

2013-2014

Pacific Northwest  
Ski Association



Competition Manual  
Alpine & Nordic



# **PACIFIC NORTHWEST SKI ASSOCIATION**

**A DIVISION OF THE UNITED STATES SKI AND SNOWBOARD ASSOCIATION  
AND THE USSA WESTERN REGION**

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# PACIFIC NORTHWEST SKI ASSOCIATION

## 2013-2014 COMPETITION MANUAL

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# NORDIC GUIDELINES AND PROCEDURES

## 1. 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 USSA. The NCC Chair has a term length of 4 years and terms may be renewed at the PNSA Board's discretion.

### 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.

## 2 - Athlete Selection

### Junior National Team

1. Date/Time – selection is to be made directly following last JN Qualifier event- [see calendar](#).
2. Process - select automatic qualifiers first, then review petitions, vote on petitions.
  - a. Automatic qualifying standards are in attachment A– PNSA Junior National Team Selection Criteria
  - b. Petition Process is initiated by submission of a PNSA Junior National Petition Checklist (attachment B) to the NCC within ½ hr of completion of last JNQ competition. Petitions are accepted or rejected through ballot voting.

### General Selection Guidelines

Athletes ranked in the top 20 of the USSA point list in any one discipline in their respective age group will be automatically named to the team.

### **3. Coaches Selection**

#### **Trip Leader / Head Coach**

1. Date/Time - Trip Leader for JN's is to be selected at the spring meeting.
2. Process - Selected by the NCC Chair from recommendation of the NCC.

#### **Additional Coaches**

1. Process - Selected by Trip Leader and NCC Chair from recommendation of the NCC. Coach selections reflect, in order of importance: representation of athletes traveling, experience & talents needed, reaching out to new coaches.
2. Date/Time
  - a. Three to four coaches will be selected at the fall meeting.
  - b. Any additional coaches may be selected at the final JN selection meeting based on need and funding availability.

### **4. PNSA Nordic Trips and Projects**

#### **Trips and Projects**

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

#### **Process**

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.

### **5. PNSA Nordic Ventures & Opportunities**

#### **Ventures**

Activities approved by NCC but not sanctioned by PNSA.

#### **Process**

1. Proposals for ventures must be submitted to the NCC for approval.
2. Proposals must include financial request, budget, description, goals, estimated #of participants, targeted athletes/audience, etc.
3. Acceptance is through NCC voting process.

# ATTACHMENT A

## PNNSA JUNIOR NATIONALS TEAM SELECTION CRITERIA

### Automatic Qualifying Standard

An athlete whose race time is under 7% of the average of the top 3 finishers' times, in that athlete's gender and age group, in 5 out of 8 of the designated Junior Nationals (JN) qualifying competitions, automatically qualifies to be a member of the PNSA Junior National Team. In situations where qualified skiers exceed the published USSA quota, selection will be based on the Intermountain point selections system. Athletes who qualify in the top 5 of the World Juniors selection criteria and guest skiers from foreign countries or other USSA divisions will not be used in the percent back/JN selection equation. If an athlete skis up a class during the season in a JN qualifying race, then she/he has to stay in that upper class for the remainder of the season.

In exceptional cases, coach's discretion by the NCC can be used to decide about qualifications of skiers.

### Petitions for Junior Nationals

An athlete who has not met the automatic qualifying standard may submit a petition to be included on the Junior National team. Petitions will be considered by the JN coaching staff at a meeting following the final JN qualifying race. To be considered, a written petition must be delivered to the head coach prior to the meeting and the petition must fit one of the following categories:

#### 1. Outstanding Results at JN Qualifying Races

To grant a petition under this category, JN coaching staff must conclude that, in addition to meeting the minimum criteria, there is a reasonable expectation that the athlete will place in the top 1/3 of the field at Junior Nationals.

##### Minimum Criteria for outstanding results at JN qualifying races

Based off the automatic qualifying calculations, the athlete was: a) less than 7% back of the respective age class winner in at least three of the JN qualifying races or, b) the athlete was less than 5% back of the respective age class winner in the last two qualifying races.

#### 2. Injury, Sickness and Other Circumstances beyond the Athlete's Control

To grant a petition under this category, JN coaching staff must conclude that in addition to meeting the minimum criteria, the athlete would have met the automatic qualifying standard if injury, sickness or other circumstances beyond the athlete's control did not prevent the athlete from doing so.

##### Minimum Criteria for circumstances

1. The athlete finished no less than 7% back in all JN qualifying races where injury, sickness or other circumstances beyond the athlete's control did not apply.
2. A combination of sickness, injury or other circumstances beyond the athlete's control is the only reason for not meeting the automatic qualifying standard.
3. The athlete informed his decision to miss a JN qualifying race prior to the start of the race. The athlete informed the head coach that a situation occurred, preventing the athlete from either competing in or finishing a JN qualifying race.
4. There is reason to believe that the athlete improved during the season and/or there is reason to believe the athlete is one of the better skiers in the division.

For the purposes of considering a petition, the phrase "circumstances beyond the athlete's control" means that events occurred, such as a car accident or equipment breakage, that prevented the athlete from competing in or finishing a JN qualifying race despite the athlete's best efforts to compete.

#### 3. Out-of-Division Skier

To grant a petition under this category, JN coaching staff must conclude that, in addition to meeting the minimum criteria, the athlete would have met the automatic qualifying standard had the athlete raced within the division, and that there is a reasonable expectation that the athlete will place within the top half of the field at Junior Nationals.

##### Minimum Criteria for Out-of-Division skier

1. The athlete declared his/her intentions to ski for PNSA prior to the season, but competed out of the division.
2. The athlete must submit convincing results. If the athlete does not have convincing results from national or collegiate level competitions, results from at least two division level races must be submitted. One of the races where results are submitted must have occurred in the latter part January or later in the season. The athlete should submit a brief explanation as to why the results are convincing.
3. Athlete who skis out of division yet attempts to ski in at least one JNQ will be considered in favorable light.



# ATTACHMENT B

V1 - Nov 2012

## PNSA Junior National Petition Checklist

Athlete Name: \_\_\_\_\_

Submitted by: \_\_\_\_\_

Reason for Petition (Pick one of four clauses)

### Outstanding Results

Minimum criteria:

\_\_\_\_\_ 7% back of first place in 3 races or 5% back of first place in two qualifying races

If so, which races: \_\_\_\_\_

\_\_\_\_\_ Would likely place in the top 1/3 of field of JN

### Injury, Sickness and Other Circumstances Beyond Athlete's Control

Minimum criteria:

\_\_\_\_\_ 7% back in all JN qualifying races entered, list races:

\_\_\_\_\_ Sickness, injury and other circumstances beyond athlete's control is the only reason

\_\_\_\_\_ for not meeting qualifying standard.

\_\_\_\_\_ Athlete informed decision to miss a JN qualifying race prior to event.

\_\_\_\_\_ Athlete is improving during the season,

and/or

\_\_\_\_\_ Athlete is one of the better skiers in the division.

### Out-of-Division skier

Minimum criteria:

\_\_\_\_\_ Athlete declared intent to ski for PNSA prior to the season but raced out of the division.

\_\_\_\_\_ Provide convincing results during current season.

\_\_\_\_\_ Athlete would likely place in the top one half of field at JN.

\_\_\_\_\_ Athlete skied in at least one PNSA JNQ.

### Other reasons and considerations:

Attach a separate sheet if additional space is needed.

# ATTACHMENT C

## PNSA TRAVELING TEAM COACH 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 USSA, have an Alpine Professional Coaches Membership (ACO), an updated Alpine Officials Referee License (AO) 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 USSA Code of Conduct published in the USSA Alpine Competition Guide.
6. Be committed to give 100% to ALL PNSA athletes at ALL times.

# **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 the United States Ski and Snowboard Association (USSA).

The Pacific Northwest Ski Association was originally developed out of the need for uniformity in all phases of ski competition. PNSA works with USSA 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 USSA and the USSA 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 USSA members in the Pacific Northwest division.

## **Purposes**

1. To develop and maintain Alpine, Nordic, Freestyle Skiing and Snowboarding programs in the Pacific Northwest.
2. To promote ski and snowboard competitions among young men and women, and to encourage the formation of ski and snowboard clubs and training programs in the Pacific Northwest.
3. To develop an annual competition calendar of USSA and FIS events to be held in the Pacific Northwest, and to oversee those same events, thereby, assuring a fair and enjoyable experience for all USSA and PNSA competitors.
4. To work with USSA in providing competitors with a fair and understandable method of athletic advancement to PNSA, Regional and USSA national competitions.
5. Encourage physical fitness, intellectual development, and social growth through a commitment to excellence in all PNSA athletic events and educational programs.

## **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 the United States Ski and Snowboard Association (USSA) through PNSA'S representation at various committee and subcommittee levels of the national organization.

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 / USSA ALPINE PROGRAM

### How To Become A Competitor

Anyone who is interested in ski racing can join USSA. Once you have made this decision, you can join online at <http://my.ussa.org/> 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 USSA website. This license allows you to compete in sanctioned PNSA / USSA 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 USSA 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 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 USSA / PNSA. USSA / 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 in PNSA/USSA racing: Age, Ability and Masters classifications. Age classification (U8 - Senior) races are based on age classes/groups of athletes, whereas Ability classification races are based on rankings in the USSA Points System (U14 – Senior). Masters classification races are for the 21 and older athlete who seeks recreational competition without scoring to the USSA 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 in this category are open to all athletes who meet the age-class criteria for the event.

Category	Age (as of 12/31)	Year of Birth in Season			
		2013-14	2014-15	2015-16	2016-17
Seniors	21 and older	1992	1993	1994	1995
U21 (Jr.)	20	1993	1994	1995	1996
	19	1994	1995	1996	1997
	18	1995	1996	1997	1998
U18 (Jr.)	17	1996	1997	1998	1999
	16	1997	1998	1999	2000
U16 (Jr.)	15	1998	1999	2000	2001
	14	1999	2000	2001	2002
U14 (Buddy Werner -YSL)	13	2000	2001	2002	2003
	12	2001	2002	2003	2004
U12 (YSL)	11	2002	2003	2004	2005
	10	2003	2004	2005	2006
U10 (YSL)	9	2004	2005	2006	2007
	8	2005	2006	2007	2008
U8 (YSL)	7 and younger	2006	2007	2008	2009

### 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.

### U16 Series

This series provides qualification to regional U16 championships and introduces U16 athletes to a season-long series with overall champions crowned at the U16 Finals.

### Evergreen Cup

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

### Northwest Cup Series - USSA

This is PNSA's premier level of USSA 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.

### **Ability Classification / Ability Racing**

The PNSA/USSA Junior Program also classifies racers by ability. This is accomplished by using the USSA Competitor Classification Points 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 Series – FIS

The Northwest Cup FIS level offers U18 and older athletes an opportunity to begin their international skiing careers without the added expense of extended travel. The Northwest Cup FIS is the elite level in the PNSA, from which racers qualify to regional, national, and foreign FIS competitions by improving their ranking in the USSA Competitor Classification Points system.

## **USSA / PNSA Competition Ladder**

Below is a brief outline of the various FIS/USSA/PNSA competition levels:

### **Ability Class**

FIS International: Olympic Games, World Championships, World Cup

USSA National: NorAm Series, U.S. Senior and U 16 & U18 Nationals - Collegiate (NCAA and USCSA)

USSA Regional: Regional FIS & Regional Championships(U21, U18 & U16)

PNSA: \_\_\_\_\_ Divisional FIS -Northwest Cup (U21 & U18)

### **Age Class**

PNSA: Evergreen Cup (U14 and older), U16 Series, Buddy Werner (U14 only), Youth Ski League/Mitey Mite (U14 and younger)

## **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

## 3 – USSA/PNSA ALPINE MEMBERSHIP AND LICENSING

### USSA Membership

PNSA requires all its members to join USSA. Membership applications can be found on the [USSA website](#) or the [PNSA website](#). All USSA memberships are valid for one year (July 1 – June 30), and must be renewed on an annual basis. The various types of USSA memberships are listed below.

### USSA Alpine Competition Licenses

#### Youth Competitor

For Age Classes U8 to U14 (Buddy Werner / Mitey-Mite): This license is for U14 and younger who want to begin racing without having access to the USSA Competitor Classification Points system. A Youth Competitor or Competitor (described below) license is required for participation in the Buddy Werner Championships. A temporary USSA membership may be available at a competition. The temporary license can be used once per season by an athlete. If used, the temporary license fee can be applied to a full USSA membership in the current season. **Note: the age-class U14 has the option of purchasing a Youth or Competitor license.**

#### Competitor

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 USSA Competitor Classification Points system. This license is required for athletes who will apply for a FIS (international) license.

#### Note these restrictions for U14 athletes:

1<sup>st</sup> year U14 athletes – limited to Evergreen Cup races, and limited to a total of 6 race days at scored SL & GS competitions, unlimited in non-scored competitions and scored SG/DH competitions.

2<sup>nd</sup> year U14 athletes – limited to Evergreen Cup races, plus the U16 Finals. No limit in scored races.

#### Masters Competitor

For Ages 21 and Older: Masters must have a valid Masters Competitor membership to compete in PNSA / USSA Masters races. New Masters racers may try out the program by paying the race entry fee plus a \$25 USSA Masters temporary license fee per competition. (Competition weekend = 1 to 3 days.) The temporary license may be purchased twice during the season.

### USSA Officials and Coaches Licenses

#### Coach

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

#### Official

A USSA Officials membership is required to serve as a member of the Jury at a USSA-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 [USSA website](#).

## **PNSA Alpine Membership**

PNSA offers the following memberships, which are paid when joining:

USSA: Competitor → \$40

Youth → \$20

Masters → \$25

### **Club Membership**

**USSA:** Clubs sanctioning races with USSA must join USSA as Alpine club members. There are many benefits to the club, including liability insurance. Use the [USSA Club membership form](#) to join, or contact USSA for further information – contact information at the front of this manual.

**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.



## 4 - PNSA / USSA COMPETITIONS

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

Note these restrictions for U14 athletes:

1<sup>st</sup> year U14 athletes – limited to Evergreen Cup races, and limited to a total of 6 race days at scored SL & GS competitions, unlimited in non-scored competitions and scored SG/DH competitions.

2<sup>nd</sup> year U14 athletes – limited to Evergreen Cup races, plus the U16 Finals. No limit in scored races.

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

#### **Mission**

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

#### **Philosophy**

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

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

#### **Licensing**

A USSA Youth Competitor (U14 and younger) or Competitor (U14 only) license is required for participation in 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. Separate courses shall be provided for boys and girls.
3. Existing USSA / PNSA rules for organizing, officiating and racing shall apply to this event. Separate officials/crews will be used for boys and girls courses. This includes two separate TDs.
4. The course regulations will be according to the USSA rules for U14s.
5. Awards are presented daily for individual performances based on finish order.

### Event Enhancement

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

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

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

### Eligibility

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

### Seeding

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

### Scoring

1. First and Second run times will be added together to determine the athlete's time for the race.
2. Each athlete will be awarded Place Points. 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).

### 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 an entry-level series for racers advancing from age-class racing to ability class racing. The U16 Series is intended to provide a level of racing appropriate to the age of the competitor, as well as be a building block for USSA level racing. The U16 series also serves as the qualifying races for PNSA's Western Region U16 Championship Team. The U16 Series was developed to promote FUN and the feeling of unity and identity at the U16 level of ski competition. PNSA intends to achieve that by providing our young racers with the opportunity to compete, testing their skills head to head with other divisional athletes their own age.

The PNSA U16 Series is limited to racers in the U16 age class (ages 14 & 15), except for the U16 Finals, where 2<sup>nd</sup>-year U14 (13 years old) and older athletes may participate. Only PNSA athletes may compete in the U16 Qualifying races #1 (Mt Spokane) and #2 (Mt Hood Ski Bowl). 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 competitors must have a USSA Competitor or Youth license.

The U16 Series consists of four races. All races will be run using U16 course specifications. Three of the weekends are U16 Championship Qualifiers, which include Slalom, Giant Slalom and Super Giant Slalom events. Near the end of the season, the U16 Finals completes the series with Slalom, GS and Super G competitions.

### U16 Series Awards

- **Individual Awards:** Presented to the top 5 (or more at the organizer’s discretion) per gender per race, at each Series event.
- **Individual series awards** will be calculated using World Cup points awarded to the top 30 places (see Appendix 2) at each of the U16 series races. Non-U16 and non-PNSA-division U16 will be purged from all individual scoring the Sun Cup SG and 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).
- **Team Awards:** Will be presented to the top 3 teams for combined results for each Qualifier Weekend.
- **Team series awards:** Will be calculated using the same 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 USSA points. USSA points will be scored at all U16 races.

## Evergreen Cup Races

The Evergreen Cup is the development level of racing for the PNSA division. The Evergreen Cup is open to all Junior-age competitors, U14 through Senior. Every geographic region throughout the PNSA tries to host several Evergreen Cup races to help keep travel, time and expense to a minimum. To be eligible to compete in the Evergreen Cup races, the racer must be a member of USSA and have a USSA Competitor or Youth license.

### Awards

The organizing club will provide PNSA Evergreen Cup awards. The organizing club is responsible for the following awards and is encouraged to award further places as appropriate.

Overall	1st	Men / Women
U21	1st - 3rd	Men / Women
U18	1st - 3rd	Men / Women
U16	1st - 3rd	Men / Women

## 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-U18 Championships and other major regional, national, and international events.

## Eligibility

All Northwest Cup events are open to U16 and older competitors. However, U16s are not allowed to enter NW Cup FIS races nor NW Cup races where the vertical drop exceeds the maximum allowed for the U16 age class. U16 eligibility to participate in the Northwest Cup Finals will be based on field size as determined by the race organizer and the PNSA ACC. The PNSA ACC will monitor all Northwest Cup race results. All competitors must have a USSA Competitor license, except foreign athletes in the NW Cup FIS races, or CAN athletes in all NW Cup races.

## Scoring

### Individual Titles

PNSA awards overall titles and discipline titles to 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, except the Sun Cup SGs. Overall and discipline titles will include points from all contested events. The awards schedule is:

Place	Series Overall/per gender	Discipline Overall/gender
1st	\$1000.00	\$300.00
2nd	\$ 750.00	\$200.00
3rd	\$ 500.00	\$100.00
4 <sup>th</sup>	\$ 300.00	
5 <sup>th</sup>	\$ 200.00	

### Team Title

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

## Western Region Race Series

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

From these regional races, competitors can qualify for national / international events such as the U18 Nationals, Nor-Ams, and U.S. Nationals. The Western Region also conducts U16 and U18/21 Championship events for top competitors within their age-class.

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

## **Western Region U16 Championships**

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

## **Western Region U18/21 Championships**

The Western Region U18/21 Championships is a championship FIS 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 U18 and older**

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

**The Western Region FIS Open Series** is a second tier FIS series. A speed series is held in January and will consist of two DH and two SG for men and women. A tech series will be held in April for men and women, consisting of 2 SL and 2 GS.

**The Classification FIS** is the third tier FIS series. FW, IMD and PNSA can host up to 6 FIS race starts per gender prior to Jan. 6th, with limited participation from AK and ND. See the Western Region Policies and Procedures manual for full details and quotas.

## **Major USSA Competitions**

### **U.S. Alpine Championships**

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

### **Nor-Ams**

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

### **U18 Nationals and U16 Nationals**

The U18 Nationals and U16 Nationals bring together the best 16-17 and 14-15 year olds (respectively) in the USA. Each region selects its athletes via their own qualification races. The U18 Nationals move around the country, providing all athletes exposure to new and challenging venues. The U16 Nationals take place in Park City. See the Western Region Policies and Procedures Handbook for full details.

# **PNSA College Racing United States Collegiate Snowsports Association**

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

## **Northwest Collegiate Ski Conference**

The conference consists of the following institutions:

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

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

The PNSA Athletic Development Sub-Committee will review the applicants and invite a maximum of 5 men and 5 women (U20, U18 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 21 days prior to the 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 (U20, U18 and U16 age classes). They will also be entered as a team, one racer per seed. If the hosting club does not fill their allocation, the college teams will be able to enter their team alternates.

## **Entry Fees**

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

## **Competition**

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

## **Race Calendar**

For Race Calendar and Race information please see the [PNSA website](#)

## **Scheduling**

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

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



# 5 - 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: USSA, Western Region and PNSA. Head taxes for 2013-2014 are:

Type of Race	USSA	WR	PNSA	Total
YSL	\$0.00	\$1.00	\$0.00	\$1.00
Masters	\$0.00	\$0.00	\$8.00	\$8.00
USSA Scored	\$10.00	\$2.00	\$11.00	\$23.00
Divisional FIS	\$10.00	\$2.00	\$11.00	\$23.00
WR FIS (all except ENL)	\$10.00	\$12.00	\$0.00	\$22.00
Buddy Werner	\$0.00	\$1.00	\$5.00	\$6.00

## 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 4<sup>th</sup> 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 if they are not entered in the 4<sup>th</sup> 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 3<sup>rd</sup> and 4<sup>th</sup> start lists would be thus:  
3<sup>rd</sup> : 54, 55, 56, 57, 58....103, 1, 2, 3, 4, 5....53 (with the new athletes at 26, 27, 28)  
4<sup>th</sup> : 53, 52, 51, 50...1, 103, 99, 98, 97....54 (with the new athletes at 26, 27, 28)

## USSA Point Seeding

Evergreen Cup and USSA NW Cup races are seeded by USSA points. Competitors are placed on the board in point order (lowest to highest). The USSA points used will always be from the current USSA 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), only 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.

## **Western Region U16 Championships Seeding**

The Board of Directors of USSA has approved 2 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.

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

## **Western Region U18/U21 Championships and FIS Races**

At the Western Region U18/U21 Championships and all Western Region FIS races, seeding is done using the current FIS list, and following the same procedure as USSA 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 USSA 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 Results**

Race results must be received in the PNSA office no later than three days following a race. All results to be included on the USSA Points list must be submitted by email using the latest USSA-approved format, and a hard copy of computer generated results. Race organizers will be provided with instructions for submitting results for Scoring to USSA and FIS. All results must be accompanied by the "Transmittal Sheet" (corrected if necessary), with the race code number for that event, and the signed T.D. Report for each race. Head tax payment in three separate checks - Western Region, PNSA and USSA 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.

## **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 USSA point levels at each series. To determine who qualifies as a Pace Skier, FIS points will be used at FIS races, and USSA points will be used at PNSA/USSA scored races. The pace skier policy applies only to PNSA/USSA 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 USSA 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 USSA 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.

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

### Code of Conduct

The USSA 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 USSA Code of Conduct. The USSA Code of Conduct can be found online in the [USSA 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 USSA 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 USSA Code of Conduct, the USOC Coaches Code of Conduct, and the PNSA Policy Concerning Illegal Drugs and Alcohol. Additionally, members are:

1. To refrain from the use or possession of alcohol in vehicles used for team purpose.
2. Not to consume alcoholic beverages anywhere in the presence of a minor team member.
3. Required to attend all team meetings, team training, and race events unless excused by the PNSA Traveling Team head coach and by PNSA.
4. Required to observe the curfew established by the head coach.
5. 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.
6. Required to observe any additional rules established by the PNSA Traveling Team head coach and PNSA. Racers participating in any PNSA Project are required to supply PNSA with all required forms and fees by the established deadline.
7. 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.
8. 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 Elite FIS races 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.

## **Opt Out Policy**

For the 2013-14 season, clubs may "opt out" of the PNSA traveling team for the following Western Region Elite FIS event: January 6-9, 2 GS at Park City, UT and 2 SL at Snowbird, UT; in accordance with the following:

1. Clubs choosing to "opt-out" of the PNSA traveling team for either or both of the two specified race events must do so, in writing, no later than November 15, 2013.
2. Clubs opting-out will be responsible for the travel, housing, and coaching arrangements for their respective racers.
3. Racers from any "opting-out" club will still share in the coaching costs of the designated PNSA traveling team coaches and the travel overhead costs of operating the PNSA office.

## **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 USSA as a coach or as an official and shall also hold a current PNSA Coach card and shall be Referee certified by USSA. 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 USSA 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 USSA. 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, USSA, and the sport of skiing. As such, PNSA adopts the following procedure to handle violations.

### **Procedure**

The handling of violations and sanctions, if any, will be handled at three levels. Level I is an on-site and immediate resolution; 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 USSA Code of Conduct. Possible sanctions include the following:

1. Suspension from the team and loss of future team participation.
2. Loss of support from PNSA and/or PNSEF.
3. Suspension from training and/or competitions 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 USSA. 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 Rights and Responsibilities" in the USSA 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:

EVERETT B. COULTER, JR  
2938 W 21<sup>st</sup> St.  
Spokane, WA 99224  
(509) 954-4558 - Cell  
(509) 455-5200 - Work  
(509) 455-3652 - Fax  
(509) 624-3942 - Home  
email: [ecoulter@eci-law.com](mailto:ecoulter@eci-law.com)

### **PNSA Appeals Board**

The USSA and 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 the USSA. The Appeals Board for the PNSA shall consist of five members. The competition committees (Alpine and Nordic) shall make recommendations to the Board of Directors of the PNSA. The Board shall make the final selection of the members to the 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 board. Any individual, who has served in an appeals board which has reviewed an appeal, may not be part of any board reviewing the same appeal at a higher level. If the Disciplinary Chair or the Appeals Board Chair has 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 the USSA 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 reveals the facts were clearly disregarded in the outcome of the jury deliberation. In such a case, finding the facts were clearly disregarded in the outcome of the jury deliberation, the hearing group may take appropriate steps to review the facts and/or gather new facts.

Filing Fees

Competition Jury Appeals	\$100.00
Team Selection Appeals	\$100.00

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

	<b>Alpine Appeals Board</b>	<b>Nordic Appeals Board</b>
Vice President	Bill Gunesch	Bill Gunesch
Athlete	Keith McNabb	Laura Valaas
Sr. Official	Karl Wardrop	Al Pokorny
Competition Committee Member	Dave Lyon	Dick Knowles
Coach	Claudia Ney-Yamamoto	TJ Owens

## 7 - 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 USSA during the previous season and attended Northwest Cup races held in the previous season, and must renew his/her USSA 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 15<sup>th</sup>.
3. Automatic Alpine Team status is reserved for athletes who placed 1<sup>st</sup> through 3<sup>rd</sup> 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 USSA points from the appropriate USSA 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 USSA members with a PNSA competitor's license.

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

## **8 - PNSA / PNSAA / PNSEF ELITE SEASON PASS 2013-14**

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 USSA competitor) to ski at participating PNSAA areas.

The following point cutoff will be used to determine eligibility for 2013-14:

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

Ladies & Men: 200 or below in any discipline

### **Eligibility**

1. The competitor, to be eligible for a pass, must be a member of an established PNSA Team or Club, 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 USSA competitors who meet the Elite Pass cut-off points using the USSA points lists valid through Nov. 27<sup>th</sup> of the current season (see points cutoffs above).
3. The pass holder must have competed in 8 race starts during the 2012-13 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 USSA/PNSA membership on/after Oct. 26<sup>th</sup> 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 15<sup>th</sup> 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, USSA 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 USSA Code of Conduct in your USSA 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.

# PACIFIC NORTHWEST SKI AREAS HONORING THE ELITE PASS IN 2013-14



Alpental (See Summit at Snoqualmie)  
Anthony Lakes Ski Area  
Bogus Basin  
Cooper Spur Ski Area  
Crystal Mountain Resort  
49° North Mountain Resort  
Hoodoo Ski Area  
Hurricane Ridge  
Leavenworth Ski Hill  
Lookout Pass Ski & Recreation Area  
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  
White Pass Ski Area  
Whitefish Mountain Resort  
Willamette Pass Resort

## 9 - 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.

### U16 WORKING GROUP

- a) Western Region U16 Championships
- b) U16 CanAm

### U18/U21 WORKING GROUP

- a) All FIS events including:
  - i) Western Region OPEN FIS series
  - ii) Western Region Elite FIS series
  - iii) Western Region U18/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 USSA 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 USSA 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 USSA 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 USSA points of the event in which the tie exists will be considered.
- 8) The USSA 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 USSA points list.
- 9) For racers to be included on the USSA 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 USSA 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				USSA Seed 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 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 USSA seed 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 Elite FIS Series Selection**

A single selection board will be used to select PNSA teams to WR Elite FIS Series events, using the identified USSA 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 USSA 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 USSA Code of Conduct, USSA 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 Open FIS Series Selection

A single selection board will be used to select PNSA teams to WR OPEN FIS 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 Elite or OPEN FIS Series race is used as a qualifying competition for any Championship event (2013 = Schweitzer Jan. speed and Snow King Feb. tech for U18 Nationals), Western Region will regulate and modify how quotas may 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 USSA 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 USSA Code of Conduct, USSA 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 OPEN FIS 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 U18/U21 Championships

The double selection board method will be used to fill the PNSA quota to the Western Region U18/U21 Championships, using the identified selection races and the most current USSA 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; for 2012-13, the Sun Cup will not be used. 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 selection board. Two selection boards will be constructed with eligible athletes placed on both boards. The appropriate number of events, that is, only those events contested at the U18/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 USSA 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 USSA Code of Conduct, USSA policy or PNSA policy will not be placed on the board.
- 5) Racers must have a current FIS license

#### Alternate List

The alternate lists for the Western Region U18/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 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 USSA points list valid at the time of the selection. A racer's best two results in each event will be counted.

#### Eligibility to be placed on the Board

- 1) Racers must be licensed members in good standing of USSA 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 USSA Code of Conduct, USSA 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, based upon the double board selection in each event used on the selection board.

Ties in place points will be broken by considering any unused place point results in that event. If a tie still exists, the racer with the lowest single race point result in that event from the qualifying races will be ranked first.

### **U16 CAN-AM Project**

PNSA will field a team to the Western Canada U16 Can-Am, Mar. 21-23, 2015, at Apex, BC. This is a 2<sup>nd</sup> tier championship event for PNSA athletes.

The double selection board method will be used to fill the PNSA quota to the U16 Can-Am, using the identified selection races and the most current USSA points list valid at the time of the selection. A racer's best two results in each event will be counted.

#### Eligibility to be placed on the Board

- 1) Racers must be licensed members in good standing of USSA 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 qualified to the WR U16 Championships are not eligible for this event.
- 5) Racers who are in violation of the USSA Code of Conduct, USSA policy or PNSA policy will not be placed on the board.
- 6) Racers normally excluded from the event, and any racers not eligible for the PNSA quota, will not be placed on the board.

#### Alternate List

There is no alternate list for the U16 Can-Am.

#### U16 Can-Am Seeding

A ranking list for each event will come from the PNSA office, based upon the double board selection in each event used on the selection board.

Ties in place points will be broken by considering any unused place point results in that event. If a tie still exists, the racer with the lowest single race point result in that event from the qualifying races will be ranked first.

## **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 (USSA 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. 15<sup>th</sup>.

## PNSA Intent to Compete Policy

1. Coaches must submit intents 30 days prior to the event.
2. PNSA will maintain an updated intent list on the PNSA web site.
3. A preliminary selection will be published 29 days prior to the event. The preliminary selection list will be derived from the intent list only, and published on the PNSA website.
4. Petitions for discretionary consideration must be received immediately following the preliminary selection.
5. Selected athletes must confirm their attendance to the event by the deadline posted on the website. Confirmation may be made via mail, PNSA web site, e-mail or phone.
6. The final selection will be published at the earliest possible date.
7. All Intent deadlines and preliminary selection 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 ([www.pnsa.org](http://www.pnsa.org)). 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 USSA, by deadlines for final naming of teams, the next person on the selection list will replace the racer.
7. Western Region U16/U18/U21 Championship Teams: Racers named to PNSA U16/U18/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.

## 10 - 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 : 2012-2013 Academic Year

PNSA athletes who wish to be included on the PNSA Honor Roll must be current USSA 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.

**Congratulations to the following students/athletes who submitted qualifying transcripts.**

#### 4.0 and higher GPA:

Beasley, Addison	Hyde, Emily
Black, Andrew	Kaiser, Alexandra
Bodily, Hannah	Keillor, Austin
Cravens, Minam	Law, Mitchell
Daly-Jensen, Kathleen	Layman, Brady
Dubendorf, Isla	Lodmell, Ashley
Edmondson, Korbyn	Maxwell, Colin
Farrell, Caitlin	McClellan, Cole
Glickman, Harrison	Panos, Alexi
Hall, Ella	Sher-Jan, Cole
Hayes-Lattin, Madison	Webb, Jeffrey
Henry, Amelia	Westman, Kristopher
Hunt, Ryan	Williams, Fred

#### 3.0-3.99 GPA:

Bauernfeind, Taylor	Lowe, Teegan
Bray, Elly	Mageau, Jacob
Dubendorf, Aengus	Maxwell, Trevor
Everett, Paul	Prachar, Joseph
Holmberg, Ben	Prachar, Justin
Howe, Colin	Stocking, Amelia
Jones, Madison	Struthers, Gracie
Larson, Kyle Jacob	Von Rohr, Wilder
Lindberg, Michael	Vuori, Boomer
Lodmell, Marc	Waichler, Claire
Lowe, McKenna	

# 11 - PACIFIC NORTHWEST COACHES COMMITTEE

## Goals and Purpose

The Pacific Northwest Coaches and Education committees, 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 USSA as either a coach or an official and shall also hold a current PNSA Coach card, and shall be Referee certified by USSA.
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 USSA as either a coach or an official and shall also hold a current PNSA Coach card and be Referee certified by USSA.
  - 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 USSA as either a coach or an official and hold a current PNSA Coach card and are Referee certified by USSA.

- 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 USSA, have an Alpine Professional Coaches Membership (ACO), an updated Alpine Officials Referee License (AO) 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 USSA Code of Conduct published in the USSA Alpine Competition Guide.
6. Be committed to give 100% to ALL PNSA athletes at ALL times.

## **Coaches Code of Conduct**

The USSA Code of Conduct can be found in the USSA Alpine Competition Guide. The entire code, as stated in the USSA 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 USSA Coaches license. PNSA recommends that all club coaches obtain a USSA Coaches license.

## **PNSA Coaches Card**

The Program Director/Head Coach of each PNSA member club is responsible to see that each of his/her coaching staff receives an application and the guidelines for a PNSA Coaches Card. The Program Director will submit all Coaches Cards applications to the PNSA office. The cost is \$15.00 and must be purchased by Jan 31<sup>st</sup> of each season. Coaches Cards requested after Jan 31<sup>st</sup> will increase to \$30.00. To be on the PNSA Coaches Card list, you must hold a current USSA Professional Coach Membership.

A list of current Coaches Card holders will be both posted on the PNSA website's Officials page and emailed to the race administrators. 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 informal forums to keep abreast of current techniques and issues. Coaches are encouraged to participate in both USSA and PSIA education programs.



## 12 - 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 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 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 contact a PNSEF Trustee for more information. Trustees' names and contact information are shown on the PNSEF website. Applications for financial assistance must be submitted no later than December 31<sup>st</sup> of each season. Information on grant and scholarship applications is also available on the PNSEF website.

Website: [www.pnsef.org](http://www.pnsef.org)

Email: [pnsef@pnsef.org](mailto:pnsef@pnsef.org)

**All applications are treated with confidentiality.**



# APPENDIX 1

## Pacific Northwest Ski Association

### 2012 - 2013 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	Karen McCadam
John Genoud Award	To the individual contributing notably of his/her service as a race official	Jim Jopson
Ken Comfort Award	For the person who over the years, has given freely of his/her time to help the sport of skiing.	Tabitha Hamilton
Schwabe Award	Outstanding Alpine competitor during the past year.	Anna Mounsey
Olav Ulland Award	Outstanding Nordic competitor during the past year.	Dakota Blackhorse Von Jess
Northwest Skier Award	Outstanding Junior competitor both on and off the slopes.	Cai Yamamoto
Coaches Award	Outstanding Alpine, Freestyle, Nordic and Snowboard coaches.	Alan Lauba, Alpine Andrew Herr - Freestyle Leavenworth Winter Sports Club, Nordic Sarah Jensen - Snowboard
Collegiate Alpine Award	Outstanding Alpine collegiate competitor during the past year.	Lily Eriksen Paul Koetke
Collegiate Nordic Award	Outstanding Nordic collegiate competitor during the past year.	Sierra Foster Patrick Madden
Freestyle Skier	Outstanding Freestyle competitor during the past year.	Mary Daubenschmidt Jake Mageau
Snowboard Rider	Outstanding Snowboard competitor during the past year.	Brittany Williamson Nathan Jacobson
Unsung Hero Award	Any individual in your club who contributed in either race or club responsibilities, above and beyond the duty of any volunteer.	Joy Anyan Ron Bonneau David DiMarco Rebecca Dixon Rob Goranson John Gottsch Carl Guenzel Rita Hsu Andrew Hunter Kent Johnson

# APPENDIX 1

## 2011 - 2012 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 Jeff Mamola Jeff McClellan Stacey McClellan Lisa McNabb Greg McNabb Hugh Owen Miki Peck Cindy Shurtleff Walt Shurtleff Sunny Varadan Stephan Zaruby
Press Award	For exceptional service to the sport of skiing by someone from the new media.	Spokesman Review
Northwest Cup Team Trophy		Mission Ridge Ski Team
Best Northwest Cup Race		N/A
Sallie McNabb Award	Northwest Cup Downhill Champions	Phoebe Rogers Nicholas Wurden
Northwest Cup Overall		Anna Mounsey Keith McNabb
U16 Series Overall		Elyse Burandt Michael Estrella
Buddy Werner Champions		Skylar Cooley Devon Toribio

# APPENDIX 1

## 2011 - 2012 PNSA Annual Awards

(continued)

AWARDS	Description	Recipient
<b>INFREQUENT AWARDS</b>		
Ingrid Simonson Lifetime Achievement Award		N/A
President's Award	Awarded by PNSA President for Outstanding Service.	N/A
Quarter Century Award	Awarded to those attending 25 PNSA Conventions.	N/A
<b>GRANTS/SCHOLARSHIPS</b>		
Masters' Subcommittee Athlete Grants	Awarded by Masters Group to outstanding FIS level competitors.	Elyse Burandt Michael Estrella
Jane Henry Scholarship		Alexandria Littlefield Alyson Mat
R. Dean Palmer Scholarship		Scott Snow Max Millslagle
Bruce Holyoke Scholarship		Dan Henry

# APPENDIX 2

## PNSA Quotas and Selection Deadlines

### Automatic Quotas

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

### WR Elite FIS Series:

To the major regional events, any racers who have achieved the USSA point levels listed in the Western Region Policies and Procedures ("Western Region Automatics") will be automatics to the event. Gold medal winners of the U16 events and combined (if FIS-age eligible in the following 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 U18/U21 Championships nor the Western Region U16 Championships competitions

### PNSA Quotas

PNSA will fill divisional quotas to Regional FIS, Western Region U18/U21 Championships, the Western Region U16 Championships and the National U14 Development Project 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 FIS races are reserved for discretionary selection.

- Western Region Elite FIS Series: PNSA has a quota of **10 men and 8 ladies** to all Western Region Elite FIS races.
- Western Region OPEN/DEVO FIS Series: PNSA has a quota of **25 men and 25 ladies** to Regional FIS races.
- Regional Championships: PNSA has a quota of **28 men and 20 ladies** to the Western Region U18/U21 Championships. The Western Region U16 Championships quota is **26 men and 19 ladies**. U16 CanAm quota is **5 ladies and 5 men**.

Date	Event	Location	Intent Deadline	USSA List	PNSA Quota
<b><u>Elite FIS Series</u></b>					
Jan.6-9	Tech Series	Park City/ Snowbird	Dec. 6	List 5	10M / 8L
Feb.15-18	Tech Series	Snow King	Jan. 15	List 7	10M / 8L
Mar 26-31	Spring Series	Sun Valley	Feb. 26	List 9	10M / 8L
Apr. 3-8	Speed Series	Mammoth Mtn	Mar. 3	List 9	10M / 8L
<b><u>OPEN FIS Series</u></b>					
Jan. 21-26	Speed Series – Open	Schweitzer	Dec. 21	List 6	25L / 25M
Mar. 12-17	Tech Series - Open	Mission Ridge	Feb. 12	List 8	25L / 25M
Apr. 10-13	Tech Series - Open	Mt. Bachelor	Mar 10	List 9	25L / 25M

**PNSA FIS Series**

Dec. 12-13	NW Cup #1	Mission Ridge	PNSA Club Entry
Jan. 2-5	NW Cup #2	Schweitzer	PNSA Club Entry
Feb. 1-3	NW Cup #3	Stevens Pass	PNSA Club Entry
Feb. 20-23	NW Cup #4	Mt Bachelor	PNSA Club Entry
Apr. 4-6	NW Cup Finals	Mission Ridge	PNSA Club Entry

**Regional FIS Championships**

Mar. 4-9	WR U18/U21. Champs	Squaw Valley	Dbl Board –	List 8	28M / 20L
Mar. 19-23	WR U16 Champs	Jackson Hole	Dbl Board	List 9	26M / 19L
Mar. 19-23	U16 CanAm	Apex, BC	Dbl Board	List 9	5M / 5L

See PNSA Selection Procedures section for specific event selection criteria.

## PNSA Place Points Systems

### “New” World Cup Points

1st place	100 points	11th 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 “

### Buddy Werner Team Scoring Place Points

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

### Alpine Points List Dates

**2013-14 Alpine Points List Dates**

	USSA Close	USSA Valid	FIS Close	FIS Valid	Masters
<b>List 1</b>	Aug.1	Aug 1	28-Jun	1-Jul	4-Nov
<b>List 2</b>	Aug. 18	Aug 22	Aug. 18	Aug. 22	2-Dec
<b>List 3</b>	Oct. 13	Oct. 17	Oct. 13	Oct. 17	6-Jan
<b>List 4</b>	Nov. 3	Nov. 7	Nov. 3	Nov. 7	3-Feb
<b>List 5</b>	Nov. 25	Nov. 27	Nov. 25	Nov. 27	3-Mar
<b>List 6</b>	Dec. 15	Dec. 19	Dec. 15	Dec. 19	7-Apr
<b>List 7</b>	Jan. 5	Jan. 9	Jan. 5	Jan. 9	
<b>List 8</b>	Jan. 26	Jan. 30	Jan. 26	Jan. 30	
<b>List 9</b>	Feb. 16	Feb. 20	Feb. 16	Feb. 20	
<b>List 10</b>	9-Mar	13-Mar	9-Mar	13-Mar	
<b>List 11</b>	30-Mar	3-Apr	30-Mar	3-Apr	
<b>List 12</b>	20-Apr	24-Apr	20-Apr	24-Apr	
<b>List 13</b>	11-May	15-May	11-May	15-May	
<b>List 14</b>	31-May	1-Jul			

## APPENDIX 3

### PNNSA Race Administrator Contact List

#### Club contacts for FIS / USSA / 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 LAFRENIER	419 Lk WASHINGTON BLVD	SEATTLE	WA	98122	206-605-6090	<a href="mailto:RACEADMIN@CMACSKIRACING.COM">RACEADMIN@CMACSKIRACING.COM</a>
FAST / Ed BROBERG	PO Box 166	CHEWELAH	WA	99109	509-935-6649 x633	<a href="mailto:FAST@SKI49N.COM">FAST@SKI49N.COM</a>
LPRT / CASEY HATFIELD	PO Box 335	OSBURN	ID	83849	208-512-0112	<a href="mailto:CASEY@SKILOOKOUT.COM">CASEY@SKILOOKOUT.COM</a>
LOUP / INGRID PATTERSON	128C POORMAN CREEK RD	TWISP	WA	98856	509-997-7030	<a href="mailto:LOUPSKITEAM@GMAIL.COM">LOUPSKITEAM@GMAIL.COM</a>
MBSEF / CHERYL PUDDY	563 SW 13 <sup>TH</sup> ST, SUITE 201	BEND	OR	97701	541-388-0002	<a href="mailto:RACEINFO@MBSEF.ORG">RACEINFO@MBSEF.ORG</a>
MHA / MICHELE GREBISZ	P.O. Box 189	GOVERNMENT CAMP	OR	97028	503-272-3503	<a href="mailto:RACEADMIN@MHSEF.ORG">RACEADMIN@MHSEF.ORG</a>
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MRT / RACE ADMINISTRATOR			OR			<a href="mailto:MEADOWS_RACE@HOTMAIL.COM">MEADOWS_RACE@HOTMAIL.COM</a>
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SPAC / DOLLY GIBBONS	6615 – 223 <sup>RD</sup> AVE NE	REDMOND	WA	98053	206-619-5042	<a href="mailto:RACEADMIN@SPACRACING.COM">RACEADMIN@SPACRACING.COM</a>
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WPSC / TERRY CRITCHLOW	48935 US HWY 12	NACHES	WA	98937	509-945-5465	<a href="mailto:TCRITCHLOW@AOL.COM">TCRITCHLOW@AOL.COM</a>

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## APPENDIX 4

### 2013-14 Alpine Competition Committee

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## APPENDIX 5

### 2012-13 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

## 2013-2014 PNSA BOARD OF DIRECTORS

### OFFICERS

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## USSA Alpine Sport Committee Member

NONE AT THIS TIME

## IMMEDIATE PAST PRESIDENT

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CHRIS KASTNER

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