

4 - PNSA / U.S. SKI & 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 Mitey-Mite Racing

Mission

PNSA Youth Ski League (YSL) and Mitey-Mite programs provide skiers age eleven (U12) and younger an opportunity to train for, and compete in, local races. In addition, active participation should prepare athletes for advancement to U14 racing. (U14's may be permitted to participate in local YSL level races. Please check your area for specific rules regarding U14's.)

Philosophy

PNSA YSL programs introduce children 11 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.

Licensing

A U.S. Ski & Snowboard Competitor (U12 or U10 and younger) or Temporary license is required for participation in U.S. Ski & Snowboard-sanctioned PNSA YSL / Mitey- Mite events. (U14's may be permitted to participate in local YSL level races. Please check your area for specific rules regarding U14's. A U14 or Temporary license is required for participation in U.S. Ski & Snowboard sanctioned PNSA YSL / Mitey-Mite events.)

PNSA U14 Series

The PNSA U14 Series is combined with, and run as a sub-series of, the Evergreen Cup series.

The PNSA Evergreen Cup races noted as 'U14 Qualifiers', which include the Buddy Werner Championships, are the races used for U14 qualification to the WR U14 Championships. The objective of the PNSA U14 qualification series is to allow all U14 racers within the division to come together with minimal travel and cost while allowing sufficient training time at home to build strong technical skills. See [Chapter 9](#) for full rules on how the qualification series are conducted, and how athletes are ranked for selection to the Western Region U14 Championships. All U14 competitors must have an U.S. Ski & Snowboard Competitor or Temporary license.

The organizing club will provide awards based on final ranking of athletes in each individual race to at least 3rd place (**Awards will not be based on the ability class system**)

PNSA Buddy Werner Championships

The PNSA Buddy Werner Championships (BWC) conclude the U14 qualification series. Besides comprising the final qualification races, each team competes for the overall BWC team and 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 U.S. Ski & Snowboard as scored events.
3. A U.S. Ski & Snowboard Competitor or Temporary license is required to participate.
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 U.S. Ski & 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 U.S. Ski & Snowboard rules for U14s.
8. Awards are presented daily for individual performances based on finish order. Combined times in GS & SL determine finish order. SG is one run = one time.
9.
 - a. The NWC Committee will invite 15 U14 athletes per gender from the U14 Season Series to NW Cup Finals SL/GS events. The top 15 athletes on the U14 WR Championship selection list will be invited to NW Cup Finals.
 - b. If the Northwest Cup Finals Super G vertical drop is within the parameters for U14 SG, then the U14's will be allowed to compete in the NWC Finals SG as well.

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 eligible to compete in the BWC. Foreign athletes who join U.S. Ski & 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 clubs affiliated with US Ski & Snowboard / PNSA by January 1 of the appropriate year will be eligible for the team competition in the BWC.
3. The host organizer shall set the entry deadline and the method of entry.
4. The Head Coach for each club or individual competing is required to be an U.S. Ski & Snowboard member with a Coach license.
5. The Head Coach will send in the Seed order for their team (see below) to the race organizer.

6. No racers from out of division, out of region or foreign countries (except those that have joined U.S. Ski & Snowboard & PNSA) will be allowed to enter the BWC. Only PNSA registered clubs / individuals may enter.
7. 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, (team members not seeded 1st – 7th and individuals).
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 U.S. Ski & 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 total time for the race.
2. Each athlete will be awarded place points in all contested events, with the exception of Skills Quest. The fastest total 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.
7. This scoring is only for BWC, not for U14 WR Championships selection.

The Organizer

1. The location of the BWC shall be selected by the ACC Calendar Committee.
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 work with the PNSA calendar committee to schedule the date for the event and set the entry fees, to be included on the PNSA race calendar.

The U14 Working Group

1. The U14 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 by the ACC Calendar Committee.

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 U.S. Ski & Snowboard Competitor or Temporary license.

No age-specific awards are presented at the U16 series races. All awards are part of the NW Cup series.

U16 Series Awards

- **Individual series awards:** Will be calculated using new World Cup points awarded to the top 30 places (see Appendix 2) at each of the NW Cup series races – DH races and Temporary license holders excepted. Non-U16 and non-PNSA-division U16 competitors will be purged from all individual scoring in the U16 series. 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 (SL, GS, SG) 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 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 U.S. Ski & Snowboard and have an U.S. Ski & Snowboard U14 or older Competitor or Temporary license. Evergreen Cup races will be seeded by National points.

Awards

The organizing club will provide PNSA Evergreen Cup awards as outlined by the Ability Class Addendum, except at the U14 qualification races, where awards will be based on final ranking of athletes in each individual race, to at least 3rd place.

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 U.S. Ski & Snowboard Competitor or Temporary license in all NW Cup races.

Awards

The organizing club will provide NW Cup awards based on final ranking of athletes in each individual race, to at least 3rd place.

Season-long 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 U.S. Ski & 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-classes.

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 U.S. Ski & 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 U.S. Ski & 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 U.S. Ski & 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 from outside North America, 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

The U19 Nationals and U16 Nationals bring together the best 16-17-18 and 14-15 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 Idaho
University of Oregon	University of Puget Sound
University of Washington	Washington State University
Oregon State University - Cascades	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@collegeofidaho.edu.

PNSA Quota and Entry to NWCSC Events

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

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

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

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

Entry Fees

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

Competition

All competitions sanctioned by the NWCSC are to be conducted under USCSA 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.