Werner Team Scoring Place Points

1st place	1 point	5th “	5 points
2nd “	2 points	6th place	6 “
3rd “	3 points	etc.	
4th “	4 “		

Alpine Points List Dates

2016-17 Alpine Points List Dates

List	USSA Close	USSA Valid	FIS Close	FIS Valid	Masters
Base List	Aug. 1		June 6		
List 1	Aug. 1	Aug. 1	July 1	July 1	Dec 1
List 2	Aug. 6	Aug. 10	Aug. 6	Aug. 10	Jan 5
List 3	Sept. 3	Sept. 7	Sept. 3	Sept. 7	Feb 2
List 4	Sept. 24	Sept. 28	Sept. 24	Sept. 28	March 2
List 5	Oct. 8	Oct. 12	Oct. 8	Oct. 12	April 1
List 6	Nov. 12	Nov. 16	Nov. 12	Nov. 16	
List 7	Dec. 3	Dec. 7	Dec. 3	Dec. 7	
List 8	Dec. 24	Dec. 28	Dec. 24	Dec. 28	
List 9	Jan. 14	Jan. 18	Jan. 14	Jan. 18	
List 10	Feb. 4	Feb. 8	Feb. 4	Feb. 8	
List 11	Feb. 25	March 1	Feb. 25	March 1	
List 12	March 18	March 22	March 18	March 22	
List 13	April 8	April 12	April 8	April 12	
List 14	April 30	May 3	April 30	May 3	
List 15	June 15	July 31			

APPENDIX 3

PNSA Race Administrator Contact List

Club contacts for US Ski and Snowboard / College / YSL races:

<u>CLUB/PERSON</u>	<u>ADDRESS</u>	<u>CITY</u>	<u>STATE</u>	<u>ZIP</u>	<u>PHONE</u>	<u>EMAIL</u>
CMAC / LOUIS LAFRENIERE	419 LK WASHINGTON BLVD	SEATTLE	WA	98122	206-605-6090	RACEADMIN@CMACSKIRACING.COM
FAST / DARREN STUTZKE	PO Box 166	CHEWELAH	WA	99109	509-935-6649 x633	FAST@SKI49N.COM
LPRT / LISETTE CARTER	PO Box 335	OSBURN	ID	83849	208-512-0112	LISETTEFEY@COMCAST.NET
LOUP / INGRID PATTERSON	PO Box 246	TWISP	WA	98856	509-997-7030	LOUPSKITEAM@GMAIL.COM
MBSEF / CHERYL PUDDY	563 SW 13 TH ST, SUITE 201	BEND	OR	97701	541-388-0002	RACEINFO@MBSEF.ORG
MHA / MICHELE GREBISZ	P.O. Box 189	GOVERNMENT CAMP	OR	97028	503-272-3503	RACEADMIN@MHSEF.ORG
MRST / CLAUDIA YAMAMOTO	25 N WENATCHEE AVE, STE 112	WENATCHEE	WA	98801	509-888-2372	CLAUDIA@MRST.US
MRT / RACE ADMINISTRATOR	2149 W CASCADE AVE, STE 106A-207	HOOD RIVER	OR	97031	541-645-5641	RACEADMIN@MEADOWSRACETEAM.ORG
MVNT/ALEX HALL	PO Box 1063	WINTHROP	WA	98862	50-996-3320	MVNTOFFICE@GMAIL.COM
NWCSC / MICHELE BONNEAU	2112 CLEVELAND BLVD	CALDWELL	ID	83605	208-459-5863	NWCSC@UIDAHO.EDU
SARS / JAMIE LANDWEHR	PO Box 63	SANDPOINT	ID	83864	208-946-7859	RA@SARS.NET
SSRA / SANDRA DEXTER	PO Box 678	SPOKANE	WA	99210	425-232-5482	ADMINISTRATION@GOSSRA.ORG
SPAC / AMEE FORBES	10597 TITUS RD	LEAVENWORTH	WA	98826	360-376-4611	RACEADMIN@SPACRACING.COM
SUMMIT RACE DEPT – DEAN TONKIN	PO Box 1068	SNOQUALMIE PASS	WA	98068	206-300-1928	DTONKIN@SUMMITI90.COM
TAS / DAN EVANS	PO Box 85193	SEATTLE	WA	98145	425-985-6875	TASCOACH@GMAIL.COM
WARP / MARK STAPLETON	1574 COBURG RD #180	EUGENE	OR	97401	541-357-9277	WARPRACING@GMAIL.COM
WPSC / TERRY CRITCHLOW	48935 US HWY 12	NACHES	WA	98937	509-945-5465	TCRITCHLOW@AOL.COM

CLUB CONTACTS FOR MASTERS RACES:

<u>CLUB/PERSON</u>	<u>ADDRESS</u>	<u>CITY</u>	<u>STATE</u>	<u>ZIP</u>	<u>PHONE</u>	<u>EMAIL</u>
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APPENDIX 4

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U16 SUB-COMMITTEE CHAIRPERSON	MIKE GRAVES
U19-21 SUB-COMMITTEE CHAIRPERSON	JAMIE LANDWEHR
COLLEGE RACING SUB-COMMITTEE CHAIRPERSON	RON BONNEAU

WORKING GROUPS

U19-21	RYAN SHORTER, PAT ROBSON
U16	ALAN LAUBA, NILS ERIKSSON
U14	TED MCNAMARA, MATT MORRELL

APPENDIX 5

2017-2018 NORDIC COMPETITION COMMITTEE

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AT LARGE NCC MEMBERS

MINIMUM 1

ALL PNSA MEMBER CLUBS, WHO HAVE PAID THEIR DUES AND ARE NOT REPRESENTED BY A COMMITTEE CHAIR, WILL HAVE ONE AT-LARGE NCC MEMBER.

APPENDIX 6
2017-2018
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DIRECTOR OF FREESTYLE (APPOINTED)

TBA

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BY LAWS: JEFF KRAY & BILL BROOKS

DISCIPLINARY REVIEW COMMITTEE

CHAIRPERSONS: DAN HENRY – ALPINE
ALAN WATSON - NORDIC

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CHAIRPERSON: CURT HAMMOND
JEFF KRAY
GILLIAN ESSON
ROGER ROOT
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NOMINATING COMMITTEE

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