



***CENTRAL DIVISION***

**RULES AND  
PROCEDURES**

2009 - 10 USSA Central Division

## RULES AND PROCEDURES

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### ***USSA Central Division Rules***

1. Proof of current USSA membership may be required to participate in any USSA race.
2. Competitor membership: All athletes who wish to be scored to the National Points list need to hold a Competitor membership.
3. Non-Scored Student (for athletes 13 and older): Athletes who hold a Non-scored Student membership can compete in scored or non-scored events but will not be listed on the USSA National Points list. You may upgrade during the season. Contact the USSA membership office for upgrades at (435) 647-2666.
4. Youth Competitor membership (for athletes 12 and younger Athletes who have a youth membership can compete in scored or non-scored events but will not be listed on the USSA National Points list. Only competitor members are scored to the National Points List. You may upgrade during the season. Contact the USSA membership office for upgrades at (435) 647-2666 or membership@ussa.org.
5. In order to qualify for the Central Divisional Championships, Central J3/J4 Championships, Rocky/Central Junior Olympics, NorAm’s, or U.S. Alpine Championships; renewal memberships must be made prior to December 31.
6. All jury members are required to be official participant members of USSA.
7. Athletes must compete in the region where they reside and train. If there are extenuating circumstances that prevent an athlete from competing in their local region, that athlete must petition the Central Division office for a change in regional affiliation. Athletes cannot hold dual regional memberships.
8. Any competitor selected to attend either a U.S. Ski Team development project, or an approved Rocky/Central development project may be excused from regional ability or MidAm races that fall into that time frame.
9. Bad checks written to the Central Division will be assessed a \$25 returned check fee. The fee and payment must be received in the form of a money order or cashier’s check before the athlete’s next start.
10. USSA and FIS rules as listed in the 2010 USSA Alpine Competition Guide and the FIS ICR will be followed.
11. If there is a conflict between local regional and divisional rules, divisional rules will govern.

### **Central Modifications/Additions to FIS and USSA Rules**

1. Ski area rules governing use of facilities and conduct will apply to racers.
2. Any protest by a racer or coach pertaining to race procedure, course setting, or course conditions must be made to the technical delegate prior to the start of the race.
3. Protests, petitions for adjustments, and requests for reruns are to be made to the referee by the competitor only.

### **Geographic Affiliation/Designation**

As printed in the 2010 USSA Alpine Competition Guide page 137

<http://www.ussa.org/magnoliaPublic/ussa/en/sports/alpine/rules.html>

A racer shall race in the division/region in which he/she resides, or in which he/she is attending school and/or training on a long-term basis. The choice (designation) should be based on where the racer spends the greatest part of his/her ski season. The designation must be made at the start of the season, and must be abided by the racer, for the entire season. Any conflicts must be resolved before participation, contact the divisional/regional office.

Requests for in-season changes of affiliation must be made in writing to the national competition director. Such in-season changes may result in loss or default of regional/divisional/state qualifying status.

### **USSA Code of Conduct**

As printed in the 2010 USSA Competition Guide

Membership in the United States Ski and Snowboard Association is a privilege, not a right. All USSA members (athletes, coaches, and officials) when participating in any USSA activity, must agree to conduct themselves according to USSA's core values of Team, Loyalty, Integrity, Respect, Perseverance, and Accountability and abide by the spirit and dictates of this Code of Conduct. All members must agree to comport themselves in a sportsmanlike manner, and are responsible for their actions while attending or participating in all USSA activities (including but not limited to camps, competitions, and projects).

Sportsmanlike conduct is defined as, but is not limited to: respect for competition officials, resort employees, and the skiing and snowboarding public, respect for facilities, privileges and operating procedures, the use of courtesy and good manners, acting responsibly and maturely, refraining from the use of profane or abusive language, and abstinence from illegal or immoderate use of alcohol and use of illegal or banned drugs.

While participating in any USSA activity:

1. USSA members shall be subject to the jurisdiction of the International Ski Federation Statutes, the United States Olympic Committee Bylaws, the USSA Bylaws, and the USSA Code of Conduct.
2. USSA members shall conduct themselves at all times and in all places as befits worthy representatives of the United States of America, the United States Olympic Committee, USSA, their region, division, state or club and in accordance with the best traditions of national and international competition.
3. USSA members are responsible for knowledge of and adherence to competition rules and procedures. Members are also responsible for knowledge of and adherence to the rules and procedures of the USSA national teams, camps or other projects when participating in such.
4. USSA members shall maintain high standards of moral and ethical conduct, which includes self-control and responsible behavior, consideration for the physical and emotional wellbeing of others, and courtesy and good manners.

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5. USSA members shall abide by USSA rules and procedures while traveling to and from and participating in official USSA activities.
6. USSA members shall abstain from illegal and/or immoderate consumption of alcohol. Absolutely no consumption of alcohol is permitted for those individuals under the age of 21. Members under 21 years of age shall not participate in gatherings involving consumption of alcohol unless it is an official USSA or event organizer function.
7. No USSA member shall violate the customs, travel or currency regulations of a country while traveling with a USSA group or on a USSA ticket.
8. No USSA member shall commit a criminal act
9. No USSA member shall engage in any conduct that could be perceived as harassment based upon gender, age, race, religion or disability.
10. USSA members will avoid profane or abusive language and disruptive behavior.
11. USSA members agree to abide by anti-doping rules and procedures established by WADA, USADA, and/or FIS.

Failure to comply with any of the above provisions may lead to disciplinary action by the appropriate team or competition leader. Disciplinary action may include:

- ❖ Removal from the team trip or training camp
- ❖ Suspension from training and/or competition
- ❖ Elimination of coaching, travel, and other benefits
- ❖ Forfeiture of USSA membership

USSA is committed to principles of fairness, due process and equal opportunity. Members are entitled to be treated fairly and in compliance with USSA's Bylaws, policies and procedures. Members are entitled to notice and an opportunity for a hearing before being prevented from participating in protected competition as that term is defined by the USOC Bylaws. Information on the processes for grievances, suspensions and appeals is available at [www.ussa.org](http://www.ussa.org).

Nothing in this Code shall be deemed to restrict the individual freedom of a USSA member in matters not involving activities in which one could not be perceived as representing USSA. In choices of appearance, lifestyle, behavior and speech while not representing USSA, competitors shall have complete freedom, provided their statements and actions do not adversely affect the name and reputation of the USSA. However, in those events where one is representing or could be perceived as representing USSA, USSA demands that its members understand and agree to behave in a manner consistent with the best traditions of sportsmanship and USSA's core values.

### ***Central Specific Appeals Process***

The Central Division coaches, officials and competitors have access to the appeals process for complaints and/or disputes concerning alleged misconduct or violations off FIS, USSA, or Central Division competition rules. Appeals must be written, with all details, and submitted with the appropriate fees, within the specified time frame, through the USSA Central Division Office. The appropriate Appeals Board hears appeals initially. All parties affected will be notified of the date and time of the hearing. Refer to the “Appeals Process” in the National section of the USSA Alpine Competition Guide for further information.

### **Racer Age Classification**

All athletes born in 1989 and before are classified as senior competitors in USSA racing. In the Central Division, all senior competitors will be placed in the Ability Class group at the start of the season. Entry procedures and fees for senior competitors vary in the local regional programs. Consult your regional administrator regarding their policies.

All athletes born in 1990 and after are classified as junior competitors in USSA racing. Junior age categories are as follows:

J1: born 1990-1992

J2: born 1993-1994

J3: born 1995-1996\*

J4: born 1997-1998\*

J5: born 1999 – 2000

J6: born 2001 and later\*

\*Special J3 status may be granted to J4’s and special J4 status may be granted to J5’s in special cases. Special J3’s and J4’s must show exemplary skiing skills for their age and stand out among their age-based group. Special J3 and J4 athletes will race in their special age group. In all instances, Special J3’s must qualify for and compete in the USSA Central Division J3/J4 Championships and the J3 Junior Olympics as a J3. Special J4’s must likewise qualify for and compete in the J3/J4 Championships and the J4 Junior Olympic Festival as a J4. Special J3’s will not be eligible to compete in the downhill event at the J3/J4 Championships or Rocky/Central J3 Junior Olympics, nor will special J4s be eligible to compete in the SG event at the J4 Junior Olympic Festival. If Special J3 status is granted to an athlete born in 1996 or earlier, that athlete is not eligible to be scored to the national points list. Completed declaration forms accompanied by a coaches recommendation and last season’s results must be received in the Central Division office by December 1. The Central Manager and the Central Alpine Sport Committee will review applications.

## ***Region Racing in Central***

Regional committees organize racing opportunities in their local areas. The following guidelines pertain to racing in each local region.

1. Seeding for scored racing will be based off the current USSA points list, consult your regional handbook. For non-scored seeding please refer to your regional handbook.
2. Course setters for USSA scored and non-scored races are required to be a current USSA participant member and certified USSA Referee.
3. All regional scored races will be open to all Central ability competitors with national points of 100.00 or less in any discipline unless there is a scheduled scored race in their local region. Racers must contact their regional chair with their request. The respective regional chairs will then determine whether entry is approved. All regions must publish their entry procedure in advance of the season and file the criteria with the Central office prior to December 1. Out of region entry is subject to field size limitations.

## ***Mid America Series***

The Mid America series is the premier race series within Central. The Mid Am series races are scored both nationally on the USSA points list and internationally on the FIS (International Ski Federation) points list, with the exception of the giant slaloms held at Boyne Highlands, and Marquette Mt. which are only scored to the national points list. The Mid America series is the focus of Central athletes who are on a US J2 Junior Olympic or US National Alpine Championships track. The schedule has been designed to give athletes the opportunity to rest and train as well as compete out of division between races. Mid Ams are used to identify the J2 Junior Olympic, US Alpine Championship, Nor Am and in part, Team Central athlete selections. Mid Am's are also used to create ranking lists for selections to out of Central division events.

## ***Mid America Series Point Ranking List***

The Mid America series point ranking list is generated by averaging the best two USSA point results earned during the season at Mid Am races per discipline. This list is used for selection purposes. It is different from the Mid America Cup point standings.

## ***Automatic Status***

The top 60 men and 30 women, based on an ITS of the final 2008-09 season Mid America series USSA point ranking list, are named as automatics for the 2009-10 Mid America series. First year J2's who qualified for the 2009 Whistler Cup are also named as automatics. A list of start of the season automatics will be posted to the Central website no later than November 15<sup>th</sup>.

### ***In-Season Automatic Advancements***

Following each series of Mid Am races, the top three Central non-automatic finishers in each race will be added to the Mid Am automatic list. If a skier finishes in the top three in multiple races within the race series, the next skier down the list is *not* selected.

### ***Regional Quotas for Mid Ams***

Regional quota sizes are allocated based on the percentage of members in the J1, J2, and senior age categories in the four regions and can vary from year to year. Regional quota sizes are allocated on December 15<sup>th</sup> of the current race year. Contact the Central office or the regional administrators for those numbers. In addition to the regional quota, the hosting region has an additional host quota of 10 men and 5 women. Note that Regional Quotas will be adjusted for the Central Mid Am FIS Championships.

### ***Rules for Entry***

1. Regional and host quotas will be selected by the local regions via the ITS method using the most current USSA National Ranking list or a division approved regional seeding list (see your regional handbook for details).
2. Each start of the season, the selected automatics will be sent a complete schedule with individual entry forms for the Mid Ams. These forms will be available to download from the Central Division website ([www.ussacentral.org](http://www.ussacentral.org)). Please make sure that your contact information including email is current when renewing your USSA membership to ensure that information is sent to the correct address. It is the responsibility of the athlete to send in their entry forms plus payment to the designated race administrator. Entries must be received **fourteen (14)** days prior to the *Team Captains meeting*. Failure to send in appropriate entry forms and payment by the deadline will result in a penalty payment and possibly removal from the running order for that event.
3. Out of division, Canadian or Foreign entries must be submitted to the Central Division Competition and Development Manager by the respective divisional, regional directors, Alpine Canada or Foreign Federation.
4. Spots made available by the automatics that have not confirmed their intent to race by the fourteenth day deadline will be distributed to the regions using the percentages determining the regional quotas listed above.
5. **Competitors entered in the Mid America series must be represented at the Team Captains meeting or have called the hosting race administrator within 24 hours of the meeting. If the competitor is not represented at the Team Captains meeting, they will be pulled from the start list for the following day’s competition. This applies to both automatic and regional quota athletes.**
6. Athletes who are unable to fully participate in the objective qualifying events due to extenuating circumstances, such as injury, school/work related issues, or geographical relocation, and have not qualified as a regional pick or an automatic, may be granted entry at the discretion of the USSA Central Division Competition Manager. No more than three men and two women may be granted discretionary entry. Discretionary entry quotas need not be filled for every race, and will not be used to “pick up the next person on the list.” Wherever possible, objective standards will be used to compare the discretionary athlete’s level of ability to an objectively qualified athlete.

## Mid America Cup Standings

Mid America (Mid Am) Cup Points will be awarded to **the top 30** finishers in each event

Points are earned as follows:

|                        |            |                        |           |                        |           |
|------------------------|------------|------------------------|-----------|------------------------|-----------|
| 1 <sup>st</sup> place  | 100 Points | 11 <sup>th</sup> place | 24 Points | 21 <sup>st</sup> place | 10 Points |
| 2 <sup>nd</sup> place  | 80 Points  | 12 <sup>th</sup> place | 22 Points | 22 <sup>nd</sup> place | 9 Points  |
| 3 <sup>rd</sup> place  | 60 Points  | 13 <sup>th</sup> place | 20 Points | 23 <sup>rd</sup> place | 8 Points  |
| 4 <sup>th</sup> place  | 50 Points  | 14 <sup>th</sup> place | 18 Points | 24 <sup>th</sup> place | 7 Points  |
| 5 <sup>th</sup> place  | 45 Points  | 15 <sup>th</sup> place | 16 Points | 25 <sup>th</sup> place | 6 Points  |
| 6 <sup>th</sup> place  | 40 Points  | 16 <sup>th</sup> place | 15 Points | 26 <sup>th</sup> place | 5 Points  |
| 7 <sup>th</sup> place  | 36 Points  | 17 <sup>th</sup> place | 14 Points | 27 <sup>th</sup> place | 4 Points  |
| 8 <sup>th</sup> place  | 32 Points  | 18 <sup>th</sup> place | 13 Points | 28 <sup>th</sup> place | 3 Points  |
| 9 <sup>th</sup> place  | 29 Points  | 19 <sup>th</sup> place | 12 Points | 29 <sup>th</sup> place | 2 Points  |
| 10 <sup>th</sup> place | 26 Points  | 20 <sup>th</sup> place | 11 Points | 30 <sup>th</sup> place | 1 Points  |

If several racers are tied for one of the point scoring positions, each tied racer receives the points corresponding to that position. The following racers receive the points corresponding to their official classification in the race.

Mid America Cup standings are determined by adding the points earned over the course of the Mid Am series. All races in the series will count towards the final overall standings.

### Mid America Series Awards

Men and Women Individual awards will be given to the top 3 overall and top 3 J2 USSA age class finishers in each race

### Following the Mid America Series Central Division Championships:

Mid Am Cup Points are totaled for the year as described above.

The man and woman with the highest points becomes the Mid America Cup Champions

Top 3 Awards are presented to the Men and Women for overall and event standings

- Overall (regardless of age)
- J2 USSA age class

### Can Am Superior Cup Series

This series will comprise of 6 FIS Slaloms and 6 GS (2 USSA, 2 FIS & 2 FIS ENL) events.

Venues will be the Marquette Mid Am, Lutsen/Spirit Mid Am and Loch Lomond in Thunder Bay Ontario. Overall awards will be determined utilizing World cup points scored. The best 4 of 6 slalom + best 4 of 6 GS Mid Am Cup points will be totaled for the series. Best Results will break ties.

Marquette and Lutsen/Spirit events will be scored as a Mid Am and as part of the Can Am Superior Cup Series.

The Loch Lomond event (Not a Mid Am) is in Canada and athletes will need to use the National Meet Entry form. The deadline for intent is January 1, 2010. See - Out of Division Racing Section on page 9 for details. USSA will have a special quota of 100 men & 100 Women.

## **USSA Central Division FIS Championships**

**The USSA Central Division Mid America Series FIS Championships will be at Lutsen Mountains March 25 -March 28, 2010**

### **Awards**

Awards for the top three finishers in the overall and J2 USSA age categories will be given for each race at the Mid America Series Central Division FIS Championships.

In addition, the top three combined winners for the Championships will be awarded in overall and J2 age categories based on their accumulated Mid America Cup points earned in Slalom and GS at the Mid Am Championships. Ties will be broken by the best result.

### **Carruthers Cup**

*The Carruthers Cup is given annually at the USSA Central Division Mid America Series FIS Championships to the top three Central racers overall who accumulate the highest Mid America Cup points during the event. The Carruthers Cup is awarded in memory of Bob Carruthers, and has been awarded at this event since 1969. Replica trophies are awarded to each athlete.*

### ***Out of Division Racing***

The Central Division encourages competition in major events outside of the Central Division when athletically appropriate and used to enhance the racer's training and racing program. Out of division racing is subject to quotas and selection criteria that are coordinated through the Central office. Any Central racer wishing to race outside of the Central Division must direct their entry request through the Central office. The National Meet Entry Program (NMEP) is the Central program for out of division racing requests. Note that participation in the US Nationals, J2 Nationals, Junior Olympics and the Loveland Derby does not require entry via the NMEP.

### **National Meet Entry Program**

The primary goal of the program is to make it easier for athletes and coaches to enter out of division races. The deadlines and procedures are in place to promote sound athlete management planning. Out of division racing should only be incorporated into a competition plan if it will athletically enhance the athlete's divisional schedule.

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The National Meet Entry program will operate in the following manner: All club coaches will be provided with the latest national and Canadian schedule information prior to the season. If the club or an athlete plans to attend an out of division race or series of races, they must submit a **NMEP, also known as the intent to race form**, to the USSA Central office by the following deadlines: November and December events = October 21. January races = Dec 1st; February races = Jan 1st; March and April races = Feb 1<sup>st</sup>. (NorAm entries are required at least 32 days prior to the event for events in the USA, and Canada.)

It is encouraged, that coach and athlete decide on an out of division racing plan early in the season and indicate all of the races they’re interested in on one form, rather than sending in numerous forms. It is required that the intent be received in the Central Office by the deadlines. The Central office will then make the official entry for the athlete or group of athletes. Athletes will need to pay entry fees on their own, directly to the race organizer.

If Central’s out of division quotas are overfilled, the USSA Central Competition Manager will manage the Central field size. For out of division FIS racing, Central athletes will be ranked using an ITS of their MidAm USSA point ranking in SL and GS. For out of division USSA scored events, Central athletes will be ranked using an ITS of the most current USSA points list. Athletes are responsible for their own travel and lodging arrangements. (Divisional lodging will be provided at the U.S. Alpine Championships and J2 National Championships.)

Upon publication of any selection list posted to the divisional websites ([www.rmdussa.com](http://www.rmdussa.com) and/or [www.ussacentral.org](http://www.ussacentral.org)), all listed qualified and alternate athletes must confirm or deny their intent to compete to their respective USSA divisional office no later than seven (7) days from the date of the list publication. Athletes failing to confirm by this time will be PULLED.

The Club NMEP Intent to race form is available on the Central website ([www.ussacentral.org](http://www.ussacentral.org)).

The form is for Coaches entering a number of athletes for their club. Athletes need to communicate with their coaches to be added to their club form. Independents will also use the club form. Please fill out form and email as an attachment to the USSA Central Competition Manager [bmcvicker@ussa.org](mailto:bmcvicker@ussa.org) by the deadlines.

Athletes do not need to fill out NMEP Intent to race forms for the US Nationals, J2 Nationals, Junior Olympics or the Loveland Derby. Note that no fee is involved with the National Meet Entry Program, but planning ahead is.

### **East, Rocky and West FIS Racing**

Central has a quota of 2 men and 1 woman to most of Eastern and Western FIS events. Central has a quota of 10 men and 10 women to most Rocky FIS events. Interested athletes must submit a NMEP Intent to race form to the Central office by the deadlines stated in the National Meet Entry section of this Rule Book to be entered into the selection. If there are more entry requests than quota spots available, the following selection method will be used to fill Central’s quota:

1. Athletes will be ranked by an ITS of the most current MidAm ranking list for GS and SL. For speed events, FIS points will be used in the ITS.
2. Athletes missing the deadline will be ranked at the end of the list, in the order that the Central office, regardless of their ranking, receives their entry requests.

For FIS events held in the Eastern Region, Western Region or Rocky Mountain Division, athletes will be entered by the Central office, but athletes will be responsible for the payment of their entry fees directly to the race organizer.

Please check out the FIS, Divisional and Regional USSA websites for the most current calendars!

### **NorAm Cup Series**

Selection for U.S. NorAm events is done at a regional level with the Rocky Mountain Division. Rocky/Central Region has a quota of 4 men and 4 women for NorAm events held in the US. The selection method is as follows:

1. A ranking list of eligible and interested athletes will be assembled as follows:
  - a. World rank in the discipline to be contested, in the case of a single event.
  - b. Sum of world rank in the disciplines to be contested in the case of a two event series.
  - c. Sum of the world rank in the best two of three disciplines to be contested, in the case of a three event series.
2. The team will be selected by working down the above ranking list.

Interested athletes must submit a NMEP Intent to race form at least 32 days prior to the event for NorAm’s in the USA.

For entry into Canadian NorAm’s, selection is done at a national level. Athletes must complete a NMEP Intent to race form at least 32 days prior to the event for placement on the Rocky/Central nomination list for these events. Refer to your USSA Alpine Competition Guide for more details.

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

### **2010 Nature Valley U.S. Alpine Championships at Lake Placid NY**

Central has a quota of 3 men and 2 women to this event.

#### *Team Selections*

Selections will be done utilizing the FIS list # 9 valid Feb. 25, 2010

Three (3) men and two (2) women will be selected using the NTSM on three columns.  
The NTSM is explained in the 2010 USSA Competition guide page 33

The first column will contain the athletes FIS slalom points (at least one must be a Mid Am result from the current season)

The 2nd column will contain the athlete's current FIS GS points

The last column will be the athlete's current FIS points in SG or DH, only used with athletes below 100 national speed FIS rank. (Individual event points will be used for the rank in either SG or DH whichever is better).

#### *Start Rights*

In order to start in the downhill, central athletes must have a minimum of two FIS downhill starts during the current season, and have FIS points lower than 175 for women and 150 for men on the current FIS points list.

In order to start in the super G, Central athletes must have a minimum of two FIS super G starts during the current season, and have FIS points lower than 150 for women and 125 for men on the current FIS points list.

In order to start in the slalom and GS, Central athletes must have points lower than 70.00 for men and lower than 80.00 for women in one of these events on the Mid Am ranking list.

## **U.S. J2 Alpine Nationals – Sugarloaf Maine March 2-9, 2010**

**The Rocky/Central Region quota** - 20 men and 15 women.

### **Team Selection**

The Rocky/Central Competition Director will select 10 men and 7 women based on the sum of the best two FIS point event ranking, purged to include only non automatic R/C J2 athletes using the most current FIS points list. Ties are broken using best event rank. This selection will be completed before the Divisional selection is made (see below).

**The Central Division quota** - 5 men and 4 women based on the following criteria.

Through out the Mid America Series, J2s will accumulate J2 MidAm Cup points (this list will be specific to JUST Central J2s) based on their finishes.

J2 Cup points rank will be compiled by the following method: (total # of Mid Am SL's divided by 2, plus 1) + (total # of Mid Am GS's divided by 2, plus 1) Note, no rounding up for numbers with decimals. For example, if there were 6 slaloms and 6 giant slaloms in the Mid Am schedule, then the athlete's best 4 slalom and best 4 giant slalom results would count towards the J2 Cup Rankings.

Another ranking list based on FIS GS and SL rank will be generated. This list will be created by adding together the ranks for SL and GS purged to include Central J2's only, to create a list that ranks athletes from those with the lowest combined rank first to the athlete with the highest combined rank last. In the case of a tie, the athlete's single lowest individual rank will be used, then the second lowest. If needed, lowest FIS points in SL or GS will break the tie.

After athletes have been ranked based on J2 MidAm Cup points earned (GS and SL points combined) and J2 Central FIS rank (GS and SL rank combined) the ITS method will be used to select Central's 5 men and 4 women to this event. The First column will have the J2 Cup combined rank and 2<sup>nd</sup> column will have the combined FIS rank.

Ranking lists will be generated after the Lutsen/Spirit Mid Am, and will use the FIS points list #8 valid on Feb. 4, 2010.

### **New 2010! "The Best against the Rest"**

The USSA Central Division will select a team to represent the division and send the best junior's (J1, J2) from the Mid Am series to the Colorado Jr. Ski Cup FIS Championships at Steamboat Springs, Colorado March 19-22. The team selection, sponsored by Stormy Kromer, will include 30 men and 20 women. Mid Am Cup points purged to include only USSA Central Division J1 and J2 athletes will be used to select the team along with the FIS points list. Team selections will be determined following the Lutsen/Spirit Mid Am and the posting of valid FIS list #8 Feb. 4. An ITS ranking list will be created with Total Mid Am Cup points in the first column and the FIS rank in the second column. The FIS rank column is created by the sum of slalom and GS place ranks of Central Junior Athletes that had participated in the Mid Am Series.

## **USSA Central Division J3/J4 Championships** **Marquette Mt. February 18-20, 2010**

### **Central Division J3 Championships**

**Entry procedures:** Entry forms can be found on each central division regions website, and must be turned into the regional administrators by Jan. 30, 2010.

**J3 Requirements:** Athletes born in 1995 or 1996 must have a USSA Competitor Membership and be registered as members of their region by January 15<sup>th</sup>, 2010 and submitted completed registration forms to their regions by January 30, 2010. *New this season on a one year trial basis - up to 5 USSA registered Canadians will be allowed to participate per gender. They must be registered members of a central division region by the deadlines above.*

**J3 Schedule:** February 18<sup>th</sup> DH (Upper & Lower Rocket), February 19<sup>th</sup> SL (Lower Rocket),  
February 20<sup>st</sup> GS (Cliffs Ridge)

**\*February 21st is reserved for a snow day in case of inclement weather.**

### **Seeding at the J3/J4 Championships for J3's:**

The seeds are made up of a rotation of racers from each central division region based on the most current USSA points list valid Feb. 11 for each event. The DH will be seeded with GS pts. *The Canadian entries will be seeded beginning with the 5<sup>th</sup> seed rotation.*

### **Central Division J3 Championship Awards: Use of Race Points**

Awards will be given to the top ten athletes per day in the J3 category based on the average of the best two race point results. Ties will be broken by the best race point result.

Combined awards will be presented to the top three finishers in each age category based on combining the sum of two best race point's results per day with the exception of DH that will use the best race point result.

Awards will be presented and the Central Division Junior Olympic Teams will be announced at the awards ceremony on February 20, 2010.

*The Canadian entries are eligible for awards but will not be eligible for Junior Olympic Team Selections*

## Central Division J4 Championships

**Entry procedures:** Entry forms can be found on each central division regions website, and must be turned into the regional administrators by Jan. 30, 2010.

**J4 Requirements:** Athletes born in 1997 or 1998 must have a USSA Youth Membership and be registered as members of their region by January 15<sup>th</sup>, 2010 and submitted completed registration forms to their regions by January 30, 2010. *New this season on a one year trial basis - up to 5 USSA registered Canadians will be allowed to participate per gender. They must be registered members of a central division region by the deadlines above.*

**J4' Schedule:** February 18<sup>th</sup> Big GS (Cliffs Ridge), February 19<sup>th</sup> GS (Cliffs Ridge),  
February 20<sup>st</sup> SL (Lower Rocket)

### **Seeding at the J3/J4 Championships for J4's:**

Start orders are a computer scramble for the first run, flipped for the second run and the third run is cut in half and flipped. Each event will have a new scrambled start order to begin with.

## Central Division J4 Championship Awards: Use of Race Points

Awards will be given to the top ten athletes per day in the J4 age category based on the average of the two best race point results

Combined awards will be presented to the top three finishers in each age category based on combining the two best race point's results per day.

Awards will be presented and the Central Division Junior Olympic Teams will be announced at the award ceremony on February 21, 2009

*The Canadian entries are eligible for awards but will not be eligible for Junior Olympic Team Selections*

## **Rocky/Central J3 Junior Olympics**

The Rocky/Central J3 Junior Olympics will be held at Vail Colorado March 3-10, 2010. Qualification Method to the R/C J3 Junior Olympics – is via the Central Division J3/J4 Championships. The event brings together the top racers in Central and Rocky in all four disciplines. It is one of the most exciting events in the country and last year's performance by Central J3s was excellent! Discipline and combined awards will be presented to the top ten finishers. Combined winners will be determined using the Old World Cup Point System (i.e. 1<sup>st</sup> = 25pts, 2<sup>nd</sup> = 20pts, 3<sup>rd</sup> = 15 pts, 4<sup>th</sup> = 12, 5<sup>th</sup> = 11 etc...). Details in the 2010 USSA Comp Guide. This event is used for selection to the Whistler Cup International Children's race.

The USSA Central Division has a quota of 80 athletes. The USSA Central Division Manager shall hold 2 men and 2 women positions for discretion with support from the Central Coaches Committee. The Manager will also seed discretionary athletes (if not used the next alternates will be added) for J3 or special J3 athletes. This quota will be split between men and women athletes based on the ratio of men and women athletes registered for the J3/4 Championships.

### **Selections: Use of Place Points**

Place points (1<sup>st</sup> = 1, 2<sup>nd</sup> = 2, 3<sup>rd</sup> = 3 etc...) will be generated for each run at the J3 and J4 Championships, to be used for the selection. New this season! J3's will have a downhill event. There will be 1 training run then 2 race runs that will be used for results and selections. Therefore 2 DH, 3 GS, 3 SL runs will count toward selections. The racers' best 5 place point results will be added together from the 3 events (best 5 out of 8 total race runs).

A ranking list will be made by placing the athlete with the lowest combined place points first, the athlete with the second lowest second, so on and so forth. A day-to-day ranking list will be created to show current standings throughout the race series. Ties will be broken by the single best result, then next best single result, so on and so forth.

### **Seeding for Rocky Central J3 Junior Olympics:**

- \* Athletes who are selected for Topolino are automatics to the Junior Olympics and will be ranked first.
- \* Athletes will be ranked by division based on results from the JO qualifying events held in their division. Central ranking will be by discipline: DH for speed events, GS for GS event, SL for SL event. If no race is held in an event, seeding for that event will be according to overall rank from the Central J3 Championships.
- \* The first two seeds (each comprised of four Rocky and four Central athletes) will be combined to make one seed of 16.
- \* There will be a public draw for this seed of 16 taking place on the day before the race. A coin toss done for each draw will determine which division goes first. The top ranked athletes will choose their start numbers first, followed by the next ranked skier, alternating divisions.
- \* For DH and SG, this top seed may choose their number between 1 and 32. For GS and SL, this seed may choose their number between 1 and 16.
- \* The rest of the field will be randomly computer drawn in seeds of eight (four Rocky athletes and four Central athletes) until the entire field is drawn.
- \* Second run start lists will be according to USSA rules for scored events (i.e. bibbo).

## **Rocky/Central J4 Junior Olympic Festival**

The Rocky/Central J4 Junior Olympic Festival will be held in Winter Park, Colorado, from March 17-20, 2010. Overall awards will be awarded based on the Old World Cup Point system (i.e. 1<sup>st</sup> = 25pts, 2<sup>nd</sup> = 20pts, 3<sup>rd</sup> = 15 pts, 4<sup>th</sup> = 12, 5<sup>th</sup> =11 etc...). Details in the 2009 USSA Comp Guide page 33.

### **Qualification Method to the Rocky/Central J4 Junior Olympic Festival via the Central Division J3/J4 Championships at Marquette Mt. February 18-20, 2010**

The Central Division has a quota of 80 athletes for this event. The USSA Central Division Manager shall hold 2 men and 2 women positions for discretion with support from the Central Coaches Committee. The Manager will also seed discretionary athletes (if not used the next alternates will be added) for J4 or special J4 athletes. This quota will be split between men and women athletes based on the ratio of men and women athletes registered for the J3/4 Championships.

#### **Selections: Use of Place Points**

Place points (1<sup>st</sup> = 1, 2<sup>nd</sup> =2, 3<sup>rd</sup> = 3 etc...) will be generated for each run at the Central J4 Championships, to be used for the selection. New this season! J4's best 2 of 3 Big GS place points will be used for selections. Therefore, best 2 place points races of Big GS, 3 GS, 3 SL runs will count toward selections. The racers' best 5 place point results will be added together from the 3 events (best 5 out of 8 total race runs). A ranking list will be made by placing the athlete with the lowest combined place points first, the athlete with the second lowest second, so on and so forth. A day-to-day ranking list will be created to show current standings throughout the race series. Ties will be broken by the single best result, then next best single result, so on and so forth.

## **Seeding for J4 Junior Olympic Festival**

Central ranking will be by event: Big GS for speed events, GS for GS event and SL for SL event. If no race is held in an event, seeding for that event will be according to overall rank from the J34 Championships.

- Each event will be seeded based on seed groups of eight (8), made up of four (4) Central racers and four (4) RMD racers who are randomized for start position within the seed group. Seed groups of eight will be drawn each day until all racers from the Central Division are seeded. Any remaining RMD racers will be seeded in order of the ranking list.
- The start order will reverse within seed for all races held on the same day

## **Trofeo Topolino Cup**

The Rocky/Central region will nominate one male and one female J3 athlete to represent the United States in an international competition held in Topolino, Italy in February.

The selection procedure is as follows: 15 men and 12 women 1995 YOB athletes will be selected from an ITS of results from the 2009 R/C J3 JO's, results purged to include only 1995 YOB. In addition, any gold medalist from the 2009 R/C J4 JO's born in 1996 will be selected.

To capture current season performance, the top 4 J3 RMD men and women based on an ITS (purged to include only RMD J3's) of results from the first Smartwool Series will be invited if they have not already qualified based on Junior Olympics performance. Athletes already qualified based on Junior Olympic performance are NOT purged from the Smartwool ITS, so it is possible that no new skiers will be selected from the Smartwool race.

To capture current season performance, up to 4 men and women based on performance exceeding the top half of the selected Central athletes, or meeting the RMD criteria. Coaches with athletes that may meet these discretionary criteria must submit, with supporting results an e-mail of request to their regional Coaches' Representative. The Divisional Coaches Committee may select up to 4 men and women on December 12, 2009.

These identified competitors will be invited to participate in a training camp and time trial in January. The time trial format will consist of three (3) timed runs of GS and three (3) timed runs of SL. Each athlete's best run in each event will be added together to compile a ranking list. This ranking list will then be used by the Rocky/Central Competition Director to select Rocky/Central nominees to the U.S. Trofeo Topolino Team. National points will not be considered. Rocky/Central nominations will then be forwarded to the National Competition Director for final national Topolino team selection.

## **Whistler Cup**

The 2010 Whistler Cup will be held at Whistler Mountain, BC April 4-12. This event features international children's competition in Super G, GS, and slalom for J3's. Over 20 nations from across the world compete at this event. Rocky/Central has a quota of 3 men and 3 women for the J3 age group. The selection procedures for this event are as follows:

1. J3 selection: The first place eligible (year of birth 1995-1996) racers at the Rocky/Central J3 Junior Olympics in SG, GS, and slalom will be named to the team. If there is a repeat winner, the overall winner (not including the downhill) will be named to the team. If the quota still has not been filled, the racer(s) with the lowest race points in the disciplines which there was a repeat winner will be named to the team.
2. New for 2010! Trofeo Topolino Cup qualifiers are automatics to Whistler Cup

## 2009 - 10 Team Central Criteria

### Team Central Men

The criteria are based on Central Membership from the previous season's results.  
The previous seasons 12<sup>th</sup> USSA and FIS Ranking List will be used  
(Must meet one of the following requirements and attend one of the fall physical assessments held regionally in Central)

### **Mid Am Series Overall Champion Central Division Championships Central Overall Champion**

**YOB '85** and < Top 600 WR in slalom or giant slalom

#### **YOB '86-'89**

World rank under 700 in any discipline  
One top 25 placing at US Nationals in any discipline.

#### **YOB '90-'94**

US Nationals attendee  
Top 2 athletes from the Mid Am Series overall  
J2 Nationals top 10 in one discipline  
J3 Junior Olympic top 3 medalists in one event  
1 top 5 National FIS or USSA Age Ranking  
2 top 10 National FIS or USSA Age Ranking in 2 different events

In season overall winner of a Mid Am event will be added to Team Central for the remainder of the current season.

USSA Central Division Competition and Development Manager Discretion

Benefits for this team will include: uniforming (copay), complimentary entries to Central Division races, and invitations to divisional and regional development & competition projects with funding support for select projects.

## 2009 - 10 Team Central Criteria

### Team Central Women

The criteria are based on Central Membership from the previous season's results.  
The previous seasons 12<sup>th</sup> USSA and FIS Ranking List will be used  
(Must meet one of the following requirements and attend one of the fall physical assessments held regionally in Central)

#### **Mid Am Series Overall Champion Central Division Championships Central Overall Champion**

**YOB '85** and < Top 500 world rank in slalom or giant slalom

#### **YOB '86-'89**

World Rank under 600 in slalom or giant slalom  
1 top 25 placing at US Nationals in any discipline

#### **YOB '90-'94**

Top 2 athletes from the Mid Am Series overall  
J3 Junior Olympic top 3 medalist in 1 event  
J2 Nationals top 10 in one discipline  
US Nationals attendee  
1 top 5 or 2 top 10 National FIS or USSA Age Ranks in 2 different events

In season overall winner of a Mid Am event will be added to Team Central for the remainder of the current season.

USSA Central Division Competition and Development Manager Discretion

Benefits for this team will include: uniforming (copy), complimentary entries to Central Division races, and invitations to divisional and regional development & competition projects with funding support for select projects.

## 2010 - 11 Team Central Criteria

### Team Central Men

The criteria are based on Central Membership from the previous season's results.  
The previous seasons 12<sup>th</sup> USSA and FIS Ranking List will be used  
(Must meet one of the following requirements and attend one of the fall physical assessments held regionally in Central)

### **Mid Am Series Overall Champion Central Division Championships Central Overall Champion**

**YOB '86** and < Top 600 WR in slalom or giant slalom

#### **YOB '87-'90**

World rank under 700 in any discipline  
One top 25 placing at US Nationals in any discipline.

#### **YOB '91-'95**

US Nationals attendee  
Top 2 athletes from the Mid Am Series overall  
J2 Nationals top 10 in one discipline  
J3 Junior Olympic top 3 medalists in one event  
1 top 5 National FIS or USSA Age Ranking  
2 top 10 National FIS or USSA Age Ranking in 2 different events

In season overall winner of a Mid Am event will be added to Team Central for the remainder of the current season.

USSA Central Division Competition and Development Manager Discretion

Benefits for this team will include: uniforming (copay), complimentary entries to Central Division races, and invitations to divisional and regional development & competition projects with funding support for select projects.

## 2010 - 11 Team Central Criteria

### Team Central Women

The criteria are based on Central Membership from the previous season's results.  
The previous seasons 12<sup>th</sup> USSA and FIS Ranking List will be used  
(Must meet one of the following requirements and attend one of the fall physical assessments held regionally in Central)

#### **Mid Am Series Overall Champion Central Division Championships Central Overall Champion**

**YOB '86** and < Top 500 world rank in slalom or giant slalom

#### **YOB '87-'90**

World Rank under 600 in slalom or giant slalom  
1 top 25 placing at US Nationals in any discipline

#### **YOB '91-'95**

Top 2 athletes from the Mid Am Series overall  
J3 Junior Olympic top 3 medalist in 1 event  
J2 Nationals top 10 in one discipline  
US Nationals attendee  
1 top 5 or 2 top 10 National FIS or USSA Age Ranks in 2 different events

In season overall winner of a Mid Am event will be added to Team Central for the remainder of the current season.

USSA Central Division Competition and Development Manager Discretion

Benefits for this team will include: uniforming (copy), complimentary entries to Central Division races, and invitations to divisional and regional development & competition projects with funding support for select projects.