

2015-2016

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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# 2015-2016

## **Pacific Northwest Ski Association**



## **Competition Manual Nordic**

# 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.

## PNSA Vision

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

## PNSA Mission Statement

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

## PNSA Values

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

## Administration

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

PNSA's athletic programs are designed and implemented by professional coaches and administrators as well as an active group of dedicated and knowledgeable volunteers. In addition, PNSA has direct input to the policies, procedures, and guidelines of 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 CROSS-COUNTRY PROGRAM

### Competitors

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

A USSA membership is required to enter any USSA race. This is a new policy for 2015-16. By broadening the membership requirements, USSA has been able to reduce membership fees significantly. See the next chapter of this manual for information about memberships. During the 2015-16 season there are three USSA meets in the PNSA area:

the Sunnyside Challenge at Mount Bachelor, OR, January 2-3;

the Race of the Methow in Winthrop, WA, January 16-17; and

the Mount Spokane Nordic Cup at Mount Spokane, WA, February 13-14.

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

Even if you do not need a PNSA and USSA membership to enter the races that you plan to compete in, please consider that by joining these organizations your membership and your dues will support racing in PNSA, especially junior development, and in the entire USA.

If your aspirations are to become the best racer you can be, and even to compete at international and Olympic races, then you should join 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

. In USSA races junior competitors are grouped by their age on December 31 of the current season. Non-USSA races are free to use any categories that they prefer, but they often use the USSA brackets as well. USSA uses the "U-" system with 2-year brackets. For example, U16 in the 2015-16 season means that the racer is 14 or 15 years old on December 31, 2015.

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

Category	Age (as of 12/31)				
		2015-16	2016-17	2017-18	2018-19
Seniors	20 and older	1995	1996	1997	1998
U20	19	1996	1997	1998	1999
	18	1997	1998	1999	2000
U18	17	1998	1999	2000	2001
	16	1999	2000	2001	2002
U16	15	2000	2001	2002	2003
	14	2001	2002	2003	2004
U14	13	2002	2003	2004	2005
	12	2003	2004	2005	2006
U12	11	2004	2005	2006	2007
	10	2005	2006	2007	2008
U10	9	2006	2007	2008	2009
	8	2007	2008	2009	2010
U8	7 and younger	2008	2009	2010	2011



## **Coaches, Officials, and Volunteers**

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

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

## 3 – USSA/PNSA CROSS-COUNTRY MEMBERSHIPS

### USSA Membership

USSA has various membership options for competitors. Racers who are older than 14 and who want to race in the Junior National Championships or other national-level races must have a \$95 Competitor Membership. Others who want to race in USSA races can save money by getting the \$15 annual General Membership or a \$10 One-Day Membership.

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

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

### PNSA Membership

When you join USSA as a Competitor Member, you will simultaneously join PNSA. The cost is \$40.

### Membership for Clubs

**USSA:** Clubs sanctioning races with USSA must join USSA as club members. Benefits to the club include liability insurance for USSA-sanctioned competitions. Use the [USSA Club membership form](#) to join, or contact USSA for further information – contact information is at the front of this manual.

**PNSA:** Club membership is required for the club to send a representative to the Nordic Competition Committee. To be eligible for PNSA Club membership a club must be duly organized by the date PNSA club dues (\$125) are due each season (Dec. 31st), have by that date at least fifteen (15) members, and the club must be in good standing with PNSA. See the [PNSA website](#) for further information and club membership form.

### USSA Membership Pricing

XC Category	Age Parameters	Notes	Base Price
General Member	All ages	USCSA/High School/Club Participant/Forerunning - May compete in USSA events	\$15
Competitor U10 & under	9 & under		\$15
Competitor U12	10 & 11		\$25
Competitor U14	12 & 13		\$25
Competitor U16 & over	14 & over	Required for FIS registration	\$95
Masters	30 & over		\$25
Coach	15 & over	Periodic background screening required	\$115
Official	15 & over	Periodic background screening required	\$60
Club Volunteer	15 & over	Periodic background screening required	\$45
Short Term Athlete Membership	All ages		\$10/day

# NORDIC GUIDELINES AND PROCEDURES

## 4. 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.

# NORDIC GUIDELINES AND PROCEDURES

## 5. JUNIOR NATIONAL CHAMPIONSHIPS

### A: Qualifier Races

1. Each year before the beginning of the ski season the Nordic Competition Committee (NCC) will select certain ski meets, each normally consisting of separate races on two consecutive days, to be Junior Nationals Qualifier Races. Selection will be made according to the following process:
  - a. Qualifier Race hosts will be chosen from those clubs which have submitted a bid. Bids should be submitted to the NCC by the time of the spring meeting held in conjunction with the annual PNSA convention. Bids should include the form in [Chapter 10](#).
  - b. The NCC will consider the likely quality of each meet, including the nature of the courses, ability to offer the appropriate race formats, and the host's ability to provide accurate timing and prompt results. At a minimum, the host club should commit to the following principles:
    - i. Course Marking: Mark race courses early, preferably the day before the race, including clear start zone, turns, lap and finish lanes, and the finish line. A map of the course(s) near the start area is good practice.
    - ii. Bib Numbers: Segregate bib numbers by class, to help ensure that if two or more classes are on course at the same time an accurate finish can be obtained.
    - iii. Start Times: Allow a time interval (5 min?) between classes, which can be used for late entries and late starters. Run "ghosts" for no-shows. Late to start racers should be timed from their assigned start time.
    - iv. Video: Record the finish to help decide close finishes and for backup in case of timing questions. Consider video for the start as well.
    - v. Timing: Use redundancy, preferably three independent timing systems, at least one electronic and one manual. Each system must be monitored by one official operating a clock and at least one official visually noting finish bib numbers. In addition have a bib spotter and a finish judge within the finish zone. Practice using your timing systems, both electronic and manual, and race officials before the race, until you know how the systems work and are comfortable using them in any conditions.
  - c. When the number of bids that satisfy the above criteria exceeds the number of Qualifier Races to be held in a season, bids will be awarded according to the following rotation system:
    - i. For Qualifier Race selection purposes PNSA will consist of two regions:
      1. Northern, consisting of all of PNSA except Oregon, and
      2. Southern, consisting of Oregon.
    - ii. For each region the NCC will maintain a list of clubs wishing to host a Qualifier Race. Qualifier Races will be chosen from the top of each list: two from the Northern region and one from the Southern Region.
    - iii. After a club has hosted a Qualifier Race, that club will move to the bottom of the list for its region.
    - iv. For 2015-2016 the lists are:
      1. Northern: Leavenworth, Kongsberger, Spokane, Methow
      2. Southern: Mount Bachelor

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

## **B: ATHLETE SELECTION**

1. Prior to the competition season the Nordic Competition Committee (NCC) will designate eight races, normally on four different weekends and normally including one two-day meet outside PNSA, to be Junior Nationals Qualifier (JNQ) Races. In addition the NCC will decide the size of the Junior Nationals Team for the coming season. For 2016 the team size will be 32.
2. PNSA skiers will be ranked according to the following procedures:
  - a. Continental Cup Points: After each JNQ race Continental Cup points (also referred to as SuperTour points: 1st place 30, 2nd 25, 3rd 21, 4th 18, 5th 16, 6th 15, 7th 14, 8th 13, 9th 12, 10th 11, 11th 10, 12th 9, 13th 8, 14th 7, 15th 6, 16th 5, 17th 4, 18th 3, 19th 2, 20th 1) will be assigned to PNSA skiers according to finish order among only PNSA skiers in each of the following four age and gender groups: U16 girls, U16 boys, U18 plus U20 girls, and U18 plus U20 boys. In sprint races points will be assigned to the final results rather than just to the qualification round.
  - b. JNQ Scores: At the end of the JNQ series, a JNQ Score will be calculated for each PNSA skier equal to the total of the Continental Cup points earned by that skier in his/her best four JNQ finishes of the season.
  - c. JNQ Ranking List: The JNQ Ranking List will consist of all PNSA skiers ranked by JNQ Score in one list without regard to age or gender.
3. The Junior Nationals Selection Committee will consist of all members of the NCC who attend the final JNQ Race. The Selection Committee will meet immediately after the conclusion of the final JNQ Race. The NCC Chair or his/her designee will chair the committee meeting. The Selection Committee will name the JN Team according to the following procedures:
  - a. Any PNSA skier who has qualified for the JN Team by USSA standards (USSA Rule 70) will be named to the team.
  - b. Any PNSA member who is at school outside the division, and who has declared a desire to be named to the team, and who finished in the top half of the field in at least one race at a prior JN Championships, and who has finished within 5% of the winner in at least one JNQ Race in the current season will be named to the team.

- c. The highest ranked skiers on the JNQ Ranking List who have not already been named to the team will be named until the total number of skiers named to the team equals the team size previously determined by the NCC.
  - d. The Selection Committee may at its discretion name additional skiers to the team regardless of their position on the JNQ Ranking List, provided in each case that at least three quarters of the Selection Committee vote in favor.
4. Each skier who accepts a position on the JN Team must meet USSA's eligibility requirements, be a member of PNSA with a USSA competition license, and must be prepared to make the necessary arrangements by the deadlines announced by the Selection Committee, including paying the skier's trip costs to PNSA, having a PNSA uniform, signing required forms, and arranging transportation to and from the Junior Nationals.
5. Appeals Process
- a. If an athlete or coach believes that the Selection Committee erred in its selection process, the athlete or coach may appeal the decision by submitting a written appeal to the PNSA Executive Director within three business days of the selection meeting.
  - b. The appeal will be reviewed by an Appeals Committee consisting of the PNSA Executive Director, the PNSA President or his designee, and the Nordic Athlete Representative.
  - c. The NCC will abide by the decision of the Appeals Committee.

### **C: Coach Selection**

1. The coaching staff will include a Trip Leader, a Chief of Waxing, and additional coaches as determined by the NCC. A Head Coach may also be named.
2. In accepting the position of JN Coach, each coach will agree to:
  - a. Work as hard as necessary to make the trip a success, and not to consider the trip as recreation or a vacation for the coach,
  - b. Represent all PNSA skiers, and not just skiers from that coach's club,
  - c. Work together with the other PNSA coaches to ensure the best possible experience for the racers, and
  - d. Do whatever tasks are required to make the trip a success.
3. Coach selections will reflect:
  - a. Representation of athletes on the team,
  - b. Coaching experience and ability, and
  - c. Experience and training for new coaches
4. Selection Procedure:
  - a. The NCC Chair will appoint the Trip Leader after the conclusion of the previous Junior National Championships.
  - b. The NCC Chair and the Trip Leader will appoint additional coaches at the fall meeting, based on recommendations of the NCC.
  - c. The NCC Chair and the Trip Leader may appoint additional coaches at any time after the fall meeting if warranted by the number of athletes on the team.

# NORDIC GUIDELINES AND PROCEDURES

## 6. Codes of Conduct

### COACHES

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

### ATHLETES

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

### VIOLATIONS

#### Procedure for Violations of Rules and Conduct Standards

Violations of the 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:

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

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

Any appeal of a Level III decision shall be taken to 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 Code of Conduct" 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**  
**818 W. RIVERSIDE, STE. 250**  
**SPOKANE, WA 99201**  
**(509) 954-4558 - CELL**  
**EMAIL: [EVCOLTER@GMAIL.COM](mailto:EVCOLTER@GMAIL.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

<b>COMPETITION JURY APPEALS</b>	<b>\$100.00</b>
<b>TEAM SELECTION APPEALS</b>	<b>\$100.00</b>

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

**VICE PRESIDENT**  
**ATHLETE**  
**SR. OFFICIAL**  
**COMPETITION COMMITTEE MEMBER**  
**COACH**

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

# **NORDIC GUIDELINES AND PROCEDURES**

## **7. OTHER NORDIC ACTIVITIES**

### **PNSA Trips and Projects**

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

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

### **PNSA Nordic Ventures & Opportunities:**

Activities approved by NCC but not sanctioned by PNSA.

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

# **NORDIC GUIDELINES AND PROCEDURES**

## **8. PNSA TRAVELING TEAM COACH RESPONSIBILITIES**

### **Trip Leader Responsibilities:**

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

### **ALL COACHES SHALL:**

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

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

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

# NORDIC GUIDELINES AND PROCEDURES

## 9. PNSA Code of Conduct for Athletes

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

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

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

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

Print Athlete Name \_\_\_\_\_

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

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

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

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

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

## G10 - 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 : 2014-2015 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 – weighted or non-weighted.

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

#### 4.0 and higher GPA:

Beasley, Addison	McBurney, Matthew
Benda, Lucy	McClellan, Cole
Beres, Eileen	Mott, Danielle
Dubendorf, Isla	Nardone, Melissa
Edmondson, Korbyn	O'Shaughnessy, Olivia
Goranson, Caden	Panos, Alexi
Grimm, Courtney	Schwisow, Annelise
Gunesch, Nate	Tansley, Lilliane
Klonsky, Elena	Verheyden, James Paul
Larson, Tyler	Westman, Kristopher
Lodmell, Ashley	Woodring, Samantha

#### 3.0-3.99 GPA:

Cravens, R Minam	Moore, Aili
Derwin, Zach	Moore, Emma
Dubendorf, Aengus	Nardone, Joshua
Hall, Ella	Nelson, Preston
Hashimoto, Uhuru	Paek, Maximillian
Henry, Amelia	Sharpe, Blake
Klonsky, Jake	Stamnes, Sabrina
Kray, Corbin	Tansley, Wilfrid
Kray, Wyatt	Toland, Talia
Lafreniere, Max	Trimble, Trevor
Lowe, Teegan	Waichler, Claire
Lower, Reed	Wear-Grimm, Brandon
Maxwell, Trevor	Westman, Cale
McBurney, Tiger	Wiggs, James
McCabe, Hailey	Wright-Vanderhoef, Otto





## **G12 - 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. All applications are now submitted on-line. Please find information on grant and scholarship applications on the PNSEF website.

Website: [www.pnsef.org](http://www.pnsef.org) | Grants: [www.pnsef.org/grants](http://www.pnsef.org/grants) | Scholarships: [www.pnsef.org/scholarships](http://www.pnsef.org/scholarships)

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

**All applications are treated with confidentiality.**

# APPENDIX 1

## Pacific Northwest Ski Association

### 2014-2015 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	T Patrick Robson
John Genoud Award	To the individual contributing notably of his/her service as a race official	Todd McNabb
Ken Comfort Award	For the person who over the years, has given freely of his/her time to help the sport of skiing.	Clive Luiten
Schwabe Award	Outstanding Alpine competitor during the past year.	Max Tobler
Olav Ulland Award	Outstanding Nordic competitor during the past year.	Emily Hyde
Northwest Skier Award	Outstanding Junior competitor both on and off the slopes.	Hannah Bodily
Coaches Award	Outstanding Alpine, Freestyle, Nordic and Snowboard coaches.	Alex Shorter, Alpine Drew Bryant, Freestyle Leslie Hall, Nordic Coggin Hill, Snowboard
Collegiate Alpine Award	Outstanding Alpine collegiate competitor during the past year.	Brook Wales Paul Koetke
Collegiate Nordic Award	Outstanding Nordic collegiate competitor during the past year.	Helen Cutting Male – not awarded
Freestyle Skier	Outstanding Freestyle competitor during the past year.	Lady – not awarded Jake Mageau
Snowboard Rider	Outstanding Snowboard competitor during the past year.	Lady - not awarded Dru Brownrigg
Unsung Hero Award	Any individual in your club who contributed in either race or club responsibilities, above and beyond the duty of any volunteer.	Jeff Aden Robin Ahmann Steve Ahmann John Barnett Ann Bernhardt Jena Bolles Zoe DeRuwe Phil Edholm Conney Edmondson Brooke Ellingwood

# APPENDIX 1

## 2014-2015 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.	Gloria Fletcher Carl Guenzel Chris Hald Cameron Halmrast Lisa Harrill Frank Harrill Tabetha Hatfield Casey Hatfield Ardie Hewitt Robbie LaFreniere Louis LaFreniere Bob Landwehr Jim Landwehr Linda Luiten Todd Martin Jim McCarthy Angela McCourtie Angela Niemann Bob Niemann Teresa Platt Brian Platt Roger Root John Schiemer Bob Simpson Steve Smith Joy Snow Kurt Springman Judy Thompson Scott Waichler Alan Watson Greg Williams Fred Wurden
Press Award	For exceptional service to the sport of skiing by someone from the news media.	Stephen Maher - Independent Journalist - Wenatchee
Northwest Cup Team Trophy		Mt Bachelor Sports Ed. Fnd.
Best Northwest Cup Race		not awarded
Sallie McNabb Award	Northwest Cup Downhill Champions	Alexandria Oseland Andrew Osborne
Northwest Cup Overall		Carina Bracy Max Tobler

# APPENDIX 1

## 2014-2015 PNSA Annual Awards

(continued)

<u>AWARDS</u>	<u>Description</u>	<u>Recipient</u>
U16 Series Overall		Maddie Collins Devon Toribio
Buddy Werner/U14 Champions		Katie Holm Tyler Larson
<b>INFREQUENT AWARDS</b>		
Ingrid Simonson Lifetime Achievement Award		<u>Dr.</u> Lester Keller
President's Award	Awarded by PNSA President for Outstanding Service.	not awarded
Quarter Century Award	Awarded to those attending 25 PNSA Conventions.	not awarded
<b>GRANTS/SCHOLARSHIPS</b>		
Masters' Subcommittee Athlete Grants	Awarded by Masters Group to outstanding FIS level competitors.	not awarded
Jane Henry Scholarship		Makaela Bielaski Hannah Bodily Emily Hyde
R. Dean Palmer Scholarship		Gunnar Lundteigen Zebediah Millslagle Ruben Castren
Bruce Holyoke Scholarship		not awarded

# APPENDIX 5

## 2015-2016 NORDIC COMPETITION COMMITTEE

### **DIRECTOR OF NORDIC / NCC CHAIRPERSON**

ALAN WATSON                      5 BEAR ORCHARD RD                      RES: 509.341.4846  
WINTHROP, WA 98862-9505                      EMAIL: [ALAN@ALANFWATSON.COM](mailto:ALAN@ALANFWATSON.COM)

### **PRESIDENT**

BILL BROOKS                      309 W. 2<sup>ND</sup> AVENUE, STE 200                      CELL: 509.993.1689  
SPOKANE, WA 99201                      WORK: 509.462.9312  
EMAIL: [BBROOKS@SELKIRKRE.COM](mailto:BBROOKS@SELKIRKRE.COM)

### **SECRETARY**

VICKI LONGHINI                      2222 HIDDEN VALLEY RD                      RES: 612.987.3802  
SANDPOINT, ID 83864                      EMAIL: [VICKI.LONGHINI@GMAIL.COM](mailto:VICKI.LONGHINI@GMAIL.COM)

### **ATHLETE REPRESENTATIVE**

DAKOTA BLACKHORSE-VON JESS                      2106 NW DESCHUTES PL                      RES: 206.883.6147  
BEND, OR 97701                      EMAIL: [DAKOTA.BLACKHORSE@GMAIL.COM](mailto:DAKOTA.BLACKHORSE@GMAIL.COM)

### **COACHES SUB-COMMITTEE**

BEN HUSABY                      2150 NW STOVER CIRCLE                      RES: 541.678.3865  
BEND, OR 97701                      EMAIL: [BEN@BENDENDURANCEACADEMY.ORG](mailto:BEN@BENDENDURANCEACADEMY.ORG)

### **COMMUNICATION SUB-COMMITTEE**

GEORGE BRYANT                      33 W. 17th AVENUE                      RES: 509.795.9876  
SPOKANE, WA 99203                      EMAIL: [SELKIRKXC@YAHOO.COM](mailto:SELKIRKXC@YAHOO.COM)

### **RULES & TECHNICAL SUB-COMMITTEE**

TBA                      RES:  
Email:

### **SPONSORSHIP/FUNDRAISING SUB-COMMITTEE**

DAN SIMONEAU                      2374 NW QUINN CREEK LOOP                      BUS: 541.388.0002  
BEND, OR 97701                      EMAIL: [DANSIMONEAU@BENDCABLE.COM](mailto:DANSIMONEAU@BENDCABLE.COM)

### **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

## 2015-2016 PNSA BOARD OF DIRECTORS

### OFFICERS

**PRESIDENT**

BILL BROOKS

309 W. 2<sup>ND</sup> AVENUE, STE 200  
Spokane, WA 99201CELL: 509.993.1689  
WORK: 509.462.9312  
EMAIL: [BBROOKS@SELKIRKRE.COM](mailto:BBROOKS@SELKIRKRE.COM)**VICE PRESIDENT**

JEFF KRAY

728 S MADISON ST  
TACOMA, WA 98405RES: 253.686.2594  
EMAIL: [JKRAY@MARTENLAW.COM](mailto:JKRAY@MARTENLAW.COM)**SECRETARY**

ROGER ROOT

415 N POLK  
MOSCOW, ID 83843RES: 208.882.7768  
CELL: 208.301.4900  
EMAIL: [ROGERROOT@FRONTIER.COM](mailto:ROGERROOT@FRONTIER.COM)**TREASURER**

BILL KOEFOED

9254 POINTS DRIVE NE  
YARROW POINT, WA 98004-1333CELL: 425.707.1976  
EMAIL: [BILLK@PUPPETLABS.COM](mailto:BILLK@PUPPETLABS.COM)

### DIRECTORS

**DIRECTOR OF ALPINE (APPOINTED)**

DAN HENRY

430 AVENUE A  
SNOHOMISH, WA 98290CELL: 425.232.5482  
EMAIL: [DANRHENRY123@GMAIL.COM](mailto:DANRHENRY123@GMAIL.COM)**DIRECTOR OF NORDIC (APPOINTED)**

ALAN WATSON

5 BEAR ORCHARD RD  
WINTHROP, WA 98862-9505RES: 509.293.5755  
EMAIL: [ALANFWATSON@YAHOO.COM](mailto:ALANFWATSON@YAHOO.COM)**DIRECTOR OF OFFICIALS (APPOINTED)**

ROGER ROOT

415 N POLK  
MOSCOW, ID 83843RES: 208.882.7768  
CELL: 208.301.4900  
EMAIL: [ROGERROOT@FRONTIER.COM](mailto:ROGERROOT@FRONTIER.COM)**DIRECTOR OF SNOWBOARD (APPOINTED)**

TBA

**DIRECTOR OF FREESTYLE (APPOINTED)**

JOHANN FURR

PO Box 9362  
YAKIMA, WA 98909-0632CELL: 206.818.3666  
EMAIL: [JOHANN@HARTSKIS.COM](mailto:JOHANN@HARTSKIS.COM)

## DIRECTORS AT LARGE

BOB SIMPSON P1 (1 <sup>ST</sup> YR. OF 2 <sup>ND</sup> TERM)	3420 S LINCOLN DR SPOKANE, WA 99203	RES: 509.999.3568 EMAIL: <a href="mailto:ROBERT.SIMPSON@WELLSFARGOADVISORS.COM">ROBERT.SIMPSON@WELLSFARGOADVISORS.COM</a>
MAUREEN HAMMOND P2 (1 <sup>ST</sup> YR. OF 2 <sup>ND</sup> TERM)	1407 MATHISON DR SANDPOINT, ID 83864	CELL: 206.595.9752 EMAIL: <a href="mailto:QUINNER55@GMAIL.COM">QUINNER55@GMAIL.COM</a>
OPEN P3 (1 YR OF 1 <sup>ST</sup> TERM)		
SAM NANEY P4 (1 YR OF 1 <sup>ST</sup> TERM)	PO BOX 196 WINTHROP, WA 98862	RES: 509.996.3222 EMAIL: <a href="mailto:SAMUEL.NANEY@GMAIL.COM">SAMUEL.NANEY@GMAIL.COM</a>
GILLIAN ESSON P5 (2 <sup>ND</sup> YR OF 2 <sup>ND</sup> TERM)	53 – 151 <sup>ST</sup> PLACE SE BELLEVUE, WA 98007	CELL: 206.399.2687 RES: 425.502.8882 EMAIL: <a href="mailto:GILLYESSON@YAHOO.COM">GILLYESSON@YAHOO.COM</a>
ALDEN GARRETT P6 (2 <sup>ND</sup> YR OF 2 <sup>ND</sup> TERM)	14030 – 41 <sup>ST</sup> AVENUE NE SEATTLE, WA 98125	RES: 206.364.2889 EMAIL: <a href="mailto:ALDENGARRETT@COMCAST.NET">ALDENGARRETT@COMCAST.NET</a>
JOHN SCHIEMER P7 (2 <sup>ND</sup> YR OF 2 <sup>ND</sup> TERM)	1869 NW HILL POINT DRIVE BEND, OR 97701	RES: 541.480.2804 EMAIL: <a href="mailto:SCHIEMER@BENDCABLE.COM">SCHIEMER@BENDCABLE.COM</a>
JASON SPADARO P8 (2 <sup>ND</sup> YR OF 1 <sup>ST</sup> TERM)	PO BOX 309 WHITE SALMON, WA 98672	CELL: 509.493.8602 EMAIL: <a href="mailto:SPADARO@EARTHLINK.NET">SPADARO@EARTHLINK.NET</a>
DAN HOLMAN P9 (2 <sup>ND</sup> YR OF 1 <sup>ST</sup> TERM)	8512 E WOODLAND PARK SPOKANE, WA 99217	RES: 509.999.7723 EMAIL: <a href="mailto:DAN99217@GMAIL.COM">DAN99217@GMAIL.COM</a>

## USSA Alpine Sport Committee Member

NONE AT THIS TIME

## IMMEDIATE PAST PRESIDENT

RES:  
BUS:  
FAX:  
EMAIL:

## DIRECTORS REPRESENTING SKI-RELATED ORGANIZATIONS

### **PACIFIC NORTHWEST SKI AREAS ASSOCIATION**

JOHN GIFFORD - PRESIDENT PO Box 758  
LA CONNER, WA 98257

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KEVIN MCCARTHY WHITE PASS SKI AREA  
48935 US HWY 12  
WHITE PASS, WA 98937

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### **PROFESSIONAL SKI INSTRUCTORS OF AMERICA - NORTHWEST**

CHRIS KASTNER

## BOD COMMITTEE LIST

### **APPEALS COMMITTEE**

**CHAIRPERSON:** JEFF KRAY

**BY LAWS:** JEFF KRAY

### **DISCIPLINARY REVIEW COMMITTEE**

**CHAIRPERSONS:** TBA

### **EXECUTIVE COMMITTEE**

**CHAIRPERSON:** BILL BROOKS  
JEFF KRAY  
ROGER ROOT  
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ALAN WATSON  
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### **NOMINATING COMMITTEE**

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## PNSA CONTACT INFORMATION

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# 2015-2016

## Pacific Northwest Ski Association



## Competition Manual Alpine

# 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.

## PNSA Vision

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

## PNSA Mission Statement

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

## PNSA Values

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

## Administration

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

PNSA's athletic programs are designed and implemented by professional coaches and administrators as well as an active group of dedicated and knowledgeable volunteers. In addition, PNSA has direct input to the policies, procedures, and guidelines of 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.uskiteam.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 classifications* in PNSA/USSA racing: Age, Ability and Masters. Age classification (U8 - Senior) races are based on age classes/groups of athletes, whereas Ability classification races are based on rankings in the 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)				
		2015-16	2016-17	2017-18	2018-19
Seniors	21 and older	1994	1995	1996	1997
U21 (Jr.)	20	1995	1996	1997	1998
	19	1996	1997	1998	1999
U19 (Jr.)	18	1997	1998	1999	2000
	17	1998	1999	2000	2001
	16	1999	2000	2001	2002
U16 (Jr.)	15	2000	2001	2002	2003
	14	2001	2002	2003	2004
U14 (Buddy Werner -YSL)	13	2002	2003	2004	2005
	12	2003	2004	2005	2006
U12 (YSL)	11	2004	2005	2006	2007
	10	2005	2006	2007	2008
U10 (YSL)	9	2006	2007	2008	2009
	8	2007	2008	2009	2010
U8 (YSL)	7 and younger	2008	2009	2010	2011

## 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

## **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

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. The Northwest Cup is the elite level in the PNSA, from which racers qualify to regional, national, and foreign FIS competitions by improving their ranking in the 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, Continental Cup

USSA National: NorAm Series, U.S. Senior and U16 & U18 Nationals - Collegiate (NCAA and USCSA)

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

PNSA: Northwest Cup (U21, U18 & U16)

### **Age Class**

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

## **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 competition season (July 1 – June 30), and must be renewed on an annual basis. The various types of USSA memberships are listed below.

### USSA Competition Licenses

*See matrix at the end of this chapter for all USSA memberships and pricing*

#### Youth

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

#### Competitor U14 or U16 & Older

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

*Note these restrictions for Alpine U14 athletes in PNSA competitions: See Ability Class addendum*

#### Masters Competitor

For Ages 18 and Older: A valid Masters Competitor or an 18-year-old with a U16 and Older Competitor membership is required to compete in PNSA / USSA Masters races.

#### Temporary Competitor

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

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

## **PNSA Cross Country Membership**

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

U16 & older → \$40

## **Club Membership**

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

## USSA Membership Pricing 2015-16

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

Alpine Category	Age Parameters	Notes	Base Price
General Member	All ages	USCSA/High School/Club Participant - Not eligible to compete in USSA events	\$15
Competitor U10 & under	9 & under		\$25
Competitor U12	10 & 11		\$50
Competitor U14	12 & 13		\$75
Competitor U16 & over	14 & over	Required for FIS registration	\$150
Masters	18 & over		\$90
Coach	15 & over	Periodic background screening required	\$135
Official	15 & over	Periodic background screening required	\$60
Club Volunteer	15 & over	Periodic background screening required	\$45
Short Term Youth Athlete Membership - U12 & under	11 & under		\$15/day
Short Term Athlete Membership - U14 & older	12 & over		\$25/day
Short Term Masters Membership - U21 & over	18 & over		\$15/day

XC Category	Age Parameters	Notes	Base Price
General Member	All ages	USCSA/High School/Club Participant/Forerunning - May compete in USSA events	\$15
Competitor U10 & under	9 & under		\$15
Competitor U12	10 & 11		\$25
Competitor U14	12 & 13		\$25
Competitor U16 & over	14 & over	Required for FIS registration	\$95
Masters	30 & over		\$25
Coach	15 & over	Periodic background screening required	\$115
Official	15 & over	Periodic background screening required	\$60
Club Volunteer	15 & over	Periodic background screening required	\$45
Short Term Athlete Membership	All ages		\$10/day

## USSA Membership Pricing 2015-16

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

Freestyle Category	Age Parameters	Notes	Base Price
General Member	All ages	USCSA/High School/Club Participant - Not eligible to compete in USSA events	\$15
Competitor U9 & under	8 & under		\$25
Competitor U11	9 & 10		\$50
Competitor U13	11 & 12		\$75
Competitor U15 & over	13 & over	Required for FIS registration	\$150
Freestyle Rookie	13 & over	One-season introductory membership for first time Freestyle athletes	\$80
Coach	15 & over	Periodic background screening required	\$115
Official	15 & over	Periodic background screening required	\$60
Club Volunteer	15 & over	Periodic background screening required	\$45
Short Term Youth Athlete Membership - U11 & under	10 & under		\$15/day
Short Term Athlete Membership - U13 & older	11 & over		\$25/day

Freeskiing Category	Age Parameters	Notes	Base Price
General Member	All ages	USCSA/High School/Club Participant - Not eligible to compete in USSA events	\$15
Competitor U9 & under	8 & under		\$25
Competitor U11	9 & 10		\$50
Competitor U13	11 & 12		\$75
Competitor U15 & over	13 & over	Required for FIS registration	\$150
Freeskiing Rookie	13 & over	One-season introductory membership for first time Freeskiing athletes	\$80
Coach	15 & over	Periodic background screening required	\$115
Official	15 & over	Periodic background screening required	\$60
Club Volunteer	15 & over	Periodic background screening required	\$45
Short Term Youth Athlete Membership - U11 & under	10 & under		\$15/day
Short Term Athlete Membership - U13 & older	11 & over		\$25/day



## 4 - PNSA / USSA COMPETITIONS

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

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

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

#### **Mission**

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

#### **Philosophy**

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

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

#### **Licensing**

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

### **PNSA Buddy Werner Championships**

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

#### Primary Goals and Mission

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

### Competition

1. The BWC shall consist of three consecutive days of racing during the month of March. One day will be Super G, one Slalom and the third Giant Slalom, with a Skills Quest .component taking place during the 3 days.
2. 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.
6. To invite 10 U14 athletes per gender from BW/U14 Championships to NW Cup Finals SL/GS events. The first slots will be filled by all single-event podium finishers. Ties within podium finishers will not be broken and both will be selected. In this scenario, these 2 selections will consume only one overall quota spot. The remaining quota will be filled from the Individual Overall results after podium finishers have been purged. Ties within Overall finishers will be broken by overall lowest race points for BWC series.

### Event Enhancement

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

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

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

### Eligibility

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

### Seeding

1. The BWC will have 8 seeds. Seeds 1-7 will contain one member from each team, seed 8 will be all others entered.
2. Each team will designate their entries for seeds 1-7 no later than 2 weeks prior to the first event. No changes will be allowed after the deadline. If the organizer has not received the seed list by the

deadline, they will randomly insert the team members in the first 7 seeds and their selection will be final.

3. The 8th seed will be a random draw by computer.
4. The second run will be "bibbo" in accordance with USSA rules (flip 30 unless modified by the Jury).

### Scoring

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

### The Organizer

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

### The Committee

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

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

## **PNSA U16 Series**

The PNSA U16 Series is 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 Qualifier #1 and #2 are limited to racers in the U16 and older age classes. For the NWC/U16 Finals SL and GS, the 10 L and 10 M invitees from the BW/U14 Championships 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 U16 competitors must have a USSA Competitor license. U14 competitors must have a Competitor U14 license.

### **U16 Series Awards**

- **Individual Awards:** Presented by the Ability Class method – see Ability Class Addendum.
- **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 at the Finals. U16 titles will be decided by an athlete's best 50% results, rounded up, when more than 2 races are contested. If only 2 races are run, then both results will count. In the case of a tie, all winners will be recognized (i.e. no tie breakers).
- **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 the Ability Class method – see Ability Class Addendum. USSA points will be scored at all U16 races.

## **Evergreen Cup Races**

The [Evergreen Cup](#) is the development level of racing for the PNSA division. The Evergreen Cup is open to all Junior-age competitors, U14 through Senior. Every geographic region throughout the PNSA tries to host several Evergreen Cup races to help keep travel, time and expense to a minimum. To be eligible to compete in the Evergreen Cup races, the racer must be a member of USSA and have a USSA U14 or older Competitor license. Evergreen Cup races will be seeded by the Ability Class method – see the Ability Class addendum.

### **Awards**

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

## **Northwest Cup Series**

Every season, PNSA stages a World-Cup-type competition for the top racers in the Northwest. This race series, known as the Northwest Cup, is the elite race circuit of the division. Races counting for the Northwest Cup overall award are indicated on the [PNSA calendar](#). In addition to being elite divisional races, they are also used as qualifiers for the Western Region U21-U19 Championships and other major regional, national, and international events. Northwest Cup races will be seeded by the Ability Class method – see the Ability Class addendum.

## Eligibility

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

## Scoring

### Individual Titles

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

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

### Team Title

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

## Western Region Race Series

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

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

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

### Western Region U14 Championships

Each of the three Regions of the USSA will conduct their own U14 Championships. The Western Region U14 Championships is an event for racers ages 12 & 13 from the 5 divisions of the Western Region. The event rotates each year among the divisions, and consists of Super G, Giant Slalom and Slalom races. Only U14 age competitors are eligible to participate. See the [Western Region Policies and Procedures](#) manual for full details and quotas.

## **Western Region U16 Championships**

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

## **Western Region U19/21 Championships**

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

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

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

**The Western Region FIS NJR Series** is a mid-level FIS series. 2 SL and GS series are held, one in January and one in February. The February series serves as a qualifier for the U19 National Championships. A championship series is held in March, consisting of 2 each SL, GS and SG.

**The Western Region FIS Open Series** is an entry-level FIS series. 1 speed series is held in January, consisting of two DH and two SG and serving as a qualifier for the U19 National Championships. 4 tech series are held from Dec. to April for men and women, consisting of SL and GS.

## **Major USSA Competitions**

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

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

### **Nor-Ams**

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

### **U19 Nationals, U16 Nationals and U14 Nationals**

The U19 Nationals, U16 Nationals and U14 Nationals bring together the best 16-17-18, 14-15 and 13 (U14 birth year 2002 only) year olds (respectively) in the USA. Each region selects its athletes via their own qualification races. The U19 Nationals move around the country, providing all athletes exposure to new and challenging venues. The U16 Nationals will take place in Park City, UT. See the [Western Region Policies and Procedures](#) manual for full details.

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

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

## **Northwest Collegiate Ski Conference**

The conference consists of the following institutions:

College of Idaho	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
Oregon State University - Cascades	Whitworth College
University of British Columbia	

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

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

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

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

## **Entry Fees**

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

## **Competition**

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

## **Race Calendar**

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

## **Scheduling**

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

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



## 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 2014-2015 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

## **Ability Class**

See Ability Class addendum

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

### **Western Region U19/U21 Championships and FIS Races**

At all Western Region FIS and U19/U21 Championships races, seeding is done using the current FIS points list, and follows the same procedure as 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. Required to supply PNSA with all required forms and fees by the established deadline.
2. Required to be in good financial standing with PNSA. Racers with unpaid fees by the payment deadline will not be included on the race entry form.
3. To refrain from the use or possession of alcohol in vehicles used for team purpose.
4. Not to consume alcoholic beverages anywhere in the presence of a minor team member.
5. Required to attend all team meetings, team training, and race events unless excused by the PNSA Traveling Team head coach and by PNSA.
6. Required to observe the curfew established by the head coach.
7. Required to remain with the team or in the vicinity of the team's housing, except with the knowledge and permission of the PNSA Traveling Team head coach and PNSA.
8. Required to observe any additional rules established by the PNSA Traveling Team head coach and PNSA.
9. A racer, who drops out of a PNSA Project after fees have been paid to the race organizer and for housing, may receive a refund only if PNSA can recover funds.
10. Racers who are in violation of PNSA traveling team rules are not eligible for a refund, and may be ineligible for future PNSA Projects.

PNSA will normally arrange for coaching, travel, and housing for WR 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 2015-16 season, clubs may "opt out" of the PNSA traveling team for the following Western Region Elite FIS events: January 5-8, 2 GS at Park City, UT and 2 SL at Snowbird, UT, or February 13-16, 2 GS and 2 SL at Snow King, WY; 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 December 1, 2015.
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 Code of Conduct" 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:

TBA  
 Address  
 City, State Zip  
 Phone  
 email:

### **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	Jeff Kray	Jeff Kray
Athlete	Mackenzie Green	Dakota Blackhorse-von Jess
Sr. Official	Karl Wardrop	Al Pokorny
Competition Committee Member	Dave Lyon	Dan Simoneau
Coach	Claudia Ney-Yamamoto	Jeff Hashimoto

## 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 2015-16**

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 2015-16:

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, or on the list supplied by the NWCSC, and in good financial standing with PNSA. Limited provision is made to accommodate non-club racers. The pass is only available for competitors age 13 - 24.
2. The Elite Pass will be sold to all valid 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) For NWCSC athletes, the top 5 men and 5 women from last year's NWCSC final totals are eligible to purchase an Elite Pass. All athletes must be registered to compete during the season the pass is purchased and must also be in good standing with PNSA.
3. The pass holder must have competed in 8 race starts during the 2014-15 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. 25<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 2015-16



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  
Loup Loup Ski Bowl  
Mission Ridge Ski & Board Resort  
Mt. Ashland  
Mt. Bachelor  
Mt. Baker Ski Area  
Mt. Hood Meadows Ski Resort  
Mt. Hood Skibowl Winter Resort  
Mt. Spokane Ski & Snowboard Park

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

## 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.

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

### PNSA Double Selection Board

The PNSA Double Selection Board generally follows the same procedure as the Regional Double Selection Board Method as described in the 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 Modified Double Board for U16 Championships**

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

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

### Example

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

WC Points		USSA Points	USSA Points	USSA Points	Ranking Order - 1	Ranking Order continued - 2	Ranking Order continued - 3	Selection Order
	Row	GS	SG	SL				
A	1	C	A	A	1 - A - WC1	<del>12 - I - SL2</del>	<del>23 - E - SL5</del>	1 - A - WC1
B	2	D	I	I	2 - C - GS 1	13 - G - WC7	24 - K - GS6	2 - C - GS 1
C	3	E	B	C	3 - B - WC2	<del>14 - E - GS3</del>	<del>25 - F - SG6</del>	3 - B - WC2
D	4	A	C	D	<del>4 - A - SG1</del>	15 - H - WC8	<del>26 - G - SL6</del>	4 - D - WC4
E	5	J	D	E	<del>5 - C - WC3</del>	<del>16 - B - SG3</del>	<del>27 - F - GS7</del>	5 - E - WC5
F	6	K	F	G	<del>6 - A - SL1</del>	<del>17 - C - SL3</del>	<del>28 - H - SG7</del>	6 - I - SG2
G	7	F	H	F	7 - D - WC4	<del>18 - A - GS4</del>	<del>28 - F - SL7</del>	7 - F - WC6
H	8	H	J	K	<del>8 - D - GS2</del>	<del>19 - C - SG4</del>	<del>29 - H - GS8</del>	8 - G - WC7
					9 - E - WC5	<del>20 - D - SL4</del>	<del>30 - J - SG8</del>	9 - H - WC8
					10 - I - SG2	21 - J - GS5	<del>31 - K - SL8</del>	10 - J - GS5
					11 - F - WC6	<del>22 - D - SG5</del>		11 - K - GS6

## PNSA Single Selection Board

In case no selection races are held prior to the selection announcement date, a single selection board will be used. In this case, only the 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 FIS Elite Series Selection

A single selection board will be used to select PNSA teams to WR FIS Elite 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 FIS Open/NJR Series Selection

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

Note: When a Western Region FIS Elite or Open/NJR Series race is used as a qualifying competition for any Championship event (2016 = Schweitzer Jan. speed and Snow King Feb. tech for U19 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 FIS Open/NJR Series an alternate list will include all eligible racers who have submitted an Intent to Compete Form to the PNSA office. If after notifying racers to the extent of this list, the PNSA quota is still not filled, no further racers will be selected.

## **Western Region U19/U21 Championships**

The double selection board method will be used to fill the PNSA quota to the Western Region U19/U21 Championships, using the identified selection races and the most current 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. 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 U19/U21 Championships will be placed on the selection board.

### Eligibility to be placed on the Board

- 1) Racers must be licensed members in good standing of 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 lists for the Western Region U19/U21 Championships will have no limitations. All efforts will be made to fill the PNSA quota with eligible PNSA racers.

## **Western Region U16 Championships Selection**

A modified double selection board method will be used to fill the PNSA quota to the Western Region U16 Championships, using the identified selection races and the most current USSA points list valid at the time of the selection. The World Cup points board will consist of a

racer's best 3 single-best results, combined. The selection process goes 1<sup>st</sup> World Cup points, 1<sup>st</sup> USSA GS points, 2<sup>nd</sup> World Cup points, 1<sup>st</sup> USSA SG points, 3<sup>rd</sup> World Cup points, 1<sup>st</sup> USSA SL points, etc.

#### 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.

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

## **U16 CAN-AM Project**

PNSA will field a team to the Western Canada U16 Can-Am, Mar. 16-20, 2016, at Panorama, BC. This is a 2<sup>nd</sup> tier championship event for PNSA athletes.

The modified double selection board method will be used to fill the PNSA quota to the U16 Can-Am, using the U16 Qualifier series as selection races and the most current USSA points list valid at the time of the selection. A racer's best 3 single-best results 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.

## **Western Region U14 Championships Selection**

Each PNSA zone (Zone 1-Western Washington, Zone 2-Eastern Washington and North Idaho, Zone 3 - Oregon) will select their zonal quota to fill the PNSA quota for the Western Region U14 Championships. Each zonal qualifying race will be a USSA Sanctioned race.

1. Zonal quotas will be determined in the same manner as Western Region quotas. Each zone's quota will be determined by their proportion of second year U14 athletes holding a current USSA license as of the second December USSA points list in the current competition season.
2. Each Zone will use 2 SL, 2 GS, and, optionally, 2 SG races, scored by run, where every racer has an opportunity for a second run to determine which racers will fill the quota.
3. Race dates and venues, start orders and seeding and other questions of race structure will be determined by each zone.
4. Of the possible 10 contested runs, the best 50% of each discipline will be considered; 2 runs of SL, 2 of GS and 1 of SG.
5. Each zone's selection process will purge all non-zonal athletes from their results prior to assigning place points.
6. Each Zone will assign "Modified World Cup points" (30 for first, 29 for 2nd, etc.) to each finisher for the race runs identified as qualifiers. For DNS, DNF, DSQ the racer will receive no points – 0 (zero). Modified World Cup points decrease by 1 point for each place, starting at 30 for 1<sup>st</sup> place.
7. In case of a tie, the tie will be broken by including to the 3<sup>rd</sup> best GS result for each racer. If the athletes are still tied, the 3<sup>rd</sup> best SL result, the second best Super G result, 4<sup>th</sup> best GS result and 4<sup>th</sup> best SL result will be used until the tie is broken. If the athletes remain tied after all 10 results are used, combined race points for the original best 5 will be considered.
8. Each zone will determine their seeding order for each discipline. The zonal selections and seedings will be submitted to the PNSA Office for final approval at least 2 weeks prior to WR U14 Champs.
9. The PNSA Office will seed the qualified athletes for the WR U14 Championships by:
  - a. Each PNSA zone will submit their selected athletes seeded by discipline.
  - b. Athletes from each zone will be grouped in their respective seeds by discipline with athletes from the other zones to create PNSA seeding groups by discipline.
  - c. The PNSA seeding groups will consist of one to three athletes per seed depending on the zonal quota allocation defined above.
  - d. PNSA will randomly draw athletes within a seeding group to create the individual seeding for U14 WR Champs by discipline.
  - e. Earlier seeded zonal athletes and seeding groups will always take priority over later seeded zonal athletes and seeding groups when being drawn into the WR U14 Championship seeding matrix.

## **PNSA Discretionary Policy**

PNSA allows discretionary selections. The following procedures apply:

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

A racer must provide evidence to show why his or her ranking should be adjusted. Examples of evidence to qualify for discretionary consideration include:

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

## **Foreign Competitors in PNSA**

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

## **Policy Regarding Racers Qualifying for PNSA Traveling Teams**

1. PNSA will post a list of racers who qualify for PNSA Projects on the PNSA website ([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 U14/U16/U19/U21 Championship Teams: Racers named to PNSA U14/U16/U19/U21 Championship teams will be entered in all races held at the event. Athletes may choose not to compete in every event; however, they will still be responsible for the entry fee. The unused race start will not be filled with an alternate or non-named racer.

## 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 : 2014-2015 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 – weighted or non-weighted.

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

#### 4.0 and higher GPA:

Beasley, Addison	McBurney, Matthew
Benda, Lucy	McClellan, Cole
Beres, Eileen	Mott, Danielle
Dubendorf, Isla	Nardone, Melissa
Edmondson, Korbyn	O'Shaughnessy, Olivia
Goranson, Caden	Panos, Alexi
Grimm, Courtney	Schwisow, Annelise
Gunesch, Nate	Tansley, Lilliane
Klonsky, Elena	Verheyden, James Paul
Larson, Tyler	Westman, Kristopher
Lodmell, Ashley	Woodring, Samantha

#### 3.0-3.99 GPA:

Cravens, R Minam	Moore, Aili
Derwin, Zach	Moore, Emma
Dubendorf, Aengus	Nardone, Joshua
Hall, Ella	Nelson, Preston
Hashimoto, Uhuru	Paek, Maximillian
Henry, Amelia	Sharpe, Blake
Klonsky, Jake	Stamnes, Sabrina
Kray, Corbin	Tansley, Wilfrid
Kray, Wyatt	Toland, Talia
Lafreniere, Max	Trimble, Trevor
Lowe, Teegan	Waichler, Claire
Lower, Reed	Wear-Grimm, Brandon
Maxwell, Trevor	Westman, Cale
McBurney, Tiger	Wiggs, James
McCabe, Hailey	Wright-Vanderhoef, Otto

# 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 PNSA Coaches Card program offers complimentary lift tickets to eligible coaches at competitions in PNSA. For 2015-16, the Coaches Card program has changed the method of eligibility. Only coaches who have joined USSA with a Coach membership are eligible. The cost is an additional \$15.00 to the USSA Coach membership, and this fee is paid when joining USSA.

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

## **PNSA Coaches Education**

[PNSA Coaches Education programs](#) are designed to maintain current coaching philosophies. The division strives to offer 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. All applications are now submitted on-line. Please find information on grant and scholarship applications on the PNSEF website.

Website: [www.pnsef.org](http://www.pnsef.org) | Grants: [www.pnsef.org/grants](http://www.pnsef.org/grants) | Scholarships: [www.pnsef.org/scholarships](http://www.pnsef.org/scholarships)

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

**All applications are treated with confidentiality.**

# APPENDIX 1

## Pacific Northwest Ski Association

### 2014-2015 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	T Patrick Robson
John Genoud Award	To the individual contributing notably of his/her service as a race official	Todd McNabb
Ken Comfort Award	For the person who over the years, has given freely of his/her time to help the sport of skiing.	Clive Luiten
Schwabe Award	Outstanding Alpine competitor during the past year.	Max Tobler
Olav Ulland Award	Outstanding Nordic competitor during the past year.	Emily Hyde
Northwest Skier Award	Outstanding Junior competitor both on and off the slopes.	Hannah Bodily
Coaches Award	Outstanding Alpine, Freestyle, Nordic and Snowboard coaches.	Alex Shorter, Alpine Drew Bryant, Freestyle Leslie Hall, Nordic Coggin Hill, Snowboard
Collegiate Alpine Award	Outstanding Alpine collegiate competitor during the past year.	Brook Wales Paul Koetke
Collegiate Nordic Award	Outstanding Nordic collegiate competitor during the past year.	Helen Cutting Male – not awarded
Freestyle Skier	Outstanding Freestyle competitor during the past year.	Lady – not awarded Jake Mageau
Snowboard Rider	Outstanding Snowboard competitor during the past year.	Lady - not awarded Dru Brownrigg
Unsung Hero Award	Any individual in your club who contributed in either race or club responsibilities, above and beyond the duty of any volunteer.	Jeff Aden Robin Ahmann Steve Ahmann John Barnett Ann Bernhardt Jena Bolles Zoe DeRuwe Phil Edholm Conney Edmondson Brooke Ellingwood

# APPENDIX 1

## 2014-2015 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.	Gloria Fletcher Carl Guenzel Chris Hald Cameron Halmrast Lisa Harrill Frank Harrill Tabetha Hatfield Casey Hatfield Ardie Hewitt Robbie LaFreniere Louis LaFreniere Bob Landwehr Jim Landwehr Linda Luiten Todd Martin Jim McCarthy Angela McCourtie Angela Niemann Bob Niemann Teresa Platt Brian Platt Roger Root John Schiemer Bob Simpson Steve Smith Joy Snow Kurt Springman Judy Thompson Scott Waichler Alan Watson Greg Williams Fred Wurden
Press Award	For exceptional service to the sport of skiing by someone from the news media.	Stephen Maher - Independent Journalist - Wenatchee
Northwest Cup Team Trophy		Mt Bachelor Sports Ed. Fnd.
Best Northwest Cup Race		not awarded
Sallie McNabb Award	Northwest Cup Downhill Champions	Alexandria Oseland Andrew Osborne
Northwest Cup Overall		Carina Bracy Max Tobler

# APPENDIX 1

## 2014-2015 PNSA Annual Awards

(continued)

<u>AWARDS</u>	<u>Description</u>	<u>Recipient</u>
U16 Series Overall		Maddie Collins Devon Toribio
Buddy Werner/U14 Champions		Katie Holm Tyler Larson
<b>INFREQUENT AWARDS</b>		
Ingrid Simonson Lifetime Achievement Award		<u>Dr.</u> Lester Keller
President's Award	Awarded by PNSA President for Outstanding Service.	not awarded
Quarter Century Award	Awarded to those attending 25 PNSA Conventions.	not awarded
<b>GRANTS/SCHOLARSHIPS</b>		
Masters' Subcommittee Athlete Grants	Awarded by Masters Group to outstanding FIS level competitors.	not awarded
Jane Henry Scholarship		Makaela Bielaski Hannah Bodily Emily Hyde
R. Dean Palmer Scholarship		Gunnar Lundteigen Zebediah Millslagle Ruben Castren
Bruce Holyoke Scholarship		not awarded

## 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 those events allowing automatics.

#### WR FIS Elite 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/NJR Series:

There are no automatics to this level of regional racing.

Exceptions:

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

NOTE: There are no automatics to the Western Region U19/U21 Championships nor the Western Region U16 or U14 Championships competitions

#### PNSA Quotas

PNSA will fill divisional quotas to Regional FIS, Western Region U19/U21 Championships and the Western Region U16 and U14 Championships competitions according to the rules and procedures set forth in the PNSA Selection Procedures section of this manual. The final two quota spots to Regional FIS races are reserved for discretionary selection.

- Western Region Elite FIS Series: PNSA has a quota of **9 men and 10 ladies + automatics**
- Western Region FIS Open/NJR Series: PNSA has a quota of **25 men and 25 ladies**
- Regional Championships: PNSA has a quota of **23 men and 20 ladies** to the Western Region U19/U21 Championships. The Western Region U16 Championships quota is **20 men and 19 ladies**. U16 CanAm quota is **5 ladies and 5 men**. Western Region U14 Championships quota is **15 men and 12 ladies**.

Date	Event	Location	Intent Deadline	USSA List	PNSA Quota
<b><u>FIS Elite Series</u></b>					
Jan.5-8	Tech Series	Park City/ Snowbird	Dec. 6	List 5	9M / 10L
Mar 30 - Apr 4	Spring Series	Mission Ridge	Mar. 1	List 9	9M / 10L
Apr. 13-18	Speed Series	Mt Bachelor	Mar. 13	List 10	9M / 10L
<b><u>FIS Open/NJR Series</u></b>					
Dec. 10-13	Tech Series	Mammoth Mtn	Nov. 10	List 4	25L / 25M
Dec. 10-13	Tech Series	Alyeska, AK	Nov. 10	List 4	25L / 25M
Jan. 14-17	Tech Series	Sugar Bowl	Dec. 14	List 5	25L / 25M
Jan. 25-31	Speed Series	Schweitzer	Dec. 26	List 6	25L / 25M
Feb. 13-16	Tech Series	Snow King	Jan. 13	List 7	25L / 25M
Mar. 19-22	Tech Series	Sugar Bowl	Feb. 19	List 10	25L / 25M

**Regional Championships**

Mar. 5-10	WR U19/U21. Champs	Schweitzer	Dbl Board	List 9	23M / 19L
Mar. 10-13	WR U14 Champs.	Jackson Hole	U14 Board	N/A	15M / 12L
Mar. 16-20	WR U16 Champs	Mammoth Mtn	Modified Dbl Board	List 9	19M / 18L
Mar. 17-20	U16 CanAm	Panorama, BC	Modified 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

#### 2015-16 Alpine Points List Dates

List	USSA Close	USSA Valid	FIS Close	FIS Valid	Masters
Base List			9-Jun	1-Jul	
<b>List 1</b>	1-Sep	1-Sep	1-Jul	1-Jul	1-Dec
<b>List 2</b>	Aug. 16	Aug. 20	Aug. 16	Aug. 20	5-Jan
<b>List 3</b>	Oct. 11	Oct. 15	Oct. 11	Oct. 15	2-Feb
<b>List 4</b>	Nov. 1	Nov. 5	Nov. 1	Nov. 5	2-Mar
<b>List 5</b>	Nov. 22	Nov. 26	Nov. 22	Nov. 26	1-Apr
<b>List 6</b>	Dec. 14	Dec. 18	Dec. 13	Dec. 17	
<b>List 7</b>	Jan. 3	Jan. 7	Jan. 3	Jan. 7	
<b>List 8</b>	Jan. 24	Jan. 28	Jan. 24	Jan. 28	
<b>List 9</b>	Feb. 14	Feb. 18	Feb. 14	Feb. 18	
<b>List 10</b>	Mar 6	Mar 10	Mar 6	Mar 10	
<b>List 11</b>	Mar 27	Mar 31	Mar 27	Mar 31	
<b>List 12</b>	Apr 17	Apr 21	Apr 17	Apr 21	
<b>List 13</b>	May 5	May 12	May 5	May 12	
<b>List 14</b>	Jun 15	Aug 1			

## APPENDIX 3

### PNSA Race Administrator Contact List

**Club contacts for 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 / DARREN STUTZKE	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:RACELPRT@GMAIL.COM">RACELPRT@GMAIL.COM</a>
LOUP / INGRID PATTERSON	PO Box 246	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>
MRST / CLAUDIA YAMAMOTO	25 N WENATCHEE AVE, STE 112	WENATCHEE	WA	98801	509-888-2372	<a href="mailto:CLAUDIA@MRST.US">CLAUDIA@MRST.US</a>
MRT / RACE ADMINISTRATOR			OR			<a href="mailto:RACEADMIN@MEADOWSRACETEAM.ORG">RACEADMIN@MEADOWSRACETEAM.ORG</a>
NWCSC / MICHELE BONNEAU	2112 CLEVELAND BLVD	CALDWELL	ID	83605	208-459-5863	<a href="mailto:NWCSC@UIDAHO.EDU">NWCSC@UIDAHO.EDU</a>
SARS / JAMIE LANDWEHR	PO Box 63	SANDPOINT	ID	83864	208-946-7859	<a href="mailto:RA@SARS.NET">RA@SARS.NET</a>
SSRA / TABITHA HAMILTON	1420 N CAVALIER CT	LIBERTY LAKE	WA	99016	509-863-7608	<a href="mailto:HAMTASTIC4@YAHOO.COM">HAMTASTIC4@YAHOO.COM</a>
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>
TAS / RACE ADMINISTRATOR	430 AVE A	SNOHOMISH	WA	98290	425-232-5482	<a href="mailto:TASSKITEAM@GMAIL.COM">TASSKITEAM@GMAIL.COM</a>
WARP / LIZ WATKINS	1574 COBURG RD #180	EUGENE	OR	97401	541-357-9277	<a href="mailto:WARPRACING@GMAIL.COM">WARPRACING@GMAIL.COM</a>
WPSC / TERRY CRITCHLOW	48935 US HWY 12	NACHES	WA	98937	509-945-5465	<a href="mailto:TCRITCHLOW@AOL.COM">TCRITCHLOW@AOL.COM</a>

**CLUB CONTACTS FOR MASTERS RACES:**

<u>CLUB/PERSON</u>	<u>ADDRESS</u>	<u>CITY</u>	<u>STATE</u>	<u>ZIP</u>	<u>PHONE</u>	<u>EMAIL</u>
CMAC / LOUIS LAFRENIER	419 Lk WASHINGTON BLVD	SEATTLE	WA	98122	206-605-6090	<a href="mailto:RACEADMIN@CMACSKIRACING.COM">RACEADMIN@CMACSKIRACING.COM</a>
FAST / DAN HOLMAN	PO Box 166	CHEWELAH	WA	99109	509-999-7723	<a href="mailto:DAN99214@GMAIL.COM">DAN99214@GMAIL.COM</a>
LPRT / CASEY HATFIELD	PO Box 335	OSBURN	ID	83849	208-512-0112	<a href="mailto:4CTHATFIELD@GMAIL.COM">4CTHATFIELD@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>
MT HOOD SKI BOWL/PETER DODD	POB 343	TROUTDALE	OR	97060	503-706-9367	<a href="mailto:PETERD@SKYLINEOREGON.COM">PETERD@SKYLINEOREGON.COM</a>
SARS / ANN OZUNA	3403 S TEKOA ST	SPOKANE	WA	99203	509-993-2283	<a href="mailto:MASTERS@SARS.NET">MASTERS@SARS.NET</a>
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>
SUMMIT RACE DEPT	PO Box 1068	SNOQUALMIE PASS	WA	98068	425-434-6729	<a href="mailto:DTONKIN@SUMMIT90.COM">DTONKIN@SUMMIT90.COM</a>



# APPENDIX 4

## 2015-2016 Alpine Competition Committee

### **DIRECTOR OF ALPINE**

DAN HENRY 430 AVENUE A CELL: 425.232.5482  
SNOHOMISH, WA 98290 EMAIL: [DANRHENRY123@GMAIL.COM](mailto:DANRHENRY123@GMAIL.COM)

### **ACC CHAIRPERSON**

DAN HENRY (SEE ABOVE)

### **PRESIDENT**

BILL BROOKS 309 W. 2<sup>ND</sup> AVENUE, STE 200 CELL: 509.993.1689  
SPOKANE, WA 99201 EMAIL: [BBROOKS@SELKIRKRE.COM](mailto:BBROOKS@SELKIRKRE.COM)

### **VICE PRESIDENT**

JEFF KRAY 728 S MADISON ST RES: 253.686.2594  
TACOMA, WA 98405 EMAIL: [JDKRAY@COMCAST.NET](mailto:JDKRAY@COMCAST.NET)

### **SECRETARY**

GILLIAN ESSON 53 – 151<sup>ST</sup> PLACE SE CELL: 206.399.2687  
BELLEVUE, WA 98007 RES: 425.502.8882  
EMAIL: [GILLYESSON@YAHOO.COM](mailto:GILLYESSON@YAHOO.COM)

### **PAST ACC CHAIRPERSON**

RYAN SHORTER 25 N WENATCHEE AVE, SUITE 112 CELL: 509.293.2241  
WENATCHEE, WA 98801 EMAIL: [RYAN@MRST.US](mailto:RYAN@MRST.US)

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**RULES & TECHNICAL SUB-COMMITTEE**

DAN HENRY (SEE ABOVE)

**JUDICIAL SUB-COMMITTEE**

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U14/YSL SUB-COMMITTEE CHAIRPERSON	MIKE GRAVES
U16 SUB-COMMITTEE CHAIRPERSON	CHUCK HOLCOMB
U19/21 SUB-COMMITTEE CHAIRPERSON	JAMIE LANDWEHR
COLLEGE RACING SUB-COMMITTEE CHAIRPERSON	RON BONNEAU

**WORKING GROUPS**

U19/21	RYAN SHORTER, PAT ROBSON
U16	ALAN LAUBA, NILS ERIKSSON
U14	TED MCNAMARA, BILLY FARWIG

# APPENDIX 5

## 2015-2016 NORDIC COMPETITION COMMITTEE

### **DIRECTOR OF NORDIC / NCC CHAIRPERSON**

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### **PRESIDENT**

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### **SECRETARY**

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TBA                      RES:  
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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

## 2015-2016 PNSA BOARD OF DIRECTORS

### OFFICERS

**PRESIDENT**

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309 W. 2<sup>ND</sup> AVENUE, STE 200  
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TBA

**DIRECTOR OF FREESTYLE (APPOINTED)**

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## USSA Alpine Sport Committee Member

NONE AT THIS TIME

## IMMEDIATE PAST PRESIDENT

RES:  
BUS:  
FAX:  
EMAIL:

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### **PROFESSIONAL SKI INSTRUCTORS OF AMERICA - NORTHWEST**

CHRIS KASTNER

## BOD COMMITTEE LIST

### **APPEALS COMMITTEE**

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**BY LAWS:** JEFF KRAY

### **DISCIPLINARY REVIEW COMMITTEE**

**CHAIRPERSONS:** TBA

### **EXECUTIVE COMMITTEE**

**CHAIRPERSON:** BILL BROOKS  
JEFF KRAY  
ROGER ROOT  
BILL KOEFOED  
ALAN WATSON  
DAN HENRY

### **NOMINATING COMMITTEE**

**CHAIRPERSON:** ALDEN GARRETT

## PNSA CONTACT INFORMATION

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# Pacific Northwest Ski Association

## A Division of USSA

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### **PNSA Ability Class Racing**

Draft v2

August 4, 2015

The member clubs of the Pacific Northwest Ski Association (PNSA) host sanctioned USSA scored races within the PNSA division using an Ability Classification system to rank and classify athletes. All U14 and older athletes are eligible to compete in PNSA's Ability Class calendar of races.

#### **Ability Class Race Calendar**

All USSA scored Slalom, Giant Slalom & Super-G races on the PNSA calendar are included in the Ability Class system. (*Downhill is excluded, and Downhill results will not be used to rank athletes in the Ability Class system. Downhill events will be seeded by USSA points with start lists prepared using standard USSA rules.*)

#### **Ability Classification**

There are 5 ability classes in PNSA: Category 1, Category 2, Category 3, Category 4 and Category 5. The 5 classes are identified at the beginning of each season using the 5th USSA Point List and defined as follows:

Cat. 1 – All competitors meeting a USSA Pt. cut-off in SL, GS or SG that closely represents the top 10% of PNSA competitors. For 2015-16 up to: Ladies = 110.00 and Men = 90.00.

Cat. 2 – All competitors meeting a USSA Pt. cut-off in SL, GS or SG that closely represents the top 30% of PNSA competitors. For 2015-16 up to: Ladies = 165.00 and Men = 150.00.

Cat. 3 – All competitors meeting a USSA Pt. cut-off in SL, GS or SG that closely represents the top 60% of PNSA competitors. For 2015-16 up to: Ladies = 225.00 and Men = 215.00.

Cat. 4 – All ranked competitors who have less than 999.99 USSA Pts. in at least one event; SL, GS or SG.

Cat. 5 – All non-ranked competitors who have not yet scored a USSA result and have 999.99 USSA Pts. in SL, GS & SG.

The cut-off points for Cat. 1, 2 & 3 remain constant for the entire competition season, and may need to be adjusted by the ACC at the beginning of each new competition season.

#### **Athlete Classification**

Classification is determined by the athlete's best USSA Pts. in SL, GS or SG. The athlete is classified the same in all 3 events. For example, if the athlete's best USSA Pts. come from SL and rank the athlete in Cat. 2, the athlete will be ranked in Cat. 2 in all 3 events.

At the beginning of each season, new competitors to PNSA will be placed in the appropriate class according to their USSA Pts. Continuing competitors will begin the season in the class they finished the prior year. (See *Annual Transition* below.)

#### **Race Seeding, Start Lists and Awards**

Races will be seeded with Cat. 1 athletes starting first, followed by Cat. 2 athletes, then Cat. 3 athletes and so on. First run start order will comprise of a random draw of all athletes within each class. (See *the Start List Exception for Cat. 1 below.*) Second run start order will be organized by standard USSA rules, with a reverse 30 of the fastest 1st run athletes, regardless of class.

The awards at each race will be presented by ability class. Race organizers are encouraged to present awards to at least the top 5 finishers in each class, depending on class size.

### **PNSA Class Points**

Competitors will also earn PNSA Class Pts. at each race. The points will be based on Old World Cup Pts. and will be assigned to the fastest 15 competitors in each class. (*See PNSA Class Pts. Schedule below.*) If fewer than 15 competitors in a class finish, the race Class Pts will still be assigned to the last eligible competitor.

PNSA Class Pts. are accumulated from all 3 events; SL, GS and SG. A racer's total is the sum of all Class Pts. earned, regardless of event.

### **Class Advancement**

Competitors will advance up the classification system one of two ways; either by lowering their USSA points in SL, GS or SG below one of the established USSA point cut-offs, or by garnering a determined number of PNSA Class Pts. Either way, advancement will be announced by PNSA and effective only with the valid dates of the USSA Pts. list.

**Advancement by USSA Pts.:** When a competitor's USSA Pts go below one of the established point cut-offs then the competitor will advance to the appropriate class at the valid date of the next USSA Pts. list. A competitor advancing to a higher class will compete within that class for all events. For example: A Cat. 3 competitor earns Cat. 2 status via improved USSA Pts. in GS. The competitor will race Cat. 2 in all events; SL, GS & SG.

**Advancement by PNSA Class Pts.:** The accumulation of 100 Class Pts. will advance the competitor to the next class when the next USSA list becomes valid. The racer will compete in all events in the higher class. If a racer reaches 100 or more points before a new USSA list is valid the racer will continue to compete in the racer's current class until the new valid USSA list.

When a racer advances to a higher class, regardless of advancement via USSA Pts. or PNSA Class Pts., the racer begins again with zero PNSA Class Pts.

### **Start List Exception for Cat. 1**

The competitors in Cat. 1 entered at any SL, GS or SG event will be ranked by PNSA Class Pts. (not USSA Pts.) The first 15 competitors will comprise the 1st seed and will be randomly drawn. The remaining Cat. 1 competitors will comprise the 2nd seed and will also be randomly drawn.

If there are fewer than 15 competitors with PNSA Class Pts., then the 1st seed will be reduced to only those with PNSA Class Pts. If no Cat. 1 competitors entered in the race have earned PNSA Class Pts. then the entire class will be randomly drawn as a single seed.

### **Annual Transition**

All competitors will enter the next season in the same class in which they finished the prior season, regardless of new USSA Pt. cut-off established to identify the classes. However, any competitor who's USSA Pts. are not qualified for the class will begin the year on a probationary basis. Competitors are not allowed to have two consecutive probationary years in the same class. When this happens, the competitor's class will be adjusted to the appropriate class at the beginning of the 2nd year.

Competitors will also keep 50% (rounded up) of their earned PNSA Class Pts. to start the next season. However, Cat.1 competitors will drop their year-old PNSA Class Pts. from the prior year after the first NW Cup Series, and only keep current year PNSA Class Pts. earned up to that point.



## Ability Class Cut-Off Points 2015-16 Season

<b>Women</b>					
	<b>Cat. 1</b>	<b>Cat. 2</b>	<b>Cat. 3</b>	<b>Cat. 4</b>	<b>Cat. 5</b>
<b>Cutoff Points</b>	110.00	165.00	225.00	999.98	999.99

<b>Men</b>					
	<b>Cat. 1</b>	<b>Cat. 2</b>	<b>Cat. 3</b>	<b>Cat. 4</b>	<b>Cat. 5</b>
<b>Cutoff Points</b>	90.00	150.00	215.00	999.98	999.99

## PNSA Class Pts. Schedule

### **“Old” World Cup Points**

1st place	25 points
2nd “	20 “
3rd “	15 “
4th “	12 “
5th “	11 “
6th “	10 “
7th “	9 “
8th “	8 “
9th “	7 “
10th “	6 “
11th “	5 “
12th “	4 “
13th “	3 “
14th “	2 “
15th “	1 point